

Kristin Horan

Kristin Horan is a research associate in the Psychology Department at University of Central Florida in Orlando, Florida and a doctoral candidate in Industrial and Organizational Psychology at Bowling Green State University in Bowling Green, Ohio. She studies occupational health psychology, performing research that promotes safety, health, and well-being in the workplace. Her primary areas of research relate to workplace safety, health, and well-being interventions, safety and health in high-risk occupations, and the relationship between work and health behaviors, including exercise, consumption of a nutritious diet, and obtaining sufficient sleep. She has been trained in mindfulness and acceptance-based intervention approaches and has been a content developer and intervention leader for several mindfulness-based interventions.