

David Joachim Grüning

Psychology Department | University of Heidelberg | Hauptstraße 47, 69117, Heidelberg | david.gruening@psychologie.uni-heidelberg.de

Education

Nov 2022 – Mar 2025	Ph.D. Digital Behavioral Sciences, University of Heidelberg Committee: Professor Tanja Bipp and Professor Ralph Hertwig (Max-Planck Institute for Human Development) Title: Boosting self-regulated smartphone use via app intervention
Dec 2020 – Oct 2022	M.Sc. Adaptive Cognition (First Class), University of Heidelberg Supervisors: Professor Klaus Fiedler and Dr. André Mata (University of Lisbon)
Sep 2020 – Dec 2020	M.Sc. Cognitive Psychology, University of Mannheim (then transition to Heidelberg)
Jan 2020 – Jan 2022	Academic Studies, Philosophy, University of Hagen
Aug 2016 – Sep 2020	B.Sc. Psychology, University of Mannheim Supervisor: Professor Herbert Bless

Academic Positions

Incoming	Postdoctoral Researcher , Max-Planck Institute for Human Development, ARC with Professor Ralph Hertwig
Feb 2021 – May 2025	Teaching Faculty , University of Mannheim with Professor Jochen Gebauer and Professor Thorsten Meiser
Oct 2020 – Mar 2025	Predoctoral Researcher , University of Heidelberg with Professor Tanja Bipp
Oct 2020 – Mar 2025	Predoctoral Researcher , GESIS - Leibniz-Institute for the Social Sciences with Dr. Clemens Lechner and Professor Matthias Bluemke (University of Heidelberg)

Research Positions in Industry

	Scientific Director
From May 2024	• <u>Structured</u> , app with > 5.000.000 active users
From Feb 2024	• <u>Study Snacks</u> , app with > 250.000 active users
From Feb 2023	• <u>RoutineFlow</u> , app with > 500.000 active users
From Oct 2020	• <u>one sec</u> , app with > 4.000.000 active users
	Scientific consultant
From May 2024	• <u>everyday</u> , app with > 100.000 active users
From Jan 2024	• <u>HiPeople</u>
From Oct 2019	Science Board Director , <i>Prosocial Design Network</i>

Research Experience

Planned, Sep 2025	Visiting Researcher, Stanford University , Department of Bioengineering with Professor Oliver Aalami and Dr. Paul Schmiedmayer
Planned, May 2025	Visiting Researcher, ETH , Department of Management, Technology, and Economics with Professor Gudela Grote and Dr. Arlette Danielle Román Almánzar
Planned, Mar 2025	Visiting Researcher, University of Amsterdam , Faculty of Social and Beh. Sci. with Professor Wouter van den Bos
Jun 2024 – Aug 2024	Visiting Researcher, University of Cambridge , Department of Psychology

	with Professor Jason Rentfrow and Dr. David Greenberg
May 2024 – Jun 2024	Visiting Researcher, Max-Planck Institute for Human Development, ARC with Dr. Philipp Lorenz-Spreen
Jan 2024 – March 2024	Visiting Researcher, University of Bern, Institute of Philosophy with Prof. Claus Beisbart
Apr 2022 – Aug 2022	Visiting Researcher, University of Lisbon, Faculty of Psychology with Dr. André Mata
Feb 2020 – May 2020	Visiting Researcher and Teaching Assistant, Brown University, Cog. and Psych. Sci. with Prof. Joachim Krueger
Feb 2019 – Oct 2022	Research Assistant, University of Heidelberg, Department of Social Psychology with Professor Klaus Fiedler
Apr 2019 – Aug 2019	Research Intern, Max-Planck Institute for Human Development, ARC with Dr. Anastasia Kozyreva and Dr. Philipp Lorenz-Spreen
Aug 2018 – Dec 2018	Research Intern, University of Oslo, Department of Psychology (Kama Muta-lab) with Professor Thomas Schubert
Feb 2017 – Oct 2020	Research Assistant, University of Mannheim, Department of Social Psychology with Professor Herbert Bless

Grants

2024 - 2025	Co-Investigator, Stanford University, Stanford Center for Digital Health \$50.000
2024 - 2025	Principal Investigator, Bundeszentrale für Kinder- und Jugendmedienschutz (BZKJ) 75.000€

Editorships and Boards

From 2024	Associate Editor of Social Psychology, Collabra: Psychology
From 2023	Board of Directors of the University Network, <i>all tech is human</i>
From 2022	Editor of Psychology, Journal of Trial and Error (JoTE)
From 2022	Editor of Social and Behavioral Sciences, PlosOne
From 2022	Board of Directors, <i>Prosocial Design Network</i>

Reviewer

From 2024	Psychology Research and Behavior Management, Current Psychology, Self and Identity, AI and Ethics, Musicae Scientiae, Discover Artificial Intelligence, Discover Electronics, Personality and Social Psychology Bulletin (PSPB), Journal of Personality Assessment (JPA), Applied Economics, Journal of Personality Assessment, Nature: Communications Psychology, Cyberpsychology, Nature: Communications Psychology.
From 2023	International Journal of Human-Computer Interaction, Evaluation Review, European Conference on Information Systems, New Media and Society, Social Psychology of Education, Foundations of Science, Social Psychology, Heliyon, Personality and Individual Differences (PAID).
From 2022	Journal of Open Inquiry in Behavioral Science (JOIBS), Futures & Foresight Science (F&FS), Journal of Trial and Error (JoTE), ZIS (soon OISTR), Measurement Instruments for the Social Sciences (MISS), Frontiers in Psychology (Quantitative Psychology and Measurement, Organizational Psychology, Philosophical and Theoretical Psychology, Emotion Science, Cognitive Science), Politics, Religion & Ideology, Society Register, Journal of Articles in Support of the Null Hypothesis (JASNH).

Supervision

Research Assistants

Fritz Bump, Supervisor, 2023 - 2024
Sarah Oehmig, Supervisor, 2023
Lukas Engel, Co-supervisor, 2023 - 2024
Viktoria Schwierz, Co-supervisor, 2023

Supervision for scholarship

Giulia Mitzel, 2024, Studienstiftung des deutschen Volkes
Juliette Jiouo, 2024, Rosa-Luxemburg-Stiftung

Masters and Bachelors Students

- Donatus Wolf, 2023, Masters
- Juliette Jiouo, 2024, Bachelors
- Vaarun Ramesh, 2024, Bachelors
- Tobias Kierdorf, 2023, Bachelors
- Fritz Bump, 2023, Bachelors
- Vincent Balthasar, 2023, Bachelors
- Verena Maria Tappauf, 2023, Bachelors
- Paula Vogt, 2022, Bachelors

Lecturing

From 2024	Lecturer, <i>Psychological Diagnostics</i> , University of Mannheim
From 2023	Lecturer, <i>Applied Social Psychology</i> , University of Mannheim
From 2022	Assisting staff, <i>Social Cognition Lab Course</i> , Brown University with Professor Joachim I. Krueger

Large-scale research events

February, 2025	Organizer, LLM Intervention Methods, expert convening (with Plurality Institute)
Series in 2024	Co-organizer, Browser extension group (with Prosocial Design Network)
December, 2023	Organizer, Digital Intervention Methods, expert convening (with Google Jigsaw)
Series in 2023	Co-founder and Organizer, Practices and Tools of Open Science 2 (with ZPID)
Series in 2022	Organizer, PDN-Digital Interventions Series (with Prosocial Design Network)
Series in 2022	Co-founder and Organizer, Practices and Tools of Open Science (with ZPID)
Yearly series since 2022	Organizer, Digital Intervention Library-Meeting (with Prosocial Design Network)

Selected Publications (All publications accessible on [GoogleScholar](#))

- Grüning, D. J.,** Kamin, J., Panizza, F., Katsaros, M., & Lorenz-Spreen, P. (2024). A framework for promoting online prosocial behavior via digital interventions. *Nature: Communications Psychology*, 2(1), 6. <https://doi.org/10.1038/s44271-023-00052-7>
- Haliburton, L. , **Grüning, D. J.,** Riedel, F., Schmidt, A., & Nađa Terzimehić, N. (2024). A Longitudinal In-the-Wild Investigation of Design Frictions to Prevent Smartphone Overuse. In *Proceedings of the CHI Conference on Human Factors in Computing Systems (CHI '24)*. <https://doi.org/10.1145/3613904.3642370>
- Román Almanzár, A. D., **Grüning, D. J.,** Edinger-Schons, L. M. (2024). 'It wasn't me': the impact of social responsibility and social dominance attitudes on AI programmers' moral imagination (intention to correct bias). *AI and Ethics*. <https://doi.org/10.1007/s43681-024-00516-4>
- Krueger, J. I., **Grüning, D. J.,** Heck, P., Freestone, D. (2024). Inductive Reasoning Model. *Psychological Inquiry*, 35(1), 11-25. <https://doi.org/10.1080/1047840X.2024.2366766>
- Grüning, D. J.,** Riedel, F., & Lorenz-Spreen, P. (2023). Directing smart phone use through the self-nudge app *one sec*. *Proceedings of the National Academy of Sciences* 120(8), e2213114120. <https://doi.org/10.1073/pnas.221311412>
- Grüning, D. J.,** Alves, H., Mata, A., & Fiedler, K. (2023). Reversing the cumulative redundancy bias to demonstrate metacognitive flexibility in cue utilization. *Journal of Experimental Social Psychology*, 107, 104471. <https://doi.org/10.1016/j.jesp.2023.104471>
- Grüning, D. J.,** & Schubert, T. (2022). Emotional Campaigning in Politics: Being Moved and Anger in Political Ads Motivate to Support Candidate and Party *Frontiers in Psychology*, 12, 781851. <https://doi.org/10.3389/fpsyg.2021.781851>

- Grüning, D. J., & Krueger, J. I.** (2022). Strategic thinking in the shadow of self-enhancement: Benefits and costs. *British Journal of Social Psychology*, 63(4), 1725-1742. <https://doi.org/10.1111/bjso.12747>
- Grüning, D. J., & Krueger, J. I.** (2021). Strategic thinking: A random walk into the rabbit hole. *Collabra: Psychology*, 7(1), 24921. <https://doi.org/10.1525/collabra.24921>

Selected Publications under review

- Grüning D. J.,** Kamin, J., Saltz, E., Acosta, T., DiFranzo, D., Goldberg, B., Leavitt, A., Menczer, F., Musgrave, T., Wang, Y., & Wojcieszak, M. Independently testing prosocial interventions: Methods and recommendations from 31 researchers. *Annals of the New York Academy of Sciences*. <https://doi.org/10.31234/osf.io/wvfjq>
- Grüning, D. J.,** Krawiec, J., Riedel, F., Mehlig, L. Social cognition can predict behavioral and psychological effects of digital interventions. *Computers in Human Behavior Reports*. <https://doi.org/10.31234/osf.io/4qj5r>
- Panizza, F., Cammina, T., Gaillard, S., & **Grüning, D. J.** Adopt a cultural-historical perspective to adapt misinformation interventions: Reflecting on Harjani et al. 2023. *Journal of Trial and Error*. <https://doi.org/10.31234/osf.io/aud3t>
- Grüning, D. J., & Rowland, N.** (2024). Brainstorming and Artificial Intelligence. *Futures*. <https://doi.org/10.31234/osf.io/uyedv>
- Kattsaros, M., **Grüning, D. J., & Lou, S.** Offensive comment filtering impact on online engagement - A large-scale randomized controlled trial on Nextdoor. *PNAS Nexus*. <https://doi.org/10.31234/osf.io/nxuqy>
- Román Almanzár, A. D., Edinger-Schons, L. M., & **Grüning, D. J.** Persuading programmers to detect and mitigate bias in technology design: The role of motivational appeals and the speaker. *Computers in Human Behavior*. <https://doi.org/10.31234/osf.io/jbxeq>

Invited Talks

- Directing smart phone use through the self-nudge app *one sec.* *Technology-seminar*, Bern, Switzerland. 2024 (x2), and 2023 (x2).
- Intervention app *one sec.* *Expert-convening of the German Government on excessive digital consumption*, Berlin, Germany, 2024.
- Directing smartphone use through the self-nudge app *one sec.* *Solving societal problems with psychology*, Lisbon, Portugal, 2023.
- Browser extensions and smartphone applications as digital interventions. *Social Psychology Symposium*, Mannheim, Germany, 2023.

Selected Workshops and Presentations

- The good, the bad, and the streaky: A field experiment on how highlighting patterns of social media use and abstinence affect behavior (2024). *Association for Consumer Research Annual Conference*, Paris, France. [Symposium, co-presenter]
- Beyond Screentime? The Interplay of Problematic Smartphone Use Perceptions and Actual Smartphone Use (2024). *IC2S2 2024*, Philadelphia, USA. [Talk, co-presenter]
- Streaking in a digital intervention application for the smartphone (2024). *Association for Consumer Research Annual Conference*, Paris, France. [Talk, co-presenter]
- Digitale Drogen: Dauerhaftes Daddeln, Doomscrolling & und die Distanzierung davon. *re:publica*, Berlin, Germany. [Talk, co-presenter, German]
- Integrating Open Science Practices into Education - Bridging Stakeholders in Teaching (2023). *Open Science Conference 2023, digital*. [Workshop]
- How small companies can work with researchers (2023). *Prosocial Design Network Series, digital*. [Panel Series]
- Designing for Prosociality - A framework of digital interventions to promote prosocial behavior (2023). *Trust & Safety Research Conference*, Stanford University, USA. [Talk, presenter]
- Designing for Prosociality - A framework of digital interventions to promote prosocial behavior (2023). *TrustCon*, San Francisco, USA. [Talk, presenter]

- Prediction-comprehension bias: How prediction success biases perceived comprehension (2023). *SPUDM 2023*, Vienna, Austria. [Talk, presenter]
- Human-Technology Interaction. Science for the Public (2022). *International Symposium - Childhood, Youth, and Society X*. [Workshop]
- Breaking the Wall of Automatic Digital Consumption (2021). *Falling Walls Lab, German Finals (FWL2021)*, Karlsruhe, Germany. [Talk, presenter]
- The Cumulative Redundancy Bias: A Theoretical Advancement (2021). *Conference of the Association for Psychological Science 2021 (APS 2021)*, online. [Talk, presenter]
- Finding lay experts online: Model comparison for expert identification (2020). *Adaptive Rationality Conference*, Berlin, Germany.
- Expert Identification - Confidence and Projection (2020). *Decision Making in Online Environments*, Berlin, Germany. [Talk, presenter]
- The moving potential of digital political ads and its motivational effects on elective support (2019). *7th International conference on emotion, well-being, and health*, Tilburg, Netherlands. [Talk, presenter]

Public Appearances and Media Coverage (selected)

- App-based interventions for adolescents to use social media (2024). Interview with Aniko Hill from DopaMind. [Podcast]
- Social media self-regulation and ways for self-regulation (2024). Expert feature in Ingrid Brodnig's book: "Wider die Verrohung - Über die gezielte Zerstörung öffentlicher Debatten." [Book, German]
- Individual solutions for intentional social media consumption (2024). Interview with Nicolas Boll. [Podcast, German]
- (Un)conscious social media consumption (2024). Interview with Nicolas Boll. [Podcast, German]
- Behavioral economics nudge to reduce mindless phone use (2023). Interview by David Black, American Mindfulness Research Association (AMRA). [Podcast]
- Editorship, Peer-Review, and Open Access (2023). Podcast guest on being an editor, the peer-review process, and openly accessible reviews at *Positively Correlated*. [Podcast]
- one sec - Ideas, development, and future projects (2023). Interview with radio channel DASDING. [Radio]

Science Journalism/Writing (selected)

- Chess, Happiness, and Chance (2024).** *Psychology Today*. www.psychologytoday.com/intl/blog/one-among-many/202404/chess-happiness-and-chance
- Zugeben lohnt (2022).** *Forschung erleben*. <https://www.uni-mannheim.de/forschung-erleben/artikel/zugeben-lohnt/> [German]
- The Ecology of Rationality (2021).** *Psychology Today*. www.psychologytoday.com/us/blog/one-among-many/202109/the-ecology-rationality
- Happier Than Thou (2021).** *Psychology Today*. www.psychologytoday.com/us/blog/one-among-many/202103/happier-thou
- Mächtig verzerrter Eindruck (2020). *Forschung erleben*. [uni-mannheim.de/forschung-erleben/artikel/maechtig-verzerrter-eindruck/](https://www.uni-mannheim.de/forschung-erleben/artikel/maechtig-verzerrter-eindruck/) [German]
- Besser als der Durchschnitt und trotzdem unzufrieden? (2019). *Forschung erleben*. [uni-mannheim.de/forschung-erleben/artikel/besser-als-der-durchschnitt-und-trotzdem-unzufrieden/](https://www.uni-mannheim.de/forschung-erleben/artikel/besser-als-der-durchschnitt-und-trotzdem-unzufrieden/) [German]