

# Fiona S. Horner

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## Education

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**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

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

## Awards and Honors

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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

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**Horner, F.S.**, Helgeson, V.S. (in press). Real-time links of psychosocial factors to blood glucose in youth with type 1 diabetes. *Biopsychosocial Science and Medicine* (previously *Psychosomatic Medicine*)

**Horner, F.S.**, Helgeson, V.S. (under review) 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

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**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

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**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

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**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

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**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

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