



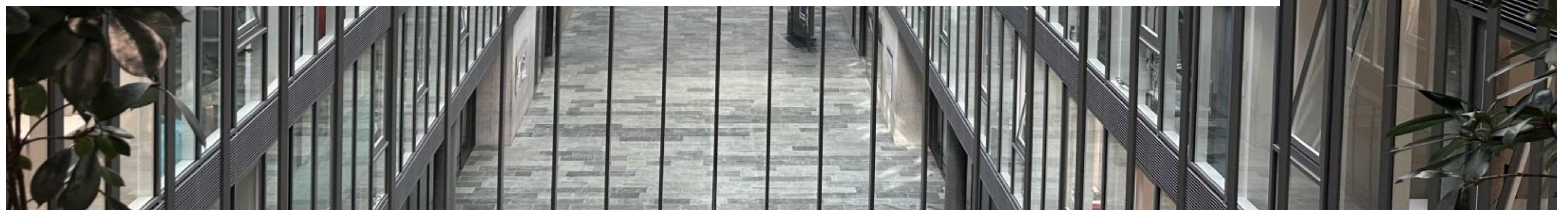
IKMZ Speaker Series

Digital Media and Adolescent Well-Being: Lessons from Longitudinal Research

Monday, 20 October 2025,

Time: 12.15 – 13.30

Room AND-3-46



Laura Marciano

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USA

Laura Marciano is an assistant Professor and associate of the Digital Wellness Lab at Boston Children's Hospital. She still collaborates at the Harvard Chan T.H. School of Public Health (Boston, MA, USA), Department of Social and Behavioral Science



Biography

Dr. Marciano spent almost four years as a Postdoc and Research Associate at the Harvard Chan T.H. School of Public Health (Boston, MA, USA), Department of Social and Behavioral Science, Lee Kum Sheung Center for Health and Happiness. She is the Principal Investigator of research projects on digital media and well-being. In particular, the HappyB project has been funded by the Swiss National Science Foundation (SNSF, Switzerland) and HappyB2.0 by the National Institute of Health (NIH, USA). The projects aim to study the longitudinal link between smartphone use, social media, and teen well-being, using cutting-edge research methods like trace data, Ecological Momentary Assessments (EMAs), screenshot donation, and a digital biomarker. Also, she is co-PI on the multi-sites Health&Happiness project involving smartphones and wearables (Garmin data) to study well-being.

Digital Media and Well-Being

Adolescence is a pivotal period for identity formation, social connection, and emotional development—and also a time when digital media use intensifies. Understanding how these experiences shape well-being requires more than snapshots in time. Drawing on findings from the HappyB study in Switzerland and HappyB 2.0 in the United States, this talk presents evidence from longitudinal research that tracks adolescents over multiple years. Results highlight the bi-directional relationship between social media use and well-being: digital engagement predicts changes in well-being, and well-being in turn shapes patterns of media use. Effects vary depending on developmental stage, individual differences, and context, underscoring that digital media can both support and challenge adolescent health. Expanding beyond self-reports, ongoing work incorporates biomarkers to capture how digital habits intersect with biological rhythms and stress regulation. Considering that half of lifetime mental health disorders emerge during adolescence, such integrative approaches are essential. Together, these insights offer practical directions for supporting adolescents in navigating digital media in ways that promote resilience and flourishing.

Please join us for this talk of the autumn semester 2025!

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