
Michael Kilb, Doctoral Candidate
Division of Health Psychology, University of Mannheim
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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
- ▷ Habits (habit formation, habits and health behavior maintenance)
- ▷ Multilevel modeling of diary and experience sampling data

PUBLICATIONS Grund, S., **Kilb, M.**, Breitingner, E., Hundsdörfer, W., Schäfer, H. G., Schols, J. M. G. A., Gordon, A. L., Bauer, J. M., Alpers, G. W. (2021). Evaluation of a new screening instrument for psychological distress in

postacute rehabilitation in older person. *European Geriatric Medicine*.
<https://doi.org/10.1007/s41999-021-00554-9>

CONFERENCES **Kilb, M.,** Dickhäuser, O., & Mata, J. (2021). *A brief communication intervention to increase perceived need-support and engagement in a forum-based health behavior intervention*. Presentation given at the 35th Annual Conference of the European Health Psychology Society. Digital conference.

Kilb, M., Dickhäuser, O., & Mata, J. (2021). *Quality over quantity: Increasing need-supportive communication in online communities via a brief intervention video*. Presentation given at the 20th Meeting of the International Society of Behavioral Nutrition and Physical Activity - ISBNPA XChange Initiative 2021. Digital conference.

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*. 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. 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.

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. 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. 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 2021 | Health behavior and mental disorders: Obesity (Level: M.Sc.), University of Mannheim

Spring 2021 | Health behavior interventions - Theory and practice (Level: M.Sc.), University of Mannheim

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**

2021 | Travel grants for the 35th Annual Conference of the European Health Psychology Society and the 20th Meeting of the International Society of Behavioral Nutrition and Physical Activity.
IDEUM - Internalization of Doctoral Education, University of Mannheim

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)

**SCIENCE COM-
MUNICATION**

since **2020** | Blog team member of the psychological magazine and blog **The Inquisitive Mind** (<https://in-mind.org/>)

since 2019 | Founder of the health psychology and behavior change blog
H4bits (<https://h4bits.de>)