

Belinda J. Deal, PhD, RN, CNE

Spring 2016 - Spring 2026

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Contact Information

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Work Phone: (903)566-7320

Current Position

Position: Professor

Current Academic Rank: Professor

P and T Statement about research/creative activity

Summer 2019 - Ongoing Statement about research / creative activities

Scholarly Contributions and Creative Productions

Journal Article

Completed/Published

Melamed, T. C., Deal, B. J., & Myers, S. (2025). Translating Academic Achievement to the Resumé with Microcredentials for Honors Undergraduate Healthcare Students. *Honors in Practice*, 21, 231-234.

Gipson, C. S., Deal, B., & Skinner, M. (2026). Examining Well-Being and Healthy Lifestyle Interventions among Nursing Students Worldwide: A Scoping Review. *Journal of holistic nursing : official journal of the American Holistic Nurses' Association*, 44(1), 90–108. <https://doi.org/10.1177/08980101241283856>

Gosselin, K., Oliver, H., Rose, D. R., George, J. M., Hanson, A., Strout, PhD, RN, K. R., ... Deal, B. J. (2024). Efficacy of 15-Minute Music Intervention on Nursing Students' Anxiety, Self-Efficacy, and Performance in Simulation Testing: A Randomized Study. *Clinical Simulation in Nursing*, 96. <https://doi.org/10.1016/j.ecns.2024.101625>

Courville, K. A., Deal, B. J., Estrada, S., Caulkins, E., Barnes, G. A., & Swanberg, A. (2024). The response readiness tool: An instrument to measure knowledge, skills, and attitude after taking a stop the bleed® course.. *Public Health Nursing*, 1–13. <https://doi.org/10.1111/phn.13335>

Vottero, B., Altmiller, G., Deal, B. J., Clarke, N., Walker, D., & Rosales, M. (2024). A multi-site study of a quality improvement teaching strategy to build competency.. *Journal of Nursing Education*, 63, 38–42. <https://doi.org/10.3928/01484834-20231112-07>

- Caulkins, E., Courville, K., Deal, B. J., Swanberg, A., Barnes, G. A., & Bowen, J. (2024). Implementing an approach to prevent life-threatening bleeding: Guidance on forming a campus initiative. *Public Health Nursing, 41*, 325–327. <https://doi.org/10.1111/phn.13281>
- Gosselin, K., Oliver, H., Rose, D. R., George, J. M., Deal, B. J., McBride, S. G., ... Hanson, A. (2024). The Influence of Music: A Randomized Controlled Study on Anxiety, Self-Efficacy, Burnout, and Performance for Nursing Students undergoing Simulation Testing. *East Texas Research Conference*.
- Courville, K. A., Lowe, A., Dannelley, B., Sellers, J., & Deal, B. J. (2021). Learning-by-Teaching and Service Learning to Promote Bleeding Control Education: An Academic-Community Partnership. *Nurse Educator*.
- Deal, B. J., Hermanns, M., Marzilli, C., Fountain, R., Mokhtari, K., & McWhorter, R. R. (2020). A faculty-friendly framework for improving teaching and learning through service-learning. *Journal of Service-Learning in Higher Education, 10*, 3–11. <http://journals.sfu.ca/jslhe/index.php/jslhe/article/view/178>
- Schuler, M. S., Letourneau, R., Altmiller, G., Deal, B. J., Vottero, B. A., Boyd, T., ... Walker, D. (2021). Leadership, Teamwork, and Collaboration: The Lived Experience of Conducting Multisite Research Focused on Quality and Safety Education for Nurses Competencies in Academia. *Nursing Education Perspectives, 42*, 74–80. <https://doi.org/10.1097/01.nep.0000000000000725>
- Neathery, M., He, Z., Taylor, E. J., & Deal, B. J. (2018). Spiritual Perspectives, Spiritual Care, and Knowledge of Recovery among Psychiatric Mental Health Nurses. *Journal of the American Psychiatric Nurses Association, 26*(4)1–9. <https://doi.org/10.1177/1078390319846548>
- Altmiller, G., Deal, B. J., Ebersole, N., Flexner, R., Jowell, V. L., Jordan, J., ... Walker, D. (2018). Altmiller, G., Deal, B., Ebersole, N., Flexner, R., Jordan, J., Jowell, V., Norris, T., Risetter, M.J., Schuler, M., Szymanski, K., Vottero, B., Walker, D. (2018). Constructive feedback teaching strategy: A multisite study of its effectiveness. *Nursing Education Perspective, 39*(5), 291 – 296. *Nursing Education Perspectives Special Summit 2018 Issue on Educational Research Collaborations, 39*, 291 – 296. <https://doi.org/10.1097/01.NEP.0000000000000385>
- Delello, J. A., Hawley, H. A., McWhorter, R. R., Gipson, C. S., & Deal, B. J. (2018). Gamifying education: Motivation and the implementation of digital badges for use in higher education. *International Journal of Web-Based Learning and Teaching Technologies, 13*. <https://doi.org/10.4018/IJWLTT.2018100102>
- Hermanns, M. L., Deal, B. J., Campbell, A. M., Hillhouse, S., Opella, B., Faigle, C., & Campbell, R. H. (2017). Using an Escape Room Toolbox Approach to Enhance Pharmacology Education. *Journal of Nursing Education and Practice, 8*, 89–95. <https://doi.org/10.5430/jnep.v8n4p89>
- Fountain, R. A., Toone, A., & Deal, B. J. (2016). Nurse educator perceptions of faith-based organizations for service-learning. *Journal of Christian Nursing, 22*, 102–107.
- Post, J., & Deal, B. J. (2016). Using technology immersion to promote student engagement. *International Journal on Recent and Innovation Trends in Computing and Communication, 4*, 8. [Attachment]
- Deal, B. J., & Grimes, J. (2016). A dual conversation about mentoring: Undergraduate student and faculty perspectives. *Imprint, The Professional Magazine for Student Nurses, 63*, 22–25.

Revise & Resubmit

Gipson, C. (Christy) S., Deal, B. J., Duke, G., Little, M., & Srivali Teal, J. (2025). The impact of nurse coaching on the well-being of nursing students: A mixed methods study . *Journal of Holistic Nursing*.

Other

Completed/Published

Deal, B. J. (2023). Invited guest on Podcast “Ask Dr. Ross” about how “belonging” to one’s college or university helps to assure student success. *UT Tyler*.

<https://www.youtube.com/@AskDr.RossPodcast>

Deal, B. J. (2023). Invited to the Center for Excellence and Teaching panel to discuss ChatGPT and AI programs in education .

Other Teaching Materials

Completed/Published

Deal, B. J. (2024). *Created Digital Badge: Research Fundamentals in Nursing*. *UT Tyler and Honors in Nursing Program*.

Poster Presentation

Completed/Published

Gosselin, K., Oliver, H., George, J. M., Rose, D. R., Deal, B. J., Strout, PhD, RN, K. R., ... Hanson, A. (2025, August). *A Randomized Controlled Study to Evaluate the Efficacy of a 15-Minute Music Listening Intervention on Anxiety, Self-Efficacy, and Performance for Nursing Students undergoing Simulation Testing*. . *Annual American Psychological Association Conference*. Denver, CO: APA.

Deal, B. J. (2024, February). *Facilitating the Scholarly Journey of Nursing Honor Students* . *2024 Annual Conference · SNRS 38th Annual Conference. Collaborating to Advance Nursing Research, Education, Leadership, and Practice*. Charlotte, North Carolina: Southern Nursing Research Society. [Attachment]

Gouvea, A., Romo, L., Gipson, C. (Christy) S., & Deal, B. J. (2024, March). *Validation of the Self-Efficacy for Sleep Hygiene Inventory in Young Adult College Students*. *Great Plains Honors Council*. Oklahoma State University.

Gipson, C. (Christy) S., Guidry, R. L., Preston, A., & Deal, B. J. (2023, Spring). *Reimagining nursing education: The integration of quality improvement and self-care among nursing students.. UT SHINE Academy*.

Gipson, C. (Christy) S., & Deal, B. J. (2023, April). *Well-being and healthy lifestyle interventions in nursing students: A scoping review* . *The 6th National Summit for Building Healthy Academic Communities*. University of North Carolina, Wilmington.

Gipson, C. (Christy) S., Guidry, R. L., Preston, A., & Deal, B. J. (2023, March). *Reimagining nursing education: The integration of quality improvement and self-care among undergraduate nursing students. The 2023 Innovations in Health Science Education Annual Conference Diversity, Collaboration, And Opportunities In Current Health Science Education*. Virtual: The University of Texas Kenneth I. Shine, M.D., Academy of Health Science Education.

Courville, K. A., Deal, B. J., & Lowe, A. (2021, Spring). *The response readiness tool: An instrument to measure knowledge, skills, and attitudes after taking a Stop the Bleed class. QSEN 2021 Virtual Conference*. Virtual: QSEN.

Courville, K. A., Deal, B. J., & Lowe, A. (2021, Spring). *Stop the Bleed Population Health Clinical Assignment Spring 2020. QSEN 2021 Virtual Conference*. virtual: QSEN.

Shizhu, R. A., Deal, B. J., Haas, B. K., & O'Connell, D. G. (2019). *The Impact of Text Messaging on Baccalaureate Nursing Students' Physical Activity: Single Case Design. American College of Sports Medicine Annual Meeting/ World Congress on Exercise is Medicine*. Orlando, FL: American College of Sports Medicine.

Gerri, A., Deal, B. J., & Courville, K. A. (2018, May). *Quality & Safety Education in Nursing (QSEN) Academic Task Force. QSEN National Forum 2018*. Bonita Springs, FL: QSEN Institute.

Deal, B. J., & He, Z. (2016). *Redesigning a nursing course to increase self-directed learning (SDL): A pilot study. STTI/NLN Nursing Education Research Conference. Washington DC*. Washington, DC: National League for Nursing and Sigma Theta Tau.

Courville, K. A., Deal, B. J., & Walker, K. (2016, May). *A journey to ensure that curriculum and faculty are current on recommended guidelines. Poster presented at the 2016 QSEN National Forum. San Antonio, Texas, May 25-May 27. 2016 QSEN Annual Forum*. San Antonio, TX: QSEN.

Presentation

Completed/Published

Gipson, C. (Christy) S., Gosselin, K., Deal, B. J., & Naldoze, T. (2026, February). *Self-Efficacy for Sleep Hygiene Inventory (SESHI): Instrument Validation Study . SNRS 40th Annual Conference*. Austin, Texas: SNRS.

Deal, B. J. (2026, April). *Mentorship With Impact: Empowering Peers and Future Healthcare Leaders. NCPD for the School of Nursing*. Zoom: The University of Texas at Tyler School of Nursing.

Gipson, C. (Christy) S., Deal, B. J., Duke, G., Little, M., & Srivali Teal, J. (2025, June). *Professional Nurse Coaching to Promote Nursing Student Well-Being. American Holisitc Nurses Association 45th Annual Conference*. Reno, Nevada: American Holistic Nurses Association.

Gipson, C. (Christy) S., Deal, B. J., Duke, G., Teal, J., & Little, M. (2025, June). *Coaching for Student Nurses: Cultivating Wellbeing: Alumni Call. Alumni call for Wisdom of the Whole Coaching Academy*. Online: Wisdom of the Whole Coaching Academy.

Jowell, V. L., & Deal, B. J. (2024, October). *Meeting the patient's spiritual needs: A holistic approach*. *Nursing Continuing Professional Development webinar, online: The University of Texas at Tyler, School of Nursing*. October 30, 2024. UT Tyler School of Nursing, virtual.

Gipson, C. (Christy) S., Deal, B. J., Duke, G., Little, M., & Srivali Teal, J. (2024, April). *Preliminary Qualitative Results of a Mixed Methods Study: The Impact of Professional Nurse Coaching on Well-being of Undergraduate Nursing Students*. *5th Annual East Texas Research Conference 2024*. Tyler, TX: The University of Texas at Tyler.

Deal, B. J. (2024, April). *Facilitating the Scholarly Journey of Nursing Honor Students*. *5th Annual East Texas Research Conference 2024*. The University of Texas at Tyler: Office of Research, Scholarship and Sponsored Programs.

Gosselin, K., Oliver, H., Rose, D. R., George, J. M., Deal, B. J., McBride, S. G., ... Hanson, A. (2024, April). *The Influence of Music: A Randomized Controlled Study on Anxiety, Self-Efficacy, Burnout, and Performance for Nursing Students undergoing Simulation Testing*. *East Texas Research Conference*. Tyler, TX.

Gosselin, K., Oliver, H., Rose, D. R., George, J. M., Deal, B. J., McBride, S. G., ... Hanson, A. (2024, April). *The Influence of Music: A Randomized Controlled Study on Anxiety, Self-Efficacy, Burnout, and Performance for Nursing Students undergoing Simulation Testing*. *East Texas Research Conference*. Tyler, TX.

Gosselin, K., Oliver, H., Rose, D. R., George, J. M., Deal, B. J., McBride, S. G., ... Hanson, A. (2024, April). *The Influence of Music: A Randomized Controlled Study on Anxiety, Self-Efficacy, Burnout, and Performance for Nursing Students undergoing Simulation Testing*. *SON/SHP Research Showcase*. Tyler, TX.

Courville, K. A., Deal, B. J., & Lowe, A. (2021, January–June). *Stop the Bleed/Population Health Clinical Assignment*. *2020 QSEN International Forum*. Virtual: QSEN - Quality and Safety in Nursing Education.

Deal, B. J. (2019, Summer). *Hunting for Small Teaching Strategies to Transform Your Classroom*. *NETnet 2019 Summer DL Conference*. The University of Texas Health Science Center at Tyler, UT North East Campus: The University of Texas Health Science Center at Tyler, NETnet.

Deal, B. J. (2018). *Nursing Student Success Mentors: Using a Supplemental Instruction Model in Fall 2018*. *Student Success Summit: The Faculty Role in Student Success*. Sonesta Bee Cave Austin Hotel, Austin, Texas: The University of Texas System.

Deal, B. J. (2019, February). *Small Teaching: Everyday Lessons from the Science of Learning by James Lang An Overview Part III: Inspiration*. *Workshop for Center For Excellence in Teaching and Learning, CETL*. The University of Texas at Tyler: Workshop for Center For Excellence in Teaching and Learning, CETL.

Deal, B. J. (2018, Autumn). *Small Teaching: Everyday Lessons from the Science of Learning*. *Workshop for Center For Excellence in Teaching and Learning*. The University of Texas at Tyler: CETL.

Altmiller, G., Deal, B. J., Ebersole, N., Flexner, R., Jordan, J., Jowell, V. L., ... Walker, D. (2018, May–June). *The Constructive Feedback Teaching Strategy: A Multi-site Study of its Effect*. 2018 International Forum Oceans of Opportunity: Evidence-Based Practice to Improve Quality and Safety in Education and Practice. Bonita Springs, FL: QSEN Institute and Frances Payne Bolton School of Nursing Case Western Reserve University.

Deal, B. J., & Post, J. (2016, August). *Active Learning and Technology Immersion: Jumping in with Both Feet*. 2016 Summer Distance Learning Conference: Distance Learning and all that Jazz. Kilgore Junior College: Net Net, Texas Distance Learning Association.

Grants

Completed

Foundation

The Impact of Professional Nurse Coaching on Well-being of Undergraduate Nursing Students: A Mixed Methods Study., Funded by The American Holistic Nursing Association (September 1, 2023 - August 31, 2024), awarded June 10, 2023 (\$5,000.00), Completed, Fall 2024, CoInvestigator Christine (Christy) Gipson (40%) with PI Belinda Deal (15%), CoInvestigator Gloria Duke (15%), CoInvestigator Meg Little (15%), CoInvestigator Jutara Teal (15%) [Type of Grant: Research]

Stop the Bleed Implementation and Equipment Grant, Funded by Betty and Roy Erickson Charitable Fund for Nursing: East Texas Communities Foundation (August 1, 2019 - August 1, 2020), awarded August 1, 2019 (\$3,820.00), Completed, Summer 2020, CoPI Belinda Deal (50%) with CoPI Katheryn Courville (50%) [Type of Grant: Training]

2018 Gold-AACN White Coat Ceremony for Nursing grant, Funded by Arnold P. Gold Foundation with the American Association of Colleges of Nursing (AACN) (September 4, 2018 - January 7, 2019), awarded August 14, 2018 (\$1,000.00), Completed, Fall 2018, PI Belinda Deal (100%) [Type of Grant: Service]

Institutional

Peer Mentor Tutors: A Strategy for Success, Funded by The Institute for Integrated Healthcare (October 17, 2016 - October 17, 2016), awarded December 5, 2016 (\$220.00), Completed, Fall 2016, CoPI Belinda Deal (30%) with CoPI Jerri Post (30%), CoInvestigator Vicki Jowell (20%), CoInvestigator Teresa Hunt (20%) [Type of Grant: Research]

Peer Mentor Tutors: A Strategy for Success, Funded by The Institute for Integrated Healthcare (April 18, 2016 - May 13, 2016), awarded April 15,

2016 (\$171.00), Completed, Spring 2016, CoPI Belinda Deal (35%) with CoPI Jerri Post (35%), CoInvestigator Vicki Jowell (30%) [Type of Grant: Research]

State

Testing Feasibility and Effectiveness of an Innovative Stop the Bleed Teaching Intervention. , Funded by UT Tyler East Texas Research Grant (September 1, 2020 - August 31, 2021), awarded June 5, 2020 (\$6,790.00), Completed, Fall 2022, PI Katheryn Courville (60%) with CoPI Belinda Deal (30%), CoInvestigator Glenn Barnes (10%) [Type of Grant: Research]

Bring Back the Monarchs to Texas garden grant , Funded by Native Plant Society of Texas (March 5, 2021 - November 30, 2021), awarded March 5, 2021 (\$309.00), Completed, Summer 2022, Program Coordinator Belinda Deal (100%) [Type of Grant: Program]