



Louise Bruland Bjerrum

PHD STUDENT

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PhD student at the University of Bergen. My main research interest is the acute effects of light on human cognition, especially; the acute effects of artificial (LED) light during daytime on different aspects of attention. I am also passionate about quantitative methods and the R programming language for statistical analysis and data visualization.

Education

MSc, 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 student

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. 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>
2. **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>
3. **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>
4. 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 PREPRESENTATIVE *Department of Clinical Psychology,
University of Bergen*

2019-2020

ORGANIZER OF TWO RESEARCH SEMINARS *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 OF A THERAPY GUIDE ON HARMFUL SEXUAL BEHAVIOR IN CHILDREN *Betanien hospital, Norway*

Teaching experience

During my PhD I have had course responsibility for an undergraduate course on the history of psychology as a sci-

ence 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)

Postgraduate and PhD courses attended

- 2024 Introduction to Practical Machine Learning, 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 (workshop), 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: STATISTICAL ANALYSES, DATA WRANGLING AND VISUALIZATION	Intermediate
SPSS: STATISTICAL SOFTWARE	Basic
MICROSOFT OFFICE: WORD, POWERPOINT, OUTLOOK, EXCEL	Experienced
GIT/GITHUB: VERSION CONTROL	Basic
NORWEGIAN, WRITTEN AND ORAL	First language
DANISH, WRITTEN AND ORAL	First language
ENGLISH, WRITTEN AND ORAL	Fluent

Conference attendance

- 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