

## **Memory as a mediator between depression and academic achievement among Iranian adolescents.**

### **ABSTRACT**

The purpose of this paper is to determine the mediation effect of memory on the relationship between depression and academic achievement. The paper is based on a study, which was carried out among adolescents in Iran. The respondents of the study were 400 adolescents (200 males and 200 females) in the age range of 15-19 years old. Instruments used for data collection were the Beck Depression Inventory (21 items) and the Wechsler Memory Scale – 3rd Edition (WMS-III). The finding shows that depression significantly affected academic achievement and this relationship is mediated by memory ( $Z=1.65$ ,  $p \leq 0.$ ). Thus, it is recommended to enhance academic achievement and mental health in school settings, support strategies such as educational guidance and counseling. Teaching life skill programs and psychotherapy should be promoted.

**Keyword:** Depression; Memory; Adolescents; Academic achievement.