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
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)
2016-17
• Community Health Psychology: HUMBIO 128, PSYCH 101 (Win)
• Community Health: Assessment and Planning I: HUMBIO 127A (Win)
• Community Health: Assessment and Planning II: HUMBIO 127B (Spr)
• Foundations for Community Health Engagement: MED 157 (Spr)

STANFORD ADVISEES

Undergraduate Major Advisor
Haley O'Brien

Postdoctoral Research Mentor
Patricia Rodriguez Espinosa

Publications

PUBLICATIONS

• 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

• Exploring health and well-being in Taiwan: what we can learn from individuals’ narratives. *BMC Public Health*
  2020; 20 (1): 159

• Conventional 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

• Ethnic identity, resilience, and well-being: a study of female Maasai migrants. *International Journal of Public Health*
  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.
2014; 29 (3): 533-546

Workplace racial/ethnic similarity, job satisfaction, and lumbar back health among warehouse workers: Asymmetric reactions across racial/ethnic groups JOURNAL OF ORGANIZATIONAL BEHAVIOR
Hoppe, A., Fujishiro, K., Heaney, C. A.
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

Compliance With the North American Guidelines for Childrens 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.
• 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