

# ADRC Participant Access Request

## Access Request Goal

Goal - Request for letter of support

Grant Deadline - 2024-10-07

## Principal Investigator

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# Study and Theme Details

## Hypothesis

Examining a stress reduction and health behavior intervention to reduce dementia risk in Black older adults with some level of mild cognitive impairment per phone screener

## Specific Aims

To determine if Mindfulness Based Stress Reduction Improves Efficacy of a Multidomain Health Behavior Intervention for ADRD Risk Reduction in Black/African Americans.

## Study related to Deep South Disparities

Focused on Black/African Americans

# Funding and IRB Details

Funding source - Not yet funded

IRB Contact - Not yet discussed project with IRB

# Subject Sample Size and Profile

## Sample size by cognitive ability

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MCI 180 (but based on phone screener only)

Additional inclusion/exclusion details

NA

## Racial minorities and other stratification

This study tests hypothesis on B/AA disparities or other race issues

# Requested Resources

## Existing data

Demographics	If available
Medical History	If available
Social Determinants	If available
Clinical Exam	If available
Cognitive Testing	If available
MRI Values	If available
Amyloid PET Values	If available
Tau PET Values	If available
Raw MRI/PET Image Files	If available
CSF	If available
Blood Test	If available
AD Blood Biomarkers	If available
Genetics	If available

## Additional data comments

Participants do not have to be enrolled in ADRC study to be in this R01, but it would be nice to recruit from the ADRC B/AA MCI sample. Using an approach is that is low burden to ADRC staff and that is not invasive to participants (e.g., flyers). The intervention in this study would be potentially of interest to ADRC participants

because it equips them with resources to initiate health behaviors. It also has compensation for the 1 year duration.

## Human subject involvement

### Study procedures

1 year. Potentially stress reduction intervention (if randomized) plus a health behavior intervention (physical activity, cognitive training, sleep intervention). 4 assessments. Intervention up to 6 months.

### Study duration

2 years

### Compensation

up to ~\$800 over 1 year

## Statistical support

Statistician has already been consulted - Peng Li UAB SON