

# **Tabbatha Lopez, Ph.D., R.D., L.D.**

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## **PRESENT POSITIONS**

SAM HOUSTON STATE UNIVERSITY August 2020 - current  
Visiting Assistant Professor – Family and Consumer Science

SAM HOUSTON STATE UNIVERSITY August 2020 - current  
Dietetic Internship Director - Family and Consumer Science

## **EDUCATION**

UNIVERSITY OF HOUSTON August 2014 – August 2020  
Doctor of Philosophy in Kinesiology: Obesity Studies Concentration

UNIVERSITY OF HOUSTON January 2014 - August 2014  
Dietetic Internship Program – Health and Human Performance

UNIVERSITY OF HOUSTON August 2011 – December 2013  
Post Bachelor of Science in Human Nutrition and Foods (ASCEND Accredited Track)

UNIVERSITY OF HOUSTON August 2005 – May 2009  
Bachelor of Science in Biology with a minor in Biochemistry

## **CERTIFICATIONS**

AMERICAN COLLEGE OF SPORTS MEDICINE August 2013 – May 2019  
Certified Inclusive Fitness Trainer

NATIONAL ACADEMY OF SPORTS MEDICINE – LIFETIME ACADEMY August 2013 – August 2014  
Personal Trainer, Corrective Exercise Specialist and Performance Enhancement Specialist

## **EXPERIENCE**

INTUITION NUTRITON – Private practice nutrition consultations December 2016 - current  
Outpatient dietitian

HUNTSVILLE MEMORIAL HOSPITAL – MORRISON HEALTHCARE August 2014 – December 2016  
Lead Clinical and Outpatient Dietitian

PERSONAL TRAINER, PILATES INSTRUCTOR AND NASM INSTRUCTOR January 2013 – August 2017  
LifeTime Fitness – City Center

HOUSTON TEXANS CHEERLEADER – HOUSTON TEXANS May 2011 – May 2012  
Professional cheerleader

## **HONORS/ELECTED POSITIONS**

Academy of Nutrition and Dietetics Guideline Reviewer - EAL Chronic Kidney Disease (2018)  
*University of Houston Internal Review Board – Student Representative: 2017 – current*

# Tabbatha Lopez, Ph.D., R.D., L.D.

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University of Houston Health and Human Performance Graduate Research Degree Committee – Student Representative: 2018 - current  
University of Houston Future Faculty Fellow - 2016

## JOURNAL PUBLICATIONS

1. Leme ACB, Thompson D, Lenz Dunker KL, Nicklas T, Tucunduva Philippi S, **Lopez T**, Vézina-Im LA, Baranowski T. Obesity and eating disorders in integrative prevention programs for adolescents: protocol for a systematic review and meta-analysis. *BMJ Open*. 2018 Apr 19;8(4):e020381.doi: 10.1136/bmjopen-2017-020381 Impact Factor = 2.413

## TEXTBOOK PUBLICATIONS

1. Ledoux T, **Lopez T**. Nutrition in Lifestyle Medicine. 1 ed. Rippe JM, editor. Springer International Publishing Switzerland: Humana Press; 2017. Chapter 8, Nutrition in Weight Management and Obesity; p.173-192. 433p.

## JOURNAL ARTICLES UNDER REVIEW/IN PREPARATION

9. Lopez, T.D., Wiesner, M., Johnston, C., Haubrick, K., Ledoux, T. BMI and Disordered Eating in Hispanic Adolescents: The Mediating Role of Body Dissatisfaction. (In Preparation – Dissertation)
8. Lopez, T.D., Wiesner, M., Johnston, C., Haubrick, K., Ledoux, T. Development of the modified Kids Eating Disorder Survey (M-KEDS): A Validation Study with Hispanic Adolescents. (In Preparation – Dissertation)
7. Lopez, T.D., Wiesner, M., Johnston, C., Haubrick, K., Ledoux, T. The Modified Kids Eating Disorder Survey (M-KEDS): A study of Hispanic Adolescents. (In Preparation- Dissertation)
6. Reesor-Oyer, L., Lee, C. Y., Hatem, C., Zhao, X., **Lopez, T.**, Hernandez, D. C. (in publication). Evaluating co-parenting support and parenting stress as mediators for the food insecurity-maternal depression/anxiety relationship. *Journal of the Academy of Nutrition and Dietetics*.
5. Hatem, C., Lee, C. Y., Zhao, X., Reesor-Oyer, L., **Lopez, T.**, Hernandez, D. C. (in publication). Food insecurity and housing instability during early childhood as predictors of adolescent anxiety and depressive symptoms. *Developmental Psychology*.
4. Leme ACB, Fisberg RM, Thompson D, Nicklas T, Tucunduva Philippi S, **Lopez T**, Lenz Dunker KL, Baranowski T. (in publication) Effects on weight status of obesity prevention versus obesity with added focus on eating disorder prevention trials: Systematic review and meta-analysis– presented orally at ISNBA 2019
3. **Lopez T**. Examining the associations of attention-deficit/hyperactivity disorder and obesity in children. *Dietetic Practice Group – Weight Management Article* (in preparation for 2020 newsletter).
2. **Lopez T.**, Arlinghaus, K.R., Johnston, C.A. (in publication). Developing adaptive learning environments to support long term health promotion. *American Journal of Lifestyle Medicine*. Impact Factor = 1.19
1. **Lopez T.**, Hernandez, D.C., Bode, S., Ledoux, T. (in preparation). A complicated relationship between intuitive eating and diet quality among university students.

## TEXTBOOK CHAPTERS UNDER REVIEW/IN PREPARATION

1. **Lopez T**, Ledoux T, Gray J. Intro to Sports Medicine. 1 ed. University of Houston Health and Human Performance: (in publication) Chapter: Disordered Eating Behaviors.

## **RESEARCH EXPERIENCE**

06/2018- 08/2020: Dissertation - Relationship between body dissatisfaction, disordered eating behaviors, and BMI Secondary data analysis of Kids Eating Disorder survey in Hispanic adolescents (Advisor: Dr. Tracey Ledoux)

- Dissertation Proposal accepted
- Work with Mplus to conduct confirmatory factor and mediation/moderation analysis
- Learn secondary data analysis, dissemination

08/2014-06/2018: Candidacy Project - Examining the relationship between intuitive eating and diet quality in university students—*University of Houston*

Cross sectional survey of diet quality using the Diet History Questionnaire and the Intuitive Eating Questionnaire, 800 students were sampled. (Advisor: Dr. Tracey Ledoux)

- **Has resulted in 1 poster presentations and 1 oral presentation**
- Study and electronic survey design
- Work with NCI to process food frequency data
- Recruitment, data analysis and dissemination

8/2016 - 12/2018: Examining undergraduate students' knowledge, interests, and career aspirations in health and human performance- *University of Houston*

Descriptive study to inform course curriculum and departmental courses. Sampled 700 students across three semester of foundational kinesiology course. (Advisor: Dr. Jon Gray)

- **Has resulted in 1 poster presentations**
- Participant recruitment
- Analyze descriptive data
- Developed survey measure

8/2011 - 12/2013: Pilot study for biofeedback as an intervention for disinhibited eating and obesity. (Advisor: Dr. Tracey Ledoux)

- Analyzed and coded transcripts from focus groups
- Worked with peers to identify themes in transcripts
- Analyzed food records
- Data entry

8/2012 – 12/2013: Research assistant – Texas Obesity Research Center (Advisor: Dr. Tracey Ledoux)

- Participated in dissemination and reviews
- Coordinated other research assistance
- Assisted with data collection and analysis

## **TEACHING EXPERIENCE**

08/2020-12/2020: Lifecycle Nutrition - Sam Houston State University

08/2020 – 12/2020: Food Preparation – Sam Houston State University

08/2020 – 12/2020: Graduate Research Methods - Sam Houston State University

08/2020 – 12/2020: Dietetic Intern Practicum - Sam Houston State University

06/2020-8/2020: Child and Adolescent Nutrition, University of Houston

- Interact with students via discussion boards
- Engage students with thought provoking questions
- Answer questions about the material

# **Tabbatha Lopez, Ph.D., R.D., L.D.**

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6/2020-8/2020: Intro to Human Nutrition, University of Houston

- Interact with students via discussion boards
- Engage students with thought provoking questions
- Answer questions about the material

8/2014-PRESENT: Foundations of Kinesiology Teaching Assistant- Graduate Assistantship, University of Houston

- Provide lecture and class demonstrations for 16 class periods
- Grade student assignments and communicate with students
- Assist with assignment development

8/2018-12/2019: Community Nutrition

- Work with students to prepare final papers
- Review papers and research plan during writing with students
- Grade and provide feedback for student papers

1/2018-7/2018: Course development for Nutrition Master's program – University of Houston

- Develop syllabus for research design course
- Develop course curriculum, including projects and rubrics
- Develop power point presentations

## **CONFERENCE PRESENTATIONS**

### **National**

4. **Lopez, T.** Wiesner, M., Johnston, C. Haubrick, K. & Ledoux, T. (2020, Oct.) BMI and Disordered Eating in Hispanic Adolescents; The mediating role of Body Dissatisfaction. Poster accepted at the Food and Nutrition Conference and Expo.
3. **Lopez, T.** Wiesner, M., Johnston, C. Haubrick, K. & Ledoux, T. (2020, Oct.) Development of the Modified Kids Eating disorder Survey (M-KEDS): A validation study with Hispanic Adolescents. Poster accepted at the Food and Nutrition Conference and Expo.
2. **Lopez, T.** Wiesner, M., Johnston, C. Haubrick, K. & Ledoux, T. (2020, Oct.) The Modified Kids Eating disorder Survey (M-KEDS): A study of Hispanic Adolescents. Poster accepted at the Food and Nutrition Conference and Expo.
1. **Lopez, T.** & Ledoux, T. (2017, Sept). Use of Healthy Eating Index to predict Intuitive Eating behaviors in male and female university students. Poster accepted at the Food and Nutrition Conference and Expo, Chicago, IL.

### **State/Local**

4. **Lopez, T.** (2019, October) The importance of Evidence Based Practice. Presentation given at the University of Houston Health and Human Performance Research Symposia, Houston, TX
3. **Lopez, T.,** Kinker Mishra, R. & Gray, J. (2018, Nov). Undergraduate Students' Knowledge, Interests, and Career Aspirations in Health and Human Performance. Poster accepted at the Texas Association for Health, Physical Education, Recreation & Dance. Galveston, TX.
2. **Lopez, T.** (2016, October) Examining the association between Intuitive Eating and diet quality. Presentation given at the University of Houston Health and Human Performance Research Symposia, Houston, TX

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1. **Lopez, T.** (2016, March) Current research on Intuitive Eating. Presentation given at Texas Food and Nutrition Conference and Expo. Austin, TX

## **REFERENCES**

### **Dr. Tracey Ledoux**

Associate Professor  
Department of Health and Human Performance  
University of Houston  
[taledoux@uh.edu](mailto:taledoux@uh.edu)  
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### **Dr. Jon Gray**

Instructional Associate Professor  
Department of Health and Human Performance  
University of Houston  
[jgray5@central.uh.edu](mailto:jgray5@central.uh.edu)  
713-743-8494

### **Dr. Craig Johnston**

Associate Professor  
Department of Health and Human Performance  
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### **Dr. Kevin Haubrick**

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### **Dr. Margit Wiesner**

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713-743-5031