

# DR AMY ORBEN

@OrbenAmy ◇ aco35@cam.ac.uk

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

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

## EDUCATION

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### 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

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### 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

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### 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

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**Orben, A.** (in press), The Sisyphean Cycle of Technology Panics. Perspectives on Psychological Science. *Preprint*

**Orben, A.** and Lakens, D. (in press), Crud (Re)defined. Advances in Methods and Practices in Psychological Science. *Preprint*

**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*

## IN REVIEW

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**Orben, A.**, Tomova, L., and Blakemore, S.-J. (in review), The effects of social deprivation on adolescent social development and mental health. *Preprint*

Kaye, L. K., **Orben, A.**, Ellis, D. A., Hunter, S. C., Houghton, S. (in review), The Conceptual and Methodological Mayhem of Screen-time. *Preprint*

## MAJOR GRANTS

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

## MINOR GRANTS

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<b>ReproducibiliTea Annual Meeting</b> <i>Institute of Advanced Studies, University of Surrey and Others</i>	<i>December 2019</i> £4,700
<b>UKRN Grant to ReproducibiliTea</b> <i>UK Reproducibility Network</i>	<i>October 2019</i> £3,261
<b>St. Hildas Travel Grant</b> <i>St. Hildas College, University of Oxford</i>	<i>May 2019</i> £304
<b>UKRN Grant to ReproducibiliTea</b> <i>UK Reproducibility Network</i>	<i>January 2019</i> £2,500
<b>Postgraduate Study Visit Scheme</b> <i>British Psychological Society</i>	<i>August 2018</i> £800
<b>Postgraduate Member Travel Grant</b> <i>European Association of Social Psychology</i>	<i>June 2018</i> £1,000
<b>Jakobs Foundation Workshop Travel Funding</b> <i>SRCD-Jacob's Foundation</i>	<i>May 2018</i> £1,500
<b>Volkswagen Foundation Conference Bursary</b> <i>Computational Communication Science Conference</i>	<i>December 2017</i> £400
<b>PsyPAG Study Visit Bursary</b> <i>Psychology Postgraduate Affairs Group</i>	<i>September 2017</i> £200
<b>Santander Academic Travel Award 2017</b> <i>Santander and the University of Oxford</i>	<i>June 2017</i> £363
<b>Postgraduate Travel Bursary</b> <i>British Psychological Society, West Midlands Branch</i>	<i>March 2017</i> £100
<b>St. Hildas Travel Grant</b> <i>St. Hildas College, University of Oxford</i>	<i>February 2017</i> £1,000
<b>Postgraduate Bursary for Annual Conference</b> <i>British Psychological Society</i>	<i>February 2017</i> £145
<b>UK Bursary Award PsyPAG Conference 2016</b> <i>Psychology Postgraduate Affairs Group</i>	<i>November 2016</i> £100

<b>Muriel Wise Fund</b> <i>St. Hildas College, University of Oxford</i>	<i>October 2016</i> £320
<b>Browning Summer Research Scholarship</b> <i>Magdalene College, University of Cambridge</i>	<i>March 2014</i> £2,200

## AWARDS AND HONOURS

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

## INVITED LECTURES

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<b>Teens, screen and quarantines: what can the research tell us?</b> <i>Emerging Minds Network UK, University of Oxford</i>	<i>April 2020</i> <i>Online</i>
<b>Using longitudinal data to explore young peoples social media use</b> <i>CLOSER Seminar Series, University College London</i>	<i>April 2020</i> <i>Online</i>
<b>Goodbye Screentime! Its time for a reboot.</b> <i>Eastern Regions Workshop 2019 for Educational Psychologists</i>	<i>March 2020</i> <i>Newmarket, UK (cancelled)</i>

<b>Navigating the 'Garden of Forking Paths' to understand teenage tech use</b> <i>University of Edinburgh: SMRC Seminar Series</i>	March 2020 <i>Edinburgh, UK (cancelled)</i>
<b>The Psychology of Technology: Past, Present and Future</b> <i>University of Glasgow: Psychology Seminar Series</i>	March 2020 <i>Glasgow, UK (cancelled)</i>
<b>Teens, Screens and Well-Being: Where is the evidence?</b> <i>LSE: Wellbeing Seminar Series</i>	February 2020 <i>London, UK</i>
<b>The association between digital technology use and wellbeing</b> <i>ReproducibiliTea UCL</i>	December 2019 <i>London, UK</i>
<b>Fear the Fork!</b> <i>MRC Cognition and Brain Science Unit Wednesday Lunchtime Seminar</i>	November 2019 <i>Cambridge, UK</i>
<b>1 million correlations: steps towards reproducible psychological science</b> <i>Department of History and Philosophy of Science, Coffee with Scientist Series</i>	November 2019 <i>Cambridge, UK</i>
<b>Reflections on Specification Curve Analysis</b> <i>MAPS Showcase</i>	September 2019 <i>Bristol, UK</i>
<b>Deja vu? Media psychology and the toxic cycle of tech panics</b> <i>Media Psych 2019 (Keynote)</i>	September 2019 <i>Chemnitz, Germany</i>
<b>Public Engagement</b> <i>Life Beyond the PhD 2019</i>	August 2019 <i>Windsor, UK</i>
<b>Open Science: Personal Experiences</b> <i>PsyPAG Open Science Webinar</i>	August 2019 <i>Webinar</i>
<b>Conducting rigorous research on large open-access developmental datasets</b> <i>ABCD Workshop</i>	August 2019 <i>Portland, United States</i>
<b>Linking adolescent well-being and digital technology use</b> <i>Digital Health Conference (Keynote)</i>	March 2019 <i>Copenhagen, Denmark</i>
<b>Analytical Flexibility and Open Science</b> <i>Utrecht University PhD Day (Keynote)</i>	March 2019 <i>Utrecht, Netherlands</i>
<b>1 billion correlations</b> <i>UCL Affective Brain Lab Guest Speaker Series</i>	February 2019 <i>London, UK</i>
<b>Reflections on being an ECR in Open Science</b> <i>BBSRC Reproducibility School</i>	January 2019 <i>Windsor, UK</i>
<b>Mapping Analytical Flexibility as a Tool for Transparent Research</b> <i>Bristol TARG Research Group</i>	December 2018 <i>Bristol, UK</i>
<b>Social Media and Well-Being: Rethinking the Scientific Evidence</b> <i>Social Media Week</i>	October 2018 <i>London, UK</i>
<b>Specification Curve Analysis and the Limits of Pre-Registration</b> <i>Oxford-Berlin Summer School</i>	September 2018 <i>Berlin, Germany</i>
<b>Screens and Teens: What we (don't) know</b> <i>OFE Children and Young Peoples Mental Health: Providing Effective Support</i>	July 2018 <i>London, UK</i>

## CONFERENCE PRESENTATIONS

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

## EVIDENCE FOR POLICY

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- 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., Etchells, 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

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**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/](https://osf.io/skvqh/)*

## TEACHING ACCREDITATION

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SEDA Supporting Learning Accreditation (2018)

## LECTURING

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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

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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

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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

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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

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

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

## RADIO AND TELEVISION (SELECTION)

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**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)

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**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

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*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**

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*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

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

## STATISTICS AND CODING

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

## PROFESSIONAL AFFILIATIONS

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European Association of Social Psychology (EASP)

Association for Psychological Science (APA)

British Psychological Society (BPS)

Society for the Improvement of Psychological Science (SIPS)