

REGINA C. SIMS, Ph.D.

School of Nursing
University of Delaware
331 McDowell Hall
Newark, DE 19716
(302) 831-8364
Email: rsims@udel.edu
Web: www.healthparc.com

EDUCATION:

Postdoctoral Fellow	2007-2009	DUKE UNIVERSITY Department of Psychology & Neuroscience DUKE UNIVERSITY MEDICAL CENTER Center for Aging and Human Development
Ph.D.	2007	HOWARD UNIVERSITY Major: Neuropsychology Minor: Developmental Psychology
M.S.	2002	VILLANOVA UNIVERSITY Major: Psychology
B.A.	2000	UNIVERSITY OF DELAWARE Major: Psychology Minor: Spanish

ACADEMIC POSITIONS:

8/11 - present *Tenure Track Assistant Professor*; School of Nursing
University of Delaware

8/09 – 7/11 *Tenure Track Assistant Professor*; Department of Psychology
Howard University

PUBLICATIONS:

Refereed Journal Articles:

Mwendwa, D.T., Gholson, G., **Sims**, R.C., Levy-Massey, S.A., Ali, M., Harrell, J., Callender, C.O., & Campbell, A.L. (Accepted). Coping with perceived racism: A significant factor in the development of obesity in African American women? *Journal of the National Medical Association*.

Mwendwa, D.T., **Sims**, R.C., Thomas, J., Madhere, S., Keen II, L.D., Callender, C.O., & Campbell, A.L. (Accepted). The influence of coping with perceived racism and stress on lipid levels in African Americans. *Journal of the National Medical Association*.

Sims, R.C., Levy-Massey, S., Mwendwa, D.T., Callender, C.O., & Campbell, A.L. (2011). The influence of functional social support on executive functioning in middle-aged African Americans. *Aging, Neuropsychology, and Cognition* 18(3), 1-18.

Sims, R.C., Whitfield, K.E., Ayotte, B.A., Gamaldo, A.A., Edwards, C.L., & Allaire, J.C. (2011). Subjective memory in older African Americans. *Experimental Aging Research*, 37, 220-240.

Sims, R.C., Mwendwa, D.T., Ali, M.A., Thomas, J., Callender, C.O., & Campbell, A.L. (2010). Depressive symptomatology: Relations to C-reactive protein in African American men. *The Journal of Best Practices in Health Professions Diversity: Research, Education and Policy*, 3, 43-57.

Gamaldo, A.G., Allaire, J.C., **Sims**, R.C., & Whitfield, K.E. (2010). Assessing mild cognitive impairment among older African Americans. *Journal of the American Geriatric Society*, 25, 748-755.

Aiken-Morgan, A.T., **Sims**, R. & Whitfield, K.E. (2010). Cardiovascular health and education as sources of individual variability in cognitive aging among African Americans. *Journal of Aging and Health*, 22, 477-503.

Whitfield, K.E., Jonassaint, C., Brandon, D., Stanton, M., **Sims**, R., Bennett, G., Salva, J., & Edwards, C.L. (2010). Does coping mediate the relationship between personality and health in African Americans? *Journal of the National Medical Association*, 102, 95-100.

Sims, R.C., Allaire, J. C., Gamaldo, A.A., Edwards, C.L., & Whitfield, K.E. (2009). An examination of dedifferentiation in cognition among African-American older adults. *Journal of Cross-cultural Gerontology*, 24(2) 193-208.

Allaire, J.C., Gamaldo, A., Ayotte, B.J., **Sims**, R., & Whitfield, K. (2009). Mild cognitive impairment and objective instrumental everyday functioning: The Everyday Cognition Battery Memory Test. *Journal of the American Geriatric Society*, 57, 120-125.

Sims, R.C., Madhere, S., Callender, C., & Campbell, A. (2008). Patterns of relationships between cardiovascular risk factors and cognitive function in African Americans. *Ethnicity and Disease*, 18, 471-476.

Sims, R.C., Madhere, S., Clark, E., Gordon, S., Abayomi, K.A., Callender, C.O., & Campbell, A.L. (2008). Relationships between blood pressure, triglycerides, and verbal learning in African Americans. *Journal of the National Medical Association, 100*, 1193-1198.

Whitfield, K.E., Allaire, J.C., Gamaldo, A., Aiken-Morgan, A.T., **Sims, R.**, & Edwards, C. (2008). How blood pressure affects the aging mind. *Journal of Ethnicity and Disease, 18*(2), 238-239.

Whitfield, K.E., Allaire, J.C., Gamaldo, A., Aiken Morgan, A.T., **Sims, R.**, & Edwards, C. (2008). Blood pressure and memory in older African Americans. *Ethnicity and Disease, 18*, 181-186.

Sims, R.C., Gordon, S., Garcia, W., Clark, E., Monye, D., Callender, C., & Campbell, A. (2008). Perceived stress and eating behaviors in a community-based sample of African Americans. *Eating Behaviors, 9*, 137-142.

Manuscripts Under Review:

Sims, R.C., Hosey, M., Levy, S., Whitfield, K.E., Katzel, L.I., & Waldstein, S.R. (Under revision). The influence of distinct functions of social support on cognitive function in older men and women.

Skinner, J., **Sims, R.C., Allaire, J.C., Campbell, A.L., & Whitfield, K.E.** (Under revision). Cognitive correlates of subjective and objective IADL functioning in a community sample of African-American elders.

Mwendwa, D.T., Ali, M., **Sims, R.C., Madhere, S., Gholson, G., Levy-Massey, S.A., Chiles, S., Callender, C.O., & Campbell, A.L.** (Under review). Empirically-derived components of the Cook-Medley Scale and inflammation in African Americans. *Psychosomatic Medicine*.

Manuscripts in Preparation:

Sims, R.C., Whitfield, K.E., Rosenberger, W.F., Manukyan, Z., Katzel, L.I., & Waldstein, S.R. Glucose tolerance and cognitive function relations in non-diabetic older adults.

Sims, R.C., Sims, M., Mwendwa, D.T., Ali, M., Cole, A.P., & Taylor, H. The association between dimensions of perceived racial discrimination, C-reactive protein, and white blood cell count in the Jackson Heart Study.

Winston, C., Mwendwa, D.T., Ali, M., **Sims, R.C., Madhere, S., Harrell, J.P., Callender, C.O., & Campbell, A.L.** Understanding hostility within an African-American community sample.

Mwendwa, D.T., **Sims**, R.C., Callender, C.O., Adesibikan, B., Gholson, G., & Campbell, A.L. High BMI, increased waist circumference, and elevated GFR: A new relative contraindication to African American kidney donation?

GRANTS:

Funded Intramural Grants

Funding Sponsor: Office of the Provost
Howard University

Grant Title: Cardiovascular Risk and Cognitive Function in a Community-based Sample of Middle Age and Older African Americans

Funding Amount: \$85,000

Timeline: (July 2010 – June 2012)

Unfunded Extramural Grant Submissions:

Funding Sponsor: National Institute for Minority Health and Health Disparities

Grant Title: Lowering Chronic Kidney Disease Risk Through Obesity Reduction: A Faith-Based Application of the BE-BLESSED Framework

Funding Amount: \$275,000

Submitted: March 2010

Principal Investigator: Deneé T. Mwendwa, Ph.D.

Co-Principal Investigator: Regina C. Sims, Ph.D.

INVITED TALKS:

Cardiovascular Risk and Cognitive Function: An Opportunity for Discovery and Intervention.
Invited speaker at the School of Nursing, University of Delaware, Newark, DE, January 2011.

Cardiovascular Disease Risk and Cognitive Function: Implications for Middle Age and Older African Americans. Invited speaker at the Human Factors and Applied Cognition Fall Brown Bag Series, Department of Psychology, George Mason University, Fairfax, VA, October 2010.

The Role of Cardiovascular Risk Factors and Cognitive Function in African American Aging.
Invited speaker at the Department of Psychology, Howard University, Washington, DC, April 2009.

Health and Cognition in Older African Americans: The Role of Cardiovascular Risk Factors.
Invited speaker at the Department of Psychology, University of Michigan, Ann Arbor, MI, February 2009.

Cardiovascular Risk Factors and Cognitive Function: Perspectives on Older African Americans.
Invited speaker at the Department of Psychology, University of North Carolina Wilmington, Wilmington, NC, December 2008.

Aging, Health, and Cognition: Multi-dimensional Perspectives for the Study of African Americans. Invited speaker at the Race, Ethnicity, and Gender in the Social Sciences Fall Colloquia Series, Social Science Research Institute, Duke University, Durham, NC, September 2008.

Health and Cognition among Elderly African Americans. Invited speaker at the Technical Assistance Workshop on Aging Research for Emerging Investigators and Students, National Institute on Aging, San Francisco, November 2007.

Blood Pressure and Cognitive Function among Middle-aged African Americans. Invited speaker at the Postdoctoral Research Training Program in Aging Fall Seminar Series, Duke University, Durham, NC, October 2007.

The Postdoctoral Fellowship Application Process. Invited speaker at the Black Graduate Conference in Psychology, Howard University, Washington, DC, June 2007.

Neuropsychological Correlates of Cardiovascular Risk Factors in Blacks. Invited speaker at the Clinical Nutrition Research Center Seminar Series, University of Alabama at Birmingham, Birmingham, AL, March 2007.

CONFERENCE PRESENTATIONS:

Levy, S., Sims, R.C., Mwendwa, D.T., Callender, C.O., & Campbell, A.L. (2011). The influence of social support on executive functioning in a community-based sample of African Americans. Poster presented at the 119th Convention of the American Psychological Association, Washington, DC.

Ali, M., Mwendwa, D.T., Sims, R.C., Madhere, S., Callender, C.O., & Campbell, A. (2011). Empirically Derived Components of Hostility in a Community-Based Sample of African Americans. Poster presented at the 119th Annual Convention of the American Psychological Association, Washington, DC.

Levy, S. Sims, R.C., Mwendwa, D.T., Ali, M.K., Gholson, G., Callender, C.O., & Campbell, A.L. (2011). Poster presented at the Annual Meeting of the American Psychosomatic Society. Coping with Perceived Racism and Dispositional Hostility as Indicators of Cardiovascular Disease Risk in African Americans, San Antonio, TX.

Ali, M., Mwendwa, D.T., Sims, R.C., Madhere, S., Gholson, G., Levy-Massey, S., Callender, C.O., & Campbell, A. (2011). Empirically Derived Components of the Cook-Medley Scale and Inflammation in African Americans. Poster presented at the Annual Meeting of the American Psychosomatic Society. San Antonio, Texas

- Gholson, G., Ali, M., Mwendwa, D.T., Sims, R.C., Thomas, J., Callender, C.O., and Campbell, A.L., (2010). Race-Related Stress and Hostility: What Underlies Obesity in African American Women? Poster presented at the International Society on Hypertension in Blacks Annual Conference. Washington, DC.
- Mwendwa, D.T, Callender, C.O., Sims, R. C., Mouton, C., Hernandez, A., and Campbell, A. (2010). High BMI, increased waist circumference and elevated GFR: A new relative contraindication to African American kidney donation? Poster presented at the XXIII International Congress of The Transplantation Congress, Vancouver.
- Sims, R.C., Gamaldo, A.A., Allaire, J.C., & Whitfield, K.E. (2009). Socioeconomic status indicators and cognitive functioning in older African Americans. Poster presented at the Gerontological Society of America 62nd Annual Scientific Meeting, Atlanta, GA.
- Sims, R.C., Whitfield, K.E., Katzel, L.E., & Waldstein, S.R. (2009). An examination of functional social support and cognitive function in older adults. Poster presented at the Gerontological Society of America 62nd Annual Scientific Meeting, Atlanta, GA.
- Sims, R.C., Katzel, L.I., Whitfield, K.E., Rosenberger, W.F., Manukyan, Z., & Waldstein, S.R. (2009). Glucose tolerance and cognitive function relations in non-diabetic older adults. Poster presented at the American Psychosomatic Society 67th Annual Meeting, Chicago, IL.
- Sims, R., Whitfield, K.E., Gamaldo, A., Edwards, C., & Allaire, J. (2008). Self-perception of memory versus memory performance in older African Americans: the role of well-being. Poster presented at The Gerontological Society of America 61st Annual Scientific Meeting, National Harbor, MD.
- Sims, R., Gamaldo, A., Allaire, J., Edwards, C., Aiken Morgan, A., & Whitfield, K.E. (2008). Cardiovascular risk factors and cognitive function in older African Americans. Paper presented at The Gerontological Society of America 61st Annual Scientific Meeting, National Harbor, MD.
- Allaire, J., Gamaldo, A., Sims, R., Ayotte, B., & Whitfield, K.E. (2008). Factor structure of and individual differences in African Americans' everyday memory: can we move beyond basic ability correlates? Paper presented at The Gerontological Society of America 61st Annual Scientific Meeting, National Harbor, MD.
- Aiken Morgan, A., Gamaldo, A., Allaire, J., Sims, R., & Whitfield, K.E. (2008). The association between lung function and cognition in older African American adults. Paper presented at The Gerontological Society of America 61st Annual Scientific Meeting, National Harbor, MD.

Gamaldo, A., Allaire, J., Whitfield, K.E., & Sims, R. (2008). An analysis of MMSE cognitive impairment cutoff scores among African American elders. Paper presented at The Gerontological Society of America 61st Annual Scientific Meeting, National Harbor, MD.

Aiken-Morgan, A, Gamaldo, A., Allaire, J. Sims, R.C., & Whitfield, K.E. (2008). The effect of lung function on executive cognitive function in African American older adults: The Baltimore study of black aging. Poster presented at the Conference on Cognitive Aging, Atlanta, GA.

Sims, R.C., Allaire, J., Gamaldo, A., & Whitfield, K.E. (2008). An examination of dedifferentiation in cognition among African Americans. Poster presented at the Conference on Cognitive Aging, Atlanta, GA.

Sims, R. C. (2007). Neurocognitive correlates of cardiovascular risk factors in Blacks. Paper presented at the Black Graduate Conference in Psychology, Howard University, Washington, DC.

Sims, R. C., Campbell, A., & Callender, C. (2007). Relationships between cardiovascular and metabolic risk factors and complex attention in Blacks. Poster presented at the Society of Behavioral Medicine meeting, Washington, DC, March 2007.

Sims, R. C. & Campbell, A. (2006). The relationship between perceived stress and eating behaviors in two samples of African Americans. Poster presented at the Association for Psychological Science meeting, New York, NY.

HONORS AND AWARDS:

2009 – 2011 National Institutes of Health Loan Repayment Program: Health Disparities Research

2009 American Psychosomatic Society (APS) Minority Initiative Travel Scholarship

PROFESSIONAL ASSOCIATIONS:

2007-Present **Gerontological Society of America**

2008 Reviewer, ESPO Student Paper/Poster Award Committee

2006-Present **Society of Behavioral Medicine**

2008-Present **American Psychosomatic Society**

JOURNAL REVIEWING:

Ad-hoc reviewer for *Journal of Gerontology: Psychological Sciences, Diabetes, Appetite, Ethnicity & Disease, Experimental Aging Research, European Journal of Neurology, Psychology, Health & Medicine*

INVITED WORKSHOPS:

National Institute on Aging 2009 Summer Institute on Aging, Queenstown, MD, July 2009.

Summer Training Workshop on African American Aging, Wayne State University, June 2009.

RAND Summer Institute: Mini Medical School for Social Scientists, Santa Monica, CA, July 2008.

RAND Summer Institute: Demography, Economics, and Epidemiology of Aging Conference, Santa Monica, CA, July 2008.

Summer Institute on Longitudinal Methods: Statistical Mediation Analysis, Pennsylvania State University, June 2008.

American Psychological Association's Advanced Training Institute on Structural Equation Modeling in Longitudinal Research, University of Virginia, June 2008.

TEACHING EXPERIENCE:

- | | |
|--------------|--|
| 2009-present | Assistant Professor, Howard University
Undergraduate courses taught: Research Methods and Statistics 1, Experimental Psychology
Graduate courses taught: Cognitive Aging, Research Methods in Personality and Aging, Perspectives on Personality and Aging |
| 2009 | Lecturer, Human Development , Duke University (spring semester) |
| 2005-2007 | Teaching Assistant (4 semesters), Brain and Behavior , Howard University |
| 2006 | Adjunct Instructor (summer session I), Brain and Behavior , Howard University |
| 2004-2005 | Teaching assistant (3 semesters), Experimental Psychology Lab , Howard University |
| 2003-2004 | Adjunct Instructor (3 semesters), Introduction to Psychology, Applied Psychology , Benedict College |

SIMS, REGINA

2003-2004 Adjunct Instructor (3 accelerated sessions), **Psychology of Aging, Applied Psychology**, Southern Wesleyan University

CONSULTING ACTIVITIES:

2009-2010 National member survey data analysis, national survey data interpretation, and internal manuscript preparation, AARP, Washington, DC

COMMUNITY ACTIVITIES:

Cognitive Impairment: Signs, Risk Factors, and Risk Reduction. Invited speaker at Employee Caregiver Resource Group Meeting, AARP, Washington, DC, January 2009

Growing Old Gracefully: It's All in Your Mind. Invited speaker at Senior Lunch and Learn at First Calvary Baptist Church, Durham, NC, April 2008

REVIEW PANELS:

2010 National Science Foundation Graduate Research Fellowship Program (NSF GRFP) Review Panel: Psychology