



"Research is turning the unknown into reality."
-Steven Magee

Recent Publications

- "Smartphones Undermine Well-Being More in Men Than Women: A Mini Mega-Analysis." [Read here.](#)
- "Did Smartphones Enhance or Diminish Well-Being During the COVID-19 Pandemic?" [Read here.](#)

Announcements

- [Dr. Kushlev](#) received \$1.5 million from the National Institute of Mental Health to study the causal effects of exposure to social media on adolescent mental health.
- [Dr. Kushlev](#) has been elected by the Society of Experimental Social Psychology (SESP) Membership Committee to become a fellow in the society! This fellowship is awarded for substantial contributions made to social psychology and/or significant publications in recognized journals or books. Congratulations!
- [Dr. Kushlev's](#) paper, "Antecedents and Consequences of Smartphone Self-Extension" has finally been accepted for publication to *Psychology of Popular Media*. We can't wait to check out the final publication, but in the meantime, check out the preprint version [here](#).

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Newest Members

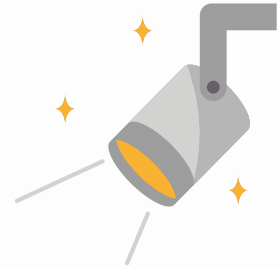
- [Carli Ochs](#) is a Post-doctoral researcher who joined the team in September 2023. Her current research focuses on how technology affects individual users as well as, more widely, social interactions and society.
- [Kate Loughran](#) is a sophomore at Georgetown majoring in Psychology. She joined the lab as an RA in October 2023 and collaborates with our post-doc Carli Ochs on their research projects.
- [Alejandro Jaco](#) joined the lab in January 2024 as the Research Project Manager for a National Institute of Mental Health grant study on the causal effects of exposure to social media on adolescent mental health.
- [Sarah Fitz](#) is a sophomore majoring in Psychology and joined the lab as an RA in Spring 2024. She is particularly interested in the effect of digital technology on health and psychological well being.
- [Alexandra Lailer](#) is a sophomore majoring in Psychology and joined the lab as an RA during Spring 2024. She is interested in studying the effects social media on adolescent development and mental well-being.
- [Alexandra Gardner](#) is a junior majoring in Psychology and joined the lab as an RA during Spring 2024. She is interested in the ways our digital lifestyle attenuates or exacerbates certain adaptive emotions and impacts social skills.
- [Solene Darioli](#) is currently obtaining a Master's Degree in Clinical and Health Psychology. She joined the lab as an RA in Spring 2024 and is interested in how technology can be used for therapeutic purposes.

NEW RESEARCH

- **Kibum Moon** presented his research on ChatGPT and creativity at the Society for Personality and Social Psychology in San Diego, CA.
 - Kibum found that human-written college admission essays were more semantically diverse than essays generated by GPT-4, indicating that human-written essays surpass GPT-generated essays in producing unique and diverse ideas. The findings highlight the potential "homogenizing effect" of overly depending on AI models like ChatGPT, which could reduce the diversity of creative ideas in society.

RESEARCHER SPOTLIGHT

Dr. Carli Ochs



Dr. Carli Ochs has recently joined the lab! Her research interests are focused on the impact of technology on society. Some of her current and past research topics include phubbing (phone snubbing), AR beauty filters, digital distractions, and problematic smartphone use. She moved to DC in September from Switzerland to work with Dr. Kostadin Kushlev. During her PhD at the University of Fribourg, she came across Dr. Kushlev's work on how smartphones affect individual users and social interactions. Wanting to continue her research in the field and work closely with other passionate researchers, she

reached out to Dr. Kushlev and secured funding from the Swiss National Science Foundation to work in the Happy Tech lab for two years. Dr. Kushlev and Dr. Ochs are currently collaborating on a project that investigates the impact of smartphone use and the type of use across different social contexts and have a few other ideas baking in the oven! Dr. Ochs is loving her experience in Georgetown and DC, even though she is still adjusting to the AC situation. When not researching, Dr. Ochs may be found taking sewing classes or performing stand-up! She is very chatty, so if you ever need a break, seek out her office!

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A Word from Our Graduating Seniors!

- **Dexter King** “Working for the Happy Tech Lab has exposed me to a lot of interesting research on the intersection of technology and well-being, while also giving me a chance to grow my own skills as a researcher. Through my responsibilities managing an ecological momentary assessment (EMA) study, meeting to discuss potential research with lab colleagues, and developing an honors thesis, I have gained invaluable experience that will undoubtedly inform my future endeavors. Currently, I anticipate applying to doctorate programs in either clinical or counseling psychology next year, but regardless of where my career path takes me I hope to engage in mental health advocacy work throughout my life. My interest in understanding the role of technology in determining mental health outcomes is only growing and I hope to do further research into similar topics in the future.”
- **Elizabeth Kronthal** "In my time within the Digital Health and Happiness Lab at Georgetown, I have gained invaluable experience working on a team and learning about the various intricacies involved within every step of the research process. I am grateful to have been able to conduct my senior Honors Thesis on Digital Warning Labels within the lab, and for the mentorship I have had along the way. After graduation, I plan to be involved in further research before pursuing a graduate degree in Psychology."
- **Sutton Vaughn** “Working as Lab Manager in the Happy Tech Lab has been one of the more invaluable experiences I have gained during my time at Georgetown. I have refined my research and career related interests, strengthened my skills as a researcher and leader, and built meaningful, long-lasting connections that have supported me in finding my future career path. With that being said, after graduation I intend to obtain my LCSW (licenses in clinical social work) at Catholic University and eventually open up my own private practice to support youth in their mental health challenges. This endeavor would not be possible without a strong background and interest in research and how it shapes the ever-evolving landscape of therapeutic practices, therefore I am incredibly grateful for all that I have learned in the lab.”

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Please sign up [here](#)! We appreciate your continued interest in and support of our lab and all its members! To learn more about the lab, stay up-to-date on our recent publications, and receive lab updates and announcements, please check out Dr. Kushlev’s webpage at kushlev.com.