

Annual Report 2014

Annual Report 2014 innehåller totalt **294** referenser sorterade efter försteförfattarens efternamn. Under året anställda forskare vid Psykologiska institutionen är markerade med blå färg.

Lite statistik

- Av 294 bidrag är 33 "in press".
- 190 referenser avser artiklar i vetenskapliga tidskrifter (Journal). Av dessa var 28 "in press".
- 31 referenser avser böcker eller bokkapitel (Book (chapter)). Av dessa var 5 "in press".
- 7 referenser avser rapporter (Report).
- 58 referenser avser konferensbidrag (Proceedings).
- 9 referenser avser doktorsavhandlingar (Dissertations) som lagts fram under året.
- 273 av alla bidrag är på engelska, 15 på svenska och 6 på övriga språk (tyska).

Referens: Aarne, P., [Almkvist, O.](#), [Risholm Mothander, P.](#), & Tallberg, I.M. (2014). Parent-rated socio-emotional development in children with language impairment in comparison with typically developed children. *European Journal of Developmental Psychology*, 11(3), 279-291.

Abstract: Children with language impairment (LI) and children with typical development (TD) were assessed by their respective parents using The MacArthur Communicative Development Inventories (Swedish version SECDI) and Greenspan Socio Emotional Growth Chart (GSEGC). The aim was to investigate socio-emotional and language development in children with LI and TD with respect to possible differential patterns and relations between the groups. The results highlight a clear association between language and socio-emotional development. Children with LI were rated similar to young language-matched children with TD, but significantly lower relative to age-matched TD children, particularly concerning symbolic stages of development: the use of linguistic symbols as well as related areas such as symbol play and symbolic mental ability. The results are discussed in light of presumable background factors and possible consequences for children or sub-groups of children with LI.

Typ och Nyckelord: Journal language impairment, socio emotional development, parent ratings, ISSN: 1740-5629

Referens: Aaro Jonsson, C., Emanuelson, I., & [Smedler, A.-C.](#) (2014). Variability in quality of life 13 years after traumatic brain injury in childhood. *International Journal of Rehabilitation Research*, 37(4), 317-322.

Abstract: With the aim of describing variability in the long-term outcome of quality of life after neurosurgically treated pediatric traumatic brain injury, mostly self-reports of 21 individuals with mild or moderate/severe injury were gathered using Mayo-Portland Adaptability Inventory in telephone interviews 13 years after injury. A majority of the participants reported brain injury-related problems. The median outcome on Mayo-Portland Adaptability Inventory was mild to moderate limitations. The variation within the moderate/severe group varied between relatively good outcome and moderate/severe limitations. Concentration, irritability, fatigue, and transportation were reported as the most problematic areas, whereas self-care was reported as well functioning. Societal participation appeared to be the best functional domain in this Swedish study. Examples of individual reports of the life-situation at various outcome levels were provided. Variability in outcome is large within severity groups, and research may gain by addressing both outcomes of the individuals and groups. Objective questions of outcome should be accompanied by questions of actual functioning in everyday life. To ensure long-term support for quality of life for those with remaining dysfunction after pediatric traumatic brain injury, healthcare systems should implement systematic routines for referral to rehabilitation and support.

Typ och Nyckelord: Journal children, long-term outcomes, quality of life, traumatic brain injury, ISSN: 0342-5282

Referens: [af Klinteberg, B.](#), Granskaya, J., Birath Scheffel, C., Beijer, U., & Tsvetkova, L. (2014). Personality characteristics and perceived health in Russian and Swedish female young adults with alcohol drinking habits. *Personality and Individual Differences*, 60:S64.

Abstract: Aim: To investigate whether alcohol drinking habits of Russian and Swedish female young adults are related to personality and perceived health. Methods: Russian female young adults (n = 69) and Swedish female young adult alcohol patients (n = 73), each group subdivided according to level of alcohol drinking habits, were studied. Alcohol use/abuse was defined by Alcohol Questionnaires, personality by KSP/SSP inventories, and perceived health by Health Index scales. Results: In the Russian high alcohol consumption subgroup, there was a clear personality pattern characterized by higher impulsiveness, adventure seeking and aggression than their counterparts with low drinking habits. Similarly, the Swedish female young adults with high alcohol problems displayed higher adventure seeking, non-conformity and aggression/irritability, and also more health problems. Conclusion: Findings indicated that high alcohol drinking habits in females from two different cultures are associated with disinhibitory personality traits, known to be connected to underlying vulnerability mechanisms for health risk behaviours.

Typ och Nyckelord: Proceedings Journal personality characteristics, perceived health, female young adults, alcohol, ISSN: 0191-8869

- Referens:** [Alm, C., Eriksson, Å., Durbeej, N., Palmstierna, T., Berman, A.H., Kristiansson, M., & Hellner Gumpert, C. \(2014\). Classification of offenders with mental health problems and problematic substance use using the Addiction Severity Index version 6 \(ASI-6\): Analysis of three-year follow-up data and predictive validity. *Mental Health and Substance Use, 7*\(4\), 431-445.](#)
- Abstract:** Previous research is scarce on the problems and needs of the "triple troubled" – among offenders with mental health problems and problematic substance use. Classifying this population into clusters based on problem profiles may provide information about individual needs for treatment. In a previous study, we identified four clusters of triple troubled: less troubled, severely triple troubled, triple troubled with medical problems, and working triple troubled. The present study explored the stability and predictive validity of these clusters in a naturalistic design. In total, 125 triple troubled individuals included in any of the four clusters were followed for approximately three years with regard to their inpatient and outpatient treatment participation. They were also interviewed with the 6th version of the Addiction Severity Index, the Psychopathy Checklist-Revised, and the World Health Organization Quality of Life-Bref. The main finding of the study was that on average the participants of all four clusters exhibited substantial improvements over the course of time but that improvements were cluster-specific rather than sample-specific. Implications of the study are discussed.
- Typ och Nyckelord:** Journal offenders, substance use, mental health, ISSN: 1752-3281
- Referens:** [Almkvist, O., Kadir, A., & Nordberg, A. \(in press\). Degree of abnormality is associated with rate of change in measures of beta-amyloid, glucose metabolism and cognition in an autopsy-verified Alzheimer's disease case. *Neurocase: The Neural Basis of Cognition*.](#)
- Abstract:** The degree of abnormality and rate of change in cognitive functions, positron emission tomography Pittsburgh compound B (PET PIB), and fluorodeoxyglucose (FDG) measures were studied for 8 years in an autopsy-confirmed Alzheimer's disease (AD) patient, who died 61 years old (Mini-Mental State Examination (MMSE) score 7). At first encounter with medical care, the patient was very mildly demented (MMSE score 27). She had four cognitive assessments and two examinations with PET PIB and FDG in 23 bilateral brain regions. The onset of cognitive decline was retrospectively estimated to have started in the early forties. The degree of impairment was inversely related to the rate of decline. A similar relationship was seen between the rate of change and the level of abnormality in both PIB and FDG. To conclude, rate of change in cognition, PIB, and FDG was associated with the degree of abnormality.
- Typ och Nyckelord:** Journal Alzheimer's disease, cognition, PET, PIB, FDG, ISSN: 1355-4794
- Referens:** [Alvarsson, J.J., Nordström, H., Lundén, P., & Nilsson, M.E. \(2014\). Aircraft noise and speech intelligibility in an outdoor living space. *Journal of the Acoustical Society of America, 135*\(6\), 3455-3462.](#)
- Abstract:** Studies of effects on speech intelligibility from aircraft noise in outdoor places are currently lacking. To explore these effects, first-order ambisonic recordings of aircraft noise were reproduced outdoors in a pergola. The average background level was 47 dB L-Aeq. Lists of phonetically balanced words (L-ASmax, L-word = 54 dB) were reproduced simultaneously with aircraft passage noise (L-ASmax, L-noise = 72-84 dB). Twenty individually tested listeners wrote down each presented word while seated in the pergola. The main results were (i) aircraft noise negatively affects speech intelligibility at sound pressure levels that exceed those of the speech sound (signal-to-noise ratio, S/N < 0), and (ii) the simple A-weighted S/N ratio was nearly as good an indicator of speech intelligibility as were two more advanced models, the Speech Intelligibility Index and Glasberg and Moore's [J. Audio Eng. Soc. 53, 906-918 (2005)] partial loudness model. This suggests that any of these indicators is applicable for predicting effects of aircraft noise on speech intelligibility outdoors.
- Typ och Nyckelord:** Journal aircraft noise, speech intelligibility, outdoor living space, prediction, ISSN: 0001-4966
- Referens:** [Anderbro, T., Gonder-Frederick, L., Bolinder, J., Lins, P.-E., Wredling, R., Moberg, E., Lisspers, J., & Johansson, U.-B. \(in press\). Fear of hypoglycemia: relationship to hypoglycemic risk and psychological factors. *Acta Diabetologica*.](#)
- Abstract:** Objective: The major aims of this study were to examine (1) the association between fear of hypoglycemia (FOH) in adults with type 1 diabetes with demographic, psychological (anxiety and depression), and disease-specific clinical factors (hypoglycemia history and unawareness, A_{1c}), including severe hypoglycemia (SH), and (2) differences in patient subgroups categorized by level of FOH and risk of SH. Research design and methods: Questionnaires were mailed to 764 patients with type 1 diabetes including the Swedish translation of the Hypoglycemia Fear Survey (HFS) and other psychological measures including the Perceived Stress Scale, Hospital Anxiety and Depression Scale, Anxiety Sensitivity Index, Social Phobia Scale, and Fear of Complications Scale. A questionnaire to assess hypoglycemia history was also included and A_{1c} measures were obtained from medical records. Statistical analyses included univariate approaches, multiple stepwise linear regressions, Chi-square *t* tests, and ANOVAs. Results: Regressions showed that several clinical factors (SH history, frequency of nocturnal hypoglycemia, self-monitoring) were significantly associated with FOH but R² increased from 16.25 to 39.2 % when anxiety measures were added to the model. When patients were categorized by level of FOH (low, high) and SH risk (low, high), subgroups showed significant differences in non-diabetes-related anxiety, hypoglycemia history, self-monitoring, and glycemic control. Conclusion: There is a strong link between FOH and non-diabetes-related anxiety, as well as hypoglycemia history. Comparison of patient subgroups categorized according to level of FOH and SH risk demonstrated the complexity of FOH and identified important differences in psychological and clinical variables, which have implications for clinical interventions.
- Typ och Nyckelord:** Journal type 1 diabetes, hypoglycemia, fear of hypoglycemia, severe hypoglycemia, psychological factors, ISSN: 0940-5429
- Referens:** [Anderbro, T., & Svirsky, L. \(2014\). *Par i Beteendeterapi – Förhållningssätt och Metoder*. Stockholm: Gothia Fortbildning.](#)
- Abstract:** Att arbeta med par ställer psykoterapeuten inför helt nya utmaningar. Den här boken ger teoretisk kunskap och praktiska instruktioner för att hjälpa par med relationssvårigheter. Metoden som presenteras utgår från den så

kallade tredje vågens beteendeterapi och betonar vikten av acceptans. Boken visar hur bedömningen går till och hur behandlingen genomförs. Den ger också fylliga beskrivningar av acceptans- och förändringsstrategier och arbetets olika faser illustreras med hjälp av fallbeskrivningar och dialoger. Par i beteendeterapi är den första boken som presenterar metoden IBCT (Integrative Behavioural Couples Therapy) på svenska. Den vänder sig till KBT-behandlare som vill börja arbeta med par och till behandlare som redan arbetar med parterapi och vill öka sin kunskap om hur man kan göra det ur ett inlärningsteoretiskt perspektiv. Boken är även lämplig som kurslitteratur under utbildning.

Typ och Nyckelord: Book (chapter) ICBT, par i terapi, KBT, relationssvårigheter, ISBN: 9789172059177

Referens: Andersson, G., Bergman Nordgren, L., Buhrman, M., & Carlbring, P. (2014). Psychological treatments for depression delivered via the Internet and supported by a clinician: an update. *Spanish Journal of Clinical Psychology, 19*(3), 217-225.

Abstract: Guided internet-delivered cognitive behaviour therapy (ICBT) has been tested in many trials since the early studies dating back to the late 1990's. The aim of this review was to investigate the most recent literature on guided ICBT for depression. We identified 11 controlled studies published between January 2013 and September 2014. Overall, large treatment effects were observed with a few exceptions. A majority (7 studies) provided some information regarding unwanted effects such as deterioration. Three studies directly compared guided ICBT against face-to-face CBT. We added an earlier study and calculated meta-analytic summary statistics for the four studies involving a total of 336 participants. The average effect size difference was Hedges $g = 0.12$ (95% CI: $-0.08 \sim 0.32$) in the direction of favouring guided ICBT, but with no practical importance. We conclude that guided ICBT is a promising treatment for depression and mood disorders and that the research is rapidly expanding.

Typ och Nyckelord: Journal internet, guided self-help, mood disorders, face-to-face treatment, ISSN: 1136-5420

Referens: Andersson, G., Carlbring, P., & Furmark, T. (2014). Internet-Delivered Treatments for Social Anxiety Disorder. In J.W. Weeks (Ed.). *The Wiley Blackwell Handbook of Social Anxiety Disorder*. Chichester, UK: John Wiley & Sons, Ltd.

Abstract: In this chapter we review the literature on internet-delivered treatment for social anxiety disorder (SAD). There are several different treatment programs that have been tested in randomized controlled trials and evidence now suggests that guided internet-based cognitive behavior therapy (ICBT) can be as effective as face-to-face therapy, that therapists may need less training than in face-to-face treatment, and that ICBT works in representative clinical settings, thereby supporting effectiveness. Moreover, there are studies to suggest that ICBT has enduring effects up to five years after treatment and that it is cost-effective. Since there are advantages with internet treatments, this treatment option should be considered as a complement or alternative to face-to-face treatments for SAD. Treatment mechanisms, including moderators and mediators of outcome, remain to be investigated.

Typ och Nyckelord: Book (chapter) internet treatment, cognitive behavior therapy, guided versus unguided treatment, effectiveness, long term outcome, ISBN: 9781119968603

Referens: Andersson, G., Cuijpers, P., Carlbring, P., Riper, H., & Hedman, E. (2014). Internet-Based Vs. Face-To-Face Cognitive Behaviour Therapy for Psychiatric and Somatic Disorders: A Systematic Review and Meta-Analysis. Abstracts from the *44th Congress of the European Association for Behavioural & Cognitive Therapies*, September 10-13, 2014, The Hague, The Netherlands.

Abstract: Internet-delivered cognitive behaviour therapy (ICBT) has been tested in many research trials but to a lesser extent been directly compared against face-to-face delivered cognitive behaviour therapy (CBT). We conducted a systematic review and meta-analysis on trials in which guided ICBT was directly compared against face-to-face CBT within the same trial. Studies on psychiatric and somatic conditions were included. Systematic searches resulted in 13 studies (total $N=1053$) that met all review criteria and were included in the review. There were 3 studies on social anxiety disorder, 3 on panic disorder, 2 on depressive symptoms, 2 on body dissatisfaction, 1 on tinnitus, 1 on male sexual dysfunction, and 1 on spider phobia. Face-to-face CBT was either in the individual format ($n=6$) or in the group format ($n=7$). We also assessed quality and risk of bias. Results showed a pooled effect size at post-treatment across of Hedges $g = -0.01$ (95% CI, -0.13 to 0.12), indicating that ICBT and face-to-face treatment produce equivalent overall effects. Study quality did not affect outcomes. While the overall results indicate equivalence, there are still few studies for each psychiatric and somatic condition and many for which guided ICBT has not been compared against face-to-face treatment. Thus, more research is needed to establish equivalence of the two treatment formats.

Typ och Nyckelord: Proceedings internet-based face-to-face, CBT, psychiatric disorders, somatic disorders

Referens: Andersson, G., Cuijpers, P., Carlbring, P., Riper, H., & Hedman, E. (2014). Guided Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: a systematic review and meta-analysis. *World Psychiatry, 13*(3), 288-295.

Abstract: Internet-delivered cognitive behavior therapy (ICBT) has been tested in many research trials, but to a lesser extent directly compared to face-to-face delivered cognitive behavior therapy (CBT). We conducted a systematic review and meta-analysis of trials in which guided ICBT was directly compared to face-to-face CBT. Studies on psychiatric and somatic conditions were included. Systematic searches resulted in 13 studies (total $N=1053$) that met all criteria and were included in the review. There were three studies on social anxiety disorder, three on panic disorder, two on depressive symptoms, two on body dissatisfaction, one on tinnitus, one on male sexual dysfunction, and one on spider phobia. Face-to-face CBT was either in the individual format ($n=6$) or in the group format ($n=7$). We also assessed quality and risk of bias. Results showed a pooled effect size (Hedges' g) at post-treatment of 0.01 (95% CI: 0.13 to 0.12), indicating that guided ICBT and face-to-face treatment produce equivalent overall effects. Study quality did not affect outcomes. While the overall results indicate equivalence, there are still few studies for each psychiatric and somatic condition and many conditions for which guided ICBT has not been compared to face-to-face treatment. Thus, more research is needed to establish equivalence of the two treatment formats.

Typ och Nyckelord: Journal guided Internet-delivered cognitive behavior therapy, face-to-face therapy, anxiety and mood disorders, somatic disorders, meta-analysis, ISSN: 1723-8617

Referens: Andersson, G., Riper, H., & Carlbring, P. (2014). Editorial: Introducing Internet Interventions - A new Open Access Journal. *Internet Interventions*, 1(1), 1-2.

Abstract:

Typ och Nyckelord: Journal editorial, internet interventions, open access journal, information technology, mental health, behavioral health, ISSN: 2214-7829

Referens: Andersson, H., Lovén, J., & Bergman, L.R. (2014). The Importance of High Competence in Adolescence for Career Outcomes in Midlife. *Research in Human Development*, 11(3), 204-216.

Abstract: Earlier studies have indicated the importance of IQ, educational aspirations, school grades, and task persistence during childhood and adolescence for later educational and vocational attainment. In this study, these characteristics were studied from a person-oriented perspective, identifying typical competence profiles using cluster analysis. The aim was to investigate a potential career bonus for adolescents with a highly positive competence profile for later educational and occupational success. Data were analyzed from the longitudinal Swedish Individual Development and Adaptation (IDA) study (N = 1326) with career outcomes measured in midlife (age 43-47). Results showed that having a highly positive competence profile predicted higher income and increased the probability of having a high occupational level, controlling for the separate competence components. The effects were only significant for males. Taken together, our findings support the idea that adolescent boys with a highly positive competence profile are optimized for career success to a larger extent than could be expected from the competence components considered separately.

Typ och Nyckelord: Journal competence, adolescence, career outcome, midlife, ISSN: 1542-7609

Referens: Annell, S., Sjöberg, A., & Sverke, M. (2014). Use and interpretation of test scores from limited cognitive test batteries: How g plus Gc can equal g. *Scandinavian Journal of Psychology*, 55(5), 399-408.

Abstract: Single scores from limited and unbalanced test batteries of cognitive ability can be ambiguous to interpret theoretically. In this study, a limited verbally and knowledge-loaded cognitive test battery, from applicants to the Swedish police academies (N=1,344), was examined to provide foundations for the use and interpretation of test scores. Three measurement models were compared: one single factor model and two bifactor models, which decomposed the variance of the battery into orthogonal components. The models were evaluated by fit indices and omega coefficients, and then applied to the prediction of academic performance. The overall prediction of all models was similar, although specific abilities also were found to provide substantial predictive validity over and above general intelligence (g). The findings provide support for the use of single scores in applied settings (selection), but suggest that it may be more appropriate to interpret such scores as composites of substantive components, and not just as measures of g.

Typ och Nyckelord: Journal cognitive ability, specific abilities, prediction, academic performance, bifactor models, omega, ISSN: 0036-5564

Referens: Arnberg, A., & Öst, L.-G. (2014). CBT for Children with Depressive Symptoms: A Meta-Analysis. *Cognitive Behaviour Therapy*, 43(4), 275-288.

Abstract: Pediatric depression entails a higher risk for psychiatric disorders, somatic complaints, suicide, and functional impairment later in life. Cognitive behavior therapy (CBT) is recommended for the treatment of depression in children, yet research is based primarily on adolescents. The present meta-analysis investigated the efficacy of CBT in children aged 8–12 years with regard to depressive symptoms. We included randomized controlled trials of CBT with participants who had an average age of ≤ 12 years and were diagnosed with either depression or reported elevated depressive symptoms. The search resulted in 10 randomized controlled trials with 267 participants in intervention and 256 in comparison groups. The mean age of participants was 10.5 years. The weighted between-group effect size for CBT was moderate, Cohen's $d = 0.66$. CBT outperformed both attention placebo and wait-list, although there was a significant heterogeneity among studies with regard to effect sizes. The weighted within-group effect size for CBT was large, $d = 1.02$. Earlier publication year, older participants, and more treatment sessions were associated with a larger effect size. In conclusion, the efficacy of CBT in the treatment of pediatric depression symptoms was supported. Differences in efficacy, methodological shortcomings, and lack of follow-up data limit the present study and indicate areas in need of improvement.

Typ och Nyckelord: Journal youth, depression, cognitive behavioral therapy, psychotherapy, review, ISSN: 1650-6073

Referens: Aronsson, G., Astvik, W., & Gustafsson, K. (2014). Work Conditions, Recovery and Health: A Study among Workers within Pre-School, Home Care and Social Work. *British Journal of Social Work*, 44(6), 1654-1672.

Abstract: The study investigated the working conditions associated with the accumulation of stress and lack of recovery and how recovery is related to health. The study group was employed in pre-school, home care and social work (n = 193). Recovery was assumed to be an explanatory variable for the relations between work and health. The response rate on a survey was 79 per cent. Cluster analysis identified three groups: the 'Recovered' (36 per cent of the total group) and 'Not Recovered' (25 per cent) and the 'In-between' (39 per cent). The Not Recovered displayed the whole chain of risk factors, involving difficult working conditions to which they responded with increased compensatory strategies. Despite this group having significantly greater reports of ill health, work absenteeism was not greater, which is likely related to their substituting sickness absence with sickness presence. As many as 43 per cent of the social workers were found to belong to the Not Recovered group. Multiple regression analyses controlling for background variables revealed that the Not Recovered group had a significantly higher relative risk for poor self-rated health than those in the Recovered group. Even sharper increases in relative risk existed for the other five symptoms that were analysed. Practical implications and new research questions are discussed.

Typ och Nyckelord: Journal health, human service work, sickness presenteeism, recovery, stress, work organisation, ISSN: 0045-3102

- Referens:** [Aronsson, G., & Bejerot, E. \(2014\). Brist på kollegialt inflytande urholkar lojalitet med chef och organisation... men inte med patienterna. *Läkartidningen*, 2014;111:CM9.](#)
- Abstract:** I en enkätstudie undersöktes relationen mellan läkares uppfattning om kollegialt inflytande och lojalitet, protest och sorti. Stark lojalitet med organisation och chef är 2–3 gånger vanligare bland dem som har stor tillgång till arenor för kollegialt inflytande. Lojaliteten med profession och patienter är stark och oberoende av tillgång till arenor. Bland dem som har stor tillgång till arenor anser 87 procent att de får gehör för synpunkter jämfört med 21 procent bland dem med liten tillgång. Överväganden om att byta yrke, arbetsgivare eller arbetsplats är dubbelt så vanliga vid liten tillgång till arenor. Arbetsgivare som vill attrahera läkare måste ha arenor där läkarna får inflytande över verksamheten.
- Typ och Nyckelord:** Journal arbetsmiljö, läkare, inflytande, arbetsbyte, ISSN: 0023-7205
- Referens:** [Arshamian, A., & Larsson, M. \(2014\). Same same but different: the case of olfactory imagery. *Frontiers in Psychology*, 5, 34.](#)
- Abstract:** In the present work we present an overview of experimental findings corroborating olfactory imagery observations with the visual and auditory modalities. Overall, the results indicate that imagery of olfactory information share many features with those observed in the primary senses although some major differences are evident. One such difference pertains to the considerable individual differences observed, with the majority being unable to reproduce olfactory information in their mind. Here, we highlight factors that are positively related to an olfactory imagery capacity, such as semantic knowledge, perceptual experience, and olfactory interest that may serve as potential moderators of the large individual variation.
- Typ och Nyckelord:** Journal imagery, olfaction, consciousness, comparative, expertise, ISSN: 1664-1078
- Referens:** [Astvik, W., Melin, M., & Allvin, M. \(2014\). Survival strategies in social work: A study of how coping strategies affect service quality, professionalism and employee health. *Nordic Social Work Research*, 4\(1\), 52-66.](#)
- Abstract:** The restructuring of human service organisations into more lean organisations has brought increased work demands for many human service professions. Social work stands out as a particularly exposed occupational group, in which high work demands are paired with a large individual responsibility to carry out the job. The objectives of the study were to identify what kind of coping strategies social workers employ to handle the imbalance between demands and resources in work and to investigate how different strategies affect outcomes regarding health, service quality and professional development. 16 individual interviews and four group interviews with another 16 social workers were conducted. The analysis identified five different main types of strategies: Compensatory, Demand-reducing, Disengagement, Voice and Exit. An extensive use of compensatory strategies was connected with negative outcomes in health. Often these compensatory strategies were replaced or combined with different means of reducing the work demands, which in turn influence performance and service quality in a negative way. The results highlight dilemmas the social workers are facing when the responsibility to deal with this imbalance are "decentralised" to the individual social worker. When resources do not match the organisational goals or quality standards, the social workers are forced into strategies that either endanger their own health or threaten the quality of service.
- Typ och Nyckelord:** Journal social work, coping, work conditions, employee health, service quality, professionalism, ISSN: 2156-857X
- Referens:** [Axelsson, Ö., Nilsson, M.E., Hellström, B., & Lundén, P. \(2014\). A field experiment on the impact of sounds from a jet-and-basin fountain on soundscape quality in an urban park. *Landscape and Urban Planning*, 123, 49-60.](#)
- Abstract:** A field experiment was conducted to explore whether water sounds from a fountain had a positive impact on soundscape quality in a downtown park. In total, 405 visitors were recruited to answer a questionnaire on how they perceived the park, including its acoustic environment. Meanwhile the fountain was turned on or off, at irregular hours. Water sounds from the fountain were not directly associated with ratings of soundscape quality. Rather, the predictors of soundscape quality were the variables Road-traffic noise and Other natural sounds. The former had a negative and the latter a positive impact. However, water sounds may have had an indirect impact on soundscape quality by affecting the audibility of road-traffic and natural sounds. The present results, obtained in situ, agree with previous results in soundscape research that the sounds perceived particularly roadtraffic and natural sounds explain soundscape quality. They also agree with the results from laboratory studies that water sounds may mask roadtraffic sounds, but that this is not simple and straight forward. Thus sound should be brought into the design scheme when introducing water features in urban open spaces, and their environmental impact must be thoroughly assessed empirically.
- Typ och Nyckelord:** Journal environmental impact, soundscape quality, urban open spaces, water sounds, urban design, ISSN: 0169-2046
- Referens:** [Azad, A., Christianson, S.-Å., & Selenius, H. \(2014\). Children's reporting patterns after witnessing homicidal violence – the effect of repeated experience and repeated interviews. *Psychology, Crime & Law*, 20\(5\), 407-429.](#)
- Abstract:** For both legal and clinical purposes, it is of importance to study children's memories and reports of stressful events. The present study investigated the reporting patterns of 83 children who had witnessed homicidal violence, which is considered to be a highly stressful experience. More specifically, we explored the possible effects of prior violence exposure and of repeated questioning on the amount of details reported. Results showed that the majority of children provided detailed reports about the homicidal violence they had witnessed, including details concerning what happened before, during, and after the violent act. The children provided detailed and vivid testimonies from their experiences, whether they witnessed the event for the first time or had prior experience of witnessing severe violence against the victim by the perpetrator. Children with no prior experience of repeated violence who underwent repeated interviews provided more details than those interviewed once. The present data indicate that children are competent witnesses when questioned in legal contexts after having been exposed to extremely stressful events. These findings have implications for research related to children's memories and reporting of traumatic experiences, as well as practical implications for future treatment and evaluation of children's testimonies.
- Typ och Nyckelord:** Journal children's memory and reports, homicidal violence, repeated interviews, repeated exposure, ISSN:

- Referens:** Bandelow, B., Wiltink, J., Alpers, G., Benecke, C., Deckert, J., Eckhardt-Henn, A., Ehrig, C., Engel, E., Falkai, P., Geiser, F., Gerlach, A.L., Harfst, T., [Hau, S.](#), Joraschky, P., Kellner, M., Köllner, V., Kopp, I., Langs, G., Lichte, T., Liebeck, H., Matzat, J., Reitt, M., Rüddel, H.P., Rudolf, S., Schick, G., Schweiger, U., Simon, R., Springer, A., Staats, H., Ströhle, A., Ströhm, W., Waldherr, B., Watzke, B., Wedekind, D., Zottl, C., Zwanzger, P., & Beutel, M.E. (2014). *Deutsche S3-Leitlinie Behandlung von Angststörungen.*
- Abstract:** Die deutsche S3-Leitlinie zur Behandlung von Angststörungen (Panikstörung/Agoraphobie, generalisierte Angststörung, soziale Phobie, spezifische Phobie) bei Erwachsenen wurde unter Beratung und Moderation durch die Arbeitsgemeinschaft der Wissenschaftlichen Medizinischen Fachgesellschaften (AWMF) von einem Gremium erstellt, das 20 Fachverbände und andere Organisationen aus den Bereichen Psychotherapie, Psychologie, psychosomatische Medizin, Psychiatrie und Allgemeinmedizin sowie Patientenvertreter und Selbsthilfeorganisationen umfasst. Die Empfehlungen dieser Leitlinie basieren auf einer Sichtung der Evidenz der verfügbaren randomisierten klinischen Studien zu Angststörungen nach ICD/DSM und einer Synthese der Empfehlungen anderer Leitlinien.
- Typ och Nyckelord:** Report Leitlinie, Behandlung, Angststörungen
- Referens:** Bandelow, B., Wiltink, J., Alpers, G., Benecke, C., Deckert, J., Eckhardt-Henn, A., Ehrig, C., Engel, E., Falkai, P., Geiser, F., Gerlach, A.L., Harfst, T., [Hau, S.](#), Joraschky, P., Kellner, M., Köllner, V., Kopp, I., Langs, G., Lichte, T., Liebeck, H., Matzat, J., Reitt, M., Rüddel, H.P., Rudolf, S., Schick, G., Schweiger, U., Simon, R., Springer, A., Staats, H., Ströhle, A., Ströhm, W., Waldherr, B., Watzke, B., Wedekind, D., Zottl, C., Zwanzger, P., & Beutel, M.E. (2014). *Deutsche S3-Leitlinie Behandlung von Angststörungen.*
- Abstract:** Die deutsche S3-Leitlinie zur Behandlung von Angststörungen (Panikstörung/Agoraphobie, generalisierte Angststörung, soziale Phobie, spezifische Phobie) bei Erwachsenen wurde unter Beratung und Moderation durch die Arbeitsgemeinschaft der Wissenschaftlichen Medizinischen Fachgesellschaften (AWMF) von einem Gremium erstellt, das 20 Fachverbände und andere Organisationen aus den Bereichen Psychotherapie, Psychologie, psychosomatische Medizin, Psychiatrie und Allgemeinmedizin sowie Patientenvertreter und Selbsthilfeorganisationen umfasst. Die Empfehlungen dieser Leitlinie basieren auf einer Sichtung der Evidenz der verfügbaren randomisierten klinischen Studien zu Angststörungen nach ICD/DSM und einer Synthese der Empfehlungen anderer Leitlinien.
- Typ och Nyckelord:** Report German guideline, anxiety, phobia, panic disorder
- Referens:** Bandelow, B., Wiltink, J., Alpers, G., Benecke, C., Deckert, J., Eckhardt-Henn, A., Ehrig, C., Engel, E., Falkai, P., Geiser, F., Gerlach, A.L., Harfst, T., [Hau, S.](#), Joraschky, P., Kellner, M., Köllner, V., Kopp, I., Langs, G., Lichte, T., Liebeck, H., Matzat, J., Reitt, M., Rüddel, H.P., Rudolf, S., Schick, G., Schweiger, U., Simon, R., Springer, A., Staats, H., Ströhle, A., Ströhm, W., Waldherr, B., Watzke, B., Wedekind, D., Zottl, C., Zwanzger, P., & Beutel, M.E. (2014). *Deutsche S3-Leitlinie Behandlung von Angststörungen. Kurzversion.*
- Abstract:** German guideline for anxiety disorders (short version)
- Typ och Nyckelord:** Report German guideline, anxiety, phobia, panic disorder
- Referens:** Bandelow, B., Wiltink, J., Alpers, G., Benecke, C., Deckert, J., Eckhardt-Henn, A., Ehrig, C., Engel, E., Falkai, P., Geiser, F., Gerlach, A.L., Harfst, T., [Hau, S.](#), Joraschky, P., Kellner, M., Köllner, V., Kopp, I., Langs, G., Lichte, T., Liebeck, H., Matzat, J., Reitt, M., Rüddel, H.P., Rudolf, S., Schick, G., Schweiger, U., Simon, R., Springer, A., Staats, H., Ströhle, A., Ströhm, W., Waldherr, B., Watzke, B., Wedekind, D., Zottl, C., Zwanzger, P., & Beutel, M.E. (2014). *Deutsche S3-Leitlinie Behandlung von Angststörungen. Patientenversion.*
- Abstract:** German guideline for anxiety disorders, patient version.
- Typ och Nyckelord:** Report German guideline, anxiety, phobia, panic disorder
- Referens:** Bask, M., [Ferrer-Wreder, L.](#), Salmela-Aro, K., & [Bergman, L.R.](#) (2014). Pathways to educational attainment in middle adulthood: The role of gender and parental educational expectations in adolescence. In J. Eccles & I. Schoon (Eds.), *Gender Differences in Aspirations and Attainment: A Life Course Perspective*. Cambridge: Cambridge University Press.
- Abstract:** Book information: What is the role of parents, peers and teachers in shaping school experiences and informing the career choice of males and females? Does the school context matter, and to what extent do educational experiences influence young people's self-concept, values and their outlook to the future? Do teenage aspirations influence later outcomes regarding educational attainment and the assumption of work and family related roles? These questions and more are addressed in the chapters of this book, following lives over time and in context. The book is both innovative and timely, moving the discussion of gender inequalities forward, providing a dynamic and contextualized account of the way gendered lives evolve. Chapters address the role of institutional structures and the wider socio-historical context in helping young men and women to realize their ambitions. A unique feature is the longitudinal perspective, examining the role of multiple interlinked influences on individual life planning and attainment.
- Typ och Nyckelord:** Book (chapter) human development, gender, ISBN: 9781107021723
- Referens:** Beier, S., [Eib, C.](#), Oehmann, V., Fiedler, P., & Fiedler, K. (2014). Influence of judges' behaviour on perceived procedural justice. *Journal of Applied Social Psychology, 44*, 46–59.
- Abstract:** The influence of judges' behaviors on procedural justice was analyzed in a field study, observing the judges'

behaviors during $n = 129$ trials and assessing the defendants and the audiences' justice perceptions. The observed judicial behavior was unrelated to the defendants' justice perceptions. However, the more respectful the judge treated the defendants, the fairer the audience perceived the trial. In general, the effect size of the relationship between observational measures and subjective justice ratings was small in comparison to the relationship within defendants' or audiences' ratings. There were striking differences in the justice perception between the two data sources, namely defendants and audience. Thus, the source matters, and to avoid a same-source bias, should be taken into account when analyzing justice perceptions.

Typ och Nyckelord: Journal procedural justice, judges' behavior, defendants, criminal court, same source bias, ISSN: 0021-9029

Referens: Bejerot, S., Edman, G., Anckarsäter, H., [Berglund, G.](#), Gillberg, C., Hofvander, B., Humble, M.B., [Mörtberg, E.](#), Råstam, M., Ståhlberg, O., & Frisé, L. (2014). The Brief Obsessive – Compulsive Scale (BOCS): A self-report scale for OCD and obsessive – compulsive related disorders. *Nordic Journal of Psychiatry*, 68(8), 549-559.

Abstract: Background: The Brief Obsessive Compulsive Scale (BOCS), derived from the Yale–Brown Obsessive–Compulsive Scale (Y-BOCS) and the children's version (CY-BOCS), is a short self-report tool used to aid in the assessment of obsessive–compulsive symptoms and diagnosis of obsessive–compulsive disorder (OCD). It is widely used throughout child, adolescent and adult psychiatry settings in Sweden but has not been validated up to date. Aim: The aim of the current study was to examine the psychometric properties of the BOCS amongst a psychiatric outpatient population. Method: The BOCS consists of a 15-item Symptom Checklist including three items (hoarding, dysmorphophobia and self-harm) related to the DSM-5 category "Obsessive–compulsive related disorders", accompanied by a single six-item Severity Scale for obsessions and compulsions combined. It encompasses the revisions made in the Y-BOCS-II severity scale by including obsessive–compulsive free intervals, extent of avoidance and excluding the resistance item. 402 adult psychiatric outpatients with OCD, attention-deficit/hyperactivity disorder, autism spectrum disorder and other psychiatric disorders completed the BOCS. Results: Principal component factor analysis produced five subscales titled "Symmetry", "Forbidden thoughts", "Contamination", "Magical thoughts" and "Dysmorphic thoughts". The OCD group scored higher than the other diagnostic groups in all subscales ($P < 0.001$). Sensitivities, specificities and internal consistency for both the Symptom Checklist and the Severity Scale emerged high (Symptom Checklist: sensitivity = 85%, specificities = 62–70% Cronbach's $\alpha = 0.81$; Severity Scale: sensitivity = 72%, specificities = 75–84%, Cronbach's $\alpha = 0.94$). Conclusions: The BOCS has the ability to discriminate OCD from other non-OCD related psychiatric disorders. The current study provides strong support for the utility of the BOCS in the assessment of obsessive–compulsive symptoms in clinical psychiatry.

Typ och Nyckelord: Journal attention deficit hyperactivity disorder, autism, assessment, compulsive behaviour, obsessions, ISSN: 0803-9488

Referens: Bejerot, S., [Mörtberg, E.](#), & Eriksson, J. (2014). Social Anxiety in Adult Autism Spectrum Disorder. *Psychiatry Research*, 220(1-2), 705-707.

Abstract: A link has been suggested between Autism Spectrum Disorder (ASD) and anxiety disorders. The aim of the study was to examine the severity of social anxiety measured by the Liebowitz Social Anxiety Scale Self-Report and prevalence of Social Anxiety Disorder (SAD) in adults with ASD, with SAD and a non-ASD comparison group. Individuals with ASD showed significantly higher scores of social anxiety and social avoidance relative to the comparison group, but significantly lower scores relative to the SAD sample.

Typ och Nyckelord: Journal autism spectrum disorder, social anxiety disorder, autism spectrum quotient, ISSN: 0165-1781

Referens: [Bergman, L.](#), [Corovic, J.](#), [Ferrer-Wreder, L.](#), & Modig, K. (2014). High IQ in early adolescence and career success in adulthood: Findings from a Swedish longitudinal study. *Research in Human Development*, 11(3), 165-185.

Abstract: To what extent do intellectually talented adolescents pursue educational and vocational careers that match their intellectual resources? Career outcomes were compared between groups within different IQ ranges with a focus on comparing those with high IQ (top 10%, $IQ > 119$) to those with average IQ. Data were analyzed from the longitudinal Swedish IDA study ($N = 1,326$) with career outcomes measured in midlife (age 43–47). To obtain at least a master's degree was almost 10 times more common for those of high IQ than for those of average IQ. Still, the proportion of high-IQ adolescents who did this was not high (13% of females, 34% of males) and as much as 20% of them did not even graduate from 3-year high school. For men only, there was a graded raise in income by IQ group. Within the high-IQ group there was no significant relationship between parents' socioeconomic status and income. For men, high IQ predicted a strongly increased income/vocational level in midlife beyond what was predicted from a linear model of the IQ-outcome relationship.

Typ och Nyckelord: Journal IQ, early adolescence, career success, longitudinal, ISSN: 1542-7609

Referens: [Bergman, L.](#), & [Ferrer-Wreder, L.](#) (2014). Integrative summary and future research. *Research in Human Development*, 11(3), 237-240.

Abstract: This article provides a summary and treatment of the wider implications of the findings reported in four empirical articles, in which the importance for outcomes in midlife of having a high IQ was studied. All studies were based on data from the Swedish longitudinal research program Individual Development and Adaptation ($N = 1,326$, born 1955). Some highlights from the studies include the identification of a nonlinear relationship between IQ and a number of adult outcomes, suggesting that nonlinear IQ-outcome relationships might not be rare. In common with numerous studies of IQ-outcome relationships, parents' socioeconomic status was found to be a moderately strong predictor of vocational outcomes when the whole sample was studied. However, within the high-IQ group no significant relationship existed. In adolescence, the adjustment for those of high IQ was often better than for those of average IQ, but in midlife this positive difference often disappeared and was in some cases reversed. Intellectually talented women as compared to intellectually talented men often had considerably less successful careers, especially vocational careers. Underachieving women as compared to women who did not underachieve also tended to have more adjustment problems in midlife. It was concluded that schools and their personnel must be adequately supported to "make good on" society's obligation to further the potential of students that show early intellectual talent. Given past and current inequalities of opportunity, this seems especially important for bright girls and women.

Typ och Nyckelord: Journal IQ, adult outcome, longitudinal, IDA, ISSN: 1542-7609

- Referens:** Bergman, L.R., & Ferrer-Wreder, L. (2014). The Implications of High IQ in Early Adolescence for Education, Career, and Adjustment in Midlife: Findings from a Swedish Longitudinal Study. *Research in Human Development, 11*(3), 161-164.
- Abstract:** Inquiry into what intellectual talent is and how social institutions can support intellectually talented youth are historic, internationally held concerns. This article provides an introduction to a special issue that deals with the implications of high IQ in early adolescence for several important midlife outcomes. From a societal perspective, it is vital to know the extent to which intellectually talented youth attain an advanced education and become engaged in qualified occupations. Studies in this issue document a diversity of midlife outcomes for a large, reasonably representative urban cohort of intellectually talented Swedish adolescents, as well as consider the importance of gender and social class for these outcomes.
- Typ och Nyckelord:** Journal IQ, early adolescence, career success, longitudinal, ISSN: 1542-7609
- Referens:** Bernhard-Oettel, C., & Näswall, K. (in press). Career continuance and transfer of competencies after job transitions: Insights from a Swedish study. In B van der Heijden & Ans de Vos (Eds.), *Handbook of sustainable careers*. Edward Elgar Publisher.
- Abstract:**
- Typ och Nyckelord:** Book (chapter) career, competence transfer, job transitions
- Referens:** Bernhard-Oettel, C., Stengård, J., & Näswall, K. (2014). How Are They Now? Managers' Well-Being and Organizational Attitudes after the Restructuring of Their Job Positions in a Swedish Governmental Agency. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (pp. 257-258). Nottingham, UK: EAOHP.
- Abstract:** Planned organizational changes often aim to secure organizational sustainability through the means of optimising structures and strategies. However, for employees such organizational changes often imply job changes and the loss of familiar routines. Plausibly, this increases perceived uncertainty and may have negative effects on employees' organizational attitudes and well-being during the change. If levels of well-being and organizational attitudes are negatively affected in the long run, this may pose threats to the initial aim to secure organizational sustainability. This may even more so be the case if employees such as managers show long-term negative reactions, since managers are in key positions to promote the organizations aims vis à vis employees. Whereas there is much research on employees' reactions towards organizational change, few studies have specifically analysed managers' reactions at different organizational levels. Also, many studies focus on certain aspects of uncertainty, but few inspect the consequences of (unwanted) job, task or responsibility changes. Accordingly, this study aimed to investigate managers' well-being and organizational attitudes after organizational changes of management structures. More specifically, it studied how changes in managers' organizational attitudes and well-being related to changes in job positions, tasks and responsibilities shortly after the organizational restructuring, and more than a year later. The study used questionnaire data collected from managers in a Swedish governmental agency undergoing structural changes. During this period all managers had to go through a new recruitment process. Questionnaires were sent out at T1 (summer 2011, one month before the change process started), T2 (spring 2012, two months after the organizational change was finalised) and T3 (summer 2013, 18 months after the organizational change was finalised). Data are currently being analysed cross-sectionally (N = 173, 144, and 125) and longitudinally (N = 91 with complete data for t1, t2 and t3). The preliminary findings show the percentage of managers who rated their job positions favorably steadily decreased from T1 to T3, and this related to a significant decrease in self-rated health and job satisfaction. Interestingly, perceptions of tasks and responsibilities of their old and new jobs were still rather similar at T2. How the perceptions of changes in tasks and responsibilities relate to attitudes and well-being a year later (T3) is currently under analysis.
- Typ och Nyckelord:** Proceedings well-being, attitudes, organizational changes, sustainability
- Referens:** Berntson, E., & Corin, L. (2014). Hur har chefen det? Chefens perspektiv på förutsättningarna i arbetet. I A. Härenstam & A. Östebo (red.), *Chefskapets förutsättningar och konsekvenser. Metoder och resultat från Chefios-projektet - slutrapport del 1*. ISM rapport 14:1 (s. 59-84). Göteborg: Institutet för stressmedicin.
- Abstract:** En viktig utgångspunkt i beskrivningen av chefers arbetsmiljö har varit att karaktärisera deras situation dels ur ett helhetsperspektiv och dels utifrån såväl negativa (belastande) som positiva (resurser) variabler. En teoretisk referensram som är särskilt lämplig i detta sammanhang har varit Job demands-resources model (JD-R) (Demerouti, Bakker, Nachreiner & Schaufeli, 2001).
- Typ och Nyckelord:** Book (chapter) chefios, chefers arbetsmiljö, JD-R, ISBN: 978-91-979247-3-3
- Referens:** Berntson, E., Härenstam, A., Lindgren, H., Pousette, A., & Szücs, S. (2014). Improving Organizational Prerequisites for Public Sector Managers – a Follow-up Study With Long-term Effects. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (p. 345). Nottingham, UK: EAOHP.
- Abstract:** Organizational interventions have been suggested to be important instruments in order to improve working conditions as well as employee health and well-being. Even though such studies are relevant the effects are difficult to measure (Nielsen, 2013; Nielsen & Abildgaard, 2013). There is an ongoing discussion on why it is difficult to measure and how to do it. One aspect of this is when the effects are prevalent. In the present study we focus on long-term effects of an intervention. The study is a survey-feedback intervention directed at managers in public sector authorities. The purpose of the intervention, which was a participatory intervention, was to improve organizational prerequisites for the managers in the study. In a previous investigation of the effects of the intervention, the short-term effects were studied, implying

mixed results. There was a tendency of a positive effect among those intervention organizations that also had a successful implementation process. On the other hand, in those organizations with an unsuccessful implementation process, the results came out negative. In the present study, the aim is to investigate long-term effects of the participatory intervention, regarding work conditions among public sector managers. In this study 720 managers participated. There were six intervention organizations and 22 controls, located in seven local authorities in Western Sweden. Questionnaires were answered pre and post intervention (in 2009 and 2011). In addition, register data were used and interviews made, providing a multi-method approach. During the intervention year, process support was provided. The focus of the quantitative measures was to investigate if working conditions improved as a result of the intervention. Variables such as resource problems, conflicts of logics, illegitimate tasks, supporting structures, hindrance, managerial problems but also factors such as span of control, performance and perceived stress were measured. In the present study, a follow-up questionnaire will be answered by one of the intervention organizations. Results from this third questionnaire will be analyzed and presented.

Typ och Nyckelord: Proceedings organizational intervention, working conditions, employee health, employee well-being

Referens: [Berntson, E., Näswall, K., & Härenstam, A. \(2014\). Gender differences in career prospects - Does work-family conflict matter for perceived employability and career opportunities? In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh \(2014\), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* \(p. 237\). Nottingham, UK: EAOHP.](#)

Abstract: Gender equality in the labourmarket has been emphasized as an important factor several times in European community (EU Commission, 1997; 2010). Nevertheless, differences in career opportunities have been found in previous research, indicating that women report more barriers than men regarding career aspects (Hawley McWirther, 1997). In this respect, a number of possible explanations has been put forward, for example work-family conflict (WFC) (Gali Cinnamon, 2006). In the present study we are interested in investigating possible predictors of career opportunities and more specifically the aim of the present study is to investigate antecedents of career opportunities and perceived employability. The present study comprised a representative sample of 1,609 Swedish workers (716 men and 883 women) in the ages of 26 to 51, who answered two questionnaires, one in 2005 and one in 2006. The study comprised questions regarding career opportunities and perceived employability (outcomes) and age, mental well-being, education, tenure, children at home, working hours (per week) and WFC (predictors). The data was analyzed by means of a regression analysis. Preliminary results indicate that women reported lower levels of employability as well as career opportunities. They also had a higher level of education, shorter tenure and worked fewer hours per week. Regarding the regression analysis, the results displayed a significant association between WFC and the outcomes for men but not for women. For women part-time work predicted both outcomes. It could also be found that tenure had a negative effect on both outcomes, suggesting that for both men and women (although somewhat stronger for men) working longer in one organization affects perceived career prospects in a negative way. In addition, the results indicate that subjective mental well-being is an important predictor for employability as well as for career opportunities. The results confirm earlier studies in that women report more career barriers. We also find it interesting that the results from the preliminary analyses suggest that WFC is primarily a problem for men. For women, the number of hours per week seems to be more important.

Typ och Nyckelord: Proceedings gender differences, career prospects, work-family conflict, employability

Referens: [Bhatara, A., Laukka, P., & Levitin, D.J. \(Eds.\). \(2014\). *Expression of emotion in music and vocal communication*. Lausanne, Switzerland: Frontiers Media SA. \[E-book\]](#)

Abstract: Two of the most important social skills in humans are the ability to determine the moods of those around us, and to use this to guide our behavior. To accomplish this, we make use of numerous cues. Among the most important are vocal cues from both speech and non-speech sounds. Music is also a reliable method for communicating emotion. It is often present in social situations and can serve to unify a group's mood for ceremonial purposes (funerals, weddings) or general social interactions. Scientists and philosophers have speculated on the origins of music and language, and the possible common bases of emotional expression through music, speech and other vocalizations. They have found increasing evidence of commonalities among them. However, the domains in which researchers investigate these topics do not always overlap or share a common language, so communication between disciplines has been limited. The aim of this Research Topic is to bring together research across multiple disciplines related to the production and perception of emotional cues in music, speech, and non-verbal vocalizations. This includes natural sounds produced by human and non-human primates as well as synthesized sounds. Research methodology includes survey, behavioral, and neuroimaging techniques investigating adults as well as developmental populations, including those with atypical development. Studies using laboratory tasks as well as studies in more naturalistic settings are included.

Typ och Nyckelord: Book (chapter) acoustic features, brain processing, cross-cultural, developmental aspects, emotion expression, felt emotion, music perception, music performance, speech prosody, vocalizations, ISBN: 978-2-88919-263-2

Referens: [Bhatara, A., Laukka, P., & Levitin, D. J. \(2014\). Expression of emotion in music and vocal communication: Introduction to the research topic. *Frontiers in Psychology, 5*, 399.](#)

Abstract: In social interactions, we must gauge the emotional state of others in order to behave appropriately. We rely heavily on auditory cues, specifically speech prosody, to do this. Music is also a complex auditory signal with the capacity to communicate emotion rapidly and effectively and often occurs in social situations or ceremonies as an emotional unifier. In sum, the main contribution of this Research Topic, along with highlighting the variety of research being done already, is to show the places of contact between the domains of music and vocal expression that occur at the level of emotional communication. In addition, we hope it will encourage future dialog among researchers interested in emotion in fields as diverse as computer science, linguistics, musicology, neuroscience, psychology, speech and hearing sciences, and sociology, who can each contribute knowledge necessary for studying this complex topic.

Typ och Nyckelord: Journal expression, emotion, music, vocal communication, introduction, ISSN: 1664-1078

Referens: [Birath Scheffel, C., af Klinteberg, B., DeMarinis, V., Hauke, S., Smallwood, J.A., & Chang, G. \(2014\).](#)

Risky drinking women: contrasting therapeutic approaches. *Journal of Alcoholism & Drug Dependence*, 2(3), 160.

Abstract: Background: The importance of early identification and effective treatment for risky drinking grows with the increasing rate of alcohol use by women. Objectives: This study aims to contrast treatment approaches for two samples of problem drinking women. Methods: The samples consisted of (i) 134 alcohol treatment-seeking Swedish women receiving long-term comprehensive services; and (ii) 152 US women who were not seeking treatment for alcohol but were medical outpatients with one of four conditions exacerbated by excessive alcohol use and received a brief intervention as part of a study. Data consisted of questionnaires assessing alcohol consumption, perceived stress and attitudes towards change. Results: While the treatment-seeking Swedish group drank more alcohol at the start of treatment, all women reduced their consumption of alcohol at the end of treatment/follow-up. Women who reported more stress drank more initially in both samples. Conclusion and Scientific Significance: This report contrasts two "extreme" approaches to treatment: longterm, open-ended, outpatient treatment and, time-limited, structured brief intervention for risky drinking women. Both treatment methods yielded positive results with significantly reduced drinking. Factors associated with successful outcome included the women's attitudes toward treatment and conviction for the necessity of change in drinking habits.

Typ och Nyckelord: Journal female alcohol problems, risk drinking, stress-related drinking, long-term treatment, brief intervention, alcohol treatment outcome, cultural differences, ISSN: 2329-6488

Referens: Blom, V., Richter, A., Hallsten, L., & Svedberg, P. (2014). Investigating the Association between Job Insecurity and Burnout: The Moderating and Mediating Role of Performance-Based Self-Esteem. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (p. 94). Nottingham, UK: EAOHP.

Abstract: Despite an overall agreement on the negative effects of job insecurity, more knowledge needs to be generated addressing the mechanisms of why and for whom job insecurity has these negative effects. The present study aims to investigate the mechanisms of job insecurity on burnout by studying the intervening influences of performance-based self-esteem (PBSE), an individual's self-esteem that is contingent on good performance. The participants were 13,185 twins from the Swedish Twin Registry. In order to test two potential mechanisms, PBSE was tested as a moderator as well as a mediator of the relation between job insecurity and burnout. The results showed that job insecurity was significantly associated with burnout. Moreover, PBSE slightly moderated this association; burnout increased more during job insecurity for individuals with high PBSE than for individuals with low PBSE. PBSE also partially mediated the association between job insecurity and burnout, in that experiences of job insecurity to some extent triggered PBSE, which in turn was related to burnout. It is suggested that the rather episodic character of job insecurity and its role-changing consequences contributed to the rather modest moderating and mediating effects of PBSE.

Typ och Nyckelord: Proceedings job insecurity, burnout, self-esteem

Referens: Blom, V., Sverke, M., Bodin, L., Bergström, G., Lindfors, P., & Svedberg, P. (2014). Work-Home Interference and Burnout. A Study Based on Swedish Twins. *Journal of Occupational and Environmental Medicine*, 56(4), 361-366.

Abstract: Objective: This study sets out to investigate the impact of work-home interference on burnout in women and men, while taking genetic and family environmental factors into account. Methods: A total of 4446 Swedish twins were included in the study. The effects of work-home conflict (WHC) and home-work conflict (HWC) on burnout between and within pairs were analyzed with co-twin control analyses. Results: Both WHC and HWC were significantly associated with burnout. Genetic factors may be involved in the association between HWC and burnout in women. Familial factors were not involved for WHC and burnout, neither for women nor for men. Conclusions: This study shows the importance to encounter WHC per se to prevent burnout. Because of genetic confounding in HWC and burnout in women, preventive efforts may also take into account individual characteristics.

Typ och Nyckelord: Journal work-home interference, burnout, twin study, ISSN: 1076-2752

Referens: Bodin Danielsson, C., Chungkham, H.S., Wulff, C., & Westerlund, H. (2014). Office design's impact on sick leave rates. *Ergonomics*, 57(2), 139-147.

Abstract: The effect of office type on sickness absence among office employees was studied prospectively in 1852 employees working in (1) cell-offices; (2) shared-room offices; (3) small, (4) medium-sized and (5) large open-plan offices; (6) flex-offices and (7) combi-offices. Sick leaves were self-reported two years later as number of (a) short and (b) long (medically certified) sick leave spells as well as (c) total number of sick leave days. Multivariate logistic regression analysis was used, with adjustment for background factors. A significant excess risk for sickness absence was found only in terms of short sick leave spells in the three open-plan offices. In the gender separate analysis, this remained for women, whereas men had a significantly increased risk in flex-offices. For long sick leave spells, a significantly higher risk was found among women in large open-plan offices and for total number of sick days among men in flex-offices. Practitioner Summary: A prospective study of the office environment's effect on employees is motivated by the high rates of sick leaves in the workforce. The results indicate differences between office types, depending on the number of people sharing workspace and the opportunity to exert personal control as influenced by the features that define the office types.

Typ och Nyckelord: Journal office design/office type, sick leaves, employees, prospective study, gender, ISSN: 0014-0139

Referens: Boettcher, J., Hasselrot, J., Sund, E., Andersson, G., & Carlbring, P. (2014). Combining attention training with Internet-based cognitive-behavioural self-help for social anxiety: a randomised controlled trial. *Cognitive Behaviour Therapy*, 43(1), 34-48.

Abstract: Guided Internet-based cognitive-behavioural self-help (ICBT) has been proven to be effective for social anxiety disorder (SAD) by several independent research groups. However, as the proportion of clinical significant change has room for improvement, new treatments should be developed and investigated. A novel treatment is attention bias modification (ABM). This study aimed at evaluating the combination of ABM and ICBT. We compared two groups, one group receiving ICBT and ABM targeting attentional avoidance and the other group receiving ICBT and control training. ABM and control training tasks were both based on the dot-probe

paradigm. A total of 133 participants, diagnosed with SAD, were randomised to these two groups. The attention training group (N = 66) received 2 weeks of daily attention training followed by 9 weeks of ICBT. The control group (N = 67) received 2 weeks of daily control training, also followed by 9 weeks of ICBT. Social anxiety measures as well as the attention bias were assessed at pre-assessment, at week 2, and at post-treatment. Results showed no significant differences between the attention training group and the control group. Both groups improved substantially on social anxiety symptoms from pre- to post-assessment (dwithin = 1.39–1.41), but showed no change in attention processes (dwithin = 0.10–0.17). In this trial, the attention modification training failed to induce differential change in attention bias. Results demonstrate that the applied ABM procedure with its focus on the reduction of attentional avoidance was ineffective in the Internet-based setting. The results do not suggest that adding ABM targeting attentional avoidance to ICBT results in better outcomes than ICBT alone.

Typ och Nyckelord: Journal social anxiety disorder, cognitive bias modification, web, psychotherapy, ISSN: 1650-6073

Referens: Boettcher, J., [Rozentel, A.](#), Andersson, G., & [Carlbring, P.](#) (2014). Side effects in Internet-based Interventions for social anxiety disorder. *Internet Interventions, 1(1)*, 3–11.

Abstract: Internet-based interventions are effective in the treatment of various mental disorders and have already been integrated in routine health care in some countries. Empirical data on potential negative effects of these interventions is lacking. This study investigated side effects in an Internet-based treatment for Social Anxiety Disorder (SAD). A total of 133 individuals diagnosed with SAD took part in an 11-week guided treatment. Side effects were assessed as open formatted questions after week 2 and at post-treatment after week 11. Answers were independently rated by two coders. In addition, rates of deterioration and non-response were calculated for primary social anxiety and secondary outcome measures (depression and quality of life). In total, 19 participants (14%) described unwanted negative events that they related to treatment. The emergence of new symptoms was the most commonly experienced side effect, followed by the deterioration of social anxiety symptoms and negative well-being. The large majority of the described side effects had a temporary but no enduring negative effect on participants' well-being. At post-treatment, none of the participants reported deterioration on social anxiety measures and 0–7% deteriorated on secondary outcome measures. Non-response was frequent with 32–50% for social anxiety measures and 57–90% for secondary outcomes at post-assessment. Results suggest that a small proportion of participants in Internet-based interventions experiences negative effects during treatment. Information about potential side effects should be integrated in patient education in the practice of Internet-based treatments.

Typ och Nyckelord: Journal adverse events, negative effects, online guided self-help, attention training, cognitive-behaviour, ISSN: 2214-7829

Referens: [Boettcher, J.](#), Åström, V., Pålsson, D., Schenström, O., Andersson, G., & [Carlbring, P.](#) (2014). Internet-based mindfulness treatment for anxiety disorders: a randomised controlled trial. *Behavior Therapy, 45(2)*, 241–253.

Abstract: Mindfulness-based interventions have proven effective for the transdiagnostic treatment of heterogeneous anxiety disorders. So far, no study has investigated the potential of mindfulness-based treatments when delivered remotely via the Internet. The current trial aims at evaluating the efficacy of a stand-alone, unguided, Internet-based mindfulness treatment program for anxiety.

Ninety-one participants diagnosed with social anxiety disorder, generalized anxiety disorder, panic disorder, or anxiety disorder not otherwise specified were randomly assigned to a mindfulness treatment group (MTG) or to an online discussion forum control group (CG). Mindfulness treatment consisted of 96 audio files with instructions for various mindfulness meditation exercises. Primary and secondary outcome measures were assessed at pre-, posttreatment, and at 6-months follow-up.

Participants of the MTG showed a larger decrease of symptoms of anxiety, depression, and insomnia from pre- to postassessment than participants of the CG (Cohen's d between = 0.36–0.99). Within effect sizes were large in the MTG (d = 0.82–1.58) and small to moderate in the CG (d = 0.45–0.76). In contrast to participants of the CG, participants of the MTG also achieved a moderate improvement in their quality of life.

The study provided encouraging results for an Internet-based mindfulness protocol in the treatment of primary anxiety disorders. Future replications of these results will show whether Web-based mindfulness meditation can constitute a valid alternative to existing, evidence-based cognitive-behavioural Internet treatments.

The trial was registered at ClinicalTrials.gov (NCT01577290).

Typ och Nyckelord: Journal anxiety disorder, Internet-based, mindfulness, randomized controlled trial, treatment, ISSN: 0005-7894

Referens: Bolin, K., Bluhm, G., & [Nilsson, M.E.](#) (2014). Listening Test Comparing A-Weighted and C-Weighted Sound Pressure Level as Indicator of Wind Turbine Noise Annoyance. *Acta Acustica united with Acustica, 100(5)*, 842–847.

Abstract: A listening test was conducted to investigate whether A- or C-weighted sound levels are most suitable as indicator of annoyance due to wind turbine noise. The tests consisted of fifteen different wind turbine noises presented at eight sound levels together with pink noise signals as reference sounds. A total number of 31 persons performed the listening test divided into two subgroups. The first group comprising of 20 students conducted the test in a semi anechoic chamber, and the second group of 11 residents annoyed by wind turbine noise in their homes, conducted the test in their own homes. Results from both subgroups showed that A-weighted sound levels were a more accurate description of wind turbine noise annoyance than C-weighted sound levels. The residents found the same wind turbine noises more annoying than the students, indicating a higher sensitivity to wind turbine noise among persons a priori annoyed by this noise and exposed to this source in their residential settings.

Typ och Nyckelord: Journal listening test, wind turbine noise annoyance, residential, students, ISSN: 1610-1928

Referens: [Borg, E.](#) (2014). A range model and a schematized conception for intermodal comparisons. In G.R. Patching, M. Johnson, E. Borg, & Å. Hellström (Eds.) *Fechner Day 2014 – Proceedings of the 30th Annual Meeting of the International Society for Psychophysics* (p. 13). August 18–22, 2014, Lund,

Sweden.

Abstract:

The human brain is supposed to have a capacity for supramodal evaluation of information-interaction from several senses (often studied through fMRI). Gunnar Borg's Range Model is a theoretical framework for interindividual, intermodal and interdisciplinary comparisons. The model postulates that the total natural subjective dynamic range from zero (or the threshold) to maximum (or a terminal level very close to the maximal intensity) is approximately subjectively equal for all individuals. Each individual experience is thus interpreted in relation to its position in the individual range, regardless of the size of the physical stimulus range. For interindividual and intermodal comparisons it is also important to have a good reference, a firmly schematized conception, with high interindividual agreement. A maximal perceived exertion has been found to work well for this purpose. Perceived exertion is an emergent modality consisting of many symptoms and cues with several sensory systems involved in conveying information to the brain from the muscles, respiration, skin, joints etc.; and with several important physiological correlates (e.g., heart rate, blood lactate, ventilation, skin temperature). In contrast to many other modalities, the perception of exertion comes from an active interaction of the body with the environment and the person usually regulates performance as a response to the perception. For healthy people it is also not harmful with a maximal exertion. Thus, a maximal perceived exertion is something most of us have experienced. In a questionnaire study the idea was investigated that, at least in some cases, what schematized conception is used will have importance. This should for example be true for modalities where individual experiences vary greatly, as, e.g., for pain. Modalities included were taste (sourness and sweetness), heaviness, loudness, brightness, fear, smell, and pain. Two groups of 20 persons (10 men and 10 women) followed one of two instructions. Group A compared each item with their conception of a maximal heaviness (as "100") and Group B used item-specific (intramodal) references of "sourest, sweetest, loudest, etc., imaginable". The cross-modal task of comparing different modalities to the conception of a maximal heaviness worked well. As expected there was a significant difference between the two kinds of instructions for pain (with a lower mean value for group B, $p < 0,001$), but, and more importantly, also a larger variance for group B. For most modalities, except for pain, the intramodal references (sourest, sweetest, loudest, etc.) may thus be conceived of as similar across individuals as well as approximately equal to the reference of a maximal heaviness, or at least was used that way. For a modality, such as pain, where individual experiences may differ extensively, the cross-modal task of using the conception of a maximal heaviness should be preferred.

Typ och Nyckelord: Proceedings Borg's range model, interindividual comparisons, intermodal comparisons

Referens:

Borg, E., & Carlberg, C. (2014). Scaling loudness with the Borg CR100 Scale®. In G.R. Patching, M. Johnson, E. Borg, & Å. Hellström (Eds.) *Fechner Day 2014 – Proceedings of the 30th Annual Meeting of the International Society for Psychophysics* (p. 14). August 18-22, 2014, Lund, Sweden.

Abstract:

The Borg CR Scales® are general intensity scales suitable for most kinds of experiences and symptoms including loudness, but have predominantly been used for perceived exertion and pain assessment. Even if earlier versions have, the present Borg CR100 scale® has not, however, been tested on loudness. The scales are constructed to give ratio data and exponents that mimic what is obtained with magnitude estimation (ME). To also give level determinations and for interindividual comparisons, verbal labels are placed on the scale in congruence with the ratio scale from 0 (nothing at all) to 100 ("Maximal" and anchored in a previously experienced perception of, for example, perceived exertion), with, for example, "Strong" at 50 and with the possibility to exceed 100 in extreme situations. 36 university students (9 men and 27 women: mean age 22.4 years, $s = 3.1$ years) partook in a loudness experiment, scaling loudness with the Borg CR100 Scale®. All sounds, $S = \{40; 50; 60; 70; 80; 90; 100\}$ dB(A), were presented four times in the same randomized order to all subjects. Sounds were generated by NMATLAB script, presented through earphones (Sennheiser HD 580 Precision) in a sound proof listening room using a stationary computer (Windows 7 Professional with RME Fireface 400 external sound card, sampling frequency 48 kHz, 24 bit depth). Geometric means of results obtained with the Borg CR100 scale® were $R = \{4.7; 7.3; 12.2; 19.2; 29.5; 51.0; 86.5\}$ thus ranging from approx. "Very weak" to just below "Extremely strong". The power function, computed from individual geometric means, was $R = 61.7 \times S^{0.42}$ ($r = 0.912$) and thus similar to what has often been obtained with ME and also with previous versions of Borg CR scales. Coefficients of variation fell from 0.61 (40 dB) to 0.14 (100 dB), similar to what has been obtained for perceived exertion. The latest Borg CR100 scale® thus works fine for scaling loudness of pure tones.

Typ och Nyckelord: Proceedings Borg CR100 scale®, psychophysical scaling, loudness

Referens:

Borg, E., & Love, C. (2014). Evaluating elite performance with the Borg CR100 scale® in a Swedish championship in diving. In G.R. Patching, M. Johnson, E. Borg, & Å. Hellström (Eds.), *Fechner Day 2014 – Proceedings of the 30th Annual Meeting of the International Society for Psychophysics* (p. 15). August 18-22, 2014, Lund, Sweden.

Abstract:

In many sports, such as for example, in diving, figure skating and ski jumping, subjective assessment is essential in evaluating the performance. Judges usually score the performance according to a complicated setup of rules but uses quite simple rating scales. The Borg CR Scales®, commonly used for perceptual scaling of a variety of modalities and symptoms, may also be used for performance evaluation. The Borg CR100 Scale®, is a general intensity scale from 0 to 100, "Maximal". For diving, "Maximal" was anchored in a "perfect dive". Five judges used the Borg CR100 scale together with the traditional scale for 4 men and 6 women who partook in the semi-finals in the Swedish Championships in diving, 2012. Judges were consistent in their way of using the scales, as can be seen from individual correlations with the contest results. Strong significant correlations were obtained between the traditional scale and the Borg CR100 scale® ($r = 0.80$) and for both scales with the contest results (0.63 and 0.62). With the Borg CR100 scale® several dives were assessed with a more precise differentiation between the dives. This is illustrated in Fig. 1 by the two individual dives no. 281 and 350. Since the CR100 is more finely graded, the scale gives a better flexibility in the judgments. Because the Borg CR scales can be used for self appraisal of for example perceived exertion, perceived difficulty, and motivation, the results in this study opens up an interesting field of possible comparisons in the study of performance enhancement and in the training of elite athletes.

Typ och Nyckelord: Proceedings Borg CR100 scale®, performance evaluation, diving, grading

Referens:

Borg, G., & Borg, E. (2014). To determine the magnitude of pain with Borg CR-scales®. In G.R. Patching, M. Johnson, E. Borg, & Å. Hellström (Eds.), *Fechner Day 2014 – Proceedings of the 30th Annual Meeting of the International Society for Psychophysics* (p. 16). August 18-22, 2014, Lund, Sweden.

Abstract:

There are many demands on a good pain-scale. It should be possible to: use for all kinds of pain; determine

direct levels of intensity over the total range; treat responses with statistical methods, preferably parametric statistics; study degrees of changes with stimulus intensity, medication and time; make interindividual, intermodal and psychophysiological comparisons; avoid ceiling and floor effects; make estimations and also productions; determine psychophysical S-R-functions, possible to describe with a general equations as, e.g., $R=a+c(S-b)^n$, where a is the basic "noise" at rest (or the absolute threshold), and b is the starting point of the function; make two-way communication; handle round off tendencies; use internationally. To meet these demands the scale must be constructed according to basic psychophysical and linguistic knowledge, and tested in relevant experiments. To cover the total subjective range there is a need of a number variation from 0 to 50 or a little more, about 26. Several anchors should be used that people understand very well, and that are placed correctly. Most existing scales do not fulfill these demands. A common drawback is that there is a too limited range, or a maximal endpoint defined as "Highest (or Worst) Imaginable", which is not a schematized conception and problematic for interindividual comparisons. Examples are the Visual Analogue Scale (VAS), and is the "Labeled Magnitude Scale" (LMS) for oral sensation. On the LMS verbal anchors are placed to give ratio data, but "Strong" is 34.7, "Very strong" 52.5. For general usage, e.g., in two-way communication for prescription of exercise, this is not good, nor does the scales facilitate predictions of max-levels from sub-max estimations. The best scales are the Borg CR Scales® (CR10 and CR100). In these scales quantitative semantics is used by applying ratio scaling to determine interpretation, meaning position in the range for congruence between anchors (labels) and numbers, and preciseness meaning interindividual agreement. It is especially important that the anchors for Zero and Maximal refer to schematized conceptions. A maximal magnitude is defined as a maximal perceived exertion and effort, for example a maximal heaviness. These ideas have been presented during several ISP meetings by G. Borg, last time in Freiburg 2013. The CR10 has been used in many studies, e.g., during tests of functional capacity and chest pain, and muscular-skeletal pain. The CR100 scale has, however, a greater potential as a general scale making possible determinations of most kinds of perceptual magnitudes. An advantage to the CR10 is that decimals need not be used and that the dynamic range is bigger and more in accordance with the psychophysical demands. The extra constants in the power function can then better reflect the true sensory processes.

Typ och Nyckelord: Proceedings Borg CR-scales®, psychophysical scaling, pain

Referens: Bujacz, A., Dunne, S., Fink, D., Gatej, A.R., Karlsson, E., Ruberti, V., & Wronska, M.K. (2014). Does creativity make you happy? The influence of creative activity on hedonic and eudaimonic well-being. *Journal of European Psychology Students*, 5(2), 19-23.

Abstract: The purpose of this study is to investigate if a change in psychological well-being can result from engagement in creative activity. In an online experimental study participants will be randomly assigned to solve either a creative or a non-creative task. Their experience of completing the task will be compared with their average daily well-being level. Involvement in a creative task is expected to boost both positive feelings (hedonic well-being) and good functioning (eudaimonic well-being). Personal characteristics, such as a need for closure, and task features, e.g. difficulty level, will also be tested for their moderating effects.

Typ och Nyckelord: Journal happiness, well-being, creativity, hedonia, eudaimonia, ISSN: 2222-6931

Referens: Bystedt, S., Rozental, A., Andersson, G., Boettcher, J., & Carlbring, P. (2014). Clinicians' perspectives on negative effects of psychological treatments. *Cognitive Behaviour Therapy*, 43(4), 319-331.

Abstract: Negative effects of psychological treatments is a fairly unexplored area of clinical research. Previous investigations have indicated that a portion of all patients experience negative effects in terms of deterioration and various adverse events. Meanwhile, evidence suggests that many clinicians are untrained in identifying negative effects and unaware of the current research findings. The objective of the current study is thus to investigate clinicians' own perspectives and experiences of possible negative effects of psychological treatments. An invitation to participate in an anonymous online survey consisting of 14 open-ended questions was distributed via three mailing lists used by clinicians that primarily identify themselves as cognitive behavior therapists. The responses were analyzed using a qualitative method based on thematic analysis. In total, 74 participants completed the survey. A majority agreed that negative effects of psychological treatments exist and pose a problem, and many reported having experienced both deterioration and adverse events among patients in their own practice. The thematic analysis resulted in three core themes: characteristics of negative effects, causal factors, as well as methods and criteria for evaluating negative effects. The clinicians recognize that negative effects exist, but many are unaware of the current research findings and are unfamiliar with methods and criteria for identifying and preventing deterioration and adverse events. The results provide evidence for further dissemination of the present knowledge regarding negative effects, particularly during basic clinical training, as well as the need for raising awareness of the available methods for identifying and preventing negative effects.

Typ och Nyckelord: Journal negative effects, adverse events, Cognitive Behavior Therapy, online survey, thematic analysis, ISSN: 1650-6073

Referens: Bystedt, S., Rozental, A., & Carlbring, P. (2014). *Practicing clinicians' understanding and experiences of negative effects in psychotherapy*. Poster presented at the 44th Annual European Association for Behavioural Cognitive Therapies Congress, The Hague, The Netherlands, 10-13 September 2014.

Abstract: Introduction: Research of psychotherapy has primarily focused on examining its efficacy and effectiveness for different psychiatric disorders. Hence, little is known about its potential for generating negative effects among patients undergoing treatment, even though some evidence suggest that 5-10% of all patients experience negative effects in terms of deterioration alone. Meanwhile, other types of adverse events might exist as well, e.g., social stigma, lower self-esteem, and less self-reliance. However, the knowledge of negative effects is currently scarce, and research has found that many practicing clinicians do not acknowledge that some patients might fare worse during treatment. Investigating practicing clinicians' understanding and experiences of negative effects is therefore important in order to raise awareness of its occurrence and characteristics. Method: Participants were recruited through the Swedish Society for Behavior Therapy, the Section for Cognitive Behavior Therapy within the Swedish Psychological Association, and students attending the psychotherapist program at Stockholm University. Seventy four participants completed an online survey regarding negative effects of psychotherapy. The responses were analyzed using thematic analysis. Results: A majority of the participants believed that negative effects of psychotherapy exist, and some had personal experiences of patients encountering adverse events during treatment. Few received information about negative effects during their basic training in psychotherapy. Common negative effects were described as discomfort, lack of treatment effect, deterioration, dependency, and invasiveness. Possible causal factors were incompetence or inadequately applied methods, harmful treatment interventions, insufficient working alliance, among others. Only one participant was able to mention methods for monitoring negative effects during

treatment. Conclusion: Practicing clinicians recognize that negative effects could pose a problem, but few were informed of its existence during their basic training in psychotherapy or know who to monitor it during treatment, warranting an increased awareness of negative effects among future clinicians.

Typ och Nyckelord: Proceedings negative effects, psychotherapy

Referens: [Bäck, E., & Lindholm, T. \(2014\). Defending or challenging the status quo: Position effects on biased intergroup perceptions. *Journal of Social and Political Psychology, 2\(1\)*, 77-97.](#)

Abstract: The default ideological position is status quo maintaining, and challenging the status quo is associated with increased efforts and risks. Nonetheless, some people choose to challenge the status quo. Therefore, to challenge the status quo should imply a strong belief in one's position as the correct one, and thus efforts may be undertaken to undermine the position of others. Study 1 (N = 311) showed that challengers undermined, by ascribing more externality and less rationality, the position of defenders to a larger extent than defenders did of challengers' position. Studies 2 (N = 135) and 3 (N = 109) tested if these effects were driven by the implied minority status of the challenging position. Results revealed no effects of experimentally manipulated numerical status, but challengers were again more biased than defenders. Study 3 also revealed that challengers felt more negatively toward their opponents (possibly due to greater social identification with like-minded others), and these negative emotions in turn predicted biased attributions. Results are important as they add to the understanding of how intergroup conflict may arise, providing explanations for why challengers are less tolerant of others' point of view.

Typ och Nyckelord: Journal intergroup biases, status quo, position effects, numerical status, ISSN: 2195-3325

Referens: [Carlbring, P. \(2014\). 15 years of internet interventions research: ANXIETY. In *Oral Abstracts from the 7th Scientific Meeting of the International Society for Research on Internet Interventions* \(p. 128\). October 21-23, 2014, Valencia, Spain.](#)

Abstract: Sweden conducted its first randomized controlled trial on an anxiety disorder in the year 1999. Since then numerous trials and programs have been developed including problems such as panic disorder, social anxiety disorder, generalized anxiety disorder, severe health anxiety, post-traumatic stress disorder, obsessive compulsive disorder, specific phobia, and mixed anxiety-depression. Moreover, there are studies on specific problems such as procrastination. With the exception of cognitive bias modification training most studies show effects in line with face-to-face cognitive behavior therapy. In addition to cognitive behavior therapy there are Swedish trials on mindfulness-based internet treatment, interpersonal psychotherapy, and psychodynamic internet treatment. This presentation will take the listener on a journey from the past, via the present and a place where the bright future can be seen.

Typ och Nyckelord: Proceedings internet interventions, anxiety disorder, Sweden

Referens: [Carlbring, P. \(2014\). Is internet-delivered CBT as effective as regular CBT? Abstract from the 33rd congress of the Flemish section of our Association for \(Cognitive\) Behaviour Therapy, December 12, 2014, Antwerp, Belgium.](#)

Abstract: A treatment form has now been established that merges cognitive behavior therapy (CBT) with the internet. By delivering treatment components, mainly in the form of texts presented via web pages, video and audio files, and by providing ongoing support using email, promising outcomes can be achieved. The literature on this form of treatment has grown rapidly over recent years with more than 70 controlled trials in the field of anxiety disorders, mood disorders and behavioral medicine. For some of the conditions for which internet-delivered CBT has been tested, independent replications have shown large effect sizes, for example, in the treatment of social anxiety disorder and major depression. In some studies, internet-delivered treatment can achieve similar outcomes as in face-to-face CBT. There are also efficacy trials showing that the treatment works in clinical settings. This talk will provide a summary of the evidence. Recent advances in information technology, such as the use of smart-phones will be covered. It is likely that information technology and CBT will merge in the future, and that combined treatments with both face-to-face and online delivery will be common.

Typ och Nyckelord: Proceedings internet-delivered CBT, treatment forms

Referens: [Carlbring, P. \(2014\). PTSD and Disasters. Abstract from the 2nd International Anxiety conference of the Shefa Neuroscience Research Center, Khatam Hospital. 1-3 October, 2014, Tehran, Iran. *The Neuroscience Journal of Shefaye Khatam, 2\(3\)*, Suppl 1, W8.](#)

Abstract: Post-traumatic stress disorder (PTSD) can arise from different traumatic incidents, such as war, torture, being kidnapped or held captive, mugging, child abuse, road accidents, train wrecks, plane crashes as well as natural disasters like earthquakes and floods. During each disaster, both victims and rescue workers are vulnerable to physical and psychological trauma that may lead to different forms of anxiety disorders, including PTSD. In this session, different manners and methods for prevention and treatment of anxiety disorders after various disasters will be discussed.

Typ och Nyckelord: Proceedings PTSD, disaster, trauma, anxiety disorders

Referens: [Carlbring, P. \(2014\). Internet and Smartphone Based Treatments Including a New PTSD-Study. Abstract from the 2nd International Anxiety conference of the Shefa Neuroscience Research Center, Khatam Hospital. 1-3 October, 2014, Tehran, Iran. *The Neuroscience Journal of Shefaye Khatam, 2\(3\)*, Suppl. 1, O11.](#)

Abstract: Our research group has - during the past 15 years - developed and tested internet interventions for more than 20 separate conditions totaling in close to 50 published randomized controlled trials. The studies cover a wide range of diagnoses including depression, social anxiety, panic disorder, generalized anxiety disorder, and pathological gambling. The treatments have mostly been based on cognitive behavior therapy. However, acceptance and commitment therapy, interpersonal psychotherapy and motivational interviewing have also been tested. In addition to the more traditional online therapies psychodynamic internet-based psychotherapy has also been evaluated. In general the effect sizes are large when active treatment is compared to a control group. In fact, in our recent systematic review and meta-analysis that has been accepted for publication, Internet-delivered cognitive behavior therapy was directly compared against face-to-face CBT within the same

trial. The results showed a pooled effect size at post-treatment across of Hedges $g = -0.01$ (95% CI, -0.13 to 0.12), indicating that Internet-delivered cognitive behavior therapy and face-to-face treatment produce equivalent overall effects. In addition to giving an overview of internet-based treatments a new randomized controlled trial will be presented. The aim of this trial was to investigate the effects of guided internet-based cognitive behavior therapy (ICBT) for posttraumatic stress disorder (PTSD). Sixty-two participants with chronic PTSD, as assessed by the Clinician-administered PTSD Scale, were recruited via nationwide advertising and randomized to either treatment ($n = 31$) or delayed treatment attention control ($n = 31$). The ICBT treatment consisted of 8 weekly text-based modules containing psychoeducation, breathing retraining, imaginal and in vivo exposure, cognitive restructuring, and relapse prevention. Therapist support and feedback on homework assignment were given weekly via an online contact handling system. Assessments were made at baseline, post-treatment, and at 1-year follow-up. Main outcome measures were the Impact of Events Scale-Revised (IES-R) and the Posttraumatic Stress Diagnostic Scale (PDS). Results showed significant reductions of PTSD symptoms (between group effect on the IES-R Cohen's $d = 1.25$, and $d = 1.24$ for the PDS) compared to the control group. There were also effects on depression symptoms, anxiety symptoms, and quality of life. The results at one-year follow-up showed that treatment gains were maintained. In sum, these results suggest that ICBT with therapist support can reduce PTSD symptoms significantly.

Typ och Nyckelord: Proceedings internet, PTSD, smartphone, psychotherapy, psychoeducation, cognition

Referens: Carlbring, P. (2014). Svenska DSM-5: Personlighetsstörningar byter namn. *En i veckan*, 2014/05/26.

Abstract: I oktober 2014 kommer den svenska översättningen av DSM-5. Detta framkom under en heldagskonferens i Stockholm om ämnet som hölls förra veckan. Den engelska DSM-versionen har funnits i drygt ett år så det blir inga överraskningar när det gäller kriterierna vid de olika diagnoserna. Däremot blir det förmodligen förändringar av vissa diagnosers namn. Dessa är dock ännu inte huggna i sten, men mycket som talar för att "personlighetsstörningar" kommer att byta namn till "Personlighetsyndrom".

Andra nyheter är att "missbruk" troligen avskaffas och att "substansbruksyndrom" därmed förmodligen ersätter både det som kallades missbruk och beroende. Den uppmärksamme har redan noterat att DSM-5 skrivs med en arabisk siffra snarare än romersk som tidigare utgåvor. Anledningen är att man tänker sig att kunna göra mindre, men mer frekventa uppdateringar, och då ge dem en decimal. Det vill säga nästa version kommer att heta DSM-5.1.

De stora skillnaderna i DSM-5 är bland annat att det multiaxiala formatet avskaffats. Detta innebär bland annat att personlighetsyndromen, som tidigare fanns på axel-2, nu likställs med andra diagnoskategorier.

Även axel 4 (livspåfrestningar) försvinner och ersätts med att det avslutande kapitlet ("Andra omständigheter som kan vara i kliniskt fokus") nu har betydligt mer utförliga beskrivningar av problematiska livssituationer.

Även den kända GAF-skattningen på axel-5 ersätts. Istället för en siffra mellan 0 och 100 ska nu funktionsskattningen göras med hjälp av "WHO Disability Assessment Schedule 2.0 (WHODAS 2.0)". Denna finns ännu inte i Svensk översättning, men kommer att göras av Socialstyrelsen. I skrivande stund är det lite oklart exakt när denna blir tillgänglig. [2014-07-13 Uppdatering: Enligt mejl från den internationella samordnaren för WHO, Dr M. Meri Robinson Nicol, hoppas man att den Svenska versionen ska komma kring årsskiftet.]

Det har också tillkommit ett nytt bedömningsverktyg; "DSM-5 Självskattning av aktuella symtom". Det är en självskattningsskala som gratis kan laddas ner från Pilgrim Press. Skalan, som består av 23 kryssfrågor, är tänkt att vara ett instrument som ger ett själv- eller informantkattat mått på förekomst av symtom inom 13 domäner för psykisk ohälsa som har betydelse vid psykiatrisk diagnostik. Enligt instruktionerna kan skalan "användas med regelbundna intervaller på kliniska indikationer beroende på stabiliteten i patientens symtombild och behandlingssituationen". Till skillnad från den amerikanska versionen har den svenska tre tillägsfrågor om påfrestningar som patienten kan ha utsatts för som kan ha betydelse för måendet (belastning, trauma respektive förlust).

DSM-5 har kritiserats från många håll. Vissa seriösa, andra mer underhållande så som att det nu finns 636120 unika sätt att uppfylla kriterierna för PTSD. Samma vecka som DSM-5 gavs ut i USA gick National Institute of Mental Health ut med ett pressmeddelande att de inte längre ville finansiera forskning som bygger på DSM. Istället förordar de "Research Domain Criteria" (RDoC). Något som i sin tur beskyllts för att biologisera psykologin allt för mycket. Sista orden i denna debatt är långt ifrån sagda...

Typ och Nyckelord: Journal DSM-5, svenska, diagnoser, självskattningsskala, ISSN: 2001-2829

Referens: Carlbring P., Boettcher, J., Renneberg, B., & Berger, T. (2014). Internet-Based Interventions for Social Anxiety Disorder – an Overview. Abstracts from the 44th Congress of the European Association for Behavioural & Cognitive Therapies, September 10-13, 2014, The Hague, The Netherlands.

Abstract: Internet-based interventions hold specific advantages and disadvantages in the treatment of social anxiety disorder (SAD). The present review examines different approaches in the internet-based treatment of SAD and reviews their efficacy and effectiveness. At least 21 studies investigated the potential of guided and unguided internet-based cognitive-behavioral treatments (ICBT) for SAD, comprising a total of at least $N = 1,801$ socially anxious individuals. The large majority of these trials reported substantial reductions of social anxiety symptoms through ICBT programs. Within effect sizes were mostly large and comparisons to waitlist and more active control groups were positive. Treatment gains were stable from 3 months to 5 years after treatment termination. In conclusion, ICBT is effective in the reduction of social anxiety symptoms. At the same time, not all participants benefit from these treatments to a sufficient degree. Future research should focus on what makes these interventions work in which patient populations, and at the same time, examine ways to implement internet-based treatment in the routine care for socially anxious patients.

Typ och Nyckelord: Proceedings internet-based, intervention, social anxiety disorder, SAD

Referens: Carlbring, P., Boettcher, J., Rozental, A., & Andersson, G. (2014). Side Effects in Internet-Based Interventions for Social Anxiety Disorder. Abstracts from the 8th Medicine 2.0 Summit & World Congress, November 13-14, 2014, Maui, Hawaii, USA.

Abstract: Background: Internet-based interventions are effective in the treatment of various mental disorders and have already been integrated in routine health care in some countries. Empirical data on potential negative effects of these interventions is lacking.

Objective: This study investigated side effects in an Internet-based treatment for Social Anxiety Disorder (SAD).

Methods: A total of 133 individuals diagnosed with SAD took part in an 11-week guided treatment. Side effects were assessed as open formatted questions after week 2 and at post-treatment after week 11. Answers were independently rated by two coders. In addition, rates of deterioration and non-response were calculated for primary social anxiety and secondary outcome measures (depression and quality of life).

Results: In total, 19 participants (14%) described unwanted negative events that they related to treatment. The emergence of new symptoms was the most commonly experienced side effect, followed by the deterioration of social anxiety symptoms and negative well-being. The large majority of the described side effects had a temporary but no enduring negative effect on participants' well-being. At post-treatment, none of the participants reported deterioration on social anxiety measures and 0-7% deteriorated on secondary outcome measures. Non-response was frequent with 32-50% for social anxiety measures and 57-90% for secondary outcomes at post-assessment.

Conclusions: Results suggest that a small proportion of participants in Internet-based interventions experiences negative effects during treatment. Information about potential side effects should be integrated in patient education in the practice of Internet-based treatments.

Typ och Nyckelord: Proceedings Internet interventions, social anxiety disorder

Referens: Carlbring, P., Kuckertz, J.M., Gildebrant, E., Liliequist, B., Karlström, P., Våppling, C., Bodlund, O., Stenlund, T., Hofmann, S.G., Amir, N., & Andersson, G. (2014). Internet-Delivered Attention Training for SAD: Who Responds and Why. Abstracts from the *48th Annual Convention of the Association for Behavioral and Cognitive Therapies*, November 20-23, 2014, Philadelphia, USA.

Abstract: While attention modification programs (AMP) have shown promise as laboratory-based treatments for social anxiety disorder, trials of internet-delivered AMP have not yielded significant differences between active and control conditions. To address these inconsistencies, we examined the moderational and mediational role of attention bias in the efficacy of attention training. We compared data reported by Carlbring et al. (2012) to an identical AMP condition, with the exception that participants were instructed to activate social anxiety fears prior to each attention training session (AMP+FACT; n=39). We also compared all attention training groups to an internet-delivered cognitive-behavioral therapy (iCBT) condition (n=40). Participants in the AMP+FACT group experienced greater reductions in social anxiety symptoms than both active (n=40) and control (n=39) groups reported by Carlbring et al., and did not differ in symptom reductions from the iCBT group. Higher attention bias predicted greater symptom reductions for participants who completed AMP, but not for the control group. Moreover, change in attention bias mediated the relationship between AMP group (active condition reported by Carlbring et al. versus AMP+FACT) and change in social anxiety symptoms. These results suggest the importance of interpreting findings related to symptom change in attention training studies in the context of bias effects.

Typ och Nyckelord: Proceedings internet-delivered attention training, SAD, AMP

Referens: Carlbring, P., & Marklund, A. (2014). Challenger – the Development and Initial Evaluation of a Smartphone Application for Social Anxiety Disorder. In Poster Abstracts from the *7th Scientific Meeting of the International Society for Research on Internet Interventions* (p. 40). October 23-25, 2014, Valencia, Spain.

Abstract: Challenger, a newly developed smartphone application from Stockholm University, provides users with customized challenges. Based on the goals the user chooses, and the answers to questions regarding that goal, an appropriate challenge is created by the app. The user can follow their progress and history on a board game, where they move forward for each challenge they complete. They can also fill their own board with rewards that they find appealing and motivating. After a challenge completion, the user is prompted to write a note reflecting on the experience, and to report their anxiety level during the challenge. If the user so chooses, the note can then be sent anonymously, much like a message in a bottle, to another randomly selected user to provide supportive feedback. That feedback is sent back to the challengee which can then choose to "like", be indifferent to, or dislike (report abuse) the feedback.

In summary, "Challenger" generates customized behavioral experiments, and exposure exercises which are performed in the patients vicinity, and provides the means to reflect on the experience and to also receive anonymous social community support.

A set of valid and commonly used questionnaires were used in the study. Level of social anxiety symptoms was assessed using MINI-SPIN every other day. In addition, once a week PHQ9 and GAD7 were administered in the smartphone application in order to get a general level of depression and anxiety respectively.

Preliminary results indicate that using Challenger decreases social anxiety and depressive symptoms, but data collection is still at an early stage, and we will know much more at the time of the conference. The app can be found at www.mobilKBT.se

Typ och Nyckelord: Proceedings Challenger, smartphone, SAD

Referens: Cassibba, R., Papagna, S., Calabrese, M.T., Costantino, E., Paterno, L., & Granqvist, P. (2014). The role of attachment to God in secular and religious/spiritual ways of coping with a serious disease. *Mental Health, Religion & Culture*, 17(3), 252-261.

Abstract: This study investigated the role of security in one's attachment to God in relation to both secular and religious/spiritual ways of coping with a serious illness. The main objective was to test whether attachment to God and type of disease were related to secular coping strategies, when controlling for the effects of religious/spiritual coping. Study participants (N = 105) had been diagnosed either with cancer (i.e., an acute disease) and were under chemotherapy/awaiting surgery or with renal impairment (i.e., a chronic disease) and were attending dialysis. Results showed that secure attachment to God was uniquely related to fighting spirit, whereas insecure attachment to God was uniquely linked to hopelessness, suggesting that security, unlike insecurity, in one's attachment to God may impact favourably on adjustment to the disease. The only coping strategy related to type of disease was cognitive avoidance, which was linked to chronic disease.

Typ och Nyckelord: Journal attachment to God, religious coping, secular coping, ISSN: 1367-4676

Referens: Clinton, D., Almlöf, L., Lindström, S., Manneberg, M., & Vestin, L. (2014). Drop-In Access to Specialist Services for Eating Disorders: A Qualitative Study of Patient Experiences. *Eating Disorders*, 22(4), 279-291.

Abstract: Lack of patient motivation and dropout are common problems in the treatment of eating disorders. The present study explored patient experiences with open access to specialist eating disorder services through a drop-in program aiming to enable early identification of eating disorders, address motivational problems, and strengthen the therapeutic alliance. Semi-structured qualitative interviews were used to explore the experiences of 11 individuals attending the program. Results suggest that drop-in access may strengthen the therapeutic alliance, motivate engagement in treatment, and reduce dropout. Strengths and weaknesses of the program are discussed and the need for more systematic research is elaborated.

Typ och Nyckelord: Journal eating disorders, patient motivation, dropout, drop-in program, ISSN: 1064-0266

Referens: Corin, L., [Berntson, E.](#), & Härenstam, A. (2014). Patterns of Psychosocial Working Conditions as Predictors of Public Sector Manager's Sustainability: A Two Year Follow Up. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (p. 316). Nottingham, UK: EAOHP.

Abstract: The purpose of this presentation is to demonstrate that by applying the Job Demand- Resources (JD-R) framework using cluster analysis and logistic regression, one important challenge that has been identified as central in the future JD-R research, can be met, i.e. helping organizations to identify potentially hazardous patterns or profiles of psychosocial working conditions. Such profiles are crucial for targeting groups of employees with specific needs, and thus facilitate interventions and prevention strategies relevant to particular profiles of psychosocial working conditions in contemporary working life. Although the body of research in line with the JD-R model is extensive, variable-centered approaches as well as cross-sectional studies are dominating. Thus, the aim of this study is to validate the JD-R model by using a person-centered approach and longitudinal data. Specifically, the study examines whether different patterns of psychosocial working conditions i.e. job demands and job resources are predictors of public sector manager's sustainability in terms of health, turnover intentions and actual turnover. The study uses a manager sensitive instrument developed from numerous qualitative studies in the Swedish public sector. In a baseline study (N=548, Response rate 72.5 %), eight clusters with different patterns of psychosocial working conditions were identified by means of cluster analysis. In the present study, these eight clusters were followed up by a questionnaire two years after baseline (N=491, Response rate 66.5 %) resulting in a longitudinal response rate of 56.7 % (N=311). Logistic regression analyses were used to establish whether any of the eight clusters were associated with the outcomes of interest. In line with the JD-R model, the clusters of psychosocial working conditions display a clear association with health and turnover intentions and to some extent even actual turnover. The results support the hypothesis that different patterns of psychosocial working conditions influence the sustainability of managers. Hence, the JD-R model is a framework that can be used in order for organizations to promote managerial health as well as improving organizational outcomes in terms of turnover and can thus be considered a valuable complement to traditional risk-identification strategies.

Typ och Nyckelord: Proceedings psychosocial working conditions, JD-R framework

Referens: Croy, I., Zehner, C., [Larsson, M.](#), Zucco, G.M., & Hummel, T. (in press). Test-Retest Reliability and Validity of the Sniffin' TOM Odor Memory Test. *Chemical Senses*.

Abstract: Few attempts have been made to develop an olfactory test that captures episodic retention of olfactory information. Assessment of episodic odor memory is of particular interest in aging and in the cognitively impaired as both episodic memory deficits and olfactory loss have been targeted as reliable hallmarks of cognitive decline and impending dementia. Here, 96 healthy participants (18-92 years) and an additional 19 older people with mild cognitive impairment were tested (73-82 years). Participants were presented with 8 common odors with intentional encoding instructions that were followed by a yes-no recognition test. After recognition completion, participants were asked to identify all odors by means of free or cued identification. A retest of the odor memory test (Sniffin' TOM = test of odor memory) took place 17 days later. The results revealed satisfactory test-retest reliability (0.70) of odor recognition memory. Both recognition and identification performance were negatively affected by age and more pronounced among the cognitively impaired. In conclusion, the present work presents a reliable, valid, and simple test of episodic odor recognition memory that may be used in clinical groups where both episodic memory deficits and olfactory loss are prevalent preclinically such as Alzheimer's disease.

Typ och Nyckelord: Journal assessment, human, memory, olfaction, nose, psychophysics, smell, ISSN: 0379-864X

Referens: Dagöö, J., Persson Asplund, R., Andersson Bsenko, H., Hjerling, S., Holmberg, A., Westh, S., Öberg, L., Ljótsson, B., [Carlbring, P.](#), Furmark, T., & Andersson, G. (2014). Cognitive behavior therapy versus interpersonal psychotherapy for social anxiety disorder delivered via smartphone and computer: a randomized controlled trial. *Journal of Anxiety Disorders*, 28(4), 410-417.

Abstract: In this study, a previously evaluated guided Internet-based cognitive behavior therapy for social anxiety disorder (SAD) was adapted for mobile phone administration (mCBT). The treatment was compared with a guided self-help treatment based on interpersonal psychotherapy (mIPT). The treatment platform could be accessed through smartphones, tablet computers, and standard computers. A total of 52 participants were diagnosed with SAD and randomized to either mCBT (n = 27) or mIPT (n = 25). Measures were collected at pre-treatment, during the treatment, post-treatment and 3-month follow-up. On the primary outcome measure, the Liebowitz Social Anxiety Scale - self-rated, both groups showed statistically significant improvements. However, mCBT performed significantly better than mIPT (between group Cohen's d = 0.64 in favor of mCBT). A larger proportion of the mCBT group was classified as responders at post-treatment (55.6% versus 8.0% in the mIPT group). We conclude that CBT for SAD can be delivered using modern information technology. IPT delivered as a guided self-help treatment may be less effective in this format.

Typ och Nyckelord: Journal cognitive behavior therapy, interpersonal psychotherapy, social anxiety disorder, smartphone, Internet, ISSN: 0887-6185

- Referens:** Dalkvist, J., Mossbridge, J., & Westerlund, J. (2014). How to remove the influence of expectation bias in presentiment and similar experiments: A recommended strategy. *Journal of Parapsychology*, 78(1), 80-97.
- Abstract:** Here we reconsider expectation bias in so-called presentiment experiments, with focus on how to handle it. In such experiments, presentiment is usually thought to be demonstrated by showing that significant physiological differences precede stimuli presumed to give rise to different arousal levels. Often these differences suggest that physiological arousal is more likely to precede arousing rather than calming stimuli. Conceivably, however, such reactions can be explained as resulting from expectation bias of the gambler's fallacy type. This bias is based on the (false) notion that the likelihood of an arousing stimulus being presented grows as the number of consecutive calming stimuli increases. Different ways of controlling or avoiding the bias are discussed. Our resulting recommendation is to use analysis of variance (ANOVA) to separate the effect of the bias from the hypothetical presentiment effect, preferably at the trial-by-trial level. We also recommend applying ANOVA to each participant separately and using a "counting" method to test for possible presentiment effects at the group level. Application of ANOVA is illustrated using a simulated example. We anticipate ANOVA can handle not only the gambler's fallacy bias but also similar biases, in presentiment experiments as well as in some conscious precognition experiments.
- Typ och Nyckelord:** Journal expectation bias, presentiment, parapsychology, ISSN: 0022-3387
- Referens:** De Cuyper, N., De Witte, H., Sverke, M., Hellgren, J., & Näswall, K. (2014). Felt job insecurity and union membership: The case of temporary workers. *Drustvena Istrazivanja: Journal for General Social Issues*, 23(4), 577-591.
- Abstract:** The present study investigates the relationship between felt job insecurity and union membership accounting for potential differences between temporary and permanent workers. Consistent with the idea that felt job insecurity leads workers to seek social protection from the unions and with earlier studies, we hypothesize a positive relationship between felt job insecurity and union membership (Hypothesis 1). Furthermore, we argue that this relationship may be stronger among temporary compared with permanent workers (Hypothesis 2): insecure temporary workers are in a situation of 'double vulnerability', hence they have strong motives for unionization. Hypotheses are tested in a cross-sectional sample of 560 Flemish (Dutch-speaking part of Belgium) workers. Our results were as follows: the relationship between felt job insecurity and union membership was not significant. The interaction term between contract type and felt job insecurity was significantly related to union membership: the relationship between felt job insecurity and union membership was positive among temporary workers, but not among permanent workers. This pattern of results may inspire unions to target future recruitment strategies on temporary workers. A route for future research could be to test our hypotheses also longitudinally.
- Typ och Nyckelord:** Journal contingent employment, fixed-term employment, job insecurity, social protection, union, ISSN: 1330-0288
- Referens:** Duarte Fernandes, C.P., Tjelta Westlye, L., Giddaluru, S., Christoforou, A., Kauppi, K., Adolfsson, R., Nilsson, L.-G., Nyberg, L., Johansen Lundervold, A., Reinvang, I., Steen, V.M., Le Hellard, S., & Espeseth, T. (2014). Lack of association of the rs1344706 ZNF804A variant with cognitive functions and DTI indices of white matter microstructure in two independent healthy populations. *Psychiatry Research: Neuroimaging*, 222(1-2), 60-66.
- Abstract:** The rs1344706 single nucleotide polymorphism with in intron 2 of the ZNF804A gene is strongly associated with schizophrenia and bipolar disorder. This variant has also been associated in some studies with a range of cognitive and neuro imaging phenotypes, but several studies have reported no effect on the same phenotypes in other samples. Here, we genotyped 670 healthy adult Norwegian subjects and 1753 healthy adult Swedish subjects for rs1344706, and tested for associations with cognitive phenotypes including general intellectual abilities, memory functions and cognitive inhibition. We also tested whether rs1344706 is associated with white matter microstructural properties using diffusion tensor imaging (DTI) data from 250 to 340 of the Norwegian and Swedish subjects, respectively. Whole-brain voxel-wise statistical modeling of the effect of the ZNF804A variant on two DTI indices, fractional anisotropy (FA) and radial diffusivity (RD), was performed using tract-based spatial statistics (TBSS), and commonly reported effect sizes were calculated within several large-scale white matter pathways based on neuroanatomic atlases. No significant associations were found between rs1344706 and the cognitive traits or white matter microstructure. We conclude that the rs1344706 SNP has no significant effect on these phenotypes in our two reasonably powered samples.
- Typ och Nyckelord:** Journal fractional anisotropy, radial diffusivity, neuroimaging, ISSN: 0925-4927
- Referens:** Durbeej, N., Alm, C., & Hellner Gumpert, C. (2014). Perceptions of treatment among offenders with mental health problems and problematic substance use: The possible relevance of psychopathic personality traits. *Open Journal of Psychiatry*, 4(1), 79-90.
- Abstract:** Substance abuse is related to reoffending, and substance abuse treatment may be effective in reducing criminal recidivism. Psychopathy, however, another factor that strongly correlates with reoffending, may be negatively associated with treatment utilization. This qualitative study explored perceptions of substance abuse treatment among offenders with mental health problems, problematic substance use, and various degrees of psychopathic personality traits. An Interpretative Phenomenological Analysis (IPA) revealed that some treatment perceptions may vary with degree of psychopathic traits. For instance, participants with low and high degrees of psychopathic personality traits had different views on treatment requirements imposed upon them. Many treatment perceptions were also similar between the two participant groups. Thus, treatment perceptions may not be explained by degree of psychopathic personality traits alone, but the presence of some particular psychopathic traits may be relevant in explaining certain treatment perceptions. The results highlight the complex relationship between the individual and the treatment system, and may give input to future studies on rehabilitation of offenders with multiple treatment needs.
- Typ och Nyckelord:** Journal substance abuse, treatment, recidivism, ISSN: 2161-7325
- Referens:** Ebner, N.C., & Fischer, H. (2014). Studying the various facets of emotional aging. *Frontiers in*

Abstract: To study emotional aging is to study a very multi-faceted concept. In particular, the study of emotion and aging covers a wide range of topics. Taking a closer look, domains of functioning can be differentiated such as pertaining to the experiential nature of emotion or its regulation, as well as social-cognitive processes associated with the perception of emotion in others or emotion-related attention and memory retrieval. Importantly, evidence over the last two decades suggests that not all of these functional domains are negatively affected by the aging process. Rather late-life development in emotion-related functional domains is characterized by multi-directionality, in that aging seems to be associated with deterioration in abilities related to emotion perception and increased difficulty remembering (particularly negative compared to positive) emotional information, while emotional experience and emotion-regulatory capacities appear to remain relatively preserved or even improve with age.

Typ och Nyckelord: Journal emotional aging, emotion perception, emotion-related cognition, emotion experience, emotion regulation, multi-faceted, ISSN: 1664-1078

Referens: Ebner, N.C., & Fischer, H. (2014). Emotion and aging: evidence from brain and behavior. *Frontiers in Psychology, 5*, 996.

Abstract: Emotions play a central role in every human life from the moment we are born until we die. They prepare the body for action, highlight what should be noticed and remembered, and guide decisions and actions. As emotions are central to daily functioning, it is important to understand how aging affects perception, memory, experience, as well as regulation of emotions. The Frontiers research topic Emotion and Aging: Evidence from Brain and Behavior takes a step into uncovering emotional aging considering both brain and behavioral processes. The contributions featured in this issue adopt innovative theoretical perspectives and use novel methodological approaches to target a variety of topics that can be categorized into three overarching questions: How do cognition and emotion interact in aging in brain and behavior? What are behavioral and brain-related moderators of emotional aging? Does emotion-regulatory success as reflected in brain and behavior change with age? In this perspective paper we discuss theoretical innovation, methodological approach, and scientific advancement of the thirteen papers in the context of the broader literature on emotional aging. We conclude by reflecting on topics untouched and future directions to take.

Typ och Nyckelord: Journal emotion, aging, brain, behavior, ISSN: 1664-1078

Referens: Eib, C., Bernhard-Oettel, C., Näswall, K., & Sverke, M. (in press). The interaction between organizational justice and job characteristics: Associations with work attitudes and employee health cross-sectionally and over time. *Economic and Industrial Democracy*.

Abstract: The present study investigates to what extent main and interactive effects of overall organizational justice and job characteristics shape employees' work attitudes (organizational commitment, intention to stay) and health (mental health, somatic health) cross-sectionally and after a period of one year. Questionnaire data from 429 Swedish accountants show that generally both organizational justice and job characteristics had main effects on all outcomes at both time points. Interactions between organizational justice and job characteristics were found for every job characteristic studied (demand, control, support), for both time points but mainly for intention to stay and somatic health. The results show that perceptions of organizational justice and job characteristics can have additive and multiplicative synergetic effects for work attitudes and employee health.

Typ och Nyckelord: Journal justice, well-being, demand-control-support, ISSN: 0143-831X

Referens: Eisler, H. (2014). Some research tips from 55 years' psychophysics. In G.R. Patching, M. Johnson, E. Borg, & Å. Hellström (Eds.), *Fechner Day 2014 – Proceedings of the 30th Annual Meeting of the International Society for Psychophysics* (p. 21). August 18-22, 2014, Lund, Sweden.

Abstract: I shall mention some general research problems, my way of tackling them and experimental and theoretical studies to illustrate them. Basic or applied problems? Both! Examples of applied investigations are subjective experience of loudspeaker quality and of surfaces of building materials. In the following problem examples of basic research will be given. Views on validating results: statistics, repetition, converging operations (experiment demonstrating same percept for same stimulus independent of judgmental instructions). Context effects: Psychophysical or perceptual invariance. Data equivalence: the same data can be interpreted differently (Thurstone Case V and VI). Comments on our observers: they know better than the theorist. Kill your darlings: be aware that your theory might be wrong. Functionalism vs. pointillism: work with functions rather than capitalizing on statistical differences in single points. Creative research vs. gap filling research. Time perception in humans and rats. Here I shall give just one reference¹. There I describe the course of a research project with all drawbacks from the failed attempt to use cheap but stupid mice rather than expensive intelligent rats to the change of journal editor who questioned my conclusions in an already accepted paper so that I had to add an appendix in which I proved him wrong. It shows also the impact of serendipity and the advantage of discussions with colleagues. Finally, the lesson on how to boast elegantly I will not give in this summary.

References

1 H. Eisler, *Int. J. Comp. Psychol.* 3, 137-149 (1989).

Typ och Nyckelord: Proceedings psychophysics, research strategies, time perception

Referens: Ejeby, K., Savitskij, R., Öst, L.-G., Ekbohm, A., Brandt, L., Ramnerö, J., Åsberg, M., & Backlund, L.G. (2014). Randomized controlled trial of transdiagnostic group treatments for primary care patients with common mental disorders. *Family Practice, 31*(3), 273-280.

Abstract: Background. The purpose was to test the effectiveness of two transdiagnostic group interventions compared to care as usual (CAU) for patients with anxiety, depressive or stress-related disorders within a primary health care context. Objectives. To compare the effects of cognitive-based-behavioural therapy (CBT) and multimodal intervention (MMI) on the quality of life and relief of psychological symptoms of patients with common mental disorders or problems attending primary health care centre. Methods. Patients (n = 278), aged 18-65 years, were referred to the study by the GPs and 245 were randomized to CAU or one of two group interventions in addition to CAU: (i) group CBT administered by psychologists and (ii) group MMI administered by assistant nurses. The primary outcome measure was the Mental Component Summary score of short form 36.

Secondary outcome measures were Perceived Stress Scale and Self-Rating Scale for Affective Syndromes. The data were analysed using intention-to-treat with a linear mixed model. Results. On the primary outcome measure, the mean improvement based on mixed model analyses across post- and follow-up assessment was significantly larger for the MMI group than for the CBT (4.0; $P = 0.020$) and CAU (7.5; $P = .001$) groups. Participants receiving CBT were significantly more improved than those in the CAU group. On four of the secondary outcome measures, the MMI group was significantly more improved than the CBT and CAU groups. The course of improvement did not differ between the CBT group and the CAU group on these measures. Conclusions. Transdiagnostic group treatment can be effective for patients with common mental disorders when delivered in a primary care setting. The group format and transdiagnostic approach fit well with the requirements of primary care.

Typ och Nyckelord: Journal CBT, common mental disorders, MMI, primary health care, quality of life, transdiagnostic group interventions, ISSN: 0263-2136

Referens: Ejeby, K., Savitskij, R., Öst, L.-G., Ekblom, A., Brandt, L., Ramnerö, J., Åsberg, M., & Backlund, L.G. (2014). Symptom reduction due to psychosocial interventions is not accompanied by a reduction in sick leave: Results from a randomized controlled trial in primary care. *Scandinavian Journal of Primary Health Care*, 32(2), 67-72.

Abstract: Objective. To investigate whether interventions that have positive effects on psychological symptoms and quality of life compared with usual care would also reduce days on sick leave. Design. A randomized controlled trial. Setting. A large primary health care centre in Stockholm, Sweden. Intervention. Patients with common mental disorders were recruited by their GPs and randomized into one of two group interventions that took place in addition to usual care. These group interventions were: (a) group cognitive behavioural therapy (CBT), and (b) group multimodal intervention (MMI). Both types of intervention had previously shown significant effects on quality of life, and MMI had also shown significant effects on psychological symptoms. Patients. Of the 245 randomized patients, 164 were employed and had taken sick leave periods of at least two weeks in length during the study period of two years. They comprised the study group. Main outcome measures. The odds, compared with usual care, for being sick-listed at different times relative to the date of randomization. Results. The mean number of days on sick leave increased steadily in the two years before randomization and decreased in the two years afterwards, showing the same pattern for all three groups. The CBT and MMI interventions did not show the expected lower odds for sick-listing compared with usual care during the two-year follow-up. Conclusion. Reduction in psychological symptoms and increased well-being did not seem to be enough to reduce sickness absence for patients with common mental problems in primary care. The possibility of adding workplace-oriented interventions is discussed.

Typ och Nyckelord: Journal general practice, group psychotherapy, primary health care, psychological symptoms, psychosocial interventions, randomized controlled trial, sick leave, Sweden, ISSN: 1502-7724

Referens: Emmelkamp, P.M.G., David, D., Beckers, T., Muris, P., Cuijpers, P., Lutz, W., Andersson, G., Araya, R., Banos Rivera, R.M., Barkham, M., Berking, M., Berger, T., Botella, C., Carlbring, P., Colom, F., Essau, C., Hermans, D., Hofmann, S.G., Knappe, S., Ollendick, T.H., Raes, F., Rief, W., Riper, H., Van Der Oord, S., & Vervliet, B. (2014). Advancing psychotherapy and evidence-based psychological interventions. *International Journal of Methods in Psychiatric Research*, 23(S1), 58-91.

Abstract: Psychological models of mental disorders guide research into psychological and environmental factors that elicit and maintain mental disorders as well as interventions to reduce them. This paper addresses four areas. (1) Psychological models of mental disorders have become increasingly transdiagnostic, focusing on core cognitive endophenotypes of psychopathology from an integrative cognitive psychology perspective rather than offering explanations for unitary mental disorders. It is argued that psychological interventions for mental disorders will increasingly target specific cognitive dysfunctions rather than symptom-based mental disorders as a result. (2) Psychotherapy research still lacks a comprehensive conceptual framework that brings together the wide variety of findings, models and perspectives. Analysing the state-of-the-art in psychotherapy treatment research, "component analyses" aiming at an optimal identification of core ingredients and the mechanisms of change is highlighted as the core need towards improved efficacy and effectiveness of psychotherapy, and improved translation to routine care. (3) In order to provide more effective psychological interventions to children and adolescents, there is a need to develop new and/or improved psychotherapeutic interventions on the basis of developmental psychopathology research taking into account knowledge of mediators and moderators. Developmental neuroscience research might be instrumental to uncover associated aberrant brain processes in children and adolescents with mental health problems and to better examine mechanisms of their correction by means of psychotherapy and psychological interventions. (4) Psychotherapy research needs to broaden in terms of adoption of large-scale public health strategies and treatments that can be applied to more patients in a simpler and cost-effective way. Increased research on efficacy and moderators of Internet-based treatments and e-mental health tools (e.g. to support "real time" clinical decision-making to prevent treatment failure or relapse) might be one promising way forward.

Typ och Nyckelord: Journal cognitive endophenotypes, dimensional approaches, cognitive processing, models for psychopathology, cognitive behavioural therapy, effectiveness, children, adolescents, e-mental health, ISSN: 1049-8931

Referens: Eneroth, M., Gustafsson Sendén, M., Lövseth, L.T., Schenck-Gustafsson, K., & Fridner, A. (2014). A comparison of risk and protective factors related to suicide ideation among residents and specialists in academic medicine. *BMC Public Health*, 14, 271.

Abstract: Background: Physicians have an elevated risk of experiencing suicidal thoughts, which might be due to work-related factors. However, the hierarchical work positions as well as work-related health differ among resident and specialist physicians. As such, the correlates of suicide ideation may also vary between these two groups. Methods: In the present study, work- and health-related factors and their association with suicidal thoughts among residents ($n = 234$) and specialists ($n = 813$) working at a university hospital were examined using cross-sectional data. Results: Logistic regression analysis showed that having supportive meetings was associated with a lower level of suicide ideation among specialists (OR = 0.68, 95% CI: 0.50-0.94), while an empowering leadership was related to a lower level of suicide ideation among residents (OR = 0.55, 95% CI: 0.32-0.94). Having been harassed at work was associated with suicidal ideation among specialists (OR = 2.26, 95% CI: 1.31-3.91). In addition, sickness presenteeism and work disengagement were associated with suicide ideation in both groups of physicians. Conclusions: These findings suggest that different workplace interventions are needed to prevent suicide ideation in residents and specialists.

Typ och Nyckelord: Journal suicide ideation, academic medicine, residents, specialists, work environment, ISSN: 1471-2458

Referens: Eneroth, M., Gustafsson Sendén, M., Schenck-Gustafsson, K., Wall, M., & Fridner, A. (2014). Reasons to quit among Swedish General Practitioners. In Abstracts brochure of *International Conference on Physician Health: Milestones and transitions - Maintaining the balance* (p. 2). September 15-17, 2014, London, UK.

Abstract: Background: General practitioners play a crucial part in healthcare as they provide the continuity of care that can prevent illness, and they most often represent the patients first contact with health-care. A current problem is however that there is a lack of general practitioners in several countries. Recruitment of general practitioners from abroad is essential to ensure the public's physician access, but there are indications that this group has even greater quitting intentions than native-born physicians. The antecedents of turnover intentions may moreover differ in importance for native-born and foreign-born physicians respectively. Methods and participants: The authors examined five fundamental physician work factors in relation to intention to quit among native-born general practitioners (n=208), and foreign-born general practitioners (n=73) working in a primary care setting in a central area in Sweden. Linear regression analysis was performed with control for age and gender. The sample consisted of 64 % females. Results: Foreign-born general practitioners more often stated that they would quit today if they could than native-born practitioners ($t_{278} = 3,73, p = .001$). Regression analysis revealed that pressure from patients was related to an increased intention to quit in both groups. In addition, vacancies and pressure from financial goals were related to a higher risk of wanting to quit among native-born general practitioners. HR-Primacy was associated with a decreased risk of turnover intentions among the native-born general practitioners, while control of work pace was highly related to a decreased risk of turnover intentions among foreign-born general practitioners. Conclusions: General practitioners primarily experience pressure from patients and financial goals of the care-unit, which may provoke intentions to quit. Study suggestions are that care-unit financial goals are set in consent with physicians, and that control of work pace is encouraged.

Typ och Nyckelord: Proceedings physicians, intention to quit, ethnicity, turnover intentions, GPs, population groups

Referens: Eriksson, G. (2014). *On Physical Relations in Driving: Judgements, Cognition and Perception*. Department of Psychology, Stockholm University (Doctoral dissertation).

Abstract: Drivers need to make judgements of physical relationships related to driving speed, such as mean speed, risks, travel time and fuel consumption, in order to make optimal choices of vehicle speed. This is also the case for the general public, politicians and other stakeholders who are engaged in traffic issues. This thesis investigates how drivers' judgements of travel time (Study I and II), fuel consumption (Study III) and mean speed (Study IV) relate to actual physical measures.

A cognitive time-saving bias has been found in judgements of travel time. The time saving bias implies that people overestimate the time saved when increasing speed from a high speed and underestimate the time saved when increasing speed from a low speed. Previous studies have mainly investigated the bias from a cognitive perspective in questionnaires. In Study I the bias was shown to be present when participants were engaged in a driving simulator task where participants primarily rely on perceptual cues. Study II showed that intuitive time saving judgements can be debiased by presenting drivers with an alternative speedometer that indicate the inverted speed in minutes per kilometre.

In Study III, judgements of fuel consumption at increasing and decreasing speeds were examined, and the results showed systematic deviations from correct measures. In particular, professional truck drivers underestimated the fuel saving effect of a decrease in speed. Study IV showed that subjective mean speed judgements differed from objective mean speeds and could predict route choice better than objective mean speeds. The results indicate that biases in these judgements are robust and that they predict behaviour.

The thesis concludes that judgements of mean speeds, time savings and fuel consumption systematically deviate from physical measures. The results have implications for predicting travel behaviour and the design of driver feedback systems.

Typ och Nyckelord: Dissertation time saving bias, fuel consumption, route choice, mean speed, speed choice, time gain, driver judgements, ISBN: 978-91-7447-855-6

Referens: Eriksson, G., Svenson, O., & Eriksson, L. (2014). Debiasing time saving judgements by manipulation of speed display. In De Waard, D., Brookhuis, K., Wiczorek, R., Di Nocera, F., Barham, P., Weikert, C., Kluge, A., Gerbino, W., & Toffetti, A., (Eds.), *Proceedings of the Human Factors and Ergonomics Society Europe Chapter 2013 Annual Conference* (pp. 161-168). October, 2013, Torino, Italy.

Abstract: The time saving bias predicts that when increasing speeding from a high speed (e.g. 100 kph) the time saved is overestimated and underestimated when increasing speed from a slow speed (e.g. 30 kph). An alternative meter indicating the inverted speed (min/km) was used to debias time saving judgements in an active driving task. The simulated driving task was to first drive a distance at a given speed and then drive the same distance again at the speed the driver judged was required in order to gain exactly three minutes in travel time compared to the first drive. A control group performed the same task with a speedometer and saved less than the targeted three minutes when increasing speed from a high speed and more than three minutes when increasing from a low speed, as predicted by the time saving bias. Participants in the alternative meter group were closer to the target. The study shows that biased intuitive judgements can be affected by changing information format.

Typ och Nyckelord: Proceedings debiasing, time saving judgements, manipulation

Referens: Eriksson Sörman, D., Sundström, A., Rönnlund, M., Adolffson, R., & Nilsson, L.-G. (2014). Leisure activity in old age and risk of dementia: A 15-year prospective study. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 69(4), 493-501.

Abstract: Objectives: The aim of this study was to investigate whether leisure activity is associated with incident dementia in an older sample. Method: We examined a sample of 1,475 elderly (≥ 65 years) who were dementia free at baseline over a follow-up period of up to 15 years. In addition to analyses involving the total time period, separate analyses of three time periods were performed, 1-5, 6-10, and 11-15 years, following baseline measurement of leisure activity. Results: After controlling for a variety of potential confounders, analyses of data for the total time period revealed that higher levels of "Total activity" and "Social activity," but not "Mental activity," were associated with decreased risk of dementia. However, analyses of the separate time

periods showed that this association was only significant in the first time period, 1–5 years after baseline. Discussion: The results from this study provide little support for the hypothesis that frequent engagement in leisure activities among elderly serve to protect against dementia diseases across a longer time frame. The finding of a relationship for the first time period, 1–5 years after baseline, could indicate short-term protective effects but could also reflect reverse causality.

Typ och Nyckelord: Journal cognitive aging, dementia, leisure activities, lifestyle, longitudinal, ISSN: 1079-5014

Referens: [Ewalds-Kvist, B., & Lütznén, K. \(in press\). Miss B pursues death and Miss P life in the light of V.E. Frankl's existential analysis. *Omega: Journal of Death and Dying*.](#)

Abstract: The attitudes towards life of two women, Miss B in United Kingdom and Miss P in Finland and their individual ways of dealing with suffering in the form of acute ventilator assistance and paralysis from the neck down were analyzed by means of existential analysis. According to Viktor E. Frankl, we always have the freedom to find a meaningful worth in life despite overwhelming situations. Existential frustration may easily be mistaken for depression but does not fulfill the latter state's criteria. What matters in an extreme situation is the change of attitude the patient courageously adopts or is forced to adopt. As a result, even a life in extreme conditions - has a chance to become existentially meaningful along three paths: creative values, experiential values and by a change of attitude towards unavoidable suffering. If any one of these pathways is obstructed in some mode, a person may not experience a meaningful existence and a will to survive. Our conclusion of the present analysis of Miss B and Miss P and their different attitudes towards their predicament was that a misdirected existential meaning may be averted by applying the basic tenets in an existential analysis approach.

Typ och Nyckelord: Journal existential analysis, existential meaning, V.E. Frankl, paralysis, ventilator assistance, ISSN: 0030-2228

Referens: [Falkenberg, H., & Head, J. \(2014\). How does control at work and at home relate to the balance between work and family for women and men in different employment grades? Results from the Whitehall II study. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh, *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* \(p. 281\). Nottingham, UK: EAOHP.](#)

Abstract: Two domains of major importance for many individuals are the domains of work and family. These domains could put high demands on the individual and when these demands are in conflict there is a risk for negative health consequences (Allen et al., 2000; Amstad et al., 2011). However, research has also shown that the multiple roles of work and family could be a source of satisfaction (Öun, 2012). A major challenge is thus to identify factors that contribute to lessen the potential conflicts between work and family. Control at work has been shown to facilitate for employees to combine work and family (DiRenzo et al., 2011; Grzywacz & Butler, 2005; Thomas & Ganster, 1995; Voydanoff, 2004), but it is not clear if control at work relates to the possibility to combine work and family in the same way for women and men in different hierarchic levels. In a similar vein, control at home could be beneficial for the work-family balance (Lapierre & Allen, 2012), but less is known about if control at home relates to the possibility to combine work and family differently depending on such as gender and socioeconomic status. The aim of this study is first to investigate how gender and employment grade are associated with work-family interference (WFI) and family-work interference (FWI) and then to investigate how control at work and at home relate to WFI and FWI for women and men with different employment grades. Data from the Whitehall II study of British Civil servants 1991-1993 (phase 3) and 1997-1999 (phase 5) were analysed. This included 3551 (841 women and 2710 men) in three non-industrial employment grades (administrative, executive/professional and clerical/support) with mean age 46.65 (SD: 4.79; range 39-62) who had complete data for all variables in the present study. Initial analyses suggests that there are gender differences and that control – both at home and at work – reduces the interference between work and family. Employees in higher grades do report more difficulties in combining work and family. Results of the interactions between gender, employment grade and control in relation to WFI and FWI are yet to be analysed. The results will add to the knowledge of how women and men in different employment grades can combine work and family and how control contributes to enable for employees to combine two important spheres of their lives; that of work and of family.

Typ och Nyckelord: Proceedings work-family interference, gender, socioeconomic status, control

Referens: [Fernaes, S.-E., Östberg, P., Wahlund, L.-O., & Hellström, Å. \(2014\). Memory factors in Rey AVLT: Implications for early staging of cognitive decline. *Scandinavian Journal of Psychology, 55*\(6\), 546-553.](#)

Abstract: Supraspan verbal list learning is widely used to assess dementia and related cognitive disorders where declarative memory deficits are a major clinical sign. While the overall learning rate is important for diagnosis, serial position patterns may give insight into more specific memory processes in patients with cognitive impairment. This study explored these patterns in a memory clinic clientele. One hundred eighty three participants took the Rey Auditory-Verbal Learning Test (RAVLT). The major groups were patients with Alzheimer's disease (AD), Vascular Dementia (VD), Mild Cognitive Impairment (MCI), and Subjective Cognitive Impairment (SCI) as well as healthy controls (HC). Raw scores for the five trials and five serial partitions were factor analysed. Three memory factors were found and interpreted as Primacy, Recency, and Resistance to Interference. AD and MCI patients had impaired scores in all factors. SCI patients were significantly impaired in the Resistance to Interference factor, and in the Recency factor at the first trial. The main conclusion is that serial position data from word list testing reflect specific memory capacities which vary with levels of cognitive impairment.

Typ och Nyckelord: Journal Rey AVLT, serial positions, mild cognitive impairment, factor analysis, primacy, recency, interference, ISSN: 0036-5564

Referens: [Ferrer-Wreder, L. \(2014\). Advancing child and adolescent well-being through positive youth development and prevention programs. I A. Ben-Arieh, I. Frones, F. Casas, & J.E. Korbin \(Eds.\), *The Handbook of Child Well-Being* \(pp. 3035-3041\). New York: Springer.](#)

Abstract: This chapter is a commentary that highlights advances in a particular group of interventions—positive youth development (PYD) and prevention interventions that have demonstrated utility in increasing the social and emotional competence of children and adolescents. As this chapter documents, social and emotional competence has been central to several PYD (e.g., Catalano et al. 2002; Durlak et al. 2010) and prevention interventions (e.g., Beelmann and Lösel 2006). Importantly, interventions focused on building social and

emotional competence have demonstrated wide ranging beneficial effects on a number of important positive and problematic outcomes. Social and emotional competence is a particularly useful construct, in that it may be of explanatory importance to the etiology and developmental progression of both optimal and problematic outcomes. It represents one of potentially many examples of how the wider frameworks of PYD and prevention science might attain greater synergy. Such examples are critical in that the middle ground between prevention science and PYD could eventually represent one of the leading edges of future growth and innovation for intervention science. As intervention science matures, there is a clear need to widen the reach of interventions, helping more people on larger scales more flexibly and reliably. Although present day meta-analyses reveal a great deal, the next phases of intervention science will increasingly center on the need to know how interventions fare under varying conditions. Such information exists in some cases, but a greater integration of the stage of intervention development information in meta-analyses is needed.

Typ och Nyckelord: Book (chapter) prevention, children, adolescents, well-being, positive youth development, ISBN: 978-90-481-9062-1

Referens: Ferrer-Wreder, L., Montgomery, M.J., Lorente, C.C., & Habibi, M. (2014). Identify Interventions for Adolescents: Promoting Optimal Identity. In T. Gullotta & M. Bloom (Series Ed.), *The encyclopedia of primary prevention and health promotion: Adolescent Volume* (pp. 1278-1287). 2nd edition. New York: Springer.

Abstract: Encyclopedia information
Public Health is one of the fastest growing university programs in the United States today. At the same time, the challenges that face the practitioner continue to grow and become more complex. This Encyclopedia of Primary Prevention and Health Promotion, 2nd ed covers more than 250 topics, taking a lifespan approach to the fields of public health and prevention.

The encyclopedia is divided into four volumes:

1. Foundational Topics
2. Early Childhood and Childhood
3. Adolescence
4. Adulthood and Older Adulthood

Within each volume, issues of illness prevention and health promotion (sometimes referred to as "positive psychology") are addressed in chapter-length entries arranged alphabetically.

An international group of contributors synthesizes research focusing on improving the physical and mental health of the community as a whole. Each entry will have a structured format: Introduction, Definition of Terms, Prevalence, Theories, Empirical Studies, and Strategies (What Works, What Is Promising, What Doesn't Work). Each entry concludes with a look ahead to the coming decades of Public Health - what are the next steps to primary prevention and health promotion - and a "See Also" box recommending books, films, or articles by the editors for further reading.

The encyclopedia is designed for practitioners, students, and researchers working in prevention, public health, and psychology. It will also serve as reference for practitioners in sociology, social work, nursing and medicine.

The second edition more than doubles the number of entries in the first edition by adding entries focusing on gender, African American and Latino issues, social support, social and emotional learning, and physical health and disease. All entries from the first edition will be rewritten and expanded, reflecting the most up to date thinking in the field.

Typ och Nyckelord: Book (chapter) identity intervention adolescence, ISBN: 978-1-4614-5998-9

Referens: Ferrer-Wreder, L., Sugimura, K., Trost, K., Poyrazli, S., Klingstedt, M.-L., & Thomas, S. (in press). The Intersection of Culture, Health, and Risk Behaviors in Emerging and Young Adults. In L.A. Jensen (Ed.), *The Oxford Handbook of Human Development and Culture: An Interdisciplinary Perspective*. Oxford: Oxford University Press.

Abstract: This chapter provides a cross-cultural exploration of antisocial behavior, substance use, and sexual behavior in relation to health among emerging and young adults. By summarizing what is known about these risk behaviors and health in Sweden, Japan, and Turkey, the authors discuss differences and commonalities between countries in terms of proximal causes and the relations between risk behaviors and disease. Finally, the authors discuss the importance of the development of theories that have the potential to bridge the not-so-distal connection between cultural resources, developmental processes, and health. The chapter ends with an examination of selected themes across the respective nations and recommendations for how to advance future research on risk and health in emerging and young adults.

Typ och Nyckelord: Book (chapter) emerging adulthood, young adulthood, antisocial behaviors, substance use, sexual behaviors, Turkey, Japan, Sweden, ISBN: 9780199948550

Referens: Ferrer-Wreder, L., Wänström, L., & Corovic, J. (2014). Midlife outcomes of educationally underachieving Swedish adolescents with above average generalized intelligence. *Research in Human Development, 11*(3), 217-236.

Abstract: Some people will follow a different educational path despite having the intellectual ability to do well in school. This study explored how educational achievers and underachievers were different from each other in middle adulthood as well as examined which individual and contextual factors in adolescence were important to educational underachievement in middle adulthood. Participants are a school cohort followed from age 10 to middle adulthood (N = 1,326) and are from the Swedish longitudinal research program entitled Individual Development and Adaptation. This study focuses on a subgroup of Individual Development and Adaptation participants (n = 304) with above average intelligence (Mean IQ = 119.39, SD = 5.97). Study findings showed that a minority of adolescents in the study focal group (26%) did not complete high school, and women were more likely to educationally underachieve than men. A simultaneous multilevel logistic regression, with school class accounted for in the analysis, showed that for those of above average intelligence parents' socioeconomic status and school grades were the strongest predictors of educational attainment. Finally, in midlife, underachievers had lower incomes and occupational levels, drank less frequently, and rated their health as worse than achievers. Study implications are discussed in terms of ways to advance the field of gifted underachievement and in relation to Swedish gifted educational policy.

Typ och Nyckelord: Journal IQ, midlife outcome, longitudinal, IDA, ISSN: 1542-7609

Referens: Flohr, E.L.R., Arshamian, A., Wieser, M.J., Hummel, C., Larsson, M., Muehlberger, A., & Hummel, T. (2014). The Fate of the Inner Nose. Odor imagery in patients with olfactory loss. *Neuroscience*, 268, 118-127.

Abstract: Cerebral activations during olfactory mental imagery are fairly well investigated in healthy participants but little attention has been given to olfactory imagery in patients with olfactory loss. To explore whether olfactory loss leads to deficits in olfactory imagery, neural responses using functional magnetic resonance imaging (fMRI) and self-report measures were investigated in 16 participants with acquired olfactory loss and 19 control participants. Participants imagined both pleasant and unpleasant odors and their visual representations. Patients reported less vivid olfactory but not visual images than controls. Results from neuroimaging revealed that activation patterns differed between patients and controls. While the control group showed stronger activation in olfactory brain regions for unpleasant compared to pleasant odors, the patient group did not. Also, activation in critical areas for olfactory imagery was correlated with the duration of olfactory dysfunction, indicating that the longer the duration of dysfunction, the more the attentional resources were employed. This indicates that participants with olfactory loss have difficulties to perform olfactory imagery in the conventional way. Regular exposure to olfactory information may be necessary to maintain an olfactory imagery capacity.

Typ och Nyckelord: Journal olfactory loss, functional magnetic resonance imaging, mental imagery, olfaction, vividness, ISSN: 0306-4522

Referens: Folkesson Hellstadius, L. (2014). *Psychobiological functioning in mid-adolescent girls and boys: Linkages to self reported stress, self-esteem and recurrent pain*. Department of Psychology, Stockholm University (Doctoral dissertation).

Abstract: Among adolescents, the day-to-day functioning of the hypothalamo-pituitary-adrenal-axis (HPA-axis) and of the autonomic nervous system (ANS) and their relationships with stress, subjective health complaints and psychological factors such as self-esteem, studied in naturalistic settings, have been largely unexplored. This thesis aimed to investigate the diurnal activity of the HPA-axis (Studies I & II) in terms of salivary cortisol and the ANS/SNS system (Study III) in terms of salivary alpha-amylase (sAA) in mid-adolescent girls and boys. Additionally, linkages between self-reported stress, self-esteem, recurrent pain and biomarkers were investigated. A further aim was to describe potential differences between girls and boys respectively. Study I showed that both girls and boys exhibited the typical diurnal cortisol profile with high levels in the morning that decreased throughout the day. Girls had higher total cortisol levels, while no differences emerged for measures of the cortisol increase. Study II showed no significant linkages between self-ratings of stress and cortisol. However, stress was associated with recurrent pain in girls. Study III showed that, for girls, both self-esteem and self-reported stress were related to morning levels of both cortisol and sAA, to the diurnal sAA output and to a conjoint measure of amylase over cortisol, AOC. To conclude, the findings suggest that both stress and self-esteem may be linked to different measures of ANS and HPA-axis activity, but also to measures of ANS and HPA-axis dysregulation, particularly among mid-adolescent girls.

Typ och Nyckelord: Dissertation adolescents, cortisol, alpha-amylase, stress, self-esteem, recurrent pain, ISBN: 978-91-7447-980-5

Referens: Folkesson, L., Riva, R., Östberg, V., & Lindfors, P. (2014). Single and aggregate salivary cortisol measures during two schooldays in midadolescent girls and boys. *PsyCh Journal*, 3(2), 121-131.

Abstract: The hypothalamic-pituitary-adrenal (HPA) axis, including its regulation of cortisol, is central to bodily functioning and salivary cortisol is a commonly used biomarker that reflects the functioning of the HPA axis. However, knowledge of diurnal cortisol rhythms in healthy adolescents is limited and few studies have examined patterns in midadolescent girls and boys across single and aggregate cortisol measures. To fill this gap, the present study investigated single and aggregate cortisol measures reflecting diurnal rhythms in 14 to 16-year-old girls and boys. Self-administered salivary samples from 79 girls and 42 boys were collected during two schooldays at four timepoints: (a) immediately at awakening, (b) 30 min after waking up, (c) 60 min after waking up, and (d) at 8:00 p.m. Additionally, diary data including time of awakening, sampling times, and other potential confounders were analyzed. As for single measures, both girls and boys exhibited a typical diurnal cortisol profile with high levels in the morning that decreased throughout the day. However, girls had higher morning cortisol than did boys with significant differences at time of awakening, and at 30 and 60 min postawakening. For the aggregate measures, girls had a larger total level of cortisol in terms of cortisol awakening response (CAR), area under the curve (AUCG), and rise over run (slopeawake to last), while no differences emerged for reactivity measures. Taken together, these findings suggest differences in single and aggregate cortisol measures between midadolescent girls and boys. Such differences in diurnal cortisol between pubertal girls and boys may play a role for the differential health trajectories typically found among adult women and men.

Typ och Nyckelord: Journal adolescence, covariates, gender, salivary cortisol measures, ISSN: 2046-0252

Referens: Folkesson, L., Östberg, V., & Lindfors, P. (2014). Self-esteem and stress as associated with diurnal profiles of salivary alpha-amylase and cortisol in mid-adolescents. *International Journal of Behavioral Medicine*, 21 (S1), S116.

Abstract: Salivary cortisol and alpha-amylase (sAA) that reflect hypothalamopituitary-adrenal axis (HPA-axis) activity and sympathetic activity within the autonomic nervous system (ANS) respectively, are biomarkers with pronounced diurnal rhythms. While research on salivary cortisol is increasing, little is known about the diurnal rhythm of salivary alphaamylase, particularly in adolescents. Also, the linkages between individual factors and self-reports of stress as related to HPA-axis activity and autonomic/sympathetic functioning remain to be investigated. This study set out to investigate diurnal rhythms of salivary cortisol and alpha-amylase in 14-16 year-old girls and boys. Moreover, the study investigated whether stress and self-esteem are related to aggregate salivary cortisol and alpha-amylase measures. Besides self-reports in questionnaires, self-administered salivary samples were collected from 47 girls and 23 boys during a school day. Results showed girls had higher levels of morning cortisol than did boys, while there were no differences in morning or diurnal sAA. Additionally, self-esteem and self-reported stress were associated with different measures of cortisol and sAA but for girls only. Taken together, the findings suggest that both self-reported stress and self-esteem are linked to various aspects of sympathetic ANS activity and HPA-axis activity, particularly among mid-adolescent girls.

Typ och Nyckelord: Proceedings s-cortisol, s-amylase, self-ratings

Referens: Fransson, E., Folkesson, F., Bergström, M., Östberg, V., & Lindfors, P. (2014). Exploring salivary cortisol and recurrent pain in mid-adolescents living in two homes. *International Journal of Behavioral Medicine*, 21 (S1), S23.

Abstract: Introduction: Every year, around 50.000 children in Sweden experience a separation between their parents. Joint physical custody (JPC), where the child alternates homes between the parents for about equal amount of time, has become a common living arrangement after parental separation. Children living in two homes can benefit from everyday contact with both parents and access to both parents' financial resources. However, children can also experience stress from constantly moving and from exposure to any parental conflict. Yet, research on JPC and stress-related biological functioning is limited. The aim of this study was to investigate how living arrangements (intact family/JPC) relate to HPA-axis activity and recurrent pain in mid-adolescents. Methods: Mid-adolescents (106 girls and 51 boys) provided demographic details, self-reports of recurrent pain (headache, stomachache, neck/shoulder and back pain) and salivary samples. Salivary cortisol samples were collected: 1) immediately at awakening, 2) +30 minutes, 3) +60 minutes, and 4) at 8 p.m. Results: Hierarchical regressions showed that living arrangements did not predict morning cortisol levels, the diurnal cortisol rhythm nor recurrent pain. However, sex was significantly associated with both morning cortisol and recurrent pain. Conclusion: Living arrangements were not linked to HPA-axis activity or recurrent pain in this group of well-functioning mid-adolescents. Although this is the first study investigating how living arrangements relate to HPA-axis functioning, which means that additional research is needed, the findings suggest that these mid-adolescents have adapted to their living arrangements and that other factors seem more pertinent for HPA-functioning and subjective health complaints.

Typ och Nyckelord: Proceedings joint custody, cortisol, pain

Referens: Fransson, E., Folkesson, L., Bergström, M., Östberg, V., & Lindfors, P. (2014). Exploring salivary cortisol and recurrent pain in mid-adolescents living in two homes. *BMC Psychology*, 2(1), 46.

Abstract: Background: Each year, around 50.000 children in Sweden experience a separation between their parents. Joint physical custody (JPC), where the child alternates homes between the parents for about equal amount of time, has become a common living arrangement after parental separation. Children in two homes could benefit from everyday contact with both parents and access to both parents' financial resources. However, children could experience stress from being constantly moving and potentially exposed to parental conflicts. Still, studies on JPC and biological functioning related to stress, are lacking. The aim of this study was to investigate how living arrangements (intact family/JPC) relate to HPA-axis activity and recurrent pain in mid-adolescents.

Methods: Mid-adolescents (106 girls and 51 boys) provided demographic details, self-reports of recurrent pain (headache, stomachache, neck/shoulder and back pain) and salivary samples. Salivary cortisol samples were collected: 1) immediately at awakening, 2) +30 minutes, 3) +60 minutes, and 4) at 8 p.m. The cortisol awakening response (CAR) was computed using an established formula. Additionally, the diurnal decline between the waking and 8 p.m. samples was computed.

Results: Hierarchical multiple regressions showed that living arrangements (intact family/JPC) was not associated with morning cortisol (CAR), the diurnal cortisol decline or with recurrent pain. However, sex was a significant predictor of both cortisol measures and recurrent pain with girls exhibiting a higher cortisol awakening response and a greater diurnal decline value as well as reporting more recurrent pain than did boys.

Conclusions: Living arrangements were not associated with HPA-axis activity or recurrent pain in this group of well-functioning mid-adolescents. Although this study is the first to investigate how living arrangements relate to HPA-axis functioning and additional studies are needed, the tentative findings suggest that these mid-adolescents have adapted to their living arrangements and that other factors play a more pertinent role for HPA-functioning and subjective health.

Typ och Nyckelord: Journal HPA-axis activity, cortisol, mid-adolescence, recurrent pain, joint physical custody, ISSN: 2050-7283

Referens: Frick, A., Gingnell, M., Marquand, A.F., Howner, K., Fischer, H., Kristiansson, M., Williams, S.C.R., Fredrikson, M., & Furmark, T. (2014). Classifying social anxiety disorder using multivoxel pattern analyses of brain function and structure. *Behavioural Brain Research*, 259, 330-335.

Abstract: Functional neuroimaging of social anxiety disorder (SAD) support altered neural activation to threat-provoking stimuli focally in the fear network, while structural differences are distributed over the temporal and frontal cortices as well as limbic structures. Previous neuroimaging studies have investigated the brain at the voxel level using mass-univariate methods which do not enable detection of more complex patterns of activity and structural alterations that may separate SAD from healthy individuals. Support vector machine (SVM) is a supervised machine learning method that capitalizes on brain activation and structural patterns to classify individuals. The aim of this study was to investigate if it is possible to discriminate SAD patients (n = 14) from healthy controls (n = 12) using SVM based on (1) functional magnetic resonance imaging during fearful face processing and (2) regional gray matter volume. Whole brain and region of interest (fear network) SVM analyses were performed for both modalities. For functional scans, significant classifications were obtained both at whole brain level and when restricting the analysis to the fear network while gray matter SVM analyses correctly classified participants only when using the whole brain search volume. These results support that SAD is characterized by aberrant neural activation to affective stimuli in the fear network, while disorder-related alterations in regional gray matter volume are more diffusely distributed over the whole brain. SVM may thus be useful for identifying imaging biomarkers of SAD.

Typ och Nyckelord: Journal support vector machine, classification, social anxiety disorder, multivoxel pattern analysis, biomarker, ISSN: 0166-4328

Referens: Fridner, A., Pingel, B., Løvseth, L.T., Gustafsson Sendén, M., & Schenck-Gustafsson, K. (2014). From awareness to action using the survey feedback method. *Journal of Health Science*, 2(7), 325-329.

Abstract: Reports from European university hospitals show an increase in work-related mental strain. Four European university hospitals started a comprehensive research program called Health and Organisation among University hospitals Physicians in Europe—the HOUPE Study in the year 2003. Based on the results from the

HOUPE study, the authors conducted an intervention project together with HR-consultants at one of the participating hospitals. A collected cross-sectional survey in 2005 among permanently employed academic physicians (N = 1800, response rate 60%) at Karolinska University Hospital in Sweden. Results from the study were used in survey feedback seminars (N = 250). This method is a way of systematic collection of data to process and give feedback to the organisation's members in order to initiate organisational change. By providing results based on the total sample, on each division, and unpublished data from each clinic the authors aimed to improve physicians' health and work satisfaction and thereby enhance the health of the physicians. Feedback seminars can arouse many emotions and might make people defensive. The role of resistance in the process of change is a paradox in that resistance slows down change. However, without resistance there will be no change at all. The authors conducted 20 feedback seminars of three hours duration where results were discussed relating mainly to the psychosocial work environment, psychological distress, and career paths, i.e., job demands, control at work, social interactions, leadership, commitment to the organisation, harassment at work, burnout, depression and suicide ideation. Altogether, 250 physicians participated in these meetings. To achieve acceptance for organisational change, data about relevant conditions in the organisation have to be processed in a systematic way in collaboration with all those who will benefit from changes, in concrete work units as divisions and clinics.

Typ och Nyckelord: Journal work interventions, survey feed back, physician health, ISSN: 2328-7136

Referens: Garefelt, J., Åkerstedt, T., Westerlund, H., Magnusson Hanson, L., Sverke, M., & Kecklund, G. (2014). Work and sleep – a prospective study of stress, work, demands, physical work environment and work scheduling. In Abstracts of the 22nd Congress of the European Sleep Research Society, September 16-20, 2014, Tallin, Estonia. *Journal of Sleep Research*, 23 (Suppl. 1), 218.

Abstract: Objective: There is limited knowledge about the prospective relation between work characteristics (stress, physical work environment, work hours) and disturbed sleep. The present study sought to provide such knowledge. Method: The study was based on self-rated questionnaire data from two waves of the SLOSH cohort, The Swedish Longitudinal Occupational Survey of Health, an approximately representative sample of the working population in Sweden. In total, 5741 persons (54% women, age 24–72, gainfully employed at both waves) were included in the analyses. Results: Work-related factors at T1 (e.g. work demands, control, social support, physical work environment, work hours and stress) were analyzed with logistic regression with sleep disturbances at T2 as the outcome. Work demands (OR 95% CI, 1.57; 1.28–1.93) and stress (1.51; 1.27–1.85) at T1 predicted sleep disturbances at T2. When the work related predictors from T1 and T2 were combined, persistent high work demands and stress levels related to disturbed sleep at T2, as did an increase in stress and decrease in social support. A reverse relation between disturbed sleep at T1 and stress and high work demands at T2 was also found, suggesting a bidirectional relationship. Neither shift work, long hours, heavy physical work, noise at work, nor poor lighting conditions predicted disturbed sleep. Conclusions: Psychosocial risk factors at work related to subsequent self-reported disturbed sleep, but long hours, shift work and physical work environment variables did not. The results are important for understanding the role of work factors in sleep disturbances. Disclosure: Nothing to disclose.

Typ och Nyckelord: Proceedings work, sleep, stress, work, demands, physical work environment, work scheduling

Referens: Geraghty, A.W.A., Kirby, S., Essery, R., Little, P., Bronstein, A., Turner, D., Stuart, B., Andersson, G., Carlbring, P., & Yardley, L. (2014). Internet-based vestibular rehabilitation for adults aged 50 years and over: a protocol for a randomised controlled trial. *BMJ Open*, 4(7).

Abstract: Introduction: Dizziness is highly prevalent in older adults and can lead to falls, fear of falling, loss of confidence, anxiety and depression. Vestibular rehabilitation (VR) exercises are effective in reducing dizziness due to vestibular dysfunction, but access to trained therapists is limited. Providing dizzy patients with booklets teaching them how to carry out VR exercises has been shown to be a cost-effective way of managing dizziness in primary care. Internet-based intervention delivery has many advantages over paper-based methods, including the provision of video instructions, automated tailoring and symptom-related feedback. This trial will examine whether an internet-based VR intervention is (1) effective in reducing dizziness and (2) a cost-effective primary care treatment option. Methods/analysis: This will be a single blind, randomised controlled trial carried out in UK primary care. A stand-alone internet-based VR intervention will be compared with routine care in 262 dizzy patients aged 50 years and over. Measures will be taken at baseline, 3 and 6 months. Our primary outcome measure will be the effectiveness of the intervention in reducing dizziness symptoms compared with routine care at 6 months. Cost-effectiveness will be examined along with the effect of the intervention on dizziness-related disability and symptoms of depression and anxiety. Psychological process variables including expectancy, self-efficacy and acceptance will be explored in relation to adherence and symptom reduction. Ethics/dissemination: This trial has undergone ethical scrutiny and been approved by an NHS Research Ethics Committee, Southampton A REC Reference: 13/SC/0119. The findings of this trial will be disseminated to the scientific community through presentations at national and international conferences, and by publishing in peer review journals. Findings will be disseminated to the public through targeted press releases. This trial will provide valuable information on the role of internet interventions in facilitating self-management in older adults. Trial registration number: ISRCTN: 86912968.

Typ och Nyckelord: Journal internet-based, vestibular rehabilitation, adults, randomised controlled trial, ISSN: 2044-6055

Referens: Glaser, J., Müller, A., & Lindfors, P. (2014). Health-oriented work design interventions. Symposium at the *International Congress of Applied Psychology*, July 8-13, 2014, Paris, France.

Abstract: Background/Aim: Current crisis of Western economies (e.g., growth, acceleration, work intensification) is reflected at an individual level in increasing health problems of work-forces (e.g., musculoskeletal problems, depression). In order to protect and improve work ability and health in organizations intervention strategies should reach beyond individual improvement of health behaviors and resilience and need to take into account more sustainable approaches of work design. We aim to advance knowledge and good practice of health-oriented work design interventions in different organizational contexts. All presented intervention studies are grounded in work psychological theories and concepts. Moreover, the evaluation designs are longitudinal and include intervention as well as control groups. All evaluations are based on well-established measures to assess psychosocial work characteristics as well as employee health. Content/Context: This symposium brings together applied interdisciplinary research of five institutions concerned with occupational health issues (I/O psychology, occupational and psychosomatic medicine) from three countries (Austria, Germany, Sweden). The research groups each have a long tradition in intervention research in different occupational settings. Six papers are proposed for presentations. Implications for research and practice: All presentations in this symposium will
- provide evidence for changes in psychosocial work characteristics and employee health due to work design

interventions
- offer insights into intervention topics and processes in practice
- discuss challenges, benefits and obstacles of health-oriented work design interventions.

Typ och Nyckelord: Proceedings interventions, interdisciplinary, occupational health, ICAP 2014

Referens: [Gonzalez, N., & Svenson, O. \(2014\). Growth and decline of assets: On biased judgments of asset accumulation and investment decisions. *Polish Psychological Bulletin*, 45\(1\), 29-35.](#)

Abstract: Previous research showed that accumulations of capital following stationary interest rates are underestimated by human judges. Hyperbolic discounting was suggested as a descriptive and explanatory model for this phenomenon. First, we investigated judged accumulated capital after a period of annual growth and decline. The degree of underestimation increased with accumulated growth and the results supported hyperbolic discounting as a descriptive model on the group level. However, the hyperbolic model did not apply to the data for one third of the participants. Second, we investigated how investment decisions were related to capital accumulation before the investments and to judgments of the possible outcomes of the future investments. To our surprise, the participants' judgments of expected future accumulated capital did not add predictive power to predictions based on whether there was growth or decline before the investment decision. Unfortunately this strategy leads to suboptimal investment decisions.

Typ och Nyckelord: Journal investment decisions, discounting, uncertainty, growth, decline, ISSN: 0079-2993

Referens: [Granqvist, P. \(2014\). Religion and cognitive, emotional, and social development. In V. Saroglou \(Ed.\), *Religion, personality and social behavior* \(pp. 283-312\). New York: Psychology Press.](#)

Abstract: Book description: Psychological interest in religion, in terms of both theory and empirical research, has been constant since the beginning of psychology. However, since the beginning of the 21st Century, partially due to important social and political events and developments, interest in religion within personality and social psychology has increased. This volume reviews the accumulated research and theory on the major aspects of personality and social psychology as applied to religion. It provides a high quality integrative, systematic, and rigorous review of that work, with a focus on topics that are both central in personality and social psychology and have allowed for the accumulation of solid and replicated and not impressionist knowledge on religion. The contributors are renowned researchers in the field who offer an international perspective that is both illuminating, yet neutral, with respect to religion. The volume's primary audience are academics, researchers, and advanced students in social psychology, it but will also interest those in sociology, political sciences, and anthropology.

Typ och Nyckelord: Book (chapter) religion, cognitive, emotional, social development, ISBN: 9781848726659

Referens: [Granqvist, P. \(2014\). Mental health and religion from an attachment viewpoint: Overview with implications for future research. *Mental Health, Religion & Culture*, 17\(8\), 777-793.](#)

Abstract: I argue in this article that attachment theoretical considerations provide insights into why certain moderators underlie the links observed between religion and mental health. Three sets of moderators are discussed. First, contextual factors associated with heightened attachment activation (e.g., stress, unavailability of one's secular attachment figures, low social welfare) increase the strength of the links observed between religion and mental health. Second, aspects of mental health that are most notably affected by having a safe haven to turn to and a secure base to depart from are particularly reliably linked to religion. Other attachment-related aspects of mental health that religion may promote concerns attenuation of grief and reparation of internal working models following loss of and/or experiences of having been insensitively cared for by other attachment figures. Finally, aspects of religion that are most consistently linked to mental health are partially those that express attachment-components, including belief in a personal, loving God with whom one experiences a close and secure relationship.

Typ och Nyckelord: Journal attachment, religion/spirituality, mental health, internal working models, ISSN: 1367-4676

Referens: [Granqvist, P., Broberg, A.G., & Hagekull, B. \(2014\). Attachment, religiousness, and distress among the religious and spiritual: Links between religious syncretism and compensation. *Mental Health, Religion & Culture*, 17, 726-740.](#)

Abstract: Using the Adult Attachment Interview, we explored differences in attachment, distress, and religiousness among groups of traditionally religious, New Age spiritual, and religiously syncretistic (high on both) participants (Ps) (N=775). Religiously syncretistic Ps showed a preponderance of insecure attachment and were raised by non-religious parents, who were estimated as relatively insensitive. Moreover, religiously syncretistic Ps perceived a personal relationship with God and had experienced increased religiousness/spirituality during difficult life periods, but did not suffer elevated distress. New Agers often mirrored the religiously syncretistic, but had a more even secure-insecure attachment distribution, typically did not perceive a personal relationship with God, and did suffer elevated distress. Traditionally religious Ps were low on distress and raised by religious parents, estimated as relatively sensitive. We conclude that religious syncretism may often express religion/spirituality as compensation. Finally, we speculate that a perceived relationship with God may attenuate distress among those at risk.

Typ och Nyckelord: Journal Adult Attachment Interview, religion, spirituality, New Age, religious syncretism, ISSN: 1367-4676

Referens: [Granqvist, P., Forslund, T., Fransson, M., Springer, L., & Lindberg, L. \(2014\). Mothers with intellectual disability, their experiences of maltreatment and their children's attachment representations: a small-group matched comparison study. *Attachment & Human Development*, 16\(5\), 417-436.](#)

Abstract: Maternal intellectual disability (ID) is regarded a risk factor in child development, but there is no scientific evidence on maternal ID in relation to children's attachment. Using a matched comparison design, a small group (n = 23) of mothers diagnosed with ID was studied to help fill this gap. Besides maternal ID, we examined the role of abuse/trauma/maltreatment (ATM) in the mothers' biographies, along with potential confounds. Comparison group mothers (n = 25) had normal variations in intelligence and matched mothers with ID on residential area, income, child age, and sex. History of maternal ATM was assessed using a semi-structured interview and was found to be significantly more likely in the ID group mothers' experience than the

comparison group mothers. Children's (M age = 77 months) attachment representations were assessed with the Separation Anxiety Test. Among children of mothers with ID, a substantial minority (35%) had a secure and the vast majority (>80%) an organized attachment representation. Mothers with ID who had suffered elevated ATM were significantly more likely to have children who were scored high on disorganization and insecurity. We discuss possible implications of our findings for societal considerations regarding parenting and child attachment in the context of parental ID status.

Typ och Nyckelord: Journal attachment, intellectual disability, abuse/trauma/maltreatment, risk factor, matched comparison, ISSN: 1461-6734

Referens: [Granqvist, P.](#), & Kirkpatrick, L.A. (in press). Attachment and religious representations and behavior. In J. Cassidy, & P.R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (3rd ed.). New York, NY: Guilford.

Abstract:

Typ och Nyckelord: Book (chapter)

Referens: [Granqvist, P.](#), & Moström, J. (2014). There Are Plenty of Atheists in Foxholes-in Sweden. *Archives for the Psychology of Religion*, 36(2), 199-213.

Abstract: We evaluated the veracity of a famous aphorism that is often cited in the scientific study of religion: There are no atheists in foxholes. To provide a critical evaluation, the sample was drawn from one of the world's most secular spots, Sweden. We explored the prevalence of various religious beliefs/non-beliefs and prayer in a sample of parents (n = 57) living with a major threat: having a child with a life-threatening heart condition. For comparison purposes, the prevalence of such beliefs and prayer were explored also in a sample (n = 72) of parents with healthy children. Results showed that a majority of parents endorsed atheist or agnostic beliefs, whereas only a minority endorsed religious beliefs. Roughly half of the sample engaged in prayer. The group of parents with sick children was statistically indistinguishable from the comparison group parents on all variables. Also, between-group differences were generally negligible in terms of effect size; thus, the null results were not due to statistical power problems. We conclude that there may be plenty of atheists in some foxholes.

Typ och Nyckelord: Journal atheism, agnosticism, secularism, religious beliefs, prayer, stress, ISSN: 0084-6724

Referens: Gustafsson, K., [Aronsson, G.](#), Marklund, S., Wikman, A., & Floderus, B. (2014). Peripheral labour market position and risk of disability pension: a prospective population-based study. *BMJ Open*, 4(8), e005230.

Abstract: Objective: To investigate what impact individuals' position in a labour market core-periphery structure may have on their risk of disability pension (DP) in general and specifically on their risk of DP based on mental or musculoskeletal diagnoses. Methods: The study comprised 45 567 individuals who had been interviewed for the annual Swedish Surveys of Living Conditions (1992-2007). The medical DP diagnoses were obtained from the Swedish Social Insurance Agency (1993-2011). The assumed predictors were studied in relation to DP by Cox's proportional hazards regression. The analyses were stratified on sex and age, controlling for social background and self-reported long-standing illness at baseline. Results: All three indicators underlying the categorisation of the core-periphery structure: employment income, work hours and unemployment, increased the risk of DP in all strata. The risk of DP tended to increase gradually the more peripheral the labour market position was. The risk estimates for DP in general and for DP based on mental diagnoses were particularly high among men aged 20-39 years. Conclusions: The core-periphery position of individuals, representing their labour market attachment, was found to be a predictor of future DP. The association was most evident among individuals below 40 years of age with regard to DP based on mental diagnoses. This highlights the need for preventative measures that increase the participation of young people in working life.

Typ och Nyckelord: Journal labour market position, disability pension, ISSN: 2044-6055

Referens: Gustafsson, K., [Aronsson, G.](#), Marklund, S., Wikman, A., Hagman, M., & Floderus, B. (2014). Social Integration, Socioeconomic Conditions and Type of Ill Health Preceding Disability Pension in Young Women: a Swedish Population Based Study. *International Journal of Behavioral Medicine*, 21(1), 77-87.

Abstract: Background: Disability pension has increased in recent decades and is seen as a public health and socioeconomic problem in Western Europe. In the Nordic countries, the increase has been particularly steep among young women. Purpose: The aim was to analyze the influence of low social integration, socioeconomic risk conditions and different measures of self-reported ill health on the risk of receiving disability pension in young women. Method: The study comprised all Swedish women born in 1960 to 1979, who had been interviewed in any of the annual Swedish Surveys of Living Conditions (1990-2002). The assumed predictors were related to disability pension by Cox proportional hazard regression. The mean number of years of follow-up for the 10,936 women was 7 years (SD 3.8), and the study base was restricted to the ages 16 to 43 years of age. Results: An increased risk of receiving a disability pension was found among lone women, those who had sparse contacts with others, job-seeking women, homemakers, as well as women with low education, and poor private financial situations. A tenfold increase in the risk of receiving a disability pension was found among women reporting a long-standing illness and poor self-rated health, compared to women without a long-standing illness and good self-rated health. Psychiatric diagnoses and symptoms/unspecified illness were the strongest predictors of disability pension, particularly before 30 years of age. Conclusion: The study suggests that weak social relations and weak connections to working life contribute to increase the risk of disability pension in young women, also after control for socioeconomic conditions and self-reported ill health. Self-rated health was the strongest predictor, followed by long-standing illness and not having a job (job seekers and homemakers).

Typ och Nyckelord: Journal disability pension, self-rated health, long-standing illness, social integration, social network, sick leave, ISSN: 1070-5503

Referens: [Gustafsson Sendén, M.](#), & [Fridner, A.](#) (2014). The General Practitioner - an Endangered Professional

Group. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard, & K. Teoh (Eds.) *Book of Proceedings, 11th European Academy of Occupational Health Psychology Conference: Looking at the past planning for the future. Capitalizing on occupational health psychology multidisciplinary* (pp. 296-297). April 14-16, 2014, London, UK.

Abstract:

Objective: General practitioners are responsible for the basic health care of the patients and if necessary, ensure the guidance of the patients within the medical system towards specialist care fulfilling the role of the "gatekeeper" of the medical system. However the shortage of doctors resulting in unfilled vacancies in the outpatient departments of hospitals has become a problem for the quality of care and a well-functioning health care delivery. Doctors who are psychologically stressed are more likely to make medical mistakes, show a lower level of empathy, are more dissatisfied with their work and think more often of quitting their jobs or going on pension. The purpose of the study is to examine the relationship between doctors' health, the organisation in which they work and the desire to stay on or quit working as a specialist general practitioner.

Method: Cross sectional survey in 2013 among General Practitioners (GPs) employed in one City Council in Sweden. The criterion variable "intention to quit" was measured on a scale with three items ($\alpha = .86$; QPS-Nordic; Lindström et al, 2000). Exhaustion was measured by Oldenburg Burnout Inventory, OLB, ($\alpha = .82$; Demerouti et al., 2001, 2003), "support from the organization" was measured also by scales from the QPS-Nordic ($\alpha = .87$). Scales about "vacancies" ($\alpha = .90$) and "economic goals" ($\alpha = .86$), were created within the project. For the analyses we used hierarchical multiple regression.

Results: Altogether 193 (63,9%) female GPs and 109 (36,1%) male GPs answered the questionnaire, 44% response-rate. The results showed that analysed factors contributed to (50.6%) of unique variance in the physicians' intention to quit. Physician exhaustion was included in the first model and accounted for 33% of the variance. All the subsequently introduced models added significantly to the "intention to quit", specifically: "vacancies" (9.6%), goal (2.1%) and "support from the organization" (5.2%).

Conclusion: The results show that there are strong associations between physician's level of exhaustion and their intention to quit their work as physicians. The results are important since they show that the organization needs to pay attention to resource planning, how economic goals are introduced in the organizations. A positive aspect is that support from the organizations seems to be a protective factor. This is something that the organizations need to implement.

Typ och Nyckelord: Proceedings general practitioners, turnover intention, exhaustion

Referens:

Gustafsson Sendén, M., Lindholm, T., & Sikström, S. (2014). Selection Bias in Choice of Words: Evaluations of "I" and "We" Differ Between Contexts, but "They" Are Always Worse. *Journal of Language and Social Psychology, 33*(1), 49-67.

Abstract:

In everyday life, people use language to communicate evaluative messages about social categories. A selection bias in language across two social dimensions not previously integrated was examined: a self-inclusive/self-exclusive dimension and an individual/collective dimension. Pronouns as markers for social categories were adopted (I, We, He/She, and They), and a new measure was developed (the Evaluative Sentence Generating task) to investigate the evaluative context selected for the pronouns. Results demonstrate that individuals select a more positive context for self-inclusive than self-exclusive pronouns and a more positive contexts for individual than collective pronouns. However, in an interpersonal context, evaluative differences between I and We diminished, whereas in an intergroup condition the evaluative gap between self-inclusive and self-exclusive pronouns was magnified.

Typ och Nyckelord: Journal language, evaluative messages, social categories, selection bias, ISSN: 0261-927X

Referens:

Gustafsson Sendén, M., Lindholm, T., & Sikström, S. (2014). Biases in news media as reflected by personal pronouns in evaluative contexts. *Social Psychology, 45*(2), 103-111.

Abstract:

This paper examines whether pronouns in news media occurred in evaluative contexts reflecting psychological biases. Contexts of pronouns were measured by computerized semantic analysis. Results showed that self-inclusive personal pronouns (We, I) occurred in more positive contexts than self-exclusive pronouns (He/She, They), reflecting self- and group-serving biases. Contexts of collective versus individual pronouns varied; We occurred in more positive contexts than I, and He/She in more positive contexts than They. The enhancement of collective relative to individual self-inclusive pronouns may reflect that media news is a public rather than private domain. The reversed pattern among self-exclusive pronouns corroborates suggestions that outgroup derogation is most pronounced at the category level. Implications for research on language and social psychology are discussed.

Typ och Nyckelord: Journal pronouns in social categorization, language bias, intergroup bias, self-serving bias, latent semantic analysis, implicit attitudes, ISSN: 1864-9335

Referens:

Gustafsson Sendén, M., Eneroth, M., Wall, M., Schenck-Gustafsson, K., & Fridner, A. (2014). Gender influence on sickness presence in outpatient care. In Abstracts brochure of *International Conference on Physician Health: Milestones and transitions - Maintaining the balance* (pp. 64-65). September 15-17, 2014, London, UK.

Abstract:

Background: In the health care sector sickness presence is common, and especially among physicians. Sickness presence is less studied than sickness absence but might have adverse effects for individual physicians, and for health care of patients (Wallace, et al, 2009). Previous research has shown that female physicians more often go to work while sick (Gustafsson et al., 2013). In this study, it is examined whether men and women also show different reasons for going to work while ill. Method and participants: The study was conducted within outpatient care in a large Swedish city (N = 283, women 64 %). The question studied were sickness presence in a long term perspective, during the last 12 months and reasons for going to work while sick (concern for colleagues; patients; workload; economy; and perceptions of own capability). Results: In a long-term perspective, women indicated that they went to work while sick more often than men, $F(1,282) = 6.06, p = .014$. Among the women, 37 % indicated that they often or very often go to work while ill. For men, this figure was 23.4 %. For the last 12 month, 50% of the women and 40% of the men had gone to work while sick more than two times (mean difference = ns.). Although men and women indicated similar reasons for going to work while sick, there were also interesting differences. Women indicated higher concerns for patients, and the workload as reasons for going to work while sick. On the other hand, men indicated economic concerns to a higher degree than women and that they were capable of going to work while sick. There were no gender differences in concerns for colleagues. Conclusions: Sickness presence might have severe

consequences, both for physicians themselves and for patients and medical care. Knowing the reasons for why physicians go to work is important in order to counter these behaviors. It is also important to notice that sex roles are of relevance in this type of behavior. HR departments and managers within medical care need to address these questions thoroughly and to implement strategies to decrease sickness presence among physicians.

Typ och Nyckelord: Proceedings general practitioners, sickness presentism, HR

Referens: Habibi, M., Tahmasian, K., & Ferrer-Wreder, L. (2014). Self-efficacy in Persian adolescents: Psychometric properties of a Persian version of the Self-Efficacy Questionnaire for Children (SEQ-C). *International Perspectives in Psychology: Research, Practice, Consultation*, 3(2), 93-105.

Abstract: This study was designed to evaluate the psychometric properties of a Persian version of the Self-Efficacy Questionnaire for Children (SEQ-C) among Iranian adolescents. The scale was translated into Persian and administered to 946 high school students (49.8% girls, ages 14 through 19). Participants also completed the Child Depression Inventory, Social Avoidance and Distress Scale, and Spielberger's State-Trait Anxiety Inventory. Finally, participants' grade point averages were collected. Confirmatory factor analysis upheld the original 3-factor structure: social, academic, and emotional self-efficacy. Findings supported the Persian version of the SEQ-C's internal consistency and test-retest reliability. The SEQ-C was related to other constructs in empirically and theoretically expected ways. With respect to gender, there was some noninvariance in factor structure and mean-level gender differences. Other results indicated that girls reported higher social and academic self-efficacy, but lower emotional self-efficacy, relative to boys. The Persian version of the SEQ-C was found to be a valid and reliable measure of self-efficacy among Persian adolescents.

Typ och Nyckelord: Journal self-efficacy, children, youth, ISSN: 2157-3883

Referens: Hansen, N. (2014). *Arbetsvillkor i privat och offentlig sjukvård: Implikationer för personalens attityder och hälsa*. Department of Psychology, Stockholm University (Doctoral dissertation).

Abstract: The shift in health care towards marketization and new types of ownership has mainly been carried out for financial and political reasons aimed at increasing care efficiency and quality. Good working conditions for the personnel are essential for these goals. However, knowledge of the implications at the individual level is still limited. Considering this, the aim of this thesis was to study working conditions, work-related attitudes and health in private for-profit (PFP), private non-profit (PNP), and publicly administered (PA) hospitals in three empirical studies. This was done by investigating how demands and resources at work predict the development of burnout, how control within and over work relate to employee job satisfaction, and how perceptions of empowerment change in connection with privatization and relate to attitudes and health. The empirical studies include cross-sectional and longitudinal questionnaire data from three Swedish acute care hospitals with different ownership types. The results showed higher levels of burnout among nurses at the PFP hospital than those at the PA hospital. There was no difference in levels of job satisfaction among the ownership types. Demands were associated with higher burnout levels and lower job satisfaction. Several job resources were associated with lower burnout, while control was related to higher job satisfaction. In a change from PNP to PFP, employees' empowerment levels remained relatively stable. However, there was a tendency towards standardization as their degrees of empowerment became more similar after privatization. Also, a status-related differentiation in empowerment occurred among the occupational groups as some with low status experienced less empowerment. Altogether, the findings show more similarities than differences among the ownership types, suggesting that ownership is of less importance for both the levels and the impact of working conditions on attitudes and health.

Typ och Nyckelord: Dissertation marketization, health care, ownership type, privatization, work climate, work-related attitudes, health, ISBN: 978-91-7447-884-6

Referens: Hasselbladh, H., & Bejerot, E. (2014). 'All must pass' – creating a new world in Swedish education. *30th EGOS Colloquium*, July 3–5, 2014, Rotterdam, NL. (Full paper.)

Abstract: In this paper we will intend to investigate the grading system in Swedish primary and secondary education. As organization scholars, not researchers in pedagogy, we are interested in how the principles of a particular grading system, and its accompanying bundle of practices, has served to reshape Swedish education in quite a fundamental way. The grading system is a seemingly small detail in a whole array of reforms that has swept across the entire landscape of education in Sweden the last two decades and has accordingly received sparse attention compared to the introduction of schools run by private corporations ("free schools") or the increasing difficulties in recruiting new teacher students and retaining the already employed teachers. In the following, we will argue that the grading system encapsulate assumptions about education and its possibilities, about the pupils capacities and propensities and about the role of the teacher. It is a paramount example of how constitutive principles are intertwined with principles of classifying and calculating in a semi-autonomous object, in this case a central organizational and institutional practice (grading pupils). But our case also illustrates the precariousness of exercising control over the context of the artefact, to such an extent that the object can produce the intended effects. The grading system has turned to be extremely powerful in some aspects as it defines success and failure from the classroom level to the national level. But at the same time the grading system continuously produce secondary and tertiary effects, effects which are considered to more or less severe systemic problems in Swedish education. Our analysis is mostly based on secondary sources; previous research, public committee reports (cf. Lewin, 2014) and public debate. But we also draw upon some results from our questionnaire to teachers in 2013, both from the item questions and the open questions.

Typ och Nyckelord: Proceedings education, grading system, performativity

Referens: Hasson, H., Villaume, K., von Thiele Schwarz, U., & Palm, K. (2014). Managing Implementation Roles of Line Managers, Senior Managers, and Human Resource Professionals in an Occupational Health Intervention. *Journal of Occupational and Environmental Medicine*, 56(1), 58-65.

Abstract: Objective: To contrast line managers', senior managers', and (human resource) HR professionals' descriptions of their roles, tasks, and possibilities to perform them during the implementation of an occupational health intervention. Methods: Interviews with line managers (n = 13), senior managers (n = 7), and HR professionals (n = 9) 6 months after initiation of an occupational health intervention at nine organizations. Results: The groups' roles were described coherently, except for the HR professionals. These roles were seldom performed in practice, and two main reasons appeared: use of individuals' engagement rather than an implementation strategy, and lack of integration of the intervention with other stakeholders and organizational processes.

Conclusions: Evaluation of stakeholders' perceptions of each other's and their own roles is important, especially concerning HR professionals. Clear role descriptions and implementation strategies, and aligning an intervention to organizational processes, are crucial for efficient intervention management.

Typ och Nyckelord: Journal occupational health, intervention, implementation roles, ISSN: 1076-2752

Referens: [Hau, S.](#) (2014). Psychoanalytical and empirical dream research. In M. Elzer & A. Gerlach (Eds.), *Psychoanalytic Psychotherapy. A Handbook* (pp. 85-88). London: Karnac.

Abstract: About the book: This book is an introductory textbook for psychiatrists and psychologists who use psychotherapy in a psychoanalytic attitude in their daily professional work with patients. It was developed from the experiences of German psychoanalysts teaching in China between 1997 and 2010. The idea of a basic textbook was developed in order to facilitate the teaching and learning process.

Typ och Nyckelord: Book (chapter) psychoanalytical, empirical, dream research, dream analysis, therapy, ISBN: 9781780491196

Referens: [Hau, S.](#) (2014). Psychotherapie – Ein hyperkomplexer Prozess [Psychotherapy – a hyper complex process]. *Psychologie & Gesellschaftskritik*, 38, Nr. 150, Heft 2/14, 69-89.

Abstract: Psychotherapy is a hyper-complex process whose individual components can be investigated and understood with appropriate research methods. To determine evidence for the potential of a specific form of psychotherapy, the unilateral requirement to perform randomized controlled trials is insufficient. The wider concept of evidence introduced by Cochrane, takes into account the scientific studies as well as clinical competence of the practitioners and the preferences of the patient, thus, allowing the differentiated perspective on the treatment of individual patients. The pros and cons of evidence-based practice and research are discussed and alternatives are described that illuminate psychotherapeutic change processes. Still too little is known about the different developments of individual patients and the relevant variables for change processes within the patient.

Typ och Nyckelord: Journal psychotherapy, evidence, randomisation, process research, effect, therapeutic alliance, ISSN: 0170-0537

Referens: Hedman, E., [Carlbring, P.](#), Ljótsson, B., & Andersson, G. (2014). *Internetbaserad psykologisk behandling - Evidens, indikation och praktiskt genomförande*. Stockholm: Natur & Kultur.

Abstract: Internetbaserad psykologisk behandling ökar tillgängligheten till vård med god effekt och bidrar samtidigt till förståelsen för vad som är verksamt i psykoterapi. Bokens författare är pionjärer inom området, och delar här med sig av sin erfarenhet från både forskning och klinisk verksamhet. De berättar vad som är centralt vid internetbehandling ur ett terapeutiskt såväl som juridiskt och tekniskt perspektiv: Hur avgör man vilka klienter som är lämpliga? Hur sker kontakten mellan terapeut och klient på ett säkert sätt? Vad utmärker en bra internetbehandlare? De går även igenom de kliniska program som utvecklats för olika ångestsyndrom, depression och beteendemedicinska problem samt evidensläget för respektive diagnos. Boken vänder sig till studerande och yrkesverksamma inom psykoterapi, psykiatri och primärvård.

Typ och Nyckelord: Book (chapter) internetbaserad psykologisk behandling, evidens, indikation, ISBN: 9789127132962

Referens: Hedvall, A., [Westerlund, J.](#), Fernell, E., Holm, A., Gillberg, C., & Billstedt, E. (2014). Autism and developmental profiles in preschoolers: stability and change over time. *Acta Paediatrica*, 103(2), 174-181.

Abstract: AIM: Increasing numbers of young children are now being diagnosed with autism spectrum disorder (ASD). This study aimed to analyse developmental trajectories in a representative group of preschool children with ASD. METHOD: In a naturalistic study, 208 preschool children with different subtypes of ASD were followed over a 2-year period. Their trajectories, as regards persistence of ASD diagnoses, developmental/intellectual levels, adaptive functioning and expressive speech, were monitored. RESULTS: Developmental profiles showed considerable change over time, especially in children with atypical autism and in those with developmental delay/borderline intellectual functioning at their first assessment. Approximately 50% of the children were found to have intellectual disability (ID) at follow-up and, of these, the majority had severe ID. This was in contrast to the first assessment by the referral team when ID had rarely been mentioned or discussed. CONCLUSION: Changes in developmental profiles during preschool years are common in children with ASD. This implies that reassessments, covering different developmental areas, are needed. Such follow-up assessments prior to the start of school will yield a more valid estimation of the child's general cognitive level and a more accurate ASD diagnosis and thus form a better basis for realistic educational planning and intervention.

Typ och Nyckelord: Journal adaptive function, autism spectrum disorder, cognitive ability, developmental profiles, preschool children, ISSN: 0803-5253

Referens: Hellström, B., [Nilsson, M.E.](#), [Axelsson, Ö.](#), & [Lundén, P.](#) (2014). Acoustic Design Artifacts and Methods for Urban Soundscapes. A case study on the qualitative dimensions of sounds. *Journal of Architectural and Planning Research*, 31(1), 57-71.

Abstract: The amount of noise in urban settings is steadily on the rise, creating a potential health hazard and causing a general nuisance. In major European cities, noise levels are so high that the majority of urban parks can no longer truly serve as recreational environments, a problem the World Health Organization and the European Union are attempting to address. This study explores various strategies that promote the sustainable development of urban soundscapes at locations meant for rest, recreation, and social interaction. Further, we look at how people are affected by the combined effects of traffic and nature sounds in parks and other outdoor settings. To this end, we adopted a new track the use of interdisciplinary methodology that brings together architectural analysis, artistic experiments, and psychoacoustic methodology to evaluate the aesthetic, emotional, perceptual, and spatial effects of noise on subjects spending time in public open-air spaces. We conducted a large-scale case study at a city park to explore whether subjects were affected by purposely distributed sounds and, if so, how. The working hypothesis was that it is possible to cancel out or mute traffic noise by affecting individuals' aural perceptions using a process known as informational masking. Our long-term objective is to create a scientific foundation for action plans, both preemptive and

troubleshooting, targeting noise reduction in parks' and similar public spaces that are meant to provide a relaxing environment.

Typ och Nyckelord: Journal soundscape, acoustic design, case study, ISSN: 0738-0895

Referens: [Hellström, Å.](#) (2014). Time-order effects and generalized subjective magnitude in crossmodal stimulus comparison. In G.R. Patching, M. Johnson, E. Borg, & Å. Hellström (Eds.), *Fechner Day 2014 – Proceedings of the 30th Annual Meeting of the International Society for Psychophysics* (p. 33). August 18-22, 2014, Lund, Sweden.

Abstract: Crossmodal comparability for stimulus magnitudes on modalities lacking a common intensity aspect, such as line length and tone loudness, may rest on a more general magnitude concept.

In a recent study¹, possible time-order error (TOE)-like effects were looked for in crossmodal comparison of successive stimuli. Hellström's² sensation-weighting (SW) model was adapted for use as a descriptive and analytical tool. According to this model, the real comparison takes place between two weighted subjective compounds, each built up by the sensation magnitudes of a stimulus (weight s_1 or s_2) and of its reference level (ReL) (weight 1- s_1 or 1- s_2).

Intramodally (tone-tone, line-line) and crossmodally (tone-line, line-tone) paired stimuli, with duration 150 ms and ISIs 400 and 2000 ms, were compared for their "strength," with the alternatives "1st stronger," "2nd stronger," and "equal," yielding scaled subjective difference (D) of +100, 0, and -100. The extended SW model, for a pair with a tone followed by a line, is

$$D = kT [s_1 (\phi_{1T} - \phi_{0T}) + (1-s_1) (\phi_{r1T} - \phi_{0T})] - kL [s_2 (\phi_{2L} - \phi_{0L}) + (1-s_2) (\phi_{r2L} - \phi_{0L})] + b \quad (1a) = s_1 kT (\phi_{1T} - \phi_{r1T}) - s_2 kL (\phi_{2L} - \phi_{r2L}) + kT (\phi_{r1T} - \phi_{0T}) - kL (\phi_{r2L} - \phi_{0L}) + b, \quad (1b)$$

where ϕ is the physical stimulus magnitude on a scale, -4 through +4 for lines as well as tones (90-170 mm, and 74.7- 81.1 dB). It was assumed that, within these ranges, $\psi = k (\phi - \phi_0)$, where ψ is the subjective magnitude and ϕ_0 is the ϕ value for $\psi = 0$. k is a modality-specific scale factor. Subscripts T and L indicate tone and line; 1 and 2 indicate temporal position. ϕ_r is the physical magnitude of the ReL. b is possible bias. The experimental design, varying both stimulus magnitudes, allowed estimation of the relevant model parameters from the data.

Comparing a tone and a line for their "strength" was indeed feasible, yielding weighting effects and TOEs (assessed by mean D) resembling those in intramodal comparison. In terms of the SW model, with ISI = 2000 ms $s_1 < s_2$. TOEs were generally more negative with the 2000-ms than with the 200-ms ISI. The results were well accounted for by the SW model.

Eq. 1b implies that for each paired stimulus the subjective magnitude involved in the intra- or crossmodal comparison is its ReL plus its deviation from the ReL multiplied by s . Estimates of kT and kL were similar, indicating crossmodally similar ranges of ψ . Based on this and on findings^{3,4} that context effects are much stronger crossmodally than intramodally, it may be hypothesized that in crossmodal comparison each k value becomes inversely related to the range or spread of its sensation magnitudes in its modality. In the SW model (Eq. 1b) this would mean that the stimulus-dependent parts of the compared magnitudes are dimensionless standardized quantities, like z values. This would remove the need for an intermodal "currency exchange," and account for comparability of subjective magnitudes in very different modalities.

References

- 1 Å. Hellström, C. Cederström, Att., Perc. & Psychophys., 76, 1197-1211 (2014).
- 2 Å. Hellström, Perc. & Psychophys. 65, 1161-1177 (2003).
- 3 B. A. Mellers, M. H. Birnbaum, J. Exp. Psychol.: Hum. Perc. & Perf., 8, 582-601 (1986).
- 4 H. N. J. Schifferstein, Perc. & Psychophys. 57, 56-70 (1995).

Typ och Nyckelord: Proceedings crossmodal comparison, context effects

Referens: [Hellström, Å., & Cederström, C.](#) (2014). Intramodal and crossmodal pairing and anchoring in comparisons of successive stimuli. *Attention, Perception & Psychophysics*, 76(4), 1197-1211.

Abstract: Two experiments were conducted to study effects of modality, temporal position, and their interaction on comparisons of successive stimuli. In Experiment 1, intramodal (tone-tone and line-line) and crossmodal (tone-line and line-tone) stimulus pairs, with two interstimulus intervals (ISIs), 400 and 2,000 ms, were presented. Participants indicated which stimulus was the stronger. Time-order errors (TOEs) were assessed using the D% measure and were found in all types of pairs. Variation in TOEs across conditions was well accounted for by changes in parameters (stimulus weights, reference levels) in an extended version of Hellström's sensation weighting (SW) model. With an ISI of 2,000 ms, the first stimulus had a lower weight (less impact on the response) than did the second stimulus. More negative TOEs were found with the longer ISI in all pair types except tone-line. In Experiment 2, participants indicated which of two lines was the longer or which of two tones was the louder. An intra- or crossmodal anchor, or no anchor, was interpolated between the stimuli. Anchoring tended to reduce the weight of the first stimulus, suggesting interference with memory, and to yield negative TOEs. Intramodal anchors yielded reduced weights of both stimuli, most dramatically for tones, suggesting an additional effect of stimulus interference. Response times decreased with crossmodal anchors. For line-line pairs, strong negative TOEs were found. In both experiments, the variation in TOE across conditions was well accounted for by the SW model.

Typ och Nyckelord: Journal stimulus comparison, crossmodal, time-order errors, anchoring, ISSN: 1943-3921

Referens: Härenstam, A., Pousette, A., [Berntson, E.](#), Lindgren, H., & Szücs, S. (2014). Utvärdering av Chefiosinterventionerna. I A. Härenstam & A. Östebo (red.), *Förändringsprocesser och utvärderingar av interventioner i kommunala förvaltningar. Metoder och resultat från CHEFios-projektet - slutrapport del 2*. ISM rapport 14:2 (s. 100-149). Göteborg: Institutet för Stressmedicin.

Abstract: I detta kapitel redovisas Chefios-projektets utvärderingsdesign och metoder och resultat av de effektutvärderingar som gjorts. Kapitlet inleds med att beskriva problem med utvärderingar av interventioner i organisationer och rekommendationer för att öka validiteten och generaliserbarheten av effektutvärderingar som tidigare forskning har visat på.

Typ och Nyckelord: Report Chefios, intervention, ISBN/ISSN: 978-91-979247-4-0

Referens: Isaksson, K., Johansson, G., & Palm, S. (2014). Bridge employment, a Swedish perspective. In C.-M. Alcover, G. Topa, E. Parry, F. Fraccaroli, & M. Depolo (Eds.), *Bridge Employment: A Research Handbook* (pp. 51-69). Routledge.

Abstract: Swedish (and Nordic) patterns of work in old age display a large proportion of males and females 55+ gainfully employed, but a fairly low level of bridge employment. A partial explanation is found in the basic state pension to all with an addition based on years of work and part- vs. fulltime employment. Recently, work after 65 yrs increased, primarily among individuals with an academic education. Furthermore, women with a non-continuous and part-time career, usually with a lower income, need to continue working in order to increase their pension. Other motivational factors and recent modification of legislative policies are discussed.

Typ och Nyckelord: Book (chapter) retirement, part-time work, state pension, Sweden, ISBN: 978-0415829090

Referens: Ivarsson, D., Blom, M., Hesser, H., Carlbring, P., Enderby, P., Nordberg, R., & Andersson, G. (2014). Guided Internet-delivered cognitive behaviour therapy for post-traumatic stress disorder: A randomized controlled trial. *Internet Interventions*, 1(1), 33-40.

Abstract: The aim of this randomized controlled trial was to investigate the effects of guided internet-based cognitive behavior therapy (ICBT) for posttraumatic stress disorder (PTSD). Sixty-two participants with chronic PTSD, as assessed by the Clinician-administered PTSD Scale, were recruited via nationwide advertising and randomized to either treatment (n = 31) or delayed treatment attention control (n = 31). The ICBT treatment consisted of 8 weekly text-based modules containing psychoeducation, breathing retraining, imaginal and in vivo exposure, cognitive restructuring, and relapse prevention. Therapist support and feedback on homework assignment were given weekly via an online contact handling system. Assessments were made at baseline, post-treatment, and at 1-year follow-up. Main outcome measures were the Impact of Events Scale – Revised (IES-R) and the Posttraumatic Stress Diagnostic Scale (PDS). Results showed significant reductions of PTSD symptoms (between group effect on the IES-R Cohen's d = 1.25, and d = 1.24 for the PDS) compared to the control group. There were also effects on depression symptoms, anxiety symptoms, and quality of life. The results at one-year follow-up showed that treatment gains were maintained. In sum, these results suggest that ICBT with therapist support can reduce PTSD symptoms significantly.

Typ och Nyckelord: Journal PTSD, treatment, cognitive behavior therapy, internet-based treatment, self-help, randomized controlled trial, ISSN: 2214-7829

Referens: Ivarsson, M. (2014). *Psycho-physiological reactions to violent video gaming: Experimental studies of heart rate variability, cortisol, sleep and emotional reactions in teenage boys*. Department of Psychology, Stockholm University (Doctoral dissertation).

Abstract: Playing violent video games may provoke aggression. Psycho-physiological methods may provide knowledge about the underlying psychological processes. Most previous studies have been performed in laboratory settings at daytime with adults. Thus the aim of this thesis was to investigate psycho-physiological (autonomic and HPA related reactions), sleep-related and emotional responses in teenage boys to playing a violent and a non-violent video game at home before going to sleep. In Study I the autonomic responses differed between the violent and the non-violent game during playing and more distinctly during sleep. In Study II the HPA axis was not affected by video gaming at all. In Study III, the effect of habits of playing violent games was assessed ($\leq 1\text{h/day}$ and $\geq 3\text{h/day}$). High versus low experience of violent gaming were related to different autonomic, sleep-related and emotional processes at exposure to a violent and a non-violent game, during playing and during sleep. The present thesis demonstrated that violent and non-violent games induce different autonomic responses during playing and – more distinctly – during sleep. Frequent gaming seems to influence physiological, sleep-related and emotional reactions, possibly as an expression of desensitization processes.

Typ och Nyckelord: Dissertation video gaming, media violence, autonomic nervous system, heart rate variability, HPA axis, cortisol, sleep quality, emotional reactions, desensitization, teenagers, ISBN: 978-91-7447-820-4

Referens: Jansson-Fröjmark, M. (2014). The Work and Social Adjustment Scale as a Measure of Dysfunction in Chronic Insomnia: Reliability and Validity. *Behavioural and Cognitive Psychotherapy*, 42(2), 186-198.

Abstract: Background: Dysfunction is an integral part of chronic insomnia. Despite this, very little effort has yet been made to design and psychometrically validate an insomnia-specific measure of dysfunction. Aims: The purpose was to examine the psychometric properties of the Work and Social Adjustment Scale (WSAS) as a measure of dysfunction in chronic insomnia. Method: Seventy-three patients with chronic insomnia from three subsamples participated. All the patients completed the WSAS, the Insomnia Severity Index (ISI), and sleep diaries over one week. Results: An exploratory factor analysis suggested a one-factor solution for the WSAS, determining dysfunction, accounting for 73.7% of the variance. The internal consistency of the WSAS was $\alpha = .91$. The test-retest reliability for the WSAS items was high at .90-.99 and for the entire scale .99. A cut-off at 17 points was established, discriminating those with subclinical versus moderate or severe clinical insomnia (88% sensitivity and 78% specificity). Evidence of convergent and criterion validity was documented via (1) a significant, positive association between the WSAS and ISI and (2) a higher WSAS score among those with severe clinical insomnia, relative to those with moderate clinical and subthreshold insomnia, as well as a higher WSAS score among those with moderate clinical insomnia relative to those with subthreshold insomnia. The WSAS was also shown to be a treatment-sensitive measure for insomnia patients. Conclusions: The WSAS appears as a reliable and valid measure of dysfunction in chronic insomnia. Additional advantages are its shortness, easiness, and treatment-sensitivity.

Typ och Nyckelord: Journal dysfunction, impairment, insomnia, scale, ISSN: 1352-4658

Referens: Johansen, V., Aronsson, G., & Marklund, S. (2014). Positive and negative reasons for sickness presenteeism in Norway and Sweden: A cross-sectional survey. *BMJ Open*, 4(2), e004123.

Abstract: Objectives This article investigates various reasons for sickness presenteeism (SP), that is, going to work despite illness. The research questions asked is: What are the main reported reasons for SP in Norway and Sweden? Design Cross-sectional survey in Norway and Sweden. Use of binomial logistic regression analysis.

Participants A random sample of people aged between 20 and 60 years was obtained from complete and updated databases of the Norwegian and Swedish populations. A postal questionnaire was sent to the selected individuals, with response rate 33% (n=2843). 2533 workers responded to questions about SP during the last 12 months. Primary and secondary outcome measures The article informs about the distribution of reasons for SP in Norway and Sweden, selected by the respondents from a closed list. The article also examines which factors influence the most often reported reasons for SP. Results 56% of the Norwegian and Swedish respondents experienced SP in the previous year. The most frequently reported reasons for SP include not burdening colleagues (43%), enjoy work (37%) and feeling indispensable (35%). A lower proportion of Norwegians state that they cannot afford taking sick leave adjusted OR (aOR 0.16 (95% CI 0.10 to 0.22)), while a higher proportion of Norwegians refer to that they enjoy their work (aOR=1.64 (95% CI 1.28 to 2.09)). Women and young workers more often report that they do not want to burden their colleagues. Managers (aOR=2.19 (95% CI 1.67 to 2.86)), highly educated persons and the self-employed more often report that they are indispensable. Conclusions Positive and negative reasons for SP are reported, and there are significant differences between respondents from the two countries. The response rate is low and results must be interpreted with caution. Study design Cross-sectional study.

Typ och Nyckelord: Journal public health, statistics, research methods, ISSN: 2044-6055

Referens: Johansson, G. (2014). Department of Psychology. In G. Dahl & M. Danielson (Eds.), *Faculty of Social Sciences Stockholm University 1964-2014*. Stockholm: Stockholm university.

Abstract: This chapter gives a brief presentation of the department of psychology during fifty years with a focus on features characteristic of the psychology discipline and its development in Stockholm university. Major themes concern strong research areas over the five decades, the growth in volume of education, and the emergence of training of professional psychologists.

Typ och Nyckelord: Book (chapter) Psychology at Stockholm University, ISBN: 978-91-637-7121-7

Referens: Jönsson, F.U., Kubik, V., Larsson Sunqvist, M., Todorov, I., & Jonsson, B. (2014). How crucial is the response format for the testing effect? *Psychological Research*, 78(5), 623-633.

Abstract: Combining study and test trials during learning is more beneficial for long-term retention than repeated study without testing (i.e., the testing effect). Less is known about the relative efficacy of different response formats during testing. We tested the hypothesis that overt testing (typing responses on a keyboard) during a practice phase benefits later memory more than covert testing (only pressing a button to indicate successful retrieval). In Experiment 1, three groups learned 40 word pairs either by repeatedly studying them, by studying and overtly testing them, or by studying and covertly testing them. In Experiment 2, only the two testing conditions were manipulated in a within-subjects design. In both experiments, participants received cued recall tests after a short (similar to 19 min) and a long (1 week) retention interval. In Experiment 1, all groups performed equally well at the short retention interval. The overt testing group reliably outperformed the repeated study group after 1 week, whereas the covert testing group performed insignificantly different from both these groups. Hence, the testing effect was demonstrated for overt, but failed to show for covert testing. In Experiment 2, overtly tested items were better and more quickly retrieved than those covertly tested. Further, this does not seem to be due to any differences in retrieval effort during learning. To conclude, overt testing was more beneficial for later retention than covert testing, but the effect size was small. Possible explanations are discussed.

Typ och Nyckelord: Journal testing effect, response format, ISSN: 0340-0727

Referens: Jönsson, F.U., & Stevenson, R.J. (2014). Odor Knowledge, Odor Naming, and the Tip-of-the-Nose Experience. In B.L. Schwartz & A.S. Brown (Eds.) *Tip-of-the-Tongue States and Related Phenomena* (pp. 305-326). Cambridge: Cambridge University Press.

Abstract: Book description: When the memory retrieval process breaks down, people wonder exactly why and how such a thing occurs. In many cases, failed retrieval is accompanied by a "tip-of-the-tongue state," a feeling that an unretrieved item is stored in memory. Tip-of-the-tongue states stand at the crossroads of several research traditions within cognitive science. Some research focuses on the nature of the retrieval failure. Other research tries to determine what tip-of-the-tongue states can tell us about the organization of lexical memory – that is, what aspects of a word we can recall when we are otherwise unable to do so. Still other research focuses on the nature of the experience of a tip-of-the-tongue state. Each of these perspectives is represented in this book, which presents the best theoretical and empirical work on these subjects. Much of the work is cross-disciplinary, but what unifies the topics in this book is that they concern strong phenomenological states of knowing that are not accompanied by recall or recognition of the desired information.

Typ och Nyckelord: Book (chapter) odor, tip-of-the-nose experience, ISBN: 9781107035225

Referens: Kankkunen, T.F., Bejerot, E., Björk, L., & Härenstam, A. (2014). *New Public Management i kommunal praktik. En studie om chefers möjlighet att hantera styrning inom verksamheterna Vatten, Gymnasium och Äldreomsorg*, ISM-rapport 15. Göteborg: Institutet för stressmedicin.

Abstract: Denna studie belyser chefers möjligheter att hantera styrning inom olika kommunala verksamheter. Syftet med rapporten är att undersöka och jämföra hur styrning praktiseras inom den kvinnodominerade verksamheten 'Äldreboende', den könsintegrerade verksamheten 'Gymnasium', samt den mansdominerade tekniska verksamheten 'Vatten'. Analysen baseras på 30 intervjuer med linjechefer i fyra kommuner. För att förstå sammanhanget runt chefernas berättelser har även aktörer på kommunledningsnivå intervjuats. En utgångspunkt i studien är att jämförelser mellan olika organisatoriska sammanhang kan skapa lärande i arbetslivet.

De deskriptiva resultat som presenteras i rapporten visar att styrning i linje med New Public Management har inneburit att cheferna upplever sig allt mer klämda mellan organisationens styrning och medarbetarnas och verksamhetens behov. Med New Public Management betonas styrning genom ekonomi, standardiserade processer, mål och uppföljning samt värderingar. De medverkande cheferna beskriver att detta har medfört målkonflikter som kan vara svåra att hantera. Det skiljer sig dock mellan verksamheterna hur målkonflikterna hanteras. Inom den mansdominerade verksamheten Vatten beskriver cheferna hur organisationen tar ansvar för målkonflikterna på ett sätt som möjliggör för cheferna att hantera dem. Inom Gymnasium och Äldreboende beskriver cheferna istället att de många gånger själva får hantera och ta konsekvenserna av målkonflikterna.

Vi pekar sammanfattningsvis på fyra lärdomar kring chefens möjligheter att hantera målkonflikter. Dessa lärdomar handlar om hur arbetet organiseras, snarare än om chefernas individuella strategier. Vi talar om vikten av ett nära stöd, av att dela värld, av gemensamt språk och avgränsade mål och slutligen, vikten av tillit.

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Typ och Nyckelord: Report New Public Management, kommuner, chefer, ISBN/ISSN: 978-91-979247-5-7

Referens: Kantrowitz, J.T., Scaramello, N., Jakubovitz, A., Lehrfeld, J.M., [Laukka, P.](#), Elfenbein, H.A., Silipo, G., & Javitt, D.C. (2014). Amusia and protolanguage impairments in schizophrenia. *Psychological Medicine*, 44(13), 2739-2748.

Abstract: Background. Both language and music are thought to have evolved from a musical protolanguage that communicated social information, including emotion. Individuals with perceptual music disorders (amusia) show deficits in auditory emotion recognition (AER). Although auditory perceptual deficits have been studied in schizophrenia, their relationship with musical/protolinguistic competence has not previously been assessed. Method. Musical ability was assessed in 31 schizophrenia/schizo-affective patients and 44 healthy controls using the Montreal Battery for Evaluation of Amusia (MBEA). AER was assessed using a novel battery in which actors provided portrayals of five separate emotions. The Disorganization factor of the Positive and Negative Syndrome Scale (PANSS) was used as a proxy for language/thought disorder and the MATRICS Consensus Cognitive Battery (MCCB) was used to assess cognition. Results. Highly significant deficits were seen between patients and controls across auditory tasks ($p < 0.001$). Moreover, significant differences were seen in AER between the amusia and intact music-perceiving groups, which remained significant after controlling for group status and education. Correlations with AER were specific to the melody domain, and correlations between protolanguage (melody domain) and language were independent of overall cognition. Discussion. This is the first study to document a specific relationship between amusia, AER and thought disorder, suggesting a shared linguistic/protolinguistic impairment. Once amusia was considered, other cognitive factors were no longer significant predictors of AER, suggesting that musical ability in general and melodic discrimination ability in particular may be crucial targets for treatment development and cognitive remediation in schizophrenia.

Typ och Nyckelord: Journal amusia, emotion, language, music, schizophrenia, social cognition, ISSN: 0033-2917

Referens: Karlsson, T., Lindberg, P., & [Berntson, E.](#) (2014). Wellbeing at work and the development of a questionnaire. The *3rd International Wellbeing at Work conference*, May 26-28, 2014, Copenhagen, Denmark.

Abstract: Background: Improved employee wellbeing has been suggested to contribute to individual motivation and health, as well as to corporate competitiveness (Grawitch et al, 2006). However, in order to reach these potential benefits, we need to better understand the underlying factors that create wellbeing at work and healthy work environments. Aim. The aim of the study is to explore how a sample of Swedish blue- and white collar workers interprets the concepts of healthy work environments and workplace wellbeing, as a basis for the development of a questionnaire. In addition, a second aim is to investigate the psychometric properties of the subsequent questionnaire.

Method: Interviews focusing on healthy work environments and workplace wellbeing were undertaken with managers and employees ($n=62$) at three medium-sized companies. All interviews were verbatim transcribed and analyzed in order to identify factors reported as important for healthy work environments and workplace wellbeing. The interview findings, together with factors identified in a systematic review about indicators of healthy work environments (Lindberg & Vingård, 2012) were used to develop items for a questionnaire aimed at measuring underlying factors for workplace wellbeing. The questionnaire, including newly constructed "workplace wellbeing items" as well as well-established questions for employee health, working conditions, and organizational factors was distributed to all employees at the three companies, where 74 % ($n=303$) responded. A retest survey was distributed to a subsample of the participants. 86 % ($n=107$) responded.

Preliminary results: The interview data suggested a broad spectrum of factors to be significant for establishing healthy work environments and workplace wellbeing. These factors represented six categories: Psychosocial climate; Physical working conditions; Communication; Management; Autonomy & Competence; and Values. The survey data showed that the single most important statement for workplace wellbeing was "that work- and family life can be combined in a good way". Further psychometric properties, including reliability and factor analysis, are being conducted and will be presented at the conference.

Conclusion: A healthy work environment is believed to hold great potential for both individuals and companies. With a mixed method approach this study test a set of questions measuring factors for a healthy work environment and wellbeing at work.

References: Grawitch MJ, Gottschalk M, Munz DC. (2006)The path to a healthy workplace: A critical review linking healthy workplace practices, employee well-being, and organizational improvements. *Consulting Psychology Journal*,58(3):129-47 Lindberg P & Vingård E. (2012). Indicators of healthy work environments – a systematic review. *Work*, 41(0), 3032-3038.

Typ och Nyckelord: Proceedings wellbeing, work, questionnaire development

Referens: Kauppi, K., [Nilsson, L.-G.](#), [Persson, J.](#), & Nyberg, L. (2014). Additive genetic effects of APOE and BDNF on hippocampus activity. *NeuroImage*, 89, 306-313.

Abstract: Human memory is a highly heritable polygenic trait with complex inheritance patterns. To study the genetics of memory and memory-related diseases, hippocampal functioning has served as an intermediate phenotype. The importance of investigating gene-gene effects on complex phenotypes has been emphasized, but most imaging studies still focus on single polymorphisms. APOE $\epsilon 4$ and BDNF Met, two of the most studied gene variants for variability in memory performance and neuropsychiatric disorders, have both separately been related to poorer episodic memory and altered hippocampal functioning. Here, we investigated the combined effect of APOE and BDNF on hippocampal activation ($N = 151$). No non-additive interaction effects were seen. Instead, the results revealed decreased activation in bilateral hippocampus and parahippocampus as a function of the number of APOE $\epsilon 4$ and BDNF Met alleles present (neither, one, or both). The combined effect was stronger than either of

the individual effects, and both gene variables explained significant proportions of variance in BOLD signal change. Thus, there was an additive gene-gene effect of APOE and BDNF on medial temporal lobe (MTL) activation, showing that a larger proportion of variance in brain activation attributed to genetics can be explained by considering more than one gene variant. This effect might be relevant for the understanding of normal variability in memory function as well as memory-related disorders associated with APOE and BDNF.

Typ och Nyckelord: Journal BDNF, APOE, fMRI, hippocampus, gene-gene effect, imaging genetics, ISSN: 1053-8119

Referens: [Kubik, V. \(2014\). *Effects of Testing and Enactment on Memory*. Department of Psychology, Stockholm University \(Doctoral dissertation\).](#)

Abstract: Learning occurs not only when we encode information but also when we test our memory for this information at a later time. In three empirical studies, I investigated the individual and combined effects of interleaved testing (via repeated rounds of study and test practice) and encoding (via motor enactment) during learning on later cued-recall performance for action phrases. Such materials (e.g., "water the flowers") contain a verb and a noun and approximate everyday memory that typically revolves around past and future actions. Study I demonstrated that both interleaved testing (vs. study only) and enactment (vs. verbal encoding) individually reduced the forgetting rate over a period of 1 week, but these effects were nonadditive. That is, the direct testing effect on the forgetting rate occurred for verbal, but not for enactive encoding; enactment reduced the forgetting rate for the study-only condition, but not for the study-test condition. A possible explanation of these findings is that both study techniques sufficiently elicit verb-noun relational processing that cannot be increased further by combining them. In Studies II and III, I replicated these testing-effect results and investigated whether they varied as a function of recall type (i.e., noun-cued recall of verbs and verb-cued recall of nouns). For verbal encoding (Study II), the direct testing effect was of similar size for both noun- and verb-cued recall. For enactive encoding, the direct testing effect was lacking irrespective of recall type. In addition, interleaved tests enhanced subsequent re-encoding of action phrases, leading to an accelerated learning. This indirect testing effect was increased for the noun-cued recall of verbs—for both verbal and enactive encoding. A possible explanation is that because nouns are semantically more stable, in that the meaning of nouns changes less over time and across different contexts, they are more recognizable. Hence, associated information (e.g., about the recall status) may be more available to the learner during restudy that, in turn, can initiate more effective re-encoding. The two different testing benefits (i.e., direct and indirect) may, partly, engage different mechanisms, as they were influenced differentially by the manipulations of encoding type and recall type. The findings presented in the thesis provide new knowledge regarding the combined effects of strategies and materials that influence memory.

Typ och Nyckelord: Dissertation testing effect, test-potentiated learning, enactment effect, cued recall, forgetting, episodic memory, ISBN: 978-91-7447-993-5

Referens: [Kubik, V., Obermeyer, S., Meier, J., & Knopf, M. \(2014\). The enactment effect in a multi-trial free-recall paradigm. *Journal of Cognitive Psychology*, 26\(7\), 781-787.](#)

Abstract: Recent evidence suggests that enacting compared to reading action phrases during encoding increases item-specific processing, but hampers retrieval (i.e. processes uniquely required in a free-recall test). Based on this notion, we predicted an enactment effect in free recall—a memory test that is supposed to rely on both processing types—and its size to be attenuated over the learning phase. In a multi-trial, study-test learning paradigm, participants (N = 40) studied and free-recalled repeatedly the same 24 action phrases either by enacting them or by reading them aloud during study trials. As predicted, we demonstrated the enactment effect only for the first study-test cycle, and then this mnemonic advantage attenuated over the remaining cycles. The present results support the notion that enactment increases item-specific processing but hampers retrieval.

Typ och Nyckelord: Journal action phrases, multi-trial learning, item-specific processing, free recall, retrieval, enactment effect, ISSN: 2044-5911

Referens: [Kubik, V., Söderlund, H., Nilsson, L.-G., & Jönsson, F. \(2014\). Individual and combined effects of enactment and testing on memory for action phrases. *Experimental Psychology*, 61\(5\), 347-355.](#)

Abstract: We investigated the individual and combined effects of enactment and testing on memory for action phrases to address whether both study techniques commonly promote item-specific processing. Participants (N = 112) were divided into four groups (n = 28). They either exclusively studied 36 action phrases (e.g., "lift the glass") or both studied and cued-recalled them in four trials. During study trials participants encoded the action phrases either by motorically performing them, or by reading them aloud, and they took final verb-cued recall tests over 18-min and 1-week retention intervals. A testing effect was demonstrated for action phrases, however, only when they were verbally encoded, and not when they were enacted. Similarly, enactive (relative to verbal) encoding reduced the rate of forgetting, but only when the action phrases were exclusively studied, and not when they were also tested. These less-than-additive effects of enactment and testing on the rate of forgetting, as well as on long-term retention, support the notion that both study techniques effectively promote item-specific processing that can only be marginally increased further by combining them.

Typ och Nyckelord: Journal testing effect, enactment effect, verb-cued recall, item-specific processing, action phrases, episodic memory, ISSN: 1618-3169

Referens: [Kuckertz, J.M., Gildebrant, E., Liliequist, B., Karlström, P., Våppling, C., Bodlund, O., Stenlund, T., Hofmann, S.G., Andersson, G., Amir, N., & Carlbring, P. \(2014\). Moderation and Mediation of the Effect of Attention Training in Social Anxiety Disorder. *Behaviour Research and Therapy*, 53, 30-40.](#)

Abstract: While attention modification programs (AMP) have shown promise as laboratory-based treatments for social anxiety disorder, trials of internet-delivered AMP have not yielded significant differences between active and control conditions. To address these inconsistencies, we examined the moderational and mediational role of attention bias in the efficacy of attention training. We compared data reported by Carlbring et al. (2012) to an identical AMP condition, with the exception that participants were instructed to activate social anxiety fears prior to each attention training session (AMP + FACT; n = 39). We also compared all attention training groups to an internet-delivered cognitive-behavioral therapy (iCBT) condition (n = 40). Participants in the AMP + FACT group experienced greater reductions in social anxiety symptoms than both active (n = 40) and control (n = 39) groups reported by Carlbring et al., and did not differ in symptom reductions from the iCBT group. Higher attention bias predicted greater symptom reductions for participants who completed AMP, but not for the

control group. Moreover, change in attention bias mediated the relationship between AMP group (active condition reported by Carlbring et al. versus AMP + FACT) and change in social anxiety symptoms. These results suggest the importance of interpreting findings related to symptom change in attention training studies in the context of bias effects.

Typ och Nyckelord: Journal social phobia, social anxiety disorder, attention, treatment, information processing, ISSN: 0005-7967

Referens: [Kusterer, H.L. \(2014\). *Women and men in management: Stereotypes, evaluation and discourse*. Department of Psychology, Stockholm University \(Doctoral dissertation\).](#)

Abstract: Very few women hold top corporate positions in Sweden, and women are underrepresented as managers in all work sectors. The present thesis examined stereotypes, perceptions and presuppositions about women, men and management with a combination of perspectives from social and organizational psychology, discourse analysis and gender in organization research. Study 1 of Paper I was a content analysis of management attributes and cultural stereotypes of female and male managers. In Study 2, an inventory of these attributes was formed, and participants' stereotype endorsements tested. Stereotypes of female managers resembled good management more than male managers, and they were rated more positively, but a masculine norm was implied. Paper II aimed to study and compare gender-related management stereotypes and evaluations of actual managers, and examine perceived gender bias. Men evaluated the female manager stereotype more positively on communal attributes, and, contrary to women, judged the male manager stereotype more positively on agentic attributes. This may help explain the scarcity of women in top management. Women perceived more gender bias favoring male managers than men. Actual male and female managers were rated similarly. Still, the Euclidian distances showed that ratings of actual managers and stereotypes were linked. Paper III examined the discourse on the lack of women in top corporate positions, explanations and links to proposed measures in a project to counter the gender imbalance. A liberal discourse with contradictions and textual silences was exposed. Gender had to be construed in line with traditional gender norms and division of labor to make sense of the proposed explanations. To conclude, one can be reassured by the largely communal portrayal of good management and positive evaluations of female managers, but also apprehensive about the masculine norm of management, perceived gender bias in favor of men, and traditional gender constructions.

Typ och Nyckelord: Dissertation gender, management, leadership, stereotypes, gender typing, liberal discourse, ideology, agency, communion, social roles, ISBN: 978-91-7649-043-3

Referens: [Kusterer, H.L. \(2014\). Gender equality and liberal individualism: A critical reading of economist discourse in Sweden. *Scandinavian Journal of Management*, 30\(3\), 306-316.](#)

Abstract: Although Sweden is considered egalitarian, very few women hold top corporate positions. The present study used critical discourse analysis to examine texts by the economist Henrekson (2004), contrasted with another economist Boschini (2004), within a Swedish Centre for Business and Policy Studies project designed to increase the number of women in top corporate positions. Contradictions appeared between Henrekson's ideological stance adhering to liberal individualism, and the implied, normative meaning of gender. Individual men lack agency regarding household and family, while individual women are positioned with agency and thus accountability. Traditional gender constructions and the removal of male agency may undermine the realization of proposed measures, and should be questioned if gender equality in top corporate positions is to be realized.

Typ och Nyckelord: Journal gender, top management, liberal discourse, ideology, ISSN: 0956-5221

Referens: [Lantz, A., & Friedrich, P. \(2014\). Creating team-learning and proactivity by expanding job design practises within Lean Production. *International Annual Edition of Applied Psychology: Theory, Research, and Practice*, 1\(1\), 44-62.](#)

Abstract: Lean production and team-work are based on seemingly opposing principles of job design, and yet often combined in production systems within industry. In this study we explored conditions for team learning and proactive behaviour within one specific context and version of the lean concept; the Volvo Production System (VPS). The aim of the study was to identify job design practises that promote learning in teams in a leaned production system, and identify organizational barriers for team learning in order to promote teams' proactive behaviour. The results are based on quantitative analysis of a) work task analysis of cognitive demand in standardized and non-standardized tasks, a questionnaire to all employees on the shop-floor, production-leaders' ratings of team proactivity, and b) qualitative analysis of interviews with specialists from support functions and production leaders. Standardized tasks, regardless of cognitive demand, do not impact team learning processes or proactivity. Mediation analysis on aggregated data (a) consisting of 41 teams showed that cognitive demand in the most demanding task in the non-standardized work was fully mediated by team learning processes on proactivity and that inter-team collaboration was mediated by team-learning processes on proactivity. A conclusion is that the potential for team-learning processes and proactivity lies in those work activities that are not standardized, and good inter-team collaboration in the work-flow. The non-standardized tasks take very little time, and are not more cognitively demanding than the main tasks, and yet impact team proactivity to a considerable extent as they give input to building a shared meaning of work. The tentative qualitative results (b) show differences between stake-holders input to stagnant and vibrant teams. The main difference is between thinking teamwork or individual work, expanding work into joint problem-solving or defining divided and clear-cut work roles, in the coordination of different support functions activities, and if teams are involved in prioritizing what should be done.

Typ och Nyckelord: Journal lean, teamwork, work design, complexity, proactivity, ISSN: 2313-4097

Referens: [Larsson, M., Willander, J., Karlsson, K., & Arshamian, A. \(2014\). Olfactory LOVER: behavioral and neural correlates of autobiographical odor memory. *Frontiers in Psychology*, 5, 312.](#)

Abstract: Autobiographical memories (AMs) are personally experienced events that may be localized in time and space. In the present work we present an overview targeting memories evoked by the sense of smell. Overall, research indicates that autobiographical odor memory is different than memories evoked by our primary sensory systems; sight, and hearing. Here, observed differences from a behavioral and neuroanatomical perspective are presented. The key features of an olfactory evoked AM may be referred to the LOVER acronym- Limbic, Old, Vivid, Emotional, and Rare.

Typ och Nyckelord: Journal autobiographical memory, odor, smell, neuroanatomy, experience, applied psychology, ISSN: 1664-1078

- Referens:** [Laukka, P., Neiberg, D., & Elfenbein, H.A. \(2014\). Evidence for cultural dialects in vocal emotion expression: Acoustic classification within and across five nations. *Emotion, 14*\(3\), 445-449.](#)
- Abstract:** The possibility of cultural differences in the fundamental acoustic patterns used to express emotion through the voice is an unanswered question central to the larger debate about the universality versus cultural specificity of emotion. This study used emotionally inflected standard-content speech segments expressing 11 emotions produced by 100 professional actors from 5 English-speaking cultures. Machine learning simulations were employed to classify expressions based on their acoustic features, using conditions where training and testing were conducted on stimuli coming from either the same or different cultures. A wide range of emotions were classified with above-chance accuracy in cross-cultural conditions, suggesting vocal expressions share important characteristics across cultures. However, classification showed an in-group advantage with higher accuracy in within- versus cross-cultural conditions. This finding demonstrates cultural differences in expressive vocal style, and supports the dialect theory of emotions according to which greater recognition of expressions from in-group members results from greater familiarity with culturally specific expressive styles.
- Typ och Nyckelord:** Journal cultural dialects, vocal emotion expression, acoustic, classification, ISSN: 1528-3542
- Referens:** [Laurell, J., Belfrage, H., & Hellström, Å. \(2014\). Deceptive behaviour and instrumental violence among psychopathic and non-psychopathic violent forensic psychiatric patients. *Psychology, Crime & Law, 20*\(5\), 467-479.](#)
- Abstract:** Deceptive behaviour and instrumental violence are well-known psychopathic features and as such play important roles in the assessment of psychopathy. This study examined first, the nature of the violence committed by offenders that have been admitted to forensic psychiatric care and whether scores on the Psychopathy Checklist: Screening Version (PCL:SV), Part 1, were associated with the instrumentality of violence. Second, we examined the proneness of offenders to re-frame the instrumentality in their past violent crimes, and whether this was associated with scores on the PCL:SV. The results show that the PCL:SV, Part (interpersonal/ affective features), was positively related to the officially coded instrumentality of the violent crimes. As expected, this association disappeared when the instrumentality was self-reported. However, the majority of the patients tended to exaggerate the reactivity of their violent crimes when it was self-reported, indicating that most offenders, independently of level of psychopathy, used deception when questioned about the characteristics of their past violent crimes. The reasons for, and implications of, the use of deception are discussed.
- Typ och Nyckelord:** Journal psychopathy, deception, instrumental violence, forensic psychiatric patients, psychopathy checklist screening version (PCL:SV), ISSN: 1068-316X
- Referens:** [Lillengren, P. \(2014\). *Exploring therapeutic action in psychoanalytic psychotherapy: Attachment to therapist and change*. Department of Psychology, Stockholm University \(Doctoral dissertation\).](#)
- Abstract:** The overall aim of this thesis was to explore therapeutic action in psychoanalytic psychotherapy from different perspectives (patient, therapist, observer), using different methodological approaches (qualitative and quantitative). Study I explores patients' views of therapeutic action with grounded theory methodology. The results indicated that talking openly in a safe therapeutic relationship led to new relational experiences and expanding self-awareness. Hindering factors included difficulties "opening up" and experiencing something missing in treatment. Study II investigates experienced therapists' views of therapeutic action. The development of a close and trusting relationship was perceived as the core curative factor. Patients' fear of closeness hindered treatment from the therapists' perspective. Study III involves the development and psychometric examination of a new rating scale for patient-therapist attachment (Patient Attachment to Therapist Rating Scale; PAT-RS). Inter-rater reliability was good for three of the subscales (Security, Deactivation, Disorganization), but poor for one (Hyperactivation). Patterns of correlations with other measures suggest construct validity for the reliable subscales. Study IV examines the relationships between secure attachment to therapist, alliance, and outcome. Linear mixed-effects models, controlling for therapist effects, treatment length and patient-rated alliance, indicated that secure attachment to therapist relates to outcome. Further, the unique variance associated with secure attachment to therapist predicted continued gains in functioning during follow-up. The results of this thesis suggest that the development of a secure attachment to the therapist is a central mechanism of therapeutic change. The results are discussed in relation to established notions of therapeutic action in psychoanalytic psychotherapy. Two tentative process models that may be useful for clinical practice and future research are proposed.
- Typ och Nyckelord:** Dissertation therapeutic action, mechanisms of change, psychoanalytic, psychodynamic, psychotherapy, young adults, attachment to therapist, therapeutic alliance, process, outcome, grounded theory, linear mixed models, ISBN: 978-91-7447-988-1
- Referens:** [Lillengren, P., Falkenström, F., Sandell, R., Risholm Mothander, P., & Werbart, A. \(in press\). Secure attachment to therapist, alliance, and outcome in psychoanalytic psychotherapy with young adults. *Journal of Counseling Psychology*.](#)
- Abstract:** Using a novel approach to assess attachment to therapist from patient narratives (Patient Attachment to Therapist Rating Scale; PAT-RS), we investigated the relationships between secure attachment to therapist, patient-rated alliance, and outcome in a sample of 70 young adults treated with psychoanalytic psychotherapy. A series of linear mixed-effects models, controlling for length of therapy and therapist effects, indicated that secure attachment to therapist at termination was associated with improvement in symptoms, global functioning, and interpersonal problems. After controlling for the alliance, these relationships were maintained in terms of symptoms and global functioning. Further, for the follow-up period, we found a suppression effect indicating that secure attachment to therapist predicted continued improvement in global functioning, whereas the alliance predicted deterioration when both variables were modeled together. Although limited by the correlational design, this study suggests that the development of a secure attachment to therapist is associated with treatment gains as well as predictive of posttreatment improvement in functioning. Future research should investigate the temporal development of attachment to therapist and its interaction with alliance and outcome more closely. To ensure differentiation from patient-rated alliance, observer-based measurement of attachment to therapist should be considered.
- Typ och Nyckelord:** Journal attachment to therapist, therapeutic alliance, outcome, psychoanalytic, psychodynamic, psychotherapy, young adults, ISSN: 0022-0167

- Referens:** [Lillengren, P., Werbart, A., Risholm Mothander, P., Ekström, A., Susanna Sjögren, S., & Ögren, M.-L. \(2014\). Patient Attachment to Therapist Rating Scale: Development and psychometric properties. *Psychotherapy Research*, 24, 184-201.](#)
- Abstract:** This paper reports on the development and psychometric properties of a new rating scale for patient-therapist attachment. Excellent internal consistency (Cronbach's $\alpha > .90$) was observed for all four subscales (Security, Deactivation, Hyperactivation and Disorganization). Three subscales showed good inter-rater reliability (ICC $> .60$), while one (Hyperactivation) had poor (ICC $< .40$). Correlations with measures of alliance, mental representations, and symptom distress generally support the construct validity of the reliable subscales. Exploratory factor analysis indicated three underlying factors explaining 82% of the variance. The Patient Attachment to Therapist Rating Scale is a promising approach for assessing the quality of attachment to therapist from patient narratives. Future development should focus on improving the discrimination of the insecure subscales.
- Typ och Nyckelord:** Journal attachment to therapist; rating scale, reliability, construct validity, ISSN: 1050-3307
- Referens:** [Lindau, M., & Bjork, R. \(2014\). Anosognosia and Anosodiaphoria in Mild Cognitive Impairment and Alzheimer's Disease. *Dementia and Geriatric Cognitive Disorders Extra*, 4\(3\), 465-480.](#)
- Abstract:** Aims: To evaluate the occurrence of anosognosia (lack of awareness) and anosodiaphoria (insouciance) in mild cognitive impairment (MCI) and Alzheimer's disease (AD) and to evaluate the influence of a worsening of dementia on these phenomena. Methods: A self-evaluation scale was used assessing degrees of anosognosia and anosodiaphoria; furthermore, a neuropsychological assessment and statistical analyses with nonparametric tests which could cope with data on an ordinal scale level and small samples were employed. Results: Cognitive ability was lower in AD ($n = 9$) than in MCI patients ($n = 12$), but AD patients self-rated lower cognitive disabilities, which is interpreted as one relative sign of anosognosia in AD. Awareness of the reasons for cognitive problems was also lower in AD, which is considered as another sign of anosognosia. The main pattern in MCI found that the higher the awareness, the lower the cognitive ability. In AD low awareness paralleled low cognitive functioning. Anosodiaphoria was present in AD but not in MCI. Conclusion: According to the literature anosognosia and anosodiaphoria seem to increase with progression of dementia from MCI as a result of right hemispheric alterations.
- Typ och Nyckelord:** Journal dementia, disease progression, behavior, neuropsychology, ISSN: 1664-5464
- Referens:** [Lindfors, P., & Folkesson Hellstadius, L. \(2014\). Stress hos flickor och pojkar i tonåren. *Psykisk hälsa*, 4, 30-36.](#)
- Abstract:** Under senare år har stress bland ungdomar uppmärksammats i ökad utsträckning. Det hänger samman med att ungdomar i skolålder rapporterar vad som anses vara höga nivåer av upplevd stress och stressrelaterade besvär. Förekomsten av stress ser dock olika ut mellan flickor och pojkar men hänger också samman med ålder. Vanligen rapporterar yngre flickor och pojkar ungefär jämförbara nivåer av stress. Men under tonårstiden ökar skillnaderna. Flickor rapporterar stress och stressrelaterade besvär i större utsträckning än pojkar i samma ålder. Med tanke på att tonårstiden är förenad med olika förändringar och utmaningar av exempelvis fysiologisk, psykologisk och social karaktär är det rimligt att anta att dessa förändringar innebär att tonåringar har att hantera delvis nya situationer. De utmaningar och krav som det medför kan upplevas som stressiga. Utöver att kortfattat beskriva olika källor till stress bland elever i grundskolans årskurs 7-9 kommer vi här att diskutera vad stress är, hur det kan studeras, samt presentera resultat från ett pågående forskningsprojekt som fokuserar på en grupp ungdomar i grundskolans årskurs 8 och 9.
- Typ och Nyckelord:** Journal stress, skola, tonåringar, ISSN: 0033-3212
- Referens:** [Lindfors, P., Folkesson, L., & Östberg, V. \(2014\). Linking self-reported stress to aggregate cortisol measures and recurrent pain in midadolescent girls and boys. *International Journal of Behavioral Medicine*, 21 \(S1\), S179-80.](#)
- Abstract:** Introduction: Previous research has developed an 11-item self-report measure assessing activation and pressure stress among adolescents. However, the biological correlates of this measure are unclear. Considering this, the present study investigated how perceived stress relates to aggregate cortisol measures and recurrent pain in mid-adolescent girls and boys. Methods: Mid-adolescents (119 girls and 56 boys) provided self-ratings of activation and pressure stress and recurrent pain (headache, stomachache, neck/shoulder and back pain) in questionnaires. Additionally, adolescents sampled saliva during an ordinary school day: 1) immediately at awakening, 2) 30 minutes after waking up, 3) 60 minutes after waking up, and 4) at 8 p.m. Aggregate cortisol measures including ground and increase measures of the area under the curve and a diurnal slope measure were computed. Hierarchical regression analyses were performed for girls and boys respectively. Results: Activation and pressure were significantly associated with recurrent pain in girls but not in boys. However, there were no significant associations between self-ratings of stress and salivary cortisol, neither for girls nor for boys. Conclusion: While self-rated activation and pressure stress were related to recurrent pain in girls, but not in boys, neither activation nor pressure was linked to any of the aggregate cortisol measures. The differences between subjective and objective measures perhaps relate to these measures reflecting distinct and unrelated aspects of functioning. However, the findings may also result from the participants being mid-adolescents whose bodily systems are flexible and still unaffected by daily activation and pressure stress.
- Typ och Nyckelord:** Proceedings cortisol, activation stress, pressure stress
- Referens:** [Lindfors, P., Göransson, S., Ishäll, L., Nylén, E.C., Aronsson, G., & Sverke, M. \(2014\). Promoting Balance at Work and Employee Health through a Worksite Based Participatory Intervention. Invited symposium presentation at the *International Congress of Applied Psychology*, July 8-13, 2014, Paris, France.](#)
- Abstract:** Research has consistently shown that employee health and well-being benefit from a balance between demands and resources at work and from a balance between work-related efforts and rewards. Such balances are in turn linked to the balance between activation and opportunities for recovery, which are central for long-term health outcomes. This presentation summarizes findings from a worksite based participatory intervention.

The intervention uses a survey-feedback design as a basis for dialogue based reflexive workshops. In total, four half-day workshops were carried out over a 2-month period. In the workshops, employees identified the most immediate work environment problems and were asked to develop strategies to improve the balance at work. In doing this, the intervention aimed to integrate more strongly organizational work environment policies with the planning of regular activities within each organization. Self-report questionnaire data on work-related factors (e.g., demands and resources), health and well-being (e.g., recovery, self-rated health, subjective health complaints) were collected before the intervention and at a short-time follow-up about six weeks after the intervention. While health-effects seem unreasonable considering the short follow-up period, preliminary findings suggest that this worksite based participatory organizational intervention may have positive effects on factors relating to the work climate.

Typ och Nyckelord: Proceedings psychosocial factors, occupational interventions, questionnaire, ICAP 2014

Referens: Lindfors, P., Hultell, D., Rudman, A., & Gustavsson, J.P. (2014). Change and stability in subjective well-being over the transition from higher education to employment. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh, *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (p. 327). Nottingham, UK: EAOHP.

Abstract: The transition from higher education (HE) to employment is an anticipated life event experienced by many adults. This transition involves further socialization into work but is typically paralleled by other life changes as well. While the negative effects of such transitions have been investigated, little is known about changes in subjective well-being (SWB). This study set out to investigate SWB trajectories in terms of affective well-being (AWB) and cognitive well-being (SWB) over the transition from HE to employment. Data came from a seven-year nationwide longitudinal cohort study where student nurses (N = 1,702) were assessed annually. Longitudinal analyses showed a positive effect, particularly on AWB, of leaving higher education and starting work. Yet the effects decreased over time, suggesting that individuals over time adapt to this anticipated life event and that other factors, including challenges at work, influence long-term SWB. Consistent with previous findings, demographic factors had little impact, which may partly relate to the relative homogeneity of the student cohort. In showing that an anticipated life event such as the transition from HE to employment is paralleled by differential AWB and CWB trajectories, this study furthers the understanding of individual development as related to SWB during adulthood.

Typ och Nyckelord: Proceedings well-being, higher education, transition, employment, life event

Referens: Lindfors, P., Hultell, D., Rudman, A., & Gustavsson, J.P. (2014). Change and stability in subjective well-being over the transition from higher education to employment. *Personality and Individual Differences, 70*, 188-93.

Abstract: The transition from higher education (HE) to employment is an anticipated life event experienced by many adults. This transition involves further socialization into work but is typically paralleled by other life changes. While the negative effects of such transitions have been investigated, little is known about changes in subjective well-being (SWB). This study set out to investigate SWB trajectories in terms of affective well-being (AWB) and cognitive well-being (CWB) in the transition from HE to employment. Data came from a seven-year nationwide longitudinal cohort study where student nurses (N = 1702) were assessed annually. Longitudinal analyses showed a positive effect, particularly on AWB, of leaving higher education and starting work. Yet the effects decreased over time, suggesting that individuals over time adapt to this anticipated life event and that other factors, including challenges at work, influence long-term SWB. Consistent with previous findings, demographic factors had little impact, which may partly relate to the relative homogeneity of the student cohort. In showing that an anticipated life event such as the transition from HE to employment is paralleled by differential AWB and CWB trajectories, this study furthers the understanding of individual development as related to SWB during adulthood.

Typ och Nyckelord: Journal life satisfaction, positive emotions, subjective well-being, ISSN: 0191-8869

Referens: Lindfors, P., Nylén, E.C., Göransson, S., Ishäll, L., Aronsson, G., & Sverke, M. (2014). Promoting balance at work and employee health through a worksite based participatory intervention. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh, *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (p. 246). Nottingham, UK: EAOHP.

Abstract: Research has consistently shown that employee health and well-being benefit from a balance between demands and resources at work but also from a balance between work-related efforts and rewards. Such balances are in turn associated with the balance between activation and opportunities for recovery, which are central for long-term health outcomes among employees and their managers. This presentation summarizes findings from a worksite based participatory intervention. The intervention uses a survey-feedback design as a basis for dialogue based reflexive workshops. In total, four half-day workshops were carried out over a 2-month period. In the workshops, employees identified the most immediate work environment problems and were asked to develop strategies to improve the balance between various factors at work. In doing this, the intervention aimed to integrate more strongly organizational work environment policies with the planning of regular activities within different work units in the organization. Self-report questionnaire data on work-related factors (e.g., demands and resources), health and well-being (e.g., recovery, self-rated health, subjective health complaints) were collected before the intervention and at a short-time follow-up about eight weeks after the intervention. While health-effects seem unreasonable considering the short follow-up period, preliminary findings suggest that this worksite based participatory organizational intervention may have positive effects on factors relating to the work climate.

Typ och Nyckelord: Proceedings intervention, psychosocial work climate, social service

Referens: Lindholm, J., Cederborg, A.-C., & Alm, C. (in press). Adolescent girls exploited in the sex trade: Informativeness and evasiveness in investigative interviews. *Police Practice and Research*.

Abstract: This study explores the informativeness of 24 adolescents exploited in sex trade in Sweden when they were interviewed by police officers about their experiences. The questions and responses were analysed using coding types developed for research on forensic interviews. Qualitative analyses of the questions resulting in evasive responses and the court files were also done. The findings show that the adolescents were informative

yet evasive, specifically when asked open questions. Experiences of violence and interviews conducted soon after the police intervention may result in higher levels of evasiveness. Concurrently, evasiveness seems to be intimately connected to unique circumstances in each case.

Typ och Nyckelord: Journal investigative interviews, children, human trafficking, procurement, ISSN: 1561-4263

Referens: Lindholm, T., Sjöberg, R.L., & Memon, A. (2014). Misreporting signs of child abuse: The role of decision-making and outcome information. *Scandinavian Journal of Psychology*, 55(1), 1-9.

Abstract: Two studies provided evidence that a decision to report an ambiguous case of child abuse affected subsequent memory of the case information, such that participants falsely recognized details that were not presented in the original information, but that are schematically associated with child abuse. Moreover, post-decision information that the child had later died from abuse influenced the memory reports of participants who had chosen not to report the case, increasing their reports of false schema-consistent details. This suggests that false decision-consistent memories are primarily due to sense-making, schematic processing rather than the motivation to justify the decision. The present findings points to an important mechanism by which decision information can become distorted in retrospect, and emphasize the difficulties of improving future decision-making by contemplating past decisions. The results also indicate that decisions may generate false memories in the apparent absence of external suggestion or misleading information. Implications for decision-making theory, and applied practices are discussed.

Typ och Nyckelord: Journal false memory, decision-making, post-decision information, hindsight, ISSN: 0036-5564

Referens: Lindner, P., Olsson, E. L., Johnsson, A., Dahlin, M., Andersson, G., & Carlbring, P. (2014). The impact of telephone versus e-mail therapist guidance on treatment outcomes, therapeutic alliance and treatment engagement in Internet-delivered CBT for depression: A randomised pilot trial. *Internet Interventions*, 1(4), 182-187.

Abstract: Background: Internet-administered cognitive behavioural therapy (iCBT) is an effective treatment of depression, yet much remains to be learned about the specific mechanisms influencing symptom reduction. Although previous research has consistently shown that therapist-guided iCBT is more effective than unguided iCBT, it is unknown whether the medium used for therapist-client communication has an impact on results. Methods: Thirty-eight subjects with major depression were recruited from the waiting list of another iCBT study and randomised to a guided iCBT program with therapist guidance either by telephone calls (n = 19) or e-mail correspondence (n = 19). Outcome measures were self-rated measures of depression, anxiety and quality of life. Results: At post-treatment, both groups showed significant and large symptom reductions yet did not differ from each other. Neither was there any between-group difference in client-rated therapeutic alliance or treatment engagement. Symptom reductions were maintained at a three-month follow-up. Conclusion: Therapist guidance by telephone does not appear to differ from therapist guidance by e-mail in iCBT for depression, although further research featuring larger samples is necessary to draw more definite conclusions.

Typ och Nyckelord: Journal depression, therapist guided, cognitive behavioral therapy, internet intervention, telephone, e-mail, ISSN: 2214-7829

Referens: Lornudd, C., Tafvelin, S., von Thiele Schwarz, U., & Bergman, D. (in press). The mediating role of demand and control in the relationship between leadership behaviour and employee distress: A cross-sectional study. *International Journal of Nursing Studies*.

Abstract: Background: The relationship between leadership and employee distress is well established, however, the processes involved in this relationship remain largely unclear. For a stretched nursing workforce, understanding in what ways leadership may influence employee distress is particularly important.

Objectives: To examine possible mediating effects of the work environment factors demand and control in the relationship between leadership behaviour in change, production, and employee orientation and employee distress.

Design: Cross-sectional study design.

Settings: The study was conducted at a large county council in Sweden providing both institutional and non-institutional care.

Participants: A random sample of 1249 employees (primarily nurses, but also a wide range of other healthcare professionals and administrative staff), who had a healthcare manager that was about to enter a leadership development programme (n = 171), responded to a web-based questionnaire. The response rate was 62%.

Methods: The employees rated their healthcare managers' behaviour in change, production, and employee orientation, as well as their own perceptions of level of demand, control (subdivided into decision authority and skill discretion), and five distress outcomes. Multilevel analysis was performed.

Results: The mediators demand, decision authority, and skill discretion were significant predictors of all five distress outcomes for all three leadership orientations. In eight of 15 regressions, the mediators fully explained the relationships between leadership orientations and outcomes. Four of five relationships with distress outcomes were fully mediated for change-oriented leadership, whereas two of five outcomes were fully mediated for production- and employee-oriented leadership. In all three leadership orientations, the relationship between the mediator skill discretion and the distress measure disengagement were particularly strong, with B-coefficients (-.44, p < .001) twice as high as for any of the other relationships.

Conclusions: It seems that the way that employees perceive healthcare managers' change-oriented behaviour, and how that aspect is related to employee distress, is primarily explained by perception of demand and control. Furthermore, regardless of leadership behaviour orientation, how employees perceive their opportunity to use specific job skills plays an important role in the interplay between perception of healthcare managers' behaviour and disengagement.

Typ och Nyckelord: Journal leadership behaviour, employee distress, demand-control, mediation, healthcare, ISSN: 0020-7489

Referens: Lovén, J., Svärd, J., Ebner, N.C., Herlitz, A., & Fischer, H. (2014). Face gender modulates women's

brain activity during face encoding. *Social Cognitive and Affective Neuroscience*, 9(7), 1000-1005.

Abstract:

Women typically remember more female than male faces, whereas men do not show a reliable own-gender bias. However, little is known about the neural correlates of this own-gender bias in face recognition memory. Using functional magnetic resonance imaging (fMRI), we investigated whether face gender modulated brain activity in fusiform and inferior occipital gyri during incidental encoding of faces. Fifteen women and 14 men underwent fMRI while passively viewing female and male faces, followed by a surprise face recognition task. Women recognized more female than male faces and showed higher activity to female than male faces in individually defined regions of fusiform and inferior occipital gyri. In contrast, men's recognition memory and blood-oxygen-level-dependent response were not modulated by face gender. Importantly, higher activity in the left fusiform gyrus (FFG) to one gender was related to better memory performance for that gender. These findings suggest that the FFG is involved in the gender bias in memory for faces, which may be linked to differential experience with female and male faces.

Typ och Nyckelord:

Journal fMRI, face recognition, fusiform gyrus, own-gender bias, sex differences, ISSN: 1749-5016

Referens:

SBU. (2014). *Arbetsmiljöns betydelse för ryggproblem. En systematisk litteraturoversikt*. Stockholm: Statens beredning för medicinsk utvärdering. SBU-rapport nr 227.

Abstract:

The Swedish Council on Health Technology Assessment (SBU) conducted a systematic literature review of research on the association between occupational exposures and back disorders. In this review, we use back disorders as an umbrella term to include the more specific terms back trouble (a subjective experience of pain, ache or discomfort in the back), symptoms of sciatica, intervertebral disc changes and diseases of the back. The report is focused on disorders of the thoracic and lumbar spine. A wide range of occupational exposures were investigated, including: physical work load, vibration, organizational and psychosocial factors, chemical and biological factors, noise, environmental factors and contagious substances.

Background: Since 2011 SBU has had a mandate from the Swedish government to systematically assess the evidence associating occupational exposures to health issues. The objective of this review was to assess the scientific basis describing the influence of occupational exposures on back disorders. Back disorders are common. Between 60 and 70 percent of the general population world-wide suffer from back pain at least once in their life. For affected individuals, back disorders are the source of both suffering and decreased functioning. The costs to society are also considerable in terms of direct health care costs, financial support to individuals with work disability, as well as costs due to loss of production.

Method: A systematic review was undertaken following the PRISMA statement and standard methods used by SBU adapted to an occupational context. A literature search covering years 1980 to January 2014 was conducted in international medical and occupational data bases. The review assessed almost 8 000 abstracts. Studies that fulfilled strict inclusion criteria were assessed for relevance and quality, using pre-set protocols. Relevance and quality assessments were conducted by two experts, working in an evaluation pair. After conducting independent assessments, the two experts had to agree on a mutual relevance and quality classification. Some articles required that all exporters participated in discussion and made a collective assessment. A total of 109 studies were classified as moderate or high quality, representing more than 150 000 study participants. The strength of the scientific evidence was assessed with the GRADE system.

Results: There is an association between occupational exposure and back disorders. This result is based on investigations of a large variety of work environments, mainly in Europe and North America. In most studies passing the quality criteria, researchers investigated occupational exposure and back disorders in populations consisting of both women and men with at least one year of follow up.

Conclusions: People in the following groups develop more back trouble over time than those who are not subjected to the specified exposure at work:

- Those who work with manual handling (e.g. lift) or in a posture where the back is bent or rotated
- Those who work in a kneeling or squatting posture, or have physically demanding work tasks
- Those exposed to whole body vibration
- Those who experience work as mentally stressful; or those who find their work demanding, but lack decision latitude (personal control of their own working situation); or those who have insufficient opportunities for personal development
- Those who work outside standard office hours.

In some work environments, people have less back trouble. Those who experience high influence over work-related decisions, those who get social support at work and those with high job satisfaction develop less back trouble than others.

Women and men with similar occupational exposures develop back troubles to the same extent.

Those who work in forward bent postures or are exposed to whole body vibration in their work develop more symptoms of sciatica than others, while those with high job satisfaction develop less such symptoms. Those whose work entails manual handling develop more intervertebral disc changes than others.

This systematic literature review has uncovered a substantial body of knowledge concerning occupational exposures and back disorders. Future research should include intervention studies, i.e. studies that scientifically test the effect of well defined interventions on back disorders over extended periods of time in authentic work situations.

Project group

Experts: Karin Harms-Ringdahl (Chair), Sven Ove Hanson (Ethics), Olle Hägg, Ulf Lundberg, Svend Erik Mathiasen, Gunnevi Sundelin, Magnus Svartengren, and Hans Tropp.

SBU: Charlotte Hall (Project Director), Karin Stenström (Assistant Project Director), Agneta Brolund (Information Specialist), Therese Kedebring (Project Administrator), Laura Lintamo (Investigator), Maria Skogholm (Project Administrator), Lena Wallgren (Scientific Writer)

Scientific reviewers: Eva Denison, Mats Hagberg, Gunnar Nemeth, Esa-Pekka Takala.

Typ och Nyckelord:

Report arbetsmiljö, ryggproblem, arbetstillfredsställelse, arbetsställning, skiftarbete, ischias, diskförändringar, ISBN/ISSN: 978-91-85413-68-3

- Referens:** [Lundberg, U.](#) (2014). Stress och hälsa i ett föränderligt samhälle. *Psykisk hälsa*, 55, 22-29.
- Abstract:** Stressrelaterad ohälsa svarar för en stor del av sjukfrånvaron i Sverige och medför således omfattande kostnader för samhället och stort lidande för dem som drabbas. I denna artikel beskrivs vilka faktorer i det moderna samhället som bidrar till ökad stressbelastning och vad som händer i kroppen som kan förklara olika stressrelaterade hälsoproblem, både psykiska och fysiska, hos kvinnor och män. Vidare beskrivs vanliga stressymtom och möjligheter att förebygga dessa.
- Typ och Nyckelord:** Journal stress, ohälsa, ryggbesvär, gränslöst arbete, ISSN: 0033-3212
- Referens:** [Lundequist, A.](#), [Böhm, B.](#), [Lagercrantz, H.](#), [Forsberg, H.](#), & [Smedler, A.-C.](#) (in press). Cognitive outcome varies in adolescents born preterm, depending on gestational age, intrauterine growth and neonatal complications. *Acta Paediatrica*.
- Abstract:** Aim: The aim of this study was to investigate long-term cognitive outcome in a cohort of 18-year-olds born preterm and previously assessed at the age of five-and-a-half. Methods: We tested 134 adolescents born preterm with a very low birth weight of less than <1,500g and 94 term-born controls with a comprehensive cognitive battery at 18-years-of-age. The cohort was subdivided into 73 extremely preterm, 42 very preterm and 19 moderately preterm infants with gestational ages of 23-27, 28-31 and 32-36 weeks, respectively. The moderately preterm group was dominated by adolescents born small for gestational age. Results: Very preterm adolescents performed on a par with term-born controls. In contrast, extremely preterm adolescents displayed inferior results on all cognitive tests, more so if they had suffered neonatal complications. Moderately preterm adolescents scored lower than very preterm and full-term born adolescents, particularly on complex cognitive tasks. Conclusion: Adolescents born at 28 weeks of gestation or later, with appropriate birth weight and no perinatal complications, functioned like term-born peers at 18-years-of-age. Extremely preterm birth per se posed a risk for long-term cognitive deficits, particularly executive deficits. Adolescents born moderately preterm but small for gestational age were at risk of general cognitive deficits.
- Typ och Nyckelord:** Journal adolescents, long-term cognitive outcome, medical complications, preterm birth, small for gestational age, ISSN: 1651-2227
- Referens:** [Ly, K.H.](#), [Janni, E.](#), [Wrede, R.](#), [Sedem, M.](#), [Donker, T.](#), [Carlbring, P.](#), & [Andersson, G.](#) (in press). Experiences of a guided smartphone-based behavioral activation therapy for depression: A qualitative study. *Internet Interventions*.
- Abstract:** Recently, a number of studies have investigated treatments administered via smartphones showing that this treatment format has a potential to be effective. However, we still have limited knowledge of how patients experience this treatment format. The objective of this study was to explore participants' views of a smartphone-based behavioral activation treatment. In-depth interviews were conducted with 12 strategically (participants with different overall experiences) selected participants, suffering from major depression according to the DSM-IV. The interview data were processed with the aid of thematic analysis. The analysis generated the three main themes: Commitment, Treatment and Lack of important components, with attached subthemes. In conclusion, the findings from the current study correspond with existing knowledge in the field of internet-based treatment. Considering that this kind of treatment is still quite new, the need for further research and development is considerable. Nevertheless, its availability, assimilation into users' everyday lives and possible motivational qualities speak of its potential.
- Typ och Nyckelord:** Journal smartphone treatment, depression, behavioral activation, mobile application, ISSN: 2214-7829
- Referens:** [Ly, K H.](#), [Topooco, N.](#), [Cederlund, H.](#), [Wallin, A.](#), [Bergström, J.](#), [Molander, O.](#), [Carlbring, P.](#), & [Andersson, G.](#) (2014). Smartphone-Supported vs. Full Behavioural Activation for Depression: A Randomised Controlled Non-Inferiority Trial. In Oral Abstracts from the 7th Scientific Meeting of the International Society for Research on Internet Interventions (p.19). October, 23-25, 2014, Valencia, Spain.
- Abstract:** Purpose: In light of the research support for behavioral activation, and the promising findings of smartphone-delivered psychological interventions in the treatment of depression, we evaluated a smartphone depression application as an adjunct to four face-to-face sessions (blended treatment) for mild to moderate depression. The blended treatment was compared to a full 10-session treatment with no support from a smartphone.
- Methods: This was a non-inferiority study with unrestricted randomization in a 1:1 ratio. The study was conducted at three clinics in Sweden. 45 participants diagnosed with major depressive disorder received the blended treatment, and 43 participants received the full 10-session treatment. Main outcome measures were the BDI-II and the PHQ-9.
- Results: Results showed significant improvements in both groups across time on the primary outcome measures (within-group Cohen's d range 1.51-1.80; between group d range -0.21- 0.01), indicating non-inferiority of the blended treatment, and at the same time with an average 44.6% reduction of therapist time.
- Conclusions: The blended treatment was non-inferior to the full behavioural treatment, and at the same time reduced therapist time. This may have important implications for planning psychological services. Moreover, from a theoretical point of view, the trial could be important as it tests the possibility to integrate modern information technology with face-to-face therapy.
- Typ och Nyckelord:** Proceedings smartphone, depression, trial
- Referens:** [Ly, K.H.](#), [Trüschel, A.](#), [Jarl, L.](#), [Magnusson, S.](#), [Windahl, T.](#), [Johansson, R.](#), [Carlbring, P.](#), & [Andersson, G.](#) (2014). Behavioral activation vs. Mindfulness-based guided self-help treatment administered through a smartphone application: a randomized controlled trial. *BMJ Open*, 4, e003440.
- Abstract:** Objectives: Evaluating and comparing the effectiveness of two smartphone-delivered treatments: one based on behavioural activation (BA) and other on mindfulness. Design: Parallel randomised controlled, open, trial. Participants were allocated using an online randomisation tool, handled by an independent person who was separate from the staff conducting the study. Setting: General community, with recruitment nationally through mass media and advertisements. Participants: 40 participants diagnosed with major depressive disorder received a BA treatment, and 41 participants received a mindfulness treatment. 9 participants were lost at the post-treatment. Intervention: BA: An 8-week long behaviour programme administered via a smartphone

application. Mindfulness: An 8-week long mindfulness programme, administered via a smartphone application. Main outcome measures: The Beck Depression Inventory-II (BDI-II) and the nine-item Patient Health Questionnaire Depression Scale (PHQ-9). Results: 81 participants were randomised (mean age 36.0 years (SD=10.8)) and analysed. Results showed no significant interaction effects of group and time on any of the outcome measures either from pretreatment to post-treatment or from pretreatment to the 6-month follow-up. Subgroup analyses showed that the BA treatment was more effective than the mindfulness treatment among participants with higher initial severity of depression from pretreatment to the 6-month follow-up (PHQ-9: $F(1, 362.1)=5.2, p<0.05$). In contrast, the mindfulness treatment worked better than the BA treatment among participants with lower initial severity from pretreatment to the 6-month follow-up (PHQ-9: $F(1, 69.3)=7.7, p<0.01$); BDI-II: ($F(1, 53.60)=6.25, p<0.05$). Conclusions: The two interventions did not differ significantly from one another. For participants with higher severity of depression, the treatment based on BA was superior to the treatment based on mindfulness. For participants with lower initial severity, the treatment based on mindfulness worked significantly better than the treatment based on BA. Trial registration: Clinical Trials NCT01463020.

Typ och Nyckelord: Journal behavioral activation, mindfulness, guided self-help, smartphone, trial, ISSN: 2044-6055

Referens: Låstad, L., Berntson, E., Näswall, K., & Sverke, M. (2014). Do core self-evaluations and coping style influence the perception of job insecurity? *European Journal of Work and Organizational Psychology, 23*(5), 680-692.

Abstract: Over the last few decades, increased flexibility and lack of stability in employment has made job insecurity a work stressor that affects more and more employees. Since worrying about potential job loss (quantitative job insecurity) or possible loss of valued job features (qualitative job insecurity) constitutes a subjective perception, it has been claimed that personality factors may be decisive for job insecurity perceptions. Furthermore, the perception of a stressor, in this case job insecurity, could be argued to be dependent on appraisals of available coping resources. This study investigates whether core self-evaluations predict job insecurity perceptions, and whether coping mediates this relationship, in a two-wave data set from a Swedish sample of white-collar workers ($N = 425$). The results show that core self-evaluations had a negative total effect on both qualitative and quantitative job insecurity. Core self-evaluations were positively related to problem-focused coping but not to emotion-focused coping. However, there was no mediating effect of coping style on the association between core self-evaluations and job insecurity.

Typ och Nyckelord: Journal job insecurity, coping, core self-evaluations, mediation, ISSN: 1359-432X

Referens: Låstad, L., Näswall, K., Berntson, E., Seddigh, A., Westerlund, H., & Sverke, M. (2014). Investigating Job Insecurity Climate from a Multilevel Perspective: Its Impact on Psychological Distress, and Ill-Health Symptoms. Presentation on the *28th International Congress of Applied Psychology*, July, 8-13, 2014, Paris, France.

Abstract: Job insecurity is a work stressor that has detrimental effects on work related attitudes, well-being and health. Job insecurity has mainly been investigated as an individual level phenomenon. Consequentially, the focus of past research is only on personal determinants and consequences of the employee's perception, and social/organizational factors have not been taken into account to any large extent. However, drawing on sense making theory, it can be argued that job insecurity is a social phenomenon as well. Conceptualized as job insecurity climate, job insecurity could be considered a product of the reciprocal relationship between behavior, cognitive and other personal factors, and the social environment.

The aim of this study is to examine job insecurity from a multilevel perspective and explore to what extent the variance in job insecurity perceptions is dependent on the individual, and how important the work group as a social context in shaping job insecurity perceptions. We also aim to investigate the effects of job insecurity, both climate and individual job insecurity, on job satisfaction, productivity, burnout, and subjective health. By including both individual level job insecurity and job insecurity climate perceptions in the analysis, a deeper understanding is gained of the relation between job insecurity and negative outcomes, and thus contributes to extending our knowledge about job insecurity as a work life stressor.

Results from a pilot study of a Swedish sample using multilevel modeling showed that the work group accounts for about 5% of the variance in job insecurity climate perceptions and 2.6% of individual job insecurity perceptions. This indicates that the social context has some impact on perceptions of job insecurity. However, since the respondents in this sample perceived a very low sense of job insecurity, these results had to be replicated with another sample. Data from a second sample ($N=126$) were recently collected, and preliminary results show that belonging to a group accounted for 20% of the variance in job insecurity climate perceptions and 0% of the variance in perceptions of job insecurity. These results could have implications for future studies on climate, indicating that perceptions of one's own job insecurity do not necessarily match one's perceptions of the job insecurity climate.

Typ och Nyckelord: Proceedings job insecurity climate, job insecurity, multilevel analysis, work stressors

Referens: Löfkvist, U., Almkvist, O., Lyxell, B., & Tallberg, I.-M. (2014). Lexical and semantic ability in groups of children with cochlear implants, language impairment and autism spectrum disorder. *International Journal of Pediatric Otorhinolaryngology, 78*(2), 253-263.

Abstract: Objective: Lexical-semantic ability was investigated among children aged 6-9 years with cochlear implants (CI) and compared to clinical groups of children with language impairment (LI) and autism spectrum disorder (ASD) as well as to age-matched children with normal hearing (NH). In addition, the influence of age at implantation on lexical-semantic ability was investigated among children with CI. Methods: 97 children divided into four groups participated, CI ($n = 34$), LI ($n = 12$), ASD ($n = 12$), and NH ($n = 39$). A battery of tests, including picture naming, receptive vocabulary and knowledge of semantic features, was used for assessment. A semantic response analysis of the erroneous responses on the picture-naming test was also performed. Results: The group of children with CI exhibited a naming ability comparable to that of the age-matched children with NH, and they also possessed a relevant semantic knowledge of certain words that they were unable to name correctly. Children with CI had a significantly better understanding of words compared to the children with LI and ASD, but a worse understanding than those with NH. The significant differences between groups remained after controlling for age and non-verbal cognitive ability. Conclusions: The children with CI demonstrated lexical-semantic abilities comparable to age-matched children with NH, while children with LI and ASD had a more atypical lexical-semantic profile and poorer sizes of expressive and receptive vocabularies. Dissimilar causes of neurodevelopmental processes seemingly affected lexical-semantic abilities in different ways in the clinical groups.

Typ och Nyckelord: Journal children, cochlear implants, language impairment, autism spectrum disorder, lexical and semantic ability, picture naming, ISSN: 0165-5876

Referens: Løvseth, L.T., Aasland, O.G., Fridner, A., Schenck-Gustafsson, K., Jónsdóttir, L.S., Einarsdóttir, T., Marini, M., Minucci, M., Pavan, L., Gøtestam, K.G., & Linaker, O.M. (2014). Confidentiality as a barrier to support seeking among physicians. The influence of psychosocial work factors in four European cities. [the HOUPE study] *Work: A Journal of Prevention, Assessment and Rehabilitation*, 49(1), 113-121.

Abstract: Background: Concerns about protecting patient's privacy can interfere with proper stress adaptation which is associated with physician's health. It is important to investigate relevant organizational confounders to this phenomenon to enable interventions that can ameliorate the subjective burden of patient confidentiality. Objectives: This study investigates factors in the psychosocial work environment that can explain patient confidentiality's prominence in social support seeking among physicians, and if these factors covary differently with support seeking according to country. Participants: University hospital physicians in four European cities (N=2095) in Sweden, Norway, Iceland and Italy participated in a cross-sectional survey. Methods: Questionnaire comprised items on psychosocial work environment, basic socio-demographics, presence of formal and informal meetings at work, and measurement of confidentiality as a barrier for support. Results: High role conflict, availability of formal or informal meetings, lack of control over decisions, and lack of control over work pace were predictors of confidentiality as a barrier to support. There were differences between countries in how these factors covaried with confidentiality as a barrier to support. High role conflict was the strongest predictor of confidentiality as a barrier to support across all samples. Conclusions: Psychosocial work factors predicted confidentiality as a barrier to support seeking among physicians. It is important to create routines and an organizational framework that ensures both the patient's right to privacy and physician's ability to cope with emotional demanding situations from work.

Typ och Nyckelord: Journal professional secrecy, doctor, social support, work environment, role conflict, ISSN: 1051-9815

Referens: Løvseth, L.T., Fridner, A., & Gustafsson Sendén, M. (2014). The HOUPE study phase I (2002-11) and II (2012-18). Health and Organization among University hospital Physicians in Europe. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard, & K. Teoh (Eds.) *Book of Proceedings, 11th European Academy of Occupational Health Psychology Conference: Looking at the past planning for the future. Capitalizing on occupational health psychology multidisciplinary* (pp. 303-304). April 14-16, 2014, London, UK.

Abstract: Background: Medical academics are trained as medical practitioners' and scientists. Their high workload combined with concern for patients and colleagues, and responsibilities associated to family- and social life can compromise sufficient self-care, restitution and rest. Exposure to high, and often, conflicting demands can compromise physicians work satisfaction, health and wellbeing. Growing evidence points to major negative consequences of physician's ill-health to healthcare systems by affecting recruitment and retention of physicians, workplace productivity and efficiency, and quality of patient care and patient safety in terms of medical errors, recovery and treatment adherence. No sufficiently powered, comprehensive international study that include different levels of organizational data, have by now documented.

Aim: A sufficiently powered international longitudinal study with different type of organizational data on determinants in the organization, work environment, management and organizational culture to investigate the prevalence, interaction, manifestation or the effect of strain among physicians in academic medicine as a basis for both scientific knowledge and organizational interventions.

Method: Longitudinal data by 1) Document analysis of national framework and policy, 2) Hospital statistics of their work force, 3) in-depth interviews and prospective survey data from 4) N = 3 500 physicians from HOUPE phase I and 5) N = 6 500 physicians of HOUPE phase II in all partner countries. The survey data was collected in 2005 with repeated measure of survey data in 2012.

Participants: All physicians permanently employed at each University Hospital at the time of data collection. Phase I: The participants were university hospital physicians in Sweden (N= 2 300), Norway (N= 800) Iceland (N= 400) and Italy (N= 900). Phase II included all four countries of phase I in addition to university hospital physicians from Hungary (N= 800), the Netherlands (N= 800) and Austria (N= 500).

The questionnaire comprised 110 items altogether with the following measurements: 1) Physician Career Path Questionnaire (PCPQ), 2) The General Nordic Questionnaire for Psychological and Social Factors at Work (QPSNordic), 3) Patient confidentiality and personal support (CBS), 4) Mini Oldenburg Burnout Inventory (MOLBI) 5) General Health Questionnaire (GHQ-12), 6) Work-Family conflict and 7) Gender and Ethnicity analyses.

Results: Results have contributed to empirical knowledge into the processes and mechanisms that affects physicians' career, work conditions, satisfaction and health. Information about the character of work conditions and career choices of physicians have provided basis for organizational interventions to make each university hospitals more resource efficient and innovative by professional and organizational culture, conditions of employment and work, and health services provided.

Typ och Nyckelord: Proceedings physicians, international research, work organization

Referens: Løvseth, T.L., Güzey, I.C., Fridner, A., Minucci, D., & Linaker, O.L. (2014). Age and gender differences in authorship among university hospital physicians in Sweden, Norway and Italy (the HOUPE study). *British Journal of Medicine & Medical Research*, 4(27), 4582-4590.

Abstract: Background: For decades there has been a prominent gender gap in the number publications among physicians in academic medicine. Increased recruitment of women into medicine and a new generation work force that emphasize work-life balance can contribute to narrow this gap. Aims: The present study investigates whether younger hospital physicians may display less gender differences in authorship of scientific publications compared to those older of age. Methodology: Baseline cross-sectional survey data among senior consultants (N=1379) working at public university hospitals in three European countries, participating in the HOUPE study (Health and Organization among University hospital Physicians in Europe). Analysis: Chi-square tests and logistic regression analysis with probit link function. Results: There were differences in number of publications based on country where Italy and Sweden reported a significantly higher number of first- or last authorship

compared to Norway ($X^2=30.6$, $P<.001$). Logistic regression analysis confirmed gender differences in number of publications and first-and last authorships ($P<.001$) across all age categories. The rate of increase in number of publications is higher for men than for women physicians. Conclusion: These findings confirm that scientific production is still more relevant to discuss in terms of gender than generation. It is important to look at factors that are essential to career choice and faculty retention in women in particular but also among women and men in the new generation of physicians.

Typ och Nyckelord: Journal senior consultant, research, publication, gender differences, university hospital, Italy, Norway, Sweden, ISSN: 2231-0614

Referens: Magnusson, D. (2014). Individual Development - A Transformation Process: A longitudinal program. In R.M. Lerner, A.C. Petersen, R.K. Silbereisen, & J. Brooks-Gunn (Eds.), *The Developmental Science of Adolescence: History through Autobiography* (pp. 318-331). London: Psychology Press.

Abstract: This chapter presents my ideas for how to study individual development as a transformation process. I hope that they can be helpful to researchers planning to conduct longitudinal research. The main vehicle for outlining these ideas is a description of a longitudinal research program that I initiated and led for more than 30 years, namely Individual Development and Adaptation (IDA). It is presented in some detail, and includes the process of IDA's initiation and planning. The theoretical and empirical implications of the carrying out of the program for research on the adolescent period are discussed at the end of the chapter. Because my early experiences and educational background have been decisive for how IDA was designed and implemented, some personal information is also included.

Typ och Nyckelord: Book (chapter) longitudinal research, Individual Development and Adaptation, IDA, transformation process, ISBN: 978-1-84872-931-5

Referens: Magnusson Hanson, L., Westerlund, H., Vahtera, J., Sverke, M., Chungkham, H.S., & Alexandersson, K. (2014). Treatment with antidepressants in the Swedish population in relation to major workplace downsizing. Paper presented at the *17th EPA Section Epidemiology and Social Psychiatry Meeting*, May 21-24, 2014, Ulm, Germany.

Abstract: Company downsizing may be a risk factor for morbidity both among those who are displaced and those who remain in work. However, the knowledge is limited regarding its impact on clinically relevant mental health problems. Our objective was to investigate antidepressant treatment across five years in relation to workplace downsizing. We studied all Swedish residents 2004 through 2010, 22-54 years of age, gainfully employed, and with a stable labor market position before a workplace downsizing. Downsizing was inferred from national statistics on establishments (workplaces) and antidepressant treatment from the Prescribed Drug Register. People primarily employed at a workplace with $\geq 18\%$ staff reduction were considered exposed to major downsizing (in 2006-2007, 2007-2008, or 2008-2009). We applied repeated-measures regression analyses through generalized estimating equations, calculating yearly prevalence's of antidepressant treatment in a 5-year window from two years before to two years after the year of major downsizing. There was a small increase in antidepressant treatment before (two years before to one year before), around (one year before to one year after), as well as after (one year after to two years after) major downsizing among all exposed (632 500 individuals). In a stratified analysis, however, the prevalence increased only before downsizing for those with previous sickness absence (SA)/disability pension (DP) (Odds ratio:1.09, 95% confidence interval:1.07-1.12) whereas it mainly increased around (OR:1.24, CI:1.21-1.27) and after (OR:1.11, CI:1.07-1.15) downsizing for those with no previous SA/DP. This large scale study indicates that downsizing increases antidepressant treatment prevalence, but differently depending on previous SA/DP status.

Typ och Nyckelord: Proceedings downsizing, depressive disorder, antidepressants

Referens: Marklund, A., & Carlbring, P. (2014). Challenger – the Development and Initial Evaluation of a Smartphone Application for Social Anxiety Disorder. Abstracts from the *8th Medicine 2.0 Summit & World Congress*, November 13-14, 2014, Maui, Hawaii, USA.

Abstract: Background: Randomized controlled trials have yielded promising results for internet-delivered cognitive behavior therapy (iCBT) for patients with social anxiety disorder (SAD). Smartphone assisted treatment is potentially cost effective and could also bring the treatment closer to the patient's real life environment than desktop application delivered iCBT.

The newly developed smartphone application "Challenger" is generating exercises that are customized to the user's environment, involving places and people in their vicinity. Based on what skills the user wants to improve, appropriate challenges are randomly selected and created by the app. The user can follow their progress and history on a board game, where they move forward for each challenge they complete. They can also fill their own board with rewards that they find appealing and motivating. After a challenge completion, the user is prompted to write a note reflecting on the experience and to report their anxiety level during the challenge. If the user so chooses, the note can then be sent anonymously, much like a message in a bottle, to another randomly selected user to provide supportive feedback. That feedback is sent back to the challengee which can then choose to "like", be indifferent to, or dislike (report abuse) the feedback.

In summary, "Challenger" generates customized behavioral experiments, as well as exposure exercises that are performed in the patients vicinity and provides the means to reflect on the experience and to receive anonymous social community support.

Objective: The present study aims to evaluate the feasibility and acceptance of the newly developed smartphone application "Challenger" for treating social anxiety disorder (SAD) and to report on the preliminary data regarding how the anonymous social community support function is being used. It also aims to assess significant changes in the self-reported social anxiety symptoms and ecological momentary assessments over time.

Methods: A set of valid and commonly used questionnaires were used in the study. Level of social anxiety symptoms was assessed using MINI-SPIN every other day. In addition, once a week PHQ9 and GAD7 were administered in the smartphone application in order to get a general level of depression and anxiety respectively.

Result: At the present date 92 participants have enrolled in the treatment program. The MINI-SPIN scores ($M=6.75$, $SD=3.62$) indicate that this is a sample of participants with primarily social anxiety problems. The PHQ9 ($n=85$, $M=3.38$, $SD=2.43$) and GAD-7 ($n=84$, $M=4.07$, $SD=2.60$) scores suggests that the group is well-

functioning with low levels of depression and general anxiety. Concerning the social feedback system we can report that 62% (n=161) of the notes being sent have been liked. About 10% has received the opinion "indifferent", while 13% were given feedback but not yet rated. 15% was not given feedback yet and 0 comments has been reported as abusive.

Conclusions: Preliminary results indicate that using Challenger could decrease social anxiety and depressive symptoms, but data collection is still at an early stage and we will know much more at the time of the conference.

Typ och Nyckelord: Proceedings Challenger, smartphone, SAD

Referens: Marklund, S., Aronsson, G., Johansen, V., Solheim, L.J. (in press). Previous sickness presence among long-term sick-listed in Norway and Sweden: A retrospective study of prevalence and self-reported reasons. *International Journal of Social Welfare*.

Abstract: The aim of the present study was to analyse previous sickness presence among long-term sick-listed individuals in Norway and Sweden and the reasons given for sickness presence. The study was based on survey data for 3,312 persons in Norway and Sweden who had been sick-listed for at least 30 days. Two questions were used. One measured prevalence: During the last 12 months prior to your current sick leave, did you go to work even when feeling so ill that you should have taken sick leave? The second question concerned reasons for sickness presence. Large differences were found between Norway and Sweden in the prevalence of sickness presence. More longterm sick-listed Norwegians than Swedes reported sickness presence [adjusted odds ratio (OR) for Sweden 0.65 (0.53-0.80)]. The Swedes more often reported financial reasons for sickness presence [adjusted OR 2.77 (2.1 to -3.54)], while the Norwegians more often gave positive reasons related to work. The national differences may be related to differences in sickness insurance strategies.

Typ och Nyckelord: Journal sickness presence, presenteeism, sickness insurance, sickness absence, long-term sick-listed, ISSN: 1369-6866

Referens: Mattson, M., Hellgren, J., & Göransson, S. (2014). A leadership perspective on safety communication. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (pp. 172-173). Nottingham, UK: EAOHP.

Abstract: In many of today's organizations, there is a growing concern regarding workplace safety. As a result of this, there is an increase in organizational activities aimed at enhancing the employees' safety awareness' and eliminating organizational factors that may lead to the employees being exposed to risks. Communication is considered a vital aspect of the functioning and success of an organization, and is potentially relevant even in a workplace safety context. However, there are gaps in research regarding the ways in which a leader's communication with his or her subordinates could affect safety at the workplace. The question in the present study is how and in what way a leader's communication with his or her subordinates (e.g. in the form of feedback, communication of safety values, and openness in dialogues) relate to safety issues such as perceived safety and safety behaviors. Questionnaire data was collected from a ward belonging to an emergency hospital operating in a rural area in Sweden. The data will be analyzed using structural equation modeling. The results will be described and discussed in terms of theoretical implications relating to the linkage between a leader's communication with his or her subordinates and safety, as well as in terms of practical implications for policy-makers and managers. The paper highlights the importance of taking leadership communication into account in the pursuit of increasing workplace safety.

Typ och Nyckelord: Proceedings leadership, safety, communication

Referens: Mattson, M., Torbiörn, I., & Hellgren, J. (2014). Effects of staff bonus systems on safety behaviors. *Human Resource Management Review, 24, 17-30*.

Abstract: Bonus systems are a common means in trying to motivate employees to perform well. However, there is still disagreement regarding the effects of bonus systems. Some theories even suggest that such systems could cause an increase in risk-behavior. This makes further research regarding bonus systems warranted, especially when applied in high-risk organizations. This study aims to explore potential effects on safety-related behavior associated with bonus systems currently used at Swedish nuclear power plants. Fifteen semi-structured interviews with employees were performed based on an eclectically composed framework from motivational and organizational theories. Results do not indicate any negative effects on safety-related behaviors, but rather that safety behaviors may be promoted insofar as bonus rewards are linked to performance goals concerning safety. Differences in bonus system design appeared to affect behavioral outcomes. The comparative and qualitative approach of this study contributes valuable information by highlighting the types of factors that may serve to stimulate greater incentive for employees to engage in safe behavior.

Typ och Nyckelord: Journal bonus, pay system, incentive, motivation, nuclear power plant, safety, ISSN: 1053-4822

Referens: Melin, M., Astvik, W., & Bernhard-Oettel, C. (2014). New work demands in higher education. A study of the relationship between excessive workload, coping strategies and subsequent health among academic staff. *Quality in Higher Education, 20(3), 290-308*.

Abstract: This study investigates the relationship between the work conditions in higher education work settings, the academic staff's strategies for handling excessive workload and impact on well-being and work-life balance. The results show that there is a risk that staff in academic work places will start using compensatory coping strategies to deal with excessive demands and that this might seriously impair their health. The compensatory strategy cluster emerged as a 'risk group' among the three identified strategy clusters, having a lower work-life balance and suffering from stress-related symptoms more often than the other two strategy clusters. The results also show that high educational level, management position and wide discretion as regards regulation of work in time and space (when and where to work) are factors that might contribute to a lower work-life balance. In practice, the results can contribute to create more sustainable work environments by detecting risk behaviours and risk factors.

Typ och Nyckelord: Journal higher education, academic staff, work demands, ISSN: 1353-8322

- Referens:** Mellner, C., Aronsson, G., & Kecklund, G. (2014). Boundary management preferences, boundary control and work-life balance among full-time employed professionals in knowledge-intensive, flexible work. *Nordic Journal of Working Life Studies*, 4(4), 7-23.
- Abstract:** Profound changes are taking place within working life, where established boundaries between work and personal life are challenged by increased global competition, ever-faster changing markets, and rapid development of boundary transcending information and communication technologies (ICT). The aim of this study was to investigate boundary management preferences in terms of keeping work and personal life domains separated or integrated, that is, segmenting or blending of domains, the perception of being in control of one's preferred boundaries, and work-life balance among employees at a Swedish telecom company (N = 1,238, response rate 65%, men 73%, mean age 42 years). Psychosocial work factors, individual characteristics, sociodemographic factors, and work-life balance were investigated in relation to boundary management preferences and perceived boundary control. For high boundary control among segmenters, nearly all the studied psychosocial work factors were significant. Among integrators, this was the case only for clear expectations in work. For both groups, the individual capacity for self-regulation was associated with high boundary control. Regarding sociodemographic factors, cohabiting women with children who preferred segmentation had low boundary control. Finally, there was a main effect of boundary control on work-life balance. In particular, male segmenters perceiving high boundary control had better work-life balance than all others. Conclusions of the study are that segmenters need external boundaries in work for successful boundary management. Moreover, self-regulation seems a crucial boundary competence in knowledge-intensive, flexible work. Results are of value for health promotion in modern work organizations in supporting employees achieving successful boundary control and subsequent work-life balance.
- Typ och Nyckelord:** Journal boundaryless work, family type, gender, integration, nonwork, segmentation, self-regulation, ISSN: 2245-0157
- Referens:** Mousavi, F., Garcia, D., Jimmefors, A., Archer, T., & Ewalds-Kvist, B. (2014). Swedish high-school pupils' attitudes towards drugs in relation to drug usage, impulsiveness and other risk factors. *PeerJ*, 2:e410.
- Abstract:** Background: Illicit drug use influences people's lives and elicits unwanted behaviour. Current research shows that there is an increase in young people's drug use in Sweden. The aim was to investigate Swedish high-school pupils' attitudes, impulsiveness and gender differences linked to drug use. Risk and protective factors relative to drug use were also a focus of interest. Method: High school pupils (n = 146) aged 17-21 years, responded to the Adolescent Health and Development Inventory, Barratt Impulsiveness Scale and Knowledge, and the Attitudes and Beliefs. Direct logistic, multiple regression analyses, and Multivariate Analysis of Variance were used to analyze the data. Results: Positive Attitudes towards drugs were predicted by risk factors (odds ratio = 37.31) and gender (odds ratio = .32). Risk factors (odds ratio = 46.89), positive attitudes towards drugs (odds ratio = 4.63), and impulsiveness (odds ratio = 1.11) predicted drug usage. Risk factors dimensions Family, Friends and Individual Characteristic were positively related to impulsiveness among drug users. Moreover, although boys reported using drugs to a greater extent, girls expressed more positive attitude towards drugs and even reported more impulsiveness than boys. Conclusion: This study reinforces the notion that research ought to focus on gender differences relative to pro-drug attitudes along with testing for differences in the predictors of girls' and boys' delinquency and impulsiveness. Positive attitudes towards drugs among adolescents seem to be part of a vicious circle including risk factors, such as friendly drug environments (e.g., friends who use drugs) and unsupportive family environments, individual characteristics, and impulsiveness.
- Typ och Nyckelord:** Journal attitudes towards drug use, gender and drug use, impulsiveness, risk factor for drug use, ISSN: 2167-8359
- Referens:** Mousavi-Nasab, S.-M.H., Kormi-Nouri, R., & Nilsson, L.-G. (2014). Examination of the bidirectional influences of leisure activity and memory in old people: A dissociation effect on episodic memory. *British Journal of Psychology*, 105(3), 382-398.
- Abstract:** The present study examined the relationships between different types of social and cognitive activities and different types of episodic and semantic memory. A total of 794 adult men and women from five age cohorts (aged 65-85 at baseline), participating in the longitudinal Betula project on ageing, memory, and health, were included in the study. The participants were studied over 10 years (1995-2005) in three waves. Recognition and recall were used as episodic memory tasks, and knowledge and verbal fluency as semantic memory tasks. The results, after controlling for age, gender, education, and some diseases, including heart disease and hypertension, as covariates, showed unidirectional effects of social activity on episodic memory on all test occasions ($\beta = .10$). Also, episodic memory predicted change in cognitive activity for all test waves ($\beta = .21-.22$). Findings suggest that social activity can be seen as protective factor against memory decline. It also seems that episodic memory performance is a predictor of cognitive activity in old people. However, the opposite direction does not hold true.
- Typ och Nyckelord:** Journal memory, old people, episodic memory, semantic memory, social activities, cognitive activities, ISSN: 0007-1269
- Referens:** Månsson, K., Frick, A., Olsson, C.J., Marquande, A.F., Williams, S.C.R., Carlbring, P., Andersson, G., & Furmark, T. (2014). Predicting Long-Term Outcome of Cognitive Behaviour Therapy for Social Anxiety Disorder Using fMRI and Support Vector Machine. Abstracts from the 44th Congress of the European Association for Behavioural & Cognitive Therapies, September 10-13, 2014, The Hague, The Netherlands.
- Abstract:** Background: Cognitive behavioural therapy (CBT) has yielded robust treatment effects for social anxiety disorder (SAD) but still many patients do not respond fully to treatment, and a substantial proportion relapse after treatment has ended. Identification of robust predictors of sustained treatment responses could be of high clinical importance.
- Methods: We used functional magnetic resonance imaging (fMRI; 3T General Electric) to assess 26 patients (85% women, mean age 32.3 years) with SAD. Blood-oxygen-level dependent (BOLD) responses to self-referential criticism, i.e. reading sentences such as "Nobody likes you" were compared to criticism referring to other individuals. Responses in the fear network, i.e. the amygdala, hippocampus, anterior cingulate cortex (ACC), and insula, were evaluated in a Support Vector Machine (SVM) approach to predict treatment outcome

one-year after Internet-delivered CBT. We applied leave-one-out cross-validation to increase the generalizability of the data.

Results: At one-year follow-up, three patients had dropped out. Twelve (52%) of the assessed patients met the response criteria, i.e. very much or much improved according to the Clinical Global Impression-Improvement scale (CGI-I). SVM on initial BOLD response, accurately classified patients according to responder status, based on multi-voxel patterns in the ACC (balanced accuracy of 91.7%, $p=.001$), and the ACC together with the amygdala (83.0%, $p=.004$) as well as the hippocampus (73.9%, $p=.032$).

Conclusions: We demonstrate that initial multi-voxel BOLD response patterns to self-referential criticism in the ACC, amygdala, and hippocampus are highly predictive of long-term improvement of CBT in patients with SAD.

Typ och Nyckelord: Proceedings long-term outcomes, CBT, SAD, fMRI, SVM

Referens: Mörtberg, E. (2014). Working Alliance in Individual and Group Cognitive Therapy for Social Anxiety Disorder. *Psychiatry Research*, 220(1-2), 716-718.

Abstract: The tripartite model of working alliance, including the therapeutic bond and agreement on tasks and goals, was examined in 54 patients who received individual or group cognitive behavior therapy (CBT) for social anxiety disorder (SAD) in a randomized trial. Alliance was significantly stronger in individual relative to group CBT but generally not related to outcome.

Typ och Nyckelord: Journal social anxiety disorder, alliance, CBT, ISSN: 0165-1781

Referens: Mörtberg, E., & Andersson, G. (2014). Predictors of response to individual and group cognitive behaviour therapy of social phobia. *Psychology and Psychotherapy: Theory, Research and Practice*, 87(1), 32-43.

Abstract: Objectives: Increased knowledge of factors that predict treatment outcome is important for planning and individualizing of treatment. This study analysed predictors of response to individual cognitive therapy (ICT), and intensive (3-week) group cognitive treatment (IGCT) for social phobia.

Method: Participants ($n = 54$) met diagnostic criteria for social phobia within a randomized controlled trial. Predictors assessed were fear of negative evaluation, anticipatory worry, self-directedness (SD) and cluster C personality disorder. Results were analysed by means of multiple regression analyses with both groups combined, and for each of the treatment groups.

Results: Anticipatory worry, an aspect of a harm-avoidance personality trait, was the strongest negative predictor of outcome in ICT and IGCT both at post-treatment and 1-year follow-up. Whereas low SD, signs of cluster C personality disorder and fear of negative evaluation were negative predictors of post-treatment outcome in ICT, the corresponding pattern of results was not to be found in IGCT.

Conclusions: Anticipatory worry appears to be a particularly important trait for explaining variance in the outcome of social phobia. The finding is consistent with the assumed stability of such personality traits over time. Further studies are warranted to replicate the finding.

Practitioner Points:

- Anticipatory worry, an aspect of a harm-avoidance personality trait was a strong negative predictor of outcome in a randomized trial of ICT and IGCT.
- The results imply that this area of processing needs to be more carefully attended to in treatment and possibly, specific techniques for dealing with rumination might be of specific relevance.

Typ och Nyckelord: Journal social phobia, prediction of outcome, CBT, ISSN: 1476-0835

Referens: Mörtberg, E., Hoffart, A., Boecking, B., & Clark, D.M. (in press). Shifting the Focus of One's Attention Mediates Improvement in Cognitive Therapy for Social Anxiety Disorder. *Behavioural and Cognitive Psychotherapy*.

Abstract: Background: Cognitive therapy is an effective treatment for social anxiety disorder but little is known about the mechanisms by which the treatment achieves its effects. Aims: This study investigated the potential role of self-focused attention and social phobia related negative automatic thoughts as mediators of clinical improvement. Method: Twenty-nine patients with social phobia received individual cognitive therapy (ICT) in a randomized controlled trial. Weekly process and outcome measures were analysed using multilevel mediation models. Results: Change from self-focused to externally focused attention mediated improvements in social anxiety one week later. In contrast, change in frequency of, or belief in, negative social phobia related negative automatic thoughts did not predict social anxiety one week later. Conclusions: Change in self-focused attention mediate therapeutic improvement in ICT. Therapists should therefore target self-focused attention.

Typ och Nyckelord: Journal social phobia, cognitive therapy, attention, beliefs, individual CBT, ISSN: 1352-4658

Referens: Mörtberg, E., Tillfors, M., van Zalk, N., & Kerr, M. (2014). An atypical anxious-impulsive pattern of social anxiety disorder in an adult clinical population. *Scandinavian Journal of Psychology*, 55(4), 350-356.

Abstract: An atypical subgroup of Social Anxiety Disorder (SAD) with impulsive rather than inhibited traits has recently been reported. The current study examined whether such an atypical subgroup could be identified in a clinical population of 84 adults with SAD. The temperament dimensions harm avoidance and novelty seeking of the Temperament and Character Inventory, and the Liebowitz Social Anxiety Scale were used in cluster analyses. The identified clusters were compared on depressive symptoms, the character dimension self-directedness, and treatment outcome. Among the six identified clusters, 24% of the sample had atypical characteristics, demonstrating mainly generalized SAD in combination with coexisting traits of inhibition and impulsivity. As additional signs of severity, this group showed low self-directedness and high levels of depressive symptoms. We also identified a typically inhibited subgroup comprising generalized SAD with high levels of harm avoidance and low levels of novelty seeking, with a similar clinical severity as the atypical subgroup. Thus, higher levels of harm avoidance and social anxiety in combination with higher or lower levels of novelty seeking and low self-directedness seem to contribute to a more severe clinical picture. Post hoc examination of the treatment outcome in these subgroups showed that only 20 to 30% achieved clinically significant change.

- Typ och Nyckelord:** Journal social anxiety disorder, anxious-impulsive subgroup, depressive symptoms, personality, ISSN: 0036-5564
- Referens:** Nilsson, L.-G. (2014). Introduction: Is Alzheimer's disease predictable long in advance on the basis of memory performance? In L.-G. Nilsson & N. Ohta (Eds.), *Dementia and memory* (pp. 1-12). Hove: Psychology Press.
- Abstract:** Book introduction.
- Typ och Nyckelord:** Book (chapter) Alzheimer's disease, dementia, prediction, biomarkers, memory performance, ISBN: 978-1848722927
- Referens:** Nilsson, L.-G., & Ohta, N. (2014). *Dementia and memory*. Hove: Psychology Press.
- Abstract:** A negative effect of the ageing population is that more individuals are experiencing cognitive decline and some form of neurodegenerative disease. With the number of people experiencing dementia likely to double in the next 20 years, this change in society presents one of greatest challenges facing public health personnel in the 21st century. The aim of this volume is to describe research that is in progress, and the major findings that have been obtained in the scientific study of dementia.
- The chapters in the first section of the book focus upon early signs of dementia, and consider several approaches to finding early cognitive signs and biological markers of dementia. The second section considers whether dementia is inevitable for people who become very old, and features chapters on risk factors and proactive influences, cognitive reserve and intervention. Each chapter in the final section describes phenomena which are related to differences in function between memory systems, including anterograde memory in fronto-temporal dementia, and the role semantic memory and semantic cognition may play in developing an understanding of the development of the degenerative processes in dementia.
- With contributions from world-class researchers in this area, the volume offers a concise overview of key findings in recent research on dementia and memory. It will be of great interest to researchers and advanced students of cognitive psychology, and to those working in related fields, such as gerontology, rehabilitation sciences, and allied health.
- Typ och Nyckelord:** Book (chapter) dementia, memory, aging population, gerontology, ISBN: 978-1848722927
- Referens:** Nilsson, L.-G., & Ohta, N. (2014). Early cognitive signs of dementia. Introduction. In L.-G. Nilsson & N. Ohta (Eds.), *Dementia and memory* (pp. 15-18). Hove: Psychology Press.
- Abstract:** Introduction to Part 1, Early cognitive signs of dementia.
- Typ och Nyckelord:** Book (chapter) dementia, cognitive signs, ISBN: 978-1848722927
- Referens:** Nilsson, L.-G., & Ohta, N. (2014). Is dementia inevitable. Introduction. In L.-G. Nilsson & N. Ohta (Eds.), *Dementia and memory* (pp. 93-96). Hove: Psychology Press.
- Abstract:** Introduction to Part 2, Is dementia inevitable?
- Typ och Nyckelord:** Book (chapter) dementia, ISBN: 978-1848722927
- Referens:** Nilsson, L.-G., & Ohta, N. (2014). Memory systems and dementia. Introduction. In L.-G. Nilsson & N. Ohta (Eds.), *Dementia and memory* (pp. 141-144). Hove: Psychology Press.
- Abstract:** Introduction to Part 3, Memory systems and dementia.
- Typ och Nyckelord:** Book (chapter) memory systems, dementia, ISBN: 978-1848722927
- Referens:** Nilsson, M.E., Botteldooren, D., Jeon, J.Y., Rådsten-Ekman, M., De Coensel, B., Joo, Y., Maillard, J., & Vincent, B. (2014). Perceptual effects of noise mitigation. In M.E. Nilsson, R. Klæbo & J. Bengtsson (Eds.), *Environmental Methods for Transport Noise Reduction* (pp. 195-219). New York: Taylor & Francis.
- Abstract:** Noise mitigation reduces the audibility of a noise source at the location of the receiver, making the source less annoying and less likely to interfere with activities, such as sleep, rest, and speech. Many mitigation methods change temporal and spectral properties of noise, which may influence perceived annoyance, over and above the effect related to the overall reduction in A-weighted sound pressure level. Noise reduction also may increase the noticeability of other sources, which may influence the perception of the overall acoustic environment. Finally, well-designed noise mitigation solutions may improve the visual environment, e.g., a vegetated noise barrier or earth berm can visually shield the traffic and increase the amount of visible greenery. This chapter provides examples of such perceptual effects of noise mitigation, from effects on perception of the noise itself, via effects on the soundscape, to potential effects on the overall audio-visual environment.
- Typ och Nyckelord:** Book (chapter) noise annoyance, soundscape, audiovisual interaction, ISBN: 978-0-415-67253-9
- Referens:** Nilsson, M.E., Klæboe, R., & Bengtsson, J. (Eds.). (2014). *Environmental Methods for Transport Noise Reduction*. New York: Taylor & Francis.
- Abstract:** Presents Evidence-Based Guidance on Noise Abatement Methods Solutions for reducing the noise impact of road and rail traffic can be found in the use of natural elements in combination with artificial elements in urban and rural environments. Ground and road surface treatments; trees, forests, and tall vegetation; and the

greening of buildings and other surfaces can contribute to powerful and cost-effective noise reduction. Environmental Methods for Transport Noise Reduction presents the main findings of the Holistic and Sustainable Abatement of Noise by optimized combinations of Natural and Artificial means (HOSANNA) research project. This project involved experts from seven countries, and assessed noise reduction in terms of sound level reductions, perceptual effects, and cost-benefit analysis. It considered a number of green abatement strategies, and aimed to develop a toolbox for reducing road and rail traffic noise in outdoor environments. Combines Theory with Practice Broad in both theory and application and based on leading-edge research, the book brings together the findings and their practical use. It details assessment methods for perceived noise, and outlines noise prediction methods that can be integrated with noise mapping software. It also explores the economic benefits and positive effects on urban air quality and CO2 levels. The material is this book: • Includes up-to-date results on noise mitigation using vegetation and ground treatments • Contains relevant results on innovative noise barrier designs • Presents data on acoustic performance of vegetation and soil substratum • Provides perceptual and cost-benefit analyses of noise mitigation methods Environmental Methods for Transport Noise Reduction is a helpful guide for noise consultants, city planners, architects, landscape architects, and researchers.

Typ och Nyckelord: Book (chapter) noise mitigation, barrier, vegetation, ground effect, perception, cost-benefit, ISBN: 978-0-415-67523-9

Referens: Nordgren, L.B., Hedman, E., Etienne, J., Bodin, J., Kadowaki, Å., Eriksson, S., Lindkvist, E., Andersson, G., & Carlbring, P. (2014). Effectiveness and cost-effectiveness of individually tailored Internet-delivered cognitive behavior therapy for anxiety disorders in a primary care population: A randomized controlled trial. *Behaviour Research and Therapy*, 59, 1-11.

Abstract: A significant proportion of the general population suffers from anxiety disorders, often with comorbid psychiatric conditions. Internet-delivered cognitive behavior therapy (ICBT) has been found to be a potent treatment for patients with specific psychiatric conditions. The aim of this trial was to investigate the effectiveness and cost-effectiveness of ICBT when tailoring the treatment to address comorbidities and preferences for primary-care patients with a principal anxiety disorder. One hundred participants were recruited through their primary-care contact and randomized to either treatment or an active control group. The treatment consisted of 7–10 weekly individually assigned modules guided by online therapists. At post-treatment, 46% of the treatment group had achieved clinically significant improvement on the primary outcome measure (CORE-OM) and between-group effect sizes ranged from $d = 0.20$ to 0.86 , with a mean effect of $d = 0.59$. At one-year follow-up, within-group effect sizes varied between $d = 0.53$ to 1.00 . Cost analysis showed significant reduction of total costs for the ICBT group, the results were maintained at one-year follow-up and the incremental cost-effectiveness ratio favored ICBT compared to control group. Individually tailored ICBT is an effective and cost-effective treatment for primary-care patients with anxiety disorders with or without comorbidities. Trial Registration: Clinicaltrials.gov: NCT01390168.

Typ och Nyckelord: Journal primary care, anxiety, depression, comorbidity, internet-delivered cognitive behavior therapy, cognitive behavior therapy, cost-effectiveness, ISSN: 0005-7967

Referens: Norell-Clarke, A., Jansson-Fröjmark, M., Tillfors, M., Harvey, A.G., & Linton, S.J. (2014). Cognitive processes and their association with persistence and remission of insomnia: Findings from a longitudinal study in the general population. *Behaviour Research and Therapy*, 54, 38-48.

Abstract: Aim: Insomnia is a common health problem that affects about 10% of the population. The purpose of this investigation was to examine the association between cognitive processes and the persistence and remission from insomnia in the general population. Methods: In a longitudinal design, 2333 participants completed a survey on night time and daytime symptoms, and cognitive processes. Follow-up surveys were sent out six months and 18 months after the first assessment. Participants were categorised as having persistent insomnia, being in remission from insomnia or being a normal sleeper. Results: Cognitive processes distinguished between people with persistent insomnia and normal sleepers. Specifically, worry, dysfunctional beliefs, somatic arousal, selective attention and monitoring, and safety behaviours increased the likelihood of reporting persistent insomnia rather than normal sleep. For people with insomnia, more worry about sleep at baseline predicted persistent insomnia but not remission later on. Lower selective attention and monitoring, and use of safety behaviours over time increased the likelihood of remission from insomnia. In general, these results remained, when psychiatric symptoms and medical complaints were added to the models. Conclusions: The findings support that certain cognitive processes may be associated with persistence and remission of insomnia. Clinical implications are discussed.

Typ och Nyckelord: Journal insomnia, worry, safety behaviours, selective attention, dysfunctional beliefs, physiological arousal, ISSN: 0005-7967

Referens: Nyberg, L., Andersson, M., Kauppi, K., Lundquist, A., Persson, J., Pudas, S., & Nilsson, L.-G. (2014). Age-related and genetic modulation of frontal-cortex efficiency. *Journal of Cognitive Neuroscience*, 26(4), 746-754.

Abstract: The dorsolateral pFC (DLPFC) is a key region for working memory. It has been proposed that the DLPFC is dynamically recruited depending on task demands. By this view, high DLPFC recruitment for low-demanding tasks along with weak DLPFC upregulation at higher task demands reflects low efficiency. Here, the fMRI BOLD signal during working memory maintenance and manipulation was examined in relation to aging and catechol-O-methyltransferase (COMT) Val158Met status in a large representative sample ($n = 287$). The efficiency hypothesis predicts a weaker DLPFC response during manipulation, along with a stronger response during maintenance for older adults and COMT val carriers compared with younger adults and COMT met carriers. Consistent with the hypothesis, younger adults and met carriers showed maximal DLPFC BOLD response during manipulation, whereas older adults and val carriers displayed elevated DLPFC responses during the less demanding maintenance condition. The observed inverted relations support a link between dopamine and DLPFC efficiency.

Typ och Nyckelord: Journal DLPFC, fMRI, dopamine, efficiency, memory, ISSN: 0898-929X

Referens: Näswall, K., & Sverke, M. (2014). Unions and Changes in Working Life: New Challenges, New Opportunities. In A. Day, E.K. Kelloway & J. Hurrell (Eds.), *Workplace well-being: How to Build Psychologically Healthy Workplaces*. Wiley-Blackwell.

Abstract: This chapter provides an overview of some of the challenges which trade unions have been faced with, and which they are continuously dealing with in many instances. These challenges are related to changes in working life which have followed on globalization and technological advancements, but also to changes in how work is combined with the rest of employees' lives. The chapter also presents an overview of areas that are becoming more relevant and important in contemporary working life, areas in which there are opportunities for trade unions to break new ground in their role as safeguards of employee interests. The major objectives of the chapter is to review major trends and changes in working life which have resulted in particular challenges for labor unions, as well as to discuss how unions have been, and, more importantly, can be involved in the creation of psychologically healthy workplaces.

Typ och Nyckelord: Book (chapter) labor unions, healthy work practices, work environment, ISBN: 978-1-118-46946-0

Referens: [Näswall, K., Sverke, M., & Göransson, S. \(2014\). Is work affecting my health? Appraisals of how work affects health as a mediator in the relationship between working conditions and work-related attitudes. *Work & Stress, 28\(4\)*, 343-361.](#)

Abstract: This study investigates the role of appraisals by employees of how work is affecting their health, or could end up affecting it in the future. The study tests a model of health appraisals as a mediator of the effect of demands and control on employee attitudes (job satisfaction, organizational commitment and turnover intentions). This was investigated in a sample of employees in a Swedish white-collar organization, who participated in three waves of a longitudinal study conducted in 2007, 2008 and 2009; a final sample of 292 employees participated at all three waves. The results indicate that employee appraisals of how work affects their health have an important role in how working conditions relate to subsequent work-related attitudes. The study supports the importance of including employee appraisals when studying the effects of working conditions.

Typ och Nyckelord: Journal health appraisals, indirect effect, demands, control, transactional stress model, ISSN: 0267-8373

Referens: [Olofsson, J.K. \(2014\). Time to smell: a cascade model of human olfactory perception based on response-time \(RT\) measurement. *Frontiers in Psychology, 5*, 33.](#)

Abstract: The timing of olfactory behavioral decisions may provide an important source of information about how the human olfactory-perceptual system is organized. This review integrates results from olfactory response-time (RT) measurements from a perspective of mental chronometry. Based on these findings, a new cascade model of human olfaction is presented. Results show that main perceptual decisions are executed with high accuracy within about 1 s of sniff onset. The cascade model proposes the existence of distinct processing stages within this brief time-window. According to the cascade model, different perceptual features become accessible to the perceiver at different time-points, and the output of earlier processing stages provides the input for later processing stages. The olfactory cascade starts with detecting the odor, which is followed by establishing an odor object. The odor object, in turn, triggers systems for determining odor valence and edibility. Evidence for the cascade model comes from studies showing that RTs for odor valence and edibility assessment are predicted by the shorter RTs needed to establish the odor object. Challenges for future research include innovative task designs for olfactory RT experiments and the integration of the behavioral processing sequence into the underlying cortical processes using complementary RT measures and neuroimaging methods.

Typ och Nyckelord: Journal olfaction, response-time, affect, emotion, valence, object, ISSN: 1664-1078

Referens: [Olofsson, J., & Örestig, J. \(in press\). *Evolutionsteori och människans natur*. Natur & Kultur.](#)

Abstract: Förlagsinformation:

Evolutionsteorin är en bro som länkar samman vetenskaperna om människans kultur och samhälle med genetik och hjärnforskning. Här tas läsaren med på en resa där samtida forskare förenar biologiska och sociala perspektiv för att skapa en ny vetenskap om människan. Innehållet spänner över genetik, den sociala hjärnan och evolutionsteoretiskt grundad forskning om mänskligt beteende. Det handlar om fördomar, samarbete, maktförhållanden, stress, hälsa och livet i den moderna välfärdsstaten.

Genom en rörelse mellan olika perspektivnivåer – gener, hjärna, individ, grupp och samhälle – visar författarna hur områden som alltför ofta behandlas fristående i själva verket är oupplösligt förenade.

Boken är skriven för studerande inom humaniora, pedagogik, medicin, beteende-, samhälls- och vårdvetenskap. Det är också en bok för alla som är nyfikna på människans natur.

Typ och Nyckelord: Book (chapter) evolutionsteori, människans natur, genetik, hjärnforskning, den sociala hjärnan, tvärvetenskap, ISBN: 9789127135215

Referens: [Olsson Halmetoja, C., Malmquist, A., Carlbring, P., & Andersson, G. \(2014\). Experiences of Internet-delivered cognitive behaviour therapy for social anxiety disorder four years later: A qualitative study. *Internet Interventions, 1\(3\)*, 158-163.](#)

Abstract: The current study is a qualitative follow-up of a study on guided internet-delivered cognitive behavior therapy (ICBT) for social anxiety disorder (SAD), conducted four years after treatment completion. The main aim was to capture participants' description of their experiences of the treatment, their view on treatment effects, memories of the treatment, and whether they continued using the gained knowledge after treatment. Sixty participants were selected from the original study's treatment group. A criterion based sampling approach was used based on the obtained treatment effect, and with a minimum of five completed treatment modules. E-mail invitations were sent, with information about the follow-up and the instruction to respond if interested in participating. Twelve semi-structured interviews were made and the material was analyzed using an approach based on grounded theory. The results showed that all participants found the treatment to have some effect, but they also found it to be demanding, difficult, and hard. Many appreciated to hear of the experiences of other participants in the online forum. Under the theme of memory, most could describe the setup of the treatment in general terms. The exposure module was mentioned by all, cognitive restructuring by most, and some also reported memories of the psychoeducation. A core process was identified which involved how the attained treatment effect was viewed over the time, and how this view changed from treatment completion to current time. The findings outlined in this study describe how treatment effects can be sustained via an active approach to the treatment and the symptoms of SAD.

Typ och Nyckelord: Journal internet treatment, social anxiety disorder, cognitive behavior therapy, grounded theory, ISSN: 2214-7829

Referens: Olsson, T.M., Ferrer-Wreder, L., & Eninger, L. (2014). Advancing school-based interventions through economic analysis. *New Directions for Youth Development*, 141, 117-123.

Abstract: Commentators interested in school-based prevention programs point to the importance of economic issues for the future of prevention efforts. Many of the processes and aims of prevention science are dependent upon prevention resources. Although economic analysis is an essential tool for assessing resource use, the attention given economic analysis within school-based prevention remains cursory. Largely, economic analyses of school-based prevention efforts are undertaken as secondary research. This limits these efforts to data that have been collected previously as part of epidemiological and outcomes research. Therefore, economic analyses suffer from gaps in the knowledge generated by these studies. This chapter addresses the importance of economic analysis for the future of school-based substance abuse prevention programs and highlights the role of prevention research in the development of knowledge that can be used for economic analysis.

Typ och Nyckelord: Journal intervention, youth development, economic evaluation, ISSN: 1533-8916

Referens: Pahnke, J., Lundgren, T., Hursti, T., & Hirvikoski, T. (2014). Outcomes of an acceptance and commitment therapy-based skills training group for students with high-functioning autism spectrum disorder: A quasi-experimental pilot study. *Autism*, 18(8), 953-964.

Abstract: Autism spectrum disorder is characterized by social impairments and behavioural inflexibility. In this pilot study, the feasibility and outcomes of a 6-week acceptance and commitment therapy-based skills training group were evaluated in a special school setting using a quasi-experimental design (acceptance and commitment therapy/school classes as usual). A total of 28 high-functioning students with autism spectrum disorder (aged 13-21 years) were assessed using self- and teacher-ratings at pre- and post-assessment and 2-month follow-up. All participants completed the skills training, and treatment satisfaction was high. Levels of stress, hyperactivity and emotional distress were reduced in the treatment group. The acceptance and commitment therapy group also reported increased prosocial behaviour. These changes were stable or further improved at the 2-month follow-up. Larger studies are needed to further evaluate the benefits of acceptance and commitment therapy for autism spectrum disorder.

Typ och Nyckelord: Journal acceptance and commitment therapy, adolescents, autism spectrum disorder, cognitive behavioural therapy, high-functioning, mindfulness, skills training, treatment, ISSN: 1362-3613

Referens: Palmer, K., Kabir, Z.N., Ahmed, T., Hamadani, J.D., Cornelius, C., Kivipelto, M., & Wahlin, Å. (2014). Prevalence of dementia and factors associated with dementia in rural Bangladesh: Data from a cross-sectional, population-based study. *International Psychogeriatrics*, 26(11), 1905-1915.

Abstract: Background: There are currently no published reports of dementia prevalence or factors associated with dementia occurrence in Bangladesh. The aims are to report the prevalence of definite and questionable dementia in rural Bangladesh, and examine factors potentially associated with dementia occurrence, including sociodemographic, clinical, social, and nutritional factors. Methods: We used data from a population-based, cross-sectional study from Matlab, in rural Bangladesh, on 471 persons aged 60+ years. Participants underwent a clinical examination including diagnosis of somatic disorders, and a structured interview including questions about sociodemographic and social factors. Nutritional status was measured with the Mini Nutritional Assessment, and blood tests were conducted to assess a range of nutritional and clinical aspects. Age- and sex-specific dementia prevalence was calculated. Crude and adjusted logistic regression was used to examine associations between dementia and clinical, social, and nutritional factors. Dementia was diagnosed using a two-step procedure by physicians according to DSM-IV criteria. Results: The prevalence of questionable dementia was 11.5% and definite dementia was 3.6%. Dementia prevalence increased with increasing years of age (adjusted OR: 1.04; 95% CI = 1.002-1.1) and decreased with more years of education (adjusted OR: 0.8; 95% CI = 0.6-0.99). Being malnourished increased the odds of dementia almost six-fold (adjusted OR: 5.9; 95% CI = 1.3-26.3), while frequent participation in social activities was associated with a decreased odds (adjusted OR: 0.5; 95% CI = 0.2-0.9). Conclusions: The prevalence of dementia in rural Bangladesh is similar to other countries in the South Asia region, but lower than reports from other world regions. Malnutrition is strongly associated with dementia occurrence, and is a relevant area for future research within low-income countries.

Typ och Nyckelord: Journal dementia, low-income country, Bangladesh, Alzheimer, cognition, aging, ISSN: 1041-6102

Referens: Persson Asplund, R., Dagöö, J., Andersson, G., Carlbring, P., Ljotsson, B. (2014). A Randomized Controlled Trial of a Guided and Individualized, Web-Based, Stress Management Program for Stressed Managers. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (pp. 125-126). Nottingham, UK: EAOHP.

Abstract: Purpose: Occupational stress is a common health issue and it causes significant problems for many individuals and rehabilitation of stress is costly to society. A substantial part of the total costs of stress and stress related disorders are due to work absenteeism, work impairment, and loss of work productivity. Occupational stress appears to be especially frequent among low and mid-level managers. Research has shown that web-based behavioral health programs are effective for treating anxiety, depression and other health related issues. These programs increase accessibility of evidence-based interventions to individuals who are not able or willing to receive such in-person treatments. Stress management training has empirical support, but little data exists on its efficacy with stressed managers when delivered via the internet. In light of these observations we are currently conducting a randomized controlled trial of a guided and individualized, web-based, stress management program (iSTRESS) for stressed managers. Methods: The participants are recruited by self-referral through advertisement in national newspapers and on the internet. The main inclusion criterion was stress as a primary diagnosis. Participants with comorbid diagnosis (anxiety, depression, insomnia) were also included as long as the stress diagnosis was considered primary. We aim to include a total of 100 participants and randomize them into two groups (iSTRESS or an attention control group) that will discuss stress-related topics in a web-based and moderated forum. Both programs will last for eight weeks and all participants will receive a weekly mail contact with a psychologist. Participants will be evaluated on self-report measures, for stress (PSS), burnout (SMBQ), depression (MADRS),

anxiety (BAI), insomnia (ISI) and other health-related issues. We will also measure health-economic aspects, such as: absenteeism, use of medication, and care.

Results: Analyses will be based on both study completers and intention to treat. Final pre-post treatment results will be available in December and 3 month follow-up in March 2014. Preliminary result from a previous small sample pilot (n=8) trial on the iSTRESS-program showed promising results on measures of stress at post-assessment (7 points improvement on the Perceived Stress Scale, pre=25).

Conclusions: To our knowledge this is the first controlled trial examining the efficacy of a web-based stress management program for managers. Final pre-post and 3 month follow-up treatment results will be available for presentation at the EAOHP 2014 conference.

Typ och Nyckelord: Proceedings controlled trial, web-based, stress management program, managers

Referens: Persson Asplund, R., Dagöö, J., Andersson, G., [Carlbring, P.](#), & Ljótsson, B. (2014). A randomized controlled trial of a guided and individualized, web-based, stress management program for stressed managers. In *Oral Abstracts from the 7th Scientific Meeting of the International Society for Research on Internet Interventions* (p. 133). October 21-23, 2014, Valencia, Spain.

Abstract: Occupational-stress is a common health issue and it causes significant problems for many individuals and rehabilitation of stress is costly to society. Occupational-stress appears to be especially frequent among low and mid-level managers. Research has shown that web-based behavioral health programs are effective for treating anxiety, depression and other health related issues. Stress management training has empirical support, but little data exists on its efficacy with stressed managers when delivered via the internet. In light of these observations we are currently conducting a randomized controlled trial of a guided and individualized, web-based, stress management program (iSTRESS) for stressed managers.

Methods: The participants are recruited by self-referral through advertisement in national newspapers and on the internet. The main inclusion criterion was stress as a primary diagnosis. Participants with comorbid diagnosis (anxiety, depression, insomnia) were also included as long as the stress diagnosis was considered primary. We aim to include a total of 100 participants and randomize them into two groups, iSTRESS or an attention control-group that will discuss stress-related topics in a web-based and moderated forum. Both programs will last for eight weeks and all participants will receive a weekly mail contact with a psychologist. Participants will be evaluated on self-report measures, for stress (PSS), burnout, depression, anxiety and insomnia. We will also measure health-economic aspects like absenteeism.

Results: Analyses will be based on both study completers and intention to treat. Final pre-post treatment results will be available at the conference. Preliminary result from a previous small sample pilot trial on the iSTRESS-program showed promising results on measures of stress at post-assessment (7 points improvement on Perceived-Stress-Scale, pre=25).

Conclusions: To our knowledge this is the first controlled trial examining the efficacy of a web-based stress management program for managers. Final pre-post and 3 month follow-up treatment results will be available for presentation at the ISRII 2014 conference.

Typ och Nyckelord: Proceedings web-based, stress management program, managers

Referens: [Persson, J.](#), [Pudas, S.](#), [Nilsson, L.-G.](#), & [Nyberg, L.](#) (2014). Longitudinal assessment of default-mode brain function in aging. *Neurobiology of Aging*, 35(9), 2107-2117.

Abstract: Age-related changes in the default-mode network (DMN) have been identified in prior cross-sectional functional magnetic resonance imaging studies. Here, we investigated longitudinal change in DMN activity and connectivity. Cognitively intact participants (aged 49-79 years at baseline) were scanned twice, with a 6-year interval, while performing an episodic memory task interleaved with a passive control condition. Longitudinal analyses showed that the DMN (control condition > memory task) could be reliably identified at both baseline and follow-up. Differences in the magnitude of task-induced deactivation in posterior DMN regions were observed between baseline and follow-up indicating reduced deactivation in these regions with increasing age. Although no overall longitudinal changes in within-network connectivity were found across the whole sample, individual differences in memory change correlated with change in connectivity. Thus, our results show stability of whole-brain DMN topology and functional connectivity over time in healthy older adults, whereas within-region DMN analyses show reduced deactivation between baseline and follow-up. The current findings provide novel insights into DMN functioning that may assist in identifying brain changes in patient populations, as well as characterizing factors that distinguish between normal and pathologic aging.

Typ och Nyckelord: Journal memory, aging, longitudinal, fMRI, default-mode, connectivity, ISSN: 0197-4580

Referens: [Persson, J.](#), [Rieckmann, A.](#), [Kalpouzos, G.](#), [Fischer, H.](#), & [Bäckman, L.](#) (in press). Influences of a DRD2 polymorphism on updating of long-term memory representations and caudate BOLD activity: Magnification in aging. *Human Brain Mapping*.

Abstract: A number of genetic polymorphisms are related to individual differences in cognitive performance. Striatal dopamine (DA) functions, associated with cognitive performance, are linked to the TaqIA polymorphism of the DRD2/ANKK1 gene. In humans, presence of an A1 allele of the DRD2/ANKK1-TaqIA polymorphism is related to reduced density of striatal DA D2 receptors. The resource-modulation hypothesis assumes that aging-related losses of neurochemical and structural brain resources modulate the extent to which genetic variations affect cognitive functioning. Here, we tested this hypothesis using functional MRI during long-term memory (LTM) updating in younger and older carriers and noncarriers of the A1-allele of the TaqIa polymorphism. We demonstrate that older A1-carriers have worse memory performance, specifically during LTM updating, compared to noncarriers. Moreover, A1-carriers exhibited less blood oxygen level-dependent (BOLD) activation in left caudate nucleus, a region critical to updating. This effect was only seen in older adults, suggesting magnification of genetic effects on functional brain activity in aging. Further, a positive relationship between caudate BOLD activation and updating performance among non-A1 carriers indicated that caudate activation was behaviorally relevant. These results demonstrate a link between the DRD2/ANKK1-TaqIA polymorphism and neurocognitive deficits related to LTM updating, and provide novel evidence that this effect is magnified in aging.

Typ och Nyckelord: Journal functional magnetic resonance imaging (fMRI), memory, aging, dopamine, DRD2, updating, striatum

Referens: Persson, N., Ghisletta, P., Dahle, C.L., Bender, A.R., Yang, Y., Yuan, P., Daugherty, A.M., & Raz, N. (2014). Regional brain shrinkage over two years: Individual differences and effects of pro-inflammatory genetic polymorphisms. *NeuroImage*, 103, 334–348.

Abstract: We examined regional changes in brain volume in healthy adults (N = 167, age 19–79 years at baseline; N = 90 at follow-up) over approximately two years. With latent change score models, we evaluated mean change and individual differences in rates of change in 10 anatomically-defined and manually-traced regions of interest (ROIs): lateral prefrontal cortex (LPFC), orbital frontal cortex (OF), prefrontal white matter (PFw), hippocampus (Hc), parahippocampal gyrus (PhG), caudate nucleus (Cd), putamen (Pt), insula (In), cerebellar hemispheres (CbH), and primary visual cortex (VC). Significant mean shrinkage was observed in the Hc, CbH, In, OF, and PhG, and individual differences in change were noted in all regions, except the OF. Pro-inflammatory genetic variants modified shrinkage in PhG and CbH. Carriers of two T alleles of interleukin-1 β (IL-1 β C-511T, rs16944) and a T allele of methylenetetrahydrofolate reductase (MTHFR C677T, rs1801133) polymorphisms showed increased PhG shrinkage. No effects of a pro-inflammatory polymorphism for C-reactive protein (CRP-286C>A>T, rs3091244) or apolipoprotein (APOE) ϵ 4 allele were noted. These results replicate the pattern of brain shrinkage observed in previous studies, with a notable exception of the LPFC, thus casting doubt on the unique importance of prefrontal cortex in aging. Larger baseline volumes of CbH and In were associated with increased shrinkage, in conflict with the brain reserve hypothesis. Contrary to previous reports, we observed no significant linear effects of age and hypertension on regional brain shrinkage. Our findings warrant further investigation of the effects of neuroinflammation on structural brain change throughout the lifespan.

Typ och Nyckelord: Journal aging, MRI, inflammation, longitudinal, parahippocampal gyrus, cerebellum, Interleukin-1β, ISSN: 1053-8119

Referens: Persson, N., Ghisletta, P., Dahle, C.L., Bender, A.R., Yang, Y., Yuan, P., & Raz, N. (2014). *Cognitive Ability and Inflammation are Associated with Brain Shrinkage in Healthy Adults*. Cognitive Neuroscience Society annual meeting, April 6-9, 2014, in Boston, IL.

Abstract: Fluid cognitive abilities and pathophysiological factors (e.g., in ammation) may affect the course of brain aging. We examined the associations between volume changes in the lateral prefrontal cortex (LPFC) with the adjacent white matter (PFw), hippocampus (HC), parahippocampal gyrus (PHG), and primary visual cortex (VC), and performance on a test of uid intelligence (gf, Cattell Culture Fair Test, Form 3B) as well as genetic and physio- logical markers of in ammation. The participants were 147 healthy adults (age 19-79, M = 53.58, SD = 15.11 years at baseline; N = 89 at follow-up) and were assessed twice, approximately two years apart (average delay 25 months, SD = 2.19). Latent difference score models revealed the following. Larger volumes of VC at baseline were associated with higher concurrent gf performance, after controlling for age, sex, education and multiple vascular risk factors. Higher gf at baseline predicted reduced shrinkage in LPFC, but not PFw, HC or VC. The genetic polymorphisms known to increase levels of pro-in ammatory biomarkers, methylenetetrahydrofolate reductase (MTHFR C677T), and interleukin-1 β (IL-1 β C-511T), were associated with increased shrinkage in PHG. Higher baseline plasma homocysteine levels predicted increased VC shrinkage. No other ROIs were affected by the genetic and blood markers of in ammation. We conclude that the rate of age-related regional brain shrinkage may depend on cognitive reserve and exposure to pro-in ammatory factors, which are potentially amenable to therapeutic intervention.

Typ och Nyckelord: Proceedings cognitive ability, brain shrinkage, healthy adults

Referens: Persson, N., Kishore, S., Zhang, Q., Liu, T., Shen, J., Bao, R., Ni, M., Liu, T., Wu, J., & Wang, Y. (2014). *Age dependent increase of subcortical brain iron concentration in healthy adults*. 3rd International Workshop on MRI Phase Contrast & Quantitative Susceptibility Mapping, Duke University, Durham, NC, USA. Oct. 6-8, 2014.

Abstract: Introduction: To quantify iron concentration in brain parenchyma is of vital importance for enhanced understanding of aging related physiological processes as well as pathophysiological changes related to neurological- and neurodegenerative disorders, associated with abnormal iron distribution. Methods: For estimation of magnetic susceptibility, we applied Quantitative Susceptibility Mapping (QSM) methodology [1-3] to images acquired at 1.5T, to estimate iron deposition in the following manually traced regions of interests (ROIs), Caudate Nucleus (Cd), Putamen (Pt), Globus pallidus (Gp), Dentate (Dn), Thalamus (THA), Pulvinar (Pu), Red nucleus (Rn) and Substantia Nigra (Sn). The radiologists were blinded to the subjects' age and identity. Average susceptibility values were subsequently measured within this ROI. The sample comprised of 183 healthy volunteers (20-69 years, mean 44.71, Sd = 14.23). Persons with a history of alcohol or substance abuse, neurological-, neurodegenerative, psychiatric or cardiovascular diseases were excluded. A series of Structural Equation Models [4] were estimated, starting with a measurement model comprising of a latent variable denoted by two manifest variables: iron content of left and right hemispheres. The measurement model can be expressed as follows in matrix form: $Y = \delta y \bar{Z} + T$, where left and right hemispheres are assigned Y1 and Y2. The two factor loadings (δy) links the two manifest indicators, to the latent variable (\bar{Z}), hypothesized to represent iron concentration. In addition, the model also has an error term, associated with the y vector, to take into account measurement error (μ). Second, each latent variable were regressed on age, and sex ($\bar{Z} = \pm + \bar{S}1 + \bar{S}2 + \mu$). The \pm level for probability of type 1 error was set to .05. We applied Bonferroni correction (± 2). Results: Age was linearly associated with increase of iron concentration in Cd, Pt, Pu, Rn and Sn ($< .05$), but not Gp, THA, or Dn ($p = > .05$). Age dependent iron concentration was particularly pronounced in Cd ($\bar{S} = .70$, $t = 12.96$, $p = .00$, $R^2 = .49$) and Pt ($\bar{S} = .74$, $t = 15.57$, $p = .00$, $R^2 = .56$). Women had less iron concentration in Sn than men ($p = .01$, $\pm 2 = .03$). Discussion: Our study both agrees (THA) [5], and counteracts (Sn) [6] Gp [7], with previous findings. Differences may emerge from differences in sample characteristics, study design, and methods of iron quantification. Conclusion: The results of the present study holds promise for the distinguishing between normal versus abnormal iron content, and should be further evaluated in a longitudinal study design.

Typ och Nyckelord: Proceedings age, subcortical brain iron, healthy adults

Referens: Persson, N., Kishore, S., Zhang, Q., Liu, T., Shen, J., Bao, R., Ni, M., Liu, T., Wu, J., & Wang, Y. (2014). *Age dependent brain iron concentration in healthy adults*. Society for Neuroscience, annual meeting, Washington, DC, 2014, November 15-19.

Abstract: To quantify iron concentration in brain parenchyma is of vital importance for enhanced understanding of aging related physiological processes as well as pathophysiological changes related to neurological- and neurodegenerative disorders, associated with abnormal iron distribution. For estimation of magnetic

susceptibility, we applied Quantitative Susceptibility Mapping (QSM) methodology to images acquired at 1.5T, to estimate iron deposition in the following manually traced regions of interests (ROIs), Caudate Nucleus (Cd), Putamen (Pt), Globus pallidus (Gp), Dentate (Dn), Thalamus (THA), Pulvinar (Pu), Red (Rn) nuclei and Substantia Nigra (Sn). The radiologist was blinded to the subjects' age and identity. Average susceptibility values were subsequently measured within this ROI. The sample comprised of 179 healthy volunteers (20-69 years, mean 44.71, Sd = 14.23). Persons with a history of alcohol or substance abuse, neurological-, neurodegenerative, psychiatric or cardiovascular diseases were excluded. A series of General Linear Models were performed to assess the influence of age on iron deposition. Sex was added as a covariate. Sex did not predict iron content across ROIs. Age was linearly associated with increase of iron concentration in all examined regions, but THA. Age dependent iron concentration was particularly pronounced in Cd and Pt, and to a lesser degree in Gp. Our study both agrees, and counteracts (THA, Sn) with previous findings. The results of the present study holds promise for the distinguishing between normal versus abnormal iron content, and should be further evaluated in a longitudinal study design.

Typ och Nyckelord: Proceedings age, subcortical brain iron, healthy adults

Referens: Pudas, S., Persson, J., Nilsson, L.-G., & Nyberg, L. (2014). Midlife memory ability accounts for brain activity differences in healthy aging. *Neurobiology of Aging, 35*(11), 2495-2503.

Abstract: Cross-sectional neuroimaging studies suggest that hippocampal and prefrontal cortex functions underlie individual differences in memory ability in older individuals, but it is unclear how individual differences in cognitive ability in youth contribute to cognitive and neuroimaging measures in older age. Here, we investigated the relative influences of midlife memory ability and age-related memory change on memory-related BOLD-signal variability at one time point, using a sample from a longitudinal population-based aging study (N = 203, aged 55-80 years). Hierarchical regression analyses showed that midlife memory ability, assessed 15-20 years earlier, explained at least as much variance as memory change in clusters in the left inferior prefrontal cortex and the bilateral hippocampus, during memory encoding. Furthermore, memory change estimates demonstrated higher sensitivity than current memory levels in identifying distinct frontal regions where activity was selectively related to age-related memory change, as opposed to midlife memory. These findings highlight challenges in interpreting individual differences in neurocognitive measures as age-related changes in the absence of longitudinal data and also demonstrate the improved sensitivity of longitudinal measures.

Typ och Nyckelord: Journal cognitive aging, individual differences, fMRI, episodic memory, longitudinal assessment, ISSN: 0197-4580

Referens: Ramnerö, J., & Törneke, N. (in press). On Having a Goal: Goals as Representations or Behavior. *The Psychological Record*.

Abstract: The present article discusses the concepts of having a goal and of goal-directed behavior from a behavior-analytic perspective. In clinical psychology as well as in the study of human behavior at large, goals delineate an important area of investigation when it comes to health, well-being, and behavioral change. While concepts like goals and goal-directed behavior may be more frequently used outside the theoretical boundaries of behavior analysis, we argue that by incorporating recent behavior analytic research on verbal behavior, new and fruitful ways open up for approaching the phenomenon of having a goal. A behavior-analytic approach thereby may increase both precision in understanding and the potential for influencing essential aspects of human behavior. This analysis starts with the concept of rule-governed behavior and develops that analysis by using the concept of derived relational responding.

Typ och Nyckelord: Journal goals, goal-directed behavior, rule-governed behavior, relational frame theory, ISSN: 0033-2933

Referens: Richter, A., Näswall, K., Bernhard-Oettel, C., & Sverke, M. (2014). Job insecurity and well-being: The moderating role of job dependence. *European Journal of Work and Organizational Psychology, 23*(6), 816-829.

Abstract: Job insecurity has become more relevant during the last decades as more flexibility from the workforce and organizations is demanded in the labour market. It has frequently been suggested that job insecurity is a more severe stressor for those who are more dependent on their job. The present study investigates the association between job insecurity and employee well-being by focusing on how employees' dependence on the job moderates this relationship. Two types of financial dependence (subjective financial dependence and relative contribution to the household income) were studied, along with an indicator of a more psychological dependence on work in general (work involvement). In addition to this, both quantitative and qualitative job insecurity were included. The proposed relations were tested in a sample of Swedish accountancy firm employees. The results of moderated hierarchical regression analyses showed that subjective financial dependence, household contribution, and work involvement moderated the relation between both job insecurity dimensions and job satisfaction. No moderations were found with mental well-being as an outcome. This implies that the extent to which someone depends on their job is important for how job insecurity relates to job satisfaction.

Typ och Nyckelord: Journal financial job dependence, moderating effect, qualitative job insecurity, quantitative job insecurity, work involvement, ISSN: 1359-432X

Referens: Richter, A., Schraml, K., & Leineweber, C. (in press). Work-family conflict, emotional exhaustion and performance-based self-esteem: reciprocal relationships. *International Archives of Occupational and Environmental Health*.

Abstract: Objectives: The three constructs of work-family conflict, emotional exhaustion and performance-based self-esteem are all related to tremendous negative consequences for the individual, the organization as well as for society. Even though there are studies that connect two of those constructs, the prospective relations between all three of them have not been studied yet. Methods: We explored the prospective relations between the three constructs in a large Swedish data set representative of the Swedish workforce. Gender differences in the relations were investigated. Longitudinal data with a 2-year time lag were gathered from 3,387 working men and women who responded to the 2006 and 2008 waves of the Swedish Longitudinal Occupational Survey of Health. Four different cross-lagged models were analysed. Results: In the best fitting model, higher levels of work-family conflict at time 1 were associated with an increased level of performance-based self-esteem at time 2, but not with emotional exhaustion, after controlling for having children, gender, education and age. Also, relationships between emotional exhaustion at time 1 and work-family conflict and performance-based

self-esteem at time 2 could be established. Furthermore, relationships between performance-based self-esteem time 1 and work-family conflict and emotional exhaustion time 2 were found. Multiple-group analysis did not show any differences in the relations of the tested constructs over time for either men or women. Conclusions: We conclude that the three constructs are interrelated and best understood through a reciprocal model. No differences were found between men and women.

Typ och Nyckelord: Journal emotional exhaustion, performance-based self-esteem, self-esteem, structural equation modelling, work-family conflict, ISSN: 0340-0131

Referens: [Risholm Mothander, P., & Wang, M. \(2014\). Parental Rearing, Attachment, and Social Anxiety in Chinese Adolescents. *Youth & Society*, 46\(2\), 155-175.](#)

Abstract: This cross-sectional study investigated associations between perceived parental rearing, attachment, and social anxiety. 510 Chinese middle school students, aged 12 to 20 years, completed a set of questionnaires including "Egna Minnen Beträffande Uppfostran" for Children (EMBU-C), Inventory for Parent and Peer Attachment (IPPA) and Social Anxiety Scale for Adolescents (SAS-A). The results showed that intercorrelations between adolescents' rated attachment to parents were stronger than betweenparental and peer attachment. Girls scored higher on attachment to mother and peer than boys. Lack of parental rejection and presence of emotional warmth were strongly related to parental attachment. The rated level of total anxiety was not related to gender or age, but it was lower than what has earlier been reported from China. Perceived rejection from fathers and mothers' as well as attachment to peer and mother acted as predictors; together they explained 19% of the variance in social anxiety.

Typ och Nyckelord: Journal parenting, peers, anxiety, ISSN: 0044-118X

Referens: [Roos, J., & Werbart, A. \(2014\). Terapeut- och processfaktorer bakom avbrutna psykoterapier. *En i veckan*, 2014/03/06.](#)

Abstract: Avhopp från psykoterapi är ett vittomfattande klinisk problem även om det råder viss oenighet bland forskare både kring dess mer exakta omfattning och om dess definition. Sammantaget talar dock forskningen om en avhoppsfrekvens på mellan 30% och 50%. Avhopp inträffar oftast tidigt i kontakterna, inom de fem första besöken. Den mest relevanta definitionen är att patienten/klienten ensidigt avbryter kontakten utan terapeutens samtycke genom att meddela detta eller genom att utebli från besöken. Alla former av terapeutiska metodinriktningar förefaller drabbas av avhoppade klienter i ungefär lika stor omfattning. Avhopp har flera negativa konsekvenser, framförallt för klienten som blir utan den hjälp som denne behövt och sökt, men det kan också leda till kliniska, moraliska och finansiella problem för terapeuten, organisationen inom vilken terapin bedrivs och för vårdapparaten i sin helhet som genom bristande kostnadseffektivitet låtit resurser gå till spillo. Avhopp från psykoterapi är således ett viktigt kliniskt problem att undersöka, och det har också undersökts grundligt genom åren. Problemperspektivet har emellertid varit tydligt orienterat mot faktorer hos klienten som lämnat terapeut. Processperspektivet har kommit i skymundan. Detta är upprinnelsen till vår studie som vi sammanfattar här.

Denna sammanfattning bygger på: [Roos, J., & Werbart, A. \(2013\). Therapist and relationship factors influencing dropout from individual psychotherapy: A literature review. *Psychotherapy Research*, 23, 394-418. doi:10.1080/10503307.2013.775528](#)

Typ och Nyckelord: Journal avbrutna terapier, terapeutfaktorer, patientfaktorer, ISSN: 2001-2829

Referens: [Rozental, A. \(2014\). Självhjälp för uppskjutare. *En i veckan*, 2014/03/12.](#)

Abstract: Alla människor skjuter ibland upp saker som de borde göra. För de flesta individer leder detta dock sällan till problem eftersom vi förr eller senare skrider till verket. För en del personer kan det däremot utvecklas till ett mer varaktigt beteendemönster som kan få följder för såväl sitt psykiska som fysiska välbefinnande. Inom psykologi kallas detta vanligen för prokrastinering, och definieras som en benägenhet att förhålla ett händelseförlopp trots en medvetenhet om att det kan resultera i negativa konsekvenser. Det kan handla om svårigheter att komma till skott med sina studier, arbetsuppgifter, sociala åtaganden, eller hälsobefrämjande aktiviteter som att träna och följa läkarens ordination. I många fall genomsyrar problemet flera områden i livet, något som kan leda till ökad stress, oro, nedstämdhet, liksom att kroppsliga besvär kan förvärras mer än vad som är nödvändigt. Amerikanska undersökningar visar att uppemot en femtedel av den vuxna befolkningen upplever sig ha stora besvär med prokrastinering, en siffra som är 50 procent bland studenter.

Typ och Nyckelord: Journal prokrastinering, uppskjutandebeteende, behandling, ISSN: 2001-2829

Referens: [Rozental A., Andersson, G., Boettcher, J., Ebert, D., Cuijpers, P., Knaevelsrud, C., Ljótsson, B., Kaldo, V., Titov, N., & Carlbring, P. \(2014\). Consensus Statement on Defining and Measuring Negative Effects of Internet Interventions. Abstracts from the *8th Medicine 2.0 Summit & World Congress*, November 13-14, 2014, Maui, Hawaii, USA.](#)

Abstract: Background: Internet interventions have great potential for alleviating emotional distress, promoting mental health, and enhancing well-being. Numerous clinical trials have demonstrated their effectiveness for a number of psychiatric conditions, and interventions delivered via the Internet will likely become a common alternative to face-to-face treatment. Meanwhile, research has paid little attention to the negative effects associated with treatment, warranting further investigation of the possibility that some patients might deteriorate or encounter adverse events despite receiving best available care. Evidence from research of face-to-face treatment suggests that negative effects afflict 5-10% of all patients undergoing treatment in terms of deterioration.

Objective: There is currently a lack of consensus on how to define and measure negative effects in psychotherapy research in general, leaving researchers without practical guidelines for monitoring and reporting negative effects in clinical trials. The current study therefore sought out to provide recommendations that could promote the study of negative effects in Internet interventions with the aim of increasing the knowledge of its occurrence and characteristics.

Methods: Ten experts in the field of Internet interventions were invited to participate and share their perspective on how to explore negative effects, using the Delphi technique to facilitate a dialogue and reach an agreement. The authors discuss the importance of conducting research on negative effects in order to further the understanding of its incidence and different features.

Results: Suggestions on how to classify and measure negative effects in Internet interventions are proposed, involving methods from both quantitative and qualitative research. Potential mechanisms underlying negative effects are also discussed, differentiating common factors shared with face-to-face treatments from those unique to treatments delivered via the Internet.

Conclusions: We conclude that negative effects are to be expected and need to be acknowledged to a greater extent, advising researchers to systematically probe for negative effects whenever conducting clinical trials involving Internet interventions, as well as to share their findings in scientific journals.

Typ och Nyckelord: Proceedings internet interventions, consensus statement, negative effects

Referens: Rozental, A., Andersson, G., Boettcher, J., Ebert, D., Cuijpers, P., Knaevelsrud, C., Ljótsson, B., Kaldó, V., Titov, N., & Carlbring, P. (2014). Consensus Statement on Defining and Measuring Negative Effects of Internet Interventions. Abstracts from the *44th Congress of the European Association for Behavioural & Cognitive Therapies*, September 10-13, 2014, The Hague, The Netherlands.

Abstract: Introduction: Internet interventions have a great potential for alleviating emotional distress and promoting mental health. A number of clinical trials have demonstrated their efficacy for several psychiatric conditions, and Internet interventions will likely become a common alternative to face-to-face treatments. Meanwhile, research has paid little attention to the potential negative effects associated with treatment, warranting further investigation of the possibility that some patients might deteriorate or experience adverse events. Evidence from face-to-face treatments suggests that negative effects afflict 5-10% of all patients undergoing treatment in terms of deterioration alone. However, there is currently a lack of consensus on how to define and measure negative effects in psychotherapy research in general, leaving researchers without practical guidelines for monitoring and reporting negative effects in clinical trials.

Method: The current paper seeks to provide recommendations that could promote the study of negative effects in Internet interventions with the aim of increasing the knowledge of its occurrence and characteristics. Ten leading experts in the field of Internet interventions were invited to participate and share their perspective on how to explore negative effects, using the Delphi technique to facilitate a dialogue and reach an agreement.

Results: The importance of conducting further research on negative effects is emphasized, and suggestions on how to classify and measure negative effects in Internet interventions are provided, involving methods from both quantitative and qualitative research. Potential mechanisms underlying negative effects are also presented, differentiating common factors shared with face-to-face treatments from those unique to treatments delivered via the Internet.

Conclusion: Negative effects are to be expected and need to be acknowledged to a greater extent, advising researchers to systematically probe for negative effects whenever conducting clinical trials involving Internet interventions, as well as to share their findings in scientific journals.

Typ och Nyckelord: Proceedings consensus statement, internet interventions

Referens: Rozental, A., Andersson, G., Boettcher, J., Ebert, D.D., Cuijpers, P., Knaevelsrud, C., Brjänn Ljótsson, B., Kaldó, V., Titov, N., & Carlbring, P. (2014). Consensus Statement on Defining and Measuring Negative Effects of Internet Interventions. In *Oral Abstracts from the 7th Scientific Meeting of the International Society for Research on Internet Interventions* (p. 39). October 21-23, 2014, Valencia, Spain.

Abstract: Purpose: Internet interventions provide a potential for promoting mental health and alleviating emotional distress. A large number of clinical trials have demonstrated their efficacy for several psychiatric conditions, and Internet interventions will likely become a common and valuable alternative within the regular health care. In the meantime, research has paid little attention to the possibility that some treatments might be associated with different types of negative effects. Evidence from face-to-face treatments suggests that 5-10% of all patients deteriorate despite receiving best available care. In addition, other forms of negative effects may exist as well, e.g., social stigmatization, interpersonal difficulties, and decreased self-esteem. However, a lack of agreement on how to define and measure negative effects has left researchers without practical guidelines for monitoring and reporting deterioration and adverse events in clinical trials, warranting a consensus for conducting research on negative effects. Method: The objective of the current paper is to provide recommendations that could promote the study of negative effects in Internet interventions. Ten leading experts in the field of Internet interventions were invited to participate and share their perspective on how to explore negative effects, using the Delphi technique to facilitate a dialogue and reach an agreement. Results: The importance of conducting further research on negative effects is discussed, and suggestions on how to classify and measure negative effects are provided, involving methods from quantitative and qualitative research. Potential mechanisms underlying negative effects are also presented, differentiating factors shared with face-to-face treatments from those unique to treatments delivered via the Internet. Conclusion: Negative effects should be expected and need to be recognized to a greater extent, and researchers are advised to systematically probe for negative effects whenever conducting clinical trials involving Internet interventions, as well as to share their findings in scientific journals.

Typ och Nyckelord: Proceedings internet interventions, consensus statement, negative effects

Referens: Rozental, A., Andersson, G., Boettcher, J., Ebert, D.D., Cuijpers, P., Knaevelsrud, C., Brjänn Ljótsson, B., Kaldó, V., Titov, N., & Carlbring, P. (2014). Consensus statement on defining and measuring negative effects of Internet interventions. *Internet Interventions*, *1*(1), 12-19.

Abstract: Internet interventions have great potential for alleviating emotional distress, promoting mental health, and enhancing well-being. Numerous clinical trials have demonstrated their efficacy for a number of psychiatric conditions, and interventions delivered via the Internet will likely become a common alternative to face-to-face treatment. Meanwhile, research has paid little attention to the negative effects associated with treatment, warranting further investigation of the possibility that some patients might deteriorate or encounter adverse events despite receiving best available care. Evidence from research of face-to-face treatment suggests that negative effects afflict 5-10% of all patients undergoing treatment in terms of deterioration. However, there is currently a lack of consensus on how to define and measure negative effects in psychotherapy research in general, leaving researchers without practical guidelines for monitoring and reporting negative effects in clinical trials. The current paper therefore seeks to provide recommendations that could promote the study of negative effects in Internet interventions with the aim of increasing the knowledge of its occurrence and characteristics.

Ten leading experts in the field of Internet interventions were invited to participate and share their perspective on how to explore negative effects, using the Delphi technique to facilitate a dialog and reach an agreement. The authors discuss the importance of conducting research on negative effects in order to further the understanding of its incidence and different features. Suggestions on how to classify and measure negative effects in Internet interventions are proposed, involving methods from both quantitative and qualitative research. Potential mechanisms underlying negative effects are also discussed, differentiating common factors shared with face-to-face treatments from those unique to treatments delivered via the Internet. The authors conclude that negative effects are to be expected and need to be acknowledged to a greater extent, advising researchers to systematically probe for negative effects whenever conducting clinical trials involving Internet interventions, as well as to share their findings in scientific journals.

Typ och Nyckelord: Journal internet interventions, consensus statement, negative effects, mental health, ISSN: 2214-7829

Referens: Rozental, A., Andersson, G., & Carlbring, P. (2014). Randomized Controlled Trial of Internet-Based Cognitive Behavior Therapy for Procrastination. Abstracts from the *44th Congress of the European Association for Behavioural & Cognitive Therapies*, September, 10-13, 2014, The Hague, The Netherlands.

Abstract: Introduction: Procrastination is a pervasive behavior pattern associated with psychological distress and decreased well-being. Approximately one-fifth of the adult population and half of the student population consider themselves having recurrent difficulties because of delaying their everyday tasks and commitments. Cognitive behavior therapy is regarded treatment of choice, and treatment interventions consisting of behavioral activation and exposure to discomfort are presumed suitable for managing procrastination. However, no randomized controlled trial has previously been performed, warranting further research on the efficacy of cognitive behavior therapy. Meanwhile, clinical trials of Internet-based cognitive behavior therapy has generated promising results in relation to a number of psychiatric conditions, but whether it may be used to alleviate problems of procrastination is still unclear. Method: Participants were recruited from advertisements in the media and on the Internet. One hundred and fifty participants with self-reported difficulties of procrastination were randomized into three conditions; guided self-help, self-help, or wait-list control. The treatment consisted of ten modules delivered weekly during a ten week treatment period, involving psychoeducation and assignments specifically designed to target procrastination. Outcome measures concerning procrastination, depression, anxiety, and quality of life were distributed pre and post treatment.

Results: Moderate to large effect sizes were found for both treatment conditions in terms of outcome measures on procrastination compared to wait-list control. No statistically significant difference were observed between the two treatment conditions, or any of the outcome measures of depression, anxiety, or quality of life. Results from follow-up will be available at the time of the conference.

Conclusion: Participants receiving guided or unguided self-help improved on self-reported difficulties of procrastination, indicating that Internet-based cognitive behavior therapy may be beneficial for individuals suffering from procrastination. More research is however needed in order to determine its efficacy.

Typ och Nyckelord: Proceedings trial, internet-based, CBT, procrastination

Referens: Rozental, A., & Carlbring, P. (2014). Understanding and treating procrastination: A review of a common self-regulatory failure. *Psychology*, 5(3), 1488-1502.

Abstract: Procrastination is a pervasive self-regulatory failure affecting approximately one-fifth of the adult population and half of the student population. It is defined as one's voluntarily delay of an intended course of action despite being worse off as a result of that delay. Procrastination has a negative impact on performance and is associated with poorer mental health. Stress, worry, and feelings of guilt are common among those who procrastinate recurrently. In addition, procrastination is associated with fewer mental health-seeking behaviors and increased treatment delay, leading to greater distress and the exacerbation of illness. The current paper seeks to provide a theoretical and clinical understanding of procrastination by reviewing prior research. Procrastination can be understood using different motivational theories, learning theory, self-efficacy theory, as well as biases and heuristics. Temporal motivational theory is proposed as an integrated explanation for procrastination, consisting of the interaction of four different variables: expectancy, value, impulsiveness, and time, each of which affects the tendency to procrastinate. A general implication is that procrastination should be regarded as an idiosyncratic behavioral problem that requires a cognitive case conceptualization or a functional analysis in order to guide therapists in their work. A number of treatment interventions might be used in relation to procrastination—for example, efficacy performance spirals, automaticity, stimulus control, stimulus cues, learned industriousness, and cognitive restructuring. Furthermore, the current paper explores the evidence on using cognitive behavior therapy for procrastination, discussing the scarcity of randomized controlled trials and the lack of validated outcome measures, and highlighting the need for further research.

Typ och Nyckelord: Journal procrastination, cognitive behavior therapy, review, ISSN: 2152-7180

Referens: Rozental, A., Forsell, E., Svensson, A., Forsström, D., Andersson, G., & Carlbring, P. (2014). Psychometric evaluation of the Swedish version of the pure procrastination scale, the irrational procrastination scale, and the susceptibility to temptation scale in a clinical population. *BMC Psychology*, 2, 54.

Abstract: Background: Procrastination is a prevalent self-regulatory failure associated with stress and anxiety, decreased well-being, and poorer performance in school as well as work. One-fifth of the adult population and half of the student population describe themselves as chronic and severe procrastinators. However, despite the fact that it can become a debilitating condition, valid and reliable self-report measures for assessing the occurrence and severity of procrastination are lacking, particularly for use in a clinical context. The current study explored the usefulness of the Swedish version of three Internet-administered self-report measures for evaluating procrastination; the Pure Procrastination Scale, the Irrational Procrastination Scale, and the Susceptibility to Temptation Scale, all having good psychometric properties in English.

Methods: In total, 710 participants were recruited for a clinical trial of Internet-based cognitive behavior therapy for procrastination. All of the participants completed the scales as well as self-report measures of depression, anxiety, and quality of life. Principal Component Analysis was performed to assess the factor validity of the scales, and internal consistency and correlations between the scales were also determined. Intra-class Correlation Coefficient, Minimal Detectable Change, and Standard Error of Measurement were calculated for the Irrational Procrastination Scale.

Results: The Swedish version of the scales have a similar factor structure as the English version, generated good internal consistencies, with Cronbach's α ranging between .76 to .87, and were moderately to highly intercorrelated. The Irrational Procrastination Scale had an Intraclass Correlation Coefficient of .83, indicating excellent reliability. Furthermore, Standard Error of Measurement was 1.61, and Minimal Detectable Change was 4.47, suggesting that a change of almost five points on the scale is necessary to determine a reliable change in self-reported procrastination severity.

Conclusions: The current study revealed that the Pure Procrastination Scale, the Irrational Procrastination Scale, and the Susceptibility to Temptation Scale are both valid and reliable from a psychometric perspective, and that they might be used for assessing the occurrence and severity of procrastination via the Internet.

Typ och Nyckelord: Journal procrastination, psychometric evaluation, Irrational Procrastination Scale, Pure Procrastination Scale, Susceptibility to Temptation Scale, ISSN: 2050-7283

Referens: [Rozental, A., Forsström, D., Nilsson, S., Rizzo, A., & Carlbring, P. \(2014\).](#) Group versus Internet-based cognitive-behavioral therapy for procrastination: Study protocol for a randomized controlled trial. *Internet Interventions, 1(2)*, 84-89.

Abstract: Procrastination is defined as a voluntarily delay of an intended course of action despite expecting to be worse-off for the delay, and is considered a persistent behavior pattern that can result in major psychological suffering. About one-fifth of the adult population and half of the student population are presumed having substantial difficulties due to recurrent procrastination in their everyday lives. However, chronic and severe procrastinators seldom receive adequate care due to preconceptions and the lack of understanding regarding procrastination and the treatment interventions that are assumed beneficial. Cognitive-behavioral therapy is often deemed a treatment of choice, although the evidence supporting its use is scarce, and only one randomized controlled trial has been performed. The primary aim of the proposed study is therefore to test the efficacy of cognitive-behavioral therapy delivered as either a group intervention or via the Internet. Participants will consist of students recruited through the Student Health Centre at Karolinska Institutet. A randomized controlled trial with a sample size of 100 participants divided into blocks of thirty will be used, comparing an eight-week Internet-based cognitive-behavioral therapy intervention, and an eight-week group cognitive-behavioral therapy based intervention. It is believed that the proposed study will result in two important findings. First, different treatment interventions in cognitive-behavioral therapy are assumed to be helpful for people suffering from problems caused by procrastination. Second, both an Internet-based cognitive-behavioral therapy intervention and a group intervention are presumed suitable for administering treatment for procrastination, which is considered important as the availability of adequate care is limited, particularly among students. The proposed study will increase the knowledge regarding the efficacy of different treatments of procrastination, as well as enhance the overall comprehension of the difficulties related to dilatory behavior.

Typ och Nyckelord: Journal procrastination, cognitive-behavioral therapy, internet interventions, group intervention, students, randomized controlled trial, ISSN: 2214-7829

Referens: [Rozental, A., & Malmquist, A. \(in press\).](#) Vulnerability and acceptance: Lesbian women's familymaking through assisted reproduction in Swedish public healthcare. *Journal of GLBT Family Studies*.

Abstract: Female same-sex couples in Sweden have had access to fertility treatment within public health care since 2005. Treatment is generally tax funded, with a minimal of personal expenses. After birth, both mothers gain legal status as the child's parents. This article draws on findings from interviews with 29 lesbian mothers, all of whom have sought treatment at fertility clinics within the Swedish public health care system. Parts of the interviews in which the mothers describe deficiencies in the provided treatment have been scrutinized in detail. Results show how heteronormative assumptions about the family and a feeling of exposure in the role of patient give rise to vulnerability in lesbian mothers. Furthermore, neither routines nor the offered treatment are adapted to lesbian women's specific needs. Regarding dealing with deficiencies, the interviews are filled with expressions of acceptance, which rhetorically minimize the impact of potential stressors. A main conclusion is that legal inclusion of lesbians in fertility treatment is of groundbreaking importance to lesbians with a desire to become parents. The next step is to address heteronormativity within the health care institutions in order to develop treatment adapted to lesbian couples' specific needs.

Typ och Nyckelord: Journal lesbian mother, assisted reproduction, fertility treatment, public health care, heteronormativity, ISSN: 1550-4298

Referens: [Salami, A., Rieckmann, A., Fischer, H., & Bäckman, L. \(2014\).](#) A multivariate analysis of age-related differences in functional networks supporting conflict resolution. *NeuroImage, 86*, 150-163.

Abstract: Functional neuroimaging studies demonstrate age-related differences in recruitment of a large-scale attentional network during interference resolution, especially within dorsolateral prefrontal cortex (DLPFC) and anterior cingulate cortex (ACC). These alterations in functional responses have been frequently observed despite equivalent task performance, suggesting age-related reallocation of neural resources, although direct evidence for a facilitating effect in aging is sparse. We used the multi-source interference task and multivariate partial-least-squares to investigate age-related differences in the neuronal signature of conflict resolution, and their behavioral implications in younger and older adults. There were interference-related increases in activity, involving fronto-parietal and basal ganglia networks that generalized across age. In addition an age-by-task interaction was observed within a distributed network, including DLPFC and ACC, with greater activity during interference in the old. Next, we combined brain-behavior and functional connectivity analyses to investigate whether compensatory brain changes were present in older adults, using DLPFC and ACC as regions of interest (i.e. seed regions). This analysis revealed two networks differentially related to performance across age groups. A structural analysis revealed age-related gray-matter losses in regions facilitating performance in the young, suggesting that functional reorganization may partly reflect structural alterations in aging. Collectively, these findings suggest that age-related structural changes contribute to reductions in the efficient recruitment of a youth-like interference network, which cascades into instantiation of a different network facilitating conflict resolution in elderly people.

Typ och Nyckelord: Journal aging, interference resolution, MSIT, PLS, reorganization, functional connectivity, ISSN: 1053-8119

Referens: [Sand, A., & Nilsson, M.E. \(2014\).](#) Asymmetric transfer of sound localization learning between indistinguishable interaural cues. *Experimental Brain Research, 232(6)*, 1707-1716.

Abstract: Learning in perceptual tasks is typically highly specific to the trained stimulus parameters. However, can learning be specific to a stimulus parameter that is perceptually indistinguishable from another? We assessed this question using a perceived sound location task in which the perceived sound location was created through either an interaural time difference (ITD) cue or an interaural level difference (ILD) cue. We used the same transient, broadband sound (clicks) for both cues, and after training on one of the cues, listeners switched cue mid-session. This allowed us to assess cue specificity or transfer when the subjectively unnoticed cue switch occurred. One group of listeners improved their ITD performance as a function of training, but deteriorated in performance when switching to ILD in mid training session. Another group of listeners started with ILD training; their improved performance level did not deteriorate as they switched to the ITD cue. This transfer asymmetry was not hypothesized, and we therefore extended our study with a second data collection. Both the training effect and the transfer asymmetry remained after the second data collection. Our results indicate (a) listeners can improve both their ITD and ILD performance for click sounds, extending previous findings on tones; (b) learning can be specific to a stimulus parameter that is indistinguishable from another, as ITD learning did not transfer to ILD performance; but (c) ILD learning can transfer to ITD performance. This transfer asymmetry may have occurred because of how ITD and ILD are coded in early brainstem areas.

Typ och Nyckelord: Journal sound localization, perceptual learning, transfer, interaural time difference, interaural level difference, ISSN: 0014-4819

Referens: Seddigh, A., [Berntson, E.](#), Bodin Danielsson, C., & Westerlund, H. (2014). Concentration requirements modify the effect of office type on indicators of health and performance. *Journal of Environmental Psychology*, 38, 167-174.

Abstract: This paper investigates the interaction between need for concentration on the job and six office types in relation to distraction, cognitive stress, emotional exhaustion, depersonalization, personal efficiency and general health. 1241 employees from five organizations participated in the study. Cell offices were associated with lower reported levels of distraction and cognitive stress, and flex offices with lower distraction, among the employees compared with all other open-plan office types. There were no significant differences in the outcome variables between different types of open-plan offices. However, there was an interaction between office type and the need for concentration for the job; employees in the high need for concentration group reported more distraction in all office types except in cell offices and also more cognitive stress in all office types except cell offices and flex offices. In conclusion, cell offices may be preferable for tasks that require higher need for concentrations.

Typ och Nyckelord: Journal open-plan office, flex office, job complexity, performance, health, concentration, ISSN: 0272-4944

Referens: Seddigh, A., Bodin Danielsson, C., [Berntson, E.](#), & Westerlund, H. (2014). Does need for concentration modify the effect of office type on health and productivity? In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (pp. 270-271). Nottingham, UK: EAOHP.

Abstract: Studies of the impact on health and productivity of different types of office environments usually compare cell offices with open-plan offices. This paper investigates the interaction between need for concentration on the job and six more specific office types (cell office, shared-room office, small open-plan office, medium-sized open-plan office, large open-plan office and flex office) in relation to measures of health and productivity. A 2x6 between-subject multivariate analysis of covariance was conducted on the dependent variables distraction, cognitive stress, emotional exhaustion, depersonalization, personal efficiency and general health while controlling for age, educational level, gender and sector of the labourmarket. The independent variables were need for concentration (two categories) and office type (six categories). 1,241 employees from five organizations, both in the private and public sectors, participated in the study. Cell offices were associated with lower reported levels of distraction and cognitive stress, and flex offices with lower distraction, among the employees compared with all other open-plan office types. However, there were no significant differences in the outcome variables between different types of open-plan offices. There was an interaction between office type and the need for concentration for the job; employees in the high need for concentration group reported more distraction in all office types except in cell offices and also more cognitive stress in all office types except cell offices and flex offices. This study suggests the presence of negative health and productivity aspects in individuals working in open-plan offices. This seems especially true for those who have tasks that require a high need for concentration. In order to prevent poor health and lost of productivity, organizations working in similar office types should have an action plan in order to lower the amount of distraction and cognitive stress prevalent in open-plan offices.

Typ och Nyckelord: Proceedings

Referens: Sedem, M., & [Ferrer-Wreder, L.](#) (in press). Fear of the loss of honor: Implications of honor-based violence for the development of youth and their families. *Child and Youth Care Forum*.

Abstract: Background: Violence committed against young women, and in some cases young men, who are considered to have violated honor-based norms are reported in several countries, making honor-based violence (HBV) a global concern. This article is an overview of research in this area and summarizes key findings from a Swedish program of research dedicated to this subject. Objective: To gain deeper understanding of HBV from the perspective of participating families, as well as to situate these study findings in the wider literature. Methods: The studies reported here were based on qualitative interviews with adolescent girls and young women with immigrant backgrounds and their family members (N = 23) who experienced honor-based conflicts and/or violence—in one case resulting in homicide. Interviews were primarily conducted once in the general study, however, in some cases interviews were conducted on more than one occasion. Interviews were analyzed according to grounded theory. Results: The inductive approach used in these studies was useful and study findings were nuanced. Results indicated, for example, that fear was essential to understanding the genesis and progression of the conflicts within participating families. Conclusions: Practitioners should attend to building trust with families and ameliorating isolation, as well as early-stage awareness raising, education, the promotion of contextually relevant conflict resolution skills. Systematic intervention development is also likely to advance this field.

Typ och Nyckelord: Journal fear, honor, violence, adolescence, parent-child relations, immigration, ISSN: 1053-1890

Referens: Selenius, H., & [Hellström, Å.](#) (in press). Dyslexia prevalence in forensic psychiatric patients:

dependence on criteria and background factors. *Psychiatry, Psychology and Law*.

Abstract: Research on dyslexia in forensic psychiatric patients is limited, and therefore one aim of this study was to assess the prevalence of dyslexia in a sample of forensic psychiatric patients by using different criteria. Another aim was to investigate how phonological-processing skills in these patients might be related to disadvantageous background factors and poor reading habits. Forensic psychiatric patients performed reading, writing and intelligence tests, as well as a battery of phonological processing tasks. They were also interviewed about reading habits and literacy conditions in their childhood homes. Data regarding the patients' dyslexia diagnoses and backgrounds were collected from forensic psychiatric investigations and patient records. The results showed that 11–53% of the patients met the discrepancy criteria for dyslexia, whereas 50% fulfilled the phonological core deficit criterion. Neither disadvantageous background factors nor reading habits were related to phonological-processing skills.

Typ och Nyckelord: Journal dyslexia, forensic psychiatric patients, prevalence, ISSN: 1321-8719

Referens: [Sjöberg, S. \(2014\). Utilizing research in the practice of personnel selection: General mental ability, personality, and job performance.](#) Department of Psychology, Stockholm University (Doctoral dissertation).

Abstract: Identifying and hiring the highest performers is essential for organizations to remain competitive. Research has provided effective guidelines for this but important aspects of these evidence-based processes have yet to gain acceptance among practitioners. The general aim of this thesis was to help narrowing the gap between research and practice concerning personnel selection decisions. The first study compared the validity estimates of general mental ability (GMA) and the five factor model of personality traits as predictors of job performance, finding that, when the recently developed indirect correction for range restriction was applied, GMA was an even stronger predictor of job performance than previously found, while the predictive validity of the personality traits remained at similar levels. The approach used for data collection and combination is crucial to forming an overall assessment of applicants for selection decisions and has a great impact on the validity of the decision. The second study compared the financial outcomes of applying a mechanical or clinical approach to combining predictor scores. The results showed that the mechanical approach can result in a substantial increase in overall utility. The third study examined the potential influences that practitioners' cognitive decision-making style, accountability for the assessment process, and responsibility for the selection decision had on their hiring approach preferences. The results showed that practitioners scoring high on intuitive decision-making style preferred a clinical hiring approach, while the contextual aspects did not impact practitioners' preferences. While more research may be needed on practitioner preferences for a particular approach, the overall results of this thesis support and strengthen the predictive validity of GMA and personality traits, and indicate that the mechanical approach to data combination provides increased utility for organizations.

Typ och Nyckelord: Dissertation personnel selection, job performance, correction for range restriction, general mental ability, personality, clinical and mechanical data collection, clinical and mechanical data combination, utility, preference for hiring approach, ISBN: 978-91-7447-883-9

Referens: [Smedler, A.-C., Hjern, A., Wiklund, S., Anttila, S., & Pettersson, A. \(in press\). Programs for Prevention of Externalizing Problems in Children: Limited Evidence for Effect Beyond 6 Months Post Intervention.](#) *Child and Youth Care Forum*.

Abstract: Background: Preventing externalizing problems in children is a major societal concern, and a great number of intervention programs have been developed to this aim. To evaluate their preventive effects, well-controlled trials including follow-up assessments are necessary. Methods: This is a systematic review of the effect of prevention programs targeting externalizing problems in children. The review covered peer reviewed publications in English, German, French, Spanish and Scandinavian languages. Experimental studies of standardized programs explicitly aiming at preventing externalizing mental ill-health in children (2–19 years), with outcome assessments at 6 months post intervention for both intervention and control groups, were included. We also included long-term trials with consecutive observations over several years, even in the absence of follow-up 6 months post intervention. Studies of clinical populations or children with impairments, which substantially increase the risk for mental disorders, were excluded. Results: Thirty-eight controlled trials assessing 25 different programs met inclusion criteria. Only five programs were supported by scientific evidence, representing selective parent training (Incredible Years and Triple-P), indicated family support (Family Check-Up), and school-based programs (Good Behavior Game, universally delivered, and Coping Power, as an indicated intervention). With few exceptions, effects after 6–12 months were small. Long-term trials showed small and inconsistent effects. Conclusions: Despite a vast literature, the evidence for preventive effects is meager, largely due to insufficient follow-up post intervention. Long-term follow up assessment and effectiveness studies should be given priority in future evaluations of interventions to prevent externalizing problems in children.

Typ och Nyckelord: Journal meta-analysis, prevention, child, mental health, ISSN: 1053-1890

Referens: [Sousa-Ribeiro, M., Sverke, M., & Coimbra, J.L. \(2014\). Perceived quality of the psychosocial environment and well-being in employed and unemployed older adults: The importance of latent benefits and environmental vitamins.](#) *Economic and Industrial Democracy*, 35(4), 629-652.

Abstract: This study combines two recognized theoretical frameworks in the (un)employment literature – the latent deprivation model and the vitamin model – and aims to better understand the relations between the perceived quality of the psychosocial environment and psychological well-being in older adults. The sample comprised 300 Portuguese adults (aged between 40 and 65), grouped as employed, unemployed engaged in training, and unemployed not in training. Employed reported better well-being than the other groups, and the unemployed in training showed lower distress than those who were not. Additionally, features from both frameworks were found to be related to well-being. These findings highlight the merit of taking both approaches into account to better understand the well-being of older individuals, and may be useful for the design of interventions aiming to enhance well-being and overcome some of the negative aspects of unemployment.

Typ och Nyckelord: Journal unemployment, psychological well-being, latent benefits, environmental vitamins, senior adults, ISSN: 0143-831X

Referens: [Stanciu, I., Larsson, M., Nordin, S., Adolfsson, R., Nilsson, L.-G., & Olofsson, J.K. \(2014\). Olfactory](#)

impairment and subjective olfactory complaints independently predict conversion to dementia: A longitudinal population-based study. *Journal of the International Neuropsychological Society*, 20(2), 209-217.

Abstract: We examined whether conversion to dementia can be predicted by self-reported olfactory impairment and/or by an inability to identify odors. Common forms of dementia involve an impaired sense of smell, and poor olfactory performance predicts cognitive decline among the elderly. We followed a sample of 1529 participants, who were within a normal range of overall cognitive function at baseline, over a 10-year period during which 159 were classified as having a dementia disorder. Dementia conversion was predicted from demographic variables, Mini-Mental State Examination score, and olfactory assessments. Self-reported olfactory impairment emerged as an independent predictor of dementia. After adjusting for effects of other predictors, individuals who rated their olfactory sensitivity as "worse than normal" were more likely to convert to dementia than those who reported normal olfactory sensitivity (odds ratio [OR] = 2.17; 95% confidence interval [CI] [1.40, 3.37]). Additionally, low scores on an odor identification test also predicted conversion to dementia (OR per 1 point increase = 0.89; 95% CI [0.81, 0.98]), but these two effects were additive. We suggest that assessing subjective olfactory complaints might supplement other assessments when evaluating the risk of conversion to dementia. Future studies should investigate which combination of olfactory assessments is most useful in predicting dementia conversion.

Typ och Nyckelord: Journal olfaction, vascular dementia, Alzheimer type dementia, memory, smell disorder, awareness, ISSN: 1355-6177

Referens: Stengård, J., Bernhard-Oettel, C., Näswall, K., Ishäll, L., & Berntson, E. (in press). Understanding the determinants of well-being and organizational attitudes during a plant closure: A Swedish case study. *Economic and Industrial Democracy*.

Abstract: The present study investigated to what extent perception of closure management (informational justice, severance package satisfaction) as well as individual resources and barriers (employability, tenure) were associated with well-being and organizational attitudes during plant closure. This was studied in a sample of 129 Swedish workers in a plant undergoing closure. The results showed that those who felt communication to be fair reported higher well-being and more positive attitudes. Those who were satisfied with the severance package reported lower intention to leave but also felt fewer obligations towards the organization. Those with higher employability reported higher subjective health. The results also indicated that tenure moderated the relation between informational justice and felt obligations, and employability moderated the relation between severance package satisfaction and organizational attitudes. It can be concluded that closure management together with employees' different resources and barriers are vital for organizational attitudes and well-being during the closedown process.

Typ och Nyckelord: Journal employability, job transition, organizational attitudes, plant closure, well-being, ISSN: 0143-831X

Referens: Stormoen, S., Almkvist, O., Eriksson, M., Sundström, E., & Tallberg, I.-M. (2014). Cognitive predictors of medical decision-making capacity in mild cognitive impairment and Alzheimer's disease. *International Journal of Geriatric Psychiatry*, 29(12), 1304-1311.

Abstract: Objective: Impaired capacity to make decisions in everyday life and situations of medical treatment is an inevitable consequence of the cognitive decline in Alzheimer's disease (AD). The objective of this study was to identify the most powerful cognitive component(s) that best predicted medical decision-making capacity (MDMC) in patients with AD and mild cognitive impairment. Method: Three groups of subjects participated in the study: patients with AD (n = 20), mild cognitive impairment (n = 21), and healthy control subjects (n = 33). MDMC was assessed by the linguistic instrument for medical decision-making (LIMD) and related to demographics and 27 cognitive test measures. Results: The cognitive tests were found to aggregate into four components using a principle component analysis. The four components, which correspond to verbal knowledge, episodic memory, cognitive speed, and working memory, accounted for 73% of the variance in LIMD according to a stepwise regression analysis. Verbal knowledge was the most powerful predictor of LIMD (beta = 0.66) followed by episodic memory (beta = 0.43), cognitive speed (beta = 0.32), and working memory (beta = 0.23). The best single test as shown by the highest correlation with LIMD was Reading speed (R = 0.77). Conclusion: Multiple factors are involved in MDMC in subjects with cognitive impairment. The component of verbal knowledge was the best predictor of MDMC and Reading speed was the most important single cognitive test measurement, which assessed both rapid Reading and understanding of text.

Typ och Nyckelord: Journal medical decision-making capacity, Alzheimer's disease, cognitive predictors, verbal knowledge, text reading, ISSN: 0885-6230

Referens: Ström, L., & Carlbring, P. (2014). *Handbok för oglada: Vetenskapligt förankrade metoder för ökad glädje och harmoni*. Västerås: KBT-Akademien.

Abstract: Är du deprimerad, nedstämd eller bara oglad i största allmänhet? Då är du långt ifrån ensam! Idag räknar man med att uppemot 25 procent av kvinnorna och 10 procent av männen någon gång kommer att vara kliniskt deprimerade. Till det kommer ett mycket stort antal människor som "bara" är nedstämda eller oglada!

Även om det är skrämmande siffror kan man samtidigt konstatera att det inte behöver vara på det viset! Idag finns nämligen många verktyg som effektivt påverkar ens mående på ett positivt sätt. I denna bok får du tillgång till en lång rad av dessa metoder och strategier. De flesta har sin utgångspunkt i kognitiv beteendeterapi (KBT), och alla är sådana som i forskning har visat sig ge en tydlig effekt för att minska nedstämdhet och depression - och skapa ökad livsglädje!

Boken är förhoppningsvis även användbar för dig som arbetar med vård av människor, och innehåller både förklaringsmodeller och arbetsformulär som kan användas i den egna verksamheten. Alla bokens formulär kan också laddas ner från www.kbtakademien.se och användas fritt.

Typ och Nyckelord: Book (chapter) glädje, harmoni, handbok, ISBN: 9789198151107

Referens: Stålnacke, J. (2014). *Rough beginnings: Executive function in adolescents and young adults after preterm birth and repeat antenatal corticosteroid treatment*. Department of Psychology, Stockholm University (Doctoral dissertation).

Abstract: This thesis investigates long-term cognitive outcome in two cohorts of adolescents and young adults exposed to stressors during the perinatal period: one group born preterm (<37 weeks of gestation and birth weight <1,500 g); one group exposed to two or more courses of antenatal corticosteroids (ACS), to stimulate lung maturation in the face of threatening preterm birth. In fetal life the brain undergoes dramatic growth, and a disruption to the early establishment of functional neural networks may interrupt development in ways that are difficult to predict. Executive function refers to a set of cognitive processes that are important for purposeful regulation of thought, emotion, and behavior, and even a subtle depreciation may influence overall functioning. Study I investigated the stability of executive function development after preterm birth. Executive functions were differentiated into working memory and cognitive flexibility. Both components were highly stable from preschool age to late adolescence. In Study II, we identified subgroups within the group of children born preterm with respect to cognitive profiles at 5 1/2 and 18 years, and identified longitudinal streams. Outcome after preterm birth was diverse, and insufficiently predicted by perinatal and family factors. Individuals performing at low levels at 5 1/2 years were unlikely to improve over time, while a group of individuals performing at or above norm at 5 1/2 years had improved their performance relative to term-born peers by age 18. Studies I and II pointed to the need for developmental monitoring of those at risk, prior to formal schooling. Study III investigated long-term cognitive outcome after repeat ACS treatment. The study did not provide support for the concern that repeat ACS exposure will have an adverse impact on cognitive function later in life. In sum, exposure to perinatal stressors resulted in great variation in outcome. However, for many, their rough beginnings had not left a lasting mark.

Typ och Nyckelord: Dissertation cognitive flexibility, cluster analysis, development, latent variable analysis, longitudinal studies, parental education, perinatal medical complications, person-oriented approach, structural equation modeling, working memory, ISBN: 978-91-7447-945-4

Referens: [Stålnacke, J., Lundequist, A., Böhm, B., Forssberg, H., & Smedler, A.-C. \(in press\). Individual cognitive patterns and developmental trajectories after preterm birth. *Child Neuropsychology*.](#)

Abstract: Cognitive outcome after preterm birth is heterogeneous, and group level analyses may disguise individual variability in development. Using a person-oriented approach, this study investigated individual cognitive patterns and developmental trajectories from preschool age to late adolescence. As part of a prospective longitudinal study, 118 adolescents born preterm, with a birth weight < 1,500 g, participated in neuropsychological assessments at age 5 1/2 years and at 18 years. At each age, four cognitive indices, two tapping general ability and two tapping executive functions, were formed to reflect each individual's cognitive profile. Cluster analyses were performed at each age separately, and individual movements between clusters across time were investigated. At both 5 1/2 and 18 years, six distinct, and similar, cognitive patterns were identified. Executive functions were a weakness for some but not all subgroups, and verbal ability was a strength primarily among those whose overall performance fell within the normal range. Overall, cognitive ability at 5 1/2 years was highly predictive of ability at age 18. Those who performed at low levels at 5 1/2 years did not catch up but rather deteriorated in relative performance. Over half of the individuals who performed above the norm at 5 1/2 years improved their relative performance by age 18. Among those performing around the norm at 5 1/2 years, half improved their relative performance over time, whereas the other half faced increased problems, indicating a need for further developmental monitoring. Perinatal factors were not conclusively related to outcome, stressing the need for cognitive follow-up assessment of the preterm-born child before school entry.

Typ och Nyckelord: Journal cluster analysis, executive function, longitudinal, parental education, perinatal factors, ISSN: 0929-7049

Referens: Sundell, K., & Ferrer-Wreder, L. (2014). The Transportability of Empirically Supported Interventions. A. Shlonsky, & R. Benbenishty (Eds.), *From evidence to outcomes in child welfare: An international reader*. New York: Oxford University Press.

Abstract: This chapter provides a framework for intervention that further builds the language of treatment science by elaborating the concepts of common elements and common factors and broadening the use of evidence beyond manualized evidence supported treatments (MESTs). The authors review the advantages and limitations of MESTs. They conclude that new conceptualizations are necessary and present an expanded view of effective practices that involves two principal concepts--common elements and common factors--shows promise for meeting the prerequisites of being effective and accessible to practitioners and yielding greater opportunity for creating positive outcomes for clients. The chapter presents these concepts and related empirical research and practice supports, such as software and websites. Finally, the authors propose an integrative framework for thinking about the role of common factors, common elements, MESTs as well as other sources of knowledge within the field.

Typ och Nyckelord: Book (chapter) Evidence Supported Treatments, manualized interventions, common elements, common factors, Outcome Rating Scale (ORS) and the Session Rating Scale (SRS), Client Directed, Outcome Informed (CDOI), ISBN: 9780199973729

Referens: Sundell, K., Ferrer-Wreder, L., & Fraser, M. (2014). Going Global: A Model for Evaluating Empirically Supported Family-Based Interventions in New Contexts. *Evaluation & the Health Professions, 37*(2), 203-230.

Abstract: The spread of evidence-based practice throughout the world has resulted in the wide adoption of empirically supported interventions (ESIs) and a growing number of controlled trials of imported and culturally adapted ESIs. This article is informed by outcome research on family-based interventions including programs listed in the American Blueprints Model and Promising Programs. Evidence from these controlled trials is mixed and, because it is comprised of both successful and unsuccessful replications of ESIs, it provides clues for the translation of promising programs in the future. At least four explanations appear plausible for the mixed results in replication trials. One has to do with methodological differences across trials. A second deals with ambiguities in the cultural adaptation process. A third explanation is that ESIs in failed replications have not been adequately implemented. A fourth source of variation derives from unanticipated contextual influences that might affect the effects of ESIs when transported to other cultures and countries. This article describes a model that allows for the differential examination of adaptations of interventions in new cultural contexts.

Typ och Nyckelord: Journal evidence-based interventions, transportability, adaptation, ISSN: 0163-2787

Referens: [Sundling, C., Berglund, B., Nilsson, M.E., Emardson, R., & Pendrill, L. \(2014\). Overall accessibility to](#)

traveling by rail for the Eederly with and without functional limitations: The whole-trip perspective. *International Journal of Environmental Research and Public Health*, 11(12), 12938-12968.

Abstract: Elderly persons' perceived accessibility to railway traveling depends on their functional limitations/diseases, their functional abilities and their travel behaviors in interaction with the barriers encountered during whole trips. A survey was conducted on a random sample of 1000 city residents (65–85 years old; 57% response rate). The travels were perceived least accessible by respondents with severely reduced functional ability and by those with more than one functional limitation/disease (e.g., restricted mobility and chronic pain). Those who traveled "often", perceived the accessibility to be better than those who traveled less frequently. For travelers with high functional ability, the main barriers to more frequent traveling were travel costs and low punctuality. For those with low functional ability, one's own health was reported to be the main barrier. Our results clarify the links among existing functional limitations/functional abilities, the barriers encountered, the travel behavior, and the overall accessibility to traveling. By operationalizing the whole-trip concept as a chain of events, we deliver practical knowledge on vulnerable groups for decision-making to improve the transport environment for all.

Typ och Nyckelord: Journal accessibility, travel behavior, functional limitation, barrier, railway travel, older persons, ISSN: 1660-4601

Referens: Sundström, A., Rönnlund, M., Adofsson, R., & Nilsson, L.-G. (2014). Stressful life events are not associated with the development of dementia. *International Psychogeriatrics*, 26(1), 147-154.

Abstract: Background: The impact of stressful life events as a risk factor of dementia diseases is inconclusive. We sought to determine whether stressful negative life events are associated with incidental dementia in a population-based study with long-term follow-up. We also tested the hypothesis that the occurrence of positive life events could mitigate or overcome the possible adverse effects of negative life events on dementia conversion. Methods: The study involved 2,462 dementia-free participants aged 55 years and older. Information on life events was ascertained at baseline from a comprehensive Life Event Inventory, which included 56 questions about specific life events. For each life event, the emotional impact (both positive and negative) and emotional adjustment were asked for. Results: During follow-up, 423 participants developed dementia; of these, 240 developed Alzheimer's disease (AD). Cox regression analysis showed no association between the total number of negative life events and the incidence of dementia when adjusted solely for age and gender (hazard ratio = 0.97, 95% CI = 0.92–1.02), or with multiple adjustments for a range of covariates (hazard ratio = 0.96, 95% CI = 0.91–1.01). Similarly, neither emotional impact nor emotional adjustment to these life events was associated with incident dementia. A separate analysis of AD did not alter the results. Conclusions: The result of this population-based study finds no association between negative or positive life events and dementia. Accordingly, our results reject the hypothesis that stressful life events trigger the onset of dementia diseases.

Typ och Nyckelord: Journal dementia, Alzheimer's disease, life events, stress, risk factor, longitudinal, ISSN: 1041-6102

Referens: Sundström, A., Westerlund, O., Mousavi-Nasab, H., Adolfsson, R., & Nilsson, L.-G. (2014). The relationship between marital and parental status and the risk of dementia. *International Psychogeriatrics*, 26(05), 749-757.

Abstract: Background: This study examines the association between marital and parental status and their individual and combined effect on risk of dementia diseases in a population-based longitudinal study while controlling for a range of potential confounders, including social networks and exposure to stressful negative life events. Methods: A total of 1,609 participants without dementia, aged 65 years and over, were followed for an average period of 8.6 years (SD = 4.8). During follow-up, 354 participants were diagnosed with dementia. Cox regression was used to investigate the effect of marital and parental status on risk of dementia. Results: In univariate Cox regression models (adjusted for age as time scale), widowed (hazard ratio (HR) 1.42, 95% confidence interval (CI) = 1.13–1.78), and not having children (HR 1.54, 95% CI = 1.15–2.06) were significantly associated with incident dementia. In multivariate analyses that included simultaneously marital and parental status and covariates that were found to be significant in univariate models ($p < 0.10$), the HR was 1.30 (95% CI = 1.01–1.66) for widowed, and 1.51 (95% CI = 1.08–2.10) for those not having children. Finally, a group of four combined factors was constructed: married parents (reference), married without children, widowed parents, and widowed without children. The combined effect revealed a 1.3 times higher risk (95% CI = 1.03–1.76) of dementia in widow parents, and a 2.2 times higher risk (95% CI = 1.36–3.60) in widowed persons without children, in relation to married parents. No significant difference was observed for those being married and without children. Conclusions: Our findings suggest that marital- and parental status are important risk factors for developing dementia, with especially increased risk in those being both widowed and without children.

Typ och Nyckelord: Journal dementia, marital status, parental status, risk factors, childlessness, longitudinal, ISSN: 1041-6102

Referens: Sunnhed, R., & Jansson-Fröjmark, M. (2014). Are Changes in Worry Associated with Treatment Response in Cognitive Behavioral Therapy for Insomnia? *Cognitive Behaviour Therapy*, 43(1), 1-11.

Abstract: Aim: Little is known about why some patients respond to cognitive behavioral therapy for insomnia, whereas other patients do not. To understand differences in treatment response, there is a dire need to examine processes of change. The purpose was to investigate the long-term association between insomnia-related worry and outcomes following cognitive behavior therapy for insomnia. Methods: Sixty patients with early insomnia (3-12 months duration) received group cognitive behavioral therapy for insomnia. At pretreatment and at a 1-year follow-up, the patients completed questionnaires indexing two domains of insomnia-related worry (sleeplessness and health), insomnia severity, anxiety, and depression as well as sleep diaries. Results: Decreases in the two worry domains were associated with improvements in all of the outcomes, except for sleep onset latency (SOL), at a medium to large level. Reductions in insomnia-related worry were associated with improvements in insomnia severity, wake after sleep onset (WASO), total sleep time (TST), and depression, but not in SOL or anxiety. While reductions in worry for sleeplessness were related to improvements in insomnia severity and TST, decreases in worry for health were associated with enhancements in WASO and depression. Conclusion: The findings suggest that reductions in insomnia-related worry might be one process route in which cognitive behavioral therapy operates to improve insomnia symptomatology. The results are discussed in relation to theory, clinical implications, and future research.

Typ och Nyckelord: Journal insomnia, worry, sleep, cognitive behavioral therapy, ISSN: 1650-6073

Referens: Svenson, O., Gonzalez, N., & Eriksson, G. (2014). Modeling and debiasing resource saving judgments. *Judgment and Decision Making*, 9(5), 465–478.

Abstract: Svenson (2011) showed that choices of one of two alternative productivity increases to save production resources (e.g., man-months) were biased. Judgments of resource savings following a speed increase from a low production speed line were underestimated and following an increase of a high production speed line overestimated. The objective formula for computing savings includes differences between inverse speeds and this is intuitively very problematic for most people. The purpose of the present studies was to explore ways of ameliorating or eliminating the bias. Study 1 was a control study asking participants to increase the production speed of one production line to save the same amount of production resources (man-months) as was saved by a speed increase in a reference line. The increases judged to match the reference alternatives showed the same bias as in the earlier research on choices. In Study 2 the same task and problems were used as in Study 1, but the participants were asked first to judge the resource saving of the reference alternative in a pair of alternatives before they proceeded to the matching task. This weakened the average bias only slightly. In Study 3, the participants were asked to judge the resources saved from each of two successive increases of the same single production line (other than those of the matching task) before they continued to the matching problems. In this way a participant could realize that a second production speed increase from a higher speed (e.g., from 40 to 60 items /man-month) gives less resource savings than the same speed increase from a first lower speed (e.g., from 20 to 40 items/man-month). Following this, the judgments of the same problems as in the other studies improved and the bias decreased significantly but it did not disappear. To be able to make optimal decisions about productivity increases, people need information about the bias and/or reformulations of the problems.

Typ och Nyckelord: Journal time-saving bias, efficiency, debiasing, ISSN: 1930-2975

Referens: Svenson, O., & Tyszka, T. (2014). Psychological processes in decision making: Probabilities, risk and chance. *Polish Psychological Bulletin*, 45(1), 1-2.

Abstract: Even though, we all want to use the information that is available to us in an optimal way when we make decisions, we are not always able to do so. This is particularly true for intuitive unaided decisions and therefore the set of six papers in this special issue section investigate some of these shortcomings and gives us some hints as how to overcome them. Decisions concern the future but in many contexts what will happen in the future is not certain and different outcomes could follow a decision. Hence, many decisions have to be taken under risk and uncertainty, which is the main theme of the papers of this section. Because, the uncertainty of the future is often described by probabilities of different outcomes and consequences of a decision, the papers in this section have studied different aspects of probability from a psychological process perspective. The section covers the following. (1) A critical realist perspective on decisions involving risk and uncertainty, (2) format dependent probabilities and additivity neglect, (3) information acquisition patterns in risky choice framing, (4) biased judgments of asset cumulation and investment decisions, (5) the confidence-frequency effect: a heuristic explanation, and (6) belief in others' trustworthiness and trusting behavior.

Typ och Nyckelord: Journal decision making, mental processes, probability, ISSN: 0079-2993

Referens: Sverke, M. (2014). Creating healthy and positive workplaces. Keynote presentation at *Health Promotion – An International Forum: Next Health*. August 25-27, 2014, Trondheim, Norway.

Abstract: Over the last decades an increasing body of research has shown that working conditions are decisive for mental and physical health as well as for work attitudes and behavior. A number of influential models suggest that balance at work is an important prerequisite for employee well-being, satisfaction and motivation at work. One typical example concerns the balance between demands at work and the resources needed to perform one's tasks, but also the balance between efforts and rewards, as well as between work and recovery, is important. This presentation addresses how working conditions may contribute to healthy workplaces and presents results from a worksite based participatory intervention project aimed at promoting a sustainable and healthy working life for employees in the Swedish public sector.

Typ och Nyckelord: Proceedings healthy work, intervention, health promotion

Referens: Svärd, J., Fischer, H., & Lundqvist, D. (2014). Adult age-differences in subjective impression of emotional faces are reflected in emotion-related attention and memory tasks. *Frontiers in Psychology*, 5, 423.

Abstract: Although younger and older adults appear to attend to and remember emotional faces differently, less is known about age-related differences in the subjective emotional impression (arousal, potency, and valence) of emotional faces and how these differences, in turn, are reflected in age differences in various emotional tasks. In the current study, we used the same facial emotional stimuli (angry and happy faces) in four tasks: emotional rating, attention, categorical perception, and visual short-term memory (VSTM). The aim of this study was to investigate effects of age on the subjective emotional impression of angry and happy faces and to examine whether any age differences were mirrored in measures of emotional behavior (attention, categorical perception, and memory). In addition, regression analyses were used to further study impression-behavior associations. Forty younger adults (range 20-30 years) and thirty-nine older adults (range 65-75 years) participated in the experiment. The emotional rating task showed that older adults perceived less arousal, potency, and valence than younger adults and that the difference was more pronounced for angry than happy faces. Similarly, the results of the attention and memory tasks demonstrated interaction effects between emotion and age, and age differences on these measures were larger for angry than for happy faces. Regression analyses confirmed that in both age groups, higher potency ratings predicted both visual search and VSTM efficiency. Future studies should consider the possibility that age differences in the subjective emotional impression of facial emotional stimuli may explain age differences in attention to and memory of such stimuli.

Typ och Nyckelord: Journal emotion, faces, arousal, aging, subjective rating, attention, categorical perception, memory, ISSN: 1664-1078

Referens: Sörman, K., Edens, J.F., Smith, S.T., Svensson, O., Howner, K., Kristiansson, M., & Fischer, H. (2014). Forensic Mental Health Professionals' Perceptions of Psychopathy: A Prototypicality Analysis of the Comprehensive Assessment of Psychopathic Personality in Sweden. *Law and Human Behavior*, 38(5), 405-417.

Abstract:

Assessments of psychopathic traits are used on a routine basis in forensic evaluations across Westernized countries. Despite this, consensus has not yet emerged concerning what exactly are the "core" features of this construct. Moreover, relatively little is known about how practitioners in the field construe this disorder. This study explored perceptions and attitudes regarding psychopathy among individuals working in the forensic mental health system (N = 90) in Sweden. Participants provided prototype ratings of what they considered to be core psychopathy features based on the Comprehensive Assessment of Psychopathic Personality (CAPP), a model that increasingly is the focus of research in North America and Europe. The study protocol also included questions regarding (a) global perceptions and attitudes about a number of aspects of the psychopathy construct (e.g., personal experience, perceived prevalence), and (b) attitudinal scales that assessed perceived correlates of psychopathic traits across a variety of domains (e.g., violence proneness, treatment amenability) and moral judgments and attitudes concerning how psychopathic offenders should be treated within the legal system. The majority of the 33 individual CAPP items and the six CAPP scales were rated as at least moderately prototypical of psychopathy, with Dominance, Self, and Attachment domains obtaining the highest mean ratings. Participants viewed psychopaths as more likely to commit crimes than the average criminal, without being blatantly "evil" people. We believe our results help to advance our understanding of the psychopathy construct by exploring forensic professionals' perceptions of this disorder in general and in relation to the CAPP model specifically.

Typ och Nyckelord: Journal forensic, psychopathy, CAPP, ISSN: 0147-7307

Referens:

Thompson, P.M., Stein, J.L., Medland, S.E., Hibar, D.P., Vasquez, A.A., Renteria, M.E., Toro, R., Jahanshad, N., Schumann, G., Franke, B., Wright, M.J., Martin, N.G., Agartz, I., Alda, M., Alhusaini, S., Almasry, L., Almeida, J., Alpert, K., Andreassen, N.C., Andreassen, O.A., Apostolova, L.G., Appel, K., Armstrong, N.J., Aribisala, B., Bastin, M.E., Bauer, M., Bearden, C.E., Bergmann, Ø., Binder, E.B., Blangero, J., Bockholt, H.J., Bøen, E., Bois, C., Boomsma, D.I., Booth, T., Bowman, I.J., Bralten, J., Brouwer, R.M., Brunner, H.G., Brohawn, D.G., Buckner, R.L., Buitelaar, J., Bulayeva, G., Bustillo, J.R., Calhoun, V.D., Cannon, D.M., Cantor, R.M., Carless, M.A., Caseras, X., Cavalleri, G.L., Chakravarty, M.M., Chang, K.D., Ching, C.R.K., Christoforou, A., Cichon, S., Clark, V.P., Conrod, P., Coppola, G., Crespo-Facorro, B., Curran, J.E., Czisch, M., Deary, I.J., de Geus, E.J.C., den Braber, A., Delvecchio, G., Depondt, C., de Haan, L., de Zubicaray, G.I., Dima, D., Dimitrova, R., Djurovic, S., Dong, H., Donohoe, G., Duggirala, R., Dyer, T.D., Ehrlich, S., Ekman, C.J., Elvsåshagen, T., Emsell, L., Erk, S., Espeseth, T., Fagerness, J., Fears, S., Fedko, I., Fernández, G., Fisher, S.E., Foroud, T., Fox, P.T., Francks, C., Frangou, S., Frey, E.M., Frodl, T., Frouin, V., Garavan, H., Giddaluru, S., Glahn, D.C., Godlewski, B., Goldstein, R.Z., Gollub, R.L., Grabe, H.J., Grimm, O., Gruber, O., Guadalupe, T., Gur, R.E., Gur, R.C., Göring, H.H.H., Hagenaars, S., Hajek, T., Hall, G.B., Hall, J., Hardy, J., Hartman, C.A., Hass, J., Hatton, S.N., Haukvik, U.K., Hegenscheid, K., Heinz, A., Hickie, I.B., Ho, B.-C., Hoehn, D., Hoekstra, P.J., Hollinshead, M., Holmes, A.J., Homuth, G., Hoogman, M., Hong, L.E., Hosten, N., Hottenga, J.-J., Hulshoff Pol, H.E., Hwang, K.S., Jack Jr, C.R., Jenkinson, M., Johnston, C., Jönsson, E.G., Kahn, R.S., Kasperaviciute, D., Kelly, S., Kim, S., Kochunov, P., Koenders, L., Krämer, B., Kwok, J.B.J., Lagopoulos, J., Laje, G., Landen, M., Landman, B.A., Lauriello, J., Lawrie, S.M., Lee, P.H., Le Hellard, S., Lemaître, H., Leonardo, C.D., Li, C.-S., Liberg, B., Liewald, D.C., Liu, X., Lopez, L.M., Loth, E., Lourdasamy, A., Luciano, M., Macciardi, F., Machielsen, M.W.J., MacQueen, G.M., Malt, U.F., Mandl, R., Manoach, D.S., Martinot, J.-L., Matarin, M., Mather, K.A., Mattheisen, M., Mattingsdal, M., Meyer-Lindenberg, A., McDonald, C., McIntosh, A.M., McMahon, F.J., McMahon, K.L., Meisenzahl, E., Melle, I., Milaneschi, Y., Mohnke, S., Montgomery, G.W., Morris, D.W., Moses, E.K., Mueller, B.A., Muñoz Maniega, S., Mühleisen, T.W., Müller-Myhsok, B., Mwangi, B., Nauck, M., Nho, K., Nichols, T.E., Nilsson, L.-G., Nugent, A.C., Nyberg, L., Olvera, R.L., Oosterlaan, J., Ophoff, R.A., Pandolfo, M., Papalampropoulou-Tsiridou, M., Pappmeyer, M., Paus, T., Pausova, Z., Pearlson, G.D., Penninx, B.W., Peterson, C.P., Pfennig, A., Phillips, M., Pike, G.B., Poline, J.-B., Potkin, S.G., Pütz, B., Ramasamy, A., Rasmussen, J., Rietschel, M., Rijpkema, M., Risacher, S.L., Roffman, J.L., Roiz-Santiañez, R., Romanczuk-Seiferth, N., Rose, E.J., Royle, N.A., Rujescu, D., Ryten, M., Sachdev, P.S., Salami, A., Satterthwaite, T.D., Savitz, J., Saykin, A.J., Scanlon, C., Schmaal, L., Schnack, H.G., Schork, A.J., Schulz, S.C., Schür, R., Seidman, L., Shen, L., Shoemaker, J.M., Simmons, A., Sisodiya, S.M., Smith, C., Smoller, J.W., Soares, J.C., Sponheim, S.R., Sprooten, E., Starr, J.M., Steen, V.M., Strakowski, S., Strike, L., Sussmann, J., Sämann, P.G., Teumer, A., Toga, A.W., Tordesillas-Gutierrez, D., Trabzuni, D., Trost, S., Turner, J., Van den Heuvel, M., van der Wee, N.J., van Eijk, K., van Erp, T.G.M., van Haren, N.E.M., van 't Ent, D., van Tol, M.-J., Valdés Hernández, M.C., Veltman, D.J., Versace, A., Völzke, H., Walker, R., Walter, H., Wang, L., Wardlaw, J.M., Weale, M.E., Weiner, M.W., Wen, W., Westlye, L.T., Whalley, H.C., Whelan, C.D., White, T., Winkler, A.M., Wittfeld, K., Woldehawariat, G., Wolf, C., Zilles, D., Zwiers, M.P., Thalamuthu, A., Schofield, P.R., Freimer, N.B., Lawrence, N.S., Drevets, W. (2014). The ENIGMA Consortium: large-scale collaborative analyses of neuroimaging and genetic data. *Brain Imaging and Behavior*, January 2014.

Abstract:

The Enhancing NeuroImaging Genetics through Meta-Analysis (ENIGMA) Consortium is a collaborative network of researchers working together on a range of large-scale studies that integrate data from 70 institutions worldwide. Organized into Working Groups that tackle questions in neuroscience, genetics, and medicine, ENIGMA studies have analyzed neuroimaging data from over 12,826 subjects. In addition, data from 12,171 individuals were provided by the CHARGE consortium for replication of findings, in a total of 24,997 subjects. By meta-analyzing results from many sites, ENIGMA has detected factors that affect the brain that no individual site could detect on its own, and that require larger numbers of subjects than any individual neuroimaging study has currently collected. ENIGMA's first project was a genome-wide association study identifying common variants in the genome associated with hippocampal volume or intracranial volume. Continuing work is exploring genetic associations with subcortical volumes (ENIGMA2) and white matter microstructure (ENIGMA-DTI). Working groups also focus on understanding how schizophrenia, bipolar illness, major depression and attention deficit/hyperactivity disorder (ADHD) affect the brain. We review the current progress of the ENIGMA Consortium, along with challenges and unexpected discoveries made on the way.

Typ och Nyckelord: Journal genetics, MRI, GWAS, consortium, meta-analysis, multi-site, ISSN: 1931-7557

Referens:

Thulin, U., Svirsky, L., Serlachius, E., Andersson, G., & Öst, L.-G. (2014). The Effect of Parent Involvement in the Treatment of Anxiety Disorders in Children: A Meta-Analysis. *Cognitive Behaviour Therapy*, 43(3), 185-200.

Abstract:

Among clinicians, it is common practice to include parents in treatment, and it has been taken for granted that parents' involvement in their children's treatment is beneficial for therapy outcome, although research on this issue is far from clear. A meta-analysis was carried out in order to investigate whether parent involvement

potentiates the outcome for children with anxiety disorders when treated with cognitive-behavior therapy. Sixteen studies, which directly compared parent-involved treatments with child-only treatments, were included in the meta-analysis. The results showed a small, nonsignificant effect size of -0.10 in favor of the child-only treatments. There was no indication of publication bias in the analysis. Implications of the results are discussed.

Typ och Nyckelord: Journal treatment, childhood anxiety disorders, parent involvement, cognitive-behavior therapy, meta-analysis, ISSN: 1650-6073

Referens: Thun, S., Fridner, A., Minucci, D., & Løvseth, T.L. (2014). Sickness present with signs of burnout: The relationship between burnout and sickness presenteeism among university hospital physicians in four European countries. *Scandinavian Psychologist, 1*, e5.

Abstract: Sickness present with signs of burnout: The relationship between burnout and sickness presenteeism among university hospital physicians in four European countries. Research has indicated that physicians often report symptoms of burnout and have a high prevalence of sickness presenteeism, yet there are few studies of the relationship between burnout and sickness presenteeism among physicians. The present survey study investigates the association between sickness presenteeism and the two dimensions of burnout, exhaustion and disengagement, when controlling for job resources. A survey was administered both on the web and in paper format among university hospital physicians in four European countries: Norway, Sweden, Iceland and Italy (N = 2078). Sickness presenteeism was positively associated with both exhaustion and disengagement, but explained more of the variance in exhaustion than in disengagement. The results of this study indicate that decreasing the high prevalence of sickness presenteeism may offer a promising avenue for future interventions aimed at reducing burnout among physicians. Although the study confirmed a relationship between burnout and sickness presenteeism, it is argued that the specific link between these two variables needs more attention.

Typ och Nyckelord: Journal burnout, disengagement, exhaustion, job demand-resources model (JD-R), sickness presenteeism, ISSN: 1894-5570

Referens: Todorov, I., Del Missier, F., & Mäntylä, T. (2014). Age-related differences in multiple task monitoring. *PLoS ONE, 9*(9), e107619.

Abstract: Coordinating multiple tasks with narrow deadlines is particularly challenging for older adults because of age related decline in cognitive control functions. We tested the hypothesis that multiple task performance reflects age- and gender-related differences in executive functioning and spatial ability. Young and older adults completed a multitasking session with four monitoring tasks as well as separate tasks measuring executive functioning and spatial ability. For both age groups, men exceeded women in multitasking, measured as monitoring accuracy. Individual differences in executive functioning and spatial ability were independent predictors of young adults' monitoring accuracy, but only spatial ability was related to sex differences. For older adults, age and executive functioning, but not spatial ability, predicted multitasking performance. These results suggest that executive functions contribute to multiple task performance across the adult life span and that reliance on spatial skills for coordinating deadlines is modulated by age.

Typ och Nyckelord: Journal multitasking, age-differences, cognition, spatial ability, ISSN: 1932-6203

Referens: Toivanen, S., Mellner, C., & Vinberg, S. (in press). Self-employed persons in Sweden - Mortality differentials by industrial sector and enterprise legal form: A five-year follow-up study. *American Journal of Industrial Medicine*.

Abstract: Objectives: This study investigated mortality differentials between self-employed persons in Sweden, considering industrial sector, enterprise characteristics and sociodemographic factors. Methods: Data on 321,274 self-employed persons were obtained from population registers in Sweden. Cox proportional hazards models were used to compare all-cause and causespecific mortality rate ratios by industrial sector and enterprise legal form, adjusted for confounders. Results: All-cause mortality was 10-32% higher in self-employed persons in Manufacturing and Mining, Trade and Communication, and Not Specified and Other sectors than in Agriculture, Forestry, and Fishing. Mortality from cardiovascular disease was 23% higher in Trade and Communication, and from neoplasms 17-51% higher in Manufacturing and Mining, Not Specified, and Other. Mortality from suicide was 45-60% lower in Personal and Cultural Services, and in Not Specified. Mortality was 8-16% higher in sole proprietorship than limited partnership. Conclusions: Further research of working conditions is warranted, considering industry and enterprise legal form.

Typ och Nyckelord: Journal cardiovascular disease, epidemiology, cohort study, ISSN: 0271-3586

Referens: Tucker, P., Bejerot, E., Kecklund, G., Aronsson, G., & Åkerstedt, T. (in press) The impact of work time control on physicians' sleep and well-being. *Applied Ergonomics*.

Abstract: Physicians' work schedules are an important determinant of their own wellbeing and that of their patients. This study considers whether allowing physicians control over their work hours ameliorates the effects of demanding work schedules. A questionnaire was completed by hospital physicians regarding their work hours (exposure to long shifts, short inter-shift intervals, weekend duties, night duties, unpaid overtime; and work time control), sleep (quantity and disturbance) and wellbeing (burnout, stress and fatigue). Work time control moderated the negative impact that frequent night working had upon sleep quantity and sleep disturbance. For participants who never worked long shifts, work time control was associated with fewer short sleeps, but this was not the case for those who did work long shifts. Optimizing the balance between schedule flexibility and patient needs could enhance physicians' sleep when working the night shift, thereby reducing their levels of fatigue and enhancing patient care.

Typ och Nyckelord: Journal shift work, work time control, physicians, ISSN: 0003-6870

Referens: Ulhassan, W., Westerlund, H., Thor, J., Sandahl, C., & von Thiele Schwarz, U. (2014). Does lean implementation interact with group functioning? *Journal of Health Organisation & Management, 28*(2), 196-213.

Abstract: Purpose: As healthcare often is studied in relation to operational rather than socio-technical aspects of Lean

such as teamwork, the purpose of this paper is to explore how a Swedish hospital Lean intervention was related to changes in teamwork over time.

Design/Methodology/Approach: Teamwork was measured with the Group Development Questionnaire (GDQ) employee survey during Lean implementation at three units, in 2010 (n = 133) and 2011 (n = 130). Qualitative data including interviews, observations and document analysis were used to characterize the Lean implementation and context. The expected teamwork change patterns were compared with GDQ data through linear regression analysis.

Findings: At Ward-I, Lean implementation was successful and teamwork improved. At Ward-II, Lean was partially implemented and teamwork improved slightly, while both Lean and teamwork deteriorated at the emergency department (ED). The regression analysis was significant at ED (p = 0.02) and the Ward-II (p = 0.04), but not at Ward-I (p = 0.11).

Research limitations/implications: Expected changes in teamwork informed by theory and qualitative data may make it possible to detect the results of a complex change.

Practical implications: Overall, Lean may have some impact on teamwork, if properly implemented. However, this impact may be more prominent in relation to structural and productivity issues of teamwork than group members' relational issues. Practitioners should note that, with groups struggling with initial stages of group functioning, Lean may be very challenging.

Originality/value: This study focussed specifically on implications of Lean for nurse teamwork in a hospital setting using both qualitative and quantitative data. Importantly, the group functioning at the time when Lean is initiated may affect the implementation of Lean.

Typ och Nyckelord: Journal health care, quality improvement, employees, Sweden, questionnaire, teamwork, ISSN: 1477-7266

Referens: Ulhassan, W., von Thiele Schwarz, U., Thor, J., & Westerlund, H. (2014). Interactions between lean management and the psychosocial work environment in a hospital setting - a multi-method study. *BMC Health Services Research, 14*, 480.

Abstract: Background: As health care struggles to meet increasing demands with limited resources, Lean has become a popular management approach. It has mainly been studied in relation to health care performance. The empirical evidence as to how Lean affects the psychosocial work environment has been contradictory. This study aims to study the interaction between Lean and the psychosocial work environment using a comprehensive model that takes Lean implementation information, as well as Lean theory and the particular context into consideration. Methods: The psychosocial work environment was measured twice with the Copenhagen Psychosocial Questionnaire (COPSOQ) employee survey during Lean implementations on May-June 2010 (T1) (n = 129) and November-December 2011 (T2) (n = 131) at three units (an Emergency Department (ED), Ward-I and Ward-II). Information based on qualitative data analysis of the Lean implementations and context from a previous paper was used to predict expected change patterns in the psychosocial work environment from T1 to T2 and subsequently compared with COPSOQ-data through linear regression analysis. Results: Between T1 and T2, qualitative information showed a well-organized and steady Lean implementation on Ward-I with active employee participation, a partial Lean implementation on Ward-II with employees not seeing a clear need for such an intervention, and deterioration in already implemented Lean activities at ED, due to the declining interest of top management. Quantitative data analysis showed a significant relation between the expected and actual results regarding changes in the psychosocial work environment. Ward-I showed major improvements especially related to job control and social support, ED showed a major decline with some exceptions while Ward-II also showed improvements similar to Ward-I. Conclusions: The results suggest that Lean may have a positive impact on the psychosocial work environment given that it is properly implemented. Also, the psychosocial work environment may even deteriorate if Lean work deteriorates after implementation. Employee managers and researchers should note the importance of employee involvement in the change process. Employee involvement may minimize the intervention's harmful effects on psychosocial work factors. We also found that a multi-method may be suitable for investigating relations between Lean and the psychosocial work environment.

Typ och Nyckelord: Journal COPSOQ, stress, employee involvement, nurses, Sweden, ISSN: 1472-6963

Referens: Wall, M., Schenck-Gustafsson, K., Gustafsson Sendén, M., Eneroth, M., & Fridner, A. (2014). Work environment and harassment among primary health care physicians: Does ethnicity matter? In Abstracts brochure of *International Conference on Physician Health: Milestones and transitions - Maintaining the balance* (pp. 48-49). September 15-17, 2014, London, UK.

Abstract: Background: Harassment and degrading experiences are frequently reported in the nursing workplace and is believed to be more common in highly demanding contexts (Fornés et al., 2011). Perceived discrimination based on race or sex could contribute to less engagement to work and more burnout (Volpone & Avery, 2013). Studies concluded among Canadian physician students showed that significantly more foreign-born students experienced harassment or discrimination on the basis of ethnicity or culture (Crutcher et al., 2011). In Sweden, 15 percent of the population is born abroad and integration is important to promote in the working life. There is uncovered ground among active physicians who experience harassment and unequal treatment in primary health care, why additional studies are needed. Method and participants: Participants in this cross-sectional study were primary health care physicians in central Sweden. The outcome variables were perceived harassment and unequal treatment at work, among general practitioners (N = 302). In the sample there were 64% females and 26% foreign-born. Results: Among male physicians, almost 14% of the foreign-born, compared to 3% of the native-born, reported being subject to harassment or mobbing during the last 6 months (21 = 3.983, p = .04). There was no such difference between female foreign-born and female native-born physicians. Nearly 27% of the foreign-born thought the basis for unequal treatment to be ethnicity compared to barely 9 % of the physicians born in Sweden, which is significantly less (21 = 10.008, p = .002). Among foreign-born, significantly more female than male physicians reported gender as reason for unequal treatment (21 = 6.944, p < .01). There were no differences found among Swedish female and male physicians. Conclusions: There is evidence that foreign-born physicians working in primary health care in Sweden experience harassment and unequal treatment. Harassment and unequal treatment could affect physician health, and attention must be paid. The gender differences could also be a sign of gender inequality, which need to be examined more thoroughly.

Typ och Nyckelord: Proceedings social behavior, primary health care, population groups

- Referens:** Wall, M., Schenck-Gustafsson, K., Minucci, D., Gustafsson Sendén, M., Løvseth, T.L., & Fridner, A. (2014). Suicidal ideation among surgeons in Italy and Sweden – a cross sectional study. *BMC Psychology*, 2, 53.
- Abstract:** Background: Suicidal ideation is more prevalent among physicians, compared to the population in general, but little is known about the factors behind surgeons' suicidal ideation. A surgeon's work environment can be competitive and characterised by degrading experiences, which could contribute to burnout, depression and even thoughts of suicide. Being a surgeon has been reported to be predictor for not seeking help when psychologically distressed. The aim of the present study was to investigate to what extent surgeons in Italy and Sweden are affected by suicidal ideation, and how suicidal ideation can be associated with psychosocial work conditions. Methods: A cross-sectional study of surgeons was performed in Italy (N=149) and Sweden (N=272), where having suicidal ideation was the outcome variable. Work-related factors, such as harassment, depression and social support, were also measured. Results: Suicidal ideation within the previous twelve months was affirmatively reported by 18% of the Italian surgeons, and by 12% of the Swedish surgeons in the present study. The strongest association with having recent suicidal ideation for both countries was being subjected to degrading experiences/harassment at work by a senior physician. Sickness presenteeism, exhaustion and disengagement were related to recent suicidal ideation among Italian surgeons, while role conflicts and sickness presenteeism were associated with recent suicidal ideation in the Swedish group. For both countries, regular meetings to discuss situations at work were found to be protective. Conclusions: A high percentage of surgeons at two university hospitals in Italy and Sweden reported suicidal ideation during the year before the investigation. This reflects a tough workload, including sickness presenteeism, harassment at work, exhaustion/disengagement and role conflicts. Regular meetings to discuss work situations might be protective.
- Typ och Nyckelord:** Journal physicians health, suicide ideation, work organization, ISSN: 2050-7283
- Referens:** Vander Elst, T., Richter, A., Sverke, M., Näswall, K., De Cuyper, N., & De Witte, H. (2014). Explaining the Cross-lagged Relationships of Qualitative Job Insecurity with Job Strain and Psychological Withdrawal by Perceived Control. In N.J.A. Andreou, A. Jain, D. Hollis, J. Hassard & K. Teoh (2014), *Book of Proceedings, 11th Conference of the European Academy of Occupational Health Psychology. Looking at the past-planning for the future: Capitalizing on OHP multidisciplinary* (p. 98). Nottingham, UK: EAOHP.
- Abstract:** The aim of this study was to investigate whether situational appraisals of control may account for the relationship between qualitative job insecurity (i.e. insecurity about valued job characteristics) and both job strain (depressive symptoms and upper musculoskeletal complaints) and psychological withdrawal (affective organizational commitment and turnover intentions). This prediction is based on the appraisal theory of Lazarus and Folkman. Two-wave longitudinal data (with a time lag of approximately 14 months) of 722 Swedish white-collar workers were used to test the hypotheses. The hypotheses were tested following a two-step procedure advanced by Cole and Maxwell (2003). Firstly, the results of cross-lagged structural equation modeling showed that qualitative job insecurity was negatively related to subsequent perceived control. Secondly, perceptions of control over the job situation were associated with decreased depressive symptoms and increased affective organizational commitment one year later. Formal tests pointed at a significant indirect effect of qualitative job insecurity on affective organizational commitment through perceived control. Finally, no cross-lagged relationships were found between perceived control and the outcomes of upper musculoskeletal complaints and turnover intentions. This study contributes to the search for theoretical explanations of the negative consequences of job insecurity for employees' functioning.
- Typ och Nyckelord:** Proceedings job insecurity, job strain, control
- Referens:** Vander Elst, T., Richter, A., Sverke, M., Näswall, K., De Cuyper, N., & De Witte, H. (2014). Threat of losing valued job features: The role of perceived control in mediating the effect of qualitative job insecurity on job strain and psychological withdrawal. *Work & Stress*, 28(2), 143-164.
- Abstract:** Quantitative job insecurity, relating to threat of job loss, has received considerable research attention, but relatively little is known about qualitative job insecurity. The latter relates to uncertainty regarding valued job characteristics, such as career and wage progression. The aim of this study was to investigate whether situational appraisals of control may account for the relationship between qualitative job insecurity and both job strain (depressive symptoms and upper musculoskeletal complaints) and psychological withdrawal (affective organizational commitment and turnover intentions). The hypotheses were tested by means of two-wave longitudinal data (time lag of 14 months) from 722 Swedish white-collar workers in four samples. The results of cross-lagged structural equation modelling showed that qualitative job insecurity was negatively related to subsequent perceived control. Furthermore, perceptions of high control over the job situation were associated with decreased depressive symptoms and increased affective organizational commitment over time. Formal tests pointed at a significant indirect effect of qualitative job insecurity on affective organizational commitment through perceived control. No effects of perceived control on upper musculoskeletal complaints and turnover intentions were found. This study indicates the importance of qualitative job insecurity for employees' functioning and highlights perceived control as an explanation of job insecurity outcomes.
- Typ och Nyckelord:** Journal qualitative job insecurity, perceived control, depressive symptoms, upper musculoskeletal complaints, affective organizational commitment, turnover intentions, appraisals, ISSN: 0267-8373
- Referens:** Wang, M., & Werbart, A. (2014). Not starting psychotherapy is more often initiated by the therapist than the patient. *Counselling Psychology Quarterly*, 27, 75-95.
- Abstract:** The phenomenon of not starting psychotherapy is seldom investigated. The present study of psychotherapy in the Swedish mental health services differentiates between patients applying for and being offered psychotherapy but choosing not to start (n = 69), patients recommended to receive no treatment, another type of treatment or treatment at another clinic (n = 133), and therapy starters (n = 1,294). After the initial assessment, nearly twice as many patients did not start based on the therapist's decision than on the patient's. Cases of not starting psychotherapy decided by the therapist were more frequent among patients whose occupational status was less stable, presented a danger to others, had lower levels of initial therapeutic alliance, and by therapists with lower levels of psychotherapy training and those at less structured and more unstable clinics. Patients choosing not to start therapy had lower levels of mental ill-health than both starters and therapist-initiated nonstarters. The most frequently presented reason for a patient-initiated decision to not start therapy was "patient wished another treatment or therapist," whereas the most common therapist-

initiated reason was "recommended or referred to another treatment or clinic."

Typ och Nyckelord: Journal nonstarters, patient factors, therapist factors, organizational factors, predictors, routine clinical practice, naturalistic study, ISSN: 0951-5070

Referens: Varrone, A., Svenningsson, P., Forsberg, A., Varnäs, K., Tiger, M., Nakao, R., Halldin, C., Nilsson, L.-G., & Farde, L. (2014). Positron emission tomography imaging of 5-hydroxytryptamine_{1B} receptors in Parkinson's disease. *Neurobiology of Aging, 35*(4), 867-875.

Abstract: Impairment of the central serotonin system in Parkinson's disease (PD) has been shown postmortem and in vivo with positron emission tomography (PET). The aim of this PET study was to examine and compare the availability of the 5-hydroxytryptamine (5-HT)_{1B}-receptor subtype in patients with PD and age-matched control subjects. Twelve control subjects and 12 PD patients were examined with PET using the 5-HT_{1B}-radioligand [¹¹C]AZ10419369. In PD patients, 5-HT_{1B}-receptor availability in the right orbitofrontal cortex was lower than in control subjects. A statistically significant negative correlation between 5-HT_{1B}-receptor availability and age was obtained for the right temporal cortex in control subjects and for the right midbrain and left parahippocampal gyrus in PD patients. The lower regional 5-HT_{1B}-receptor availability is in line with previous studies showing a decrease of serotonin imaging markers in PD and corroborates a role of the serotonin system in the pathophysiology of PD. The demonstrated age effect on 5-HT_{1B} receptors suggest a physiologic and PD-related decline of serotonin function, indicating the importance of controlling for age in clinical studies.

Typ och Nyckelord: Journal serotonin, 5-HT_{1B}, Parkinson's disease, limbic system, aging, high-resolution PET, ISSN: 0197-4580

Referens: Werbart, A. (2014). The art of freedom: Seven psychoanalytic theses on creativity and boundaries. In E. Sala (Ed.), *Art and freedom: Psychoanalytical reflection on the meaning of creativity. Sztuka i wolność: Psychoanalityczna refleksja nad znaczeniem twórczości* (pp. 102–111). Kraków, Poland: MOCAK.

Abstract:

Typ och Nyckelord: Book (chapter) creativity, boundaries, freedom, psychoanalysis, ISBN: 978-83-62435-34-0

Referens: Werbart, A. (2014). Emile, or on devastation: When virtual boundlessness meets inner emptiness. *Psychoanalytic Quarterly, 83*, 71-96.

Abstract: The author's starting point is a psychoanalysis conducted with Emile, a teenager who was unable to form close relationships and was living in a virtual world, planning a school massacre. For him, virtual reality functioned as a bottomless container in which he was no longer a victim of bullying but rather a god. When the boundlessness of cyberspace encounters a "black hole" in the psyche, any fantasies can be put into virtual realization and actions. By recounting his wickedness, violence, destructiveness, and perversion, Emile could start restoring his self-boundaries and create his own autobiographical narrative. Unable to sustain the pain of mourning his envelope of invulnerability and omnipotence, however, he prematurely terminated analysis.

Typ och Nyckelord: Journal school massacre, self boundaries, cyberspace, adolescence, ISSN: 0033-2828

Referens: Werbart, A., Andersson, H., & Sandell, R. (2014). Dropout revisited: Patient- and therapist-initiated discontinuation of psychotherapy as a function of organizational instability. *Psychotherapy Research, 24*(6), 724-737.

Abstract: Objective: To explore the association between the stability or instability of services' organizational structure and patient- and therapist-initiated discontinuation of therapy in routine mental health. Method: Three groups, comprising altogether 750 cases in routine mental health care in eight different clinics, were included: cases with patient-initiated discontinuation, therapist-initiated discontinuation, and patients remaining in treatment. Multilevel multinomial regression was used to estimate three models: An initial, unconditional intercept-only model, another one including patient variables, and a final model with significant patient and therapist variables including the organizational stability of the therapists' clinic. Results: High between-therapist variability was noted. Odds ratios and significance tests indicated a strong association of organizational instability with patient-initiated premature termination in particular. Conclusions: The question of how organizational factors influence the treatment results needs further research. Future studies have to be designed in ways that permit clinically meaningful subdivision of the patients' and the therapists' decisions for premature termination.

Typ och Nyckelord: Journal mental health services research, outcome research, dropout, predictors, organizational factors, ISSN: 1050-3307

Referens: Werbart, A., & Forsström, D. (2014). Changes in anaclitic-introjective personality dimensions, outcomes, and psychoanalytic technique: A multi-case study. *Psychoanalytic Psychotherapy, 28*(4), 397-410.

Abstract: This study investigates changes in latent mental structures along the anaclitic and introjective dimensions in relation to outcomes in 14 cases of publicly financed psychoanalysis. The method of prototype matching was adapted for personality assessment, and multiple outcome measures were applied. For the anaclitic cases, symptom reduction was accompanied by more mature integration of anaclitic and introjective personality dimensions, while the introjective cases showed symptom reduction without such improvement. This could indicate that sustainable change in latent mental structures is more difficult to achieve in introjective than in anaclitic patients. Further research is needed to validate these preliminary results.

Typ och Nyckelord: Journal personality dimensions, relatedness, self-definition, psychoanalysis, outcome, ISSN: 0266-8734

Referens: Werbart, A., von Below, C., Brun, J., & Gunnarsdottir, H. (in press). "Spinning one's wheels": Nonimproved patients view their psychotherapy. *Psychotherapy Research*.

Objective: To explore psychotherapy experiences among nonimproved young adults in psychoanalytic

- Abstract:** psychotherapy. Method: A two-stage, mixed-method design was used. Twenty patients in the clinical range at pretreatment were identified as either with reliable deterioration or with no reliable change at termination. Interviews at termination and 3-year follow-up were analyzed with grounded theory methodology. Results: "Spinning One's Wheels" emerged as a core category. The patients described the therapeutic relationship as distanced and artificial. While they saw active components in therapy and their own activities in life as beneficial, therapy itself was experienced as overly focused on problem insight and past history. Conclusions: When the therapist does not contribute to the achievement of the patient's treatment goals—even when the patient gains some benefit—the patient does not fully profit from the therapy.
- Typ och Nyckelord:** Journal process research, psychoanalytic/psychodynamic therapy, outcome research, qualitative research methods, nonimprovement, patient perspective, ISSN: 1050-3307
- Referens:** Vetter, M., Eib, C., Hill-Kloss, S., Wollscheid, P., & Hagemann, D. (2014). Entwicklung und Validierung einer Skala zum Sozialen Exhibitionismus im Internet (SEXI) [Development and Validation of a Scale for Social Exhibitionism in the Internet (SEXI)]. *Diagnostica, 60*(3), 153-165.
- Abstract:** Socially exhibitionistic behavior in virtual environments has been a scarcely researched issue, despite its increasing relevance in modern societies. Although many theoretical approaches have been suggested, there is a lack of empirical work on this construct. One possible reason for this deficit is the absence of an appropriate instrument for the measurement. In order to measure socially exhibitionistic behavior, a 15-item-scale and a corresponding shortened 8-item version was developed. An explorative factor analysis yielded the expected one-factor solution. Discriminant validity was investigated by analyzing the correlation structure between the new scale and several other measures of personality (Study 1). This was followed by an extensive validation study to investigate both discriminant and convergent validity (Study 2) and a quasi-experimental study comprising extreme prototypes of socially exhibitionistic behavior (Study 3). The findings strongly suggest that the new scale is an appropriate instrument for the measurement of socially exhibitionistic behavior in virtual environments.
- Typ och Nyckelord:** Journal self-disclosure, social exhibitionism, online-behavior, ISSN: 0012-1924
- Referens:** Wikgren, M., Karlsson, T., Söderlund, H., Nordin, A., Roos, G., Nilsson, L.-G., Adolfsson, R., & Norrback, K.-F. (2014). Shorter telomere length is linked to brain atrophy and white matter hyperintensities. *Age and Ageing, 43*(2), 212-217.
- Abstract:** Background: leukocyte telomere length (TL) is considered a marker of biological aging. Several studies have investigated the link between leukocyte TL and aging-associated functional attributes of the brain, but no prior study has investigated whether TL can be linked to brain atrophy and white matter hyperintensities (WMHs); two prominent structural manifestations of brain aging. Methods: we investigated whether leukocyte TL was related to brain atrophy and WMHs in a sample of 102 non-demented individuals aged 64–75 years. Results: shorter TL was related to greater degree of subcortical atrophy ($\beta = -0.217$, $P = 0.034$), but not to cortical atrophy. Furthermore, TL was 371 bp shorter ($P = 0.041$) in participants exhibiting subcortical WMHs, and 552 bp shorter ($P = 0.009$) in older participants exhibiting periventricular WMHs. Conclusion: this study provides the first evidence of leukocyte TL being associated with cerebral subcortical atrophy and WMHs, lending further support to the concept of TL as a marker of biological aging, and in particular that of the aging brain.
- Typ och Nyckelord:** Journal brain atrophy, older people, telomere length, white matter hyperintensities, ISSN: 0002-0729
- Referens:** Wiklund, G., Ruchkin, V.V., Kuposov, R.A., & af Klinteberg, B. (2014). Pro-bullying attitudes among incarcerated juvenile delinquents: antisocial behavior, psychopathic tendencies and violent crime. *International Journal of Law and Psychiatry, 37*(3), 281-288.
- Abstract:** The objective was to evaluate a new scale aimed at assessing antisocial attitudes, the Pro-bullying Attitude Scale (PAS), on a group of 259 voluntarily-recruited male juvenile delinquents from a juvenile correctional institution in Arkhangelsk, North-western Russia. Exploratory factor analysis gave a two-factor solution: Factor 1 denoted Callous/Dominance and Factor 2 denoted Manipulativeness/Impulsiveness. Subjects with complete data on PAS and Childhood Psychopathy Scale (CPS) ($n = 171$) were divided into extreme groups (first and fourth quartiles) according to their total scores on PAS and the two factor scores, respectively. The extreme groups of total PAS and PAS Factor 1 differed in CPS ratings and in violent behavior as assessed by the Antisocial Behavior Checklist (ABC). They also differed in the personality dimension Harm Avoidance as measured by use of the Temperament and Character Inventory (TCI), and in delinquent and aggressive behavior as assessed by the Youth Self Report (YSR). The extreme groups of PAS Factor 2, in turn, differed in aggressive behavior as assessed by the YSR, and in the TCI scale Self-Directedness. When PAS was used as a continuous variable, total PAS and PAS Factor 1 (Callous/Dominance) were significantly positively related to registered violent crime. The possible usefulness of PAS in identifying high-risk individuals for bullying tendencies among incarcerated delinquents is discussed.
- Typ och Nyckelord:** Journal bullying, juvenile delinquents, antisocial behavior, psychopathy, violent crime, PAS, ISSN: 0160-2527
- Referens:** Wittchen, H. U., Knappe, S., Andersson, G., Araya, R., Banos Rivera, R. M., Barkham, M., Bech, P., Beckers, T., Berger, T., Berking, M., Berragal, C., Botella, C., Carlbring, P., Chouinard, G., Colom, F., Csilag, C., Cujipers, P., David, D., Emmelkamp, P. M. G., Essau, C. A., Fava, G. A., Goschke, T., Hermans, D., Hofmann, S. G., Lutz, W., Muris, P., Ollendick, T. H., Raes, F., Rief, W., Riper, H., Tossani, E., van der Oord, S., Vervliet, B., Haro, J. M., & Schumann, G. (2014). The need for a behavioural science focus in research on mental health and mental disorders. *International Journal of Methods in Psychiatric Research, 23*(S1), 28-40.
- Abstract:** Psychology as a science offers an enormous diversity of theories, principles, and methodological approaches to understand mental health, abnormal functions and behaviours and mental disorders. A selected overview of the scope, current topics as well as strength and gaps in Psychological Science may help to depict the advances needed to inform future research agendas specifically on mental health and mental disorders. From an integrative psychological perspective, most maladaptive health behaviours and mental disorders can be conceptualized as the result of developmental dysfunctions of psychological functions and processes as well as neurobiological and genetic processes that interact with the environment. The paper presents and discusses an integrative translational model, linking basic and experimental research with clinical research as well as population-based prospective-longitudinal studies. This model provides a conceptual framework to identify how

individual vulnerabilities interact with environment over time, and promote critical behaviours that might act as proximal risk factors for ill-health and mental disorders. Within the models framework, such improved knowledge is also expected to better delineate targeted preventive and therapeutic interventions that prevent further escalation in early stages before the full disorder and further complications thereof develop. In contrast to conventional "personalized medicine" that typically targets individual (genetic) variation of patients who already have developed a disease to improve medical treatment, the proposed framework model, linked to a concerted funding programme of the "Science of Behaviour Change", carries the promise of improved diagnosis, treatment and prevention of health-risk behaviour constellations as well as mental disorders.

Typ och Nyckelord: Journal behaviour change, agenda, psychology, mental health, health behaviour, mental disorder, personalized medicine, translation, ISSN: 1049-8931

Referens: [von Thiele Schwarz, U., Hasson, H., & Lindfors, P. \(2014\). Effects of workplace based physical exercise interventions on costs associated with sickness absence and on productivity. In C. Biron, R. Burke & C. Cooper \(Eds.\) *Creating Healthy Workplaces: Stress Reduction, Improved Well-being, and Organizational Effectiveness* \(pp. 109-128\). London: Gower Publishing.](#)

Abstract: This chapter aims to provide a research based framework for physical exercise interventions at work, present a case study of physical exercise in dentistry and outline a conceptual model specifying mechanisms linking the more well-known effect of physical exercise on individual outcomes to organisational outcomes. Specifically, the case is used to illustrate how physical exercise can influence productivity and organisational costs related to sickness absence.

Typ och Nyckelord: Book (chapter) intervention, productivity, sickness absence, ISBN hardback: 9781409443100, ISBN ebook: 9781409443117

Referens: [von Thiele Schwarz, U., Hasson, H., & Lindfors, P. \(in press\). Appealing but not effective: The case of reduced work-hours. In M. Karanika-Murray & C. Biron \(Eds.\) *Derailed organizational health and well-being interventions: Confessions of failure, solutions for success*. New York: Springer.](#)

Abstract: In the Nordic countries, working hour reductions have been introduced as a possible occupational health intervention. We evaluated the effects of a working hour reduction from 37 to 30 hours a week among 100 employees within older people's care. The outcome evaluation was broad, including health check-ups and extensive questionnaires covering work climate, work-home balance, health-related measures, well-being and health behaviors. The results showed no improvements during the one-year project period, which raises the question whether the results are due to failure in implementation or theory. This chapter asks what is needed for considering a failure as a theory failure, that is, a default program theory in that the activities fail to bring the desired effects. It is suggested that the case described here may be one such example. In order to facilitate the separation of theory failure from implementation failure, we underscore the importance of program theory, also called theory of change or logic models. By scrutinizing the program theory before implementing an intervention, a critical evaluation of the mechanisms linking the intervention to various outcomes can be made. Also, the program theory is helpful for forming testable hypothesis that allows variation in process factors to be tested.

Typ och Nyckelord: Book (chapter) reduced work hours, intervention, failure

Referens: [von Thiele Schwarz, U., Hasson, H., & Lindfors, P. \(in press\). Applying a fidelity framework to understand adaptations in an occupational health intervention. *Work: A Journal of Prevention, Assessment, and Rehabilitation*.](#)

Abstract: BACKGROUND: Two objectives are central when implementing occupational health interventions: high intervention fidelity, i.e. alignment with existing theory/evidence, and the need for fit, i.e., matching organizational and employee needs. These objectives can be contradictory and there is little advice on how to successfully combine them. OBJECTIVE: This study examines if an implementation fidelity framework can be used to categorize and describe how to adapt an occupational health intervention. METHODS: Using an adapted version of the Conceptual Framework for Implementation Fidelity, we analyzed the implementation of a workplace-based physical exercise intervention and its contextualized adaptations. Adaptations are described in terms of content, dose, coverage and timeliness, each on three levels: individual, unit and organizational. Data sources include systematic project documentation and reflexive discussions. RESULTS: The intervention was adapted across all aspects and levels of fidelity. Adaptations involved aligning the intervention with level characteristics: organizational level adaptations aligned health policies with cost/benefits, whereas unit level adaptations minimized interference with production and coordinated the intervention with employee preferences. On the individual level, the exercise type varied, which aligned individual needs with the intervention. CONCLUSIONS: The Conceptual Framework for Implementation Fidelity can help describe the balance between adaptation and adherence at different organizational levels.

Typ och Nyckelord: Journal physical exercise, physical activity, workplace-based intervention, tailored interventions, adherence, fidelity, program theory, ISSN: 1051-9815

Referens: [von Thiele Schwarz, U., & Lindfors, P. \(in press\). Improved fitness after a workbased physical exercise program. *International Journal of Workplace Health Management*.](#)

Abstract: Purpose: To investigate the effects on fitness outcomes of a work-based physical exercise intervention among women working in older people's care. Additionally, effects on productivity-related outcomes including work ability and sickness absence were studied. Design/methodology/approach: Employees participated in a one-year intervention involving two one-hour weekly mandatory PE sessions. The intervention (n = 13) was compared to referents (n = 12). Fitness tests and self-reports on work ability and sickness absence were obtained before the intervention (T1), six months into the intervention and after 12 months. Findings: Fitness test scores (corrected for age and weight) increased significantly over time in the intervention group but not among referents. Perceived exertion decreased significantly in the intervention group and increased significantly among referents. For self-rated work ability and sickness absence, no significant time or group differences emerged. Research limitations/implications: Further research on larger groups of women is needed to delineate the effects of physical exercise on self-rated productivity and performance. Practical implications: Work-based physical exercise programs can improve fitness among women in older people's care. Social implications: With previous research having primarily focused on men, this study shows that women in blue-collar jobs also may benefit from taking part in work-based physical exercise programs. Originality/value: This

paper makes an important contribution through its focus on the effects of a work-based physical exercise program on fitness and possible relations to productivity, among employed women.

Typ och Nyckelord: Journal physical exercise, occupational health, women, ISSN: 1753-8351

Referens: Yamasaki, T., Yamada, K., & Laukka, P. (in press). Viewing the world through the prism of music: Effects of music on perceptions of the environment. *Psychology of Music*.

Abstract: Questionnaire and interview studies suggest that music is valued for its role in managing the listener's impression of the environment, but systematic investigations on the topic are scarce. We present a field experiment wherein participants were asked to rate their impression of four different environments (a quiet residential area, traveling by train in the suburbs, at a busy crossroads, and in a tranquil park area) on bipolar adjective scales, while listening to music (which varied regarding level of perceived activation and valence) or in silence. Results showed that the evaluation of the environment was in general affected in the direction of the characteristics of the music, especially in conditions where the perceived characteristics of the music and environment were incongruent. For example, highly active music increased the activation ratings of environments which were perceived as inactive without music, whereas inactive music decreased the activation ratings of environments which were perceived as highly active without music. Also, highly positive music increased the positivity ratings of the environments. In sum, the findings suggest that music may function as a prism that modifies the impression of one's surroundings. Different theoretical explanations of the results are discussed.

Typ och Nyckelord: Journal adjective ratings, landscape, music perception, physical environment, portable music players, ISSN: 0305-7356

Referens: Zettergren, P., & Bergman, L.R. (2014). Adolescents With High IQ and Their Adjustment in Adolescence and Midlife. *Research in Human Development, 11(3)*, 186-203.

Abstract: The psychological and social adjustment of high-IQ adolescents (top 10%) were studied for a Swedish cohort born in 1955 (N = 1,326 with IQ data). The focus was on comparing high-IQ adolescents to adolescents of average IQ with regard to their adjustment in adolescence and 30 years later in midlife. The research design enabled us also to study linear and nonlinear relationships of high IQ to adjustment. In adolescence, those with high IQ had better adjustment than those of average IQ in most studied adjustment areas, most strongly so for school achievement, capacity to concentrate, and absence of unhappiness. Data from official records showed that higher IQ was related to less alcohol, criminal, and mental problems in childhood and young adulthood. In midlife, the adjustment differences between those of high IQ and those of average IQ were usually nonsignificant, but for some adjustment indicators, adjustment was moderately worse for the high-IQ group, for instance in global life satisfaction and in satisfaction with friend relations. Controlling for school achievement absorbed almost all significant IQ-adjustment associations, which supports the idea of school achievement as a mediator between IQ and adjustment.

Typ och Nyckelord: Journal IQ, adjustment, adolescence, midlife, ISSN: 1542-7609

Referens: Ziaei, M., Peira, N., & Persson, J. (2014). Brain systems underlying attentional control and emotional distraction during working memory encoding. *NeuroImage, 87*, 276-286.

Abstract: Goal-directed behavior requires that cognitive operations can be protected from emotional distraction induced by task-irrelevant emotional stimuli. The brain processes involved in attending to relevant information while filtering out irrelevant information are still largely unknown. To investigate the neural and behavioral underpinnings of attending to task-relevant emotional stimuli while ignoring irrelevant stimuli, we used fMRI to assess brain responses during attentional instructed encoding within an emotional working memory (WM) paradigm. We showed that instructed attention to emotion during WM encoding resulted in enhanced performance, by means of increased memory performance and reduced reaction time, compared to passive viewing. A similar performance benefit was also demonstrated for recognition memory performance, although for positive pictures only. Functional MRI data revealed a network of regions involved in directed attention to emotional information for both positive and negative pictures that included medial and lateral prefrontal cortices, fusiform gyrus, insula, the parahippocampal gyrus, and the amygdala. Moreover, we demonstrate that regions in the striatum, and regions associated with the default-mode network were differentially activated for emotional distraction compared to neutral distraction. Activation in a sub-set of these regions was related to individual differences in WM and recognition memory performance, thus likely contributing to performing the task at an optimal level. The present results provide initial insights into the behavioral and neural consequences of instructed attention and emotional distraction during WM encoding.

Typ och Nyckelord: Journal brain systems, attentional control, emotional distraction, working memory, ISSN: 1053-8119

Referens: Öhrstedt, M., & Lindfors, P. (2014). Students' approaches to learning across the transition between psychology courses. In *Assessing transitions in learning. Program & Abstract from SIG4 & SIG17* (p. 30). Earli Conference, August 20-22, 2014, Leuven.

Abstract: The Student Approaches to Learning (SAL) tradition focuses on assessing student transitions taking place in the learning context of higher education. Previous research suggests that approaches to learning are indeed sensitive to transitions in the learning context, and affect the quality of student learning. However, the knowledge regarding variations in student approaches relating to learning flexibility is still limited.

This study investigates whether a natural learning context, providing parallel and resembling courses, involves different approaches to learning. Second semester psychology students were asked to describe their approaches to learning separately for two parallel courses. The analyses suggest that even though individual students seem to exhibit a consistent core regarding their approaches to learning, transitions between similar learning contexts can bring about large changes in both surface and deep approaches to learning. Strategic approaches to learning seem less flexible, but not unaffected.

The findings add to the theoretical idea of considering approaches to learning as a flexible construct, which is sensitive to smaller transitions in learning contexts. From a practical view, the results support the idea that there are ways of designing powerful learning environments.

Typ och Nyckelord: Proceedings higher education, approaches to learning, psychology students

Referens: Öst, L.-G. (2014). The efficacy of Acceptance and Commitment Therapy: An updated systematic review and meta-analysis. *Behaviour Research and Therapy*, 61, 105-121.

Abstract: Acceptance and Commitment therapy (ACT) has attracted a lot of interest during the last 10-15 years with a strong increase of the number of randomized controlled trials (RCTs). The present review and meta-analysis includes 60 RCTs (4234 participants) on psychiatric disorders, somatic disorders, and stress at work. The mean effect size across all comparisons was small (0.42). Compared to the Ost (2008) meta-analysis there was no significant improvement in methodological quality and deterioration in effect size (from 0.68). When ACT was compared to various forms of cognitive or behavioral treatments a small and non-significant effect size of 0.16 was obtained. An evidence-base evaluation showed that ACT is not yet well-established for any disorder. It is probably efficacious for chronic pain and tinnitus, possibly efficacious for depression, psychotic symptoms, OCD, mixed anxiety, drug abuse, and stress at work, and experimental for the remaining disorders.

Typ och Nyckelord: Journal ACT, systematic review, meta-analysis, methodological quality, evidence-base, ISSN: 0005-7967

Referens: Östberg, V., Almqvist, Y.B., Folkesson, L., Brolin Låftman, S., Modin, B., & Lindfors, P. (in press). The complexity of stress in mid-adolescent girls and boys. *Child Indicators Research*.

Abstract: In many Western countries adolescents, especially girls, report high levels of stress and stress-related health complaints. In this study we investigate the concept of stress in a group of 14–15 year-olds (grade 8 in two Stockholm schools) using a multiple methods approach. The aim is to analyse stress, and gender differences in stress, as indicated by a measure of perceived stress (questionnaires, n = 212), the diurnal variation in the biomarker cortisol (saliva samples, n = 108) and the students' own accounts of stress (semi-structured interviews, n = 49). The results were generated within the traditional framework of each method and integrated at the point of interpretation. The hypothesis that adolescent girls experience more stress than boys was confirmed by all methods used. In the questionnaire, the most commonly experienced aspects of perceived stress were the same among girls and boys, but girls consistently reported higher frequencies. The saliva samples showed that girls had greater cortisol output in the morning. In the individual semi-structured interviews, girls and boys discussed stress in similar ways but both acknowledged a gender gap to the disadvantage of girls. The results as a whole suggests an interpretation of gender differences that focuses girls' attitudes, perceived expectations and coping strategies in relation to school performance, with their focus on achievement, marks, hard work, and worries about the future. The findings point to a need of an increased awareness about the role of perceived expectations in the stress process, and that these expectations and their impact on stress may differ by the gender of the student.

Typ och Nyckelord: Journal triangulation, stress, adolescence, ISSN: 1874-897X