

Pascal Küng

Curriculum Vitae

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Academic Positions

- 2026–Present** **Postdoctoral Researcher**
Applied Social and Health Psychology Unit, Department of Psychology, University of Zurich,
Zurich, Switzerland
Principal investigator: Prof. Dr. Urte Scholz
- 2021–2025** **Doctoral Researcher / Ph.D. Candidate**
Applied Social and Health Psychology Unit, Department of Psychology, University of Zurich,
Zurich, Switzerland
Supervisor: Prof. Dr. Urte Scholz

Education

- 2021–2025** **Ph.D. in Psychology**
University of Zurich, Zurich, Switzerland
Supervisor: Prof. Dr. Urte Scholz
Defense: December 1, 2025
Dissertation: Health-related social control in close relationships: Temporal and dyadic dynamics, the role of autonomy, and operating conditions
- 2018–2020** **M.Sc. in Psychology**
University of Bern, Bern, Switzerland
Supervisor: Dr. Stefanie Gonin-Spahn
Thesis: Einflüsse von Bindung auf die sexuelle Zufriedenheit, mediert durch die sexuelle Kommunikation: Eine dyadische Analyse romantischer Paare.
- 2013–2017** **B.Sc. in Psychology**
University of Bern, Bern, Switzerland
Supervisor: Prof. Dr. Ulrich Orth
Thesis: Entstehung und Entwicklung von Persönlichkeit in der Kindheit: Vom Temperament zur Persönlichkeit

Grants

- March 2025** **GRC Short Grant (No. 2025_SG_157)**
Organization: Graduate Campus, University of Zurich, Zurich, Switzerland
Amount: CHF 2,500.00
Project: Workshop: Advancing Interpersonal Dynamics and Health: Integrating Interdisciplinary Approaches to Dyadic Behavior Change
Role: Co-applicant (equal responsibility with Patrick S. Höhener)
- July 2024** **Contribution to Research Projects by Early Career Researchers (No. 2024-8)**
Organization: Stiftung Suzanne und Hans Biäsch, Zurich, Switzerland
Amount: CHF 24,774.75
Project: Adaptive Interventions for Dyadic Health Behavior Change
Role: Co-applicant (equal responsibility with Patrick S. Höhener)

Unfunded Grant Applications

2026

BEYOND-CVD: Behavioural Intervention in Young People with MASLD as Primary Prevention for CVD

Funder: Horizon Europe (HORIZON-HLTH-2026-01)

Amount: EUR 9,931,015 (total consortium request)

Role: Work Package Lead (Intervention Co-Design) & Co-Investigator (Biostatistics)

Contributions: Co-led the development of the trial design, provided the theoretical grounding for the intervention based on validated behavioral theories, conceptualized a participatory citizen science co-design approach, and developed the data analysis strategy using longitudinal mixed-effects models to evaluate repeated-measures multimodal data.

Status: Unfunded (scored 11.00/12.00)

Awards and Honors

June 2025

Poster Prize

Conference: Innovations in Interpersonal Relationships and Health Research: Advancing the Integration of Interdisciplinary Approaches to Dyadic Behavior Change, Zurich, Switzerland

Poster: Are health-related social support and social control relationship-specific? An individual participant data meta-analysis of intensive longitudinal data on physical activity.

Link: <https://osf.io/nxdba/>

Publications

Peer-Reviewed Articles

Küng, P., Bierbauer, W., Berli, C., Höhener, P. S., Lüscher, J., Bermudez, T., Banik, A., Łuszczńska, A., & Scholz, U. (2026). Does preference for self-reliance moderate associations of health-related social control with physical activity and smoking cessation? Two intensive longitudinal studies. *British Journal of Health Psychology*, 31(2), e70082. <https://doi.org/10.1111/bjhp.70082>

Küng, P., Höhener, P. S., Allen, J. M., Tobias, R., & Scholz, U. (2026). Daily associations of three types of social control with physical activity, reactance, and mood in romantic couples: A dyadic intensive longitudinal study. *Psychology & Health*, 1–25. <https://doi.org/10.1080/08870446.2026.2620453>

Höhener, P. S., Tobias, R., Allen, J. M., Küng, P., & Scholz, U. (2026). Effectiveness of smartphone-based dyadic interventions to increase physical activity in romantic couples: Microrandomized trial. *JMIR mHealth and uHealth*, 14, e67136. <https://doi.org/10.2196/67136>

Küng, P., Berli, C., Höhener, P. S., Tobias, R., & Scholz, U. (2025). Health-related social control in overweight romantic couples: Daily associations with physical activity and affect for targets and agents. *Annals of Behavioral Medicine*, 59(1), kaae093. <https://doi.org/10.1093/abm/kaae093>

Höhener, P. S., Lüscher, J., Tobias, R., Küng, P., & Scholz, U. (2025). Investigating the association between companionship and behavior concordance: A dyadic panel study. *Personal Relationships*, 32(2), e70005. <https://doi.org/10.1111/pere.70005>

Research Outputs

Küng, P. M. (2026). *Distinguishable and exchangeable dyads: Bayesian multilevel modelling* (Version 2.0.10). University of Zurich. <https://doi.org/10.5281/zenodo.21507839>

Küng, P. (2026). *wbCorr: Bivariate within- and between-cluster correlations* (Version 0.3.2) [R package]. CRAN. <https://doi.org/10.32614/CRAN.package.wbCorr>

Küng, P. (2026). *dyadMLM: Tools for dyadic multilevel models* (Version 0.2.0) [R package]. R-universe. <https://pascal-kueng.r-universe.dev/dyadMLM>

Teaching Experience

2022–Present University of Zurich, Zurich, Switzerland

Seminar: mHealth: Transforming Health with Mobile Technology (Fall 2022, Fall 2023, Fall

2024, Fall 2025, Fall 2026)

Seminar: Ambulatory Assessment Methods for Assessing Health in Everyday Life (Spring 2026, Spring 2027)

Thesis supervision: Four Bachelor's and seven Master's theses

July 30, 2026 Charité – Universitätsmedizin Berlin, Berlin, Germany

Workshop: 1-Day Summer School on Dyadic Data Analysis, part of the Hybrid Summer School 2026 on Intensive Longitudinal Methods, Dyadic Data Analysis, and Machine Learning

Role: Lead instructor (full-day workshop; with Prof. Dr. Gertraud (Turu) Stadler)

Materials: <https://pascal-kueng.github.io/dyadMLM/workshop/>

Audience: Graduate students, postdocs, and other researchers

Certificates & Continuing Education

January 2024 Teaching Skills

Provider: Center for University Teaching and Learning, University of Zurich, Zurich, Switzerland

March 2022 Python for Everybody (5-Course Specialization)

Provider: University of Michigan (via Coursera)

Conference Presentations

2025

Küng, P., Höhener, P. S., Vieth, G., Spliesgart, A., Scholz, U., Simpson, J. A., & Rothman, A. J. (2025, August). *Are health-related social support and social control relationship-specific? An individual participant data meta-analysis of intensive longitudinal data on physical activity* [Poster presentation]. European Health Psychology Society (EHPS) Conference, Groningen, the Netherlands. <https://doi.org/10.17605/OSF.IO/NXDBA>

Küng, P., Höhener, P. S., Vieth, G., Spliesgart, A., Scholz, U., Simpson, J. A., & Rothman, A. J. (2025, June). *Are health-related social support and social control relationship-specific? An individual participant data meta-analysis of intensive longitudinal data on physical activity* [Poster presentation]. Interpersonal Relationships and Health (IRH) Collaborative Meeting, Zurich, Switzerland. <https://doi.org/10.17605/OSF.IO/NXDBA>

Küng, P., Höhener, P. S., Vieth, G., Spliesgart, A., Scholz, U., Simpson, J. A., & Rothman, A. J. (2025, May). *Are health-related social support and social control relationship-specific? An individual participant data meta-analysis of intensive longitudinal data on physical activity* [Poster presentation]. Masterstudierenden- und Doktorierenden-Kongress (MaDoKo), Zurich, Switzerland. <https://doi.org/10.17605/OSF.IO/NXDBA>

2024

Küng, P., Bierbauer, W., Berli, C., Höhener, P. S., Lüscher, J., Bermudez, T., Banik, A., Łuszczynska, A., & Scholz, U. (2024, September). *Does “preference for self-reliance” moderate the effects of health-related social control?* [Symposium presentation]. European Health Psychology Society (EHPS) Conference, Cascais, Portugal. <https://doi.org/10.17605/OSF.IO/PRSDK>

Küng, P., Bierbauer, W., Berli, C., Höhener, P. S., Lüscher, J., Bermudez, T., Banik, A., Łuszczynska, A., & Scholz, U. (2024, May). *The role of preference for self-reliance in health-related social control: Daily associations with physical activity and smoking within romantic couples* [Poster presentation]. Masterstudierenden- und Doktorierenden-Kongress (MaDoKo), Zurich, Switzerland. <https://doi.org/10.17605/OSF.IO/PRSDK>

2023

Küng, P., Tobias, R., Allen, J. M., Höhener, P. S., & Scholz, U. (2023, September). *Impact of social influence strategies on physical activity and affective outcomes: A dyadic longitudinal study of romantic couples* [Symposium presentation]. European Health Psychology Society (EHPS) Conference, Bremen, Germany. <https://doi.org/10.17605/OSF.IO/46MC9>

2022

Küng, P., Berli, C., Allen, J. M., Höhener, P. S., Tobias, R., & Scholz, U. (2022, September). *To control and to be controlled: Social control, affect, and physical activity in daily lives of romantic couples* [Poster presentation]. European Health Psychology Society (EHPS) Conference, Bratislava, Slovakia. <https://doi.org/10.17605/OSF.IO/3WJCE>

Küng, P., Berli, C., Allen, J. M., Höhener, P. S., Tobias, R., & Scholz, U. (2022, September). *To control and to be controlled: Social control, affect, and physical activity in daily lives of romantic couples* [Poster presentation]. Swiss Psychology Society (SPS) Conference, Zurich, Switzerland. <https://doi.org/10.17605/OSF.IO/3WJCE>

Professional Service

Ad hoc

Reviewer

Journals: Annals of Behavioral Medicine; International Journal of Behavioral Medicine

June 2025

Conference co-organization

Conference: Innovations in Interpersonal Relationships and Health Research: Advancing the Integration of Interdisciplinary Approaches to Dyadic Behavior Change, Interpersonal Relationships and Health Collaborative, Zurich, Switzerland

Role: Co-organizer (assisting; lead organizers: Urte Scholz, Alexander Rothman, and Jeffrey Simpson)

September 2023 Symposium co-organization

Symposium: Social Relationships and Health: New Insights from Dyadic Research, European Health Psychology Society (EHPS) Conference, Bremen, Germany

Role: Co-organizer (equal responsibility with Patrick S. Höhener)

2023–Present

Website design, development & maintenance

Websites: irhcollaborative.com; conference.irhcollaborative.com

Database: dyadicdata.irhcollaborative.com (database for dyadic datasets)

Professional Affiliations

- **Interpersonal Relationships and Health (IRH) Collaborative** | Core Group Member
- **Open Science Initiative** | Active Member
Department of Psychology, University of Zurich
- **Analysis of Dyadic Interaction (ADI) Peer Mentoring Group** | Active Member
Department of Psychology, University of Zurich
- **European Health Psychology Society (EHPS)** | Member
- **Swiss Psychology Society (SPS)** | Member