

Kyle Van Gaeveren

Postdoctoral Researcher, Department of Communication Sciences ·
Ghent University

kyle.vangaeveren@ugent.be · Ghent, Belgium · orcid.org/0000-0003-1002-8341 · github.com/kvgaever

Education

PhD in Communication Sciences — Ghent University (2026)

Dissertation: *Lost in Trace-lation: An Empirical Inquiry into the Role of Theoretical Interpretation, Granularity, and Scope of Digital Trace Data*

MSc in Social Work and Social Welfare Studies — Ghent University (2014)

MSc in Sociology — Ghent University (2011)

Research Interests

Digital trace data, experience sampling methods, multilevel modeling, reproducible research workflows.

Publications

2026

Making the Impossible Possible: Leveraging Built-in Features for Non-Intrusive and Accurate Apple Screen Time Tracking through ASTER

Martens, Marijn, **Van Gaeveren, Kyle**. *Behavior Research Methods*, 58(7), Article 179, 2026. doi.org/10.3758/s13428-026-03065-2

JOURNAL ARTICLE

Connected Yet Cognitively Drained? A Mixed-Methods Study Examining Whether Online Vigilance and Availability Pressure Promote Mental Fatigue

Van Gaeveren, Kyle, Murphy, Stephen L., De Segovia Vicente, David, Vanden Abeele, Mariek M. P. *Communication Research*, 53(5), 603–631, 2026. doi.org/10.1177/00936502241248494

JOURNAL ARTICLE

Desperate for Disconnection? A Two-Study Investigation of the Simpson's Paradox in the Association between Digital Disconnection and Digital Ill-Being

Vanden Abeele, Mariek M P, Šaradín Lebedíková, Michaela, Martens, Marijn, Murphy, Stephen, de Segovia Vicente, David, **Van Gaeveren, Kyle**, Šmahel, David. *Journal of Computer-Mediated Communication*, 31(4), Article zmag017, 2026. doi.org/10.1093/jcmc/zmag017

JOURNAL ARTICLE

Benefits and Drawbacks: The Digital Well-Being Scale

Vanden Abeele, Mariek M. P., Šaradín Lebedíková, Michaela, **Van Gaeveren, Kyle**, de Segovia Vicente, David, Murphy, Stephen. *The Future of Digital Well-Being*, 2026.

BOOK CHAPTER

2025

Tapping into Feelings: An Experience Sampling Study Examining the Dynamics of Smartphone-Based Emotion Regulation and Negative Affect.

De Segovia Vicente, David, **Van Gaeveren, Kyle**, Murphy, Stephen, Vanden Abeele, Mariek M. P. *Emotion*, 2025.

doi.org/10.1037/emo0001584

JOURNAL ARTICLE

Analyzing the Affective Consequences of Normal Sleep Fluctuations: A Multiverse Investigation Using Experience Sampling Data

Murphy, Stephen L., **Van Gaeveren, Kyle**, De Segovia Vicente, David, Vanden Abeele, Mariek. *Collabra: Psychology*, 11(1), Article 138643, 2025. doi.org/10.1525/collabra.138643

JOURNAL ARTICLE

Always On, Always Rushed For Time? Exploring Momentary Associations Between Passively Sensed Smartphone Use, Feeling Rushed, and Perceived Task Juggling

Van Gaeveren, Kyle, Murphy, Stephen, de Segovia Vicente, David, Vanden Abeele, Mariek. *Mobile Media & Communication*, 2025. doi.org/10.1177/20501579251377010

JOURNAL ARTICLE

2024

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

de Segovia Vicente, David, **Van Gaeveren, Kyle**, Murphy, Stephen L, Vanden Abeele, Mariek M P. *Journal of Computer-Mediated Communication*, 29(1), Article zmad056, 2024. doi.org/10.1093/jcmc/zmad056

JOURNAL ARTICLE

Why, How, When, and for Whom Does Digital Disconnection Work? A Process-Based Framework of Digital Disconnection

Vanden Abeele, Mariek M. P., Vandebosch, Heidi, Koster, Ernst H W, De Leyn, Tom, **Van Gaeveren, Kyle**, de Segovia Vicente, David, Van Bruyssel, Sara, van Timmeren, Tim, De Marez, Lieven, Poels, Karolien, DeSmet, Ann, De Wever, Bram, Verbruggen, Marijke, Baillien, Elfi. *Communication Theory*, 34(1), 3–17, 2024. doi.org/10.1093/ct/qtad016

JOURNAL ARTICLE

2021

Social Media Use and Well-Being: A Prospective Experience-Sampling Study

Faelens, Lien, Hoorelbeke, Kristof, Soenens, Bart, **Van Gaeveren, Kyle**, De Marez, Lieven, De Raedt, Rudi, Koster, Ernst H. W. *Computers in Human Behavior*, 114, Article 106510, 2021. doi.org/10.1016/j.chb.2020.106510

JOURNAL ARTICLE

2020

Exploring the Effect of In-Game Purchases on Mobile Game Use with Smartphone Trace Data

Boghe, Kristof, Herrewijn, Laura, De Grove, Frederik, **Van Gaeveren, Kyle**, De Marez, Lieven. *Media and Communication*, 8(3), 219–230, 2020. doi.org/10.17645/mac.v8i3.3007

JOURNAL ARTICLE

Staying Informed and Bridging “Social Distance”: Smartphone News Use and Mobile Messaging Behaviors of Flemish Adults during the First Weeks of the COVID-19 Pandemic:

Ohme, Jakob, Vanden Abeele, Mariek M. P., **Van Gaeveren, Kyle**, Durnez, Wouter, De Marez, Lieven. *Socius*, 2020. doi.org/10.1177/2378023120950190

JOURNAL ARTICLE

2017

Data Quality Assessment and Improvement: A Vrije Universiteit Brussel Case Study

Van Den Bergh, Steven, **Van Gaeveren, Kyle**. *Procedia Computer Science*, 106, 32–38, 2017. doi.org/10.1016/j.procs.2017.03.006

JOURNAL ARTICLE

Talks & Presentations

2026

Computers Matter: The Relevance of Computer Log-Data for Understanding Associations Between Digital Media Use and Well-Being

76th Annual Conference of the International Communication Association (ICA), Cape Town, South Africa.

2023

Does being ‘always on’ burn us out? Exploring associations between perceived availability pressure, online vigilance and subjective fatigue in a large-scale experience sampling study involving smartphone trace data

73rd Annual ICA Conference, Toronto, Canada.

Fifty shades of ‘screen time’: adding dimensions beyond ‘frequency’ and ‘duration’ to map the rhythms of everyday smartphone use

73rd Annual ICA Conference, Toronto, Canada.

Skills

Methods

Experience sampling, smartphone & computer log data, multilevel modelling

R

lme4, tidyverse

Python

pandas, Polars · Altair, plotnine, Plotly

Workflow

Quarto, Git, uv, Docker