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Assistant Professor
 Department of Kinesiology and Community Health
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Education

- 2015** Doctor of Philosophy
 School of Sport, Exercise and Health Sciences
 Loughborough University, UK
 Advisors: Dr. Lauren Sherar, Prof. Stuart Biddle (2012-2014),
 Dr. Dale Esliger (2014-2015)
 Thesis title: "The relations between objectively measured moderate-to-vigorous physical activity, chronic aerobic exercise and cognitive control in children and adolescents."
- 2005** Master of Science in Health Psychology
 Department of Psychology
 University of Bath, UK
 Advisor: Dr. Julie Turner-Cobb
- 2004** Master of Arts in Psychology
 Institute of Psychology
 Jagiellonian University, Poland
 Advisor: Prof. Józef Gierowski

Professional Experience

- 2019 – present Affiliate Faculty, Beckman Institute for Advanced Science and Technology,
 University of Illinois at Urbana-Champaign, Urbana, IL, USA
- 2019 – present Affiliate Faculty, Neuroscience Program, University of Illinois at Urbana-
 Champaign, Urbana, IL, USA
- 2018 – present Assistant Professor, Department of Kinesiology and Community Health, University
 of Illinois at Urbana-Champaign, Urbana, IL, USA
- 2018 – 2018 Postdoctoral Research Associate, Department of Kinesiology and Community
 Health, University of Illinois at Urbana-Champaign, Urbana, IL, Illinois
- 2017 – 2018 Postdoctoral Research Associate, Centre for Cognitive and Brain Health,
 Department of Psychology, Northeastern University, Boston, MA, USA
- 2015 – 2017 Postdoctoral Research Associate, Department of Public Health and Primary Care,
 University of Cambridge, Cambridge, UK

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| 2012 – 2015 | Doctoral Student, School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK |
| 2013 – 2014 | Visiting Scholar and Graduate Research Assistant, Neurocognitive Kinesiology Laboratory, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL, USA |
| 2011 – 2012 | Doctoral Student and Graduate Research Assistant, College of Kinesiology, University of Saskatchewan, Saskatoon, SK, Canada |
| 2010 – 2011 | Graduate Research Assistant, Epilepsy Centre Kempenhaeghe, Heeze, the Netherlands |
| 2010 – 2011 | Graduate Research Assistant, Department for Health, University of Bath, UK |
| 2009 – 2010 | Research Consultant, Ziekenhuisgroep Twente, Dept. of Medical Psychology, Almelo, the Netherlands |
| 2006 – 2008 | Graduate Research Assistant, School of Psychology, University of Exeter, UK |
| 2006 | Graduate Research Assistant, Department of Psychology, University of Bath, UK |
| 2000 – 2004 | Undergraduate Research Assistant, Department of Psychiatry for Children and Adolescents, the Jagiellonian University (CMUJ), Krakow, Poland |

Honors and Awards

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| 2020, 2021, 2014 | List of Teachers Ranked as Excellent by the students. Results are based on Instructor and Course Evaluation (ICES) questionnaire. University of Illinois at Urbana-Champaign, USA |
| 2016 | Travel Grant Recipient awarded by ABI Researcher Links, sponsored by the Newton Fund, to participate in an international workshop on "Neuropsychological Rehabilitation of People with Acquired Brain Injury," Curitiba, Brazil (~£1,100) |
| 2012 – 2015 | Doctoral Scholarship Recipient awarded by the School of Sport, Exercise and Health Sciences, Loughborough University, UK (£41,000) |
| 2012 | Awarded First Place for a Student Poster in the category: Kinesiology and Physiology at the 19th Annual Life and Health Sciences Research Day, College of Medicine, University of Saskatchewan, Canada. Poster title: "Relationship between adiposity and the timing of biological maturation in adolescence and adulthood." |
| 2011 | International Dean's Scholarship Recipient for doctoral studies from University of Saskatchewan, Canada (\$60,000) |
| 2004 | First Class Degree in Psychology |

Peer Reviewed Publications¹

1. ***Pindus, D.M.**, Shigeta, T., Leahy, A., Mavilidi, M., Nayak, A., Montero-Herrera, B., Abbas, Z., Hillman, C.H., & Lubans, D.R. (2023). Sex moderates the associations of accelerometer-measured physical activity intensity to executive functions among older adolescents.

¹ Note. IF: Impact Factor as reported by ISI Journal Citation Reports. It is a measure of frequency with which an "average" article in a specific journal has been cited that year. All IFs have been reported for year 2023.

Manuscript submitted for publication. *Scandinavian Journal of Medicine & Science in Sports*, 33(5):737-753. <https://doi.org/10.1111/sms.14311>. **IF: 4.645**

2. *Hughes, R.L., **Pindus, D.M.**, Khan, N.A., Burd, N.A., & Holscher, H.D. (2023). Associations between accelerometer-measured physical activity and fecal microbiota in adults with overweight and obesity. *Medicine & Science in Sports & Exercise*, 55(4):680-689. <https://doi.org/10.1249/MSS.0000000000003096>. **IF: 6.289**
3. ***Pindus, D.M.**, Selzer-Ninomiya, A., Nayak, A., Pionke, J.J., & Raine, L.B. (2022). Effects of reducing sedentary behaviour duration by increasing physical activity, on cognitive function, brain function and structure across the lifespan: a systematic review protocol. *BMJ Open*, 12(10):e046077. <https://doi.org/10.1136/bmjopen-2020-046077>. **IF: 3.007**
4. *Keye, S.A., Kim, J., Cannavale, C.N., Walk, A.M., Burd, N.A., **Pindus, D.M.**, & Khan, N.A. (2022). Neuroelectric indices of motor response preparation are selectively associated with physical activity among adults with obesity. *International Journal of Psychophysiology*, 182:200-210. <https://doi.org/10.1016/j.ijpsycho.2022.10.013>. **IF: 2.903**
5. *Chaddock-Heyman, L., Weng, T. B., Loui, P., Kienzler, C., Weisshappel, R., Drollette, E. S., Raine, L. B., Westfall, D., Kao, S.-C., **Pindus, D. M.**, Baniqued, P., Castelli, D. M., Hillman, C. H., & Kramer, A. F. (2021). Brain network modularity predicts changes in cortical thickness in children involved in a physical activity intervention. *Psychophysiology*, 58(10), e13890. <https://doi.org/https://doi.org/10.1111/psyp.13890>. **IF: 4.348**
6. **Pindus, D.M.**, Edwards, C.G., Walk, A.M., Reeser, G., Burd, N.A., Holscher, H.D., & Khan, N.A. (2021). Sedentary time is related to deficits in response inhibition among adults with overweight and obesity: An accelerometry and ERP study. *Psychophysiology*, 58(8), e13843. <https://doi.org/10.1111/psyp.13843>. PMID: 34021599. **IF: 4.348**
7. **Pindus, D. M.**, Edwards, C. G., Walk, A. M., Reeser, G., Burd, N. A., Holscher, H. D., & Khan, N. A. (2021). The relationships between prolonged sedentary time, physical activity, cognitive control, and P3 in adults with overweight and obesity. *International Journal of Obesity*, 45, 746–757. <https://doi.org/10.1038/s41366-020-00734-w>. PMID: 33526853. **IF: 5.551**
8. Ai, M., Morris, T.P., Ordway, C., Quinonez, E. D'Agostino, F., Whitfield-Gabrieli, S., Hillman, C.H., **Pindus, D.M.** McAuley, E., Ma yo, N., Kramer, A.F. & Geddes, M. (2021). The Daily Activity of Health (DASH) Study: A pilot randomized controlled trial to enhance physical activity in sedentary older adults. *Contemporary Clinical Trials*, 106, 106405. <https://doi.org/10.1016/j.cct.2021.106405>. PMID: 33945886. **IF: 2.261**
9. Raine, L.B., Kao, S., Drollette, E.S., Pontifex, M.B., **Pindus, D.M.**, Hunt, J., Kramer, A.F. & Hillman, C.H. (2020). The role of BMI on cognition following acute physical activity in preadolescent children. *Trends in Neuroscience and Education*, 21, 100143. <https://doi.org/10.1016/j.tine.2020.100143>. PMID: 33303110. **IF: N/A.**
10. **Pindus, D.M.**, Zwilling, C.E., Jarret, J., Talukdar, T., Schwarb, H.S., Cohen, N.J., Barbey, A.K., Kramer, A.F. & Hillman, C.H. (2020). Opposing associations between sedentary time and decision-making competence in young adults revealed by functional connectivity in the dorsal attention network. *Scientific Reports*, 10, 13993. <https://doi.org/10.1038/s41598-020-70679-7>. PMID: 32814816. **IF: 4.997**
11. **Pindus, D. M.**, Drollette, E. S., Raine, L. B., Kao, S.-C., Khan, N., Westfall, D. R., Hamill, M., Shorin, R., Calobrisi, E., John, D., Kramer, A.F., & Hillman, C. H. (2019). Moving fast, thinking fast: The relations of physical activity levels and bouts to neuroelectric indices of

- inhibitory control in preadolescents. *Journal of Sport and Health Science*, 8(4), 301-314. <https://doi.org/10.1016/j.jshs.2019.02.003>. PMID: 31333883. **IF: 13.077**
12. Moore, R. D., Sicard, V., **Pindus, D.M.**, Raine, L. B., Drollette, E. S., Scudder, M. R., Decker, S., Ellemberg D. & Hillman, C. H. (2019). A targeted neuropsychological examination of children with a history of sport-related concussion. *Brain Injury*, 3(3), 291-298. <https://doi.org/10.1080/02699052.2018.1546408>. PMID: 30427210. **IF: 2.167**
 13. Raine, L. B., Kao, S.-C., **Pindus, D.**, Westfall, D. R., Shigeta, T. T., Logan, N., Cadenas-Sanchez, C., Li, J., Drollette, E.S., Pontifex, M. B., Khan, N.A., Kramer, A.F., & Hillman, C. H. (2018). A large-scale reanalysis of childhood fitness and inhibitory control. *Journal of Cognitive Enhancement*, 2(2), 170-192. <https://doi.org/10.1007/s41465-018-0070-7>. **IF: 0.47**
 14. **Pindus, D. M.**, Mullis, R., Lim, L., Wellwood, I., Rundell, A. V., Abd Aziz, N. A., & Mant, J. (2018). Stroke survivors' and informal caregivers' experiences of primary care and community healthcare services – A systematic review and meta-ethnography. *PLoS One*, 13(2), e0192533. <https://doi.org/10.1371/journal.pone.0192533>. PMID: 29466383. **IF: 3.752**
 15. **Pindus, D.M.**, Scudder, M.S., Drollette, E.S., Raine, L.B., Kahn, N., Sherar, L.B., Esliger, D.E., Kramer, A., & Hillman, C.H. (2016). Association between accelerometer measured moderate-to-vigorous physical activity, cognitive control, and academic achievement in pre-adolescents. *The Journal of Pediatrics*, 173, 136-142. <https://doi.org/10.1016/j.jpeds.2016.02.045>. PMID: 26973149. **IF: 6.314**
 16. Moore, R.D., **Pindus, D.M.**, Raine, L.B., Drollette, E.S., Scudder, M.R., Ellemberg, D., & Hillman, C.H. (2016). The persistent influence of concussion on attention, executive control and neuroelectric function in preadolescent children. *International Journal of Psychophysiology*, 99, 85-95. <https://doi.org/10.1016/j.ijpsycho.2015.11.010>. PMID: 26608697. **IF: 2.903**
 17. **Pindus, D.M.**, Lim, L., Rundell, A.V., Hobbs, V., Aziz, N.A., Mullis, R. & Mant, J. (2016). Primary care interventions and current service innovations in modifying long-term outcomes after stroke: a protocol for a scoping review. *BMJ Open*. 6(10), e012840. <https://doi.org/10.1136/bmjopen-2016-012840>. PMID: 27798023. **IF: 3.007**
 18. Aziz, N.A., **Pindus, D.M.**, Mullis, R., Walter, F.M., & Mant, J. (2016). Understanding stroke survivors' and informal carers' experiences of and need for primary care and community health services - A systematic review of the qualitative literature: protocol. *BMJ Open*, 6, e009244. <https://doi.org/10.1136/bmjopen-2015-009244>. PMID: 26739728. **IF: 3.007**
 19. Moore, R.D., **Pindus, D.M.**, Drollette, E.S., Scudder, M.R., Raine, L.B., & Hillman, C.H. (2015). The persistent influence of pediatric concussion on attention and cognitive control during flanker performance. *Biological Psychology*, 109, 93-102. <https://doi.org/10.1016/j.biopsycho.2015.04.008>. PMID: 25951782. **IF: 3.111**
 20. **Pindus, D. M.**, Moore, R. D., Hillman, C. H., Bandelow, S., Hogervorst, E., Biddle, S. J. H., & Sherar, L. B. (2015). The relationship of moderate-to-vigorous physical activity to cognitive processing in adolescents: Findings from the ALSPAC birth cohort. *Psychological Research*, 79, 715-728. <https://doi.org/10.1007/s00426-014-0612-2>. PMID: 25351943. **IF: 2.424**
 21. **Pindus, D.M.**, Cumming, S.P., Sherar, L.B., Gammon, C., Coelho e Silva, M., & Malina, R.M. (2014). Maturity-associated variation in physical activity and health-related quality of life in British adolescent girls: Moderating effects of peer acceptance. *International Journal of Behavioral Medicine*, 21, 757-66. <https://doi.org/10.1007/s12529-013-9344-8>. PMID 25356455. **IF: 2.500**

22. Coelho-e-Silva, M.J., Valente-dos-Santos, J., Duarte, J., **Pindus, D.M.**, Sherar, L.B., & Malina, R.M. (2013). Controlling performance and physiological parameters for body size and inter-individual variability due to biological maturation during adolescent growth spurt. *Journal of Sports Medicine & Doping Studies*, 3, e137. <https://doi.org/10.4172/2161-0673.1000e137>. **IF:** N/A
23. Cumming, S.P., Sherar, L.B., **Pindus, D.M.**, Coelho e Silva, M.J., Malina, R.M., & Jardine, P.R. (2012). A biocultural model of maturity associated variance in adolescent physical activity. *International Review of Sport and Exercise Psychology*, 5, 23-43. <https://doi.org/10.1080/1750984X.2011.630481>. PMID: 25356455. **IF:** 7.423
24. Martins, R.A., Coelho e Silva, M.J., **Pindus, D.M.**, Cumming, S.P., Teixeira, A.M. & Verissimo, M.I. (2011). Effects of strength and aerobic based training on functional fitness, mood and the relationship between fatness and mood in older adults. *Journal of Sports Medicine and Physical Fitness*, 51, 489-496. PMID: 21904289. **IF:** 1.669
25. Milton, F., Muhlert, N., **Pindus, D.M.**, Butler, C.R., Kapur, N., Graham, K.S., & Zeman, A.Z.J. (2010). Remote memory deficits in Transient Epileptic Amnesia. *Brain*, 133, 1368-1379. <https://doi.org/10.1093/brain/awq055>. PMID: 20360051. **IF:** 15.255

Manuscripts in Preparation

1. **Pindus, D.M.**, Ai, M., Chaddock-Heyman, L., Burzynska, A.Z., Gothe, N., Salerno, E.A., Fanning, J., Arnold Anteraper, S.R.A., Castanon, A.N., Whitfield-Gabrieli, S., Hillman, C.H., McAuley, E., Kramer, A.F. (2023). *Physical activity, sedentary time and multivariate pattern analyses and functional integration of attentional and frontoparietal brain networks among older adults*. [Manuscript in preparation]. Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
3. Montero-Herrera, B., Cannavalea, C.N., Edwards, C.G., Walk, A.M., Reeser, Burd, N.A., Holscher, H.D. & Khan, N.A. **Pindus, D.M.** (2023). *The associations between sedentary time, physical activity and relational memory in adults with overweight and obesity*. [Manuscript in preparation]. Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
4. Sethi, S. **Pindus, D.M.**, Mackenzie, R.W.A., Burd, N.A., Han, A., O'Brien, Jr., W.D., Holscher, H.D. & Khan, N.A. (2023). *Utility of anthropometrics and blood markers as predictors of hepatic steatosis across metabolic phenotypes*. [Manuscript submitted for publication]. Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
5. **Pindus, D.M.**, Montero, B.H., Puhar, N., Herrera, D., Usman, A-F., Vargas, D., Mir, E., McCarthy, S., Desai, S., Shi, H., Abdullah, T., Syed, T., William., K., Pionke, J.J. & Raine, L.B. (2023). *The effects of reducing sedentary behavior duration by increasing physical activity, on cognitive function, brain function and structure across the lifespan: A systematic review*. [Manuscript in preparation]. Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
6. **Pindus, D.M.**, Montero-Herrera, B., Burd, N.A., Holscher, H.D., & Khan, N.A. (2023). *Visceral adipose tissue mediates the associations between moderate-to-vigorous physical activity and behavioral and neuroelectric indices of attentional control: Accelerometry and P3b study*. [Manuscript in preparation]. Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.

7. **Pindus, D.M.**, Montero, B.H., Usman, A-F., William., K., Shanmungan, R., Yonezawa, A. (2023). *The putative mechanisms linking sedentary behaviors to cognitive functions: A narrative review*. [Manuscript in preparation]. Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
8. Coe, S., Cossington, J., Collett, J., Meaney, A., Mavrommati, F., Ng, Y., Izadi, H., Wade, W., **Pindus, D.M.**, Bushnell, O., Whaymand, L., Theologis, T., Sedlacek-Swift, E., Akgul, E., Allen, S., and Dawes, H. (2023). *Standing up for Cerebral Palsy: Evaluation of physical activity on cognition, a randomised cross over feasibility study*. [Manuscript in preparation]. Centre for Movement Occupational and Rehabilitation Sciences, Oxford Brookes Centre for Nutrition and Health, Department of Sport Health Sciences and Social Work, Oxford Brookes University, Oxford.

Abstracts Published and In Press

1. **Pindus, D.**, Shigeta, T., Leahy, A., Mavilidi, M., Ninomiya, A., Hillman, C., & Lubans, D. (2021). Sex moderates the associations of accelerometer-measured physical activity intensity to executive functions among older adolescents: 954. *Medicine & Science in Sports & Exercise*, 53(Suppl. 8), 313–314. <https://doi.org/10.1249/01.mss.0000762808.37159.bb>
2. **Pindus, D.M.**, Edwards, C.G., Walk, A.D.M., Reeser, G., Burd, N.A., Holscher, H.D. & Khan, N.A. (2020). Sedentary time is related to behavioral indices of response inhibition and neuroelectric indices of attentional control among adults with overweight and obesity. *Psychophysiology*, 57(Suppl. 1), S62. <https://doi.org/10.1111/psyp.13670>
3. **Pindus, D.M.**, Edwards, C.G., Walk, A.D.M., Thompson, S.V., Reeser, G., Burd, N.A., Holscher, H.D. & Khan, N.A. (2020). Accelerometer-measured sedentary patterns are related to poorer inhibitory control in middle-aged adults with elevated weight status. *Medicine & Science in Sports & Exercise*, 52(Suppl. 7), 959. <https://doi.org/10.1249/01.mss.0000685984.21261.d9>
4. Raine, L.B., Kao, S.C, Drollette, E.S., Pontifex, M.B., **Pindus, D.M.**, Kramer, A.F. & Hillman, C.H. (2020). The role of BMI on cognition following acute physical activity in preadolescent children. *Medicine & Science in Sports & Exercise*, 52(7, Suppl.), 960. <https://doi.org/10.1249/01.mss.0000685988.71874.f6>
5. **Pindus, D.M.**, Zwilling, C.; Jarret, J., Schwarb, H., Hillman, C.H., Cohen, N.J., Kramer, A.F., Barbey, A.K. (2019) Accelerometer-measured sustained MVPA is related to higher decision-making competence among young adults. *Medicine & Science in Sports & Exercise*, 51(6, Suppl.), S45-S45. <https://doi.org/10.1249/01.mss.0000561928.58990.eb>
6. **Pindus, D.M.**, Drollette, E.S., Raine, L.B., Khan, N., Westfall, D.R., Kao, S-H., John, D., Kramer, A.F. & Hillman, C.H. (2018). Moving fast, thinking fast: The relations of accelerometer measured physical activity to P3. *Psychophysiology*, 55(Suppl. 1), S66-S66. <https://doi.org/10.1111/psyp.13264>
7. Raine, L.B., Kao, S-H., **Pindus, D.M.**, Westfall, D.R., Shigeta, T., Logan, N., Cadenas-Sanchez, C., Li, J., Drollette, E.S., Pontifex, M., Khan, N., Kramer, A.F. & Hillman, C.H. (2018). A large-scale re-analysis of childhood fitness and inhibitory control. *Psychophysiology*, 55(Suppl. 1), S100-S100. <https://doi.org/10.1111/psyp.13264>
8. **Pindus, D.M.**, Mullis, R., Lim, L., Wellwood, I., Rundell, V., Aziz, N.A.Z., Walter, F.M., & Mant, J. (2017). Primary care interventions for long-term outcomes after stroke: A scoping

review of reviews and recent trials. *European Stroke Journal*, 2(1, Suppl.), 453-453.

<https://doi.org/10.1177/2396987317705242>

9. **Pindus, D.M.**, Mullis, R., Lim, L., Wellwood, I., Rundell, V., Aziz, N.A.Z., Walter, F.M., & Mant, J. (2016). The experiences of and need for primary care and community health services in informal carers of stroke survivors – A systematic qualitative review. *European Stroke Journal*, 1(1, Suppl.), 570-570. <https://doi.org/10.1177/2396987316642909>
10. Drollette, E.S., Raine, L.B., Scudder, M.S., Pontifex, M.B., Moore, R.D., Kao, S.C., **Pindus, D.M.**, Khan, N.A., Kramer, A.F., & Hillman, C.H. (2015). Dimorphic sex differences in conflict monitoring and the flexible modulation of cognitive control in young children: An ERP investigation. *Psychophysiology*, 52(Suppl.), S50-S50. <https://doi.org/10.1016/j.cct.2021.106405>
11. Moore, R.D., **Pindus, D.M.**, Raine, L.B., Drollette, E.S., Scudder, M.S., & Hillman, C.H. (2014). Wear your helmet! The Persistent influence of pediatric concussion on cognitive control. *Psychophysiology*, 51(Suppl.), S19-S19. <https://doi.org/10.1111/psyp.12280>
12. **Pindus, D.M.**, Bandelow, S., Hogervorst, E., Biddle, S.J.H. and Sherar, L.B. (2013). Cardio-respiratory fitness and academic achievement in a large cohort of British children: Does selective attention matter? In: M. Coelho-E-Silva, N. Armstrong, A. Cupido-Dos-Santos, A.J. Figueiredo & J.P. Ferreira (Eds.), *Children and exercise XXVIII: The Proceedings of the 28th Pediatric Work Physiology Meeting* (pp. 139-142). New York, NY: Routledge.
13. **Pindus, D.M.**, Cumming, S. and Sherar, L. (2012). Early maturation and physical activity in adolescent females: Can "a little help from your friends" make a difference? *Annals of Behavioral Medicine*, 43(Suppl.), S202-S202. <https://doi.org/10.1007/s12160-012-9354-9>
14. Milton, F., Muhlert, N., **Pindus, D.**, Butler, C., Kapur, N., Graham, K., & Zeman, A. (2010). 015 Remote memory deficits in transient epileptic amnesia. *Journal of Neurology, Neurosurgery and Psychiatry*, 81, e7. <https://doi.org/10.1136/jnnp.2010.217554.15>
15. Burns, V., Turner-Cobb, J., Rixon, L., **Pindus, D.**, Herremans, T., & Jessop, D. (2006). Cortisol activity and salivary antibody status following polio vaccination in children. *Brain, Behavior and Immunity*, 20(3, Suppl.), 7-7. <https://doi.org/10.1016/j.bbi.2006.04.013>

Oral Presentations

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1. **Pindus, D.M.**, Edwards, C.G., Walk, A.M., Zwilling, C.E., Talukdar, T., Anderson, E.D., Jarret, J.S., Schwarb, H.S., Reeser, G., Burd, N.A., Holscher, H.D., Cohen, N.J., Barbey, A.K., Kramer, A.F., Hillman, C.H., & Khan, N.A. (2022, October). *The associations between accelerometer-measured sedentary time, behavioral and neurofunctional correlates of cognitive control in young and middle-aged adults*. Paper presented at the 2022 Neuronus 2022 Neuroscience Forum, Krakow, Poland.
 2. **Pindus, D.M.**, Ai, M., Chaddock-Heyman, L., Voss, M., Gothe, N., Arnold Anteraper, S., Nieto Castanon, A., Whitfield-Gabrieli, S., Hillman, C.H., McAuley, E., & Kramer, A.F. (2022, November). *Bouted moderate-to-vigorous physical activity is related to negative correlations between functional connectivity in the default mode and dorsal attention networks in older adults*. Paper presented at the 2022 Society for Neuroscience Meeting, San Diego, CA.
 3. **Pindus, D.M.**, Zwilling, C.E., Jarret, J., Schwarb, H., Hillman, C.H., Cohen, N.J., Kramer, A.F., and Barbey, A.K. (2019, May). *Accelerometer-measured sustained MVPA is related to higher decision-making competence among young adults*. Paper presented at the 2019 Annual Meeting of the American College of Sports Medicine (ACSM), Orlando, FL.

4. **Pindus, D.M.**, Moore, R.D., Hillman, C.H., Hogervorst, E., Biddle, S.J.H. & Sherar, L.B. (2014, August). *The relations of aerobic fitness and physical activity to cognitive processing: Findings from the ALSPAC birth cohort*. Paper presented at the 2014 Biennial Conference of the North American Society for Pediatric Exercise Medicine (NASPEM), Minneapolis, MN.
5. **Pindus, D.M.**, Khan, N., Drollette, E. S., Moore, R.D., Scudder, M., Raine, L., Sherar, L.B., & Hillman, C.H. (2014, May). Physical activity intervention and changes in cognitive control in pre-pubertal children: Does intensity matter? Insights from the FITKids randomized controlled trial. In: R. de Groot (Chair), *Associations between PA, cognitive performance and academic achievement in children and adolescents*. Symposium conducted at the 2014 Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), San Diego, CA. Retrieved from <https://www.isbnpa.org/index.php?r=annualMeeting/index&year=2014>
6. **Pindus, D.M.**, Bandelow, S., Hogervorst, E., Biddle, S.J.H., and Sherar, L.B. (2013, May). *The association between cardio-respiratory fitness and attention in a birth cohort of British children: Findings from the Avon Longitudinal Study of Parents and Children (ALSPAC)*. Paper presented at the 2013 Annual Meeting of the Society of Behavioral Nutrition and Physical Activity, Ghent, Belgium.
7. **Pindus, D.M.** & Hendriks M.P.H. (2011, April). *Transient Epileptic Amnesia – neuropsychological insights into an elusive epileptic syndrome. The power of a case study: From clinical diagnostics to N=1 study*. Paper presented at the Spring Symposium of the Dutch Neuropsychological Association (NVN), Utrecht, the Netherlands.
8. **Pindus, D.M.** & Hendriks M.P.H. (2010, September). *Transient Epileptic Amnesia: Neuropsychological insights into an elusive epileptic syndrome*. Paper presented at the 2nd Meeting of the Federation of European Societies of Neuropsychology (ESN), Amsterdam, the Netherlands.

Poster Presentations

1. **Pindus, D.M.**, Edwards, C.G., Walk, A.M., Reeser, G., Burd, N.A., Holscher, H.D., & Khan, N.A. (2022, May). *Baseline moderate-to-vigorous physical activity or sedentary time do not moderate the effects of 12-week avocado consumption intervention on insulin sensitivity*. American College of Sports Medicine 2022 Annual Meeting. San Diego, CA.
2. Aerra, A., **Pindus, D.M.**, Gothe, N.P., Greenwald, M., & Naar, S. (2020, May). *Cognitive control in minority adolescents with obesity: relationship to physical activity and sedentary time*. Undergraduate Research Symposium 2020, University of Illinois at Urbana-Champaign, Champaign, IL.
3. **Pindus, D.M.**, Raine, L.B., Drollette, E.S., Westfall, D.R., Kao, S-H., Khan, N.A., Kramer, A.F., & Hillman, C.H. (2018, March). *Daily intermittent moderate-to-vigorous and vigorous physical activity is related to faster P3 latency in preadolescents*. Poster presented at the 25th Annual Meeting of the Cognitive Neuroscience Society, Boston, MA.
4. **Pindus, D.M.**, van Der Kamp, E., Van Oort, C., Baxter-Jones, A. & Sherar, L.B. (2012, March). *Relationship between adiposity and the timing of biological maturation in adolescence and adulthood*. Poster presented at the 19th Annual Life and Health Sciences Research Day, College of Medicine, University of Saskatchewan, Saskatoon, SK, Canada.

5. **Pindus, D.M.** & Hendriks M.P.H. (2010, March). *Transient Epileptic Amnesia: An elusive epileptic syndrome*. Poster presented at Epilepsy and Sleep Update, Epilepsy Centre, Kempenhaeghe, Heeze, the Netherlands.
6. Józefik, B., Pilecki, M., Okular, D. & **Pindus, D.M.** (2008, June). *Perception of family relationships in Eating Disorders and depression – implications for psychotherapy. Patient - Therapist - Family relationship*. Poster presented at the 8th Conference of the European Network for Mental Health Service Evaluation, Krakow, Poland.
7. Józefik, B., Pilecki, M., Wolska, M., Okular, D. & **Pindus, D.M.** (2007, March). *Perception of family relationships in Eating Disorders. Cultural Integration and Differentiation*. Poster presented at the 6th Congress of the European Family Therapy Association, Glasgow, Scotland.
8. Turner-Cobb, J.M., Rixon, L., **Pindus, D.M.** & Jessop, D. (2006, March). *Psychosocial regulation of immune susceptibility in childhood: Role of temperament and experience of school transition*. Poster presented at the 64th Annual Meeting of the American Psychosomatic Society, Denver, CO, USA.
9. **Pindus, D.M.**, Rixon, L., Burns, V., Jessop, D. & Turner-Cobb, J.M. (2005, July). *An exploration of children's sIgA response following polio vaccine booster: Relation to temperament and cortisol levels at school transition*. Poster presented at the 1st Seminar on Facilitating Psychology in Psychoneuroimmunology, University of Bath, UK.
10. **Pindus D.M.** & Iniewicz, G. (2003, April). *The prevalence of depression among girls suffering from anorexia nervosa*. Poster presented at the International Symposium on Eating Disorders, Imperial College, London, UK.
11. Zdenkowska- Pilecka, M. & **Pindus D.M.** (2002, May). *Development of Eating Disorders in Poland: The statistics of Eating Disorders at the Department of Psychiatry for Children and Adolescents, Collegium Medicum UJ, Krakow, Poland*. Poster presented at the 1st Polish Conference on Eating Disorders, Collegium Medicum, Jagiellonian University, Krakow, Poland.

Research Grants and Funding

Personalized Nutrition Initiative Seed Grant

McElwain, N. (PI), Hasegawa-Johnson, M. (co-I), **Pindus, D.M. (co-I)** 07/25/2022 – 07/31/2024

Project: Continuous Capture of Infant Feeding, Motor Activity, and Sleep Biorhythms via an Infant Wearable

Budget: \$50,000

Campus Research Board, University of Illinois at Urbana Champaign

Pindus, DM (PI) 11/4/2019 – 10/4/2022

Award No. RB20025

Project: Interrupting prolonged sitting with brief physical activity bouts to improve neurocognitive function in overweight and obese children.

Budget: \$30,000

NIH/NIA P30 Roybal Centre Grant

10/2019-05/2022

Lachman, M. (PI Centre); Geddes, M. (PI Study)

Pindus, D.M. (Collaborator)

Award No. 2P30AG048785-06

Subaward number 403861

Project: The daily activity study of health (DASH): A pilot randomized controlled trial to enhance motivation and physical activity in sedentary older adults.

Budget: \$149,421 USD

Dairy Management, Inc.

Burd, N. (PI)

06/2109-05/2021

Pindus, D.M. (Co-I)

Award No.: 581 DMI Contract #3073-0 CY19

Project: Dairy food consumption and its effects on inflammation and the postprandial regulation of muscle protein synthesis.

Budget: \$460, 293

Action Medical Research, UK

Dawes, H. (PI)

01/2018 – 06/2020

Pindus, D.M. (Co-applicant)

Project: Standing up for Cerebral Palsy: Evaluation of a standing physical activity intervention. A pilot and feasibility study into the effects of breaking sitting time on cognitive function in adolescents with cerebral palsy.

Budget: \$260,000

Grant Applications Submitted

NIH/NIA R21

09/01/2023-08/31/2025

Pindus, D.M. (PI)

Award Document No.: RAG080411A

Project: Acute high-intensity interval training and breaks to prolonged sitting to improve cognitive and brain health in middle-aged and older adults with obesity: A pilot feasibility trial.

Budget: \$250,000

Grant Applications in Preparation

NIH/NIDDK R01

FOA: PAS-20-160 Small R01s

Pindus, D.M. (PI)

NIH 3rd Cycle Deadline: 10/05/2023

Project: Insulin sensitivity underlies the short-term effects of breaking prolonged sitting with high-intensity interval training and physical activity breaks on cognitive and brain function in middle-aged and older adults with obesity: A pilot feasibility trial

Projected Budget: \$500,000

Alzheimer's Association New to the Field Grant to Promote Diversity – New to the Field

Deadline: 05/04/2023

Proposal ID.: 1151144

Pindus, D.M. (PI)

Project: High-intensity interval training to reduce sitting and enhance brain health

Project Budget: \$200,000

Teaching Experience

University of Illinois at Urbana-Champaign

2022 - present **KIN494 Sedentary Behavior & Health**

The combined undergraduate and graduate-level course that I developed. The course critically reviews the evidence on the relationship between sedentary behaviors and

physical, mental, cognitive and brain health, and methods used to assess sedentary behaviors.

- 2018 - present **KIN140 Social Science of Human Movement**
 This course is a core course in Kinesiology required to meet the general education requirements in the social and behavioral sciences: social sciences.
- 2018 – present **KIN385 Experience in Kinesiology Research**
- 2018 – present **KIN391 Special Projects - Problems**
- 2020 (Fall), **KIN594 Critical Inquiry into Sedentary Behavior and Health**
- 2021 (Spring) A graduate-level class that I fully developed. The course focuses on critical review of the evidence into the health effects of sedentariness with a practical component, including accelerometry data reduction using novel methods with components of grant writing.
- 2020 (Spring) **KIN 443 Psychophysiology in Exercise and Sport**
- 2014 **KIN140 Social Science of Human Movement (Teaching Assistant)**

University of Bath

- 2007 – 2017 **HL50072 Psychology of Sport and Exercise**
 This is an MS-level course required for the completion of a degree in Sports and Exercise Medicine.

Loughborough University

- 06/2015 **Associate Fellow of the Higher Education Academy in the UK**, recognition number: PR087058
- 2015 **PSB320 Brain and Behaviour (Teaching Assistant)**
- 2015 **PSA351 Psychology Practicals (Teaching Assistant)**

University of Saskatchewan

- 2012 **KIN121.3 Functional Basis of Physical Activity (Teaching Assistant)**
- 2011 **KIN320 Growth and Maturation (Teaching Assistant)**

Invited Guest Lectures

Pindus, D.M. (2021, April). KIN202: Physical Activity and Neurocognitive Health Laboratory. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL, USA.

Pindus, D.M. (2020, December). An introduction to accelerometer data processing using ActiLife. Department of Psychology, Northeastern University, Boston, MA, USA.

Pindus, D.M. (2020, April). KIN202: Physical Activity and Neurocognitive Health Laboratory. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL, USA.

Pindus, D.M. (2019, April). KIN202: Introduction to Physical Activity and Neurocognitive Health Laboratory. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL, USA.

- Pindus, D.M.** (2019, March). KIN542: The 'if' & the 'how': Physical activity and cognitive control in children and adolescents. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL, USA.
- Pindus, D.M.** (2019, March). KIN470: The 'if' & the 'how': Physical activity and cognitive control in children and adolescents. Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL, USA.
- Pindus, D.M.** (2015, February). 14PSC032: Physical activity, cognitive function, academic achievement, and mental health. School of Sport, Exercise and Health Sciences, Loughborough University, UK.
- Pindus, D.M.** (2013, March). 12PSB030: Physical Activity Promotion Workshop. School of Sport, Exercise and Health Sciences, Loughborough University, UK.
- Pindus, D.M.** (2011, November). KIN320: Growth and maturation: A bio-psychosocial perspective. College of Kinesiology, University of Saskatchewan, Canada.

Advising and Mentoring

Postdoctoral Researchers - Mentorship

- 2021 – 2022 Reily Hughes, Postdoctoral Research Associate, Department of Food Science and Human Nutrition, University of Illinois at Urbana-Champaign
- 2022 Shivani Sethi, Postdoctoral Research Associate, Department of Kinesiology and Community Health, University of Illinois Urbana-Champaign

Doctoral Students – Mentorship

- 2022 – present Bryan Montero Herrera, MS/PhD student, Biobehavioral Kinesiology, University of Illinois at Urbana-Champaign
- 2022 - present Meishan Ai, 3rd Year PhD student, Psychology, Northeastern University
- 2019 – 2020 Rebecca Golden, PhD 1st Year, Neuroscience Program, University of Illinois at Urbana-Champaign
- 2016 – 2017 Daniel Westfall, PhD 2nd Year, Department of Psychology, Northeastern University
- 2016 – 2017 Tatsuya Shigeta, PhD 2nd Year, Department of Psychology, Northeastern University

Doctoral Students – Committee Member

- 2022 – 2023 Shelby Keye, PhD Student (graduated), Biobehavioral Kinesiology, University of Illinois at Urbana-Champaign

Master Students – Mentorship

- 2020 – 2021 Ana Selzer-Ninomiya, MS student, Biobehavioral Kinesiology, University of Illinois at Urbana-Champaign

Undergraduate Mentorship

University of Illinois at Urbana-Champaign

James Scholars

- Wendt, Kathryn, S2023 (KIN140)

Noa, Joshua, F2022 (KIN140)
 Ewald, Kaitlyn, F2022 (KIN140)
 Joshua Salmea, F2021 (KIN140)
 Vivian Chay, S2021 (KIN140)
 Skyler Williamson, Spring 2021 (KIN140)
 Allison Morettini, F2019 (KIN140)
 Dany Kayat, Spring 2019 (KIN140)
 Jonathan Schulte, Spring 2019 (KIN140)

Supervised Research Experience

Martin, Hannah, Molecular and Cellular Biology, S2023 (MCB290)
 Bashir, Neha, Molecular and Cellular Biology, S2023 (MCB290)
 Yonezawa, Amy, Molecular and Cellular Biology, S2023 (KIN391)
 Liang, Sharon, Molecular and Cellular Biology, S2023 (KIN391)
 Abdullah, Tamara, Molecular and Cellular Biology, F2022, S2023 (MCB290, KIN391)
 Syed, Talha, Psychology, F2022, S2023 (KIN391, KIN391)
 Echeverria, Daniel, Molecular and Cellular Biology, F2022, S2023 (KIN391, KIN391)
 Sanchez, Anthony, Molecular and Cellular Biology, F2022, S2023 (KIN391, KIN391)
 Shi, Hector, Molecular and Cellular Biology, F2022 (KIN385, KIN391)
 Kim, William, Economics, F2022, S2023 (KIN385, KIN391)
 Kim, Ashley, Kinesiology, F2022 (KIN385)
 Simmons, Katy, Molecular and Cellular Biology, Summer 2022, F2022 (KIN391, KIN391)
 Shanmungan, Ramiya, Molecular and Cellular Biology, Summer 2022, F2022, S2023 (KIN385, KIN391, KIN391)
 Mertens, Alex, Kinesiology, Summer 2022 (KIN385)
 Desai, Sanam, Kinesiology, Summer 2022, F2022, S2023 (KIN385, KIN391, KIN391)
 Usman, Anne-Farah, Molecular and Cellular Biology, S2022, F2022, S2023 (KIN391, KIN385, KIN385)
 Mir, Emaad, Molecular and Cellular Biology, S2022, F2022, S2023 (KIN391, KIN391, KIN391)
 Abbas, Zainab, Interdisciplinary Health Sciences, S2022, Summer 2022, F2022 (KIN391, KIN391, KIN385)
 Narielwala, Anushka, Molecular and Cellular Biology, S2022, F2022 (KIN385, KIN391)
 Tran, Jonathan, Kinesiology, F2021, S2022 (KIN391, KIN391)
 McCarthy, Shane, Molecular and Cellular Biology, F2021, S2022, F2022, S2023 (KIN391, KIN391, KIN391, KIN391)
 Ghandi, Dev, Molecular and Cellular Biology, F2021, S2022 (KIN391, MCB290)
 Vargas, Denise, Molecular and Cellular Biology, F2021, S2022, F2022, S2023 (KIN385, KIN385, KIN391, KIN391, KIN391)
 Stoklosinski, Caroline, Molecular and Cellular Biology, F2021, S2022 (KIN385, KIN391)
 Nguyen, Rachel, Kinesiology, F2021 (KIN385)
 Arend, Jakob, Engineering Physics, Summer 2021, F2021 (KIN385, KIN385)
 Herrera, Danielle, Molecular, and Cellular Biology, Summer 2021, F2021, S2022, Summer 2022, F2022, S2023 (MCB290, MCB290, MCB290, MCB290, MCB290, MCB290)
 Baez-Calvill, Estefania, Psychology, Summer 2021 (KIN 391)
 Woloszyn, Nicole, Biochemistry, Summer 2021 (KIN385)
 Sahiti, Sarma, Chemistry, Summer 2021 (KIN385)
 Puhar, Natalie, Molecular, and Cellular Biology, Summer 2021, F2021, S2021, F2021, S2022, F2022 (KIN385, KIN391, KIN391, KIN391, KIN391)
 Sayani, Enaaya, Psychology, S2021, Summer 2021 (KIN385)
 Dante Marcozzi, College of Liberal Arts and Sciences, F2020, S2021 (KIN385, KIN385)

Nowak, Olivia, Kinesiology, S2020, F2020, S2021, F2021 (KIN385, KIN391, KIN385, KIN391)
 Gowda, Kushi, Molecular, and Cellular Biology, S2020, F2020, S2021, F2021 (KIN385, KIN391, KIN391)
 Gannon, Emma, Molecular, and Cellular Biology, S2020, F2020, S2021, F2021 (KIN385, KIN385, KIN385, KIN385)
 Abdallah, Sarena, Kinesiology, S2020 (KIN385)
 Vaewhongs, Andy, Molecular and Cellular Biology, F2019 (KIN391)
 Ajayi, Esther, Community Health, F2019 (KIN391)
 Suarez, Ricardo, Molecular and Cellular Biology, F2019 (KIN385, KIN391)
 Nayak, Apurva, Molecular, and Cellular Biology, F2019, S2020, F2020, S2021, Summer 2021, F2021 (KIN385, KIN385, KIN391, KIN391)
 Mustafa, Joey, Interdisciplinary Health Sciences, F2019, S2020 (KIN385, KIN385)
 Kasper, Julian, Molecular and Cellular Biology, (KIN385, KIN385)
 Donato, Justin, Molecular, and Cellular Biology, F2019, S2020 (KIN385, KIN385)
 Bavare, Aary, Molecular, and Cellular Biology, F2019, S2020 (KIN385, KIN391, KIN385)
 Bacerra, Jenna, Molecular and Cellular Biology, F2019, (KIN385, KIN391)
 Aerra, Akhil, Molecular, and Cellular Biology, S2019, F2019, S2020 (KIN385, KIN385, KIN385)
 Herrera, Alejandra, Kinesiology, S2019, F2019, S2020, S2020 (KIN385, KIN385, KIN385, KIN391)
 Nellutla, Vijay, Molecular, and Cellular Biology, S2019, F2019 (KIN385, KIN391)
 Quito, Natalie, Human Development & Family Studies, S2019 (KIN385)
 Velasco, Adriana, Kinesiology, F2018, S2019 (KIN385)
 Shehata, Ahmed, Kinesiology, F2018 (KIN385)

Professional Service

University

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| 2023 | Committee Member , Diversity, Equity, and Inclusion (DEI) Committee, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign |
| 2023 | Committee Member , 2021 Honors and Awards Committee, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign |
| 2022 | Committee Member , 2021 Honors and Awards Committee, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign |
| 2021 | Committee Member , 2021 Honors and Awards Committee, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign |
| 2020-2021 | Committee Member , Graduate Conference Awards, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign |
| 2020 | Grant Reviewer (Ad Hoc) , Campus Research Board, University of Illinois at Urbana-Champaign |
| 2018 | Advisory Board Member , Sports and Fitness Program, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign |
| 2015 | Member of the Organizing Committee of Cardiovascular Early Career Event , Division of Cardiovascular Medicine, University of Cambridge and British Heart Foundation, Cambridge Centre for Cardiovascular Research Excellence, St Catharine's College, Cambridge, UK |

Journal Peer-Reviewer (Ad Hoc)

Behavioral Brain Research
British Journal of Sports Medicine
BMJ Open
Cognitive Psychology
Developmental Medicine & Child Neurology
Developmental Psychology
European Review of Applied Psychology
International Journal of Behavioral Nutrition and Physical Activity
Journal of Clinical Medicine
Journal of Cognitive Psychology
Journal of Pediatrics
Journal of Physical Activity and Health
Pediatric Exercise Science
PLOS One
Psychophysiology
Physiology & Behavior
Medicine & Science in Sports & Exercise
Scandinavian Journal of Medicine & Science in Sports
Frontiers in Human Neuroscience
International Journal of Environmental Research and Public Health
Journal of Sports Sciences
Medicine & Science in Sports & Exercise
Journal of Neuroscience
Preventive Medicine
Mental Health & Physical Activity

Grant Peer Reviewer (Ad hoc)

National Science Foundation
Marsden Fund, Royal Society Te Aparangi, New Zealand
Campus Research Board, University of Illinois at Urbana-Champaign

Professional Memberships

2019 – present: American College of Sports Medicine
2019 – present: Society for Psychophysiological Research
2017 – present: Cognitive Neuroscience Society