

DR AMY ORBEN

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

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EDUCATION

University of Oxford DPhil Experimental Psychology Supervisors: Professor Robin Dunbar and Professor Dorothy Bishop	September 2019
University of Cambridge MA (Hons) Natural Sciences	June 2015 <i>Double First Class</i>

ACADEMIC POSITIONS

MRC Cognition and Brain Sciences Unit, University of Cambridge Programme Leader	From July 2024 <i>Cambridge, UK</i>
MRC Cognition and Brain Sciences Unit, University of Cambridge Programme Leader Track Scientist	Nov 2021 - July 2024 <i>Cambridge, UK</i>
St. John's College, University of Cambridge Fellow and Director of Studies for Psychology	From Oct 2023 <i>Cambridge, UK</i>
Emmanuel College, University of Cambridge College Research Fellow	Oct 2019 - Sept 2023 <i>Cambridge, UK</i>
The Queen's College, University of Oxford Stipendiary College Lecturer	Jan 2017 - Oct 2019 <i>Oxford, UK</i>
The Queen's College, University of Oxford Non-Stipendiary College Lecturer	Oct 2016 - Jan 2017 <i>Oxford, UK</i>

VISITING POSITIONS

MRC Cognition and Brain Sciences Unit Visiting Research Fellow	October 2019 - October 2021 <i>Cambridge, UK</i>
Eindhoven University of Technology Visiting PhD Student, Daniël Laken's Research Group	March - April 2019 <i>Eindhoven, Netherlands</i>
Knowledge Media Research Center, University of Tübingen Visiting PhD Student, Sonia Utz's Research Group	March - September 2017 <i>Tübingen, Germany</i>

AWARDS AND HONOURS

Association for Psychological Science Rising Star	<i>March 2024</i>
Medical Research Council 2022 Early Career Impact Prize	<i>March 2023</i>
Foundation Future Leader, The Foundation for Science and Technology	<i>December 2022</i>
ACAMH Digital Innovation Award Nominee	<i>October 2022</i>
Cambridge SU Annual Teaching Awards Nomination: Partnership with Students	<i>March 2022</i>
UK Reproducibility Network Dorothy Bishop Early Career Researcher Prize	<i>March 2022</i>
ACAMH Digital Innovation Award Nominee	<i>October 2021</i>
British Neuroscience Association Researcher Credibility Prize	<i>March 2021</i>
Society for the Improvement of Psychological Science Mission Award	<i>October 2020</i>
Society for the Improvement of Psychological Science Commendation	<i>March 2020</i>
British Psychological Society Award for Outstanding Doctoral Research	<i>January 2020</i>
Understanding Society Young Researcher Prize	<i>July 2019</i>

Oxford SU Annual Teaching Awards Nomination in the Best Tutor Category	May 2019
Techwomen50 Award, We Are The City	January 2018
Prize for Best Talk, St. Hilda's MCR Research Symposium	March 2017
Winner of the Oxford Social Innovation Case Competition	April 2016
Leading for Impact Fellow, Saïd Business School, University of Oxford	2015-2016
Magdalene College Scholarship	June 2015
Magdalene College Prize for Natural Sciences	June 2015
Magdalene College Bundy Scholarship	June 2015
Magdalene College Scholarship	June 2014
Magdalene College Prize for Natural Sciences	June 2014

GRANTS

2025 - 2026: UK Economic and Social Research Council	£ 336,089
Social Media Data Taskforce (Co-I; PI K. Dommett and D. Zendle)	
2025 - 2030: National Institute of Health RO1	\$3,742,991
Real-time and randomized tests of social media and mental health interplay in early adolescence (Co-I, PI C. Odgers)	
2025 - 2028: Collaboration of Humanities and Social Science in Europe	€1,606,423
Promoting Well-Being in Preteens, Adolescents + Young Adults: Toward Improved Social Media Policies (Co-I, PI T. Dienlin)	
2024 - 2028: UK Research and Innovation Future Leaders Fellowship	£ 1,874,606
Social Media Mechanisms Affecting Adolescent Mental Health (SoMe3) (PI)	
2024 - 2025: UK Department for Science, Innovation and Technology	£ 179,852
Feasibility study of methods and data to understand the impact of smartphones and social media on children and young people (PI)	
2024 - 2026: University of Cambridge, Ai@cam	£ 149,557
Improving Language Equity and Inclusion through AI (Co-I, PI M. Davis, P. Buttery, G. Emerson, B. Post, J. Walsh)	
2024 - 2026: Jacobs Foundation	\$250,000
CERES Sub-Award: Connecting the EdTech Research EcoSystem (PI)	
2024 - 2025: Livelihood Impact Fund	\$63,110
Understanding the Impact of High-Speed Internet Access on Family Well-being in Kibera (Co-PI)	
2024 - 2025: University of Cambridge, International Science Partnership Fund Institutional Support Grant	£ 48,305
Online harm and risks, and the impact of community structures, in the Global South (PI)	
2023 - 2026: UK Medical Research Council	£ 1,217,842
The environment and eating disorders: developing novel measures and hypotheses through inter-disciplinary collaborations (Co-I, PI F. Solmi)	
2023 - 2024: UKRI-EPSRC National Research Centre on Privacy, Harm Reduction and Adversarial Influence Online	£ 101,687
Toolbox for Measuring Online Child Sexual Exploitation and Abuse (PI)	

2023 - 2024: UK Medical Research Council	<i>£173,717</i>
Harnessing digital data to study 21st-century adolescence (PI)	
2023 - 2024: Cambridge-Africa ALBORADA Research Fund	<i>£10,481</i>
Understanding the burden of adolescent vaping to successfully implement interventions to reduce electronic cigarette dependence amongst high school learners in South Africa (Co-I, PI D. van Zyl-Smit)	
2023 - 2024: Jacobs Foundation CERES Network	<i>\$49,920</i>
Capturing individual differences in feedback processing during educational tasks (Co-I, PI R. Kievit)	
2022 - 2027: UK Medical Research Council	<i>£729,000</i>
Mechanisms of differential vulnerability to social media and digital technologies in adolescence (PI)	
2022 - 2023: UKRI-ESRC Nurture Network	<i>£30,168</i>
Understanding the impact of digital parenting across diverse family ecologies (PI)	
2021 - 2026: Jacobs Foundation	<i>10,000,000 CHF</i>
CERES: Connecting the EdTech Research EcoSystem (Executive Advisory Board Member; PI C. Odgers, G. Hayes)	
2021 - 2024: Jacobs Foundation	<i>\$387,560</i>
CERES Sub-Award: Connecting the EdTech Research EcoSystem (PI)	
2021 - 2023: Jacobs Foundation	<i>240,000 CHF</i>
Isolationtracker: Social Distancing, Lockdown and Adolescent Mental Health during Covid-19 (Co-PI; Co-PI S.-J. Blakemore, R. A. Kievit, L. Tomova)	
2021: British Psychological Society Undergraduate Assistantship Scheme	<i>£2,160</i>
Disrupting Harm: UNICEF collaboration to understand the impacts of digital technologies on children in the Global South (PI)	
2020 - 2023: UK Economic and Social Research Council	<i>£231,769</i>
How Much is Too Much? Leveraging Existing and Emerging Large-Scale Social Data to Build Robust Evidence-Based Policy for Children in the Digital Age (Co-I; PI A. Przybylski)	
2019 - 2023: Emmanuel College, University of Cambridge	<i>£103,551</i>
Emmanuel College Research Fellowship (PI)	
2019 - 2020: Barnardo's UK	<i>£59,993</i>
Understanding the Psychological Well Being of Disadvantaged Young People in the Digital Age (Co-PI; Co-PI A. Przybylski)	
2018 - 2021: Society for Research in Child Development	<i>\$21,000</i>
Robustly Quantifying Parental Monitoring and Support in the Digital Age (Co-PI; Co-PI K. Modecki)	

TRAVEL, GROUP AND WORKSHOP FUNDING

ReproducibiliTea Annual Meeting	<i>December 2019</i>
Institute of Advanced Studies, University of Surrey and Others	<i>£4,700</i>
UKRN Grant to ReproducibiliTea	<i>October 2019</i>
UK Reproducibility Network	<i>£3,261</i>

St. Hilda's Travel Grant	<i>May 2019</i>
St. Hilda's College, University of Oxford	£304
UKRN Grant to ReproducibiliTea	<i>January 2019</i>
UK Reproducibility Network	£2,500
Postgraduate Study Visit Scheme	<i>August 2018</i>
British Psychological Society	£800
Postgraduate Member Travel Grant	<i>June 2018</i>
European Association of Social Psychology	£1,000
Jacob's Foundation Workshop Travel Funding	<i>May 2018</i>
SRCD-Jacobs Foundation	£1,500
Volkswagen Foundation Conference Bursary	<i>December 2017</i>
Computational Communication Science Conference	£400
PsyPAG Study Visit Bursary	<i>September 2017</i>
Psychology Postgraduate Affairs Group	£200
Santander Academic Travel Award 2017	<i>June 2017</i>
Santander and the University of Oxford	£363
Postgraduate Travel Bursary	<i>March 2017</i>
British Psychological Society, West Midlands Branch	£100
St. Hilda's Travel Grant	<i>February 2017</i>
St. Hilda's College, University of Oxford	£1,000
Postgraduate Bursary for Annual Conference	<i>February 2017</i>
British Psychological Society	£145
Muriel Wise Fund	<i>October 2016</i>
St. Hilda's College, University of Oxford	£320
Browning Summer Research Scholarship	<i>March 2014</i>
Magdalene College, University of Cambridge	£2,200

COMMITTEES AND BOARDS

International

Advisory Committee, Australian eSafety Commissioner Social Media Ban Evaluation (2025 - ongoing)
Associate Editor, Psychological Science (2024 - ongoing)
Editorial Board Member, Journal of Computer-Mediated Communication (2023 - ongoing)

National

Member of the LSE Digital Futures for Children Advisory Board (2024 - ongoing)
Member of the ESRC Digital Good Network College of Experts (2023 - ongoing)
Member of the ESRC Digital Footprints Programme Board (2023 - ongoing)
Member of the UK Dept. for Science, Innovation and Technology College of Experts (2023 - ongoing)
Member of the UK Dept. for Digital, Culture, Media and Sport College of Experts (2022 - ongoing)
Member of the ESRC New and Emerging Forms of Data Leadership Group (2020 - 2023)
Member of the British Academy Public Policy Committee (2021 - 2025)
Co-founder and Chair of ReproducibiliTea Journal Club Steering Group (2018 - 2021)

University

Institutional Representative, Reproducible Research Cambridge (2024 - ongoing)
Member of the University of Cambridge Open Research Steering Committee (2021 - ongoing)

Departmental

Member of the MRC CBU Open Science Committee (2021 - ongoing)

Member of the MRC CBU Knowledge Transfer Committee (2022 - ongoing)
Member of the MRC CBU IT Steering Committee (2022 - ongoing)
Chair of the MRC CBU Open Science Committee (2021 - 2023)
Member of the MRC CBU Unit Management Committee (2021 - 2023)
Member of the Oxford Experimental Psychology Open Science Committee (2018 - 2019)

SUPERVISION AND TRAINING RECORD

PhD Students

Tanay Katiyar, Supervisor, start date 2024
Lukas Gunschera, Supervisor, start date 2023
Amira Skeggs, Supervisor, start date 2023
Georgia Turner, Supervisor, start date 2022
Luisa Fassi, Supervisor, start date 2021
Sakshi Ghai, Supervisor, 2020-2023 (next destination: Postdoc, Oxford; now: Assistant Professor, LSE)
Benjamin Farrar, Co-Supervisor, 2019-2021 (next destination: Analyst, Costello Medical)

Postdoctoral Research Associates

Christina Haag, start date 2025
Amrit Kaur Purba, start date 2024
Amanda Ferguson, start date 2022
Sebastian Kurten, 2022-2024 (next destination: Assistant Professor, Utrecht)

Research Assistants

Ioanna Fokas, start date 2024
Brandon Davidson, start date 2024
Matthew Richards, 2024-2025 (next destination: PhD Student, Sydney)
Valerie Yap, start date 2024
Aslihan Baser, 2023-2024 (next destination: Research assistant, Cambridge)
Lukas Gunschera, 2022-2023 (next destination: PhD student, Cambridge)
Amelia Leyland-Craggs, 2022-2024 (next destination: PhD student, Sussex)

Research Interns

Patrick Chou (next destination: MSc student, UCL)
Zelda Brufal
Tom Metherell, 2021 (next destination: PhD student, UCL)
Tara Bhagat, 2021 (next destination: Associate, BCG)
Augustin Mutak, 2018-2021 (next destination: PhD student, Berlin)
M. Hecht, F. Dablander, A. Mutak, J. Krawiec, N. Valkovicova, D. Kosite, Junior Research Project Team Supervisor, 2017-2018

Masters Students

Marina Picó Cabiró, 2022
Michael Jordan, 2018

LECTURING

Course Organiser and Lecturer, *Robust Behavioural Science; MSc & PhD, 16 hours*
MRC Cognition and Brain Sciences Unit, Department of Psychology, Department of Psychiatry, University of Cambridge, 2020 - ongoing
Lecturer, *Adolescence; 3rd year BA, 1 hour*
Department of Psychology, University of Cambridge, 2021 - ongoing

Lecturer, *Influence and Persuasion in the Digital Age*; 3rd year BA, 2 hours
Department of Psychology, University of Cambridge, 2021
Lecturer, *Neuroscience of Emotion and Decision Making*; MSc, 1 hour
Department of Psychology, University College London, 2020

SMALL GROUP TEACHING

Introduction to Psychology (11 weeks, Social, Developmental, Perceptual and Cognitive Psychology), 1st year BA Experimental Psychology, University of Oxford, 2017-2019

Introduction to Psychology (4 weeks, Perceptual and Cognitive Psychology), 1st year BA Biomedical Sciences, University of Oxford, 2017-2019

Psychology of Medicine (2 weeks), 2nd year BA Medical Sciences, University of Oxford, 2018-2019

Social Psychology (8 weeks), 2nd year BA Experimental Psychology, University of Oxford, 2018-2019

KEY PUBLICATIONS

* Senior Author

Orben, A., Matias, N. (2025), Fixing the Science of Digital Technology Harms. *Science*.

Fassi, L., Thomas, K., Parry, D. A., Leyland-Craggs, A., Ford, T. J., **Orben, A.*** (2024), Social media use and internalising symptoms in clinical and community adolescent samples: A systematic review and meta-analysis. *JAMA Pediatrics*.

Ferguson, A., Turner, G., **Orben, A.*** (2024), Social uncertainty in the digital world. *Trends in Cognitive Sciences. Open-Access Version*

Orben, A. and Blakemore, S.-J. (2023), How social media affects teen mental health: a missing link. *Nature*.

Orben, A., Przybylski, A. K., Blakemore, S.-J. and Kievit, R. A. (2022), Windows of developmental sensitivity to social media. *Nature Communications. Open-Access Version*

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

Orben, A., Dienlin, T., Przybylski, A. K. (2019), Social media's enduring effect on adolescent life satisfaction. *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*

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*

ALL PUBLICATIONS

* Senior Author

Orben, A., Matias, N. (2025), Fixing the Science of Digital Technology Harms. *Science*.

Orben, A. (2025), Support scientists to ensure a safer online world. *Nature*.

Fassi, L., Ferguson, A. M., Przybylski, A. K., Ford, T. J., **Orben, A.*** (2025), Registered Report: Social media use in adolescent clinical and non-clinical populations. *Nature Human Behaviour*.

Skeggs, A., **Orben, A.*** (2025), Social media interventions to improve well-being. *Nature Human Behaviour. Preprint*

Turner, G., Ferguson, A. M., Katiyar, T., Palminteri, S., **Orben, A.*** (2025), Old strategies, new environments: Reinforcement learning on social media. *Biological Psychiatry. Preprint*

Goodyear, V. A., James, C., **Orben, A.**, Quennerstedt, M., Schwartz, G., Pallan, M. (2025), Moving beyond an exclusive focus on banning children's smartphone and social media use. *BMJ*.

Skeggs, A., Mehta, A., Yap, V., Ibrahim, S., Munson, S., Rhodes, A., Gross, J., Klasnja, P., **Orben, A.**, Slovak, P. (2025), Empowering Diverse Voices: A Scalable Method for Eliciting Micro-Narratives in HCI Health Research. *CHI 2025. Preprint*

Kurten, S., Ghai, S., Odgers, C., Kievit, R. A., **Orben, A.*** (2025), Deprivation's role in adolescent social media use and its links to life satisfaction. *Computers in Human Behaviour. Open-Access Version*

Fassi, L., Thomas, K., Parry, D. A., Leyland-Craggs, A., Ford, T. J., **Orben, A.*** (2024), Social media use and internalising symptoms in clinical and community adolescent samples: A systematic review and meta-analysis. *JAMA Pediatrics. Open-Access Version*

Orben, A., Meier, A., Dalgleish, T., Blakemore, S.-J. (2024), Mechanisms Linking Social Media Use to Adolescent Mental Health. *Nature Reviews Psychology. Invited review*

Ferguson, A., Turner, G., **Orben, A.*** (2024), Social uncertainty in the digital world. *Trends in Cognitive Sciences. Open-Access Version*

Orben, A. and Blakemore, S.-J. (2023), How social media affects teen mental health: a missing link. *Nature*.

Ghai, S., Fassi, L., Awadh, F., **Orben, A.*** (2023), Lack of sample diversity in research on adolescent depression and social media use: a scoping review and meta-analysis. *Clinical Psychological Science. Open-Access Version*

Mc Crosky, J. D., Parry, D. A., Sewall, C., **Orben, A.*** (2023), Using Browser Data to Understand Desires to Spend Time Online. *Technology, Mind, and Behaviour Open-Access Version*

Miller, J., Mills, K. L., Vourre, M., **Orben, A.**, Przybylski, A. K. (2023), Impact of Digital Screen Media Activity on Functional Brain Organization in Late Childhood: Evidence from the ABCD Study. *Cortex. Stage 2 Registered Report, Open-Access Version*

Orben, A., Przybylski, A. K., Blakemore, S.-J. and Kievit, R. A. (2022), Windows of developmental sensitivity to social media. *Nature Communications. Open-Access Version*

Orben, A., Lucas, R. K., Fuhrmann, D. and Kievit, R. A. (2022), Trajectories of adolescent life satisfaction. *Royal Society Open Science. Open-Access Version*

Modecki, K., Goldberg, R., Wisniewski, P., **Orben, A.** (2022), What is digital parenting? A systematic review of past measurement and blueprint for the future. *Perspectives on Psychological Science. Open-Access Version*

Metherell, T. E., Ghai, S., McCormick, E. M., Ford, T. J., **Orben, A.*** (2022), Digital exclusion predicts worse mental health among adolescents during COVID-19. *Scientific Reports. Open-Access Version*

Ghai, S., Magis-Weinberg, L., Stoilova, M., Livingstone, S., **Orben, A.*** (2022), Social media and adolescent well-being in the Global South. *Current Opinion in Psychology. Open-Access Version*

Kievit, R. A., McCormick, E. M., Fuhrmann, D., Deserno, M. K., **Orben, A.** (2022), Using large, publicly available datasets to study adolescent development: Opportunities and challenges. *Current Opinion in Psychology. Open-Access Version*

Anvari, F., Kievit, R. A., Lakens, D., Przybylski, A. K., Tiokhin, L., Wiernik, B. M., **Orben, A.*** (2022), Not All Effects Are Indispensable: Psychological Science Requires Verifiable Lines of Reasoning for Whether an Effect Matters. *Perspectives on Psychological Science. Open-Access Version*

Livingstone, S., **Orben, A.**, Odgers, C. (2022), Should academics collaborate with digital companies to improve young people's mental health?. *Child and Adolescent Mental Health. Open-Access Version*

Minihan, S., **Orben, A.**, Songco, A., Fox, E., Ladouceur, C. D., Mewton, L., Moulds, M., Pfeifer, J., Van Harmelen, A.-L., Schweizer, S. (2022), Social Determinants of Mental Health During a Year of the COVID-19 Pandemic. *Development and Psychopathology. Open-Access Version*

- Leightley, D., Bye, A., Carter, B., Trevillion, K. Branthonne-Foster, S., Liakata, M., Woods, A., Ougrin, D., **Orben, A.**, Ford, T. J., Dutta, R. (2022), Using social media data to study youth mental health with informed consent. *Frontiers in Psychiatry. Open-Access Version*
- Piera Pi-Sunyer, B., Andrews, J., **Orben, A.**, Gabriela Speyer, L., Blakemore, S.-J. (2022), The relationship between perceived income inequality, adverse mental health and interpersonal difficulties in UK adolescents. *Journal of Child Psychology and Psychiatry. Preprint*
- Vuorre, M., **Orben, A.**, Przybylski, A. K. (2021), There is no evidence that associations between adolescents' digital technology engagement and mental health problems have increased. *Clinical Psychological Science. Open-Access Version*
- Orben, A.** (2021), Digital Diet: A 21st century approach to understanding digital technologies and development. *Infant and Child Development. Postprint*
- Orben, A.**, Weinstein, N., and Przybylski, A. K. (2020), Only holistic and iterative change will fix digital technology research. *Psychological Inquiry. Open-Access Version*
- 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. Open-Access Version*
- 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. Open-Access Version*
- 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. Open-Access Version*
- Orben, A.**, Dienlin, T., Przybylski, A. K. (2019), Social media's enduring effect on adolescent life satisfaction. *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*
- 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*

UNDER REVIEW

* Senior Author

Orben, A., Technologies are not drugs, so stop treating them like they are.

Saenz, A. A., Kurten, S., Saxton, J., Kardefelt-Winther, D., Ford, T., **Orben, A.**, White, S. R., Mental health among adolescents in 12 low- and middle-income countries: Cross-sectional analyses of the Disrupting Harm Project.

Yap, V., Skeggs, A., Ferguson, A., Leyland-Craggs, A., Boeschoten, L., Welbers, K., Kurten, S., **Orben, A.***, Digital Data Donation with Adolescents. *Preprint*

Turner, G., Gunschera., L. J., Subrahmanya, S., Salecha, A., Eichstaedt, J. C., Palminteri, S., **Orben, A.***, A computational model of reward learning and habits on social media. *Preprint*

Metherell, T. M., Kurten, S., Ghai, S., Kardefelt-Winther, D., Ploubidis, G. B., **Orben, A.***, Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South: evidence from Disrupting Harm. *Preprint*

INVITED LECTURES

* Departmental/Company-Wide Seminar; ** Keynote

Screen Saver: How do we protect adolescent mental health in a digital world? March 2025
Workshop Seminar, University of Amsterdam *Amsterdam, Netherlands*

Screen Saver: How do we protect adolescent mental health in a digital world? Feb 2025
Departmental Seminar, University of Surrey* *Guildford, UK*

Screen Saver: How do we protect adolescent mental health in a digital world? Dec 2024
Seminar Digital Youth, University of Nottingham *Online*

Screen Saver: How do we protect adolescent mental health in a digital world? Dec 2024
Departmental Seminar, University of Geneva* *Geneva, Switzerland*

Digital Data Donation Nov 2024
Adolescent Health Study Meeting *London, UK*

Collecting Digital Data for Precision Public Health Nov 2024
Cambridge Public Health Seminar, University of Cambridge* *Cambridge, UK*

Digital Data Donation Nov 2024
UKRI Adolescent Research Meeting *Birmingham, UK*

Screen Saver: How do we protect adolescent mental health in a digital world? Nov 2024
Departmental Seminar, University of Bristol* *Bristol, UK*

Screen Saver: How do we protect adolescent mental health in a digital world? Sept 2024
Deutsche Gesellschaft fuer Psychologie** *Vienna, Austria*

Screen Saver: How do we protect adolescent mental health in a digital world? July 2024
International Conference for Computational Social Science** *Philadelphia, USA*

Rethinking how we study digital technologies' impact on teen mental health June 2024
Departmental Seminar ARC Group, Max Planck Institute for Human Development* *Berlin, Germany*

Rethinking how we study digital technologies' impact on teen mental health June 2024
Departmental Seminar CHM Group, Max Planck Institute for Human Development* *Berlin, Germany*

Rethinking how we study digital technologies' impact on teen mental health June 2024
The Institute for International and European Affairs *Online*

Computationally Modelling the Digital World May 2024
Les Treilles, Computational Modelling Conference *Treilles, France*

Building models of digital environments and their impact on flourishing May 2024
Rueben College: Flourishing in Adolescence and Technology Use *Oxford, UK*

Rethinking how we study digital technologies' impact on teen mental health May 2024
Department Seminar, University of Sheffield* *Sheffield, UK*

Social Media + Teen Mental Health: How Computational Approaches Help January 2024
Social Media AIs Working Group, Stanford University *Online*

Interfaces between Growing Minds and Technological Designs January 2024
Sesame Workshop, Sesame *New York City, USA*

Social Media + Teen Mental Health: How Computational Approaches Help January 2024
Center for Computational Psychiatry, Mount Sinai *New York City, USA*

Social Rejection: Reflections from Developmental Psychology November 2023
Social Rejection Symposium, KNAPS *Amsterdam, Netherlands*

Rethinking how we study digital technologies and teen mental health November 2023
Department of Psychology, Goldsmiths University* *London, UK*

Rethinking how we study digital technologies and teen mental health November 2023
ESRC DTP Conference, University of Cambridge** *Cambridge, UK*

Rethinking how we study digital technologies and teen mental health October 2023
Department of Psychology, University of Hertfordshire* *Hertfordshire, UK*

Rethinking how we study digital technologies and teen mental health September 2023
Department of Psychology, University of Bristol* *Cancelled due to strikes*

Screen Saver: How do we protect adolescent mental health in a digital world? May 2023
Department of Psychiatry, University of Cambridge* *Online*

How to move social media research beyond 'It's Complicated' January 2023
National Academies of Sciences, Engineering and Medicine *Online*

Teens and Screens November 2022
Distinguished Speaker Seminar Series, Cardiff University* *Online*

Teaching robust research: From Merton to 2022 June 2022
The Royal Society: Dorothy Bishop Festschrift *London, UK*

Social media use and teen mental health: what we (don't) know and what we can do about it May 2022
Max Plank Institute for Demographic Research* *Rostock, Germany*

Applying developmental cognitive neuroscience to understand adolescent social media use and mental health April 2022
Harvard T.H. Chan School of Public Health, Harvard University* *Online*

Applying developmental cognitive neuroscience to understand adolescent social media use and mental health April 2022
Institute of Cognitive Neuroscience, University College London* *London, UK*

The Mechanisms Linking Adolescent Social Media Use and Mental Health University of California Irvine	February 2022 <i>Online</i>
The Mechanisms Linking Adolescent Social Media Use and Mental Health UCL Max Planck Computational Psychiatry Group	October 2021 <i>Online</i>
Offline + Online = Life British Psychological Society Annual Conference**	July 2021 <i>Online</i>
Beyond Open: Why Open Science is Not Automatically Good Science University of Bath, PhD Day 2021**	June 2021 <i>Online</i>
Not Just Black and White: Reflections on Teaching Good Scientific Practices British Neuroscience Association 2021: Festival of Neuroscience	April 2021 <i>Online</i>
A Developmental-Cognitive Perspective on Adolescent Social Media Use University of Cambridge, Neuroscience Interdisciplinary Seminar Series	March 2021 <i>Online</i>
The Psychology of Technology: Past, Present and Future University of Glasgow, Department of Psychology Seminar*	February 2021 <i>Online</i>
Approaches to Scientific Error University of Basel, Open Science Seminar	November 2020 <i>Online</i>
Social Media and Mental Health: What do we know? University of Cambridge, CRASSH AI Seminar	October 2020 <i>Online</i>
The Sisyphean Cycle of Technology Panics Stanford University, HCI Seminar*	September 2020 <i>Online</i>
A Hitchhiker's Guide to the Multiverse University of Glasgow, ReproducibiliTea	September 2020 <i>Online</i>
Tech and Wellbeing in the Era of Covid-19 Stanford University, Cyber Policy Centre Online Seminar Series	July 2020 <i>Online</i>
Outpaced by Technology The British Academy, London	June 2020 <i>Online</i>
Social Media Use and Life Satisfaction Across the Lifecourse Max Planck Institute for Human Development, Berlin	June 2020 <i>Online</i>
Questionable Research Practices King's College London, Open Research Conference	June 2020 <i>Online</i>
The Psychology of Technology: Past, Present and Future University of Cambridge, Department of Education*	June 2020 <i>Online</i>
Technology and Well-Being in Adolescence during COVID-19 University of California, Berkeley, IHD/Dev Psych Colloquium	May 2020 <i>Online</i>
Teens, Screen and Quarantines: What Can the Research Tell Us? University of Oxford, Emerging Minds Network UK	April 2020 <i>Online</i>
Using Longitudinal Data to Explore Young People's Social Media Use University College London, CLOSER Seminar Series	April 2020 <i>Online</i>
Goodbye Screentime! It's Time for a Reboot Eastern Regions Workshop 2019 for Educational Psychologists	March 2020 <i>Newmarket, UK (cancelled)</i>
Navigating the Garden of Forking Paths University of Edinburgh, SMRC Seminar Series	March 2020 <i>Edinburgh, UK (cancelled)</i>
The Psychology of Technology: Past, Present and Future University of Glasgow, Psychology Seminar Series*	March 2020 <i>Glasgow, UK (cancelled)</i>
Teens, Screens and Well-Being: Where is the Evidence? LSE, Wellbeing Seminar Series	February 2020 <i>London, UK</i>
The Association Between Digital Technology Use and Wellbeing University College London, ReproducibiliTea	December 2019 <i>London, UK</i>

Fear the Fork!	November 2019
MRC Cognition and Brain Science Unit, Wednesday Lunchtime Seminar	<i>Cambridge, UK</i>
1 Million Correlations: Steps Towards Reproducible Psychological Science	November 2019
University of Cambridge, HSPS: Coffee with Scientist Series	<i>Cambridge, UK</i>
Reflections on Specification Curve Analysis	September 2019
University of Bristol, MAPS Showcase	<i>Bristol, UK</i>
Déjà Vu? Media Psychology and the Toxic Cycle of Tech Panics	September 2019
Media Psych 2019**)	<i>Chemnitz, Germany</i>
Public Engagement	August 2019
Cumberland Lodge, Life Beyond the PhD 2019	<i>Windsor, UK</i>
Open Science: Personal Experiences	August 2019
PsyPAG, Open Science Webinar	<i>Webinar</i>
Rigorous Research using Large Developmental Data	August 2019
University of Oregon, ABCD Workshop	<i>Portland, United States</i>
Linking Adolescent Well-Being and Digital Technology Use	March 2019
Digital Health Conference (Keynote)	<i>Copenhagen, Denmark</i>
Analytical Flexibility and Open Science	March 2019
Utrecht University PhD Day (Keynote)	<i>Utrecht, Netherlands</i>
1 Billion Correlations	February 2019
University College London, Affective Brain Lab Guest Speaker Series	<i>London, UK</i>
Reflections on Being an ECR in Open Science	January 2019
BBSRC Reproducibility School	<i>Windsor, UK</i>
Mapping Analytical Flexibility as a Tool for Transparent Research	December 2018
University of Bristol, TARG Research Group	<i>Bristol, UK</i>
Social Media and Well-Being: Rethinking the Scientific Evidence	October 2018
Social Media Week	<i>London, UK</i>
Specification Curve Analysis and the Limits of Pre-Registration	September 2018
Oxford-Berlin Summer School	<i>Berlin, Germany</i>
Screens and Teens: What We (Don't) Know	July 2018
OFE Children and Young People's Mental Health: Providing Effective Support	<i>London, UK</i>

CONFERENCE PRESENTATIONS

Three developments	July 2023
Mobile Interventions Workshop	<i>Bad Homburg, Germany</i>
Modelling digital environments to understand adolescent mental health	July 2023
Complexity Science in Adolescence Workshop	<i>Lausanne, Switzerland</i>
Development, Social Media and Mental Health	July 2023
Social Media and Well-being Workshop	<i>Lugano, Switzerland</i>
Developmental Windows of Social Media Sensitivity	July 2022
Life History Research Society Conference	<i>Oxford, UK</i>
Social Media's Enduring Effect on Adolescent Life Satisfaction	July 2019
Understanding Society Scientific Conference	<i>Essex, UK</i>
Symposium: Do Smartphones Cause Teen Depression? Rigorous Methodologies Show Little Evidence of Harmful Linkages	March 2019
International Convention of Psychological Science	<i>Paris, France</i>
Context, or just Content? How Directedness and Privatness of Social Media Self-Disclosures Affect Liking	May 2018
68th Annual International Communications Association Conference	<i>Prague, Czech Republic</i>

(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: What's 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*

WORKSHOPS

Orben, A., *Platforms, Causality and the Law*, Knight First Amendment Institute, New York City, USA, January 2024

Orben, A., *Good Enough Practices in Scientific Computing*, MRC CBU Computing Training Lectures, Cambridge, UK, October 2020

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.

EVIDENCE FOR POLICY AND TRANSLATION

Oral Evidence

Personal briefing (45 mins), Secretary of State for Science, Innovation and Technology, March 2025, London, UK

Parliamentary Inquiry about Screen Time, Norwegian Government Screen Time Committee, February 2024, Online

Parliamentary Inquiry about Screen Time Impacts on Education and Well-being, House of Commons Education Select Committee, November 2023, London, UK

UK Ministerial Round Table, led by Secretary of State for Education, September 2023, London, UK

Biden-Harris Intra-Agency Task Force on Kids Online Health and Safety, September 2023, Online

UK Minister for Children, July 2023, London, UK

US Surgeon General Briefing, March 2023, Online

National Academies of Sciences, Engineering, and Medicine: Report Paper Committee on the Impact of Social Media on the Health Effects of Adolescent and Children, January 2023, Online

Public Health Agency of Canada, November 2022, Online

US Surgeon General Briefing, November 2021, Online

Bavarian State Government Select Committee, November 2020, Online

United Nations AI for Good Summit, May 2019, Geneva, Switzerland

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

Written Evidence

Departmental Inquiry on Data (Use and Access) Bill, Department for Science, Innovation and Technology, January 2025

Call for Evidence on Researchers' access to information from regulated online services, Ofcom, January 2025

Parliamentary Inquiry about Social media, misinformation and harmful algorithms, House of Commons Science and Technology Select Committee, December 2024

Parliamentary Inquiry about Screen Time: Impacts on education and wellbeing, House of Commons Education Committee, October 2023

Barnardo's Report: Practitioners' emerging concerns for young people between June 2019 to November 2021, February 2023, co-authored with Amber Inman, Shengyang Chen, Eleonora Contini, Rogier Kievit, Zara Kulbayeva, Mariam Shah, Ayla Pollmann, Delia Fuhrmann and Kathryn Bates

Evidence to US Surgeon General, September 2021, co-authored with Tara Bhagat, Thomas Metherell and Sakshi Ghai

Parliamentary Inquiry about the Draft Online Safety Bill, Draft Online Safety Bill (Joint Committee), September 2021

Parliamentary Inquiry about Online Safety and Online Harms, Digital, Culture, Media and Sport Subcommittee on Online Harms and Disinformation, August 2021

Parliamentary Inquiry about Impacts of Living Online, House of Lords COVID Committee, December 2020, co-authored with Johannes, N., Nash, V., and Przybylski, A.

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

Evidence to the Chief Medical Officer, January 2019, co-authored with Przybylski, A.

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

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

RADIO AND TELEVISION (SELECTION)

National Radio: BBC Radio 4 Today Programme (x3), 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, LBC, Heart Radio, talkRadio

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

International Radio: Radio New Zealand, BBC World Service: The Real Story, BBC World Service: Tech Tent, KQED, NPR, New York Public Radio, WGBH Boston, WCAI Cape Cod, FM104, Pessimist Archive Podcast

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

NEWSPAPERS AND WEBSITES (SELECTION)

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

International: The Economist, The New York Times, Süddeutsche Zeitung (front page), Scientific American, The New Yorker, Die Zeit Online, Vogue, New Scientist, The Wall Street Journal, Wired, Forbes, TechCrunch, BuzzFeed, The Conversation, ABC News, Business Insider, Newsweek, The Verge, Mashable, Unherd

WRITING IN THE MEDIA

Technology is a scapegoat for society's teen traumas. Financial Times, March 2023

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

The government should actually understand the internet if it's going to protect kids from online harms. The Independent, February 2020

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

We're told that too much screen time hurts our kids. Where's the evidence? The Observer, July 2019

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

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

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

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

Gaming addiction as a mental disorder: it's premature to pathologise players. The Conversation, February 2018

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

Social Media and Suicide: A Critical Appraisal. Medium, 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, June 2017

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

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

TALKS FOR GENERAL PUBLIC OR POLICY INTEREST

Social media: A conversation, PHSE Association Annual Conference, Online, March 2025

Teens and Screens: What do we know, Queen Anne's School, Reading, March 2023

Teens and Screens: What do we know, European Science Open Forum, Online, July 2022

Teens and Screens: What do we know, BeeWell Project workshop with Greater Manchester Schools, Online, June 2022

Teens and Screens: What do we know, Headmasters' and Headmistresses' Conference (HMC) 2022, London, UK, May 2022

How digital technologies affect adolescent mental health and well-being, Berkhamsted School, Online, March 2021

Has Social Media Changed my Life?, Cambridge Festival, Cambridge, UK, March 2021

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, 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 Scientist's Perspective, Barnardo's 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. Hilda's MCR Research Symposium, Oxford, UK, March 2017

If Facebook be the food of friendship, play on. Bryant Society Lecture, St. John's 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 Psychology of Facebook. Oxford Splash, Oxford, UK, February 2016