

Briana (“Bri”) Nicole Sprague, PhD (she/her/hers)

Curriculum Vitae

Indiana University School of Medicine
 Division of General Internal Medicine and Geriatrics
 428 West 11th Street
 Indianapolis, IN 46202
 Campus Phone: (317) 274-9141
 Email: bspragu@iu.edu

Date of Appointment: September 1, 2022

Area of Excellence: Research

EDUCATION

Institution	Department	Degree	Dates
POSTDOCTORAL			
University of Pittsburgh	Epidemiology	NA	2019 – 2022
GRADUATE			
The Pennsylvania State University	Human Development and Family Studies	MS; PhD	2012 – 2019
UNDERGRADUATE			
University of Kansas	Psychology; Social & Behavioral Sciences Methodology (minor)	BA	2008 – 2012

APPOINTMENTS

Institution	Title	Dates
Division of General Internal Medicine and Geriatrics, Department of Medicine, Indiana University School of Medicine	Assistant Professor of Medicine	2022 – present
Indiana University Center for Aging Research, Regenstrief Institute	Research Investigator	2022 – present

PROFESSIONAL ORGANIZATION MEMBERSHIPS

Organization	Title	Dates
Gerontological Society of America	Member	2010 – present
American Psychological Association	Member	2010 – 2012

PROFESSIONAL DEVELOPMENT

Course/Workshop Title	Provider	Dates
Agile Nudge University Trainee	Center for Health Innovation and Implementation Science (IU)	2024 – 2025

TEACHING

Course #	Short Title	Format	Role	Enrollment	Dates
UNDERGRADUATE					
HDFS 312 (Penn State)	Empirical Inquiry into Human Development	In-Person	Instructor	50	Fall 2016

MENTORING

Individual	Role	Dates
UNDERGRADUATE		
Taylor G. Lazzari	Undergraduate Honors Thesis Committee Member, University of Pittsburgh Psychology program	2021 – 2022

GRANTS/FELLOWSHIPS IN RESEARCH

ACTIVE RESEARCH GRANTS/FELLOWSHIPS

Title	Granting Agency	Role	Effort	Amount	Dates
Measuring Impact of Social Network Support on Physical Activity and Mental Health Among Black Older Adults with Cardiometabolic Multimorbidity	Aging Research Network Pilot Funds (IU)	Co-I	0%	\$29,620	2024 - 2025
Measuring the Impact of Social Network Support on the Health and Health Behaviors of Black Older Adults with Cardiometabolic Multimorbidity	Regenstrief Institute, Inc.	Co-I	0%	\$100,000	2024 - 2025
Program to Increase Diversity Among Individuals Engaged in Health-Related Research in Cardiovascular Diseases (PRIDE-CVD) Scholar	NHLBI	Mentee	10%	\$0	2024 – 2026

PENDING RESEARCH GRANTS AND FELLOWSHIPS

Title	Granting Agency	Role	Effort	Amount	Dates
Co-Developing a Stress Management Intervention for Black Adults with Hypertension (Administrative Supplement NOT-HL-24-007)	NHLBI	PI	0%	\$11,620	2025-2026
Co-Developing a Novel, Multilevel Stress Management Intervention for Black Adults with Hypertension (K01 Career Development Award, Clinical Trial Required) Submitted Oct 2024	NHLBI	PI	87%	\$826,379	2025 - 2030

SUBMITTED BUT NOT FUNDED RESEARCH GRANTS/FELLOWSHIPS

Title	Granting Agency	Role	Effort	Amount	Dates
Co-Developing a Stress Management Intervention for Black Adults with Hypertension (K01 Career Development Award, Clinical Trial Required) Submitted Oct 2023	NHLBI	PI	80%	\$874,543	2024 - 2029

COMPLETED RESEARCH GRANTS/FELLOWSHIPS

Title	Granting Agency	Role	Effort	Amount	Dates
State of Knowledge on Older Drivers (NHTSA Contract No. DTNH2216D00016)	Nat'l Highway Transp. & Safety Admin.	Analyst (Sub-Award)	15%	\$114,900	2021

SERVICE ACTIVITIES

Activity	Role	Dates
CAMPUS		
Indy Pride Task Force, Regenstrief Inst.	Committee Member	2023 – 2024
UNIVERSITY		
Department of Health and Wellness Design Faculty Search Committee, Associate or Full Prof	Search Committee Member	2023 – 2024
IU School of Medicine Women's Advisory Council	Member	2023 – present
IU School of Medicine LGBTQ+ Advisory Council	Member	2023 – present

PROFESSIONAL SERVICE ACTIVITIES

Organization	Activity	Dates
NATIONAL		
Gerontological Society of America	Emerging Scholar and Professional Organization (ESPO) Co-Chair	2020 – 2022
Gerontological Society of America	Co-Chair, Brain Interest Group	2022 – present

JOURNAL REVIEW (All Ad Hoc)

Dates	Journal Title (*In-rank)
2016– 2019	<i>Transportation Research Record</i>
2017	<i>Psychology and Aging</i>
2019 – 2022	<i>*Aging, Neuropsychology, & Cognition</i>
2020	<i>The Lancet Healthy Longevity</i>
2020 – present	<i>*The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences</i>
2020	<i>OBM Integrative and Complementary Medicine</i>
2021	<i>Clinical Interventions in Aging</i>
2022	<i>*Journal of Cognitive Enhancement</i>
2022	<i>*PeerJ</i>
2022	<i>*Scientific Reviews: Nature Review</i>
2023	<i>*Frontiers in Geriatric Medicine</i>
2023	<i>*Healthcare</i>
2023	<i>*Journal of Affective Disorders</i>

- 2023 **BMJ Open*
- 2023 **BMC Geriatrics*
- 2023 **Ethnicity & Health*
- 2023 **International Journal of Environmental Research and Public Health*
- 2023 **The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences*

2024 – present **The Journal of the American Geriatrics Society*

GRANTS/FELLOWSHIPS IN SERVICE

Active

Title	Granting Agency	Role	Effort	Amount	Dates
Junior Reviewer Training Program (Fellowship)	Journal of the American Geriatrics Society	Mentee	5%	\$0	2024 – 2026
Leadership in Academic Medicine Program (Fellowship)	IU School of Medicine	Mentee	10%	\$0	2024 – 2025

PUBLICATIONS Refereed Articles (N = 28 total; N = 8 in-rank*)

1. *Phillips, C. B., McVey, A., **Sprague, B. N.**, Cooper, K., Stephan, A. T., & Ross, L. A. (2024). Predictive utility of four instrumental activities of daily living assessments and cognitive status changes among cognitively intact older adults. *Journal of Aging and Health*. Epub ahead of print. Roles: writing, editing
2. *Stephan, A. T., Chai, H. W., McVey, A., Wolf, A. V., **Sprague, B. N.***, Phillips, C. B. & Ross, L. A. (2024). Differential longitudinal associations of depressive symptoms on cognitive status by living situation in older adults. *Journal of Applied Gerontology*. Epub ahead of print. Roles: writing, editing
3. ***Sprague, B. N.**, Tu, W., Unverzagt, F. W., Moser, L. R., Adams, M., Carter, A., Dawkins, E., Keith, N. R., Reinoso, D. R., & Clark, D. O. (2024). Food resources and kitchen skills plus aerobic training (FoRKS+) for Black adults with hypertension: A pilot trial protocol. *Contemporary Clinical Trials*, 141, 107533. doi: 10.1016/j.cct.2024.107533
4. ***Sprague, B. N.**, Ross, L. A., & Ball, K. K. (2023). Does cognitive training reduce falls across ten years?: Data from the ACTIVE trial. *International Journal of Environmental Research and Public Health*, 20(6), 4941. doi: 10.3390/ijerph20064941
5. ***Sprague, B. N.**, Tu, W., Unverzagt, F. W., Moser, L. R., Adams, M., Carter, A., Dawkins, E., Keith, N. R., Reinoso, D. R., & Clark, D. O. (2024). Food resources and Kitchen skills plus aerobic training (FoRKS+) for Black adults with hypertension: A pilot trial protocol. *Contemporary Clinical Trials*, 107533. doi: 10.1016/j.cct.2024.107533

6. ***Sprague, B. N.**, Zhu, X., Rosso, A. L., Verghese, J., Delbaere, K., Lipnicki, D. M., Sachdev, P. S., Ng, T. P., Gwee, X., Yapp, K. B., Kim, K.-W., Han, J. W., Oh, D. J., Narazaki, K., Chen, T., Chen, S., Brodaty, H., Numbers, K., Kochan, N. A., Walker, R., W., Paddick, S.-M., Gureje, O., Ojagbemi, A., Bello, T., & Rosano, C. (2023). Correlates of gait speed among older adults from six countries: Findings from the COSMIC collaboration. *The Journals of Gerontology, Series A: Medical Sciences and Biological Sciences*, 178(12), 2396-2406. doi: 10.1093/gerona/glad090
7. *Tam, J. W., Khurshid, K. **Sprague, B. N.**, Clark, D. O., Xu, H., Moser, L. R., Miller, D. K., Considine, R., Callahan, C. M., Garringer, H. J., Rexroth, D., & Unverzagt, F. W. (2023). Design and baseline characteristics of the Cognitive and Aerobic Trial for the Brain (CARB) study. *Contemporary Clinical Trials*, 131, 107249. doi: 10.1016/j.cct.2023.107249 Roles: writing, editing
8. *Freed, S. A., **Sprague, B. N.**, & Ross, L. A. (2022). Does the association between objective and subjective memory vary by age among healthy older adults? *Aging, Neuropsychology, and Cognition*, 31(2), 249-262. doi: 10.1080/13825585.2022.2143471 Roles: editing
9. Bell, T. R., **Sprague, B. N.**, & Ross, L. A. (2022). Longitudinal associations of pain and cognitive decline in community-dwelling older adults. *Psychology and Aging*, 37(6) 715-730. doi: 10.1037/pag0000699
10. Chamberlain, J. D., **Sprague, B. N.**, & Ross, L. A. (2022). Age- and time-varying associations between subjective health and episodic memory in older adults. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 77(4), 673-682. doi:10.1093/geronb/gbab142
11. Ehrenkranz, R. C., Rosso, A. L., **Sprague, B. N.**, Tian, Q., Gmelin, T., Bohnen, N. I., Simonsick, E. M., Glynn, N. W., & Rosano, C. (2021). Functional correlates of self-reported energy levels in the Health, Aging, and Body Composition Study. *Journal of Aging Clinical and Experimental Research*, 33(10), 2787-2795. doi: 10.1007/s40520-021-01788-0
12. Freed, S. A., **Sprague, B. N.**, Stephan, A. T., Doyle, C. E., Tian, J., Phillips, C. B., & Ross, L. A. (2021). Feasibility and enjoyment of exercise video games in older adults. *Frontiers in Public Health*, 9, Article 1716. doi: 10.3389/fpubh.2021.751289
13. **Sprague, B. N.** (2021). Cognitive training, mobility, and everyday life. *The Lancet Healthy Longevity*, 2(9), e533-e534. doi: 10.1016/S2666-7568(21)00200-2
14. **Sprague, B. N.**, Phillips, C. B., & Ross, L. A. (2021). Cognitive training attenuates decline in physical function across 10 years. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. 76(6), 1114–1124. doi: 10.1093/geronb/gbaa072

15. **Sprague, B. N.**, Rosso, A. L., Zhu, X., Bohnen, N. I., & Rosano, C. (2021). Catechol-O-methyltransferase (COMT) polymorphism predicts rapid gait changes in healthy older adults. *Journal of the American Geriatrics Society*, *69*(11), 3194-3202. doi: 10.1111/jgs.17351
16. **Sprague, B. N.**, Zhu, X., Ehrenkranz, R. C., Tian, Q., Gmelin, T. A., Glynn, N. W., Rosso, A. L., & Rosano, C. (2021). Declining energy predicts incident mobility disability and mortality risk in healthy older adults. *Journal of the American Geriatrics Society*, *69*(11), 3134-3141. doi: 10.1111/jgs.17372
17. Johnson, K. E., Sol, K., **Sprague, B. N.**, Cadet, T., Muñoz, E., & Webster, N. J. (2020). The impact of rural-urban differences and discrimination on cognitive health among older Blacks. *Research in Human Development*, *17*(1), 4-19. doi: 10.1080/15427609.2020.1746614
18. **Sprague, B. N.**, Freed, S. A., Phillips, C. B., & Ross, L. A. (2020). A viewpoint on change point modeling for cognitive aging research: Moving from description to intervention and practice. *Ageing Research Reviews*, *58*, 101003. doi: 10.1016/j.arr.2019.101003
19. Tian, Q., Glynn, N. W., Ehrenkranz, R. C., **Sprague, B. N.**, Rosso, A. L., & Rosano, C. Perception of energy and objective measures of physical activity in older adults. (2020). *Journal of the American Geriatrics Society*, *68*(8), 1876-1878. doi: 10.1111/jgs.16577
20. Roberts, N. J., Oravec, Z., **Sprague, B. N.**, & Geier, C. F. (2019). A novel hierarchical LATER process model: Evaluating latent sources of variation in reaction times of adult daily smokers. *Frontiers in Psychiatry: Addictive Disorders*, *10*, 474. doi: 10.3389/fpsy.2019.00474
21. **Sprague, B. N.**, Freed, S. A., Webb, C. E., Phillips, C. B., Hyun, J., & Ross, L. A. (2019). The impact of behavioral interventions on cognitive function in healthy older adults: A systematic review. *Ageing Research Reviews*, *52*, 32-52. doi: 10.1016/j.arr.2019.04.002
22. **Sprague, B. N.**, Phillips, C. B., & Ross, L. A. (2019). Age-varying relationships between physical function and cognition in older adulthood. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *74*(5), 772-784. doi: 10.1093/geronb/gbx126
23. Lee, S., Koffer, R., **Sprague, B. N.**, Charles, S. T., Ram, N., & Almeida, D. M. (2018). Activity diversity and its associations with psychological well-being across adulthood. *The Journals of Gerontology: Psychological Sciences and Social Sciences*, *73*(6), 985-995. doi: 10.1093/geronb/gbw118
24. Ross, L. A., **Sprague, B. N.**, Phillips, C. B., O'Connor, M., & Dodson, J. (2018). The impact of three cognitive training interventions on older adults' physical functioning

across five years. *Journal of Aging and Health*, 30(3), 475-498. doi: 10.1177/0898264316682916

25. **Sprague, B. N.**, Hyun, J., & Molenaar, P. C. M. (2017). Revisiting measurement invariance in intelligence testing in aging research: Evidence for almost complete metric invariance across age groups. *Journal for Person-Oriented Research*, 3(2), 86-100. doi: 10.17505/jpor.2017.0x
26. Beltz, A. M., Wright, A. G. C., **Sprague, B. N.**, & Molenaar, P. C. M. (2016). Bridging the nomothetic and idiographic approaches to the analysis of clinical data. *Assessment*, 23, 447-458. doi: 10.1177/1073191116648209
27. Phillips, C. B., **Sprague, B. N.**, Freed, S. A., & Ross, L. A. (2016). Longitudinal associations between changes in physical function and driving mobility trajectories among older adults. *Transportation Research Record: Journal of the Transportation Research Board*, 2784, 70-76. doi: 10.3141/2584-09
28. **Sprague, B. N.**, Watts, A. S., & Burns, J. M. (2016). Relationship between physical activity and cognition in adults with and without Alzheimer's disease. *Psi Chi Journal of Psychological Research*, 21(2), 91-99. doi: 10.24839/2164-8204.JN21.2.91

CONFERENCE PRESENTATIONS (N = 29 total; N = 2 in-rank)

1. ***Sprague, B. N.**, & Mosseso, K. M. (2024). Examining the relationships between resilience, cardiovascular health, and race among US adults. Poster talk presented at the Gerontological Society of America Conference, Nov. 6-13, 2024.
2. *Lazzari, T. G.†, Erickson, K. I., & **Sprague, B. N.** (2023). Big Five personality characteristics, neuropsychological performance, & subjective cognitive function in older adults. Poster talk presented at the University of Pittsburgh Aging Research Day, October 23, 2023.
3. **Sprague, B. N.** Cognitive correlates of gait speed across different ethnogeographic regions. (2022). Symposium talk presented at the Gerontological Society of America Conference, Nov. 2-7, 2022.
4. Ehrenkranz, R. C., Rosso, A. L., **Sprague, B. N.**, Tian, Q., Simonsick, E. M., Glynn, N. W., Rosano, C., & Gmelin, T. (2020). Functional correlates of self-reported energy in the Health, Aging, and Body Composition Study. Poster presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.
5. Freed, S. A., **Sprague, B. N.**, & Ross, L. A. (2020). FeasibiLity and Enjoyment of eXercise video games in older adults. Paper talk presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.

6. Johnson, K. E., Sol, K., **Sprague, B. N.**, Cadet, T., Muñoz, E., & Webster, N. J. (2020). The role of geographical differences and discrimination in the cognitive health of older Blacks. Poster presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.
7. Rosso, A. L., Zhu, X., Marcum, Z., Bohnen, N. I., **Sprague, B. N.**, & Rosano, C. (2020). Anticholinergic medication use, dopaminergic genotype, and recurrent falls. Paper talk presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.
8. **Sprague, B. N.**, Rosso, A. L., Zhu, X., & Rosano, C. (2020). Catechol-O-methyltransferase (COMT) polymorphism predicts rapid gait speed decline in older adults. Paper talk presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.
9. **Sprague, B. N.**, Zhu, X., Ehrenkranz, R. C., Tian, Q., Gmelin, T., Glynn, N. W., Rosso, A. L., & Rosano, C. (2020). Declines in self-reported energy levels predict risk of incident mobility disability and mortality in community-dwelling older adults. Paper talk presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.
10. Tian, Q., Glynn, N. W., Ehrenkranz, R. C., **Sprague, B. N.**, Rosso, A. L., & Rosano, C. (2020). The association between self-reported and objectively measured energy level in older adults. Paper talk presented at the Gerontological Society of America Online Conference, Nov. 5-8, 2020.
11. Bickhart, S. E.†, **Sprague, B. N.**, & Ross, L. A. (2019). The association between cardiorespiratory fitness and cognition in older adults. Poster presented at The Pennsylvania State University Undergraduate Exhibition. University Park, PA, April 17, 2019.
12. Ross, L. A., **Sprague, B. N.**, Phillips, C. B., O'Connor, M. L., & Dodson, J. (2019). Can cognitive training maintain physical functioning across five years? Poster presented at the Aging & Cognition Conference, Zurich, Switzerland, April 24-26, 2019.
13. **Sprague, B. N.**, Freed, S. A., Webb, C. E., Phillips, C. B., Hyun, J., & Ross, L. A. (2019). Behavioral interventions for cognition and everyday function: A systematic review. Poster to be presented at the Gerontological Society of America Conference, Austin, TX, November 13-17, 2019.
14. **Sprague, B. N.**, Phillips, C. B., & Ross, L. A. (2019). Cognitive training attenuates age-related decline in physical function across 10 years. Paper talk presented at the Gerontological Society of America Conference, Austin, TX, November 13-17, 2019.
15. **Sprague, B. N.**, Troutman, S. B. W.†, Bickhart, S. E.†, Jiya, N.†, & Ross, L. A. (2019). Subjective age and cognitive, physical, and psychosocial health in older adults. Poster to be presented at the Gerontological Society of America Conference, Austin, TX, November 13-17, 2019.

16. Freed, S. A., **Sprague, B. N.**, & Ross, L. A. (2018). Correspondence between objective and subjective memory is stable across age. Poster presented at the Gerontological Society of America Conference, Boston, MA, November 14-17, 2018.
17. **Sprague, B. N.**, Gamaldo, A. A., & Ross, L. A. (2018). Age-varying association between subjective physical function and memory in community-dwelling older adults. Poster presented at the Gerontological Society of America Conference, Boston, MA, November 14-17, 2018.
18. Ross, L. A., **Sprague, B. N.**, & Gamaldo, A. A. (2018). Impact of cognitive ageing on daily activities in older adults and promising interventions to maintain independent functioning. Invited symposium talk presented at the 25th Biennial International Society for the Study of Behavioural Development Conference. Gold Coast, Australia, July 15-19, 2018.
19. **Sprague, B. N.**, Phillips, C. B., & Ross, L. A. (2017). Longitudinal changes in physical-cognitive function relationships in older adulthood. Poster presented at the IAGG World Congress. San Francisco, CA, July 23-27, 2017.
20. Van Florcke, D. F.†, **Sprague, B. N.**, Phillips, C. B., & Ross, L. A. (2016). Associations between grip strength and blood pressure in healthy older adults. Poster presented at The Pennsylvania State University Undergraduate Exhibition. University Park, PA, April 6, 2016.
21. **Sprague, B. N.**, Phillips, C. B., & Ross, L. A. (2016). Age-varying relationships between physical function and cognition in older adulthood. Poster presented at the Cognitive Aging Conference. Atlanta, GA, April 14-17, 2016.
22. Phillips, C. B., **Sprague, B. N.**, Freed, S. A., & Ross, L.A. (2016). Longitudinal associations between changes in physical function and driving mobility behaviors among older adults. Paper presented at the Transportation Research Board of the National Academies Annual Meeting. Washington, DC, January 10-14, 2016.
23. Freed, S., **Sprague, B. N.**, Schmidt, E., & Ross, L. A. (2015). Relationships between self-reported cognition and objective performance-based cognition. Poster presented at the Gerontological Society of America Conference. Orlando, FL.
24. Lee, S., Koffer, R., **Sprague, B. N.**, & Almeida, D. M. (2015). Activity diversity and its associations with subjective well-being across the adult lifespan. Poster presentation presented at the Gerontological Society of America Conference; Orlando, FL.
25. Ross, L. A., **Sprague, B. N.**, O'Connor, M. L., Phillips, C. B., & Dodson, J. (2015). The impact of three cognitive interventions on physical functioning across five years. Paper presented at the Gerontological Society of America Conference; Orlando, FL.

26. **Sprague, B. N.**, Hyun, J., & Molenaar, P. C. M. (2015). Revisiting measurement invariance in intelligence testing in aging research. Poster presented at the Gerontological Society of America Conference; Orlando, FL.
27. Lee, S., Koffer, R., **Sprague, B. N.**, & Almeida, D. (2014). Diversity of daily activities and age related changes in subjective well-being. Paper presentation presented at the Gerontological Society of America Conference; Washington, DC, November 13-17, 2014.
28. **Sprague, B. N.**, Sliwinski, M. J., Almeida, D., Smyth, J. M., Katz, M., & Lipton, R. (2014). Correlates of physical activity in adults. Poster presented at the Gerontological Society of America Conference; Washington, DC., November 13-17, 2014.
29. **Sprague, B. N.**, Scott, S., Sliwinski, M., Katz, M., & Lipton, R. (2013). Perceived stress and memory in older adults. Paper presentation presented at the Gerontological Society of America Conference; New Orleans, LA, November 15-18, 2013.
30. **Sprague, B. N.**, Watts, A. S., & Burns, J. M. (2012). Effect of physical activity on cognition in adults with and without Alzheimer's disease. Poster presented at the Cognitive Aging Conference; Atlanta, GA, May 3-6, 2012.

†Student under mentorship.