



Louise Bruland Bjerrum

PHD STUDENT

she/her | +47 99 56 33 98 | louise.bjerrum92@gmail.com | 0000-0001-5699-2780 | [in](#)
louisebrulandbjerrum

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

PhD DEPARTMENT OF CLINICAL PSYCHOLOGY, UNIVERSITY OF BERGEN • Project: Exploring New and Optimal Light Conditions to Improve Cognition, Mood and Health in People with Dementia (ENLIGHT)	Norway 2019-
MSc, Behavioral Neuroscience DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN • Thesis title: Sleep-wake Dynamics and EEG in a Rat Model of Prolonged Photoperiod	Norway 2015-2018
Philosophy NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY • Elective course: Introduction to Contemporary Neuroscience (NEVR2010)	Norway 2014-2015
BSc, Psychology INLAND NORWAY UNIVERSITY OF APPLIED SCIENCES • Thesis title: Schizophrenia - The associations between cerebral atrophy, symptoms, and functional connectivity	Norway 2011-2014

Relevant work experience

PhD student DEPARTMENT OF CLINICAL PSYCHOLOGY, UNIVERSITY OF BERGEN, NORWAY	2019-
Teaching assistant DEPARTMENT OF BIOLOGICAL AND MEDICAL PSYCHOLOGY, UNIVERSITY OF BERGEN, NORWAY	2017-2018
Administrative coordinator of a PhD summer school in circadian rhythms and sleep FACULTY OF PSYCHOLOGY, UNIVERSITY OF BERGEN, NORWAY	2017
Translator of a therapy guide on harmful sexual behavior in children BETANIEN HOSPITAL, NORWAY	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

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

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>

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

Teaching experience

During my PhD I have taught 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.

Administrative experience

During my PhD I was in charge of **publishing news and related content on the web** page of my affiliated research group, as well as administrating the research group in terms of **organizing research seminars**. When I was an undergraduate student, I was the **administrative coordinator of a PhD summer school** jointly hosted by the Norwegian Research School in Neuroscience and the Faculty of Psychology, University of Bergen.

Student supervision

2022 Kine Marie Andersen Hillestad: Acute effects of blue light on alertness (MSc)

Appointed positions

2023-

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

Department of Clinical Psychology,
University of Bergen

2023-2024

MEMBER OF THE SELF-ASSESSMENT COMMITTEE IN RELATION TO THE RESEARCH COUNCIL OF NORWAYS' 2022-2024
EVALUATION OF MEDICINE AND HEALTH SCIENCES (EVALMEDHELSE)

Department of Clinical Psychology,
University of Bergen

2021

RESEARCHER REPRESENTATIVE IN A COMMITTEE RESPONSIBLE FOR CONDUCTING A RISK ASSESSMENT OF THE COLLECTION
AND ANALYSIS OF SALIVA SAMPLES IN RESEARCH DURING THE COVID19 PANDEMIC

Faculty of Psychology, 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

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

Other work experience

Receptionist and group fitness instructor

TRENINGSHUSET, OSLO

2018-2019

Group fitness instructor

TRENE SAMMEN, BERGEN

2016-2017

Group fitness instructor

SATS, LILLEHAMMER

2012-2014

References

On request