

CV – Dr. Lara Nikola Wolfers

Born 20.01.1990
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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

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

Publications

- in press* Azrout, R., van Berlo, Z.M.C., Dubèl, R., Jonkman, J., **Wolfers, L.N.**, & Baumgartner, S. (in press). Has the AI revolution started yet? A status report on the use of and the attitudes toward ChatGPT in Dutch society. *Tijdschrift voor Communicatiewetenschap*¹
- Wolfers, L.N.**, Lüpken, L.M., Schimmel, M., Utz, S., Nabi, R.L., & Gaiser, F. (in press). Coping with the COVID-19 pandemic: Extending the coping goodness-of-fit hypothesis to media use. *Communication Studies*^{1,2,3}
- 2024 Halfmann, A., **Wolfers, L.N.**, & Meeus, A. (2024). Can mothers avoid guilt about their smartphone usage behavior? Effects of the availability norm and goal conflict on guilt, recovery, and accomplishment experiences. *Mobile Media & Communication*. <https://doi.org/10.1177/20501579241252098>. Advance Online Publication^{1,2,3,4}
- Huang, S., Lai, X., **Wolfers, L.N.**, Li, Y., Dai, X., Zhao, X., Wu, H., Song, S., Wang, H., He, Y., & Wang, Y. (2024). Online stress and offline stress: Uniqueness, differences, and cumulative effect on multiple well-being outcomes. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 18(2), Article 3. <https://doi.org/10.5817/CP2024-2-3>
- Wolfers, L.N.**, Nabi, R.L., & Walter, N. (2024). Too much screen time or too much guilt? How child screen time and parental screen guilt affect parental stress and relationship satisfaction. *Media Psychology*. <https://doi.org/10.1080/15213269.2024.2310839>. Advance Online Publication.^{2,4}
- 2023 Frackowiak, M., Ochs, C., **Wolfers, L.N.**, & Vanden Abeele, M. (2023). Commentary: Technoference or parental phubbing? A call for

- greater conceptual and operational clarity of Parental Smartphone Use around children. *Journal of Child Psychology and Psychiatry*. Advance Online Publication. <https://doi.org/10.1111/jcpp.13917>⁴
- Wolfers, L.N.**, Utz, S., Wendt, R., & Honecker, J. (2023). Conditionally helpful? The influence of person-, situation-, and device-specific factors on maternal smartphone use for stress coping and on coping effectiveness. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, *17*(3), Article 1. <https://doi.org/10.5817/CP2023-3-1>^{1,2,3,4}
- Wolfers, L.N.**, Wendt, R., Becker, D., & Utz, S. (2023). Do you love your phone more than your child? The consequences of norms and guilt around maternal smartphone use. *Human Communication Research*, *49*(3), 295–285. <https://doi.org/10.1093/hcr/hqad001>^{1,2,3,4}
- 2022 Nabi, R.L. & **Wolfers, L. N.** (2022). 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>⁴
- Nabi, R. L., **Wolfers, L. N.**, Walter, N., & Qi, L. (2022). 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.** (2022). 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.** (2022). 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.* (2022). 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. (2021). 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.** (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}

- Wolfers, L. N.** & Schneider, F.M. (2021). 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. (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}
- 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

- Accepted/ in press* Stephens, K.K., **Wolfers, L.N.**, & Sarwatay, D. Prioritizing global inclusivity in a growing scholarly community. In H. Badr & K.G. Wilkins (Eds.), *Critical communication research with global inclusivity*. Routledge.
- Wolfers, L.N.** & Wendt, R. 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.
- 2024 **Wolfers, L.N.** & Karsay, K. The smartphone as physical object: Advancing the debate on problematic smartphone use. In T. von Pape & V. Karnowski (Eds.): *The mobile media debate* (pp. 37–51). Routledge. <https://doi.org/10.4324/9781003312963-5>
- 2023 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.), *Emotions in the digital world. Exploring affective experience and expression in online interactions* (pp. 155–173). Oxford University Press.
- 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

Grants (funded)

2024 Teaching reduction grant as part of the Aspasia grant awarded to Susanne Baumgartner (0.1 FTE teaching reduction, 1 semester)

Funded, start June 2024 (as PI) Starter Grant: “*Beyond Screen Time: Unmasking the Power of Social Influence Processes in Social and Mobile Media’s Effect on Mental Health*”, Dutch Ministry of Education, Culture, and Science, individual grant (300,000 €)

Funded, start February 2024 (as Co-PI) “*The Impact of Maternal Phone Use on Infant Social and Emotional Development Across Early Infancy: From Momentary Processes to Developmental Consequences*”, Infants and Screens Interdisciplinary Research Grants Program, Children and Screens: Institute of Digital Media and Child Development, together with Dr. Brandon McDaniel, Mirro Center for Research and Innovation, Parkview Health (PI), Prof. Dr. Alison Ventura, California Polytechnic State University (Co-PI), Prof. Dr. Sarah Coyne, Brigham Young University (consultant), Assoc. Prof. Dr. Adam Galovan, University of Alberta (consultant) (total sum \$300,000)

2022 (as PI) Grant 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* (10,000 €), together with Dr. Susanne Baumgartner, University of Amsterdam

2022 Teaching reduction grant as part of the Aspasia grant awarded to Eva van Reijmersdal (0.1 FTE teaching reduction, 1 semester)

2019 Travel grant by the German Academic Exchange Service (DAAD), *70th Annual Conference of the International Communication Association (ICA)*, Washington D.C., USA (~3,000 €).

2015 - 2017 Full Master scholarship of the *Friedrich-Ebert-Foundation* (~40,000 €)

2012 - 2013 Scholarship "Deutschlandstipendium" (a program of the German Federal Ministry of Education and Research, 3,600 €)

Grant applications (not funded)

- 2023 “Same Average, Less Extremes? Need Snacking in an Era of Constant Smartphone Access”. Veni Grant. NWO Dutch Research Foundation. (Evaluation: very good)
- 2021 “Self-effects and Emotions on Social Media”. DAAD Prime Programme, Postdoctoral Researchers International Mobility Experience, DAAD, in collaboration with Robin Nabi, UCSB and Carsten Reinemann, LMU Munich

Awards

- 2023 Top Paper Award, Mass Communication Division, *National Communication Association*, Media for coping, Media as comfort, together with Sara Grady and Allison Eden
- 2023 Bi-Annual Best Dissertation Award, Mobile Communication Division, *International Communication Association*.
- 2022 Best Reviewer Award, Mobile Communication Interest Group, 72nd *Annual Conference of the International Communication Association (ICA)*. Paris, France.
- 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)

Professional affiliations/service

- Special Issue Editor “Mobile Communication Theory: The state of the field” together with Scott Campbell and Rich Ling, *Mobile Media & Communication* (ongoing)
- Advisory Board, Research Unit, Digital Media in Chronic Disease Self-Management funded by the German Research Foundation, since 23 (led by Constanze Rossmann, LMU Munich)
- Advisory Board, digicomlab Digital Communication Method Lab, Department of Communication Science, *University of Amsterdam*, since 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*, 2022; "Paul-Lazarsfeld-Scholarship", Methods division, *German Communication Association*, 2022

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

Reviewer (Journals): *Mobile Media & Communication, Journal of Computer-Mediated Communication, Journal of 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, Psychology of Popular Culture, Communication Theory, International Journal of Public Opinion Research, Journal of Children and the Media*

Reviewer (Funding): Preregistration funding for *Leibniz Institute for Psychology (ZPID)*, Fellowships of the *Center of Advanced Internet Studies (CAIS)*

Teaching Courses and Certificates

2023	Dutch University Teaching Qualification (BKO, nationally accredited teaching certificate, 1-year course with evaluated portfolio submission and oral examination)
2023	Teaching Course Superb Supervision (3-day workshop, Teaching & Learning Center, <i>University of Amsterdam</i>)

Teaching experience

Since 2020	Supervision of 15 Master theses, 6 internships, 10 student assistants
Winter 2021/22, Summer 2022, Winter 2022/23, Winter 2023/24	<i>University of Amsterdam</i> : Specialization seminar: " Clashing Views on Media Effects ", MSc Communication Science: Entertainment Communication [Teaching and Course Coordination]
Winter 2023/24	<i>University of Amsterdam</i> : " Thesis Preparation Seminar Entertainment Communication ", MSc Communication Science: Entertainment Communication
Winter 2021/22, Winter 2022/23	<i>University of Amsterdam</i> : 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

- October 2024
(planned) „Soziale Medien, Stress, und Stressbewältigung“. [Social media use, stress, and coping]. Annual Conference of the section Neuroendocrinology of the *German Association for Endocrinology*. Charité, Berlin. Invited Talk.
- May 2024 „Immer online – immer gestresst? Die Effekte der Integration flexibler digitaler Medien in den Alltag am Beispiel der Smartphone-Nutzung von Eltern“ [Always online – always stressed out? The effects of the integration of flexible media into everyday lives using the example of parents]. *University of Basel*. Department of Psychology.
- March 2023 “The role of norms and guilt for media 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
- 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.

Outreach activities and media coverage

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 and international outlets such as the magazine *dazed* and the blog *Character & Context*.

Conference presentations (39)

- 2024
- Grady, S., **Wolfers, L.N.**, & Eden, A. Are there differences in media-based coping strategies across cultures and stress types? *74th Annual Conference of the International Communication Association (ICA)*. Gold Coast, Australia.
- Wolfers, L.N.** A Social constructivist viewpoint on media effects: Extending the social influence model of technology use to media effects. *74th Annual Conference of the International Communication Association (ICA)*. Gold Coast, Australia.
- Wolfers, L. N.**, Baumgartner, S., Zhang, X., & Yang, H. Besser jetzt als gleich = besser kurz als lang? Zur Messung von Rezeption und Wirkung in Experience Sampling Designs [About the measurement of exposure and effects in experience sampling designs]. *32rd Annual Conference of the Media Reception and Effects Division of the German Communication Association (DGPK)*. Fribourg, CH.
- Zhang, C., Arias Fornara, V., **Wolfers, L.N.**, & Nguyen, M.H. Only short-term? A literature review on how communication scientists explored the duration of media effects. *Etmaal, 26th Annual Conference of the Netherlands Flanders Communication Association*. Rotterdam, NL.
- 2023
- Grady, S., Eden, A., & **Wolfers, L. N.** Media for coping, media as comfort. *109th Annual Convention of the National Communication Association*, National Harbor, MD. (Best Paper Award, Mass Communication Division)
- Schimmel, M., **Wolfers, L. N.**, & Schneider F. Coping flexibility and online media use for coping. *13th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Esch-sur-Alzette, Luxembourg.
- Wolfers, L. N.**, Baumgartner, S., Zhang, X., & Yang, H. Short but still valid: Validating single-item measures for key media psychology constructs for experience sampling research. *13th Conference of the Media Psychology Division of the German Psychological Association (DGPs)*. Esch-sur-Alzette, Luxembourg.
- Liu, J., Lu, Y., **Wolfers, L. N.**, Billedo, C. J., Möller, A. M., Sungut, H., & Sumter, S. R. A gendered view on guilty pleasures. *13th Conference of*

the Media Psychology Division of the German Psychological Association (DGPs). Esch-sur-Alzette, Luxembourg.

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 thesis]

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 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.