

Kaylee Payne Kruzan, Ph.D.

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CONTACT INFORMATION

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EDUCATION

- 2019 Doctor of Philosophy in Communication
 Master of Science in Communication
 Cornell University, Ithaca, NY
 Primary Advisors: Natalie Bazarova, Ph.D. & Janis Whitlock, Ph.D.
- 2022 Master of Social Work
 The Ohio State University, Columbus, OH
- 2015 Master of Arts in Communication
 University of Illinois at Chicago, Chicago, IL
- 2011 Bachelor of Science in Psychology
 Bachelor of Arts in Communication Studies
 Grand Valley State University, Allendale, MI

POSTDOCTORAL TRAINING

- 2020 – 2022 NIMH Postdoctoral Fellow Postdoctoral Fellow (T32MH115882; Mohr & Reddy)
 *Northwestern University, Department of Preventative Medicine, Center for Behavioral
 Intervention Technologies (CBITs)*
 Mentors: David Mohr Ph.D. & Madhu Reddy Ph.D.

OTHER POSITIONS

- 2020 – 2022 Social Work Intern, Head/Heart Therapy (August 2020 – April 2022)
 Provided individual psychotherapy
- 2020 Social Work Intern, Shields for Families (January 2020 – April 2020)
 *Conducted Department of Mental Health and ASAM assessments with women in adult
 perinatal substance use day treatment program; Provided individual solution-focused
 and strengths-based psychotherapy; Led psychotherapy group on Anger Management.*

HONORS AND AWARDS

- 2022 ACM CHI Best Paper Award (Awarded to Top 1%)
- 2020 Global Qualitative Nursing Research 2019 Best Paper Award
- 2019 College of Agriculture and Life Sciences Outstanding Graduate Teaching Assistant
 Award

- 2011 Psi Chi International Honor Society in Psychology
2010 Angela-Ryan Scholarship, Grand Rapids Sister City International

INSTITUTIONAL SERVICE

- 2015 – 2017 Graduate Student Representative, Cornell University
2013 – 2014 Graduate Student Council Representative, University of Illinois at Chicago
2014 Colloquia Speaker Committee Member, University of Illinois at Chicago

COMMUNITY SERVICE

- 2020 National Suicide Prevention Lifeline Volunteer Counselor (Suicide Prevention Center, Los Angeles, CA)

PROFESSIONAL SOCIETY MEMBERSHIP

- 2022 – Present Society for Implementation Research Collaboration
2021 – Present Association for Behavioral and Cognitive Therapy
2021 – Present International Society for Research on Internet Interventions (ISRII)
2020 – Present International Society for the Study of Self-Injury (ISSS), Vision Board
2020 – Present ACM SIGCHI, Special Interest Group on Human-Computer Interaction
2019 California Society for Clinical Social Work (CSCSW)

MANUSCRIPT REVIEW RESPONSIBILITIES/SERVICE ACTIVITIES

- Peer reviewer Psychology and Psychotherapy: Theory, Research, and Practice
Peer reviewer Archives for Suicide Research
Peer reviewer Journal of Medical Internet Research (JMIR) Mental Health
Peer reviewer Journal of Medical Internet Research (JMIR)
Peer reviewer Computer-Supported Cooperative Networks (CSCW)
Peer reviewer Human Factors in Computing Systems (CHI)
Peer reviewer New Media & Society

GRANTS AND SPONSORED AWARDS

- 2022 National Institute of Mental Health (R34 MH128410)
Title: Digital Mental Health Intervention for Nonsuicidal Self-Injury in Young Adults
PI: David Mohr, PhD
Role: Co-investigator
Direct Costs: \$720,000
- 2018-2019 Cornell University Department of Media Studies
Media Studies Graduate Working Group Grant
Role: Co-recipient
Funds: \$1,200

INVITED TALKS

9. **Kruzan, K. P.** (2022, September). *Coping with suicide and self-injury in a digital world*. Virtual Talk to USC VHH Suicide Awareness and Prevention Conference.
8. **Kruzan, K. P.** (2022, June). *The role of digital technologies in nonsuicidal self-injury prevention and intervention*. Virtual Talk to Brussels University's Class of Excellence.
7. **Kruzan, K. P.** (2022, April). *Responding to youth who self-injure*. Virtual Talk to Onondaga County District Attorney's Safe Schools Information Coalition Quarterly Meeting.
6. **Kruzan, K. P.** (2022, March). *Understanding and responding to nonsuicidal self-injury*. Virtual Talk at Onondaga County Children's Mental Health Stakeholder Group Meeting.
5. **Kruzan, K. P.** (2021, October). *Understanding the difference between suicide and self-injury*. Virtual talk at National Association of Mental Illness (NAMI) New York State Annual Education Conference.
4. **Kruzan, K. P.** (2021, Winter). *Team science and working on interdisciplinary teams*. Invited Panelist. Clinical Psychology 526: Interprofessional Education Seminar, Department of Clinical Psychology, Northwestern University, Chicago, IL
3. **Kruzan, K. P & Whitlock, J.** (2019, Spring). *Computational approaches to addressing mental health challenges*. Invited Lecturer. Health and Computation Seminar, Department of Information Science, Cornell University, Ithaca, NY
2. **Kruzan, K. & Sannon, S.** (2018, Fall). *Mental health, technology, and intervention*, Guest Lecturer. COMM 2450, Communication and Technology, Department of Communication, Cornell University, Ithaca, NY
1. **Kruzan, K.** (2018, Fall). *Technology, Well-being, & Coping*, Invited Lecturer for Psychology of Adjustment: Mind, Body, Spirit, Ithaca College, Ithaca, NY

PUBLICATIONS AND SCHOLARLY WORKS

Peer-reviewed publications

18. **Kruzan, K.P.,** Williams, K.D.A., Meyerhoff, J., Yoo, D.W., O'Dwyer, L., De Choudhury, M., Mohr, D.C. (2022). Social media-based interventions for adolescent and young adult mental health: A scoping review. *Internet Interventions*. 100578. <https://doi.org/10.1016/j.invent.2022.100578>
17. **Kruzan, K. P.,** Fitzsimmons-Craft, E., Dobias, M., Schleider, J. L., & Pratap, A. (2022). Developing, Deploying, and Evaluating Digital Mental Health Interventions in Spaces of Online Help- and Information-Seeking. *Procedia Computer Science*. 206C. pp. 6-22.
16. Meyerhoff, J., **Kruzan, K. P.,** Kim, K-Y. A., Van Orden, K., Mohr, D. C. (2022). Exploring the Safety of a General Digital Mental Health Intervention to Effect Symptom Reduction among Individuals with and without Suicidal Ideation: A Secondary Analysis. *Archives of Suicide Research*, 1-18. <https://doi.org/10.1080/13811118.2022.2096520>
15. **Kruzan, K. P.,** Mohr, D. & Reddy, M. (2022). How Technologies Can Support Self-injury Self-management: Perspectives of Young Adults with Lived Experience of Nonsuicidal Self-injury. *Frontiers in Digital Health*. <https://doi.org/10.3389/fdgth.2022.913599>

14. **Kruzan, K. P.** Muehlenkamp, J. L., & Claes, L. (2022). Identity, Self-blame, and Body Regard in Nonsuicidal self-injury: A Test of Moderated-Mediation. *Comprehensive Psychiatry*, 116. <https://doi.org/10.1016/j.comppsy.2022.152322>
13. **Kruzan, K. P.**, Whitlock, J., Bazarova, N., Bhandari, A. & Chapman, J. (2022). Use of a mobile peer support app among young people with nonsuicidal self-injury: Small-scale randomized controlled trial. *JMIR Formative Research*, 6(1), e26526. <https://doi.org/10.2196/26526>
12. **Kruzan, K. P.**, Meyerhoff, J., Reddy, M., Mohr, D. C., & Kornfield, R. (2022). “I wanted to see how bad it was:” Mental health self-screening as a critical transition point among young adults. In *Proceedings of the 2022 ACM Conference on Human Factors in Computing Systems (CHI)*. <https://doi.org/10.1145/3491102.3501976>
11. Lattie, E. G., Cohen, K. A., Hersch, E., Williams, K. D., **Kruzan, K. P.**, MacIver, C., ... & Mohr, D. C. (2021). Uptake and effectiveness of a self-guided mobile app platform for college student mental health. *Internet Interventions*, 100493. <https://doi.org/10.1016/j.invent.2021.100493>
10. **Kruzan, K. P.**, Meyerhoff, J., Biernesser, C., Goldstein, T., Reddy, M., & Mohr, D. C. (2021). Centering Lived Experience in Developing Digital Interventions for Suicide and Self-injurious Behaviors: User-Centered Design Approach. *JMIR Mental Health*, 8(12), e31367. <https://doi.org/10.2196/31367>
9. **Kruzan, K. P.**, Bazarova, N., & Whitlock, J. (2021). Investigating self-injury support solicitations and responses on a mobile peer support application. In *Proceedings of the ACM Conference on Human-Computer Interaction. (CSCW)*. Article 35. <https://doi.org/10.1145/3479498>
8. **Kruzan, K. P.**, Whitlock, J., & Bazarova, N. (2021). Examining the relationship between use of a mobile peer-support application and self-injury outcomes: A longitudinal mixed-method study. *JMIR Mental Health*. doi:10.2196/21854
7. Won, A. S., Pandita, S., & **Kruzan, K. P.** (2020). Social interaction and pain threshold in virtual reality. *Cyberpsychology, Behavior, and Social Networking*, 23(12), 829-845. <https://doi.org/10.1089/cyber.2020.0055>
6. **Kruzan, K. P.**, Whitlock, J., & Hasking, P. (2020). Development and initial validation of scales to assess decisional balance (NSSI-DB), processes of change (NSSI-POC), and self-efficacy (NSSI-SE) in a population of young adults engaging in non-suicidal self-injury. *Psychological Assessment*, 32(7), 635–648. <https://doi.org/10.1037/pas0000821>
5. **Kruzan, K. P.**, Whitlock, J., Bazarova, N. N., Miller, K. D., Chapman, J., & Won, A. S. (2020). Supporting self-Injury recovery: The potential for virtual reality intervention. In *Proceedings of the 2020 CHI Conference on Human Factors in Computing Systems*. doi:10.1145/3313831.3376396
4. **Kruzan, K. P.** & Whitlock, J. L. (2019). Processes of change and non-suicidal self-injury: A qualitative interview study with individuals at various stages of change. *Global Qualitative Nursing Research*, 6, <https://doi.org/10.1177/2333393619852935>
3. **Kruzan, K. P.** & Won A. S. (2019). Embodied well-being through two media technologies: Virtual reality and social media. *New Media & Society*, 21(8), 1734-1749. <https://doi.org/10.1177/1461444819829873>
2. Appignani, T., **Kruzan, K.**, & Neill-Hoch, I. (2015). Spirits in the Aether: Digital ghosts in Final Fantasy XIV, *Gamevironments*, 2, 25-60.

1. **Kruzan, K.** (2014). New media use in mitigating existential fear, *Thanatos*, 3, 149-160.

Book chapters

3. **Kruzan, K. P.** & Whitlock, J. (Forthcoming). Digital Interventions for Nonsuicidal Self-Injury. In Baetens, I., Whitlock, J., & Lloyd-Richardson, E. (Eds.). *Handbook on Nonsuicidal Self-Injury*. Oxford University Press.
2. **Kruzan, K. P.** & Whitlock, J. Digital media, suicide and self-injury. (2022). In Nesi, J. Telzer, E. & Prinstein, M. J. (Eds.). *Handbook of Adolescent Digital Media Use and Mental Health*. Cambridge University Press.
1. **Kruzan, K. P.** & Whitlock, J. L. (2019). Prevention of Non-Suicidal Self-Injury. In J. Washburn (Ed), *Nonsuicidal Self-Injury: Advances in Research and Practice*. Routledge.

Manuscripts under review

5. **Kruzan, K.P.**, Ng, A., Stiles-Shields, C., Lattie, E., Reddy, M. & Mohr, D. (Under review). The perceived utility of sensor data in digital self-tracking technologies for mental health.
4. **Kruzan, K.P.**, Reddy, M. & Mohr, D. (Under review). Developing a mobile app for young adults with nonsuicidal self-injury: A prototype feedback study.
3. Meyerhoff, J., **Kruzan, K.**, Reddy, M., Mohr, D., & Lattie, E. (Under review). Laying the Foundation for Digital Mental Health Interventions in Care Coordination.
2. **Kruzan, K. P.**, Whitlock, J., Chapman, J., Bhandari, A., & Bazarova, N. (Under review). Exploring adolescent and young adult experiences with two publicly available digital resources for self-injury: A qualitative study of a peer support app and web-based psychoeducation.
1. Voss, C., Liu, J., Chang, A., Kosmas, J.A., Biehl, A., Flynn, R., **Kruzan, K.**, Wildes, J.E., & Graham, A.K. (Under review). Evaluating expectations of weight loss among individuals with versus without binge eating.

Conference presentations

13. **Kruzan, K. P.**, (2022, September). Young Adults' Experiences with Online Mental Health Self-screening. [Symposium]. *International Society for Research on Internet Interventions (ISRII) 2022*, September 18-21. Pittsburgh, PA, USA.
12. **Kruzan, K. P.**, Fitzsimmons-Craft, E., Dobias, M., Schleider, J. L., & Pratap, A. (2022, September). Developing and Deploying Digital Mental Health Interventions in Spaces of Online Help- and Information-Seeking. [Symposium]. *International Society for Research on Internet Interventions (ISRII) 2022*, September 18-21. Pittsburgh, PA, USA.
11. **Kruzan, K.P.**, (2022, September). Designing a publicly accessible digital intervention for nonsuicidal self-injury: Lessons from early design and implementation planning [Symposium]. *Society for Implementation Research Consortium (SIRC)*. September 8-10. San Diego, CA, USA.
10. **Kruzan, K.**, Mohr, D. C., & Reddy, M. (2022, June). Designing an app for young adults with lived experience of nonsuicidal self-injury. Poster presented at *Society for Digital Mental Health (SDMH)* June 13-14. Virtual.

9. **Kruzan, K. P.**, Palermo, E., Rameer, J. H., Wilks, C. R. (2022, June). Factors associated with improved end-of-call outcomes among crisis contacts: A preliminary analysis of crisis text-line data. Paper presented at *Suicide Research Symposium*, June 16-17. Virtual.
8. **Kruzan, K.**, Meyerhoff, J. (Chairs). (2021, November). Designing Digital Mental Health Interventions for Suicide and Self-Injurious Thoughts and Behavior: Incorporating lived experience and multiple stakeholder perspectives. [Symposium]. Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA, USA.
7. **Kruzan, K.**, & Whitlock, J. (2021). Use of a Mobile Peer Support App and Web-based Psychoeducational Materials in NSSI Recovery: Results of a Randomized-Controlled Trial and User-Experience Analysis. *Project presented at International Society for the Study of Self-Injury (ISSS) Conference*, June 21-25, Virtual.
6. Won, A.S., **Kruzan, K.**, & Pandita, S. (2019) “As long as you’re with me: the effects of social presence and distance on pain perception in virtual environments.” *Paper presented at 24th Annual CyberPsychology, CyberTherapy, and Social Networking Conference*, June 24-26, Norfolk, VA.
5. **Kruzan, K.**, Won, A., DiFranzo, D. (2017, October). Virtual Reality in Treatment of Non-Suicidal Self-Injury. *Poster presented at 3rd Annual Innovations in Psychiatry and Behavioral Health: Virtual Reality and Behavior Change*. Stanford University, Stanford, CA, USA.
4. **Kruzan, K.** & McLeod, P. (2017, July). The Role of Existential Threat in Group Polarization. *Paper presented at INGRoup conference*, St. Louis, MO, USA, July 2017
3. Jung, M., **Kruzan, K.**, & McLeod, P. L. (2016, July). Conflict in Work Teams: The Role of Emotion Regulation and Self-Esteem, *Paper presented at INGRoup conference*, Helsinki, Finland, February 2016
2. Appignani, T., **Kruzan, K.**, & Neill-Hoch, I. (2014). *Ghosts in the Game: Digital Haunting in MMORPG*, *Paper accepted at Association for Internet Researchers*, Daegu, Korea, 2014
1. **Kruzan, K.** (2013, July). Plugging into symbolic immortality: Internet-based media aids in relieving existential fear. *Paper presented at Media Ecology Association Convention*, Grand Rapids, MI, 2013

MEDIA COVERAGE/COMMENTARY

3. Psychology of Self-Injury Podcast, September 2022, “Digital interventions for self-injury” (No. 64) <https://the-psychology-of-self-injury.simplecast.com/episodes/digital-interventions-for-self-harm-with-dr-kaylee-kruzan>
2. NBC news, July 2019, “Etika was a larger-than-life YouTube star. Researchers are unsure how that affected his mental health” <https://www.nbcnews.com/news/us-news/etika-was-larger-life-youtube-star-researchers-are-unsure-how-n102227>
1. Inverse, August 2018, “Plastic Surgeons Are Really Worried About Snapchat Dysmorphia: Plastic surgeons will be dealing with this for years to come” <https://www.inverse.com/article/47697-snapchat-social-media-body-image-dysmorphia>