

# DR AMY ORBEN

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

@OrbenAmy ♦ amy.orben@mrc-cbu.cam.ac.uk

## EDUCATION

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

## ACADEMIC POSITIONS

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

## VISITING POSITIONS

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

## AWARDS AND HONOURS

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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	<i>May 2019</i>
Techwomen50 Award, We Are The City	<i>January 2018</i>
Prize for Best Talk, St. Hilda's MCR Research Symposium	<i>March 2017</i>

Winner of the Oxford Social Innovation Case Competition	<i>April 2016</i>
Leading for Impact Fellow, Saïd Business School, University of Oxford	<i>2015-2016</i>
Magdalene College Scholarship	<i>June 2015</i>
Magdalene College Prize for Natural Sciences	<i>June 2015</i>
Magdalene College Bundy Scholarship	<i>June 2015</i>
Magdalene College Scholarship	<i>June 2014</i>
Magdalene College Prize for Natural Sciences	<i>June 2014</i>

## GRANTS

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<b>2023 - 2026: UK Medical Research Council</b>	<i>£1,217,842</i>
The environment and eating disorders: developing novel measures and hypotheses through inter-disciplinary collaborations (Co-I, PI F. Solmi)	
<b>2023 - 2024: UK Medical Research Council</b>	<i>£173,717</i>
Harnessing digital data to study 21st-century adolescence (PI)	
<b>2023 - 2024: Jacobs Foundation CERES Network</b>	<i>\$ 49,920</i>
Capturing individual differences in feedback processing during educational tasks (Co-I, PI R. Kievit)	
<b>2022 - 2027: UK Medical Research Council</b>	<i>£729,000</i>
Mechanisms of differential vulnerability to social media and digital technologies in adolescence (PI)	
<b>2022 - 2023: UKRI-ESRC Nurture Network</b>	<i>£30,168</i>
Understanding the impact of digital parenting across diverse family ecologies (PI)	
<b>2021 - 2026: Jacobs Foundation</b>	<i>10,000,000 CHF</i>
CERES: Connecting the EdTech Research EcoSystem (Executive Advisory Board Member; PI C. Odgers, G. Hayes)	
<b>2021 - 2024: Jacobs Foundation</b>	<i>\$325,000</i>
CERES Sub-Award: Connecting the EdTech Research EcoSystem (PI)	
<b>2021 - 2023: Jacobs Foundation</b>	<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)	
<b>2021: British Psychological Society Undergraduate Assistantship Scheme</b>	<i>£2,160</i>
Disrupting Harm: UNICEF collaboration to understand the impacts of digital technologies on children in the Global South (PI)	
<b>2020 - 2023: UK Economic and Social Research Council</b>	<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)	
<b>2019 - 2023: Emmanuel College, University of Cambridge</b>	<i>£103,551</i>
Emmanuel College Research Fellowship (PI)	
<b>2019 - 2020: Barnardo's UK</b>	<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**

\$21,000

Robustly Quantifying Parental Monitoring and Support in the Digital Age  
(Co-PI; Co-PI K. Modecki)

**TRAVEL, GROUP AND WORKSHOP FUNDING**


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<b>ReproducibiliTea Annual Meeting</b>	<i>December 2019</i>
Institute of Advanced Studies, University of Surrey and Others	£4,700
<b>UKRN Grant to ReproducibiliTea</b>	<i>October 2019</i>
UK Reproducibility Network	£3,261
<b>St. Hilda's Travel Grant</b>	<i>May 2019</i>
St. Hilda's College, University of Oxford	£304
<b>UKRN Grant to ReproducibiliTea</b>	<i>January 2019</i>
UK Reproducibility Network	£2,500
<b>Postgraduate Study Visit Scheme</b>	<i>August 2018</i>
British Psychological Society	£800
<b>Postgraduate Member Travel Grant</b>	<i>June 2018</i>
European Association of Social Psychology	£1,000
<b>Jacobs Foundation Workshop Travel Funding</b>	<i>May 2018</i>
SRCD-Jacobs Foundation	£1,500
<b>Volkswagen Foundation Conference Bursary</b>	<i>December 2017</i>
Computational Communication Science Conference	£400
<b>PsyPAG Study Visit Bursary</b>	<i>September 2017</i>
Psychology Postgraduate Affairs Group	£200
<b>Santander Academic Travel Award 2017</b>	<i>June 2017</i>
Santander and the University of Oxford	£363
<b>Postgraduate Travel Bursary</b>	<i>March 2017</i>
British Psychological Society, West Midlands Branch	£100
<b>St. Hilda's Travel Grant</b>	<i>February 2017</i>
St. Hilda's College, University of Oxford	£1,000
<b>Postgraduate Bursary for Annual Conference</b>	<i>February 2017</i>
British Psychological Society	£145
<b>Muriel Wise Fund</b>	<i>October 2016</i>
St. Hilda's College, University of Oxford	£320
<b>Browning Summer Research Scholarship</b>	<i>March 2014</i>
Magdalene College, University of Cambridge	£2,200

**COMMITTEES AND BOARDS****International**

Editorial Board Member, Journal of Computer-Mediated Communication (2023 - ongoing)

**National**

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 - ongoing)

Co-founder and Chair of ReproducibiliTea Journal Club Steering Group (2018 - 2021)

**University**

Member of the University of Cambridge Open Research Steering Committee (2021 - ongoing)

### **Departmental**

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**

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### **PhD Students**

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, Co-Supervisor/Acting Primary Supervisor, 2020-2023

Benjamin Farrar, Co-Supervisor, 2019-2021

Elena Zevgolatakou, Advisor, start date 2022

Zhaotian Chi, Advisor, start date 2021

### **Postdoctoral Research Associates**

Amanda Ferguson, start date 2022

Sebastian Kurten, start date 2022

### **Research Assistants**

Lukas Gunschera, 2022-2023

Amelia Leyland-Craggs, start date 2022

Tom Metherell, 2021

Tara Bhagat, 2021

Augustin Mutak, 2018-2021

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

### **Undergraduate Students**

Director of Studies/Moral Tutor in Psychology (Sabbatical Cover), The Queen's College, 2019

Heather Koh, 2018

Thomas Gaisford, 2017

## **LECTURING**

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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

## SMALL GROUP TEACHING

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*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

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**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

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\* Senior Author

**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*

**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 peoples 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*

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*

## UNDER REVIEW

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\* Senior Author

**Orben, A.**, Meier, A., Dalglish, T., Blakemore, S.-J., Mechanisms Linking Social Media Use to Adolescent Mental Health. *Invited review*

Fassi, L., Ferguson, A. M., Przybylski, A. K., Ford, T. J., **Orben, A.\***, Stage 1 Registered Report: Social media use in adolescent clinical and non-clinical populations. *Revision under review*

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

Kurten, S., Ghai, S., Odgers, C., Kievit, R. A., **Orben, A.\***, Deprivations role in adolescent social media use and its links to life satisfaction. *Preprint*

## INVITED LECTURES

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\* Departmental/Company-Wide Seminar; \*\* Keynote

<b>Rethinking how we study digital technologies and teen mental health</b>	November 2023
Department of Psychology, Goldsmiths University*	<i>Upcoming</i>

<b>Rethinking how we study digital technologies and teen mental health</b>	October 2023
Department of Psychology, University of Hertfordshire*	<i>Upcoming</i>

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

<b>Rethinking how we study digital technologies and teen mental health</b> AU Presents, Apple University*	September 2023 <i>Cupertino, USA</i>
<b>Screen Saver: How do we protect adolescent mental health in a digital world?</b> Department of Psychiatry, University of Cambridge*	May 2023 <i>Online</i>
<b>How to move social media research beyond 'Its Complicated'</b> National Academies of Sciences, Engineering and Medicine	January 2023 <i>Online</i>
<b>Teens and Screens</b> Distinguished Speaker Seminar Series, Cardiff University*	November 2022 <i>Online</i>
<b>Teaching robust research: From Merton to 2022</b> The Royal Society: Dorothy Bishop Festschrift	June 2022 <i>London, UK</i>
<b>Social media use and teen mental health: what we (don't) know and what we can do about it</b> Max Plank Institute for Demographic Research*	May 2022 <i>Rostock, Germany</i>
<b>Applying developmental cognitive neuroscience to understand adolescent social media use and mental health</b> Harvard T.H. Chan School of Public Health, Harvard University*	April 2022 <i>Online</i>
<b>Applying developmental cognitive neuroscience to understand adolescent social media use and mental health</b> Institute of Cognitive Neuroscience, University College London*	April 2022 <i>London, UK</i>
<b>The Mechanisms Linking Adolescent Social Media Use and Mental Health</b> University of California Irvine	February 2022 <i>Online</i>
<b>The Mechanisms Linking Adolescent Social Media Use and Mental Health</b> UCL Max Planck Computational Psychiatry Group	October 2021 <i>Online</i>
<b>Offline + Online = Life</b> British Psychological Society Annual Conference**	July 2021 <i>Online</i>
<b>Beyond Open: Why Open Science is Not Automatically Good Science</b> University of Bath, PhD Day 2021**	June 2021 <i>Online</i>
<b>Not Just Black and White: Reflections on Teaching Good Scientific Practices</b> British Neuroscience Association 2021: Festival of Neuroscience	April 2021 <i>Online</i>
<b>The Psychology of Technology: Past, Present and Future</b> Facebook Computational Social Science Team	March 2021 <i>Online</i>
<b>A Developmental-Cognitive Perspective on Adolescent Social Media Use</b> University of Cambridge, Neuroscience Interdisciplinary Seminar Series	March 2021 <i>Online</i>
<b>The Psychology of Technology: Past, Present and Future</b> University of Glasgow, Department of Psychology Seminar*	February 2021 <i>Online</i>
<b>Approaches to Scientific Error</b> University of Basel, Open Science Seminar	November 2020 <i>Online</i>
<b>Social Media and Mental Health: What do we know?</b> University of Cambridge, CRASSH AI Seminar	October 2020 <i>Online</i>
<b>The Sisyphean Cycle of Technology Panics</b> Stanford University, HCI Seminar*	September 2020 <i>Online</i>
<b>A Hitchhiker's Guide to the Multiverse</b> University of Glasgow, ReproducibiliTea	September 2020 <i>Online</i>
<b>Tech and Wellbeing in the Era of Covid-19</b> Stanford University, Cyber Policy Centre Online Seminar Series	July 2020 <i>Online</i>



<b>Outpaced by Technology</b> The British Academy, London	June 2020 <i>Online</i>
<b>Social Media Use and Life Satisfaction Across the Lifecourse</b> Max Planck Institute for Human Development, Berlin	June 2020 <i>Online</i>
<b>Questionable Research Practices</b> King's College London, Open Research Conference	June 2020 <i>Online</i>
<b>The Psychology of Technology: Past, Present and Future</b> University of Cambridge, Department of Education*	June 2020 <i>Online</i>
<b>Technology and Well-Being in Adolescence during COVID-19</b> University of California, Berkeley, IHD/Dev Psych Colloquium	May 2020 <i>Online</i>
<b>Teens, Screen and Quarantines: What Can the Research Tell Us?</b> University of Oxford, Emerging Minds Network UK	April 2020 <i>Online</i>
<b>Using Longitudinal Data to Explore Young People's Social Media Use</b> University College London, CLOSER Seminar Series	April 2020 <i>Online</i>
<b>Goodbye Screentime! It's Time for a Reboot</b> Eastern Regions Workshop 2019 for Educational Psychologists	March 2020 <i>Newmarket, UK (cancelled)</i>
<b>Navigating the Garden of Forking Paths</b> University of Edinburgh, SMRC Seminar Series	March 2020 <i>Edinburgh, UK (cancelled)</i>
<b>The Psychology of Technology: Past, Present and Future</b> University of Glasgow, Psychology Seminar Series*	March 2020 <i>Glasgow, UK (cancelled)</i>
<b>Teens, Screens and Well-Being: Where is the Evidence?</b> LSE, Wellbeing Seminar Series	February 2020 <i>London, UK</i>
<b>The Association Between Digital Technology Use and Wellbeing</b> University College London, ReproducibiliTea	December 2019 <i>London, UK</i>
<b>Fear the Fork!</b> MRC Cognition and Brain Science Unit, Wednesday Lunchtime Seminar	November 2019 <i>Cambridge, UK</i>
<b>1 Million Correlations: Steps Towards Reproducible Psychological Science</b> University of Cambridge, HSPS: Coffee with Scientist Series	November 2019 <i>Cambridge, UK</i>
<b>Reflections on Specification Curve Analysis</b> University of Bristol, MAPS Showcase	September 2019 <i>Bristol, UK</i>
<b>Déjà Vu? Media Psychology and the Toxic Cycle of Tech Panics</b> Media Psych 2019**)	September 2019 <i>Chemnitz, Germany</i>
<b>Public Engagement</b> Cumberland Lodge, Life Beyond the PhD 2019	August 2019 <i>Windsor, UK</i>
<b>Open Science: Personal Experiences</b> PsyPAG, Open Science Webinar	August 2019 <i>Webinar</i>
<b>Rigorous Research using Large Developmental Data</b> University of Oregon, ABCD Workshop	August 2019 <i>Portland, United States</i>
<b>Linking Adolescent Well-Being and Digital Technology Use</b> Digital Health Conference (Keynote)	March 2019 <i>Copenhagen, Denmark</i>
<b>Analytical Flexibility and Open Science</b> Utrecht University PhD Day (Keynote)	March 2019 <i>Utrecht, Netherlands</i>
<b>1 Billion Correlations</b> University College London, Affective Brain Lab Guest Speaker Series	February 2019 <i>London, UK</i>
<b>Reflections on Being an ECR in Open Science</b> BBSRC Reproducibility School	January 2019 <i>Windsor, UK</i>

<b>Mapping Analytical Flexibility as a Tool for Transparent Research</b> University of Bristol, TARG Research Group	December 2018 <i>Bristol, UK</i>
<b>Social Media and Well-Being: Rethinking the Scientific Evidence</b> Social Media Week	October 2018 <i>London, UK</i>
<b>Specification Curve Analysis and the Limits of Pre-Registration</b> Oxford-Berlin Summer School	September 2018 <i>Berlin, Germany</i>
<b>Screens and Teens: What We (Don't) Know</b> OFE Children and Young Peoples Mental Health: Providing Effective Support	July 2018 <i>London, UK</i>

## CONFERENCE PRESENTATIONS

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<b>Three developments</b> Mobile Interventions Workshop	July 2023 <i>Bad Homburg, Germany</i>
<b>Modelling digital environments to understand adolescent mental health</b> Complexity Science in Adolescence Workshop	July 2023 <i>Lausanne, Switzerland</i>
<b>Development, Social Media and Mental Health</b> Social Media and Well-being Workshop	July 2023 <i>Lugano, Switzerland</i>
<b>Developmental Windows of Social Media Sensitivity</b> Life History Research Society Conference	July 2022 <i>Oxford, UK</i>
<b>Social Media's Enduring Effect on Adolescent Life Satisfaction</b> Understanding Society Scientific Conference	July 2019 <i>Essex, UK</i>
<b>Symposium: Do Smartphones Cause Teen Depression? Rigorous Methodologies Show Little Evidence of Harmful Linkages</b> International Convention of Psychological Science	March 2019 <i>Paris, France</i>
<b>Context, or just Content? How Directedness and Privatness of Social Media Self-Disclosures Affect Liking</b> 68th Annual International Communications Association Conference	May 2018 <i>Prague, Czech Republic</i>
<b>(R)evolutionary? Investigating Offline Theories of Relationship Formation in a Social Media Context</b> 10th Conference of the Media Psychology Division	September 2017 <i>University of Koblenz-Landau, Germany</i>
<b>Facebook or Face-to-Face: What's the Difference? An Investigation of Offline Theories of Relationship Formation in a Social Media Context</b> 18th General Meeting of the European Association of Social Psychologists	July 2017 <i>Granada, Spain</i>
<b>The Facebook (R)evolution: Gossip, Passive Consumption and Social Media</b> CyberPsychology, CyberTherapy and Social Networking Conference	June 2017 <i>Wolverhampton, UK</i>
<b>Facebook Stalking: A New Norm Demanding New Theories</b> BPS Annual Conference	May 2017 <i>Brighton, UK</i>
<b>From Facebook to Friendship?</b> PsyPAG Annual Conference	July 2016 <i>York, UK</i>
<b>From Facebook to Friendship: Intensity of Facebook use Predicts Relationship Development After Reading Social Media Self-Disclosures</b> BPS West Midlands Conference	May 2016 <i>Coventry, UK</i>

## WORKSHOPS

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- 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**

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### **Oral Evidence**

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**

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)**

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**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, 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)

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

**International:** 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

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*Technology is a scapegoat for societys 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

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*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