

CURRICULUM VITAE · Dr. Lara Bister

I am a sociologist and social demographer researching health, family and the life course in the context of external stressors. I am currently working as a post-doctoral research fellow in the ERC-funded project *FRAILIFE* at Bocconi University and am affiliated with the MaxHel Center at the University of Helsinki.

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Current positions

- Since 2023 **Post-doctoral research fellow** · Project: *FRAILIFE*–Child Disability & Family Life (PI: Nicoletta Balbo), Dondena Centre for Research on Social Dynamics and Public Policy, Bocconi University
- Since 2023 **Affiliated researcher** · Max Planck-University of Helsinki Center for Social Inequalities in Population Health (MaxHel), University of Helsinki

Publications

- 2024 **Bister, L.**, Eibich, P., & Rutigliano, R. Who is affected by parental leave reforms? Women's selection into different parental leave lengths across recent policy reforms in Germany. *Accepted at Genus*, forthcoming.
- Bister, L.** Adverse economic conditions, family interlinkages and health across the life course. [Thesis fully internal (DIV), University of Groningen]. *University of Groningen*. <https://doi.org/10.33612/diss.993567591>
- Kleinschlömer, P., Kühn, M., **Bister, L.**, Vogt, T., & Krapf, S. Analyzing the Impact of Family Structure Changes on Children's Stress Levels Using a Stress Biomarker. *Journal of Health and Social Behaviour*, online first. <https://doi.org/10.1177/00221465231223953>
- 2023 **Bister, L.**, Eibich, P., Rutigliano, R., Kühn, M., & van Hedel, K. Selection into maternity leave length and long-run maternal health in Germany. *Journal of Social Policy*, online first: 1-20. <http://dx.doi.org/10.1017/S0047279423000429>
- Bister, L.**, Spijker, J., Janssen, F., & Vogt, T. Scarred for life? Early-life experience of the post-reunification economic crisis in East Germany and physical and mental health outcomes in early adulthood. *Comparative Population Studies*, 48: 701-740. <https://dx.doi.org/10.12765/CPoS-2023-28>
- 2022 **Bister, L.**, Janssen, F., & Vogt, T. 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>

Academic education

- 2019–24 **Ph.D. in Demography** · University of Groningen
- Dissertation: “Adverse economic conditions, family interlinkages and health across the life course”, supervised by Fanny Janssen and Tobias Vogt
- 2020–24 **Ph.D. student** · International Max Planck Research School for Population, Health and Data Science (IMPRS-PHDS), Max Planck Institute for Demographic Research
- Thesis committee: Fanny Janssen (University of Groningen), Tobias Vogt (University of Groningen), Peter Eibich (Université Paris Dauphine)
- 2019–20 **European Master in Demography & European Doctoral School of Demography (EDSD)** · Centre d'Estudis Demogràfics, Universitat Autònoma de Barcelona & Max Planck Institute for Demographic Research, grade: 7.8/9 (“outstanding”)
- Thesis: “Economic crisis at time of birth and health at young adulthood – a case study in East Germany”, grade: B / 8–9 (“outstanding”), supervised by Diederik Bortien and Jeroen Spijker
- Summer School: Data Visualization (Max Planck Institute for Demographic Research)

- 2018–19 **M.Sc. in Population Studies** · University of Groningen, grade: 8.1/10 (“very good”)
 Thesis: “Maternity leave durations and the relevance of selection: A demographic approach to maternal health outcomes after maternity leave for first-time mothers in Germany”, grade: 9.1/10 (“excellent”), supervised by Roberta Rutigliano
 Honours Master: “Leadership: making the difference”, grade: 8.4/10 (“very good”)
 Summer School: Healthy Ageing (University Medical Centre Groningen)
- 2013–17 **B.Sc. in Social Sciences** (Major: Sociology) · University of Cologne, grade: 1.8 (“good”)
 Thesis: “A qualitative approach to social inequalities and nutrition differentials”, grade: 1.3 (“very good”), supervised by Frank Schulz-Nieswandt
 Studies Abroad: University College Dublin (01-05/2016), Utrecht University (08-10/2016)

Previous positions (selection)

- 2020–24 **Ph.D. researcher** · Population Research Centre, University of Groningen
- 2019 **Student assistant** · Department of Demography, University of Groningen (8 months)
- 2018 **Research assistant** · University of Cologne, Cologne Center for Ethics, Rights, Economics, and Social Science of Health (ceres) (8 months, with Christiane Wooten and Minou Friele)

Research visits

- 2024 Helsinki Institute for Demography and Population Health, University of Helsinki (1 week, with Pekka Martikainen)
- 2023–24 Research Group “The Dynamics of Demography, Democratic Processes and Public Policy” (DYNAMICS), Hertie School and Humboldt University of Berlin (3 months)
- 2023 Ageing & Longevity Research Group, Netherlands Interdisciplinary Demographic Institute (NIDI) (1 week, with Fanny Janssen)
- 2023 Center for Civil Society Research, WZB Berlin Social Science Center (1 month)
- 2022–23 Population Research Unit, University of Helsinki (3 months, with Pekka Martikainen)
- 2019 Max Planck Institute for Demographic Research, Research group Labor Demography (3 months, with Peter Eibich and Karen van Hedel)

Teaching and supervision experience

- Since 2024 **Supervision** of two 1.0 FTE research assistants (10 months, 1 month) · Dondena Centre for Research on Social Dynamics and Public Policy, Bocconi University
- 2020–24 **Ph.D. teaching assistant** · Department of Demography, University of Groningen
 Thesis supervision (>10) in Human Geography (bachelor level) & Population Studies (master level)
 Master level: computer practicals and grading: Working with Data in Population Research (2021), Life Tables & Population Projections (2020–22), Survival Analysis (2020–22), Advanced Statistical Analysis (2021–23); guest lecture: “Contextual determinants of health along the life course” in Population, Health & Place (2022–23); grading: Contemporary Population Issues (2020), Population, Health & Place (2023)
 Bachelor level: Bachelor project: Life Course Determinants of Healthy Ageing (2020–24); grading: Methods of Academic Research (2021–22); seminars and grading: Introduction to Academic Research (2022–23); guest lecture: “Intergenerational health effects of economic stress – parents of unemployed adult children” in Healthy Ageing (2022)
- 2016–18 **Teaching assistant** · Institute of Sociology and Social Psychology, University of Cologne
 Bachelor level: tutorials on “Introduction to micro and macro sociological theory” (with Clemens Kroneberg)

Additional training: Starting to teach, Assessing assignments & theses, and Supervising theses at the University of Groningen (2020–21); Basic teacher training at the University of Cologne, Centre of University Didactics (2017)

Grants and awards ^(selection)

2024	ESHMS Research Visit Grant · European Society for Health and Medical Sociology (€750)
2023	Early Career Researcher Travel Grant · German Sociological Association (DGS) (€400)
	SLLS Conference Grant · Society for Longitudinal and Lifecourse Studies (SLLS) (€500)
2022	IMPRS-PHDS Annual Academy Poster Award · Max Planck Institute for Demographic Research
	NVD Seed Grant · Netherlands Demographic Society (NVD) (€ 1,500)
	Science Communication award MindMint Image Contest · University of Groningen
2020	NIDI-NVD Master Thesis Award · Netherlands Interdisciplinary Demographic Institute (NIDI) and Netherlands Demographic Society (NVD) (€ 500)
	Sustainable Societies PhD Grant for international mobility · University of Groningen (€ 1,500)
2019	Best Keynote Speech Award Graduate Research Day (27 June 2019) · University of Groningen
2018	PROMOS Scholarship for studies abroad · German Academic Exchange Service (€ 2,000)
2016	International mobility scholarship · Schmittmann-Wahlen Foundation (€ 800)

Invited talks

2024	“A new framework to identify child disability from a biosocial perspective using population register data.” Invited presentation at the Workshop on Resilient Ageing, Leibniz Research Alliance Resilient Ageing.
2024	“A new framework to identify child disability using population register data.” Invited presentation at the Conference of the German Society for Demography.
2023	“Do parents suffer too? Adult children’s unemployment and parents’ mental health in 12 European countries.” Invited presentation at the Dutch Demography Day 2023.
	“Mental Health Effects of Partner Unemployment and the Role of the Economic Context.” Invited talk at Väestöliitto, the Family Federation of Finland.
2022	“The influence of financial stress during childhood on physical and mental health in early adulthood: An investigation of the post-reunification economic crisis in East Germany using the Socio-Economic Panel (SOEP).” Invited talk at the Research Colloquium of the Research Unit Family and Fertility, German Federal Institute for Population Research (BiB).
2021	“How to write a policy brief” Invited talk at the Sustainable Societies Grantee meet-up, Sustainable Society initiative, University of Groningen.

Conference presentations ^(*upcoming)

Keynote	Graduate Research Day, Faculty of Spatial Sciences, University of Groningen (2019)
Oral	Aletta Jacobs School of Public Health's Talent Network Junior Research Meet-up (2022, 2021)
	Dutch Demography Day (DDD) (2020)
	EAPS Workshop ‘Families’ Resilience and Well-being of Children and Youth’ (2023)
	EAPS Masterclass ‘Families and Child Development and Well-being’ (2024*)
	European Consortium for Sociological Research (ECSR) (2024*)
	European Population Conference (EPC) (2022)
	European Society of Health and Medical Sociology (ESHMS) (2024*)
	German Society for Demography (DGD) (2024, 2022)
	German Sociological Association (DGS) Section ‘Social Inequality & Social Structure’ (2023)
	International Conference Society of Longitudinal and Life course Studies (SLLS) (2023, 2021)
	International Population Conference (IPC) (2021)
	Population Association of America (PAA) (2023, 2022, 2021)
	Young Demographers (YD) (2021)

Poster DDD (2023), EPC (2024*), PAA (2024, 2023), International Sociological Association Research Committee 28 (RC28) (2023), YD (2023)

Media and outreach

2024 “The post-reunification economic crisis in East Germany and its long-term health effects”, [Population Europe PopDigest](#)

“Which maternity leave length is most beneficial for women’s health?”, [Social Policy Blog](#)

2023 “Lebensverläufe, ihre Auswirkungen auf Gesundheit & der Umgang mit Daten” [in German; Life courses, their impact on health & dealing with data], [Science S*heroes Podcast](#)

2021 “Economic crises and the health of children and adolescents”, [Aletta Jacobs School of Public Health](#)

2021 “Maternity leave and maternal health – Do longer leaves mean better health for mothers?”, [Demotrends.org](#)

Extracurricular activities and academic services (selection)

Since 2024 **Guest editor** · Journal: European Societies, Special Issue on ‘Social aspects of child disability’

Since 2024 **Working Group Member** · EAPS Working Group ‘Child and Adolescent Development’

Since 2020 **Ad-hoc reviewer** · BMC Public Health, Journal of Population Ageing, Social Science & Medicine, SSM – Population Health, Quality & Quantity, COORDINATE project (Transnational Visits Programme)

2020–24 **Student representative & member steering committee IMPRS-PHDS** · Max Planck Institute for Demographic Research

2022–23 **Chair Population Research Centre Twitter team** · University of Groningen

2021–23 **Steering committee member EAPS PhD Network** · European Association of Population Studies

2018–19 **Student member Programme Committee MS Population Studies** · University of Groningen

2017–18 **Head of administration student residence** · Kreuz-Kolleg Benedikt-Schmittmann-Haus e.V.

2011–12 **Archive research volunteer** · Cultural projects “Train of remembrance” and “Stolpersteinverlegung”

Skills

Languages German (native) · English (fluent) · Dutch (basic) · Spanish (basic)

Computing Stata (advanced) · R (intermediate) · LaTeX (beginner)

Data sets German Socio-Economic Panel ([SOEP](#)) · Survey of Health, Ageing, and Retirement in Europe ([SHARE](#)) · German Health Interview and Examination Survey for Children and Adolescents ([KiGGS](#)) · German statutory pension insurance biography dataset ([RV-VSKT](#)) · Linkage SOEP and RV-VSKT ([SOEP-RV](#)) · [Finnish Population Registers](#)

Work in progress (available upon request; *shared first authorship)

Bister, L., Vogt, T., & Janssen, F. (presented at IPC 2021, ATN 2022, PAA 2022, YD 2023, RC28 2023 and DDD 2023). Do parents suffer too? Adult children’s unemployment and parents’ mental health during the Great Recession in Europe. *Under review (major revisions) at European Sociological Review*.

Bister, L., Junna, L., Moustgaard, H., Malmberg, S., Janssen, F., Vogt, T., & Martikainen, P. (presented at PAA 2023 and DDD 2023). Partner unemployment and mental health in the context of the economic cycle in Finland. *Under review at International Journal of Epidemiology*.

Bister, L.*, & Dierker, P.* (accepted at ESHMS 2024) Family complexities and gender differences in puberty onset in boys and girls in Germany. *Manuscript in preparation*.

Bister, L., Balbo, N., Remes, H., Neri, E., & Martikainen, P. (presented at DGD 2024 and EPC 2024). A new framework to identify individuals with a disability using linked individual-level register data. *Manuscript in preparation*.

Bister, L., Balbo, N., Remes, H., Neri, E., & Martikainen, P. (presented at PAA 2024 and EPC 2024, accepted at ESHMS 2024 and ECSR 2024). Life course outcomes of individuals growing up with a sibling with a disability. *Manuscript in preparation*.

Vogt, T., **Bister, L.**, & Kühn, M. (presented at EPC 2022 and PAA 2023). 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. (presented at PAA 2023, EAPS Workshop 2024 and SLLS 2023). 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 the loss of a parent – Psychotropic medication use before and after parental death by number of siblings. *Manuscript in preparation*.

Rutigliano, R., **Bister, L.**, & Arpino, B. Spillovers of grey divorce: Exploring gender differences in fertility after grandparental divorce in Europe.

Bister, L.*, Schürmann, L.*, & Stephan, M.* The demographics of political protest during uncertain times.