Kaylee Payne Kruzan, PhD, LCSW

Research Assistant Professor
Department of Preventive Medicine
Center for Behavioral Intervention Technologies
Feinberg School of Medicine, Northwestern University

> ***Brief Bio:*** *Research Assistant Professor and mixed-methods researcher with expertise in behavioral science, human-centered design, and digital mental health intervention. 10+ years' experience leading behavioral research studies and managing cross-functional teams to understand and harness digital technologies to support and improve mental health and wellbeing. Passionate about making evidence-based behavioral health resources more accessible for those that are underrepresented in traditional treatment settings through partnerships with individuals with lived experience and community. Methodological expertise in the design, evaluation, and implementation of digital interventions. Clinical expertise in behavioral health, cognitive behavioral treatments, nonsuicidal self-injury and suicide prevention.*

CONTACT INFORMATION

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EDUCATION

2019	Doctor of Philosophy in Communication
	Master of Science in Communication
	Cornell University, Ithaca, NY
	Primary Mentors: 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

POSTDOCTRAL TRAINING

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

PROFESSIONAL LICENSES

2024 – Current   Licensed Clinical Social Worker (IL) #149.027672

OTHER POSITIONS

2022 – Present   Therapist, Head/Heart Therapy
Provide individual psychotherapy

2020 – 2022	Social Work Intern, Head/Heart Therapy
	Provided individual psychotherapy

2020	Social Work Intern, Shields for Families
	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

2025	ACM CHI Honorable Mention (Awarded to Top 10%)
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

2023 – Present	Coach Clinical Supervisor, CBITs, Northwestern University
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 of Digital Mental Health
2022 – Present	Society for Implementation Research Collaboration
2021 – Present	Association for Behavioral and Cognitive Therapy *(Tech SIG Treasurer 2024-Present)*
2021 – Present	International Society for Research on Internet Interventions (ISRII)
2020 – Present	International Society for the Study of Self-Injury (ISSS) *(Vision Board Member 2020-Present; E-Board Member 2024-Present)*
2020 – Present	ACM SIGCHI, Special Interest Group on Human-Computer Interaction
2019	California Society for Clinical Social Work (CSCSW)

MANUSCRIPT REVIEW RESPONSIBILITIES/SERVICE ACTIVITIES

Ad-hoc reviewer Psychology and Psychotherapy: Theory, Research, and Practice

Journal of Clinical Child and Adolescent Psychology

Journal of Pediatric Psychology

Archives for Suicide Research

Journal of Medical Internet Research (JMIR)

Computer-Supported Cooperative Networks (CSCW)

Human Factors in Computing Systems (CHI)

New Media & Society

GRANTS AND SPONSORED AWARDS
AWARDED

2024 – 2025	Boehringer Ingelheim Pharmaceutical Inc. Title: *Nonsuicidal Self-Injury Severity Screener Validation Pilot* PIs: Mohr, Kruzan Funding Period: 2024 – 2025 Funds: $149,924
2023 – 2028	National Institute of Mental Health (K01MH131898) Title: *Developing a Digital Intervention for Adolescent Nonsuicidal Self-Injury* Funding Period: 08/01/2023 – 07/31/2028 PI: Kruzan Total Costs: $867,113
2022 – 2024	National Institute of Mental Health (R34MH128410) *Title: Digital Mental Health Intervention for Nonsuicidal Self-Injury in Young Adults* Funding Period: 03/14/2022 – 12/31/2024 PI: Kruzan Total Costs: $432,000
2018 – 2019	Cornell University Department of Media Studies Media Studies Graduate Working Group Grant Funding Period: 2018 – 2019 Role: Co-recipient Funds: $1,200

SUBMITTED

2025-2030	National Institute of Mental Health (ALACRITY P50 Renewal) Title: *Creating and Sustaining Population Digital Mental Health Services within Community-Based Organizations* PI: Schleider, Mohr Role: Co-Investigator
2025-2028	National Institute of Mental Health (R01MH142415) Title: *Pilot Trial of a Digital Intervention for Secondary Traumatic Stress Among Gender-based Violence Frontline Workers* PI: Kruzan (Contact PI), Jacobs

INVITED TALKS

11. **Kruzan, K. P.** (2024, April). *Centering lived experience in the design of digital suicide prevention interventions for youth.* ETUDES Center Steering Committee Meeting at University of Pittsburgh Medical School.

10. **Kruzan, K. P.** (2023, March). *Digital interventions amidst a mental health crisis.* Annual Robert Mayberry Lecture at Grand Valley State University.

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

38. **Kruzan, K. P.,** Ammerman, B., Lengel, G. J., Griffith, J. W., Lucas, K., Nguyen, T., Rushton, K., Washburn, J. J. & Mohr, D. C. (2025). Development and initial test of an online self-assessment of nonsuicidal self-injury severity. *Journal of Affective Disorders.* 119506. https://doi.org/10.1016/j.jad.2025.119506

37. **Kruzan, K. P.,** Henges, E., Ramirez, I., Washburn, J. J. (2025). Identifying Subgroups of Nonsuicidal self-injury: A Systematic Review. *PLOS Mental Health.* 2(4): e0000291. https://doi.org/10.1371/journal.pmen.0000291

36. **Kruzan, K. P.,** Washburn, J. Aaby, D., Nguyen, T., & Mohr, D. C. (2025). Subgroups of Nonsuicidal Self-injury in a Large Diverse Sample of Online Help-seekers. *Frontiers in Psychiatry: Adolescent and Young Adult Psychiatry.* https://doi.org/10.3389/fpsyt.2025.1513685.

35. Meyerhoff, J., Popowski, S. A., Lakhtakia, T., Tack, E., Kornfield, R., **Kruzan, K. P**., Krause, C. J., Nguyen, T., Rushton, K., Pisani, A. R., Reddy, M., Van Orden, K. A., & Mohr, D. C. (2025). Co-designing an automated text messaging-based safety planning service with young adults experiencing suicide-related thoughts and behaviors: Needs, preferences, and constraints. *JMIR Formative Research.* https://doi.org/10.2196/69602

34. Chau, C. W., Norton, C., **Kruzan, K. P.,** Jacobs, M. (2025). "All Day, Every Day, Listening to Trauma": Feature Explorations of Digital Interventions for Empathy-based Stress-related Burnout Among Frontline Workers in Gender-based Violence. *Proceedings of the 2025 ACM Conference on Human Factors in Computing Systems (CHI).* https://doi.org/10.1145/3706598.3713588 **Awarded Honorable Mention (Top 5%)*

33. Mohr, D.C., Silverman, A.L., Youn, S.J., Arean, P., Bertagnolli, A., Carl, J., Carlton, T., Chaudhary, N., Cooper, D., DeVito, S., Eaneff, S., Flom, M., Forman-Hoffman, V.L., Fortunato, L., Franchino, K., Graham, A.K., Greenberger, H., Hauflaire, J., Kaveladze, B., Kornfield, R., **Kruzan, K.P**., Ortega, A., Palko, L., Richards, D., Salhi, L., Schremp, J., Szigethy, E., Tatro, N., Teachman, B.A., Histon, T. (2025). Digital Mental Health Treatment Playbook: Successful practices from implementation experiences in American healthcare organizations. *Frontiers Digital Health, 7*, 1509387. https://doi.10.3389/fdgth.2025.1509387

32. Knapp, A.A., Cohen, K., **Kruzan, K.,** Kornfield, R., Herrera, M., Pederson, A.B., Lee, S., Macapagal, K., Roulston, C., Clarke, K., Wijaya, C., Simmons, R., Jackson, L., Kour, S., Franco, S., & Mohr, D.C. (2025). Teen perspectives on integrating digital mental health programs into public libraries "*I was always at the library*": Qualitative Study. *Journal of Medical Internet Research (JMIR) Formative Research. https://*doi.org/10.2196/67454. PMID:40080819. PMCID:PMC11950704

31. Stiles-Shields, C., Reyes, K. M., Lakhtakia, T., Smith, S. R., Barnas, O. E., Gray, E. L., Krause, C. J., **Kruzan, K. P.,** Kwasny, M. J., Mir, Z., Panjwani, S., Rothschild, S. K., Sánchez-Johnsen, L., Winquist, N. W., Lattie, E. G., Allen, N. B., Reddy, M., & Mohr, D. C. (2024). A personal sensing technology enabled service versus a digital psychoeducation control for primary care patients with depression and anxiety: A pilot randomized controlled trial. *BMC Psychiatry, 24*(828). doi:10.1186/s12888-024-06284-z

30. Chau, C. W., Studd, H., Cruz, S., Huang, D., Norton, C., **Kruzan, K. P.,** Jacobs, M. (2024). Envisioning the future of burnout support: Understanding frontline workers' experiences in nonprofit gender-based violence organizations. *ACM Conference on Computer Supported Cooperative Work. 393*(CSCW2), 1-28. https://doi.org/10.1145/368693

29. Hamilton, J. L., Torous, J., Szlyk, H., Biernesser, C., **Kruzan, K.,** Jensen, M., Reyes-Portillo, J., Primack, B., Zelazny, J. & Weigle, P. (2024). Leveraging Digital Media to Promote Youth Mental Health: Flipping the Script on Social Media-Related Risk. *Curr Treat Options Psych*. https://doi.org/10.1007/s40501-024-00315-y.

28. **Kruzan, K. P.,** Meyerhoff, J., Beirnesser, C., Hoffman, J. (2024). Digital Interventions for Adolescents and young Adults Experiencing Self-Injurious Thoughts and Behaviors. *Curr Treat Options Psych* https://doi.org/10.1007/s40501-024-00318-9

27. Yoo, D. W., Woo, H., Nguyen, V. C. Birnbaum, M. L., **Kruzan, K, P.,** Kim, J. G., Abowd, G. D., De Choudhury, M. (2024, May). Patient Perspectives on AI-Driven Predictions of Schizophrenia Relapses: Understanding Concerns and Opportunities for Self-Care and Treatment. *Proceedings of the 2024 ACM Conference on Human Factors in Computing Systems (CHI).* (pp. 1-20). https://doi.org/10.1145/3613904.3642369

26. Meyerhoff, J., Kornfield, R., Lattie, E. G., Knapp, A. A., **Kruzan, K. P**., Jacobs, M., Stamatis, C. A., Taple, B. J., Beltzer, M. L., Berry, A. B. L., Reddy, M., Mohr, D. C., Graham, A. K. (2023). From formative design to service-ready therapeutic: A pragmatic approach to designing digital mental health interventions across domains. *Internet Interventions.* 100677. https://doi.org/10.1016/j.invent.2023.100677. PMID: 37808416; PMCID: PMC10551833.

25. Knapp, A. A., Hersch, E., Wijaya, C., Carrol, A., **Kruzan, K.,** Herrera, M., Lee, S., Sodhi, D.K., Baker, A., Hannah, N., Simmons, R., Jackson, S., Jackson, L., Guitierrez, A., Pernell, M., Froth, M., Reddy, M., Karnik, N., Smith, J.D., Brown, C.H., & Mohr, D. (2023). "The library is so much more than books": Considerations for implementing youth digital mental health services in public libraries. *Frontiers in Digital Health. 5.* doi:10.3389/fdgth.2023.1183319. PMID: 37560198; PMCID: PMC10409481.

24. Lyon, A., Munson, S. A., Reddy, M., Schueller, S. M., Agapie, E., Yarosh, S., Dopp, A., Schwarz, U., Doherty, G., Graham, A. K., **Kruzan, K. P**. & Kornfield, R. (2023, April). Bridging HCI and Implementation Science for Innovation Adoption and Public Health Impact. In *Extended Abstracts of the 2023 CHI Conference on Human Factors in Computing Systems* (pp. 1-7). https://doi.org/10.1145/3544549.3574132; PMID: 38585487, PMCID: PMC10999072

23. Meyerhoff, J., **Kruzan, K.** P., Reddy, M., Mohr, D. C., Lattie, E. G. (2023). Preparing a Workforce of Care Coordinators to Address Patient Mental Health Needs in the Digital Age: Training and Needs Identification. *SAGE Open Nursing. 9*, https://doi.org/10.1177/23779608231173279. PMID: 37153493; PMCID: PMC10161288.

22. **Kruzan, K.P.,** Ng, A., Stiles-Shields, C., Lattie, E., Reddy, M. & Mohr, D. (2023). The perceived utility of smartphone and wearable sensor data in digital self-tracking technologies for mental health. *Proceedings of the 2023 ACM Conference on Human Factors in Computing Systems (CHI)*. https://doi.org/10.1145/3544548.3581209.

21. Voss, C., Liu, J., Chang, A., Kosmas, J.A., Biehl, A., Flynn, R., **Kruzan, K.,** Wildes, J.E., & Graham, A.K. (2023). Weight Loss Expectations of Adults With Binge Eating: Cross-sectional Study With a Human-Centered Design Approach. *JMIR Formative Research*, *7*(1), e40506. doi:10.2196/40506. PMID: 36853750; PMCID: PMC10015344.

20. **Kruzan, K. P.,** Whitlock, J., Chapman, J., Bhandari, A., & Bazarova, N. (2023). Young adults' experiences with two publicly available digital resources for self-injury: A qualitative study of a peer support app and web-based psychoeducation. *JMIR Formative Research,* 7:41546. 10.2196/41546. PMID: 36633896

19. **Kruzan, K.P.,** Reddy, M. Washburn, J. J. & Mohr, D. (2022). Developing a mobile app for young adults with nonsuicidal self-injury: A prototype feedback study. *International Journal of Environmental Research and Public Health*. 2022; 19(23): 16163. https://doi.org/10.3390/ijerph192316163. PMID: 36498234; PMCID: PMC9739032.

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. PMID: 36204674; PMCID: PMC9530477.

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. PMID: 37063642; PMCID: PMC10104522.

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. PMID: 35822235; PMCID: PMC9834433.

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. PMID: 35847416; PMCID: PMC9278014.

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.comppsych.2022.152322. PMID: 35533434; PMCID: PMC9219562.

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. PMID: 35006076; PMCID: PMC8787664.

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. PMID: 35531062; PMCID: PMC9075814. *Awarded Best Paper Award (Top 1%)*

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. PMID: 35036331; PMCID: PMC8749061.

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. PMID: 34951602; PMCID: PMC8742214.

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. PMID: 33507154; PMCID: PMC7878111.

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. PMID: 33179974; PMCID: PMC7757604.

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. PMID: 32271060

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. PMID: 31218241; PMCID: PMC6558546.

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

6. **Kruzan, K. P.,** Nesi, J., Hamilton, J. L., Vidal, C., Twenge, J., Peeples, D., & Niederkrotenthaler, T. (2024). Media Influences on Self-harm, Suicidality, and Suicide. Christakis DA, Hale L, eds. *Children and Screens: A Handbook on Digital Media and the Development, Health, and Well-being of Children and Adolescents*. Cham, Switzerland: Springer. https://link.springer.com/chapter/10.1007/978-3-031-69362-5_20

5. Hamilton, J. L., **Kruzan, K.,** Szlyk, H., Reyes-Portillo, J., Biernesser, C., Jensen, M., Zelazny, J. Primack, B., Torous, J., & Weigle, P. (2024). Who is Most at Risk?: Identifying Risk for Mental Health Problems Related to Social Media. Christakis DA, Hale L, eds. *Children and Screens: A Handbook on Digital Media and the Development, Health, and Well-being of Children and Adolescents*. Cham, Switzerland: Springer. https://link.springer.com/chapter/10.1007/978-3-031-69362-5_22

4. Bautisa, J., **Kruzan, K.,** & Schueller, S. (2024). The Role of Social Media Applications in Clinical Treatment Social Media and Youth Mental Health: A Public Health Perspective. In Harrison, H., Collier, A., & Adelsheim S. (Eds.). *Social Media and Youth Mental Health: A Public Health Perspective.* American Psychological Association. https://www.appi.org/Products/Child-and-Adolescent-Psychiatry/Social-Media-and-Youth-Mental-Health

3. **Kruzan, K. P.** & Whitlock, J. (2023). Digital Interventions for Nonsuicidal Self-Injury. In Baetens, I., Whitlock, J., & Lloyd-Richardson, E. (Eds.). *Handbook on Nonsuicidal Self-Injury.* Oxford University Press. https://doi.org/10.1093/oxfordhb/9780197611272.001.0001

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. https://doi.org/10.1017/9781108976237

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. https://doi.org/10.4324/9781315164182

Manuscripts under review

2.   Chau, C.W., Studd, H., Cruz, S., Huang, D., Norton, C., Kruzan, K. P., Jacobs, M. (Under review).
     Burning Out for Others: Trauma-Informed, Collaborative Just-In Time support opportunities for
     Gender-based violence advocates.

1.   Hentges, E. M., Simons, R. M., Washburn, J. J., **Kruzan, K. P.** (Under review) Characteristics and
     Contributing Factors of Non-Suicidal Self-Injury among Sexual and Gender Minority Individuals.

Conference presentations, symposia, workshops

26. Chau, C. W., Jacobs, M., **Kruzan, K. P.** (2024). Designing Interventions for Secondary Traumatic
     Stress and Burnout Among Advocates in Gender-based Violence". *CSCW '24 Workshop on Positech:
     Envisioning New Futures of Positive Social Technology.* San Jose, Costa Rica.

25. **Kruzan, K. P.** (2024, November). Developing a chatbot intervention for young adults that engage
     in nonsuicidal self-injury. [Symposium]. *International Association for Suicide Prevention.*
     November 19-22. Minneapolis, MN, USA.

24. Hentges, E. Washburn, J., **Kruzan, K.** (2024, June). Exploring characteristics of NSSI among
     sexual and gender minorities. *International Society for the Study of Self-Injury (ISSS).* June 17-28,
     2024. Toronto, ON, Canada.

23. **Kruzan, K. P.,** Reddy, M., Washburn, J., Mohr, D. C. (2024, June). Addressing safety in the
     development of a digital intervention for young adults that engage in nonsuicidal self-injury
     International Society for Research on Internet Interventions (ISRII) 2024, June 2-5. Limerick,
     Ireland.

22. **Kruzan, K. P.,** Reddy, M., Washburn, J., Smith, S., Hentges, E., Nguyen, T., Rushton, K., Lucas,
     K, Mohr, D. C. (2024, June). Taking a Participatory Approach to Designing a Digital Intervention
     for Young Adults with Self-injury. *International Society for Research on Internet Interventions
     (ISRII) 2024,* June 2-5. Limerick, Ireland.

21. Chau, C. W., Studd, H., **Kruzan, K. P.,** Jacobs, M. (2023, October). Towards trauma-informed
     interventions with and for secondary traumatic stress (STS) for advocates in gender-based violence.
     *Workshop on Trauma-Informed Design: A Collaborative Approach to Building Safer Online Spaces
     at CSCW'23.* Minneapolis, MN, USA.

20. Chau, C. W., Studd, H., **Kruzan, K. P.,** Jacobs, M. (2023, April). From self to community care:
     The need for multilevel interventions to address advocate burnout in gender-based violence. [Paper
     and Presentation]. *Workshop on Interactive Systems in Healthcare (Wish) at CHI'23.* Hamburg,
     Germany.

19. Chau, C. W., **Kruzan, K. P.,** Jacobs, M. (2023, April). Co-designing Interventions for Burnout with
     Community Organizations in Gender-based Violence. [Poster]. *Grad Cohort Workshop for Women.*
     San Francisco, California.

18. Chau, C. W., **Kruzan, K. P.,** Jacobs, M. (2023, March). Co-designing Interventions for Burnout
     with Community Organizations in Gender-based Violence. *Workshop for Inclusion, Diversity,
     Equity, Accessibility, and Leadership Skills (IDEALS).* Honolulu, Hawaii.

17. Chau, C. W., **Kruzan, K. P.,** Jacobs, M. (2022, October). Co-designing Burnout Interventions with
     Frontline Health Workers. [Poster]. *Lambert Conference on the Future of Human Computer
     Interaction and Design.* Evanston, IL.

16. Hentges, E. Washburn, J., Mohr, D.& **Kruzan, K.** (2024, March). Sexual and gender minority status in relation to NSSI: Body image and related factors. [Poster]. *Society of Behavioral Medicine.* March 13-16, 2024. Philadelphia, PA, USA.

15. Lyon, A., Munson, S. A., Reddy, M., Schueller, S. M., Agapie, E., Yarosh, S., Dopp, A. R. Schwarz, U.V.T., Doherty, G., Graham, A.K., **Kruzan, K. P.,** & Kornfield, R. (2023, April). Bridging HCI and Implementation Science for Innovation Adoption and Public Health Impact. CHI 2023. April 23-28, 2023. Hamburg, Germany.

14. Patel, D., Pendse, S.R., De Choudhury, M., Dsane, S., **Kruzan, K.P,** Kumar, N., Singh, A. and Warner, M. (2022, November). Information-Seeking, Finding Identity: Exploring the Role of Online Health Information in Illness Experience. [Workshop]. In *CSCW'22: ACM Conference on Computer-Supported Cooperative Work and Social Computing,* November 12-13. Virtual. ACM, New York, NY, USA.

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

TEACHING AND MENTORING
Northwestern University

2025	Committee member, PhD Clinical Psychology student Elizabeth Adkins
2023-Present	Mentor, PhD Technology and Social Behavior student Connie Chau
2023-2024	Primary Mentor, MA Clinical Psychology student Eva Hentges (now PhD student in Clinical Psychology at University of South Dakota)
2022-Present	Instructor, Design for Digital Health Reading Course, Feinberg School of Medicine
2021-2023	Instructor, Responsible Conduct of Research

Cornell University

2019	Graduate Teaching Assistant, Growing Up in the Digital Age, Department of Human Development
2019	Co-Instructor, Writing about Communication, Department of Communication
2018	Graduate Teaching Assistant, Communication and Technology, Department of Communication
2017	Graduate Teaching Assistant, New Media and Society
2016	Graduate Teaching Assistant, Media Communication
2016	Instructor, Oral Communication
2015	Graduate Teaching Assistant, Cases in Communication

University of Illinois at Chicago

2014-2015	Graduate Teaching Assistant, Introduction to Interpersonal Communication, Department of Communication
2013-2015	Instructor, Fundamentals of Human Communication, Department of Communication

CONSULTING
2025 - Present   Blue Light Health, Inc.

Led STTR grant submission to NIMH for a cognitive-behavioral digital intervention to address social media addiction among adolescents; Designed human-centered design research activities to understand stakeholder needs (adolescents, parents, clinicians).

2020 - 2021   The Jed Foundation
Led systematic review of literature to articulate gaps and areas for prevention/intervention; Conducted exploratory and confirmatory analyses of large longitudinal national survey; Provided recommendations to advance phase 2 of project which will consist of multiple focus groups with various stakeholders and a survey distributed to college students nationwide

MEDIA COVERAGE/COMMENTARY

5. Connecticut Public Radio / WNPR, December 2023, "Creating safer online space for children, teens and everyone." https://www.ctpublic.org/show/where-we-live/2023-12-12/creating-safer-online-spaces-for-children-teens-and-everyone

4. Double Take Podcast, December 2023, "Dr. Kaylee Kruzan on Digital Mental Health Interventions Among Adolescents."
https://open.spotify.com/episode/5jOo8uNaArnXkyV0yQZzc2?si=29fdb5c2ebcf4daf

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