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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:

8/09 - present *Tenure Track Assistant Professor*; Department of Psychology
Howard University

PUBLICATIONS:

Refereed Journal Articles:

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

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., 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*, 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). 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 review). The influence of distinct functions of social support on cognitive function in older men and women. *The Journals of Gerontology: Psychological Sciences*.

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

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. *Annals of Behavioral Medicine*.

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

Manuscripts in Preparation:

Sims, R.C., Hosey, M., Levy-Massey, S., Whitfield, K.E., Katzel, L.I., & Waldstein, S.R. The influence of distinct functions of social support on neurocognitive function in older men and women.

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.

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

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?

Mwendwa, D.T., Ali, M., **Sims**, R.C., Callender, C.O., & Campbell, A.L. (Under review).
The influence of state/trait depression and hostility on inflammatory markers of
cardiovascular disease risk in African Americans.

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

Grant 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: Denee T. Mwendwa, Ph.D.

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

INVITED TALKS:

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, October 2010.

The Role of Cardiovascular Risk Factors and Cognitive Function in African American Aging. Invited speaker at the Department of Psychology, Howard University, 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, 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, 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, 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, D.C., 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-Massey, S., Sims, R.C., Mwendwa, D.T., Callender, C.O., & Campbell, A.L. (2010). The influence of social support on executive functioning in a community-based sample of African Americans. Poster presented at the Black Graduate Conference in Psychology, Baltimore, MD.

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 to be 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., & Altaire, 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., Altaire, 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.
- Altair, 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., Altaire, 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., Altaire, 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., Altaire, 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., Altaire, 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 *Diabetes, Appetite, Ethnicity & Disease*,
Experimental Aging Research, *European Journal of Neurology*

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
- 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