One of the main questions in the study of quadratic forms is the representation problem, which asks: given a quadratic form $f$, for which integers $a$ does there exist a solution to $f(x) = a$? This has led to the study of different types of quadratic forms, which include regular and strictly regular quadratic forms. I will discuss my work on how properties that hold for such quadratic forms have natural analogues in the study of Hermitian forms. (Received September 14, 2019)