

Jenifer J. Thomas, Ph.D.
Associate Professor

Education

Year	Institution	Degree
2008	Colorado State University	Ph.D., Applied Social Psychology (Health emphasis)
2007	Colorado State University	M.S., Applied Social Psychology (Health emphasis)
2000	Avila University	M.S., Counseling Psychology
1994	Colorado State University	B.S., Psychology

Professional Experience

2016-present	Associate Professor, Fay W. Whitney School of Nursing, University of Wyoming
2016-present	Research Associate, Latino Research & Policy Center, University of Colorado-Denver
2010-2016	Assistant Professor, Fay W. Whitney School of Nursing, University of Wyoming
2010-2011	Research Associate, Department of Psychology, Colorado State University
2009-2010	Coordinator, CSU Health Network Stress Management Program, Colorado State University
2009-2010	Postdoctoral Fellow, Department of Psychology, Colorado State University
2009-present	Adjunct Faculty, Social and Behavioral Science, Front Range Community College
2008-2009	Postdoctoral Fellow, CSU Health Network Stress Management Program, Colorado State University
2006-2007	Biofeedback Therapist, Family Medicine Center, Poudre Valley Health System
2003-2008	Graduate Student Assistant, CSU Health Network Stress Management Program, Colorado State University
2003-2008	Graduate Research Assistant, Department of Psychology, Colorado State University
2002-2010	Adjunct Faculty, Behavioral and Social Sciences, Aims Community College
2002-2003	Grant Project Coordinator, Dietetics Program, School of Human Sciences, University of Northern Colorado
2001-2003	Research Assistant, Department of Psychology, Colorado State University
2000-2003	Coordinator, Biofeedback Learning Center, Aims Community College

Awards and Honors

2017	Recipient of Innovation in Teaching Award, College of Health Sciences, University of Wyoming
2015	Nominee for Innovation in Teaching Award, College of Health Sciences, University of Wyoming
2014 - 2016	National Institutes of Health (NIH) Health Disparities Loan Repayment Program Award Recipient, National Institute on Minority Health and Health Disparities (NIMHD)
2014	Nominee for New Investigator Award, College of Health Sciences, University of

- Wyoming
- 2013 Nominee for New Investigator Award, College of Health Sciences, University of Wyoming
- 2012 Nominee for New Investigator Award, College of Health Sciences, University of Wyoming
- 2011 Communication of Wisdom (COW) Award Recipient, University of Wyoming Fay W. Whitney School of Nursing
- 2007 Carol L. Baird Memorial Scholarship Recipient, Colorado State University Department of Psychology, Outstanding Graduate Student
- 2006 Letter of Commendation, Colorado State University Department of Psychology, Frank Vattano, Ph. D. (University Distinguished Teaching Scholar)

Research and Scholarship

Grants and Funding (Research):

2017, Principal investigator, “Diabetes in San Jose Tecoh, Yucatan: Research project development and collaboration,” University of Wyoming International Programs Office, International Travel Grant, \$2,000

2015, Principal investigator, “Lifestyle health-related self-concept and type 2 diabetes prevention,” Mountain West Clinical Translational Research Infrastructure Network, CTR-IN Mini Grant, \$8,457, Research grant

2015, Principal investigator, “Diabetes in San Jose Tecoh, Yucatan: Research project development and collaboration,” University of Wyoming International Programs Office, International Travel Grant, \$2,000

2015, Co-investigator with Porter, C.M., (co-PI), Spoonhunter, T. (co-PI), Purtzer, M.A. (co-investigator), Sutter, V. (collaborator), Woodsum, G. (collaborator), “Growing resilience phase II: Albany county redesign and Wind River expansions,” Wyoming INBRE 3 Thematic Research Project Program, Wyoming INBRE, University of Wyoming, \$225,000 (*\$3,190 for nursing aim budget*), Research grant

2015, Co-investigator with Purtzer, M.A. (PI), “Native American perception of qualities of effective nurse leadership within the context of health promotion services,” Sharron S. Humenick Nursing Enrichment Fund, Fay W. Whitney School of Nursing, University of Wyoming, \$4,950, Research grant

2015, Co-investigator with Porter, C.M., (co-PI), Spoonhunter, T. (co-PI), Sutter, V. (co-investigator), Purtzer, M.A. (co-investigator), “Developing people and plans for biomedical research with Wind River Reservation,” Wyoming Community College Collaborative Grant Program, Wyoming INBRE, University of Wyoming, \$15,000 (*no budget items for nursing aim*), Research grant

2014, Principal investigator, “The creation of tailored health communication for type 2 diabetes risk reduction,” CHS Seed Grant, College of Health Sciences, University of Wyoming, \$6,180, Research grant

2010-2012, Faculty start-up, Wyoming INBRE, University of Wyoming, \$86,362, Research

grant

2001-2002, Co-investigator with Erskine, J. (PI, University of Northern Colorado), “The Nutrition Screening Tool Project: A Proactive Approach to Nutrition for Cancer Patients,” Sponsored Programs & Academic Research Center, University of Northern Colorado, \$2,500, Research grant

Grants and Funding (Other):

2018 (Year 1), Site director (University of Wyoming) for the Community Engagement and Outreach Core (CEOC) with Kumar, P. (PI), “Clinical and translational research infrastructure network IDeA-CTR”, National Institutes of Health (NIGMS), 2U54GM104944-06, 9/15/13 – 6/30/23, 0.1 FTE, Research grant

2018, “3-Day Motivational Interviewing Intensive,” Wald Funding Opportunity, Fay W. Whitney School of Nursing, University of Wyoming, \$3,362, Professional development grant

2017, Faculty mentor, Tessa Woods (PI), “Perceptions of the Term ‘Prediabetes’,” CHS Student Research Seed Grant, College of Health Sciences, University of Wyoming, \$981, Research grant

2008, “Fitness Center for the Mind,” Parents Fund, Colorado State University Division of Student Affairs, \$900, Clinical practice/Activity grant

Publications (Refereed Journals):

Purtzer, M., & **Thomas, J.** (in press), Intentionality in nurse leadership: Caring as a bridge to supporting Native American health. *Public Health Nursing*

Thomas, J., Lutes, L., Smirnova, E., Das, B., Huzurbazar, S., Aldrich, L., & Lee, M. (2018). Self-concept in the context of diabetes prevention: Development of the lifestyle health-related self-concept (Lifestyle-HRSC) questionnaire. *American Journal of Health Promotion (pub ahead of print)*.

Vincente, A., Candila, J., **Thomas, J.**, Gomez Aguilar, P., & Oliva, C. (2018). Living with type 2 diabetes in Merida, Yucatan, Mexico: A phenomenological study. *Journal of Transcultural Nursing (pub ahead of print)*.

Thomas, J., Moring, J., Nagel, M., Lee, M., Linford, C., Woods, T., & Clinkenbeard, S. (2018). Demands of multiple behavior change in type 2 diabetes risk reduction. *The Journal for Nurse Practitioners, 14(7)*, 545-551.

Thomas, J., Moring, J., Baker, S., Walker, M., Warino, T., Hobbs, T., Lindt, A. & Emerson, T. (2017). Do words matter? Health care providers’ use of the term prediabetes. *Health, Risk & Society, 19(5/6)*, 301-315.

Thomas, J., & Borrayo, E. (2016). The impact of perceived stress and psychosocial factors on missed class and work among college students. *Journal of College Counseling, 19(3)*, 246-260.

Thomas, J., Moring, J., Harvey, T., Hobbs, T., & Lindt, A. (2016). Risk of type 2 diabetes: Health care provider perceptions of characteristics that increase prevention adherence. *Applied Nursing Research, 32*, 1-6.

*Moring, J., Bowen, A., **Thomas, J.**, & Bira, L. (2015). The emotional and functional impact of the type of tinnitus sensation. *Journal of Clinical Psychology in Medical Settings, 1-9*.

*Moring, J., Bowen, A., **Thomas, J.**, & Joseph, J. (2015). Acceptance mediates the relationship between tinnitus-related cognitions and anxiety sensitivity. *American Journal of*

Audiology, 24(2), 235-242.

- *Moring, J., Bowen, A., & **Thomas, J.** (2014). Use of the implicit association test for the measurement of tinnitus-related distress. *The American Journal of Audiology*, 23(3), 293-302.
- Thomas, J.**, & Borrayo, E. (2014). The combined influence of psychosocial factors on illness behavior among women. *Women & Health*, 54(6), 530-551.
- Thomas, J.**, Hart, A. M., & Burman, M. (2014). Improving health promotion and disease prevention in NP-delivered primary care. *The Journal for Nurse Practitioners*, 10(4), 221-228.
- Thomas, J.**, & Moring, J. (2014). Development and validation of the revised generalized health-related self-concept inventory. *The American Journal of Health Behavior*, 38(4), 614-623.
- Tompkins, S., Roeder, J., **Thomas, J.**, & Koch, K. (2013). Effectiveness of a relationship enrichment program on couples living with Multiple Sclerosis. *International Journal of MS Care*, 15, 27-34.
- Canetto, S., Trott, C., **Thomas, J.**, Wynstra, C., & Stoops, T. (2012). Career plans of atmospheric science graduate students: Does gender matter? *Journal of Geoscience Education*, 60, 408-416.
- Thomas, J.**, & Borrayo, E. (2011). An examination of moderators of stress and illness behavior. *Psychology*, 2(6), 590-597.
- Borrayo, E., **Thomas, J.**, & Lawsin, C. (2004). Cervical cancer screening among Latinas: The importance of referral and participation in parallel cancer screening behaviors. *Women & Health*, 39(2), 13-29.
- *Student/former student publication

Presentations (Refereed National and International Abstracts):

- Thomas, J.**, Baker, S., Clinkenbeard, S., Kindt, J., Linford, C., McCoy, B., Smith, B., White, A., & Woods, T. (2019, March). Healthcare professionals' use and perceptions of the term prediabetes. Poster to be presented at the Society of Behavioral Medicine Annual Meeting, Washington D.C.
- Thomas, J.**, Das, B., Lutes, L., Clinkenbeard, S., Linford, C., & Woods, T. (2018, April). Dimensions of lifestyle health-related self-concept associated with weight in a type 2 diabetes prevention intervention. Poster presented at the Society of Behavioral Medicine Annual Meeting, New Orleans, LA.
- Purtzer, M., & **Thomas, J.** (2017, April). Supporting Native American health: Dichotomies inherent in nurses' perspectives of leadership and nursing care. Poster presented at the University of Wyoming Shepard Symposium, Laramie, WY.
- Thomas, J.**, Das, B., Clemmons, B., & McNamee, H. (2016, November). Lifestyle health related self-concept as a predictor of participation in physical activity. Poster presented at the American Public Health Association 2016 Annual Meeting and Expo, Denver, CO.
- Thomas, J.**, Lutes, L., Aldrich, L., & Kepler, M. (2016, March). Creation of the lifestyle health related self-concept questionnaire. Poster presented at the Society of Behavioral Medicine Annual Meeting, Washington D.C.
- *Moring, J., Bowen, A., **Thomas, J.**, Joseph, J., & Angiola, J. (2015, April). Acceptance mediates the relationship between tinnitus-related cognitions and anxiety sensitivity. Poster presented at the Society of Behavioral Medicine Annual Meeting, San Antonio, TX.
- Thomas, J.**, Struble, M., Kepler, M., & Moring, J. (2014, April). Participation in behavior

change: Experiences of individuals at-risk of type 2 diabetes. Poster presented at the Society of Behavioral Medicine Annual Meeting, Philadelphia, PA.

- Thomas, J.,** Moring, J., Bowen, A., Lindt, A., & Emerson, T. (2013, March). The role of stress and coping in the management of type 1 diabetes mellitus among college students. Poster presented at the Society of Behavioral Medicine Annual Meeting, San Francisco, CA.
- Moring, J., **Thomas, J.,** & Bowen, A. (2012, November). Healthcare provider perceptions of the impact of the term “Prediabetes”. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, National Harbor, MD.
- *Moring, J., **Thomas, J.,** & Bowen, A. (2012, April). Implicit attitudes about sound and their effects on Tinnitus maintenance. Poster presented at the Society of Behavioral Medicine Annual Meeting, New Orleans, LA.
- Thomas, J.,** Wynstra, C., Stoops, T., Canetto, S., & Trott, C. (2011, August). Plans for children of female and male students in STEM. Poster presented at the American Psychological Association Convention, Washington D.C.
- Thomas, J.,** Moring, J., Hopper, G., & Angiola, J. (2011, April). Health-related self-concept and report of physical symptoms. Poster presented at the Society of Behavioral Medicine Annual Meeting, Washington D.C.
- *Trott, C., Canetto, S., **Thomas, J.,** Wynstra, C., & Stoops, T. (2011, April). Career plans of atmospheric science graduate students: Does gender matter? Poster presented at the Rocky Mountain Psychological Association Conference, Salt Lake City, UT.
- Thomas, J.** & Borrayo, E. (2009, April). A measurement model in the study of illness behavior. Poster presented at the Society of Behavioral Medicine Annual Meeting, Montreal, Quebec, Canada
- *Lake, G., **Thomas, J.,** & Aloise-Young, P. (2008, October). Fourth grade Hispanic children’s intentions to smoke as predicted by the theory of planned behavior. Poster presented at Society for Advancement of Chicanos and Native Americans in Science National Conference, Salt Lake City, UT
- Thomas, J.** & Borrayo, E. (2008, August). Indirect effects of gender on illness behavior through psychosocial factors and perceived stress. Poster presented at the American Psychological Association Convention, Boston, MA
- Thomas, J.** & Borrayo, E. (2007, March). An examination of moderators of stress and illness behavior among college students. Poster presented at the Society of Behavioral Medicine Annual Meeting, Washington D. C.
- Thomas, J.** & Borrayo, E. (2004, August). Latinas compliance with cervical cancer screening. Poster presented at the American Psychological Association Convention, Honolulu, HI
- **Student/former student poster/presentation*

Presentations (Invited):

- Perceptions of the term prediabetes among various health professions. (2018, April). Podium presentation with undergraduate research team for the Fay W. Whitney School of Nursing Scholarship Day, Laramie, WY.
- Lifestyle and health behavior change: Challenges and opportunities in Wyoming. (2017, September). Podium presentation for the Wyoming Nursing Summit & Convention, Laramie, WY.
- Lifestyle health-related self-concept in the context of a lifestyle intervention. (2017, April). Podium presentation with undergraduate research team for the Fay W. Whitney School of Nursing Scholarship Day, Laramie, WY.
- Social cognitive factors related to risk of type 2 diabetes and management of type 1 diabetes.

(2013, January). Podium presentation for the UW-CSU Human Performance Clinical/Research Lab Retreat, Fort Collins, CO.

Caring for the prediabetic: What do NP's and MD's recommend? (2012, April). Mentored undergraduate research team (Harvey, T., Hobbs, T., & Lindt, A.) podium presentation for Wyoming Nurses Association, Laramie, WY.

Perceptions of risk related to developing type 2 diabetes, or "prediabetes." (2012, February). Podium presentation for Nightingale Center for Nursing Scholarship Brown Bag, Fay W. Whitney School of Nursing, University of Wyoming, Laramie, WY

Measuring illness behavior and health-related cognitions: Procedures and implications. (2011, February). Podium presentation for Nightingale Center for Nursing Scholarship Brown Bag, Fay W. Whitney School of Nursing, University of Wyoming, Laramie, WY

Stress management in the workplace (2009, May). Podium presentation for Worksite Wellness Workshop, CanDo (Coalition for Activity and Nutrition to Defeat Obesity), Loveland, CO

Managing your stress (2007, October). Podium presentation for Division of Student Affairs Professional Development Day, Colorado State University, Fort Collins, CO

Presentations (Other):

Thomas, J., Das, B. Lutes, L., Clinkenbeard, S., Linford, C., & Woods, T. (2018, April). Dimensions of lifestyle health-related self-concept associated with weight in a type 2 diabetes prevention intervention. Poster presented at the College of Health Sciences Research Day, University of Wyoming, Laramie, WY.

*Burbank, K., Chaulk-Pikula, T., Griffith, M., McNamee, H., Stonier, K., Woods, T., Das, B., & **Thomas, J.** (2017, April). Lifestyle health-related self-concept in the context of a lifestyle intervention. Poster presented at the Western Institute of Nursing Research Conference, Denver, CO.

Purtzer, M., & **Thomas, J.** (2017, April). Supporting Native American health: Dichotomies inherent in nurses' perspectives of leadership and nursing care. Poster presented at the Western Institute of Nursing Research Conference, Denver, CO.

*Burbank, K., Chaulk-Pikula, T., Griffith, M., McNamee, H., Stonier, K., Woods, T., Das, B., & **Thomas, J.** (2017, April). Lifestyle health-related self-concept in the context of a lifestyle intervention. Poster presented at the College of Health Sciences Research Day, University of Wyoming, Laramie, WY.

Purtzer, M., & **Thomas, J.** (2017, April). Supporting Native American health: Dichotomies inherent in nurses' perspectives of leadership and nursing care. Poster presented at the College of Health Sciences Research Day, University of Wyoming, Laramie, WY.

*Baker, S., Walker, M., Woods, T., Griffith, M., McNamee, H., Clark, H., & **Thomas, J.** (2016, April). Perception of the term 'prediabetes': A pilot study. Poster presented at the Western Institute of Nursing Research Conference, Anaheim, CA.

*Kepler, M., Baker, S., Calmes, J., Cummings, M., Kazmar, K., & **Thomas, J.** (2015, April). What does it mean to be at risk of developing type 2 diabetes? Poster presented at the Western Institute of Nursing Research Conference, Albuquerque, NM.

*Kepler, M., Burton, B., Harvey, T., Struble, M., & **Thomas, J.** (2014, April). What do at-risk individuals know about type 2 diabetes?. Poster presented at the Western Institute of Nursing Research Conference, Seattle, WA.

*Emerson, T., Harvey, T., Struble, M., Hobbs, T., Brillinger, C., Aldrich, L., Moring, J., & **Thomas, J.** (2013, April). Diet and physical activity among college students with type 1 diabetes. Poster presented at the Western Institute of Nursing Research Conference, Anaheim, CA.

Thomas, J., & Bowen, A. (2012, April). The future of nursing academics: Involving nursing students in research. Poster presented at the Western Institute of Nursing Research Conference, Portland, OR.

*Harvey, T., Hobbs, T., Lindt, A., Moring, J., & **Thomas, J.** (2012, April). Caring for the prediabetic: What do NP's and MD's recommend? Poster presented at the Western Institute of Nursing Research Conference, Portland, OR.

**Student/former student poster/presentation*

Work in Progress:

Abstracts in review:

n/a

Grants in review:

Principal investigator with Das, B. (PI; East Carolina University), "The DISTANCE study: Diabetes Intervention Study Testing Acceptability of using student Nursing College Educators," National Institutes of Health, National Institute of Nursing Research, Community Partnerships to Advance Research (CPAR), R21 (PA-18-381), Research grant, \$337,792

Manuscripts in review:

n/a

Grants in preparation:

n/a

Manuscripts in preparation:

Thomas, J., Calmes, J., Baker, S., & Kepler, M. What does it mean to be at-risk of developing type 2 diabetes? Family matters. *Potential spring 2019 submission date*

Thomas, J., Das, B., Clemmons, B., & McNamee, H. Lifestyle health-related self-concept as a predictor of participation in physical activity. *Potential spring 2019 submission date*

Thomas, J., Das, B., Lutes, L., Clinkenbeard, S., Linford, C., & Woods, T. Dimensions of lifestyle health-related self-concept associated with type 2 diabetes prevention intervention adherence and outcomes. *Potential summer 2019 submission date*

Data analysis in progress:

Quantitative analysis, Examination of health behaviors associated with the management of type 1 diabetes among college students (collaboration with Jeff Rings, University of Northern Colorado, and Anne Bowen, University of Arizona)

Qualitative analysis, Cultural competence in the context of Native American experience with nurses (collaboration with Mary Anne Purtzer, University of Wyoming)

Quantitative analysis, Relationship between negative affect and treatment adherence among individuals with type 2 diabetes in Xcutzcab, Yucatan, Mexico (collaboration with Patricia Aguilar Gomez, Universidad Autonoma de Yucatan)

Undergraduate and Graduate Student Research Supervision:

Graduate student activities (committee member)

Current:

- Megan Skinner (Ph.D. Biomedical Graduate Program, Dissertation), Advisory committee
- Katy Richardson (M.S. Psychology, Thesis), Advisory committee
- Andrea Slosser (Ph.D. Psychology, Dissertation), Advisory committee
- Morgan Longstreth (Ph.D. Psychology, Dissertation), Advisory committee

Former:

- Andrea Slosser (M.S. Psychology, Thesis), 2018, Advisory committee
- Rui Guo (Ph.D. Biomedical Graduate Program, Dissertation), 2018, Advisory committee
- Jamyn Gavello (M.S.W. Social Work, Plan B paper), 2018, Advisory committee
- Ashlynn Stevens (M.S. Speech-Language Pathology, Plan B Oral examination), 2018, Advisory committee
- Katelynn Bourassa (Ph.D. Psychology, Dissertation), 2017, Advisory committee
- Rachel Sheffield (M.S. Speech-Language Pathology, Plan B Oral examination), 2017, Advisory committee
- Jaci Emerson (M.S.W. Social Work, Plan B paper), 2017, Advisory committee
- Alexandra Kane (M.S.W. Social Work, Plan B paper), 2015, Advisory committee
- Chelsea Slagowski (M.S. Kinesiology and Health, Thesis), 2015, Advisory committee
- Katelynn Bourassa (Ph.D. Psychology, Comprehensive Exam), 2015, Advisory committee
- Zachary Fisher (M.S. Kinesiology and Health, Plan B paper), 2015, Advisory committee
- Nicole Strom (M.S. Kinesiology and Health, Plan B paper), 2015, Advisory committee
- Camelia Tudor (M.S.W. Social Work, Plan B paper), 2015, Advisory committee
- Morgan Johnson (M.S. Kinesiology and Health, Plan B paper), 2014, Advisory committee
- Katelynn McConnell (Ph.D. Psychology, Thesis), 2014, Advisory committee
- Yinan Hua (Ph.D. Biomedical Graduate Program, Dissertation), 2013, Advisory committee
- John Moring (Ph.D. Psychology, Dissertation), 2013, Advisory committee
- Shawn Rockey (M.S. Kinesiology and Health, Thesis), 2012, Advisory committee

Undergraduate student activities:

- Avery White, 2018-2019, Honors thesis advisor
- UW Undergraduate Research Day student presentation and poster (Fay W. Whitney School of Nursing), 2017, Mentor
- Western Institute of Nursing Conference student poster (Fay W. Whitney School of Nursing), 2017, Mentor
- UW College of Health Sciences Research Day student poster (Fay W. Whitney School of Nursing), 2017, Mentor
- Breanna Young, 2016-2017, Honors thesis advisor
- Students with Diabetes (RSO), 2016, Co-Advisor
- Western Institute of Nursing Conference student poster (Fay W. Whitney School of Nursing), 2016, Mentor
- UW College of Health Sciences Research Day student poster (Fay W. Whitney School of Nursing), 2016, Mentor
- Students with Diabetes (RSO), 2015, Co-Advisor
- Western Institute of Nursing Conference student poster (Fay W. Whitney School of Nursing), 2015, Mentor

- UW College of Health Sciences Research Day student poster (Fay W. Whitney School of Nursing), 2015, Mentor
- Western Institute of Nursing Conference student poster (Fay W. Whitney School of Nursing), 2014, Mentor
- Nutritionally Aware (RSO), 2014 (spring semester), Co-Advisor
- Western Institute of Nursing Conference student poster (Fay W. Whitney School of Nursing), 2013, Mentor
- Western Institute of Nursing Conference student poster (Fay W. Whitney School of Nursing), 2012, Mentor

Teaching

University of Wyoming:

Semester & Year	Course Prefix & Number	Abbreviated Course Title	Enrollment	Credits	On-Campus/ Distance	Contribution if team taught
S2019	NURS5820	Health Behavior Change II	13	3	Distance	n/a
S2019	NURS4125	Evidence Based Nursing	42	3	On-Campus	100%
F2018	NURS5810	Health Behavior Change I	17	3	Distance	n/a
F2018	NURS4125	Evidence Based Nursing	46	3	On-Campus	100%
S2018	NURS5820	Health Behavior Change II	13	3	Distance	n/a
F2017	NURS5810	Health Behavior Change I	13	3	Distance	n/a
F2017	NURS5830	Health Behavior Change III	18	3	Distance	100%
F2017	NURS4125	Evidence Based Nursing	44	3	On-Campus	100%
S2017	NURS5820	Health Behavior Change II	18	3	Distance	n/a
S2017	NURS5865	DNP Seminar	18	1	Distance	n/a
F2016	NURS5810	Health Behavior Change I	18	3	Distance	n/a
F2016	NURS5830	Health Behavior Change III	13	3	Distance	100%
F2016	NURS4125	Evidence Based Nursing	44	3	On-Campus	100%
S2016	NURS5820	Health Behavior Change II	15	3	Distance	n/a
S2016	NURS5865	DNP Seminar	15	1	Distance	n/a

F2015	NURS5810	Health Behavior Change I	15	3	Distance	n/a
F2015	NURS5830	Health Behavior Change III	14	3	Distance	100%
S2015	NURS5820	Health Behavior Change II	16	3	Distance	n/a
S2015	NURS5865	DNP Seminar	16	1	Distance	n/a
F2014	NURS5810	Health Behavior Change I	16	3	Distance	n/a
F2014	NURS5830	Health Behavior Change III	12	3	Distance	100%
F2014	NURS4125	Evidence Based Nursing	45	3	On-Campus	100%
S2014	NURS5820	Health Behavior Change II	12	3	Distance	n/a
S2014	NURS5865	DNP Seminar	12	1	Distance	n/a
F2013	NURS5810	Health Behavior Change I	12	3	Distance	n/a
F2013	NURS5830	Health Behavior Change III	14	3	Distance	100%
F2013	NURS4125	Evidence Based Nursing	48	3	On-Campus	100%
F2013	NURS5865	DNP Seminar	29	1	Distance	25%
S2013	NURS5820	Health Behavior Change II	14	3	Distance	100%
S2013	NURS5865	DNP Seminar	14	1	Distance	100%
F2012	NURS5810	Health Behavior Change I	15	3	Distance	n/a
F2012	NURS4125	Evidence Based Nursing	47	3	On-Campus	100%
F2012	NURS5865	DNP Seminar	15	1	Distance	100%
S2012	NURS4055	Evidence Based Nursing	25	3	Distance	n/a
S2012	NURS2340	Develop Influences on Health	30	3	Distance	100%
F2011	NURS4125	Evidence Based Nursing	48	3	On-Campus	100%
F2011	NURS2340	Develop Influences on Health	48	3	On-Campus	n/a
S2011	NURS2340	Develop Influences on Health	30	3	Distance	n/a

F2010	NURS4125	Evidence Based Nursing	42	3	On-Campus	100%
F2010	NURS2340	Develop Influences on Health	48	3	On-Campus	n/a

Other:

Front Range Community College: General Psychology I, General Psychology II

Colorado State University: Psychological Measurement and Testing Laboratory; Social and Environmental Psychology Laboratory

Aims Community College: General Psychology I; General Psychology II; Social Psychology; Overcoming Test Anxiety; Dealing with Stress

Guest lecture:

Health psychology (2018, April; 2016, April). In-class presentation for Introduction to Clinical Psychology, Carolyn Pepper, Ph. D., University of Wyoming, Laramie, WY

Health psychology (2014, August). In-class presentation for Clinical and Counseling Psychology, Tracy Richards, Ph. D., Colorado State University, Fort Collins, CO

Stress and biofeedback (2010, April; 2009, November; 2009, May; 2009, March; 2008, December; 2006, April). In-class presentation for General Psychology, various instructors, Colorado State University, Fort Collins, CO

Women and health (2008, June; 2004, June). In-class presentation for Women & Gender, Sylvia Canetto, Ph. D., Colorado State University, Fort Collins, CO

Testing and grading (2007, August; 2006, August). In-class presentation for Graduate Teaching Assistant Workshop, Frank Vattano, Ph. D., Colorado State University, Fort Collins, CO

Stress management (2007, February). In-class presentation for Health Psychology, Monica Rosales, M. S., Colorado State University, Fort Collins, CO

Managing stress (2006, November). In-class presentation for Organizational Psychology (graduate and undergraduate level), Zinta Byrne, Ph. D., Colorado State University, Fort Collins, CO

University Service

College of Health Sciences:

- 2018-present, CHS Research Committee (chair)
- 2016-present, Exercise is Medicine on Campus (member)
- 2013-present, Faculty Advisor, Biomedical Sciences Graduate Ph.D. Program
- 2015-2018, CHS Research Committee (member)
- 2014, Interprofessional Education Curricular Vision workgroup (member)
- 2011-2012, Kinesiology and Health faculty search committee (member)

School of Nursing:

- 2015-present, DNP admissions team (member)
- 2010-present, Doctorate of Nursing Practice (DNP) committee (member)
- 2014-present, Reappointment, tenure, and promotion redesign task force (member)

- 2013-2014, Tenure track faculty search committee (chair)
- 2013-2014, Scholarship and professional development committee (chair)
- 2012-2013, Scholarship and professional development committee (minutes)
- 2012-2016, Advanced practice nursing committee (member)
- 2012-2013, Excellence chair faculty search committee (member)
- 2010-2012, Graduate education committee (member)

Professional Memberships and Activities

Professional Memberships:

Western Institute of Nursing Membership Committee, 2016 to present
 Wyoming State Epidemiological Outcomes Workgroup (SEOW), 2013 to present
 Social, Personality, and Health Network, 2012 to present
 Society of Behavioral Medicine, 2007 to present
 American Public Health Association, 2016-2017
 National Organization of Nurse Practitioner Faculties (NONPF), 2014-2016
 American Psychological Association, 2003-2013

Review Board:

American Journal of Health Behavior, 2015 to present

Manuscript Reviewer:

Translational Behavioral Medicine, 2017 to present
 American Journal of Health Behavior, 2014 to present
 International Journal of MS Care, 2012 to present
 Journal of Health Psychology, 2009 to present

Presentation Reviewer:

American Public Health Association Annual Meeting, 2019
 Society of Behavioral Medicine Annual Meeting, 2013 to present
 Association for Women in Psychology Annual Conference, 2010