

CURRICULUM VITAE

Dr. Kathrin Karsay

PERSONAL INFORMATION

Affiliation	Assistant Professor Department of Communication, University of Vienna Kolingasse 14-16 1090 Vienna, Austria
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Nationality	Austrian
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SKETCH PROFILE

Research topics	Media effects on well-being and mental health, media entertainment, smartphone and social media use and disconnection, representation in media, youth and media
Methods	Quantitative social science methods, experimental research, surveys (longitudinal, cross-sectional), mobile experience sampling, eye-tracking, standardized content analysis

EDUCATION

2/2018	Doctor of Philosophy (Dr. phil.) , University of Vienna, Austria
11/2012	Master of Philosophy (Mag. phil.) , University of Vienna, Austria
6/2009	Bachelor of Communication (Bakk. komm.) , University of Salzburg

ACADEMIC CAREER

since 9/2023	Assistant Professor , Department of Communication, University of Vienna
9/2021–8/2023	Assistant Professor , School for Mass Communication Research, KU Leuven
1/2020–8/2021	Postdoctoral fellow , School for Mass Communication Research, KU Leuven
5/2019–12/2019	Maternity leave
7/2019–4/2020	Research fellow , Department of Communication, University of Vienna
3/2018–6/2019	Postdoctoral researcher , Department of Communication, University of Vienna
4/2017	Visiting scholar , School for Mass Communication Research, KU Leuven
9/2013–2/2018	Predoctoral researcher , Department of Communication, University of Vienna
3/2010–2/2013	Tutor/student assistant , Department of Communication, University of Vienna
5/2012–2/2013	Research assistant , Department of Communication, University of Vienna

PUBLICATIONS FROM THE PAST 5 YEARS

Impact: *Google Scholar citations:* 1392, *h-index:* 14

Journal articles, peer-reviewed:

- Stevic, A., Schmuck, D., Thomas, M., **Karsay, K.**, & Matthes, J. (2024). Distracted children? Nighttime smartphone use, children's attentional problems, and school performance over time. *The Journal of Early Adolescence*, *44*(2), 223–249. <https://doi.org/10.1177/02724316231164734>
- Noon, E., Maes, C., **Karsay, K.**, & Vandenbosch, L. (2024). Making the Good Better? Investigating the Long-Term Associations Between Capitalization on Social Media and Adolescents' Life Satisfaction. *Media Psychology*, *27*(2), 161–185. <https://doi.org/10.1080/15213269.2023.2227941>
- Engel, E., Gell, S., Heiss, R., & **Karsay, K.** (2023). Social media influencers and adolescents' health: A scoping review of the research field. *Social Science & Medicine*, 116387. <https://doi.org/10.1016/j.socscimed.2023.116387>
- Matthes, J., Stevic, A., Koban, K., Thomas, M. F., Forrai, M., & **Karsay, K.** (2023). Fear of missing out, reflective smartphone disengagement, and loneliness in late adolescents. *Cyberpsychology, Behavior, and Social Networking*. <https://doi.org/10.1080/15213269.2023.2227941>
- Karsay, K.**, Schmuck, D., Stevic, A., & Matthes, J. (2023). Sleeping with the smartphone: A panel study investigating parental mediation, adolescents' tiredness, and physical well-being. *Behavior and Information Technology*, *42*(11), 1833–1844. <https://doi.org/10.1080/0144929X.2022.2100277>
- Nassen, L.-M., Vandenbosch, H., Poels, K., & **Karsay, K.** (2023). Opt-out, abstain, unplug. A systematic review of the disconnection literature. *Telematics and Informatics*, *81*, 101980. <https://doi.org/10.1016/j.tele.2023.101980>
- Devos, S., **Karsay, K.**, Eggermont, S., & Vandenbosch, L. (2023). “Whatever you do, I can do too:” Disentangling the daily relations between exposure to positive social media content, can self, and pressure. *Communication Monographs*. <https://doi.org/10.1080/03637751.2023.2206472>
- Karsay, K.**, Matthes, J., Schmuck, D. & Ecklebe, S. (2023). Messaging, posting, and browsing: A mobile experience sampling study investigating youth's social media use, affective well-being, and loneliness. *Social Science Computer Review*, *41*(4), 1493–1513. <https://doi.org/10.1177/08944393211058308>
- Schmuck, D., Stevic, A. Matthes, J., & **Karsay, K.** (2023). Out of control? How parental lack of control over children's smartphone use affects children's self-esteem over time. *New Media and Society*, *25*(1), 199–219. <https://doi.org/10.1177/14614448211011452>
- Stevic, A., Schmuck, D., Koemets, A., Hirsch, M., **Karsay, K.**, Thomas, M., & Matthes, J. (2022). Privacy concerns can stress you out: Investigating the reciprocal relationship between mobile social media privacy concerns and perceived stress. *Communications: The European Journal of Communication Research*, *47*(3), 327–349. <https://doi.org/10.1515/commun-2020-0037>
- Naderer, B., Peter, C., & **Karsay, K.** (2022). This picture does not portray reality: Developing and testing a disclaimer for digitally enhanced pictures on social media appropriate for tweens and teens. *Journal of Children and Media*, *16*(2), 149–167. <https://doi.org/10.1080/17482798.2021.1938619>
- Matthes, J., **Karsay, K.**, Hirsch, M., Stevic, A., & Schmuck, D. (2022). Reflective smartphone disengagement: Conceptualization, measurement, and validation. *Computers in Human Behavior*, *128*, 107078. <https://doi.org/10.1016/j.chb.2021.107078>

- Stevic, A., Schmuck, **Karsay, K.**, & Matthes, J. (2021). Are smartphones enhancing or displacing face-to-face communication with close ties? A panel study among adults, *16, International Journal of Communication*, Retrieved from <https://ijoc.org/index.php/ijoc/article/view/14796>
- Stevic, A., Schmuck, D., Matthes, J., & **Karsay, K.** (2021). “Age matters”: A panel study investigating the influence of communicative and passive smartphone use on well-being. *Behaviour & Information Technology*, *40*(2), 176–90. <https://doi.org/10.1080/0144929X.2019.1680732>
- Karsay, K.**, Trekels, J., Eggermont, S., & Vandenbosch, L. (2021). “I (don’t) respect my body”: Investigating the role of media use and self-objectification on adolescents’ positive body image in a cross-national study. *Mass Communication & Society*, *24*(1), 57–84. <https://doi.org/10.1080/15205436.2020.1827432>
- Karsay, K.**, & Matthes, J. (2020). Sexualizing pop music videos, self-objectification, and selective exposure: A moderated mediation model. *Communication Research*, *47*(3), 428–450. <https://doi.org/10.1177/0093650216661434>
- Matthes, J., **Karsay, K.**, Schmuck, D., & Stevic, A. (2020). “Too much to handle”: Impact of mobile social networking sites on information overload, depressive symptoms, and well-being. *Computers in Human Behavior*, *105*, 106217. <https://doi.org/10.1016/j.chb.2019.106217>
- Karsay, K.**, Matthes, J., & Fröhlich, V. (2020). Gender role portrayals in television advertisements: Do channel characteristics matter? *Communications. The European Journal of Communication Research*, *45*(1), 28–52. <https://doi.org/10.1515/commun-2019-2055>
- de Lenne, O., Vandenbosch, L., Eggermont S., **Karsay, K.**, & Trekels, T. (2020). Picture-perfect lives on social media: A cross-national study on the role of media ideals in adolescent well-being. *Media Psychology*, *23*(1), 52–78. <https://doi.org/10.1080/15213269.2018.1554494>
- Karsay, K.**, Schmuck, D., Matthes, J. & Stevic, A. (2019). Longitudinal effects of excessive smartphone use on stress and loneliness: The moderating role of self-disclosure. *Cyberpsychology, Behavior, and Social Networking*, *22*(11), 706–713. <https://doi.org/10.1089/cyber.2019.0255>
- Schmuck, D., **Karsay, K.**, Matthes, J., & Stevic, A. (2019). “Looking up and feeling down” The influence of mobile social networking site use on upward social comparison, self-esteem, and well-being of adult smartphone users. *Telematics and Informatics*, *42*, 101240. <https://doi.org/10.1016/j.tele.2019.101240>
- Karsay, K.**, Matthes, J., Buchsteiner, L. & Grosser, V. (2019). Increasingly sexy? Sexuality and sexual objectification in popular music videos, 1995-2016. *Psychology of Popular Media Culture*, *8*(4), 346–357. <https://doi.org/10.1037/ppm0000221>
- Karsay, K.**, & Schmuck, D. (2019). “Weak, sad, and lazy fatties”: Adolescents’ explicit and implicit weight bias following exposure to weight loss reality TV shows. *Media Psychology*, *22*(1), 60–81. <https://doi.org/10.1080/15213269.2017.1396903>

Book chapters and invited publications:

- Wolfers, L. & **Karsay, K.** (2024). The Smartphone as Physical Object: Advancing the Debate on Problematic Smartphone Use. In von Pape & Karnowski (Eds.): *The Mobile Media Debate: Challenging Viewpoints Across Epistemologies*. Routledge. <https://doi.org/10.4324/9781003312963>
- Karsay, K.**, Camerini, A.-L., & Matthes, J. (2023). COVID-19, Digital Media, and Health: Lessons Learned and the Way Ahead for the Study of Human Communication—Introduction. *International*

Journal of Communication, 17, 623–630. Retrieved from <https://ijoc.org/index.php/ijoc/article/view/14796>

Arendt, F. & **Karsay, K.** (2022). Digital Divide. In E. Ho, C. Bylund, J. van Weert, I. Basnyat, & N. Bol (Eds.), *The International Encyclopedia of Health Communication*. Wiley-Blackwell. <https://doi.org/10.1002/9781119678816.iehc0821>

Rasmussen, E. E., & **Karsay, K.** (2022). Media and children’s social development. In: P. K. Smith, & C. H. Hart (Eds.): *Handbook of Childhood Social Development* (pp. 689-706), 3rd Edition. Wiley-Blackwell. <https://doi.org/10.1002/9781119679028.ch37>

Karsay, K., & Vandenbosch, L. (2021). Endlessly Connected: Moving Forward with Agentic Perspectives of Mobile Media (Non-)Use. *Mass Communication and Society*. 24(6), 779–794. <https://doi.org/10.1080/15205436.2021.1974785>

Karsay, K. (2020). Objectification. In J. Van den Bulck (Ed.), *The International Encyclopedia of Media Psychology*. ICAZ/Wiley-Blackwell. <https://doi.org/10.1002/9781119011071.iemp0141>

AWARDS

2023	Reviewer Award , <i>European Journal of Health Communication</i>
2021	Top Student Paper Award , International Communication Association (ICA) <i>Children, Adolescents, and Media Division</i> , leading author: Sarah Devos
2019	ICA Kyoon Hur Dissertation Award , International Communication Association (ICA), Mass Communication Division
2018	Award of Excellence , Austrian Federal Ministry of Education, Science and Research
2018	Sowi-Doc.Award , Faculty of Social Sciences, University of Vienna
2017	Top 3 Student Paper Award , Association for Education in Journalism and Mass Communication (AEJMC), Communication Theory and Methodology Division
2009	Best Bachelor Thesis Award , Department of Communication Studies, University of Salzburg

RESEARCH GRANTS

2023–2025	Research project: “Digital well-being in an ‘always-on’ society: Investigating the interrelationships between digital disconnection and psychological well-being.” KU Leuven; Principal investigator
2021–2023	Research project: “Toward conceptual clarification and empirical evidence on the relationship between digital disconnection and psychological well-being”. KU Leuven; Principal investigator
2022–2025	Research project: “Health Influencers on Social Media: Who they are, what they post, and how they affect adolescents’ health” (PI: R. Heiss) FWF Austrian Science Fund, Co-Principal investigator
(2019)	Postdoc Fellowship: Proposal received Seal of Excellence (91%), but not sponsored due to budgetary limits. Marie-Sklodowska Curie Fellowship

2019–2021	Postdoc Fellowship: “Digitizing joy: The role of smartphone use in Capitalizing Positive Life Events and Adolescents’ Psychological Wellbeing” FWO-Research Foundation Flanders, Principal investigator
2019–2020	Research project: “Perfect picture, imperfect life? The relationship between personalized Instagram use and subjective life satisfaction – A linkage analysis.” (with B. Naderer and C. Peter) Society of Communication (ÖGK), Principal investigator
2018–2019	Research project: “Perception and effects of disclaimer labels on fashion images on body image.” Vienna Municipal Department of Women’s Affairs (MA 57) and Women’s Health (MA 24) (with B. Naderer and C. Peter), Principal investigator
2018	Research project: “Top slicing and contestable funding in the broadcast media market” (with R Heiss); Austrian Broadcasting Corporation, ORF, Principal investigator
2015	Research award: Department of Communication, University of Vienna, (with D. Schmuck); Co-Principal investigator

SCHOLARSHIPS AND TRAVEL FUNDS

2018	“International Communication,” ÖFG Austrian Research Association
2017	“Short-term grant abroad,” University of Vienna
2008	Fellowship “Franz Josef Martin Plantz und Paula Zyber Stiftung” administered by the University of Salzburg to study French abroad

EDITORIAL ACTIVITIES

Editorial Board

since 2024	<i>Medien Journal</i>
since 2023	<i>Journal of Early Adolescence</i>
since 2022	<i>Health & New Media Research</i>
since 2022	<i>Media Psychology</i>
since 2020	<i>European Journal of Health Communication</i>

Guest Editor

ongoing	<i>American Behavioral Scientist</i> Title: “Social media influencers: Content and effects on citizens’ attitudes and behavior” (with C. von Sikorski, D. Schmuck, P. Merz, B. Naderer, & R. Heiss)
2023	<i>International Journal of Communication</i> Title: “COVID-19, Digital Media, and Health.” (with A.-L. Camerini & J. Matthes)
2021	<i>Mass Communication & Society</i> Title: “Agentic Perspectives of Mobile Media (Non-)Use.” (with L. Vandenbosch)

REVIEWER ACTIVITIES

Journals	<p><u>Communication:</u> <i>Annals of the International Communication Association, Communication Monographs, Communication Research, Communications – The European Journal of Communication Research, Cyberpsychology – Journal of Psychosocial Research on Cyberspace, Cyberpsychology, Behavior, and Social Networking, European Journal of Health Communication, Health Communication, Human Communication Research, International Journal of Communication, Journal of Broadcasting & Electronic Media, Journal of Children and Media, Journal of Communication, Journal of Computer-Mediated Communication, Journal of Health Communication, Journal of Media Psychology, Mass Communication & Society, Media Psychology, Mobile Media & Communication, New Media and Society, Psychology of Popular Media, Social Media + Society</i></p> <p><u>Other:</u> <i>Behavior & Information Technology, Body Image, British Journal of Social Psychology, Computers in Human Behavior, Current Psychology, European Journal of Health Psychology, Group Processes & Intergroup Relations, Health Education Journal, Journal of Early Adolescence, Journal of Health Communication, Journal of Marketing Communications, Psychology of Women Quarterly, Sex Roles, Violence and Gender, Social Science & Medicine, Social Science Computer Review</i></p>
Research Funding	<p>German Research Funding Association (DFG), Germany, Center for Advanced Internet Studies (CAIS), Germany; National Science Center (NCN), Poland; Swiss National Science Foundation (SNSF), Switzerland</p>
Other	<p>German SoSci Panel – Online access panel for Social Science Research</p>

REVIEWER FOR ACADEMIC CONFERENCES

National and regional	<p>Advertising Conference/DGPuK Kommunikationswissenschaftliche Tage/ÖGK Etmaal Flemish-Dutch Communication Association/NeFCA DACH 21/DGPuK Advertising Literacy Conference/DGPuK PR and Advertising Conference/DGPuK Media Audiences and Effects Conference/DGPuK</p>
European	<p>European Conference on Health Communication/ECREA & DGPUK Preconference “<i>Children and Adolescents in a Mobile Media World</i>”/ECREA Preconference “<i>Exploring the Dynamics of Digital Disconnection - Disruption, Inequalities, and Norms</i>”/ECREA</p>
International	<p>Annual conference/International Communication Association/ICA Annual conference/Association for Education in Journalism and Mass Communication/AEJMC</p>

CONFERENCE ACTIVITIES

2024	Organizing member , ECREA Disconnection Preconference 2024, Ljubljana, Slovenia
2024	Planning committee member , ICA Mobile Communication Pre-conference 2024, Gold Coast Australia
2023	Planning committee member , ICA Mobile Communication Pre-conference 2023, Toronto, Canada
2022	Planning committee member , ICA Mobile Communication Pre-conference 2022, Paris, France
2022	Panel Chair , ICA, Mass Communication Division, Mobile Communication Division, Paris, France
2022	Mentor , ICA, Children, Adolescents, and Media Division, Paris, France
2018	Panel Chair , ICA, Children, Adolescents, and Media Division; Prague, Czech Republic

ACADEMIC SERVICE

Internal	
since 2024	Member of the Institutional Review Board , Department of Communication (IRB-COM), University of Vienna, Austria.
2020–2021	Organization of the MassComm seminars , School for Mass Communication Research, KU Leuven
9/2020	Representative research unit member of the School for Mass Communication for the visit of the external advisory board to evaluate the Faculty of Social Sciences, KU Leuven
2017–2019	Organization of the research colloquium , Advertising and Media Effects Research Group, University of Vienna
2015–2016	Member of the hiring committee for a full professorship at the Department of Communication, University of Vienna
2015	Alternate member of the committee to develop the curriculum for the new English language research master program at the Department of Communication, University of Vienna
International	
since 2024	Award Committee Chair , <i>ICA Mobile Communication Division</i>
since 2024	Award Committee Chair , <i>European Journal of Health Communication</i> Article of the Year 2022
2023	Committee member , <i>European Journal of Health Communication</i> Article of the Year 2022
2023	Committee member , Top Paper Award of the Mobile Communication Division at ICA in 2023
2022–2024	Elected Secretary , ICA Mobile Communication Division
2021	Committee member , ICA Top Dissertation Award of the Children, Adolescents, and Media Division in 2020

MEMBERSHIPS

current	Austrian Communication Association, ÖGK German Communication Association, DGPK International Communication Association, ICA
2020–2023	The Netherlands – Flanders Communication Association, NeFCA
2021–2023	Senior member, Child & Youth Institute, KU Leuven

TEACHING

KU Leuven	Psychology of social media lecture (2021/22, 2022/23) Evidence-based health communication seminar (2021/22, 2022/23) Quantitative seminar (2021/22, 2022/23) Uitdagingen in de communicatiewetenschappen [Challenges in communication science] (2023)
University of Vienna	Communication research proseminar (2024) Communication sociology lecture (2024) Communication research methods (2015, 2016, 2017) Communication research seminar (2014, 2015) Tutoring & teaching assistance (2010-2011)
Erasmus+ Teaching	Seminars and lecture (BA level) at the Institute for Media and Communication Studies, Freie Universität Berlin, Germany (2015) Seminars and lecture (BA and MA level) at the School of Communication, University of Amsterdam, The Netherlands (2015)
Other	“Presentation techniques” as part of the Open Learning Initiative for refugees and people with asylum-seeking status, Department of Communication, University of Vienna (2017)