



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

2023-24

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

2022-23

- Community Health Psychology: HUMBIO 128, PSYCH 101 (Win)
- Community Health in Oaxaca: OSPGEN 259 (Sum)
- Oaxacan Health on Both Sides of the Border: MED 159 (Spr)

2021-22

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

- Community Health in Oaxaca: OSPGEN 259 (Sum)
- Foundations for Community Health Engagement: MED 157 (Spr)
- Oaxacan Health on Both Sides of the Border: MED 159 (Spr)

2020-21

- Community Health Psychology: HUMBIO 128, 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)

STANFORD ADVISEES

Undergraduate Major Advisor

Lauren Seu

Publications

PUBLICATIONS

- **Benefit finding and well-being over the course of the COVID-19 pandemic.** *PloS one*
Moore, J. B., Rubin, K. C., Heaney, C. A.
2023; 18 (7): e0288332
- **Contemplative Practices Behavior Is Positively Associated with Well-Being in Three Global Multi-Regional Stanford WELL for Life Cohorts.** *International journal of environmental research and public health*
Rich, T., Chrisinger, B. W., Kaimal, R., Winter, S. J., Hedlin, H., Min, Y., Zhao, X., Zhu, S., You, S. L., Sun, C. A., Lin, J. T., Hsing, A. W., Heaney, et al
2022; 19 (20)
- **The Value of Contemplative Practices: A Mixed Methods Approach Exploring Associations between Resilience and Experiences of the COVID-19 Pandemic among Older Adults.** *International journal of environmental research and public health*
Achepohl, G., Heaney, C., Rosas, L. G., Moore, J., Rich, T., Winter, S. J.
2022; 19 (16)
- **Well-being in Thailand: A Culturally Driven Grounded Inquiry Exploration of a Complex Construct** *APPLIED RESEARCH IN QUALITY OF LIFE*
Suavansri, P., Pichayayothin, N., Espinosa, P., Areekit, P., Nilchantuk, C., Jones, T. S., French, J. J., Mam, E., Moore, J. B., Heaney, C. A.
2022
- **Found in Translation: Reflections and Lessons for Qualitative Research Collaborations Across Language and Culture** *INTERNATIONAL JOURNAL OF QUALITATIVE METHODS*
Rodriguez Espinosa, P., Pichayayothin, N. B., Suavansri, P., French, J. J., Areekit, P., Nilchantuk, C., Jones, T. S., Mam, E., Moore, J. B., Heaney, C. A.
2022; 21
- **BENEFIT FINDING AND WELL-BEING OVER THE COURSE OF THE COVID-19 PANDEMIC**
Moore, J., Heaney, C. A., Rubin, K.
OXFORD UNIV PRESS INC.2022: S58
- **A MIXED METHODS APPROACH EXPLORING ASSOCIATIONS BETWEEN RESILIENCE AND EXPERIENCES OF THE COVID-19 PANDEMIC AMONG OLDER ADULTS**
Achepohl, G. D., Heaney, C. A., Rosas, L., Moore, J., Winter, S. J.
OXFORD UNIV PRESS INC.2022: S27
- **An in-depth comparison of well-being among Latinx and non-Latinx White adults: A cautionary tale.** *Preventive medicine reports*
Rodriguez Espinosa, P., Patel, M. L., King, A. C., Campero, I., Freeman, M. 2., Garcia, D. M., Winter, S. J., Heaney, C. A.
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*

- Chrisinger, B. W., Rich, T., Lounsbury, D., Peng, K., Zhang, J., Heaney, C. A., Lu, Y., Hsing, A. W.
2021; 23: 101451
- **PHYSICAL ACTIVITY AS STRESS MANAGEMENT DURING COVID-19**
Vogel, E. A., Zhang, J., Peng, K., Heaney, C. A., Lu, Y., Lounsbury, D. W., Hsing, A. W., Prochaska, J. J.
OXFORD UNIV PRESS INC.2021: S357
 - **Cohort Profile: WELL living laboratory in China (WELL-China).** *International journal of epidemiology*
Min, Y., Zhao, X., Hsing, A. W., Zhu, S.
2021
 - **Physical activity and stress management during COVID-19: a longitudinal survey study.** *Psychology & health*
Vogel, E. A., Zhang, J. S., Peng, K., Heaney, C. A., Lu, Y., Lounsbury, D., Hsing, A. W., Prochaska, J. J.
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*
Ahuja, N. J., Nguyen, A., Winter, S. J., Freeman, M., Shi, R., Rodriguez Espinosa, P., Heaney, C. A.
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; 8 (6): 2710-2718
 - **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?**
Espinosa, P., Campero, I., Patel, M. L., Garcia, D., Winter, S. J., Heaney, C. A., King, A. C.
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*
Rodriguez Espinosa, P. n., Chen, Y. C., Sun, C. A., You, S. L., Lin, J. T., Chen, K. H., Hsing, A. W., Heaney, C. A.
2020; 20 (1): 159
 - **CONTEMPLATIVE PRACTICES BEHAVIOR AND WELL-BEING**
Rich, S., Chrisinger, B., Kaimal, R., Winter, S. J., Hedlin, H., Heaney, C.
OXFORD UNIV PRESS INC.2019: S565
 - **WELL-BEING AND ITS CORRELATES AMONG LATINO ADULTS: WHAT REALLY MATTERS AND TO WHOM?**
Espinosa, P., Peng, K., Garcia, D., Campero, M. I., Winter, S. J., Heaney, C., King, A.
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**
Rich, T., Winter, S. J., Kaimal, R., Hedlin, H., Heaney, C.
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*
Ferguson, S. A., Allread, W. G., Burr, D. L., Heaney, C., Marras, W. S.
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*
Asti, L., Canan, B. D., Heaney, C., Ashida, S., Renick, K., Xiang, H., Stallones, L., Jepsen, S. D., Crawford, J. M., Wilkins, J. R.

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*
Harley, A. E., Katz, M. L., Heaney, C. A., Duncan, D. T., Buckworth, J., Odoms-Young, A., Willis, S. K.
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*
Case, S., Jernigan, V., Gardner, A., Ritter, P., Heaney, C. A., Lorig, K. R.
2009; 11 (2)
- **Developing Long-Term Physical Activity Participation: A Grounded Theory Study With African American Women** *HEALTH EDUCATION & BEHAVIOR*
Harley, A. E., Buckworth, J., Katz, M. L., Willis, S. K., Odoms-Young, A., Heaney, C. A.
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