

Christine (Christy) S Gipson

Current Position

Position Title: Accredited Provider Program (APP) Director

Degrees

Degree: Ph.D. in Nursing
Year Conferred: 2016
Discipline: Nursing
Granting Institution: The University of Texas at Tyler
Level of Degree: Doctoral
Highest Degree Earned: Yes
Terminal Degree: Yes
City: Tyler
State or Province: Texas
Nation: United States

Degree: M.S.N.
Year Conferred: 2013
Discipline: Nursing Education
Granting Institution: The University of Texas at Tyler
Level of Degree: Masters
Highest Degree Earned: No
Terminal Degree: No
City: Tyler
State or Province: Texas

Degree: B.S.N.
Year Conferred: 2008
Discipline: Nursing
Granting Institution: The University of Texas at Tyler
Level of Degree: Bachelors
Highest Degree Earned: No
Terminal Degree: No
City: Tyler
State or Province: Texas

Degree: B.S.
Year Conferred: 2007
Discipline: University Studies
Granting Institution: East Texas Baptist University
Level of Degree: Bachelors
Highest Degree Earned: No
Terminal Degree: No
City: Marshall
State or Province: Texas

Professional Licensures & Certifications

Title: Certificate in Effective College Instruction
Organization: The Association of College and University Educators and the American Council on Education
Type: Certification

Year Conferred: 2023
Title: BLS
Organization: American Heart Association
Further Details: Renewed 7/2021
Type: Certification
Year Conferred: 2021
Title: CNE
Organization: National League for Nursing
Type: Certification
Year Conferred: 2014
Title: RN
Organization: Texas Board of Nursing
Type: Certification
Year Conferred: 2009

Work Experience

Reassigned Duties

Start Term: Summer 2021
End Term: Ongoing
Description: Accredited Provider Program Director
Reassigned Load Hours: 3
Level: 3
Level Name: School/Department

Teaching

Scholarly Contributions and Creative Productions

1. Brown, C., Starner, K., Holmstrom, J., Elliott, B., Naldoza, T., & Gipson, C. (Christy) S. (2025).

Qualitative insights into RN-BSN faculty experiences with student writing development

Presentation Type: Presentation

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

2. Gipson, C. (Christy) S., Deal, B. J., Duke, G., Little, M., & Srivali Teal, J. (2025a).

The impact of nurse coaching on the well-being of nursing students: A mixed methods study

Journal of Holistic Nursing .

Presentation Type: Blind Peer Reviewed

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

attach_fileattachment(s)

3. Gipson, C. (Christy) S., Gosselin, K., Deal, B. J., & Naldoze, T. (2026).

Self-Efficacy for Sleep Hygiene Inventory (SESHI): Instrument Validation Study

Presentation Type: Presentation

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

4. Murley, B., Chen, K. M., Gipson, C. (Christy) S., Mastel Smith, B., & Gosselin, K. (2025). *A Mixed Methods Pilot Study Evaluating the Effects of the Vitality Acupunch Exercise Program on Older Adults.*

Presentation Type: Presentation

Intellectual Contributions: Review Type: Blind Peer Reviewed

attach_fileattachment(s)

5. Gipson, C. (Christy) S., Deal, B. J., Duke, G., Little, M., & Srivali Teal, J. (2025b). *Professional Nurse Coaching to Promote Nursing Student Well-Being.*

Presentation Type: Presentation

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

attach_fileattachment(s)

6. Gipson, C. (Christy) S., Bodner, M., Kampman, K., Driller, M., Hergott, C., Cote, A., & Fenuta, A. (2025). *Assessing sleep hygiene self-efficacy in university athletes.*

Presentation Type: Blind Peer Reviewed

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

attach_fileattachment(s)

7. Gipson, C. (Christy) S., Naldoza, T., Ringhofer Brown, C., Stamer, K., Elliott, B., & Holmstrom, J. M. (2024). Retention of RN-BSN Students: An Integrative Review. *Journal of Nursing Education* .

attach_fileattachment(s)

8. Chilton, J. M., & Gipson, C. (Christy) S. (2024). Psychometric properties of the Adolescent and Young Adult Wellness Survey. *Journal of Nursing Measurement* .

Presentation Type: Blind Peer Reviewed

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

9. Higbee, M., & Gipson, C. (Christy) S. (2024). Exploring Energy Drink Consumption Among Nursing Students: A Qualitative Study *Teaching and Learning in Nursing*.

Presentation Type: Blind Peer Reviewed

Intellectual Contributions: Review Type: Blind Peer Reviewed

attach_fileattachment(s)

10. Naldoza, T., Stamer, K., Gipson, C. (Christy) S., Elliott, B., Ringhofer Brown, C., & Holmstrom, J. (2024). *Retaining RN-BS Students: Insights and Effective Strategies* .

Presentation Type: Blind Peer Reviewed

Synergistic Activity: No

Intellectual Contributions: Review Type: Blind Peer Reviewed

Grants

Title: The Effect of Passive Leg Elevation on Vascular Function and Health Outcomes

Sponsor: High Ground Advisors (Dr. Charles Whiteside)

Award Date: 2024-09-20

Start Date: 2025-01-20

Period Length: 1

Period Unit: Year

Indirect Funding: 0

Total Funding: 25000

Currency Type: USD

Abstract: Vascular function is a strong marker of cardiovascular health, and it refers to the ability of the body to maintain the homeostasis of vascular tone. On the other hand, vascular dysfunction (= decreased blood flow) has been documented to be antecedent to cardiovascular disease.

Number of Periods: 1

Collaborators: Arturo A Arce-Esquivel (50%) PI with Melinda Hermanns (25%)

CoPI, Christine (Christy) S Gipson (25%) CoPI

Status: Funded - In Progress
Approval for Pre-award Spending: No
Type of Grant: Research
Type of Funding: Other
Synergistic Activity: No
Internal/External: External

Title: Transforming Nursing Education: Evidence-Based Strategies for Burnout Reduction, Resilience, and Successful Transition to Practice

Sponsor: The Spencer Foundation

Start Date: 2026-01-01

End Date: 2029-12-31

Period Length: 1

Period Unit: Year

Indirect Funding: 0

Total Funding: 0

Currency Type: USD

Abstract:

Nursing students face significant stressors, including academic demands and clinical challenges, leading to high rates of anxiety, burnout, and psychological distress. This proposed project explores the integration of sleep hygiene, nurse coaching, music, and movement interventions into nursing education to address these issues. Using a Latin Square design and framed through Social-Cognitive Theory, the research evaluates the effectiveness of these non-pharmacological interventions in reducing anxiety and burnout while enhancing self-efficacy, resilience, and well-being. The project also aims to develop a digital repository to provide ongoing access to resources, interactive learning modules, and peer support networks, fostering long-term engagement and professional development. Findings will inform the creation of an elective course to teach evidence-based stress management and self-care practices, equipping students with skills for sustainable well-being and improved patient care outcomes. This project addresses the critical need for innovative, scalable solutions to support nursing students' mental health. By fostering resilience and stress management skills, it aims to improve academic performance, retention, and readiness to apply self-care strategies in clinical practice. The outcomes will provide a replicable model for nursing education, contributing to the broader goals of workforce sustainability and enhanced healthcare delivery.

Number of Periods: 3

Collaborators: Kevin Gosselin PI with Christine (Christy) S Gipson CoPI, Gloria Duke CoPI

Status: Submitted for Review

Approval for Pre-award Spending: No

Type of Grant: Research

Type of Funding: Foundation

Synergistic Activity: No

Internal/External: External

Title: The Impact of Professional Nurse Coaching on Well-being of Undergraduate Nursing Students: A Mixed Methods Study

Sponsor: American Holistic Nurses Association

Award Date: 2023-06-10

Start Date: 2023-09-01

End Date: 2024-08-31

Period Length: 1

Period Unit: Year
Indirect Funding: 0
Total Funding: 5000
Currency Type: USD

Description:

The Research Grant is available to current AHNA members who are conducting holistic nursing research and have been members of AHNA for at least one year. Eligibility includes doctoral students who wish to apply for funds to support their research.

Those receiving the AHNA research grant funds are required to submit a progress report on an annual basis with a final report at the conclusion of the study and maintain a current membership with AHNA. Recipients are encouraged to attend the annual national AHNA conference to receive their awards. Winners are also encouraged to attend a subsequent conference to present their research findings, and are encouraged to publish the results of their work.

This award is supported by individual and group donations through AHNA's Research Fund.

Selection Process

Grants are competitive and awarded through the AHNA Special Recognition and Grant Awards Committee which includes at least one member of the Research Committee.

All applications and proposals are reviewed by the Committee members and the AHNA Board of Directors.

Abstract:

Nursing is known to be a stressful discipline of academic study. Adverse outcomes on student learning and health are known to exist as a result of student stress. The recent American Association of Colleges of Nursing Essentials emphasizes the importance of developing nurses who practice healthy, self-care behaviors and are resilient. Resiliency is noted in the literature as a protective factor of stress. Professional nurse coaching is a holistic intervention with several known benefits for health and well-being. However, there is limited information on the impact of nurse coaching on undergraduate nursing students. In this study, a convergent mixed methods design will be used to examine the feasibility of a future larger scale randomized control trial and to explore the impact of a Professional Nurse Coaching intervention on well-being, resilience, and perceived stress in undergraduate nursing students at a university in the southwestern US. Methods include reliable instruments to measure well-being, resilience, and perceived stress. Reliable quantitative surveys and photovoice methods will be used for data collection and analysis. Implications of this study relate to the awareness of behaviors learned in nursing school that build resilience to stress which may carry over to post graduation workplaces where stress and burnout are prevalent. Lessons learned from this study will help guide future larger-scale studies and how Professional nurse coaching can play a significant role in promoting well-being in nursing students and other populations.

Number of Periods: 1

URL: <https://www.ahna.org/Get-Involved/AHNA-Nationally/Committees/Research-Committee>

Collaborators: Christine (Christy) S Gipson PI with Belinda J. Deal CoInvestigator, Gloria Duke CoInvestigator, Meg Little CoInvestigator, Jutara Teal CoInvestigator

Status: Funded - In Progress

Approval for Pre-award Spending: No

Type of Grant: Research

Type of Funding: Foundation

Synergistic Activity: No

Internal/External: External

Teaching Enhancement Activities

Start Term: 2025/01

End Term: 2025/01

Title: Burnout: The Not So Silent Epidemic

Hours: 1.5

Description: Erica Cuni, September 4th

Synergistic Activity: No

Nurse Tim CE Offering: No

Professional Enhancement Activities

Advising Activities

Start Term: 2024/01

Name of Attached Document: Student Advising Activities

of Doctoral: 3

Student Mentoring

Start Term: 2024/01

Student Name: Carla Biondillo

Title of Thesis / Dissertation: Preparedness for future pandemics in schools of nursing

Start Term: 2022/01

Student Name: Stephan Smith

Title of Thesis / Dissertation: Co-Chair

Professional Service

Start Term: Summer 2021

End Term: Ongoing

Title: Journal of American College Health

Description: Manuscript Reviewer

Responsibility: Member

Synergistic Activity: No

Scope: National

Type of Professional Service: Manuscript Reviewer

Start Term: Fall 2020

End Term: Ongoing

Title: Western Journal of Nursing Research
 Description: Manuscript Reviewer
 Responsibility: Member
 Synergistic Activity: No
 Scope: National
 Type of Professional Service: Manuscript Reviewer
 Start Term: Spring 2017
 End Term: Ongoing
 Title: Building Healthy Academic Communities (BHAC) Journal
 Organization: National Consortium for Building Healthy Academic Communities
 Description: Review manuscripts submitted to BHAC Journal
 Responsibility: Member
 Synergistic Activity: No
 Scope: National
 Type of Professional Service: Manuscript Reviewer
 Start Term: Summer 2016
 End Term: Ongoing
 Title: BHAC Editorial Advisory Board Member
 Organization: Building Healthy Academic Communities
 Description: Responsibilities of board members include working with Editor-in – Chief and editorial team to create the journal design and policies, including standards for articles, features, columns and special issues. The board will contribute to the creation of submission guidelines for authors and peer review guidelines for reviewers. Editorial board members will be asked to promote the journal throughout their institutions and disciplines and may be asked to contribute guest editorials and function as reviewers as needed.
 Responsibility: Member
 Synergistic Activity: No
 Scope: National
 Type of Professional Service: Other Contribution
 Start Term: Summer 2015
 End Term: Ongoing
 Title: Evidence Based Practice and Research Committee
 Organization: Building Health Academic Communities (BHAC)
 Description: BHAC subcommittee-This committee will identify timely practices and challenges in academic health and wellness; ensures practices being promoted by BHAC are evidence-based; helps lead the generation of research and evidence-based projects that can be of benefit to the entire BHAC organization; helps to identify recommendations for academic health and wellness efforts; helps with abstract submission and review process for BHAC Summits; helps to monitor outcomes to determine impact of BHAC; reviews evidence-based practice grants and research grants every fall.
 Responsibility: Member
 Synergistic Activity: Yes
 Scope: National
 Type of Professional Service: Other Contribution

Community Engagement / Civic Service Activities

Start Term: Fall 2023
 End Term: Ongoing
 Title: Youth Leader
 Organization: Beaumont's First Baptist Church

Responsibility: Other
Scope: Local
Location: Beaumont, Texas
Number of People Impacted: 8
Student Participation: No

Honors and Awards

Title: University of Texas at Tyler 40 under 40 Finalist
Organization: The University of Texas at Tyler
Year Conferred: 2024
Type of Honor / Award: University
Award Type: Service

Title: Teaching Award
Organization: UT Tyler College of Nursing and Health Sciences
Description: In recognition of outstanding efforts and excellence in teaching
Year Conferred: 2020
Type of Honor / Award: University
Award Type: Teaching

Title: Outstanding Distance Learning Faculty
Organization: Northeast Texas Consortium of Colleges and Universities
Year Conferred: 2019
Type of Honor / Award: Professional
Award Type: Teaching

Title: Outstanding Dissertation Award
Year Conferred: 2016
Type of Honor / Award: University
Award Type: Research or Other Creative Endeavors

Title: The Lyceum-Student Research Showcase Award
Year Conferred: 2016
Type of Honor / Award: University
Award Type: Research or Other Creative Endeavors

Membership

Year Started: 2022
Year Ended: Ongoing
Organization Name: American Holistic Nurses Association

Year Started: 2016
Year Ended: Ongoing
Organization Name: Alpha Chi National College Honor Society

Year Started: 2015
Year Ended: Ongoing
Organization Name: Sleep Research Society

Year Started: 2014
Year Ended: Ongoing
Organization Name: National Consortium for Building Healthy Academic Communities

Year Started: 2014
Year Ended: Ongoing
Organization Name: National League for Nursing

Year Started: 2012
Year Ended: Ongoing
Organization Name: Sigma Alpha Pi
Year Started: 2008
Year Ended: Ongoing
Organization Name: Sigma Theta Tau International

Consulting

Institutional Committees

Committee Name: Institutional Commitment and Resources Council
Start Term: Fall 2024
End Term: Ongoing
Unit Name: School of Nursing
Responsibility: Member
Curriculum Development: Not Applicable
Committee Name: Intercollegiate Athletic Committee
Start Term: Fall 2019
End Term: Ongoing
Unit Name: The University of Texas at Tyler
Responsibility: Member
Curriculum Development: Not Applicable
Committee Name: Medical Services Advisory Committee
Start Term: Fall 2018
End Term: Ongoing
Unit Name: The University of Texas at Tyler
Responsibility: Member
Curriculum Development: Not Applicable

Other Institutional Service

Start Term: Fall 2024
End Term: Ongoing
Title: Pre-Tenure Committee (Chair)
Organization: School of Nursing
Curriculum Development: Not Applicable
Start Term: Fall 2023
End Term: Ongoing
Title: Post-Tenure Committee
Organization: School of Nursing
Curriculum Development: Not Applicable
Start Term: Fall 2022
End Term: Ongoing
Title: Tenure Promotion Committee
Organization: School of Nursing
Curriculum Development: Not Applicable
Start Term: Fall 2023
End Term: Fall 2026
Title: Outstanding Nursing Alumni Awards Committee (Co-Chair)

Organization: School of Nursing
Description: Fall 2023-Spring 2024 - Co-Chair Fall 2024-Spring 2025-Chair
Curriculum Development: Not Applicable

K-12 Service Activities

Professional Appointments

Faculty Classifications

Classification	Value	Date Range
----------------	-------	------------