

CURRICULUM VITAE

Nora Skjerdinggaard

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My research focuses on understanding how social anxiety develops and is maintained in young people, particularly in the context of digital environments and social media. I apply a range of methodological approaches, including Ecological Momentary Assessment (EMA), experimental designs, and secondary data analysis. I am also interested in how young people respond to internet-delivered treatments, with a focus on individual differences and the potential to tailor interventions to improve their effectiveness.

Education

- 2024 - present **University of Oxford**, New College, Oxford, UK
 DPhil | Experimental Psychology | **Top-ranked (1st)** of all PhD applicants
 Title: Youth social anxiety in digital environments
 Supervisors: Dr Eleanor Leigh and Prof Cathy Creswell
 Research groups: [TOPIC](#) Research group and [CAMY](#) Research group
- 2020 - 2024 **University of Oslo**, Oslo, Norway
6-year long degree
 Cand. Psychol. (Clinical Psychologist) | Professional Studies in Clinical Psychology
 Thesis: Investigating change patterns of child anxiety interference during parent-led CBT
 Supervisors: Dr Eivor Fredriksen (University of Oslo) and Prof Cathy Creswell (University of Oxford)
- 2017 - 2020 **University of Bergen**, Bergen, Norway
 Cand. Psychol. (Clinical Psychologist) | Professional Studies in Clinical Psychology

Research Placements

- 2022 **University of Amsterdam**, Amsterdam, Netherlands
6 months Department of Psychological Methods, Psychosystems lab of Denny Borsboom
 Supervisors: Dr Adela Isvoranu and Dr Sacha Epskamp
- 2023 **University of Oxford**, Oxford, UK
6 months Department of Experimental Psychology, TOPIC Research Group
 Supervisors: Prof Cathy Creswell (Research) and Clinical Psychologist Gemma Halliday (Clinical)

Relevant Employment and Teaching

- 2023 – 2024 **University of Oslo**, Oslo, Norway
 Research group: [PROMENTA](#)
 Role: Research Assistant
 Project: Loneliness trajectories and long-term occupational outcomes
 Supervisors: Prof Tilmann von Soest, Prof Christian Krog Tømnes, & Dr Eivor Fredriksen
- 2019 – 2024 **Journal of the Norwegian Psychological Association** | Psykologtidsskriftet
 Role: Art Director and Editorial Assistant
 Selected publications (In Norwegian): [1](#), [2](#), [3](#), [4](#)
- 2020 – 2021 **Oslo Metropolitan University**, Oslo, Norway
 Research group: [CARE](#)

Role (part-time): Research Assistant
 Project: Professionals interviewing maltreated children supported via artificial avatars

- 2018 – 2019 **University of Bergen**, Bergen, Norway
 Role: Teaching Assistant
 Courses: Introduction to Psychology and the History of Psychology (PSYK111) and Cognitive Psychology, Biological Psychology, and Developmental Psychology (PSYK114)

Grants and Awards

- 2025 **Travel grant**, New College, University of Oxford
 Amount: £375
- 2025 **Project Grant**, Stiftelsen Dam, Norway
 Amount: £216 300 (A PhD student for 4 years)
 Project: Depression and loneliness: Mutual interactions and long-term occupational outcomes
 Role: Co-applicant
- 2024 **Aker Scholarship**
 Scholarship for DPhil at the University of Oxford
 Duration: 4 years
- 2021 **Life Science Summer Project Grant**, University of Oslo, Oslo, Norway
 Amount: 50.000 NOK | £3,700
 Project: Middle childhood cognitive and social-emotional outcomes predicted from perinatal patterns and processes of parental mental health.
 Supervisor: Dr Eivor Fredriksen
- 2021 **Student Research Grant**: Research Council of Norway, University of Oslo, Oslo, Norway
 Amount: 25.000 NOK | £1,850
 Project: Feelings of Worthlessness Links Depressive Symptoms and Parental Stress: A Network Analysis During the COVID-19 Pandemic
 Supervisor: Prof Sverre U. Johnson
- 2020 **Student Research Grant**: Research Council of Norway, University of Bergen, Bergen, Norway
 Amount: 50.000 NOK | £3,700
 Project: The Dynamic Interaction between DMN and EMN: A Systematic Review.
 Supervisor: Prof Kenneth Hugdahl

Peer-reviewed Publications

Total: 18 | First authorships: 5 | Citations: 566

1. Du, X., **Skjerdingstad, 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*. Advance online publication. <https://doi.org/10.1037/met0000760>
2. Finnemann, A., **Skjerdingstad, N.**, Speyer, L. G., Zavlis, O., Bartoš, F., Wiers, R., ... & Ebrahimi, O. V. (2025). Urban-rural differences in anxiety and depression in the UK, New Zealand, and Norway. *Journal of Affective Disorders*, 119601.
3. Hoffart, A., **Skjerdingstad, N.**, Freichel, R., 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*, 2025(1), 1885004.
4. Smith, K., **Skjerdingstad, N.**, Ebrahimi, O.V., MacCallum, F., Ehlers, A. (2025) Unravelling attachment: Cognitive pathways linking attachment and prolonged grief. *Psychological Medicine*.

5. **Skjerdingstad, 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*.
6. **Skjerdingstad, N.**, Speyer, L. G., Isvoranu, A. M., Moe, V., & Fredriksen, E. (2024). Dynamics of postnatal depressive symptoms in early parenthood. *BMC psychiatry*, 24(1), 523.
7. **Skjerdingstad, N.** (2024). An inhibitory learning-based turn in exposure therapy. *Nature Reviews Psychology*, 3 (726).
8. Hoffart, A., **Skjerdingstad, N.**, Freichel, R., Mansueto, A. C., Johnson, S. U., Epskamp, S., & Ebrahimi, O. V. (2024). Depressive symptoms and their mechanisms: An investigation of long-term patterns of interaction through a panel-network approach. *Clinical Psychological Science*, 12(5), 903-916.
9. Johnson, M. S., **Skjerdingstad, N.**, Ebrahimi, O. V., Hoffart, A., & Johnson, S. U. (2024). 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, 103951.
10. Johnson, M. S., **Skjerdingstad, N.**, Hoffart, A., Ebrahimi, O. V., & Johnson, S. U. (2024). Triggered by worry: a dynamic network analysis of COVID-19 pandemic-related anxiety and parental stress. *Journal of Affective Disorders*, 346, 329-337.
11. Freichel, R., **Skjerdingstad, N.**, Mansueto, A. C., Epskamp, S., Hoffart, A., Johnson, S. U., & Ebrahimi, O. V. (2023). Use of substances to cope predicts posttraumatic stress disorder symptom persistence: Investigating patterns of interactions between symptoms and its maintaining mechanisms. *Psychological Trauma: Theory, Research, Practice, and Policy*.
12. Johnson, S. U., Amundsen, O. M., Johnson, M. S., Hoffart, A., Halsøy, Ø., **Skjerdingstad, N.**, Ebling, S. & Ebrahimi, O. V. (2022). Psychiatric Symptoms in COVID-19-positive Individuals in the General Population: Trajectories of Depression, Anxiety, and Insomnia. *Psychiatry Research*, 114806.
13. Ebling, S., Johnson, S. U., Ebrahimi, O. V., **Skjerdingstad, N.** & Hoffart, A. (2022) Psychological well-being in times of COVID-19: Associated factors and levels in the general population. *Frontiers in Public Health*.
14. **Skjerdingstad, N.**, Johnson, M., Johnson, S., Hoffart, A., & Ebrahimi, O. (2021). Feelings of Worthlessness Links Depressive Symptoms and Parental Stress: A Network Analysis During the COVID-19 Pandemic. *European Psychiatry*, 1-28.
15. **Skjerdingstad, N.**, Johnson, M. S., Hoffart, A., Johnson, S. U. & Ebrahimi, O. (2021). Parental Burnout during the COVID-19 pandemic. *Family Process*.
16. Johnson, M. S., **Skjerdingstad, N.**, Ebrahimi, O. V., Hoffart, A. & Johnson, S. U. (2021). Mechanisms of parental distress during and after the first COVID-19 lockdown phase: A two-wave longitudinal study. *PLoS ONE*, 16(6), e0253087.
17. Johnson, M. S., **Skjerdingstad, N.**, Ebrahimi, O. V., Hoffart, A. & Johnson, S. U. (2021). Parenting in a Pandemic: Parental Stress During the Government-initiated Physical Distancing Period Following the COVID-19 Outbreak. *Stress and Health*.
18. Ebrahimi, O. V., Johnson, M. S., Ebling, S., Amundsen, O. M., Halsøy, Ø., Hoffart, A., **Skjerdingstad, N.** & Johnson, S. U. (2021) Risk, Trust, and Flawed Assumptions: Vaccine Hesitancy During the COVID-19 Pandemic. *Frontiers in Public Health*, 9, 700213.

Manuscripts in Progress

1. **Skjerdingstad, N.** & Leigh, E. (2025). Digital environments and cognitive-behavioural processes in youth social anxiety. (*Under review*)

2. **Skjerdingstad, N.** Fredriksen, E., Tamnes, C.K., Leigh, E., Kozak, M., Roríquez-Cano, R., & von Soest, T. (2025) Loneliness trajectories from adolescence to adulthood: implications for employment, earnings, and job satisfaction. (*In preparation*)
3. **Skjerdingstad, N.** Fredriksen, E., Reardon, T. & Creswell, C. (2025). Patterns of change in anxiety interference in young children during parent-led CBT. (*Under review*)
4. Huth, K. B.S., Wijnen, S., Steijvers, L., van Bilsen, C., Finnemann, A., Bartoš, F., Siepe, B., Ebrahimi, O. V., **Skjerdingstad, N.**, Schumacher, L. & Dukers-Muijres, N.H.T.M. Dimensions of Connection: Investigating Key Social Network Features Predicting Loneliness Across Age Groups. (*In preparation*)
5. Finnemann, A., Bartoš, F., Huth, K., Siepe, B., Schumacher, L., **Skjerdingstad, N.**, Krugers, H., Bockting, C., Wiers, R. W., & Ebrahimi, O. V. (2025). The anatomy of urban well-being: A Global Study of 186 Cities Across 134 Countries (*In preparation*)
6. Siepe, B., Huth, K., Schumacher, L., **Skjerdingstad, N.**, Bartoš, F., Finneman, A., Helmich, M., & Ebrahimi, O. V. (2025). Assessment of Time Preferences for Experience Sampling Prompts in a Large General Population Sample (*In preparation*)
7. **Skjerdingstad, N.**, Leigh, E., Bowes, L., Bakken, A., & Ebrahimi, O. V. (2025). Victimization experiences, self-harm and suicide attempts: prevalence and risk factors in a representative sample of 36,596 adolescents (*In preparation*)

Invited Talks and Symposia

1. **Symposium presenter:** *Negative Peer Dynamics and Internalising Problems in Adolescence*. European Association for Behavioural and Cognitive Therapies (EABCT) 2025. Presented: *Perceived impact of social media on mental health: A mixed-methods study among university students*
2. **Symposium chair and presenter:** *Empowering Parents: Prevention and Treatment of Child Anxiety Problems*. European Association for Behavioural and Cognitive Therapies (EABCT) 2025. Presented: Patterns of change in anxiety interference in young children during parent-led CBT.
3. **Skjerdingstad, N.** (2021). Feelings of worthlessness links depressive symptoms and parental stress: A network analysis. Invited talk presented at Stress and Anxiety Research Lab. Director: Prof Alexandre Heeren.

Selected Clinical Experience

2023 – 2024 <i>12 months</i>	Nic Waals Institute Outpatient Child and Adolescent Psychiatric Clinic, Oslo, Norway Role: Practicum Student Supervisor: Clinical Psychologist Tori Mauseth Providing weekly cognitive-behavioral therapy (CBT) for children and adolescents with common mental health problems. Receiving weekly group supervision. Diagnostic assessment and treatment.
2021 <i>6 months</i>	ECHO Study Group-based CBT for child anxiety and depressive symptoms, Oslo, Norway Role: Practicum Student Supervisor: Prof Kristin Martinsen Providing weekly group-based CBT for primary school-aged children with elevated anxiety and/or depressive symptoms.
2021 <i>6 months</i>	Diakonhjemmet Unit for Substance Use and Psychosis Outpatient Adults, Oslo, Norway Weekly shadowing and diagnostic assessment of patients with combined psychosis and substance use disorders. Supervisor: Clinical Psychologist Ada Holmeng

Selected Workshops and Statistical Courses

R | Proficient; **Mplus** | Proficient; **Python** | Beginner

1. Introduction to Machine Learning and Deep Learning in Python | 2 days | University of Oxford, Oxford, UK
2. Experimental design and Statistics in Pre-clinical Research: The Good, the Bad and the Ugly | 2 days | University of Oxford, Oxford, UK
3. Statistical Methods and Applications (STK4900) | Credits: 10 | Mathematical Department, University of Oslo, Oslo, Norway
4. Introduction to applied statistics (STK1000) | Credits: 10 | Mathematical Department, University of Oslo, Oslo, Norway
5. Introduction to Structural Equation Modelling (SEM) | 3 days | University of North Carolina, US
6. Group Iterative Multiple Model Estimation (GIMME) – Pittsburgh Summer Methodology Series | 2 days | University of North Carolina, US
7. Psychological Networks Amsterdam Summer School 2020 | 5 days | University of Amsterdam, Netherlands
8. Introduction to PPI for researchers | 1 day | NIHR
9. Programming in Psychological Science | 1 month | University of Amsterdam, Netherlands

Reviewing Experience

Lancet Psychiatry; Nature Reviews Psychology

Research Dissemination

1. **Skjerdinggaard, N.** (2025). [Adolescents are more sensitive to social media feedback](#). *The Mental Elf*
2. Johnson, M. S., **Skjerdinggaard, N.**, Ebrahimi, O.V., Hoffart, A., & Johnson, S.U. (2021). [Bak lukkede dører](#). *Dagsavisen* [Children's mental health during the Covid-19 pandemic] [Norwegian]
3. Johnson, S. U., Hoffart, A., Ebrahimi O. V., **Skjerdinggaard, N.**, Johnson, M. S., & Bonsaksen, T. (2021). [Overfladisk fra Kjøs-utvalget](#). *VG*. [Mental health during the Covid-19 pandemic] [Norwegian]
4. **Skjerdinggaard, N.** (2024). [Lys fremtid for gruppeanalysen](#). *Journal of the Norwegian Psychological Association*. [Research Interview with Prof Sigmund Karterud about psychoanalytic group therapy] [Norwegian]
5. **Skjerdinggaard, N.** (2024). [Vil erstatte diagnose og den medisinske modellen](#). *Journal of the Norwegian Psychological Association*. [Research Interview about the medical model and an alternative model to diagnoses in the Norwegian healthcare system] [Norwegian]
6. **Skjerdinggaard, N.** (2024). [Pris for artikkelen om evidensbasert praksis](#). *Journal of the Norwegian Psychological Association*. [Interview] [Norwegian]
7. **Skjerdinggaard, N.** (2023). [Advarer mot snillisme i terapirommet](#). *Journal of the Norwegian Psychological Association*. [Research Interview with Prof Glen Waller about exposure in CBT] [Norwegian]
8. **Skjerdinggaard, N.** (2022). [Digitale blindflekker](#). *Journal of the Norwegian Psychological Association*. [Research Interview with Luisa Fassi about social media and mental health in youth] [Norwegian]
9. **Skjerdinggaard, N.** (2022). [Helsevesenet overser søvnvansker hos barn](#). *Journal of the Norwegian Psychological Association*. [Interview about sleep problems in children] [Norwegian]
10. **Skjerdinggaard, N.** (2022). [Morgendagens forskning](#). *Journal of the Norwegian Psychological Association*. [Research Interview with Dr Anne Bulow about Ecological Momentary Assessment (EMA) Research] [Norwegian]
11. **Skjerdinggaard, N.** (2021). [Sorgen som er kommet for å bli](#). *Journal of the Norwegian Psychological Association*. [Interview about Prolonged Grief Disorder] [Norwegian]

12. **Skjerdingstad, N.** (2021). Homo ludens. *Journal of the Norwegian Psychological Association*. [Interview with Janina Fisher] [Norwegian]
13. **Skjerdingstad, N.** (2021). Når hånden snakker. *Journal of the Norwegian Psychological Association*. [Interview] [Norwegian]
14. **Skjerdingstad, N.** (2020). Den forføreriske manien. *Journal of the Norwegian Psychological Association*. [Research Interview] [Norwegian]
15. **Skjerdingstad, N.** (2020). En gang schizofren, ikke alltid schizofren. *Journal of the Norwegian Psychological Association*. [Research Interview] [Norwegian]
16. **Skjerdingstad, N.** (2020). Betennelse i vinden. *Journal of the Norwegian Psychological Association*. [Research Interview] [Norwegian]

Languages

Norwegian | Native

English | Fluent