Catherine Heaney
Associate Professor (Teaching) of Psychology and of Medicine (Stanford Prevention Research Center)

Bio

ACADEMIC APPOINTMENTS
• Associate Professor (Teaching), Psychology
• Associate Professor (Teaching), Medicine - Stanford Prevention Research Center

PROFESSIONAL EDUCATION
• Ph.D., University of Michigan, School of Public Health (1989)

LINKS
• Stanford Prevention Research Center: http://prevention.stanford.edu/
• Human Biology: https://humanbiology.stanford.edu/

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS
Enhancing our understanding of psychosocial factors at work (occupational stress, social support at work, organizational justice, organizational empowerment) that are associated with health and disease.

Developing effective strategies for enhancing employee resiliency and reducing exposure to psychological and behavioral risk factors at work.

Teaching

COURSES

2020-21
• Community Health Psychology: PSYCH 101 (Spr)
• Foundations for Community Health Engagement: MED 157 (Spr)
• Meet HumBio: a lecture series introducing HumBio themes: HUMBIO 11 (Win)
• Oaxacan Health on Both Sides of the Border: MED 159 (Spr)

2019-20
• Community Health Psychology: HUMBIO 128, PSYCH 101 (Win)
• Foundations for Community Health Engagement: MED 157 (Spr)

2018-19
Foundations for Community Health Engagement: MED 157 (Spr)

2017-18

Community Health Psychology: HUMBIO 128, PSYCH 101 (Win)

Foundations for Community Health Engagement: MED 157 (Spr)

Publications

PHYSICAL ACTIVITY AS STRESS MANAGEMENT DURING COVID-19
OXFORD UNIV PRESS INC 2021: S357

2021: 1–11

Well-Being without a Roof: Examining Well-Being among Unhoused Individuals Using Mixed Methods and Propensity Score Matching, International journal of environmental research and public health
2020; 17 (19)

The WELL diet score correlates with the alternative healthy eating index-2010 Food science & nutrition
Springfield, S., Cunanan, K., Heaney, C., Peng, K., Gardner, C.
2020

PROMOTING WELL-BEING AMONG LATINOS: CAN A PHYSICAL ACTIVITY INTERVENTION MOVE THE NEEDLE?
OXFORD UNIV PRESS INC.2020: S370

A COMPREHENSIVE ASSESSMENT OF WELL-BEING AMONG LATINXS AND NON-LATINX WHITE ADULTS: A PROPENSITY SCORE MATCHING STUDY
Espinosa, P., Freeman, M., Heaney, C. A.
OXFORD UNIV PRESS INC.2020: S590

Exploring health and well-being in Taiwan: what we can learn from individuals' narratives. BMC public health
2020; 20 (1): 159

The WELL diet score correlates with the alternative healthy eating index-2010 Food science & nutrition
2020; 8 (6): 2710–18

CONTEMPLATIVE PRACTICES BEHAVIOR AND WELL-BEING
OXFORD UNIV PRESS INC.2019: S565

WELL-BEING AND ITS CORRELATES AMONG LATINO ADULTS: WHAT REALLY MATTERS AND TO WHOM?
OXFORD UNIV PRESS INC.2019: S123

Physical activity: Perceptions and behaviours, and the association with well-being
Winter, S., Hedlin, H., Balasubramanian, V., Heaney, C.
HUMAN KINETICS PUBL INC.2018: S172–S173

DIET: PERCEPTIONS AND BEHAVIORS, AND THE ASSOCIATION WITH WELL-BEING
Winter, S., Hedlin, H., Balasubramanian, V., Heaney, C.
SPRINGER.2018: S83
• The Effect of a Behavioral Weight-Loss Intervention on Depressive Symptoms Among Latino Immigrants in a Randomized Controlled Trial. *Journal of Immigrant and Minority Health* Figueroa, S., Stafford, R. S., Heaney, C. A., Rosas, L. G. 2018; 20 (5): 1182–89


• *Well-being across the life course* Ahuja, N., Winter, S. J., Heaney, C., Kaimal, R., Hedlin, H. OXFORD UNIV PRESS INC. 2018: S358


• Do you need to know that your lifestyle behaviors are "good for you" in order for them to affect your well-being? Winter, S. J., Balasubramanian, V., Hedlin, H., Heaney, C. OXFORD UNIV PRESS INC. 2018: S355


2012; 27 (2): 117-123

- Compliance With the North American Guidelines for Children's Agricultural Tasks (NAGCAT) Work Practice Recommendations for Youth Working With Large Animals *JOURNAL OF AGROMEDICINE*
  2011; 16 (3): 174-193

- Stressors, Resources, and Well-Being Among Latino and White Warehouse Workers in the United States *AMERICAN JOURNAL OF INDUSTRIAL MEDICINE*
  Hoppe, A., Heaney, C. A., Fujishiro, K.
  2010; 53 (3): 252-263

- Social Support and Companionship Among Active African American Women *AMERICAN JOURNAL OF HEALTH BEHAVIOR*
  2009; 33 (6): 673-685

- Justice at Work, Job Stress, and Employee Health *HEALTH EDUCATION & BEHAVIOR*
  Fujishiro, K., Heaney, C. A.
  2009; 36 (3): 487-504

- Content and Frequency of Writing on Diabetes Bulletin Boards: Does Race Make a Difference? *JOURNAL OF MEDICAL INTERNET RESEARCH*
  2009; 11 (2)

- Developing Long-Term Physical Activity Participation: A Grounded Theory Study With African American Women *HEALTH EDUCATION & BEHAVIOR*
  2009; 36 (1): 97-112

- African American Social and Cultural Contexts and Physical Activity: Strategies for Navigating Challenges to Participation *WOMEN & HEALTH*
  Harley, A. E., Odoms-Young, A., Beard, B., Katz, M. L., Heaney, C. A.
  2009; 49 (1): 84-100

- Differential associations of social support and social connectedness with structural features of social networks and the health status of older adults *JOURNAL OF AGING AND HEALTH*
  Ashida, S., Heaney, C. A.
  2008; 20 (7): 872-893

- Intervention effectiveness evaluation criteria: Promoting competitions and raising the bar *JOURNAL OF OCCUPATIONAL HEALTH PSYCHOLOGY*
  Scharf, T., Chapman, L., Collins, J., Limanowski, J., Heaney, C., Goldenhar, L. M.
  2008; 13 (1): 1-9

- Computer use, symptoms, and quality of life Annual Meeting of the American-Academy-of-Optometry
  Hayes, J. R., Sheedy, J. E., Stelmack, J. A., Heaney, C. A.
  LIPPINCOTT WILLIAMS & WILKINS 2007: 738–44

- Protecting young workers in agriculture: participation in tractor certification training. Journal of agricultural safety and health
  Heaney, C. A., Wilkins, J. R., Dellinger, W., McGonigle, H., Elliott, M., Bean, T. L., Jepsen, S. D.
  2006; 12 (3): 181-190

- The effect of ergonomic interventions in healthcare facilities on musculoskeletal disorders *AMERICAN JOURNAL OF INDUSTRIAL MEDICINE*
  Fujishiro, K., Weaver, J. L., Heaney, C. A., Hamrick, C. A., Marras, W. S.
  2005; 48 (5): 338-347