Prof. Dr. Adrian Meier-Ernst

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Academic Positions & Research Visits

since 11/2025	*Professor* of Communication Science, *Chair Holder (Lehrstuhlinhaber)* Institute of Labor Market and Socioeconomics School of Business, Economics and Society at FAU Erlangen-Nürnberg
03/2024 – 10/2025	*Professor* of Communication Science, *Interim Chair Holder (Lehrstuhlvertretung)* FAU Erlangen-Nürnberg
02/2021 – 10/2025	*Tenure-Track Assistant Professor* for Communication Science *Venia legendi* for Communication Science & *habilitation equivalence* FAU Erlangen-Nürnberg
10/2020 - 01/2021	*Assistant Professor* for Communication Science Youth & Media Entertainment program group, ASCoR Universiteit van Amsterdam
04/2015 - 09/2020	*Research Associate & Doctoral Candidate* Media Effects & Media Psychology group (Prof. Dr. Leonard Reinecke) Department of Communication Johannes Gutenberg University Mainz
since 2017	*Research visits* at Nanyang Technological University Singapore, Weizenbaum Institute for the Networked Society Berlin, and Department of Communication Arts at University of Wisconsin-Madison

Education

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

Research

Awards & Honors

2026	*Early Career Scholar Award* at the 76th Annual Conference of the ICA
	Top Paper Award from the Mass Communication division at the 76th Annual Conference of the ICA (with D. Possler)
	Top Paper Award from the Communication & Technology division at the 76th Annual Conference of the ICA (with J. Klingelhoefer & A. Gilbert)
	Top Paper Award Nomination (Top 4) from the Mobile Communication division at the 76th Annual Conference of the ICA (with L.-M. Nassen & K. Karsay)
2025	*Top Paper Award* from the 26th Annual Conference of the Media Uses and Effects division of the DGPuK (with A. Gilbert & J. Klingelhoefer)
2024	*Top Paper Award* from the Mobile Communication division at the 74th Annual Conference of the ICA (with J. Klingelhoefer & A. Gilbert)
	Top Paper Award from the 25th Annual Conference of the Media Uses and Effects division of the DGPuK (with J. Klingelhoefer, A. Gilbert, & C. Adrian)
2021-2023	*3 x Hermann Gutmann Award for special scientific achievements*, awarded annually by the School of Business, Economics and Society at FAU for top tier publications by early career researchers
2022	*DGPuK Dissertation Award* for an outstanding doctoral thesis*,* awarded biennially by the German Communication Association
2021	*Dordick Dissertation Award* for an outstanding doctoral thesis, awarded annually by the Communication & Technology division of the ICA
	Best Research Article Award from the Media Psychology division of the DGPs (with L. Reinecke)
	Top Paper Award from the Communication & Technology division at the 71st Annual Conference of the ICA (with R. Kreling & L. Reinecke)
	Top Paper Award Nomination (Top 4) from the Mobile Communication Interest Group at the 71st Annual Conference of the ICA (with F. Schneider, S. Lutz, A. Halfmann, & L. Reinecke)
	Rockstar Reviewer Award from the Communication & Technology division at the 71st Annual Conference of the ICA
2020	*Top Student Paper Award* from the Communication & Technology division at the 70th Annual Conference of the ICA (with A. Gilbert, S. Börner, & D. Possler)
2019	*Top Paper Award* from the 25th Annual Conference of the Media Uses and Effects division of the DGPuK (with C. Meltzer & L. Reinecke)
2018	*Top Student Paper Award* from the 63rd Annual Conference of the DGPuK
2016	*Top Student Paper Award* from the 61st Annual Conference of the DGPuK (with T. Lentz)

Funding

Extramural Grants (total: 2,998,150 €, own share: 1,840,666 €)

	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	*CHANSE/NORFACE European collaborative grant*, PROMISE, Promoting Well-Being in Preteens, Adolescents, and Young Adults – Toward Improved Social Media Policies (Co-PI)	1,499,209 €	341,725 € (funded by DFG)

Intramural Grants, Foundation Grants, & Scholarships (total/own share: 70,138 €)

2024	*Teaching Innovation Fund at FAU Erlangen-Nürnberg,* competitive intramural funding for developing teaching innovations, with Prof. L. Handke (9,940 €)
	Sonderfonds at FAU Erlangen-Nürnberg, competitive foundation funding for a research project, with J. Klingelhoefer (4,763 €)
2022	*Emerging Talents Initiative at FAU Erlangen-Nürnberg,* competitive intramural funding for outstanding young researchers to support an external grant application (12,304 €)
	Sonderfonds at FAU Erlangen-Nürnberg, competitive foundation funding for a research project, with J. Klingelhoefer (3,930 €)
	Universitätsbund Erlangen-Nürnberg e.V., foundation seed money for a research project and external grant application (5,431 €)
2021	*Sonderfonds at FAU Erlangen-Nürnberg*, competitive foundation funding for a research project (4,570 €)
2020	*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)
2017	*DAAD*, competitive travel funding for the for the Annual Conference of the ICA, San Diego, USA (ca. 2,500 €)
2016	*DAAD*, competitive travel funding for the Annual Conference of the ICA, Fukuoka, Japan (ca. 2,500 €)
	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 €)
2014 & 2012	*Deutschlandstipendium*, two-times recipient of a one-year German federal scholarship to fund BA and MA studies (7,200 €)

Publications

Preprints & Manuscripts (9)

Under review	Kirchner-Krath, J., Schöbel, S., Morschheuser, B., & **Meier-Ernst, A.** (under review). Counteracting procrastination with digital technologies: A theory of digital counter-procrastination. *Information Systems Research.*
	Leuner, E., Adrian, C., & **Meier-Ernst, A.** (under review). Populism on air? Leveraging PopBERT to analyze populist rhetoric in talk shows ahead of the 2025 German federal election. *Studies in Communication and Media.*
	Meier-Ernst, A., Ellison, N., Reinecke, L., & Valkenburg, P. M. (under review, minor). Beyond active-passive: An integrated communication-centered approach to social media effects on mental health. *Annals of the International Communication Association.*
	Nassen, L.-M., **Meier-Ernst, A.,** & Karsay, K. (under review, major). TikTok disconnection and its impact on use, task procrastination, and psychological well-being in emerging adults. *New Media & Society.* https://doi.org/10.31234/osf.io/a6ykq_v2
	Parry, D., **Meier-Ernst, A.,** & Handke, L. (under review, major). Digital trace data in organizational communication research: A scoping review. *Organizational Research Methods.* https://doi.org/10.31235/osf.io/f479x_v1
	Possler, D., & **Meier-Ernst, A.*** (under review). Too imprecise and too inconsistent? Challenges for media psychology and effects theorizing – and possible solutions. *Communication Theory.* ***shared first authorship** https://doi.org/10.31234/osf.io/hsk2v_v1
	Yee, A. Z. H., Krause, H.-V., **Meier, A.,** Ng, L. Y., & Loy, G. P. (under review). Exploring the heterogeneity of passive social media use through screenomes. *Global Perspectives in Communication.* https://doi.org/10.31234/osf.io/9uywm
Under revision	Possler, D., **Meier-Ernst, A.,** Gilbert, A., & Scherer, H. (under revision). *Sharing awe: Vicarious transcendent experiences via social media.*
	Yang, E., Klingelhoefer, J., Gilbert, A., Dai, X., & **Meier-Ernst, A.** (under revision). *Navigation trajectories in smartphone app use: Towards a digital disconnection perspective.*

Edited Volumes (2)

Forth-coming	Sun, Y., Lyons, B., & **Meier, A.** (in progress). Who are we studying in communication research? Revisiting audience in a transforming media environment. *Human Communication Research.* https://academic.oup.com/hcr/pages/special-issue-call-for-papers-2026
2022	Valkenburg, P., Beyens, I., **Meier, A.,** & Vanden Abeele, M. (Eds.) (2022). Special issue: Social media and well-being. *Current Opinion in Psychology, 45.* https://www.sciencedirect.com/journal/current-opinion-in-psychology/special-issue/108N1L0SCGF

Peer-Reviewed Articles (33)

Badges

In press

Barreda-Ángeles, M., Amendola, S., Hartmann, T., **Meier, A.,** Mansfield, K. L., Coecke, S., & Hupont, I. (in press). Virtual worlds and mental health: A scoping review. *Humanities and Social Sciences Communications*. https://doi.org/10.1057/s41599-026-08349-8

2026

Klingelhoefer, J., Gilbert, A., & **Meier, A.** (2026). Digital disconnection as a self-regulatory strategy against procrastination. *Scientific Reports, 16*(1), 17133. https://doi.org/10.1038/s41598-026-46218-1

Klingelhoefer, J., Gilbert, A., Adrian, C., & **Meier, A.** (2026). Possible futures all at once: Time frame and time lag in short-term longitudinal media effects research on well-being. *Journal of Communication, 76*(1), 78–91. https://doi.org/10.1093/joc/jqaf037

2025

Gilbert, A., Klingelhoefer, J., & **Meier, A.** (2025). Disconnect to recharge: well-being benefits of digital disconnection in daily life. *Communication Research, 53*(5), 687-712. https://doi.org/10.1177/00936502251387830

2024

Klingelhoefer, J., Gilbert, A., & **Meier, A.** (2024). Momentary motivations for digital disconnection: An experience sampling study. *Journal of Computer-Mediated Communication*, *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. *Journal of Communication*, *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. *Nature Reviews Psychology, 3*, 407–423. https://doi.org/10.1038/s44159-024-00307-y

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

2023

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, 24*, 1013–1035. 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]

Klingelhoefer, 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. https://doi.org/10.1093/oxfordhb/9780190932596.013.4 [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. https://doi.org/10.5771/9783845280455-167 [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. https://doi.org/10.4324/9781315714752 [post-print]

Schemer, 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)

2026

Science Media Center (2026, June). *Statements: Auswirkungen sozialer Medien auf die psychische Gesundheit – Stand der Forschung.* [link]

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

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)

2026

Social Media: ein Risiko zwischen Likes und Leistungsdruck. Invited talk and panel discussion at the FAU Universitätstage, Herzogenaurach. October 2026.

Offline bis 16? Jugend und soziale Medien. Panel discussion at Café Luitpold, organized by the Center for Responsible AI Technologies at Technical University Munich (TUM). October 2026.

Risiken und Nebenwirkungen digitaler Medien für die mentale Gesundheit: Forschungsstand und Lösungsansätze. Research talk at the Collegium Alexandrinum, Erlangen. January 2026.

2025

Der Einfluss sozialer Medien auf die mentale Gesundheit Jugendlicher. Invited talk for the Aktion Jugendschutz Baden-Württemberg. September 2025.

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 stakeholder event, Brussels, Belgium. June 2023.

Psychische Gesundheit: Machen soziale Medien (un)glücklich? Science communication event “NUElecture” at Neues Museum, Nürnberg, Germany. November 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.

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.

Effect of social media on well-being and mental health - Mechanisms, consequences, and implications for adaptive technologies. Invited talk at the DFG-funded KD² School: Designing Adaptive Systems for Economic Decision Making, Karlsruhe Institute of Technology (KIT). May 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.

2021

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.

Memberships & Service

Scholarly Communities

01/2027 - 12/2030	Elected member of the GESIS User Advisory Board (4-year term)
06/2023 - 05/2025	*Secretary* of the ICA Communication & Technology division
since 2015	*International Communication Association* (ICA), particularly the divisions Communication & Technology; Mobile Communication; Information Systems; Mass Communication; Computational Methods
since 2015	*German Communication Association* (DGPuK), particularly the divisions Media Uses & Effects; Digital Communication; Methods
since 2019	*German Psychological Society* (DGPs), particularly the Media Psychology division

Peer Review

Editorial Board Member	*Media Psychology*, since 2021 *Journal of Media Psychology*, since 2021, Distinguished Reviewer 2021-2023 *Mobile Media & Communication*, since 2023 *Journal of Computer-Mediated Communication*, since 2025
Ad-hoc Reviewer	142 verified journal reviews, 4:1 reviews-to-articles ratio (Web of Science) e.g., *Journal of Communication; Communication Research; New Media & Society; Nature Human Behaviour; Scientific Reports; Psychological Bulletin; Social Media + Society; 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 *ERC Consolidator Grant, SNF Consolidator Grant, DFG Individual Research Grant, UKRI Medical Research Council, NSERC Canada*, among others

University Committee Service

since 02/2021	*Service in standing and ad-hoc committees* at the School of Business, Economics and Society at FAU, e.g., member of the BA and MSc Socioeconomics programs, member of the Faculty Council
2022 - 2024	*Deputy equal opportunities officer* at the School of Business, Economics and Society at FAU, involvement in 8 hiring committees
2018 - 2020	*Responsible for the university library section of the Department of Communication* at JGU Mainz, e.g., monitoring and acquisition of academic book publications, databases, journals, and budget planning
2015 - 2020	*Service in standing and ad-hoc committees* 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

Teaching

Overview: taught > 1,900 students in 54 classes (19 different courses) at all levels

Level	
BA	27 classes
MA	18 classes
PhD	9 methods workshops
DE/EN	38 classes taught in German, 16 classes in English

Courses Taught (2015-2026)

PhD	**Course**
Methods	**Systematic Review Methodology for Communication Science** 1 day workshop, x 5 (DGPuK RezFo Augsburg 2023, IJK Hannover 2024, DGPuK Mittelbautag Leipzig 2025, U Babelsberg 2025, IfKW München 2025)
	Constructing Theories for Media Psychology & Empirical Social Science 1 day workshop, with Daniel Possler, x 4 (DGPs Media Psych Belval 2023, Weizenbaum Institut Berlin 2023, IfP Mainz 2024, DGPuK RezFo Bamberg 2025)
Master	
Lectures	**Media Psychology & Effects** FAU, 2 SWS, x 4 (WiSe23/24, WiSe 24/25, WiSe 25/26, WiSe 26/27)
	Online Communication JGU, 2 SWS, x 1 (WiSe 19/20)
Methods	**Digital Behavioral Data** FAU, 2 SWS, x 2 (WiSe 22/23, WiSe 26/27)
	Applied Methods: Experience Sampling, Trace Data, & MLM in R FAU, 3 SWS, x 3 (SoSe 21, SoSe 22, SoSe 25)
	Applied Methods: AI-Supported Systematic Reviews & Text-as-Data in R FAU, 3 SWS, x 1 (SoSe 24)
	Research Methods Tailored to the Thesis UvA, 2 SWS, x 1 (WiSe 20/21)
Research Projects	**Communication Science Research Project** FAU, 2 semesters, 6 SWS, x 3 (SoSe 21 – WiSe 21/22, SoSe 24 – WiSe 24/25, SoSe 25 – WiSe 25/26)
Seminars	**Communication in the Digital Workplace** FAU, 2 SWS, x 2 (WiSe 21/22, SoSe 23)
Bachelor	
Lectures	**Media and Communication** (Introduction to Communication Science) FAU, 2 SWS, x 2 (WiSe 25/26, WiSe 26/27)

	Digital Technologies & Society (Advanced Communication Science) FAU, 2 SWS, x 4 (SoSe 22, SoSe 23, SoSe 24, SoSe 25)
Methods	**Experiments in Media Uses and Effects Research** JGU, 4 SWS, x 1 (SoSe 19)
	Data Analysis JGU, 2 SWS, x 1 (SoSe 18)
	Reading, Comprehending, and Writing Scientific Literature JGU, 2 SWS, x 6 (WiSe 16/17, 2 x WiSe 17/18, 2 x WiSe 18/19, WiSe 19/20)
Seminars	**Hot Topics in International Communication Research** FAU, 2 SWS, x 2 (WiSe 22/23, WiSe 23/24)
	Media Use: Theories, Methods, and Current Topics JGU, 2 SWS, x 5 (WiSe 15/16, 2 x in WiSe 16/17, WiSe 17/18, SoSe 20)
	Digital Communication (POPC/CMC Theory) JGU, 2 SWS, x 3 (SoSe 16, SoSe 17, SoSe 18)
	Core Concepts and Theories of Communication JGU, 2 SWS, x 1 (SoSe 15)

Thesis Supervision, Mentoring, & Examination

BA/MA	
since 2015	*Primary supervision* of 56 BA and 6 MA theses *Secondary supervision* of 16 BA and 11 MA theses at FAU Erlangen-Nürnberg & JGU Mainz
PhD	
Promoter	*Besir Özmen* (Siemens Healthineers & FAU, since 10/2026) *Frauke Schöne* (FAU, since 06/2026) *Tim Seidel* (FAU, since 06/2026) *Annika Wilfert* (FAU, since 10/2025) *Eva Ziegltrum* (FAU, since 04/2025) *Julius Klingelhoefer* (FAU, 10/2021 – 07/2026)
Co-Promoter	*Sandra Jeleazcov* (FAU, Medicine, since 03/2026) *Lise-Marie Nassen* (KU Leuven, Media Psychology, 04/2022 – 11/2025) *Christoph Adrian* (FAU, Communication, 04/2022 – 07/2025)
Com-mittee Member	*Aurelio Fernández* (Ghent U & U Navarre, Communication, defense 2025) *Carly McComb* (Queensland U of Technology, Psychology, defense 2025) *George Aalbers* (Tilburg U, Cognitive Science and AI, defense 2023) *Niels Gadeyne* (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, Medical Sciences, and Social Sciences