



# A Pilot Study to Improve Community Resiliency in African Americans with Memory Impairment (CRAMI)

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## Introduction

- Data on the mental health impact of COVID-19 among elderly minority groups is limited.
- The Community Resiliency Model (CRM) is a novel, evidence-based behavioral intervention.
- Objective: To pilot a CRM intervention in African American participants with mild cognitive impairment (MCI) and evaluate mental health outcomes.**

## The Community Resiliency Model

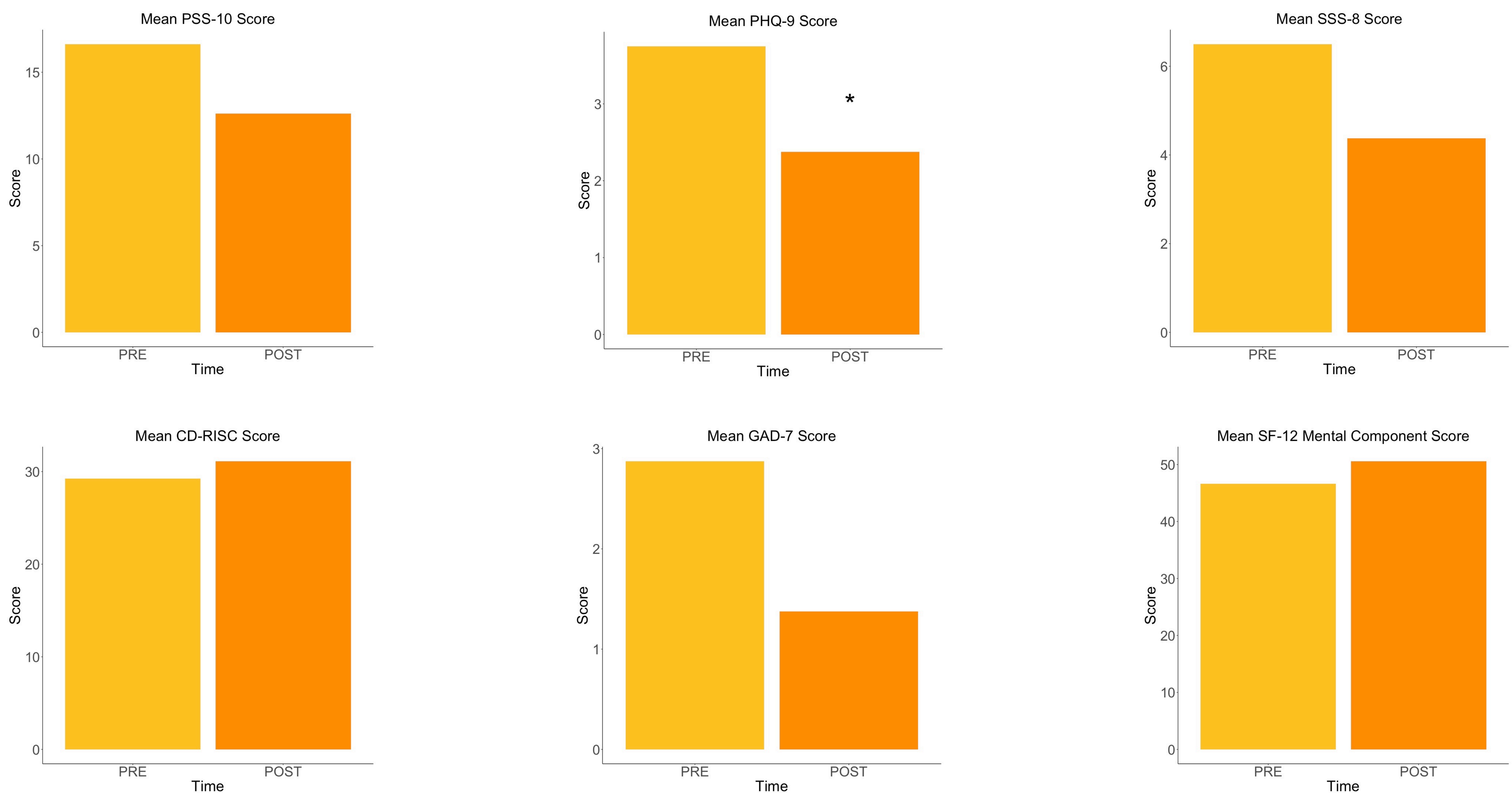
- CRM is a skills-based program developed by the Trauma Resource Institute.
- The goals of CRM are to create communities that understand the impact of trauma or chronic stress, and to build skills to improve resiliency.



## Methods

- Study population:** African American patients with MCI receiving care at an Emory primary care clinic
- Study Period:** 2021
- Instruments:**
  - At baseline: Cognitive function (t-MoCA).
  - Before and after intervention: stress (PSS-10); depression (PHQ-9); somatic symptoms (SSS-8); resilience (CD-RISC); anxiety (GAD-7); general mental health (SF-12 mental component)
- Intervention:** A three-hour online CRM workshop
- Analysis:** Paired t-tests

Figure 1



## Results

- We had complete data on eight participants. Participants were 88% female, and the average age was 66 years.
- The average t-MoCA score was 18.
- Participants showed significant improvement in mean scores for depressive symptoms. Improvement was observed in all other measures but was not significant (see Figure 1).

## Conclusions

- In this pilot study, elderly African Americans with MCI reported high levels of stress, depression, and anxiety, which were improved by a brief CRM intervention.
- Behavioral interventions such as CRM are scalable and may reduce mental health burden due to the pandemic.

## Discussion

- Due to our small sample size, there was high variability between participants.
- Despite this limitation, we observed a trend of decreasing mental health burden post-intervention.
- We aim to expand this pilot study to a larger sample through community recruitment efforts.