

Prof. Dr. Adrian Meier

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Academic Positions & Research Visits

since 02/2021	<i>Tenure-Track Assistant Professor</i> for Communication Science Institute of Labor Market and Socioeconomics School of Business, Economics and Society at FAU, Nuremberg, Germany
	01/2024: <i>Venia legendi</i> for Communication Science & <i>habilitation equivalence</i> 03/2024: <i>Deputy Chair</i> for Communication Science
08-09/2023	<i>Fellow</i> at the Weizenbaum Institute for the Networked Society, Berlin, Germany Research visit in the “Well-Being in the Digital World” group (Prof. Dr. Hanna Krasnova, Business Informatics)
10/2020 - 01/2021	<i>Assistant Professor</i> for Communication Science Youth & Media Entertainment program group Amsterdam School of Communication Research Universiteit van Amsterdam (UvA), The Netherlands
06/2017	<i>Research visit</i> at the Department of Communication Arts University of Wisconsin-Madison, USA (Prof. Dr. Catalina L. Toma, Communication Science)
04/2015 - 09/2020	<i>Research Associate</i> Media Effects & Media Psychology group (Prof. Dr. Leonard Reinecke) Department of Communication Johannes Gutenberg University Mainz (JGU), Germany

Education

08/2020	<i>Dr. phil.</i> in Communication Science (summa cum laude) awarded by the Faculty of Social Sciences, Media, and Sports at JGU Mainz Dissertation: <i>Do social media make us (un)happy? A communication-centered approach</i>
10/2013 - 03/2015	<i>Master of Arts</i> (MA) in Communication Science JGU Mainz, Germany
01/2013 - 06/2013	<i>Erasmus scholarship and exchange student</i> in the Social Sciences program University of Gothenburg, Sweden
04/2010 - 09/2013	<i>Bachelor of Arts</i> (BA) in Communication (major) and Political Sciences (minor), JGU Mainz, Germany

Memberships & Service

Scholarly Communities

06/2023 - 05/2025	<i>Secretary</i> of the ICA Communication & Technology division
since 2015	<i>International Communication Association</i> (ICA), particularly the divisions Communication & Technology; Mobile Communication; Information Systems; Mass Communication; Children, Adolescents, and Media
since 2015	<i>German Communication Association</i> (DGPUK), particularly the Media Uses & Effects division
since 2019	<i>German Psychological Society</i> (DGPs), particularly the Media Psychology division

Peer Review

Editorial Board Member	<i>Media Psychology</i> (since 2021) <i>Journal of Media Psychology</i> (since 2021), Distinguished Reviewer 2021-2023 <i>Mobile Media & Communication</i> (since 2023)
Ad-hoc Reviewer	126 verified journal reviews, 4.1:1 reviews-to-articles ratio (Web of Science) e.g., Journal of Communication; Communication Research; Journal of Computer-Mediated Communication; New Media & Society; Nature Human Behaviour; Scientific Reports; Psychological Bulletin; Social Media + Society; Mobile Media & Communication; Computers in Human Behavior; Cyberpsychology, Behavior, and Social Networking; Technology, Mind, and Behavior; Medien & Kommunikationswissenschaft
Conferences	Regular reviewer for conferences of the ICA, DGPUK, and DGPs
Grants	Reviewer for <i>ERC Consolidator Grant</i> , <i>SNF Consolidator Grant</i> , <i>DFG Individual Research Grant</i> , <i>UKRI Medical Research Council</i> , <i>NSERC Canada</i> , among others

University Committee Service

since 02/2021	<i>Service in standing and ad-hoc committees</i> at the School of Business, Economics and Society at FAU, e.g., BA and MSc Socioeconomics programs
2022 - 2024	<i>Deputy equal opportunities officer</i> at the School of Business, Economics and Society at FAU, involvement in 8 hiring committees
2018 - 2020	<i>Responsible for the university library section of the Department of Communication</i> at JGU Mainz, e.g., monitoring and acquisition of academic book publications, databases, journals, and budget planning
2015 - 2020	<i>Service in standing and ad-hoc committees</i> at the Department of Communication at JGU Mainz, e.g., BA Communication program reform; developing publication-based dissertation requirements; co-founding and organizing the doctoral student colloquium

Research

Awards & Honors

2025	<i>Top Paper Award</i> from the 26th Annual Conference of the Media Uses and Effects division of the DGPUK (with A. Gilbert & J. Klingelhofer)
2024	<i>Top Paper Award</i> from the Mobile Communication Division at the 74th Annual Conference of the ICA (with J. Klingelhofer & A. Gilbert)
	<i>Top Paper Award</i> from the 25th Annual Conference of the Media Uses and Effects division of the DGPUK (with J. Klingelhofer, A. Gilbert, & C. Adrian)
2021-2023	<i>3 x Hermann Gutmann Award for special scientific achievements</i> , awarded annually by the School of Business, Economics and Society at FAU for top tier publications by early career researchers
2022	<i>DGPuK Dissertation Award</i> for an outstanding doctoral thesis, awarded biennially by the German Communication Association
2021	<i>Dordick Dissertation Award</i> for an outstanding doctoral thesis, awarded annually by the Communication & Technology division of the ICA
	<i>Top Paper Award</i> from the Media Psychology division of the DGPs (with L. Reinecke)
	<i>Top Paper Award</i> from the Communication & Technology division at the 71st Annual Conference of the ICA (with R. Kreling & L. Reinecke)
	<i>Top Paper Award Nomination (Top 4)</i> from the Mobile Communication Interest Group at the 71st Annual Conference of the ICA (with F. Schneider, S. Lutz, A. Halfmann, & L. Reinecke)
	<i>Rockstar Reviewer Award</i> from the Communication & Technology division at the 71st Annual Conference of the ICA
2020	<i>Top Student Paper Award</i> from the Communication & Technology division at the 70th Annual Conference of the ICA (with A. Gilbert, S. Börner, & D. Possler)
2019	<i>Top Paper Award</i> from the 25th Annual Conference of the Media Uses and Effects division of the DGPUK (with C. Meltzer & L. Reinecke)
2018	<i>Top Student Paper Award</i> from the 63rd Annual Conference of the DGPUK
2016	<i>Top Student Paper Award</i> from the 61st Annual Conference of the DGPUK (with T. Lentz)

Funding

Extramural Grants (total: 2,998,150 €)

	Grant	Total Funding	Own Share
2026 - 2031	ERC Starting Grant, HYIHY, Social Well-Being from Hybrid Interactions in Hybrid Work (PI)	1,498,941€	1,498,941€

2025 - 2028	<i>CHANSE/NORFACE European collaborative grant, PROMISE, Promoting Well-Being in Preteens, Adolescents, and Young Adults – Toward Improved Social Media Policies (Co-PI, project lead: T. Dienlin)</i>	1,499,209 €	341,725 € (funded by DFG)
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Intramural Grants, Travel Grants, & Scholarships (total: 70,138 €)

2024	<i>Teaching Innovation Fund at FAU Erlangen-Nürnberg, competitive intramural funding for developing teaching innovations, with Prof. L. Handke (9,940 €)</i>
	<i>Sonderfonds at FAU Erlangen-Nürnberg, competitive intramural funding for a research project, with J. Klingelhofer (4,763 €)</i>
2022	<i>Emerging Talents Initiative at FAU Erlangen-Nürnberg, competitive intramural funding for outstanding young researchers to support an external grant application (12,304 €)</i>
	<i>Sonderfonds at FAU Erlangen-Nürnberg, competitive intramural funding for a research project, with J. Klingelhofer (3,930 €)</i>
	<i>Universitätsbund Erlangen-Nürnberg e.V., seed money for a research project and external grant application (5,431 €)</i>
2021	<i>Sonderfonds at FAU Erlangen-Nürnberg, competitive intramural funding for a research project (4,570 €)</i>
2020	<i>German Academic Exchange Service (DAAD), competitive travel funding for the Annual Conference of the ICA, Gold Coast, Australia (ca. 2,500 €, funding returned due to COVID-19)</i>
2017	<i>DAAD, competitive travel funding for the for the Annual Conference of the ICA, San Diego, USA (ca. 2,500 €)</i>
2016	<i>DAAD, competitive travel funding for the Annual Conference of the ICA, Fukuoka, Japan (ca. 2,500 €)</i>
	<i>Research Center for Media Convergence, JGU Mainz, intramural research funding for the project “A systematic literature review on social media use and well-being”, with L. Reinecke (14,500 €)</i>
2014 & 2012	<i>Deutschlandstipendium, two-times recipient of a one-year German federal scholarship to fund BA and MA studies (7,200 €)</i>

Publications

Preprints & Manuscripts (5)

Accepted	Gilbert, A., Klingelhofer, J., & Meier, A. (accepted). Disconnect to recharge: Well-being benefits of digital disconnection in daily life. <i>Communication Research</i> . https://doi.org/10.31234/osf.io/rzk38
Under review	Barreda-Ángeles, M., Amendola, S., Hartmann, T., Meier, A. , Mansfield, K. L., Coecke, S., & Hupont Torres, I. (2025, preprint). <i>Virtual worlds and mental health: A scoping review</i> . EU Science Hub. https://publications.jrc.ec.europa.eu/repository/handle/JRC140069
Under revision	Meier, A. , Ellison, N., Reinecke, L., & Valkenburg, P. M. (under revision). <i>Beyond active-passive: Towards the next stage of social media and mental health research</i> . OSF. https://doi.org/10.31234/osf.io/ydm9s
	Yee, A. Z. H., Krause, H.-V., Meier, A. , Ng, L. Y., & Loy, G. P. (under revision). <i>Unravelling passive social media use through screenomes</i> . OSF. https://doi.org/10.31234/osf.io/9uywm
	Possler, D., Meier, A. , Gilbert, A., & Scherer, H. (under revision). <i>Sharing awe: Vicarious transcendent experiences via social media</i> .

Edited Volumes (1)

2022	Valkenburg, P., Beyens, I., Meier, A. , Vanden Abeele, M. (Eds.) (2022). Special issue: Social media and well-being. <i>Current Opinion in Psychology</i> , 45. https://www.sciencedirect.com/journal/current-opinion-in-psychology/special-issue/108N1L0SCGF
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Peer-Reviewed Articles (30)

		Badges
2025	Klingelhofer, J., Gilbert, A., Adrian, C., & Meier, A. (2025). Possible futures all at once: Time frame and time lag in intensive longitudinal media effects research on well-being. <i>Journal of Communication</i> . https://doi.org/10.1093/joc/jqaf037	
2024	Klingelhofer, J., Gilbert, A., & Meier, A. (2024). Momentary motivations for digital disconnection: An experience sampling study. <i>Journal of Computer-Mediated Communication</i> , 29(5), zmae013. https://doi.org/10.1093/jcmc/zmae013 	      
	Gilbert, A., Reinecke, L., Meier, A. , Baumgartner, S. E., & Dietrich, F. (2024). Too amused to stop? Self-control and the disengagement process on Netflix. <i>Journal of Communication</i> , 74(5), 387–398. https://doi.org/10.1093/joc/jqae023	      
	Orben, A., Meier, A. , Dalgleish, T., & Blakemore, S.-J. (2024). Mechanisms linking social media use to adolescent mental health vulnerability. <i>Nature Reviews Psychology</i> , 3, 407–423. https://doi.org/10.1038/s44159-024-00307-y	

2023

Halfmann, A., **Meier, A.**, & Reinecke, L. (2024). Trapped between goal conflict and availability norm? How users' mobile messaging behavior during task engagement influences negative self-conscious emotions. *Journal of Media Psychology*, 36(1), 45–57. <https://doi.org/10.1027/1864-1105/a000381> 



Meier, A., Beyens, I., Siebers, T., Pouwels, J. L., & Valkenburg, P. M. (2023). Habitual social media and smartphone use are linked to task delay for some, but not all, adolescents. *Journal of Computer-Mediated Communication*, 28(3), Article zmad008. <https://doi.org/10.1093/jcmc/zmad008> 



Janicke-Bowles, S. H., Buckley, T. M., Rey, R., Wozniak, T., **Meier, A.**, & Lomanowska, A. (2023). Digital flourishing: Conceptualizing and assessing positive perceptions of mediated social interactions. *Journal of Happiness Studies*. Advance online publication. <https://doi.org/10.1007/s10902-023-00619-5> 



Meier, A., & Krause, H.-V. (2023). Does passive social media use harm well-being? An adversarial review. *Journal of Media Psychology*, 35(3), 169–180. <https://doi.org/10.1027/1864-1105/a000358> 

Schreurs, L., **Meier, A.**, & Vandenbosch, L. (2023). Exposure to the positivity bias and adolescents' differential longitudinal links with social comparison, inspiration and envy depending on social media literacy. *Current Psychology*, 42, 28221–28241. <https://doi.org/10.1007/s12144-022-03893-3>



2022

Kreling, R., **Meier, A.**, & Reinecke, L. (2022). Feeling authentic on social media: Subjective authenticity across Instagram Stories and Posts. *Social Media + Society*, 8(1), 1–13. <https://doi.org/10.1177/20563051221086235> 



Valkenburg, P. M., Beyens, I., **Meier, A.**, & Vanden Abeele, M. M. (2022). Advancing our understanding of the associations between social media use and well-being. *Current Opinion in Psychology*, 47, Article 101357. <https://doi.org/10.1016/j.copsyc.2022.101357> 

Meier, A., & Johnson, B. K. (2022). Social comparison and envy on social media: A critical review. *Current Opinion in Psychology*, 45, Article 101302. <https://doi.org/10.1016/j.copsyc.2022.101302> [post-print]

Valkenburg, P. M., **Meier, A.**, & Beyens, I. (2022). Social media use and its impact on adolescent mental health: An umbrella review of the evidence. *Current Opinion in Psychology*, 44, 58–68. <https://doi.org/10.1016/j.copsyc.2021.08.017> 

Schneider, F. M., Lutz, S., Halfmann, A., **Meier, A.**, & Reinecke, L. (2022). How and when do mobile media demands impact well-being? Explicating the integrative model of mobile media use and need experiences (IM³UNE). *Mobile Media & Communication*, 10(2), 251–271. <https://doi.org/10.1177/20501579211054928> 

Meier, A. (2022). Studying problems, not problematic usage: Do mobile checking habits increase procrastination and decrease well-being?



- Mobile Media & Communication*, 10(2), 272–293.
<https://doi.org/10.1177/20501579211029326> 
- 2021 Halfmann, A., **Meier, A.**, & Reinecke, L. (2021). Too much or too little messaging? Situational determinants of guilt about mobile messaging. *Journal of Computer-Mediated Communication*, 26(2), 72–90.
<https://doi.org/10.1093/jcmc/zmaa018> 
- Freytag, A., Knop-Huelss, K., **Meier, A.**, Reinecke, L., Hefner, D., Klimmt, C., & Vorderer, P. (2021). Permanently online—always stressed out? The effects of permanent connectedness on stress experiences. *Human Communication Research*, 47(2), 132–165.
<https://doi.org/10.1093/hcr/hqaa014> [post-print] 
- Meier, A.**, & Reinecke, L. (2021). Computer-mediated communication, social media, and mental health: A conceptual and empirical meta-review. *Communication Research*, 48(8), 1182–1209.
<https://doi.org/10.1177/0093650220958224> [post-print]
- Johannes, N., **Meier, A.**, Reinecke, L., Ehlert, S., Setiawan, D. N., Walasek, N., Dienlin, T., Buijzen, M., & Veling, H. (2021). The relationship between online vigilance and affective well-being in everyday life: Combining smartphone logging with experience sampling. *Media Psychology*, 24(5), 581–605.
<https://doi.org/10.1080/15213269.2020.1768122> 
- 2020 **Meier, A.**, Gilbert, A., Börner, S., & Possler, D. (2020). Instagram inspiration: How upward comparison on social network sites can contribute to well-being. *Journal of Communication*, 70(5), 721–743.
<https://doi.org/10.1093/joc/jqaa025> [post-print] 
- 2019 Noon, E. & **Meier, A.** (2019). Inspired by friends: Adolescents' network homophily moderates the relationship between social comparison, envy, and inspiration on Instagram. *Cyberpsychology, Behavior, and Social Networking*, 22(12), 787–793.
<https://doi.org/10.1089/cyber.2019.0412> [post-print]
- Exelmans, L., **Meier, A.**, Reinecke, L., & Van den Bulck, J. (2019). Just one more episode: Predictors of procrastination with television and implications for sleep quality. *Mass Communication and Society*, 22(5), 654–685. <https://doi.org/10.1080/15205436.2019.1606246> [post-print]
- 2018 **Meier, A.** (2018). Alles eine Frage der digitalen Autonomie? Die Rolle von Autonomie in der digitalen Kommunikation für psychologische Grundbedürfnisse und psychische Gesundheit im Alltag. *Medien & Kommunikationswissenschaft*, 61(4), 407–427.
<https://doi.org/10.5771/1615-634X-2018-4-407>
- Johannes, N., Veling, H., Dora, J., **Meier, A.**, Reinecke, L., & Buijzen, M. (2018). Mind-wandering and mindfulness as mediators of the relation between online vigilance and well-being. *Cyberpsychology, Behavior, and Social Networking*, 21(12), 761–767.
<https://doi.org/10.1089/cyber.2018.0373>



- Reinecke, L., Klimmt, C., **Meier, A.**, Reich, S., Hefner, D., Knop-Huelss, K., Rieger, D., & Vorderer, P. (2018). Permanently online and permanently connected: Development and validation of the online vigilance scale. *PLoS ONE*, 13(10), Article e0205384. <https://doi.org/10.1371/journal.pone.0205384>
- Meier, A.**, & Schäfer, S. (2018). The positive side of social comparison on social network sites: How envy can drive inspiration on Instagram. *Cyberpsychology, Behavior, and Social Networking*, 21(7), 411–417. <https://doi.org/10.1089/cyber.2017.0708>
- Schnauber-Stockmann, A., **Meier, A.**, & Reinecke, L. (2018). Procrastination out of habit? The role of impulsive vs. reflective media selection in procrastinatory media use. *Media Psychology*, 21(4), 640–668. <https://doi.org/10.1080/15213269.2018.1476156>
- Reinecke, L., **Meier, A.**, Beutel, M. E., Schemer, C., Stark, B., Wölfling, K., & Müller, K. W. (2018). The relationship between trait procrastination, Internet use, and psychological functioning: Results from a community sample of German adolescents. *Frontiers in Psychology*, 9, Article 913. <https://doi.org/10.3389/fpsyg.2018.00913>
- Reinecke, L., **Meier, A.**, Aufenanger, S., Beutel, M. E., Dreier, M., Quiring, O., Stark, B., Wölfling, K., & Müller, K. W. (2018). Permanently online and permanently procrastinating? The mediating role of Internet use for the effects of trait procrastination on psychological health and well-being. *New Media & Society*, 20(3), 862–880. <https://doi.org/10.1177/1461444816675437>
- 2016 **Meier, A.**, Reinecke, L., & Meltzer, C. E. (2016). “Facebocrastination”? Predictors of using Facebook for procrastination and its effects on students’ well-being. *Computers in Human Behavior*, 64, 65–76. <https://doi.org/10.1016/j.chb.2016.06.011>

Book Chapters (9)

- 2023 Arenz, A., **Meier, A.**, & Reinecke, L. (2023). Social comparison on social media and mental health: A scoping review. In M. Ziegele, T. Dienlin & A. S. Kümpel (Eds.), *Beiträge zur Jahrestagung der Fachgruppe Rezeptions- und Wirkungsforschung 2022* (pp. 7-40). <https://doi.org/10.21241/ssoar.87700>
- Meier, A.**, & Reinecke, L. (2023). Social media and mental health: Reviewing effects on eudaimonic well-being. In R. L. Nabi & J. G. Myrick (Eds.), *Emotions in the digital world: Exploring affective experience and expression in online interactions* (pp. 215–234). Oxford Univ. Press. <https://doi.org/10.1093/oso/9780197520536.003.0012> [post-print]
- Klingelhofer, J., & **Meier, A.** (2023). Social media and well-being at work, at home, and in-between: A review. In J. Skopek (Ed.), *Research handbook of digital sociology* (pp. 398-418). Edward Elgar. <https://doi.org/10.4337/9781789906769.00032> [post-print]
- 2021 Reinecke, L., & **Meier, A.*** (2021). Media entertainment as guilty pleasure? The appraisal of media use, self-control, and entertainment (AMUSE) model. In P. Vorderer & C. Klimmt (Eds.), *The Oxford handbook of entertainment theory* (pp. 205–

- 230). Oxford Univ. Press. ***shared first authorship**
<https://doi.org/10.1093/oxfordhb/9780190072216.013.12> [post-print]
- 2020 Reinecke, L., & **Meier, A.** (2020). Guilt and media use. In J. van den Bulck (Ed.), *The international encyclopedia of media psychology*. Wiley-Blackwell.
<https://doi.org/10.1002/9781119011071.iemp0183>
- Meier, A.**, Domahidi, E., & Günther, E. (2020). Computer-mediated communication and mental health: A computational scoping review of an interdisciplinary field. In S. Yates & R. E. Rice (Eds.), *The Oxford handbook of digital technology and society* (pp. 79–110). Oxford Univ. Press. [post-print]
- 2018 **Meier, A.**, Meltzer, C. E., & Reinecke, L. (2018). Coping with stress or losing control? Facebook-induced strains among emerging adults as a consequence of escapism versus procrastination. In S. E. Baumgartner, M. Hofer, T. Koch, & R. Kühne (Eds.), *Youth and media: Current perspectives on media use and effects* (pp. 167–186). Nomos. [post-print]
- 2017 Hofmann, W., Reinecke, L., & **Meier, A.** (2017). Of sweet temptations and bitter aftertaste: Self-control as a moderator of the effects of media use on well-being. In L. Reinecke & M. B. Oliver (Eds.), *The Routledge handbook of media use and well-being: International perspectives on theory and research on positive media effects* (pp. 211–222). Routledge. [post-print]
- Scherer, C., **Meier, A.**, & Viererbl., B. (2017). Positive Konditionierung durch Zeitungsschlagzeilen reduziert negative implizite Vorurteile gegenüber (männlichen) Muslimen. In M. Beiler & B. Bigl (Eds.), *100 Jahre Kommunikationswissenschaft in Deutschland. Von einem Spezialfach zur Integrationsdisziplin* (pp. 289–304). UVK.

Outreach

Media Coverage (selection)

- 2025 Mitmischen.de (2025, June). *Social Media erst ab 16?* [link]
- 2024 Die Zeit (2024, November). *Soziale Medien in Australien: Bei Instagram posten? Ausweis, bitte!* [link]
- Nürnberger Nachrichten (2024, November). *Home-Office kann auch einsam machen.* [link]
- Frankfurter Allgemeine Zeitung (2024, June). *Der Handy-Alarm.* [link]
- Frankfurter Allgemeine Zeitung (2024, May). *Verbessern Smartphones die Stimmung?* [link]
- 2023 Science Media Center (2023, December). *Press Briefing: Auswirkungen sozialer Medien auf mentale Gesundheit.* [link]
- Nürnberger Nachrichten (2023, November). *Nürnberger Professor erklärt: Warum wir fast nicht mehr ohne Smartphone können.* [link]
- Der Spiegel (2023, March). *Ständige Vergleiche im Internet: Was Angeberei mit uns macht.* [link]

- 2022 Business Insider (2022, July). *Ständig am Handy? Wie das euren Beziehungen schadet und welche Lösung ein Experte vorschlägt.* [\[link\]](#)
- 2021 La Presse (2021, December). *Les vertus de l'envie.* [\[link\]](#)
- SRF (2021, October). *10 - 15% der Nutzer:innen von Instagram spüren negative Folgen.* [\[link\]](#)
- Bustle (2021, January). *Why being constantly online stresses you out, according to a new study.* [\[link\]](#)
- 2020 Bustle (2020, October). *Experts explain why Instagram's effects on mental health aren't all bad.* [\[link\]](#)
- 2019 Jetzt (2019, October). *Wie lasse ich mich von Instagram nicht runterziehen?* [\[link\]](#)
- Frankfurter Allgemeine Zeitung (2019, April). *Studie Mainzer Forscher: „Instagram kann glücklich machen“.* [\[link\]](#)
- Deutschlandfunk: @mediasres (2019, February). *Macht Instagram glücklich?* [\[link\]](#)

Invited Talks & Knowledge Transfer (selection)

- 2023 *Psychische Gesundheit: Machen soziale Medien (un)glücklich?* NUElecture at Neues Museum, Nürnberg, Germany. November 2023.
- Mental wellbeing and the use of online platforms - friend or foe? Implications for the DSA.* Invited talk at the EU Commission Digital Services Act (DSA) stakeholder event, Brussels, Belgium. June 2023.
- Conceptual and measurement approaches to social media.* Participation in the Harvard-initiated and SRF-funded workshop “Social Media and Well-Being: A Multi-Disciplinary Dialogue”, organized by Peter Schulz, Ine Beyens, and Anne-Linda Camerini (among others), Lugano, Switzerland. June 2023.
- Machen uns soziale Medien (un)glücklich? Eine Bestandsaufnahme* Keynote at the Annual Psychotherapeutic Practitioner Symposium of the JLU Giessen, JGU Mainz, PU Marburg, & Goethe U Frankfurt. June 2023.
- Do social media make us (un)happy?* Guest lecture at KU Leuven School for Mass Communication Research, Belgium. March 2023.
- 2022 *Social media and well-being at work, at home, and in-between.* Invited talk at the Bavarian Research Institute for Digital Transformation. July 2022.
- Social media – weder sozial noch Medien?* Panel discussion at the “Junge Reihe” in the Bavarian State Parliament. July 2022.
- ESM apps: The good, the bad, & the ugly.* Invited talk at the GESIS Leibniz institute methods workshop on mobile assessment. April 2022.
- How to conceptualize social media use and its effects? Some observations.* Invited talk for the group of Dr. Amy Orben at Cambridge University, UK. March 2022.

Ask an expert: What pressures do children feel in the 21st century and what can we do about it? Invited webinar & panel discussion by the OECD Centre for Educational Research and Innovation. October 2021.

Social media effects on mental health in children and adolescents. Invited panel discussion at the 34th Annual Congress of the European College of Neuropsychopharmacology (ECNP), Lisbon, Portugal. October 2021.

Teaching

Overview (48 classes taught in 22 different courses at all levels)

Level	
BA	25 classes
MA	15 classes
PhD	8 methods workshops (4 x Systematic Reviews, 4 x Theory Construction)
DE/EN	35 classes in German, 13 classes in English

Courses Taught (2015-2025)

Term	Course ¹
2025 - summer	Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i>
	Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with L. Handke <i>MSc program in Socioeconomics (2nd semester)</i>
	Intensive longitudinal designs & multilevel modeling in R FAU Erlangen-Nürnberg, methods seminar Co-taught with J. Klingelhofer <i>MSc program in Socioeconomics (2nd semester)</i>
2024 - winter	Media psychology & effects FAU Erlangen-Nürnberg, lecture (in English) <i>MSc program in Socioeconomics (1st semester)</i>
	Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with C. Adrian <i>MSc program in Socioeconomics (3rd semester)</i>
	Media & communication FAU Erlangen-Nürnberg, introductory lecture <i>BA/BSc programs in Socioeconomics, Business, International Business (1st semester and above)</i>

¹ **Language:** Unless otherwise stated, courses were taught in German.

- summer	Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i> AI-supported systematic reviews & text-as-data in R FAU Erlangen-Nürnberg, methods seminar Co-taught with C. Adrian <i>MSc program in Socioeconomics (2nd semester)</i> Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with C. Adrian <i>MSc program in Socioeconomics (2nd semester)</i>
2023 - winter	Media psychology & effects FAU Erlangen-Nürnberg, lecture (in English) <i>MSc program in Socioeconomics (1st semester)</i> Hot topics in international communication research FAU Erlangen-Nürnberg, seminar (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i>
- summer	Communication at the digital workplace FAU Erlangen-Nürnberg, seminar <i>MSc programs in Socioeconomics, Labor and Personnel, and Marketing (all semesters)</i> Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i>
2022 - winter	Hot topics in international communication research FAU Erlangen-Nürnberg, seminar (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i> Digital behavioral data FAU Erlangen-Nürnberg, methods seminar Co-taught with C. Adrian <i>MSc programs in Marketing and Socioeconomics (3rd semester)</i>
- summer	Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i> Intensive longitudinal designs & multilevel modeling in R FAU Erlangen-Nürnberg, methods seminar Co-taught with J. Klingelhoef <i>MSc program in Socioeconomics (2nd semester)</i>
2021 - winter	Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with C. Adrian <i>MSc program in Socioeconomics (3rd semester)</i> Mediated communication at the work-home interface FAU Erlangen-Nürnberg, elective seminar Co-taught with J. Klingelhoef

	<i>BA programs in Socioeconomics and Business Studies (all semesters)</i>
- summer	Communication science research project FAU Erlangen-Nürnberg, research project seminar (virtual) <i>MSc program in Socioeconomics (2nd semester)</i>
	Intensive longitudinal designs & multilevel modeling in R FAU Erlangen-Nürnberg, methods seminar (virtual) Co-taught with C. Adrian <i>MSc program in Socioeconomics (2nd semester)</i>
2020	
- winter	Research methods tailored to the thesis UvA, methods seminar (virtual, in English) <i>MA program in Communication Science (1st semester)</i>
- summer	Entertainment media use JGU Mainz, seminar (virtual) <i>BA program in Communication (3rd & 4th semester)</i>
2019	
- winter	Online communication JGU Mainz, lecture <i>MA program in Communication (1st semester)</i>
	Reading, comprehending, and writing scientific literature JGU Mainz, introductory methods seminar <i>BA program in Communication (1st & 2nd semester)</i>
- summer	Experiments in media uses and effects research JGU Mainz, methods & project seminar <i>BA program in Communication (5th & 6th semester)</i>
2018	
- winter	Reading, comprehending, and writing scientific literature (two courses) JGU Mainz, introductory methods seminar <i>BA program in Communication (1st & 2nd semester)</i>
- summer	Data analysis with SPSS JGU Mainz, introductory methods seminar <i>BA program in Communication (1st & 2nd semester)</i>
	Social interaction in the digital age: Theory and practice of CMC JGU Mainz, seminar (in English) <i>BA program in Communication (3rd & 4th semester)</i>
2017	
- winter	Media use: Theories, methods, and current topics JGU Mainz, seminar <i>BA program in Communication (5th & 6th semester)</i>
	Reading, comprehending, and writing scientific literature (two courses) JGU Mainz, introductory methods seminar <i>BA program in Communication (1st & 2nd semester)</i>
- summer	Permanently online and permanently connected JGU Mainz, seminar (in English) <i>BA program in Communication (3rd & 4th semester)</i>
2016	
- winter	Reading, comprehending, and writing scientific literature JGU Mainz, introductory methods seminar

	<i>BA program in Communication (1st & 2nd semester)</i>
	Media use: Theories, methods, and current topics (two courses) JGU Mainz, seminar <i>BA program in Communication (5th & 6th semester)</i>
- summer	Permanently online and permanently connected JGU Mainz, seminar & research project <i>BA program in Communication (3rd & 4th semester)</i>
2015	Media use: Theories, methods, and current topics
- winter	JGU Mainz, seminar <i>BA program in Communication (5th & 6th semester)</i>
- summer	Core concepts and theories of communication JGU Mainz, introductory seminar <i>BA program in Communication (1st & 2nd semester)</i>
Thesis Supervision, Mentoring, & Examination	
BA/MA	
since 2015	<i>Primary supervision</i> of 53 BA and 5 MA theses <i>Secondary supervision</i> of 16 BA and 11 MA theses at FAU Erlangen-Nürnberg & JGU Mainz
PhD	
Promoter	<i>Eva Ziegltrum</i> (FAU Erlangen-Nürnberg, since 04/2025) <i>Julius Klingelhofer</i> (FAU Erlangen-Nürnberg, since 10/2021)
Co-Promoter	<i>Lise-Marie Nassen</i> (KU Leuven, Mass Communication, since 04/2022) <i>Christoph Adrian</i> (FAU Erlangen-Nürnberg, 04/2022-07/2025)
Committee Member	<i>Aurelio Fernández</i> (Ghent U & U Navarre, Communication, defense 2025) <i>Carly McComb</i> (Queensland U of Technology, Psychology, defense 2025) <i>George Aalbers</i> (Tilburg U, Cognitive Science and AI, defense 2023) <i>Niels Gadeyne</i> (KU Leuven, Work and Organization Studies, defense 2022)
	Thesis defense committee member at FAU Erlangen-Nürnberg for 11 doctoral theses from Business, Economics, Information Systems, and Social Sciences