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**EDUCATION**      **since 2017 | Doctoral Candidate and Research Assistant**

Division of Health Psychology, University of Mannheim  
*Project:* Online social networking sites and health behaviors  
*Advisors:* Jutta Mata & Frank Kalter

**2016 | M.Sc. Psychology**

**Majors: Cognitive and Clinical Psychology**

University of Mannheim, Germany

*Thesis:* Evaluation of a screening for mental distress in inpatient geriatric rehabilitation

*Advisors:* Georg Alpers & Stefan Grund

**2014 | B.Sc. Psychology**

University of Mannheim, Germany

*Thesis:* Avoidant decisions in patients with social anxiety disorder and healthy controls

*Advisors:* Andre Pittig & Georg Alpers

**PROFESSIONAL EXPERIENCE**      **2012-2014 | Student Research Assistant**

Section Research Methods and Psychological Assessment,  
University of Mannheim

**RESEARCH INTERESTS**

- ▷ Online social networking sites and health behaviors
- ▷ Psychosocial determinants of eating
- ▷ Health behavior change interventions
- ▷ Multilevel modeling of daily diary and experience sampling data

**CONFERENCES**      **Kilb, M., Dickhäuser, O., & Mata, J. (2020).** *A brief communication intervention to increase perceived need-support and engagement in a forum-based health behavior intervention.* Poster presented at the 6th CBC Conference 2020 - Behaviour Change for Health: New and emerging

science and technologies.  
Digital conference.

**Kilb, M.,** Dickhäuser, O., & Mata, J. (2020). *Quality over quantity: Increasing need-supportive communication in online support groups via a brief intervention video*. Presentation for the 34rd Annual Conference of the European Health Psychology Society (EHPS) [talk cancelled due to Covid-19 pandemic].

**Kilb, M.,** Dickhäuser, O., & Mata, J. (2020). *Quality over quantity: Increasing need-supportive communication in online support groups via a brief intervention video*. Video poster presented at the UConn Center for mHealth and Social Media 2020 Virtual Conference: Building an Evidence Base for Commercially Available Technology.  
Digital conference.

**Kilb, M.,** Giese, H., & Mata, J. (2019). *Posting for health - A field experiment on how social media use affects healthy eating*. Presentation given at the 14th Kongress für Gesundheitspsychologie.  
Greifswald, Germany.

**Kilb, M.,** & Mata, J. (2019). *The effect of young adults' food-related Instagram use on their fruit & vegetable intake*. Poster presented at the 33rd Annual Conference of the European Health Psychology Society (EHPS).  
Dubrovnik, Croatia.

**Kilb, M.,** Giese, H., & Mata, J. (2019). *Posting for health - A field experiment on how social media use affects healthy eating*. Presentation given at the 33rd Annual Conference of the European Health Psychology Society (EHPS).  
Dubrovnik, Croatia.

**Kilb, M.,** Giese, H., & Mata, J. (2018). *Facebook for better food? - The psychology behind the influence of social media on eating behavior*. Presentation given at the 51st Kongress der Deutschen Gesellschaft für Psychologie (DGPs).  
Frankfurt, Germany.

**Kilb, M.,** Giese, H., & Mata, J. (2018). *Facebook for better food? - The psychology behind the influence of social media on eating behavior*. Presentation given at the 18th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA).  
Hong Kong, China.

**Kilb, M.,** Giese, H., & Mata, J. (2018). *Facebook for better food? - The psychology behind the influence of social media on eating behavior.* Poster presented at the 4th CBC Conference 2018 - Behaviour Change for Health: Digital & Beyond. London, United Kingdom.

**Kilb, M.,** & Mata, J. (2017). *Facebook for better food? - Die Psychologie hinter dem Einfluss sozialer Medien auf Essverhalten.* Poster presented at the 13th Kongress für Gesundheitspsychologie. Siegen, Germany.

**TEACHING  
EXPERIENCE**

**Fall 2020** | Health behavior and mental disorders: Obesity (Level: M.Sc.), University of Mannheim

**Spring 2020** | Health behavior interventions - Theory and practice (Level: M.Sc.), University of Mannheim

**Fall 2019** | Prevention of mental disorders and health promotion (Level: B.Sc.), University of Mannheim

**Spring 2019** | Project seminar (Level: M.Sc.), University of Mannheim

**Spring 2019** | Health behavior interventions - Theory and practice (Level: M.Sc.), University of Mannheim

**Fall 2018** | Prevention of mental disorders and health promotion (Level: B.Sc.), University of Mannheim

**Spring 2018** | Biological mechanisms of health behaviors (Level: B.Sc.), University of Mannheim

**Fall 2017** | Prevention of mental disorders and health promotion (Level: B.Sc.), University of Mannheim

**WORKSHOPS  
& SUMMER  
SCHOOLS**

**2018** | 2nd Behavioral Insights Summer School  
Organized by the World Health Organization (WHO) and the University of Erfurt  
Erfurt, Germany.

**FUNDING  
& GRANTS**

**2020** | Study grant for the tandem project *The influence of reward value and context stability on the formation of nutrition habits.*  
Peer-Mentoring Team-Programm, Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs)

**2020** | Travel grant for the digital CBC Conference 2020 - Behaviour Change for Health: New and emerging science and technologies.  
IDEUM - Internalization of Doctoral Education, University of Mannheim

**2018** | Travel scholarship for the 18th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) in Hong Kong, China.  
German Academic Exchange Service (DAAD)

**REVIEWING  
ACTIVITIES**

▷ Applied Psychology: Health and Well-Being

**ACTIVE  
MEMBERSHIPS**

▷ European Health Psychology Society (EHPS)

▷ German Society for Psychology (DGPs)

▷ International Society for Behavioral Nutrition and Physical Activity (ISBNPA)