

CURRICULUM VITAE · Dr. Lara Bister

I am a sociologist and social demographer whose research centers on health, family, child disability and life course dynamics. Currently, I am currently a postdoctoral researcher at the WZB Berlin Social Science Center and the Einstein Center Population Diversity in Germany. I am also an affiliated research fellow at Dondena Center, Bocconi University in Italy and the MaxHel Center, University of Helsinki in Finland and the Max Planck Institute for Demographic Research in Germany.

Contact: ✉ lara.bister@wzb.eu · Follow my work on [Blue Sky](#) @larabister.bsky.social & [LinkedIn](#).



Academic positions (selection)

- 2024– **Postdoctoral researcher** · Research Group Health and Social Inequality, WZB Berlin Social Science Center & Einstein Center Population Diversity
- Research fellow** · Dondena Centre for Research on Social Dynamics and Public Policy, Bocconi University
- 2023– **Researcher fellow** · Max Planck-University of Helsinki Center for Social Inequalities in Population Health (MaxHel), University of Helsinki & Max Planck Institute for Demographic Research
- 2023–24 **Postdoctoral researcher** in the ERC-project *FRAILIFE*–Child Disability & Family Life (PI: Nicoletta Balbo) · Dondena Centre for Research on Social Dynamics and Public Policy, Bocconi University
- 2020–24 **Ph.D. researcher** · Population Research Centre, University of Groningen
- 2019 **Student assistant** · Department of Demography, University of Groningen (8 months)
- 2018 **Research assistant** · University of Cologne, Cologne Center for Ethics, Rights, Economics, and Social Science of Health (ceres) (8 months, with Christiane Wooten and Minou Friele)

Academic education

- 2019–24 **Ph.D. in Demography** · University of Groningen
- Dissertation: “Adverse economic conditions, family interlinkages and health across the life course”, supervised by Fanny Janssen and Tobias Vogt
- 2020–24 **Ph.D. student** · International Max Planck Research School for Population, Health and Data Science (IMPRS-PHDS), Max Planck Institute for Demographic Research
- Thesis committee: Fanny Janssen (University of Groningen), Tobias Vogt (University of Groningen), Peter Eibich (Université Paris Dauphine)
- 2019–20 **European Master in Demography & European Doctoral School of Demography (EDSD)** · Centre d'Estudis Demogràfics, Universitat Autònoma de Barcelona & Max Planck Institute for Demographic Research, grade: 7.8/9 (“outstanding”)
- Thesis: “Economic crisis at time of birth and health at young adulthood – a case study in East Germany”, grade: B / 8–9 (“outstanding”), supervised by Diederik Bortien and Jeroen Spijker
- Summer School: Data Visualization (Max Planck Institute for Demographic Research)
- 2018–19 **M.Sc. in Population Studies** · University of Groningen, grade: 8.1/10 (“very good”)
- Thesis: “Maternity leave durations and the relevance of selection: A demographic approach to maternal health outcomes after maternity leave for first-time mothers in Germany”, grade: 9.1/10 (“excellent”), supervised by Roberta Rutigliano
- Honours Master: “Leadership: making the difference”, grade: 8.4/10 (“very good”)

Summer School: Healthy Ageing (University Medical Centre Groningen)

2013–17 **B.Sc. in Social Sciences** (Major: Sociology) · University of Cologne, grade: 1.8 (“good”)
 Thesis: “A qualitative approach to social inequalities and nutrition differentials”, grade: 1.3 (“very good”), supervised by Frank Schulz-Nieswandt
 Studies Abroad: University College Dublin (01-05/2016), Utrecht University (08-10/2016)

Grants, scholarships & awards

2025 **Deutscher Studienpreis 2025** [German Thesis Award] · Körber Stiftung (€25,000)
Award “100 Köpfe der Wissenschaft 2025” [“100 Leading Minds in Science 2025”] · Tagesspiegel

2024 **ESHMS Research Visit Grant** · European Society for Health and Medical Sociology (€750)

2023 **Early Career Researcher Travel Grant** · German Sociological Association (DGS) (€400)
SLLS Conference Grant · Society for Longitudinal and Lifecourse Studies (SLLS) (€500)

2022 **NVD Seed Grant** · Netherlands Demographic Society (NVD) (€ 1,500)
IMPRS-PHDS Annual Academy Poster Award · Max Planck Institute for Demographic Research
Science Communication award MindMint Image Contest · University of Groningen

2020 **NVD Seed Grant** · Netherlands Demographic Society (NVD) (€ 1,500)
NIDI-NVD Master Thesis Award · Netherlands Interdisciplinary Demographic Institute (NIDI) and Netherlands Demographic Society (NVD) (€ 500)

2019 **Best Keynote Speech Award** Graduate Research Day (27 June 2019) · University of Groningen

2018 **PROMOS Scholarship** for studies abroad · German Academic Exchange Service (€ 2,000)

2016 **International mobility scholarship** · Schmittmann-Wahlen Foundation (€ 800)

Publications

2025 **Bister, L.**, Vogt, T., & Janssen, F. Do parents suffer too? Children’s unemployment and parents’ mental health in 12 European countries. *European Sociological Review*, forthcoming. <https://doi.org/10.1093/esr/jcaf018>
Bister, L., Balbo, N., & Bolano, D. The Parental Care Burden of Child Disability in Germany. Accepted at *European Societies*, forthcoming.

2024 **Bister, L.**, Eibich, P., & Rutigliano, R. Who is affected by parental leave reforms? Women’s selection into different parental leave lengths across recent policy reforms in Germany. *Genus*, 80(15), online first. <https://doi.org/10.1186/s41118-024-00221-4>
Bister, L. Adverse economic conditions, family interlinkages and health across the life course. [Thesis fully internal (DIV), University of Groningen]. *University of Groningen*. <https://doi.org/10.33612/diss.993567591>
 Kleinschlömer, P., Kühn, M., **Bister, L.**, Vogt, T., & Krapf, S. Analyzing the Impact of Family Structure Changes on Children’s Stress Levels Using a Stress Biomarker. *Journal of Health and Social Behaviour*, 65(3), 449-465. <https://doi.org/10.1177/00221465231223953>

2023 **Bister, L.**, Eibich, P., Rutigliano, R., Kühn, M., & van Hedel, K. Selection into maternity leave length and long-run maternal health in Germany. *Journal of Social Policy*, online first: 1-20. <http://dx.doi.org/10.1017/S0047279423000429>
Bister, L., Spijker, J., Janssen, F., & Vogt, T. Scarred for life? Early-life experience of the post-reunification economic crisis in East Germany and physical and mental health outcomes in

early adulthood. *Comparative Population Studies*, 48: 701-740.
<https://dx.doi.org/10.12765/CPoS-2023-28>

- 2022 **Bister, L.**, Janssen, F., & Vogt, T. Early-life exposure to economic stress and metabolic risks in young adulthood: the children of the reunification in East Germany. *Journal of Epidemiology and Community Health*, 76: 786-791. <http://dx.doi.org/10.1136/jech-2021-218637>

Work in progress (draft manuscripts available upon request; * denotes shared first authorship)

Bister, L., Junna, L., Moustgaard, H., Malmberg, S., Janssen, F., Vogt, T., & Martikainen, P. (presented at PAA 2023 and DDD 2023). Partner unemployment, the economic context and mental health in Finland from 2005 to 2018. *Under review*.

Vogt, T., **Bister, L.**, & Rutigliano, R. (presented at PAA 2023, EAPS Workshop 2024 and SLLS 2023). Growing up with uncertainty: the socioeconomic gradient in the age at menarche in young women born 1986 to 2005 from East and West Germany. *Under review*.

* **Bister, L.**, & Dierker, P. (presented at ESHMS 2024) Family complexities and gender differences in puberty onset in boys and girls in Germany. *Under review*.

Luukkonen, J., Pitkänen, J., Junna, L., **Bister, L.**, Martikainen, P., Laakso, S., & Remes, H. Coping with the loss of a parent – Psychotropic medication use before and after parental death by number of siblings. *Under review*.

Bister, L., Balbo, N., Remes, H., Neri, E., & Martikainen, P. (presented at DGD 2024 and EPC 2024). A novel framework to define child disability from a biopsychosocial perspective in population register data: the Degree-of-Limitation Index (DOLI) for child disability. *Under review*.

Bister, L., Balbo, N., Remes, H., Neri, E., & Martikainen, P. (presented at PAA 2024, EPC 2024, ESHMS 2024 and ECSR 2024). Life course outcomes of individuals growing up with a sibling with a disability. *Under review*.

Research visits

- 2024 Helsinki Institute for Demography and Population Health, University of Helsinki (1 week, with Pekka Martikainen)
- 2023 Research Group “The Dynamics of Demography, Democratic Processes and Public Policy” (DYNAMICS), Hertie School and Humboldt University of Berlin (3 months)
Center for Civil Society Research, WZB Berlin Social Science Center (1 month)
- 2022 Population Research Unit, University of Helsinki (3 months, with Pekka Martikainen)
- 2019 Max Planck Institute for Demographic Research, Research group Labor Demography (3 months, with Peter Eibich and Karen van Hede)

Conference presentations

- Keynote Graduate Research Day, Faculty of Spatial Sciences, University of Groningen (2019)
- Oral Aletta Jacobs School of Public Health's Talent Network Junior Research Meet-up (2022, 2021)
Dutch Demography Day (DDD) (2020)
EAPS Workshop ‘Families’ Resilience and Well-being of Children and Youth’ (2023)
EAPS Masterclass ‘Families and Child Development and Well-being’ (2024)
European Consortium for Sociological Research (ECSR) (2024, 2025)
European Divorce Network (2024)
European Population Conference (EPC) (2022)
European Society of Health and Medical Sociology (ESHMS) (2024)
German Society for Demography (DGD) (2024, 2022)
German Sociological Association (DGS) Section ‘Social Inequality & Social Structure’ (2023)
International Conference Society of Longitudinal and Life course Studies (SLLS) (2023, 2021)

International Population Conference (IPC) (2021)
 PopDays (AISP-SIS) (2025)
 Population Association of America (PAA) (2023, 2022, 2021)
 SHARE Symposium on Inequalities in an Ageing World (2024)
 Young Demographers (YD) (2021)

Poster DDD (2023), EPC (2024), PAA (2025, 2024, 2023), International Sociological Association
 Research Committee 28 (RC28) (2023), YD (2023)

Invited talks

- 2025 “Growing Up with a Sibling with a Disability – Understanding Life Course Outcomes and Wellbeing in the Transition to Adulthood” · Invited talk at the Family Research Seminar of the Federal Institute for Family Research at Bamberg University (IFB).
- 2024 “A Novel Framework to Define Child Disability using Linked Population Register Data: The Degree-of-Limitation-Index (DoLI)” · Invited presentation at the Workshop on Resilient Ageing of the Leibniz Research Alliance Resilient Ageing, Leibniz Institute for Resilience Research.
- “A new framework to identify child disability using population register data.” · Invited presentation at the Conference of the German Society for Demography.
- 2023 “Do parents suffer too? Adult children’s unemployment and parents’ mental health in 12 European countries.” · Invited presentation at the Dutch Demography Day 2023.
- “Mental Health Effects of Partner Unemployment and the Role of the Economic Context.” · Invited talk at Västoliitto, the Family Federation of Finland.
- 2022 “The influence of financial stress during childhood on physical and mental health in early adulthood: An investigation of the post-reunification economic crisis in East Germany using the Socio-Economic Panel (SOEP).” · Invited talk at the Research Colloquium of the Research Unit Family and Fertility, German Federal Institute for Population Research (BiB).
- 2021 “How to write a policy brief” · Invited talk at the Sustainable Societies Grantee meet-up, Sustainable Society initiative, University of Groningen.

Media and outreach

- 2025 “Sie erkunden, was uns trennt: Die 100 wichtigsten Köpfe der Berliner Wissenschaft 2025” · Research profile featured in newspaper article, [Tagesspiegel](#), 29 September 2025
- “Studie: „Wendekinder“ sind auf Jahrzehnte psychisch belastet” · Research featured in newspaper article, [Süddeutsche Zeitung](#), 25 September 2025
- Participation in [Leibniz im Bundestag](#): discussion of research on child disability, parental care, parental leave policies and parental wellbeing with members of the German parliament (Corinna Rüffer & Felix Döring) · Leibniz Association & Deutscher Bundestag, 15 October 2025
- “Methods of Inclusion: Designing Research for a Plural World” · Panellist in panel discussion, [Fellows Forum](#) of the Berlin University Alliance (BUA) Fellows Club, 11 June 2025
- “Leiden unsere Eltern mit? Psychische Gesundheitsauswirkungen über Generationen hinweg” [German, title in English: “Do our parents suffer too? Mental effects of unemployment across generations”] · Popular science presentation, [Berlin Science Slam](#), 18 June 2025
- “Academic Careers in Demography: Pathways, Opportunities and Challenges” · Panellist in online panel discussion, [European Association of Population Studies \(EAPS\) PhD Network](#), 29 April 2025
- 2024 “35 Jahre nach der Wiedervereinigung – wie steht es heute um die Gesundheit der ostdeutschen Wendekinder?” [German, title in English: “35 years after reunification – how is

- the health of East Germany's reunification children today?"] · [WZB Mitteilungen "Körper" – Quartalsheft für Sozialforschung](#), 186, Dezember 2024
- "The post-reunification economic crisis in East Germany and its long-term health effects" · [Population Europe PopDigest](#)
- "Which maternity leave length is most beneficial for women's health?" · [Social Policy Blog](#)
- 2023 "Lebensverläufe, ihre Auswirkungen auf Gesundheit & der Umgang mit Daten" [German; title in English: "Life courses, their impact on health & dealing with data"] · [Science S*heroes Podcast](#)
- 2021 "Economic crises and the health of children and adolescents" · [Aletta Jacobs School of Public Health](#)
- 2021 "Maternity leave and maternal health – Do longer leaves mean better health for mothers?" · [Demotrends.org](#)

Teaching and supervision experience

- 2025– **Ph.D. student supervision** · Sebastián Soto-Guerro · Ph.D. Programme 'Global Health', Charité – Universitätsmedizin Berlin & WZB Berlin Social Science Center
- Lecturer** · Department of Political and Social Sciences, Freie Universität Berlin
- Master level: specialisation seminar 'Family and Health across the Life Course'; guest lecture "Exploring Administrative Register Data to Study Migration and Health in Europe" in the seminar 'Mixed Methods Approaches to Migration and Health Inequalities' (with Emily Frank)
- 2024– **Research assistant supervision** · Dondena Centre for Research on Social Dynamics and Public Policy, Bocconi University (3 RA) and Research Group Health and Social Inequality, WZB Social Science Center Berlin (1 RA)
- 2020–24 **Ph.D. teaching assistant** · Department of Demography, University of Groningen
- Thesis supervision (>10) in Human Geography (bachelor level) & Population Studies (master level)
- Master level: computer practicals and grading: Working with Data in Population Research (2021), Life Tables & Population Projections (2020–22), Survival Analysis (2020–22), Advanced Statistical Analysis (2021–23); guest lecture: "Contextual determinants of health along the life course" in Population, Health & Place (2022–23); grading: Contemporary Population Issues (2020), Population, Health & Place (2023)
- Bachelor level: Bachelor project: Life Course Determinants of Healthy Ageing (2020–24); grading: Methods of Academic Research (2021–22); seminars and grading: Introduction to Academic Research (2022–23); guest lecture: "Intergenerational health effects of economic stress – parents of unemployed adult children" in Healthy Ageing (2022)
- 2016–18 **Teaching assistant** · Institute of Sociology and Social Psychology, University of Cologne
- Bachelor level: tutorials on "Introduction to micro and macro sociological theory" (with Clemens Kroneberg)
- Additional training:* Starting to teach, Assessing assignments & theses, and Supervising theses at the University of Groningen (2020–21); Basic teacher training at the University of Cologne, Centre of University Didactics (2017)

Extracurricular activities and academic services ^(selection)

- 2025– **Alumni member steering committee for the International Max Planck Research School for Population, Health and Data Science** · Max Planck Institute for Demographic Research
- Research Colloquium Coordinator** · Research area 'Dynamics of Social Inequality', WZB Berlin Social Science Center

- Research area representative in the Academic Council** · WZB Berlin Social Science Center
- 2024– **Guest editor** · *European Societies*, Special Issue on ‘Children with Disability and Their Families’
- Working Group Member** · EAPS Working Group ‘Child and Adolescent Development’
- 2020– **Ad-hoc reviewer** · BMC Public Health, Demographic Research, Demography, European Sociological Review, Journal of Population Ageing, Social Science & Medicine, SSM – Population Health, Quality & Quantity, COORDINATE project (Transnational Visits Programme)
- 2024–25 **Coordinator Early-Career-Researcher Colloquium** · Einstein Center Population Diversity
- 2020–24 **Student representative & member steering committee for the International Max Planck Research School for Population, Health and Data Science** · Max Planck Institute for Demographic Research
- 2022–23 **Chair Population Research Centre Twitter team** · University of Groningen
- 2021–23 **Steering committee member EAPS PhD Network** · European Association of Population Studies
- 2018–19 **Student member Programme Committee MS Population Studies** · University of Groningen
- 2017–18 **Head of administration student residence** · Kreuz-Kolleg Benedikt-Schmittmann-Haus e.V.
- 2011–12 **Archive research volunteer** · Cultural projects “Train of remembrance” and “Stolpersteinverlegung”

Skills

Languages: German (native) · English (fluent) · Dutch (basic) · Spanish (basic)

Computing: Stata (advanced) · R (intermediate) · LaTeX (beginner)

Data sets: German Socio-Economic Panel ([SOEP](#)) · Survey of Health, Ageing, and Retirement in Europe ([SHARE](#)) · German Health Interview and Examination Survey for Children and Adolescents ([KiGGS](#)) · German statutory pension insurance biography dataset ([RV-VSKT](#)) · Linkage SOEP and RV-VSKT ([SOEP-RV](#)) · [Finnish Population Registers](#) · Understanding Society ([US](#)) · Survey experiment data (own data collection based on convenience sample) [FAMSUPPORT](#)