

Kristen Stopfer

CURRICULUM VITAE

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EDUCATION

- 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: Latin
University of Pittsburgh Honors College | *Summa cum laude*

RESEARCH INTERESTS

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

PUBLICATIONS

2. 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>
1. 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

4. 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].
3. 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].
2. Biancamano, D., **Stopfer, K.**, Gianaros, P., Scudder, M. Associations Between Coping Strategy Variability and Cardiac Autonomic Activity. [Manuscript in preparation].
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].

CONFERENCE PRESENTATIONS

POSTERS

8. 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. [Abstract submitted]
 7. Biancamano, D., **Stopfer, K.**, Gianaros, P., Scudder, M. Associations Between Coping Strategy Variability and Cardiac Autonomic Activity. [Abstract submitted]
 6. **Stopfer, K.**, Cirillo, J., DeCataldo, M., DuPont, C., Brown, R. L., Gianaros, P., Scudder, M. Autonomic correlates of subclinical CVD. [Abstract submitted]
 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. *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. *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. *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. *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. *American Psychosomatic Society 81st Annual Scientific Meeting, Brighton, UK.*
- *Citation Poster**

PROFESSIONAL AFFILIATIONS

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

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
2021-2023	Staff member Pitt Dance Marathon University of Pittsburgh
2023	Volunteer Alternative Spring Break San Cristóbal, Galapagos, Ecuador University of Pittsburgh

AWARDS AND HONORS

2025-2026	HDFS General Scholarship (\$3,000), Texas Tech University
2024	Citation Poster , Society for Biopsychosocial Science and Medicine
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
2020	General Federation of Women's Clubs Pennsylvania Scholarship (\$1,000), Bangor, PA Branch

RESEARCH EXPERIENCE

2025-present	<p>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:</p> <ul style="list-style-type: none"> • 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
2022-2025	<p>Laboratory for Psychophysiology and Health Neuroscience University of Pittsburgh Department of Psychology Advisors: Drs. Peter Gianaros and Mark Scudder Role: Clinical Research Assistant Responsibilities:</p> <ul style="list-style-type: none"> • 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

- 2025 Texas Tech University | **“Family in the Community” & “Community Practicum”**
Human Development and Family Sciences Department, Undergraduate Course
Instructor: Dr. Shera Thomas-Jackson
Role: Graduate Teaching Assistant
Responsibilities:
- Guest lectured on logic models and 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
 - Ensured lectures run smoothly by collaborating with the instructor and assisting with slide preparation and presentation
 - Coordinated with instructor to promote clear and efficient dissemination of information as students navigate a new course platform
- 2022 University of Pittsburgh | **“Introduction to Neuroscience”**
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

- 2025-present **Psychophysiology Journal Club** | *Creator*
Cross-institutional journal club promoting scholarship and training related to psychophysiology
Presented twice
- 2024-present **Psychoneuroimmunology Journal Club**
Pittsburgh-based cross-institutional journal club exploring new research published on PNI
Presented once