

**REGINA C. SIMS, Ph.D.**

School of Nursing  
University of Delaware  
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Newark, DE 19716  
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**EDUCATION:**

Postdoctoral 2007-2009  
Fellow

**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. (2011). Coping with perceived racism: A significant  
factor in the development of obesity in African American women? *Journal of the  
National Medical Association*, 103, 594-601.

Last updated 5/29/12

- Mwendwa, D.T., **Sims**, R.C., Thomas, J., Madhere, S., Keen II, L.D., Callender, C.O., & Campbell, A.L. (2011). The influence of coping with perceived racism and stress on lipid levels in African Americans. *Journal of the National Medical Association*, 103, 602-608.
- 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., Mwendwa, D.T., Ali, M. Hickson, D., Sims, M., Taylor, H.** Associations between Discrimination and Immunologic Markers in African Americans in the Jackson Heart Study (Under review). *Brain, Behavior, & Immunity*.
- 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 adults. *Aging, Neuropsychology, & Cognition*.
- Sims, R.C., Katzel, L.I., Lefkowitz, D.M., Siegel, E.L., Rosenberger, W.F., Manukyan, Z., Whitfield, K.E., & Waldstein, S.R. (Under review). Association of fasting glucose with subclinical cerebrovascular disease among non-diabetic older adults. *Diabetes Care*.
- 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. *Aging and Mental Health*.
- Mwendwa, D.T., Ali, M.K., **Sims, R.C.**, Lipscomb, M., Levy, S., Callender, C., & Campbell, A.L. (Under review). Depressive and hostile personality styles are associated with inflammatory markers of cardiovascular disease in African Americans. *Brain, Behavior, & Immunity*.

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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 revision). Empirically-derived components of the Cook-Medley Scale and inflammation in African Americans. *Psychology, Health & Medicine*.

#### **Published Abstracts:**

**Sims**, R.C., Lefkowitz, D., Katzel, L.I., Siegel, E.L., Rosenberger, W.F., Manukyan, Z., & Waldstein, S.R. (2012). Fasting glucose is associated with subclinical cerebrovascular disease among non-diabetic older adults. *American Psychosomatic Society: Symptoms and Patient Reported Outcomes*, A-17.

Mwendwa, D.T., Bennett, N., **Sims**, R.C., Callender, C.O., & Campbell, A.L. (2012). Neurocognitive influences on negative eating behaviors among obese African Americans. *American Psychosomatic Society: Symptoms and Patient Reported Outcomes*, A-39

**Sims**, R.C., Hosey, M.M., Katzel, L.I., & Waldstein, S.A. (2011). Sleep problems and blood pressure: Interactive predictors of blood pressure in older adults? *The Gerontologist*, 51(S2), 294-295.

Levy, S., **Sims**, R.C., Mwendwa, D.T., Ali, M.K., Gholson, G., Callender, C.O., & Campbell, A.L. (2011). Coping with perceived racism and dispositional hostility as indicators of cardiovascular disease risk in African Americans. *American Psychosomatic Society: Biobehavioral Processes and Health: Understanding Mechanisms, Implementing Interventions*, A-19.

Ali, M., Mwendwa, D.T., **Sims**, R.C., Madhere, S., Levy, S., Gholson, G., Callender, C.O., & Campbell, A.L. (2011). Empirically derived components of the Cook-Medley Scale and inflammation in African Americans. *American Psychosomatic Society: Biobehavioral Processes and Health: Understanding Mechanisms, Implementing Interventions*, A-47.

**Sims**, R.C., Whitfield, K.E., Waldstein, S.R. (2009). An examination of functional social support and cognitive function in older adults. *The Gerontologist*, 49(S2), 192.

**Sims**, R.C., Gamaldo, A., Allaire, J.C., & Whitfield, K.E. (2009). Socioeconomic status indicators and cognitive functioning in older African Americans. *The Gerontologist*, 49(S2), 518.

**Sims**, R., Whitfield, K., Gamaldo, A., Edwards, C., & Allaire, J. (2008). Self-perception of memory versus memory performance in older African Americans: the role of well-being. *The Gerontologist*, 48(S3), 408.

Allaire, J., Gamaldo, A., **Sims**, R., Ayotte, B., & Whitfield, K. (2008). Everyday memory in African Americans: can we move beyond basic ability correlates? *The Gerontologist*, 48(S3), 409.

Aiken-Morgan, A., Gamaldo, A., Allaire, **Sims**, R., & Whitfield, K. (2008). The association between lung function and cognition in older African American Adults. *The Gerontologist*, 48(S3), 409.

Gamaldo, A., Allaire, J., **Sims**, R., & Whitfield, K. (2008). An analysis of MMSE cognitive impairment cutoff scores among African American Elders. *The Gerontologist*, 48(S3), 410.

## **GRANTS:**

### **Funded Extramural Grants**

**Funding Sponsor:** National Institute on Aging

NIA T32 AG 0000029

**Grant Title:** Postdoctoral Research Training Program in Aging

**Timeline:** September 2007 – August 2009

### **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

### **Pending Grant Submissions:**

**Funding Sponsor:** National Institute on Aging – R03

**Grant Title:** Understanding Physical Activity, Neighborhood Safety and Cognitive Function

**Funding Amount:** \$100,000

**Submitted:** February 2012

**Principal Investigator:** Regina C. Sims, Ph.D.

### **Unfunded Grant Submissions:**

**Funding Sponsor:** University of Delaware Research Foundation

**Grant Title:** Perceived Neighborhood Safety, Physical Activity, and Cognitive Functioning among Urban African American Elders

**Funding Amount:** \$45,000

**Submitted:** September 2011

**Principal Investigator:** Regina C. Sims, Ph.D.

**Co-Principal Investigator:** Yasser A. Payne, Ph.D.

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**Funding Sponsor:** National Institute for Minority Health and Health Disparities – R21  
**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:

*Fasting Glucose, Glucose Tolerance, and MRI Relations in a Healthy Sample of Non-diabetic Older Adults.* Christiana Care Center for Outcomes Research, Newark, DE, May 2012.

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

*Cardiovascular Disease Risk and Cognitive Function: Implications for Middle Age and Older African Americans.* 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.* Department of Psychology, Howard University, Washington, DC, April 2009.

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

*Cardiovascular Risk Factors and Cognitive Function: Perspectives on Older African Americans.* 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.* 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.* 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.* Postdoctoral Research Training Program in Aging Fall Seminar Series, Duke University, Durham, NC, October 2007.

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*The Postdoctoral Fellowship Application Process.* Black Graduate Conference in Psychology, Howard University, Washington, DC, June 2007.

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

## CONFERENCE PRESENTATIONS:

Sims, R.C., Hosey, M.M., Katzel, L.I., & Waldstein, S.A. (2011). Sleep Problems and Blood Pressure: Interactive Predictors of Blood Pressure in Older Adults? Gerontological Society of America 64<sup>th</sup> Annual Scientific Meeting, Boston, MA.

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. 119<sup>th</sup> 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. 119<sup>th</sup> 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). 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. 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? 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? 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. 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. 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. American Psychosomatic Society 67<sup>th</sup> 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. Gerontological Society of America 61<sup>st</sup> 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. Gerontological Society of America 61<sup>st</sup> 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? Gerontological Society of America 61<sup>st</sup> 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. Gerontological Society of America 61<sup>st</sup> 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. Gerontological Society of America 61<sup>st</sup> 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. 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. Conference on Cognitive Aging, Atlanta, GA.

Sims, R. C. (2007). Neurocognitive correlates of cardiovascular risk factors in Blacks. 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. 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. 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**  
Reviewer, ESPO Student Paper/Poster Award Committee (2008)  
Committee Member, Behavioral and Social Sciences Program Committee (2009)  
Chair, IT Committee, Minority Task Force (2011)

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*

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## 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:

2011-present	Assistant Professor, School of Nursing, University of Delaware Undergraduate courses taught: <b>Research Concepts in Healthcare</b> Graduate courses taught: <b>Advanced Quantitative Methods in Nursing Science, College of Health Sciences Honors Health Seminar</b>
2009-2011	Assistant Professor, Department of Psychology, Howard University Undergraduate courses taught: <b>Research Methods and Statistics 1, Experimental Psychology</b> Graduate courses taught: <b>Research Methods in Personality and Aging, Perspectives on Personality and Aging</b>
2009	Lecturer, <b>Human Development</b> , Duke University (spring semester)
2005-2007	Teaching Assistant (4 semesters), <b>Brain and Behavior</b> , Howard University
2006	Adjunct Instructor (summer session I), <b>Brain and Behavior</b> , Howard University
2004-2005	Teaching assistant (3 semesters), <b>Experimental Psychology Lab</b> , Howard University

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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 TALKS:**

*Cardiovascular Health and Brain Health.* 1) Bear/Glasgow YMCA, 2) Mt. Joy United Methodist Church, 3) Newark Senior Center, 4) Luther Towers, 5) New Castle Senior Center, 6) Wilmington Senior Center, Spring/Summer 2012.

*Cognitive Impairment: Signs, Risk Factors, and Risk Reduction.* 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