

# Ludvig Daae Bjørndal, PhD (Researcher, Clinical Psychologist)

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## Research

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The primary focus of my research is how environmental factors across multiple levels, from individual life experiences to within-family interactions to societal factors, impact the development of mental health problems in young people and adults.

I am affiliated with the PROMENTA Research Center (University of Oslo) and the PsychGen Centre for Genetic Epidemiology and Mental Health (Lovisenberg Diaconal Hospital and Norwegian Institute of Public Health).

**Key publications:** [JAMA Pediatrics](#), [American Psychologist](#), [Nature MH](#), [Nature RP](#), [JAMA NO](#), [Psychological Medicine](#), [JCPP A](#), [Nature HB \(1\)](#), [Nature HB \(2\)](#)

Publications: 41 | Citations: 1180 | h-index: 14 | 1<sup>st</sup> authorships: 15 | Senior authorships: 2

## Education

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2024: University of Oslo. PhD, Psychology.

2021: University of Oslo. Cand.Psychol. (Professional Degree in Clinical Psychology)

## Academic positions

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**2026 – 2029**                      **University of Oslo:** PROMENTA Research Center (*GeoGen Research Group*), Department of Psychology.

Postdoctoral Fellow (100%).

*Project:* Early Life SocioEconomic status, mental health, and educational performance: a context-wide evaluation of sensitivity to the environment (ELiSE).

**2023 – Ongoing**                **Lovisenberg Diaconal Hospital:** Psychiatric Genetic Epidemiology Group and PsychGen Centre for Genetic Epidemiology and Mental Health.

Researcher (20%). (2023-2025: Research Assistant)

*Project:* In PsychGen, I study child and adolescent mental health across development, with a focus on eating disorders and autism.

**2022 – 2025**                      **University of Oslo:** PROMENTA Research Center (*Wellbeing Research Group*), Department of Psychology.

PhD Candidate (100%). Supervisors: Espen Røysamb, Ragnhild Bang Nes, Eivind Ystrøm.

*Project:* My PhD thesis (“Unravelling sources of wellbeing and illbeing: The role of genetic, environmental and social factors”) examined the importance of genetic and environmental factors for mental health, with a particular emphasis on social factors. PhD awarded May 16<sup>th</sup> 2024.

**2024**                                **University of Oxford:** Department of Psychiatry

Visiting Researcher (100%). Supervisor: Sarah Bauermeister.

*Project:* As a Visiting Researcher at the University of Oxford (Autumn of 2024), I worked on a study examining how family environment factors relate to development of adolescent mental health over time. This paper was published in [JCPP Advances \(2025\)](#).

2024

**Karolinska Institutet:** Unit of Integrative Epidemiology

Visiting Researcher (100%). Supervisors: Fang Fang, Unnur Valdímarsdóttir.

*Project:* As a Visiting Researcher at Karolinska Institutet (Winter and Spring of 2024), I worked on a study examining the role of stress resilience in the relationship between childhood bereavement and psychiatric disorder risk. This paper was published in [JAMA Network Open \(2025\)](#).

## Awards and funding

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### 2024: Outstanding Article of the Year Award - International Society for Quality of Life Research

Awarded for our 2023 [Quality of Life Research paper](#): “The structure of well-being: a single underlying factor with genetic and environmental influences”.

### 2023: Doctoral Research Fellow Award - Department of Psychology, University of Oslo

Best article prize by a PhD Fellow. Awarded for our 2023 [American Psychologist paper](#): “Mental health and environmental factors in adults: A population-based network analysis”.

### 2021: Leonard E. Gibbs Award - The Campbell Collaboration

Awarded for our 2021 article [Campbell Systematic Reviews paper](#): “Institutional responses to child maltreatment”.

**Funding obtained (per 2024):** Approximately 770 000 NOK.

## Scientific publications

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<sup>41</sup>Bridger, E., Maltby, J., Fried, E., Ebrahimi, O. V., & **Bjørndal, L. D.** (2026). Linking psychological distress and multilevel socioeconomic disadvantage: A representative population-based study of UK adults. *American Psychologist*. <https://doi.org/10.1037/amp0001705>

<sup>40</sup>Teulings, I. J. E., Deserno, M. K., (...), & **Bjørndal, L. D.** (2026). Beyond the borders of wellbeing: Network analyses reveal the fuzzy boundaries between wellbeing domains. *The Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2026.2651077>

<sup>39</sup>Karl, V., **Bjørndal, L. D.**, (...), & Tamnes, C. K. (2026). Symptom-specific links between internalizing problems and functional connectivity in adolescents: A network analysis. *European Child & Adolescent Psychiatry*. <https://doi.org/10.1007/s00787-026-02989-6>

<sup>38</sup>**Bjørndal, L. D.** (2025). Tidlige tapsopplevelser, resiliens og risiko for senere psykiske lidelser. *Tidsskrift for Norsk psykologforening*, 62(12), 766-768.  
[www.psykologtidsskriftet.no/artikkel/2025as12ae-Tidlige-tapsopplevelser-resiliens-og-risiko-for-senere-psykiske-lidelser](http://www.psykologtidsskriftet.no/artikkel/2025as12ae-Tidlige-tapsopplevelser-resiliens-og-risiko-for-senere-psykiske-lidelser)

<sup>37</sup>**Bjørndal, L. D.**, Corfield, E. C., (...), Ask, H., & Havdahl, A. (2025). Avoidant restrictive food intake phenotypes: Prevalence, developmental characteristics, and genetic architecture. *JAMA Pediatrics*. <https://doi.org/10.1001/jamapediatrics.2025.4786>

<sup>36</sup>Tamnes, C., (...), **Bjørndal, L. D.**, (...), & von Soest, T. (2025). The nature of the relation between mental illbeing and wellbeing. *Nature Human Behaviour*. <https://www.nature.com/articles/s41562-025-02319-x>

<sup>35</sup>**Bjørndal, L. D.**, Wootton, R. E., (...), Havdahl, A., & Ask, H. (2025). Unravelling symptom-specific polygenic effects on maternal mental health during the perinatal period and postpartum. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2025.120228>

- <sup>34</sup>**Bjørndal, L. D.**, Ebrahimi, O. V., & Bauermeister, S. (2025). The dynamic interplay between mental health difficulties and the family environment in early adolescence. *JCPP Advances*. <https://doi.org/10.1002/jcv2.70037>
- <sup>33</sup>**Bjørndal, L. D.**, Røysamb E., Nes, R. B., von Soest, T., & Ebrahimi, O. V. (2025). Financial factors and depression and anxiety: A symptom-specific approach in the general population. *SSM – Mental Health*. <https://doi.org/10.1016/j.ssmmh.2025.100508>
- <sup>32</sup>**Bjørndal, L.D.**, Chen, Y., (...), & Fang, F. (2025). Stress resilience and risk of psychiatric disorders after childhood bereavement. *JAMA Network Open*. <https://doi.org/10.1001/jamanetworkopen.2025.19706>
- <sup>31</sup>Roettger, T., (...) **Bjørndal, L. D.**, (...), & Hannigan, L. (2025). Transparency in epidemiological analyses of cohort data – A case study of the Norwegian Mother, Father, and Child cohort study (MoBa). *BMC Medical Research Methodology*. <https://doi.org/10.1186/s12874-025-02601-6>
- <sup>30</sup>Karstoft, K-I., **Bjørndal, L.D.**, (...), & Hall, Brian. J. (2025). Associations of war exposures, post-migration living difficulties and social support with (complex) PTSD: A cohort study of Ukrainian refugees resettled in Denmark. *Social Science & Medicine*. <https://doi.org/10.1016/j.socscimed.2025.118080>
- <sup>29</sup>Prydz, M. B., **Bjørndal, L. D.**, Czajkowski, N. O., Røysamb, E., & Nes, R. B. (2025). Mechanisms of change in a digital Five Ways to Wellbeing Intervention: A network intervention analysis of a randomized controlled trial. *Behaviour Research and Therapy*. <https://doi.org/10.1016/j.brat.2025.104781>
- <sup>28</sup>Hegemann, L., Eilertsen, E. M., (...), **Bjørndal, L. D.**, (...), & Hannigan, L. (2025). Direct and indirect genetic effects on early neurodevelopmental traits. (2025). *JCPP*, 1-12. <https://doi.org/10.1111/jcpp.14122>
- <sup>27</sup>**Bjørndal, L. D.**, Nes, R. B., Ayorech, Z., Vassend, O., & Røysamb, E. (2024). Multiple social factors are associated with wellbeing when accounting for shared genetic and environmental confounding. *Quality of Life Research*. <https://doi.org/10.1007/s11136-024-03832-8>
- <sup>26</sup>Arneberg, V. S., Sundsvold, V., **Bjørndal, L. D.**, & Ystrom, E. Borderline personality disorder symptoms and stressful life events: An evaluation of gene-environment interplay. (2024). *Biological Psychiatry: Global Open Science*. <https://doi.org/10.1016/j.bpsgos.2024.100390>
- <sup>25</sup>Lupattelli, A., Branquinho, M., Cardoso, C., Tauqeer, F., **Bjørndal, L. D.**, & Fonseca, A. (2024). Psychometric properties of the Decisional Conflict Scale in a sample of perinatal women with depressive symptoms: A study in Portugal and Norway. *Patient Education and Counseling*, 126, 1-8. <https://doi.org/10.1016/j.pec.2024.108337>
- <sup>24</sup>Moreno-Martes, D., Zhao, J., Li, H., Nyberg, F., **Bjørndal, L. D.**, (...), & Morales, D. R. (2024). Impact of the early COVID-19 pandemic on adult mental health-related dispensed medications, hospitalizations and specialist outpatient visits in Norway and Sweden: Interrupted timeseries analysis. *British Journal of Clinical Pharmacology*. <https://doi.org/10.1111/bcp.16044>
- <sup>23</sup>Nasrin, T., Tauqeer, F., **Bjørndal, L. D.**, Kittel-Schneider, S., & Lupattelli, A. (2024). Partner support about antidepressant treatment and its association with depressive symptoms in pregnant women, mothers and women planning pregnancy. *Archives of Women's Mental Health*. <https://doi.org/10.1007/s00737-024-01435-3>
- <sup>22</sup>**Bjørndal, L. D.**, Eilertsen, E. M., (...), & Ystrom, E. (2024). Disentangling direct and indirect genetic effects from partners and offspring on maternal depression using trio-GCTA. *Nature Mental Health*. <https://doi.org/10.1038/s44220-024-00207-3>

- <sup>21</sup>Ayorech, Z., Torvik, F. A., Cheesman, R., Eilertsen, E. M., Valstad, M., **Bjørndal L. D.**, Røysamb E., Havdahl, A., & Ystrom, E. (2024). The structure of psychiatric comorbidity without selection and assortative mating. *Translational Psychiatry*, 14(1), 1-9. <https://doi.org/10.1038/s41398-024-02768-4>
- <sup>20</sup>**Bjørndal, L. D.**, Ebrahimi, O. V., Røysamb, E., Karstoft, K-I., Czajkowski, N. O., & Nes, R. B. (2024). Stressful life events exhibit complex patterns of associations with depressive symptoms in two population-based samples using network analysis. *Journal of Affective Disorders*, 349, 569-576. <https://doi.org/10.1016/j.jad.2024.01.054>
- <sup>19</sup>**Bjørndal, L. D.** (2023). Miljøet er sentralt for den psykiske helsen. *Tidsskrift for Norsk Psykologforening*, 60(11), 686-688. [www.psykologtidsskriftet.no/artikkel/2023as10ac-Miljoet-er-sentralt-for-den-psykiske-helsen](http://www.psykologtidsskriftet.no/artikkel/2023as10ac-Miljoet-er-sentralt-for-den-psykiske-helsen)
- <sup>18</sup>Metz, K., Lewis, J., Mitchell, J., Chakraborty, S., McLeod, B. D., **Bjørndal L.**, Mildon, R., & Shlonsky, A. (2023). Problem-solving interventions and depression among adolescents and young adults: A systematic review of the effectiveness of problem-solving interventions in preventing or treating depression. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0285949>
- <sup>17</sup>**Bjørndal, L. D.**, Ebrahimi, O. V., Lan, X., Nes, R. B., & Røysamb, E. (2023). Mental health and environmental factors in adults: A population-based network analysis. *American Psychologist*. <https://doi.org/10.1037/amp0001208>
- <sup>16</sup>**Bjørndal, L. D.** (2023). The relationship between stressful life events and depression risk. *Nature Reviews Psychology*. <https://doi.org/10.1038/s44159-023-00216-6>
- <sup>15</sup>**Bjørndal, L. D.**, Nes, R. B., Czajkowski, N., & Røysamb E. (2023). The structure of wellbeing—a single underlying factor with genetic and environmental influences. *Quality of Life Research*. <https://doi.org/10.1007/s11136-023-03437-7>
- <sup>14</sup>Fonseca, A., Branquinho, M., Monteiro, F., Araújo-Pedrosa, A., **Bjørndal, L. D.**, & Lupattelli, A. (2023). Treatment options and their uptake among women with symptoms of perinatal depression: An exploratory study in Norway and Portugal. *BJPsych Open*, 9, 1-9. <https://doi.org/10.1192/bjo.2023.56>
- <sup>13</sup>Ayorech, Z., Cheesman, R., Eilertsen, E. M., **Bjørndal, L. D.**, Røysamb, E., McAdams, T. A., Havdahl, A., & Ystrom, E. (2023) Maternal depression and the polygenic p factor: A family perspective on direct and indirect effects. *Journal of Affective Disorders*, 332, 159-167. <https://doi.org/10.1016/j.jad.2023.03.043>
- <sup>12</sup>**Bjørndal, L. D.**, Tauqeer, F., Heiervang, K. S., Clausen, H. K., Heitmann K., & Lupattelli, A. (2022). Perception of risk of adverse neurodevelopmental outcomes in offspring related to antidepressant, other psychotropics and mental illness exposure in pregnancy and breastfeeding. *BMJ Open*, 12(9), 1-11. <https://doi.org/10.1136/bmjopen-2022-061159>
- <sup>11</sup>**Bjørndal, L. D.**, Kendler, K. S., Reichborn-Kjennerud, T., & Ystrom, E. (2022) Stressful life events increase the risk of major depressive episodes: A population-based twin study. *Psychological Medicine*, 1-9. <https://doi.org/10.1017/S0033291722002227>
- <sup>10</sup>Finch, M., Featherston R., Chakraborty S., **Bjørndal, L.**, (...), & Shlonsky, A. (2022). Interventions that Address Institutional Child Maltreatment: An Evidence and Gap Map. *Research on Social Work Practice*, 33(4), 437-459. <https://doi.org/10.1177/10497315221115867>
- <sup>9</sup>Ruggeri, K., Panin, A., Vdovic, M., Većkalov, B., (...), **Bjørndal, L. D.**, (...), & García-Garçon, E. (2022). The globalizability of temporal discounting. *Nature Human Behaviour*, 6, 1386-1397. <https://doi.org/10.1038/s41562-022-01392-w>
- <sup>8</sup>Saraiva, R., Bertoldo G., **Bjørndal L. D.**, Bunghez, C., Lofthus, I., McGill, L., Richardson, S., & Stadel, M. (2022). Improving the evaluation of eyewitness evidence in legal decision-making: Testing an active versus passive teaching aid. *Applied Cognitive Psychology*, 36(3), 520-535. <https://doi.org/10.1002/acp.3938>

- <sup>7</sup>**Bjørndal, L. D.**, Brennen, T., & Magnussen, S. J. (2021). Norske dommeres kunnskap om påliteligheten av øyevitneforklaringer – 12 år senere. *Lov & Rett*, 9(60), 461-472. <https://doi.org/10.18261/issn.1504-3061-2021-09-03>
- <sup>6</sup>Sumampouw, N., **Bjørndal, L. D.**, Magnussen, S., Otgaar, H., & Brennen, T. (2021). Knowledge about eyewitness testimony: A survey of Indonesian police officers and psychologists. *Psychology, Crime & Law*, 28(8), 763-777. <https://doi.org/10.1080/1068316X.2021.1962868>
- <sup>5</sup>Ruggeri, K., Većkalov, B., Bojanić, L., Andersen, T. L., Ashcroft- Jones, S., Ayscaxli, N., (...), **Bjørndal L. D.**, (...), & Folke, T. (2021). The general fault in our fault lines. *Nature Human Behaviour*, 5, 1369-1380. <https://doi.org/10.1038/s41562-021-01092-x>
- <sup>4</sup>Finch, M., Albers, B., (...), **Bjørndal, L.**, Shlonsky, A. (2021). Institutional responses to child maltreatment. *Campbell Systematic Reviews*, 17(1), 1-104. <https://doi.org/10.1002/cl2.1139>
- <sup>3</sup>**Bjørndal, L. D.**, McGill, L., Magnussen, S., Richardson, S., Saraiva, R., Stadel, M., & Brennen, T. (2020). Norwegian judges' knowledge of factors affecting eyewitness testimony: A 12-year follow-up. *Psychiatry, Psychology and Law*, 12(5), 665-682. <https://dx.doi.org/10.1080/13218719.2020.1837028>
- <sup>2</sup>Ruggeri, K., Alí, S., Berge, M. L., Bertoldo, G., **Bjørndal, L. D.**, Cortijos-Bernabeu, A., ... Folke, T. (2020). Replicating patterns of Prospect Theory for decision under risk. *Nature Human Behaviour*, 4(6), 622-633. <https://doi.org/10.1038/s41562-020-0886-x>
- <sup>1</sup>Albers, B., Fiennes, C., Shlonsky, A., Finch, M., **Bjørndal, L.**, Hennessy, J., ... Mildon, R. (2019). Evidence and gap map protocol: Institutional responses to child maltreatment. *Campbell Systematic Reviews*, 15(3), 1-24. <https://doi.org/10.1002/cl2.1039>

## Scientific articles undergoing peer review

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1. **Bjørndal, L. D.**, Nes, R. B., (...), & Røysamb, E. Social Processes in Wellbeing (SoWell): A Survey and Ecological Momentary Assessment Twin Study [https://osf.io/preprints/psyarxiv/5qdpn\\_v1](https://osf.io/preprints/psyarxiv/5qdpn_v1)
2. **Bjørndal, L. D.**, Hegemann, L., (...), & Watson, H. Investigating relationships between genetic risk, childhood maltreatment and eating disorders. [https://osf.io/preprints/psyarxiv/fy2xn\\_v1](https://osf.io/preprints/psyarxiv/fy2xn_v1)
3. Skillebæk, H., Bekkhus, M., Brandlistuen, R. E., & **Bjørndal, L. D.** Bullying and symptoms of anxiety and depression in adolescents: A moderated network analysis. [https://osf.io/preprints/psyarxiv/f4ezb\\_v1](https://osf.io/preprints/psyarxiv/f4ezb_v1)
4. \*Chen, Y., \***Bjørndal, L. D.**, (...), & Fang, F. Stress resilience moderates the association between adult bereavement and psychiatric disorder risk. (\*Shared first authorship)
5. Ahmadzadeh, Y. I., Eilertsen, E. M., (...), **Bjørndal, L. D.**, (...), & McAdams, T. A. Are mothers' prenatal emotional symptoms influenced by the foetal genome? Exploring the possibility of offspring to parent effects during pregnancy. Preprint: [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=4989215](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4989215)
6. Vira, E. G., **Bjørndal, L. D.**, (...), & Helland, S. The interconnected nature of emotion regulation, emotion-related impulsivity and psychopathology in adolescents: A network study.
7. Ruggeri, K., Valenzuela-Catarí, G. (...), **Bjørndal, L. D.**, (...), & Pelica, S. Global well-being in 2025: A multidimensional analysis of mental, financial, and social health in 92 countries. [https://doi.org/10.31234/osf.io/3jyda\\_v1](https://doi.org/10.31234/osf.io/3jyda_v1)

## Funding

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- 2025: UiO Life:Science Internalisation Support Grant (30,000 NOK).
  - *Purpose:* Strengthen collaboration with researchers at VU Amsterdam (Meike Bartels, Dirk Pelt).
- 2024: UiO Life:Science Mobility Grant (45,000 NOK).
  - *Purpose:* Research visit at the University of Melbourne, Australia.
- 2023: The Research Council of Norway Funding for Research Visits (290,000 NOK).
  - *Purpose:* Research visits at Karolinska Institutet and University of Oxford.
- 2023: UiO Life:Science Mobility Grant (50,000 NOK).
  - *Purpose:* Research visit at the University of Copenhagen.
- 2023. Department of Psychology (UiO) Research Infrastructure Grant (183,000 NOK)
  - *Purpose:* Development of application for intensive longitudinal data collection.
- 2022: Department of Psychology (UiO) Mobility Grant (25,000)
  - *Purpose:* For visits from professor Meike Bartels and Dr. Lianne de Vries (VU Amsterdam).
- 2022: UiO Life:Science Mobility Grant (42,500 NOK)
  - *Purpose:* Research visit at King's College London.
- 2021: UiO Life:Science Summer Research Stipend (50,000 NOK)
  - *Purpose:* Student research work experience (supervisor: professor Angela Lupattelli).
- 2021: The Research Council of Norway Student Research Stipend (30,000 NOK)
  - *Purpose:* Work with master's thesis as part of my degree in clinical psychology.
- 2020: UiO Life:Science Summer Research Stipend (40,000 NOK)
  - *Purpose:* Student research work experience (supervisor: professor Angela Lupattelli)

## Teaching

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I have extensive experience supervising and teaching undergraduate and master's level courses in psychology and research methods at the University of Oslo.

**2026 – Current: Introduction to Statistics with R ([PSY9510](#)).** PhD-level course. *Responsible teacher, lecturer, seminar leader.*

**2022 – Current: Personality Psychology 2 ([PSYC3220](#)).** *Lecturer and seminar leader.* PSYC3220 is focused on personality development, assessment, and theory. As responsible teacher in 2025, I contributed to revisions of this course, including applying to the Department of Psychology to change the type of exam. I also conducted evaluation work of teaching seminars and lectures.

- Lecture: “Personality development in children” (2025)
- Lecture: “Wellbeing” (Wellbeing research and key findings across the lifespan) (2023 - Current)
- Lecture: “Psychodynamic theory – background and development” (2022, 2025)
- Lecture: “Evolution, attachment and interpersonal psychology” (2022)

**2022 - Current: Applied Personality Psychology ([PSYC4320](#)).** *Seminar leader.* Focus: Application and understanding of personality psychology in a clinical context.

**2022 - Current: Introduction to health-promoting and prevention work ([PSYC2502](#)).** *Seminar leader.* Focus: Health-promoting and preventive work as a clinical psychologist.

**2026 – Current: Project Development and Methodology ([PSY4521](#)).** *Seminar leader.* Focus: Developing and conducting research projects in developmental psychology for a master's degree.

**2026 – Current: Psychosocial Measurement and Psychometrics ([MF9165](#)).** PhD-level course. *Lecturer.* Focus: Measuring mental disorders and wellbeing in research.

**2025: Mental Health and Wellbeing ([PSY9401](#)).** PhD-level course.

- Lecture: “All you need to know about how to finish your thesis and prepare for your defense”.

**2025: Prevention of mental health difficulties in children and adolescents (PSY4205).** *Lecturer.* In this course, I gave lectures on resilience and prevalence and development of internalising problems in adolescence.

- Lecture: “A case study of resilience in an adolescent experiencing mental health difficulties”.
- Lecture: “Prevention and internalising problems”

**2022 - 2023: Relational competence at the group level (PSYC2302).** *Seminar leader.* Focus: Theory and empirical research related to group relations and practical training in understanding group dynamics.

**2023 - 2023: Profesjonsforberedende 1 (PSYC1202).** *Seminar leader.* Focus: Acquiring experience in the role of psychologist and establishing initial contact with a patient/client.

**2022 - 2023: Profesjonsforberedende 2 (PSYC1302).** *Seminar leader.* Focus: Introduction to basic theory and empirical research related to relational competence and clinical communication.

**2020 - 2022: Introduction to Research Methodology (PSYC1100).** *Seminar leader.* Focus: Introduction to research methodology and statistical theory analysis relevant for psychological research.

## **Other lectures, classes, workshops**

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**2025: Lecture on Developmental Psychopathology for Psychiatrists in Specialisation (Vestre Viken Hospital Trust)**

Lecture on core concepts in developmental psychopathology (conceptualisations of psychopathology, genetic and environmental risk factors, developmental cascades, resilience) for medical doctors undergoing their specialisation in psychiatry (LIS-Leger) at Vestre Viken Hospital Trust.

## **Supervision**

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- **2025 – Current: Irene Teulings, PhD Fellow Co-Supervisor.** Department of Psychology, University of Oslo.
- **2025/2026: Master’s degree thesis.** Department of Psychology, University of Oslo. Thesis topic: Financial factors and mental health.
- **2025/2026: Master’s degree thesis.** Department of Psychology, University of Oslo. Thesis topic: Early life adversities and loneliness in adulthood.
- **2025/2026: Master’s degree thesis.** Department of Psychology, University of Oslo. Thesis topic: The relationship between bullying and mental health in adolescence.
- **2025: Bachelor’s degree thesis.** Department of Psychology, University of Oslo. Thesis topic: The relationship between early trauma and antisocial behaviour in adolescence.
- **2024: Bachelor’s degree thesis.** Department of Psychology, University of Oslo. Thesis title: “The impact of trauma on attachment: A neurodevelopmental approach”

## **Talks and presentations**

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**2025: The dynamic interplay between the family environment and mental health in adolescence.**

*The PROMENTA Conference, University of Oslo, Oslo, Norway.*

**2024: Mental health and environmental factors in adults: A population-based network analysis**

*The International Conference on Urban Mental Health (UMH)*, University of Amsterdam, Amsterdam, The Netherlands.

**2023: Disentangling intrafamilial effects on maternal depression**

*Genetics & Social Sciences Conference*, University of Oslo, Norway.

**2022: Identifying general wellbeing factors and their underlying genetic and environmental architecture**

*European Conference on Positive Psychology (ECPP)*, Reykjavik, Iceland

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## Poster presentations

- Bjørndal et al. (2022). Disentangling intrafamilial effects on maternal depression using trio-GCTA. World Congress on Psychiatric Genetics (WCPG) 2022. Florence, Italy.
- Bjørndal, L. D., & Ystrom, E. (2021). “Stressful life events increase risk of depression: A population-based twin study”. Presented at the 51<sup>st</sup> Behavior Genetics Association Annual Meeting.
- Bjørndal, L. D., Taqueer, F., & Lupattelli, A. (2020). “Healthx2 – Patient-centered approaches to aid women’s decision-making and set priorities in perinatal antidepressant research”. Summer Project Poster Exhibition, UiO Life:Science, University of Oslo.
- Saraiva, R., Bertoldo G., Bjørndal L., Bunghez, C., Lofthus, I., McGill, L., Richardson, S., & Stadel, M. (2019): “Improving decision-making in the criminal justice system: The effect of teaching aids on the evaluation of eyewitness evidence”, presented at the Annual Poster Session of the jMeeting, Universidad Francisco de Vitoria, Madrid (2019).
- Bjørndal, L., McGill, L., Magnussen, S., Richardson, S., Saraiva, R., Stadel, M., & Brennen, T. (2019): «Norwegian Judges’ Knowledge of Factors Affecting Eyewitness Testimony in 2019”, presented at the JRP Conference, University of Cambridge (2019).

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## Science communication and news coverage of my research

**2025: [Interview with Aftenposten](#)**. “New study: Almost one in four children exhibit symptoms of eating disorders.”

**2025: [Article](#) in Newsweek covering our research**. “New risks of picky eating in kids revealed.”

**2024: Interview with Khrono (journal for higher education in Norway)**. “Forgot to eat when finishing his PhD”

<https://www.khrono.no/glemte-a-spise-i-innspurten/881140>

**2024: Interview with Psykologtidsskriftet (journal of the Norwegian Society for Clinical Psychologists, Psykologforeningen)**. “Chasing the links between mental health and the environment”

<https://psykologtidsskriftet.no/forskningsintervju/2023/11/jakter-sammenheng-mellom-psykisk-helse-og-miljo>

**2023: Interview with Sunne Kommuner (part of WHO European Healthy Cities Network)**. “The environment affects how we are doing”

<https://www.sunnekommuner.no/nyheter/miljoet-rundt-oss-pavirker-hvordan-vi-har-det>

**2019: Article written for Students 4 Best Evidence**. “Implementation research: What is it, what do we know and how can we use it?”

<https://www.students4bestevidence.net/implementation-research-what-is-it-what-do-we-know-and-how-can-we-use-it/>

**2018: Article written for Students 4 Best Evidence.** “Carryover effects: What are they, why are they problematic, and what can you do about them?”

<https://www.students4bestevidence.net/carryover-effects-what-are-they-why-are-they-problematic-and-what-can-you-do-about-them/>

## **Academic administration and committee work**

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**2025 – Current: User Involvement Working Group.** PsychGen Centre for Genetic Epidemiology and Mental Health.

I am a current member of the User Involvement Working Group in PsychGen, which seeks to facilitate the incorporation of user perspectives in all parts of the research process.

**2022 – 2023: Open Science Working Group.** Department of Psychology, University of Oslo.

From 2022 and through 2023 I was an active member of the Open Science Working Group, which seeks to improve open science practices across the Department of Psychology.

## **Peer review work**

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Current and previous: *Nature Mental Health, BMC Medicine, Communications Psychology, Behavior Genetics, Social Psychiatry and Psychiatric Epidemiology, Anxiety, Stress & Coping, Cognitive Behaviour Therapy, Journal of Family Violence, JCPP Advances, BMC Psychology, Social Indicators Research, Landscape and Urban Planning, Discover Social Science and Health, Social Science Research, Psychology of Sport & Exercise, and Scandinavian Journal of Psychology.*

## **Active international collaborations**

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- Professor Fang Fang and Professor Unnur Valdimarsdóttir, Karolinska Institutet.
- Associate Professor Sarah Bauermeister and Dr. Omid Ebrahimi, University of Oxford.
- Associate Professor Karen-Inge Karstoft, University of Copenhagen.
- Professor Barnaby Nelson, University of Melbourne.
- Dr. Emma Bridger, University of Leicester.
- Professor Hunna Watson and Professor Cynthia M. Bulik, University of North Carolina.