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 relationships is mediated by memory (Z=1.65, p≤ 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.