

## Curriculum Vitae

**NAME:** Kathleen Patricia Collins Insel

### **EDUCATION:**

<u>Institution</u>	<u>Degrees Conferred, Title or Status</u>
University of Wisconsin Madison, Wisconsin	BSN
University of Rochester Rochester, New York	MS
University of Arizona Tucson, Arizona	PhD
University of Arizona Tucson, Arizona	Postdoctoral Fellowship

**THESIS** Nursing Intervention in Patient Life Stress

Director: Marjorie Powers, PhD, RN

**DISSERTATION** Long Term Retention of Semantic Knowledge

Director: Glenn Nicholson, PhD

**POSTDOCTORAL** Cognitive Aging and Everyday Function

Sponsor: Linda Phillips, PhD, RN, FAAN

### **Major Fields/Interests:**

Cognitive change as a function of aging, illness, and/or treatment and the functional implications of the changes

Quantitative research methods

**EMPLOYMENT:**

<u>Institution</u>	<u>Position</u>	<u>Dates</u>
University of Wisconsin Madison, Wisconsin	Emergency Department Staff/Charge Nurse	1970-71
University of Chicago Hospitals & Clinics Chicago, Illinois	Coronary Care Unit Staff/Charge Nurse	1971-72
Rockford Memorial Hospital Rockford, Illinois	Director, Staff Development	1973-75
Highland Hospital ICU, MICU, CCU Rochester, New York	Staff/charge Nurse	1975-76
Health Sciences Center & School of Nursing University of Rochester Rochester, New York	Instructor/Clinician II	1976-78
University of Colorado Health Sciences Center Denver, Colorado	Instructor	1979-80
Arizona Health Sciences Center Tucson, Arizona	Instructor	1981-82
College of Nursing Extension Program University of Arizona Tucson, Arizona	Instructor	1984
Educational Psychology University of Arizona Tucson, Arizona	Teaching Assistant	1990
Psychology University of Arizona Tucson, Arizona	Teaching Assistant	1995
College of Nursing University of Arizona Tucson, Arizona	Adjunct Research Associate Professor	1997-2000

School of Nursing University of Texas Health Science Center at San Antonio San Antonio, Texas	Assistant Professor	Insel, K.C. 3 out of 19 2000-02
College of Nursing University of Arizona Tucson, Arizona	Assistant Professor	2002-08
College of Nursing University of Arizona Tucson, Arizona	Associate Professor	2008-13
College of Nursing University of Arizona Tucson, Arizona	Professor	2013-present

## **HONORS AND AWARDS:**

### HONORS:

#### **Scholarships/traineeships:**

Nursing Alumni Scholarship, University of Wisconsin, Madison.

Robert Wood Johnson Foundation funding of Master's program, University of Rochester, Rochester, NY.

Post-doctoral Research Award, NINR, T-32, University of Arizona, College of Nursing, Community Based Interventions.

### AWARDS:

Post-doctoral Research Award Beta Mu Chapter Sigma Theta Tau, Chapter of the Honor Society Sigma theta tau for International Nursing, 2000.

Aging Research and Education Center Award (AREC) through NIA Nathan Shock funds, to Center on Aging, University of Texas Health Science Center at San Antonio, 2001.

Rosemary Kerr McKeivitt Award, School of Nursing, University of Texas Health Science Center at San Antonio, 2001.

Castella Faculty Fellowship for Research on Aging, School of Nursing, University of Texas Health Science Center at San Antonio, 2001/02.

Suzanne Van Ort Peer Teaching Award for Graduate Education, December 2007.

Award of Excellence in Research, Beta Mu Chapter, Sigma Theta Tau. April, 2010

**SERVICE (for the past 10 years):**

PROFESSIONAL SERVICE

Charter Member of the MESA Center for Health Disparities, a partnership Exploratory Research Center with the University of Texas Health Science Center at San Antonio and the University of Michigan, 2002 - 2007.

Board Member, Beta Mu Chapter Sigma Theta Tau elected Eligibility Counselor, 2003 to 2005.

Member, Scientific Advisory Board for CREATE III, Center for Research and Education on Aging and Technology Enhancement, a multi-site National Institute on Aging funded center involving the University of Miami, Miller School of Medicine, Georgia Institute of Technology and Florida State University psychology departments, 2009 – present.

Member, Faculty Scholars Program in Aging, The Center on Aging, The University of Arizona, Tucson, Arizona.

Member, Advisory Panel for the Assessment of Prevention, Diagnosis and Treatment Options for the Patient Centered Outcomes Research Institute (PCORI), Washington, D.C. 2013 - present.

**Reviewer for professional journals, chapters and texts for the past 10 years:**

Reviewer for *Nursing Research*, 2003 – present.

Reviewer for *Applied Nursing Research*, 2005 – 2008.

Reviewer for *Journals of Gerontology: Psychological Sciences*, 2006 – present.

Reviewer for *Patient Education & Counseling*, 2006 – 2007.

Reviewer for *Psychosomatic Medicine*, 2006 – 2008.

Reviewer for the American Cancer Society Institutional Cancer Research Grant Review Committee University of Arizona Cancer Center (ACS-IRG), 2006 – 2010).

Reviewer for *Research in Nursing & Health* (RINH), 2007 – present.

Reviewer for *Journal of Experimental Psychology: Applied*, 2008 – present

Reviewer for a Special Issue of *Family and Community Medicine* on “Promoting Health in Underserved Populations: Advancing Healthy Aging,” May, 2008.

Reviewer for *Journal of Aging and Health*, 2008 – present.

Reviewer for *Biological Research for Nursing*, 2011 – present.

Reviewer for *Experimental Aging Research*, 2011 – present.

**Grant Review Activities:**

ACS-IRG Special Interest grant reviews for the Arizona Cancer Center, University of Arizona Health Sciences Center, Tucson, Arizona, 2006 and 2007.

Peer reviewer for the American Reinvestment and Recovery Act (ARRA) “Challenge Awards” through National Institutes of Health, Center for Scientific Review, Cognition and Perception Study Section, reviews posted in Internal Assisted Review, 2009.

Study section reviewer (ad hoc member), National Institutes of Health, NSAA study section, February 2-3, 2010 and June 9-10, 2010.

Mail in reviewer and reviewer, Small Business Innovation Research, National Institutes of Health, December, 2011. In panel committee review, Summer, 2013.

Study section reviewer, Patient-Centered Outcomes Research Institute (PCORI), February 22, 2012 and Spring and Summer, 2013.

**Other Professional Activities:**

Workshop University Medical Center “Research 101- Critiquing The Research Literature” May 27, 2004, Tucson, Arizona.

Chair, Health Influences, Biennial International Meeting Cognitive Aging Conference, Atlanta, Georgia, April, 2004.

Reviewer, College of Nursing, University of Arizona, for projects submitted for extramural funding, Ruth Taylor-Piliae, PhD, Kristen Archbold, PhD, Rebecca Ross, PhD and Ida Ki Moore, PhD. Joyce Verran, PhD and Judy Effken, PhD.

Speaker, Optimal Aging, College of Medicine, University of Arizona. Topic: Cognitive Aging, December, 2006.

Chair, Symposium, Context and Cognitive Change I, The 60th Annual Scientific Meeting of the Gerontological Society of America, San Francisco, California, November 15-20, 2007.

**COMMITTEES:**

COLLEGE:

Member Committee for Undergraduate Education, School of Nursing, University of Texas Health Science Center San Antonio, Fall 2000/Summer 2002.

Member Flexible process Committee, School of Nursing, University of Texas Health Science Center San Antonio, Spring 2001/Summer 2002.

Founded Gerontology Interest Group (a community and School of Nursing Group), University of Texas Health Science Center San Antonio, Spring 2001/Summer 2002.

Chair, Ad hoc Committee on Faculty, Course, and Program Evaluation, University of Texas Health Science Center San Antonio, Spring 2001/ Summer 2002.

Member, Faculty Council, Elected by faculty to represent my department on Faculty Council, University of Texas Health Science Center San Antonio, Fall 2001/Spring 2002.

Member Subcommittee Committee for Undergraduate Education and Chair on Electives and Independent Study, University of Texas Health Science Center San Antonio, Fall 2001/Spring 2002.

Member, Ad hoc Search Committee for the Associate Dean for Nursing Research, Director of the Office of Nursing Research, University of Arizona, College of Nursing, Fall 2003.

Member, On-line Doctoral Program Committee, University of Arizona, College of Nursing, Spring and Summer 2004.

Member, Student Recruitment and Promotion Graduate, (SRAP-G), University of Arizona, College of Nursing Fall 2003/Spring 2004.

Chair, Student Recruitment and Promotion Graduate, (SRAP-G), University of Arizona, College of Nursing, Fall 2004/Spring 2005.

Member, Ad hoc Search Committee for the Statistician, Office of Nursing Research, University of Arizona, College of Nursing Spring/Summer 2005.

Member, Ad hoc Search Committee for a tenure track faculty position, University of Arizona, College of Nursing Spring/Summer 2005.

Member, Steering Committee Doctoral Program, University of Arizona, College of Nursing Fall 2004/Spring 2005.

Member, Faculty Council, University of Arizona, College of Nursing Fall 2004 through Spring 2006.

Member, Space Committee, University of Arizona, College of Nursing Spring 2005 to 2009.

Chair, Student Recruitment and Promotion Committee Masters, (SRAP-M) University of Arizona, College of Nursing, University of Arizona, College of Nursing, Fall 2005/Spring 2006.

Member, Department Review Committee for internal review of Protection of Human Subjects, University of Arizona, College of Nursing Fall 2005 to 2007.

Member, Clinical Faculty Promotion Review Committee, University of Arizona, College of Nursing, 2007 – 2010.

Chair, Task Force to review research methods curriculum for the PhD and DNP programs, University of Arizona, College of Nursing, Spring 2008 - present.

Member Faculty Council, Advisory to the Dean, elected to represent my division, University of Arizona, College of Nursing, 2010 - present.

UNIVERSITY:

Member, Advancement of Women and Minorities investigating tenure for part-time faculty Fall, 2000, University of Texas Health Sciences Center, San Antonio.

Assistant Director for Clinical Research, The Aging Research and Education Center (AREC) University of Texas Health Sciences Center, San Antonio, Fall, 2000/Summer, 2002.

Member, Institutional Intellectual Property Advisory Committee, August 2001/Summer 2002, University of Texas Health Science Center at San Antonio.

Member, College of Nursing, Five-year Dean's Review Committee, University of Arizona, Fall 2007 – 2008.

Member, Arizona Clinical and Translation Award Committee, subcommittee on Goal Team 1:  
To create a structure for statewide conduct for clinical and translational research, 2008.

Member, Graduate Council, University of Arizona, Fall, 2007 – 2011.

Member, Clinical and Translational Sciences Committee, Fall 2009 – present.

Member, University of Arizona Health Network tactical team Transforming Health Care, Fall  
2011 to present.

Member, External Review for University of Arizona, Department of Orthopaedic Surgery, 2013.

PROFESSIONAL AFFILIATIONS:

Member, American Psychological Association, APA and Division 20, 1997 – present

Member, American Psychological Society, APS, 1996 – 2012.

Member, Evaluative Group for the Analysis of Data (EGAD), 1997 – present

Member, Gerontological Society of America, Behavioral and Social Sciences, 1998 – present

Member, Psychonomics, 1999 – 2001

Member, Sigma Theta Tau, Beta Mu Chapter 1999 – present

Member, Society for Applied Research in Memory and Cognition, SARMAC, 1994 – 2005.

Member, Southern Nursing Research Society (SNRS) 2000 – 2002

Member, Western Institute of Nursing (WIN), 1998 – 2000, 2002- present.

Member, Sarver Heart Center, Arizona Health Sciences Center, University of Arizona, 2002 to  
present.

Member, American Evaluation Association (AEA), Interrupted membership 1999-2003.

Charter Member, MESA Center for Health Disparities, a partnership Exploratory Research  
Center with the University of Michigan and the University of Texas Health Science  
Center at San Antonio, 2002 to present.

Member, Center on Injury Mechanisms and Related Responses, College of Nursing, University

of Arizona, 2003 – 2007.

## **PUBLICATIONS AND PROFESSIONAL CONTRIBUTIONS:**

### REFERREED PUBLICATIONS:

(† data based)

Lareau, S. & Insel, K.C. (2000). Patient and Family Education. In J. E. Hodgkin, G. L. Connors, & B. R. Celli (Eds.), Pulmonary rehabilitation: Guidelines to success (3<sup>rd</sup> ed.). Philadelphia, PA: Lippincott, Williams, & Wilkins.

Insel, K.C. & Badger, T.A. (2002). Deciphering the 4 'D's': Decline, Delirium, Depression, Dementia. Journal of Advanced Nursing, 38,4, 360-368.

Morrow, D. & Insel, K.C. (2004). Patient Adherence. In W.E. Craighead & C.B. Nemeroff (Eds.). Corsini Encyclopedia of Psychology and Behavioral Science. Indianapolis,IN: Wiley Publishing, Inc. pp 670-672.

†Insel, K.C., Palmer, R.F., Stroup-Benham, C.A., Markides, K.S. & Espino, D.V. (2005). Association between Change in Blood Pressure and Cognitive Decline among Elderly Mexican Americans: Data from the Hispanic Established Population for the Epidemiology Study of the Elderly. *Experimental Aging Research*, 31, 35-54.

†Insel, K.C. & Cole, L. (2005). Individualized Memory Strategies to Improve Medication Adherence. *Applied Nursing Research*, 18, 199-204.

†Insel, K.C., Meek, P.M., & Leventhal, H. (2005). Differences in Illness Representation Among Pulmonary Patients and Their Providers. *Journal of Health Psychology*, 10(1), 147-62.

†Insel, K.C., Palmer, R.F., Stroup-Benham, C.A., Markides, K.S., Espino, D.V. (2005). Associations between change in systolic blood pressure and cognitive decline among elderly Mexican Americans: data from the Hispanic EPESE Study, *Dementia*, 7, 2-10.

†Insel, K.C., Morrow, D.G., Brewer, B.B., & Figueredo, A.J. (2006). Executive Function, Working Memory and Medication Adherence among Community Dwelling Older Adults. *Journals of Gerontology: Psychological Sciences*, 61B, P102-P107.

†Shrago, L.C., Reifsnider, E., Insel, K. (2006). The Neonatal Bowel Output Study: Indicators of Adequate Breast Milk Intake in Neonates. *Pediatric Nursing*, 32, 195-201.

†Insel, K.C., Reminger, S.L., & Hsiao, C.P. (2006).The Negative Association of Independent Personality and Medication Adherence. *Journal of Aging and Health*, 18, 407-418.

- Hess, L.M. & Insel, K.C. (2007). Chemotherapy Related Change in Cognitive Function: A Conceptual Model. *Oncology Nursing Forum*, 34(5), 981-994.
- Murdaugh, C. & Insel, K.C. (2008). Problems with Adherence in the Elderly. In S.A. Shumaker, E.B. Schron, J.K. Ockene & W.L. McBee (Eds.), *The Handbook of Health Behavior Change*, New York, N.Y.: Springer Publishing Company.
- †Choi, M., Phillips, L., Figueredo, A.J., Insel, K.C. & Min, S.K. (2008). Construct Validity of the Korean Women's Abuse Intolerance Scale, *Nursing Research*, 57(1), 40-50.
- †Insel, K.C., Reminger, S.L. & Hsiao, C.P. (2008). White Matter Hyperintensities and Medication Adherence. *Biological Research for Nursing*. 10, 121-127,
- †Choi, M., Belyea, M., Phillips, L.R., Insel, K.C., Min, S. K. (2009). Testing Korean Women's Propensities to Leave their Abusive Husbands Using Structural Equation Modeling. *Nursing Research*, 58, 435 - 443.
- Morrow, D. & Insel, K.C. (2010). Patient Adherence. In W.E. Craighead & C.B. Nemeroff (Eds.). *Corsini Encyclopedia of Psychology and Behavioral Science*. Indianapolis,IN: Wiley Publishing, Inc.
- †O'Haver, J., Moore, I.M., Insel, K.C., Reed, P.G., Melnyk, B.M., Lavoie, M. (2010). Parental Perceptions of Risk Associated with the Adaptation of Siblings of Children with Cystic Fibrosis. *Pediatric Nursing*, 36 (6), pp. 284 – 291.
- †Hsiao, C.P., Moore, I., Insel, K.C., Merkle, C.M. (2011). High Perceived Stress is linked to Afternoon Cortisol Levels and Greater Symptom Distress in Patients with Localized Prostate Cancer. *Cancer Nursing*. 34, pp. 470-8.
- †Insel, K.C., Merkle, C.J., Hsiao, C.P., Vidrine, A.N. & Montgomery, D. (2012). Part I: Biomarkers for Cognitive Aging: Telomere Length, Blood Pressure and Cognition among Individuals with Hypertension. *Biological Research for Nursing*, 14, 120-128. DOI 10.1177/1099800411406433
- †Insel, K.C., Moore, I., Vidrine, A.N. & Montgomery, D.W. (2012). Part II Biomarkers for Cognitive Aging: Oxidative Stress, Cognitive Assessments and Medication Adherence. *Biological Research for Nursing*, 14, 129-134. DOI 10.1177/1099800411406527
- †Liu, Y., Insel, K.C., Reed, P.G. & Crist, J.D. (2012). Family Caregiving of Older Chinese People, Testing a Model, *Nursing Research*, 61, 39-50.

†McHenry, J., Insel, K.C., Einstein, G.O., Vidrine, A.N., Koerner, K.M. & Morrow, D.G. (2012). Recruitment of Older Adult: Success May be in the Details. *The Gerontologist*.

†Ganzer, C.A., Insel, K.C. & Ritter, L.S. (2012). Associations between working memory, health literacy and recall of the warning signs of stroke. *Journal of Neuroscience Nursing*, 44:236-243.

Insel, K.C., Einstein, G.O., Morrow, D.G & Hepworth, J.T. (2013). A Multifaceted Prospective Memory Intervention to Improve Medication Adherence: Design and Methods of a Randomized Clinical Trial. *Contemporary Clinical Trials* 34(1), pp 45-52. DOI 10.1016/j.cct.2012.09.005.

#### REFERREED PAPERS PUBLISHED IN CONFERENCE PROCEEDINGS:

(† data based)

†Insel, K.C. *Long term retention of semantic knowledge*. Paper presented at the Practical Aspects of Memory Conference an American Psychological Association Conference, Washington, D.C., Aug., 1994.

†Insel, K.C. *The cognitive process of memory in adherence to prescribed medication*. Paper presented at WIN (Western Institute of Nursing) Meeting. San Diego, CA, Apr.1999.

†Insel, K.C. & Meek, P. *Differences In knowledge organization among health care providers and patients*. Poster session presented at the International Conference of the American Thoracic Society, San Diego, CA., Apr., 1999.

†Insel, K.C. & Meek, P. *Knowledge organization among patients with chronic pulmonary disease and health care providers*. Poster session presented at the European Respiratory Society, 1999 Annual Congress, Madrid, Spain, Oct. 9-13, 1999.

Insel, K.C. *What are the options for modeling propensity?* Paper presented at the American Evaluative Association Meeting, Orlando, Florida, Nov. 3-7, 1999.

†Insel, K.C. *Cognitive aging: Implications for everyday remembering*. Poster session presented at the Psychonomic Society, 40<sup>th</sup> Annual Meeting, Los Angeles, Nov. 18-21, 1999.

†Hu, J., Insel, K., & Meek, P.M. *Do cognitive changes and self-perception of impairment influence self-reports of breathing distress and effort in COPD?* Paper presented at the International Conference of the American Thoracic Society, Toronto, ON, May 2000.

Insel, K.C. & Figueredo, A.J. *Power Calculations in Structural Equations Modeling*. Proceedings of the Annual Meeting of the American Evaluation Association, Honolulu,

Hawaii, Nov. 1-5, 2000.

- †Insel, K.C., Espino, D.V., Palmer, R.R., Stroup-Benham, C.A., Satish, S. & Markides, K.S., *The Relationship Between Blood Pressure and Cognition in Elderly Mexican-Americans from the H-EPESE*. Proceedings from the Gerontological Society of American 54<sup>th</sup> Annual Scientific Meeting, Chicago, November 15-18, 2001.
- †Efeovbokhan, U.T. & Insel, K.C. *The relationship between kin network and symptom reporting*. Proceedings from the Southern Nursing Research Society 16<sup>th</sup> Annual Conference, San Antonio, Texas, February 7-9, 2002.
- †Insel, K.C. *A Profile of Cognitive Function Among Community Dwelling Elderly*. Proceedings from the Southern Nursing Research Society 16<sup>th</sup> Annual Conference, San Antonio, Texas, February 7-9, 2002.
- †Insel, K.C., Cole, L., Efeovbokhan, U.T. *Preliminary Report on Testing the Feasibility of a Nursing Intervention to Improve Medication Adherence Among Community Dwelling Elderly*. Research Colloquium: Minority Health and Health Disparities, UTHSCSA School of Nursing, February 6, 2002.
- †Insel, K.C., Cole, L., Efeovbokhan, U.T. *Comparing the Computer Version to the Traditional Wisconsin Card Sorting Test (WCST)*. The Ninth Cognitive Aging Conference, Atlanta, Georgia, April, 2002.
- †Insel, K.C. *Performance on Working Memory Tasks Predicts Medication Adherence*, Proceedings from the Gerontological Society of American 55<sup>th</sup> Annual Scientific Meeting, Boston, November 22-26, 2002.
- †Dunn, M.M. & Insel, K.C. *Ethnic and Exercise Effects in Medication Adherence Among Older Adults*, The Seventeenth Annual Conference of the Southern Nursing Research Society, Orlando, Florida, February 13-15, 2003.
- †Insel, K.C. *Cognitive Ability and Medication Adherence Among Older Adults*. Proceedings from the Western Institute of Nursing 17<sup>th</sup> Annual WIN Assembly “Responding to Societal Imperatives Through Discovery and Innovation”, Scottsdale, AZ, April 10-12, 2003.
- †Insel, K.C. *Exploring Confirmatory Models: Focused Searches*. Proceedings from the American Evaluation Association Meeting, Reno, Nevada, November 5-9, 2003.
- †Insel, K.C. & Cole, L. *Effect of a Behavioral Intervention to Improve Adherence to Medication*. Proceedings from the 56<sup>th</sup> Annual Meeting of the Gerontological Society of America, San Diego, CA, November 21-25, 2003.

- †Insel, K.C. Translation Research: The Effects of Sample. *Cognitive Aging Conference*, Atlanta, Georgia, April, 1-4, 2004.
- †Insel, K.C. & Hsiao, C.P. *The Influence of Personality on Medication Adherence*. Proceedings from the 37<sup>th</sup> Annual Communicating Nursing Research Conference, Western Institute of Nursing, Portland, Oregon, April 21-24, 2004.
- †Insel, K.C. *Cognitive Influences on Medication Adherence among Elderly with Hypertension*. Proceedings from the National Congress on the State of the Science in Nursing Research, Council for the Advancement of Nursing Science, Washington, DC, October 7-9, 2004.
- †Insel, K.C. & Hsiao, C.P. *The Association of Personality Factors, Cognitive Function and Medication Adherence*. Proceedings from the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C., November 19-23, 2004.
- †Reminger, S.L. & Insel, K.C. *Structural MRI, Medication Adherence and Cognitive Function in Elderly Individuals with Hypertension*. Annual Scientific Meeting of the Gerontological Society of America, Orlando, Florida, November 18-21, 2005.
- †Insel, K.C. & Reminger, S.L. *Structural MRI and Everyday Prospective Memory*. Proceedings from the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, Florida, November 18-21, 2005.
- †Insel, K.C. & Hsiao, C.P. *The Association of Executive Function to Self-Management Capacity*, Western Institute of Nursing, Albuquerque, N.M., April 6-8, 2006.
- †Insel, K.C., Reminger, S.L. & Hsiao, C.P. *The Association of Frontal Volumes and Medication Adherence*, Cognitive Aging Conference, Atlanta, Georgia, April 20 – 23, 2006.
- †Insel, K.C. Meek, P.M., Hsiao, C.P. & Ross, D. *The Association of Bedside Measures And Formal Cognitive Assessments*, Western Institute of Nursing, Portland, Oregon, April 12-14, 2007.
- †Insel, K.C., Meek, P.M., Hsiao, C.P. & Ross, D. *Factors associated with adherence to Symptom Self-Management*, The 60th Annual Scientific Meeting of the Gerontological Society of America, San Francisco, California, November 15-20, 2007.
- †Insel, K.C., Hsiao, C.P., Vidrine, A.N., Montgomery, D.W., & Merkle, C.J. *Association of Biological Age to Cognition*, Biennial Cognitive Aging Conference, Atlanta, Georgia, April 10-13, 2008 and presented at the Arizona Health Sciences Center Frontiers in Biomedical Research, October 15, 2008.

- †Insel, K.C., Hsiao, C.P., Vidrine, A.N., Montgomery, D.W. & Merkle, C.J. *Risk for Reduced Resilience in Aging: Association of biological age and blood pressure*, The 61th Annual Scientific Meeting of the Gerontological Society of America, Gaylord Nelson Resort and Convention Center, National Harbor, Washington, D.C., November 21-24, 2008.
- †Insel, K.C., Vidrine, A.N. Hsiao, C.P. & Montgomery, D.W. *Oxidative Stress, Cognitive Function and Medication Adherence among Individuals with Hypertension*. The 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, Georgia, November 18-22, 2009.
- †Insel, K.C., Vidrine, A.N., Montgomery, D.W. *Urinary F<sub>2</sub>- Isoprostanes: A Biological Marker Associated with Cognitive Processes*. The 43<sup>rd</sup> Annual Western Institute of Nursing, Glendale, Arizona, April 14-17, 2010.
- Insel, K.C. (Invited Discussant) Symposium on *Health Technology Design for Older Adults: Findings from CREATE*, The 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA , November 18<sup>th</sup> to the 22<sup>nd</sup>, 2011.
- †Vidrine, A.N., Insel, K.C., Einstein, G.O., Koerner, K.M., McHenry, J. & Morrow, D.G. *Medication Organizers and Nonadherence among Older Adults Poster Presentation*. Gerontological Society of America's 65th Annual Scientific Meeting, San Diego, California, November 14- 18, 2012.
- †Insel, K.C., Einstein, G.O.& Morrow, D.G. *Preliminary Findings from the Prospective Memory Intervention to Improve Medication Adherence*. Gerontological Society of America's 65th Annual Scientific Meeting, San Diego, California, November 14- 18, 2012.

OTHER INVITED PRESENTATIONS:

- Insel, K.C. *Memory and mnemonic strategies for older adults*. Presented to the Carondelet Health Network, Tucson, Arizona, 1997 & 1998.
- Insel, K.C. *An insider's view: Postdoctoral education in nursing*. Report presented for the Office of Nursing Research, College of Nursing, The University of Arizona, September, 1998.
- Insel, K.C. *Cognitive assessment: A nursing strategy*. Report presented for the Office of Nursing Research, College of Nursing, The University of Arizona, September, 1998.
- †Meek, P. & Insel, K.C. *Examining structural knowledge: Differences between novices, expert clinicians and patients*. Beta Mu Chapter meeting of Sigma Theta Tau, March 3, 1999.

- Insel, K.C. *Cognitive Aging: Implications for everyday remembering*. Cognitive Psychology Memory Laboratory, Department of Psychology, University of Arizona, November 8, 1999.
- †Insel, K.C. *Medication Adherence and Aging*. Grand Rounds Geriatric Research and Education Center (GRECC ). Audie Murphy Veterans Hospital and the University of Texas Health Science Center at San Antonio, November, 2000.
- Insel, K.C. *Program Evaluation*. Academic Center in Education, University of Texas Health Science Center at San Antonio, November, 2000.
- †Insel, K.C. *A Profile of Cognitive Function Among Community Dwelling Elderly*. Poster presentation, ANA Annual Convention, Philadelphia, June 30-July2, 2002.
- Insel, K.C. *Decline, Delirium, Depression and Dementia*. Summer Intensive Program, Geriatric Education Programs, South Texas Geriatric Education Center, televised through South Texas, June 5, 2002.
- †Insel, K.C. *Self-Management in Hypertension*, Sarver Heart Center, University of Arizona, Spring, 2003.
- Insel, K.C. Exploring Confirmatory Models: Focused Searches. Invited poster Measurement, Methodology, and Evaluation: Festschrift in Honor of Lee Sechrest, April 26 & 27, 2003.†
- †Speaker, Center for Injury Mechanisms and Related Responses (CIMRR) College of Nursing, University of Arizona, report of feasibility study findings, Frontal Volumes and Everyday Self-Management Capacity, February, 2005.
- Insel, K.C. & Badger, T.A. *Deciphering the 4 Ds: Decline, Delirium, Depression, and Dementia*. Nursing Grand Rounds, University of Arizona, Tucson, Arizona, September-October, 2002 and again June, 2005.
- †Insel, K.C. *Hypertension and Medication Adherence among Older Adults*, Sarver Heart Center, University of Arizona, June, 19, 2009.
- †Insel, K.C. *Cognitive Aging and Self-Management*, Academy Village, Tucson, Arizona. July 23, 2009.
- †Insel, K.C. *Cognitive Aging: What Is It, How We Prevent or Limit Decline and Maintain Function*, 2n Annual Invitational Geriatric Conference, The Hartford Center of Geriatric Nursing Excellence and the Center for Healthy Outcomes in Aging, Arizona State University, September 11, 2009.

Insel, K.C. *Cognitive Aging and Everyday Implications*, Osher Lifelong Learning Institute, University of Arizona, independent, non-profit organization partially supported by the Bernard Osher Foundation, September 30, 2009.

Insel, K.C. *Cognitive Aging and Everyday Remembering*, Osher Lifelong Learning Institute at Heritage Highlands in Marana, March 10, 2010.

Insel, K.C. *Cognitive Aging and Everyday Remembering*, Campana del Rio, Tucson, Arizona, March 24, 2010.

Insel, K.C. *Cognitive Aging and Everyday Remembering*, The Fountains, Tucson, Arizona, May 20, 2010.

Insel, K. C. *Cognitive Aging and Everyday Remembering*, "Health Night Out" at SaddleBrooke, Tucson, Arizona July 26, 2010.

Insel, K.C. *Cognitive Aging and Everyday Remembering and Your Rights as a Research Subject*. Tucson Medical Center Senior Services Program, Tucson, Arizona, August 29, 2010.

Insel, K.C. (Invited Discussant) Symposium on *Health Technology Design for Older Adults: Findings from CREATE*, The 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA , November 18<sup>th</sup> to the 22<sup>nd</sup>, 2011.

Insel, K.C. “*Multifaceted Prospective Memory Intervention to Improve Medication Adherence*” American Heart Association, Nursing Science in Review: Top Trials in 2011-2013, American Heart Association Annual Scientific Meeting, Dallas, Texas, November 16-20.

## **RESEARCH PENDING:**

### NATIONAL:

1 R01 Grant Number 11497560 (assigned during shut-down) 07/1/14-06/30/19

National Institutes of Health, NINR and/or NHLBI

“Adherence to Antihypertensive Medications and Use of Smartphones in Primary Care.” This project tests the translation of an efficacious adherence intervention delivered in the home environment, but not sustained over 6 months to the primary care setting and use of smartphone to extend the initial intervention effects. This study uses a 2 x 3 x (3) design with setting (primary care versus home) and intervention (education/attention control, Multifaceted Prospective Memory Intervention, Multifaceted Prospective Memory Intervention plus smartphone) and 3 repeated measures (baseline, following the intervention, 6 months post-intervention). Role: Principal Investigator.

**RESEARCH IN PROGRESS:**

NATIONAL:

1 R01NR010350-01 Insel, (PI) 09/29/08 - 06/30/13  
National Institutes of Health, National Institute of Nursing Research  
“Multifaceted Prospective Memory Intervention to Improve Medication Adherence.” This project tests the effect of a multifaceted prospective memory intervention on improving medication adherence for older adults who are prescribed at least one daily antihypertensive medication. The intervention is compared to an education only group. Participants are initially screened for percentage adherence to the scheduled medication and followed for six months post intervention. Role: Principal Investigator

1 R01NR010889-01A1 Moore (P.I.) 04/15/09-04/13/14  
National Institute of Nursing Research  
Childhood Leukemia: Oxidative Stress, Cognitive Changes & Academic Outcomes  
Purpose is to explicate relationships among oxidative stress, cognitive abilities, and academic outcomes among children with ALL who receive aggressive CNS treatment with methotrexate. Role: Co-Investigator

**PRIOR FUNDING:**

NATIONAL:

Insel (P.I.)  
3 R01 NR010350-01A2S1 06/09 – 10/09  
National Institutes of Health, American Recovery Reinvestment Act (ARRA)  
Administrative Supplement to support 2 undergraduate students through the summer on research activities for the parent grant.

Insel (PI) 07/8/2006 – 12/30/08  
1 R03 NR010010-01 I  
National Institutes of Health, National Institute of Nursing Research  
“Biological Aging and Capacity for Self-Management: Implications for Nursing” This project examined the association of biological age, measured with absolute telomere length, behavioral assessments of cognitive function and functional capacity as indexed by medication adherence among middle aged and older adults taking at least one prescribed antihypertensive agent.

Meek (P.I.) 08/15/2004-05/31/2007  
3 RO1 NR008142 Meek (PI), Insel, PI for subaward to University of Arizona  
National Institutes of Health, National Institute of Nursing Research  
“Cognitive Function and Symptom Self-Management in COPD.”  
This project described the association between particular cognitive processes hypothesized to

Insel, K.C. 18 out of 19  
influence symptom self-management for individuals with chronic obstructive pulmonary disease.

Insel (PI) (feasibility study) 08/01/2003-07/31/2004  
P20 NR007794.

Exploratory Center on Injury Mechanisms and Related Responses  
University of Arizona College of Nursing,  
Center funded by National Institute of Nursing Research,

“The Association of Frontal Volumes and Everyday Function”

This project examined the association of frontal volume, white matter hyperintensities, with performance on cognitive assessments and an everyday memory activity, that of adhering to medications, for individuals with hypertension.

Insel (PI) 08/15/2001-10/31/2002  
1R03AG019930-01

National Institutes of Health, National Institute on Aging

“Cognitive Aging and Everyday Remembering”

This investigation examined the risk for nonadherence to prescribed medication among older adult using a composite of cognitive measures considered to tap prefrontal function and a composite of medial temporal measures. Findings indicate that the prefrontal composite was the only significant predictor using a simultaneous regression model with all predictor variables included ( $\beta = .44$ ). Age was not a significant predictor of nonadherence although age and prefrontal composite were correlated ( $r = .19$ ).

#### INTRAMURAL:

Insel (PI) 01/16/2006-01/15/2007

Laurence B. Emmons Award, University of Arizona College of Nursing

“Development of an Intervention Manual: Cognitive Enhancement for Medication Adherence.”

This project is focused on the refinement of an intervention manual to enhance adherence to prescribed anti-hypertensive agents. The project is intended to bring the consultants together for a summer meeting following initial review of extant research in enhancement of self-management strategies, in this case, medication adherence.

Insel (PI) 02/01/2003-12/31/2004

Laurence B. Emmons Award, University of Arizona College of Nursing

“The Influence of Personality Factors on Medication Adherence”

This project examines the influence of personality factors in addition to other identified important variables including cognitive function, on medication adherence among individuals with hypertension.

Insel (PI) 09/2001 – 08/2002

Aging Research and Education Center (AREC), University of Texas Health Science Center at San Antonio Medication Adherence and Aging. Funded through NIAs Nathan Shock

Center on Aging.

- Insel (PI) 06/2000 – 08/2002  
University of Texas Health Science Center at San Antonio, School of Nursing Testing the Feasibility of a Nursing Intervention to Improve Medication Adherence Among Older Adults.
- Insel (PI) June 2000  
Sigma Theta Tau, Beta Mu Chapter. Testing the Feasibility of a Nursing Intervention to Improve Adherence to Prescribed Medications.
- Phillips (P.I.) 1999-2000  
Role: Co-investigator  
University of Arizona Faculty Small Grants Program Presence and Prevention of Acute Confusion in the Elderly.
- Meek & Insel (Co-investigators) 1998  
Sigma Theta Tau, Beta Mu Chapter, Knowledge Structures Among Expert Health Care Providers.
- Dahl, R., Insel, K.C., Cromwell, S. & Phillips, L. (Co-investigators) 1997  
Sigma Theta Tau, Beta Mu Chapter. Nursing Strategies for Cognitive Competence in Elders.

*This is a true and accurate statement of my activities and accomplishments. I understand that misrepresentation in securing promotion and tenure may lead to dismissal or suspension under ABOR Policy 6-201 J.1.b.*

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