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EDUCATION:

Postdoctoral Fellow	2007-2009	DUKE UNIVERSITY Postdoctoral Research Training Program in Aging Center for the Study of Aging and Human Development
Ph.D.	2004-2007	HOWARD UNIVERSITY Major: Neuropsychology Minor: Developmental Psychology
M.S.	2000-2002	VILLANOVA UNIVERSITY Psychology
B.A.	1996-2000	UNIVERSITY OF DELAWARE Major: Psychology Minor: Spanish

ACADEMIC APPOINTMENTS:

2025 – present	<i>Professor with Tenure</i> , Department of Health Behavior & Nutrition Sciences, University of Delaware
2021 – 2025	<i>Professor with Tenure</i> , School of Nursing, University of Delaware
2016 – present	<i>Associate Dean for Diversity, Equity, and Inclusion</i> , College of Health Sciences, University of Delaware
2015 - 2021	<i>Associate Professor with Tenure</i> , School of Nursing, University of Delaware
2011 - 2015	<i>Assistant Professor</i> , School of Nursing, University of Delaware
2009 - 2011	<i>Assistant Professor</i> , Department of Psychology, Howard University
2009	<i>Lecturer</i> , Duke University
2003 - 2004	<i>Adjunct Instructor</i> , Department of Social Sciences and Criminal Justice, Benedict College
2003 - 2004	<i>Adjunct Instructor</i> , Division of Social Science, Southern

Wesleyan University

CERTIFICATIONS

Cornell University, Diversity and Inclusion, 2022
 University of Delaware, Diversity: Inclusion in the Modern Workplace
 CITI Program, Human Subjects Protections - Social-Behavioral-Educational Focus
 CITI Program, Human Subjects Protections - Biomedical Focus

SCHOLARSHIP

^indicates student/adviser author

PUBLICATIONS**Data-based Refereed Journal Articles:**

Wright, R.S., ^Allan, A.C., Gamaldo, A.A., Morgan, A.A., Lee, A.K., Erus, G., Davatzikos, C., & Bygrave, D.C. (2025). Neighborhood disadvantage is associated with working memory and hippocampal volumes among older adults. *Aging, Neuropsychology, and Cognition*, 32(1), 55-68.

^Allan, A.C., Gamaldo, A.A., **Wright, R.S.**, Aiken-Morgan, A.T., Lee, A.K., Thorpe, Jr., R.J., Allaire, J.C., & Whitfield, K.E. (2024). Social support moderates the association between area deprivation index and changes in physical health among adults in the Baltimore Study of Black Aging (BSBA). *Ethnicity & Health*, 29(7), 774-792.

^Allan, A.C., Gamaldo, A.A., **Wright, R.S.**, Aiken Morgan, A.T., Lee, A.K., Allaire, J.C., Thorpe, R.J., & Whitfield, K.E. (2023). Differential associations between the Area Deprivation Index and measures of physical health for older Black adults. *The Journals of Gerontology: Series B*, 78, 253-263.

Bygrave, D.C., Gerassimakis, C.G., Mwendwa, D.T., Erus, G., Davatzikos, C., & **Wright, R.S.** (2022). The role of race in relations of social support to hippocampal volumes among older adults. *Research on Aging*, 44(2), 205-214.

^Beard, B., ^Ramirez, M., Mwendwa, D.T. & **Wright, R.S.** (2020). Moderating effects of sleep and sex on physical activity and cognitive function associations in African Americans. *Sleep*, 43, A320-A321.

Wright, R.S., Waldstein, S.R., Gerassimakis, C., Sprung, M., Beatty Moody, D.L., Taylor, A....Zonderman, A.B. (2019). Multiple influences on cognitive function among urban-dwelling African Americans, *Journal of Racial and Ethnic Health Disparities*, 6, 851-860.

Chai, S., Jerusik, J., Davis, K., **Wright, R.**, & Zhang, Z. (2019). Effect of Montmorency tart cherry juice on cognitive performance in older adults: a randomized controlled trial. *Food & Function*, 10, 4423-4431.

Gaynor, B., **Wright, R.**, Shin, J.Y. (2019). Community-based older adults' acceptance of and willingness toward waist circumference measurement. *Journal of Gerontological Nursing*, 45(5), 11-15.

Gamaldo, A.A., **Wright, R.S.**, Aiken-Morgan, A.T., Altaire, J.C., Thorpe, R.J., Whitfield, K.E. (2019). The association between subjective memory complaints and sleep in older African American older adults. *Journal of Gerontology, Series B: Psychological Sciences*, 74(2), 202-211.

Gaynor, B., Habermann, B., & **Wright, R.S.** (2018). Waist circumference measurement diffusion in primary care: A mixed-methods study. *The Journal for Nurse Practitioners*, 14(9), 683-688.

Chai, S.C., Davis, K., **Wright, R.S.**, Kuczmarski, M.F., & Zhang, Z. (2018). Impact of tart cherry juice on systolic blood pressure and low-density lipoprotein cholesterol in older adults: a randomized controlled trial. *Food & Function*, 9, 3185-3194.

Aiken-Morgan, A.T., Gamaldo, A.A., **Wright, R.S.**, Altaire, J.C., & Whitfield, K.E. (2018). Stability and change in cognitive status classification among African American older adults. *Journal of the American Geriatric Society*, 66, 179-183

Wright, R.S., ^Gerassimakis, C., Bygrave, D., & Waldstein, S.R. (2017). Dietary factors and cognitive function in poor urban settings. *Current Nutrition Reports*, 6(1), 32-40.

Wright, R.S., ^Sniscak, C.R., & Ford, C.D. (2017). Older adult awareness of the influence of cardiovascular disease risk factors on cognitive function. *International Journal of Older People Nursing*, 12(1), e12123.

Wenner, M.M., Patterson, F., **Wright, R.**, Lennon, S., Witman, M., & Edwards, D. (2017). Center of Biomedical Research Excellence in cardiovascular health. *Delaware Journal of Public Health* 3(2), 4-10.

Wright, R.S., Waldstein, S.R., Kuzcmarski, M.F., Pohlig, R.T., Gerassimakis, C.S., Gaynor, B., Evans, M.K., & Zonderman, A.B. (2016). Diet quality and cognitive function in an urban sample: findings from HANDLS. *Public Health Nutrition*, 20(1), 92-101.

Wright, R.S., Cole, A.P., Ali, M.K., Whitfield, K.E., Skinner, J., Mwendwa, D.T. (2016). Examining the influence of measures of adiposity on cognitive function in middle age and older African Americans. *Archives of Clinical Neuropsychology*, 31(1), 23-28.

Hill, L.K., **Sims Wright, R.**, Aiken-Morgan, A.T., Gamaldo, Al., Edwards, C.L., & Whitfield, K.E. (2015). Perceived control predicts pulse pressure in African American Men. *Ethnicity & Disease*, 25(3), 263-270.

Sims, R.C., ^Levy, S.T., Katzel, L.I., Rosenberger, W.F., Manukyan, Z., Whitfield, K.E., & Waldstein, S.R. (2015). Fasting glucose, glucose tolerance, and neurocognitive function relations among non-diabetic older adults. *Journal of Clinical and Experimental Neuropsychology*, 37(1), 49-60.

Gholson, G.K., Mwendwa, D.T., **Sims, R.C.**, Callender, C.O., & Campbell, A.L. (2015). Psychosocial factors in the decline of renal functioning. *Ethnicity & Disease*, 25, 117-122.

Aiken-Morgan, A.T., Gamaldo, A.A., **Sims, R.C.**, Allaire, J.C., & Whitfield, K.E. (2015). Education desegregation and cognitive change in African American older adults. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 70, 348-356.

Sims, R.C., Thorpe, R., Aiken-Morgan, A., Gamaldo, A., Allaire, J.C., Hill, Labarron, & Whitfield, K.E. (2014). Cognition and health in African American men. *Journal of Aging and Health*, 27, 195-219.

[^]Ali, M., Mwendwa, D. T., **Sims, R.**, Ricks, M., Callender, C., & Sumner, A.E. (2014). Age at immigration and kidney function among self-identified healthy Africans in the United States. *Journal of Immigrant and Minority Health*.

Shin, J.Y., **Sims, R.C.**, [^]Bradley, D.L., Pohlig, R., & Harrison, B.E. (2014). Prevalence of depressive symptoms and associated factors in older adult residents of public housing. *Research in Gerontological Nursing*, 7, 249-255.

[^]Ali, M.K., Mwendwa, D.T., **Sims, R.C.**, & Whitfield, K.E. (2014). The association between mindfulness, depressive symptoms and neuroticism in older African Americans. *Journal of Depression and Anxiety: special issue on depression and aging*, S1, 001.

Sims, R.C., Katzel, L.I., Lefkowitz, D.M., Siegel, E.L., Rosenberger, W.F., Manukyan, Z., Whitfield, K.E., & Waldstein, S.R. (2014). Association of fasting glucose with subclinical cerebrovascular disease among non-diabetic older adults. *Diabetic Medicine*, 31, 691-698.

Sims, R.C., Hosey, M., [^]Levy, S., Whitfield, K.E., Katzel, L.I., & Waldstein, S.R. (2014). Distinct functions of social support and cognitive function in older adults. *Experimental Aging Research*, 40, 40-59.

Sims, R.C., [^]Bennett, N., Mwendwa, D.T., [^]Ali, M.K., [^]Levy, S.T., Callender, C.O., & Campbell, A.L. (2013). Executive functioning and negative eating behaviors in severely obese African Americans. *Ethnicity & Disease*, 24, 328-334.

Mwendwa, D.T., [^]Ali, M.K., **Sims, R.C.**, Lipscomb, M., [^]Levy, S., Callender, C., & Campbell, A.L. (2013). Dispositional depression and hostility are associated with inflammatory markers of cardiovascular disease in African Americans. *Brain, Behavior, & Immunity*, 28, 72-82.

Herrman, J.W., Moore, C.W., & **Sims, R.** (2013). Using the Thoughts on Teen Parenting Survey to determine the impact of *Wise Guys*: A pilot study. *Journal for Specialists in Pediatric Nursing*, 18, 89-97.

Mwendwa, D.T., [^]Ali, M., **Sims, R.C.**, Madhere, S., [^]Gholson, G., [^]Levy-Massey, S.A., Callender, C.O., & Campbell, A.L. (2012). Psychometric properties of the Cook Medley Hostility Scale and its association with inflammatory markers in African Americans. *Psychology, Health & Medicine*, 18, 431-444.

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.

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.

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., 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., Altaire, J.C., **Sims, R.C.**, & Whitfield, K.E. (2010). Assessing mild cognitive impairment among older African Americans. *Journal of the American Geriatrics 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., Altaire, 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.

Altair, 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 Geriatrics Society*, 57, 120-125.

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

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

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

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.

Data-based Refereed Journal Articles Under Review:

Allan, A.C., Gamaldo, A.A., **Wright, R.S.**, Aiken-Morgan, A.T., Lee, A.K., Thorpe, Jr., R.J., Allaire, J.C., & Whitfield, K.E. (revise & resubmit). Area Deprivation Index as it Relates to Changes in Physical Health among Adults in the Baltimore Study of Black Aging (BSBA). *Ethnicity & Health*.

Published Abstracts:

Wright, R. & Bygrave, D. (2023). Psychosocial risk, subclinical CVD, and brain volumes: Examining sex disparities in dementia risk. *Innovation in Aging*, 7(S1), 787.

Wright, R., Gamaldo, A., Lee, A. (2022). Neighborhood quality as it relates to health well-being in older African Americans. *Innovation in Aging*, 6(S1), 113-114.

Wright, R., Allan, A., Gamaldo, A., Morgan, A., Lee, A. (2022). Examining linkages between neighborhood disadvantage and subclinical cardiovascular disease. *Innovation in Aging*, 6(S1), 114.

Allan, A., Gamaldo, A., **Wright, R.**, Morgan, A., Lee, A., Allaire, J., Thorpe, R.J., & Whitfield, K. (2022). Area deprivation index effects on longitudinal reports of physical health among Black older adults. *Innovation in Aging*, 6(S1), 114.

McCain, D., Morgan, A., Allan, A., Gamaldo, A., **Wright, R.**, Thorpe, R.J., Allaire, J., & Whitfield, K. (2022). Associations between neighborhood disadvantage and mobility limitations among African Americans. *Innovation in Aging*, 6(S1), 114-115.

Ilori, F., Dabiri, S., Ramirez-Ruiz, M., Daniel, G., Head, R., **Wright, R.**, & Mwendwa, D. (2021). The impact of sleep on mindfulness, well-being, and depressive symptomatology in middle to older African Americans. *Innovation in Aging*, 6(S1), 491.

Bygrave, D., & **Wright, R.** (2021). Poor sleep moderates the association between generalized anxiety and hippocampal volume among older adults. *Innovation in Aging*, 5(S1), 908.

McCain, D., Morgan, A., & **Wright, R.** (2021). Associations between neighborhood SES disadvantage and feelings of depression and loneliness in older adults. *Innovation in Aging*, 5(S1), 910.

Wright, R., Bygrave, D., Waldstein, S., Davatzikos, C., & Erus, G. (2020). Neighborhood disadvantage, brain, and neurocognitive function: relations among cognitively normal older adults. *Innovation in Aging*, 4(S1), 578.

Wright, R. & Bygrave, D. (2021). Depressive symptoms moderate the association between lifetime discrimination and inhibition among older adults. *Innovation in Aging*, 5(S1), 706.

Bygrave, D. & **Wright, R.** (2020). Weight status influences carotid intima-media thickness to executive function among older adults. *Innovation in Aging*, 4(S1), 367-368.

Chai, S.C., Davis, K., **Wright, R.S.**, Pohlig, R., Saltzgiver, J., Caulfield, A., & Falk, D. (2016). Added sugars in the diet are positively associated with mean arterial pressure and systolic blood pressure in older adults. *The FASEB Journal*, 30, 1154.3.

Reports:

Payne, Y. (2013). The people's report: The link between structural violence and crime in Wilmington, Delaware. Data analysis of the Wilmington Street Participatory Action Research (PAR) Project by **Sims, R.** & Wright, C.

Newsletter Articles:

Sims, R.C. (2012). Staying healthy: Cardiovascular health and brain health. *The I and II Connection (Lutheran Senior Services, Inc.)*, 14(2), 14.

PRESENTATIONS

International/National Podium:

Wright, R.S. & Bygrave, D.C. Examining the role of parental education and adverse childhood experiences in cognitive function among older adults. Paper presented at the Gerontological Society of America 74th Annual Scientific Meeting. Seattle, Washington, November 2024.

Wright, R.S., Allan, A.C., Gamaldo, A.A., Aiken-Morgan, A.T., & Lee, A. Examining linkages between neighborhood disadvantage and subclinical cardiovascular disease. Panel presentation presented at the Gerontological Society of America 72nd Annual Scientific Meeting. Indianapolis, IN, November 2022.

McCain, D.T., Aiken-Morgan, A.T., Allan, A.C., Gamaldo, **Wright, R.S.**, Lee, A.K., Thorpe, R., Alaire, J.C., & Whitfield, K.E. Associations between Area Deprivation Index and mobility limitations among African Americans. Panel presentation presented at the Gerontological Society of America 72nd Annual Scientific Meeting. Indianapolis, IN, November 2022.

Aiken-Morgan, A.T., Lee, A.K., Allan, A.C., Gamaldo, A.A., **Wright, R.S.**, Thorpe, R., Alaire, J.C., & Whitfield, K.E. Neighborhood socioeconomic context and cognition among African Americans in the Baltimore Study of Black Aging. Panel presentation presented at the Gerontological Society of America 72nd Annual Scientific Meeting. Indianapolis, IN, November 2022.

Allan, A.C., Gamaldo, A.A., **Wright, R.S.** Aiken-Morgan, A.T., Lee, A., Thorpe, R., Alaire, J.C., & Whitfield, K.E. Area deprivation index effects on longitudinal reports of physical health among older Black adults. Panel presentation presented at the Gerontological Society of America 72nd Annual Scientific Meeting. Indianapolis, IN, November 2022.

Wright, R.S., Bygrave, D.C., Waldstein, S.R., Davatzikos, C., Erus, G. Neighborhood disadvantage, brain health, and neurocognitive function: a cross-sectional analysis of interrelations among cognitively normal older adults. Panel presentation presented at the Gerontological Society of America 71st Annual Scientific Meeting. Virtual, November 2020.

Wright, R.S., Bygrave, D.C. Reduced endothelial function is associated with deep white matter lesions among healthy older adults. Paper presented at the Gerontological Society of America 70th Annual Scientific Meeting. Austin, TX, November 2019.

Bygrave, D.C., **Wright, R.S.** Examining psychosocial factors, health behaviors, and white matter lesions in older adults. Paper presented at the Gerontological Society of America 70th Annual Scientific Meeting. Austin, TX, November 2019.

Beatty Moody, D.L. Leibel, D.K., Waldstein, S.R., **Wright, R.S.**, Evans, M.K., & Zonderman, A.B. Early life social disadvantage, race, and cognitive decline: emerging linkages in middle-adulthood. Paper presented at the Gerontological Society of America 70th Annual Scientific Meeting. Austin, TX, November 2019.

Wright, R.S., Bygrave, D.C., Race moderates the association between endothelial function and cognitive function in older adults. Paper presented at the Gerontological Society of America 69th Annual Scientific Meeting. Boston, MA, November 2018.

Bygrave, D.C., **Wright, R.S.**, Aiken-Morgan, A.T., Gamaldo, A.A., Gerassimakis, C.S. Relations of carotid intima-media thickness and sociodemographic factors to cognitive performance. Paper presented at the Gerontological Society of America 69th Annual Scientific Meeting. Boston, MA, November 2018.

Gamaldo, A.A., Aiken-Morgan, A.T., Bygrave, D.C., Gerassimakis, C.S., **Wright, R.S.** Self-reported sleep as it relates to cognitive function in older Black and White adults. Paper presented at the Gerontological Society of America 69th Annual Scientific Meeting. Boston, MA, November 2018.

Aiken-Morgan, A.T., Gamaldo, A.A., Bygrave, D.C., Gerassimakis, C.S., **Wright, R.S.** Relationships between age, body mass index, and cognition in the Healthy Heart and Mind Study. Paper presented at the Gerontological Society of America 69th Annual Scientific Meeting. Boston, MA, November 2018.

Wright, R.S. & Bygrave, D.C. The influence of endothelial function on brain volumes in the Healthy Heart and Mind Study. Paper presented at the National IDeA Symposium of Biomedical Research Excellence (NISBRE) Conference, Washington, DC, June 2018.

Wright, R.S., Waldstein, S. R., Gerassimakis, C., Sprung, M., Beatty, D. L., Taylor, A., Evans, M. K., & Zonderman, A. B. Predictors of neurocognitive performance among African Americans enrolled in the HANDLS study. Paper presented at the Gerontological Society of America 68th Annual Scientific Meeting. New Orleans, LA, November 2016.

Wright, R.S., Waldstein, S.R., Pohlig, R., Evans, M.K., & Zonderman, A.B. Poverty status moderates relations of diet quality to cognitive performance among African-American and White urban-dwelling adults. Paper presented at the Gerontological Society of America 67th Annual Scientific Meeting. Orlando, FL, November 2015.

Sims, R.C. & Mwendwa, D.T. Cardiovascular and psychosocial influences on cognitive function in the S.O.C.A. study. Paper presented at the Gerontological Society of America 65th Annual Scientific Meeting. San Diego, CA, November 2012.

Mwendwa, D.T, Callender, C.O., **Sims, R. C.**, Mouton, C., Hernandez, A., and Campbell, A. High BMI, increased waist circumference and elevated GFR: A new relative contraindication to African American kidney donation? Paper presented at the XXIII International Congress of The Transplantation Society. Vancouver, CA, July 2010.

Sims, R.C., Gamaldo, A.A., Allaire, J.C., & Whitfield, K.E. Socioeconomic status indicators and cognitive functioning in older African Americans. Paper presented at the Gerontological Society of America 62nd Annual Scientific Meeting. Atlanta, GA, November 2009.

Aiken Morgan, A., Gamaldo, A., Allaire, J., **Sims, R.**, & Whitfield, K.E. 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, November 2008.

Gamaldo, A., Allaire, J., Whitfield, K.E., & **Sims, R.** 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, November 2008.

Sims, R.C. Health and Cognition among Elderly African Americans. Paper presented at the National Institute on Aging's Technical Assistance Workshop on Aging Research for Emerging Investigators and Students. San Francisco, November 2007.

Poster:

Wright, R.S., & Bygrave, D.C. Psychosocial risk, subclinical CVD, and brain volumes: Examining sex disparities in dementia risk. Poster presented at the Gerontological Society of America Annual Scientific Meeting, November 2023.

Gomez, S., Bygrave, D.C., & **Wright, R.S.** Physical Activity is Associated with Greater Gray Matter Volume Among Poor Sleepers. Poster presented at the annual meeting of the Society of Behavioral Medicine, March 2023.

Ilori, F., Dabiri, S., Ramirez-Ruiz, M., Daniel, G., Head, R., **Wright, R.**, & Mwendwa, D. The Impact of Sleep on Mindfulness, Well-being, and Depressive Symptomatology in Middle to Older African Americans. Poster presented at the Gerontological Society of America 72nd Annual Scientific Meeting. Indianapolis, IN, November 2022.

Wright, R.S., & Bygrave, D.C. Depressive symptoms moderate the association between lifetime discrimination and inhibition among older adults. Poster presented at the Gerontological Society of America 72nd Annual Scientific Meeting (virtual), November 2021.

Beard, B.N., Ramirez, M., Mwendwa, D.T., & **Wright, R.S.** The moderating effects of sleep and sex on physical activity and cognitive functioning in African Americans. Poster presented at the Sleep Conference (virtual), August 2020.

Wright, R.S. Cross-sectional relations of subclinical cardiovascular disease to AD blood biomarkers in cognitively intact older adults. Poster presented at the Alzheimer's Association International Conference (virtual), July 2020.

Wright, R.S. Relations of fasting glucose to regional and global white matter lesion volumes among older adults. Poster presented at the NIH IDeA Northeast Regional Conference (NERIC). Bretton Woods, NH, August 2019.

Bygrave, D.C., Horning, M.A., & **Wright, R.S.** (2019). Greater Social Support is Associated with Reduced White Matter Lesions in Older African-American Women: Findings from The Healthy Heart & Mind Study. Poster presented at the 40th Annual Meeting and Scientific Session of the Society of Behavioral Medicine. Washington, DC, March 2019.

Wright, R.S. & Bygrave, D.C. Lower estimated glomerular filtration rate is associated with poorer visual memory performance among older adults. Poster presented at the 39th Annual Meeting and Scientific Session of the Society of Behavioral Medicine, New Orleans, LA, April 2018.

Bygrave, D.C. & **Wright, R.S.** Associations between carotid intimal medial thickness and neurocognitive performance in a community sample of older adults. Poster presented at the 39th Annual Meeting and Scientific Session of the Society of Behavioral Medicine, New Orleans, LA, April 2018.

Wright, R.S., Mitchell, D.S., Herren, O., Bygrave, D.C., Bennett, N., Tudose, A., Warner, B., Mwendwa, D.T., & **Sims, R.C.** Perceived stress, trait mindfulness, and memory associations among African Americans. Poster presented at the 72nd Annual Scientific Meeting of the American Psychosomatic Society. San Francisco, CA, March 2014.

Sims, R.C. & Mwendwa, D.T. Cognitive function in older African Americans: the skinny on fat. Poster presented at the Gerontological Society of America 66th Annual Scientific Meeting. New Orleans, LA, November 2013.

Sims, R.C., Katzel, L.I., Lefkowitz, D.M., Siegel, E.L., Rosenberger, W.F., Manukyan, Z., & Waldstein, S.R. Relations of Fasting Glucose to Neurocognitive and MRI Outcomes among Non-diabetic Older Adults. Poster presented at the 71st Annual Scientific Meeting of the American Psychosomatic Society. New Orleans, LA, March 2013.

Sims, R., Bishop, E., Boyd, A., Clyde, A., Debonis, R., Dubey, P., Gregory, C., & Schell, K. Literature review: Accelerated BSN nursing students--What's the prognosis? Poster presented at the AACN/RWJF New Careers in Nursing Annual Summit 5th Annual Summit. Washington, DC, October 2012.

Sims, R.C., Lefkowitz, D., Katzel, L.I., Siegel, E.L., Rosenberger, W.F., Manukyan, Z., & Waldstein, S.R. Fasting glucose is associated with subclinical cerebrovascular disease among non-diabetic older adults. Poster presented at the 70th Annual Scientific Meeting of the American Psychosomatic Society. Athens, Greece, March 2012.

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. Poster presented at the 70th Annual Scientific Meeting of the American Psychosomatic Society. Athens, Greece, March 2012.

Sims, R.C., Hosey, M.M., Katzel, L.I., & Waldstein, S.A. Sleep problems and blood pressure: interactive predictors of blood pressure in older adults? Poster presented at the Gerontological Society of America 64th Annual Scientific Meeting. Boston, MA, November 2011.

Levy, S., **Sims, R.C.**, Mwendwa, D.T., Callender, C.O., & Campbell, A.L. 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, August 2011.

Levy, S., **Sims, R.C.**, Mwendwa, D.T., Ali, M.K., Gholson, G., Callender, C.O., & Campbell, A.L. Coping with perceived racism and dispositional hostility as indicators of cardiovascular disease risk in African Americans. Poster presented at the Annual Meeting of the American Psychosomatic Society. San Antonio, TX, March 2011

Ali, M., Mwendwa, D.T., **Sims, R.C.**, Madhere, S., Gholson, G., Levy-Massey, S., Callender, C.O., & Campbell, A. 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, March 2011.

Gholson, G., Ali, M., Mwendwa, D.T., **Sims, R.C.**, Thomas, J., Callender, C.O., and Campbell, A.L. 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, July 2010.

Sims, R.C., Whitfield, K.E., Katzel, L.E., & Waldstein, S.R. 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, November 2009.

Sims, R.C., Katzel, L.I., Whitfield, K.E., Rosenberger, W.F., Manukyan, Z., & Waldstein, S.R. Glucose tolerance and cognitive function relations in non-diabetic older adults. Poster presented at the American Psychosomatic Society 67th Annual Meeting. Chicago, IL, March 2009.

Sims, R., Whitfield, K.E., Gamaldo, A., Edwards, C., & Altaire, J. 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, November 2008.

Sims, R., Gamaldo, A., Altaire, J., Edwards, C., Aiken Morgan, A., & Whitfield, K.E. Cardiovascular risk factors and cognitive function in older African Americans. Poster presented at the Gerontological Society of America 61st Annual Scientific Meeting. National Harbor, MD, November 2008.

Altair, J., Gamaldo, A., **Sims, R.**, Ayotte, B., & Whitfield, K.E. Factor structure of and individual differences in African Americans' everyday memory: can we move beyond basic ability correlates? Poster presented at the Gerontological Society of America 61st Annual Scientific Meeting. National Harbor, MD, November 2008.

Aiken-Morgan, A., Gamaldo, A., Altair, J., **Sims, R.C.**, & Whitfield, K.E. 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, April 2008.

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

Sims, R. C., Campbell, A., & Callender, C. 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. 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, May 2006.

Regional**Poster:**

Friedel, D.A., & **Sims, R.** Factors influencing adherence to screening mammography among African American women. Poster presented at the annual meeting of the Eastern Nursing Research Society. New Haven, CT, March 2012.

State/Local**Podium:**

Sims, R.C. Fasting glucose, glucose tolerance, and MRI relations in a healthy sample of non-diabetic older adults. Paper presented at the Christiana Care Center for Outcomes Research. Newark, DE, May 2012.

Sims, R.C. Cardiovascular disease risk and cognitive function: implications for middle age and older African Americans. Paper presented at the Human Factors and Applied Cognition Fall Brown Bag Series, Department of Psychology. George Mason University, Fairfax, VA, October 2010.

Sims, R.C. The postdoctoral fellowship application process. Panel presentation at the Black Graduate Conference in Psychology. Howard University, Washington, DC, June 2007.

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

Funded Grant Proposals

Title: Development of Measure(s) of Financial Hardship and Health Disparities among Individuals Living with AD/HD and their Family Caregivers (R01)

Sponsor: National Institute on Aging

Funding Amount: \$2,861,683

Role: Co-Investigator

Title: Cognitive and Biopsychosocial Factors in Outpatient Heart Failure

Sponsor: DE-CTR – CTR-ACCEL Clinical and Translational Pilot Grant

Funding Amount: \$37,435

Timeline: 7/2019 – 6/2020

Role: Mentor for Principal Investigator, Alice Ely, PhD

Title: Cognitive and Biopsychosocial Factors in Outpatient Heart Failure

Sponsor: DE-CTR – CTR-ACCEL Clinical and Translational Pilot Grant

Funding Amount: \$37,435

Timeline: 7/2019 – 6/2020

Role: Mentor for Principal Investigator, Alice Ely, PhD

Title: Subclinical cardiovascular disease, brain, and cognition

Funding Sponsor: National Institute of General Medical Sciences: Center of Biomedical Research (COBRE)

Funding Amount: \$787,921

Timeline: 3/2016- 2/2020

Role: P20 subproject principal investigator

Title: Effects of whole grape on cardiovascular disease risk factors, cognitive function, and emotional status in postmenopausal women

Funding Sponsor: California Table Grape Commission

Funding Amount: \$30,000

Timeline: 8/2015 – 10/2020

Role: Co-investigator

Title: Daily tart cherry consumption improves cognitive function, emotional status and cardiovascular disease risk factors in older adults

Funding Sponsor: Cherry Research Committee/Cherry Marketing Institute

Funding Amount: \$68,034

Timeline: 11/2014 – 10/2016

Role: Co-investigator

Title: Diet quality, inflammation, race, and cognition: an analysis of HANDLS

Funding Sponsor: National Institute of General Medical Sciences (NIGMS)/Delaware IDeA Networks of Biomedical Research Excellence (INBRE)

Funding Amount: \$80,426

Timeline: 9/2014 – 8/2016

Role: Principal Investigator (pilot study)

Title: Cardiovascular Disease Risk Factors and Cognitive Function Relations among Middle Age and Older African Americans

Funding Sponsor: University of Delaware Research Foundation General University Research (GUR)

Funding Amount: \$6,590

Timeline: 6/2014 – 5/2016

Role: Principal Investigator

Title: Mental Health Screening of Urban Older Adults Living in Public Housing

Funding Sponsor: Ingleside Homes, Inc.

Funding Amount: \$37,465

Timeline: 11/2012 - 3/2013

Role: Co-investigator

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

Funding Sponsor: Office of the Provost

Howard University

Funding Amount: \$85,000

Timeline: 7/2010 – 6/2012

Role: Principal investigator

Title: Postdoctoral Research Training Program in Aging

Funding Sponsor: National Institute on Aging

NIA T32 AG 0000029

Funding Amount: Stipend and travel

Timeline: 9/2007 – 8/2009

Principal Investigator: Harvey Cohen, PhD

Role: Postdoctoral Trainee

Pending Grant Proposals

Title: The Digital Neighborhood as a Moderating Factor in the Relationship between Neighborhood Disadvantage and Cognitive Function Among Older Adults

Sponsor: ACCEL CTR

Funding Amount: \$100,000

Role: Principal Investigator

Submitted: July 2025

Honors, awards, and nominations:

2019	E. Arthur Trabant Award for Women's Equity, University of Delaware
2019	Inspiring Programs in STEM National Award, INSIGHT into Diversity magazine (awarded for Health Sciences Summer Camp)
2017	Nomination, Excellence in Teaching Award, University of Delaware
2014	Nomination, Gerard J. Mangone Young Scholars Award, University of Delaware
2014	Nomination, 2014 College of Health Sciences Research Excellence Award, University of Delaware
2014	National Institute of Diabetes Digestive and Kidney Disorders (NIDDK)/Network of Minority Health Research Investigators (NMRI) 12th Annual Workshop Travel Award
2013	National Institute of Diabetes Digestive and Kidney Disorders (NIDDK)/Network of Minority Health Research Investigators (NMRI) 11th Annual Workshop Travel Award
2012	Outstanding McNair Scholars Program Faculty Mentorship Award
2012	National Center for Faculty Diversity and Development Faculty Success Boot Camp-Competitive award from the UD President's Diversity Initiative (\$3,250)
2011	American Psychosomatic Society Citation Poster Award
2010	International Society on Hypertension in Blacks (ISHIB) Merit Poster selection
2009–2011	National Institutes of Health Loan Repayment Program: Health Disparities Research -NIH-funded school loan repayment benefit for junior scholars engaged in 50% or more research (\$40,000)
2009	Acceptance, National Institute on Aging Summer Institute on Aging, Queenstown, MD
2009	Acceptance, Summer Training Workshop on African American Aging, Wayne State University
2009	American Psychosomatic Society (APS) Minority Initiative Travel Scholarship

2008 Acceptance, RAND Summer Institute: Mini Medical School for Social Scientists and Demography, Economics, and Epidemiology of Aging Conference, Santa Monica, CA

Invited Talks:

Potential Role of Subclinical Cardiovascular Disease in Sex Disparities in Pre-Dementia Risk. Seminar presented at Delaware State University, Dover, DE, November 2019

Reduced Endothelial Function – A Silent Predictor of Cognitive Outcomes among Older Adults? Colloquium presented at the University of Maine Psychology Department, Orono, ME, October 2018.

Cardiovascular Health, Neurocognitive Function, and Neuroimaging: The Heart and Mind Connection. Keynote lecture presented at the TSU Nerve Annual Psychology Research Symposium, Tennessee State University, Nashville, TN, April 2018.

Race, Poverty Status, and Diet: Examining Potential Predictors of Cognitive Function in the HANDLS Study. Department of Psychology, Wayne State University, Detroit, MI, October 2016.

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

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.

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.

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

SERVICE

Associate Dean for Diversity and Inclusion, College of Health Sciences (Summer 2016 – present)

As the Inaugural Associate Dean for Diversity for the College of Health Sciences, I lead the development and execution of diversity and inclusion initiatives. In this role, I aim to (1) expand and support diverse recruitment of students and faculty, (2) provide training for diverse recruitment, (3) expand the diversity of our undergraduate and graduate student pipelines, (4) increase the inclusiveness of our existing academic opportunities, (5) monitor and suggest enhancements to a diverse and inclusive health sciences curriculum, and (6) support community-based initiatives in diverse local communities. Drawing partly from the University's strategic goal to "build an environment of inclusive excellence" and University-based resources such as the Office of the Vice Provost for Diversity, UD ADVANCE, and the Center for the Study of Diversity, the following are a few highlights of some of our most impactful initiatives:

- *Employee and student inclusion and climate initiatives.* During my tenure I have developed and led three signature inclusion and climate initiatives. Ongoing Conversations is a recurring discussion among graduate students and employees that tackles a DEI topic and promotes tough conversation around the topic. To date we have had College-wide conversations focused on providing safe spaces for discussions about race, White privilege, using White privilege for allyship, and expanding perceptions of the “look” of professionalism in the workplace. The second initiative, Healthcare Theatre Social Justice Training, uses live actors to act out scenarios that reflect microaggressions and overt discrimination in the classroom and workspaces and requires audience members to enter the theatrical scene to act on behalf of the victim of the act and/or diffuse the situation. Lastly, we have held a number of College-wide conversations with community partners to promote university-community partnerships that service the local patient community and support community-based research efforts.
- *Undergraduate pipeline programs.* Our team has developed three primary undergraduate pipeline programs: Health Sciences Summer Camp, dual enrollment high school courses, and high school/undergraduate mentoring. We also offer comprehensive, experiential tours of our laboratories and clinics for middle and high schools to learn more about the College. By working with local high schools we are growing and diversifying the pipeline of students that enroll in the College of Health Sciences. We are able to offer advisement resources and some financial support for our pipeline students that decide to join our College as freshmen.
- *Faculty search committee training/consulting.* Each fall, I lead a faculty search committee diversity training that is required of faculty on search committees and incorporates best practices for reducing implicit bias. I also provide search committees with vital resources for evaluation of candidates, planning job interviews, and mentoring strategies. I also meet with underrepresented faculty candidates to discuss the university and any questions related to being an underrepresented faculty member on UD’s campus.
- *Expanded graduate student recruitment efforts.* I have initiated and led a team of faculty and staff that are actively recruiting underrepresented minority undergraduate students for our graduate programs. With a presence and engagement at national conferences such as the Annual Biomedical Research Conference for Minority Students (ABRCMS) and the Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) Conference, we are highlighting and marketing our excellent graduate programs with a broader reach. We are also expanding our recruitment efforts at historically black colleges and universities (HBCUs) in the region and marketing to minority-serving institutions.

Other notable Associate Dean activities:

- UD ADVANCE Fellow for the College of Health Sciences
- Chief Diversity Advocate for the College of Health Sciences
- Supervise the Program Coordinator for Pipeline Programs in the College of Health Sciences and oversee College pipeline programs
- Collaborate with the College of Health Sciences Communications Team to market and communicate DEI events and opportunities to the university and public
- Support local health fair, health screening, and blood pressure initiative at Bethel A.M.E. Church in Wilmington, DE

- Support and lead the annual Regional Undergraduate Student Research Conference (RUSRC), a conference held each year via a consortium including University of Delaware, Delaware State University, and Lincoln University
- Created a study abroad scholarship application process for College of Health Sciences students with demonstrated financial need
- Market College of Health Sciences programs to minority-serving institutions
- Support annual state HOSA Future Health Professionals conference

Related online press:

2024 article: [The Mentor's Message: "You Belong Here"](#)

2022 article: [Black History Month: Still Critical, Still Relevant](#)

2021 podcast: Undeniably Well Podcast: [We Have Two Ears and One Mouth for a Reason](#)

2021 article: [Social Justice Training](#)

2019 article: [2019 Women of Promise Honored](#)

2018 article: [Women's Leadership Development](#)

University Service

2025-present	Senior Project Lead: Faculty Engagement and Recognition, Office of the Provost
2023 - 2025	Senior Project Lead: Faculty Equity and Retention, Office of the Provost
2023-present	Co-chair, African Heritage Caucus
2023-present	Conference Chair, 10th Annual Regional Undergraduate Student Research Conference (University of Delaware)
2022-2024	Member, Faculty Senate Faculty Rights and Responsibilities Committee
2021-present	Board Member, African Heritage Caucus
2019-2024	Faculty representative, Board of Trustees' Committee on Honorary Degrees and Awards
2016-present	Conference organizer, Annual Regional Undergraduate Student Research Conference
2016-2023	UD Advance Fellow
2016-2021	Chief Diversity Advocate
2016-2020	Executive Board Member, Women's Caucus
2015	Conference Chair, 6th Annual Regional Undergraduate Student Research Conference (University of Delaware)

2014	Panelist, Center for Teaching and Assessment of Learning New Faculty Orientation (fall)
2014	Panelist, University of Delaware Black Graduate Student Association Summer Planning Workshop
2014	Faculty Moderator, University of Delaware Graduate Research Forum
2014	University Liaison, Fifth Annual Regional Undergraduate Student Research Conference (Delaware State University)
2013	Panelist, Center for Teaching and Assessment of Learning New Faculty Orientation
2012-present	Host, University Write-on-Site program
2012-2014	Member, President's Diversity Initiative Faculty Advisory Committee
2012	President's Diversity Initiative Internal Grant Review Subcommittee

College Service

2023-present	Member, College of Health Sciences Promotion and Tenure Committee
2022	Member, Search Advisory Committee, Dean
2021	Member, Search Committee, Assistant to the Dean
2019-2020	College of Health Sciences Representative, Graduate College Council
2018-present	Chair, College Diversity, Equity, and Inclusion Committee
2017-2021	College of Health Sciences Representative, Nemours Health Equity Commission
2017	Member, Search Committee, Department Chair of Kinesiology and Applied Physiology
2017	Member, Search Committee, Program Coordinator for Pipeline/Affinity Programs
2015	Member, Search Committee, Medical Laboratory Sciences Faculty
2013	Member, Search Committee, Department of Behavioral Health and Nutrition Faculty
2012	Member, Search Committee, Department of Behavioral Health and Nutrition
2012	Member, Search Committee, College of Health Sciences Assistant Dean

2012 Member, Search Committee, Biostatistician

School/Department Service

2022-2024	Chair, Dossier Evaluation Subcommittee (promotion to Full Professor)
2021-2023	Chair, PhD in Nursing Science Subcommittee
2021-2023	Member, Curriculum Committee
2021-2022	Member, Search Committee, Tenure-track/Continuing track faculty
2018-2019	Member, Search Committee, Senior Associate Dean of Nursing
2017-2019	Chair, Promotion, Tenure and Review Committee
2016-present	Member, Promotion, Tenure, and Review Committee
2015-present	Member, PhD in Nursing Science Subcommittee
2013	Member, Search Committee, Buxbaum Administrative Support Staff
2013	Member, Search Committee, Tenure-track Adult Health/Women's Health Faculty
2013	Member, PhD in Nursing Science Comprehensive Exam Planning Committee CCNE Accreditation Subcommittee—Standard IV
2012-2014	Member, School of Nursing Student Affairs Committee
2012	Member, Search Committee, CNTT NP Faculty
2012	Member, Search Committee, Tenure-track NP Faculty Search
2011	Member, Science, Technology, Engineering, and Mathematics (STEM) workgroup (Howard University)
2010-2011	Member, Department of Psychology Curriculum Development (Howard University)

Professional Associations

Gerontological Society of America

2019-2021	Member, Behavioral and Social Sciences (BSS) Program Workgroup
2019	Chair, Memory, Biological, Psychosocial, and Genetic Factors paper session
2018	Organizer, Chair, Vascular, Cardiometabolic, and Sleep Health Relations to Brain and Cognitive Outcomes Among Older Adults symposium

2017	Named Fellow of the Gerontological Society of America, Behavioral and Social Sciences section
2016	Chair, Mental Health in Diverse Populations paper session
2012-present	Reviewer, Annual Meeting abstracts
2011	Chair, IT Committee, Minority Task Force
2011-present	Member, Minority Task Force
2010	Gerontologists Giving Back volunteer service—home building with the St. Bernard Parish Project in New Orleans, LA
2009	Member, Behavioral and Social Sciences Program Committee
2009	Paper Session Chair: Cognition
2008	Reviewer, Emerging Scholar and Professional Organization (ESPO) Student Paper/Poster Award Committee
2007-present	Member

American Psychosomatic Society

2012-2017	Reviewer, Annual Meeting abstracts
2012-2016	Member, Diversity Promotion Special Interest Group
2008-2017	Member

Editorial Boards

2025-present	Guest Editor, Journal of Gerontology: Psychological Sciences
2023-present	Member, Journal of Gerontology: Psychological Sciences
2021-present	Member, Ethnicity & Disease

Ad-hoc Journal Reviewer

- Gerontology
- Aging Neuropsychology and Cognition
- British Journal of Nutrition
- Nutrition Journal
- European Journal of Neurology
- Ethnicity and Health
- Journal of the National Medical Association
- Journal of Clinical and Experimental Neuropsychology
- Psychology and Aging
- Gerontology
- American Journal of Public Health
- Psychology, Health & Medicine

- Diabetes
- Appetite
- Experimental Aging Research
- European Journal of Neurology
- International Journal of Culture and Mental Health

Scientific Review Panels:

10/2024	Reviewer, ZAG1 ZIJ-3 (J1), T32 Institutional Training Grant Review
1/2023	Reviewer, ZNS1 SRB-A(59), Pragmatic Clinical Trials in Community Settings to Decrease or Prevent VCID Outcomes National Institutes of Health
10/2022	Reviewer, Advancing and Examining Diversity Training in Aging Research (R25) National Institute on Aging
6/2021	Reviewer, ZAG1 ZIJ-1 (C1), Healthy Aging in Neighborhoods of Diversity across the Life Span Home Visit Study (HANDLS HVS): Maintaining vital links to aging participants, contract review National Institute on Aging
7/2020	Reviewer, ZRG1 HDM-C-02: Clinical Sciences and Patient Management Member Conflict Special Emphasis Panel National Institutes of Health
2/2020	Reviewer, Cognition and Perception Study Section (CP) National Institutes of Health
5/2019	Reviewer, PAR 17-290 (R25): Special Emphasis Panel National Institutes of Health
6/2018	Reviewer, Cognition and Perception Study Section (CP) National Institutes of Health
2/2018	Reviewer, Cognition and Perception Study Section (CP) National Institute on Aging
10/2017	Reviewer, RFA-AG-18-002 (P30), RFA-AG-18-003 (P30) and RFA-AG-18-004 (R24): Resource Centers for Minority Aging Research (RCMAR) Special Emphasis Panel National Institute on Aging
6/2017	Reviewer, RFA-ZRG1 PSE-P (55) R - PAR Panel: Epidemiology and Cohort Studies for Alzheimer's Disease, Related Dementias, and Cognitive Resilience National Institute on Aging
8/2016	Reviewer, RFA-10 ZAG1 ZIJ-8 (C1) 2: Special Emphasis Panel/Scientific Review Group National Institute on Aging

2010 Reviewer, Psychology Panel, Graduate Research Fellowship Program
National Science Foundation

Community Boards/Organizations

2025-present Vice Chair, Board of Directors, Newark Charter School

2022-2025 Secretary, Board of Directors, Newark Charter School

2021-present Member, Board of Directors, Newark Charter School

2015-2022 Secretary, Board of Directors, Wilmington Senior Center

2012-2022 Member, Board of Directors, Wilmington Senior Center

1998-present Member, Alpha Kappa Alpha Sorority, Inc.

Invited Community Presentations:

2022 *Black Health and Wellness*
Invited Speaker for the Newark Senior Center Series on the Black
Experience in America

2020 *COVID-19 and Mental Function*
Invited Speaker for Beautiful Gate Outreach Center's COVID-19 Soul
Sessions, Wilmington, DE

2012 *Minority Health and Cognitive Function*
Invited speaker at the Senior Companion/Respite Aide in-service session
at the University of District Columbia

2012 *Cardiovascular Health and Brain Health* (spring/summer 2012; 6 local
presentations, New Castle County, DE)
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

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

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

TEACHING

Courses taught

University of Delaware

HLTH241: Ethical Aspects of Healthcare

- Instructor, Bachelor of Science in Nursing program, 3 credits
- Fall 2022-present

NURS262/362: Healthcare Research and Evidence-Based Practice

- Instructor, Bachelor of Science in Nursing program, 3 credits
- Spring 2021-Fall 2024

NURS814: Advanced Quantitative Methods in Nursing Science

- Instructor, PhD in Nursing Science program, 3 credits
- Fall 2011-Fall 2023

NURS839: Nurse Scientist Special Topics Seminar

- Instructor, PhD in Nursing Science program, 1 credit
- Fall 2018-Fall 2021

NURS835: Nurse Scientist Special Topics Seminar III

- Instructor, PhD in Nursing Science program, 1 credit
- Spring 2013

NURS812: Responsible Conduct of Research

- Instructor, PhD in Nursing Science program, 1 credit
- Fall 2015

NURS362: Research Concepts in Healthcare

- Instructor, Bachelor of Science in Nursing program, 3 credits
- Spring 2012-Fall 2014

HLTH367: College of Health Sciences Honors Seminar

- Instructor, College of Health Sciences/Pre-med undergraduates, 1 credit
- Spring 2012-Spring 2013

NURS366: Independent Study/Health Disparities Seminar

- Instructor, 1 credit, nursing, animal science, psychology, and cognitive science undergraduates
- Spring 2012: 4 students

Howard University

PSYC063: Research Methods & Statistics I

- Instructor, Bachelor of Science in Psychology major, 3 credits
- Fall 2009-Spring 2011

PSYC051: Experimental Psychology

- Instructor, Bachelor of Science in Psychology program, 4 credits

- Spring 2010

PSYC241: Seminar in Personality: Trends in Personality and Aging

- Instructor, Ph.D. in Personality Psychology program, 3 credits
- Fall 2009

PSYC241: Seminar in Personality: Research Methods in Personality and Aging

- Instructor, Ph.D. in Personality Psychology program, 3 credits
- Spring 2010

Contributions to curriculum/course development:

2021	Designed NURS867 that will merge NURS839, NURS812, NURS850 into a single 3-credit course
2018	Redesigned Nurse Scientist Seminar (NURS839) for PhD in Nursing Science Program
2017	Redesigned Advanced Quantitative Research Methods (NURS814) for PhD in Nursing Science Program
2013	Designed a new professional roles seminar course (NURS835) for PhD in Nursing Science program
2012	Designed a one credit health disparities journal club for one PhD student and four undergraduate students
2011	Designed a new quantitative research methods course for PhD in Nursing Science program (NURS814)
2011-2012	Advised one PhD student on development and submission of fellowship applications to National Institute of Nursing Research (F31) and Oncological Nursing Society and a poster abstract to Eastern Nursing Research Society
2010	Introduced a new element to the Experimental Psychology course. Students presented their research proposals during two class poster sessions. Invited judges critiqued and queried students about their posters and contributed to their grade on the presentations (spring)
2010	Developed a new graduate course entitled Perspectives on Personality and Aging
2009	Developed a new graduate course entitled Research Methods in Personality and Aging

Postdoctoral Fellows Supervised

2016-2020 Desiree Bygrave, PhD

Graduate Research Assistants Supervised

2016-2020 Melanie Horning, PhD in Nursing Science student

2014-2016	Constance Gerassimakis, MD, MS in Human Nutrition student
2011-2012	Deborah Friedel, MSN, PhD in Nursing Science Student
2009-2011	Shellie-Anne Levy – Clinical Psychology PhD student
2009-2011	Mana Ali -- Clinical Psychology PhD student
2009-2011	Desiree Bygrave -- Neuropsychology PhD student

Undergraduate Research Assistants Supervised

2019-2020	Victoria Coppola, School of Nursing Honors
2017-2018	Kayla Martin, Department of Psychological and Brain Sciences
2016-2019	Miata Smith, Department of Psychological and Brain Sciences
2016-2017	Megan Aidoo, Department of Medical and Molecular Sciences

Master's Theses and Doctoral Dissertations

2023-present	Member, Dissertation Committee Sanaz Taherzadeh, School of Nursing "Physical Activity Characteristics, Sleep Health, and Chronic Pain in Older Adults with Arthritis"
July 2024	External Member, Dissertation Committee Ingrid Mood, Department of Psychology, Howard University "Perceived Racial Stress Effects on Neuropsychological Functioning in African Americans are Mediated by the Brain's Reward/Seeking Systems Via Neuroimmune Pathways"
Dec 2022	External Member, Dissertation Committee Sanaz Dabiri, Department of Psychology, Howard University "Neurobiological Mechanisms Involved in the Relationship Between Loneliness Depression, and Cognitive Decline in Older Adults"
2021-2022	Member, Thesis Committee Bharathi Ramesh, Department of Behavioral Health & Nutrition "Association of Dietary Antioxidants and Physical Activity with Mental Health and Cognition in Older Adults"
2019-2022	Member, Dissertation Committee Grace George, School of Nursing "Social Support, Acculturation, Maternal Self-Efficacy and Postpartum Depression in Immigrant Asian Indian Women in the United States"
May 2019	External Member, Dissertation Committee Sharlene Jeffers: Department of Psychology, Howard University "Refining Brief Assessment Tools for Mild Cognitive Impairment: Increasing Accuracy on the Montreal Cognitive Assessment for U.S. Populations"

- 2018-2021 Member, Dissertation Committee
Melanie Horning, School of Nursing
"Family Communication and Perceptions of the End-of-life Experience of Older Adults with Chronic Disease"
- July 2018 External Member, Dissertation Committee
Keri Kirk: Department of Psychology, Howard University
"Toward Understanding an Epidemic of Obese Proportions: Biopsychosocial Correlates of Physical Activity Adherence in Young Black Women"
- 2015-2017 Chair, Dissertation Committee
Beatrice Gaynor, School of Nursing
"Effect of Waist Circumference Knowledge on Community-based Older Adults' Health Beliefs and Behaviors"
- 2016-2018 Member, Dissertation Committee
Marisa Scibilia, School of Nursing
"Examining the impact and feasibility of a self-efficacy based walking intervention for persons with chronic non-specific neck pain"
- 2015-2017 Member, Master's Thesis Committee
Constance Gerassimakis, Department of Behavioral Health and Nutrition
"The Impact of Dietary Omega-3 Fatty Acids and Omega-3 to Omega-6 Fatty Acid Ratio on Cognitive Decline in Healthy Aging in Neighborhoods of Diversity across the Lifespan (HANDLS) Study Sample"
- 2015-2016 Member, Master's Thesis Committee
Kristina Davis, Department of Behavioral Health and Nutrition
"Cardioprotective Effects of Tart Cherry Juice in Older Adults"
- 2011 Chair, Master's Thesis Committee
Desiree Bygrave, Department of Psychology, Howard University
"Examining Relationships among Catecholamines, Renal Functioning and Neurocognitive Functioning in an African-American Sample"
- 2010 Member, Dissertation Committee
Mitchell Reid, Department of Psychology, Howard University
"The Effects of Family Functioning and Masculine Ideologies on Risky Substance Use"
- 2010 Member, Master's Thesis Committee
Shellie-Anne Levy, Department of Psychology, Howard University
"The Influence of Distinct Functions of Social Support on Neurocognitive Function in Older Adults"

Honors Theses

- 2011 Research advisor, Honors Thesis
Shannon Chiles, Department of Psychology, Howard University
"The Influence of Elevated Triglyceride Levels on Verbal Learning and Memory among African Americans"
- 2011 Research advisor, Honor's Thesis.
Alyscia Curtis, Department of Psychology, Howard University

“The Association between Indices of Blood Pressure, Verbal Memory, and Verbal Ability in African Americans”

Ronald E. McNair Scholars Program Projects

- | | |
|------|---|
| 2022 | Research advisor, research project and oral presentation
Zainab Gbadamosi, University of Delaware, School of Nursing, “Examining Linkages Between Neighborhood Disadvantage and Subclinical Cardiovascular Disease” |
| 2017 | Research advisor, research project and poster presentation
Kayla Martin, University of Delaware, Department of Sociology and Criminal Justice, “The Influence of Sleep Quality on Cognitive Function among Older Adults” |
| 2016 | Research advisor, research project, and poster presentation
Akila Coleman, Marquette University, Spanish for the Health Professions
“Association Between Education Level and Physical Activity in Older Adults” |
| 2012 | Research advisor, research project, paper, and poster presentation
Natasha Gaston, University of Delaware, Department of Cognitive Science
“Racial/Ethnic Differences in Attitudes toward Hearing Loss and Hearing Aid Usage” |
| 2012 | Research advisor, research project, paper, and poster presentation
Tyler Sharp, University of Delaware, Department of Psychology
“Trait Mindfulness and Depressive Symptomatology Relations among African Americans” |
| 2011 | Research advisor, research project and paper presentation
Sharriann Turnbull, Howard University, Department of Psychology
“Personality Influences on Cognitive Function in Middle-age African Americans” |
| 2011 | Research advisor, research project and paper presentation
Shannon Chiles, Department of Psychology, Howard University
“The Association of Lipids and Cognitive Function Among African Americans” |

Other Scholarly Projects and Independent Studies

- | | |
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| 2013 | Faculty Advisor, Robert Wood Johnson New Careers in Nursing grantee research experience
Priscah Kabui, School of Nursing, University of Delaware
--guided literature reviews and empirical evidence compilation for African American cardiovascular health and cognition review article |
| 2013 | Faculty Advisor, NURS 362 research project, School of Nursing, University of Delaware
Kristen McLaughlin, Emily Recchia, Jesse Smith, Abbey Spiezio, Jamie Theno, Michelle Vassallo, & Katherine Yatzus
“Depressive Symptomatology is Related to Prior Treatment for Alcohol Abuse in Older Adults Living in Senior Public Housing” |

- 2013 Faculty Advisor, NURS 362 research project, School of Nursing, University of Delaware. Lewis Rosenblum, Jennifer Sauer, Courtney Simmermon, Jennifer Slusarz, Courtney Sniscak, Linda Sollecito, & Jennifer Springer
"Older Adult Awareness of the Relationships between Cardiovascular Disease Risk Factors and Cognitive Function"
- 2012 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Yajaira Paugh, Anna Field, Alexandra Fusco, Priscah Kabui, & Kelsey Bristow
"Improvement of End of Life Care: A Review of the Literature"
- 2012 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Stephanie Fulton, Kathleen Gainey, Kelsie Jones, Sigal Middleton, Emma Myers, & Meghan O'Brien, "The Role of Prenatal Care in Adolescent Pregnancy"
- 2012 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Kerry Angell, Kimberly Appleby Sher, Alana Coppol, Lauren Denis, Emily Gorrin, & Jordan Hyman, "Mindfulness and its Effect on Cancer: A Literature Review Presentation"
- 2012 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Evan Katz, Tomasa Knowlton, Kelsey Meehan, Shiann Miller, Eleanor Murray, Nicole Penn, Erin Pitcher, & Laura Rowley
"Relationship Between Obesity, Self-Image, Bullying, and Depression: Implications for Screening in Clinical Setting"
- 2011 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Amanda Borcky, Laura Bloemeke, Tania Dossantos, Lauren Galea, Emily Holian, Bettina Holden, Carlie Saint-Laurent, & Elizabeth Morris
"Sleep Quality, Sleep Duration, and Blood Pressure: A Review of the Literature"
- 2011 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Elizabeth Bishop, Antoinette Boyd, Alyson Clyde, Rebecca Debonis, Priya Dubey, & Christine Gregory
"Literature Review: Accelerated Nursing Students--What's the Prognosis?"
- 2011 Faculty Advisor, NURS 362 evidence-based research project, School of Nursing, University of Delaware
Kevin McCarthy, Valerie Jovellanos, Jacquelyn Marshall, Sarah McCabe, Mae Nester, Hannah Morse, Anthony Papeika, & Mary Koether
"Evidence-based Practice: The Effects of Healing Touch Therapy on Oncology Patients"
- 2010 Research Advisor, Undergraduate Research Symposium research project
Ashley Payne, Department of Psychology, Howard University
"Depression and Facets of Functional Social Support in the African American Community"

2010 Research Advisor, Undergraduate Research Symposium research project
Robdeshia Jamison, Department of Psychology, Howard University
"Perceived Stress and Executive Functioning in African American Adults"