

# Patricia Haynes, Ph.D., C.B.S.M., D.B.S.M.

(she/her/hers) Professor, Mel and Enid Zuckerman College of Public Health, University of Arizona



Patricia Haynes, Ph.D., is a professor in Health Promotion Sciences at the University of Arizona's Mel and Enid Zuckerman College of Public Health with joint appointments in the Departments of Psychiatry and Psychology. She is also a licensed clinical psychologist and behavioral sleep medicine specialist with more than 20 years of experience implementing evidence-based mental health interventions in different types of settings.

Her research examines sleep, mental health and lifestyle behaviors in various occupations and groups exposed to stress, including first responders, veterans and people who have experienced involuntarily job loss. Her current research focuses on the translation of evidence-based interventions to the workplace and the uptake of behavioral health interventions in firefighters. [Read more](#)