

Arlener D. Turner, Ph.D.

450E 46th Pl Unit E2

Chicago, IL 60653

(773) 339-1797

adanielturner@gmail.com

EDUCATION

- 2010 Doctor of Philosophy, Howard University, Washington, District of Columbia
Major: Neuropsychology
Dissertation: Cortisol Levels and Neurocognitive Performance in a Sample of Depressed Patients and Healthy Controls
- 2005 Master of Science, Illinois School of Professional Psychology, Chicago, Illinois
Major: Clinical Psychology
- 2003 Bachelor of Science, University of Illinois, Urbana/Champaign, Illinois
Major: Psychology

GRANTS

Title: Research Supplement to Promote Diversity in Health Related Research: Multidisciplinary Approaches to Treatment for Insomnia and Co-Morbid Sleep Apnea (MATRICS; R01 HL114529-03S1)

Effective Dates: 1/7/2015 – 6/30/2017

Source: National Heart, Lung, and Blood Institute, National Institutes of Health

Principal Investigator: Jason C. Ong

Total Funding: \$169,725

RESEARCH AND PROFESSIONAL EXPERIENCE

- 2015 – 2017 Post Doctoral Fellow (MATRICS Study)
Northwestern University Feinberg School of Medicine, Department of Neurology & Rush University Medical Center, Sleep Disorders Service and Research Center
Chicago, Illinois
Conduct research examining neurocognitive impairment in individuals with comorbid insomnia and sleep apnea and to evaluate the benefits of treatment (CBT, CPAP, combined treatment) on neurocognitive performance, compared to no treatment. Administer all neuropsychological assessments. Plan and interpret quantitative data analyses. Publish and present research findings. Advise others on appropriate neuropsychological tests for their grants.
- 2012-2014 Post Doctoral Research Fellow
Rush Alzheimer's Disease Center, Center of Excellence on Disparities in HIV & Aging
Chicago, Illinois
Conceptualized and conducted research examining cognitive dysfunction in studies of health disparities in chronic diseases and conditions of aging, with a focus on the differences between African Americans and non-Hispanic Whites in longitudinal epidemiological cohort studies. Collaborated with colleagues on research projects examining the relationships between several psychosocial determinates of health and cognitive dysfunction/decline in older African Americans. Planned and interpreted quantitative data analyses. Published and presented research findings. Mentored colleagues and interns.

- 2009-2011 Intramural Research Training Fellow
National Institutes of Mental Health, Experimental Therapeutics & Pathophysiology Branch
Bethesda, Maryland
Conceptualized and conducted research exploring the effects of stress on memory and emotional processing, in inpatients with Major Depressive Disorder and Bipolar Disorder, on a unit designed to vet the efficacy of unconventional treatment methods. Scheduled and administered all neuropsychological testing. Organized electronic documents used for data collection into a new system that saved time and increased efficiency. Consolidated neuropsychological testing data into a database that was more effective and facilitated statistical analysis. Coordinated data collaborations between group members. Revised IRB protocols to facilitate continued data collection. Planned and interpreted quantitative data analyses. Published and presented research findings.
- 2008-2009 Intramural Research Training Fellow
National Institutes of Mental Health, Mood and Anxiety Disorders Branch
Bethesda, Maryland
Conducted research regarding neuropsychological deficits and structural brain differences in Major Depressive Disorder. Scheduled and administered neuropsychological testing for study participants. Revised IRB protocols to facilitate continued data collection. Initiated dissemination of study results through data analysis in SPSS, and scientific writing. Constructed a novel template to disseminate information garnered in literature searches, which increased understanding and decreased time utilized. Created a database of hand scored mood scales that facilitated data analysis
- 2007-2008 Administrative Assistant
Campbell Psychological Services
Silver Spring, Maryland
Contributed to the conduction of psychological evaluations for potential police officers of Montgomery County. Scheduled, proctored and scored all the necessary psychological tests and compiled information necessary to facilitate a formal psychological interview. Created a novel organization of information for the psychologists that better facilitated their interviews.
- 2005 Student Extern
John Stroger Hospital, Pain and Diabetes Clinics, Motivational Interviewing Project
Chicago, Illinois
Contributed to research regarding treatment response rates to motivational vs regular interviewing techniques for diabetics. Catered to all the mental health needs of outpatients with chronic pain and/or problematic diabetes. Practiced clinical and counseling skills in a practicum setting, including intake assessments, individual counseling, medication management, stress management, and relaxation techniques. Collected and entered data for the study.
- 2002 Research Assistant
University of Illinois Urbana/Champaign, Trichotillomania Project
Urbana/Champaign, Illinois
Worked with Dr. Ayesha Uqdah (a graduate student at the time) on a project focused on the effects of trichotillomania in a college sample. Supported research staff with participant recruitment, administering questionnaires, and data entry.
- 2001-2002 Research Assistant
University of Illinois Urbana/Champaign, Family Development Project
Urbana/Champaign, Illinois

Conducted an independent research project examining behavioral problems in children of adolescent mothers. Formulated a research project within a longitudinal study, including researching literature, reviewing measures, and examining interpretations made by various observers. Assisted Researchers with gathering data, conducting family interviews, and recording family interactions. Coded research data and transferred the data into files that could be analyzed. Entered data and managed databases.

TEACHING EXPERIENCE

- 2017 – present Adjunct Professor
National Louis University, Chicago, Illinois
-Introduction to Psychology
-Student Success Seminar
-Career Development Seminar & Writing Acceleration
Classes of approximately 30 students
Provide National Louis students with a comprehensive understanding of the tenets of psychology and how it relates to everyday life, as well as teaching them the skills they need to be successful college students. Each course is 3 hours once a week.
- 2012 Adjunct Professor
Sanford Brown College, Skokie, Illinois
-Introduction to Psychology
-Psychology of Disease
Classes of approximately 15 students
Provided Sanford Brown Students with a comprehensive understanding of basic psychology and how it will affect their careers. Each course was a four-hour class that met four times a week. Prepared a syllabus, weekly curriculum, assignments and tests, as well as facilitated discussions.
- 2012 Adjunct Professor
Northern Virginia Community College, Annandale, Virginia
-Introduction to Psychology II
Class of approximately 15 students
Provided Northern Virginia Community College students with a quality learning experience in Psychology. The course was a three hour class that met twice a week. Prepared a syllabus, weekly curriculum, as well as tests and assignments and led class discussions to further understanding of the topic at hand.
- 2007-2010 Teaching Assistant
Howard University, Washington, District of Columbia
-Experimental Psychology (4 semesters)
-Psychological Testing
-Research Methods and Statistics
-Brain and Behavior
Classes ranging in size from 20-60 students
Howard University Teaching Assistants receive a different classroom assignment each semester. Each course was a two hour “lab” that meets twice a week to supplement what the students learn in “lecture.” Prepared a syllabus, a weekly curriculum that supplemented what the students learned in the lecture portion of the class, assignments, as well as leading class discussions, and implementing engaging class experiments. Created an innovative grading rubric that was easier to use and understand than the original. Created a new time saving database for the storage of students’ grades and attendance. Created novel homework and class work assignments, handouts, and vignettes to help students further understand the information being provided.

PUBLICATIONS

Peer-Reviewed

- Keen II, L., **Turner, A.D.**, Pereira, D., Callender, C., & Campbell, A. (In Press). Psychoneuroimmunological Influences of Recreational Marijuana., In B. Toni (ed.) *New Trends and Advanced Methods in Interdisciplinary Mathematical Sciences*, Cham, Switzerland: Springer International
- Turner, A.D.**, Smith, C.E., Ong, J.C. (2017). Is Purpose in Life Associated with Less Sleep Disturbance in Older Adults? *Sleep Science and Practice 1:14*.
- Turner, A.D.**, James, B.D., Capuano, A.W., Aggarwal, N.T. & Barnes, L.L. (2017). Perceived Stress and Cognitive Decline in Different Cognitive Domains in a Cohort of Older African Americans. *American Journal of Geriatric Psychiatry 25(1):25-34*.
- Turner, A. D.**, Buchman, A., Lim, A., Bennett, D, & Barnes, L.L. (2016). Characteristics of Self-reported Sleep in Older African Americans and Non-Hispanic White Americans. *Ethnicity and Disease 26(4):521-528*.
- Crawford, M.R., **Turner, A.D.**, Wyatt, J.K., Fogg, L.F., & Ong, J.C. (2015) Evaluating treatment of sleep apnea and comorbid insomnia using an incomplete factorial design. *Contemporary Clinical Trials 47:146-152*.
- Keen II, L., **Turner, A.D.**, Mwendwa, D., Callender, C., & Campbell, A. (2015). Depressive Symptomatology and Respiratory Sinus Arrhythmia in a Non-Clinical Sample of Middle-Aged African Americans. *Biological Psychology 108:56-61*.
- Fleischman, D.A., Yang, J., Arfanakis, K.A., Arvanitakis, Z., **Turner, A.D.**, Barnes, L.L., Bennett, D.A., Buchman, A.S. (2015) Physical activity, motor function and white matter hyperintensity burden in healthy old adults *Neurology 84(13):1294-1300*.
- Keen II, L. & **Turner, A.D.** (2015). Differential Effects of Self-Reported Lifetime Marijuana Use on Interleukin-1 Alpha and Tumor Necrosis Factor in African American Adults. *Journal of Behavioral Medicine 38(3):527-534*.
- Keen II, L. & **Turner, A.D.** (2014). The Association Between Interleukin-6 and Neurocognitive Performance as a Function of Self-Reported Lifetime Marijuana Use in a Community Based Sample of African American Adults. *Journal of the International Neuropsychological Society 20(8):773-783*.
- Turner, A.D.**, Capuano, A.W., Wilson, R.S., & Barnes, L.L. (2014) Depressive Symptoms and Cognitive Decline in Older African Americans: Two Scales and Their Factors. *American Journal of Geriatric Psychiatry 23(6):568-578*.
- Barnes, L.L., Capuano, A.W., Aiello, A.E., **Turner, A.D.**, Yolken, R.H., Torrey, E.F., Bennett, D.A. (2014) Cytomegalovirus infection and risk of Alzheimer's Disease in older Blacks and Whites. *Journal of Infectious Diseases 211(2):230-237*.
- Turner, A.D.**, Furey, M., Drevets, W., Zarate, C.D., Nugent, A. (2012). Association Between Subcortical Volumes and Verbal Memory in Unmedicated Depressed Patients and Healthy Controls. *Neuropsychologia 50:2348-2355*.

Submitted

Keen II, L., **Turner, A.D.**, George, L., Priddie, C. Cluster Differentiation 4 and Executive Function in HIV Positive Black Adults.

Keen II, L **Turner, A.D.**, Ruiz, M.R. & Rathore M. Estimated Glomerular Filtration Rate and Executive Function in Black People Living with HIV: A Preliminary Study

PRESENTATIONS AT SCIENTIFIC CONFERENCES

Turner, A.D., Smith, C.E., & Ong, J.C. (June, 2017). Purpose in Life and Sleep Disturbance in Older Adults. Oral presentation and Poster presented at the Annual SLEEP meeting, Boston, MA.

Turner, A.D., Smith, C.E., Chirinos, D.A., Wyatt, J., Manber, R., & Ong, J.C. (June, 2016). The contribution of stress, anxiety, and beliefs about sleep to mindfulness-based insomnia treatment response. Poster presented at the Annual SLEEP meeting, Denver, CO.

Chirinos, D.A., Smith, C.E., **Turner, A.D.**, Wyatt, J., Manber, R., & Ong, J.C. (March, 2016). Profiles of cognitive and affective symptoms of insomnia as predictors of short- and long-term treatment response. Poster presented at the Rush University Forum for Research and Clinical Investigation, Chicago, IL.

Turner, A.D., James, B.D., Capuano, A.W., Aggarwal, N.T. & Barnes, L.L. (November, 2014). Perceived Stress and Cognitive Decline in Different Cognitive Systems in a Cohort of Older African American. Oral presentation at The Gerontological Society of America Annual Scientific Meeting: Making Connections: From Cells to Societies, Washington, DC.

Turner, A.D., Capuano, A.W., Wilson, R.S., & Barnes, L.L. (November, 2013). Comparing Two Validated Depression Scales as Predictors of Cognitive Decline in African Americans. Poster presented at The Gerontological Society of America Annual Scientific Meeting: Optimal Aging Through Research, New Orleans, Louisiana.

Turner, A.D., Furey, M., Drevets, W., Zarate, C.D., Nugent, A. (May, 2010). Association between Hippocampal Volume and Verbal Memory in Unmedicated Depressed Patients and Healthy Controls” Poster presented at the Society of Biological Psychiatry's 66th Annual Meeting, San Francisco, California.

Turner, A.D., Campbell, A., Callender, C. (November, 2008). The Relationship between Indices of Stress and Verbal Memory. Poster presented at the Elsevier Brain Research Meeting 2008, Washington, DC.

Turner, A.D. (April, 2008). The Relationship between Cortisol and Memory. Oral presentation at the Howard University Graduate Student Symposium, Washington, DC

Keen II, L., **Turner, A.D.**, Callender, C., Carter, E., Harrell, J., Campbell, A. (April, 2007). Indices of Lipid Metabolism and Blood Pressure as Predictors of CVLT Performance in a Community-Based Cohort of African Americans. Research presented at the Howard University Graduate Student Symposium, Washington, DC, and the Leslie H. Hicks Research Symposium, Washington, DC

Turner, A.D., Szewczyk, M., Mangelsdorf, S. (June, 2001). Behavior Problems in Children of Adolescent Mothers: A Comparison of Observations. Oral presentaion at The Tenth Annual Ronald E. McNair Scholars National Research Conference, Delavan, WI, The Pennsylvania State University's Ninth Annual McNair Summer Research Conference, University Park, PA, The SAEOPP/UTK Ronald E. McNair 2001 Scholars conference, Knoxville, TN, and The McNair Scholars Summer Research Institute Scholar Presentations, Urbana/Champaign, IL.

HONORS

- 2013 Butler-Williams Scholar, National Institutes on Aging, National Institutes of Health
- 2013 Health Equities Leadership Institute (HELI) Scholar, University of Wisconsin, Madison
- 2001 *McNair Scholar*, Independent Psychology Research Project, University of Illinois Urbana/Champaign

ADDITIONAL TRAINING

- 2016 COMRADE: Congruent Mentorship to Reach Academic Diversity in Neuroscience Research
- 2016 The American Academy of Sleep Medicine Young Investigator Research Forum
- 2015 National Heart Lung and Blood Institute Division of Lung Diseases Workshop: Training for a Diverse Biomedical Workforce

PROFESSIONAL AFFILIATIONS

- American Psychological Association, 2004-present
Division 40: Clinical Neuropsychology, 2010-2012
- National Postdoctoral Association, 2012-present
- Sleep Research Society, 2015-present