



*Dr. Denée Thomas Mwendwa*

Please welcome Denée Thomas Mwendwa, Ph.D. as an Assistant Professor in the Department of Behavioral Health and Nutrition. She is a graduate of Trinity College in Washington, DC, where she received her BA in Political Science. She obtained her Master's and Doctorate degrees in Clinical Psychology from Howard University in 1999 and 2003. She completed her internship at Howard University Hospital in 2001.

She has a specialization in behavioral medicine with a focus on cardiovascular and kidney diseases and the biological, psychological, and social sequelae that increase the risk for CVD and CKD in minority populations. Her goals are to reduce risk and influence the overall treatment of the diseases. Current research projects include psychological, social, and spiritual factors associated with behavior change in African Americans at-risk for CVD and chronic kidney disease (CKD), as well as using motivational interviewing to increase behavior change in overweight and obese African Americans. The hallmark of her approach to spiritual, psychological and physical health is recognizing and embracing the unique experiences of all people and incorporating these experiences to promote overall wellness.

Dr. Mwendwa is teaching Research Methods & Statistics and Behavioral Change Strategies & Tactics for this semester.

Dr. Mwendwa is a member of the American Psychological Association, American Psychological Society, American Heart Association, Society of Behavioral Medicine, and the International Society on Hypertension in Blacks. Dr. Mwendwa is married with two children: Mika and Mateo.