



Louise Bruland Bjerrum

PHD CANDIDATE

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louisebrulandbjerrum

PhD candidate at the University of Bergen, experienced in project planning, quantitative data collection and statistical analysis, systematic reviews, and scientific writing. My main research interest is the effects of light on human cognition. I am also passionate about the R programming language for data wrangling, statistical analysis, and visualization of data.

Education

MSc, Psychology - specialization in Behavioral Neuroscience

DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

Norway

2015-2018

Philosophy

NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY

Norway

2014-2015

BSc, Psychology

INLAND NORWAY UNIVERSITY OF APPLIED SCIENCES

Norway

2011-2014

Positions - current and previous

PhD candidate

UNIVERSITY OF BERGEN, NORWAY

2019-

Receptionist and group fitness instructor

TRENINGSHUSET, NORWAY

2018-2019

Teaching assistant

DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN, NORWAY

2017-2018

Group fitness instructor

TRENE SAMMEN, NORWAY

2016-2017

Research assistant

DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN, NORWAY

2016

Research assistant

DEPARTMENT OF PSYCHOSOCIAL SCIENCE, UNIVERSITY OF BERGEN, NORWAY

2016

Group fitness instructor

SATS, NORWAY

2012-2014

Receptionist and Community Support Worker

SKOGLI HEALTH AND REHABILITATION CENTER, NORWAY

2009-2014

Career breaks

2022-2023 Maternity leave

Publications in international peer-reviewed journals

1. **Bjerrum LB**, Nordhus IH, Sørensen L, Wulff K, Bjorvatn B, Flo-Groeneboom E, Visted E. Acute effects of light during daytime on central aspects of attention and affect: A systematic review. *Biological Psychology*, 2024. <https://doi.org/10.1016/j.biopsycho.2024.108845>
2. Visted E, Solbakken OA, Mæland S, Fadnes LT, **Bjerrum LB**, Nordhus IH, Flo-Groeneboom E. Validation of a brief version of the Difficulties in Emotion Regulation Scale (DERS-16) with an older Norwegian population. *European Journal of Ageing*, 2023. <https://doi.org/10.1007/s10433-023-00775-w>

Published abstracts from international conferences

1. **Bjerrum LB**, Sørensen L, Osnes B, Visted E, Kambestad OB, Hansen ME, Nordhus IH, Bjorvatn B, Flo-Groeneboom E. The acute effects of artificial light on aspects of sustained attention. *Journal of Sleep Research*, 2024. <https://doi.org/10.1111/jsr.14291>
2. Kambestad OB, Visted E, Osnes B, Sørensen L, Nordhus IH, **Bjerrum LB**, Flo-Groeneboom E. Exploring optimal light conditions for emotional processing in younger adults. *IBRO Neuroscience Reports*, 2023. <https://doi.org/10.1016/j.ibneur.2023.08.1701>
3. **Bjerrum LB**, Visted E, Nordhus IH, Lindholm SA, Flo-Groeneboom E. The acute effects of light on alertness, cognition, and mood: a systematic review. *Journal of Sleep Research*, 2020. <https://doi.org/10.1111/jsr.13181>
4. **Bjerrum LB**, Pedersen TT, Mrdalj J, Wisor JP, Marti AR, Rempe M, Henriksen TEG, Grønli J. Prolonged Photoperiod Induces Changes in Sleep: The Impact of Blue-Enriched Light. *Neuropsychobiology*, 2018. <https://doi.org/10.1159/000489584>
5. Marti AR, Waslander J, Skrede S, Mrdalj J, Pedersen TT, **Bjerrum LB**, Ersland KM, Henriksen, TEG, Bramham C, Grønli J. Extended Photoperiod Alters Circadian Rhythmicity and Expression of Synaptic Plasticity-Associated Genes. The Impact of Blue-Enriched Light. *Neuropsychobiology*, 2018. <https://doi.org/10.1159/000489584>

Popular science communication

1. Weinzaepflen C, Spitschan M, **Bjerrum LB**, Vethe D. Opplys klokken din: Hvordan kroppen vår holder styr på tiden [Enlighten your clock: How your body tells time, Transl]. *Open Science Framework*, 2021. <https://doi.org/10.17605/OSF.IO/35FVX>

Other relevant professional experiences

2023-

WEB ADMINISTRATOR FOR BERGEN RESEARCH GROUP FOR INTERVENTION AND MENTAL HEALTH ACROSS THE LIFESPAN (BRIM)

*Department of Clinical Psychology,
University of Bergen*

2023

MEMBER OF A COMMITTEE CONDUCTING A SELF-ASSESSMENT OF RESEARCH ACTIVITY- AND QUALITY AT THE DEPARTMENT OF CLINICAL PSYCHOLOGY, IN RELATION TO THE RESEARCH COUNCIL OF NORWAY'S EVALMEDHELSE 2022-2024

*Department of Clinical Psychology,
University of Bergen*

2022

RESEARCHER REPRESENTATIVE IN A COMMITTEE CONDUCTING A BIOSAFETY RISK ASSESSMENT ON THE COLLECTION, STORING AND ANALYSIS OF SALIVA SAMPLES IN RESEARCH DURING THE PANDEMIC

University of Bergen

2019-2022

PHD REPRESENTATIVE ON THE BOARD OF THE GRADUATE SCHOOL OF CLINICAL AND DEVELOPMENTAL PSYCHOLOGY

*Department of Clinical Psychology,
University of Bergen*

2019-2022

ADMINISTRATIVE COORDINATOR OF BERGEN RESEARCH GROUP FOR INNOVATION, GROWTH, HEALTH, AND TECHNOLOGY (BRIGHT)

*Department of Clinical Psychology,
University of Bergen*

2020-2022

TEMPORARY ACADEMIC STAFF REPRESENTATIVE IN THE DEPARTMENT BOARD

*Department of Clinical Psychology,
University of Bergen*

2019-2022

SUBSTITUTE SAFETY REPRESENTATIVE

*Department of Clinical Psychology,
University of Bergen*

2019-2020

ORGANIZER OF TWO RESEARCH SEMINARS HOSTED BY BRIGHT

*Department of Clinical Psychology,
University of Bergen*

2017

ADMINISTRATIVE COORDINATOR OF A PHD SUMMER SCHOOL IN SLEEP AND CIRCADIAN RHYTHMS

*Norwegian Research School in
Neuroscience*

2017

TRANSLATOR (FROM ENGLISH TO NORWEGIAN) OF A THERAPY GUIDE ON HARMFUL SEXUAL BEHAVIOR IN CHILDREN

Betanien hospital, Norway

Postgraduate and PhD courses attended

2024	Introduction to Practical Machine Learning in R, University of Bergen	
2023	Software Carpentry Course: Shell, R, Version Control with Git, University of Bergen Library Digital Lab	
2022	PsychR - a course in statistics by using R, University of Bergen	
2022	Quantitative Methods, University of Bergen	
2021	Meta-analysis, University of Bergen	
2021	Writing for Publication, Norwegian Research School in Neuroscience	
2021	Theory of Science, Ethics, Methods, and Research Design, University of Bergen	
2021	Basic course in web publishing on UiB's web platform, University of Bergen	
2020	Sleep disorders: assessment and treatment of hypersomnia and sleep apneas, The Norwegian Medical Association and Norwegian Competence Center for Sleep Disorders	
2017	Animal Science Course (general), University of Bergen	
2016	Animal Science Course (rodents and pigs), University of Bergen	

Skills and languages

R/RSTUDIO: DATA WRANGLING, STATISTICAL ANALYSIS, DATA VISUALIZATION, RMARKDOWN	Experienced
SPSS: STATISTICAL SOFTWARE	Basic
GIT/GITHUB: VERSION CONTROL	Basic
MICROSOFT OFFICE: WORD, POWERPOINT, OUTLOOK, EXCEL	Experienced
ZOTERO: REFERENCE MANAGEMENT SOFTWARE	Experienced
ACTIWARE: SCORING AND ANALYSIS OF ACTIGRAPHY DATA	Experienced
NORWEGIAN, WRITTEN AND ORAL	First language
DANISH, WRITTEN AND ORAL	First language
ENGLISH, WRITTEN AND ORAL	Fluent

Teaching experience

During my PhD I have had course responsibility for an undergraduate course on the history of psychology as a science and a profession. I have also acted as external examiner in a variety of psychology courses at multiple higher educational institutions in Norway.

Supervision of students

2022	Kine Marie Andersen Hillestad: Acute effects of blue light on alertness (MSc), co-supervisor
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Conference attendance

2024-09	27th Congress of the European Sleep Research Society, Seville, Spain
2020-12	Demensdagene, virtual
2020-09	25th Congress of the European Sleep Research Society, virtual
2019-09	7th National PhD Conference in Neuroscience, Bergen, Norway
2018-05	Society for Research on Biological Rhythms meeting, Florida, USA

References

On request

About this CV

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