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
2021-22
• Community Health Psychology: HUMBIO 128, PSYCH 101 (Win)
• Foundations for Community Health Engagement: MED 157 (Spr)
• Oaxacan Health on Both Sides of the Border: MED 159 (Spr)

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)

Publications

PUBLICATIONS

- An in-depth comparison of well-being among Latinx and non-Latinx White adults: A cautionary tale. Preventive medicine reports
  2021; 24: 101513

- Coping with the COVID-19 pandemic: Contemplative practice behaviors are associated with better mental health outcomes and compliance with shelter-in-place orders in a prospective cohort study. Preventive medicine reports
  2021; 23: 101451

- 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?
• 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

  Jowell, A., Wulfovich, S., Kuyan, S., Heaney, C.
  2018

• WELL-BEING ACROSS THE LIFE COURSE
  Ahuja, N., Winter, S. J., Heaney, C., Kaimal, R., Hedlin, H.
  OXFORD UNIV PRESS INC. 2018: S358

• SELF-COMPASSION AND MINDFULNESS BEHAVIORAL PRACTICES: RELATIONSHIPS WITH WELL-BEING
  OXFORD UNIV PRESS INC. 2018: S528

• 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

• "Doing what I do best": The association between skill utilization and employee health with healthy behavior as a mediator. Social science & medicine
  Fujishiro, K., Heaney, C. A.
  2017; 175: 235-243

• Host community perspectives on trainees participating in short-term experiences in global health. Medical education
  Kung, T. H., Richardson, E. T., Mabud, T. S., Heaney, C. A., Jones, E., Evert, J.
  2016; 50 (11): 1122-1130

• Psychosocial work characteristics of personal care and service occupations: a process for developing meaningful measures for a multiethnic workforce ETHNICITY & HEALTH
  Hoppe, A., Heaney, C. A., Fujishiro, K., Gong, F., Baron, S.
  2015; 20 (5): 474-492

• Why won't they participate? Barriers to participation in worksite health promotion programmes EUROPEAN JOURNAL OF WORK AND ORGANIZATIONAL PSYCHOLOGY
  Toker, S., Heaney, C. A., Ein-Gar, D.
  2015; 24 (6): 866-881

• Personalized normative feedback for depression symptoms: a qualitative pilot study of female undergraduates. Academic psychiatry
  Hom, M., Heaney, C., Koopman, C.
  2014; 38 (4): 464-469

• Personalized normative feedback for depression symptoms: a qualitative pilot study of female undergraduates. Academic psychiatry
  Hom, M., Heaney, C., Koopman, C.
  2014; 38 (4): 464-469

• What influences youth to operate all-terrain vehicles safely? Health education research
  Grummon, A. H., Heaney, C. A., Dellinger, W. A., Wilkins, J. R.
- Workplace racial/ethnic similarity, job satisfaction, and lumbar back health among warehouse workers: Asymmetric reactions across racial/ethnic groups. *Journal of Organizational Behavior* 2014; 35 (2): 172-193

- Biomechanical, psychosocial and individual risk factors predicting low back functional impairment among furniture distribution employees. *Clinical Biomechanics* 2012; 27 (2): 117-123


- Content and Frequency of Writing on Diabetes Bulletin Boards: Does Race Make a Difference? *Journal of Medical Internet Research* 2009; 11 (2)


- Protecting young workers in agriculture: participation in tractor certification training. *Journal of Agricultural Safety and Health* 2006; 12 (3): 181-190
