

# Kristen Stopfer

## CURRICULUM VITAE

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### EDUCATION

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- 2030 PhD in Human Development and Family Sciences  
Texas Tech University
- 2027 M. A. in Human Development and Family Sciences  
Texas Tech University
- 2024 B. S. in Psychology  
B. A. in Political Science  
Minor in Latin  
University of Pittsburgh Honors College | *Summa cum laude*

### RESEARCH INTERESTS

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Health, Stress, Cardiovascular system, Immunology, Aging, Bereavement, Close relationships

### PUBLICATIONS

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- DuPont, C. M., Weis, T. M., King, J. A., **Stopfer, K. T.**, Clayton, C. K., Marsland, A. L., Kamarck, T. W., Gianaros, P. J., & Scudder, M. R. (2026). Dual-impedance cardiography for the assessment of arterial stiffness: associations with blood pressure, cardiometabolic risk factors, and preclinical atherosclerosis in midlife adults. *Blood Pressure*, 35(1).  
<https://doi.org/10.1080/08037051.2025.2600733>
- Cirillo, J., **Stopfer, K.**, DeCataldo, M., Marsland, A., Muldoon, M., Scudder, M., Gianaros, P. (2025) Functional and Circulating Indicators of Endothelial Health and their Associations with the American Heart Association's Life's Essential 8. *American Journal of Lifestyle Medicine*.  
doi:[10.1177/15598276251408755](https://doi.org/10.1177/15598276251408755)

### RESEARCH IN PROGRESS

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- Stopfer, K.**, Knauff, K., Chiang, S., & Brown, R. L. *Childhood stress & adult ASCVD Risk: Blood Pressure Variability as a Potential Mechanism* [Thesis in preparation]. Department of Human Development & Family Sciences, Texas Tech University
- Sun, J., **Stopfer, K.**, DeCataldo, M., Kraynak, T., Gianaros, P., Scudder, M. *Cardiac Autonomic Correlates of High-Field (7T) MRI Markers of Cerebrovascular Health and Brain Aging* [Manuscript in preparation]. Department of Psychology, University of Pittsburgh; Department of Human Development and Family Sciences, Texas Tech University
- Li, J., Lindsay, E., **Stopfer, K.**, Scudder, M., Gianaros, P. *Childhood trauma as a moderator of blood pressure reduction during paced breathing in healthy midlife adults: A secondary analysis of the Neurobiology of Adult Health (NOAH) Study* [Manuscript in preparation]. Department of Psychology, University of Pittsburgh; Department of Human Development and Family Sciences, Texas Tech University
- Biancamano, D., **Stopfer, K.**, Gianaros, P., Scudder, M. *Associations Between Coping Strategy Variability and Cardiac Autonomic Activity* [Manuscript in preparation]. Department of Psychology, Florida State University; Department of Human Development and Family Sciences, Texas Tech University; Department of Psychology, University of Pittsburgh

1. **Stopfer, K.**, Cirillo, J., DeCataldo, M., DuPont, C., Brown, R. L., Gianaros, P., Scudder, M. *Autonomic Correlates of Subclinical CVD in Midlife Adults* [Manuscript in preparation]. Department of Human Development and Family Sciences, Texas Tech University; Department of Psychology, University of Pittsburgh

## CONFERENCE PRESENTATIONS

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### POSTERS

8. Sun, J., **Stopfer, K.**, DeCataldo, M., Kraynak, T., Gianaros, P., Scudder, M. (2026, March 11-14). *Cardiac Autonomic Correlates of High-Field (7T) MRI Markers of Cerebrovascular Health and Brain Aging* [Poster presentation]. Society for Biopsychosocial Science and Medicine 83rd Annual Scientific Meeting, Chicago, US.
7. Biancamano, D., **Stopfer, K.**, Gianaros, P., Scudder, M. (2026, March 11-14). *Associations Between Coping Strategy Variability and Cardiac Autonomic Activity* [Poster presentation]. Society for Biopsychosocial Science and Medicine 83rd Annual Scientific Meeting, Chicago, US.
6. **Stopfer, K.**, Cirillo, J., DeCataldo, M., DuPont, C., Brown, R. L., Gianaros, P., Scudder, M. (2026, March 11-14). *Autonomic correlates of subclinical CVD* [Poster presentation]. Society for Biopsychosocial Science and Medicine 83rd Annual Scientific Meeting, Chicago, US.
5. **Stopfer, K.**, Cirillo, J., Reeves, K., King, J., Kamarck, T., Inagaki, T. K., Gianaros, P., Scudder, M. (2025, March 19-22). *Associations between Social Loss and Blood Pressure in Midlife Adults* [Poster presentation]. Society for Biopsychosocial Science and Medicine 82nd Annual Scientific Meeting, Seattle, US.
4. Cirillo, J., **Stopfer, K.**, Reeves, K., King, J., Muldoon, M., Marsland, A., Gianaros, P., Scudder, M. (2025, March 19-22). *Functional and Biological Indicators of Endothelial Function and their Association with the AHA Life's Essential 8* [Poster presentation]. Society for Biopsychosocial Science and Medicine 82nd Annual Scientific Meeting, Seattle, US.
3. Luisi, A., Cirillo, J., **Stopfer, K.**, King, J., Reeves, K., Bhatt, A., Farago, C., Kamarck, T., Gianaros, P., Scudder, M. (2024, March 20-23). *A comparison of the test-retest reliability of noninvasive endothelial function measures* [Poster presentation]. American Psychosomatic Society 81st Annual Scientific Meeting, Brighton, UK.
2. Cirillo, J., **Stopfer, K.**, Luisi, A., King, J., Reeves, K., Bhatt, A., Farago, C., Kamarck, T., Gianaros, P., Scudder, M. (2024, March 20-23). *A novel measure of endothelial function using forearm impedance cardiography* [Poster presentation]. American Psychosomatic Society 81st Annual Scientific Meeting, Brighton, UK.
1. **Stopfer, K.**, King, J., Luisi, A., Cirillo, J., Reeves, K., Bhatt, A., Farago, C., Kamarck, T., Gianaros, P., Scudder, M. (2024, March 20-23). *Longitudinal and multiyear progression of arterial stiffness measured by dual impedance cardiography* [Poster presentation]. American Psychosomatic Society 81st Annual Scientific Meeting, Brighton, UK. **\*Citation Poster**

## PROFESSIONAL AFFILIATIONS

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- 2025-present Psychoneuroimmunology Research Society (PNIRS)  
2025-present Society for Biopsychosocial Science and Medicine (SBSM)  
2023-present Phi Beta Kappa Honor Society  
2023-present Eta Sigma Phi Classics Honor Society  
2023-present Pi Sigma Alpha Political Science Honor Society  
2022-present Psi Chi Psychology Honor Society  
2022-present Epsilon Eta Delta Environmental Honors Fraternity

## SERVICE ACTIVITIES

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### ACADEMIC SERVICE

- 2025-present **Member | Health Equity Special Interest Group – Student/Trainee Subcommittee**  
Society of Behavioral Medicine (SBM)
- 2025-present **Chair | Climate, Health, and Sustainability Special Interest Group**  
Society for Biopsychosocial Science and Medicine (SBSM)
- 2025-present **Member | Access and Opportunity Committee**  
Psychoneuroimmunology Research Society (PNIRS)
- 2025-present **Member | Emerging Leaders Special Interest Group**  
Society for Biopsychosocial Science and Medicine (SBSM)
- 2023-2024 **Chair | Epsilon Eta Delta Environmental Honors Fraternity**  
University of Pittsburgh

### COMMUNITY SERVICE

- April 2026 **Tech-Lubbock Community Day** (4 hours)  
Texas Tech University
- Nov. 2025 **Center for Early Head Start Toy Drive** (4 hours)  
Texas Tech University
- Jan. 2023-24 **MLK Day of Service** (10 hours)  
University of Pittsburgh
- 2021-2023 **Pitt Dance Marathon** (120 hours) | *Staff member*  
University of Pittsburgh
- March 2023 **Alternative Spring Break** (40 hours)  
San Cristóbal Island, Ecuador; University of Pittsburgh
- Aug. 2022 **Pitt Arrival Volunteer** (12 hours)  
University of Pittsburgh

## AWARDS AND HONORS

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- 2026-2027 **UWC Paul Whitfield Horn Fellowship** (\$1000), Texas Tech University
- 2026-2027 **Mary T. Young Scholarship** (\$474), Texas Tech University
- 2026-2027 **Dr. William J. Carter Scholarship** (\$1,026), Texas Tech University
- 2025-2026 **HDFS General Scholarship** (\$3,000), Texas Tech University
- 2024 **Citation Poster**, Society for Biopsychosocial Science and Medicine
- 2023-2024 **Honors College Scholarship** (\$2,500), University of Pittsburgh
- 2023-2024 **Panthers Forward Scholar** (\$5,000), University of Pittsburgh
- 2020-2024 **Dean's List**, University of Pittsburgh
- 2020-2024 **National Merit Scholarship** (\$8,000)
- 2020 **American Association of University Women Scholarship** (\$2,500), Easton, PA Branch

## RESEARCH EXPERIENCE

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- 2026-present **Parenting and Early Development (PEDs) Lab** | Texas Tech University  
Department of Human Development and Family Sciences  
**Advisor:** Dr. Savannah Girod  
**Role:** Graduate Researcher (Volunteer)  
**Responsibilities:**
- Support lab members in psychophysiology training and create training guides for cleaning psychophysiology data
  - Integrate psychophysiology measures into REDCap for data management
- 2025-present **Stress, Aging, and Relationships (STAR) Lab** | Texas Tech University  
Department of Human Development and Family Sciences  
**Advisor:** Dr. Ryan Linn Brown  
**Role:** Graduate Researcher  
**Responsibilities:**
- Collaborate with colleagues to establish new research lab and lay the groundwork for future studies
  - Lead and write IRB protocol for a project examining psychophysiology in dyads, specifically in caregivers and their spouses who have Alzheimer's disease and related dementias (ADRD)
  - Create and lead a cross-institutional journal club centered around providing accessible psychophysiology training for trainees and PIs alike
  - Provide psychophysiology training to fellow lab members and collaborators, including impedance cardiography (ICG), electrocardiography (ECG), continuous blood pressure monitoring, and electrodermal activity (EDA)
  - Co-author publications centered on key lab domains
- 2022-2025 **Laboratory for Psychophysiology and Health Neuroscience** | University of Pittsburgh  
Department of Psychology  
**Advisors:** Drs. Peter Gianaros and Mark Scudder  
**Role:** Clinical Research Assistant  
**Responsibilities:**
- Administered psychophysiology measures including electrocardiography (ECG), dual impedance cardiography (d-ICG), continuous blood pressure monitoring, and venous occlusion plethysmography (VOP)
  - Administered and scored neuropsychological and stress tasks including the Montreal cognitive assessment (MoCA), digit symbol substitution (DSST), multi-source inference task (MSIT), Stroop, Verbal Fluency, Spatial Recognition Task (SRT), Flanker, Digit Vigilance Task (DVT), and the Paced Auditory Serial Addition Task (PASAT)
  - Trained 16 undergraduates in psychophysiology and neuropsychological assessment administration
  - Assisted MRI technicians and spoke with participants while they were undergoing MRI protocols
  - Scored all psychophysiological data (ECG, d-ICG, blood pressure variability (BPV), and VOP) in Mindware software to prepare data for analysis

- Led 3 independent projects, which involved idea conception, data analysis, and scientific writing

## TEACHING EXPERIENCE

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- 2026      **“Lifespan Development”** | Texas Tech University  
 Human Development and Family Sciences Department, Undergraduate Course  
**Instructor:** Dr. Ryan Brown  
**Role:** Graduate Teaching Assistant  
**Responsibilities:**
- Assist students with course-related questions to promote learning and growth
  - Create quiz and exam questions to reflect the key takeaways of the course content
  - Create & lead in-class activities
  - Ensure grading is completed in a timely manner
  - Manage technical difficulties related to the Canvas platform and coordinate with students to ensure they can access course content
  - Ensure Canvas page meets accessibility requirements
- 2025      **“Family in the Community” & “Community Practicum”** | Texas Tech University  
 Human Development and Family Sciences Department, Undergraduate Course  
**Instructor:** Dr. Shera Thomas-Jackson  
**Role:** Graduate Teaching Assistant  
**Responsibilities:**
- Guest lectured on logic models
  - Led panel discussions on community practicum opportunities
  - Supported students by assisting with questions related to course material and/or their community partners
  - Provided detailed individualized feedback on assignments to promote growth and learning
  - Coordinated with instructor to promote clear and efficient dissemination of information as students navigate a new course platform
- 2022      **“Introduction to Neuroscience”** | University of Pittsburgh  
 Department of Neuroscience, Undergraduate Course  
**Instructor:** Dr. Lisa McIlvried  
**Role:** Undergraduate Teaching Assistant  
**Responsibilities:**
- Supported students with content comprehension and study strategies during class and office hours
  - Created a detailed presentation and conducted a review session to ensure students felt confident leading up to their exam
  - Ensured lectures and exam sessions ran smoothly by collaborating with the instructor and assisting students wherever needed

## OUTREACH AND ENGAGEMENT

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- 2025-present    **Psychophysiology Journal Club** | *Creator*  
 Cross-institutional journal club promoting scholarship and training related to psychophysiology

*Presented four times*

2024-present **Psychoneuroimmunology Journal Club**

Pittsburgh-based cross-institutional journal club exploring new research published on PNI

*Presented once*