

Crystal Modde Epstein
PhD, MSN, RN, PMHNP-BC

CURRENT POSITION

Assistant Professor School of Nursing
(Tenure-Track) University of North Carolina Greensboro, Greensboro, NC
Fall 2020 - Present

EDUCATION & TRAINING

Post-doctoral Fellowship

2018-2019 University of California San Francisco, School of Nursing
Biobehavioral Research Training in Symptom Science
T32 NR016920 NIH/NINR

Pre-doctoral Fellowships

2016-2017 National Institute of Health—National Research Service Award (NRSA)
F31 NR016176 NINR/NIH

2015-2017 University of Nebraska Presidential Graduate Fellowship
Office of Graduate Studies, University of Nebraska Medical Center, Omaha, NE

Diplomas

PhD Title: *Maternal Life Course Adversity: The Intersection of Psychosocial and Biobehavioral Adaptive Response in Pregnancy*
2017 University of Nebraska Medical Center, Omaha, NE

MSN Master of Science in Nursing- Psychiatric Mental Health Specialty
2013 University of Nebraska Medical Center, Omaha, NE

BSN Bachelor of Science in Nursing—High Distinction
2010 University of Nebraska Medical Center, Omaha, NE

LICENSE

RN (active) Registered Nurse
2019-2020 North Carolina #318648

APRN-NP (inactive) Advanced Practice Registered Nurse
2013 – 2018 Nebraska #111608

CREDENTIALS

PMHNP-BC (active) Psychiatric Mental Health Nurse Practitioner-Board Certified
2013 – present American Nurses Credentialing Center

TEACHING

- NUR 601**
Spring 2021 **Critique and Utilization of Research in Nursing** (MSN Administration Program)
Development of knowledge and skill competencies basic to the critical interpretation and utilization of research findings in nursing administration.
- NUR 898 B**
Spring 2021 **Applied Evidence-Based Practice & Translational Methods Project** (DNP Program)
An applied evidence-based practice and translational methods project to be completed sequentially in a five-course series.
- NUR 898 C**
Spring 2021 **Applied Evidence-Based Practice & Translational Methods Project** (DNP Program)
An applied evidence-based practice and translational methods project to be completed sequentially in a five-course series.
- NUR 898 D**
Fall 2021 **Applied Evidence-Based Practice & Translational Methods Project** (DNP Program)
An applied evidence-based practice and translational methods project to be completed sequentially in a five-course series.
- NUR 715**
Fall 2020, 2021 **Research Methods in Nursing** (MSN Education Program)
Examines the basic concepts, strategies, and procedures used in conducting and evaluating nursing research. Emphasis will be on proposal development and quantitative and qualitative analysis of data.
- NUR 473**
Fall 2020 **Nursing Research** (RN-BSN Program)
This course is an introduction to nursing research and the professional nurse's role in research.

PUBLICATIONS

1. **Epstein, C.M.**, Rice, M.J., French, J.A., Kupzyk, K.A., Houfek, J.F. (Under review). Social support buffers the physiologic effects of depressed mood on diurnal cortisol during pregnancy. Submitted to *Journal of the American Psychiatric Nurses Association* (07/09/21).
2. **Epstein, C.M.**, Houfek, J.F., Rice, M.J., Weiss, S.J. (2021). An Integrative Review of Early Life Adversity and Cortisol Regulation in Pregnancy. *Journal of Obstetric, Gynecologic & Neonatal Nursing*.
<https://doi.org/10.1016/j.jogn.2020.12.006>
3. **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*.
<https://doi.org/10.1007/s00737-019-00983-3>
4. Moore, T. A., Case, A. J., Mathews, T. L., **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.
5. Yates, B. C., Pozehl, B., Kupzyk, K., **Epstein, C. M.**, & Deka, P. (2016). Are Heart Failure and Coronary Artery Bypass Surgery Patients Meeting Physical Activity Guidelines? *Rehabilitation Nursing*.

PRESENTATIONS

1. **Epstein, C.M.** Stress-related predictors of cortisol in pregnancy. Grand Rounds, Neonatology Department, Duke University, Jan 4th, 2020.
2. **Epstein, C.M.** Biobehavioral Adaptation to Life Course Stress in Pregnancy. Western Institute of Nursing Research Conference, San Diego, CA, April 12th, 2019.
3. **Epstein, C.M.** Conceptions of Health in Pregnancy: A Constructivist Grounded Theory. Midwest Nursing Research Society 41th Annual Research Conference, Minneapolis, MN. April 6-9, 2017.
4. **Epstein, C.**, Houfek, J. Correlates of life course stress among pregnant women. Midwest Nursing Research Society 41th Annual Research Conference, Minneapolis, MN. April 6-9, 2017.
5. **Epstein, C.** A review of cortisol as a biomarker in pregnancy research: Implications for maternal-infant mental health. American Psychiatric Nurses Association 29th Annual Conference, Orlando, FL, October 27-31, 2015.
6. **Epstein, C.M.** Promoting Mental Health in Pregnancy: An Evidence-Based Update. American Psychiatric Nurses Association, Nebraska Chapter, Omaha, NE, March 27, 2015.

7. Hug, A., Awe, L. **Epstein, C.M.** What to do next: An interactive journey combining behavioral health and medical-surgical nursing. UNMC Student E-learning Expo, May 4, 2015, Omaha, NE.
8. Evans, J., Menousek, K., Burt, J., Jones-Hazledine, C., Vaughan, B., **Epstein, C.**, Thorson, R., & Labaton, R. 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. Collaborative Family Healthcare Association 16th Annual Conference, Washington, D.C.. October 16 – 18, 2014.
9. **Epstein, C.:** Prenatal Depression: A Qualitative Meta-summary of Perspectives on Treatment. American Psychiatric Nurses Association 27th Annual Conference, San Antonio, TX. October 9-12, 2013.
10. **Modde, C. & Yates, B.:** Comparing self-reported physical activity with activity accelerometers in cardiac patients. Midwest Nursing Research Society 37th Annual Research Conference, Dearborn, MI. April 12-15, 2012.
11. Rice, M., Houfek, J., Olsen, L., Sanders, M., Niitsu, K., Mojica, M. & **Modde, C.:** Social Networking Interactions in Learner Centered Graduate Education. Midwest Nursing Research Society 36th Annual Research Conference, Columbus, OH. March 24-27, 2011.
12. Rice, M. J., Houfek, J. F., **Modde, C.**, Mojica, M., Niitsu, K., Olsen, L., & Sanders, M.: Analysis of social networking for psychiatric APRN education. American Psychiatric Nurses Association 25th Annual Conference, Anaheim, CA, October 20-21, 2011.
13. **Modde, C.:** Neonatal Outcomes of Treated and Untreated Depression During Pregnancy. Midwest Nursing Research Society 36th Annual Research Conference, Columbus, OH. March 24-27, 2011.

ADDITIONAL TRAINING/EDUCATION

Clinical

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| 2013-2014 | Leadership Education in Neurodevelopmental and Related Disabilities (LEND)
10-month interdisciplinary leadership and pediatric clinical training
Munroe Meyer Institute, Omaha, NE |
| 2013 | Mindfulness Based Cognitive Therapy (5-Day professional training)
Omega Institute, Rhinebeck, NY |
| 2012-2013 | Dialectical Behavior Therapy
MSN clinical practicum
Heartland Family Services, Council Bluffs, IA |
| 2010 | Assertive Community Treatment
Undergraduate clinical preceptorship
Community Alliance, Omaha, NE |

Research

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| 2017 | Certificate: Mixed Methods Research
18 credit hours of coursework, University of Nebraska-Lincoln |
| 2016 | "Precision Health: From ‘Omics’ to Data Science” Boot Camp
National Institute of Nursing Research, NIH, Bethesda, MD |
| 2016 | Certificate: Introduction to the Principles and Practice of Clinical Research
National Institute of Health |

HONORS & AWARDS

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| 2017 | Dean’s Midwest Nursing Research Society Travel Award |
| 2014 | Nellie House Craven Scholarship for an Academic Career, UNMC College of Nursing (\$15,000) |
| 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 (\$15,000) |
| 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

PROFESSIONAL MEMBERSHIPS

2021—Present North Carolina Nurses Association (NCNA)
2021 – Present American Nurses Association (ANA)
2010-Present American Psychiatric Nurses Association (APNA)
2011-2021 Midwest Nursing Research Society (MNRS)
2018-2019 Western Institute of Nursing Research

MANUSCRIPT REVIEWER

2021- Present *Journal of Obstetric, Gynecologic, & Neonatal Nursing (JOGNN)*
2019 *Archives of Women's Mental Health*