

## **Narrative Bio for APS I2EyE Program**

### **Nancy L. Sin, PhD**

Dr. Nancy L. Sin (she/her) is an Associate Professor in the Department of Psychology at the University of British Columbia in Vancouver, Canada. She earned her BA in Psychology with Honors from UCLA, MA and PhD from UC Riverside, and completed postdoctoral fellowships in aging at UCSF and Pennsylvania State University. As a health psychologist, Dr. Sin's research focuses on biobehavioral mechanisms linking daily experiences – including stressors and emotions – with long-term health and well-being. Dr. Sin is particularly interested in daily positive events as protective factors for stress processes. She has published extensively in journals for behavioral medicine, psychology, and aging. Her work has been supported by grant funding agencies in Canada and the U.S. In honor of her scientific contributions, she was awarded the American Psychological Association's Springer Early Career Achievement Award in Research on Adult Development and Aging (2019), Michael Smith Health Research Scholar Award (2020-2025), and Innovative Research on Aging Bronze Award from the Mather Institute (2021). Dr. Sin's research has been featured in *The New York Times*, *The Washington Post*, *CNN*, *NPR*, *Scientific American*, and other popular media outlets. She has held leadership roles in the American Psychological Association and the American Psychosomatic Society (APS), including currently serving as Co-Chair for the APS Antiracism Task Force. Dr. Sin established the UBC Psychology Diversity Mentorship Program to provide mentorship to students from underrepresented, under-resourced, and/or systemically marginalized backgrounds.