

## Dominika M. Pindus, Ph.D.

---

University of Illinois at Urbana-Champaign  
 Assistant Professor, Department of Kinesiology and Community Health  
 Affiliate Faculty, Neuroscience Program, Beckman Institute for Advanced Science and Technology  
 332 Freer Hall | 906 S Goodwin Avenue | Urbana, IL 61801, USA  
 Office phone: + 1 217 300-7317 | Email: pindus@illinois.edu

---

Updated, December 2018

### Education

---

- 2015** Doctor of Philosophy, Loughborough University, UK  
 School of Sport, Exercise and Health Sciences  
 Advisors: Dr. Lauren Sherar, Prof. Stuart Biddle (2012-2014), Dr. Dale Esliger (2014-2015)  
 Research focus: Physical Activity and Public Health  
 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, University of Bath, UK  
 Department of Psychology  
 Advisor: Dr. Julie Turner-Cobb
- 2004** Master of Arts in Psychology, Jagiellonian University, Poland  
 Institute of Psychology  
 Advisor: Prof. Józef Krzysztof Gierowski

### Professional Experience

---

- |                |   |
|----------------|---|
| 2018 – present | Assistant Professor, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, USA  |
| 2018 – 2018    | Postdoctoral Research Associate, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, Illinois   |
| 2017 – 2018    | Postdoctoral Research Associate, Centre for Cognitive and Brain Health, Department of Psychology, Northeastern University, Boston, USA  |
| 2015 – 2017    | Postdoctoral Research Associate, Department of Public Health and Primary Care, University of Cambridge, Cambridge, UK   |
| 2012 – 2015    | Doctoral Student, School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK  |
| 2013 – 2014    | Visiting Scholar and Graduate Assistant, Neurocognitive Kinesiology Laboratory, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, USA |
| 2011 – 2012    | Doctoral Student and Research Assistant, College of Kinesiology, University of Saskatchewan, Saskatoon, Canada  |
-

## Predoctoral Research Experience

2010 – 2011	Research Assistant, Department for Health, University of Bath, UK
2010 – 2011	Research Assistant, Epilepsie Centrum, Kempenhaeghe, the Netherlands
2009 – 2010	Research Consultant, Ziekenhuisgroep Twente, Dept. of Medical Psychology, Almelo, the Netherlands
2006 – 2008	Research Assistant, School of Psychology, University of Exeter, UK
2006	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

## Peer Reviewed Publications

---

1. **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. (in press). 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 Sciences*.
  2. Moore, R. D., Sicard, V., **Pindus, D.M.**, Raine, L. B., Drollette, E. S., Scudder, M. R., Decker, S., Ellemberg D. & Hillman, C. H. (2018): A targeted neuropsychological examination of children with a history of sport-related concussion. *Brain Injury*, DOI: 10.1080/02699052.2018.1546408. PMID: 30427210
  3. 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. doi:10.1007/s41465-018-0070-7.
  4. **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. DOI:10.1371/journal.pone.0192533. PubMed PMID: 29466383
  5. **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. doi:10.1016/j.jpeds.2016.02.045. PubMed PMID: 26973149.
  6. 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. doi:10.1016/j.ijpsycho.2015.11.010. PubMed PMID: 26608697
-

7. **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. DOI: 10.1136/bmjopen-2016-012840. PubMed PMID: 27798023
8. 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. DOI:10.1136/bmjopen-2015-009244. PubMed PMID: 26739728
9. 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. DOI: 10.1016/j.biopsycho.2015.04.008. PubMed PMID: 25951782
10. **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. DOI:10.1007/s00426-014-0612-2. PubMed PMID: 25351943
11. 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. DOI:10.4172/2161-0673.1000e137
12. 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. DOI:10.1080/1750984X.2011.630481
13. 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.
14. 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. doi: 10.1093/brain/awq055

### Published Abstracts

---

1. **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.
-

2. 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.
3. **Pindus, D.M.**, Mullis, R., Lim, L., Wellwood, I., Rundell1, V., Aziz, N.A.Z., Walter, F.M., & Mant, J. (2018). 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*, 3 (1), Suppl.: 231-231.
4. **Pindus, D.M.**, Mullis, R., Lim, L., Wellwood, I., Rundell1, 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.
5. 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, S50-S50.
6. 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: S19-S19.
7. **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.
8. **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, S202-S202.
9. 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. doi:10.1136/jnnp.2010.217554.15
10. 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): 7-7.

## Oral Presentations

---

1. **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. *North American Society for Pediatric Exercise Medicine (NASPEM) Biennial Conference*, Minneapolis, USA.
2. **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. *International Society of Behavioral Nutrition and Physical Activity (ISBPA) 2014 Annual Meeting*, San Diego, CA, United States (invited oral presentation).
3. **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). *2013 Annual Meeting of the Society of Behavioral Nutrition and Physical Activity*, Ghent, Belgium.
4. **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. *Spring Symposium of the Dutch Neuropsychological Association (NVN)*, Utrecht, the Netherlands.
5. **Pindus, D.M.** & Hendriks M.P.H. (2010, September). Transient Epileptic Amnesia: Neuropsychological insights into an elusive epileptic syndrome. *2nd Meeting of the Federation of European Societies of Neuropsychology (ESN)*, Amsterdam, the Netherlands.

## Poster Presentations

---

1. **Pindus, D.M.**, van Der Kamp, E., Van Oort, C., Baxter-Jones, A. And Sherar, L.B. (2012, March). Relationship between adiposity and the timing of biological maturation in adolescence and adulthood. *19th Annual Life and Health Sciences Research Day*, College of Medicine, University of Saskatchewan, Canada.
  2. **Pindus, D.M.** and Hendriks M.P.H. (2010, March). Transient Epileptic Amnesia: An elusive epileptic syndrome. *Epilepsy and Sleep Update*, Epilepsy Centre, Kempenhaeghe, Heeze, the Netherlands.
  3. Józefik, B., Pilecki, M., Okular, D. and **Pindus, D.M.** (2008, June). Perception of family relationships in Eating Disorders and depression – implications for psychotherapy. Patient - Therapist - Family relationship. *8th Conference of the European Network for Mental Health Service Evaluation*, Krakow, Poland.
-

4. Józefik, B., Pilecki, M., Wolska, M., Okular, D. and **Pindus, D.M.** (2007, March). Perception of family relationships in Eating Disorders. Cultural Integration and Differentiation. *6th Congress of the European Family Therapy Association*, Glasgow, Scotland.
5. Turner-Cobb, J.M., Rixon, L., **Pindus, D.M.** and Jessop, D. (2006, March). Psychosocial regulation of immune susceptibility in childhood: Role of temperament and experience of school transition. *64th Annual Meeting of the American Psychosomatic Society*, Denver, Colorado, USA.
6. **Pindus, D.M.**, Rixon, L., Burns, V., Jessop, D. and 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. 1st Seminar on Facilitating Psychology in Psychoneuroimmunology, University of Bath, UK.
7. **Pindus D.M.** and Iniewicz, G. (2003, April). The prevalence of depression among girls suffering from anorexia nervosa. The International Symposium on Eating Disorders, Imperial College, London, UK.
8. Zdenkowska- Pilecka, M. and **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. *1st Polish Conference on Eating Disorders*, Collegium Medicum, Jagiellonian University, Krakow, Poland.

## Research Grants and Funding

---

### Action Medical Research, UK

Dawes, H. (PI)

01/2018 – 06/2020

**Pindus, D.M. (Co-I)**

### **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**

## Teaching Experience

---

### University of Illinois at Urbana-Champaign

#### 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.

#### 2014 **KIN140 Social Science of Human Movement** (Teaching Assistant)

This course is a core course in Kinesiology required to meet the general education requirements in the social and behavioral sciences: social sciences.

## University of Bath

### 2007 – 2017 **HL50072 Psychology of Sport and Exercise**

This is an MSc level course, required for the completion of a degree in Sports and Exercise Medicine.

---

## Loughborough University

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)

## Guest Lectures

*“Physical activity, cognitive function, academic achievement and mental health.”* In: Physical Activity and Health of Children (14PSC032), 3rd year undergraduate course, School of Sport, Exercise and Health Sciences, Loughborough University, UK, February 2015

*“Physical Activity Promotion Workshop.”* In: Critical Inquiry in Physical Activity and Health (12PSB030), 1st year undergraduate course, School of Sport, Exercise and Health Sciences, Loughborough University, UK, March 2013

*“Growth and maturation: A bio-psychosocial perspective.”* In: Growth and Maturation (KIN320), 3rd year undergraduate course, College of Kinesiology, University of Saskatchewan, Canada, November 2011

## Advising and Mentoring

### Doctoral Students – Mentorship

2016 – 2017 Daniel Westfall, PhD 2<sup>nd</sup> Year, Department of Psychology, Northeastern University

2016 – 2017 Tatsuya Shigeta, PhD 2<sup>nd</sup> Year, Department of Psychology, Northeastern University

### Masters students – MSc Thesis Supervisor

2009 – 2011 Jill Stretton, Master of Science in Healthcare Information Governance, Department for Health, University of Bath

## Undergraduate Mentor

### University of Illinois at Urbana-Champaign

Thomas Brundage, Fall 2018 (Laboratory Experience)

---

Adriana Velasco, Fall 2018 (KIN385)

Ahmed Shehata, Fall 2018 (KIN385)

Cameron Fenton, Summer 2014

### University of Cambridge

Sarah Chowienczyk, Fall 2016

Chidera Ota, Spring 2016

### Honors and Awards

---

- |             |   |
|-------------|---|
| 2016        | <b>Travel Grant Recipient</b> 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 | <b>Doctoral Scholarship Recipient</b> awarded by the School of Sport, Exercise and Health Sciences, Loughborough University, UK (£41,000)   |
| 2014        | <b>List of Teachers Ranked as Excellent</b> by the students. Results are based on Instructor and Course Evaluation (ICES) questionnaire. University of Illinois at Urbana-Champaign, USA  |
| 2012        | <b>Awarded First Place for a Student Poster</b> 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        | <b>International Dean’s Scholarship Recipient</b> for doctoral studies from University of Saskatchewan, Canada (\$60, 000)  |
| 2004        | First Class Degree in Psychology  |

### Professional Service

---

#### University

- |                |  |
|----------------|--|
| 2018 – present | <b>Advisory Board Member</b> , Sports and Fitness Program, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign  |
| 2015           | <b>Member of the Organizing Committee of Cardiovascular Early Career Event</b> , Division of Cardiovascular Medicine, University of Cambridge and British Heart Foundation, Cambridge Centre for Cardiovascular Research Excellence, St Catharine’s College, Cambridge, UK |



2012 – 2013      **Organized a Journal Club** for graduate students of Physical Activity and Public Health, at the School for Sport, Exercise and Health Sciences, Loughborough University, UK

---

### **Journal Peer-Reviewer**

British Journal of Sports Medicine  
International Journal of Behavioral Nutrition and Physical Activity  
Developmental Psychology  
BMJ Open  
Journal of Cognitive Psychology  
Journal of Physical Activity and Health  
Pediatric Exercise Science  
Developmental Medicine & Child Neurology  
Journal of Pediatrics

### **Professional Memberships**

---

2017 – present: Cognitive Neuroscience Society  
2014 – present: International Society for Behavioral Nutrition and Physical Activity  
2004 – 2017: British Psychological Society