

Lara Nikola Wolfers

Curriculum vitae

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Education

- From 11/2021* **Amsterdam School of Communication Research (ASCoR),
University of Amsterdam, The Netherlands**
Assistant Professor in Communication Science,
Youth & Media Entertainment Programme Group
- 02/2018 – 10/2021* **Leibniz-Institut für Wissensmedien, Tübingen, Germany**
PhD student in the junior research group "social media", PhD project:
"Stress management and coping using mobile media by caregivers of
young children" (supervisor: Sonja Utz), enrolled at the University of
Hohenheim (second supervisor: Sabine Trepte)
- 04/2020* **University of California in Santa Barbara, CA**
Virtual lab visit, Robin Nabi, Department of Communication, (in-
person visit cancelled due to COVID-19).
- 09/2014 - 01/2018* **University of Hohenheim, Germany**
M.A. in Communication Science; Master thesis: "Self-disclosure in
online and offline contexts – a comparison" (supervisor: Sabine
Trepte), research assistant to Thilo von Pape, Sabine Trepte;
parental leave: 2014, 2016.
- 09/2010 - 05/2014* **Johannes Gutenberg-Universität Mainz, Germany**
B.A. in Communication Science with a minor in economics and
business; Bachelor thesis: "Why media can cause political alienation
and why it is necessary to re-orient mediamalaise research"
(supervisor: Philipp Weichselbaum), research/teaching assistant to
Stefan Geiß, Ilka Jakobs, Philipp Weichselbaum
- 08/2012 – 01/2013* **Université de Bourgogne, Dijon, France**
semester abroad, Winter 2012 / 2013

Research Interests

- Media use in the family
- Mobile and social media use for stress coping, digital media use and well-being
- Online self-disclosure and self-effects on social media
- Media use and political alienation
- Quantitative methodologies with a focus on longitudinal data analysis

Publications in peer-reviewed journals

1. Nabi, R.L. & Wolfers, L. N. (accepted). Does digital media use harm children's emotional intelligence? A parental perspective. *Media and Communication*.
2. Nabi, R. L., Wolfers, L. N., Walter, N., & Qi, Li (in press). Coping with COVID-19 Stress: The role of media consumption in emotion- and problem-focused coping. *Psychology of Popular Media*.²
3. Utz, S., Wolfers, L. N., & Göritz, A. (in press). The effects of situational and individual factors on algorithm acceptance in COVID-19 related decision-making: A preregistered online experiment. *Human-Machine Communication*.^{1,2,3,4}
4. Wolfers, L. N. (2021). 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}
5. Utz, S. & Wolfers, L. N. (2020). How-to videos on YouTube: The role of the instructor. *Information, Communication & Society*. Advance online publication.
<https://doi.org/10.1080/1369118X.2020.1804984>^{1,2,3}
6. Wolfers, L. N. & Schneider, F.M. (2020). Using media for coping: A scoping review. *Communication Research*. Advance online publication.
<https://doi.org/10.1177/0093650220939778>^{3,4}
7. Wolfers, L. N., Festl, R., & Utz, S. (2020). 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}
8. Wolfers, L. N., Kitzmann, S., Sauer, S., & Sommer, N. (2020). 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.

Book chapters

1. Braun, M., von Pape, T., Wolfers, L. N., Teutsch, D., & Trepte, S. (2018). 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). Wiesbaden: Springer. https://doi.org/10.1007/978-3-658-21384-8_7
2. Hiller [maiden name], L. N. & Weichselbaum, P. (2015). 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). Berlin: Frank & Timme.

Awards and Grants

2019	Travel grant by the German Academic Exchange Service (DAAD)
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 graduating year, 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

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*

Member: *International Communication Association, German Communication Association, German Psychological Association*

Reviewer: *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, Annual conferences of the International Communication Association, the Media Education Division and the Division of Media Use and Effects of the German Communication Association*

Outreach activities and media coverage

June, 2021: Expert on the panel: "Effect of smartphone use on parenting". CAMHS around the Campfire Series. *The Association for Child and Adolescent Mental Health*.

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 design, topic of the talk: "The role of social media for coping with stress during the corona crisis"; *University of Münster*, organized by Gerald Echterhoff.

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

Teaching experience

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
2021	Co-supervision of two research interns
2019	Co-supervision of two Bachelor theses
2019	University of Hohenheim: " Methods project seminar: Satire shows and political alienation ", B.A. Communication Science, Summer
2011 - 2012	Johannes Gutenberg-Universität Mainz: " Statistics tutorial ", B.A. Communication Science

Invited talks

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

Conference presentations

1. Lüpken, L.M., Wolfers, L.N., Utz, S., Nabi, R., & Gaiser, F. (2021, September). 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.
2. Utz, S., Gaiser, F., & Wolfers, L.N. (2021, September). “Unseren täglichen Drogen 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.
3. Wolfers, L.N., Wendt, R., Becker, D., & Utz, S. (2021, September). 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.
4. Nabi, R. L., Wolfers, L.N., Walter, N., & Qi, L. (2021, May). 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.
5. Utz, S., Gaiser, F., & Wolfers, L. N. (2021, May). 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.
6. Utz, S., Wolfers, L. N. & Göritz, A. S. (2021, May). The effects of situational and individual factors on algorithm acceptance: a preregistered experiment. *71st Annual Conference of the International Communication Association (ICA)*. Virtual Conference.
7. Wolfers, L. N., Nabi, R. L., & Walther, N. (2021, May). 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.

8. Nabi, R. L., Wolfers, L.N., Walter, N., & Qi, L. (2021, May). 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.
9. Nabi, R., & Wolfers, L.N. (2020, May). Does screen use harm children's emotional intelligence development? A parental perspective. *70th Annual Conference of the International Communication Association (ICA)*. Virtual conference.
10. Utz, S., & Wolfers, L.N. (2020, May). How-to videos on YouTube: the role of the protagonist. *70th Annual Conference of the International Communication Association (ICA)*. Virtual conference.
11. Schneider, F. & Wolfers, L.N. (2020, March). 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.
12. Wolfers, L.N. (2020, March). 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.
13. Wolfers, L.N. (2020, January). 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.
14. Wolfers, L.N. & Schneider, F. (2019, September). Using Media for Coping: A systematic scoping review. *11th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Chemnitz, Germany.
15. Utz, S. & Wolfers, L.N. (2019, September). Informal learning with YouTube videos – the role of the protagonist. *11th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Chemnitz, Germany.
16. Wolfers, L.N. & Masur, P. (2019, May). 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.

17. Wolfers, L.N., Festl, R. & Utz, S. (2019, May). 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.
18. Von Pape, T. & Wolfers, L.N. (2019, May). Outlines of a theory of Information privacy and self-disclosure regulation. *69th Annual Conference of the International Communication Association (ICA)*. Washington, DC.
19. Wolfers, L.N., Festl, R. & Utz, S. (2019, May). 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.
20. Wolfers, L.N. (2018, September). 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.
21. Wolfers, L. N., Kitzmann, S., Sommer, N., Sauer S., & Trepte, S. (2018, May). "Put your phone down?": How mothers' smartphone use is associated with sensitivity. *68th Annual Conference of the International Communication Association (ICA)*. Prag, Czech Republic.
22. Masur, P., Trepte, S., & Wolfers L. N. (2018, May). 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.
23. Kitzmann, S., Wolfers, L. N., Sommer, N. & Sauer, S. (2017, September). "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.
24. Von Pape, T. & Hiller [maiden name], L. N. (2017, May). Effects of privacy mechanisms on self-disclosure and success in web search. *67th Annual Conference of the International Communication Association (ICA)*, San Diego, CA.

25. Hiller [maiden name], L.N. & Weichselbaum, P. (2014, April). 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.