



Curriculum Vitae

Omid V. Ebrahimi

Research Fellow, PhD, [Licensed Clinical Psychologist](#), PI of [Oxford EDGE Lab](#)

PERSONAL INFORMATION

Address	Department of Experimental Psychology, University of Oxford
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Online pages	University Profile ResearchGate Google Scholar Twitter BlueSky Oxford EDGE Lab
Research focus	I study the events and processes leading to the onset and persistence of common mental disorders across the lifespan, focusing on how critical incidents at the national and global level (e.g., infectious disease outbreaks, economic recession) accelerate mental disorder emergence.
Highlighted skills	Clinical psychology Applied statistics Longitudinal data analysis Design and management of longitudinal population-based studies Initiator and PI of three large-scale cohort studies ($N > 5.6$ million, 20,000 and 10,000) Mechanisms of psychopathology Complex systems and network science 5 years of work experience as a clinical psychologist after graduation Interdisciplinary consortium research Research dissemination and media experience
Key publications	BJP BMC Medicine JPCS Lancet PH Science CHB CPS Depression & Anxiety Nature RP Lancet RHE Nature HB Am. Psych. BMC Med. JAD Lancet RHE JAD

TRACK RECORD IN BRIEF

Publications & Reach	Peer-reviewed publications: 74 Citations: 2706 H-Index: 26 Chapters: 2 Talks: 31 Articles supervised: 21 1st authorships: 16 Senior authorships: 25 News appearances: 81
Supervision	Current: 6 PhD 2 MSc 2 BSc Completed: 2 DClInPsy 4 MSc
Awards and Honours	Outstanding Doctoral Thesis of the Year (2025) Norwegian Psychological Association [EN] Teaching Excellence Award (2025) University of Oxford TBA: October 22, 2025 Fellow of the New Science of Mental Disorders (2025) Early-Career Research Award (2022) International Council of Psychologists Mentorship Award (2022) Association for Behavioral and Cognitive Therapies (ABCT) Memorial Lecture Recognition (2021) Modum Bad Psychiatric Hospital Research Dissemination Award (2020) Department of Psychology, University of Oslo
Funding	Funding obtained to date: £991 817
Teaching	Classroom lectures, seminars, and workshops since 2014 across Clinical, Social, Personality and Biological Psychology, in addition to undergraduate and graduate statistics.

EMPLOYMENT

2024 – Ongoing	University of Oxford Department of Experimental Psychology Career Development Research Fellow. PI of Oxford EDGE Lab . Mentor: Polly Waite .
2024 – 2025	Journal of Psychopathology and Clinical Science Previously called <i>Journal of Abnormal Psychology</i> Editorial Board Fellow. One-year fellowship program to train future journal editors.
2020 – 2024	University of Oslo Department of Clinical Psychology (50%) Double-degree PhD candidate under Asle Hoffart and Sverre Urnes Johnson in collaboration with Daniel J. Bauer . PhD degree obtained April 5 th 2024. Link: Doctoral Thesis . <i>Project:</i> Adapting a dynamical systems approach to investigating resiliency against and transitions into common mental health disorders during the COVID-19 pandemic.

Scope: This project investigated mental health disorders conceptualised as complex dynamical systems, using dynamic network models and non-linear longitudinal trajectory models to map out the processes involved in the formation and maintenance of depression and anxiety.

- 2020 – 2024 **Modum Bad Psychiatric Hospital (50%)**
Clinical Psychologist undertaking specialisation degree in the treatment of adult psychopathology.
- 2023 **University of Oxford** | Department of Psychiatry
Visiting Fellow at the Oxford Precision Psychiatry Lab ([OxPPL](#)) of [Andrea Cipriani](#).
Project: Towards precision in the diagnostic profiling of patients: leveraging symptom dynamics in the assessment of mental health disorders.
- 2022 **University of Amsterdam** | Section for Psychological Methods, Department of Psychology
Visiting Researcher at the PsychoSystems and Psychometrics Lab of [Denny Borsboom](#) and [Sacha Epskamp](#).
Projects: a) Systems-based thinking and its implications for heterogeneity in psychopathology;
b) The construction of dynamic network models from panel data.
- 2021 – Ongoing **The Great Norwegian Encyclopaedia** (Store Norske Leksikon)
[Section Editor](#) for anxiety disorders, obsessive-compulsive disorders, and phobic conditions.

EDUCATION

- 2019** **University of California, Berkeley**
The Berkeley Clinical Science Program.
Exchange | Graduate program in Clinical Psychology.
Visiting researcher in the Idiographic Dynamics Lab of [Aaron J. Fisher](#)
- 2012 – 2019**
2013 – 2019 **The University of Bergen**
Professional Studies in Clinical Psychology.
Achieved degree: Candidatus Psychologiae (Norwegian DClinPsy)
[Licensed Clinical Psychologist](#) (DClinPsy obtained and approved in UK on April 16, 2025)
Student researcher in INTROMAT (INTROducing Mental health through Adaptive Technology) Lab of [Tine Nordgreen](#)
- 2012 – 2013** *General Psychology.*
- 2016** **The University of Hong Kong**
Clinical Psychology | Exchange year
Research intern at the Social and Health Psychology Lab of [Cecilia Cheng](#)
- 2010 – 2011** **Norwegian University of Science and Technology**
Courses from Computer Science, Information Technology, and Cybernetics.

PEER-REVIEWED PUBLICATIONS

74. **Ebrahimi, O.V.**, Sandbakken, E.M., ..., Westlye, L.T., & Leonardsen, E.H. (2025). Modifiable Risk Factors of Vaccine Hesitancy: Insights from a Mixed Methods Multiple Population Study Combining Machine Learning and Thematic Analysis During the COVID-19 Pandemic. *BMC Medicine*, 23, 1-17. <https://doi.org/10.1186/s12916-025-03953-y>
73. Schumacher, L., Kriston, L., **Ebrahimi, O.V.**, Finnemann, A., Klein, J.P., & Haslbeck, J.M.B. (2025). A data re-analysis confirms the value of symptom networks in predicting psychotherapy outcome. *World Psychiatry*, in press. Scheduled for publication in February 2026 volume.

72. Hoffart, A., Skjerdingsstad, N., Freichel, F., Johnson, S.U., Epskamp, S., & **Ebrahimi, O.V.** (2025). Mapping the Dynamics of Generalized Anxiety Symptoms and Actionable Transdiagnostic Mechanisms: A Panel Study. *Depression and Anxiety*, online first. <https://doi.org/10.1155/da/1885004>
71. Du, X., Skjerdingsstad, N., Freichel, R., **Ebrahimi, O.V.**, Hoekstra, R.H.A., & Epskamp, S. (2025). Moving from exploratory to confirmatory network analysis: An evaluation of structural equation modeling fit indices and cutoff values in network psychometrics. *Psychological Methods*, online first. <https://doi.org/10.1037/met0000760>
70. Rajesh, S., Johnson, S.U., Hoffart, A., Leigh, E., **Ebrahimi, O.V.** (2025). Differential associations of anticipatory and consummatory anhedonia with depression and social anxiety symptoms: a network analysis of university students. *Depression and Anxiety*, in press. Preprint: https://osf.io/preprints/psyarxiv/k936h_v1
69. 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*, online first. <https://doi.org/10.1002/jcv2.70037>
68. Lu*, L., Wang*, Y., **Ebrahimi*, O.V.**, Shen*, Q., Unnarsdóttir, A.B., ..., Valdimarsdóttir†, U.A., Andreassen†, O.A., Ask†, H. (2023). Long-term psychological effects of Covid-19-related quarantine: an observational study of three cohorts in Norway and Iceland. *BMC Medicine*, online first. <https://doi.org/10.1186/s12916-025-04349-8>
*Joint first-author.
67. Cloos, L., Siepe, B.S., Piccirillo, M., Fried, E.I., Wang, S.B., Helmich, M.A., ... **Ebrahimi, O.V.** (2025). Accuracy and Consistency of Visual Analog Scales in Ecological Momentary Assessment and Digital Studies. *Collabra: Psychology*, 11, 1-14. <https://doi.org/10.1525/collabra.142735>
66. Smith, K., Skjerdingsstad, N., **Ebrahimi, O.V.**, Maccallum, F., Ehlers, A. (2025). Unravelling attachment – A network analysis of the cognitive pathways linking attachment and prolonged grief. *Psychological Medicine*, 55, 1-9. <https://doi.org/10.1017/S0033291725101669>
65. Finneman, A., Skjerdingsstad, N., Speyer, L., Zavlis, O., Bartoš, F., Wiers, R., van der Maas, H., ..., Hoffart, A., & **Ebrahimi, O.V.** (2025). Urban-Rural Differences in Anxiety and Depression in the UK, New Zealand, and Norway. *Journal of Affective Disorders*, 388, 1-8. <https://doi.org/10.1016/j.jad.2025.119601>
64. Bjørndal, L.D., Wooton, R., **Ebrahimi, O.V.**, Piazza, G., ..., Pingault, J.P., Andreassen, O.A., Havdahl, A., & Ask, H. (2025). Unravelling symptom-specific polygenic effects on maternal mental health during the perinatal period and postpartum. *Journal of Affective Disorders*, 392, 1-10. <https://doi.org/10.1016/j.jad.2025.120228>
63. Skjerdingsstad, N., Johnson, M.S., Johnson, S.U., Hoffart, A., & **Ebrahimi, O.V.** (2025). Daily Dynamics of Parental Mental Health: Investigating Depressive Symptoms and Negative Parental Experiences. *Journal of Psychiatric Research*, 190, 341-346. <https://doi.org/10.1016/j.jpsychires.2025.08.007>
62. Pålserud, K.M., Helmich, M.A., Hoffart, A., **Ebrahimi, O.V.**, Snuggerud, T.R., & Johnson, S.U. (2025). Sudden Gains in Cognitive Behavioural Therapy and Metacognitive Therapy for Complex Anxiety Disorders. *Clinical Psychology & Psychotherapy*, online first. <https://doi.org/10.1002/cpp.70111>
61. 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*, online first. <https://doi.org/10.1016/j.ssmmh.2025.100508>
60. Zavlis, O., **Ebrahimi, O.V.**, Puhlmann, L., ..., Fonagy, P., Kalisch, R., & Nolte, T. (2025). Resilience and mentalizing as distinct moderators of psychological protection: A study on mental health workers during the coronavirus pandemic. *Journal of Affective Disorders*, 390, 1-9. <https://doi.org/10.1016/j.jad.2025.119776>
59. Halsøy, Ø., **Ebrahimi, O.V.**, Johnson, S., Hoffart, A., Cogo-Moreira, H., & Fjermestad, K.F. (2025). Depressive Symptoms in Individuals with Chronic conditions during the COVID-19 Pandemic: A 2-Year Longitudinal Study. *Stress and Health*, 41, 1-10. <https://doi.org/10.1002/smi.70082>

58. Hoffart, A., Helmich, M. A., Vrabel, K., **Ebrahimi, O. V.**, & Johnson, S. U. (2025). From a latent variable to a complex dynamic system conceptualization of the therapeutic alliance. *Journal of Psychotherapy Integration, online first*. <https://doi.org/10.1037/int0000357>
57. Boehme, B.A.E., **Ebrahimi, O.V.**, Carleton, R.N., Asmundson, G.J.G. (2025). Feeling detached: The central role of detachment in a network study of posttraumatic stress symptoms in Public Safety Personnel. *European Journal of Trauma and Dissociation, 9*, 1-10. <https://doi.org/10.1016/j.ejtd.2025.100505>
56. Du, X., **Ebrahimi, O.V.**, Hoffart, A., Birkeland, M.S., Skogen, J.S., Smith, R., & Johnson, S.U. (2025). The Acceptability and Usefulness of Ambulatory Assessment: A Large-Scale Investigation of a Daily Diary Study with 2816 Adults. *Psychological Assessment, online first*. <https://doi.org/10.1037/pas0001405>
55. Chen, S., **Ebrahimi, O.V.**, Cheng, C. (2025). New Perspective on Digital Well-Being by Distinguishing Digital Competency From Dependency: Network Approach. *Journal of Medical Internet Research, 27*, 1-22. <https://doi.org/10.2196/70483>
54. **Ebrahimi, O.V.**, Borsboom, D., Hoekstra, R., Epskamp, S., Ostinelli, E.G., Bastiaansen, J.A., & Cipriani, A. (2024). Towards precision in the diagnostic profiling of patients: leveraging symptom dynamics as a clinical characterisation dimension in the assessment of major depressive disorder. *British Journal of Psychiatry, 224*, 157–163. <https://doi.org/10.1192/bjp.2024.19>
53. **Ebrahimi, O.V.**, Freichel, R., Johnson, S.U., Hoffart, A., Solbakken, O.A., & Bauer, D.J. (2024). Depressive symptom change patterns during the COVID-19 pandemic and their impact on psychiatric treatment seeking: A 24-month observational study of the adult population. *Depression and Anxiety, online first*. <https://doi.org/10.1155/2024/1272738>
52. **Ebrahimi, O.V.**, & Asmundson, G.J.G. (2024). Scaling Up Psychological Interventions Into the Daily Lives of Patients with Anxiety and Related Disorders. *Journal of Anxiety Disorders, 106*, 102916. <https://doi.org/10.1016/j.janxdis.2024.102916>
51. Barker, M., ..., Andreassen, O.A., ..., **Ebrahimi†, O.V.**, Lehto†, K., Valdimarsdottir†, U.A., Nyberg†, F., Fang†, F. (2024). Mental illness and COVID-19 vaccination: a multinational investigation of observational & register-based data. *Nature Communications, 15*, 1-13. <https://www.nature.com/articles/s41467-024-52342-1>
† Shared supervision authorship.
50. Børndal, L.D., **Ebrahimi, O.V.**, Røysamb, E., Karstoft, K.I., Czajkowski, N., & Nes, R.B. (2024). Stressful life events exhibit complex patterns of associations with depressive symptoms: A population-based network analysis. *Journal of Affective Disorders, 349*, 569-576. <https://doi.org/10.1016/j.jad.2024.01.054>
49. Ebling, S., Johnson, S.U., Hoffart, A. Pallesen, S., & **Ebrahimi, O.V.** (2024). The Dynamic Relationship Between Well-Being and Related Processes During the COVID-19 Pandemic: A Large-Scale Intensive Longitudinal Network Study of the General Adult Population. *Applied Psychology: Health and Well-Being, 16*, 1801–1818. <https://doi.org/10.1111/aphw.12555>
48. Hafstad, M.D., **Ebrahimi, O.V.**, & Fostervold, K.I. (2024). The dialectical relationship between burnout and work engagement: A network approach. *Stress & Health, 41*, 1-15. <https://doi.org/10.1002/smi.3514>
47. Briganti, G., Scutari, M., Epskamp, S., Borsboom, D., ..., **Ebrahimi, O.V.**, ..., Fried, E., McNally, R.J. (2024). Network analysis: an overview for mental health research. *International Journal of Methods in Psychiatric Research, online first*. <https://doi.org/10.1002/mpr.2034>
46. **Ebrahimi, O.V.** (2023). Systems-based thinking in psychology and the mental health sciences. *Nature Reviews Psychology, 2*, 332. <https://www.nature.com/articles/s44159-023-00193-w>
45. Børndal, 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, 79*, 368-383. <https://doi.org/10.1037/amp0001208>

44. Shen*, Q., Joyce*, E., **Ebrahimi***, O.V., Didriksen*, M., Lovik, A., ..., Johnson†, S.U., Fang†, F., Valdimarsdóttir†, U.A.. (2023). COVID-19 illness severity and over 2-year prevalence of physical symptoms: an observational study in Iceland, Sweden, Denmark, and Norway. *Lancet Regional Health-Europe*, 35, 1-12. [https://www.thelancet.com/journals/lanep/article/PIIS2666-7762\(23\)00175-8/](https://www.thelancet.com/journals/lanep/article/PIIS2666-7762(23)00175-8/)
- *Joint first-author.
43. Günak, M.M., **Ebrahimi, O.V.**, Pietrzak, R., & Fried, E. (2023). Using network models to explore the associations between posttraumatic stress disorder symptoms and subjective cognitive functioning. *Journal of Anxiety Disorders*, 99, 1-11. <https://doi.org/10.1016/j.janxdis.2023.102768>
42. Lovik, A., ..., **Porteous†, D.J., Ask†, H., Ebrahimi†, O.V., Valdimarsdóttir†, U.A., Fang†, F.** (2023). Elevated symptoms of depression and anxiety among family members and friends of critically ill COVID-19 patients-An observational study of five cohorts across four countries. *Lancet Regional Health-Europe*, 33. [https://www.thelancet.com/journals/lanep/article/PIIS2666-7762\(23\)00152-7/](https://www.thelancet.com/journals/lanep/article/PIIS2666-7762(23)00152-7/)
- † Shared supervision authorship.
41. Cheng, C., Ying, W., **Ebrahimi, O.V.**, & Wong, K.F.E. (2023). Coping style and mental health amid the first wave of the COVID-19 pandemic: a culture-moderated meta-analysis of 44 nations. *Health Psychology Review*, 1-24. <https://doi.org/10.1080/17437199.2023.2175015>
40. Freichel, R., Skjerdingsstad, N., Mansueto, A.C., Epskamp, S. Johnson, S.U., Hoffart, A., & **Ebrahimi, O.V.** (2023). Use of substances to cope predicts PTSD symptom persistence: Investigating patterns of interactions between complex PTSD symptoms and its maintaining mechanisms. *Psychological Trauma: Theory, Research, Practice, and Policy*, online first. <https://doi.org/10.1037/tra0001624>
39. Cheng, C. & **Ebrahimi, O.V.** (2023). A meta-analytic review of gamified interventions in mental health enhancement. *Computers in Human Behavior*, 141, 1-17. <https://doi.org/10.1016/j.chb.2022.107621>
38. Hoffart, A., Burger, J., Johnson, S.U., & **Ebrahimi, O.V.** (2023). Daily dynamics and mechanisms of anxious symptomatology in the general population: A network study during the COVID-19 pandemic. *Journal of Anxiety Disorders*, 93, 1-8. <https://doi.org/10.1016/j.janxdis.2022.102658>
37. Cheng, C. & **Ebrahimi, O.V.** (2023). Gamification: A Novel Approach to Mental Health Promotion. *Current Psychiatry Reports*, 25, 577-586. <https://doi.org/10.1007/s11920-023-01453-5>
36. Hoffart, A., Skjerdingsstad, N., Freichel, R., Mansueto, A.C., Johnson, S.U., Epskamp, S., & **Ebrahimi, O.V.** (2023). Depressive Symptoms and Their Mechanisms: An Investigation of Long-term Patterns of Interaction Through a Panel Network Approach. *Clinical Psychological Science*, online first. <https://doi.org/10.1177/21677026231208172>
35. Bandara, S., Zeinali, Z., Blandina, D.M., **Ebrahimi, O.V.**, Essar, M.Y., Senga, J., Riaz, M.M.A, Adewole, I.J., & Wangari, M. (2023). Imagining a future in global health without visa and passport inequities. *PLOS Global Public Health*, 3(8). <https://doi.org/10.1371/journal.pgph.0002310>
34. Johnson, M.S., Skjerdingsstad, N., Hoffart, A., **Ebrahimi, O.V.**, & Johnson, S.U. (2023). Triggered by Worry: A Dynamic Network Analysis of COVID-19 Pandemic-Related Anxiety and Parental Stress. *Journal of Affective Disorders*, 346, 329-337. <https://doi.org/10.1016/j.jad.2023.10.127>
33. Johnson, M.S., Skjerdingsstad, N., **Ebrahimi, O.V.**, Hoffart, A., & Johnson, S.U. (2023). Fear of Giving Birth Alone: Experiences of Psychological Distress, Symptoms of Anxiety and Depression, and Coping- strategies of Childbearing Women During COVID-19. *Midwifery*, 131, 1-8. <https://doi.org/10.1016/j.midw.2024.103951>
32. Tang, M.C, **Ebrahimi, O.V.**, & Cheng, C. (2023). Symptomatology, risk, and protective factors of gaming disorder: A network analytical approach. *Computers in Human Behavior*, 148, 107899. <https://doi.org/10.1016/j.chb.2023.107899>
31. Vrabel, K., Johnson, S.U., **Ebrahimi, O.V.**, & Hoffart, A. (2023). Anxiety and depressive symptoms among migrants during the COVID-19 pandemic in Norway: a two-wave longitudinal study. *Psychiatry Research Communications*, 3(2), 1-9. <https://doi.org/10.1016/j.psycom.2023.100115>

30. **Ebrahimi, O.V.**, Bauer, D.J., Hoffart, A., & Johnson, S.U. (2022). A critical period for pandemic adaptation: The evolution of depressive symptomatology in a representative sample of adults across a 17-month period during COVID-19. *Journal of Psychopathology and Clinical Science*, 131(8), 881-894. <https://psycnet.apa.org/fulltext/2023-15400-006>
29. **Ebrahimi, O.V.** (2022). Why scientific conferences must mitigate structural barriers. *Nature Human Behaviour*, 6(8), 1032–1033. <https://www.nature.com/articles/s41562-022-01417-4>
28. Hoffart, A., Bauer, D.J., Johnson, S.U., & **Ebrahimi, O.V.** (2022). Anxiety in the adult population from the onset to termination of social distancing protocols during the COVID-19: a 20-month longitudinal study. *Scientific Reports*, 12(1), 1-13. <https://www.nature.com/articles/s41598-022-22686-z>
27. **Ebrahimi, O.V.** (2022). Sidelined by bureaucracy. *Science*, 368(662). <https://www.science.org/doi/epdf/10.1126/science.adf8525>
26. Magnusdottir, I., ..., **Ebrahimi, O.V.**, ..., Andreassen, O.A., Pedersen, O.B.V., Aspelund, T., Valdimarsdottir, U.A. (2022). Acute COVID-19 severity and 16-month mental morbidity trajectories in patient populations of six nations. *The Lancet Public Health*, 5(7), e406-e416. [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(22\)00042-1/](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00042-1/)
25. Hoffart, A., Johnson, S.U., & **Ebrahimi, O.V.** (2022). Metacognitive beliefs, maladaptive coping strategies and depressive symptoms: A two-wave network study of the COVID-19 lockdown and reopening. *Journal of Psychiatric Research*, 152. <https://doi.org/10.1016/j.jpsychires.2022.06.008>
24. **Ebrahimi, O.V.**, Hoffart, A., & Johnson, S.U. (2022). Mechanisms associated with the trajectory of anxiety and depressive symptoms during the COVID-19 Pandemic: A linear mixed-effects model. *Current Psychology*, 41, 30696-30713. <https://doi.org/10.1007/s12144-022-02732-9>
23. Johnson, S. U., Amundsen, O.M., ..., & **Ebrahimi, O.V.** (2022). Psychiatric Symptoms in COVID-19-positive Individuals in the General Population: Trajectories of Depression, Anxiety, and Insomnia. *Psychiatry Research*, 317 114806. <https://doi.org/10.1016/j.psychres.2022.114806>
22. Cheng, C., **Ebrahimi, O.V.**, & Luk, J.W. (2022). Heterogeneity of Prevalence of Social Media Addiction across Multiple Classification Schemes: Latent Profile Analysis. *Journal of Medical Internet Research*, 24(1), 1-18. <https://doi.org/10.2196/27000>
21. Nordahl, H., **Ebrahimi, O.V.**, Hoffart, A., & Johnson, S.U. (2022). Trait Versus State Predictors of Emotional Distress Symptoms: The Role of the Big-5 Personality Traits, Metacognitive Beliefs, and Strategies. *Journal of Nervous and Mental Disease*, 210, 943-950. <https://doi.org/10.1097/NMD.0000000000001557>
20. Ebling, S., **Ebrahimi, O.V.**, Johnson, S.U., Skjerdingsstad, N., & Hoffart, A. (2022). Psychological well-being in times of COVID-19: Associated factors and levels in the general population. *Frontiers in Public Health*, 10, 86086. <https://doi.org/10.3389/fpubh.2022.860863>
19. Karnbach, K., Witkowski, M., **Ebrahimi, O.V.**, & Burger, J. (2022). Back to Life, Back to Reality: A Multi-Level Dynamic Network Analysis of Student Mental Health Upon Return to Campus During the COVID-19 Pandemic. *Current Psychology*, 43, 12998-13010. <https://doi.org/10.1007/s12144-022-03196-7>
18. **Ebrahimi, O.V.**, Burger, J., Hoffart, A., & Johnson, S.U. (2021). Within and across-day patterns of interplay between depressive symptoms and related psychopathological processes: A dynamic network approach during the COVID-19 pandemic. *BMC Medicine*, 19, 1-17. <https://doi.org/10.1186/s12916-021-02179-y>
17. **Ebrahimi, O.V.**, Hoffart, A., & Johnson, S.U. (2021). Physical distancing and mental health during the COVID-19 pandemic: Factors associated with psychological symptoms and adherence to pandemic mitigation strategies. *Clinical Psychological Science*, 9(3), 1-18. <https://doi.org/10.1177/2167702621994545>

16. **Ebrahimi, O.V.**, Hoffart, A., & Johnson, S.U. (2021). Viral mitigation and the COVID-19 pandemic: factors associated with adherence to social distancing protocols and hygienic behaviour. *Psychology & Health*, 1-24. <https://doi.org/10.1080/08870446.2021.1960987>
15. **Ebrahimi, O.V.**, Johnson, M., ..., & Johnson, S.U. (2021). Risk, Trust, and Flawed Assumptions: Vaccine Hesitancy During the COVID-19 Pandemic. *Frontiers in Public Health*, 9, 1-8. <https://doi.org/10.3389/fpubh.2021.700213>
14. Hoffart, A., Johnson, S.U., & **Ebrahimi, O.V.** (2021). The network of stress-related states and depression and anxiety symptoms during the COVID-19 lockdown. *Journal of Affective Disorders*, 294, 671-678. <https://doi.org/10.1016/j.jad.2021.07.019>
13. Skjerdingsstad, N., Johnson, M.S., Johnson, S.U., Hoffart, A., & **Ebrahimi, O.V.** (2021). Feelings of Worthlessness Links Depressive Symptoms and Parental Stress: A Network Analysis During the COVID-19 Pandemic. *European Psychiatry*, 64(1), 1-10. <https://doi.org/10.1192/j.eurpsy.2021.2223>
12. Solbakken, O.A., **Ebrahimi, O.V.**, Hoffart, A., Monsen, J.T., & Johnson, S.U. (2021). Emotion regulation difficulties and interpersonal problems during the COVID-19 Pandemic: Predicting anxiety and depression, *Psychological Medicine*, 9, 1-5. <https://doi.org/10.1017/S0033291721001987>
11. Johnson, M.S., Skjerdingsstad, N., **Ebrahimi, O.V.**, Hoffart, A., & Johnson, S.U. (2021). Mechanisms of Parental Stress During and After the COVID-19 Lockdown: A two-wave longitudinal study. *PLoS One*, 16(6), 1-17. <https://doi.org/10.1371/journal.pone.0253087>
10. Hoffart, A., Johnson, S.U., & **Ebrahimi, O.V.** (2021) Loneliness during the COVID-19 pandemic: Change and predictors of change from strict to discontinued social distancing protocols. *Anxiety, Stress, & Coping*, 1-14. <https://doi.org/10.1080/10615806.2021.1958790>
9. Halsøy, Ø., Johnson, S.U., Hoffart, A., & **Ebrahimi, O.V.** (2021). Insomnia symptoms in the general population during the COVID-19 pandemic. *Frontiers in Psychiatry*, 12, 1-9. <https://doi.org/10.3389/fpsy.2021.762799>
8. Skjerdingsstad, N., Johnson, M.S., Hoffart, A., Johnson, S.U., & **Ebrahimi, O.V.** (2021). Parental Burnout during the COVID-19 pandemic. *Family Process*, 1-15. <https://doi.org/10.1111/famp.12740>
7. Cheng, C., Wang, H.Y., & **Ebrahimi, O.V.** (2021). Adjustment to a “New Normal:” Coping Flexibility and Mental Health Issues During the COVID-19 Pandemic. *Frontiers in Psychiatry*, 12, 1-10. <https://doi.org/10.3389/fpsy.2021.626197>
6. Amundsen, O.M., Hoffart, A., Johnson, S.U., & **Ebrahimi, O.V.** (2021). Pandemic Information Dissemination and Its Associations With the Symptoms of Mental Distress During the COVID-19 Pandemic: Cross-sectional Study. *JMIR Formative Research*, 5(12), 1-13. <https://doi.org/10.2196/28239>
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3. Hoffart, A., Johnson, S.U., & **Ebrahimi, O.V.** (2020). Loneliness and social distancing during the COVID-19 pandemic: Risk factors and associations with psychopathology. *Frontiers in Psychiatry*, 11, 589127. <https://doi.org/10.3389/fpsy.2020.589127>
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1. **Ebrahimi, O.V.**, Pallesen, S., Kenter, R.M.F., & Nordgreen, T. (2019). Psychological interventions for the Fear of Public Speaking: a meta-analysis. *Frontiers in Psychology*, 10(488), 1-27. <https://doi.org/10.3389/fpsyg.2019.00488>

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9. Lian, J., Zuccolo, P.F., **Ebrahimi, O.V.**, Fatori, D., ..., Kessler, R.C, Patel, V., Smoller, J.W., Brunoni, A., & Bauermeister, S. (2025). A robust framework for harmonising health measures across international cohorts: Evidence from the COVID-19 pandemic. Preprint: <https://doi.org/10.1101/2025.09.09.25335409>
8. Tichelaar, M., **Ebrahimi, O.V.**, Aresti, E., Buckman, J.E.J., Saunders, R., Suh, J.W., Wheatley, J., Pilling, S., O'Driscoll, C. (2025). The dynamics of change underlying the resolution of social anxiety in individuals receiving CBT treatment. https://osf.io/preprints/osf/nw7vr_v1
7. Cudic, M., De la Hoz, J., **Dall'Aglio†, L.**, **Tubbs†, J.**, **Ebrahimi†, O.V.**, Madsen, E., ..., Patel, V., Hernan, M., Kessler, R.C, Bauermeister, S., Brunoni, A., Lee, H., & Smoller, J.W. (2025). Would Earlier Lifting of COVID-19 Containment Policies Have Improved Psychological Distress in the United States: A Causal Investigation. No preprint available.
† Shared authorship.
6. Karl, V., Bjørndal, L.D., Aksnes, E., Teulings, I., MacSweeney, N., Beck, D., Westlye, L.T., **Ebrahimi†, O.V.**, & **Tamnes†, C.K.** (2024). Symptom-Specific Links between Internalizing Problems and Functional Connectivity in Adolescents: A Network Analysis. Preprint: <https://doi.org/10.31234/osf.io/cv9q4>
† Shared supervision authorship.
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4. Freichel, R., Isvoranu, A., Gates, K.M, **Ebrahimi, O.V.**, ..., McNally, R.J., Wiers, R.W., & Epskamp, S. (2024). Preregistration guidelines for longitudinal network analyses. Preprint: <https://doi.org/10.31234/osf.io/zbjd9>
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2. Boehme, B.A.E., **Ebrahimi, O.V.**, Kinsman, L., Taylor, S., & Asmundson, G.J.G. (2023). COVID-19 Stress and the Persistent Shadow of Xenophobia: Results from a Network Analysis Study Across Two Large-Scale Independent Samples. No preprint available.
1. Johnson, S. U., **Ebrahimi, O.V.**, & Hoffart, A. (2022). PTSD symptoms after the initial phase of the pandemic: A three-month follow-up of vulnerable professionals. Preprint: <https://doi.org/10.31219/osf.io/a2k8u>

SELECTED ARTICLES IN PREPARATION

9. **Ebrahimi, O.V.**, & Epskamp, S. (2025). A comprehensive tutorial on the estimation of network models from panel data in R.
8. Dizon, M., Bauer, D.J., Johnson, S.U., Hoffart, A., & **Ebrahimi, O.V.** (2025). Understanding individual differences in the evolution of anxiety symptoms during the COVID-19 pandemic and beyond: A 3-year longitudinal study.
7. Park, J.J., Rhemtulla, M., Borsboom, D., & **Ebrahimi, O.V.** (2025). Degree Distributions in Psychological Networks and their Implications for Understanding Centrality Indices.
6. Finnemann, A., Bartoš, F., Huth, K, Siepe, B, Schumacher, L., Skjerdingsstad, N., Kruger, H., Bockting, C., Wiers, R., & **Ebrahimi, O.V.** (2025). Multidimensional Determinants of Urban Well-Being: A Global Study of 186 Cities Across 134 Countries.
5. Siepe, B.S., Schumacher, L., Huth, K, Siepe, B, Skjerdingsstad, N., Bartoš, F., Helmich, M.A., & **Ebrahimi, O.V.** (2025). Assessment of Time Preferences for Experience Sampling Prompts in a Large General Population Sample.
4. Graham, B., **Ebrahimi, O.V.**, & Ehlers, A. (2025). Social anxiety after exposure to bullying: the interplay between negative beliefs, symptoms and maladaptive coping strategies.

3. Haslbeck, J.M.B., **Ebrahimi, O.V.**, Helmich, M., & Edelsbrunner, P.A. (2025). The Visual Analogue Scale Captures More Signal than The Likert Scale in Ecological Momentary Assessment.
2. **Ebrahimi, O.V.**, Borsboom, D., Epskamp, S., Tomlinson, A., Ostinelli, E.G., & Cipriani, A. (2025). A primer on network theory and dynamic network analytic techniques for mental health researchers.
1. **Ebrahimi, O.V.**, Freichel, R., Leong, U., Majeed, N.B.M., & Epskamp, S. (2025). A tutorial on confirmatory network modelling for psychology and the health sciences.

BOOK CHAPTERS

2. Cheng, C., & **Ebrahimi, O.V.** (2025). [Chapter 22](#): Digital Well-being and Digital Health: Impacts and Opportunities of Using Technology in Promoting Well-Being in the Digital Age. In Brown et al. *SAGE Handbook of Health Psychology* (2nd edition). <https://uk.sagepub.com/en-gb/eur/the-sage-handbook-of-health-psychology/book280825#contents>
1. Hoffart, A., Helmich, M., **Ebrahimi, O.V.**, Johnson, S.U. (2024). [Chapter 17](#): Changes in Emotional Disorders: A Dynamical Systems Perspective. In Shackelford, T.K., & Taku, K. *The Routledge International Handbook of Changes in Human Perceptions and Behaviors*. <https://doi.org/10.4324/9781003316602>.

SCIENTIFIC ARTICLES IN NORWEGIAN

1. Hoffart, A., **Ebrahimi, O.V.**, Helmich, M.A., & Johnson, S.U. (2023). Understanding changes in emotional disorders from a dynamical systems perspective. [Norwegian: Endring av emosjonelle lidelser fra et dynamisk system perspektiv]. *Journal for Cognitive Behavioural Therapy* [Norwegian: *Tidsskrift for Kognitive Atferdsterapi*], online first. <https://tidsskrift.kognitiv.no/ending-av-emosjonelle-lidelser-fra-et-dynamisk-system-perspektiv/>

ACADEMIC AWARDS AND RECOGNITIONS

- | | |
|------|--|
| 2025 | <p>Teaching Excellence Award University of Oxford
 Early Career Excellent Teacher Award. Received during first teaching year at University of Oxford. <i>Organizations' award description</i>: This award formally recognises the excellent contributions to teaching and supervision made by individual members of Collegiate University who are within the first five years of their career. Award to be announced on October 22, 2025.</p> |
| 2025 | <p>Outstanding Doctoral Thesis of the Year Norwegian Psychological Association
 Awarded Best PhD Thesis of the Year. Thesis submitted in 2024. <i>Organizations' award description</i>: The Best PhD Thesis of the Year Award is awarded to a candidate who, through their doctoral work, has made a significant contribution to advancing psychological knowledge. Award to be announced at the Annual Congress of Psychology by the Norwegian Psychological Association, on September 12, 2025. https://www.psykologforeningen.no/aktuelt/pandemi-og-psyken [EN1 EN2 NO2 NO3]</p> |
| 2025 | <p>Fellow of the New Science of Mental Disorders
 The New Science of Mental Disorders (NSMD) consists of leading experts in the network psychometrics and mental health field aiming to leverage complex dynamical systems and network science to transform the diagnosis, treatment, and mechanistic understanding of mental disorders. Elected as a Fellow in May 2025. https://www.nsmdu.eu/news/introducing-fellow-omid-v-ebrahimi</p> |
| 2022 | <p>International Council of Psychologist's Encouragement for Early Career Research Award
 <i>Organizations' award description</i>: The Seisoh Sukemune/Bruce Bain Encouragement of Early Career Research Award at the International Council of Psychologists recognizes</p> |

outstanding early career contributions to scholarly endeavors addressing psychological issues of a multinational significance. <https://icpweb.org/awards/2022-icp-award-recipients/>

- 2022 **ABCT's Spotlight on a Mentor Award**
Association for Behavioral and Cognitive Therapies recognition to highlight excellent mentorship provided in academic community. <https://www.abct.org/mentor-spotlights/omid-v-ebrahimi/> [Link to page with all [previous award winners](#)]
- 2021 **Gordon Johnsen's Memorial Lecture Recognition**
Keynote Speaker at Gordon Johnsen's Memorial Lecture 2021 for efforts in mapping out the mental health sequelae of COVID-19. Memorial lecture link: <https://www.youtube.com/watch?v=vUHqYC8vwj8>
- 2020 Winner of the **Research Dissemination Award at the University of Oslo and Department of Psychology**
Youngest recipient of the Research Dissemination award at the University of Oslo to date. Awarded to recognize efforts in communicating mental health science to the general public during periods of turmoil. <https://www.modum-bad.no/fikk-formidlingspris/>

PROJECT DEVELOPMENT AND LEADERSHIP

- 2023 – Ongoing **Critical Incidents and Psychological Adaptation ([The CIPA Study](#))**
Role: Principal investigator (PI) and project initiator together with Sverre Urnes Johnson at the University of Oslo and Modum Bad Psychiatric Hospital and Research Centre.

About: The CIPA Study is a 15-year longitudinal critical incidents cohort study launched in February 2023. CIPA is a full-population study monitoring over 5.6 million individuals using registry and electronic health record data. Additionally, to date, over 20,000 adult participants have been recruited using a rigorous random probability sample based on Norwegian population lists from registries. The project will extend until 2037, aiming to investigate mental health before, during, and after critical events, such as economic recession, infectious disease outbreaks, climate change, and other national and global crises. Specifically, the project aims to identify the risk factors and mechanistic processes that underlie the development of mental health disorders, focusing on the transition from healthy, non-diagnostic states, to disorder states for depression and anxiety. The project further seeks to examine how critical events exacerbate the risk of mental disorder formation. The study leverages multimodal information sources, including the integration of registry data with both longitudinal panel measurements and ecological momentary assessments of its subjects. The study is one of the largest ecological momentary assessment efforts conducted to date, having recruited over 3,500 subjects recruited to its EMA arm. By analysing the granular dynamics between demographic, contextual, and psychological factors, The CIPA Study aims to provide a comprehensive understanding of the formation and maintenance of depression and anxiety over time.
- 2023 – Ongoing **The Paradox of Intent: Mapping out and addressing the psychological determinants of climate (in)action in individuals and organisations.**
Role: Principal investigator (PI) together with Laurence Wainwright (CO-PI) at the School of Geography and the Environment, University of Oxford.

About: Large discrepancies have been identified between reported intention (i.e., planned behaviour) of engaging in pro-environmental behaviours and concrete behavioural conduct both at the individual and organizational level (e.g., businesses and enterprises). Outside functioning as a critical incident on the societal level on its own, climate change is connected to the occurrence of additional critical events with large global impact. Employing a systems-based approach to model the constituents of climate (in)action, this project aims to delineate the interplay of organisational factors, group dynamics, and intrapersonal processes that contribute to the disparity between intention and action.

- 2025 – Ongoing **Trauma, Anxiety and Coping: Temporal Impact of War on Civilians (TACTIC)**
 Role: Principal investigator (PI). Co-developed with: Olena Khailenko
- About: The TACTIC Study examines how the ongoing Russia-Ukraine war shapes the mental health of civilians. It combines longitudinal quantitative assessments with qualitative data to track changes in mental health before, during, and after war-related critical incidents (e.g., shelling), and to identify new types of coping strategies and psychological processes underlying changes in mental health during armed conflict. Specifically, the study aims to distinguish between adaptive, survival-oriented responses from those that may signal the onset of pathology once the immediate threat subsides. The findings from the TACTIC study are aimed to inform the development of targeted, context-sensitive mental health interventions aimed at people living in conditions of war.
- 2021 – 2023 **Development of a protocol to for real-monitoring of patients using Ecological Momentary Assessment (EMA) in routine clinical practice.**
 Role: Project initiator, investigator, and implementation lead.
- About: This project aims to reduce the scientist-practitioner gap by implementing routine data collection protocol for real-time monitoring in real-world clinical settings to aid clinicians with data-driven assessment and treatment of patients. To date, the automated protocol is implemented and launched at Modum Bad Psychiatric Hospital, Division of Trauma (since January 2022), and is expanding to other Divisions of Modum Bad Psychiatric Hospital.
- 2021 – 2023 **Dynamic patterns of interaction between common mental health disorders and psychosocial stressors during COVID-19: A daily diary study (Extension of [MAP-19](#))**
 Role: Principal investigator (PI) and project initiator together with Sverre Urnes Johnson (Co-Investigator) at the University of Oslo.
- About: A large intensive longitudinal study involving daily measurements for 40 days of 1706 adults (i.e., 68,240 observations) to investigate depression, anxiety, and other common mental health disorders along with contextual stressors and processes related to their aggravation. [Depression sub-study published in [BMC Medicine](#); Anxiety sub-study published in [Journal of Anxiety Disorders](#)].
- 2020 – 2023 **The Norwegian COVID-19, Mental Health and Adherence Project ([MAP-19](#))**
 Role: Principal investigator (PI) and project initiator together with Asle Hoffart (Co-Investigator) and Sverre Urnes Johnson (Co-Investigator) at the University of Oslo and Modum Bad Psychiatric Hospital and Research Centre.
 [The project has so far [resulted in 35 peer-reviewed publications](#)]
- About: A large-scale national psychiatric epidemiological study on 10 061 adults in Norway spanning over 3 years and 10 longitudinal assessment waves of data to investigate the mental health sequelae tied to the COVID-19 pandemic and its mitigation protocols, in addition to factors predicting adherence to viral mitigation protocols and preventive health behaviours.

PEER-REVIEWED FUNDING, GRANTS AND STIPENDS RECEIVED

Total sum of funds obtained to date: 11 601 800 NOK (€ 1 160 180 | £ 991 817)

- Spring 2023 **Southern-Eastern Norway Regional Health Authority (Helse Sør-Øst)**
 3 560 100 NOK (356 100 Euros). Funding for project founded and initiated together with Sverre Urnes Johnson. Role: Co-PI. Funding granted for continuation of The Norwegian COVID-19, Mental Health and Adherence Project (MAP-19) using registry data. [[Link](#)]
- Spring 2023 **SpareBank 1 Sørøst-Norge (Bank Foundation in South-East Region of Norway)**
 200 000 NOK (20 000 Euros). Additional research funding for the CIPA study.
- Spring 2023 **Southern-Eastern Norway Regional Health Authority (Helse Sør-Øst)**
 5 600 000 NOK (560 000 Euros). Research grant with Sverre Urnes Johnson (PI). Role: Co-

Applicant. Funding granted for the project: ‘Towards Personalized Treatment of Mental Disorders: A Network Approach’ [[Link](#)].

- Spring 2023 **Global Centre for Transformative Leadership**
£ 100 000 (117 000 Euros). Research grant for The Paradox of Intent: Mapping out and addressing the psychological determinants of climate (in)action in individuals and organisations. Role: Project co-principal investigator and co-initiator with Leo Johnson and Laurence Wainwright at University of Oxford.
- Spring 2023 **Research Infrastructure Grant, Department of Psychology, University of Oslo**
180 000 NOK (18 000 Euros) granted for research infrastructure for intensive longitudinal data collection, together with Ludvig Bjørndal and Espen Røysamb.
- Autumn 2022 **Wedel Jarlsbergs fond (Unifor)**
100 000 NOK (10 000 Euros) granted for research stay at the University of Oxford and the Oxford Precision Psychiatry Lab of Andrea Cipriani.
- Autumn 2022 **Høyesterettsadvokat Per Ryghs legat (Unifor)**
106 240 NOK (10 624 Euros) granted for research stay related to Visiting Fellowship at University of Oxford, Oxford Precision Psychiatry Lab.
- Autumn 2022 **Den grevelige Hjelmsstjerne-Rosencroneske Stiftelse ved Universitetet i Oslo (Unifor)**
13 300 kr (1330 Euros) for travel costs related to research stay at the University of Oxford.
- Spring 2022 **University of Oslo, Department of Psychology Internal Grant**
47 800 NOK (4780 Euros) to hire a research assistant for the MAP-19 Project.
- Spring 2022 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen. *Granted for project continuation.*** [[Published](#)].
25 000 NOK (2 500 Euros). Well-being during the pandemic: A dynamical network analysis. Supervised Cand.psychol student Sara Ebling.
- Autumn 2021 **University of Oslo, Department of Psychology Mobility Grant [2022](#)**
100 000 NOK (10 000 Euros) mobility grant for research stay at the University of Amsterdam with the PsychoSystems and Psychometrics lab of Denny Borsboom and Sacha Epskamp.
- Autumn 2021 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen.** [[Published](#)].
25 000 NOK (2 500 Euros). Well-being during the pandemic: A dynamical network analysis. Supervised Cand.psychol student Sara Ebling.
- Spring 2021 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Oslo.** *Granted for project continuation.* [[Published](#)].
25 000 NOK (2 500 Euros). Supervision project of master student Ole Myklebust Amundsen.
- Spring 2021 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Oslo.** [[Published](#)].
25 000 NOK (2 500 Euros). Network analytic study investigating the connection between feelings of worthlessness and parental depression and stress. Supervision of clinical psychology student.
- Autumn 2021 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Oslo.** *Granted for project continuation.* [[Published](#)].
25 000 NOK (2 500 Euros). Supervision project of master student Ole Myklebust Amundsen.

- Autumn 2020 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen.** [[Term Paper](#)]
50 000 NOK (5 000 Euros). The dynamic interaction between the default mode network and the extrinsic mode network. Co-supervision of clinical psychology student.
- Spring 2020 – 2021 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Oslo.**
75 000 NOK (7 500 Euros). Supervision project of master student Simen Bø on investigating Psychological Interventions for Generalized Anxiety Disorder: An outcome and mediation meta-analysis of mechanisms of change during treatment.
- Spring 2020 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Oslo.**
25 000 NOK (2 500 Euros). Supervision project of master student Ole Myklebust Amundsen on investigating the relationship between pandemic information dissemination and mental health [[Published](#)].
- Autumn 2018 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen.** *Granted for project continuation.*
50 000 NOK (5 000 Euros). The effects of a blue monochromatic light intervention on evening-type individuals' sleep and circadian rhythms.
- Spring 2018 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen.**
50 000 NOK (5 000 Euros). The effects of a blue monochromatic light intervention on evening-type individuals' sleep and circadian rhythms. (spanning over two semesters).
- Autumn 2017 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen.**
50 000 NOK (5 000 Euros). Psychological treatment for the fear of public speaking: A meta-analysis [[Published](#)].
- Spring 2017 **Student research grant from Research Council of Norway and The Faculty of Psychology at The University of Bergen.**
100 000 NOK (10 000 Euros). Usability and feasibility of a virtual reality exposure therapy for fear of public speaking in adolescents.

PEER-REVIEWED AND FUNDED PROJECTS SERVING AS COLLABORATOR

- Spring 2025 **The Dam Foundation (Stiftelsen Dam)**
4 508 030 NOK (450 803 Euros). Project investigating the effect of a scalable internet-based cognitive behavioural intervention aimed at treatment-seeking patients on waitlists for psychological treatment. [[Link](#)] Role: Collaborator and Secondary Supervisor of PhD student: Alexander Ikonomeas.

CONSORTIUM EXPERIENCE

- 2023 – Ongoing **COVID Global Mental Health Consortium (CGMHC)** | Role: Executive Board Member. Chief Investigators: [Jordan Smoller](#), [Sarah Bauermeister](#), and [Andre Brunoni](#)
About: The CGMHC Consortium is a large global consortium aiming to address questions about the causal impact of social containment policies on mental health across HIC and LMIC countries during the COVID-19 pandemic. The project uses innovative causal inference methods, including Target Trial Emulation (TTE), and further seeks to map out how social determinants of health (SDoH) predict differential mental health trajectories observed during the pandemic period. The participant pool across the consortium includes over 3.5 million individuals.

- 2020 – Ongoing **COVIDMENT** | Role: Consortium Co-lead in Norway as PI of [MAP-19](#) Study.
Chief Investigator: [Unnur Valdimarsdóttir](#)
- About: The COVIDMENT project was designed to advance current knowledge of mental morbidity trajectories in the COVID-19 pandemic, by utilizing large, data-rich population-based registry resources, biobanks, and ongoing questionnaire data with longitudinal follow-up. Participant pool across consortium includes over 565,144 individuals.
<https://covidment.is> [Example publications: [Lancet Public Health](#); [Lancet RH](#); [Lancet RH 2](#)]
- 2022 – Ongoing **MITNB Consortium on Improving Validity of Time-Series Measurement in Social Sciences** | Role: Consortium member. Leads: [Laura Bringmann](#) & [Eiko Fried](#)
- About: The MITNB Consortium seeks to improve the validity of longitudinal assessments and time-series data through addressing issues such as measurement invariance, the construction of validated scales for ecological momentary assessment, and the investigation of response styles and its contextual influences over time. Link: <https://osf.io/m2v38/>

CONFERENCE PRESENTATIONS AND INVITED TALKS

- 2025 **Department Psychiatry** | University of Cambridge, Cambridge, UK.
Invited Talk | Pathological cascades: Understanding the interplay between critical incidents and disorder dynamics toward preventing the onset of common mental health disorders.
- 2025 **International School and Conference on Network Science (NetSci)** | Maastricht, NL.
Invited Talk | Leveraging psychometric networks and symptom dynamics in the assessment and treatment of mental disorders. [Link](#).
- 2025 **Computational Psychiatry Lab** | University of Oxford, Oxford, UK.
Invited Talk | New Perspectives on Precision Diagnostics and the Granular Investigation of Mental Disorders.
- 2025 **14th Annual Oxford Neuroscience Symposium** | Oxford, UK
Invited Talk | Towards precision in the diagnostic profiling of patients: Leveraging symptom dynamics in the assessment of mental disorders
- 2024 **MGH Center for Precision Psychiatry** | Harvard University, Smoller Lab | Digital.
Invited Talk | Precision Diagnostics: Leveraging symptom dynamics in the assessment and treatment of mental disorders.
- 2024 **Calleva Centre for Evolution and Human Science** | Magdalen College, University of Oxford, Oxford, UK.
Keynote Talk | Global crises, mental health, and human behaviour: Understanding the psychological impact of critical incidents
- 2024 **Lorentz Center** | Leiden, The Netherlands.
Invited presentation at workshop: It's about time – Improving the measurement of intensive longitudinal data. [Link](#).
- 2024 **TOPIC Research Group** | University of Oxford, Oxford, UK.
Invited Talk | Precision diagnostics: Using symptom dynamics in the assessment and treatment of major depressive disorder.
- 2024 **The 4th World Conference on Personality Psychology** | Curaçao
Poster | Bjørndal, L.D., Nes, R.B., Ebrahimi, O.V., & Røysamb, E. (2024, April). Multiple social factors are associated with wellbeing measured cross-sectionally and six years later when accounting for shared genetic and environmental confounding.

- 2024 **Forum for Affective Brains** | University of Oslo, Oslo, Norway.
Invited Talk | Towards precision in the diagnostic profiling of patients: Modelling psychological phenomena as systems of interconnected variables. [Link](#)
- 2024 **Magdalen College** | University of Oxford, Oxford, UK.
Talk | The network approach in psychology and the mental health sciences.
- 2024 **Eating Anxiety Treatment Lab** | Digital, University of Louisville, Louisville, USA.
Invited Talk | Unpacking heterogeneity in symptom relationship patterns across mental health disorders.
- 2024 **oRANGE Lab** | University of Oxford, Oxford, UK.
Invited Talk | A demonstration of novel network invariance techniques for the comparison of differential dynamic mental health processes present across subgroups and individuals.
- 2023 **International Council of Psychologists** | Digital, Global Event.
Early Career Award Recipient Talk | Towards precision in the diagnostic profiling of patients: leveraging symptom dynamics in the assessment and treatment of mental health disorder. [Link](#)
- 2023 **New Science of Mental Disorders Consortium, Annual Conference** | Vaeshartelt Castle, Maastricht, The Netherlands.
Keynote Talk | Towards precision in the diagnostic profiling of patients: leveraging symptom dynamics in the assessment and treatment of mental health disorders. [Link](#).
- 2023 **The Alan Turing Institute** | Data Science for Mental Health
Invited Talk | Towards precision in the diagnostic profiling of patients: leveraging symptom dynamics in the assessment of major depressive disorder. [Link](#).
- 2023 **The COVID Global Mental Health Consortium (CGMHC)** | Digital, Harvard University
Invited Talk | The COVID-19 pandemic as a critical incident and its impact on common mental health disorders.
- 2023 **Society for Psychotherapy Research (SPR)** | Digital
Invited Talk | Precision diagnostics: symptom dynamics as a means of personalised assessment of mental disorders.
- 2023 **Donders Institute, Radboud University** | Lifespan Cognitive Dynamics Lab
Invited Talk | The identification of critical transitions and individual differences in the onset of depression during critical events using a dynamical latent change score mixture approach.
- 2023 **Society for Ambulatory Assessment** | Amsterdam, The Netherlands
Talk delivered by co-author based on common project | The Acceptability and Utility of Ambulatory Assessment: Insights from 2792 Participants in A Large-Scale Daily Diary Study.
- 2023 **University of Oslo | Studying Change in Anxiety and Depression** | Oslo, Norway
Invited Talk | Non-linear longitudinal changes and critical transitions in depression during the COVID-19 pandemic.
- 2022 **European Association for Behavioral and Cognitive Therapies** | Barcelona, Spain. [Link](#).
Symposium | Mechanisms in psychotherapy: A complex system approach.
Presentation: Depressive symptomatology during the COVID-19 pandemic and the psychopathological processes intertwined with depression onset.
- 2022 **Norwegian Psychiatric Association: Psychiatry Weeks Conference** | Oslo, Norway.
Talk | The impact of the pandemics and periods of infectious disease on the mental health of adults.

- 2022 **Norwegian Institute of Public Health | National Meeting for the Investigation of Adherence to Viral Mitigation Strategies during Pandemics**
Invited talk | Using machine learning and the ising model to predict vaccine hesitancy.
- 2022 **COVIDMENT International Consortium**
Invited Talk | A Critical Period for Pandemic Adaptation: The Evolution of Depressive Symptomatology across a 24-Month Period during COVID- 19 Pandemic.
- 2022 **National seminar for Double-degree PhD students** (Nasjonal nettverksseminar for Prosjekt Dobbeltkompetanse) | Solstrand Hotel, Bergen, Norway.
Invited Talk | A complex systems approach to the co-emergence of common psychiatric disorders: Mapping out the comorbidity of between depression and anxiety.
- 2021 **Autumn Conference of The Federation of Norwegian Professional Associations (Akademikerne)** | Oslo, Norway.
Keynote Talk | Forecasting the long-term impact of the pandemic on mental health.
[Event link](#). Presentation link: <https://www.youtube.com/watch?v=Ma9-W3t2WM4#t=82m54s>
- 2021 **University of Oslo's Researcher Competition**
Keynote Talk | The role of psychology and human behaviour during pandemics
[Event link](#). Oslo, Norway.
- 2020 **Association for Behavioral and Cognitive Therapies** | Philadelphia, PA (Digital)
Poster | Curreri, A. J., Ebrahimi, O. V., Rosellini, A. J., Farchione, T. J., & Barlow, D. H. (2020, November). Convergent validity of the Multidimensional Emotional Disorder Inventory across cognitive behavioral therapy. <https://doi.org/10.13140/RG.2.2.10996.78727>
- 2020 **National seminar for Double-degree PhD students** (Nasjonal nettverksseminar for Prosjekt Dobbeltkompetanse)
Invited Talk | Mental health and adherence to mitigation strategies in the Norwegian adult population during the COVID-19 pandemic. Solstrand Hotel, Bergen, Norway.
- 2018 **Research Days Symposium at The University of Bergen**
Invited Talk | 'A virtual reality exposure scenario for the treatment of social anxiety disorder: Preliminary results'. Bergen, Norway.
- 2017 **Pecha Kucha Challenge – Department of Psychology, University of Bergen**
Invited Talk | 'The development of a virtual reality exposure protocol for social anxiety disorder.' Program [link](#). Bergen, Norway.

RESEARCH DISSEMINATION IN THE MEDIA

[Please note that a few of the news articles below are only accessible in Norway or under a paywall]

National News Channel:

1. [Psychological and contextual factors promoting adherence to social distancing protocols and hygienic recommendations during the pandemic](#). [NRK News | Main News Channel of Norway: BBC Equivalent]
2. [Symptom patterns and cascading processes that increase the risk of initiation and maintenance of depressive states](#). [NRK News | Main News Channel of Norway: BBC Equivalent]
3. [Initial shock and elevation in depressive and anxious symptomatology during the early stages of the COVID-19 pandemic and their contextual predictors](#). [NRK News | Main News Channel of Norway: BBC Equivalent]
4. [Mental health during previous periods of infectious disease and what we can expect during the COVID-19 pandemic](#). [NRK News | Main News Channel of Norway: BBC Equivalent]

National Television:

1. [Taking care of vulnerable professionals under stressful circumstances during periods of infectious disease. Discussing the implications of our COVID-19 study on health-care professionals.](#) [TV2 Morning News Program]
2. [Pandemic measures and mental health.](#) [NRK Science Series]

National Radio:

1. [Behaviour modification during pandemics: How to facilitate adherence to pandemic mitigation protocols in combating the SARS-CoV-2 virus.](#) [NRK P2 News]
2. [Differentiating hope and unrealistic optimism during critical events in coping with the pandemic.](#) [NRK EKKO | National radio program about science and societal challenges]
3. [Vaccine hesitancy as global health threat, and its prevalence and psychological predictors during the COVID-19 pandemic.](#) [NRK EKKO | National radio program about science and societal challenges]
4. [Differential mental health profiles through 2 years of the pandemic. Characteristics of the majority of the population displaying resilient patterns, and subgroups displaying adverse changes in depression and anxiety.](#) [NRK EKKO | National radio program about science and societal challenges]
5. [The long-term impact of the COVID-19 pandemic on mental health and behaviour.](#) [NRK P2 News]

International features:

[The Wall Street Journal: Combating Public Speaking Anxiety](#)

University of Oxford:

Introducing the Critical Incidents and Psychological Adaptation (CIPA) Study
[Department of Psychiatry](#) [Also [on Twitter](#)] | [Oxford Neuroscience](#)

Mental Elf:

[Is my depression the same as your depression? Study finds individual variation in how symptoms aggravate each other over time](#)

Floreat Magdalena, Magdalen College, University of Oxford:

[The long-term effects of the COVID-19 pandemic on mental health](#) [Magazine view]

TV documentary series:

NRK TV Documentary Series '[Briefly Explained](#)': [The psychology of pandemics and mental health](#)

Spotlighted cases:

Research effort recognitions and spotlights:

1: [Norwegian Psychological Association \(NPA\)](#) | [Also [on Facebook](#)]

2: [NRK: Norway's Main News Channel \(1\)](#)

3: [NRK: Norway's Main News Channel \(2\)](#)

4: [The Mental Health Association of Norway](#)

5: [Omid V. Ebrahimi Awarded Outstanding Doctoral Thesis of the Year](#) | [Also covered 6: [here](#), 7: [here](#), 8: [here](#), & 9: [here](#)]

10: [Oxford Researcher Wins the Prestigious 'Outstanding Doctorate of the Year' Award](#) | University of Oxford [11: [EN2](#)]

12: The Federation of Norwegian Professional Associations (The Academics) [[On Facebook](#)]

13. [Firdaposten](#)

14. [Modum Bad Psychiatric Hospital: Spotlight Case](#)

[15: University of Oslo: The World With Virus](#)

[16: University of Oslo, Section of Social Sciences: International Award for research efforts during the pandemic](#)

[17: Association for Behavioral and Cognitive Therapies \(ABCT\): Interview on Mentorship Philosophy](#)

Book reviews:

[Michel Foucault: Madness and Civilization](#) | Review for Norwegian Psychological Association

National Newspapers:

1. [Individual change profiles and trajectories of resiliency and deterioration of mental health during the pandemic.](#) [NRK News: Second most read newspaper in Norway]

2. [Putting 2020 and the mental health impact of global crises into perspective.](#) [NRK News]

3. [Characteristics of the minority subgroup of individual transitioning into depression during the pandemic.](#) [VG: Most read newspaper in Norway]

4. [Why our current conceptualization of mental health disorders is failing us: On the need to move toward precision and systems-based approaches to assessment and treatment of mental health disorders.](#) [Dagens Medisin: Largest health newspaper in Norway]

5. [The first wave of the pandemic and population mental health levels.](#) [Dagbladet: Third most read newspaper in Norway]

6. [Complex systems and their adaptation to understand sequence and order effects in the emergence of symptomatology during the formation of depression.](#) [Forskning.no: Largest scientific newspaper in Norway]

7. [The evolutionary roots of loneliness and its association with elevated levels of depression during periods of isolation.](#) [Forskning.no]

8. [Conceptualizing mental health problems as emergent properties of dynamical systems.](#) [Drammens Tidende].

9. [On seasonal depression.](#) [VG]

10. [Public speaking anxiety and innovative psychological treatments adapting the exposure paradigm: Internet-delivered therapies and virtual reality.](#) [Forskning.no]

11. [How to use complex statistical models to explain pandemic-related behaviors and mental health over time.](#) [Aftenposten: Fifth most read newspaper in Norway]

12. [Fear of infection and its relationship with isolation and anxious experience.](#) [TV2 News: Fourth largest newspaper in Norway]

13. [The Psychology of Pandemics: Explaining the role altruism, conspiracies, hoarding, and other pandemic-related behaviours during COVID-19.](#) [Psykologisk.no]

14. [Coping strategies in response to experiences of stress and loneliness during lockdowns.](#) [NRK News]

15. [The psychological footprint of pandemics and their impact on health and human behaviour.](#) [Dagens Medisin]

Other appearances in national newspapers:

[16: VG](#) | [17: Nettavisen](#) | [18: NRK News](#) | [19: TV2 News](#) | [20: Dagbladet](#) | [21: Aftenposten](#) | [22: VG](#) | [23: Dagsavisen](#) | [24: VG](#) | [24: Utrop](#) | [25: VG](#) | [26: Aftenbladet](#) | [27: ABC News](#) | [28: Aftenposten](#) | [29: VG](#) | [30: NRK](#) | [31: NRK](#)

Regional Radio: [1: NRK Oslo](#) | [2: NRK Sogn og Fjordane](#)

Regional Newspapers: [1: Bergens Tidende](#) | [2: Adressa](#) | [3: Firdaposten](#) | [4: Arbeidets Rett](#) | [5: Firdaposten](#)

Podcasts: [1: NRK Ekko](#) | [2: University of Oslo's Podcast](#) | [3: University of Oslo's Psychology Podcast](#)

Chronicles and debates: [1: VG](#) | [2: Dagens Medisin](#) | [3: Dagsavisen](#) | [4: Towards precision psychology \(Norwegian Psychological Association\)](#)

TEACHING

Awards: **Teaching Excellence Award | University of Oxford**

Reference letters: [[Reference letter from teaching activity at the University of Oxford from 2022 to 2024](#)]

[[Reference letter on teaching activity from 2014 to 2018 across Introductory Psychology Courses including Social Psychology, Personality Psychology, Methods in Behavioural Science, and Developmental Psychology](#)]

[[Reference letter on teaching activity from 2017-2018 in Quantitative Methods](#)]

[[Reference letter on teaching activity in Psychopathology Course from 2021-2024](#)]

Overall teaching evaluations and student feedback ratings (2017-2024)

Average feedback scores across classes and all taught ($N = 321$) students.

- Pedagogical ability of instructor: 4.94/5.00 | Instructor's quality of feedback on assignments: 4.67/5.00
- Relevance of taught content: 4.93/5.00 | Accessibility and contact with instructor: 4.79/5.00
- Content preparedness of instructor: 4.91/5.00 | Instructor's teaching was engaging: 4.86/5.00
- Educational value of instructor's classes compared to other classes: 4.64/5.00
- Instructor's class improved my learning and development: 4.84/5.00
- Proportion of students rating class content to be at the optimal level: 94.18%
- Proportion of students rating the assigned workload dosage to be suitable: 94.85%

Systematic student feedback since 2017:

Course-specific quantitative and qualitative feedback directly from the students per semester (In Norwegian)

[Automatic Google Translations in brackets] [*Please bear in mind the limitations of automatic translator applications*]

- [Spring 2024: Psychopathology](#) | [[English Google Translation](#)]
- [Autumn 2023: Psychopathology](#) | [[English Google Translation](#)]
- [Spring 2023: Psychopathology](#) | [[English Google Translation](#)]
- [Autumn 2022: Psychopathology](#) | [[English Google Translation](#)]
- [Spring 2022: Psychopathology](#) | [[English Google Translation](#)]
- [Autumn 2018: Social and Personality Psychology](#) | [[English Google Translation](#)]
- [Autumn 2018: Quantitative Methods in Psychology](#) (Course taught in English; Feedback in both Norwegian and English) | [[English Google Translation](#)]
- [Spring 2018: Developmental, Cognitive, and Biological Psychology](#) | [[English Google Translation](#)]
- [Autumn 2017: Developmental, Cognitive, and Biological Psychology](#) | [[English Google Translation](#)]
- [Autumn 2017: Social and Personality Psychology](#) | [[English Google Translation](#)]
- [Spring 2017: Developmental, Cognitive, and Biological Psychology](#) | [[English Google Translation](#)]

Feedback on advanced workshops:

- [Spring 2024: Workshop: An Introduction to network approach in the psychological sciences](#)

Classes, courses, and workshops taught:

- 2024 **An introduction to the network approach and its applications in the psychological sciences**
Modelling of psychological phenomena using networks and complex systems approaches.
Total hours of workshop: 32 hours | Class size: 15-20 students | Role: Workshop instructor |
Level: Predominant composition of post-docs, PhD students, and university professors.
- 2024 **Delivering personalized and data-driven psychological treatment and assessment: A workshop for clinicians**
Collecting real-time person-specific data as a basis for assessment and intervention.
Total hours of workshop: 6 hours | Class size: 7 attendees | Role: Workshop instructor | Level:
Clinicians: Psychiatrists, clinical psychologists, specialist clinical psychologists, and
psychiatric nurses.
- 2023 **University of North Carolina at Chapel Hill via Center for Statistics**
Mixture Modelling and Latent Class Analysis with [Daniel J. Bauer](#) and [Doug Steinley](#)
Total hours of course: 40 hours | Class size: 20-30 students | Role: Assistant Teacher |
Level: Predominant composition of PhD students, post-docs, and other graduate students.
- 2022 – 2025 **University of Oxford**
- 2025 – Ongoing **A16819: Individual Differences and Clinical Psychology**
Total hours per semester: 53 hours | Teaching: 8 hours | Administration: 45 hours | Class size:
20 students | Role: Lecturing, delivery of tutorials, assignment evaluation | Tasks: Teaching
(large lectures) and small-group tutorials | Level: MSci and Bachelor's
- 2025 – Ongoing **Core Practicals: Qualitative and Quantitative Methods for Clinical Psychology**
Total hours per semester: 168 hours | Teaching: 18 hours | Administration: 150 hours | Class
size: 70 students | Role: Module Lead and Lecturer | Tasks: Teaching, curriculum
development, organisation, coordination of teaching assistants, assignment and exam
evaluation | Assessment & Marking: 60-70 exams per year | Level: MSci and Bachelor's
- 2024 **[A16830: Affective Science](#)**
Total hours per semester: 9 hours | Teaching: 1 hours | Administration: 8 hours | Class size: 20
students | Role: Lecturer | Tasks: Teaching and exam evaluation | Assessment & Marking: 8-
10 exams | Level: MSc
- 2022 – 2024 **MSc Program in Sustainability, Enterprise and the Environment**
Mental health, stress, and resiliency: Leveraging a complex systems perspective to understand
(un)sustainable psychological states in students.
Total hours per semester: 5 hours | Teaching: 2 hours | Administration: 3 hours |
Class size: 15-25 students | Role: Lecturer | Tasks: Teaching | Level: Master
Student feedback score: 4.1/5.0 (Scale: 5: Excellent; 4: Very good; 3: Good; 2: Fair; 1: Poor)
- 2023 – 2024 **MSc Program in Sustainability, Enterprise and the Environment**
Examination and performance anxiety in the student population.
Total hours per semester: 5 hours | Teaching: 2 hours | Administration: 3 hours |
Class size: 15-25 students | Role: Lecturer | Tasks: Teaching | Level: Master
Student feedback score: 4.1/5.0 (Scale: 5: Excellent; 4: Very good; 3: Good; 2: Fair; 1: Poor)
- 2020 – 2025 **University of Oslo**
- 2020 – 2024 **[SV9106: Research Communication](#)**
Total hours per semester: 3 hours | Teaching: 1 hours | Administration: 2 hours | Class size: 50
students | Role: Lecturer | Tasks: Teaching about research dissemination across media
platforms. Level: PhD

2020 – 2025	<p><u>PSYC3300: Psychopathology Across the Lifespan</u> Total hours per semester: 15 hours Teaching: 3 hours Administration: 12 hours Class size: 40-60 students Role: Lecturer Tasks: Teaching Level: 3rd-year students in Professional Studies of Clinical Psychology (Master level)</p>
2021	<p><u>PSYC4315: Psychopathological Assessment in the Adult Population</u> Total hours per semester: 90 hours Teaching: 18 hours Administration: 72 hours Class size: 8-12 students Role: Lecturer Tasks: Teaching and evaluation of students through assessments of term presentation Level: 4th-year students in Professional Studies of Clinical Psychology (Master level)</p>
2020 – 2021	<p>PSYC1302: Introduction to Clinical Science and Practice Total hours per semester: 15 hours Teaching: 3 hours Administration: 12 hours Class size: 40-60 students Role: Lecturer Tasks: Teaching Level: 1st-year students in Professional Studies of Clinical Psychology (Undergraduate level)</p>
2014 – 2016 & 2017 – 2018	<p>University of Bergen</p>
2017 – 2018	<p>PROPSYMET: Introduction to Statistics in Psychology Total hours per semester: 48 hours Teaching: 12 hours Administration: 36 hours Class size: 20-25 students Role: Assistant lecturer for 2 cohorts of students Tasks: Teaching, organization, assignment and exam evaluation. Level: 1st-year students in Professional Studies of Clinical Psychology (Undergraduate level)</p>
2014 – 2016 & 2017 – 2018	<p>PSYK112: Social Psychology and Personality Psychology Total hours per semester: 36 hours Teaching: 12 hours Administration: 24 hours Class size: 10-30 students Role: Seminar teacher (i.e., small-group teaching by advanced senior students to junior students) Tasks: Small-group teaching, organization, assignment and term paper evaluation Level: 1st-year students in Professional Studies of Clinical Psychology (Undergraduate level)</p>
	<p>PSYK113: Introduction to Methods in Behavioural Research Total hours per semester: 18 hours Teaching: 6 hours Administration: 12 hours Class size: 10-30 students Role: Seminar teacher Tasks: Small-group teaching, organization, assignment and term paper evaluation Level: 1st-year students in Professional Studies of Clinical Psychology (Undergraduate level)</p>
	<p>PSYK114: Developmental Psychology, Cognitive Psychology, and Biological Psychology Total hours per semester: 54 hours Teaching: 18 hours Administration: 36 hours Class size: 10-30 students Role: Seminar teacher Tasks: Small-group teaching, organization, assignment and term paper evaluation Level: 1st-year students in Professional Studies of Clinical Psychology (Undergraduate level)</p>

SUPERVISION

2025 – Ongoing	<p>Supervisor of PhD (DPhil) student Olena Khailenko University of Oxford</p>
2025 – Ongoing	<p>Supervisor of PhD (DPhil) student Xintong Lu University of Oxford Together with Alex Lau-Zhu</p>
2024 – Ongoing	<p>Supervisor of PhD (DPhil) student Pin Chen University of Oxford Together with Lucy Bowes</p>
2024 – Ongoing	<p>Supervisor of PhD (DPhil) student Sakshi Rajesh University of Oxford Together with Eleanor Leigh</p>

- 2024 – Ongoing **Secondary supervisor of PhD student Guðrún R. Guðmundsdóttir**
Maastricht University | Together with [Lotte Lemens](#), [Anne Roefs](#), and [Eiko Fried](#)
- 2023 – 2025 **Secondary supervisor of DClinPsy student Stefano Belli** [Thesis submitted June 13th, 2025]
University College London | Together with [Ciaran O’Driscoll](#)
Thesis: Using Network Analysis to Identify Processes of Change in Low-Intensity CBT Interventions for Emotional Disorders
- 2023 – 2025 **Secondary supervisor of DClinPsy student Thomas Penny**
University College London | Together with Ciaran O’Driscoll
- 2025 – Ongoing **Secondary supervisor of PhD student Alexander Ikonomeas**
University of Oslo | Together with Sverre Johnson and Marianne Birkeland
- 2025 – Ongoing **Supervisor of MSci student Maria Ilie-Niculescu**
University of Oxford
- 2025 – Ongoing **Supervisor of MSci student Gabrielle Moran**
University of Oxford
- 2024 – 2025 **Supervisor of MSc student Mikaela Dizon**
University of Oxford
- 2024 – 2025 **Supervisor of MSc student Olena Khailenko**
University of Oxford
- 2022 – 2023 *The Dynamic Relationship Between Well-Being and Related Processes During the COVID-19 Pandemic: A Large-Scale Intensive Longitudinal Network Study of the General Adult Population* [[Published](#)].
Main supervisor for the Cand.psychol thesis.
- 2022 – 2023 *Investigating patterns of interactions between complex PTSD symptoms and its maintaining mechanisms using a dynamic network approach* [[Published](#)]
Main supervisor on study for first-year PhD student.
- 2021 – 2022 *Daily Dynamics of Parental Mental Health: Investigating Depressive Symptoms and Negative Parental Experiences* [Under review: [Preprint](#)]
Main supervisor for clinical psychology student.
- 2022 *Symptomatology, risk, and protective factors of gaming disorder: A network analytic approach* [[Published](#)].
Co-supervisor for master thesis, University of Hong Kong.
- 2020 – 2021 *Psychological Interventions for Generalized Anxiety Disorder: An outcome and mediation meta-analysis of mechanisms of change during treatment.*
Main supervisor for two master students.
- 2020 – 2021 *Predictors of parental burnout during the COVID-19 pandemic* [[Published](#)].
Main supervisor for Cand.psychol. student.
- 2020 – 2021 *Investigating the routes of comorbidity between depression and parental stress* [[Published](#)].
Main supervisor for Cand.psychol. student.
- 2020 – 2021 *Insomnia symptoms during the COVID-19 pandemic* [[Published](#)].
Main supervisor.
- 2021 – 2022 *Mental well-being during the COVID-19 pandemic* [[Published](#)].
Co-Supervisor for Cand.psychol student.

- 2020 *The interaction between extrinsically and intrinsically driven brain networks: A systematic review* [[Term Paper](#)]
Co-supervisor for Cand.psychol. student.
Co-supervising with: Professor [Kenneth Hugdahl](#)
- 2020 – 2021 *Information Dissemination and the COVID-19 Pandemic: The Relationship between Different Information Sources and Symptoms of Psychopathology* [[Published](#)].
Main supervisor for master student.

OTHER ACADEMIC SERVICE

Peer review (* indicates multiple reviews)

Reviewed for
 Psychological Medicine*
 Evidence-Based Mental Health (BMJ Mental Health)*
 Molecular Psychiatry*
 Scientific Reports
 Journal of Anxiety Disorders*
 Clinical Psychological Science
 Journal of Psychopathology and Clinical Science*
 Journal of Medical Internet Research
 Psychotherapy Research
 Behaviour Research and Therapy

PhD evaluation and defence committee

Autumn 2024 **Assessment committee for the evaluation of the doctoral thesis and PhD defence**
 of Alberto Jover Martinez | Supervisors: Anne Roefs, Eiko Fried, Lotte Lemmens
 Department of Clinical Psychological Science, Maastricht University
 Doctoral thesis: The network approach to psychopathology: From assessment to estimation
 Committee members: Denny Borsboom, Omid V. Ebrahimi, Peter Muris,
 Madelon Peters, and Thérèse van Amelsvoort
 Date of PhD defence: January 23, 2025

Grant review

Spring 2025 **University of Oxford** | Brasenose College Research Fund

Other committee work

Spring 2025 **PhD hiring evaluation committee**
 COPE Research Team, Department of Psychology, University of Oslo

Autumn 2023 **Research assistant hiring committee** with Dr. Laurence Wainwright
 School of Geography and the Environment, University of Oxford

Spring 2022 **PhD hiring evaluation committee**
 COPE Research Team, Department of Psychology, University of Oslo

Autumn 2021 **Post-doc hiring evaluation committee**
 COPE Research Team, Department of Psychology, University of Oslo

Spring 2020 **Post-doc hiring evaluation committee**
 Department of Psychology, University of Oslo

During undergraduate studies

- 2015 – 2016 &
2017 – 2018 **Leader of the student well-being and social facilitation organization**
Department of Psychology, University of Bergen
- 2014 – 2015 **Member of the ‘Forum’ organization for academic development**
An organization inviting researchers and professors to hold guest lectures aimed at promoting the academic development of students beyond the mandatory curriculum.
Department of Psychology, University of Bergen
- 2014 – 2015 **Financial manager for the psychology student magazine ‘[Katarsis](#)’**
Department of Psychology, University of Bergen
- 2013 – 2014 **Member of the student well-being and social facilitation organization**
Department of Psychology, University of Bergen

CLINICAL WORK

- Registration [Clinical Psychologist](#) | Health & Care Professions Council (HCPC), United Kingdom
- 2024 – Ongoing **Consultant Clinical Psychologist, Modum Bad Psychiatric Hospital**
Clinical Leadership | Design and implementation lead for developing a person-specific routine outcome monitoring system providing early warning signals of deteriorating patients to clinicians at Modum Bad Psychiatric Hospital. Consultant on research projects and clinical implementation.
- 2020 – 2024 **Division of Stress and Traumatic Disorders, Modum Bad Psychiatric Hospital**
Clinical psychologist in employment 50% next to PhD to obtain clinical specialist degree. Work with individual therapy (8 patients weekly) and group therapy (2x groups of 9 patients). Patient group: Patients diagnosed with PTSD, Complex PTSD, and other trauma-related disorders and dissociative disorders. [Clinical hiatus Spring of 2023 due to full research semester related to research visit at the University of Oxford]
- 2019 – 2021 **Institute of Psychological Guidance (IPR)**
Clinical Psychologist in 60% (3 days per week) employment autumn of 2019 working with depression and anxiety (individual therapy), shifting to 20% employment (one evening shift per week) for the years of 2020-2021.
- 2019 **Advanced Clinical Training, UC Berkeley Psychology Clinic and Assessment Center, University of California, Berkeley**
Advanced training in Cognitive Behavioural Therapy next to studies and research at the university clinic, Department of Psychology, University of California, Berkeley.
- 2017 – 2018 **Advanced Clinical Training, University of Bergen**
Advanced training at the polyclinic of the University of Bergen in Cognitive Behavioural Therapy and Emotion-Focused Therapy.

OTHER RELEVANT WORK EXPERIENCE

- 2018 **Center for Anxiety & Related Disorders, Boston University**
Summer internship: Research intern working for Dr. [David H. Barlow](#) and Dr. [Todd J. Farchione](#) on the development of a group-based format and an Internet-based format of a transdiagnostic cognitive-behavioural treatment (The Unified Protocol for the Treatment of Emotional Disorders).

- 2017 **Aleris Center, Region East**
Cognitive milieu therapy to increase the well-being of orphan adolescent asylum seekers.
- 2014 – 2015 **Sandviken Psychiatric Hospital, Emergency Unit.**
Assistant at an in-patient psychiatric hospital emergency unit.

SELECTED WORKSHOPS AND COURSES

- 2023 [Oxford Network Meta-Analysis](#)
University of Oxford with Dr. Andrea Cipriani, Dr. Georgia Salanti, Dr. Toshi Furukawa, and Dr. Stefan Leucht.
- [Using Large Language Transformer Models for Research in R](#)
Digital workshop with Dr. Hudson Golino and Dr. Alex Christensen.
- [Latent Profile Transition Analysis](#)
SMaRT Workshops (Digital) with Dr. Sara K. Johnson.
- [Latent Profile Analysis](#)
SMaRT Workshops (Digital) with Dr. Sara K. Johnson.
- 2022 [Exploratory Graph Analysis with R](#)
Digital workshop with Dr. Hudson Golino.
- [Mixture Modeling and Latent Class Analysis](#)
Center for Statistics (CenterStat), University of North Carolina at Chapel Hill with Dr. Daniel J. Dauer and Dr. Doug Steinley.
- [Complexity Methods for Behavioural Science: A Toolbox for Studying Change](#) at Radboud University (Digital) with Dr. Fred Hasselman.
- 2021 [Applied Machine Learning in R](#)
SMaRT Workshops (Digital) with Dr. Jeffrey Girard and Dr. Shirley Wang.
- Dynamical Systems** at Pennsylvania State University (Digital) with Dr. Sy-Miin Chow.
- [Modeling the Dynamics of Intensive Longitudinal Data](#)
at Utrecht University (Digital) with Dr. Ellen Hamaker, Dr. Laura Bringmann, Dr. Rebecca Kuiper, Dr. Oisín Ryan.
- [Longitudinal Structural Equation Modelling](#)
The University of North-Carolina (Digital) with Dr. Patrick J. Curran and Dr. Daniel J. Bauer.
- [Introduction to Structural Equation Modelling](#)
The University of North-Carolina (Digital) with Dr. Patrick J. Curran and Dr. Daniel J. Bauer.
- [A Gentle Introduction to Bayesian Statistics](#)
Utrecht University (Digital) with Dr. Rens van de Schoot.
- Experience Sampling Method Design in Psychopathology**
Maastricht University (Digital) with Dr. Philippe Delespaul and colleagues.
- [Experience Sampling Method Data Analysis](#)
Maastricht University (Digital) with Dr. Wolfgang Viechtbauer.
- [STK4900: Statistical Methods and Applications](#)
University of Oslo with Dr. Riccardo De Bin. Spring 2021.

- 2020 – 2021 **Advanced Training in Trauma stabilization**
Modum Bad Psychiatric Hospital
Advanced Training for Clinical Psychologists specialising in treatment of trauma and dissociation.
- 2020 [STK1000: Introduction to Applied Statistics](#) at
University of Oslo with Dr. Marie Lilleborge. Autumn 2020.
- [The Oxford Summer School in Economic Networks](#)
Oxford University
Mathematical Institute and Department of Statistics
Course in Network Modeling.
- [Psychological Networks Amsterdam Summer School](#)
The University of Amsterdam
Modeling psychopathology as a complex systems using static and dynamic psychometric networks.
- Early Attachment and its relation to Eating Disorders**
8-hour workshop with Dr. Janina Fisher.
- 2019 **Structural Equation Modelling at University of California, Berkeley**
Full semester course, spring 2019.
- Data Analysis at University of California, Berkeley**
Full semester course, spring 2019.

SELECTED WORKS AS A RESEARCH ASSISTANT

- Autumn 2017 *Development of treatment protocol for virtual reality exposure treatment of social anxiety disorder in adolescents.*
- Autumn 2016 *Behavioural Patterns of Internet Use and its Association with Psychological Symptoms: A Latent Class Analysis Concerning the Typology of Internet Users. (The University of Hong Kong)*
- Spring 2016 *The relationship between Big Five personality traits and right-wing authoritarianism.*
- Autumn 2015 *The effects of anabolic-androgenic steroid use on cognition and aggression: a narrative review.*
- Spring 2015 *The effects of individually ventilated cages vs. conventional cages upon open field behaviour and corticosterone release in wistar rats.*
- Autumn 2014 *Resilience development in children of parents with mental disorders.*

LANGUAGES

- Norwegian** Native.
- Persian/Farsi** Native.
- English** Near native/fluent. [Proficiency level scores \(Pearson Academic Approved Language Test\)](#):
Writing: 90/90 | Reading: 90/90 | Listening: 90/90 | Speaking: 90/90