



Louise Bruland Bjerrum

DATA ANALYSIS AND STATISTICS ADVISOR | PHD CANDIDATE

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Advisor in data analysis and statistics at the Center of expertise in medical quality registries in the Western Norway Regional Health Authority, and PhD candidate at the University of Bergen. I have several years of experience in project planning, quantitative data collection and statistical analysis, conducting systematic reviews, and scientific writing. 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

FACULTY OF PSYCHOLOGY, UNIVERSITY OF BERGEN

Norway

2015-2018

Philosophy

FACULTY OF HUMANITIES, NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY

Norway

2014-2015

BSc., Psychology

INLAND SCHOOL OF BUSINESS AND SOCIAL SCIENCES, INLAND NORWAY UNIVERSITY OF APPLIED SCIENCES

Norway

2011-2014

Positions

Advisor in data analysis and statistics

CENTER OF EXPERTISE IN MEDICAL QUALITY REGISTRIES IN THE WESTERN REGIONAL HEALTH AUTHORITY

2025-

PhD candidate

UNIVERSITY OF BERGEN

2019-

Receptionist and group fitness instructor

TRENINGSHUSET

2018-2019

Teaching assistant

DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

2017-2018

Group fitness instructor

TRENE SAMMEN

2016-2017

Research assistant

DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

2016

Research assistant

DEPARTMENT OF PSYCHOSOCIAL SCIENCE, UNIVERSITY OF BERGEN

2016

Group fitness instructor

SATS

2012-2014

Receptionist and community support worker

SKOGLI HEALTH AND REHABILITATION CENTER

2009-2014

Other relevant professional experiences

Committee work: assessment of research activity- and quality (EVALMEDHELSE, NFR)

DEPARTMENT OF CLINICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

2023-2024

Web administrator for the research group BRIM

DEPARTMENT OF CLINICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

2023-

Committee work: biosafety risk assessment of the collection, storing and analysis of saliva samples in research during the COVID-19 pandemic

UNIVERSITY OF BERGEN

2022

Temporary academic staff representative on the department board

DEPARTMENT OF CLINICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

2020-2022

PhD representative on the board of the graduate School 'CDP'

FACULTY OF PSYCHOLOGY, UNIVERSITY OF BERGEN

2019-2022

Substitute safety representative

DEPARTMENT OF CLINICAL PSYCHOLOGY, UNIVERSITY OF BERGEN

2019-2022

Administrative coordinator of the research group BRIGHT

FACULTY OF PSYCHOLOGY, UNIVERSITY OF BERGEN

2019-2022

Organizer of two research seminars hosted by BRIGHT

FACULTY OF PSYCHOLOGY, UNIVERSITY OF BERGEN

2019-2020

Administrative coordinator of a PhD summer school in sleep and circadian rhythms

THE FACULTY OF PSYCHOLOGY, UNIVERSITY OF BERGEN

2017

Translator (from EN to NO) of a therapy guide on harmful sexual behavior in children

BETANIEN HOSPITAL, NORWAY

2017

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

Postgraduate (MSc. level) courses attended

- 2016 Quantitative and qualitative research methods, University of Bergen
- 2015 Perspectives in psychological science, University of Bergen

Other courses

- 2021 Basic course in web publishing on UiB's web platform, University of Bergen
- 2020 Sleep disorders: assessments and treatment of hypersomnia and sleep apneas, The Norwegian Medical Association and Norwegian Competence Center for Sleep Disorders

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, TEAMS

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

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; 192. <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; 20(1). <https://doi.org/10.1007/s10433-023-00775-w>

Preprints

1. **Bjerrum LB**, Visted E, Nordhus IH, Osnes B, Bjorvatn B, Kambestad OB, Hansen ME, Sørensen L, Flo-Groeneboom E. Light of both high and low melanopic illuminance improves alertness and attention during daytime [preprint]. *bioRxiv* 2025.10.07.633100. <https://doi.org/10.1101/2025.01.15.633100>

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>

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

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

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