

Crystal Modde Epstein

PhD, NP, CNE

Professional Experience

Assistant Professor | UNC Greensboro School of Nursing
Aug 2020 – Present | Greensboro, NC

Post-Doctoral Research Fellow (NIH T32) | UCSF School of Nursing
2018 – 2019 |
San Francisco, California

Pre-Doctoral Research Fellow (NIH F31) | University of Nebraska Medical Center
2016 – 2017 | Omaha, NE

Presidential Graduate Research Fellow | Office of Graduate Studies, University of Nebraska Medical Center
2015 – 2017 | Omaha, NE

Education

PhD Nursing | University of Nebraska Medical Center

Dec 2017 | Omaha, NE

Dissertation title: *Maternal Life Course Adversity: The Intersection of Psychosocial and Biobehavioral Adaptive Response in Pregnancy*

MSN Psychiatric Mental Health Nursing | University of Nebraska Medical Center

2013 | Omaha, NE

BSN | University of Nebraska Medical Center

2010 | Omaha, NE | High Distinction

Research Support

Office of Research & Engagement | University of North Carolina at Greensboro

Longitudinal effects of depression on stress physiology during pregnancy

Award: \$5,000

Role: PI

05/01/2022 – 04/30/23

T32 NINR | Biobehavioral Research Training in Symptom Science (T32 NR016920)

PIs: SJ Weiss / C Miaskowski

Role: Trainee

06/01/2018 – 05/31/2019

F31 NINR | Stress, Coping, and Health Behaviors During Pregnancy (F31 NR016176)

Award: \$48,641

Role: Fellow / PI

03/01/2016 – 08/31/2017

License & Credentials

NP – Nurse Practitioner | North Carolina Board of Nursing Registration #EPST-SAXGMW
2023 – present

CNE - Certified Nurse Educator | National League for Nursing #581971
2023 – present | Expires 12/31/2028

RN - Registered Nurse | North Carolina #318648
2019 – present | Expires 09/30/2023

APRN-NP | Nebraska #111608
2013 – 2018 | Expired

PMHNP-BC | Psychiatric Mental Health Nurse Practitioner | American Nurses Credentialing Center
2013 – 2023 | Expired

| Academic Publications

UNDER REVIEW (PEER-REVIEWED)

1. **Modde Epstein, C.**, Lusterhans, H., McCoy, T.P., Beijers, R., Leerkes, E.M., & de Weerth, C. (under review). Implications of Childhood Adversity for Women's Perinatal Sleep and Depressive Symptoms Over Time: A Serial Mediation Model. *Journal of Sleep Research*.

PUBLISHED ARTICLES (PEER-REVIEWED)

2. Boone, L, Rodgers, M, Bauer, A, Vitek, E, & **Modde Epstein, C.** (2023). An Integrative Review of Factors Affecting the Well-being and Safety of Nurses During a Global Pandemic. *Worldviews in Evidence-Based Nursing*. <https://doi.org/10.1111/wvn.12630>
3. **Modde Epstein, C**, Houfek, JF & Jones, LP. (2023). Deep Health: A Qualitative, Woman-Centered Perspective of Health During Pregnancy. *Midwifery*, 120. <https://doi.org/10.1016/j.midw.2023.103628>
4. **Modde Epstein, C** & McCoy, TP. (2023). Linking electronic health records with wearable technology from the *All of Us* Research Program. *Journal of Obstetric, Gynecologic, and Neonatal Nursing* 52(2), 139-149. <https://doi.org/10.1016/j.jogn.2022.12.003>
5. **Modde Epstein, C.**, Rice, M. J., French, J. A., Kupzyk, K. A., & Houfek, J. F. (2022). Social Support Buffers the Effects of Prenatal Depressed Mood: A Mixed-Methods Study. *Journal of the American Psychiatric Nurses Association* 0(0). <https://doi.org/10.1177/10783903211073793>
6. **Modde Epstein, C.**, Houfek, J. F., Rice, M. J., & Weiss, S. J. (2021). Integrative review of early life adversity and cortisol regulation in pregnancy. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 50(3), 242-255. <https://doi.org/10.1016/j.jogn.2020.12.006>
7. **Modde Epstein, C.M.**, Houfek, J.F., Rice, M.J., Weiss, S.J., French, J.A., Kupzyk, K.A., Hammer, S.J., & Pullen, C.H. (2019). Early life adversity and depressive symptoms predict cortisol in pregnancy. *Archives of Women's Mental Health*, 23(3), 379-389. <https://doi.org/10.1007/s00737-019-00983-3>
8. Moore, T. A., Case, A. J., Mathews, T. L., **Modde Epstein, C. M.**, Kaiser, K. L., & Zimmerman, M. C. (2019). Interleukin-17A and Chronic Stress in Pregnant Women at 24–28 Weeks Gestation. *Nursing research*, 68(2), 167-173. DOI: 10.1097/NNR.0000000000000334
9. Yates, B. C., Pozehl, B., Kupzyk, K., **Modde Epstein, C. M.**, & Deka, P. (2016). Are Heart Failure and Coronary Artery Bypass Surgery Patients Meeting Physical Activity Guidelines? *Rehabilitation*

MANUSCRIPTS IN PREPARATION

10. **Modde Epstein, C.**, McCoy, TP, Kabbe, AM. Sociospatial Inequality, Stress and Chronobiological Cortisol Rhythms in Pregnancy: A Mixed-effects Cosinor Analysis. (In preparation)

| Academic Presentations

PODIUM PRESENTATIONS

International

1. **Society for Research on Biological Rhythms |** Biennial Conference – Amelia Island, FL (2022)
“Longitudinal Patterns of Heart Rate Rhythmicity During Pregnancy”
Epstein, C. M., McCoy, T. P.
1. **International Conference on Advances in Interdisciplinary Statistics and Combinatorics |**
Greensboro, NC (2022)
“Mixed-Effects Cosinor Analysis of Cortisol Patterns Among Pregnant Women”
Epstein, C. M., McCoy, T. P.

National

2. **Western Institute of Nursing Research |** Annual Conference – San Diego, CA (2019)
“Biobehavioral Adaptation to Life Course Stress in Pregnancy”
3. **Midwest Nursing Research Society |** 41st Annual Conference – Minneapolis, MN (2017)
“Conceptions of Health in Pregnancy: A Constructivist Grounded Theory”
4. **American Psychiatric Nurses Association |** Nebraska Chapter Conference – Omaha, NE (2015)
“Promoting Mental Health in Pregnancy: An Evidence-Based Update”

University - Local

5. **UNCG Center for Women’s Health |** Research Forum on Women’s Health and Wellness (2022)
“Biopsychosocial determinants of maternal health” Roundtable Discussion on Maternal Health
6. **UNCG School of Nursing |** Research, Scholarship, and Innovation Showcase – Online (2022)
“Longitudinal Patterns and Predictors of Heart Rate During Pregnancy”
7. **UNCG School of Nursing |** Research, Faculty Scholarship Seminar – Online (2022)
“Using the NIH All of Us Research Program: Challenges and Lessons Learned”
8. **UNCG Center for Women’s Health |** Research Forum on Women’s Health and Wellness (2021)
“An Integrative Review of Early Life Adversity and Cortisol Regulation in Pregnancy”
9. **UNCG School of Nursing |** Research, Scholarship, and Innovation Showcase – Online (2021)
“Social Support Buffers the Physiologic Effects of Antenatal Depressive Symptoms”
10. **Duke University |** Neonatology Grand Rounds – Durham, NC (2020)
“Stress-related predictors of cortisol in pregnancy”

POSTERS & ABSTRACTS

International

1. **Society for Research on Biological Rhythms** | Biennial Conference – Amelia Island, FL **(2022)**
“Longitudinal Patterns of Heart Rate Rhythmicity During Pregnancy”

National

2. **Council for the Advancement of Nursing** | Advanced Methods Conference: Biosocial Methods to Advance Health Equity – Virtual **(2023)** “Measuring the Cardiovascular Clock in Pregnancy”.
3. **Council for the Advancement of Nursing** | Advanced Methods Conference: Biosocial Methods to Advance Health Equity – Virtual **(2023)** “Sociospatial Inequality, Stress and Chronobiological Cortisol Rhythms in Pregnancy”.
4. **Midwest Nursing Research Society** | 41th Annual Research Conference – Minneapolis, MN **(2017)**
“Correlates of life course stress among pregnant women”
Modde Epstein, CM, Houfek, J.
5. **American Psychiatric Nurses Association** | 29th Annual Conference, Orlando, FL, October **(2015)**
“Cortisol as a biomarker in pregnancy research: Implications for maternal-infant mental health”
Modde Epstein, CM
6. **Collaborative Family Healthcare Association** | 16th Annual Conference – Washington, D.C. **(2014)**
“Nebraska Legislative Bill 556: Pilot Project in Children’s Behavioral Health. A Joint Effort of UNMC Child Psychiatry, MMI Psychology, Psychiatric Nursing, Developmental Pediatrics, and Community Primary Care Providers”
Evans, J., Menousek, K., Burt, J., Jones-Hazledine, C., Vaughan, B., Modde Epstein, CM, Thorson, R., & Labaton, R.
7. **Local American Psychiatric Nurses Association** | 27th Annual Conference, San Antonio, TX **(2013)**
“Prenatal Depression: A Qualitative Meta-summary of Perspectives on Treatment”
Modde Epstein, CM
8. **Midwest Nursing Research Society** | 37th Annual Research Conference, Dearborn, MI **(2012)**
“Comparing self-reported physical activity with activity accelerometers in cardiac patients”
Modde, CM & Yates, B.
9. **Midwest Nursing Research Society** | 36th Annual Research Conference, Columbus, OH **(2011)**
“Social Networking Interactions in Learner Centered Graduate Education”
Rice, M., Houfek, J., Olsen, L., Sanders, M., Niitsu, K., Mojica, M. & Modde, CM
10. **American Psychiatric Nurses Association** | 25th Annual Conference, Anaheim, CA **(2011)**
“Analysis of social networking for psychiatric APRN education.”
Rice, M. J., Houfek, J. F., Modde, CM, Mojica, M., Niitsu, K., Olsen, L., & Sanders, M.
11. **Midwest Nursing Research Society** | 36th Annual Research Conference, Columbus, OH. **(2011)**
“Neonatal Outcomes of Treated and Untreated Depression During Pregnancy”
Modde, CM

Local

12. **UNMC Student E-learning Expo** | Omaha, NE **(2015)**
“What to do next: An interactive journey combining behavioral health and medical-surgical nursing”
Hug, A., Awe, L. Modde Epstein, CM

| Teaching

University of North Carolina at Greensboro

Doctor of Nursing Practice Program (DNP) | UNCG

NUR 898A – Applied EBP & Translational Methods Project	(2022 – Current)
NUR 898B – Applied EBP & Translational Methods Project	(2021 – Current)
NUR 898C – Applied EBP & Translational Methods Project	(2021 – Current)
NUR 898D – Applied EBP & Translational Methods Project	(2022 – Current)
NUR 898E – Applied EBP & Translational Methods Project	(2022 – Current)

Master of Science Program (MSN) | UNCG

NUR 715 – Research Methods in Nursing	(2020 – Current)
NUR 601 – Critique and Utilization of Research in Nursing	(2021 – Current)

Pre-licensure BSN Program | UNCG

NUR 310 – Nursing Care for Neurobehavioral Problems	(2023 – Current)
NUR 310L – Clinical for Nursing Care for Neurobehavioral Problems	(2023 – Current)
NUR 493 – Senior Honors	(2021 – Current)

RN-BSN Program | UNCG

NUR 473 – Nursing Research	(2020)
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| Previous Employment

Registered Nurse | Ellenhorn LLC

Jan 2020 – Nov 2020 Psychiatric Nurse – Program for Assertive Community Treatment
Raleigh-Durham, NC

Graduate Research Assistant | UNMC

2013 – 2015	Nebraska Children’s Mental Health Project (Nebraska Legislative Bill 556) Munroe-Meyer Institute, UNMC, Omaha, NE
2011 – 2012	Primary Integrated Psychiatric Nursing Project (HRSA) College of Nursing, UNMC, Omaha, NE
2010 – 2012	Partners Together in Health Intervention Study (NINR-NIH) College of Nursing, UNMC, Omaha, NE

Undergraduate Research Assistant | UNMC

2009 – 2010	Undergraduate Work Study-Psychiatric Nursing Research College of Nursing, UNMC, Omaha, NE
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| Honors & Awards

2023	Teaching Excellence Award, Sigma Theta Tau, Gamma Zeta Chapter
2022	Nominated for <i>Best of JOGNN Writing Award</i> , Journal of Obstetric, Gynecologic & Neonatal Nurses
2021	Minerva Mention: UNCG University and Teaching Learning Commons
2017	Dean’s Midwest Nursing Research Society Travel Award
2014	Nellie House Craven Scholarship for an Academic Career, UNMC College of Nursing
2013	Ann Malone Berger, PhD & Thomas Berger Nursing Scholarship, UNMC College of Nursing
2013	Charlotte Burgess Award: Outstanding Master’s Graduate (4.0 GPA), UNMC College of Nursing
2012	Nellie House Craven Scholarship for an Academic Career, UNMC College of Nursing
2011	Student Research Scholars' Award, Midwest Nursing Research Society

2011	Poster Award-Honorable Mention, Midwest Nursing Research Society
2010	March of Dimes Student Nurse Award
2008	Regent's Scholarship, University of Nebraska Medical Center

| Service

Departmental | UNCG

Committee to Establish a Family Nurse Practitioner Program	2022 – Current
Tenure-Track Search Committee, Member	2022
Research Scholarship, and Innovation Committee, Member	2021 – Current

Professional

Sigma Theta Tau, Gamma Zeta Chapter, Secretary	2023 – Current
<i>Psychosocial Obstetrics & Gynecology</i> , Peer Reviewer	2023
<i>Journal of Obstetric, Gynecologic, & Neonatal Nursing</i> , Peer Reviewer	2020 – Current
<i>Obstetric Medicine</i> , Peer Reviewer	2022
<i>Psychoneuroendocrinology</i> , Peer Reviewer	2021 – 2022
<i>Scientific Reports (Nature)</i> , Peer Reviewer	2021 – 2022
<i>Archives of Women's Mental Health</i> , Peer Reviewer	2020
American Psychiatric Nurses Association — NE Chapter, Board Member	2015 – 2016

Community

Women's Fund of Omaha Diversity and Inclusion Subcommittee Omaha, NE	2017
<i>Survivors Rising</i> Fundraising organizer Omaha, NE	2017
High School Alliance Program Mentor UNMC, Omaha, NE	2014 – 2015

| Professional Memberships

North Carolina Nurses Association (NCNA)	2021 – 2023
American Nurses Association (ANA)	2021 – 2023
American Psychiatric Nurses Association (APNA)	2010 – Current
Midwest Nursing Research Society (MNRS)	2011 – 2021
Western Institute of Nursing Research	2018 – 2019
Women's Fund of Omaha	2017 – 2019