Tom Metherell BA (Hons)

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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 Darío 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*

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

[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

[5] Metherell T. STATS NOTES: auxiliary variables and why they matter. *Blog post.* 2024.

[4] Metherell T. STATS NOTES: handling missing data in a survival model. *Blog post.* 2024.

[3] Metherell T. How do you solve a problem like measuring social media? *Blog post.* 2024.

[2] Metherell T. On the 'overwhelming evidence' for social media destroying kids' brains. *Blog post.* 2023.

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

PRESENTATIONS

ORAL PRESENTATIONS

[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. *Life History Research Society Meeting*	May 2024 Montréal, CA

[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

[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 contraints 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)

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 –) £180,474
  - 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

Fitzwilliam College, University of Cambridge
- Student Opportunities Fund (Apr 2022) £250
- Student Opportunities Fund (Dec 2021) £75

ADDITIONAL TRAINING
- Google: Machine Learning Crash Course Nov 2024

	▪ DATAMIND and MQ workshop: Natural Language Processing	Oct 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 AFFILIATIONS	▪ Experimental Psychology Society	Postgraduate Member
OTHER ACTIVITIES	▪ Pool Member, UCL Research Culture Community Steering Group	Jan 2024 –
	▪ Event Manager, *Pint of Science 2023*	Nov 2022 – May 2023