

CV - Lara Nikola Wolfers

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Education

- 02/2018 – 12/2021* **Ph.D. in Communication Science, University of Hohenheim, Germany**
Dissertation: "Stress management and coping using mobile media by caregivers of young children" (supervisors: Sonja Utz, Sabine Trepte), summa cum laude, defense: 21.12.2021.
- 04/2020* **University of California in Santa Barbara, CA**
Virtual lab visit, Robin Nabi, Department of Communication, (in-person visit canceled, COVID-19).
- 09/2014 - 01/2018* **M.A. in Communication Science, University of Hohenheim, Germany**
Master thesis: "Self-disclosure in online and offline contexts – a comparison" (supervisor: Sabine Trepte), final grade: 1,1.
- Part of 2014 and 2016* Parental leave for Erik (born 2014) and Malte (born 2016).
- 09/2010 - 05/2014* **B.A. in Communication Science (major) and economics and business (minor), Johannes Gutenberg-Universität Mainz, Germany**
Bachelor thesis: "Why media can cause political alienation and why it is necessary to re-orient mediamalaise research" (supervisor: Philipp Weichselbaum), final grade: 1,2.
- 08/2012 – 01/2013* **Université de Bourgogne, Dijon, France**
semester abroad, Winter 2012 / 2013

Academic Positions

- From 11/2021* **Amsterdam School of Communication Research (ASCoR), University of Amsterdam, The Netherlands**
Assistant Professor in Communication Science (tenured), Youth & Media Entertainment Programme Group
- 02/2018 – 10/2021* **Leibniz-Institut für Wissensmedien, Tübingen, Germany**
Ph.D. student in the junior research group "social media" of Sonja Utz
- WS 2021* **University of Mannheim, Germany**
Lecturer Communication Science
- SS 2019* **University of Hohenheim, Germany**
Lecturer Communication Science

01/2015 – 09/2017

University of Hohenheim, Germany

Research assistant to Thilo von Pape and Sabine Trepte

01/2011 - 05/2014

Johannes Gutenberg-Universität Mainz, Germany

Research/teaching assistant to Stefan Geiß, Ilka Jakobs, Philipp Weichselbaum

Research Interests

- Media use in the family
- Mobile and social media use for stress coping
- Digital media use and well-being
- Media use, social norms, and guilt
- Quantitative methodologies with a focus on longitudinal data analysis and experience sampling designs

Publications

- 2023 **Wolfers, L.N.**, Wendt, R., Becker, D., & Utz, S. Do you love your phone more than your child? The consequences of norms and guilt around maternal smartphone use. *Human Communication Research*.^{1,2,3,4}
- 2022 Nabi, R.L. & **Wolfers, L. N.**. Does digital media use harm children's emotional intelligence? A parental perspective. *Media and Communication*, 10(1), 350–360.
<https://doi.org/10.17645/mac.v10i1.4731>
- Nabi, R. L., **Wolfers, L. N.**, Walter, N., & Qi, L. Coping with COVID-19 Stress: The role of media consumption in emotion- and problem-focused coping. *Psychology of Popular Media*, 11(3), 292-298.
<https://doi.org/10.1037/ppm0000374>^{2,4}
- Utz, S., Gaiser, F., & **Wolfers, L.N.**. A guidance in the chaos: Effects of science communication by virologists during the COVID-19 crisis in Germany and the role of parasocial phenomena. *Public Understanding of Science*, 31(6), 799-817.
<https://doi.org/10.1177/09636625221093194>^{1,2,3}
- Utz, S. & **Wolfers, L. N.**. How-to videos on YouTube: The role of the instructor. *Information, Communication & Society*, 25(7), 959–974.
<https://doi.org/10.1080/1369118X.2020.1804984>^{1,2,3}
- Wolfers, L. N.*** & Utz, S. *. Social media use, stress, and coping. *Current Opinion in Psychology*, 45, Article 101305.
<https://doi.org/10.1016/j.copsyc.2022.101305>.⁴
(*shared first authorship)
- 2021 Utz, S., **Wolfers, L. N.**, & Göritz, A.. The effects of situational and individual factors on algorithm acceptance in COVID-19 related decision-making: A preregistered online experiment, *Human-*

Machine Communication, 3, 27–46.
<https://dx.doi.org/10.30658/hmc.3.3>. ^{1,2,3,4}

Wolfers, L. N. Parental mobile media use for coping with stress: A focus groups study. *Human Behavior and Emerging Technologies*. 3(2), 304–315. <https://doi.org/10.1002/hbe2.252>^{3,4}

Wolfers, L. N. & Schneider, F.M.. Using media for coping: A scoping review. *Communication Research*. 48(8), 1210–1234.
<https://doi.org/10.1177/0093650220939778>^{3,4}

2020 **Wolfers, L. N.**, Festl, R., & Utz, S.. Do smartphones and social network sites become more important when experiencing stress? Results from longitudinal data. *Computers in Human Behavior*, 109.
<https://doi.org/10.1016/j.chb.2020.106339>^{1,2,3,4}

Wolfers, L. N., Kitzmann, S., Sauer, S., & Sommer, N.. Phone use while parenting: An observational study to assess the association of maternal sensitivity and smartphone use in a playground setting. *Computers in Human Behavior*, 102, 31–38.
<https://doi.org/10.1016/j.chb.2019.08.013>

Open Science Practices: ¹preregistered; ²open data; ³open material; ⁴open access.

Awards and Grants

- 2022 Funding from the Digital Communication Methods Lab, University of Amsterdam, for the project *Short But Still Valid: Validating One-Item Measures for Key Communication Constructs for Experience Sampling Research* (5,000 Euro and 0.2 FTE teaching reduction, 1 semester)
- 2022 Best Reviewer Award, Mobile Communication Interest Group, 72nd Annual Conference of the International Communication Association (ICA). Paris, France.
- 2019 Travel grant by the German Academic Exchange Service (DAAD), 70th Annual Conference of the International Communication Association (ICA), Washington D.C., USA.
- 2018 Paul-Lazarsfeld-Scholarship of the methods division of the German Communication Association for an outstanding master thesis with a methods focus
- 2018 Communication Consultants Award for being the top student in the graduation year 17/18, University of Hohenheim, department of communication science
- 2016 - 2018 Fellow of the women career support program of the German scholarship foundations (Mentor: Veronika Karnowski)

- 2015 - 2017 Full Master scholarship of the *Friedrich-Ebert-Foundation*
- 2012 - 2013 Scholarship "Deutschlandstipendium" (a program of the German Federal Ministry of Education and Research)

Professional affiliations/service

- Advisory Board, digicomlab Digital Communication Method Lab, Department of Communication Science, *University of Amsterdam*, since 22/23
- Thesis Quality Master Committee, Department of Communication Science, *University of Amsterdam*, since 22/23
- Elected Early Career representative of the Mobile Communication Interest Group of the *International Communication Association* for the period May 2020 - May 2022
- Award Committee Member: "Emerging Scholar Grant" of the Mobile Communication Interest Group, *International Communication Association*; "Paul-Lazarsfeld-Scholarship", Methods division, *German Communication Association*
- Member: *International Communication Association*, *German Communication Association*, *German Psychological Association*
- Reviewer (Journals): *Mobile Media & Communication*, *Journal of Computer-Mediated Communication*, *Media Psychology*, *Journal of Media Psychology*, *Studies in Communication and Media*, *Plos One*, *MedienPädagogik*, *Frontiers in Psychology*, *Mass Communication & Society*, *Public Understanding of Science*, *Review of Communication Science*, *Child Development Perspectives*, *Cyberpsychology, Behavior, and Social Networking*, *Annals of the International Communication Association*, *Social Media & Society*
- Reviewer (Funding): Preregistration funding for *Leibniz Institute for Psychology (ZPID)*, Fellowships of the *Center of Advanced Internet Studies (CAIS)*

Teaching experience

- Since 2020 Supervision of Master theses, internships, student assistants
- Winter 2021/22, Summer 2022, Winter 2022/23 University of Amsterdam: Specialization seminar: "**Clashing Views on Media Effects**", MSc Communication Science: Entertainment Communication
- Winter 2021/22, Winter 2022/23 University of Amsterdam: Research Practice Seminar: "**Predictors and Consequences of Binge-Watching**", PreMaster Programme Communication Science.
- Summer 2022 University of Amsterdam: Tutorial: "**Entertainment Communication**", BSc Communication Science
- Fall 2021 University of Mannheim: Methods course: "**Quantitative content analysis: What do "old" media say about "new"**"

media? The depictions of effects of digital media on everyday life and well-being in newspapers, magazines and television", B.A. in Media and Communication Studies

Summer 2019 University of Hohenheim: "**Methods project seminar: Satire shows and political alienation**", B.A. Communication Science

Winter 2011/12 Johannes Gutenberg-Universität Mainz: "**Statistics tutorial**", B.A. Communication Science

Invited talks

March 2023 "The role of norms and guilt for media use effects" *University of Amsterdam*, Netherlands, ASCoR Lunch Lecture Series

February 2023 "Social media use, stress, and coping" *KU Leuven*, Belgium, Lecture series Actuele Topics in de Communicatiewetenschappen.

April 2022 "Media use for coping with stressful situations" *Northwestern University*, USA, Center for Communication and Health. Health Communication Research Seminar

October 2021 "A parental perspective on parental smartphone use." *University of Essex*, UK. Psychology Seminar Series.

Outreach activities and media coverage

June 2021 Invited expert on the panel: "Effects of smartphone use on parenting". CAMHS around the Campfire Series. *The Association for Child and Adolescent Mental Health*, United Kingdom.

November 2020 Invited talk at the Science Transfer Meeting; "Social Media as a Resource during the Corona Crisis" with journalists and practitioners from the field of communication, *University of Münster*, organized by Gerald Echterhoff.

My research on media use in the family was covered in German magazines, newspapers, podcasts, radio programs, and websites, such as *Baby & Familie*, *Family*, *Kidsgo*, *WDR*, *Bremer Nachrichten*, *Schwäbische Zeitung*, *Spektrum*, *Focus online*, podcast *Forschungsquartett* among others

Book chapters

In press Nabi, R., Wolfers, L.N., & King J. Emotional effects of social media use: Anxiety, depression, and hope. In R. L. Nabi & J. G. Myrick (Eds.), *Our online emotional selves: The link between digital media and emotional experience*. Oxford University Press.

- Wolfers, L.N.** & Wendt, F. Elterliche Smartphone-Nutzung & die Ausübung von Elternschaft [Parental smartphone use and parenthood]. In A. Lange, C. Zerle-Elsässer, A. Langmeyer, & Naab, T. (Eds.): Familie, Medien, Digitalisierung. Ein interdisziplinäres Handbuch für Forschung und Lehre. Barbara Budrich.
- 2018 Braun, M., von Pape, T., **Wolfers, L. N.**, Teutsch, D., & Trepte, S.. Perspektiven und Trends der Privatheit [perspectives and trends in privacy research]. In M. Friedewald (Ed.), *Privatheit und selbstbestimmtes Leben in der digitalen Welt: Interdisziplinäre Perspektiven auf aktuelle Herausforderungen des Datenschutzes* (pp. 221-250). Springer. https://doi.org/10.1007/978-3-658-21384-8_7
- 2015 **Hiller** [maiden name], **L. N.** & Weichselbaum, P.. Wieso Medieninhalte politikverdrossen machen und weshalb es nötig ist, die Mediamalaise-Forschung neu zu orientieren [Why media can cause political alienation and why it is necessary to re-orient mediamalaise research]. In: B. Pohlers, F. Schreiber, & I. Ghubbar (Eds.): *Die Politik auf dem Siebertreppchen? Wenn Olympia, WM und Co. zum Spielball strategischer Kommunikation werden. Beiträge zum 10. Düsseldorfer Forum Politische Kommunikation* (pp. 157-174). Frank & Timme

Conference presentations

- 2023 Schelwald, I. & **Wolfers, L. N.** Mindless, harmless fun? The effects of guilty pleasure viewing on message reception. *73rd Annual Conference of the International Communication Association (ICA)*. Toronto, Canada. [supervised master theses]
- Wolfers, L.N.** A Facilitation of Coping? Is phone use associated with less effort when coping with a stressful situation? *73rd Annual Conference of the International Communication Association (ICA)*. Toronto, Canada.
- Wolfers, L.N.**, Neumann, D., Klein, S., Gaiser, F., Anderl, C., & Utz, S. The Preferred Reporting Items for Social Media Research (PRISMeR): A Decision Matrix to Guide Transparent Definitions of Social Media. *73rd Annual Conference of the International Communication Association (ICA)*. Toronto, Canada.
- 2022 Schneider, F. & **Wolfers, L.N.** Media use for coping research during the COVID-19 pandemic. A critical overview. *52nd Congress of the German Psychological Association*. Hildesheim, Germany.
- Neumann, D., **Wolfers, L.N.**, Anderl, C., Klein, S.K., Gaiser, F., & Utz, S. The social media toolbox: A decision matrix to guide transparent reporting in social media research. *12th International Conference on Social Media & Society*. Virtual Conference.

- Wolfers, L.N.,** Wendt, R., Becker, D., & Utz, S. Does guilt influence the effects of parental smartphone use for stress coping? Results from a mobile experience sampling study of mothers in Germany. *72nd Annual Conference of the International Communication Association (ICA)*. Paris, France.
- Wolfers, L.N.,** Utz, S., Wendt, R., & Honecker, J.. Situation-, person-, and device-specific factors when mothers use their smartphones for coping with stress. *72nd Annual Conference of the International Communication Association (ICA)*. Paris, France.
- Halfmann, A., **Wolfers, L.N.,** & Meeus, A.. Can mothers avoid guilt about their smartphone usage behavior? Effects of the availability norm and goal conflict on guilt, recovery, and task accomplishment. *72nd Annual Conference of the International Communication Association (ICA)*. Paris, France.
- 2021 Lüpken, L.M., **Wolfers, L.N.,** Utz, S., Nabi, R., & Gaiser, F. Coping with the COVID-19 pandemic using media: Extending the coping-fit-hypothesis to media use. *12th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Aachen, Germany.
- Utz, S., Gaiser, F., & **Wolfers, L.N.** “Unseren täglichen Drosten gib uns heute”: Effects of science communication by virologists during the COVID-19 crisis in Germany and the role of parasocial phenomena. *12th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Aachen, Germany.
- Wolfers, L.N.,** Wendt, R., Becker, D., & Utz, S.. A guilty tool? The role of norms and guilt when mothers use their smartphone for coping with stress. *12th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Aachen, Germany.
- Nabi, R. L., **Wolfers, L.N.,** Walter, N., & Qi, L.. Coping with COVID-19 Shutdown Stress: The role of media use in boosting perceived coping efficacy and social distancing adherence. *71st Annual Conference of the International Communication Association (ICA)*. Virtual Conference.
- Utz, S., Gaiser, F., & **Wolfers, L.N.** Virologists as superheroes? The role of parasocial relationships for the effects of science communication by German virologists during the COVID-19 crisis. *71st Annual Conference of the International Communication Association (ICA)*. Virtual Conference.
- Utz, S., **Wolfers, L.N.** & Göritz, A.S.. The effects of situational and individual factors on algorithm acceptance: a preregistered

experiment. *71st Annual Conference of the International Communication Association (ICA)*. Virtual Conference.

Wolfers, L.N., Nabi, R.L., & Walther, N.. Too much screen time or too much guilt? How screen time and parental screen guilt affected parental stress and relationship satisfaction during the COVID-19 pandemic. *71st Annual Conference of the International Communication Association (ICA)*. Virtual Conference.

Nabi, R. L., **Wolfers, L.N.**, Walter, N., & Qi, L.. Coping with COVID-19: The role of media in reducing stress and enhancing well-being in the early stages of the COVID-19 pandemic. *Arthur N. Rupe Biannual Conference: Communicating about COVID-19*. Virtual Conference. University of California Santa Barbara.

2020

Nabi, R., & **Wolfers, L.N.**. Does screen use harm children's emotional intelligence development? A parental perspective. *70th Annual Conference of the International Communication Association (ICA)*. Virtual conference.

Utz, S., & **Wolfers, L.N.**. How-to videos on YouTube: the role of the protagonist. *70th Annual Conference of the International Communication Association (ICA)*. Virtual conference.

Schneider, F. & **Wolfers, L.N.**. Panel: Stressbewältigung mit Medien. Ein Überblick über eine heterogene Forschungslandschaft. [Stress coping using media. An overview over of a heterogeneous research landscape]. *65th Annual conference of the German Communication Association (DGPK)*. München, Germany.

Wolfers, L.N.. A short escape from an unpleasant situation and a positive side of phubbing? Solitude Snacking with smartphones. *65th Annual conference of the German Communication Association (DGPK)*. München, Germany.

Wolfers, L.N.. Nur Störenfried oder auch hilfreiches Instrument? Wie Eltern ihre Mobilgeräte zum Stressmanagement nutzen [Just a disturbing factor or also a helpful instrument? How parents use their mobile devices for stress management]. *28th Annual conference of the Media Reception and Effects Division of the German Communication Association (DGPK)*. Würzburg, Germany.

2019

Wolfers, L.N. & Masur, P.. The willingness to self-disclose in online and offline contexts: Trait(s), state, and reciprocal influences. *69th Annual Conference of the International Communication Association (ICA)*. Washington, DC.

Wolfers, L.N., Festl, R. & Utz, S.. Do smartphones and social network sites become more important when experiencing stress? An exploration of

- within-person associations. *69th Annual Conference of the International Communication Association (ICA)*. Washington, DC.
- Von Pape, T. & **Wolfers, L.N.**. Outlines of a theory of Information privacy and self-disclosure regulation. *69th Annual Conference of the International Communication Association (ICA)*. Washington, DC.
- Wolfers, L.N.**, Festl, R. & Utz, S.. Die Rolle von Smartphones für die Stressbewältigung: Eine Untersuchung von intrapersonalen Zusammenhängen zwischen Nomophobia und Stressempfinden [The role of smartphones for stress coping: An analysis of within-person associations between nomophobia and perceived stress]. *64th Annual Conference of the German Communication Association (DGPK)*. Münster, Germany.
- 2018 **Wolfers, L.N.**. Selbstoffenbarung in Online- und Offline-Kontexten – ein Vergleich [Self-disclosure in online and offline contexts – a comparison]. *20th Annual conference of the methods division of the German Communication Association (DGPK)*. Ilmenau, Germany.
- Wolfers, L.N.**, Kitzmann, S., Sommer, N., Sauer S., & Trepte, S.. "Put your phone down?": How mothers' smartphone use is associated with sensitivity. *68th Annual Conference of the International Communication Association (ICA)*. Prag, Czech Republic.
- Masur, P., Trepte, S., & **Wolfers L.N.**. Mehr als Bewusstsein für Privatheitsrisiken: Eine prozessorientierte Rekonzeptualisierung der Online-Privatheitskompetenz [It is more than just privacy risk awareness. A process-oriented reconceptualization of online privacy literacy]. *63rd Annual Conference of the German Communication Association (DGPK)*. Mannheim, Germany.
- 2017 Kitzmann, S., **Wolfers, L.N.**, Sommer, N. & Sauer, S.. "Put your phone down": How mothers' smartphone usage influences their sensitivity. *10th conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Landau, Germany.
- Von Pape, T. & **Hiller** [maiden name], **L.N.**. Effects of privacy mechanisms on self-disclosure and success in web search. *67th Annual Conference of the International Communication Association (ICA)*, San Diego, CA.
- 2014 **Hiller** [maiden name], **L.N.** & Weichselbaum, P.. Wieso Medieninhalte politikverdrossen machen und weshalb es nötig ist, die Mediamalaise-Forschung neu zu orientieren [Why media can cause political alienation and why it is necessary to re-orient Mediamalaise research]. *10th Düsseldorfer Forum Politische Kommunikation (DFPK)*. Düsseldorf, Germany.