

Vienna Institute of Demography, Austrian Academy of Sciences
 Wittgenstein Centre for Demography and Global Human Capital
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LINKS:
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RESEARCH INTERESTS

Health and socio-economic inequalities across the life course • Parenting leave • Human capital (skills) • Measures of mortality, health, and ageing • Gender inequality • (Health) data reliability

RESEARCH POSITIONS & APPOINTMENTS

Vienna Institute of Demography, Austrian Academy of Sciences (Research Scientist)	10/2025-present
Karolinska Institutet (Research Affiliate)	04/2025-present
Okinawa Institute of Science and Technology (Research Affiliate)	10/2024-present
Vienna Yearbook of Population Research (Editor)	07/2021-present
University of Vienna, Department of Demography (Lecturer)	07/2020-present
University of Vienna, Department of Demography (Postdoctoral Researcher)	07/2020-09/2025
International Institute for Applied Systems Analysis, World Population Programme (Research Assistant)	01/2019-06/2020
Vienna Institute of Demography, Austrian Academy of Sciences (Research Assistant)	03/2017-06/2020

EDUCATION

Ph.D. with specialisation in Demography and Economics (with distinction) <ul style="list-style-type: none"> Vienna University of Economics and Business Thesis: <i>Health measures and healthcare utilisation in ageing populations: Demographic and economic perspectives</i> Supervisors: Prof. Wolfgang Lutz and Prof. Alexia Prskawetz 	03/2017-04/2020
Master's Degree in Applied Economics (Top of the class) <ul style="list-style-type: none"> Vienna University of Economics and Business 	10/2014-08/2016
Study abroad (with distinction) <ul style="list-style-type: none"> University of Sydney, Australia 	07/2015-12/2015
Bachelor's Degree in Economics and Socio-Economics (Top 5% of the class) <ul style="list-style-type: none"> Vienna University of Economics and Business 	04/2011-09/2014

INTERNATIONAL RESEARCH VISITS & INVITATIONS

DemoSoc Group, UPF Barcelona, Spain - Host: Aïda Solé Auró	4/2026 (planned)
Okinawa Institute of Science and Technology, Japan - Host: Yuliya Kulikova	3/2026 (planned)
Karolinska Institutet, Sweden - Host: Prof. Agneta Herlitz	06/-07/2025
University of Chicago, US - Host: Prof. James Heckman	03/-05/2025
Okinawa Institute of Science and Technology, Japan - Host: Yuliya Kulikova	10/2024-01/2025
Hertie School, Germany - Host: Prof. Mujaheed Shaikh	9/2022
University of Hohenheim, Germany - Host: Prof. Alfonso Souza-Posa	5/2022
Norwegian Univ. of Science and Technology, Norway - Host: Doriane Mignon	10/2021
Max Planck Inst. for Demographic Research, Germany - Host: Christian Dudel	10/2018
Paris School of Economics, France - Hosts: Prof. Hippolyte d'Albis & Prof. Angela Greulich	04/2018

GRANTS & FELLOWSHIPS

Data:Research:Austria Grant from the Austrian Academy of Sciences <i>Skill loss during parental leave and its role for gender disparities in earnings</i> € 334,228, PI	2024-2026
COI-NEXT Grant from the Japan Science and Technology Agency <i>Life is about timing: Health shocks and socioeconomic inequality across the life cycle</i> ~ € 180,000, Co-Author and lead of the Austrian research team (PI: Yuliya Kulikova)	2024-2026
Japan Society for the Promotion of Science Postdoctoral Fellowship <i>Age at cardiovascular health shocks, survival, and labour market outcomes</i> ~ € 11,000	2024
Strategic Partnership Mobility Fellowship to visit the Center for the Economics of Human Development at the Univ. of Chicago	2024-2025
Kaiserschild Advance Grant <i>The effect of parenthood on human capital and income trajectories over the life course</i> € 9,600, Co-PI with Claudia Reiter	2023-2024
postdoc:muv Fellowship at the University of Vienna	2021-2022
Mobility grant for Ph.D. candidates to visit the Max Planck Institute for Demographic Research, Rostock, Germany	2020
Austrian Ministry of Education, Science, and Research € 4,000 for the YSSP at IIASA	2018
Scholarship from the Chulalongkorn University, Bangkok, Thailand € 2,500 to attend the workshop <i>Demographic analysis with applications to ageing societies</i> at the College of Population Studies in Bangkok, Thailand	2018
Foreign Studies Scholarship Julius Raab Scholarship to study at the University of Sydney, Australia	2015

AWARDS, HONOURS & RECOGNITIONS

Selected member of the Research Network “Health in Society” at the University of Vienna	2024-present
Invited Population Europe Expert	2022-present
Health Expert Advisor for the Austrian Socio-Economic Panel survey	2022-present
Dr. Maria Schaumayer Foundation Award	2021
Emerging Scholar Award at the Aging & Social Change Interdisciplinary Conference	2021
Award for Outstanding Research Achievements from the Vienna University of Economics and Business	2020
Honourable mention at the AK Science Award on <i>Challenges in public healthcare and long-term care</i>	2020
Top 10% most cited papers in PLOS ONE for <i>Reporting biases in self-assessed physical and cognitive health status of older Europeans</i>	2019
Poster winner at the Population Association of America Annual Meeting Poster titled <i>The subjective cost of young children: A European comparison</i>	2019
1st rank out of 112 in the student ranking Vienna University of Economics and Business, Master’s Programme in Economics	2017

PUBLICATIONS

PEER-REVIEWED

- Renner A.-T., Shaikh M., and **Spitzer S.** (2025): [Absence from work and lifetime smoking behavior: Evidence from European maternal leave policies](#), *Journal of Health Economics*
- Greulich A. and **Spitzer S.** (2025): [The cost of children](#). In: Zimmermann K. F. (Ed.), *Handbook of Labor, Human Resources and Population Economics*. Springer
- Di Lego, V., **Spitzer S.**, and Lazarevic P. (2024): [Mismatches in Health: A Global Analysis of Discrepancies Between Self-Reported and Tested Mobility and Cognition](#), *Comparative Population Studies*
- Spitzer S.** and Reiter C. (2024): [Demographic change, health care, and long-term care](#). In: Renner A.-T., Getzner M., and Plank L. (Eds.), *Handbook of Social Infrastructure*. Edward Elgar Publishing
- Spitzer S.**, Di Lego V., Kuhn M., Roth C., and Berger C. (2022): [Socio-economic environment and survival in patients after ST-segment elevation myocardial infarction \(STEMI\): A longitudinal study for the City of Vienna](#), *BMJ Open*
- Scherbov S., **Spitzer S.**, and Steiber N. (2022): [Thresholds for clinical practice that directly link handgrip strength to remaining years of life: Estimates based on longitudinal observational data](#), *BMJ Open*
- Spitzer S.**, Shaikh M., and Weber D. (2022): [Older Europeans' health perception and their adaptive behavior during the COVID-19 pandemic](#), *European Journal of Public Health*
- Spitzer S.** and Shaikh M. (2022): [Health misperception and healthcare utilisation among older Europeans](#), *The Journal of the Economics of Ageing*
- Spitzer S.**, Greulich A., and Hammer B. (2022): [The subjective cost of young children: A European comparison](#), *Social Indicator Research*
- Lutz W., Striessnig E., Dimitrova A., Ghislandi S., Lijadi A., Reiter C., **Spitzer S.**, and Yildiz D. (2021): [Years of good life is a well-being indicator designed to serve research on sustainability](#), *Proceedings of the National Academy of Sciences (PNAS)*
- Hammer, B., **Spitzer S.**, and Prskawetz, A. (2021): [Age-specific income trends in Europe: The role of employment, wages, and social transfers](#), *Social Indicator Research*
- Spitzer S.** (2020): [Biases in health expectancies due to educational differences in survey participation of older Europeans: It's worth weighting for](#), *The European Journal of Health Economics*
- Hammer H., **Spitzer S.**, Vargha L., and Istenic T. (2020): [The gender dimension of intergenerational transfers in Europe](#), *The Journal of the Economics of Ageing*
- Reiter C. and **Spitzer S.** (2020): [Wellbeing in Europe: Decompositions by country and gender for the population 50+](#), *Vienna Yearbook of Population Research*
- Spitzer S.** and Weber D. (2019): [Reporting biases in self-assessed physical and cognitive health status of older Europeans](#), *PLOS ONE*

EDITED SPECIAL ISSUES

- Spitzer S.**, Di Lego V., Greulich A., and Muttarak R. (Eds.) (2021): [Demographic aspects of human wellbeing](#), *Vienna Yearbook of Population Research*

POLICY REPORTS

Spitzer S., Hammer B., and Reiter C. (2023): [Intergenerational inequalities: How to close the gaps?](#), *Eurofound Policy Brief*

Spitzer S. and Wieser C. (2017): [Women on boards \(Frauen.Management.Report – Aufsichtsrat, Geschäftsführung und Prokura\)](#), *Chamber of Labour Report*

Spitzer S. and Wieser C. (2015): [Women on boards \(Frauen.Management.Report – Frauen in Geschäftsführung und Aufsichtsrat der Top 200 Börsennotierten Unternehmen\)](#), *Chamber of Labour Report*

OTHER PUBLICATIONS

Spitzer S., Lemoine A., Song Z., Reiter C., Greulich A., Herlitz A., Bártová A., Brini E., Danciková Z., Galdauskaite D., González L., Hatzivarnava-Kazassi E., Honkaniemi H., Juárez, SP, Kaldager Hart R., Kristiansen I. L., Kurowska A., Pall K., Pertold-Gebicka B., Rakar, T., Räsänen T., Rentzou K., Romero Balsas P., Schmidt E.-M., Thil L., Tuda D., Vargha L., Vignoli D., Wagner S., and Wrohlich K. (2025). [The European Parenting Leave Policies \(EPLP\) Dataset](#), *Dataset on Zenodo*

Spitzer S., Hammer B., and Reiter C. (2023): [Intergenerational income dynamics in Europe: Past trends and current challenges](#), *Eurofound Working Paper*

Spitzer S. (2022): [How healthy are you really? Cross-country comparisons of wellbeing with survey data](#), Contribution to the *Population-Environment Research Network (PERN) Cyberseminar*

Hammer B., Spitzer S. and Prskawetz A. (2022): [Income disparities between young and old Europeans: The role of employment, wages, and pensions](#). In: *European Demographic Datasheet 2022*. Wittgenstein Centre for Demography and Global Human Capital

Spitzer S., Di Lego V., Greulich A., and Muttarak R. (2020): [A demographic perspective on human wellbeing: Concepts, measurement and population heterogeneity](#), Introduction *Vienna Yearbook of Population Research*

Spitzer S. and Reiter C. (2020): [Years of Good Life: A novel indicator to measure wellbeing](#). In: *European Demographic Datasheet 2020*. Wittgenstein Centre for Demography and Global Human Capital

Spitzer S. and Hammer B. (2016): [The division of labour within households: Fractional logit estimates based on the Austrian Time Use Survey](#), *AGENTA Working Paper*

MEDIA COVERAGE & DISSEMINATION ACTIVITIES (2019-2024)

Medianet • Der Falter • Radio Ö1 • Daily Mail • Hindustan Times • ORF ZIB Magazin (TV Interview) • Podcast Baby & Job • Der Standard • Die Presse • Kronen Zeitung • Ö1 Mittagsjournal • Tiroler Tageszeitung • Heute • Gazzetta • Poradnik Zdrowie • Femme Actuelle • ÖAW SciencePop • ORF.at • Kurier • Salzburger Nachrichten • Puls24 • Wiener Zeitung • Der Standard • PopDigests • Mein Bezirk • Voice Philly • Kurier • APA • Portal Hospital Brasil VOL.at • Radio Wien Stadtjournal • ORF.at • New Business • Vienna.at • Kronen Zeitung • Newsweek • News18 • ScienceDaily • Studium.at • IIASA News • WIC Fact Sheet • The Hill • European Demographic Data Sheet • Kurier • SciTechDaily • Hello Zdrowie • Mediafax • News Medical • Mdienoticias • Irytas • Mint Lounge • Deine Apotheke • Wiener Zeitung • ygeia mou • Kurier • medinlive.at • Zeitung der Arbeit • MedMedia • Dolomiten • Der Standard • Ö1 Nachrichtenjournal • Clarín • OEAW ScienceBites Video • Kurier • European Researchers' Night Wiener Zeitung • Population Europe PopDigest • Nexus Blog • Die Presse • Nutraingredients.com • ScienceDaily • MedicalXpress • Generational Economy • IIASA News • Generational Economy • Nemokennislink.nl

TEACHING, SUPERVISION, & MENTORING

Teaching at the University of Vienna	2021-present
<ul style="list-style-type: none">• Human capital and economic demography (Master level; 4×)• Mortality, health, and ageing (Master level, with Marc Luy; 5×)• Advanced quantitative data analysis and microeconometrics (Master level; 1×)• Scientific working (Master level, with Ester Lazzari and Nicholas Gailey; 4×)• Statistics for social scientists II (Master level; 4×)	
Teaching at the Austrian Academy of Sciences	2022
Where do demographers get their data from? (Bachelor level, workshop with Dilek Yildiz and Claudia Reiter)	
Supervision of Master theses	2024-present
<ul style="list-style-type: none">• Jana Ströbinger: <i>Socioeconomic differences in the onset of cancer and its role for labour market outcomes</i>• Song Zhanxiong (Co-Supervision with Miguel Sánchez-Romero): <i>Educational inequalities in life expectancy and the Future of pension equity in Austria</i>• Constantin Kumaus: <i>Gender differences in family, childcare, and retirement policies</i>• Nina Marie Dippold: <i>The effect of maternity leave duration on retirement income</i>	
Supervision of Research Assistants	2024-present
<ul style="list-style-type: none">• University of Vienna• Okinawa Institute of Science and Technology	
Mentoring	2020-2021
VrauWL mentoring programme for female economics students	

PRESENTATIONS

INVITED TALKS & PANEL DISCUSSIONS

<i>Parenting leave duration and mothers' skills along the life course</i>	2025
Research Group Meeting at the Division of Psychology at Karolinska Institutet, Stockholm, Sweden	
<i>Parenting leave duration and mothers' skills along the life course</i>	2025
Center for the Economics of Human Development Workshop Series, Chicago, US	
<i>Health inequalities across the life course: Preliminary results from Austrian register data</i>	2025
Gateway Education Policy Team Meeting, University of Southern California, US (online)	
<i>Health inequalities across the life course: Preliminary results from Austrian register data</i>	2025
Gateway Education Policy Team Meeting, University of Southern California, US (online)	
<i>Life is about timing: Health shocks and socioeconomic inequality across the life cycle</i>	2025
INEQ Salon, Vienna, Austria	
<i>Absence from work and lifetime smoking behavior: Evidence from European maternal leave policies</i>	2024
National Graduate Institute for Policy Studies (GRIPS), Japan	
<i>Skill loss during parental leave and its role for gender disparities in earnings</i>	2024
Nihon University Population Research Institute (NUPRI), Japan	
<i>Absence from work and lifetime smoking behavior: Evidence from European maternal leave policies</i>	2024
Chung-Ang University, Korea	
<i>Parenting leave duration and mothers' skills along the life course</i>	2024
Online Seminar of the Gender Research Working Group at the Institute for Employment Research, Nürnberg, Germany	
<i>Parental leave and smoking behaviour: Causal evidence from 14 European countries</i>	2022
University of Hohenheim, Germany	
<i>Leave duration after childbirth and smoking behaviour in later life</i>	2022
Centre for Regional Development and Planning (CEDEPLAR), Department of Demography, Faculty of Economics, Federal University of Minas Gerais, Brazil (online)	

<i>Biased health perception and health behaviour: An overview of Europe and China</i> Norwegian University of Science and Technology, Norway	2021
<i>Women in leadership in a COVID-19 world</i> IIASA, Austria (online)	2021
<i>How healthy are you really? Health misperception and healthcare utilisation among older Europeans</i> Vienna University of Economics and Business, Austria (online)	2020
<i>Who is telling the truth? Biases in self-reported health status of older Europeans</i> European Centre for Social Welfare Policy and Research, Austria	2019
<i>The subjective cost of young children: A European comparison</i> Max Planck Institute for Demographic Research, Germany	2018

PRESENTATIONS AT CONFERENCES & WORKSHOPS

2025	International Population Conference, Brisbane, Australia • Gateway to Global Aging's Education, Aging, and Health Conference, Boston, US • European Social Policy Association Conference, Milan, Italy (talk by co-author Adèle Lemoine) • Annual Meeting of the Austrian Economic Association (NOeG), Krems, Austria
2024	European Population Conference, Edinburgh, Scotland • European Health Association Conference, Vienna, Austria
2023	REVES Meeting (talk by co-author Vanessa di Lego), Padua, Italy • American-European Health Economics Study Group, Boston, US • International Health Economics Association Congress, Cape Town, South Africa
2022	Population Association of America Annual Meeting, Atlanta, US • European Health Association Conference, Oslo, Norway
2021	International Population Conference, Hyderabad, India (online) • Population Association of America Annual Meeting, St. Louis, US (online) • Austrian Health Economics Association Conference, Vienna, Austria • Annual Meeting of the Austrian Economic Association (NOeG), Innsbruck, Austria (online)
2020	Global Meeting on Population and the Generational Economy, Honolulu, US (online) • European Population Conference 2020, Padova, Italy (cancelled due to the COVID-19 pandemic) • European Health Economics Association 2020 Student-Supervisor Conference, Rotterdam, The Netherlands (online) • Annual Meeting of the Austrian Economic Association (NOeG), Vienna, Austria
2019	International Workshop on the Socio-economics of Ageing, Lisbon, Portugal • Population Association of America Annual Meeting, Austin, US • Wittgenstein Centre Conference, Vienna, Austria • National Conference on Health Economics, Lisbon, Portugal (talk by co-author Mujahed Shaikh) • German-Austrian-Swiss Demographer's Meeting, Vienna, Austria (talk by co-author Daniela Weber) • Austrian Health Economics Association Conference, Vienna, Austria
2018	British Society for Population Studies Conference, Winchester, UK • European Population Conference, Brussels, Belgium (talk by co-author Bernhard Hammer) • Austrian Health Economics Association PhD Workshop, Vienna, Austria • Wittgenstein Centre Conference, Vienna, Austria • YSSP Final Colloquium, Laxenburg, Austria • Wittgenstein Centre Workshop on Health and Wellbeing, Vienna, Austria • Young Economists Conference, Vienna, Austria
2017	British Society for Population Studies Conference, Liverpool, UK • Wittgenstein Centre Conference, Vienna, Austria • Young Economists' Meeting, Brno, Czechia

ACADEMIC SERVICES & INSTITUTIONAL RESPONSIBILITIES

Selected member of the Research Network “Health in Society” at the University of Vienna	2024-present
Examiner for the Master programme “Global Demography”	2024-present
Health expert advisor for the Austrian Socio-Economic Panel survey	2022-present
Editor of the Vienna Yearbook of Population Research	2021-present
Selection Committee for the Master programme “Global Demography”	2021-2023
Co-Organiser of the Demography PhD Club at the University of Vienna	2021-2022
Development of the curriculum for the Master programme “Global Demography” in collaboration with the teaching team	2020-2021
Guest Editor of the Vienna Yearbook of Population Research	2021
Coordinator of the Wittgenstein Centre Colloquium Series	2017-2020
Coordinator of the Wittgenstein Centre Conference on <i>Demographic aspects of human wellbeing</i>	2019
Organiser of the Wittgenstein Centre Workshop on Health and Wellbeing	2018

REFEREE ACTIVITIES

Demography • Population and Development Review • Journal of Health Economics • Social Science & Medicine • Journal of Human Capital • Health Economics • Ageing & Society • Gateway Policy Series • Vienna Yearbook of Population Research • Special Report on *Health, Demography, and Climate Change* by the Austrian Panel on Climate Change • The International Population Conference 2025 • European Health Economics Association conference on *Opening up perspectives on health economics* • 5th Asian Population Association Conference • Wittgenstein Centre Conference on *Demographic aspects of the COVID-19 pandemic and its consequences* • Fondazione Cariplo Funding Programme • Best Paper Award of the Young Scientist Summer Programme at the International Institute for Applied Systems Analysis