

Personal information

Affiliations

Assistant Professor

Department of Communication, University of Vienna
Kölingasse 14-16
1090 Vienna, Austria

Affiliated researcher

Developmental Social Neuroscience Lab
University of North Carolina at Chapel Hill
North Carolina, USA

Affiliated researcher

Media Psychology Lab
KU Leuven
Leuven, Belgium

Sketch profile

Research topics

Digital media use and effects, well-being and mental health, media literacy, boundary conditions, biopsychosocial perspective

Research methods

Quantitative social science methods, experimental research, surveys (longitudinal, cross-sectional), experience sampling methods, neuro-imaging methods, social network analysis

Education

2014-2018

Ph.D. in Social Sciences, KU Leuven

Dissertation: "The ubiquity of beauty-is-good in media: Understanding the importance of appearance in adolescents' lives"

2012-2013

Master in Communication Sciences, KU Leuven

Degree with great distinction

2009-2012

Bachelor in Communication Sciences, KU Leuven

Degree with distinction

Additional training :

2024

Supervised **Machine Learning**: Regression and classification, Stanford university

2024

University Teaching, University of Hong Kong

2023

Social Network Analysis, University of California, Davis

2023

Tobii **Eye-tracking training**, University of North Carolina at Chapel Hill

2023

Fundamental **Neuroscience for Neuroimaging**, John Hopkins University

2023

Implicit Bias in the Publication Process: Evidence and Opportunities, University of Virginia

2021

Workshop on **Multi-Level Modeling in R**, University of Göttingen

2018

iMotions Workshop on **Biometric Research** (including eye-tracking, galvanic skin response), KU Leuven

2015

International Summer School in Social Science Methods: **Structural Equation Modeling**, Università della Svizzera Italiana

2015	Getting started with Statistical Modelling and Data Visualization in R , KU Leuven
2014	Academic writing in Humanities and Social Sciences, KU Leuven
2013	Start to Teach : Supervising a Master Thesis, KU Leuven

Academic Career

Since 2/2025	Assistant Professor , Department of Communication, University of Vienna
Since 2024	Expert for European Commission Horizon Europe Funding
2022-2024	Postdoctoral fellow , Developmental Social Neuroscience Lab, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill
2019-2022	Postdoctoral fellow , Media Psychology Lab, KU Leuven (funded by FWO grant)
Career break : 06/2022 – 11/2022 (maternity leave)	
Career break : 08/2020 – 01/2021 (maternity leave)	
2019	Postdoctoral fellow , Media Psychology Lab, KU Leuven (funded by PDM, internal funds KU Leuven, grant)
2016-2017	Visiting scholar , Department of Psychology, University of Michigan
2014-2018	PhD student , Media Psychology Lab, KU Leuven
2013-2014	Teaching Assistant , Faculty of Social Sciences, KU Leuven

Publications

Peer-Reviewed Journal Articles (26)

1. **Trekels, J.**, David, J. B., Capella, J., Prinstein, M. J., & Telzer, E. H. (2025). Between-friends similarity in adolescents' social media motivations and habitual use. Preprinted at: https://doi.org/10.31219/osf.io/sf6ge_v1 (currently under review)
2. Garrett, S., Burnell, K., **Trekels, J.**, Prinstein, M. J., & Telzer, E. (2025). Digital Familism: Adolescents' Digital Interactions with Family and the Momentary links with Affect during COVID-19. *Developmental Psychology*. <https://doi.org/10.1037/dev0002008>
3. **Trekels, J.**, & Telzer, E. (2025). The Swiss Cheese Model Of Social Cues: A Theoretical Perspective on The Complex Interplay of Social Cues in Shaping Social Media's effect on Adolescent Well-Being. *Journal of Communication* (IF_{most recent} = 6.1) **Doi**: 10.1093/joc/jqaf001; **Preprint available at**: <https://doi.org/10.31219/osf.io/tvr84>
4. **Trekels, J.** Maza, M.V., Capella, J., Jorgenson, N., Kwon, S-J., Lindquist, K., Prinstein, M. P., & Telzer, E. H. (2024). Diverse Social Media Experiences and Adolescents' Depressive Symptoms: The Moderating Role of Neurobiological Responsivity to Rejected Peers. *Social and Cognitive Affective Neuroscience*. <https://doi.org/10.1093/scan/nsae070> (IF_{most recent}: 3.9).
5. **Trekels, J.** (2024). From Filters to Body Positivity: Opposing Social Media Messages and Adolescent Body Image. *Psychology of Popular Media*. Advance online publication. **doi**: [10.1037/ppm0000565](https://doi.org/10.1037/ppm0000565) (IF_{most recent}: 2.1).
6. Burnell, K., **Trekels, J.**, Prinstein, M.J., & Telzer, E.H. (2024). Daily co-fluctuations of adolescents' social comparison tendency on social media and well-being. *Affective Science*. doi: [10.1007/s42761-024-00240-6](https://doi.org/10.1007/s42761-024-00240-6). (IF_{most recent}: 2.1).
7. **Trekels, J.**, Nesi, J., Burnell, K., Prinstein, M. J., & Telzer, E.H. (2024). Dispositional and Social Correlates of Digital Status Seeking among Adolescents. *Cyberpsychology, Behavior, and Social Networking*. doi: [10.1089/cyber.2023.0342](https://doi.org/10.1089/cyber.2023.0342) (IF_{most recent}: 6.6).

8. Vanherle, R., **Trekels, J.**, Hermans, S., Vranken, P. & Beullens, K. (2023). How it feels to be 'left on read': Social surveillance on Snapchat and young individuals' mental health. *Cyberpsychology – Journal of Psychosocial Research on Cyberspace*. doi: [10.5817/CP2023-5-3](https://doi.org/10.5817/CP2023-5-3) (IF_{most recent}: 2.9)
9. **Trekels, J.** & Eggermont, S. (2023). Adolescents' multi-layered media processing: A panel study on positive and negative perceptions towards ideals and adolescents' appearance anxiety. *Communication Research*. Advanced Online Publication. doi: [10.1177/00936502231151471](https://doi.org/10.1177/00936502231151471) (IF_{most recent}: 6.2)
10. Vranken, I., Brimmel, N., Vandenbosch, L., & **Trekels, J.** (2022). Television, news media, social media and adolescents' and young adults' violations of the COVID-19 lockdown measures: A prototype willingness model. *Telematics and Informatics*, 70. Doi: [10.1016/j.tele.2022.101817](https://doi.org/10.1016/j.tele.2022.101817) (IF_{most recent}: 8.5)
11. Maes, C., **Trekels, J.**, Impett, E., & Vandenbosch, L. (2022). The development of the Positive Sexuality in Adolescence Scale (PSAS). *Journal of Sex Research*. Online First Publication. doi: [10.1080/00224499.2021.2011826](https://doi.org/10.1080/00224499.2021.2011826) (IF_{most recent}: 5.141)
12. Maes, C., **Trekels, J.**, Tylka, T., & Vandenbosch, L. (2021). The Positive Body Image among Adolescents Scale (PBIAS): Conceptualization, development, and psychometric evaluation among adolescents from Belgium. *Body Image*, 38, 270-288. doi: [10.1016/j.bodyim.2021.05.004](https://doi.org/10.1016/j.bodyim.2021.05.004) (IF_{most recent}: 6.406)
13. Karsay, K., **Trekels, J.**, Eggermont, S., & Vandenbosch, L. (2020). I (Don't) Respect my Body": Investigating the Role of Mass Media Use and Self-Objectification on Adolescents' Positive Body Image in a Cross-National Study. *Mass Communication And Society*, 24 (1), 57-84. doi: [10.1080/15205436.2020.1827432](https://doi.org/10.1080/15205436.2020.1827432) (IF_{most recent}: 3.309)
14. **Trekels, J.**, Eggermont, S. (2020). Me, Myself, and My Favorite Media Figure: An Objectification Perspective on the Role of Media and Peers in Early Adolescents' Self-sexualization. *Mass Communication & Society*, 24(1), 31-56. doi: [10.1080/15205436.2020.1817943](https://doi.org/10.1080/15205436.2020.1817943) (IF_{most recent}: 3.309)
15. Vangeel, L., **Trekels, J.**, Eggermont, S., & Vandenbosch, L. (2020). Adolescents' Objectification of Their Same-Sex Friends: Indirect Relationships With Media Use Through Self-Objectification, Rewarded Appearance Ideals, and Online Appearance Conversations. *Journalism and Mass Communication Quarterly*, Online First publication. doi: [10.1177/1077699020959723](https://doi.org/10.1177/1077699020959723) (IF_{most recent}: 4.128)
16. Grower, P., Ward, M. L., & **Trekels, J.** (2019). Expanding Models Testing Media Contributions to Self-Sexualization. *SAGE Open*, april, 1-14. doi: [10.1177/2158244019848905](https://doi.org/10.1177/2158244019848905) (IF₂₀₁₉: 0.715)
17. de Lenne, O., Vandenbosch, L., Eggermont, S., Karsay, K., **Trekels, J.** (2018). Picture-perfect lives on social media: a cross-national study on the role of media ideals in adolescent well-being. *Media Psychology*, 1-27. doi: [10.1080/15213269.2018.1554494](https://doi.org/10.1080/15213269.2018.1554494) (IF₂₀₁₉: 2.736, IF_{most recent}: 3.824)
18. **Trekels, J.**, Karsay, K., Eggermont, S., Vandenbosch, L. (2018). How Social and Mass Media Relate to Youth's Self-Sexualization: Taking a Cross-National Perspective on Rewarded Appearance Ideals. *Journal of Youth and Adolescence*, 1440-1455. doi: [10.1007/s10964-018-0844-3](https://doi.org/10.1007/s10964-018-0844-3) (IF₂₀₁₈: 3.259, IF_{most recent}: 4.381).
19. **Trekels, J.**, Ward L. M., Eggermont, S. (2018). I "like" the way you look: How appearance-focused and overall Facebook use contribute to adolescents' self-sexualization. *Computers in Human Behavior*, 81, 198-208. Doi: [10.1016/j.chb.2017.12.020](https://doi.org/10.1016/j.chb.2017.12.020) (IF₂₀₁₈: 4.306, IF_{most recent}: 6.829).
20. **Trekels, J.**, Eggermont, S. (2018). "I can/should look like a media figure." The association between direct and indirect media exposure and teens' sexualizing appearance behaviors. *Journal of Sex Research*, 55, 320-333. Doi: [10.1080/00224499.2017.1387754](https://doi.org/10.1080/00224499.2017.1387754) (IF₂₀₁₈: 3.059; IF_{most recent}: 5.141).
21. Rousseau, A., **Trekels, J.**, Eggermont, S. (2018). Preadolescents' reliance on and internalization of media appearance ideals: Triggers and consequences. *Journal of Early Adolescence*, 38(8), 1074-1099. Doi: [10.1177/0272431617714330](https://doi.org/10.1177/0272431617714330) (IF₂₀₁₈: 1.750; IF_{most recent}: 2.771).
22. **Trekels, J.**, Eggermont, S. (2017). Linking Magazine Exposure to Social Appearance Anxiety: The Role of Appearance Norms in Early Adolescence. *Journal of Research on Adolescence*, 27 (4), 736-751. Doi: [10.1111/jora.12311](https://doi.org/10.1111/jora.12311) (IF₂₀₁₇: 2.087, IF_{most recent}: 3.260).
23. **Trekels, J.**, Eggermont, S. (2017). Aspiring to have the looks of a celebrity: Young girls' engagement in appearance management behaviors. *European Journal of Pediatrics*, 176 (7), 857-863. Doi: [10.1007/s00431-](https://doi.org/10.1007/s00431-)

[017-2918-8](#) (IF₂₀₁₇: 2.242, IF_{most recent}: 3.183).

24. **Trekels, J.**, Eggermont, S. (2017). Beauty is Good: The appearance culture, the internalization of appearance ideals, and dysfunctional appearance beliefs among tweens. *Human Communication Research*, 43 (2), 173-192. Doi: [10.1111/hcre.12100](#) (IF₂₀₁₇: 2.364, IF_{most recent}: 3.000).
25. **Trekels, J.**, Eggermont, S., Koppen, E., & Vandenbosch, L. (2017). Beauty Ideals from Reality Television and Young Women's Tanning Behavior: An Internalization and Self-Objectification Perspective. *Communication Quarterly*, 66(3), 325-343. Doi: [10.1080/01463373.2017.1381627](#) (IF₂₀₁₇: 0.65, IF_{most recent}: 0.63).
26. **Trekels, J.**, Vangeel, L., & Eggermont, S. (2017). Media Ideals and Other-Sex Peer Norms among Belgian Early Adolescents: Equating Self-Worth with Attractiveness. *Journal of Children and Media*, 11 (4), 466-484. Doi: [10.1080/17482798.2017.1348371](#) (IF₂₀₁₇: NA, IF_{most recent}: 2.018).
27. Vandenbosch, L., Driesmans, K., **Trekels, J.**, Eggermont, S. (2016). Sexualized Video Game Avatars and Self-Objectification in Adolescents: The Role of Gender Congruency and Activation Frequency. *Media Psychology*, 20 (2), 221-239. Doi: [10.1080/15213269.2016.1142380](#) (IF₂₀₁₆: 3.125, IF_{most recent}: 3.824).
28. Frison, E., Vandenbosch, L., **Trekels, J.**, Eggermont, S. (2015). Reciprocal relationships between music television exposure and adolescents' sexual behaviors: The role of perceived peer norms. *Sex Roles*, 72 (5), 183-197. Doi: [10.1007/s11199-015-0454-4](#) (IF₂₀₁₈: 1.582, IF_{most recent}: 4.154).

Book Chapters and Invited Articles:

1. Burnell, K., **Trekels, J.**, George, M. J., & Nesi, J. (2024). Digital cruelty's impact on self-esteem and body image. In D. A. Christakis & L. Hale (Eds.): *Handbook of Children and Screens: Digital Media, Development, and Well-Being from Birth Through Adolescence* (pp 439-445). Springer Nature Switzerland

Awards and Research Grants

2025-2029	Project: "Beyond universal effects: A surveillance and individual difference approach to examine the association between social media use and psychosocial well-being" Funded by Internal Funds KU Leuven (C14/23/033), Co-Principal Investigator <u>Total:</u> €250.000
2024	Project: "Understanding Trajectories of (Mal)adaptive Social Media Use in Adolescence: A Psychological Resource and Resilience Approach" Funded by FWO Senior PostDoctoral grant [Approved] [300,000€ with 10,000€ annual research budget, highest tier] – mandate was not taken up due to a permanent appointment <u>Total:</u> €330.000
2024	Project: "A Neurobiological Susceptibility Approach on Social Media's Influence on Character Development Among Adolescents " Funded by Templeton Research Foundation, collaboration partner <u>Total:</u> 2.000.000\$
2024	Project: "Social Media Use in Early Adolescence: Implications for Body Image" Funded by NIH exploratory/developmental research grant award (R21), collaboration partner
2024	Outstanding Interdisciplinary Contribution Award, Society for Research on Adolescence (2024 Conference at Chicago, USA).
2019	Project: "Multi-layered content in contemporary media: A study into youth's pursuit of (counter) ideals and its association with self-concept" Funded by FWO Junior Postdoctoral Grant <u>Total:</u> €250.000
2019	Conference grant Funding: Research Foundation Flanders (FWO) – Belgium

	Participation at ICA 2019 (Washington, US). <u>Total: €800</u>
2018	Conference grant Funding: Research Foundation Flanders (FWO) – Belgium Participation at SRA (Society for Research on Adolescence) 2018 (Minneapolis, US). <u>Total: €800</u>
2018	Project: “Beauty as Currency: Understanding the Role of Media in adolescents’ Benefits-Costs Ratio of Attractiveness” Funded by Internal Funds (KU Leuven), PDM postdoctoral grant, postdoc researcher <u>Total: €80.000</u>
2017	Conference grant Funding: Research Foundation Flanders (FWO) – Belgium Participation at ICA 2017 (San Diego, US). <u>Total: €800</u>
2016	Travel Grant for a long stay abroad Funding: Junior Mobility Program KU Leuven (JUMO/16/011) Additional research granted for a follow-up research stay at the U of Michigan in March 2017, under the supervision of Prof. Dr. L. Monique Ward. <u>Total: €4000</u>
2016	Travel Grant for a long stay abroad Funding: Research Foundation Flanders (FWO) – Belgium (V429416N) Grant to conduct a research stay at the Psychology Department, U of Michigan (US), under the supervision of Prof. Dr. L. Monique Ward. <u>Total: €5016</u>
2015	Top Paper Award , Children, Adolescents and Media (CAM) Division, ICA Conference 2015 with Vandenbosch, L., Driesmans, K., and Eggermont, S.

Academic service

National

2025 -	<i>Member</i> Institutional Review Board at the Department of Communication – University of Vienna
2025 -	<i>Member</i> Doctoral Advisory Board at the Department of Communication – University of Vienna
2025 -	<i>Member</i> Master Selection Committee at the Department of Communication - University of Vienna
2018 - 2022	<i>Founder + Active member</i> Council for Pre-doc, PhD, Post-Doc and teaching assistants of the Department of Social Sciences, KU Leuven (including monthly meetings and organizations of a large yearly meeting). The representation underwent reorganization, under my leadership, resulting in the establishment of an electable and visible board. This initiative has played a crucial role in fostering transparency, communication, and shared governance among postdocs, PhD students, and faculty members
2018 - 2022	<i>Active member</i> Education Committee Communication Sciences, KU Leuven.
2019-2020	<i>Member</i> Task Force on Quality Assurance of the Department of Social Sciences, KU Leuven.

2014 – 2023

Discussant at doctoral seminars of Jolien Vangeel (KU Leuven, 2014), Anneleen Meeus, (KU Leuven, 2018), Laurens Vangeel (KU Leuven, 2019), Lara Schreurs (KU Leuven, 2019), Robyn Vanherle (KU Leuven, 2021), Luca Carbone (KU Leuven, 2022), Ilse Vranken (KU Leuven, 2023), Sofie Vranken (KU Leuven, 2023)

International

2024 - present

Media Psychology division **representative** at NefCA

2023 - present

Co-chair of SSEA [Society for the Study on Emerging Adulthood] Media Topic Network

Academic Memberships

National

2023 - 2024

Leuven Brain Institute – KU Leuven

2021 - 2024

Leuven Digital Society Institute – KU Leuven

2019 - 2024

Leuven Youth and Child Institute – KU Leuven

2017 - 2024

Member of the *The Scientific Research Network: A Multiple Levels Of Analysis Approach To Typical And Atypical Development*

European

2024 - present

NeFCA Media Psychology division representative

2023 - present

Active Member of Cost Action – Enviro-Dev aimed at understanding the environmental factors that influence children's (brain) development (CA22111)

2024 - present

Active Member of Cost Action – YouthDMH aimed at understanding the mental health of adolescents in digital society

International

2017-2018;

Member of *Society for Research on Adolescence*.

2023-2024

2015 - present

Member of *the International Communication Association*.

2014 - present

Member of *The Netherlands – Flanders Communication Association*.

Editorial service

Editorial activities

Journals

Scientific Reports (editorial board member + guest editor of special issue on social media and social interaction in adolescence)

Reviewer activities

Journals

Communication

New Media and Society (ISI journal), Computers in Human Behavior (ISI journal), Psychology of Popular Media Culture (ISI journal), Mobile Media and Communication (ISI , journal), Cyberpsychology, Behavior, and Social Networking (ISI journal), Mass Communication and Society (ISI journal), Journal of Children and Media (ISI journal) , Social media + Society (ISI journal)

Women's studies

Sexuality and Culture (ISI journal), Psychology of Women Quarterly (ISI journal)

Psychology

Affective Science (ISI journal), Body Image (ISI journal), Child Development (ISI journal), Journal of Research on Adolescence (ISI Journal), Social development (ISI journal), Journal of Genetic Psychology, Frontiers in Psychology (ISI journal), Child Development (ISI journal), Journal of Experimental Child Psychology (ISI journal)

Health sciences

Preventive Medicine (ISI journal), Cognitive Therapy and Research (ISI journal), Comprehensive Psychoneuroendocrinology

Research funding Horizon-Marie-Curie call 2024
FWO postdoctoral fellowship (2025-2026)
Huo Family Foundation

Conferences International Communication Association, Society for Research on Adolescence, Society for Research on Emerging Adults, Etnaal van de Communicatiewetenschappen

Teaching

University of Vienna	Visual Communication – N = +200 enrolled students Media Literacy – N = +100 enrolled students BASE (research seminar) – N = ±25 enrolled students FOSE (research seminar) – N = ±25 enrolled students
KU Leuven	Interpersonal communication (2021) Multimethod research seminar (2014-2022) Media Effects (2019-2022) Social Marketing and Education (guest lecture 2014) Quantitative data-analysis (2013-2014) Media and Education (2013-2015)

Supervision of doctoral students

2024-2028	<i>Fé Verelst</i> “Beyond universal effects: A surveillance and individual difference approach to examine the association between social media use and psychosocial well-being” Funding: Internal funds KU Leuven (C1 project)
2025-2028	<i>Ines Boeckstaens</i> “Empowering potentially vulnerable adolescents with social media literacy” Funding: Internal funds KU Leuven (C+ project)

Invited talks and participations

1. **Invited symposium speaker** at the Youth in Digital Society conference held at Potsdam University, October 2026

2. **Invited keynote speaker** at WienXtra on adolescent well-being and social media, directed towards youth workers in Vienna, May 2026
3. **Podcast “Virtual”** on smartphones and social media bans and adolescent well-being, February 2026
4. **Keynote** at YouthMediaLife symposium at the University of Vienna on media literacy, digitalization and adolescents’ well-being, July 2025
5. **Podcast Let's Talk About Women** on early adolescents’ body image development in a digitalized society, Tübingen, 2024
6. **Invited lecture** on ‘Media psychology, body image, and early adolescents – University of Tübingen, 25/07/2024, organized by Prof. Dr. Ann-Christin Kimmig, Dra. Franziska Weinmar
7. **Member Spotlight** in the Newsletter of the Society for Study on Emerging Adulthood, 2024
8. **Invited participation** in scientists retreat organized by Teens and Tech – University of North Carolina, 16 October 2023, organized by Winston Foundation
9. **Invited participation** in research event ‘An interdisciplinary perspective on developmental sensitivities in dealing with social rejection’ – Amsterdam, 16 November 2023, organized by Dr. Michelle Achterberg, Prof. Dr. Eveline Crone (Erasmus University)

Presentations

PAPERS PRESENTED AT INTERNATIONAL CONFERENCES

1. David, J., **Trekels, J.**, Capella, J., Maza, M.T., Lindquist, K.A., Prinstein, M.J., & Telzer, E.H. (2026, 4-9 June). Neural and psychological predictors of digital status-seeking in adolescence. *International Communication Association Conference, Capetown, South-Africa*.
2. **Trekels, J.** & Telzer, E. (2025, 12-16 June). *The Swiss Cheese Model of Social Cues: A Theoretical Perspective on the Role of Social Context in Shaping Social Media's effect on Adolescent Well-Being*. *International Communication Association Conference, Denver USA*.
3. **Trekels, J.** (2025, 12-16 June). *Reimagining Social Media Literacy: A perspective Paper on The Importance of Social Contexts and Peer Relationships*. *International Communication Association Conference, Denver USA*.
4. Rousseau, A. & **Trekels, J.** (2025, 12-16 June). *Selfies as a Tool for Self-Presentation: Relations between Strategic Selfie-Behavior, Peer Feedback and Body Dis/satisfaction*. *International Communication Association Conference, Denver USA*.
5. **Trekels, J.**, David, J., Capella, J., Prinstein, M. J. & Telzer, E. H. (2025, 12-16 June). *Similarity in social media motivations and habitual use among adolescents and their friends*. *International Communication Association Conference, Denver USA*.
6. **Trekels, J.** & Eggermont, S. (2024, 16-20 June). Navigating the Always-On Culture: Understanding Digital Stress and Connectivity in Young Adults. 27th Biennial Meeting of the International Society for the Study of Behavioural Development. Lisbon, Portugal.
7. Telzer, E. H., Maza, M. T. & **Trekels, J.** (2024, 16-20 June). Neurobiological Sensitivity To Peers Moderates Daily And Longitudinal Links Between Social Media Use And Adolescent Well Being. Lisbon, Portugal.
8. David, J., **Trekels, J.**, Capella, J., Kwon, S-J., Lindquist, K., Prinstein, M. J. & Telzer, E. H. (2024, 18-20 April). Trajectories of neurobiological sensitivity to peer status and longitudinal links to digital status-seeking among adolescents. Society for Research on Adolescence, Chicago, USA.
9. **Trekels, J.** (2023, 6-8 September). The Negotiated Media Processing Model: Accounting for adolescents’ exposure to different and opposing media messages [Conference Poster Presentation]. Media Psychology conference, Luxembourg.
10. Daniels, E., Ward, L.M., Aubrey, J.S., **Trekels, J.**, & Slater, A. (2022, 26-30 May). Media Sexualization and Well-Being among Adolescent Girls [Conference Panel Presentation]. ICA 2022 Conference, Paris, France.
11. Vranken, I., Brimmel, N., Vandenbosch, L., & **Trekels, J.** (2022, 26-30 May). Pro-governmental and Anti-governmental (Social) Media Interactions and youth’s Violations of the COVID-19 Lockdown Regulations [Conference Presentation]. ICA 2022 Conference, Paris, France.
12. **Trekels, J.** & Eggermont, S. (2021). “Look how unrealistic this pretty girl/boy is”: Adolescents’ body image in a context of diverse and opposing media messages.” Biennial Appearance Matters Conference. Bristol, UK, 13-15 July, Virtual.
13. Maes, C., **Trekels, J.**, Impett, E., Vandenbosch, L. (2021). Positive Sexuality in Adolescence Scale (PSAS): Development and Psychometric Evaluation. Presented at the 15th Congress of the European Federation of Sexology, Virtual.
14. Maes, C., **Trekels, J.**, Vandenbosch, L. (2021). Beauty ideals in media and the protective role of resilience against pubertal changes. Biennial Appearance Matters Conference. Bristol, UK, 13-15 July, Virtual.

15. Maes, C., **Trekels, J.**, Tylka, T., Vandenbosch, L. (2021). The Development and Validation of the Positive Body Image among Adolescents Scale (PBIAS). Biennial Appearance Matters Conference. Bristol, UK, 13-15 July, Virtual.
16. **Trekels, J.**, Eggermont, S. (2019). Media use and sexualizing appearance behaviors among adolescents: Testing the explanatory value of self- and other objectification. International Communication Association. Washington, DC, 24-28 May.
17. **Trekels, J.**, Eggermont, S. (2019). "Idealized and counter-idealized media content: Examining the integration of multi-layered media ideals in adolescents' self-concept," has. International Communication Association. Washington, DC, 24-28 May.
18. Karsay, K., **Trekels, J.** (2018). Media Use, Self-Objectification, and Positive Body Image. A Cross-National Study Among Adolescents. International Communication Association. Prague, 24-28 May
19. Ward, L. M., Grower, P., **Trekels, J.** (2018). Expanding models testing media contributions to self-sexualization. International Communication Association. Prague, 24-28 May 2018.
20. **Trekels, J.**, Karsay, K. (2018). Applying a rewards perspective on the link between mass media and youth's self-sexualization: A cross-cultural examination. International Communication Association. Prague, 24-28 May 2018.
21. **Trekels, J.**, Eggermont, S. (2018). Internalized media ideals encourage and inhibit adolescents' sexualized online self-presentation. International Communication Association. Prague, 24-28 May 2018.
22. **Trekels, J.**, Eggermont, S. (2018). How media and peers instigate the objectification of media figures: Towards an understanding of tweens' self-sexualization. SRA Biennial Meeting. Minneapolis, MN, 12-14 April 2018.
23. **Trekels, J.**, Vangeel, L., Eggermont, S. & Vandenbosch, L. (2017). Use of television and social media and adolescents' objectification of close friends. European Conference on Developmental Psychology. Utrecht, 28 Aug 2017.
24. **Trekels, J.** & Vandenbosch, L. (2017). The role of hair styling ideals in print and social media in adolescents' beliefs, surveillance of and satisfaction with their hair. International Communication Association. San Diego, 25-29 May 2017.
25. **Trekels, J.**, Ward, L. M. & Eggermont, S. (2017). Overall and appearance-focused Facebook use: How does it relate to self-sexualization among adolescents?. International Communication Association. San Diego, 25-29 May 2017.
26. **Trekels, J.** (2017). Does direct and indirect media exposure inspire/pressure teens to self-sexualize? Alongitudinal analysis among 9-to 14-year olds. International Communication Association. San Diego, 25-29 May 2017.
27. Vangeel, L., **Trekels, J.**, Eggermont, S. & Vandenbosch, L. (2017). Adolescents' Self- and Peer-Objectification: Associations with Media Use, Online Appearance Conversations and the Internalization of Rewarded Appearance Ideals. International Communication Association. San Diego, USA, 25-29 May 2017.
28. **Trekels, J.** (2016). "How to Get Beach-Ready?!" Sun Tan Ideals in Magazines and Sunbed Use Among Young Women. International Communication Association. Fukuoka, 9-13 June 2016.
29. Vangeel, L., **Trekels, J.**, Eggermont, S. & Vandenbosch, L. (2017). Adolescents' Self- and Peer-Objectification: Associations with Media Use, Online Appearance Conversations and the Internalization of Rewarded Appearance Ideals. International Communication Association. San Diego, USA, 25-29 May 2017.
30. **Trekels, J.** (2016). "How to Get Beach-Ready?!" Sun Tan Ideals in Magazines and Sunbed Use Among Young Women. International Communication Association. Fukuoka, 9-13 June 2016.
31. Vangeel, L., **Trekels, J.** & Eggermont, S. (2016). The Role of Heterosexual Expectations in the Relationship Between Early Adolescents' Media Exposure and the Endorsement of Dysfunctional Appearance Beliefs. International Communication Association. Fukuoka, 9-13 June 2016.
32. **Trekels, J.** (2016). Dysfunctional Appearance Beliefs among Tweens: The Role of Beauty-is-good Messages and The Peer Appearance Culture. International Communication Association. Fukuoka, 9-13 June 2016.
33. Vandenbosch, L., Driesmans, K., **Trekels, J.** & Eggermont, S. (2015). The effects of playing with video game avatars on self-objectification in adolescent boys and girls. International Communication Association. San Juan, 2-3 February. Belgium.
34. **Trekels, J.** (2015). Explaining the Relationship between Reality Television and UV Exposure: The Role of Sun Tan Ideals. International Communication Association. San Juan, 21-25 May 2015.
35. Frison, E., Vandenbosch, L., Eggermont, S. & **Trekels, J.** (2014). Music television viewing, perceived same-gender peer norms and sexual behavior: A longitudinal study. International Communication Association. Seattle, USA, 22-26 May 2014.

PANELS ORGANIZED AT INTERNATIONAL CONFERENCES

1. **Trekels, J.** (chair), Telzer, E. (co-chair), Crone, E., Chein, J. & Sequera, S. (submitted to SRA 2024). Neurobiological sensitivities and social media: Adolescent well-being in the digital age. SRA conference, Chicago. While the symposium was not accepted due to the increased number of submissions this year, the collaborative process and insights gained were invaluable for future endeavors (see Invited participations at GUTS consortium [Amsterdam, NL] and Chapel Hill Science Retreat [Chapel Hill, USA])
2. Daniels, E., Ward, L.M., Aubrey, J.S., **Trekels, J.**, & Slater, A. (2022, 26-30 May). Media Sexualization and Well-Being among Adolescent Girls [Conference Panel Presentation]. ICA 2022 Conference, Paris, France.
3. Daniels, E., Aubrey, J., Ward, L.M., Eggermont, S. & **Trekels, J.** (2018). Lessons in objectification: Investigations of media contributions to self-objectification and self-sexualization among youth. Panel presented at the Society for Research on Adolescence. Minneapolis, 12-14 April.

PAPERS PRESENTED AT LOCAL CONFERENCES

1. **Trekels, J.** (2025). Social Media and Social Ties: Friendship Influence on Adolescent Online Behavior. Etmaal van de Communicatiewetenschap. Brugge, 3-4 February 2025, Belgium.
2. **Trekels, J.** & Eggermont, S. (2019). Examining the role of multi-layered appearance ideals in adolescents' self-concept. Etmaal van de Communicatiewetenschap. Nijmegen, 7-8 February.
3. **Trekels, J.**, & Eggermont, S. (2018). Media Exposure and Adolescents' Sexualized Online Presentation: Internalization of Appearance Ideals as a Mechanism Encouraging and Inhibiting Sexualization. Etmaal van de Communicatiewetenschap. Gent, 8-9 February 2018.
4. de Lenne, O., Vandenbosch, L., **Trekels, J.**, Karsay, K. & Eggermont, S. (2018). Living the ideal life on social media: The role of the internalization of societal ideals in the relationship between social media use and mental well-being. Etmaal van de Communicatiewetenschap. Ghent, 8-9 February 2018.
5. **Trekels, J.**, Vangeel, J., Beullens, K. & Eggermont, S. (2014). Personality and adolescents' movie preferences: A reinforcement sensitivity perspective. Etmaal van de Communicatiewetenschap. Wageningen, Nederland, 3-4 februari 2014.
6. **Trekels, J.** & Eggermont, S. (2017). Media exposure and self-sexualization among early adolescents: A matter of pressure or inspiration? Etmaal van de Communicatiewetenschap. Tilburg, 26-27 January.
7. de Lenne, O., Vandenbosch, L., **Trekels, J.**, Karsay, K. & Eggermont, S. (2017). Ideal messages on social media: The relations between social media use, internalization of societal ideals and adolescents' mental well-being. . International Meeting of the Scientific Research Network on "A Multiple Levels of Analysis Approach to Typical and Atypical Development". Leuven, 13-14 December 2017.
8. **Trekels, J.**, & Eggermont, S. (2017). Early adolescents' encounter with beauty-is-good messages: Understanding the importance of appearance in youth's lives. . International Meeting of the Scientific Research Network on "A Multiple Levels of Analysis Approach to Typical and Atypical Development". Leuven, 13-14 December 2017.
9. Vangeel, L., **Trekels, J.**, Eggermont, S. & Vandenbosch, L. (2017). Adolescents' Objectified View of their Friends: The Role of Media Use, an Objectified Self-Concept, and Online Appearance Conversations. Etmaal van de Communicatiewetenschap. Tilburg, the Netherlands, 26-27 January 2017.
10. **Trekels, J.**, & Eggermont, S. (2016). Examining the Role of Appearance Norms in Early Adolescents' Social Appearance Anxiety. Etmaal van de Communicatiewetenschap. Amsterdam, the Netherlands, 4-5 February 2016.
11. Vangeel, L., **Trekels, J.**, & Eggermont, S. (2016). Dysfunctional Appearance Beliefs among Early Adolescents: Examining the Role of Media and Opposite-Sex Peer Norms. Etmaal van de Communicatiewetenschap. Amsterdam, the Netherlands, 4-5 February 2016.
12. **Trekels, J.**, Vandenbosch, L. & Eggermont, S. (2015). UV Exposure among Young Women: The Role of Sun Tan Ideals in Reality Television. Etmaal van de Communicatiewetenschap. Antwerp, 2 - 3 February.