



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; 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. Different artificial light modalities during daytime have all positive effects on attention and alertness [preprint]. bioRxiv 2025.01.15.633100. <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>

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

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

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

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

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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