

DR. STEPHEN MURPHY

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BRIEF OVERVIEW

Metascientist with over 10 years of experience in quantitative psychology across the UK, Germany, and Belgium. My work focuses on improving scientific practices through Open Science and computational approaches, including the large-scale analysis of research outputs using machine learning.

ACADEMIC POSITIONS

Eindhoven University of Technology, Postdoctoral Researcher in Metascience	2026–Present
Ghent University, Postdoctoral Research Fellow in Quantitative Psychology	2022–2026
Ruhr University Bochum, Postdoctoral Research Fellow in Quantitative Psychology	2019–2022

EDUCATION

Loughborough University, UK, Ph.D. Quantitative Psychology	2015–2019
Viva Date: 23 July 2019	
Date awarded: 16 Dec 2019	
Teesside University, UK, MSc Exercise and Health Sciences (Grade: Distinction)	2013–2015
Teesside University, UK, BSc Exercise and Health Science (Grade: 1st Class)	2008–2011

PUBLICATIONS

Peer-Reviewed Journal Articles

1. Vanden Abeele, M. M., Saradin Lebedikova, M., Martens, M., **Murphy, S. L.**, de Segovia Vicente, D., Van Gaeveren, K., & Smahel, D. (2026). Desperate for disconnection? A two-study investigation of the Simpson's paradox in the association between digital disconnection and digital ill-being. *Journal of Computer-Mediated Communication*, 31(4), zmag017.
2. Vanden Abeele, M.M.P., Lebedikova, M. S., Van Gaeveren, K., de Segovia Vicente, D. & **Murphy, S.L.** (2026). Benefits and Drawbacks: The Digital Well-being Scale. In *The Future of Digital Wellbeing*.
3. Kashefi, A., Bosschaerts, K., Ongenae, F., De Marez, L., **Murphy, S. L.**, Conradie, P., & Abeele, M. M. V. (2025). Building Digital Therapeutic Alliance with Smoking Cessation Chatbots: An Experimental Examination of Communication Style and User Personality. *International Journal of Human–Computer Interaction*, 1-22.
4. Vicente, D., Van Gaeveren, K., **Murphy, S.L.**, & Vanden Abeele, M. M. (2025). Tapping into feelings: An experience sampling study examining the dynamics of smartphone-based emotion regulation and negative affect. *Emotion*.
5. Van Gaeveren, K., **Murphy, S. L.**, Vicente, D.D. & Vanden Abeele, M. (2025). Always On, Always Rushed for Time? Exploring Momentary Associations Between Passively Sensed Smartphone Use, Feeling Rushed and Perceived Task Juggling. *Mobile Media and Communication*, 20501579251377010
6. **Murphy, S. L.**, Abeele, M. V., Lemahieu, L., & Koster, E. (2025). Methodological considerations for social media intervention studies. *Nature Reviews Psychology*, 10.1038/s44159-025-00474-6
7. **Murphy, S. L.**, Vicente, D.D., Van Gaeveren, K., Vanden Abeele, M. (2025). Analyzing the Affective Consequences of Normal Sleep Fluctuations: A Multiverse Investigation using Experience Sampling Data. *Collabra: Psychology*, 11, 138643.
8. Kashefi, A., **Murphy, S. L.**, De Marez, L., Conradie, P., & Vanden Abeele, M. M. (2025). Tales of hope and hesitation: Smoking cessation experts' views on the opportunities and risks of digital behaviour change interventions. *Digital health*, 11, 20552076251322060.
9. **Murphy, S. L.**, Merz, R., Reimann, L. E., & Fernández, A. (2025). Nonsignificance misinterpreted as an effect's absence in psychology: prevalence and temporal analyses. *Royal Society Open Science*, 12, 242167.
10. Van Gaeveren, K., **Murphy, S. L.**, de Segovia Vicente, D., & Vanden Abeele, M. M. (2024). Connected yet cognitively drained? A mixed-methods study examining whether online vigilance and availability pressure promote mental fatigue. *Communication Research*, 00936502241248494.

11. Vicente, D.D., Van Gaeveren, K., **Murphy, S.L.**, Vanden Abeele, M. (2023). Does mindless scrolling hamper well-being ? Combining ESM and log-data to examine the link between mindless scrolling, goal-conflict, guilt, and daily well-being. *Journal of Computer-Mediated Communication*
12. **Murphy, S. L.**, van Meer, F., van Dillen, L. & Hofmann, W. (2023). Underwhelming Pleasures: Towards a Self-Regulatory Account of Hedonic Compensation and Overconsumption. *Journal of Personality and Social Psychology*
13. van Meer, F., **Murphy, S. L.**, Hofmann, W., van Steenbergen, H. & van Dillen, L. (2022). Driven to Snack: Simulated Driving Reduces Taste Perception and Increases Subsequent Consumption. *Journal of Trial & Error*.
14. **Murphy, S. L.** & Steel, R.(2022) P-Curve Analyses of the Motivational Priming Literature. *Motivation and Emotion*, 74-83.
15. **Murphy, S. L.**, Ozaki, Y., Friese, M., & Hofmann, W. (2021). Testing Buddha: Is Acute Desire Associated with Lower Momentary Happiness?. *Journal of Happiness Studies*, 1-18.
16. **Murphy, S. L.**, & Taylor, I. M. (2020). Priming autonomous and controlling motivation and effects on persistence. *Current Psychology*, 1-13.
17. Taylor, I. M., Boat, R., & **Murphy, S. L.** (2020). Integrating theories of self-control and motivation to advance endurance performance. *International Review of Sport and Exercise Psychology*, 13, 1-20.
18. **Murphy, S. L.**, & Taylor, I. M. (2019). Self-determination in recreational exercise: Associations with lapse and post-lapse emotions. *Psychology of Sport and Exercise*, 45, 101548.
19. **Murphy, S. L.**, & Eaves, D. L. (2016). Exercising for the pleasure and for the pain of it: the implications of different forms of hedonistic thinking in theories of physical activity behavior. *Frontiers in psychology*, 7, 843.

Submitted/Working Papers

1. Stragier, J., Perneel, S., Vanden Abeele, M.M.P., **Murphy, S.L.**, Van Gaeveren, K. & Heegaard, P. (Under Review). Markov Model of Mobile App Usage. *Journal of Computational Social Science*
2. Vicente, D.D., Vanden Abeele, M.M.P., **Murphy, S.L.**, Van Gaeveren, K. & Hall, J. (Under Review). Texting for Connection: Examining the Role of Texting Content, Availability Pressure, and Emotional Fatigue through the lens of Communicate Bond Belong Theory. *Mobile Media and Communication*
3. **Murphy, S. L.**, Vicente, D.D., Van Gaeveren, K., Vanden Abeele, M. (In Preparation). Incentivizing participation the right way: A tutorial for creating automated personalized reports in R Markdown.
4. Van Meer, F., Van Steenbergen, H., **Murphy, S.L.**, Hofmann, W. & Van Dillen, L.F. (Under Review). The effect of cognitive load on neural responses to sweet and sour tastes. *Nutritional Neuroscience*.

NOTABLE SKILLS

Meta-science & research transparency – Published first-author meta-science research on methodological quality and research practices (e.g., nonsignificance misinterpretation, evidential value via p-curve, and methodological limitations in social media–wellbeing research), with a focus on improving robustness and transparency in science.

Survey & behavioural research – Over 10 years’ experience designing and implementing experimental, cross-sectional, and longitudinal (experience sampling, diary) studies to understand real-world behaviour, attitudes, and decision-making processes.

Open Science & policy-relevant practice – Extensive hands-on experience with Open Science practices, including preregistration, multiverse analyses, reproducible workflows (R Markdown, Quarto), and FAIR data sharing (e.g., OSF, AsPredicted). Strong understanding of how such practices translate into researcher behaviour and institutional implementation challenges.

Computational meta-science (AI & text analysis) – Developed a prototype system to automatically extract and classify methodological features from academic articles using transformer models (e.g., PubMedBERT), enabling large-scale analysis of research practices and policy-relevant indicators.

Collaboration & stakeholder engagement – Extensive international collaboration across disciplines, including supervision and project coordination. Experience engaging with non-academic stakeholders (e.g., media partners) and communicating complex findings to diverse audiences, supporting translation from research to practice.

TEACHING EXPERIENCE

Ghent University, Belgium

Lecturer - Introduction to R for Data Science

Feb 2024–Apr 2024

Taught first year undergraduate students R programming skills for data cleaning and analyses (50 students)

Ruhr University Bochum, Germany

Course Leader - Psychology of Self-Regulation

Oct 2020–Apr 2021

Delivered synchronous and asynchronous online classes (30 students)

Loughborough University, UK

Tutor, Quantitative Methods

Feb 2018–May 2018

Delivered weekly classes on topics including regression, meta-analysis, power analysis, chi-square, ANOVA, and research design (25 students).

Tutor, Applied Exercise Psychology

Feb 2016–May 2018

Delivered weekly classes on Narrative Theory and exercise participation, designing theory-based exercise interventions, etc (30 students).

Tutor, Psychological Issues & Strategies in Sport

Sep 2016–Dec 2017

Delivered weekly classes on topics including exploring depression in sport, exploring psychological assessment, etc. (30 students).

Tutor, Professional & Academic Skills

Feb 2016–May 2018

Delivered weekly classes on topics including plagiarism, measures of central tendency, GLM, academic writing skills, and designing theory-based interventions (30 students).

Teesside University, UK

Tutor, Foundation Psychology

Sep 2014–Apr 2015

Delivered weekly classes covering cognitive, developmental, social, personality, and neuro psychology (35 students).

GUEST SPEAKER

Ghent University, Belgium

Topics: 'How can we best test theory? The rise of the within-person paradigm' and 'Multiverse Analyses: Getting the most out of data'.

Mar 2025

RESEARCH FUNDING

Co-PI, Scientific Research Fund Flanders (FWO)

Dec 2023

Project: "Does Being 'Always-On' Burn Us Out? The Cognitive and Affective Costs of the 24/7 Lifestyle"

Amount: 580,000 Euro

CONFERENCE PRESENTATIONS

Talks

1. **Murphy, S. L.**, Vicente, D.D., Van Gaeveren, K., Vanden Abeele, M. (May, 2025). Analyzing the Affective Consequences of Normal Sleep Fluctuations: A Multiverse Investigation using Experience Sampling Data. Paper presented at the Society for Ambulatory Assessment Conference, Leuven, Belgium.
2. **Murphy, S. L.**, Merz, R., Reimann, L. E & Zapico, A. F. (June, 2024). The Prevalence of Nonsignificance Misinterpretation in Psychology. Paper presented at the Society for the Improvement of Psychological Science Conference, Online.
3. **Murphy, S. L.**, van Dillen, L., van Meer, F. & Hofmann, W. (April, 2021). The Implications of Distraction During Hedonic Consumption: An Experience Sampling Investigation. Paper presented at the Society for Affective Science Conference, Online.
4. **Murphy, S. L.** & Taylor, I. M. (August, 2018). Self-determination in exercise and emotional and behavioral responses to lapse. Paper presented at the European Health Psychology Society Conference, Galway, Ireland
5. **Murphy, S. L.** & Taylor, I. M. (June, 2018). Self-determination in exercise and emotional and behavioral responses to lapse. Paper presented at the School of Sport, Exercise, and Health Sciences Conference, Loughborough University, UK

6. **Murphy, S. L.** & Taylor, I. M. (July, 2017). Priming autonomous and controlling motivation and effects on persistence. Paper presented at the International Society of Sport Psychology Conference, Seville, Spain
7. **Murphy, S. L.** & Taylor, I. M. (December, 2016). Priming autonomous and controlling motivation and effects on persistence. Paper presented at the British Psychological Society (Division of Sport and Exercise Psychology) Conference, Cardiff, UK

Posters

1. **Murphy, S. L.**, Merz, R., Reimann, L. E & Zapico, A. F. (February 2024). The Prevalence of Nonsignificance Misinterpretation in Psychology. Poster presented at the Perspectives on Scientific Error Conference, Eindhoven University, Eindhoven, The Netherlands
2. **Murphy, S. L.** & Taylor, I. M. (June, 2017). Priming autonomous and controlling motivation and effects on persistence. Poster presented at the School of Sport, Exercise, and Health Sciences Conference, Loughborough University, Loughborough, UK

AWARDS AND DISTINCTIONS

Seal of Excellence, <i>European Commission</i>	2025
Awarded for proposal: "AI-Powered Automated Indexing for Academic Publications", submitted under the Proof of Concept call. This seal certifies the proposed project was recognized as high-quality in a highly competitive evaluation process but could not receive funding due to budgetary constraints and is therefore recommended by the European Commission for funding by other sources.	
Seal of Excellence, <i>European Commission</i>	2024
Awarded for proposal: "AI-Powered Automated Indexing for Academic Publications", submitted under the Proof of Concept call. This seal certifies the proposed project was recognized as high-quality in a highly competitive evaluation process but could not receive funding due to budgetary constraints and is therefore recommended by the European Commission for funding by other sources.	
Mobility Award to attend ISSP Conference 2017, <i>Santander</i>	2017
Grant for Academic Excellence, <i>Sir Richard Stapley Educational Trust</i>	2017
Grant for Academic Excellence, <i>Sir Richard Stapley Educational Trust</i>	2016

COURSES/TRAINING

Machine Learning, Stanford University (Online)	2021
Improving Your Statistical Inferences, Eindhoven University of Technology (Online)	2020
Experience Sampling Course Using Multilevel Modelling, Leuven University	2019

PROFESSIONAL SERVICE

Ad-Hoc Reviewer

British Journal of Psychology, Journal of Sports Sciences, Social Psychological and Personality Sciences, Frontiers in Psychology, Collabra, BMC Psychology.

PhD Jury Member

Chair and jury member for Aurelio Fernández Zapico (School of Communication, University of Navarra) internal PhD defense.

2025

NOTABLE EMPLOYMENT/EXPERIENCE

Loughborough University, Research Assistant	Aug 2018–Jan 2019
Loughborough University, Subwarden	Sep 2015–Jan 2019
International Futsal Academy, Sport Psychologist	Aug 2016–Mar 2018
Teesside University, Sport & Exercise Technician	Sep 2014–Aug 2015

STUDENT SUPERVISION

Kyle van Gaeveren , PhD, imec-mict, Ghent University	2022-2026
David de Segovia , PhD, imec-mict, Ghent University	2022-2025
Lara Wilkop , Bachelors Dissertation, Ruhr University Bochum	2022
Anita Kandzia , Bachelors Dissertation, Ruhr University Bochum	2021
San Seo , Bachelors Dissertation, Ruhr University Bochum	2021
Narmin Shahwan , Bachelors Dissertation, Ruhr University Bochum	2021
Anna Knorr , Bachelors Dissertation, Ruhr University Bochum	2020
Manuel Rein , Bachelors Dissertation, Ruhr University Bochum	2020
Amelie Schmidt , Bachelors Dissertation, Ruhr University Bochum	2020
Lea Wojtisiak , Bachelors Dissertation, Ruhr University Bochum	2020
Yngve Kelch , Bachelors Dissertation, Ruhr University Bochum	2020

LANGUAGES

English - Native

Dutch - Basic

French - Conversationally Proficient

REFERENCES

AVAILABLE UPON REQUEST