

Prof. Dr. Adrian Meier

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Academic Positions & Research Visits

02/2021 - present	<i>Tenure-Track Assistant Professor</i> in Communication Science Institute of Labor Market and Socioeconomics School of Business, Economics and Society (WiSo) Friedrich-Alexander-Universität Erlangen-Nürnberg (FAU), Germany
	01/2024: Positive interim evaluation & <i>venia legendi</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> in 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 Communication & Technology, Mobile Communication, Mass Communication, and Information Systems divisions
since 2015	<i>German Communication Association</i> (DGPUK), particularly the Media Uses & Effects division
since 2015	<i>German Psychological Society</i> (DGPs), particularly the Media Psychology division

Peer Review

Editorial Board Member	Media Psychology (since 03/2021) Journal of Media Psychology (since 04/2021), Distinguished Reviewer 2021-2023 Mobile Media & Communication (since 06/2023)
Ad-hoc Reviewer	<i>Journals</i> : 99 verified reviews, 3.7:1 reviews-to-articles ratio (Web of Science) e.g., Journal of Communication; Communication Research; New Media & Society; Journal of Computer-Mediated Communication; 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
Con- ferences	Regular reviewer for annual or biennial conferences of the ICA, DGPUK, and DGPs

University Committee Work

since 02/2021	<i>Service in standing and ad-hoc committees</i> at the School of Business, Economics and Society at FAU (e.g., BSc and MSc Socioeconomics programs)
03/2022- 02/2024	<i>Deputy equal opportunities officer</i> at the School of Business, Economics and Society at FAU (involvement in eight 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; organizing the doctoral student colloquium)

Awards & Honors

2022 & 2021	<i>Hermann-Gutmann-Preis 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)

Grants, Funding, & Scholarships

2022	<i>Emerging Talents Initiative at FAU Erlangen-Nürnberg</i> , competitive university internal funding for outstanding young researchers to support an external grant application (12,304 €) <i>Sonderfonds at FAU Erlangen-Nürnberg</i> , competitive university internal funding for a research project, with J. Klingelhofer (3,930 €) <i>Universitätsbund Erlangen-Nürnberg e.V.</i> , seed money for a research project and external grant application (5,431 €)
2021	<i>Sonderfonds at FAU Erlangen-Nürnberg</i> , competitive university internal funding for a research project (4,570 €)
2020	<i>German Academic Exchange Service (DAAD)</i> , competitive travel funding for the Annual Conference of the ICA, Gold Coast, Australia (ca. 2,500 €, funding returned due to COVID-19)
2017	<i>DAAD</i> , 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*, university internal 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 (36)

Edited Volumes (1)

- 2022 | Valkenburg, P., Beyens, I., **Meier, A.**, Vanden Abeele, M. (Eds.) (2022). 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 (26)

- 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> 
- Halfmann, A., **Meier, A.**, & Reinecke, L. (2023). Trapped between goal conflict and availability norm? How users' mobile messaging behavior during task engagement influences negative self-conscious emotions. *Journal of Media Psychology*. Advance online publication. <https://doi.org/10.1027/1864-1105/a000381> 
- 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> 
- 2022 | **Meier, A.**, & Krause, H.-V. (2022). Does passive social media use harm well-being? An adversarial review. *Journal of Media Psychology*. Advance online publication. <https://doi.org/10.1027/1864-1105/a000358> 
- Schreurs, L., **Meier, A.**, & Vandenbosch, L. (2022). Exposure to the positivity bias and adolescents' differential longitudinal links with social comparison, inspiration and envy depending on social media literacy. *Current Psychology*. Advance online publication. <https://doi.org/10.1007/s12144-022-03893-3>
- 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> 

Badges



- 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,

2018


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]


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-Huels, 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 & Encyclopedia Entries (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*. 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. [post-print]

Conference Presentations, Panels & Workshops (2021-2023)

- 2023 Possler, D., & **Meier, A.** (2023, September). *Theory construction: Building and advancing media psychological theories*. Workshop held at the 13th Biennial

Conference of the Media Psychology division of the DGPs, Belval, Luxembourg.

Meier, A., Ellison, N., Valkenburg, P. M., & Reinecke, L. (2023, May). *Beyond active-passive: Towards alternatives for social media and well-being scholarship*. Panel organized for the 73rd Annual Conference of the ICA, Toronto, Canada.

Meier, A., Ellison, N., Reinecke, L., & Valkenburg, P. M. (2023, May). *Social media and well-being scholarship beyond active-passive: A critique of the extended active-passive model*. Paper presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Klingelhofer, J., Gilbert, A., & **Meier, A.** (2023, May). *Log on, log off, repeat? Motivations and well-being effects of digital disconnection in everyday life*. Poster presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Klingelhofer, J. & **Meier, A.** (2023, May). *Mindful everyday disconnection — Well-being effects of being mindfully (dis-)connected*. Paper presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Klingelhofer, J., **Meier, A.**, Meltzer, C. E., & Reinecke, L. (2023, May). *License to procrastinate: Is self-forgiveness for online procrastination driven by self-licensing or self-compassion?* Poster presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Possler, D., **Meier, A.**, Gilbert, A., & Scherer, H. (2023, May). *Sharing awe: Vicarious self-transcendent experiences via social media*. Paper presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Gilbert, A., Reinecke, L., **Meier, A.**, Baumgartner, S. E., Kühne, R., & Dietrich, F. (2023, May). *Time well-spent or guilty pleasure? The effects of self-control on content selection and entertainment experience on Netflix*. Paper presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Halfmann, A., **Meier, A.**, & Reinecke, L. (2023, May). *Trapped between self-control failure and norm violation: How user's mobile messaging behavior during task engagement influences feelings of guilt*. Paper presented at the 73rd Annual Conference of the ICA, Toronto, Canada.

Meier, A. (2023, January). „Was gibt's dazu schon?“ – Systematische Literaturüberblicke jenseits der Meta-Analyse. Workshop held at the 29th Annual Conference of the Media Uses and Effects division of the DGPuK, Augsburg, Germany.

Gilbert, A., Reinecke, L., **Meier, A.**, Baumgartner, S. E., Kühne, R.; Dietrich, F. (2023, January). *Too amused to stop? Selbstkontrolle und Unterhaltungserleben bei der Netflix-Nutzung*. Paper presented at the 29th Annual Conference of the Media Uses and Effects division of the DGPuK, Augsburg, Germany.

Ernst, A., Gilbert, A., & **Meier, A.** (2023, January). *Seeking Serendipity Online: Eine explorative Studie zum Suchen und Finden von Inspiration in sozialen Medien*. Paper presented at the 29th Annual Conference of the Media Uses and Effects division of the DGPuK, Augsburg, Germany.

Halfmann, A., **Meier, A.**, & Reinecke, L. (2023, January). *Gefangen zwischen Selbstkontrollversagen und Normverstöß? Die Effekte des Messaging-Verhaltens von*

- Nutzer*innen bei der Bearbeitung von Aufgaben auf negative selbstbezogene Emotionen.* Paper presented at the 29th Annual Conference of the Media Uses and Effects division of the DGPUK, Augsburg, Germany.
- 2022 **Meier, A.,** Beyens, I., Pouwels, L., Siebers, T., & Valkenburg P. M. (2022, May). *Mobile social media habits and procrastination among adolescents: Investigating between-person, within-person, and person-specific associations.* Paper presented at the 72nd Annual Conference of the ICA, Paris, France.
- Meier, A.,** & Johnson, B. K. (2022, May). *Social comparison and envy on social media: A critical review.* Paper presented at the 72nd Annual Conference of the ICA, Paris, France.
- Schreurs, L., **Meier, A.,** & Vandenbosch, L. (2022, May). *Longitudinal links between the positivity bias, inspiration and envy: The role of social media literacy.* Paper presented at the 72nd Annual Conference of the ICA, Paris, France.
- Gilbert, A., Reinecke, L., **Meier, A.,** Baumgartner, S., & Kühne, R. (2022, May). *Stopping media entertainment viewing: Self-control and disengagement processes on Netflix.* Poster presented at the 72nd Annual Conference of the ICA, Paris, France.
- Klingelhofer, J., & **Meier, A.** (2022, May). *Disconnecting from what? Digital detox effects beyond the device and application level.* Paper presented at the Digital Disconnection Studies Beyond Borders preconference of the 72nd Annual Conference of the ICA, Paris, France.
- Meier, A.,** Fecke, M., Fehr, A., Schlütz, D., Karnowski, V., Naab, Teresa K., & Schnauber-Stockmann, A. (2022, February). *In-situ-Forschung in der Lehre: Inhaltliche und didaktische Konzepte für die Vermittlung situationsbezogener Forschungsmethoden.* Workshop held at the 67th Annual Conference of the DGPUK, virtual conference.
- Schreurs, L., **Meier, A.,** & Vandenbosch, L. (2022, February). *A longitudinal investigation of adolescents' exposure to the positivity bias, envy, inspiration and the moderating role of social media literacy.* Paper presented at the Etmaal van de Communicatiewetenschap, virtual conference.
- 2021 **Meier, A.,** & Krause, H.-V. (2021, September). *Debate club: "Passive social media use harms mental health and well-being!"*. Debate panel held at the 12th Biennial Conference of the Media Psychology division of the DGPs, Aachen, Germany.
- Meier, A.** (2021, September). *New media, new effects? Introducing the Technology Equivalence Approach (TEA).* Paper presented at the 12th Biennial Conference of the Media Psychology division of the DGPs, Aachen, Germany.
- Possler, D., **Meier, A.,** Börner, S., Gilbert, A., & Scherer, H. (2021, September). *Sharing awe: Vicarious transcendent experiences via social media.* Poster presented at the 12th Biennial Conference of the Media Psychology division of the DGPs, Aachen, Germany.
- Schneider, F., Lutz, S., Halfmann, A., **Meier, A.,** & Reinecke, L. (2021, September). *How and when do mobile media demands impact well-being?*

Explicating the integrative model of mobile media use and need experiences (IM³UNE). Paper presented at the 12th Biennial Conference of the Media Psychology division of the DGPs, Aachen, Germany.

Kreling, R., **Meier, A.**, & Reinecke, L. (2021, May). *#authentic? Differences in users' state authenticity across Instagram stories and posts*. Paper presented at the 71st Annual Conference of the ICA, virtual conference. -- **Top Paper Award** --

Meier, A., & Reinecke, L. (2021, May). *Social media and mental health: Reviewing effects on eudaimonic well-being*. Paper presented at the 71st Annual Conference of the ICA, virtual conference.

Schneider, F., Lutz, S., Halfmann, A., **Meier, A.**, & Reinecke, L. (2021, May). *How and when do mobile media demands impact well-being? Explicating the integrative model of mobile media use and need experiences (IM³UNE)*. Paper presented at the 71st Annual Conference of the ICA, virtual conference. - **Top Paper Award Nomination** --

Janicke-Bowles, S., Buckley, T., Rey, R., Wozniak, T., Lomanowska, A., & **Meier, A.** (2021, May). *Conceptualizing and assessing digital flourishing*. Paper presented at the 71st Annual Conference of the ICA, virtual conference.

Outreach

Media Coverage (selection)

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|------|---|
| 2023 | Science Media Center (2023, December). <i>Press Briefing: Auswirkungen sozialer Medien auf mentale Gesundheit</i> . [link] |
| | Nürnberger Nachrichten (2023, November). <i>Nürnberger Professor erklärt: Warum wir fast nicht mehr ohne Smartphone können</i> . [link] |
| | Der Spiegel (2023, March). <i>Ständige Vergleiche im Internet: Was Angeberei mit uns macht</i> . [link] |
| 2022 | Business Insider (2022, July). <i>Ständig am Handy? Wie das euren Beziehungen schadet und welche Lösung ein Experte vorschlägt</i> . [link] |
| 2021 | La Presse (2021, December). <i>Les vertus de l'envie</i> . [link] |
| | SRF (2021, October). <i>10 - 15% der Nutzer:innen von Instagram spüren negative Folgen</i> . [link] |
| | Bustle (2021, January). <i>Why being constantly online stresses you out, according to a new study</i> . [link] |
| 2020 | Bustle (2020, October). <i>Experts explain why Instagram's effects on mental health aren't all bad</i> . [link] |
| 2019 | Jetzt (2019, October). <i>Wie lasse ich mich von Instagram nicht runterziehen?</i> [link] |
| | Frankfurter Allgemeine Zeitung (2019, April). <i>Studie Mainzer Forscher: „Instagram kann glücklich machen“</i> . [link] |
| | Deutschlandfunk: @mediasres (2019, February). <i>Macht Instagram glücklich?</i> [link] |

Invited Talks & Knowledge Transfer (selection)

- 2023
- Psychische Gesundheit: Machen soziale Medien (un)glücklich?* Science communication event “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.
- 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. May, 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 Digital Mental Health group of Dr. Amy Orben at Cambridge University, UK. March, 2022.
- 2021
- New media, new effects? Introducing the Technology Equivalence Approach (TEA).* Invited talk at the KU Leuven School for Mass Communication Research, Belgium. December, 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 (“campfire session”) at the 34th Annual Congress of the European College of Neuropsychopharmacology (ECNP), Lisbon, Portugal. October, 2021.

Teaching

Thesis Supervision & Mentoring

BA/MA since 2015	<i>Primary supervision</i> of 37 BA and 4 MA theses <i>Secondary supervision</i> of 16 BA and 11 MA theses at FAU Erlangen-Nürnberg & JGU Mainz
PhD since 2021	<i>Julius Klingelhofer</i> (FAU Erlangen-Nürnberg, primary supervisor) <i>Lise-Marie Nassen</i> (KU Leuven, secondary supervisor)

Overview (35 classes taught in 20 different courses at all levels)

Level	
BA	22 classes
MA	9 classes
PhD	4 methods workshops
Lang.	25 classes in <i>German</i> , 10 classes in <i>English</i>

Courses Taught (2015-2024)

Term	Course¹
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>BSc 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, Marketing (all semesters)</i>
	Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BSc programs in Socioeconomics and Business Studies (all semesters)</i>
2022 - winter	Hot topics in international communication research FAU Erlangen-Nürnberg, seminar (in English) <i>BSc 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

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

	FAU Erlangen-Nürnberg, lecture (in English) <i>BSc programs in Socioeconomics and Business Studies (all semesters)</i>
	Short-term longitudinal designs & multilevel modeling in R FAU Erlangen-Nürnberg, methods seminar Co-taught with J. Klingelhofer <i>MSc program in Socioeconomics (2nd semester)</i>
2021	Communication science research project
- winter	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. Klingelhofer <i>BSc 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>
	Short-term 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	Research methods tailored to the thesis
- winter	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	Online communication
- winter	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	Reading, comprehending, and writing scientific literature (two courses)
- winter	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	Media use: Theories, methods, and current topics
- winter	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	Reading, comprehending, and writing scientific literature
- winter	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>