

Tom Metherell MA (Cantab) AFHEA

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EDUCATION

University College London

- PhD – Quantitative Psychology (*not yet awarded*) Sep 2022 – Oct 2026
Teens, Screens and Prediction Machines: Methodological advancements in investigating digital mental health in adolescence
Supervisors: Prof. George Ploubidis, Dr Darío Moreno Agostino, Prof. Joseph Hayes & Dr Kaitlyn Regehr

Fitzwilliam College, University of Cambridge

- MA* – Natural Sciences Oct 2019 – Jul 2022
 - First year: Chemistry ◦ Earth Sciences ◦ Mathematics ◦ Physics
 - Second year: Chemistry B ◦ Earth Sciences B ◦ Experimental Psychology *Class II, Division 1*
 - Third year: Psychology *Class II, Division 1*

ACADEMIC POSITIONS

University College London

- Postdoctoral Researcher Oct 2026 –
- Postgraduate Teaching Assistant Sep 2025 –

RESEARCH EXPERIENCE

Department of Psychology, Stanford University

- Affiliate Sep 2024 –
 - Research collaboration involving data from the *Human Screenome Project*

MRC Cognition & Brain Sciences Unit

- Virtual Visiting Studentship Jul 2023 – May 2026
 - Research collaboration involving data from the UNICEF *Disrupting Harm* project

Department of Psychology, University of Cambridge

- Undergraduate Research Assistantship Jul 2021 – Oct 2021
 - 8-week placement in the Digital Mental Health Group under the supervision of Dr Amy Orben and Sakshi Ghai

PUBLICATIONS

- [3] Metherell TE, Kurten S, Ghai S, Ploubidis GB, Moreno-Agostino D, Orben A. Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South: Evidence from *Disrupting Harm*. Soc Psychiatry Psychiatr Epidemiol. 2026 [published online ahead of printing].
- [2] Metherell TE, Ploubidis GB, Moreno-Agostino D. Associations between early-life mental health and abnormal sleep duration in midlife: Findings from a prospective cohort study in Great Britain. Eur J Epidemiol. 2026;41(6):789–798.
- [1] Metherell TE, Ghai S, McCormick EM, Ford TJ, Orben A. Digital access constraints predict worse mental health among adolescents during COVID-19. Sci Rep. 2022;19088.

PREPRINTS / IN REVIEW

- [1] Metherell TE, Fassi L, Rashid R, Thornton H, Hayes JF, Ploubidis GB, Moreno-Agostino D. Characterising the longitudinal relationship between social media use and psychiatric diagnoses in secondary care in adolescents in England. 2025.

ACKNOWLEDGED CONTRIBUTIONS

- [2] Ghai S, Vuorre M, Kardefelt-Winther D, Ferguson AM, Kurten S, Livingstone S, Przybylski AK, Orben A. Technology mediation in child sexual exploitation and abuse in Africa and Asia. Nature. 2026;654(8118):408–418.
- [1] Ghai S, Magis-Weinberg L, Stoilova M, Livingstone S, Orben A. Social media and adolescent well-being in the Global South. Curr Opin Psychol. 2022;101318.

POLICY EVIDENCE [1] Orben A, Bhagat T, Metherell T, Ghai S. Written evidence to the US Surgeon General. 2021.

*Please note this is an undergraduate qualification. In accordance with University of Cambridge regulations, the original BA (Hons) was upgraded to an MA without further study in March 2026.

OTHER WRITING	[1] Metherell T. Young people without access to a computer had poorer mental health during the pandemic. <i>The Conversation</i> . 2022.	
PRESENTATIONS AND CONFERENCE ACTIVITIES	ORAL PRESENTATIONS	
	[15] Characterising the longitudinal relationship between social media use and psychiatric diagnoses in secondary care in adolescents in England. <i>CLS Conference 2026: A Celebration of Cohort Studies</i>	Sep 2026 London, UK
	[14] Characterising the longitudinal relationship between social media use and psychiatric diagnoses in secondary care in adolescents in England. <i>22nd Congress of the EPA Section in Epidemiology & Social Psychiatry</i>	Sep 2026 Brescia, IT
	[13] (Screen-)capturing minds: Insights into adolescent social media use from the Human Screenome Project. <i>International Association for Child and Adolescent Psychiatry and Allied Professions</i>	Jul 2026 Hamburg, DE
	[12] Adolescent social media use and psychiatric diagnoses in secondary care in England. <i>CLOSER Emerging Longitudinal Scholars Symposium</i>	Jun 2026 Remote
	[11] Characterising the longitudinal relationship between social media use and psychiatric diagnoses in secondary care in adolescents in England. <i>Society for Longitudinal and Lifecourse Studies</i>	Sep 2025 Fribourg, CH
	[10] Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South: Evidence from <i>Disrupting Harm</i> . <i>International Population Conference</i>	Jul 2025 Brisbane, AU
	[9] Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South: Evidence from <i>Disrupting Harm</i> . <i>European Society for Child and Adolescent Psychiatry</i>	Jun 2025 Strasbourg, FR
	[8] Public engagement in a post-truth society (Unconference). <i>Society for the Improvement of Psychological Science</i>	Jun 2025 Budapest, HU
	[7] Accessible and usable? Creating a guide to facilitate switching to open-source software (Hackathon). <i>Society for the Improvement of Psychological Science</i>	Jun 2024 Nairobi, KE
	[6] Associations between early-life mental health and abnormal sleep duration in midlife. <i>Life History Research Society Meeting</i>	May 2024 Montréal, CA
	[5] Associations between early-life mental health and abnormal sleep duration in midlife. <i>DATAMIND and MQ Data Science Meeting</i>	Apr 2024 Swansea, UK
	[4] Digital access constraints predict worse mental health among adolescents during COVID-19. <i>Understanding Society Scientific Conference</i>	Jul 2023 Colchester, UK
	[3] Digital access constraints predict worse mental health among adolescents during COVID-19. <i>Children of the noughties: a conference to celebrate 21 years of the Millennium Cohort Study</i>	Jun 2023 London, UK
	[2] Digital exclusion predicts worse mental health among adolescents during COVID-19. <i>Life History Research Society Meeting</i>	Jul 2022 Oxford, UK
	[1] Digital exclusion, adolescent mental health and COVID-19. <i>Child Development Forum</i>	Dec 2021 Cambridge, UK

POSTER PRESENTATIONS

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| [7] | Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South.
<i>APS Global Psychological Science Summit</i> | Oct 2025
Remote |
| [6] | Relationship between social media use and mental health service use in adolescents in the UK Millennium Cohort Study.
<i>DATAMIND and MQ Data Science Meeting</i> | Oct 2024
London, UK |
| [5] | Relationship between social media use and mental health service use in adolescents in the UK Millennium Cohort Study.
<i>21st Congress of the EPA Section in Epidemiology & Social Psychiatry</i> | Sep 2024
Lausanne, CH |
| [4] | Associations between early-life mental health and abnormal sleep duration in adulthood.
<i>Institute of Mental Health International Conference</i> | Sep 2023
London, UK |
| [3] | Digital access constraints predict worse mental health among adolescents during COVID-19.
<i>UCL Children & Young People's Mental Health ECR Event</i> | Jan 2023
London, UK |
| [2] | Digital exclusion predicts worse mental health among adolescents during COVID-19.
<i>Celebrating Dorothy: A Festschrift for Dorothy V. M. Bishop</i> | Jun 2022
London, UK |
| [1] | Digital exclusion predicts worse mental health among adolescents during COVID-19.
<i>SPSP Annual Convention</i> | Feb 2022
San Francisco, US (remote) |

SYMPOSIA ORGANISED

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| [1] | Interdisciplinary perspectives on adolescent social media use and mental health.
<i>International Association for Child and Adolescent Psychiatry and Allied Professions</i> | Jul 2026
Hamburg, DE |
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SESSIONS CHAIRED

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| [2] | Social determinants of adolescent mental health and well-being.
<i>CLS Conference 2026: A Celebration of Cohort Studies</i> | Sep 2026
London, UK |
| [1] | Interdisciplinary perspectives on adolescent social media use and mental health.
<i>International Association for Child and Adolescent Psychiatry and Allied Professions</i> | Jul 2026
Hamburg, DE |

REPRESENTATIONS

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| [1] | Facilitator for Harmony: An open-source tool for data harmonisation using natural language processing.
<i>AI UK</i> | Mar 2025
London, UK |
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SOFTWARE

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| [1] | Mice.jl : A package for missing data handling via multiple imputation by chained equations in Julia | |
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FUNDING

SCHOLARSHIPS AND ASSISTANTSHIPS

Wellcome Trust

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| ▪ UCL Wellcome 4-year PhD in Mental Health Science (Sep 2022 –) | £220,729 |
| • Director: Prof. Jonathan Roiser | |

British Psychological Society

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| ▪ Undergraduate Research Assistantship Scheme (Jul 2021 – Oct 2021) | £2,160 |
| • PI: Dr Amy Orben | |

TRAVEL AND WORKSHOP GRANTS

University College London

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| ▪ Bogue Fellowship (Feb 2025) | £4,775 |
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	Fitzwilliam College, University of Cambridge	
	▪ Student Opportunities Fund (Apr 2022)	£250
	▪ Student Opportunities Fund (Dec 2021)	£75
ADDITIONAL TRAINING	▪ DATAMIND and MQ workshop: Agile Software Development and Co-Design Across the Research Lifecycle ▪ UCL Arena for PGTAs: Teaching Associate Programme ▪ Causal Inference Using Cohort Data ▪ UK Data Service Safe Researcher Training ▪ Google: Machine Learning Crash Course ▪ DATAMIND and MQ workshop: Natural Language Processing ▪ UCL Arena for PGTAs: Gateway ▪ UCL Pro Bono Research Service Research Consultancy Training ▪ DATAMIND and MQ workshop: Machine Learning in Mental Health Research ▪ NCRM: Introduction to Hospital Episode Statistics ▪ RADIANCE: Estimating Causal Effects ▪ RADIANCE: Machine Learning for Prediction and Causal Inference ▪ NCRM: Tools for Efficient Workflows - Github, Markdown and Docker ▪ RADIANCE: Introduction to Causal Mediation Analysis ▪ Bias in Epidemiological Data Science Workshop ▪ Wolfson Centre Summer School in Youth Mental Health Research ▪ <i>Nature Masterclasses</i>: Focus on Peer Review	- Apr 2026 - Mar 2026 - May 2025 - May 2025 - Nov 2024 - Oct 2024 - Oct 2024 - Sep 2024 - Apr 2024 - Feb 2024 - Jan 2024 - Dec 2023 - Dec 2023 - Nov 2023 - Mar 2023 - Jul 2022 - Jul 2022
AWARDS AND ACHIEVEMENTS	▪ W. F. Reddaway Prize	Jul 2022
PROFESSIONAL ACCREDITATIONS AND AFFILIATIONS	▪ Advance HE ▪ Office for National Statistics ▪ International Union for the Scientific Study of Population ▪ Experimental Psychology Society	- Associate Fellow - Full Accredited Researcher - Student Associate - Postgraduate Member
OTHER ACTIVITIES	▪ Pool Member, UCL Research Culture Community Steering Group ▪ Consultant, UCL Pro Bono Research Service ▪ Event Manager, <i>Pint of Science 2023</i> ▪ President, Fitzwilliam College Spring Ball Committee	- Jan 2024 – - Apr 2025 – Aug 2025 - Nov 2022 – May 2023 - Nov 2020 – May 2022