

Fiona S. Horner

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Education

Carnegie Mellon University, Pittsburgh, PA

PhD in Social/Personality and Health Psychology

Expected December 2025

MS in Social/Personality and Health Psychology

December 2022

Advisor: Vicki Helgeson, PhD

Northwestern University, Chicago, IL

Post-Baccalaureate Certificate in Psychology

September 2019

Weinberg College of Arts and Sciences

Colorado College, Colorado Springs, CO

Bachelor of Arts, *cum laude*

May 2015

Major in Anthropology; with departmental distinction

Research Interests

Diabetes, digital health, stress, health outcomes, time-series modeling

Awards and Honors

National Research Service Award (NRSA/F31), *Time-Varying Psychosocial Predictors of Blood Glucose Among Adults with Type 1 Diabetes*. NIH NIDDK, 2024

APA Society for Health Psychology Graduate Student Award, 2024; \$2000

*Herbert Simon Graduate Student Teaching Award, CMU Psychology Department, 2024

Dexcom Investigator Initiated Research Sponsorship, 2023; \$4500 of product

American Psychological Foundation COGDOP Scholarship, 2023; \$2000

**Roberta Klatzky Graduate Student Publication Award, CMU Psychology Department, 2023

Dick Hayes Graduate Student Service Award, CMU Psychology Department, 2023

Publications

Horner, F.S., Helgeson, V.S. (in press). Glucose in the psychosocial environment: Findings from adolescents with type 1 diabetes. *Biopsychosocial Science and Medicine* (previously *Psychosomatic Medicine*)

Horner, F.S., Helgeson, V.S. (in press) Psychosocial predictors of short-term blood glucose among people with diabetes: A narrative review. *Journal of Behavioral Medicine*, 1–23.
<https://doi.org/10.1007/s10865-024-00536-9>

- Helgeson, V. S., Naqvi, J., **Horner, F.S.** (invited chapter, in press) Social Support in Close Relationships. In A. Vangelisti, D. Perlman, & S. Sprecher (Eds.), *Cambridge Handbook of Personal Relationships*. Cambridge University Press.
- Helgeson, V.S., **Horner, F.S.**, Reis, H., Niezink, N. M. D., Libman, I. (2024) Peer interactions and health among youth with diabetes: An ecological momentary assessment. *Health Psychology*. 43(9), 684–693. <https://doi.org/10.1037/hea0001393>
- Helgeson, V. S., **Horner, F. S.**, Reis, Harry, Niezink, N. M. D., Liban, I. (2023) Support and conflict among youth with type 1 diabetes: A focus on friends. *Journal of Pediatric Psychology*. 48(11), 940–951. <https://doi.org/10.1093/jpepsy/jsad065>
- Noriega Esquivas, B. S., Walsh, E. A., Penedo, F. J., Thomas, J. L., **Horner, F. S.**, Torzewski, J. B., Gradishar, W. J., Victorson, D. E. & Moreno, P. I. (2023) Coping strategies and psychosocial resources among women living with metastatic breast cancer: A qualitative study. *Journal of Psychosocial Oncology*. <https://doi.org/10.1080/07347332.2023.2254754>
- Horner, F.S.**, Helgeson, V. (2023). Effects of Positive Affect and Stress on HbA1c: A Prospective Longitudinal Study. *Journal of Behavioral Medicine*. <https://doi.org/10.1007/s10865-023-00408-8>
- Moreno, P. I., Noriega Esquivas, B., Thomas, J. L., **Horner, F. S.**, Torzewski, J. B., Gradishar, W., Victorson, D., & Penedo, F. J. (2023). Characterizing unique supportive care needs among women living with metastatic breast cancer: A qualitative study. *Journal of Psychosocial Oncology Research and Practice*. 5(1), 1-10. <https://doi.org/10.1097/OR9.0000000000000093>
- **Horner, F. S.**, & Helgeson, V. S. (2022). Actor and partner effects of positive affect on communal coping. *Journal of Social and Personal Relationships*, 39(12), 3799–3820. <https://doi.org/10.1177/02654075221110628> [Roberta Klatzky Graduate Student Publication Award]
- Helgeson, V.S., Naqvi, J.B., Zajdel, M., **Horner, F.S.** (2022). Communal Coping Manifested in Daily Life: A Focus on Gender. *Journal of Social and Personal Relationships*. 39(4), 1023–1042. <https://doi.org/10.1177/02654075211052633>
- Helgeson, V. S., **Horner, F. S.**, & Naqvi, J. B. (2022). Partner Involvement in Type 2 Diabetes Self-Management: A Mixed-Methods Investigation. *Diabetes Spectrum*, 35(1), 102–110. <https://doi.org/10.2337/ds21-0034>
- Moreno, P. I., **Horner, F. S.**, Torzewski, J. B., Thomas, J. L., Gradishar, W., Victorson, D., & Penedo, F. J. (2022). Study design and protocol for tailored Acceptance and Commitment Therapy (ACT) to optimize quality of life in women living with metastatic breast cancer. *Contemporary Clinical Trials Communications*, 25, 100870. <https://doi.org/10.1016/j.conctc.2021.100870>

Manuscripts in preparation and under review

Helgeson, V. S., **Horner, F. S.** (in preparation) Communal coping with type 2 diabetes: A five-year measurement burst study.

Presentations

Horner, F. S., Helgeson, V. S., Brownlee, H., Soriano, E., Lenhard, J., Fenech, A., Morreale, M., Siegel, S., Bolger, N., Laurenceau, J.-P., Robbins, M., Caughlin, J., Ruppel, E., McEwan, B., High, A. (July 2024). *Technology: Methodological and Theoretical Implications for Relationships Science*. [Symposium]. International Association of Relationship Research Conference. Boston, MA.

Horner, F.S., & Helgeson, V.S., Reis, H., Niezink, N. M. D., Libman, I. (March 2024). Peer interactions and health among youth with diabetes: An ecological momentary assessment. [Poster presentation]. Society of Behavioral Medicine 2024 Annual Meeting. Philadelphia, PA.

Horner, F.S., & Helgeson, V. (2023, April) *Time-Varying Psychosocial Predictors of Blood Glucose Among Adolescents With Type 1 Diabetes: A DSEM Approach*. [Live research spotlight.] Society of Behavioral Medicine 2023 Annual Meeting. Phoenix, AZ.

Horner, F.S., & Helgeson, V. (2022, April) *Positive Affect Prospectively Predicts HbA1c Among People with Type 2 Diabetes*. [Poster presentation]. Society of Behavioral Medicine 2022 Annual Meeting. Baltimore, MD.

Horner, F.S., Helgeson, V. *Affective Links to Communal Coping in Patients with Type 2 Diabetes*. (2021, April) [Rapid communication video]. Society of Behavioral Medicine 2021 Annual Meeting and Scientific Sessions. Virtual Conference.

Horner, F.S., Moreno, P. I., Yanez, B., Penedo, F., Moskowitz, J., Kircher, S., Kundu, S., Meeks, J., Schaeffer, E., Flury, S., Friedewald, S., & Cheung, E. (2020, April; Conference Cancelled) *Provision of Support Between Patients and Their Partners: Differential Associations*. [Poster presentation]. Midwestern Psychological Association 2020 Conference. Chicago, IL.

Horner, F.S., Moreno, P. I., Yanez, B., Penedo, F., Moskowitz, J., Kircher, S., Kundu, S., Meeks, J., Schaeffer, E., Flury, S., Friedewald, S., & Cheung, E. (2019, October). *The Association of Meaning and Purpose with Relationship Quality, Gratitude, and Empathy in Couples Undergoing a Diagnostic Biopsy for Cancer*. [Poster presentation]. Northwestern Medical Social Sciences Decennial Symposium and Celebration. Chicago, IL.

Horner, F.S., Moreno, P. I., Yanez, B., Penedo, F., Moskowitz, J., Kircher, S., Kundu, S., Meeks, J., Schaeffer, E., Flury, S., Friedewald, S., & Cheung, E. (2019, June). *The Association of Meaning and Purpose with Relationship Quality, Gratitude, and Empathy*

in Couples Undergoing a Diagnostic Biopsy for Cancer. [Poster presentation]. Lurie Comprehensive Cancer Center Symposium & Scientific Poster Session. Chicago, IL.

Teaching Experience

Teaching Assistant Spring 2024

Introductory Statistics: Experimental Design for Behavioral and Social Sciences

Carnegie Mellon University Psychology Department

Instructor: Dr. Michael Trujillo

***Teaching Assistant** Spring 2023

Data Science for Psychology and Neuroscience

Carnegie Mellon University Psychology Department

Instructor: Dr. Timothy Verstynen

*Herbert Simon Graduate Teaching Award

Teaching Assistant Spring 2022

Introductory statistics: Experimental Design for Behavioral and Social Sciences

Carnegie Mellon University Psychology Department

Instructor: Dr. Dan Yurovsky

Teaching Assistant Fall 2019

Statistical Methods in Psychology

Northwestern School of Professional Studies

Instructor: Dr. Benjamin Gorvine

Teaching Assistant Winter 2020

Research Methods in Psychology

Northwestern School of Professional Studies

Instructor: Dr. Benjamin Gorvine

Relevant Prior Experience

Northwestern University Feinberg School of Medicine, Chicago, IL

PIs: Dr. Patricia Moreno and Dr. Elaine Cheung, Department of Medical Social Sciences

Research Assistant 2019 – 2020

Children's Research Triangle, Chicago, IL

Director of Research: Dr. Anne Wells

Research Assistant 2019 – 2020

Research Intern 2018 – 2019

Northwestern University Social Cognition and Intergroup Processes Lab, Evanston, IL

PI: Dr. Sylvia Perry, Department of Psychology

Research Assistant 2018 – 2019

Jan 2025

Colorado Youth Matter, Denver, CO
Public Interest Fellow

2015 – 2016

Service and Leadership

Community for Advanced Methodological Learning (CAMEL)
Carnegie Mellon University and University of Pittsburgh

2021-Present

GrAdvocate, Confidential Intermediary for Graduate Students
Carnegie Mellon Psychology

2022 – 2024

Mentor, Summer Program for Undergraduate Research
Carnegie Mellon Psychology

2021

Undergraduate Mentor
Carnegie Mellon Psychology

2021

Youth Mental Health First Aid Certified
Children's Research Triangle

2019

Colorado College Student Anthropological Society
Colorado College

2012 – 2015

Order of Omega Greek Honor Society
Colorado College

2013 – 2015

Blue Key Honor Society
Colorado College

2013 – 2015

Skills

R, Python, MPlus, Git and GitHub, DeDoose, NVivo