

# Tom Metherell BA (Hons)

Centre for Longitudinal Studies, UCL Social Research Institute, 20 Bedford Way, LONDON, WC1H 0AL, United Kingdom  
thomas.metherell.22@ucl.ac.uk • tommetherell.com • Github: tom-metherell

## EDUCATION

### University College London

- UCL Wellcome 4-year PhD in Mental Health Science (*in progress*) Sep 2022 –  
*Advancements in investigation of the relationship between social media use and adolescent mental health*  
Supervisors: Prof. George Ploubidis, Dr Dario Moreno Agostino, Prof. Joseph Hayes & Dr Kaitlyn Regehr

### Fitzwilliam College, University of Cambridge

- BA (Hons) – 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

- Postgraduate Teaching Assistant Sep 2025 –

## RESEARCH EXPERIENCE

### Stanford University

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

### MRC Cognition & Brain Sciences Unit

- Virtual Visiting Studentship Jul 2023 –
  - 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

- [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

- [3] 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.
- [2] Metherell TE, Kurten S, Ghai S, Kardefelt-Winther D, 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*. 2024.
- [1] 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. 2023.

### ACKNOWLEDGED CONTRIBUTIONS

- [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.

## OTHER WRITING

- [1] Metherell T. Young people without access to a computer had poorer mental health during the pandemic. *The Conversation*. 2022.

## PRESENTATIONS

### ORAL PRESENTATIONS

- [11] Characterising the longitudinal relationship between social media use and psychiatric diagnoses in secondary care in adolescents in England. Sep 2025  
*Society for Longitudinal and Lifecourse Studies* Fribourg, CH

- [10] Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South: evidence from *Disrupting Harm*.  
*International Population Conference* 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 *Disrupting Harm*.  
*European Society for Child and Adolescent Psychiatry* Jun 2025  
Strasbourg, FR
- [8] Public engagement in a post-truth society (Unconference).  
*Society for the Improvement of Psychological Science* Jun 2025  
Budapest, HU
- [7] Accessible and usable? Creating a guide to facilitate switching to open-source software (Hackathon).  
*Society for the Improvement of Psychological Science* Jun 2024  
Nairobi, KE
- [6] Associations between early-life mental health and abnormal sleep duration in midlife.  
*Life History Research Society Meeting* May 2024  
Montréal, CA
- [5] Associations between early-life mental health and abnormal sleep duration in midlife.  
*DATAMIND and MQ Data Science Meeting* Apr 2024  
Swansea, UK
- [4] Digital access constraints predict worse mental health among adolescents during COVID-19.  
*Understanding Society Scientific Conference* Jul 2023  
Colchester, UK
- [3] Digital access constraints predict worse mental health among adolescents during COVID-19.  
*Children of the noughties: a conference to celebrate 21 years of the Millennium Cohort Study* Jun 2023  
London, UK
- [2] Digital exclusion predicts worse mental health among adolescents during COVID-19.  
*Life History Research Society Meeting* Jul 2022  
Oxford, UK
- [1] Digital exclusion, adolescent mental health and COVID-19.  
*Child Development Forum* Dec 2021  
Cambridge, UK

#### POSTER PRESENTATIONS

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

#### REPRESENTATIONS

	[1] Facilitator for Harmony: an open-source tool for data harmonisation using natural language processing. <i>AI UK</i>	Mar 2025 London, UK
<b>SOFTWARE</b>	[1] <b>Mice.jl</b> : a package for missing data handling via multiple imputation by chained equations in Julia	
<b>FUNDING</b>	<b>SCHOLARSHIPS AND ASSISTANTSHIPS</b>	
	<b>Wellcome Trust</b>	
	<ul style="list-style-type: none"> <li>UCL Wellcome 4-year PhD in Mental Health Science (Sep 2022 – ) • Director: Prof. Jonathan Roiser</li> </ul>	£201,913
	<b>British Psychological Society</b>	
	<ul style="list-style-type: none"> <li>Undergraduate Research Assistantship Scheme (Jul 2021 – Oct 2021) • PI: Dr Amy Orben</li> </ul>	£2,160
	<b>TRAVEL AND WORKSHOP GRANTS</b>	
	<b>University College London</b>	
	<ul style="list-style-type: none"> <li>Bogue Fellowship (Feb 2025)</li> </ul>	£4,775
	<b>Fitzwilliam College, University of Cambridge</b>	
	<ul style="list-style-type: none"> <li>Student Opportunities Fund (Apr 2022)</li> <li>Student Opportunities Fund (Dec 2021)</li> </ul>	£250 £75
<b>ADDITIONAL TRAINING</b>	<ul style="list-style-type: none"> <li>Causal Inference Using Cohort Data</li> <li>UK Data Service Safe Researcher Training</li> <li>Google: Machine Learning Crash Course</li> <li>DATAMIND and MQ workshop: Natural Language Processing</li> <li>UCL Arena for PGTAs: Gateway</li> <li>UCL Pro Bono Research Service Research Consultancy Training</li> <li>DATAMIND and MQ workshop: Machine Learning in Mental Health Research</li> <li>NCRM: Introduction to Hospital Episode Statistics</li> <li>RADIANCE: Estimating causal effects</li> <li>RADIANCE: Machine learning for prediction and causal inference</li> <li>NCRM: Tools for Efficient Workflows - Github, Markdown and Docker</li> <li>RADIANCE: Introduction to causal mediation analysis</li> <li>Bias in Epidemiological Data Science Workshop</li> <li>Wolfson Centre Summer School in Youth Mental Health Research</li> <li><i>Nature Masterclasses</i>: Focus on Peer Review</li> </ul>	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
<b>AWARDS AND ACHIEVEMENTS</b>	<ul style="list-style-type: none"> <li>W. F. Reddaway Prize</li> </ul>	Jul 2022
<b>PROFESSIONAL ACCREDITATIONS AND AFFILIATIONS</b>	<ul style="list-style-type: none"> <li>Association for Psychological Science</li> <li>Office for National Statistics</li> <li>Society for Longitudinal and Lifecourse Studies</li> <li>Society for the Improvement of Psychological Science</li> <li>International Union for the Scientific Study of Population</li> <li>Experimental Psychology Society</li> </ul>	Graduate Student Member Full Accredited Researcher Member Member Student Associate Postgraduate Member
<b>OTHER ACTIVITIES</b>	<ul style="list-style-type: none"> <li>Consultant, UCL Pro Bono Research Service</li> <li>Pool Member, UCL Research Culture Community Steering Group</li> <li>Event Manager, <i>Pint of Science</i> 2023</li> <li>President, Fitzwilliam College Spring Ball Committee</li> </ul>	Apr 2025 – Jan 2024 – Nov 2022 – May 2023 Nov 2020 – May 2022