Stanford



Gabriella M. Harari

Assistant Professor of Communication

Bio

BIO

Gabriella Harari is an Assistant Professor in the Department of Communication at Stanford University, where she directs the Media and Personality Lab.

She studies how personality is expressed in the physical and digital contexts of everyday life. Much of her research is focused on understanding what digital technologies reveal about who we are, and how use of digital technologies shapes who we are. Her current projects analyze people's everyday behavioral patterns (e.g., social interactions, mobility) and environmental contexts (e.g., places visited, social media platforms) to show how they are associated with individual differences in personality and well-being.

Harari takes an ecological approach to conducting her research, emphasizing the importance of studying people and their behavior in natural contexts. To that end, she conducts intensive longitudinal field studies and is interested in mobile sensing methods and analytic techniques that combine approaches from the social and computer sciences. For example, methodologies she uses in her work in include surveys, experience sampling, longitudinal modeling, mobile sensing, data mining, and machine learning.

Harari completed a Postdoctoral Fellowship and earned her PhD at the Department of Psychology at The University of Texas at Austin. She completed her BA in Psychology & Humanities from Florida International University, where she was also a Ronald E. McNair Scholar. Her work has been published in academic outlets such as Perspectives in Psychological Science, Journal of Personality and Social Psychology, and the Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT). Her work has also been supported by the National Science Foundation and Stanford HAI Seed Grant Awards.

ACADEMIC APPOINTMENTS

- Assistant Professor, Communication
- Member, Bio-X
- Faculty Affiliate, Institute for Human-Centered Artificial Intelligence (HAI)

PROFESSIONAL EDUCATION

- BA, Florida International University , Psychology & Humanities (2011)
- PhD, The University of Texas at Austin , Psychology (2016)

LINKS

- Department Site: https://comm.stanford.edu/faculty-harari/

- Lab Site: https://maplab.stanford.edu
- Life Sensing Consortium: https://lifesensingconsortium.org

Teaching

COURSES

2026-27

- Advanced Topics on Individual Differences in Media Psychology: COMM 346 (Win)
- Media Processes and Effects: COMM 108, COMM 208 (Win)
- Personality Expression in Digitally Mediated Contexts: COMM 345 (Spr)
- Personality and Digital Media: COMM 145, COMM 245 (Spr)

2025-26

- Advanced Topics on Individual Differences in Media Psychology: COMM 346 (Win)
- Media Processes and Effects: COMM 108, COMM 208 (Win)
- Personality Expression in Digitally Mediated Contexts: COMM 345 (Spr)
- Personality and Digital Media: COMM 145, COMM 245 (Spr)

2024-25

- Advanced Topics on Individual Differences in Media Psychology: COMM 346 (Win)
- Personality Expression in Digitally Mediated Contexts: COMM 345 (Spr)
- Personality and Digital Media: COMM 145, COMM 245 (Spr)

2023-24

- Advanced Topics on Individual Differences in Media Psychology: COMM 346 (Win)
- Personality Expression in Digitally Mediated Contexts: COMM 345 (Win)

STANFORD ADVISEES

Doctoral Dissertation Reader (AC)

Yikun Chi, Cyan DeVeaux

Master's Program Advisor

Sophia Mijat

Doctoral (Program)

Noah Vinoya, Sarah Wu, Frankie Yaying Zhong

Publications

PUBLICATIONS

- **The impact of stress on personality state expressions.** *Communications psychology*
  Grayson, S. J., Harari, G. M., Matz, S. C.
  2026
- **The Right Fit: When Socially Anxious Individuals Gain the Most From Social Interactions** *SOCIAL PSYCHOLOGICAL AND PERSONALITY SCIENCE*
  Fernandez, A., Lu, Y., Chopik, W. J., Harari, G. M., Rhee, L., Bayer, J. B.
  2026

- **Bridging the empathy perception gap fosters social connection.** *Nature human behaviour*
  Pei, R., Grayson, S. J., Appel, R. E., Soh, S., Garcia, S. B., Bouwer, A., Huang, E., Jackson, M. O., Harari, G. M., Zaki, J.
  2025
- **Physical nature associated with affective well-being, but technological nature falls short: Insights from an intensive longitudinal field study in the United States** *JOURNAL OF ENVIRONMENTAL PSYCHOLOGY*
  Ng, M., Chi, Y., Ram, N., Harari, G.
  2025; 104
- **Lifestyle polarization on a college campus: Do liberals and conservatives behave differently in everyday life?** *Journal of personality and social psychology*
  Talaifar, S., Jordan, D., Gosling, S. D., Harari, G. M.
  2025
- **The situation in media and communication research** *COMMUNICATION THEORY*
  Schnauber-Stockmann, A., Bayer, J. B., Harari, G. M., Karnowski, V.
  2024
- **A Digital Identity Intervention Incorporating Social Media Activities Promotes Identity Exploration and Commitment Among Emerging Adults** *IDENTITY-AN INTERNATIONAL JOURNAL OF THEORY AND RESEARCH*
  Soh, S., Cruz, B., Meca, A., M. Harari, G.
  2024
- **Meaningful Peer Social Interactions and Momentary Well-Being in Context** *SOCIAL PSYCHOLOGICAL AND PERSONALITY SCIENCE*
  Roshanaei, M., Vaid, S. S., Courtney, A. L., Soh, S. J., Zaki, J., Harari, G. M.
  2024
- **Variation in social media sensitivity across people and contexts.** *Scientific reports*
  Vaid, S. S., Kroencke, L., Roshanaei, M., Talaifar, S., Hancock, J. T., Back, M. D., Gosling, S. D., Ram, N., Harari, G. M.
  2024; 14 (1): 6571
- **Identity development in the digital context** *SOCIAL AND PERSONALITY PSYCHOLOGY COMPASS*
  Soh, S., Talaifar, S., Harari, G. M.
  2024; 18 (2)
- **Understanding behaviours in context using mobile sensing** *NATURE REVIEWS PSYCHOLOGY*
  Harari, G. M., Gosling, S. D.
  2023; 2 (12): 767-779
- **Situating smartphones in daily life: Big Five traits and contexts associated with young adults' smartphone use.** *Journal of personality and social psychology*
  Roehrick, K. C., Vaid, S. S., Harari, G. M.
  2023; 125 (5): 1096-1118
- **Well-Being in Social Interactions: Examining Personality-Situation Dynamics in Face-to-Face and Computer-Mediated Communication** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
  Kroencke, L., Harari, G. M. M., Back, M. D. D., Wagner, J.
  2023; 124 (2): 437-460
- **Investigating the Within-Person Structure and Correlates of Emotional Experiences in Everyday Life Using an Emotion Family Approach** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
  Chung, J. M., Harari, G. M., Denissen, J. J. A.
  2022; 122 (6): 1146-1189
- **Personality-Place Transactions: Mapping the Relationships Between Big Five Personality Traits, States, and Daily Places** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
  Matz, S. C., Harari, G. M.
  2021; 120 (5): 1367-1385
- **Who uses what and how often?: Personality predictors of multiplatform social media use among young adults** *JOURNAL OF RESEARCH IN PERSONALITY*

Vaid, S. S., Harari, G. M.
2021; 91

- **Personality Sensing for Theory Development and Assessment in the Digital Age** *EUROPEAN JOURNAL OF PERSONALITY*
  Harari, G. M., Vaid, S. S., Mueller, S. R., Stachl, C., Marrero, Z., Schoedel, R., Buehner, M., Gosling, S. D.
  2020
- **Investigating the Relationships Between Mobility Behaviours and Indicators of Subjective Well-Being Using Smartphone-Based Experience Sampling and GPS Tracking** *EUROPEAN JOURNAL OF PERSONALITY*
  Mueller, S. R., Peters, H., Matz, S. C., Wang, W., Harari, G. M.
  2020; 34 (5): 714–32
- **Predicting personality from patterns of behavior collected with smartphones.** *Proceedings of the National Academy of Sciences of the United States of America*
  Stachl, C., Au, Q., Schoedel, R., Gosling, S. D., Harari, G. M., Buschek, D., Volkel, S. T., Schuwerk, T., Oldemeier, M., Ullmann, T., Hussmann, H., Bischl, B., Buhner, et al
  2020
- **Sensing Sociability: Individual Differences in Young Adults' Conversation, Calling, Texting, and App Use Behaviors in Daily Life** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
  Harari, G. M., Mueller, S. R., Stachl, C., Wang, R., Wang, W., Buehner, M., Rentfrow, P. J., Campbell, A. T., Gosling, S. D.
  2020; 119 (1): 204–28
- **Smartphone sensing methods for studying behavior in everyday life** *CURRENT OPINION IN BEHAVIORAL SCIENCES*
  Harari, G. M., Mueller, S. R., Aung, M. S. H., Rentfrow, P. J.
  2017; 18: 83–90
- **Towards natural behaviour processing for the representation and prediction of digital behaviour.** *Current opinion in psychology*
  Stachl, C., Davidson, B. I., Harari, G. M.
  2026; 74: 102496
- **Brief speech samples reveal emotional states in daily life.** *PNAS nexus*
  Koch, T. K., Harari, G. M., Gosling, S. D., Marrero, Z., Schoedel, R., Bühner, M., Stachl, C.
  2026; 5 (8): pgag263
- **EmotionVibe: Human Emotion Recognition Through Footstep-Induced Floor Vibrations** *IEEE TRANSACTIONS ON AFFECTIVE COMPUTING*
  Wu, Y., Dong, Y., Vaid, S., Harari, G. M., Noh, H.
  2026; 17 (2): 1788-1805
- **Individual Differences and Contextual Influences on Group Behavior in Virtual Reality: An Exploratory Person-Environment Interactionist Perspective** *PRESENCE-VIRTUAL AND AUGMENTED REALITY*
  Markowitz, D. M., Harari, G. M., Han, E., DeVeaux, C., Bailenson, J. N., Miller, M. R.
  2025; 34: 395-414
- **Understanding the role of virtual mobility on how and what people create in virtual reality** *THINKING SKILLS AND CREATIVITY*
  Han, E., Wang, P., Deveaux, C., Harari, G. M., Bailenson, J. N.
  2025; 56
- **Social media use is predictable from app sequences: Using LSTM and transformer neural networks to model habitual behavior** *COMPUTERS IN HUMAN BEHAVIOR*
  Peters, H., Bayer, J. B., Matz, S. C., Chi, Y., Vaid, S. S., Harari, G. M.
  2024; 161
- **Alone Together, Together Alone: The Effects of Social Context on Nonverbal Behavior in Virtual Reality** *PRESENCE-VIRTUAL AND AUGMENTED REALITY*
  Han, E., Deveaux, C., Miller, M., Harari, G. M., Hancock, J. T., Ram, N., Bailenson, J. N.
  2024; 33: 425-451
- **The influence of spatial dimensions of virtual environments on attitudes and nonverbal behaviors during social interactions** *JOURNAL OF ENVIRONMENTAL PSYCHOLOGY*

Han, E., DeVeaux, C., Hancock, J. T., Ram, N., Harari, G. M., Bailenson, J. N.
2024; 95

- **Psychological well-being in Europe after the outbreak of war in Ukraine.** *Nature communications*
  Scharbert, J., Humberg, S., Kroencke, L., Reiter, T., Sakel, S., Ter Horst, J., Utesch, K., Gosling, S. D., Harari, G., Matz, S. C., Schoedel, R., Stachl, C., Aguilar, et al
  2024; 15 (1): 1202
- **A global experience-sampling method study of well-being during times of crisis: The CoCo project** *SOCIAL AND PERSONALITY PSYCHOLOGY COMPASS*
  Scharbert, J., Reiter, T., Sakel, S., Horst, J., Geukes, K., Gosling, S. D., Harari, G., Kroencke, L., Matz, S., Schoedel, R., Shani, M., Stachl, C., Talaifar, et al
  2023
- **Who Benefits From Which Activity? On the Relations Between Personality Traits, Leisure Activities, and Well-Being** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
  Kuper, N., Kroencke, L., Harari, G. M., Denissen, J. J. A.
  2022
- **Evaluating voice samples as a potential source of information about personality.** *Acta psychologica*
  Marrero, Z. N., Gosling, S. D., Pennebaker, J. W., Harari, G. M.
  2022; 230: 103740
- **Analyzing GPS Data for Psychological Research: A Tutorial** *ADVANCES IN METHODS AND PRACTICES IN PSYCHOLOGICAL SCIENCE*
  Muller, S. R., Bayer, J. B., Ross, M., Mount, J., Stachl, C., Harari, G. M., Chang, Y., Le, H. T. K.
  2022; 5 (2)
- **Multi-modal data collection for measuring health, behavior, and living environment of large-scale participant cohorts.** *GigaScience*
  Wu, C., Fritz, H., Bastami, S., Maestre, J. P., Thomaz, E., Julien, C., Castelli, D. M., de Barbaro, K., Bearman, S. K., Harari, G. M., Cameron Craddock, R., Kinney, K. A., Gosling, et al
  2021; 10 (6)
- **Personality Research and Assessment in the Era of Machine Learning** *EUROPEAN JOURNAL OF PERSONALITY*
  Stachl, C., Pargent, F., Hilbert, S., Harari, G. M., Schoedel, R., Vaid, S., Gosling, S. D., Buehner, M.
  2020
- **Social Sensing: Assessing Social Functioning of Patients Living with Schizophrenia using Mobile Phone Sensing**
  Wang, W., Mirjafari, S., Harari, G., Ben-Zeev, D., Brian, R., Choudhury, T., Hauser, M., Kane, J., Masaba, K., Nepal, S., Sano, A., Scherer, E., Tseng, et al
  ASSOC COMPUTING MACHINERY.2020
- **A process-oriented approach to respecting privacy in the context of mobile phone tracking.** *Current opinion in psychology*
  Harari, G. M.
  2019; 31: 141–47
- **Personality trait predictors and mental well-being correlates of exercise frequency across the academic semester.** *Social science & medicine (1982)*
  Kroencke, L. n., Harari, G. M., Katana, M. n., Gosling, S. D.
  2019; 236: 112400
- **Smartphones in Personal Informatics: A Framework for Self-Tracking Research with Mobile Sensing** *DIGITAL PHENOTYPING AND MOBILE SENSING: NEW DEVELOPMENTS IN PSYCHOINFORMATICS*
  Vaid, S. S., Harari, G. M.
  edited by Baumeister, H., Montag, C.
  2019: 65–92
- **Inference of Big-Five Personality Using Large-scale Networked Mobile and Appliance Data**
  Tong, C., Harari, G. M., Chieh, A., Bellahsen, O., Vegreville, M., Roitmann, E., Lane, N. D., Assoc Comp Machinery
  ASSOC COMPUTING MACHINERY.2018: 530

- **An Evaluation of Students' Interest in and Compliance With Self-Tracking Methods: Recommendations for Incentives Based on Three Smartphone Sensing Studies** *SOCIAL PSYCHOLOGICAL AND PERSONALITY SCIENCE*
  Harari, G. M., Mueller, S. R., Mishra, V., Wang, R., Campbell, A. T., Rentfrow, P. J., Gosling, S. D.
  2017; 8 (5): 479–92
- **Using Human Raters to Characterize the Psychological Characteristics of GPS-based Places**
  Muller, S. R., Matz, S., Mascolo, C., Harari, G. M., Khambatta, P., Gosling, S. D., Mehrotra, A., Musolesi, M., Rentfrow, P. J., ACM
  ASSOC COMPUTING MACHINERY.2017: 157–60
- **Participants' Compliance and Experiences with Self-Tracking Using a Smartphone Sensing App**
  Harari, G. M., Wang, R., Wang, W., Campbell, A. T., Mueller, S. R., ACM
  ASSOC COMPUTING MACHINERY.2017: 57–60