

CURRICULUM VITAE | Lara Bister, M.Sc.

Social demographer & sociologist interested in contextual stress, the (intergenerational) family, life course dynamics, & health. Currently, finalising my Ph.D. on “Adverse economic conditions, linked family lives and health across the life course”.



Contact: ✉ l.bister@rug.nl | Follow my work on Blue Sky, Twitter/X @LaraBister, LinkedIn and Research Gate.

Academic education (formal education only, list of additional trainings available upon request)

- 2019-present **Ph.D. candidate in Demography** | University of Groningen | Expected end: 2024
- 2020-present **International Max Planck Research School for Population, Health and Data Science (IMPRS-PHDS)** | Max Planck Institute for Demographic Research
- 2019-2020 **European Master in Demography** | Centre d'Estudis Demogràfics, Universitat Autònoma de Barcelona | *Grade: 7.8/9* (“outstanding”)
- 2019-2020 **European Doctoral School of Demography (EDSD)** | Max Planck Institute for Demographic Research / Centre d'Estudis Demogràfics, Universitat Autònoma de Barcelona
- 2018-2019 **Population Studies, M.Sc.** | University of Groningen | *Grade: 8.1/10* (“very good”)
- 2013-2017 **Social Sciences, B.Sc.**, Major: Sociology | University of Cologne | *Grade: 1.8* (“good”)
Studies Abroad at University College Dublin (01-05/2016) and Utrecht University (08-10/2016)

Publications

- Bister, L.**, Janssen, F., & Vogt, T. (2022). Early-life exposure to economic stress and metabolic risks in young adulthood: the children of the reunification in East Germany. *Journal of Epidemiology and Community Health*, 76: 786-791. <http://dx.doi.org/10.1136/jech-2021-218637>
- Bister, L.**, Eibich, P., Rutigliano, R., Kühn, M., & van Hedel, K. (2023) Selection into maternity leave length and long-run maternal health in Germany. *Journal of Social Policy*, forthcoming. <http://dx.doi.org/10.1017/S0047279423000429>
- Bister, L.**, Spijker, J., Janssen, F., & Vogt, T. (2023). Scarred for life? Early-life experience of the post-reunification economic crisis in East Germany and physical and mental health outcomes in early adulthood. Accepted at *Comparative Population Studies*, forthcoming.

Work in progress (available upon request)

- Bister, L.**, Vogt, T., & Janssen, F. Do parents suffer too? Adult children's unemployment and parents' mental health during the Great Recession in Europe. *Under review at Demography*.
- Bister, L.**, Junna, L., Moustgaard, H., Malmberg, S., Janssen, F., Vogt, T., & Martikainen, P. Partner unemployment and mental health in the context of the economic cycle in Finland. *Manuscript in preparation*.
- Bister, L.**, Eibich, P., & Rutigliano, R. Who is affected by maternity leave reforms? Maternity leave entitlements and the selection into different leave lengths in Germany from 1980 to 2010. *R&R (major revisions) at Genus*.
- Kleinschlömer, P., Kühn, M., **Bister, L.**, Vogt, T., & Krapf, S. Parental separation and long-term consequences for children's stress levels: a longitudinal assessment using biomarkers. *R&R (minor revisions) at Journal of Health and Social Behaviour*.
- Vogt, T., **Bister, L.**, & Kühn, M. Are there still differences? Life course health of East and West Germans born after the reunification. *Manuscript in preparation*.
- Vogt, T., **Bister, L.**, & Rutigliano, R. Socioeconomic inequalities and age at menarche: assessing early-life ecological stress in girls in Germany. *Manuscript in preparation*.
- Luukkonen, J., Pitkänen, J., Junna, L., **Bister, L.**, Martikainen, P., Laakso, S., & Remes, H. Coping with illness and loss of a parent – Comparison of psychotropic medication use before and after parental death by sibling relationships and parental cause of death. *Manuscript in preparation*.
- Rutigliano, R., **Bister, L.**, & Arpino, B. The aftermath of gray divorce: Exploring the role of childcare provision after grandparental divorce for adult children's fertility. *Manuscript in preparation*.

Bister, L., & Schürmann, L. The demographics of political protest during uncertain times. *Manuscript in preparation.*

Research and professional experience (selection)

- 2022-2023 **Visiting researcher** | Population Research Unit, University of Helsinki, Finland (3 months, with Pekka Martikainen)
- 2019 **Student assistant** | University of Groningen, Programme coordination Population Studies
- 2019 **Research intern** | Max Planck Institute for Demographic Research, Research group Labor Demography (2 months, with Peter Eibich and Karen van Hedel)
- 2018 **Research assistant** | University of Cologne, Cologne Center for Ethics, Rights, Economics, and Social Science of Health (ceres) (with Christiane Woopen and Minou Friele)

Teaching experience

- 2020-present **Ph.D. teaching assistant** | University of Groningen, Department of Demography
Theses supervision, methods courses, guest lectures (all bachelor and master level)
- 2016-2018 **Teaching assistant** “Introduction to micro and macro sociological theory” | University of Cologne, Institute of Sociology and Social Psychology (with Prof. Dr. Clemens Kroneberg)

Grants and awards (selection)

- 2022 NVD Seed Grant | Netherlands Demographic Society (€ 1,500)
- 2020 NIDI-NVD Master Thesis Award 2020 | Netherlands Interdisciplinary Demographic Institute and Netherlands Demographic Society (€ 500)
- 2020 Sustainable Societies PhD grant for international mobility | University of Groningen (€ 1,500)
- 2018 PROMOS Scholarship (studies abroad) | German Academic Exchange Service (€ 2,000)

Presentations (selection)

- Conferences** German Society for Demography (DGD) (2022), Population Association of America (PAA) (2023, 2022, 2021), German Sociological Association (DGS) (2023), Young Demographers (2021, 2023), Dutch Demography Day (2021, 2023), European Population Conference (EPC) (2022), Society of Longitudinal and Life course Studies (SLLS) (2021, 2023), International Population Conference (IPC) (2021), RC28 on Social Stratification and Mobility (RC28) (2023)
- Invited talks** Väestöliitto, the Family Federation of Finland (2023), German Federal Institute for Population Research (BiB) (2022), Sustainable Society, University of Groningen (2021)

Extracurricular activities (selection)

Student representative in the IMPRS-PHDS steering committee (2020-present); Session chair Annual Conference of the German Society for Demography (DGD) 2024; Chair Population Research Centre Twitter team, University of Groningen (2022-2023); Steering committee member European Association of Population Studies (EAPS) PhD Network (2021-2023); Reviewer activities for the Journal of Population Ageing, Social Science & Medicine, SSM – Population Health, Quality & Quantity, COORDINATE project (transnational visits programme)

Media and outreach

- 2023 “Which maternity leave length is most beneficial for women’s health?” Social Policy Blog, forthcoming
- 2023 “Lebensverläufe, ihre Auswirkungen auf Gesundheit & der Umgang mit Daten” [Science S*heroes Podcast](#)
- 2021 “Economic crises and the health of children and adolescents” [Blog Aletta Jacobs School of Public Health](#)
- 2021 “Maternity leave and maternal health – Do longer leaves mean better health for mothers?” [Demotrends.org](#)