

Kris Evans, PhD

Stanford, CA • (734) 731-6907 • kris@stanford.edu

EDUCATION

Stanford University — Ph.D., Psychology (Social Psychology)

June 2026

Stanford University — B.A., Sociology & Communications

Varsity Athlete, Football

ACADEMIC APPOINTMENTS

Wu Tsai Human Performance Fellow — Mind & Body Lab, Stanford University

July 2026–present

Postdoctoral fellowship sponsored by the Wu Tsai Human Performance Alliance (Dr. Alia Crum)

- Lead a holistic project assessing and improving the health, well-being, and performance of female college student-athletes.

PEER-REVIEWED PUBLICATIONS

- Barrera, J. A., Straube, L. D., Huml, Z., Yelder, R. M., Zion, S. R., **Evans, K. M.**, ... & Crum, A. J. (2025). Can catastrophes be opportunities? A randomized clinical trial testing a brief mindset intervention for reducing inflammation and depression following COVID-19. *Brain, Behavior, and Immunity*.
- Boswell, M. A., **Evans, K. M.**, Ghandwani, D., Hastie, T., Zion, S. R., Moya, P. L., ... & Delp, S. L. (2024). A randomized clinical trial testing a digital mindset intervention for knee osteoarthritis pain and activity improvement. *NPJ Digital Medicine*, 7(1), 285.
- Orosz, G., Török, L., Takacs, Z. K., **Evans, K. M.**, Rigaud, K., Gál, É., & Bóthe, B. (2024). "Mindfulset" — Harnessing or unleashing learning potential through mindfulness mindset. *Journal of Educational Psychology*, 116(3), 466.
- Crum, A., Santoro, E., Handley-Miner, I., Smith, E., **Evans, K. M.**, Moraveji, N., Achor, S., & Salovey, P. (2023). Evaluation of the "rethink stress" mindset intervention: A metacognitive approach to changing mindsets. *Journal of Experimental Psychology*.
- Orosz, G., **Evans, K. M.**, Török, L., et al. (2023). The differential role of growth mindset and trait mindfulness in the motivation of learning from criticism. *Mindfulness*.
- Zahrt, O. H., **Evans, K. M.**, Murnane, E., Santoro, E., Baiocchi, M., Landay, J., & Crum, A. (2023). Effects of wearable fitness trackers and activity adequacy mindsets on affect, behavior, and health: Longitudinal randomized controlled trial. *Journal of Medical Internet Research*.
- Boswell, M. A., **Evans, K. M.**, Zion, S. R., Boles, D. Z., Hicks, J. L., Delp, S. L., & Crum, A. J. (2022). Mindset is associated with future physical activity and management strategies in individuals with knee osteoarthritis. *Annals of Physical and Rehabilitation Medicine*.

BOOK CHAPTERS

- **Evans, K. M.**, & Crum, A. (2023). Mindset regulation. In *Handbook of Emotion Regulation* (3rd ed.).

WORKING PAPERS & MANUSCRIPTS IN PREPARATION

- **Evans, K. M.**, Dweck, C. S., & Crum, A. (in prep). Does believing you can control your mindset matter?
- **Evans, K. M.**, Santoro, E., Handley-Miner, I., & Crum, A. (in prep). The self-fulfilling effects of mindset: A metacognitive approach to motivate mindset change.

SELECTED PRESENTATIONS & INVITED TALKS

- **2026** Stress Mindset and Control. SLAC National Accelerator Laboratory, Stanford University, Menlo Park, CA (June).
- **2026** Harnessing Mindsets and Meta-Awareness. TEDx (delivered April 12).
- **2020–2022** Mindsets, Health, Well-being, and Performance. Stanford "Psych One" Introductory Psychology.
- **2020–2022** Stress Mindset, Health, Well-being, and Performance. Community Health Psychology.
- **2019** Meta-Awareness. Stanford Mind & Body Lab.
- **2019** Mindsets, Mindful Awareness, and Agency. Stanford Design Your Life Course.
- **2019** Exercise Mindset Mechanisms (poster). Society for Personality & Social Psychology, Portland, OR.
- **2017** Mindsets and Mindful Awareness (Keynote). International Association of Employee Assistance Professionals in Education, Santa Monica, CA.

- **2017** Mindsets in the Workplace. San Francisco Human Resources Employee Wellness Leader Training, San Francisco, CA.
- **2017–2018** Mindsets Matter. Breathe For Change educator training, San Francisco, CA.
- **2017** Mindsets in the Workplace. Stanford Be Well Coaches, Palo Alto, CA.
- **2016** Benefits of Mindfulness. Menlo School (full staff and student body), Menlo Park, CA.

RESEARCH EXPERIENCE

Ph.D. Candidate / Research Scientist — Mind & Body Lab, Stanford University 2020–2026

- Led several projects resulting in publications in peer-reviewed journals, including conceptualization, design, IRB, pre-registration, data collection, and analysis, while developing future researchers.
- Controllable Mindset Project — spearheaded a project validating a scale testing how we might control our mindsets, across several studies and first-author publications.
- COVID-19 & Mindsets Project — supported the design of longitudinal studies and interventions to improve health and pandemic mindsets.
- Athlete Mindsets Project — led a first-author study examining the relationship between mindsets and the well-being of elite athletes and students.

Research Coordinator — Mind & Body Lab, Stanford University 2016–2020

- Mindsets and Osteoarthritis Project — co-led three publications as first or second author, designing studies to improve the mindsets and health of people experiencing chronic disease.
- Self-fulfilling Mindset Project — developed a novel animated mindset intervention to improve well-being, resulting in a first-author publication.
- Exercise Mindset Project — led data collection for a large experiment on the role wearables play in mindsets and health, resulting in a second-author paper.

PROFESSIONAL EXPERIENCE

Research Advisor — Educators Thrive, Stanford, CA 2022–2026

- Co-led two studies (qualitative and quantitative) to develop and validate an educator well-being measure for the American Federation of Teachers; finalized the measure using factor analysis and presented results to stakeholders.

Graduate Student Assistant — BEAM, Stanford University 2021–2022

- Supported underrepresented students in career preparation by creating resources and leading programs.

Lead Trainer — Breathe For Change, San Francisco, CA 2015–2019

- Co-led 500+ educators across seven 200-hour wellness and yoga teacher certification trainings; designed and facilitated mindfulness-based training online and in person; led research measuring training outcomes (mindfulness, emotional intelligence, burnout).

TEACHING

- Teaching Fellow — designed and led PHYSWell85, a holistic well-being course using mindsets and yoga-based practices.
- Head Teaching Assistant for ten psychology courses, including How Beliefs Create Reality, Wise Interventions, Social Structural Inequality, Social Psychology, and The Mind and Society.

HONORS & AWARDS

- National Science Foundation Graduate Research Fellow
- Wu Tsai Human Performance Alliance Fellow · Wu Tsai Agility Project award recipient
- Stanford EDGE Fellow · Zimbardo Teaching Prize · Wonderfest Science Fellow

SERVICE, CERTIFICATIONS & SKILLS

- **Service** — Reviewer, Emotion; mentor for Stanford student-athletes and first-generation, low-income students; Psych/RISE summer intern mentor; Stanford Paths to PhD mentor; Stanford Recreation yoga teacher.
- **Certifications** — 200-hour Yoga Alliance registered teacher; MBSR / Mindful Schools certified mindfulness teacher.
- **Methods & tools** — R (correlation, regression, mixed models, factor analysis), SPSS, Qualtrics, SurveyMonkey, mobile experience sampling, Vyond.