

摘要

本研究的主要目的在於運用自傳式記憶的作業探討高社交焦慮者是否有記憶偏誤的現象。根據 Clark 和 Wells (1995) 的模型，高社交焦慮者在社交焦慮情境中容易把大部分的注意力集中在自身相關 (self-related) 的訊息上，因而造成對自身相關訊息的記憶優於外界環境訊息的現象；然而根據 Repee 和 Heimberg (1997) 的模型則假設高社交焦慮者在社交情境中會關注與負向自我評價有關的訊息，而不論該訊息是來自自身或外界環境。本研究企圖同時檢測上述兩個模型。

本研究篩選出六十四名大學生分為高社交焦慮與低社交焦慮兩組，所有受試者皆須分別回憶一件社交焦慮事件及一件中性事件，受試者被要求先在腦海中形成對該事件的影像，然後寫下有關回憶事件的詳細描述並完成記憶清晰度的評估。

研究結果得出高社交焦慮者在進行社交焦慮事件的回憶時，傾向回憶出比低社交焦慮組更多的自身相關訊息；且高社交焦慮組在回憶社交焦慮事件時比低社交焦慮組更傾向評估自身相關訊息的記憶清晰度高於外界環境訊息，研究結果較支持 Clark 和 Well (1995) 的說法。

關鍵字：自傳式記憶、社交焦慮、記憶偏誤、記憶清晰度

Abstract

The purpose of the present study was to utilize the autobiographical memory task to investigate the memory bias in socially anxious individuals. According to Clark and Wells' (1995) view, socially anxious individuals were hypothesized to preferentially allocate almost attentional resources to self-related information and remember self-related information better than external information on entering an anxiety-provoking social situation. However, according to Repee and Heimberg' s (1997) model, they supposed that socially anxious individuals tend to focus on negative self-evaluated information regardless of it were self-related or external information. The present study tried to examine the two models simultaneously.

Sixty-four undergraduate students were assigned to either high or low social-anxiety group. All subjects were asked to recall one anxiety-provoking social situation about public-speaking and another neutral situation. They were requested to form an image of the event and write a detailed description about it. They then completed rating of memory vividness for each situation.

The results revealed that high social anxiety group showed to retrieve more self-related information than low social anxiety group and displayed more preferential to rate the vividness of self-related information higher than external environmental information than low social anxiety group did when recalling anxiety-provoking social situation. The result supported Clark and Wells' s model.

Key words: autobiographical memory, social anxiety, memory bias, memory vividness.