
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
 ▷ Multilevel modeling of daily diary and experience sampling data
- CONFERENCES** **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**

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**

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)

**ACTIVE
MEMBERSHIPS**

- ▷ European Health Psychology Society (EHPS)
- ▷ German Society for Psychology (DGPs)
- ▷ International Society for Behavioral Nutrition and Physical Activity (ISBNPA)