

CINDY E. TSOTOSOROS, PH.D.

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Academic Appointment

2022- Present University of Rhode Island, Assistant Professor, Tenure-Track
Department of Human Development and Family Science, College of Health Sciences

Education

Ph.D., PSYCHOLOGY (2022) – OKLAHOMA STATE UNIVERSITY
QUANTITATIVE CONCENTRATION (2020)
M.S., PSYCHOLOGY (2019) – OKLAHOMA STATE UNIVERSITY
M.S., GERONTOLOGY (2016) – UNIVERSITY OF SOUTHERN CALIFORNIA
B.S., PSYCHOLOGY (2014) – UNIVERSITY OF NORTH CAROLINA WILMINGTON

Honors and awards:

2022 SOCIAL GENOMICS- GENE EXPRESSION WORKSHOP ATTENDEE SUPPORTED BY USC-UCLA CENTER FOR BIODEMOGRAPHY & POPULATION HEALTH
2022 R25 NIH/NIA GENOMICS FOR SOCIAL SCIENTISTS' AWARDEE
2022 P30 NIH/NIA RESEARCH SCIENTIST ENRICHMENT PROGRAM AWARD
2021 R36 NIH/NIA AGING RESEARCH DISSERTATION AWARD TO INCREASE DIVERSITY
2020 VICKIE LITTLE TEACHING AWARD
2019 BEHAVIORAL AND SOCIAL SCIENCE TRAVEL STIPEND
2019 GRADUATE AND PROFESSIONAL STUDENT ASSOCIATION TRAVEL AWARD
2019 PSYCHOLOGY DEPARTMENT TRAVEL AWARD
2019 OKLAHOMA PSYCHOLOGICAL SOCIETY, FIRST PLACE, GRADUATE POSTER COMPETITION
2019 WOMEN'S FACULTY COUNCIL RESEARCH AWARD
2018 GRADUATE AND PROFESSIONAL STUDENT ASSOCIATION TRAVEL AWARD
2018 GRADUATE AND PROFESSIONAL STUDENT ASSOCIATION RESEARCH MATERIALS GRANT
2018 PSYCHOLOGY DEPARTMENT TRAVEL AWARD
2016 RENKEN SCHOLAR
2015 LEONARD AND SOPHIE DAVIS ENDOWED SCHOLARSHIP
2013 CHARLES L. CAHIL AWARD FOR RESEARCH
2012-2014 DEANS LIST AWARDEE
2012 PSI CHI INTERNATIONAL HONORS SOCIETY
2012 TAU SIGMA NATIONAL HONORS SOCIETY
2012 SIGMA PHI OMEGA

Research Interests

- *Broad:*
Cognitive function and aging; adult development and aging; working memory; future time perspective; biomarkers of health and aging; health psychology/behavioral medicine approaches
- *Specific:*
Cognition in older adults; adverse childhood experiences; social isolation; brain derived neurotrophic factor; inflammation; APOE

P30 (PI: Kristine Ajrouch) (Subaward: Tsotsoros)**July 2022- June 2023**

- **Project Title:** Late-life Work Engagement and Dementia in the Health, Aging, and Body Composition Study
- **Source:** NIH/NIA (P30); Alzheimer's-related Resource Centers for Minority Aging Research
- **Major Goals:** To enhance the diversity of the aging research workforce by identifying and mentoring scientists from and/or with interest in underrepresented groups who can advance research on AD and related dementias.
- **Direct/Indirect Costs:** \$30,000 subaward
- **Role:** PI of Subaward

R25 AG 053227 (PI: Sonnega)**June 2022**

- **Project Title:** Genomics for Social Scientists Workshop
- **Source:** NIH/NIA (R25); Education Projects
- **Major Goals:** The purpose of this workshop is to familiarize researchers with genetic data and provide hands-on training on incorporating genetic information into social science analyses.

R36AG072342 (PI: Tsotsoros)**May 2021- April 2022**

- **Project Title:** Differential Impacts of Adverse Childhood Experiences and Aging on Brain Health
- **Source:** NIH/NIA (R36); Aging Research Dissertation Award to Increase Diversity
- **Major Goals:** To investigate whether early life experiences of adversity influence brain health in later life as measured by neurotrophic and cognitive factors.
- **Direct/Indirect Costs:** \$68,500
- **Mentors:** Drs. Misty Hawkins and Cindy Melancon (OSU), Dr. Eileen Crimmins (USC)
- **Role:** PI

Publications**Peer-reviewed Publications**

- Tsotsoros, C. E.,** Stout, M.E., Medlin, A., Hawkins, M.A.W., (in press). Associations between adverse childhood experiences, executive function, and brain-derived neurotrophic factor (BDNF) among adults with excess adiposity.
- Keirns, N. G., Keirns, B. H., **Tsotsoros, C. E.,** Sciarrillo, C. M., Emerson, S. R., Hawkins, M. A. W. (2022). Associations between internalized weight stigma and visceral adipose tissue status are observed in women, but not men. *Stigma and Health*. doi:10.1037/sah0000381
- Stout, M.E., **Tsotsoros, C. E.,** Hawkins, M.A.W. (2022). Does loneliness mediate the relationship between Adverse Childhood Experiences (ACEs) and pain catastrophizing among women? *Journal of Childhood & Adolescent Trauma* 15(1), 1-7. doi:10.1007/s40653-022-00442-9
- Mooney, A., **Tsotsoros, C. E.,** Earl, J.K., Hershey, D. A., Mooney, C. H. (2021). Enhancing planning behavior during retirement: Effects of a time perspective based training intervention. *Social Sciences* 10(8), 306. doi:10.3390/socsci10080306
- Keirns, N.G., **Tsotsoros, C. E.,** Addante, S.E., Layman, H.M., Krems, J.A., Pearl, R., Tomiyama, J., & Hawkins, M.A.W. (2021). Adverse childhood experiences associated with greater internalization of weight stigma in women with excess weight. *Obesities* 1(1), 49-57. doi:10.3390/Obesities1010005
- Tsotsoros, C. E.,** Mooney, A., Earl, J. K., Hershey, D. A. (2021). Retirees' perceptions of goal expectancy in five resource domains. *Current Psychology*, 1-15. doi:10.1007/s12144-021-01771-y
- Hawkins, M. A., Layman, H., Ganson, K. T., Tabler, J., Ciciolla, L., **Tsotsoros, C. E.,** Nagata, J. M. (2021). Adverse childhood events and cognitive function among young adults: Prospective results from the National Longitudinal Study of Adolescents to Adult Health. *Child Abuse & Neglect*, 115, 105008. doi:10.1016/j.chiabu.2021.105008
- Tsotsoros, C. E.,** Hershey, D. A., & Kiso, H., & Kopusko, J. L. (2019). Racial differences in anticipated satisfaction with life during retirement. *Work, Aging, & Retirement* 5(3), 236-254. doi:10.1093/workar/waz002

Publications Under Review

- Tsotsoros, C. E.,** Stout, M. E., Medlin, A., Siguenza-Stone, A. C. M., & Gupta, R., (under review). How time perspective affects social interaction anxiety and isolation. Manuscript submitted for publication.

In Preparation

- Tsotsoros, C. E.**, Hawkins, M.A.W. (In progress). How adverse childhood experiences affect brain health in older adult women. Manuscript in progress.
- Keirns B, Keirns N, **Tsotsoros, C. E.**, Sciarrillo C, Medlin A, Teague K, Hawkins M, Emerson S. (In progress). Adverse childhood experiences and obesity linked to indicators of gut permeability and inflammation. Manuscript in progress.
- Layman H. M., **Tsotsoros, C. E.**, Stout, M.E., Keirns, N.G., & Hawkins, M. A. W. (In progress). Adverse childhood experiences and metabolic markers in individuals with excess weight. Manuscript in progress.

Presentations

National and International Conference

- Keirns B., Keirns N., **Tsotsoros C. E.**, Sciarrillo C, Medlin A, Teague K, Hawkins M, Emerson S. (June 2022). *Adverse Childhood Experiences and Obesity Linked to Indicators of Gut Permeability and Inflammation*. [Virtual poster presentation] at American Society for Nutrition Annual Meeting.
- Tsotsoros, C. E.** & Hawkins, M. A. W. (March, 2022). *Associations of adverse childhood experiences with executive function and brain-derived neurotrophic factor in older adults*. [Conference poster presentation] Euro-Geroscience Conference, Toulouse, France.
- Stout, M.E., Keirns, N.G., **Tsotsoros, C.E.**, Layman, H.M. & Hawkins, M.A.W. (2022, March). *Neurocognitive inhibition predicts cortisol reactivity to a stressful speech task*. [Conference poster presentation] American Psychosomatic Society Annual Scientific Meeting, Long Beach, CA.
- Medlin, A., **Tsotsoros, C. E.**, Stout, M., Hawkins, M. A. W. (November, 2021). *How time perspective affects social interaction anxiety and isolation*. [Conference poster presentation] Psych Science in 5 at the Oklahoma Psychological Association Annual Convention, Northeastern State University; Broken Arrow, OK.
- Tsotsoros, C. E.**, Stout, M. E., Hawkins, M.A.W. (2021, November). *Associations of adverse childhood experiences with executive function and brain-derived neurotrophic factor*. [Conference poster presentation] Gerontological Society of America 2021 Annual Scientific Virtual Meeting.
- Stout, M.E., **Tsotsoros, C. E.**, & Hawkins, M.A.W. (2020, December). *Pre-COVID loneliness predicts perceived stress at the beginning of shelter-in-place orders over and above changes in finances and childcare*. [Conference poster presentation] American Psychosomatic Society Virtual Meeting, Pursuing Health Equity in the Context of COVID-19: The Essential Role of Psychosomatic Science.
- Tsotsoros, C. E.**, Keirns, N. G., Koemel, N., Keirns, B. H., Hawkins, M.A.W. (2020, June). *Cognitive and behavioral factors differentially related to intuitive eating*. [Conference poster presentation] Conference of American Society of Nutrition Virtual Meeting, Seattle, Washington.
- Keirns, N. G., Keirns, B. H., **Tsotsoros, C. E.**, Koemel, N., Hawkins, M.A.W. (2020, June). *Differences in food susceptibility between high and low intuitive eaters*. [Conference poster presentation] Conference of American Society of Nutrition, Seattle, Washington.
- Tsotsoros, C. E.**, Mooney, A., Earl, J. K., Hershey, D. A. (2019, November). *Psychological mechanisms that underlie goal expectancy among retirees*. [Conference poster presentation] Gerontological Society of America meeting, Austin, TX.
- Mooney, A., **Tsotsoros, C. E.**, Earl J. K., & Hershey, D. A. (2019, November). *A time perspective based intervention to enhance retirement planning behaviour*. [Conference presentation] Inaugural Research Centre for Ageing, Cognition and Wellbeing Conference, Sydney, Australia.
- Mooney, A., **Tsotsoros, C. E.**, Earl J. K., & Hershey, D. A. (2019, November). *An intervention to enhance retirement planning behaviour using time perspective*. [Conference presentation] 52nd Australian Association of Gerontology Conference, Sydney, Australia.
- Mooney, A., **Tsotsoros, C. E.**, Earl, J. K., & Hershey, D. A. (2019, July). *Enhancing planning behaviour during retirement using a time perspective based intervention*. [Conference paper presentation] Industrial and Organizational Psychology Conference, Adelaide, Australia.
- Bond, M. R., Schneider, J. T., **Tsotsoros, C. E.**, & Hershey, D. A. (2019, April). *Antecedents and outcomes associated with busyness among college students*. [Conference poster presentation] Oklahoma Psychological Society Conference, Edmond, Oklahoma.
- Hershey, D. A., **Tsotsoros, C. E.**, Van Dalen, H., Bojórquez, M. I., Pérez, A. E., & Henkens, K. (2018, November). *Pre-retirees' perceptions of anticipated retirement income: Evidence from three countries*. [Conference paper presentation] Gerontological Society of America meetings, Boston, MA.

Tsotsoros, C. E., Hershey, D. A., Kiso, H., & Kopusko, J. L. (2018, June). *Racial differences in anticipated satisfaction with life during retirement*. [Conference presentation] Programma Boterham met Onderzoek. Netherlands Interdisciplinary Demographic Institute, The Hague, Netherlands.

Tsotsoros, Cindy E., Toth, Jeffrey. (2014, May). *The effect picture type has on quality of learning*. [Conference poster presentation] Cognitive Psychology Conference, Wilmington, North Carolina.

Northcutt, C., **Tsotsoros, C. E.,** Daniels, K. A. (2014, March). *Combining physical and cognitive training to maximize memory benefits for older adults*. [Conference poster presentation] North Carolina Cognition Conference, Raleigh, North Carolina.

Invited Presentations

- **Tsotsoros, C. E.,** Hershey, D. A., Kiso, H., & Kopusko, J. L. (2018, June). *Racial differences in anticipated satisfaction with life during retirement*. [Conference presentation] Programma Boterham met Onderzoek. Netherlands Interdisciplinary Demographic Institute, The Hague, Netherlands.

Research Training

Research on Emotion and Cognition in Health Laboratory— ADVISOR: DR. MISTY HAWKINS 2019-2022

- Focusing on behavioral medicine research in obesity, adult lifespan, and neurocognitive functioning
- Manage ongoing clinical trials and lab projects, complete IRB submissions, process Qualtrics and REDCap screeners, administer computerized cognitive assessments, and mentor research assistants
- Administer comprehensive assessment of neuropsychological, socioemotional, and physiological functioning, and conduct body fat analyses for a NIGMS funded trial:
 - NIH Toolbox Cognition Battery
 - Automated Neuropsychological Assessment Metric (ANAM-IV)
 - Tanita, InBody, and Dual X-ray Absorptiometry (DEXA) scanning
 - Certified phlebotomist for venipuncture and whole blood and serum analyses
- Dissertation funded from the NIA (R36)

Retirement Planning Research Laboratory— ADVISOR: DR. DOUGLAS HERSHEY 2017-2019

- Researching time perspective in multiple studies such as social isolation, anxiety, depression, retirement planning, and satisfaction with life during retirement
- Gained experience in collecting data, writing manuscripts, cleaning and working with data, and reviewing current literature
- Responsible for mentoring undergraduate research assistants
- Prepared, developed and completed master's thesis:

Tsotsoros, C. E., (2019). Psychological antecedents of binge drinking among college students. Master's thesis, Oklahoma State University, Department of Psychology. ProQuest Dissertations and Theses Global.

Department of Psychiatry and Behavioral Sciences— SUPERVISOR: DR. LON SCHNEIDER 2015-2017

- Research assistant responsibilities for ten federal and private funding sourced Alzheimer's disease clinical trials
- Trained in streamlining clinic, data operations and wet lab procedures
- Coordinate research participant recruitment, clinic visits, and data entry for five Alzheimer's disease clinical trials

The Center for Digital Aging – USC— ADVISOR: DR. ELIZABETH ZELINSKI 2014-2015

- Research assistant for Long Beach Longitudinal Study
 - *The course of cognitive change in late adulthood*. Funded by: Alzheimer Disease Research Center
 - Facilitated data collection at KECK Medical Center
- Tested and reviewed web applications for caregivers

The Aging and Cognitive Training Lab – UNCW— ADVISORS: DR. KAREN DANIELS & DR. JEFFREY TOTH 2013-2014

- Gained experience in cognitive neuroscience research- fNIRS
 - Studied oxygenation levels in human rostral prefrontal cortex (rPFC) during resting state
- Lead investigator on an experiment researching the effects of direct and indirect pictures on memory when learning a foreign language

- Studied the combined effect of working memory and aerobic exercise training on the cognitive abilities of older adults
 - Ran participants in E-PRIME and computer tasks: Opsan, Stroop, Ironic Effects and Letter Comparison
 - Recruited more than 75 older adults from the community

Teaching Experience

As a Graduate Student Instructor & Lecturer, I have taught and prepared/developed PowerPoint lecture slides for each class, graded assignments and exams, and held office hours for the following courses:

Instructor – OSHER LIFELONG LEARNING INSTITUTE – OKLAHOMA STATE UNIVERSITY EXTENSION SPRING 2021

- Continuing education: The Power & Potential of Your Aging Brain
 - This course was taught once a week over zoom due to the pandemic. It reviewed how factors such as early childhood experiences, exercise and obesity effect our brains and cognitive function. We reviewed the psychological disorders that relate to aging and ways to improve cognitive function, combat social isolation and maintain brain health.

Graduate Instructor – OKLAHOMA STATE UNIVERSITY 2017- 2020

- Undergraduate level: Introduction to Psychology
This course was 2x a semester for four consecutive semesters and once over the summer. The course focused on 16 broad psychology topics and included tests, writing assignments, homework, quizzes and class participation as mandated by the university.
Concurrent Course Introduction to Psychology
The same introductory course above was also taught at the local high school for 3 of those semesters as a concurrent course for students enrolled in one of the nearby high schools.
- Undergraduate level: Statistical Methods in Psychology Lab- DR. DEMOND GRANT, DR. AMANDA BARALDI
This laboratory taught students how to learn to run SPSS and be able to successfully analyze and interpret the findings through the program and through mathematical calculations. This class covered describing data, understanding the psychometric properties, z-tests, t-tests, and ANOVAs. This course was taught twice in person and once online.
- Undergraduate level: Experimental Psychology Lab- DR. DAVIDE PONZI
This laboratory taught students on how to conduct various forms of research, how to run SPSS for analyzing data, and how to write papers in APA and present research in an academic atmosphere. By the end, I helped each student develop their own research idea and write a full proposal.

Graduate Teaching Assistant – UNIVERSITY OF SOUTHERN CALIFORNIA 2015- 2018

- Masters level: Perspectives on a Changing Society: An Introductory to Aging - DR. CAROLINE CICERO
- Masters level: Physiology of Development and Aging - DR. EDWARD SCHNEIDER
- Masters level: Lifespan Development Sociology - DR. JON PYNOS
- Masters level: Integrating Gerontology; A Multidisciplinary Approach - DR. GEORGE SHANNON
- Undergraduate level: Emotion-Cognition Interactions and Aging - DR. MARA MATHER (ISRAEL)
- Undergraduate level: The Science of Adult Development - DR. JOHN WALSH
- Undergraduate level: A Journey into the Mind - DR. JULIA WALSH

America Reads/America Counts – WRIGHTSVILLE BEACH ELEMENTARY SCHOOL 2012-2014

- Worked with children grades K-5 one-on-one to help them practice skills in reading and math

Professional Positions/Clinical Experiences

Memory Program Coordinator – BELMONT VILLAGE SENIOR LIVING (ASSISTED LIVING AND MEMORY CARE) 2016 - 2017

- Supervised the Neighborhood staff, over 35 employees, and maintained a high level of satisfaction with the Neighborhood residents and family members
- Conducted neuropsychological assessments on incoming residents and all current residents every six months to evaluate and ensure their necessary level of care
- Trained staff members on assessments such as MOCA, MMSE, animal naming and clock drawing task

Engagement Coordinator – WATERMARK RETIREMENT COMMUNITIES (ASSISTED LIVING)

2015 - 2017

- Identify opportunities to improve resident experience
- Spent time with residents and assisted them in initiatives to improve quality of life
- Gave instructional lessons

Student Live-in Intern – KINGSLEY MANOR RETIREMENT COMMUNITY (SKILLED NURSING/ASSISTED/INDEPENDENT)

2014 - 2015

- Administered 200 surveys annually to monitor satisfaction of services for residents and their families
- Devised strategies to make programs cost effective
- Promoted and executed programs monthly for independent, assisted, and skilled nursing residents

Skills and Training

- Certified Phlebotomy Technician (licensed by NHA)
- Proficiency in various computer programs (SPSS, AMOS, SAS) and computer platforms (Mac; Windows)
- CITI Institutional Review Board Training Certified
- Skilled in Qualtrics and REDCap
- Essential knowledge in Blackboard, BrightSpace, and Canvas
- Knowledgeable in the operation of personal computer workstation and software (Microsoft Word, PowerPoint, Excel, MS Publisher, etc.)

Professional Society Memberships

- Gerontological Society of America (GSA) 2017 - present
- Emerging Scholar and Professional Organization (ESPO) 2017 - present
- APA Division 20 (Adult Development and Aging) 2014 - present

Peer Reviews

- *European Sociological Review*
- *Current Psychology*
- *Research on Aging*

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