

Zachary Rausch

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Education

The State University of New York, New Paltz - Master of Arts in Psychological Science, 2021

- Thesis Advisors: Glenn Geher, Matthew Wice, Tabitha Holmes
- Magna Cum Laude Graduate (GPA 3.9/4.0)

The State University of New York, New Paltz - Bachelors of Arts

- Major: Sociology, Concentration in Human Services
- Minor: Religious Studies
- Magna Cum Laude Graduate, Presidential Award for Outstanding Achievement in Sociology and the SUNY New Paltz Honors Program

Academic Positions

- Senior Research Scientist, Stern School of Business in the Business and Society Program. 2023 to present.
 - Chief Researcher to Social Psychologist, Jonathan Haidt (March, 2020 - Present)
 - Director of the Tech and Society Lab at NYU Stern (January 2025 - Present)
 - Managing editor of the *After Babel* Substack (200k+ followers).

Previous Employment

- January 2023 – April 2024: Researcher at the Center for Humane Technology
- July 2022 - January 2023: Strategy Consultant at FreeThink Media Inc.
- August 2020 - August 2022: Communications Manager at Heterodox Academy and Podcast Host.

- September 2020 - December 2021: Teaching Assistant, Psychological and Sociological Statistics at SUNY New Paltz
- September 2018 - December 2021: Research Assistant, Evolutionary Psychology Lab, Ferguson Biochemistry Lab, and Social Development Lab (SUNY New Paltz).
- 2018: Direct Care Worker, Woodstock Manor Community Residence and Academy House Community Residence (Woodstock, NY)
- 2014-2016: Expedition Instructor, Wilderness Based Therapeutic Program (State of CT, Department of Children and Families)

Publications

Books

- **Lead Researcher:** Haidt (2024). *The Anxious Generation: How The Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*. Penguin Press.

Journal Articles

- Sigaud, L., **Rausch, Z.**, McClean, A., & Haidt, J. (2026). Why three studies by Vuorre and Przybylski should not be used to assess the impact of social media on adolescent mental health. *Clinical Psychological Science*.
- **Rausch, Z.**, & Haidt, J. (in press). Why Ferguson's meta-analysis should not be used to inform debates on social media's impact on adolescent depression and anxiety: A commentary. In press at *Psychology for Popular Media*.
- Haidt, J., & **Rausch, Z.** (2026). Social media is harming adolescents at a scale large enough to cause changes at the population level. In *World Happiness Report 2026* (Chapter 3). University of Oxford: Wellbeing Research Centre.
- **Rausch, Z.**, Redden, C., & Geher, G. (2023). The value gap: How gender, generation, personality, and politics shape the values of American university students. *Journal of Open Inquiry in the Behavioral Sciences*.
- Geher, G., Planke, J.A., Durso, G., Di Santo, J.M., Goldstein, A., Akhmadi, F., Griffin, M., Primavera, N., **Rausch, Z.**, Rodriguez, K., Thompson, G., & Weintraub, J. (2020). Dark parenting: parents who score as high in the dark triad demonstrate non-authoritative parenting styles. Evolutionary Studies Consortium.
- **Rausch, Z.**, Weintraub, J., & Rodriguez, K. (2019). Clogged ears and loud mouths: The ape that understood the universe. A review. Evolutionary Studies Consortium.

Working Papers

- McClean, A., **Rausch, Z.**, & Haidt, J. (under review). The effect of broadband access on mental health: A review of instrumental variable studies.

- Haidt, J. & **Rausch, Z.** (under review). Two common practices that minimize evidence of risks associated with the use of social media.
- Capraro, Globig, **Rausch** ... Van Bavel (under review). A consensus statement on potential negative impacts of smartphone and social media use on adolescent mental health.
- Haidt, J., Reeves, R., & **Rausch, Z.** (ongoing). What is happening to boys? A collaborative review. Unpublished manuscript, New York University.
- **Rausch, Z.**, Carlton, C., & Haidt, J. (ongoing). Social media reforms: A collaborative review. Unpublished manuscript, Center for Humane Technology.
- Haidt, J., **Rausch, Z.** & Twenge, J. (ongoing). Social media use and mental health: A review. Unpublished manuscript, New York University.
- Haidt, J., **Rausch, Z.**, & Twenge, J. (ongoing). Is there an increase in adolescent mood disorders, self-harm, and suicide since 2010 in the USA and UK? A review. Unpublished manuscript, New York University.

Public Press

- Skenazy, L., **Rausch, Z.**, & Haidt, J. (2025). What kids told us about how to get them off their phones. *The Atlantic*.
- Haidt, J., Johnson, W., & **Rausch, Z.** (2025). The smartphones haven't defeated us. Yet. *New York Times*.
- Meta Internal Research. (2025). metasinternalresearch.org.
- Haidt, J., & **Rausch, Z.** (2025). Taking back childhood from phones — finally. *The Free Press*.
- Haidt, J., & **Rausch, Z.** (2024). It's time to make the internet safer for teens. *Wired*.
- **Rausch, Z.**, Haidt, J., & Torres, L. (2024). The worst argument that social-media companies use to defend themselves. *The Atlantic*.
- **Rausch, Z.** (2024). Why are religious teens happier than their secular peers? *Boston Globe*.
- **Rausch, Z.** (2020). Gendered values in higher education. The elephant in the ivory tower. *Psychology Today*.

Fellowships and Awards

- *The Anxious Generation* has been on the *New York Times* bestseller list for 100+ weeks. #1 *New York Times* Bestseller with over two million copies sold. Named one of the best books of the year by *The Wall Street Journal*, *The New York Times Book Review*, *The Washington Post*, *Time*, *The Economist*, *New York Post*, and *Town & Country*. One of

Barack Obama's Favorite Books of the Year • Named finalist for the PEN Literary Awards

- Presidential Award for Outstanding Achievement in Sociology and the SUNY New Paltz Honors Program

Selected Conference and Invited Presentations

- **Rausch, Z.** (December, 2025). Keynote Address, Beyond ABC. Dallas, Texas.
- **Rausch, Z.,** Geismer, A., & Charlet, K. (August, 2025). Panel Discussion. The Tech Effect: What It Does To Kids. National Conference for State Legislators.
- **Rausch, Z.** (May, 2025). Keynote Address, National Conference for The Boys and Girls Clubs of America. San Diego, CA.
- **Rausch, Z.** (May, 2025). Keynote Address, National Conference for the Independent Educational Consultants Conference. Detroit, MI.
- **Rausch, Z.** (March, 2025). Keynote Presentation at Harbor Day School.
- **Rausch, Z.** (January 2025). Freeing the “Anxious Generation” From the Harms of a Phone-Based Childhood. Visiting Professor Lecture Series at the Child Mind Institute. NYC.
- **Rausch, Z.** (December, 2024). Keynote Presentation at Hall High School. West Hartford.
- **Rausch, Z.** (November, 2024). Keynote Presentation at the Live Well Advance Conference. San Diego.
- **Rausch, Z.** (November, 2024). Expert testimony to the Interim Joint Committee on Education for the Kentucky legislature.
- **Rausch, Z.,** Arnold, A., & Eschmeyer, D. (October, 2024 and 2025). Panel Discussion on The Anxious Generation. Raine Cabo Conference.
- **Rausch, Z.** (October, 2024). Expert testimony to the Oklahoma Senate Education Committee.
- **Rausch, Z.** (October, 2024). Speaker at Maimonides School on the Impact of Social Media on Teen Mental Health.
- **Rausch, Z.** (September, 2024). Speaker at the Council for American Private Education (CAPE) Conference. Washington, DC.
- **Rausch, Z.,** & Bryk, C. (June, 2024). Speaker at the SAPIR Summit on Jewish Leadership in the Age of AI.
- **Rausch, Z.** (June, 2024). Speaker at the Harvard Human Flourishing Program.
- **Rausch, Z.** (May, 2024). Keynote Speaker at the Nassau BOCES Mental Health Consortium.

- **Rausch, Z.** (May, 2024). Speaker at the Rabbinical Council of America Conference. RCA 2024.
- **Rausch, Z.** (May, 2024). On the mental health of children and young people. Børne- og Kulturchefforeningen.
- **Rausch, Z.** (April, 2024). Expert witness for a hearing on the Vermont Kids Code. Vermont House Committee on Commerce and Economic Development.
- **Rausch, Z.** (March, 2024). Speaker at the Jewish schools and technology summit. Tikvah Jewish Parents Forum.
- **Rausch, Z.** (February, 2024). Expert witness for a hearing on the Vermont Kids Code. Vermont Senate Development Committee.
- **Rausch, Z.** (February, 2024). Seminar series to the UK Department for Education.
- **Rausch, Z.** (February, 2024). Panelist for “The loneliness epidemic: Education for parents and school staff.” Child Mind Institute.
- **Rausch, Z.** (February, 2024). Expert witness for a hearing on social media regulation. Utah Senate Business and Labor Committee.
- **Rausch, Z.** (2023). Annual Disconnect December: The Importance of Offline Teaching & Learning for Focus & Mindfulness. Montclair State University.
- **Rausch, Z.** (2023). Expert panelist for a hearing on social media and youth mental health. Florida House of Representatives Regulatory Reform & Economic Development Subcommittee.
- **Rausch, Z.** (2023). Keynote Speaker for the Forum for Applied Research in Children and Young People’s Mental Health. (Conference run by the Tyrg Foundation and Novo Nordisk Foundation). Hindsgavl Castle, Denmark.
- **Rausch, Z.** (2023). Panel Discussion on Technology and Screen Time: How Much is Too Much? Solomon Schechter Day School, West Hartford, CT.
- Rifkind, J., **Rausch, Z.**, & Ferguson, M. (2020). The effect of phosphate group manipulation on E. Coli adhesion levels. SUNY New Paltz Student Research Symposium.
- Geher, G., Planke, J.A., Durso, G., Di Santo, J.M., Goldstein, A., Akhmadi, F., Griffin, M., Primavera, N., **Rausch, Z.**, Rodriguez, K., Thompson, G., & Weintraub, J. (2019). Dark parenting: parents who score as high in the dark triad demonstrate non-authoritative parenting styles. SUNY New Paltz Student Research Symposium.
- **Rausch, Z.**, Rodriguez, K., & Weintraub, J. (2019). Clogged ears and loud mouths: The ape that understood the universe. A review. New England Evolutionary Psychology (NEEPS) Conference.

Memberships in Associations and Institutional Affiliations

- Reviewer for the American Psychological Association

Non Academic Publications

- **Rausch, Z.** (2021-22). Heterodox Out Loud: The Best of the HxA Blog. Podcast Series.
- Projansky, M. (2019). I don't know, I love: A memoir. (Transcribed and edited by **Rausch, Z.**, Ottoway, J., & Mayo, F.). Epigraph Books.
- **Rausch, Z.** (2017). Louie Hershberg Stories (sections 1 – 6). Audio Recording and Editing of Local Immigrant Families for the Burlington Edible History Food Tour.