

Prof. Dr. Adrian Meier

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Academic Positions

02/2021 - present	<i>Assistant Professor</i> (tenure track) in Communication Science Institute of Labor Market and Socioeconomics School of Business, Economics, and Society Friedrich Alexander University (FAU) of Erlangen-Nuremberg, Germany
10/2020 - 01/2021	<i>Assistant Professor</i> in Communication Science Youth & Media Entertainment Program Group Amsterdam School of Communication Research (ASCoR) University of Amsterdam, The Netherlands
04/2015 - 09/2020	<i>Research Associate</i> Department of Communication Media Effects & Media Psychology group of Prof. Dr. Leonard Reinecke Johannes Gutenberg University Mainz, Germany

Education

08/2020	<i>Dr. phil.</i> (Ph.D.) in Communication Science (summa cum laude) awarded by the Faculty of Social Sciences, Media, and Sports at the Johannes Gutenberg University Mainz (JGU), Germany Dissertation: <i>Do social media make us (un)happy? A communication-centered approach</i>
06/2017	<i>Research visit</i> with Catalina L. Toma Department of Communication Arts, University of Wisconsin-Madison, USA
10/2013 - 03/2015	<i>Master of Arts</i> (MA) in Communication Science JGU Mainz, Germany
01/2013 - 06/2013	<i>Erasmus semester</i> in the Social Sciences program University of Gothenburg, Sweden
04/2010 - 09/2013	<i>Bachelor of Arts</i> (BA) in Communication (major) and Political Sciences (minor) JGU Mainz, Germany

Professional Membership & Service

Memberships	<p><i>International Communication Association (ICA)</i>, particularly the Communication & Technology, Information Systems, and Mobile Communication divisions</p> <p><i>German Communication Association (DGPuK)</i>, particularly the Media Uses & Effects division</p> <p><i>German Psychological Society (DGPs)</i>, particularly the Media Psychology division</p>
Editorial Board Member	<p>Media Psychology (since March 2021)</p> <p>Journal of Media Psychology (since April 2021)</p>
Peer Review (ad-hoc)	<p><i>Journals</i></p> <p>New Media & Society; Journal of Computer-Mediated Communication; Communication Research; Social Media + Society; Mobile Media & Communication; Computers in Human Behavior; Social Science Computer Review; Cyberpsychology, Behavior, and Social Networking; Technology, Mind, and Behavior; Cyberpsychology: Journal of Psychosocial Research on Cyberspace; Proceedings of the CHI Conference on Human Factors in Computing Systems; others, see Publons</p> <p><i>Conferences & Others</i></p> <ul style="list-style-type: none"> • Annual Conference of the International Communication Association (ICA) • Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPuK) • Biannual Conference of the Media Psychology Division of the German Psychological Society (DGPs) • SoSci Panel (a German-language social scientific online access panel with peer review pre data collection)
University Committees	<p><i>Responsible for the university library section of the Department of Communication, JGU Mainz, e.g., monitoring and acquisition of academic book publications, databases, and journals, as well as budget planning (01/2018 until 09/2020)</i></p> <p><i>Committee work in the Department of Communication, JGU Mainz, several committees, e.g., reforming the BA program in Communication; developing formal requirements for publication-based dissertations in Communication Science at the JGU (04/2015 until 04/2020)</i></p> <p><i>Co-founder and co-organizer of the Doctoral Student Colloquium at the Department of Communication, JGU Mainz (06/2015 until 07/2018)</i></p>

Awards and Funding

2021	<p><i>Dordick Dissertation Award</i> for an outstanding doctoral thesis, awarded by the Communication & Technology Division at the 71st Annual Conference of the International Communication Association (ICA)</p> <p><i>Top Paper Award</i> from the Communication & Technology Division at the 71st Annual Conference of the International Communication Association (ICA) (together with R. Kreling & L. Reinecke)</p> <p><i>Top Paper Award</i> nomination from the Mobile Communication Interest Group at the 71st Annual Conference of the International Communication Association (ICA) (together with F. Schneider, S. Lutz, A. Halfmann, & L. Reinecke)</p> <p><i>Top Reviewer Award</i> from the Communication & Technology Division at the 71st Annual Conference of the International Communication Association (ICA)</p>
2020	<p><i>Top Student Paper Award</i> from the Communication & Technology Division at the 70th Annual Conference of the International Communication Association (ICA) (together with A. Gilbert, S. Börner, & D. Possler)</p> <p><i>Competitive Travel Funding</i> from the German Academic Exchange Service (DAAD) for the Annual Conference of the International Communication Association (ICA), Gold Coast, Australia (funding returned due to COVID-19)</p>
2019	<p><i>Top Paper Award</i> from the 25th Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPUK) (together with C. Meltzer & L. Reinecke)</p>
2018	<p><i>Top Student Paper Award</i> from the 63rd Annual Conference of the German Communication Association (DGPUK)</p>
2017	<p><i>Competitive Travel Funding</i> from the German Academic Exchange Service (DAAD) for the Annual Conference of the International Communication Association (ICA), San Diego, USA</p>
2016	<p><i>Top Student Paper Award</i> from the 61st Annual Conference of the German Communication Association (DGPUK) (together with T. Lentz)</p> <p><i>Competitive Travel Funding</i> from the German Academic Exchange Service (DAAD) for the Annual Conference of the International Communication Association (ICA), Fukuoka, Japan</p> <p><i>Research Funding</i> for a daily diary study, JGU Mainz (1,000€)</p> <p><i>Research Funding</i> for the project “A systematic literature review on social media use and well-being”, JGU Mainz (12,000€)</p>
2015	<p><i>Research Funding</i> (seed money) for initial development of the research project “A systematic literature review on social media use and well-being”, JGU Mainz (2,500€)</p> <p><i>Top Student Term Paper Award</i> from the Gutenberg Teaching Council of the JGU Mainz</p>
2014 & 2012	<p><i>Scholarship</i> “Deutschlandstipendium”, two-times recipient of a one-year federal scholarship to fund BA and MA studies</p>

2013 | *Top Bachelor Thesis Award* from the Faculty of Social Sciences, Media, and Sports at the JGU Mainz

Publications

Peer-Reviewed Articles


in press
or
accepted

Halfmann, A., **Meier, A.**, & Reinecke, L. (accepted in principle). Trapped between self-control failure and norm violation: How users' mobile messaging behavior during task engagement influences feelings of guilt. *Journal of Media Psychology*. [Preregistered Report]

[Badges](#)



2021

Halfmann, A., **Meier, A.**, & Reinecke, L. (2021). Too much or too little messaging? Situational determinants of guilt about mobile messaging. *Journal of Computer-Mediated Communication*, 26(2), 72–90. 
<https://doi.org/10.1093/jcmc/zmaa018>



Freytag, A., Knop-Huelss, K., **Meier, A.**, Reinecke, L., Hefner, D., Klimmt, C., & Vorderer, P. (2021). Permanently online—always stressed out? The effects of permanent connectedness on stress experiences. *Human Communication Research*, 47(2), 132–165.
<https://doi.org/10.1093/hcr/hqaa014> [post-print]




2020

Meier, A., & Reinecke, L. (2020). Computer-mediated communication, social media, and mental health: A conceptual and empirical meta-review. *Communication Research*. Advance online publication.
<https://doi.org/10.1177/0093650220958224> [post-print]

Meier, A., Gilbert, A., Börner, S., & Possler, D. (2020). Instagram inspiration: How upward comparison on social network sites can contribute to well-being. *Journal of Communication*, 70(5), 721–743.
<https://doi.org/10.1093/joc/jqaa025> [post-print]



Johannes, N., **Meier, A.**, Reinecke, L., Ehlert, S., Setiawan, D. N., Walasek, N., Dienlin, T., Buijzen, M., & Veling, H. (2020). The relationship between online vigilance and affective well-being in everyday life: Combining smartphone logging with experience sampling. *Media Psychology*. Advance online publication. 
<https://doi.org/10.1080/15213269.2020.1768122>



2019

Noon, E. & **Meier, A.** (2019). Inspired by friends: Adolescents' network homophily moderates the relationship between social comparison, envy, and inspiration on Instagram. *Cyberpsychology, Behavior, and Social Networking*, 22(12), 787–793. <https://doi.org/10.1089/cyber.2019.0412> [post-print]

Exelmans, L., **Meier, A.**, Reinecke, L., & Van den Bulck, J. (2019). Just one more episode: Predictors of procrastination with television and implications for sleep quality. *Mass Communication and Society*, 22(5), 654–685. <https://doi.org/10.1080/15205436.2019.1606246> [post-print]

2018


Meier, A. (2018). Alles eine Frage der digitalen Autonomie? Die Rolle von Autonomie in der digitalen Kommunikation für psychologische

Grundbedürfnisse und psychische Gesundheit im Alltag [Digital autonomy is key? The role of autonomous online communication for need satisfaction and psychological well-being in daily life]. *Medien & Kommunikationswissenschaft*, 61(4), 407–427.

<https://doi.org/10.5771/1615-634X-2018-4-407>

Johannes, N., Veling, H., Dora, J., **Meier, A.**, Reinecke, L., & Buijzen, M. (2018). Mind-wandering and mindfulness as mediators of the relation between online vigilance and well-being. *Cyberpsychology, Behavior, and Social Networking*, 21(12), 761–767.

<https://doi.org/10.1089/cyber.2018.0373>

Reinecke, L., Klimmt, C., **Meier, A.**, Reich, S., Hefner, D., Knop-Huels, K., Rieger, D., & Vorderer, P. (2018). Permanently online and permanently connected: Development and validation of the online vigilance scale. *PLoS ONE*, 13(10), Article e0205384. 


<https://doi.org/10.1371/journal.pone.0205384>

Meier, A., & Schäfer, S. (2018). The positive side of social comparison on social network sites: How envy can drive inspiration on Instagram. *Cyberpsychology, Behavior, and Social Networking*, 21(7), 411–417.

<https://doi.org/10.1089/cyber.2017.0708>

Schnauber-Stockmann, A., **Meier, A.**, & Reinecke, L. (2018). Procrastination out of habit? The role of impulsive vs. reflective media selection in procrastinatory media use. *Media Psychology*, 21(4), 640–668.

<https://doi.org/10.1080/15213269.2018.1476156>

Reinecke, L., **Meier, A.**, Beutel, M. E., Schemer, C., Stark, B., Wölfling, K., & Müller, K. W. (2018). The relationship between trait procrastination, Internet use, and psychological functioning: Results from a community sample of German adolescents. *Frontiers in Psychology*, 9, Article 913. 

<https://doi.org/10.3389/fpsyg.2018.00913>

Reinecke, L., **Meier, A.**, Aufenanger, S., Beutel, M. E., Dreier, M., Quiring, O., Stark, B., Wölfling, K., & Müller, K. W. (2018). Permanently online and permanently procrastinating? The mediating role of Internet use for the effects of trait procrastination on psychological health and well-being. *New Media & Society*, 20(3), 862–880.

<https://doi.org/10.1177/1461444816675437>

2016

Meier, A., Reinecke, L., & Meltzer, C. E. (2016). “Facebocrastination”? Predictors of using Facebook for procrastination and its effects on students’ well-being. *Computers in Human Behavior*, 64, 65–76.

<https://doi.org/10.1016/j.chb.2016.06.011>

Book Chapters etc.

2021

Reinecke, L., & **Meier, A.*** (2021). Media entertainment as guilty pleasure? The appraisal of media use, self-control, and entertainment (AMUSE) model. In P. Vorderer & C. Klimmt (Eds.), *The Oxford handbook of entertainment theory* (pp. 205–230). Oxford Univ. Press. ***shared first authorship**

<https://doi.org/10.1093/oxfordhb/9780190072216.013.12> [post-print]

- 2020 Reinecke, L., & **Meier, A.** (2020). Guilt and media use. In J. van den Bulck (Ed.), *The international encyclopedia of media psychology*. Wiley-Blackwell. <https://doi.org/10.1002/9781119011071.iemp0183>
- Meier, A.**, Domahidi, E., & Günther, E. (2020). Computer-mediated communication and mental health: A computational scoping review of an interdisciplinary field. In S. Yates & R. E. Rice (Eds.), *The Oxford handbook of digital technology and society* (pp. 79–110). Oxford Univ. Press. [\[post-print\]](#)
- 2018 **Meier, A.**, Meltzer, C. E., & Reinecke, L. (2018). Coping with stress or losing control? Facebook-induced strains among emerging adults as a consequence of escapism versus procrastination. In S. E. Baumgartner, M. Hofer, T. Koch, & R. Kühne (Eds.), *Youth and media: Current perspectives on media use and effects* (pp. 167–186). Nomos.
- 2017 Hofmann, W., Reinecke, L., & **Meier, A.** (2017). Of sweet temptations and bitter aftertaste: Self-control as a moderator of the effects of media use on well-being. In L. Reinecke & M. B. Oliver (Eds.), *The Routledge handbook of media use and well-being: International perspectives on theory and research on positive media effects* (pp. 211–222). Routledge. [\[post-print\]](#)
- Scherer, C., **Meier, A.**, & Viererbl, B. (2017). Positive Konditionierung durch Zeitungsschlagzeilen reduziert negative implizite Vorurteile gegenüber (männlichen) Muslimen [Positive conditioning via newspaper headlines reduces negative implicit stereotypes against (male) muslims]. In M. Beiler & B. Bigl (Eds.), *100 Jahre Kommunikationswissenschaft in Deutschland. Von einem Spezialfach zur Integrationsdisziplin* [100 years of Communication Science in Germany. From niche subject to integrative discipline] (pp. 289–304). UVK.

Conference Presentations

- 2021 **Meier, A.** (2021, October). *Social media effects on mental health in children and adolescents*. Invited panel discussion (“campfire session”) at the 34th Annual Congress of the European College of Neuropsychopharmacology (ECNP), Lisbon, Portugal.
- Meier, A.** (2021, September). *New media, new effects? Introducing the Technology Equivalence Approach (TEA)*. Paper accepted for presentation at the 12th Biannual Conference of the Media Psychology Division of the German Psychological Society (DGPs), Aachen, Germany.
- Possler, D., **Meier, A.**, Börner, S., Gilbert, A., & Scherer, H. (2021, September). *Sharing awe: Vicarious transcendent experiences via social media*. Poster accepted for presentation at the 12th Biannual Conference of the Media Psychology Division of the German Psychological Society (DGPs), Aachen, Germany.
- Schneider, F., Lutz, S., Halfmann, A., **Meier, A.**, & Reinecke, L. (2021, September). *How and when do mobile media demands impact well-being? Explicating the integrative model of mobile media use and need experiences (IM³UNE)*. Paper accepted for presentation at the 12th Biannual Conference of the Media Psychology Division of the German Psychological Society (DGPs), Aachen, Germany.

2020

- Kreling, R., **Meier, A.**, & Reinecke, L. (2021, May). *#authentic? Differences in users' state authenticity across Instagram stories and posts*. Paper presented at the 71st Annual Conference of the International Communication Association (ICA), virtual conference. -- **Top Paper Award** --
- Meier, A.**, & Reinecke, L. (2021, May). *Social media and mental health: Reviewing effects on eudaimonic well-being*. Paper presented at the 71st Annual Conference of the International Communication Association (ICA), virtual conference.
- Schneider, F., Lutz, S., Halfmann, A., **Meier, A.**, & Reinecke, L. (2021, May). *How and when do mobile media demands impact well-being? Explicating the integrative model of mobile media use and need experiences (IM³UNE)*. Paper presented at the 71st Annual Conference of the International Communication Association (ICA), virtual conference. -- **Top Paper Award Nomination** --
- Janicke-Bowles, S., Buckley, T., Rey, R., Wozniak, T., Lomanowska, A., **Meier, A.** (2021, May). *Conceptualizing and assessing digital flourishing*. Poster presented at the 71st Annual Conference of the International Communication Association (ICA), virtual conference.
- Meier A.**, Gilbert, A., Börner, S., & Possler, D. (2020, May). *Instagram inspiration: Upward comparisons can contribute to well-being*. Paper presented at the 70th Annual Conference of the International Communication Association (ICA), virtual conference. -- **Top Student Paper Award** --
- Meier, A.**, & Reinecke, L. (2020, May). *The appraisal of media use, self-control, and entertainment (AMUSE) model*. Paper presented at the 70th Annual Conference of the International Communication Association (ICA), virtual conference.
- Halfmann, A., **Meier, A.**, & Reinecke L. (2020, May). *Too much or too little messaging? Situational determinants of guilt about mobile messenger usage*. Paper presented at the 70th Annual Conference of the International Communication Association (ICA), virtual conference.
- Meier, A.**, Domahidi, E., Günther, E., & Reinecke, L. (2020, March). *Online communication and mental health: Insights and implications from three systematic literature reviews*. Paper presented at the 65th Annual Conference of the German Communication Association (DGPK), Munich, Germany.
- Reinecke, L., & **Meier, A.** (2020, March). *On the interplay between media entertainment and self-control: The Appraisal of Media Use, Self-Control, and Entertainment (AMUSE) Model*. Paper presented at the 65th Annual Conference of the German Communication Association (DGPK), Munich, Germany.
- Halfmann, A., & **Meier, A.** (2020, March). *Getting things done while staying connected? The effects of messenger usage on feelings of guilt*. Paper presented at the 65th Annual Conference of the German Communication Association (DGPK), Munich, Germany.
- Ernst, A., & **Meier, A.** (2020, January). *"When inspiration doesn't come to me, I go halfway to meet it." – A theoretical model of how users find inspiration on Instagram*. Paper presented at the 26th Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPK), Würzburg, Germany.

- 2019
- Meier, A.,** Gilbert, A., Börner, S., & Possler, D. (2019, September). *Instagram Inspiration: Investigating content and channel effects on upward social comparison, envy, and inspiration from Instagram use*. Paper presented at the 11th Biannual Conference of the Media Psychology Division of the German Psychological Society (DGPs), Chemnitz, Germany.
- Halfmann, A., **Meier, A.,** & Reinecke, L. (2019, September). *Trapped between self-control failure and norm violation: How user's mobile messaging behavior during task engagement influences feelings of guilt*. Paper presented at the 11th Biannual Conference of the Media Psychology Division of the German Psychological Society (DGPs), Chemnitz, Germany.
- Freytag, A., Knop-Huelss, K., Hefner, D., Klimmt, C., Reinecke, L., **Meier, A.,** & Vorderer, P. (2019, May). *Permanently online and always stressed out? The effects of online vigilance on digital stress experiences*. Paper presented at the 69th Annual Conference of the International Communication Association (ICA), Washington D.C., USA.
- Meier, A.,** Gilbert, A., Börner, S., & Possler, D. (2019, January). *Positive effects from upward social comparison on social network sites? How Instagram usage can elicit inspiration and increase well-being*. Paper presented at the 25th Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGpuK), Mainz, Germany.
- Meier, A.,** Meltzer, Christine E., & Reinecke, L. (2019, January). *A license to procrastinate? Self-licensing and self-compassion as predictors of self-forgiveness for online procrastination*. Paper presented at the 25th Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGpuK), Mainz, Germany. -- **Top Paper Award** --
- 2018
- Meier, A.,** & Reinecke, L. (2018, September). *Does smartphone usage increase the frequency of procrastination in everyday life? Results of a diary study*. Paper presented at the 51st Biennial Conference of the German Psychological Society (DGPs), Frankfurt, Germany.
- Meier, A.,** & Reinecke, L. (2018, May). *The relationship between computer-mediated communication and mental health—A meta-review of systematic reviews and meta-analyses*. Paper presented at the 68th Annual Conference of the International Communication Association (ICA), Prague, Czech Republic.
- Meier, A.,** Domahidi, E., Günther, E., & Reinecke, L. (2018, May). *Computer-mediated communication, psychological well-being, and psychopathological symptoms: A computational scoping review of an interdisciplinary field*. Paper presented at the 68th Annual Conference of the International Communication Association (ICA), Prague, Czech Republic.
- Meier, A.** & Schäfer, S. (2018, May). *The positive side of social comparison on SNS: Investigating inspiration on Instagram*. Paper presented at the 68th Annual Conference of the International Communication Association (ICA), Prague, Czech Republic.
- Exelmans, L., **Meier, A.,** Reinecke, L., & Van den Bulck, J. (2018, May). *Just one more episode: Predictors of procrastination with television and implications for sleep quality*. Paper presented at the 68th Annual Conference of the International Communication Association (ICA), Prague, Czech Republic.

2017

- Vanden Abeele, M., **Meier, A.**, Bayer, J., Johannes, N., & Lee, E. W. J. (2018, May). *Voicing concerns: Alternative perspectives on problematic mobile media use beyond the disease model*. Workshop held at the 15th Annual Mobile Pre-Conference of the International Communication Association (ICA), Prague, Czech Republic.
- Meier, A.** (2018, May). *Digital autonomy is key? The role of autonomous online communication for need satisfaction and psychological well-being in daily life*. Paper presented at the 63rd Annual Conference of the German Communication Association (DGPK), Mannheim, Germany. -- **Top Student Paper Award** --
- Exelmans, L., **Meier, A.**, Reinecke, L., Van den Bulck, J. (2018, February). *The relationship between procrastinatory television viewing and sleep quality: Drivers and underlying mechanisms*. Paper presented at the Etmaal van de Communicatiewetenschap, Ghent, Belgium.
- Granow, V., **Meier, A.**, & Reinecke, L. (2018, January). *At least three episodes or at least two hours? Proposal for a definition and measurement of binge watching as TV series viewing behavior*. Paper presented at the 24th Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPK), Hohenheim (Stuttgart), Germany.
- Meier, A.**, Schäfer, S., Melching, V., & Bonni, K. (2017, September). *The positive side of social comparisons on SNS: How envy can drive inspiration on Instagram*. Paper presented at the 10th Biennial Conference of the Media Psychology Division of the German Psychological Society (DGPs), Landau, Germany.
- Reinecke, L., **Meier, A.**, Klimmt, C., Hefner, D., Reich, S., Rieger, D., & Vorderer, P. (2017, September). *Permanently on and never switching off? The role of online vigilance as a source of digital stress*. Paper presented at the 10th Biennial Conference of the Media Psychology Division of the German Psychological Society (DGPs), Landau, Germany.
- Meier, A.**, & Reinecke, L. (2017, July). *More interruptions and fewer accomplishments? How smartphone habits increase the frequency of procrastination and decrease hedonic and eudaimonic well-being in everyday life*. Paper presented at the 10th Biennial Procrastination Research Conference, Chicago, Illinois, USA.
- Meier, A.** (2017, May). *Neither pleasurable nor virtuous: Procrastination links smartphone habits and messenger checking behavior to decreased hedonic as well as eudaimonic well-being*. Poster presented at the 67th Annual Conference of the International Communication Association (ICA), San Diego, California, USA.
- Reinecke, L., Klimmt, C., **Meier, A.**, Reich, S., Hefner, D., Knop-Hülß, K., Rieger, D., & Vorderer, P. (2017, May). *Permanently online and permanently connected: Development and validation of the online vigilance scale*. Paper presented at the 67th Annual Conference of the International Communication Association (ICA), San Diego, California, USA.
- Schnauber, A., **Meier, A.**, & Reinecke, L. (2017, May). *Procrastination out of habit? The role of impulsive vs. reflective media selection in procrastinatory media use*. Paper presented at the 67th Annual Conference of the International Communication Association (ICA), San Diego, California, USA.

- Reinecke, L., **Meier, A.**, Hefner, D., Reich, S., Rieger, D., Klimmt, C., & Vorderer, P. (2017, March/April). *Being permanently connected is a ,state of mind': Development and validation of the online vigilance scale*. Paper presented at the 62nd Annual Conference of the German Communication Association (DGPUK), Düsseldorf, Germany.
- Schnauber, A., **Meier, A.**, & Reinecke, L. (2017, January). *Reflective vs. impulsive media selection as a key predictor of procrastinatory media use*. Paper presented at the 23rd Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPUK), Erfurt, Germany.
- 2016 **Meier, A.**, Meltzer, C. E., & Reinecke, L. (2016, June). *"Facebocrastination"? Predictors of using Facebook for procrastination and its effects on students' well-being*. Paper presented at the 66th Annual Conference of the International Communication Association (ICA), Fukuoka, Japan.
- Reinecke, L., **Meier, A.**, Aufenanger, S., Beutel, M. E., Dreier, M., Quiring, O., Stark, B., Wölfling, K., & Müller, K. W. (2016, June). *Permanently online and permanently procrastinating? The mediating role of Internet use for the effects of trait procrastination on psychological well-being*. Paper presented at the 66th Annual Conference of the International Communication Association (ICA), Fukuoka, Japan.
- Peter, C., **Meier, A.**, Koch, T. (2016, June). *(Unintended) effects of pop culture references on the perception of politicians*. Paper presented at the 66th Annual Conference of the International Communication Association (ICA), Fukuoka, Japan.
- Meier, A.**, Schemer, C., Viererbl, B., Busche, N., & Schmidt, S. (2016, March/April). *Positive conditioning via newspaper headlines reduces negative implicit stereotypes against muslims*. Paper presented at the 61st Annual Conference of the German Communication Association (DGPUK), Leipzig, Germany.
- Meier, A.**, & Lentz, T. (2016, March/April). *Escaping to games? Escapism and procrastination as predictors of problematic computer game use among adolescents*. Paper presented at the 61st Annual Conference of the German Communication Association (DGPUK), Leipzig, Germany. -- **Top Student Paper Award** --
- Meier, A.**, Meltzer, C. E., & Reinecke, L. (2016, January). *Self-control failure or coping strategy? Facebook-induced strains as a consequence of procrastination and escapism*. Paper presented at the 22nd Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPUK), Amsterdam, The Netherlands.
- Peter, C., & **Meier, A.** (2016, January). *"Tomorrow: @House of Cards" – (Unintended) effects of pop culture references on the perception of politicians*. Paper presented at the 22nd Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPUK), Amsterdam, The Netherlands.
- 2015 Reinecke, L., **Meier, A.**, Aufenanger, S., Beutel, M. E., Dreier, M., Quiring, O., Stark, B., ... Müller, K. W. (2015, September). *Internet use and procrastination: Results from a German probability sample*. Paper presented at the 9th Biennial Conference of the Media Psychology Division of the German Psychological Society, Tübingen, Germany.

- Reinecke, L., **Meier, A.**, Aufenanger, S., Beutel, M. E., Dreier, M., Quiring, O., Stark, B., ... Müller, K. W. (2015, June). "Always on" and always distracted? The mediating role of Internet use for the effects of trait procrastination on psychological well-being. Paper presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Meier, A.**, Reinecke, L., & Meltzer, C. E. (2015, June). *How guilt and self-forgiveness mediate the effects of online procrastination on well-being*. Paper presented at the 9th Biennial Procrastination Research Conference, Bielefeld.
- Meier, A.**, Reinecke, L., & Meltzer, C. E. (2015, May). *The (not so) guilty mouse potato: How appraisal of online procrastination changes the recovery outcome after online media use*. Poster presented at the 65th Annual Conference of the International Communication Association (ICA), San Juan, Puerto Rico, USA.
- 2014 **Meier, A.**, Meltzer, C. E., & Reinecke, L. (2014, January). *How to become a pro in procrastination: Predictors of using Facebook for procrastination*. Paper presented at the 20th Annual Conference of the Media Uses and Effects Division of the German Communication Association (DGPK), Hannover, Germany.

Teaching Experience¹

Theses

2015 -
2021 **Primary supervision of 24 BA and 2 MA theses**
Secondary supervision of 15 BA and 9 MA theses
JGU Mainz, BA & MA program in Communication

Term	Course	Evaluation
2021 - summer term	Procrastination & media use when working from home FAU of Erlangen-Nuremberg, research project seminar (digital) <i>MA program in Socioeconomics, 2nd semester students</i>	
	Short-term longitudinal designs & multilevel modeling in R FAU of Erlangen-Nuremberg, methods seminar (digital) <i>MA program in Socioeconomics, 2nd semester students</i>	
2020 - winter term	Research methods tailored to the thesis University of Amsterdam, methods seminar (digital, in English) <i>MA program in Communication Science, 1st semester students</i>	No evaluation due to COVID-19

¹ **Language:** If not indicated differently, courses were taught in German.

2020 - summer term	Entertainment media use JGU Mainz, seminar (digital) <i>BA program in Communication, 3rd & 4th semester students</i>	Course: 2.11 (see footnote for scale) ² Teacher: 2.21
2019 - winter term	Online communication JGU Mainz, introductory lecture <i>MA program in Communication, 1st semester students</i>	Course: 1.81 Teacher: 1.38
	Reading, comprehending, and writing scientific literature JGU Mainz, introductory methods seminar <i>BA program in Communication, 1st & 2nd semester students</i>	Course: 1.64 Teacher: 1.27
- summer term	Experiments in media uses and effects research JGU Mainz, methods & project seminar <i>BA program in Communication, 5th & 6th semester students</i>	Course: 3.04 Teacher: 2.29
2018 - winter term	Reading, comprehending, and writing scientific literature (two courses) JGU Mainz, introductory methods seminar <i>BA program in Communication, 1st & 2nd semester students</i>	<i>Course A</i> Course: 1.79 Teacher: 1.27 <i>Course B</i> Course: 1.70 Teacher: 1.05
- summer term	Data analysis with SPSS JGU Mainz, introductory methods seminar <i>BA program in Communication, 1st & 2nd semester students</i>	Course: 2.14 Teacher: 1.57
	Social interaction in the digital age: Theory and practice of CMC JGU Mainz, seminar (in English) <i>BA program in Communication, 3rd & 4th semester students</i>	Course: 2.13 Teacher: 1.93
2017 - winter term	Media use: Theories, methods, and current topics JGU Mainz, seminar <i>BA program in Communication, 5th & 6th semester students</i>	Course: 1.30 Teacher: 1.17
	Reading, comprehending, and writing scientific literature (two courses) JGU Mainz, introductory methods seminar <i>BA program in Communication, 1st & 2nd semester students</i>	<i>Course A</i> Course: 1.74 Teacher: 1.30 <i>Course B</i> Course: 1.94 Teacher: 1.40
- summer term	Permanently online and permanently connected: Benefits and risks of ubiquitous online communication for users' psychological well-being JGU Mainz, seminar (in English) <i>BA program in Communication, 3rd & 4th semester students</i>	Course: 1.50 Teacher: 1.11

² **Evaluation scale:** In the summer term 2019, teaching evaluations at the JGU Mainz were completely overhauled. The scale for evaluations has been changed to seven-point, anchored at 1 “very good” to 7 “very bad”. Mean values can therefore not be compared with terms prior to summer 2019. Before the summer term 2019, evaluations were made on a six-point scale (i.e., German school grading), anchored at 1 “very good” to 6 “inadequate”.

Course evaluation: Mean value for the item “If I could give the course an overall grade, it would be...”.

Teacher evaluation: Mean value for the item “If I could give the teacher an overall grade, it would be...”.

2016 - winter term	Reading, comprehending, and writing scientific literature JGU Mainz, introductory methods seminar <i>BA program in Communication, 1st & 2nd semester students</i>	Course: 2.14 Teacher: 1.71
	Media use: Theories, methods, and current topics (two courses) JGU Mainz, seminar <i>BA program in Communication, 5th & 6th semester students</i>	Course A Course: 1.33 Teacher: 1.13 Course B Course: 1.56 Teacher: 1.11
- summer term	Permanently online and permanently connected: Benefits and risks of ubiquitous online communication for users' psychological well-being JGU Mainz, seminar & research project <i>BA program in Communication, 3rd & 4th semester students</i>	Course: 1.50 Teacher: 1.17
2015 - winter term	Media use: Theories, methods, and current topics JGU Mainz, seminar <i>BA program in Communication, 5th & 6th semester students</i>	Course: 1.83 Teacher: 1.61
- summer term	Core concepts and theories of communication JGU Mainz, introductory seminar <i>BA program in Communication, 1st & 2nd semester students</i>	Course: 1.86 Teacher: 1.39

Media Coverage (Selection)

2021	Bustle (2021, January). <i>Why being constantly online stresses you out, according to a new study.</i> [Link]
2020	Bustle (2020, October). <i>Experts explain why Instagram's effects on mental health aren't all bad.</i> [Link]
2019	Jetzt (2019, October). <i>Wie lasse ich mich von Instagram nicht runterziehen?</i> [Link] Frankfurter Allgemeine Zeitung (2019, April). <i>Studie Mainzer Forscher: „Instagram kann glücklich machen“.</i> [Link] Deutschlandfunk: @mediasres (2019, February). <i>Macht Instagram glücklich?</i> [Link]
2018	Spektrum der Wissenschaft (2018, December). <i>Prokrastination: Morgen mach ich's bestimmt!</i> [Link]
2017	Deutschlandfunk Kultur: Breitband (2017, December). <i>„That escalated quickly!“ Wie soll es mit den sozialen Medien weitergehen?</i> [Link]
2016	Psychology Today (2016, August). <i>Facebocrastination: New research on the perils of Facebook.</i> [Link] CBCNews (2016, June). <i>“Facebocrastination” a problem for students, researchers find.</i> [Link] CBC Radio (2016, June). <i>Facebook procrastination.</i> [Link]