

DR AMY ORBEN

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Emmanuel College, University of Cambridge ◇ Cambridge, CB2 3AP

MRC Cognition and Brain Sciences Unit, University of Cambridge ◇ Cambridge, CB2 7EF

EDUCATION

University of Oxford

St. Hilda's College

DPhil Experimental Psychology

Supervisor: Professor Robin Dunbar and Professor Dorothy Bishop

September 2019

ERC/EC Grant Funding

Viva: *No Corrections*

University of Cambridge

Magdalene College

M.A. (Hons) Natural Sciences

Part II Experimental Psychology

Part Ib Neuroscience, Physiology, Experimental Psychology

Part Ia Physics, Mathematics, Biology of Cells, Physiology

June 2015

Double First Class

College Scholarship

ACADEMIC POSITIONS

Emmanuel College, University of Cambridge

College Research Fellow

October 2019 - September 2023

Cambridge, UK

MRC Cognition and Brain Sciences Unit

Research Fellow

October 2019 - September 2023

Cambridge, UK

The Queen's College, University of Oxford

Stipendiary College Lecturer in Psychology

January 2017 - October 2019

Oxford, UK

The Queen's College, University of Oxford

Non-Stipendiary College Lecturer in Psychology

October 2016 - January 2017

Oxford, UK

VISITING POSITIONS

Eindhoven University of Technology

Daniël Laken's Research Group

March - April 2019

Eindhoven, Netherlands

Knowledge Media Research Center, University of Tübingen

Sonia Utz's Research Group

March - September 2017

Tübingen, Germany

PUBLICATIONS

Orben, A. (2020), The Sisyphean Cycle of Technology Panics. Perspectives on Psychological Science. *Open-Access Version*

Orben, A., Tomova, L., and Blakemore, S.-J. (2020), The effects of social deprivation on adolescent social development and mental health. The Lancet Child and Adolescent Health. *Open-Access Version*

Orben, A. and Lakens, D. (2020), Crud (Re)defined. Advances in Methods and Practices in Psychological Science. *Open-Access Version*

Kaye, L. K., **Orben, A.**, Ellis, D. A., Hunter, S. C., Houghton, S. (2020), The Conceptual and Methodological Mayhem of Screen-time. International Journal of Environmental Research and Public Health. *Open-Access Version*

Orben, A. and Przybylski, A. K. (2020), Reply to: Understanding digital media harm. Nature Human Behaviour.

Orben, A. and Przybylski, A. K. (2020), Teenage sleep and technology engagement across the week. PeerJ. *Open-Access Version*

Orben, A. (2020), Teenagers, Screens and Social Media: A Narrative Review of Reviews and Key Studies. Social Psychiatry and Psychiatric Epidemiology. *Open-Access Version*

Crüwell, S., van Doorn, J., Etz, A., Makel, M.C., Moshontz, H., Niebaum, J., **Orben, A.**, Parsons, S., & Schulte-Mecklenbeck, M. (2019), 7 Easy Steps to Getting into Open Science: An Annotated Reading List. Zeitschrift für Psychologie. *Preprint*

Orben, A. (2019), A journal club to fix science. Nature. *Open-Access Version*

Przybylski, A. K., **Orben, A.**, Weinstein, N. (2019), How Much Is Too Much? Examining the Relationship Between Digital Screen Engagement and Psychosocial Functioning in a Confirmatory Cohort Study. Journal of the American Academy of Child and Adolescent Psychiatry.

Orben, A., Dienlin, T., Przybylski, A. K. (2019), Reply to Foster and Jackson: Open scientific practices are the way forward for social media effects research. Proceedings of the National Academy of Sciences of the United States of America.

Orben, A., Dienlin, T., Przybylski, A. K. (2019), Probing the Longitudinal Effects of Social Media Use on Adolescent Well-being. Proceedings of the National Academy of Sciences of the United States of America. *Open-Access Version, OSF Project*

Orben, A., and Przybylski, A. K. (2019), Teens and Screens: Evidence from two exploratory and one confirmatory experience sampling studies. Psychological Science. *Open-Access Version, OSF Project*

Mills, K. L., **Orben, A.**, Przybylski, A. K. (2019), The relationship between functional brain organization and self-reported screen media activity in late childhood. Cortex. *Stage 1 Registered Report*

Orben, A., and Przybylski, A. K. (2019), The association between adolescent well-being and digital technology use. Nature Human Behaviour. *Open-Access Version, Nature Editorial, Blog*

Orben, A., Mutak, A., Dablander, F., Hecht, M., Krawiec, J., Valkovicova, N. & Kosite, D. (2018) Do Feelings of Connection after Facebook use Depend on Previous Usage Intensity? A Protocol. Frontiers in Psychology. *Open-Access Version*

Orben, A. (2018), Cyberpsychology: A Field Lacking Theoretical Foundations. PsyPAG The Quarterly 105. *Open-Access Version*

van Rooij, A. J., Ferguson, C. J., Colder Carras, M., Kardefelt-Winther, D., Shi, J., ... **Orben, A.**, ... & Przybylski, A. K. (2018), A weak scientific basis for gaming disorder: Let us err on the side of caution. Journal of Behavioural Addictions. *Preprint*

Orben, A. and Dunbar R. I. M. (2017), Social Media and Relationship Development: The Effect of Valence and Intimacy of Posts. Computers in Human Behavior 73C *Open-Access Version*

Orben, A., Weinstein, N., and Przybylski, A. K. (in review), Only holistic and iterative change will fix digital technology research

MAJOR GRANTS

Secondary Data Analysis Initiative <i>Economic and Social Research Council</i>	<i>June 2020 - June 2022</i> £300,000 (Co-PI)
Emmanuel College Research Fellowship <i>Emmanuel College, University of Cambridge</i>	<i>October 2019 - September 2022</i> £103,551 (PI)
Barnardo's Research Grant <i>Barnardo's UK</i>	<i>January 2019 - January 2020</i> £59,993 (Co-PI)
SRCD Young Scholar Exchange and Research Collaboration Grant <i>Society for Research in Child Development</i>	<i>June 2018 - June 2020</i> \$15,000 (Co-PI)
DPhil Studentship <i>ERC and EC Horizon 2020 Grant awarded to Robin Dunbar</i>	<i>October 2015 - October 2018</i> £39,000

MINOR GRANTS

ReproducibiliTea Annual Meeting <i>Institute of Advanced Studies, University of Surrey and Others</i>	<i>December 2019</i> £4,700
UKRN Grant to ReproducibiliTea <i>UK Reproducibility Network</i>	<i>October 2019</i> £3,261
St. Hildas Travel Grant <i>St. Hildas College, University of Oxford</i>	<i>May 2019</i> £304
UKRN Grant to ReproducibiliTea <i>UK Reproducibility Network</i>	<i>January 2019</i> £2,500
Postgraduate Study Visit Scheme <i>British Psychological Society</i>	<i>August 2018</i> £800
Postgraduate Member Travel Grant <i>European Association of Social Psychology</i>	<i>June 2018</i> £1,000
Jakobs Foundation Workshop Travel Funding <i>SRCD-Jacob's Foundation</i>	<i>May 2018</i> £1,500
Volkswagen Foundation Conference Bursary <i>Computational Communication Science Conference</i>	<i>December 2017</i> £400
PsyPAG Study Visit Bursary <i>Psychology Postgraduate Affairs Group</i>	<i>September 2017</i> £200
Santander Academic Travel Award 2017 <i>Santander and the University of Oxford</i>	<i>June 2017</i> £363
Postgraduate Travel Bursary <i>British Psychological Society, West Midlands Branch</i>	<i>March 2017</i> £100
St. Hildas Travel Grant <i>St. Hildas College, University of Oxford</i>	<i>February 2017</i> £1,000

Postgraduate Bursary for Annual Conference <i>British Psychological Society</i>	<i>February 2017</i> £145
UK Bursary Award PsyPAG Conference 2016 <i>Psychology Postgraduate Affairs Group</i>	<i>November 2016</i> £100
Muriel Wise Fund <i>St. Hildas College, University of Oxford</i>	<i>October 2016</i> £320
Browning Summer Research Scholarship <i>Magdalene College, University of Cambridge</i>	<i>March 2014</i> £2,200

AWARDS AND HONOURS

SIPS Commendation to ReproducibiliTea <i>Society for the Improvement of Psychological Science</i>	<i>March 2020</i>
2019 BPS award for Outstanding Doctoral Research <i>British Psychological Society</i>	<i>January 2020</i>
Understanding Society Young Researcher Prize <i>Understanding Society, University of Essex</i>	<i>July 2019</i>
Nomination for the 'Best Tutor' prize <i>Oxford Student Union's Annual Teaching Awards, University of Oxford</i>	<i>May 2019</i>
Techwomen50 Award <i>We Are The City, London</i>	<i>January 2018</i>
Prize for Best Talk, St. Hildas MCR Research Symposium <i>St. Hildas College, University of Oxford</i>	<i>March 2017</i>
Winner of the Oxford Social Innovation Case Competition <i>Saïd Business School, University of Oxford</i>	<i>April 2016</i>
Leading for Impact Fellow <i>Saïd Business School, University of Oxford</i>	<i>November 2015 - August 2016</i>
Magdalene College Scholarship <i>Magdalene College, University of Cambridge</i>	<i>June 2015</i>
Magdalene College Prize for Natural Sciences <i>Magdalene College, University of Cambridge</i>	<i>June 2015</i>
Bundy Scholarship <i>Magdalene College, University of Cambridge</i>	<i>June 2015</i>
Magdalene College Scholarship <i>Magdalene College, University of Cambridge</i>	<i>June 2014</i>
Magdalene College Prize for Natural Sciences <i>Magdalene College, University of Cambridge</i>	<i>June 2014</i>

INVITED LECTURES

Tech and Wellbeing in the Era of Covid-19 <i>Stanford Cyber Policy Centre Online Seminar Series</i>	<i>July 2020</i> <i>Online</i>
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Outpaced by Technology <i>The British Academy, London</i>	June 2020 <i>Online</i>
Social Media Use and Life Satisfaction Across the Lifecourse <i>MPI for Human Development, Berlin</i>	June 2020 <i>Online</i>
Questionable Research Practices <i>King's Open Research Conference</i>	June 2020 <i>Online</i>
The Psychology of Technology: Past, Present and Future <i>Department of Education, University of Cambridge</i>	June 2020 <i>Online</i>
Technology and well-being in adolescence: making sense of the evidence in challenging times <i>IHD/Dev Psych Colloquium, UC Berkeley</i>	May 2020 <i>Online</i>
Teens, screen and quarantines: what can the research tell us? <i>Emerging Minds Network UK, University of Oxford</i>	April 2020 <i>Online</i>
Using longitudinal data to explore young peoples social media use <i>CLOSER Seminar Series, University College London</i>	April 2020 <i>Online</i>
Goodbye Screentime! Its time for a reboot. <i>Eastern Regions Workshop 2019 for Educational Psychologists</i>	March 2020 <i>Newmarket, UK (cancelled)</i>
Navigating the 'Garden of Forking Paths' to understand teenage tech use <i>University of Edinburgh: SMRC Seminar Series</i>	March 2020 <i>Edinburgh, UK (cancelled)</i>
The Psychology of Technology: Past, Present and Future <i>University of Glasgow: Psychology Seminar Series</i>	March 2020 <i>Glasgow, UK (cancelled)</i>
Teens, Screens and Well-Being: Where is the evidence? <i>LSE: Wellbeing Seminar Series</i>	February 2020 <i>London, UK</i>
The association between digital technology use and wellbeing <i>ReproducibiliTea UCL</i>	December 2019 <i>London, UK</i>
Fear the Fork! <i>MRC Cognition and Brain Science Unit Wednesday Lunchtime Seminar</i>	November 2019 <i>Cambridge, UK</i>
1 million correlations: steps towards reproducible psychological science <i>Department of History and Philosophy of Science, Coffee with Scientist Series</i>	November 2019 <i>Cambridge, UK</i>
Reflections on Specification Curve Analysis <i>MAPS Showcase</i>	September 2019 <i>Bristol, UK</i>
Deja vu? Media psychology and the toxic cycle of tech panics <i>Media Psych 2019 (Keynote)</i>	September 2019 <i>Chemnitz, Germany</i>
Public Engagement <i>Life Beyond the PhD 2019</i>	August 2019 <i>Windsor, UK</i>
Open Science: Personal Experiences <i>PsyPAG Open Science Webinar</i>	August 2019 <i>Webinar</i>
Conducting rigorous research on large open-access developmental datasets <i>ABCD Workshop</i>	August 2019 <i>Portland, United States</i>

Linking adolescent well-being and digital technology use <i>Digital Health Conference (Keynote)</i>	March 2019 <i>Copenhagen, Denmark</i>
Analytical Flexibility and Open Science <i>Utrecht University PhD Day (Keynote)</i>	March 2019 <i>Utrecht, Netherlands</i>
1 billion correlations <i>UCL Affective Brain Lab Guest Speaker Series</i>	February 2019 <i>London, UK</i>
Reflections on being an ECR in Open Science <i>BBSRC Reproducibility School</i>	January 2019 <i>Windsor, UK</i>
Mapping Analytical Flexibility as a Tool for Transparent Research <i>Bristol TARG Research Group</i>	December 2018 <i>Bristol, UK</i>
Social Media and Well-Being: Rethinking the Scientific Evidence <i>Social Media Week</i>	October 2018 <i>London, UK</i>
Specification Curve Analysis and the Limits of Pre-Registration <i>Oxford-Berlin Summer School</i>	September 2018 <i>Berlin, Germany</i>
Screens and Teens: What we (don't) know <i>OFE Children and Young Peoples Mental Health: Providing Effective Support</i>	July 2018 <i>London, UK</i>

CONFERENCE PRESENTATIONS

Social Media's Enduring Effect on Adolescent Life Satisfaction <i>Understanding Society Scientific Conference</i>	July 2019 <i>Essex, UK</i>
Symposium: Do Smartphones Cause Teen Depression? Rigorous Methodologies Show Little Evidence of Harmful Linkages <i>International Convention of Psychological Science</i>	March 2019 <i>Paris, France</i>
Context, or just Content? How Directedness and Privatness of Social Media Self-Disclosures Affect Liking <i>68th Annual International Communications Association Conference</i>	May 2018 <i>Prague, Czech Republic</i>
(R)evolutionary? Investigating offline theories of relationship formation in a social media context <i>10th Conference of the Media Psychology Division</i>	September 2017 <i>University of Koblenz-Landau, Germany</i>
Facebook or Face-to-Face: Whats the Difference? An investigation of offline theories of relationship formation in a social media context <i>18th General Meeting of the European Association of Social Psychologists</i>	July 2017 <i>Granada, Spain</i>
The Facebook (R)evolution: Gossip, Passive Consumption and Social Media <i>CyberPsychology, CyberTherapy and Social Networking Conference</i>	June 2017 <i>Wolverhampton, UK</i>
Facebook Stalking: A new norm demanding new theories <i>BPS Annual Conference</i>	May 2017 <i>Brighton, UK</i>
From Facebook to Friendship? <i>PsyPAG Annual Conference</i>	July 2016 <i>York, UK</i>
From Facebook to Friendship: Intensity of Facebook use predicts relationship development after reading social media self-disclosures <i>BPS West Midlands Conference</i>	May 2016 <i>Coventry, UK</i>

EVIDENCE FOR POLICY

Provocation Paper: British Academy Childhood Policy Programme, February 2020. *Online Version*

Oral Presentation: United Nations AI for Good Summit, May 2019, Geneva, Switzerland.

Written Evidence: Chief Medical Officer Dame Sally Davis, January 2019, co-authored with Przybylski, A.

Written Evidence: Parliamentary Inquiry about Immersive and Addictive Technologies, Commons Digital, Culture, Media and Sport Select Committee, January 2019, co-authored with Przybylski, A., Eatchells, P., and Weinstein, N. *Open-Access Version*

Oral Evidence: Parliamentary Inquiry about Social Media Use, Commons Science and Technology Select Committee, London, UK, May 2018. *Open-Access Version, Video, Final Report*

Written Evidence: Parliamentary Inquiry about Social Media Use, Commons Science and Technology Select Committee, January 2018, co-authored with Przybylski, A. and Weinstein, N. *Open-Access Version*

WORKSHOPS

Orben, A., *Specification Curve Analysis Breakout Session*, ABCD Workshop, Portland, United States, August 2019

Orben, A., Anvari, F., Isager, P., Singleton Thorn, F., *Hackathon: Helping Researchers Identify Their Smallest Effect of Interest*, Society for the Improvement of Psychological Science, Rotterdam, Netherlands, July 2019

Orben, A., *Error Detection Techniques*, Utrecht University PhD Day, Utrecht, Netherlands, April 2019

Orben, A., Thompson, J. *Statistics Refresher*, Oxford-Berlin Summer School, Berlin, Germany, September 2018. *Slides: osf.io/skvqh/*

TEACHING ACCREDITATION

SEDA Supporting Learning Accreditation (2018)

LECTURING

January - March 2020: Psychology as a Reproducible Science (University of Cambridge, Graduate Course, 8 x 2 hour lectures)

February 2020: Guest Lecture (UCL MSc Neuroscience of Emotion and Decision Making, 1 lecture)

SUPERVISION

PhD in Psychology, Supervisory Panel (2019-2020, B Farrar)

Masters Student Dissertation in Psychology (2018, M Jordan)

Research Internship (2018, A Mutak)

Honours Student Dissertation in Psychology (2018, H Koh)

Honours Student Dissertation in Human Sciences (2017, T Gaisford)

Junior Research Project Team (2017-2018, M Hecht, F Dablander, A Mutak, J Krawiec, N Valkovicova, D Kosite)

TUTORIAL TEACHING

Nomination in the "*Best Tutor*" category at the Oxford Student Union's Annual Teaching Awards 2019

Introduction to Psychology (11 weeks, Social, Developmental, Perceptual and Cognitive Psychology), 1st year Experimental Psychology and Psychology, Philosophy and Linguistics

Introduction to Psychology (4 weeks, Perceptual and Cognitive Psychology), 1st year Biomedical Sciences

Psychology of Medicine (2 weeks), 2nd year Medical Sciences

Social Psychology (8 weeks), 2nd year Experimental Psychology and Psychology, Philosophy and Linguistics

DEPARTMENTAL AND COLLEGE ADMINISTRATION

Co-Director of ReproducibiliTea Global, May 2018 onwards

Moral Tutor in Psychology, The Queen's College, Oxford (sabbatical cover: responsible for academic and pastoral support of 12 Queen's College Psychology students), January - April 2019

Graduate Representative, Oxford Experimental Psychology Open Science Committee, 2018 - 2019

Co-creator and co-convenor of ReproducibiliTea Journal Club, University of Oxford, 2018 - 2019

Stipendiary College Lecturer, The Queen's College, Oxford, January 2017 - October 2019

Organising and conducting undergraduate interviews, The Queen's College, Oxford, 2016 - 2018

PROFESSIONAL ACTIVITIES

Co-creator and co-lead of UK Reproducibility Network supported ReproducibiliTea Journal Club Initiative. *OSF*: osf.io/3qrj6/

Co-creator and host of ReproducibiliTea Podcast. *Link*: [Recordings](#)

RADIO AND TELEVISION (SELECTION)

National Television: BBC2 Newsnight, BBC News, BBC2 Victoria Derbyshire, Sky News

National Radio: BBC Radio 4 Today Programme, BBC Radio 4 Woman's Hour, BBC Radio 4 More or Less, BBC Radio 4 Analysis, BBC Radio 5, BBC Radio 2 Jeremy Vine, BBC local radio stations, talkRadio

International Television: AlJazeera English: Inside Story, BBC World TV

International Radio: Radio New Zealand, BBC World Service: The Real Story, BBC World Service: Tech Tent, KQED, NPR, WGBH Boston, WCAI Cape Cod

NEWSPAPERS AND WEBSITES (SELECTION)

National: The Times (front page), The Guardian and Observer, BBC News, The Independent, Evening Standard, Daily Mail

International: Scientific American, New Scientist, The Wall Street Journal, Wired, Forbes, TechCrunch, BuzzFeed, The Conversation, ABC News, Business Insider, Sueddeutsche Zeitung, Newsweek, The Verge, Mashable

WRITING FOR GENERAL INTEREST

Don't despair if your child is glued to a screen, it may be keeping them sane. The Observer, 26th April 2020

The government should actually understand the internet if its going to protect kids from online harms. The Independent, 15th February 2020

Farewell the porn block a PR exercise and lousy policy. The Observer, 20th October 2019

Were told that too much screen time hurts our kids. Wheres the evidence?. The Observer, 7th July 2019

Beyond Cherry Picking. Nature: Behavioural and Social Sciences, 9th August 2018

Three problems with the debate around screen time. The Guardian, 9th August 2018

Why Hunt's screen time limits for kids are scientific nonsense. The Guardian, 23rd April 2018

The trouble knowing how much screen time is too much BBC News, 23rd February 2018

Gaming addiction as a mental disorder: its premature to pathologise players. The Conversation, 13th February 2018

The Need for Nuance in the Tech Use Debate. Behavioural Scientist, 1st January 2018

Social Media and Suicide: A Critical Appraisal. Medium, 14th November 2017

iGen: Is it science or is it advertisement? The Psychologist, November 2017

Chasing social media shares harms public trust in science - so stop it. The Guardian, 28th June 2017

Social media is nothing like drugs, despite all the horror stories. The Conversation, 18th June 2017

Two Peas in an (Evolutionary) Pod? Facebook and Face- to-Face. Medium, 20th April 2017

TALKS FOR GENERAL OR POLICY INTEREST

Why Social Media Doesn't Fry Your Brain, Science Night MRC CBU, Cambridge, UK, March 2020.

Science Communication for Academics, Science Media Centre, London, UK, October 2019.

Hashtag: My Perfect World, Norwich Science Festival, Norwich, UK, October 2019.

Screen Time and Teen Outcomes: Things Missed, Ofcom Making Sense of Media, London, UK, July 2019.

Authenticity, self and social media in modern politics: how to discuss facts in a politics dominated by personality? Discussion between Dominic Grieve MP and Amy Orben, Ditchley Foundation Festival of Ideas, Chipping Norton, UK, July 2019.

Teens, Screens and Sketchy Data, Oxford Geek Night, Oxford, UK, May 2019.

Teens and Screens: What does the research tell us?, The Adam Smith Institute, London, UK, May 2019.

Mental Health and Contemporary Society - Exploring Prevention and Public Goods (presiding chair), Ditchley Foundation, London, UK, November 2018.

Social Media and Well-Being: a Scientists Perspective, Barnardos Executive Away Day, London, UK, May 2018.

Discussion Round: Social Media, Evolution and Wellbeing, Zinc VC, London, UK, November 2017.

I Facebook, Therefore I Am, OxFEST Exciting Women in Science Speaker Series, University of Oxford, Oxford, UK, March 2017.

Psychology at University, IB Psychology Invited Speaker, Frankfurt International School, Oberursel, Germany, March 2017.

Post-Friendship in the Time of Post-Truth?, St. Hildas MCR Research Symposium, Oxford, UK, March 2017.

If Facebook be the food of friendship, play on. Bryant Society Lecture, St. Johns College, Oxford, UK, February 2017.

If Facebook be the food of friendship, play on. Psychologist in the Pub Talk, British Psychological Society West Midlands Branch, Oxford, UK, February 2017.

How does Social Media affect your Friendships?, Oxford University Psychology Society Lecture, University of Oxford, Oxford, UK, October 2016.

The Evolutionary Limitations to Social Innovation. Leading for Impact Retreat Lecture, Somerset, UK, May 2016.

The Psychology of Facebook. Oxford Splash, Oxford, UK, February 2016.

RESEARCH INTERESTS

Digital Tech	Effects of technology and social media use on adolescents
Well-Being	Determinants and risk factors of adolescent mental health and well-being
Open Science	Large-scale datasets, effect sizes, transparency and open science

STATISTICS AND CODING

Statistical Software	R, RStudio (advanced), SPSS (intermediate), MPlus (beginner)
Statistical Procedures	SCA (advanced), Longitudinal and Networks Modelling (intermediate)
Tools	Shell scripts, High-performance cluster use

PROFESSIONAL AFFILIATIONS

European Association of Social Psychology (EASP)

Association for Psychological Science (APA)

British Psychological Society (BPS)

Society for the Improvement of Psychological Science (SIPS)