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

- Wellcome Trust Transition Fund Research Assistant — Nov 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;61(12):2669–2682.

[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. *The Conversation*. 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. Sep 2026
CLS Conference 2026: A Celebration of Cohort Studies London, UK

[14] Characterising the longitudinal relationship between social media use and psychiatric diagnoses in secondary care in adolescents in England. Sep 2026
22nd Congress of the EPA Section in Epidemiology & Social Psychiatry Brescia, IT

[13] (Screen-)capturing minds: Insights into adolescent social media use from the Human Screenome Project.
International Association for Child and Adolescent Psychiatry and Allied Professions Jul 2026 Hamburg, DE

[12] Adolescent social media use and psychiatric diagnoses in secondary care in England. Jun 2026
CLOSER Emerging Longitudinal Scholars Symposium Remote

[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*. Jul 2025
International Population Conference 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*. Jun 2025
European Society for Child and Adolescent Psychiatry Strasbourg, FR

[8] Public engagement in a post-truth society (Unconference). Jun 2025
Society for the Improvement of Psychological Science Budapest, HU

[7] Accessible and usable? Creating a guide to facilitate switching to open-source software (Hackathon). Jun 2024
Society for the Improvement of Psychological Science Nairobi, KE

[6] Associations between early-life mental health and abnormal sleep duration in midlife. May 2024
Life History Research Society Meeting Montréal, CA

[5] Associations between early-life mental health and abnormal sleep duration in midlife. Apr 2024
DATAMIND and MQ Data Science Meeting Swansea, UK

[4] Digital access constraints predict worse mental health among adolescents during COVID-19. Jul 2023
Understanding Society Scientific Conference 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. Jul 2022
Life History Research Society Meeting Oxford, UK

[1] Digital exclusion, adolescent mental health and COVID-19. Dec 2021
Child Development Forum Cambridge, UK

POSTER PRESENTATIONS

[7] Children's social connections, internet usage and mental health during the COVID-19 pandemic in the Global South. Oct 2025
APS Global Psychological Science Summit Remote

[6] Relationship between social media use and mental health service use in adolescents in the UK Millennium Cohort Study. Oct 2024
DATAMIND and MQ Data Science Meeting London, UK

[5] Relationship between social media use and mental health service use in adolescents in the UK Millennium Cohort Study. Sep 2024
21st Congress of the EPA Section in Epidemiology & Social Psychiatry Lausanne, CH

[4] Associations between early-life mental health and abnormal sleep duration in adulthood. Sep 2023
Institute of Mental Health International Conference London, UK

[3] Digital access contraints predict worse mental health among adolescents during COVID-19. Jan 2023
UCL Children & Young People's Mental Health ECR Event London, UK

[2] Digital exclusion predicts worse mental health among adolescents during COVID-19. Jun 2022
Celebrating Dorothy: A Festschrift for Dorothy V. M. Bishop London, UK

[1] Digital exclusion predicts worse mental health among adolescents during COVID-19. Feb 2022
SPSP Annual Convention San Francisco, US (remote)

SYMPOSIA ORGANISED

[1] Interdisciplinary perspectives on adolescent social media use and mental health. Jul 2026
International Association for Child and Adolescent Psychiatry and Allied Professions Hamburg, DE

SESSIONS CHAIRED

[2] Social determinants of adolescent mental health and well-being. Sep 2026
CLS Conference 2026: A Celebration of Cohort Studies London, UK

[1] Interdisciplinary perspectives on adolescent social media use and mental health. Jul 2026
International Association for Child and Adolescent Psychiatry and Allied Professions Hamburg, DE

REPRESENTATIONS

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

SOFTWARE

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

FUNDING

SCHOLARSHIPS AND ASSISTANTSHIPS

Wellcome Trust

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

British Psychological Society

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

TRAVEL AND WORKSHOP GRANTS

University College London

- Bogue Fellowship (Feb 2025) £4,775

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 Apr 2026
- UCL Arena for PGTAs: Teaching Associate Programme Mar 2026
- Causal Inference Using Cohort Data May 2025
- UK Data Service Safe Researcher Training May 2025
- Google: Machine Learning Crash Course Nov 2024
- DATAMIND and MQ workshop: Natural Language Processing Oct 2024
- UCL Arena for PGTAs: Gateway Oct 2024
- UCL Pro Bono Research Service Research Consultancy Training Sep 2024
- DATAMIND and MQ workshop: Machine Learning in Mental Health Research Apr 2024
- NCRM: Introduction to Hospital Episode Statistics Feb 2024
- RADIANCE: Estimating Causal Effects Jan 2024
- RADIANCE: Machine Learning for Prediction and Causal Inference Dec 2023
- NCRM: Tools for Efficient Workflows - Github, Markdown and Docker Dec 2023
- RADIANCE: Introduction to Causal Mediation Analysis Nov 2023
- Bias in Epidemiological Data Science Workshop Mar 2023
- Wolfson Centre Summer School in Youth Mental Health Research Jul 2022
- *Nature Masterclasses*: Focus on Peer Review Jul 2022

AWARDS AND ACHIEVEMENTS

- W. F. Reddaway Prize Jul 2022

PROFESSIONAL ACCREDITATIONS AND AFFILIATIONS

- Advance HE Associate Fellow
- Office for National Statistics Full Accredited Researcher
- International Union for the Scientific Study of Population Student Associate
- Experimental Psychology Society Postgraduate Member

OTHER ACTIVITIES

- Pool Member, UCL Research Culture Community Steering Group Jan 2024 –
- Consultant, UCL Pro Bono Research Service Apr 2025 – Aug 2025
- Event Manager, *Pint of Science 2023* Nov 2022 – May 2023
- President, Fitzwilliam College Spring Ball Committee Nov 2020 – May 2022