
Kristin Wiginton, Ph.D.
Associate Professor
School of Health Promotion and Kinesiology
College of Health Sciences
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Work Experience

Teaching

Courses Taught

Courses from the Teaching Schedule: Consumer Health, Consumer Health, Emergency Care, First Aid /CPR, Epidemiology, Epidemiology, Fitness and Health Laboratory, Fitness and Health: Enhancing Personal Wellness, Foundations of Health Science, Grant Writing in Health Education, Health Advocacy & Leadership, Healthful Lifestyles, History and Principles of Health Education, Internship in Health Education, Methods in Health Education Research, Perspectives on Women's Health, Practicum in Health Education, Social Epidemiology, Stress Management Techniques

Teaching Activities

2017 - (prospectus phase).

2017 - (prospectus phase).

2017 - I'm Good: Examining the role of individual and interpersonal factors on mental health status in women of color who were teenage mothers.

2017 - (prospectus phase).

2017 - (prospectus phase).

2016 - (prospectus phase).

2016 - (prospectus phase).

2016 - (prospectus phase).

2016 - Exploring perceived attitudes, beliefs, and barriers towards depression and resource utilization among medical students.

2016 - Community college student health: Using the National College Health Assessment to evaluate mental health, physical activity, and campus information resources.

2016 - BMI and intent to change: A pilot study.

2015 - Workforce development and health education competencies: Are we preparing the future workforce for success in the field?.

2015 - Breast cancer screening beliefs and barriers among college-aged women.

2015 - Driving home: An analysis of obesity-related behaviors among U.S. college students living on and off campus.

2014 - The "Medication Matters...To You!" educational intervention session: A pilot study to improve medication management in community-living older adults.

2014 - Factors predictive of health care provider mistreatment of mothers during childbirth in a county of Kenya.

2014 - A study of nurse practitioners' perceptions of depression care and treatment in primary care in Texas.

2012 - A Retrospective Study of Sleep Breathing Disorder Therapies and Treatment attitudes among Adult heart failure Patients.

2012 - A Study to Examine the effect of Social Determinants of Health on the Obesity rate among Texas Children.

2012 - Factors affecting North Louisiana Women's decisions related to Menopause Therapy options.

2011 - Prevalence and correlates of Depression and Anxiety Disorders in U.S. Graduate Students.

2010 - The perception of online instruction by dental hygiene faculty in the U.S.

2010 - The Effect of Water quality reporting on consumer confidence and use of water in North Texas.

2010 -

2010 - The association between self-reported mental health symptomology and complementary and alternative medicine use among U.S. women.

2010 - Parental perceptions of the effectiveness of equine therapy for children with special health care needs.

2010 - The effects maternal social support and religious commitment have on prenatal health behaviors of Mexican-American women in North Texas.

2010 - An analysis of predictors of staphylococcus aureus among patients with autoimmune diseases in North Texas.

2010 - Health professionals' perceptions of Health Educators: A Pilot Study.

2009 - Predictors of hospital procedures completed for North Texas patients with systemic lupus erythematosus.

2009 - A study to evaluate the effectiveness of the Girls in Motion program in improving body satisfaction in preadolescent girls.

2009 - Health locus of control, perceived stress and patterns of physical activity among college students.

2009 - Genograms as threat appeals: Using the Extended Parallel Process Model with familial cardiovascular disease.

2009 - A retrospective analysis of Graves' disease patients in North Texas: An Epidemiological Study.

2009 -

2008 - Health education learning preferences for nursing students: SIM vs Standardized Patients.

2008 -

2008 - The impact of a patient lifting equipment education program on the number of employee work-related injuries among health care workers at a for-profit hospital in North Texas: A Case Study.

2008 -

2008 - Omega-3 fatty acid status in patients diagnosed with Usher Syndrome: A Descriptive Study of red blood cell (RBC) Docosahexaenoic acid (DHA) levels in Usher subtypes.

2008 - The effect of a six-week education intervention on athletes' nutrition knowledge and self-efficacy.

2007 - A Pilot Study: Celiac Disease screening of high risk students in Southlake, TX.

2007 - Psychosocial competency of the English as a second language nursing student.

2007 -

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2006 -

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2006 - An assessment of gender, sport, and classification of student-athletes on life-stress.

2006 -

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2005 -

- 2005 -
- 2005 - Personalized versus collective feedback in online health courses: Does type of instructor feedback affect student satisfaction, performance and perceived connectedness with the instructor?.
- 2005 - Psychosocial aspects of college student smokers versus nonsmokers.
- 2005 -
- 2005 -
- 2004 - Ozone levels and pediatric ER admissions for asthma in Dallas, TX.
- 2004 -
- 2004 -
- 2004 -
- 2004 -
- 2004 - Assessing diabetes knowledge, perceived standard of care, and perceived barriers to health care among truck drivers with type 2 diabetes mellitus.
- 2004 - Descriptive characteristics of immunization rates in Denton, Texas.
- 2004 -
- 2002 - Why adults indulge in behaviors that place them at risk for HIV/AIDS infection: A North Texas AIDS Clinic Example.
- 2001 - An examination of the relationship between perceived belonging and adolescent female high-risk sexual behavior.
- 2001 -
- 2001 -

Intellectual Contributions

Intellectual Contributions Grid

Category	Total
Articles in Refereed Journals	16
Publications in Refereed Conference Proceedings	4
Presentations of Refereed Papers	25

Refereed Articles

- Hughes, L. C., Keith, S. E., Byars, A., & Wiginton, K. L. (2012). Cognitive mapping in persons newly diagnosed with Type 2 diabetes. *The Diabetes Educator, 38* (6), 845-854.
- Crosslin, K. L. & Wiginton, K. (2011). Sex differences in disease severity among patients with systemic lupus erythematosus. *Gender Medicine, 8* (6), 365-371.
- Crosslin, K. L. & Wiginton, K. L. (2010). The impact of race and ethnicity on disease severity in systemic lupus erythematosus. *Ethnicity & Disease (19)*, 301-307.
- Crosslin, K. & Wiginton, K. L. (2009). The impact of race/ethnicity on high disease severity in systemic lupus erythematosus. *Ethnicity & Disease, 19* (3), 301-307.
- Crosslin, K. & Wiginton, K. L. (2009). For the patients: Systemic Lupus Erythematosus more severe in Non-Caucasians and Hispanics. *Ethnicity & Disease*.
- Oomen-Early, J., Bold, M., Wiginton, K. L., Gallien, T. L., & Anderson, N. (2008). Using Asynchronous Audio Communication (AAC) in the online classroom: A comparative study. *Journal of Online Learning and Teaching, 4* (3), 267-276.
- Bates, D. R. & Wiginton, K. (2008). Reaching out from within: Using communitybased participatory research (CBPR) to prepare a predominately Hispanic community in West Dallas for program intervention. *American Journal of Health Education, 39* (3), 187-189.
- Wiginton, K. L. (2006). Commentary: Advancing on the discussion of gender-specific health determinants. *Health Education & Behavior, 33* (6), 744-746.
- Wiginton, K. L., Rhea, D. J., & Oomen, J. (2004). Using the Anger Response Inventory to evaluate the effect of shame and guilt on interpersonal communication skills. *American Journal of Health Education, 35* (3), 152-157.

Wiginton, K. L. & Rhea, D. J. (1999). Cognitive mapping: Its use as an assessment tool for disordered eating. *Women in Sport & Physical Activity Journal (Online)*, 8 (2), 63-72.

Wiginton, K. L. (1999). Shame and psychosocial health: Considerations for health education. *American Journal of Health Education*, 30 (1), 30-35.

Wiginton, K. L. (1999). Illness representations: Mapping the experience of lupus. *Health Education & Behavior*, 26 (4), 443-453.

Wiginton, K. L. (1997). Cognitive mapping: Its use as an assessment tool for client education. *Journal of American College Health*, 45 (4), 175-177.

Baker, J. & Wiginton, K. L. (1997). Perceptions and coping among women living with lupus. *American Journal of Health Behavior*, 21 (2), 129-136.

Rhea, D. J., Wiginton, K., & Jambor, E. A. (1996). Prevention of eating disorders in female athletes. *Journal of Physical Education, Recreation and Dance*, 67 (4), 66-68.

Wiginton, K. L. (1995). Taming the wolf: The health educator's role in helping those living with lupus. *The Health Educator*, 17 (1), 11-14.

Refereed Proceedings

Wiginton, K. L., Bates, D. R., & Oomen-Early, J. (2008). Comorbidities of systemic lupus erythematosus: A 7 -year retrospective study of a large North Texas patient. *Proceedings of the 136th Annual Meeting of APHA, Chronic Disease Epidemiology Section*

Bates, D. R., Wiginton, K. L., & Gimpel, N. (2007). Community based participatory research (CBPR) on a shoestring budget: Lessons learned in community mobilization. *Proceedings of the 135th Annual Meeting of APHA, Public Health Education and Health Promotion Section*

Wiginton, K. L. (1996). Cognitive mapping: Accessing women's perceptions of living with lupus. *Proceedings of the American Psychological Association: Women's Health Conference*, 104.

Baker, J. & Wiginton, K. L. (1995). Coping with illness among women with lupus. *Proceedings of the 123rd Annual Meeting of the American Public Health Association*, 385.

Non-Refereed Articles

Hughes, L. C., Keith, S. E., Byars, A., & Wiginton, K. L. (2012). Cognitive mapping in persons newly diagnosed with Type 2 diabetes. *The Diabetes Educator*, 38 (6), 845-854.

Crosslin, K. L. & Wiginton, K. (2011). Sex differences in disease severity among patients with systemic lupus erythematosus. *Gender Medicine*, 8 (6), 365-371.

Crosslin, K. L. & Wiginton, K. L. (2010). The impact of race and ethnicity on disease severity in systemic lupus erythematosus. *Ethnicity & Disease* (19), 301-307.

Crosslin, K. & Wiginton, K. L. (2009). The impact of race/ethnicity on high disease severity in systemic lupus erythematosus. *Ethnicity & Disease*, 19 (3), 301-307.

Crosslin, K. & Wiginton, K. L. (2009). For the patients: Systemic Lupus Erythematosus more severe in Non-Caucasians and Hispanics. *Ethnicity & Disease*.

Oomen-Early, J., Bold, M., Wiginton, K. L., Gallien, T. L., & Anderson, N. (2008). Using Asynchronous Audio Communication (AAC) in the online classroom: A comparative study. *Journal of Online Learning and Teaching*, 4 (3), 267-276.

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Non-Refereed Proceedings

- Wiginton, K. L., Bates, D. R., & Oomen-Early, J. (2008). Comorbidities of systemic lupus erythematosus: A 7 -year retrospective study of a large North Texas patient. *Proceedings of the 136th Annual Meeting of APHA, Chronic Disease Epidemiology Section*
- Bates, D. R., Wiginton, K. L., & Gimpel, N. (2007). Community based participatory research (CBPR) on a shoestring budget: Lessons learned in community mobilization. *Proceedings of the 135th Annual Meeting of APHA, Public Health Education and Health Promotion Section*
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Invited Articles/Reviews

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- Wiginton, K., Bates, D., & Gimpel, N. (2007, June). *Reaching Out From Within: Community-Based Participatory Research (CBPR) in West Dallas, Texas*. International Union for Health Promotion and Education Conference, Vancouver, Canada-British Columbia.
- Bates, D., Wiginton, K., & Gimpel, N. (2007, November). *Community Based Participatory Research (CBPR) on a Shoestring Budget: Lessons Learned in Community Mobilization*. APHA 135th Annual Meeting, Washington, District of Columbia.
- Crosslin, K. & Wiginton, K. L. (2011). *Sex differences in disease severity among Systemic Lupus Erythematosus patients: Are males more severely affected?* Society of Public Health Educators (SOPHE) Mid-Scientific Meeting, Albuquerque, New Mexico.
- Crosslin, K. & Wiginton, K. L. (2009). *Closing the gaps in Systemic Lupus Erythematosus: The role of health insurance on high disease severity*. Society of Public Health Educators (SOPHE) Mid-Scientific Meeting, New Orleans, Louisiana.
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- Wiginton, K. & Holland, D. (2015, March). *Workforce development and Health Education competencies: Are we preparing the future Public Health workforce for success in the field?* Society for Public Health Education (SOPHE) Annual Meeting, Charlotte, North Carolina.
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- Wiginton, K. & Ward, S. (2005). *Geographical and Age Distributions of Systemic Lupus Erythematosus Deaths Among White and Black Women in the U.S.(1999-2001)*. SOPHE Mid-year Scientific Conference, Boston, Massachusetts.
- Wiginton, K., Rhea, D., & Oomen, J. (2004). *The Relationship between Shame and Guilt and College Students' Interpersonal Communication Skills*. American College Health Association Annual Meeting, New Orleans, Louisiana.
- Wiginton, K. & Keith, S. (2002). *The Use of Illness Mapping for Assessment and Research*. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) National Convention, San Diego, California.
- Wiginton, K. & Keith, S. (2001). *Mapping Diabetes Among the Choctaw Indians of Southern Oklahoma*. SOPHE 2001 Midyear Scientific Meeting, Seattle, Washington.
- Wiginton, K. & Keith, S. (2000). *Rapping and Mapping in a Native American Community*. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) National Convention, Orlando, Florida.
- Wiginton, K. (1998). *Shame on Us: The Missing Link in Psychosocial Health Education*. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) National Convention, Reno, Nevada.
- Wiginton, K. (1996). *Cognitive Mapping: Accessing Women's Perceptions of Living with Lupus*. APA (American Psychological Association) Women's Health Conference, Washington, District of Columbia.
- Wiginton, K. & Baker, J. (1995). *Perceptions and Coping Among Women with Lupus*. APHA 123rd Annual Meeting & Exhibition, San Diego, California.
- Wiginton, K. (2003). *Field Sanitation's History and Significance*. Training for the 331st Medical Group, Wichita, Kansas.
- Wiginton, K. (1995). *The Public Face and Private Meaning of Illness: An Exploratory Study on Women's Perceptions of Living with Lupus*. TAHPERD Annual Meeting, Dallas, Texas.
- Wiginton, K., Rhea, D., & Jambor, E. (1994). *Identification and Awareness of Eating Disorders Among Female Athletes*. TAHPERD Annual Meeting, Austin, Texas.
- Wiginton, K. (1998). *A Lifetime of Service: Choosing to Become a Health Care Professional*. Invited presentation at Allied Health Society Awards Banquet, Arlington, Texas.
- Wiginton, K. (1998). *Body Image and Disordered Eating*. Invited presentation at Delta Sigma Theta 3rd Annual Women's Retreat, Arlington, Texas.

- Wiginton, K. (1998). *The Female Athlete Triad*. Invited presentation at Inservice for student Athletic Trainers, Arlington, Texas.
- Wiginton, K. (1998). *Rape and Ethnic Cleansing*. North Texas UN Conference on Women, Dallas, Texas.
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- Wiginton, K. (1997). *Developing Strategies for Shame & Anger Management*. Invited presentation at Child Studies Center, Fort Worth, Texas.
- Wiginton, K. (1997). *Promoting the Psychosocial Health of Adolescent Girls*. North Texas Chapter of the American Association of University Women, Denton, Texas.
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- Wiginton, K. (1996). *Women Living with Lupus: The Public Face and Private Meaning of Illness*. Invited presentation at Women's Studies Program Brown Bag Event, Arlington, Texas.
- Oomen, J., Doyle, E., Wiginton, K., & Spillman, A. (2003). *Parochial School Girls' Perceptions of Menarche: Implications for Curriculum Development*. TAHPERD Annual Meeting, Galveston, Texas.
- Parker, K. & Wiginton, K. (2016, January). *Partnership development as a planning tool for the Be PrEPared! implementation phase*. Texas Black Women's Initiative Meeting, San Antonio, Texas.
- Wiginton, K. (1999). *Sexual Violence During Armed Conflict*. Human Rights Forum, Dallas, Texas.
- Wiginton, K. (1998). *Psychology and Motivation of the Older Adult*. Texas Chapter of the American College of Sports Medicine (ACSM) Annual Meeting, Dallas, Texas.
- Wiginton, K. (1997). *Nutritional Concerns of Female Athletes*. Invited presentation at Midlothian School District, Midlothian, Texas.
- Wiginton, K. (1997). *The Role of Shame in Self-Destructive Psychosocial Patterns of Women*. Invited presentation at Women's Studies Program Brown Bag Event, Arlington, Texas.

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Wiginton, K. (1997). *The Role of Shame in Self-Destructive Psychosocial Patterns of Women*. Invited presentation at Women's Studies Program Brown Bag Event, Arlington, Texas.

Grants

2015: Parker, K. Be PrEPared! Increasing knowledge and awareness about PrEP utilizing a comprehensive women's health approach, Co-Investigator, Gilead Sciences. .

2007: Wiginton, K., Bates, D., & Oomen, J., Autoimmune Disease in North Texas: A Retrospective Epidemiologic Study (1999-2005), Principal Investigator, Lupus Foundation of America- North Texas Chapter. .

2007: Wiginton, K., Bates, D., & Oomen, J., Autoimmune Disease in North Texas: A Retrospective Epidemiologic Study (1999-2005), Principal Investigator, TWU- Research & Sponsored Programs Small Grant. .

2006: Wiginton, K., Bates, D., & Wiginton, K., Reaching Out From Within: West Dallas Health Needs Assessment (Promotore Training), Principal Investigator, TWU College of Health Sciences Grant. .

2006: Wiginton, K. Reaching Out From Within: West Dallas Health Needs Assessment, Co-Principal Investigator, NIH-Academic Research Enhancement Award. .

2005: Wiginton, K. & Bates, D., Reaching Out From Within: CBPR in the Hispanic Communities of West Dallas, Principal Investigator. .

2001: Wiginton, K., Keith, S., & Wiginton, K., Rapping and Mapping in a Native American Community, Principal Investigator, REP Grant Angelo State University. .

1997: Wiginton, K. Cognitive Mapping: Assessment of Victims and Perpetrators of Domestic Violence, Principal Investigator, REP Grant The University of Texas at Arlington. .

1996: Wiginton, K. The Relationship of Shame to Self-Destructive Coping Strategies Among Undergraduate Students, REP Grant Proposal -The University of Texas at Arlington/Iowa State University. .

1995: Wiginton, K. Taming the Wolf: Understanding Your Lupus Educational Program, REP Grant Proposal- The University of Texas at Arlington. .

1994: Wiginton, K. & Baker, J., Common-Sense Representations of Illness Among Women with Lupus, Principal Investigator, REP Grant Texas Woman's University. .

Papers Under Review

Wiginton, K. (2014). "Comorbidities of systemic lupus erythematosus: A 7-year retrospective study of a large North Texas patient cohort."

Wiginton, K. L., Bates, D., Oomen-Early, J., & Paulson, R. M. (2014). "Cardiovascular and pulmonary comorbidities of systemic lupus erythematosus."

Wiginton, K. & Keith, S. E. (2001). "Using illness mapping to map type 2 diabetes among Choctaw Indians."

Wiginton, K. & Beckham, S. (1999). "The effect of a group progressive resistance training program on internalized shame scores."

Working Papers

Wiginton, K. (2014). "Comorbidities of systemic lupus erythematosus: A 7-year retrospective study of a large North Texas patient cohort."

Wiginton, K. L., Bates, D., Oomen-Early, J., & Paulson, R. M. (2014). "Cardiovascular and pulmonary comorbidities of systemic lupus erythematosus."

Wiginton, K. & Keith, S. E. (2001). "Using illness mapping to map type 2 diabetes among Choctaw Indians."

Wiginton, K. & Beckham, S. (1999). "The effect of a group progressive resistance training program on internalized shame scores."

Service

Service to the Profession

Service to the Community

Professional Development

- 2006: Mapping Workshop: An Introduction to GIS & Community Analysis, Dallas, Texas.
- 2004: Operational Entomology Course, San Antonio, Texas.
- 2003: Field Training in Preventive Medicine/Epidemiology Procedures, Fort Sam Houston, Texas.
- 2003: Classroom Training in Preventive Med/Medical Procedures, Fort Sam Houston, Texas.
- 2002: Center for Health Promotion and Preventive Medicine Field Training, Camp Parks, California.

Honors/Awards

- 2002: Who's Who Among Teachers in American Universities & Colleges, Who's Who Among Teachers in American Universities & Colleges.
- 2002: , Army Commendation Medal.
- 1999: , UTA's Chancellor's Council Award for Excellence in Teaching.
- 1998: UTA Faculty Mentor, Maverick Scholars Program.
- 1997: Outstanding Outreach Person of the Year, Women's Havenrthe Women's Shelter.
- 1995: Mary L. Drews Scholarship Award, TWU Health Studies Department.
- 1988: Female Athlete of the Year, Mortar Board's Scholar.
- 1988: Outstanding Senior Female Athlete, Baylor University.

Miscellaneous

- 1988 - GTE/NCAA All-SWC Team
- 1988 - Basketball Team Co-Captain
- 1987 - GTE/NCAA All-SWC Team
- 1987 - Basketball Team Co-Captain
- 1984 - Member of Baylor Women's Basketball Team