

Prof. Dr. Adrian Meier

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Academic Positions & Research Visits

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

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> in Communication Science JGU Mainz
01/2013 - 06/2013	<i>Erasmus scholarship and exchange student</i> in the Social Sciences program University of Gothenburg
04/2010 - 09/2013	<i>Bachelor of Arts</i> in Communication (major) and Political Sciences (minor) JGU Mainz

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; Children, Adolescents, and Media; Mass Communication
since 2015	<i>German Communication Association</i> (DGPUK), particularly the Media Uses & Effects and Methods divisions
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) <i>Journal of Computer-Mediated Communication</i> (since 2025)
Ad-hoc Reviewer	140 verified journal reviews, 4:1 reviews-to-articles ratio (Web of Science) e.g., <i>Journal of Communication</i> ; <i>Communication Research</i> ; <i>New Media & Society</i> ; <i>Nature Human Behaviour</i> ; <i>Scientific Reports</i> ; <i>Psychological Bulletin</i> ; <i>Social Media + Society</i> ; <i>Computers in Human Behavior</i> ; <i>Cyberpsychology, Behavior, and Social Networking</i> ; <i>Technology, Mind, and Behavior</i> ; <i>Medien & Kommunikationswissenschaft</i>
Conferences	Regular reviewer for conferences of the <i>ICA</i> , <i>DGPK</i> , and <i>DGPs</i>
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

2026	<p><i>Top Paper Award</i> from the Mass Communication division at the 76th Annual Conference of the ICA (with D. Possler)</p> <p><i>Top Paper Award</i> from the Communication & Technology division at the 76th Annual Conference of the ICA (with J. Klingelhofer & A. Gilbert)</p> <p><i>Top Paper Award Nomination</i> from the Mobile Communication division at the 76th Annual Conference of the ICA (with L.-M. Nassen & K. Karsay)</p>
2025	<p><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)</p>
2024	<p><i>Top Paper Award</i> from the Mobile Communication division at the 74th Annual Conference of the ICA (with J. Klingelhofer & A. Gilbert)</p> <p><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)</p>
2021-2023	<p><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</p>
2022	<p><i>DGPuK Dissertation Award</i> for an outstanding doctoral thesis, awarded biennially by the German Communication Association</p>
2021	<p><i>Dordick Dissertation Award</i> for an outstanding doctoral thesis, awarded annually by the Communication & Technology division of the ICA</p> <p><i>Top Paper Award</i> from the Media Psychology division of the DGPs (with L. Reinecke)</p> <p><i>Top Paper Award</i> from the Communication & Technology division at the 71st Annual Conference of the ICA (with R. Kreling & L. Reinecke)</p> <p><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)</p> <p><i>Rockstar Reviewer Award</i> from the Communication & Technology division at the 71st Annual Conference of the ICA</p>
2020	<p><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)</p>
2019	<p><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)</p>
2018	<p><i>Top Student Paper Award</i> from the 63rd Annual Conference of the DGpuK</p>
2016	<p><i>Top Student Paper Award</i> from the 61st Annual Conference of the DGpuK (with T. Lentz)</p>

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

	<i>Grant</i>	<i>Total Funding</i>	<i>Own Share</i>
2026 - 2031	<i>ERC Starting Grant, HYIHY, Social Well-Being from Hybrid Interactions in Hybrid Work (PI)</i>	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)

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 (7)

Under review	<p>Parry, D., Meier, A., & Handke, L. (under review). <i>Digital trace data in organizational communication research: A scoping review</i>.</p> <p>Barreda-Ángeles, M., Amendola, S., Hartmann, T., Meier, A., Mansfield, K. L., Coecke, S., & Hupont Torres, I. (under review). <i>Virtual worlds and mental health: A scoping review</i>. EU Science Hub. https://publications.jrc.ec.europa.eu/repository/handle/JRC140069</p> <p>Yee, A. Z. H., Krause, H.-V., Meier, A., Ng, L. Y., & Loy, G. P. (under review). <i>Exploring the heterogeneity of passive social media use through screenomes</i>. OSF. https://doi.org/10.31234/osf.io/9uywm</p>
Under revision	<p>Nassen, L.-M., Meier, A., & Karsay, K. (under revision). <i>TikTok disconnection and its impact on use, task procrastination, and psychological well-being in emerging adults</i>.</p> <p>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</p> <p>Possler, D., & Meier, A.* (under revision). <i>Too imprecise and too inconsistent? Challenges for media psychology and effects theorizing – and possible solutions. *shared first authorship</i></p> <p>Possler, D., Meier, A., Gilbert, A., & Scherer, H. (under revision). <i>Sharing awe: Vicarious transcendent experiences via social media</i>.</p>











Edited Volumes (1)



2022	<p>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</p>
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Peer-Reviewed Articles (32)

		Badges
Accepted	<p>Klingelhoef, J., Gilbert, A., & Meier, A. (accepted). <i>Digital disconnection as a self-regulatory strategy against procrastination</i>. PsyArXiv. https://doi.org/10.31234/osf.io/3j64v_v1</p>	  
2025	<p>Gilbert, A., Klingelhoef, J., & Meier, A. (2025). Disconnect to recharge: well-being benefits of digital disconnection in daily life. <i>Communication Research</i>. https://doi.org/10.1177/00936502251387830</p> <p>Klingelhoef, J., Gilbert, A., Adrian, C., & Meier, A. (2025). Possible futures all at once: Time frame and time lag in short-term longitudinal media effects research on well-being. <i>Journal of Communication</i>. https://doi.org/10.1093/joc/jqaf037</p>	  

- 2024 Klingelhoef, 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.**, Dalglish, 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*. 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-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 (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. [\[post-print\]](#)
- 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)

2025	Mitmischen.de (2025, June). <i>Social Media erst ab 16?</i> [link]
2024	Die Zeit (2024, November). <i>Soziale Medien in Australien: Bei Instagram posten? Ausweis, bitte!</i> [link]
	Nürnberger Nachrichten (2024, November). <i>Home-Office kann auch einsam machen.</i> [link]
	Frankfurter Allgemeine Zeitung (2024, June). <i>Der Handy-Alarm.</i> [link]
	Frankfurter Allgemeine Zeitung (2024, May). <i>Verbessern Smartphones die Stimmung?</i> [link]
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)

2026	<i>Risiken und Nebenwirkungen digitaler Medien für die mentale Gesundheit: Forschungsstand und Lösungsansätze.</i> Research talk at the Collegium Alexandrinum, Erlangen, Germany. January 2026.
2025	<i>Der Einfluss sozialer Medien auf die mentale Gesundheit Jugendlicher.</i> Invited talk for the Aktion Jugendschutz Baden-Württemberg. September 2025.

2023	<p><i>Mental wellbeing and the use of online platforms - friend or foe? Implications for the DSA.</i> Invited talk at the EU Commission Digital Services Act stakeholder event, Brussels, Belgium. June 2023.</p> <p><i>Machen uns soziale Medien (un)glücklich? Eine Bestandsaufnahme</i> Keynote at the Annual Psychotherapeutic Practitioner Symposium of the JLU Giessen, JGU Mainz, PU Marburg, & Goethe U Frankfurt. June 2023.</p>
2022	<p><i>Social media and well-being at work, at home, and in-between.</i> Invited talk at the Bavarian Research Institute for Digital Transformation. July 2022.</p> <p><i>Social media – weder sozial noch Medien?</i> Panel discussion at the “Junge Reihe” in the Bavarian State Parliament. July 2022.</p> <p><i>ESM apps: The good, the bad, & the ugly.</i> Invited talk at the GESIS Leibniz institute methods workshop on mobile assessment. April 2022.</p>
2021	<p><i>Ask an expert: What pressures do children feel in the 21st century and what can we do about it?</i> Invited webinar & panel discussion by the OECD Centre for Educational Research and Innovation. October 2021.</p> <p><i>Social media effects on mental health in children and adolescents.</i> Invited panel discussion at the 34th Annual Congress of the European College of Neuropsychopharmacology (ECNP), Lisbon, Portugal. October 2021.</p>

Teaching

Overview (51 classes taught in 23 different courses at all levels)

Level	
BA	26 classes
MA	17 classes
PhD	8 methods workshops (4 x Systematic Reviews, 4 x Theory Construction)
DE/EN	37 classes in German, 14 classes in English

Courses Taught (2015-2025)

Term	Course¹
2025 - winter	<p>Media and communication FAU Erlangen-Nürnberg, introductory lecture <i>BA programs in Socioeconomics and Business Studies (all semesters)</i></p> <p>Media psychology & effects FAU Erlangen-Nürnberg, lecture (in English) <i>MSc program in Socioeconomics (1st semester)</i></p> <p>Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with Prof. L. Handke (Business Psychology)</p>

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

	<p><i>MSc program in Socioeconomics (3rd semester)</i></p>
- summer	<p>Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i></p> <p>Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with Prof. L. Handke (Business Psychology) <i>MSc program in Socioeconomics (2nd semester)</i></p> <p>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></p>
2024	
- winter	<p>Media psychology & effects FAU Erlangen-Nürnberg, lecture (in English) <i>MSc program in Socioeconomics (1st semester)</i></p> <p>Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with C. Adrian <i>MSc program in Socioeconomics (3rd semester)</i></p> <p>Media & communication FAU Erlangen-Nürnberg, introductory lecture <i>BA/BSc programs in Socioeconomics, Business, International Business (1st semester and above)</i></p>
- summer	<p>Digital technologies & society FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i></p> <p>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></p> <p>Communication science research project FAU Erlangen-Nürnberg, research project seminar Co-taught with C. Adrian <i>MSc program in Socioeconomics (2nd semester)</i></p>
2023	
- winter	<p>Media psychology & effects FAU Erlangen-Nürnberg, lecture (in English) <i>MSc program in Socioeconomics (1st semester)</i></p> <p>Hot topics in international communication research FAU Erlangen-Nürnberg, seminar (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i></p>
- summer	<p>Communication at the digital workplace FAU Erlangen-Nürnberg, seminar <i>MSc programs in Socioeconomics, Labor and Personnel, and Marketing (all semesters)</i></p> <p>Digital technologies & society</p>

	FAU Erlangen-Nürnberg, lecture (in English) <i>BA programs in Socioeconomics and Business Studies (all semesters)</i>
2022	Hot topics in international communication research
- winter	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. 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>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	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>

Thesis Supervision, Mentoring, & Examination

BA/MA

since	<i>Primary supervision</i> of 53 BA and 5 MA theses
2015	<i>Secondary supervision</i> of 16 BA and 11 MA theses at FAU Erlangen-Nürnberg & JGU Mainz

PhD	
Promoter	<i>Annika Wilfert</i> (FAU Erlangen-Nürnberg, since 10/2025) <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, 04/2022 – 11/2025) <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