

## PABLO GRACIA

### Distinguished Research Professor of Sociology

Autonomous University of Barcelona  
Centre for Demographic Studies

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### RESEARCH FIELDS

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- Families; Social Inequalities; Child and Adolescent Well-Being; Mental Health; Gender
- Digitalisation; Life Course; Time Use; Quantitative Sociology; Computational Social Sciences

### CURRENT POSITIONS

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- 2026 – [Fellow](#). Einstein Centre Population Diversity (ECPD), Berlin.
- 2024 – [Distinguished Research Professor of Sociology](#). Department of Sociology, Autonomous University of Barcelona.
- 2024 – [Senior PI and Affiliated Researcher](#). Centre for Demographic Studies (CED).
- 2024 – [PI, Team Leader](#). [Families, Well-Being & Inequalities Lab](#) and [DIGINEQ](#)

### PAST POSITIONS

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- 2023 – 2024 [Full Professor in Sociology](#). Department of Sociology, School of Social Sciences and Philosophy. Trinity College Dublin.
- 2021 – 2023 [Associate Professor in Sociology](#). Department of Sociology, School of Social Sciences and Philosophy. Trinity College Dublin.
- 2017 – 2021 [Assistant Professor in Sociology](#). Department of Sociology, School of Social Sciences and Philosophy. Trinity College Dublin.
- 2015 – 2017 [Max Weber Postdoctoral Fellow](#). Department of Political and Social Sciences European University Institute.
- 2012 – 2015 [AMCIS Postdoctoral Researcher](#). Department of Sociology, Amsterdam Centre for Inequality Studies, AISSR. University of Amsterdam.

### EDUCATION

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- 2008 – 2012 [PhD in Sociology](#). Department of Political and Social Sciences, Pompeu Fabra University (Supervisors: Gøsta Esping-Andersen and Jonathan I. Gershuny).
- 2010 – 2012 [Visiting Doctoral Researcher](#). Department of Sociology, University of Oxford.
- 2006 – 2007 [MA in Social Demography](#). Department of Political and Social Sciences, Pompeu Fabra University.
- 2001 – 2006 [BA in Sociology](#). Department of Sociology, Autonomous University of Barcelona.

### VISITING POSITIONS

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- 2023 [Sciences Po, Centre for Research on Social Inequalities](#). Visiting Professor.
- 2022 [University of Mannheim, MZES](#). Visiting Professor.

2021	<u>Berlin Social Science Centre, WZB. President Group. Visiting Professor.</u>
2019	<u>Pompeu Fabra University, DemoSoc Group. Visiting Professor.</u>
2018	<u>New York University, Silver School of Social Work. Visiting Professor.</u>
2017	<u>University College London. IOE, Institute of Social Research. Visiting Researcher.</u>
2017	<u>Institut National d'Études Démographiques, INED. Visiting Researcher.</u>
2015	<u>Centre for Demographic Studies, CED. Visiting Researcher.</u>
2014	<u>University of Antwerp. Herman Deleeck Centre for Social Policy. Visiting Researcher</u>
2010–12	<u>University of Oxford, Centre for Time Use Research. Visiting PhD Researcher.</u>

## SELECTED DISTINCTIONS & AWARDS

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- 2026 **Invited Lead Author.** World Happiness Report 2026. Invited lead author of flagship chapter of United Nation's endorsed report on Social Media, Inequalities, and Adolescent Well-Being.
- 2026 **Fellow.** Einstein Centre Population Diversity (ECPD). International position for excellence in population diversity, social inequalities, and mental health.
- 2026 **Full Professor Accreditation – ANECA.** Awarded to qualify as Full Professor in Spain by the National Agency for Quality Assessment and Accreditation.
- 2025 **Best Research Paper Award.** IPUMS, Minnesota Population Centre. International paper award recognising outstanding harmonised comparative population research.
- 2025 **Selected Expert Evaluator.** ERC Starting Grant Call (SH3 Panel). Selected as recognised expert on families and inequalities.
- 2025 **Full Professor Accreditation – AQU.** Awarded to qualify as Full Professor in Catalonia by the Quality Agency of the University System of Catalonia (AQU).
- 2023 **ERC Consolidator Grant Awardee (PI).** European Research Council. Awarded for the DIGINEQ project (Success rate: ~14%).
- 2023 **ERC Consolidator Grant Finalist (Step 2 Interview).** European Research Council. Shortlisted to panel interview stage (declined following award in previous call).
- 2023 **Scientific Advisory Board Member.** International Labour Organization (ILO). Appointed international expert to conceptualise and advance the global measurement of unpaid care work
- 2023 **Associate Editor.** European Societies. Appointed Associate Editor of leading flagship journal of the European Sociological Association.
- 2021 **Poster Paper Award Finalist.** RC28-Social Stratification & Mobility, International Sociological Association (LSE, London). Distinction awarded to top assessed poster papers.
- 2020 **Trinity Excellence in Teaching Award Nominee.** Trinity College Dublin. Institutional nomination recognising sustained innovation in science communication and teaching.
- 2018 **Provost Research Excellence Award.** Trinity College Dublin. Competitive institutional award to support high-impact research and research team development with PhD trainees.
- 2017 **Selected Expert Evaluator.** ERC Starting Grant Call (SH3 Panel). Selected as recognised expert on parenting, inequalities and child development.
- 2016 **Scientific Advisory Panel Member.** Catalan Institute for Public Policy Evaluation (IVALUA), Catalan Government. Invited as leading expert on family policy and inequality.
- 2015 **Max Weber Fellowship Award.** European University Institute. Competitive international Prize awarded to conduct cutting-edge research in the social sciences (Success Rate: 3%).
- 2011 **Aage Sørensen Paper Award.** RC28-Social Stratification & Mobility, International Sociological Association. Award for outstanding graduate research for conference attendance.
- 2009 **Young Researcher Award.** Fundación Alternativas. National research prize to study gender inequalities in paid and unpaid labour.
- 2008 **FPU Doctoral Fellowship Award.** Spanish Ministry of Science. Competitive national doctoral fellowship awarded for academic excellence.

## LEADERSHIP & INSTITUTIONAL ROLES

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- **International Governance:**

- 2026 *Scientific Committee Member*, European Consortium for Sociological Research (ECSR) Annual Conference, Dublin, Ireland.
- 2026 – *Age and Phone Bans Working Committee Member*. EU Kids Online.
- 2025 *Annual Dissertation Prize, Jury Member*. European Consortium for Sociological Research (ECSR).
- 2025 *Professorship Recruitment Panel Member*. Sciences Po, Centre for Research on Social Inequalities.
- 2024 – *Steering Committee, Lead Coordinator*. Child and Adolescent Development Group, European Association of Population Studies (EAPS).
- 2023/24 *External Academic Advisor*. International Academic Mentoring Programme, University of Warsaw.
- 2023 – *Scientific Board Member*. EU Kids Online, Irish Coordinator Team.
- 2010 – *Panel Chair & Discussant*. Regular annual contributor at leading Sociology and Demography conferences (e.g., ECSR, RC28, EPC, PAA, IATUR).

- **Editorial roles:**

- 2023 – *Associate Editor*, European Societies
- 2019 – *Editorial Board*, Social Inclusion
- 2019 – *Editorial Board*, Journal of Time Use Research
- 2013/15 *Editor*. AMCIS Working Paper Series

- **University Roles:**

- 2022/23 *Deputy Director of Research*. School of Social Sciences and Philosophy, Trinity College Dublin.
- 2021/22 *Director of Undergraduate Studies*. Department of Sociology, Trinity College Dublin.
- 2021 – *Executive Board Member*. Trinity Research in Social Sciences Institute (TRiSS). Trinity College Dublin.
- 2021 – *Director of Research*. Department of Sociology, Trinity College Dublin.
- 2021/23 *Executive Board Committee Member*. Erasmus For All Programme. Trinity Global Relations, Trinity College Dublin.
- 2018/24 *College Tutor*. Annual Tutor of > 50 Students. Trinity College Dublin.
- 2017/21 *Director of Study Abroad*. Department of Sociology, Trinity College Dublin.

- **Organisation of conferences and workshops**

- 2024 *Families, Child Development and Well-Being* (Edinburgh, Scotland). European Association for Population Studies (EAPS), Child and Adolescent Development Group [Workshop Organising Team].
- 2023 *Families' Resilience and Well-Being of Children and Youth* (Paris, France). European Association for Population Studies (EAPS), Child and Adolescent Development Group [Workshop Co-Organiser].
- 2017 *Gender Inequalities in the 21st Century* (Florence, Italy). Organisations: Max Weber Programme, European University Institute [Conference Organising Team].
- 2014 *Family Conditions and Child Outcomes* (Amsterdam, Netherlands). European Consortium for Sociological Research (ECSR) [Conference Organiser].

## GRANTS

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\* 20 funded competitive projects to date; > €3 Million as PI; > €10 Million total funding involvement.

- **Under review**

- 2027 – 2031 **Country Leader.** DREAM. PI: Marco Hubert: Funder: European Commission, Horizon Europe, HORIZON-HLTH-2026-01-DISEASE-02 - Innovative interventions to prevent the harmful effects of using digital technologies on the mental health of children and young adults [~ €8 million; Share from total = ~5%].
- 2026 – 2031 **Scientific Guarantor.** “María de Maeztu Unit of Excellence for the *Centre for Demographic Studies*”. Funder: María de Maeztu Programme, Ministry of Science, Innovation and Universities [~ €2.100,000] (Current Stage: 2<sup>nd</sup> Final Round).
- 2026 – 2028 **PI:** “Social Media Use and Inequalities in Adolescent Mental Health and Well-Being”. Leonardo Grants, BBVA Foundation [€50.000].

- **Ongoing**

- 2024 – 2029 **PI.** “DIGINEQ: Digital Time Use, Adolescent Well-Being and Social Inequalities”. Funder: European Research Council, ERC Consolidator Grant. [€2.000,000].
- 2025 – 2029 **PI Supervisor.** “The Role of Digital Use in Adolescent Well-Being: Examining Socio-Demographic Variations”. PhD Funded: Yanling Chen. China Scholarship Council Doctoral Grant [~ €65,000]

- **Completed:**

- 2023 – 2026 **Country Leader.** “NONWELL: Consequences of Nonstandard Work Schedules for Parent and Child Wellbeing: A Cross-Country Study”. Funder: DFG, German Research Foundation. PIs: Jianghong Li & Matthias Pollmann-Schult [~ €200,000].
- 2020 – 2025 **Country Leader.** “DIGYMATEX: Establishing A Comprehensive Understanding and Taxonomy of Children's Digital Maturity”. Funder: SC6- TRANSFORMATIONS-07-2019-RIA. Horizon 2020, Societal Challenges. PI: Marco Hubert [€3.45 million; Share from total = €226,000, 7%].
- 2022 – 2024 **PI Supervisor.** “Gender Inequalities in Mental Health across Parenthood Transitions: A Life-Course Approach”. Funder: GOI PG Award, Irish Research Council. PhD Funded: Sandrine Metzger [€55,000].
- 2022 – 2023 **PI.** “Examining Social Inequalities in Adolescents’ Digital Time Use and Well-Being Outcomes”. Funder: Enterprise Ireland [€15,000].
- 2020 – 2023 **PI Supervisor.** “Researching and Promoting Positive Adult and Child Mental Health and Wellbeing in Lone-Parent Families”. Funder: MSCA Programme H2020, European Commission and Irish Research Council; Marie Skłodowska-Curie Actions Caroline Cofund. Postdoc Funded: Cadhla McDonnell [€220,000].
- 2020 – 2023 **PI Supervisor.** “Social Inequalities in Child Time Use and Development in Ireland: A Mixed-Methods Longitudinal Approach”. Funder: GOIPG Award, Irish Research Council. PhD Funded: Melissa Bohnert [€82,000].
- 2019 – 2023 **PI.** “Socioeconomic Inequalities, Children’s Time Use and Child Well-Being in Ireland”. Provost Project Award Competition, Trinity College Dublin [€104,000].
- 2019 – 2021 **PI.** “Child Digital Use and Social Inequalities: The Role of Digital Socialisation in Intergenerational Inequalities in Ireland”. Funder: Arts and Social Sciences Benefaction Funds Competition, TCD [€3,000].

- 2018 – 2020 **PI.** “Social Inequalities in Girls’ and Boys’ Daily Activities and Skills Accumulation in Ireland and Australia”. Funder: Funder: Arts and Social Sciences Benefaction Funds Competition, TCD [€3,000].
- 2018 – 2019 **PI.** “Inequalities in Child Activities and Development: A Multi-Method, Longitudinal and Cross-Country Approach”. Funder: Enterprise Ireland. [€15,000].
- 2015 – 2017 **PI.** “Parental Conditions, Family Relations, and Work: Implications for Families and Children”. Funder: Max Weber Programme, European University Institute. [€51,000].
- 2013 – 2014 **PI.** “Family Conditions and Child Outcomes”. Funder: European Consortium for Sociological Research Network (7<sup>th</sup> European Commission Framework). Partners: University of Amsterdam (main partner), GESIS, Goethe Frankfurt, Oxford, MZES Mannheim, Trento, WZB Berlin [€3,500].
- 2011 – 2013 **Researcher.** “Stratified Family Dynamics: Polarizing Trends in Couple Behavior and Parenting”. PI: Gosta Esping-Andersen. EU Commission. ERC Advanced Grant [€2.100,000].
- 2008 – 2012 **PI.** “Diverging Parenting Behaviour: Socioeconomic Background, Gender and Institutions”. Funder: Spanish Ministry of Science. Supervisor PI: Gosta Esping-Andersen [€65,000].
- 2008 – 2012 **Researcher.** “Distributive Effects of Women’s New Roles”. PI: Gosta Esping-Andersen. Funder: Spanish Ministry of Science [€138,000].
- 2010 – 2013 **Researcher.** “Analysis of Multiple Equilibria in Families”. PI: Gosta Esping-Andersen. Funder: Spanish Ministry of Science [€ 166,000].
- 2009 – 2010 **PI.** “Work-Family Policy and Gender Inequalities in Paid and Unpaid Work in Spain”. Funder: Alternativas Foundation [€1,500].
- 2009 – 2010 **Researcher.** “Economic Change, Quality of Life and Social Cohesion Network of Excellence (EQUALSOC)”. Coordinator: Robert Erikson. Funder: EU Commission (FP7) [€ 8.429,000].

## **PUBLICATIONS**

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\* 45 scientific publications (28 peer-reviewed articles; 3 books). 93% of articles in Q1 journals; 50% of articles in Top 10% most cited worldwide; 25% in global Top 5% (3,225 citations; H-Index = 24).

\_\_ indicates current or former researcher under my supervision or mentorship

- **Articles under review and in progress:**

Celik, S., Gracia, P., González-Vila, P. & Tarantino, G. 'The Impact of School-Based Interventions on Adolescents’ Digital Use and Mental Well-Being: A Systematic Review and Arm-Based Random-Effects Meta-Analysis'. Revised and Resubmitted.

Rubio-Castaño, M. & Gracia, P. 'The Impact of School Phone Bans on Adolescent Well-Being Outcomes'.

Nocerino, G. & Gracia, P. 'Social Media and Transition into Adulthood: A Life-Course Approach'.

Garcia-Roman, J., González-Vila, P. Martínez-Mendiola, Lamote de Grignon, J., Zhou, M. & **Gracia, P.** 'Global Trends in Housework Time: Gender Inequalities Across 49 Countries, 1960-2024'.

Cineli, B. & Gracia, P. 'Early screen time and children’s physical and mental health: Intersectional inequalities across socioeconomic status, gender and ethnicity'.

Celik, S., Gracia, P. & Tarantino, G. 'Digital User Profiles, Digital Maturity and Adolescent Mental Well-Being'.

Garcia-Sierra, A., **Gracia, P.** Han, W-J. 'Maternal Nonstandard Work Schedules and Child Physical and Mental Health in the United States'.

Bohnert, M. & **Gracia, P.** 'Digital Parenting and Child Well-Being: A Latent-Class Analysis of Parental Mediation Strategies and Children's Behavioural and Socioemotional Outcomes'.

Nordrum, E., Lyngstad, TH & **Gracia, P.** 'Broadband Internet and Divorce Risks: Evidence from Norway'.

Metzger, S., Aassve, A., Gracia, P. & Mencarini, L. 'Mental Health Trajectories across Parenthood Transitions: A Longitudinal Cross-National Study'.

- **Articles published in peer-reviewed journals:**

45. Celik, S. & **Gracia, P.** (2026). 'Problematic Social Media Use and Adolescent Mental Well-Being: A Cross-National Study on Socioeconomic Inequalities'. *Information, Communication & Society*. <https://doi.org/10.1080/1369118X.2026.2639568>

44. Bohnert, M., **Gracia, P.** & Kelly, Y. (2026). 'Digital use, adolescent mental health, and gender: Associations and pathways between digital engagement and youth depressive symptoms'. *Youth and Society*. DOI: [10.1177/0044118X261429123](https://doi.org/10.1177/0044118X261429123).

43. Tarantino, G., **Gracia, P.** & Cosma, A. (2026). 'Adolescent Mental Health, Disability Conditions and Family Socioeconomic Status: A Cross-National Study of 16 Countries'. *European Societies*. <https://doi.org/10.1162/EUSO.a.99>

42. Heisig, J.P., **Gracia, P.**, Morton, T., Power, S.A., Schaeffer, M. & Overgaard-Udsen, R. (2026). 'Schools, childcare infrastructures, and mothers' time use and psychological well-being: Evidence from the COVID-19 pandemic in Denmark'. *Acta Sociologica*. <https://doi.org/10.1177/00016993251379178>

41. Baranowska-Rataj, A., **Gracia, P.** & Schulz, W. (2026). 'Introduction to Analytical Framework on Families' Resilience and Youth Well-Being in Contexts of Global Socioeconomic Crises'. Introduction to Guest Special Collection. *Demographic Research* (paper forthcoming).

40. Bobrowicz, K., **Gracia, P.**, Teuber, Z., & Greiff, S. (2025). 'The Meritocracy Trap: Early Childhood Policies Promote Individual Skills far More than Social Cohesion'. *PLOS One*. 20(7): e0326021 <https://doi.org/10.1371/journal.pone.0326021>

39. Metzger, S. & **Gracia, P.** (2025). 'Parenthood and Gendered Mental Health: The Role of Paid Work and Housework Time'. *Journal of Marriage and Family*. <https://doi.org/10.1111/jomf.13121>

38. Pietropoli, I. & **Gracia, P.** (2025). 'Social Inequalities in Children's Cognitive and Socioemotional Development: The Role of Home Learning Environments and Early Childhood Education'. *Research in Social Stratification and Mobility*. <https://doi.org/10.1016/j.rssm.2025.101034>

37. Nordrum, E. & **Gracia, P.** (2024). 'Impacts of Broadband Internet on Adolescents' Academic Outcomes: Heterogenous Effects among Lower Secondary School Students in Norway'. *Information, Communication and Society*. 27, 2776-2800 <https://doi.org/10.1080/1369118X.2023.2295360>

36. McDonnell, C. & **Gracia, P.** (2024). 'Family Structure and Women's Mental Well-Being: How Family Stressors Explain Mental Health Inequalities between Lone and Partnered Mothers'. *Frontiers in Sociology*. 24, <https://doi.org/10.3389/fsoc.2024.1498987>

35. García-Román, J., **Gracia, P.** & Zerbini, G. (2024) 'Cross-National Differences in Adolescents' Sleep Patterns: A Time-Use Approach'. *International Journal of Adolescence and Youth*. 29(1), 2335198.

<https://doi.org/10.1080/02673843.2024.2335198>

34. **Bohnert, M. & Gracia, P.** (2023). 'Digital Use and Socioeconomic Inequalities in Adolescent Well-Being: Longitudinal Evidence on Socioemotional and Educational Outcomes'. *Journal of Adolescence*. 95(6): 1179-1194. <https://doi.org/10.1002/jad.12193>
33. **Metzger, S. & Gracia, P.** (2023). 'Gender Differences in Mental Health following the Transition into Parenthood: Longitudinal Evidence from the UK'. *Advances in Life Course Research*. 56, 100550. <https://doi.org/10.1016/j.alcr.2023.100550>
32. **Cano, T. & Gracia, P.** (2022). 'The Gendered Effect of Divorce on Mothers' and Fathers' Time with Children and Children's Developmental Activities: A Longitudinal Study'. *European Journal of Population*. 38, 1277–1313. <https://doi.org/10.1007/s10680-022-09643-2>
31. **García-Román, J. & Gracia, P.** (2022). 'Gender Differences in Time Use Across Age Groups: A Study of Ten Industrialized Countries, 2005-2015'. *PLOS One*. 17(3): e0264411. <https://doi.org/10.1371/journal.pone.0307860>
30. **Gracia, P.,** García-Román, J., Oinas, T., & Anttila, T. (2022). 'Gender Differences in Child and Adolescent Daily Activities. A Cross-National Time Use Study'. *Acta Sociologica*. 65(1), 45-61. <https://doi.org/10.1177/00016993211008>
29. **Bohnert, M. & Gracia, P.** (2021) 'Emerging digital generations? Impacts of child digital use on mental and socioemotional well-being across two cohorts in Ireland, 2007 – 2018'. *Child Indicators Research*. 14 (2), 629-659. <https://link.springer.com/article/10.1007/s12187-020-09767-z>
28. **Gracia, P.,** Han, WJ, & Li, J. (2021). 'Nonstandard Work Schedules in 29 European Countries, 2005-2015: Differences by Education, Gender and Parental Status'. *Monthly Labor Review* (June). <https://doi.org/10.21916/mlr.2021.17>
27. **Gracia, P.,** García-Román, J., Oinas, T., & Anttila, T. (2020). 'Child and Adolescent Time Use: A Cross-National Study'. *Journal of Marriage and Family*. 82(4), 1304-1325. <https://doi.org/10.1111/jomf.12626>
26. **Gracia, P. & García-Román, J.** (2018). 'Child and Adolescent Developmental Activities and Time Use in Spain: The Gendered Role of Parents' Work Schedules and Education'. *European Sociological Review*. 34(5), 518–538. <https://doi.org/10.1093/esr/jcy029>
25. **Gil, C. & Gracia, P.** (2018). 'Adolescents' Educational Aspirations and Ethnic Background: The Case of Students of African and Latin American Migrant Origin'. *Demographic Research*. 38(23), 577-618. [10.4054/DemRes.2018.38.23](https://doi.org/10.4054/DemRes.2018.38.23)
24. **Gracia, P. & Ghysels, J.** (2017). 'Educational Inequalities in Parental Care Time: Cross-National Evidence from Belgium, Britain, Denmark, and Spain'. *Social Science Research*. 63(2), 166-180. <https://doi.org/10.1016/j.ssresearch.2016.09.016>
23. **Roeters, A. & Gracia, P.** (2016). 'Child Care Time, Parents' Well-Being, and Gender: Evidence from the American Time Use Survey'. *Journal of Child and Family Studies*. 25(8), 2469–2479. <https://link.springer.com/article/10.1007/s10826-016-0416-7>
22. **Gracia P.,** Vázquez-Quesada, L., Van de Werfhorst, H.G. (2016). 'Ethnic Penalties? The Role of Human Capital and Social Origins in Labour Market Outcomes of Second-Generation Moroccans and Turks in the Netherlands'. *Journal of Ethnic and Migration Studies*. 42(1), 69-87. <https://doi.org/10.1080/1369183X.2015.1085800>
21. **Gracia, P. & Kalmijn, M.** (2016). 'Parents' Family Time and Work Schedules: The Split-Shift Schedule in Spain'. *Journal of Marriage and Family*. 78(2), 401-415.

<https://doi.org/10.1111/jomf.12270>

20. **Gracia, P.** & Esping-Andersen, G. (2015). 'Fathers' Child Care Time and Mothers' Paid Work: A Cross-National Study of Denmark, Spain, and the United Kingdom'. *Family Science*. 6(1), 270-281. <https://doi.org/10.1080/19424620.2015.1082336>
19. **Gracia P.** (2015). 'Parent-Child Leisure Activities and Cultural Capital in the United Kingdom: The Gendered Effects of Education and Social Class'. *Social Science Research*. 52 (4), 290-302. <https://doi.org/10.1016/j.ssresearch.2015.02.005>
18. **Gracia, P.** (2014). 'Fathers' Child Care Involvement and Children's Age in Spain: A Time Use Study on Differences by Education and Mothers' Employment'. *European Sociological Review*. 30 (2), 137-150. <https://doi.org/10.1093/esr/jcu037>
17. Esping-Andersen, G., Boertien, D., Bonke, J., & **Gracia, P.** (2013). 'Couple Specialization in Multiple Equilibria'. *European Sociological Review*. 29 (6), 1280-1294. <https://doi.org/10.1093/esr/jct004>

- **Books and Edited Collections:**

16. Fernandez-Urbano, R., Gracia, P., Rubio-Cabañez, M. (2027). *Social Media and Youth Well-Being*. Springer [Under contract].
15. Baranowska-Rataj, A., **Gracia, P.** & Schulz, W. [Eds] (2026). 'Families' resilience and the well-being of children and youth in contexts of global socioeconomic crises'. Guest Special Collection in *Demographic Research* (forthcoming).
14. Chambers, D & **Gracia, P.** (2021). 'A Sociology of Family Life: Change and Diversity in Intimate Relations'. Cambridge: Polity Press. <https://www.politybooks.com>

- **Book chapters:**

13. **Gracia, P.,** Garcia-Roman, J. & Milkie, M. (2027). Parental Care Time in High-Income Countries: Examining Demographic Factors. In Pailhe, A. & Olah, L. (Eds.) *Research Handbook on Family Demography*. Edward Elgar [Under contract].
12. **Gracia, P.,** Fernandez-Urbano, R., Rubio-Cabañez, M., Celik, S., & Cineli, B. (2026). Problematic Social Media Use and Adolescent Wellbeing: The Role of Family Socioeconomic Status across 43 Countries. In *World Happiness Report 2026, United Nations*. <https://doi.org/10.18724/whr-z6ws-dp10>
11. **Gracia, P.** (2026). 'Digital Use, Social Media and Adolescent Well-Being'. In J.M. Mariano, S. M. Kiefer, H. L. Lawfor & J. E. Symonds [eds.] *The Bloomsbury Handbook on Adolescence*. Bloomsbury. [Under contract].
10. **Gracia, P.** (2026). 'Child and Adolescent Time Use and Well-Being Outcomes: Current Debates and Evidence'. In Sullivan, O. & Bittman, M. (Eds.). *International Handbook of Time Use Data and Methods: Time Use Research*. Routledge (Forthcoming).
9. Han, W.H., **Gracia, P.** & Li, J. (2025). 'Parental Work Schedules and Hours from a Cross-National Perspective: A Welfare Regime Analysis on 29 Countries'. In Repo, K., Tammelin, M. & Eerola, P. (Eds.) *Families with Children in a Turbulent Era*. Edward Elgar (pp.172-201). <https://doi.org/10.4337/9781035320523.00017>
8. **Gracia, P.,** Bohnert, M. & Celik, S. (2023). 'Digital Inequalities and Adolescent Mental Health: The Role of Socioeconomic Background, Gender and National Context', in Skopek, J. (Ed.). *Research Handbook on Digital Sociology* (pp. 328-347). Edward Elgar. <https://doi.org/10.4337/9781789906769.00027>

7. **Gracia, P.** (2020). 'Children's time use', in D.T. Cook [Ed.] *The SAGE Encyclopedia of Children and Childhood Studies* (pp. 504-506). London: Sage. <https://doi.org/10.4135/9781529714388>

• **Book reviews:**

6. **Gracia, P.** (2022). 'Review of Ellen Helsper: *The Digital Disconnect: The Social Causes and Consequences of Digital Inequalities*'. *New, Media & Society*. 24(1), 250-251. <https://doi.org/10.1177/14614448211062159>

5. **Gracia, P.** (2013). 'Review of J.Treas & S.Drobnic [eds.] 'Dividing the domestic. Men, women and household work in cross-national perspective'. *European Sociological Review*. 29(2), 404-406. <https://doi.org/10.1093/esr/jcs072>

4. **Gracia, P.** & Delclos, C. (2012). 'Review of William J.Wilson: 'The truly disadvantaged: The inner city, the underclass, and public policy''. *Athenea Digital*. 12(1), 247-250. <https://www.redalyc.org/pdf/537/53723265014.pdf>

• **Scientific reports:**

3. **Gracia, P.** (2016). 'Social Stratification and Parental Care: An Analysis of the Spanish Case'. *La Caixa 'Obra Social' Foundation*. 1-7. <https://elobservatoriosocial.fundacionlacaixa.org>

2. **Gracia, P.** (2013). 'Parenting and Inequality'. In Christina Inbakaran and Marie-Louise Van Der Klooster (Eds.). *2012 Time Use* (1-12). Melbourne: *Deakin University*. [Link](#)

1. **Gracia, P.,** & Bellani, D. (2010). 'Las políticas de conciliación en España y sus efectos: un análisis de las desigualdades de género en el trabajo del hogar y el empleo'. *Fundación Alternativas, Estudios de Progreso* (51) 1-58. <https://fundacionalternativas.org>

## **SCIENTIFIC PRESENTATIONS**

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### **Keynote Presentations, Invited Lectures and Seminars**

1. University of Southern Denmark, SDU, Danish Centre for Motivation and Behaviour Science Seminars, 2026
2. International Webinar as Leading Speaker in the *2026 World Happiness Report*, 2026
3. International Society for Quality-of-Life Studies (ISQOLS) Webinar Lecture Series, 2026.
4. Einstein Center Population Diversity (ECPD) Lecture Series, Berlin, Germany, 2026.
5. Hertie School Social Policy Colloquium Series, Berlin, Germany, 2026.
6. Federal Institute for Population Research (BiB), "Contemporary Challenges for Parents & Children" Conference (*Keynote*), Berlin, Germany, 2025.
7. Bocconi University, Dondena Center for Research on Social Dynamics and Public Policy, Milan, Italy, 2025.
8. University College Cork, Applied Psychology Seminar Series, Cork, Ireland, 2024.
9. Centre for Demographic Studies (CED) Colloquium, Bellaterra (Barcelona), Spain, 2024.
10. University College London, Social Research Institute Seminars, London, United Kingdom, 2023.
11. University of Oxford, Oxford Internet Institute Seminars, Oxford, United Kingdom, 2023.
12. Sciences Po, Center for Research on Social Inequalities Seminars, Paris, France, 2023.
13. University of Turku, INVEST Research Flagship Seminar, Turku, Finland, 2023.
14. Trinity College Dublin, Sociology Seminar Series, Dublin, Ireland, 2024.

15. University of Oslo and Oslo Metropolitan University, “H2020 Cross-Project Conference on Young People and Digital Media” (*Keynote*), Oslo, Norway, 2022.
16. University of Mannheim, MZES Seminar Series, Mannheim, Germany, 2022.
17. University of Oslo, SIPD Seminar Series, Oslo, Norway, 2022.
18. University of St Andrews, Population and Health Research Group Seminars, St Andrews, United Kingdom, 2021.
19. European Association for Population Studies (EAPS), Child and Adolescent Development Group Webinar, 2022.
20. Trinity College Dublin, Sociology Seminar Series, Dublin, Ireland, 2021.
21. University of Oxford, Sociology Seminar Series, Oxford, United Kingdom, 2020.
22. Erasmus University Rotterdam, DPAS International Lecture Series, Rotterdam, Netherlands, 2019.
23. Herman Deleeck Centre for Social Policy (CBS) Seminars, University of Antwerp, Antwerp, Belgium, 2019.
24. Long Room Hub, Trinity College Dublin, Dublin, Ireland, 2019.
25. Harvard University, Weatherhead Initiative on Gender Inequality, “Gender Inequality: It’s About Time” Conference, Cambridge (MA), United States, 2018.
26. New York University, Silver School of Social Work Lecture Series, New York (NY), United States, 2018.
27. University of Maryland, Maryland Population Research Centre Seminar Series, College Park (MD), United States, 2018.
28. Lund University, “Caregiving Responsibilities across the Life Course” Workshop, Lund, Sweden, 2017.
29. WZB Berlin Social Science Center, Cross-Country 24/7 Economy Conference, Berlin, Germany, 2017.
30. Institut national d’études démographiques (INED), Fertility, Family and Sexuality Lecture Series, Paris, France, 2017.
31. WZB Berlin Social Science Center, New Economy and Family Workshop, Berlin, Germany, 2016.
32. University Carlos III of Madrid, Sociology Lecture Series, Madrid, Spain, 2015.
33. UNED Sociology Lecture Series, Madrid, Spain, 2015.
34. Centre for Demographic Studies (CED) Colloquim Series, Universitat Autònoma de Barcelona, Barcelona, Spain, 2015.
35. Herman Deleeck Centre for Social Policy (CBS) Seminars, University of Antwerp, Antwerp, Belgium, 2014.
36. University of Mannheim, MZES Presentation, Mannheim, Germany, 2014.
37. Free University of Brussels, TOR Lecture Series, Brussels, Belgium, 2013.
38. University of Oxford, GRIPS Seminar Series, Oxford, United Kingdom, 2010.
39. Herman Deleeck Centre for Social Policy (CBS) Seminars, University of Antwerp, Antwerp, Belgium, 2009.

### **Presentations in Selected Conferences**

40. International Sociological Association (ISA), RC28 Spring Meeting, Sevilla, Spain, 2026.
41. European Population Conference (EPC), Bologna, Italy 2026.

42. European Consortium for Sociological Research (ECSR) Conference, Dublin, Ireland, 2026.
43. Healthy and Sustainable Week, Equality and Diversity Service, Autonomous University of Barcelona
44. International Sociological Association (ISA), RC28 Spring Meeting, Milan, Italy, 2025.
45. European Consortium for Sociological Research (ECSR) Conference, Cologne, Germany, 2025.
46. European Population Conference (EPC), St Andrews, United Kingdom, 2024.
47. European Consortium for Sociological Research (ECSR) Conference, Prague, Czech Republic, 2023.
48. EU Science JRC, DIGCLASS International Workshop, Seville, Spain, 2023.
49. European Association for Research on Adolescence (EARA) Conference, Dublin, Ireland, 2022.
50. Max Weber Fellows Conference, European University Institute, Florence, Italy, 2022.
51. Population Association of America (PAA), Online, 2021.
52. International Association for Time Use Research (IATUR), Barcelona, Spain 2021.
53. Population Association of America (PAA), Washington DC, United States (Online), 2020.
54. European Consortium for Sociological Research (ECSR) Conference, Lausanne, Switzerland, 2019.
55. European Population Conference (EPC), Brussels, Belgium, 2019.
56. European Consortium for Sociological Research (ECSR) Conference, Paris, France, 2018.
57. European Consortium for Sociological Research (ECSR) Conference, Milan, Italy, 2017.
58. Italian Association of Population Studies Annual Conference, Florence, Italy, 2017.
59. European Consortium for Sociological Research (ECSR) Conference, Oxford, United Kingdom, 2016.
60. Population Association of America (PAA), San Diego (CA), United States, 2015.
61. International Sociological Association (ISA/RC28) Spring Meeting, Tilburg, Netherlands, 2015.
62. Dutch-Flemish Sociological Association Annual Conference, Amsterdam, Netherlands, 2015.
63. International Association for Time Use Research (IATUR) Conference, Turku, Finland, 2014.
64. Dutch-Flemish Sociological Association Annual Conference, Antwerp, Belgium, 2014.
65. Amsterdam Centre for Inequality Studies Conference, University of Amsterdam, Amsterdam, Netherlands, 2014.
66. Population Association of America (PAA), New Orleans (LA), United States, 2013.
67. European Consortium for Sociological Research (ECSR) Conference, Tilburg, Netherlands, 2013.
68. International Association for Time Use Research (IATUR) Conference, Rio de Janeiro, Brazil, 2013.
69. Spanish Sociological Association Conference, Madrid, Spain, 2013.
70. American Sociological Association Conference, Las Vegas (NV), United States, 2011.
71. International Sociological Association (ISA/RC28) Summer Meeting, Charlottesville (VA), United States, 2012.
72. International Association for Time Use Research (IATUR) Conference, Paris, France, 2010.
73. EQUALSOC Network Workshop, Antwerp, Belgium, 2010.
74. European Sociological Association (ESA) Conference, Lisbon, Portugal, 2009.
75. European Graduate Network in Political and Social Sciences Conference, Budapest, Hungary, 2008.

## **SUPERVISION & MENTORING**

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### **PhDs:**

#### ***Ongoing PhDs researchers, as primary supervisor:***

1. Lisa Scanu (2026–). Autonomous University of Barcelona.
2. Giorgio Nocerino (2025–). Autonomous University of Barcelona and Centre for Demographic Studies.
3. Yanling Chen (2025–). Autonomous University of Barcelona and Centre for Demographic Studies.

#### ***Ongoing PhD researchers, as mentor non-primary supervisor***

4. Paula González-Vila (2025–). Autonomous University of Barcelona (PI, mentor)
5. Sebastián Carpentier (2025–). Pompeu Fabra University (PI, mentor)
6. Erlend Nordrum (2022–). University of Oslo (mentor, co-author).

#### ***Completed PhDs:***

7. Seyma Celik (2021–2025). Trinity College Dublin; Current Position: Postdoctoral researcher at the University of Turku, INVEST.
8. Henriette Bering (2021–2025). University of Bremen, Bremen International Graduate School of Social Sciences; Current Position: Postdoctoral researcher at the University of Bremen.
9. Sandrine Metzger (2020–2024): Trinity College Dublin; Current Position: Postdoctoral researcher at University of Vienna.
10. Melissa Bohnert (2019–2023). Trinity College Dublin; Current Position: Assistant Professor, University College Dublin

#### ***PhD Scientific Advisory Panel:***

11. Bob Langereis (2025 –). Centre for Demographic Studies, UAB.
12. Jasmine MacLean (2025 –). Centre for Demographic Studies, UAB.
13. Alex Polkey (2022 – 2024). Trinity College Dublin.
14. Teresa Koch (2022 – 2023). University of Vienna.
15. Julia Leesch (2020 – 2023). Trinity College Dublin.

### **Postdoctoral researchers:**

#### ***Ongoing:***

1. Thais Mena (2026 –). Autonomous University of Barcelona, Centre for Demographic Studies.
2. Elena Mylona (2026 –). University of Cyprus (mentor of Marie-Curie MSCA Secondment at Autonomous University of Barcelona, Centre for Demographic Studies).
3. Maria Rubio-Cabañez (2025–). Autonomous University of Barcelona, Centre for Demographic Studies.
4. Beyda Cineli (2024–). Autonomous University of Barcelona, Centre for Demographic Studies.

#### ***Completed:***

5. Roger Fernández-Urbano (2024/25). Autonomous University of Barcelona, Centre for Demographic Studies. Current Position: Ramon y Cajal Research Fellow at University of Barcelona.
6. Giampiero Tarantino (2022/23). Trinity College Dublin. Current Position: Postdoctoral researcher at Southern University of Denmark.
7. Cadhla McDonnell (2019/23). Trinity College Dublin. Current Position: Postdoctoral researcher at University of Galway.

**Others:** 16 MA Theses Supervised / 37 BA Theses Supervised (4 ongoing) / 5 RAs (2 ongoing)

## **TEACHING**

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- 2025 –** ‘Education Policy Lab’. MA. Autonomous University of Barcelona.  
**2018/24** ‘Gender, Work, and Family’. BA. Trinity College Dublin.  
**2018/24** ‘Introduction to Sociology’. BA. Trinity College Dublin.  
**2019/21** ‘Research Design’. PhD. Trinity College Dublin.  
**2019/21** ‘Comparative Sociology’. BA. Trinity College Dublin.  
**2018/21** ‘Social Research Skills’. BA. Trinity College Dublin.  
**2017/24** ‘Thesis Dissertation’. BA & MA. Trinity College Dublin.  
**2017** ‘Family Demography’. BA. University College London.  
**2017** ‘Quantitative Methods.’ BA. University College London.  
**2017** ‘Concepts and Research in Sociology and Political Science.’ PhD. EUI.  
**2017** ‘Foundations of Comparative Sociology.’ PhD. EUI, Florence.  
**2015/16** ‘Education, Stratification and Life Course.’ BA. University of Amsterdam.  
**2014** ‘Relationships, Cohesion, and Inequality.’ MSc. University of Amsterdam.  
**2011** ‘Quantitative Methods in Social Policy.’ MSc. Pompeu Fabra University.  
**2009/10** ‘Social Stratification’. BA. Pompeu Fabra University.  
**2009/10** ‘Introduction to Sociology.’ BA. Pompeu Fabra University.  
**2007/08** ‘Labour Sociology.’ BA. Pompeu Fabra University.

## **MEMBERSHIP & RESEARCH NETWORKS**

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- American Sociological Association (2010 – 2012)
- European Association for Research on Adolescence (EARA) (2021 – 2022)
- EqualSoc Network (2008 – 2013)
- EU Kids Online Network (2022 –)
- European Association of Population Studies (2016 –)
- EAPS Child and Adolescent Development (2020 –)
- European Consortium for Sociological Research (2012 –)
- International Association for Time Use Research (2010 –)
- Max Weber Programme, European University Institute (2015 – 2017)
- Population Association of America (2013 –)
- RC28/Social Stratification and Mobility (ISA) (2010 –)
- Spanish Sociological Association (2013 –)
- Trinity Research in Childhood Centre (2017 –)
- Trinity Research Institute in Social Sciences (2017 –).

## **EXPERT PANELS & SCIENTIFIC EVALUATION**

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### **Invited Scientific Panel Member of Grant Competitions**

1. Horizon Europe – COORDINATE Transnational Access Visit Programme.
2. Horizon Europe – European Health and Digital Executive Agency, EU Commission.
3. Horizon Europe – Maria Sklodowska-Curie Individual Fellowships, EU Commission.
4. La Caixa Social Foundation – “Social Research” Calls.
5. La Caixa Social Foundation – Competitive Scholarship Programme.

### **Invited External Evaluator of Grants and Fellowships**

6. Dutch Science Foundation, NWO Research Foundation – Vici Programme.
7. Dutch Science Foundation, NWO Research Foundation – Veni Programme.
8. European Research Council, ERC Starting Grant Scheme – SH3 Panel.
9. Independent Research Fund Denmark – Project Scheme.
10. Flemish Science Foundation – FWO Senior Research Scheme.
11. Horizon Europe – Maria Sklodowska-Curie Individual Fellowships, EU Commission.
12. Polish National Science Centre – SONATA Funding Scheme.
13. Spanish Ministry of Science – Science State Agency I + D Research Projects.
14. Swiss National Science Foundation, SNSF – Ambizione Fellowship.
15. Swiss National Science Foundation, SNFS – Project Funding Scheme.

### **Expert Policy Advisory and Evaluation – International and Public Institutions**

- 2024 Economic and Social Research Institute (ESRI), Social Research Division. External Expert of Policy Reports.
- 2023 International Labour Organization (ILO) – Scientific Advisory Panel Member on global measurement of unpaid care work and gender inequalities.
- 2016 Institut Català d’Avaluació de Polítiques Públiques (IVALUA) – Advisory Expert on evaluation frameworks for family policies.

### **External Examination of Academic Promotions**

- External Examiner, Promotion to Full Professor, University of Warwick, 2026
- External Examiner, Promotion to Assistant Professor, University of St Andrews, 2026

### **Reviewer for Peer-Reviewed Journals**

#### **(\* reviewer on multiple occasions)**

Acta Sociologica\*, Advances in Life Course Research\*, American Journal of Preventive Medicine, American Journal of Sociology\*, American Sociological Review, Anuario de Psicología, BMC Public Health, British Journal of Sociology, Child Development\*, Children and Youth Services Review\*, Child Indicators Research\*, Demographic Research\*, Demography, European Journal of Population\*, European Societies\*, European Sociological Review\*, Families, Relationships & Societies, Family Science, Fathering, Feminist Economics, Frontiers in Psychology, International Journal of Comparative Sociology, International Journal of Human-Computer Interaction, International Journal of Public Health, International Migration\*, Journal of Child and Family Studies\*, Journal of Ethnic and Migration Studies\*, Journal of Family and Economic Issues\*, Journal of Family Issues\*, Journal of Family Research\*, Journal of Family Studies, Journal of Marriage and Family\*, Journal of Time Use Research\*, Nature Human Behaviour, Nature, Nature Mental Health, New Media & Society, PLOS One\*, Poetics\*, Population and Development Review, Public Opinion Quarterly\*, Social Inclusion, Social Science Quarterly, Social Science Research\*, Sociology of Education, Time and Society, Research on Finnish Society\*, Research in Social Stratification and Mobility\*, Research on Ageing and Social Policy, Review of Educational Research, RIS – International Journal of Sociology, Social Forces\*, Social Politics, Socio-Economic Review, Socius: Sociological Research for a Dynamic World, South European Society and Politics, Statistical Methods & Applications.

### **Doctoral Dissertation Examination Committees:**

- 2026. Jacqui Harverson, *University of Deakin* (External Examiner)
- 2025. Julie Pereira, *Sciences Po – Paris* (External Examiner)
- 2024. Mattia Messena, *University College Dublin* (External Examiner)
- 2024. Julia Leesch, *Trinity College Dublin* (Internal Examiner)
- 2023. Marta Facchini, *Sciences Po – Paris* (External Examiner)
- 2023. Anna Martinez Mendiola, *Pompeu Fabra University* (External Examiner)
- 2022. Stefanie Sprong, *Trinity College Dublin* (Internal Examiner)
- 2021. Sara Bojarczuk, *Trinity College Dublin* (Internal Examiner)
- 2019. Brett Ory, *Erasmus Rotterdam University* (External Examiner)
- 2018. Nuria Garcia, *Centre for Demographic Studies* (External Examiner)
- 2015. José María Fernández-Creuhet, *Rey Juan Carlos* (External Examiner)

### **MEDIA COVERAGE, INTERVIEWS & PUBLIC DISSEMINATION**

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- More than 70 media appearances to date across Catalonia, Spain, and globally spanning multiple platforms (TV, radio, press, podcasts), including leading national and international outlets.

#### **Highlights:**

- My [World Happiness Report 2026](#) publication received coverage in over 40 media outlets
- Interviewed on COVID-19 effects on young people in national press, including [El País](#)
- Front-page coverage of my research on digital use and youth well-being in [The Irish Times](#)
- Interviewed on social inequalities shaping parenting and child outcomes in [El Mundo](#)
- Report on gender inequalities in domestic and care work featured, among others, in [El Periódico](#)

#### **Media Coverage - Selection:**

El País, El Periódico, Europa Press, La Sexta, La Vanguardia, RTÉ, RTVE, The Irish Times

#### **Interviews and Expert Commentary - Selection:**

El Confidencial, El Mundo, El País, El Periódico, Newstalk, RNE, The Irish Times, TV3

#### **Public Outreach and Dissemination:**

I regularly contribute to public debate and dissemination through articles and commentaries in national and international platforms such as:

The Conversation, Population Europe, Eldiario.es, Nada es gratis, Politikon

### **LANGUAGES**

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Catalan (Native), Spanish (Native), English (Fluent), Italian (Fluent).