

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	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: <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	Laboratory for Psychophysiology and Health Neuroscience University of Pittsburgh Department of Psychology Advisors: Drs. Peter Gianaros and Mark Scudder Role: Clinical Research Assistant Responsibilities: <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 ran 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