

Stanford



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Bio

BIO

I'm a researcher at Stanford's Digital Health Team within the Center for Biodesign and at the Max-Planck Institute at the Center for Adaptive Rationality. In my research I focus on digital interventions for well-being and user autonomy through app-based tools and on-platform interventions.

Besides my academic affiliations, I'm the Scientific Director of the one sec app (<https://one-sec.app>) and Structured app (<https://structured.app>), and the Science Board Director at the Prosocial Design Network (<https://www.prosocialdesign.org>), leading their research on digital interventions and creating frameworks and guidelines for use by researchers and practitioners in the field.