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The truth is not always easy to remember: The effects of generating lies on memory predictions and actual memory performance

Abstract:

Generating lies takes a longer time, requires more effort and could be considered less fluent than telling the truth. Clearly, more effortful and less fluent tasks typically increase memory performance and sometimes decrease memory predictions, but this claim has not been investigated within the realm of lie generation paradigms. In this talk, I will discuss the effects of generating lies on memory predictions and actual memory performance through three separate lie-generation manipulations. These manipulations involve lying about general knowledge questions, lying about personal semantic information and lying about episodic incidents. This line of research reveals that generating lies also increases actual memory performance and decreases one's memory predictions about those items, just like other effortful and disfluent manipulations. However, the type of task used, the level of motivation to lie and the type of memory test used may also moderate the effects of lying on both memory predictions and actual memory performance.