

## Annual Report 2015

**Annual Report 2015** innehåller totalt **269** referenser sorterade efter försteförfattarens efternamn. Under året anställda forskare vid Psykologiska institutionen är markerade med blå färg.

### Lite statistik

- Av 269 bidrag är 43 "in press".
- 195 referenser avser artiklar i vetenskapliga tidskrifter (Journal). Av dessa var 39 "in press".
- 18 referenser avser böcker eller bokkapitel (Book (chapter)). Av dessa var 4 "in press".
- 2 referenser avser rapporter (Report).
- 45 referenser avser konferensbidrag (Proceedings).
- 9 referenser avser doktorsavhandlingar (Dissertations) som lagts fram under året.
- 249 av alla bidrag är på engelska, 14 på svenska och 5 på övriga språk (tyska och italienska).

**Referens:** Abubakar, A., van de Vijver, F., Alonso-Arbiol, I., He, J., Adams, B., Aldhafri, S., Aydinli-Karakulak, A., Arasa, J., Boer, D., Celenk, O., [Dimitrova, R.](#), et al. (in press). Measurement Invariance of the Brief Multidimensional Student's Life Satisfaction Scale Among Adolescents and Emerging Adults Across 23 Cultural Contexts. *Journal of Psychoeducational Assessment*.

**Abstract:** There is hardly any cross-cultural research on the measurement invariance of the Brief Multidimensional Students' Life Satisfaction Scales (BMSLSS). The current article evaluates the measurement invariance of the BMSLSS across cultural contexts. This cross-sectional study sampled 7,739 adolescents and emerging adults in 23 countries. A multi-group confirmatory factor analysis showed a good fit of configural and partial measurement weights invariance models, indicating similar patterns and strengths in factor loading for both adolescents and emerging adults across various countries. We found insufficient evidence for scalar invariance in both the adolescents' and the emerging adults' samples. A multi-level confirmatory factor analysis indicated configural invariance of the structure at country and individual level. Internal consistency, evaluated by alpha and omega coefficients per country, yielded acceptable results. The translated BMSLSS across different cultural contexts presents good psychometric characteristics similar to what has been reported in the original scale, though scalar invariance remains problematic. Our results indicate that the BMSLSS forms a brief measure of life satisfaction, which has accrued substantial evidence of construct validity, thus suitable for use in cross-cultural surveys with adolescents and emerging adults, although evaluation of degree of invariance must be carried out to ensure its suitability for mean comparisons.

**Typ och Nyckelord:** Journal confirmatory factor analysis, factor structure, BMLSS, cross-cultural invariance, ISSN: 0734-2829

**Referens:** Aletta, A., Margaritis, E., Filipan, K., Puyana Romero, V., [Axelsson, Ö.](#), Kang, J. (2015). Characterization of the soundscape in Valley Gardens, Brighton, by a soundwalk prior to an urban design intervention. In C. Glorieux (Ed.), *Proceedings of Euronoise 2015* (pp. 1547-1552). Maastricht, The Netherlands: Nederlands Akoestisch Genootschap and ABAV - Belgian Acoustical Society. Paper 357.

**Abstract:** The purpose of the present study was to characterize the soundscape of the Valley Gardens in Brighton before the area is converted into a downtown park. Valley Gardens is located in the busy city centre. It extends from the Brighton Pier at the seafront and approximately 1.5 km to the north. It includes Old Stein, Victoria Gardens, St Peter's Church, and The Level. In 2015 work will commence on redeveloping Victoria Gardens and St Peter's Church. In order to characterize the soundscape of the Valley Gardens prior to this urban design intervention a soundwalk was conducted. In October 2014, a group of 21 persons -experts in acoustics and officers of the City Council- were guided through the area together, and assessed the soundscape at eight sites: five within the Valley Gardens and three reference sites. The assessments covered the soundscape quality, how appropriate the soundscape is to the place, the dominance of perceived sound sources, and the affective quality of the soundscape. In addition, binaural recordings and sound-level measurements were conducted at each of the eight sites during the soundwalk. Preliminary results indicate that the Valley Gardens was dominated by the sound of road traffic, and that the soundscape was perceived as inappropriate to the place. Consequently, the planned design intervention should reduce the dominance of road-traffic sound and introduce more positive sounds, like the sound of people and nature. This would be done through careful planning of the landscape and human activities within the area. The plan is to follow-up these results with a post-intervention soundwalk.

**Typ och Nyckelord:** Proceedings soundscape, soundwalk, urban design intervention, ISSN: 2226-5147

**Referens:** [Almkvist, O.](#), Kadir, A., & Nordberg, A. (2015). 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*, 21(6), 738-747.

**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:** Andéhn, M., Nordin, F., & Nilsson, M.E. (in press). Facets of country image and brand equity: Revisiting the role of product categories in country-of-origin effect research. *Journal of Consumer Behaviour*.

**Abstract:** The country-of-origin effect is a topic central to the field of international marketing. Country of origin has been found to exert a particularly potent effect on consumer evaluation in situations where there is a strong link between a country and a particular product category. The present study provides further insight into how this particular effect can be understood. Drawing on a novel conceptualization of how country image and product categories interact, this study tested the relative evaluative relevance of product category with respect to estimates of brand equity across a variety of product categories. The findings suggest that facets of a country's image that are more closely related to the evaluation situation exert a greater influence on the evaluation of brands. This result encourages scholars as well as practitioners to re-evaluate which situations might cause the country of origin effect to hold managerial relevance and paves the way for new paths toward a more comprehensive understanding of the effect.

**Typ och Nyckelord:** Journal country of origin, country image, brand equity, product category, ISSN: 1472-0817

**Referens:** Anderbro, T., Gonder-Frederick, L., Bolinder, J., Lins, P.-E., Wredling, R., Moberg, E., Lisspers, J., & Johansson, U.-B. (2015). Fear of hypoglycemia: relationship to hypoglycemic risk and psychological factors. *Acta Diabetologica*, 52(3), 581-589.

**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<sub>1c</sub>), 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<sub>1c</sub> 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 R<sup>2</sup> 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., Moberg, E., Gonder-Frederick, L., Adamson, U., Lins, P.-E., Johansson, U.-B. (2015). A longitudinal study of fear of hypoglycemia in type 1 diabetes. International Diabetes Federation, World Diabetes Congress, Vancouver, Canada, November 30-December 4, 2015.

**Abstract:** Aims: The aim of this study was to investigate fear of hypoglycemia (FoH) longitudinally in adult patients with type 1 diabetes. Specifically, we investigated two subgroups of patients who over four years either showed a significantly higher or significantly lower level of FoH in order to identify factors associated with changes in FoH. Methods: The Swedish version of the Hypoglycemia Fear Survey (HFS) along with a questionnaire to assess hypoglycemia history (mild, moderate, nocturnal and severe hypoglycaemia (SH), unawareness, and daytime/nocturnal self-monitoring of blood glucose (SMBG)) were sent by mail to 764 patients in 2010. The responders in 2010 (n=469) received another set of the same two questionnaires in 2014. A<sub>1c</sub>, insulin regimen, weight and creatinine from 2010 and 2014 were obtained from medical records. Those with an absolute difference in HFS scores ≥ 75th percentile were included in the subgroup analyses. Statistical analyses included one-sample *t*-tests and chi-square. Results: The absolute difference in the HFS total score (n=359) between 2010 and 2014 was  $m = \pm 7.6$ ,  $SD \pm 6$  (range -29 - +35). In the subgroup with increased FoH 2014 (n=45), more patients reported unawareness (76% vs 58%,  $X^2 = 5.05$ ,  $p = 0.025$ ) and a higher frequency of moderate hypoglycemia (52% vs 38%,  $X^2 = 3.93$ ,  $p = 0.047$ ) compared to 2010. In the group with decreased FoH (n=43), fewer patients reported going to the emergency department due to hypoglycemia in 2014 compared to 2010 (2% vs 14%,  $X^2 = 4.84$ ,  $p = 0.028$ ). There were no differences in the remaining hypoglycemia history variables or medical variables between 2010 and 2014. Between group analyzes show that in the decreased FoH group more patients have a high frequency of daily SMBG compared to the increased FoH group in 2010 ( $X^2 = 12.23$ ,  $p = 0.00$ ) and in 2014 ( $X^2 = 13.75$ ,  $p = 0.00$ ). In the increased FoH group more patients report a high level of mild (67% vs 49%,  $X^2 = 6.4$ ,  $p = 0.011$ ) and moderate (52% vs 23%,  $X^2 = 14.00$ ,  $p = 0.00$ ) hypoglycemic episodes as well as unawareness (76% vs 54%,  $X^2 = 11.37$ ,  $p = 0.001$ ) in 2014 compared with the decreased FoH group. Conclusion: To our knowledge, this is the first longitudinal study of FoH in patients with type 1 diabetes. Our study shows that FoH is stable across time for most patients although a number of patients show increased or decreased levels of FoH. The patients whose level of FoH increased experienced a higher frequency of moderate hypoglycemic episodes and more hypoglycemic unawareness in 2014.

**Typ och Nyckelord:** Proceedings hypoglycaemia, type 1 diabetes, longitudinal

**Referens:** Andersson, G., [Carlbring, P.](#), & Lindefors, N. (in press). History and Current Status of ICBT. In N. Lindefors & G. Andersson (Eds.), *Guided Internet-Based Treatments in Psychiatry*. Springer International Publishing.

**Abstract:** We begin this chapter with a discussion of the history of ICBT and its roots in bibliotherapy and computerised CBT. We then provide a brief description of one way of administering guided ICBT, including the role of the therapist and data security issues. This description is followed by examples of conditions that are not covered later in the book, such as specific phobias and addictions. We end this chapter with a discussion of technical developments, cost-effectiveness and implementation.

**Typ och Nyckelord:** Book (chapter) ICBT, history, status, psychiatry, ISBN: 978-3-319-06082-8

**Referens:** Andersson, G., [Rozenal, A.](#), Rück, C., & [Carlbring, P.](#) (2015). Guided Internet-delivered CBT: Can it really be as good as seeing a therapist? *The Behavior Therapist*, 38(5), 123-126.

**Abstract:**

**Typ och Nyckelord:** Journal ICBT, guided internet-delivered CBT, face-to-face CBT, ISSN: 0278-8403

**Referens:** [Annell, S.](#) (2015). Perspektiv på polisurval. [Perspectives on police selection]. In R. Granér, & O. Kronkvist (Eds.), *The Past, the Present and the Future of Police Research: Proceedings from the fifth Nordic Police Research seminar* (pp. 133-154). Linnæus University studies in policing, Nr 001 2015. Växjö, Sweden: Copycenter, Linnéuniversitetet.

**Abstract:** Hur ska de som är bäst lämpade väljas ut bland alla de som söker sig till polisyrket? Inom den nordiska polisforskningen har den frågan sällan belysts utifrån ett urvalsmetodologiskt perspektiv, men två konferensbidrag från projektet Longitudinell validering av polisurvalet bidrar till att täcka detta glapp. De aktuella studierna utgår från ett internationellt perspektiv på polisurval och omfattar data från antagningen till den svenska polisutbildningen och tre uppföljningstillfällen. Den ena studien (Studie 1) visar att en multimetodansats, med metoder som återspeglar polisarbetets mångfacetterade karaktär, kan antas vara den mest framgångrika urvalsmodellen. Den andra studien (Studie 2) fokuserar på betydelsen av kognitiva förmågor, och visar att utöver generell begåvning har verbal förmåga och kunskap betydelse för prestation under polisutbildningen.

**Typ och Nyckelord:** Proceedings polis, urval, kognitiv förmåga

**Referens:** [Annell, S.](#) (2015). *Hållbar polisrekrytering: Teoretiska, metodologiska och praktiska perspektiv på rekrytering och urval*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:** Organizations need qualified personnel to work effectively. Accordingly recruitment is an important organizational activity. Moreover, to attain sustainability for organizations, individuals, and the society, it is assumed important that new personnel adjust well to their working conditions. The aim of this thesis was to investigate the role of selection for long-term sustainable recruitment.

The thesis includes three studies based on data from the recruitment of new police officers in Sweden. A cohort of new police officers was followed from the end of the admittance process to the basic police training program in spring 2008 (N = 1,344) and then at three consecutive follow-ups (N = 717-729), 1) at the end of two years of academy training, 2) at the end of six months of field training, and 3) at the end of the first working year.

Study I aimed to further the understanding of how to select suitable police applicants by using combinations of common selection methods. Analyses of several criteria (performance, satisfaction, occupational retention, and health) at the three follow-ups suggest that combining information from cognitive, personality, and physical fitness tests, that in earlier hurdles have been used to screen out unsuitable applicants, would be useful in identifying the most suitable candidates, while interviews may primarily be considered as a tool for screening out any unsuitable ones.

Study II focused on how to interpret and make use of results from cognitive tests in applied settings such as selection. In most occupations, including the police, cognitive tests are among the most valid predictors of performance. This has been explained by the influence of general intelligence. However, the results from Study II showed that beyond general intelligence, a verbal and knowledge loaded component can be important in predicting performance. Also, the study supported the use of total scores in selection.

Study III aimed to examine the relative importance of selection factors (e.g., personality and general intelligence) and psychosocial working conditions for new police officers' work-related attitudes and health. The study showed that psychosocial working conditions, such as opportunities for development and feedback as well as a balanced workload, were far more important than selection factors for the new police officers' adjustment to their occupation.

Taken together, the thesis shows the value of considering several time points and several criteria of successful recruitment. Also, it demonstrates the usefulness of combining information from several selection methods to select the most suitable candidates, along with the value of using verbally loaded cognitive tests in selection. Still, the ability to predict success among police officers by using selection methods remains modest. Additionally, the thesis shows that the working conditions for new personnel can be considered crucial if recruitment is seen as a long-term process that also includes the introduction phase. Accordingly, organizations striving for sustainable recruitment need to focus on developing sound selection processes and providing sound working conditions for their new personnel. This is of particular importance for organizations such as the police, where the costs of recruitment are high.

**Typ och Nyckelord:** Dissertation sustainable recruitment, selection, police, general and crystallized intelligence, bifactor models, personality inventory, physical test, interviews, psychosocial working conditions, performance, job satisfaction, work related attitudes, health, ISBN: 978-91-7649-213-0

**Referens:** [Annell, S.](#), [Lindfors, P.](#), & [Sverke, M.](#) (2015). Police selection – implications during training and early career. *Policing: An International Journal of Police Strategies and Management*, 38(2), 221-238.

**Abstract:** Purpose: The cost of selecting and training new police officers is high. However, previous research has provided limited guidance on how to select the best applicants. The purpose of this paper is to enhance the

understanding of the possibilities to select suitable applicants by using combinations of four common categories of selection methods, namely cognitive tests, personality inventories, physical tests, and rater-based methods (i.e. interviews).

Design/methodology/approach: Using a sample of Swedish police recruits (n=750) the authors performed hierarchical multiple regression analyses, predicting four criteria – performance, satisfaction, retention, and health – at three consecutive time points (after two years of academy training, after six months of field training, and after the first work year).

Findings: No group of selection methods consistently predicted all four criteria at the three time points. In most analyses more than one class of selection methods were statistically significant, but the findings did not support the use of rater-based methods.

Practical implications: Instead of the common praxis of using interviews, the findings suggest an alternative praxis. This involves using the remaining information from cognitive tests, personality inventories, and general fitness tests that had been used in earlier hurdles to screen out unsuitable applicants.

Originality/value: The study extends previous research by including several follow-ups, showing the value of combining different selection methods, and using alternative criteria of successful police recruitment (i.e. satisfaction, retention, and health).

**Typ och Nyckelord:** Journal performance, prediction, retention, health, satisfaction, police selection, ISSN: 1363-951X

**Referens:** [Aronsson, G. \(2015\). Arbete - förbannelse eller livets mening. Observationer och reflexioner. I A. Bergman, G. Gillberg, & L. Ivarsson \(red.\), \*Tankar om arbete: 17 texter om arbete, arbetsliv och samhällsförändring\*. Stockholm: Premiss förlag.](#)

**Abstract:** Tankar om arbete är en bok för alla som är intresserade av arbetslivsfrågor och hur arbete påverkar våra liv. I bokens 17 kapitel erbjuds aktuella perspektiv på – och analyser av – betydelsen av arbete i dagens och dagens samhälle, arbetsvillkor, arbetsorganisation och reaktioner på dessa. Författarna är några av landets främsta forskare inom arbetsvetenskap. Boken är en vänbok till Jan Ch. Karlsson. Tankar om arbete vänder sig till studenter, praktiker och forskare inom arbetslivsområdet.

**Typ och Nyckelord:** Book (chapter) arbete, förbannelse, livets mening, ISBN: 978-91-86743-46-8

**Referens:** [Aronsson, G., Ishäll, L., Göransson, S., Lindfors, P., Nylén, E.-C., & Sverke, M. \(2015\). Arbetsuppdrag och återhämtning i välfärdstjänstearbete. \*Arbetsmarknad & Arbetsliv\*, 21\(2\), 7-25.](#)

**Abstract:** Artikeln beskriver ett uppdragsperspektiv på arbete, det vill säga en fokusering på hur ett arbetsuppdrag formas och är sammansatt med avseende på resurser och krav med betydelse för att kunna genomföra uppdraget på ett bra sätt. I studien undersöks hur förutsättningarna för att utföra arbetet, i termer av arbetskrav och resurser i arbetet, hänger samman med återhämtning inom välfärdstjänstearbete i två kommuner. Uppdragsförutsättningarna har ett relativt högt förklaringsvärde gentemot återhämtning men de ingående variablerna bidrar i olika grad.

**Typ och Nyckelord:** Journal arbetsmiljö, arbetsklimat, återhämtning, ISSN: 1400-9692

**Referens:** [Aronsson, G., Johansen, V., Marklund, S., Rønning, R., & Solheim, L.J. \(2015\). \*Sjukfrånvaros dimensioner - svensk-norska jämförelser och analyser\*. Liber.](#)

**Abstract:** I både Sverige och Norge baseras sjukersättningarna på principen om inkomstbortfall, som ger sjukskrivna ersättning i förhållande till arbetsinkomsten. Men länderna skiljer sig också åt vilket möjliggör intressanta jämförelser och analyser. I Norge är exempelvis ersättningsnivån 100 procent från första dagen jämfört med 80 procent i Sverige, som också har en karensdag.

Frågor som tas upp gäller bland annat hur sjukskrivna upplever sin vardagstillvaro, omgivningens acceptans för sjukskrivning, sjuknärvaro, stigmatisering, framtidstro och synen på hjälpapparat och myndigheter.

Boken är värdefull vid utbildningar inom socialt arbete och är intressant i den debatt om sjukfrånvaro som pågår i samhället. Den bygger på ett svensk-norskt forskningsprojekt och använder såväl kvalitativa som kvantitativa data.

**Typ och Nyckelord:** Book (chapter) sjukfrånvaro, sjuknärvaro, sjukersättning, Sverige, Norge, ISBN: 978-91-47-11457-3

**Referens:** [Aronsson, G., & Lundberg, U. \(2015\). Interventioner för återgång i arbete vid sjukskrivning: En systematisk kunskapsöversikt av metaanalyser med inriktning på muskuloskeletala och psykiska besvär. \*Arbete och Hälsa\*, 49\(2\), 1-50.](#)

**Abstract:** Psykiska och muskuloskeletala besvär har länge varit de vanligaste orsakerna till långtidssjukskrivning i Sverige och en stor del av västvärlden. Åtgärder som reducerar tiden för återgång i arbete (RTW) skulle därför betyda mycket både för människors livskvalitet och för samhällets kostnader. Föreliggande rapport utgör en internationell kunskapsöversikt, som bygger på en systematisk översikt av metaanalyser av interventioner för återgång i arbete i samband med psykiska och muskuloskeletala besvär. En litteratursökning i relevanta databaser från 1995 genomfördes under januari-februari 2015 och resulterade i 17 relevanta översiktsartiklar av tillräckligt hög vetenskaplig kvalitet, baserade på drygt 350 kontrollerade randomiserade (RCT) originalstudier med ca 45000 deltagare. Elva översiktsartiklar gällde muskuloskeletala besvär (varav 9 ryggbesvär), 3 psykiska besvär och 3 blandade besvär. Resultaten visar ett mönster enligt vilket multimodala interventioner med både fysiska, psykiska och medicinska inslag, och särskilt i kombination med insatser på arbetsplatsen, bidrar mest till RTW, minskad sjukfrånvaro eller ökad arbetsförmåga i samband med ryggbesvär och blandade besvär. Det vetenskapliga underlaget för multimodala interventioner mot psykiska besvär för RTW eller minskad sjukfrånvaro var otillräckligt för att kunna dra några säkra slutsatser. De fysiska inslagen i multimodal intervention handlar om fysisk aktivitet, träning och sjukgymnastik, de psykiska inslagen huvudsakligen om beteendeterapi (KBT) och de medicinska om medicinering. Insatser på arbetsplatsen handlar om att förbereda den sjukfrånvarande för återgång i arbete, arbetsträning, anpassning av arbetsplatsen och arbetsuppgifterna, arbetsmiljön och ergonomi. Psykisk terapi som enskild komponent utan stöd av andra terapiformer bidrar ofta till ökat psykiskt välbefinnande och minskad smärta, men tycks inte nämnvärt bidra till

återgång i arbete. En uppföljande litteratursökning bland originalstudier från 2013 gav 8 relevanta studier av tillräckligt hög kvalitet, 6 av dessa rörde psykiska besvär. Resultaten från dessa var heterogena och ändrar inte slutsatserna från den mer omfattande analysen av översiktsstudier. Slutsatserna från denna kunskapssammanställning är att multimodala interventioner som även omfattar insatser på arbetsplatsen är mer effektiva för RTW än andra enskilda insatser eller sedvanlig behandling vad gäller ryggbesvär och blandade besvär. Flera av översiktsartiklarna pekar också på att insatserna bör sättas in relativt tidigt. Frågor om vilka specifika insatser som är mest effektiva, exakt när de bör sättas in och när de förväntas ge bäst resultat får inget klart svar i de granskade översiktsanalyserna. En mer ingående analys av genomförda originalstudier skulle möjligen bidra till att öka kunskapen om detta.

**Typ och Nyckelord:** Journal sjukfrånvaro, återgång i arbete, multimodal intervention, arbetsplatsintervention, systematisk översikt, meta -analys, randomiserade kontrollerade studier, muskuloskeletala besvär, psykiska besvär, fysisk terapi, psykoterapi, medicinsk terapi, ISBN: 978-91-85971-54-1, ISSN: 0346-7821

**Referens:** [Aronsson, G., Marklund, S., & Solheim, L.J. \(2015\). Skam, stigmatisering och framtidstro bland långtidssjukskrivna i "osynliga" diagnoser. \*Socialmedicinsk tidskrift\*, 92\(4\), 519-534.](#)

**Abstract:** Syftet var att undersöka stigma- och skamupplevelser bland långtidssjukskrivna i psykiska och muskuloskeletala diagnoser och om upplevelserna skiljer sig diagnoserna mellan. 2300 personer besvarade en enkät och på basis av enkätsvar bildades även en grupp med båda slagen av besvär. Bland de med psykiatriska och kombinationsdiagnoser tillhörde 33 respektive 34% hög-skamgruppen jämfört med 10% bland de med muskuloskeletala diagnoser. Ju fler tidigare sjukskrivningar desto större andel upplevde skam och stigma och desto vanligare att se förtidspension som en realistisk framtid. Nivåskillnaderna var stora. Bland de med psykiatriska diagnoser och hög grad av stigma var det 16%, som angav förtidspensionsalternativet jämfört med 31% bland de med muskuloskeletal diagnos och 39% med kombinationsdiagnos.

**Typ och Nyckelord:** Journal sjukfrånvaro, förtidspension, depression, stress, skamkänsla, stigma, stigmatisering, muskuloskeletala besvär, ISSN: 0037-833X

**Referens:** [Augustsson, H., von Thiele Schwarz, U., Stenfors-Hayes, T., & Hasson, H. \(2015\). Investigating Variations in Implementation Fidelity of an Organizational-Level Occupational Health Intervention. \*International Journal of Behavioral Medicine\*, 22\(3\), 345-355.](#)

**Abstract:** The workplace has been suggested as an important arena for health promotion, but little is known about how the organizational setting influences the implementation of interventions. The aims of this study are to evaluate implementation fidelity in an organizational-level occupational health intervention and to investigate possible explanations for variations in fidelity between intervention units. The intervention consisted of an integration of health promotion, occupational health and safety, and a system for continuous improvements (Kaizen) and was conducted in a quasi-experimental design at a Swedish hospital. Implementation fidelity was evaluated with the Conceptual Framework for Implementation Fidelity and implementation factors used to investigate variations in fidelity with the Framework for Evaluating Organizational-level Interventions. A multi-method approach including interviews, Kaizen notes, and questionnaires was applied. Implementation fidelity differed between units even though the intervention was introduced and supported in the same way. Important differences in all elements proposed in the model for evaluating organizational-level interventions, i.e., context, intervention, and mental models, were found to explain the differences in fidelity. Implementation strategies may need to be adapted depending on the local context. Implementation fidelity, as well as pre-intervention implementation elements, is likely to affect the implementation success and needs to be assessed in intervention research. The high variation in fidelity across the units indicates the need for adjustments to the type of designs used to assess the effects of interventions. Thus, rather than using designs that aim to control variation, it may be necessary to use those that aim at exploring and explaining variation, such as adapted study designs.

**Typ och Nyckelord:** Journal health promotion, process evaluation, adherence, Kaizen, ISSN: 1070-5503

**Referens:** [Axelsson, Ö. \(2015\). Towards guidelines for soundscape design. In M. Macoun & K. Maier \(Eds.\), Book of Proceedings AESOP Prague Annual Congress 2015: Definite Space – Fuzzy Responsibility \(pp. 802–808\). Prague, Czech Republic: Faculty of Architecture, Czech Technical University.](#)

**Abstract:** Architects and urban planners request guidelines with regards to soundscape design. In 2013 staff and students at the University of Sheffield, UK, were invited to take part in an electronic survey to investigate what kinds of urban open spaces that they prefer, and how these spaces should be designed with regards to soundscape. Respondents were asked to freely name their favourite outdoor place in Sheffield, and to what extent they found a list of 45 social and recreational activities, as well as a list of 40 sound sources appropriate for this place. A total of 935 individuals completed the questionnaire. A hierarchical cluster analysis of the 45 social and recreational activities revealed three main categories of favourite outdoor places: 'Urban Park', 'City Centre', and 'My Space'. For 'Urban Park' natural sounds were appropriate when clearly audible, sounds of individuals when moderately audible, sounds of crowds when slightly audible, and technological sounds when inaudible. For 'City Centre' sounds of individuals were appropriate when moderately audible, whereas natural sounds, and sounds of crowds were appropriate when slightly audible. Technological sounds were appropriate when inaudible. For 'My Space' natural sounds and sounds of individuals were appropriate when moderately audible, whereas sounds of crowds and technological sounds were appropriate when inaudible. This kinds of profiles may serve as design guidelines for urban outdoor spaces with regards to soundscape, based on their social and recreational purposes.

**Typ och Nyckelord:** Proceedings soundscape, urban design, guidelines

**Referens:** [Axelsson, Ö. \(2015\). How to measure soundscape quality. In C. Glorieux \(Ed.\), \*Proceedings of Euronoise 2015\* \(pp. 1477-1481\). Maastricht, The Netherlands: Nederlands Akoestisch Genootschap and ABAV - Belgian Acoustical Society. June 1-3, 2015. Paper 67.](#)

**Abstract:** The Swedish Soundscape-Quality Protocol has been criticized for being insufficient, because it proposes to assess soundscape quality by a Good-Bad Scale, and alternatively by eight attribute scales assessing the perceived affective quality of a soundscape. Critics argue that further alternative definitions of 'soundscape quality' must be explored. In particular they argue for assessing 'soundscape quality' by asking to what extent a soundscape is appropriate to a place. The Sound Cities project at School of Architecture, University of Sheffield, in the UK, investigated this issue by a listening experiment involving 50 university students and 25 urban and peri-urban areas from the UK. The results indicate that the Good-Bad Scale is correlated with the

perceived affective quality of a soundscape. Conversely, the appropriateness of a soundscape to a place is orthogonal to the former two assessments and provides additional information. Thus, a soundscape can be appropriate to a place even though it is poor. This raises the issue of which information should be given priority. Probably the best recommendation is to assess soundscape by perceived affective quality. In addition, it is possible to complement this assessment by assessing the appropriateness of the soundscape to the place. However, the latter assessment should not be used on its own, as this may lead to unfortunate conclusions.

**Typ och Nyckelord:** Proceedings soundscape, quality, ISSN: 2226-5147

**Referens:** Axelsson, Ö. (2015). Soundscape and the human scale in urban design. In *Changing Cities 2*. Porto Heli, Peloponnise, Greece, June 22–26, 2015.

**Abstract:** With changing practices in urban planning, moving away from thinking of the city primarily in terms of infrastructure towards a growing appreciation of the city as a stage for social interaction, the human scale is all more important in urban design. What do the citizens need, and how would they like the city to be? Soundscape research focuses on these issues with regards to the acoustic environment, aiming to develop knowledge, tools and strategies. Central purposes of soundscapes studies are to describe, evaluate, change or to design/create acoustic environments. The aim is to promote health, well-being and quality of life. Because soundscape concerns how people perceive, experience or understand the acoustic environment the human scale is taken into account by definition. This paper will discuss questions that are central to soundscape theory and its application in an increasingly dense urban environment.

**Typ och Nyckelord:** Proceedings soundscape, urban design, urban outdoor space, quiet areas, ISBN: 978-960-6865-85-5

**Referens:** Aydinli-Karakulak, A., & Dimitrova, R. (in press). Brief report: When does identity lead to negative affective experiences? A comparison of Turkish–Bulgarian and Turkish–German adolescents. *Journal of Adolescence*.

**Abstract:** We examine relationships between social identity domains (ethnic, national, and religious) and negative affect among Turkish–Bulgarian and Turkish–German youth. Path analysis confirmed a multiple social identities (MSI) factor that has negative relations to experiencing negative affect for Turkish youth in both countries. Beyond this negative relationship, the component of national identity showed a positive relationship to negative affect for Turkish–Bulgarians, but not for Turkish–Germans. Our findings indicate that beyond the generally adaptive effect of MSI on youth development, unique components of social identity may not always be an asset: In an assimilative acculturation context (i.e., Bulgaria), the endorsement of national identity was not adaptive. Our research therefore highlights the need for a contextually differentiated view on “healthy” identity formation among immigrants for research and practice.

**Typ och Nyckelord:** Journal multiple social identities, Turkish–Bulgarian, Turkish–German, youth, ISSN: 0140-1971

**Referens:** Azad, A., & Leander, L. (2015). Children's Reporting About Sexual Versus Physical Abuse: Patterns of Reporting, Avoidance and Denial. *Psychiatry, Psychology and Law*, 22(6), 890-902.

**Abstract:** This study analysed the reporting patterns of 22 sexually abused children and 23 physically abused children (all cases had been verified). Police interviews with the children were analysed in relation to the amount and type of information reported, as well as the frequency of denial and avoidance of critical information. Physically and sexually abused children reported more neutral information from the abusive acts per se than information regarding sexual or physically violent acts. The children were also high in avoidance and denial regarding information about the abuse. The physically abused children reported more severe information about physically abusive acts compared with the amount of information the sexually abused children reported about severe sexual acts. An explanation for this may have been the shameful and taboo nature of sexual abuse. It is important to undertake further investigation of how the nature and type of abuse, to which child witnesses have been exposed, may affect the reporting pattern. Such information may broaden our knowledge about how to conduct and evaluate child interviews.

**Typ och Nyckelord:** Journal child physical abuse, child sexual abuse, children's testimony, ISSN: 1321-8719

**Referens:** Backeström, A., Eriksson, S., Nilsson, L.-G., Olsson, T., & Rolandsson, O. (2015). Glucose but not insulin or insulin resistance is associated with memory performance in middle-aged non-diabetic women: a cross sectional study. *Diabetology and Metabolic Syndrome*, 7, 20.

**Abstract:** Background: Elevated concentrations of plasma glucose appear to play a role in memory impairment, and it has been suggested that insulin might also have a negative effect on cognitive function. Our aim was to study whether glucose, insulin or insulin resistance are associated with episodic or semantic memory in a non-diabetic and non-demented population. Methods: We linked and matched two population-based data sets identifying 291 participants (127 men and 164 women, mean age of 50.7 +/- 8.0 years). Episodic and semantic memory functions were tested, and fasting plasma insulin, fasting plasma glucose, and 2-hour glucose were analysed along with other potential influencing factors on memory function. Since men and women display different results on memory functions they were analysed separately. Insulin resistance was calculated using the HOMA-IR method. Results: A higher fasting plasma glucose concentration was associated with lower episodic memory in women ( $r = -0.08$ , 95% CI  $-0.14$ ;  $-0.01$ ), but not in men. Plasma insulin levels and insulin resistance were not associated with episodic or semantic memory in women or in men after adjustments for age, fasting glucose, 2-hour glucose, BMI, education, smoking, cardiovascular disease, hypertension, cholesterol, and physical activity. Conclusions: This indicates that fasting glucose but not insulin, might have impact on episodic memory in middle-aged women.

**Typ och Nyckelord:** Journal cognition, memory, insulin, insulin resistance, HOMA-IR, glucose, episodic memory, semantic memory, ISSN: 1758-5996

**Referens:** Barnevik Olsson, M., Westerlund, J., Lundström, S., Giacobini, M., Fernell, E., & Gillberg, C. (2015). Recovery from the diagnosis of autism - and then? *Neuropsychiatric Disease and Treatment*, 11, 999-1005.

**Abstract:** Background: The aim of this study was to follow up the 17 children, from a total group of 208 children with autism spectrum disorder (ASD), who recovered from autism. They had been clinically diagnosed with ASD at

or under the age of 4 years. For 2 years thereafter they received intervention based on applied behavior analysis. These 17 children were all of average or borderline intellectual functioning. On the 2-year follow-up assessment, they no longer met criteria for ASD. Methods: At about 10 years of age they were targeted for a new follow-up. Parents were given a semistructured interview regarding the child's daily functioning, school situation, and need of support, and were interviewed using the Vineland Adaptive Behavior Scales (VABS) and the Autism - Tics, Attention-deficit/hyperactivity disorder (AD/HD), and other Comorbidities (A-TAC) telephone interview. Results: The vast majority of the children had moderate-to-severe problems with attention/activity regulation, speech and language, behavior, and/or social interaction. A majority of the children had declined in their VABS scores. Most of the 14 children whose parents were A-TAC-interviewed had problems within many behavioral A-TAC domains, and four (29%) had symptom levels corresponding to a clinical diagnosis of ASD, AD/HD, or both. Another seven children (50%) had pronounced subthreshold indicators of ASD, AD/HD, or both. Conclusion: Children diagnosed at 2-4 years of age as suffering from ASD and who, after appropriate intervention for 2 years, no longer met diagnostic criteria for the disorder, clearly needed to be followed up longer. About 3-4 years later, they still had major problems diagnosable under the umbrella term of ESSENCE (Early Symptomatic Syndromes Eliciting Neurodevelopmental Clinical Examinations). They continued to be in need of support, educationally, from a neurodevelopmental and a medical point of view. According to parent interview data, a substantial minority of these children again met diagnostic criteria for ASD.

**Typ och Nyckelord:** Journal autism spectrum disorder, autistic traits, AD/HD, A-TAC, Vineland, cure, ISSN: 1176-6328

**Referens:** Beijer, U., Birath Scheffel, C., DeMarinis, V., & af Klinteberg, B. (2015). Male violence against women with substance abuse problems: Some health aspects. Paper presented at the 2015 Conference of the International Society for the Study of Individual Differences, London, Ontario, Canada, July 27-31, 2015.

**Abstract:** The objective was to investigate to which extent two groups of women with substance abuse problems were exposed to male violence; women with a residence (WR, n= 35) and homeless women (HW, n= 44). The sample thus included 79 women (mean age: 47.8 years), of which 91% had experienced different kinds of male violence: from former partners, male friends or acquaintances, and 71% reported "Countless occasions of violent events". Almost half of the women (46%) met criteria for posttraumatic stress disorder (PTSD), and HW displayed the higher risk (RR 3.78) as compared to WR. Furthermore, one-third of the abused women (26 out of 72) had been forced to commit criminal acts. Compared to the abused women without this experience, they were more likely: to be homeless, to be illicit drug addicts, to have reported parental alcohol and/or drug problems, to have witnessed domestic violence in childhood, and to have been victims of sexual abuse. Finally, the two groups significantly differed concerning ever having received treatment for mental problems, in that more WR women had received such treatment (74 % as compared to 46 %). In conclusion, it is suggested that experiences of male violence are to be considered in all different forms of treatment facilities for women with substance abuse problems.

**Typ och Nyckelord:** Proceedings substance abuse, male violence, women with a residence, homelessness, mental health, PTSD, criminal activity

**Referens:** Beijer, U., Scheffel Birath, C., DeMartinis, V., & af Klinteberg, B. (in press). Facets of Male Violence Against Women With Substance Abuse Problems. Women With a Residence and Homeless Women. *Journal of Interpersonal Violence*.

**Abstract:** The aims of this study were to investigate the type and extent to which women with substance abuse problems have been exposed to male violence during their lifetime, and to examine possible differences between women with a residence (WR) and homeless women (HW). The total sample included 79 women (WR, n = 35; HW, n = 44; M age = 47.8 years). Of the total sample, 72 women (91%) had experienced different kinds of male violence, 88% from former partners, and 26% from male friends or acquaintances. Of the 72 women, 71% further reported "Countless occasions of violent events," and 36% had been forced to commit criminal acts. Abused women who had been forced to commit criminal acts were significantly more frequently found to be homeless, have reported parental alcohol and/or drug problems, have witnessed domestic violence in childhood, have been victims of sexual violence, have used illicit drugs as a dominant preparation, and have injected illicit drugs. Almost half of the abused women (46%) met criteria for posttraumatic stress disorder (PTSD), where HW showed an almost 4-time higher risk (RR 3.78) than WR. In conclusion there is a particular vulnerability in women with substance abuse to male violence, which has an important impact on their health status. Thus, from a public health perspective, it is suggested that for those women who have experienced male violence, treatment protocols need to include both assessing and addressing the impact of such experience in relation to substance abuse as well as concomitant health concerns.

**Typ och Nyckelord:** Journal substance abuse problems, male violence, homelessness, women with a residence, PTSD, criminal activity, public mental health, ISSN: 0886-2605

**Referens:** Bengtsson, J., Nordin, S., & Carlbring, P. (2015). Therapists' experiences of conducting cognitive behavioural therapy online vis-à-vis face-to-face. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 18). Linköping: Linköping University Press.

**Abstract:** This study has explored therapists' experiences of conducting cognitive behavioural therapy (CBT) online and face-to-face. Eleven therapists partook in semi-structured interviews, which were thematically analysed using an abductive approach. The results indicate that the therapists viewed face-to-face therapy as a stronger experience than Internet-based CBT (ICBT), and the latter as being more manualised, but providing more work-time control. Several participants also thought that working alliance may be achieved faster and more easily in face-to-face therapy, and might worsen with fewer modalities of communication. Clinical implications in need of investigation are whether working with ICBT might buffer therapist exhaustion, and whether this therapy form can be improved by becoming less manual dependant in order to be easier to individualise.

**Typ och Nyckelord:** Proceedings CBT online, CBT face-to-face, therapists experiences

**Referens:** Bengtsson, J., Nordin, S., & Carlbring, P. (2015). Therapists' Experiences of Conducting Cognitive Behavioural Therapy Online vis-à-vis Face-to-Face. *Cognitive Behaviour Therapy*, 44(6), 470-479.

**Abstract:** This study has explored therapists' experiences of conducting cognitive behavioural therapy (CBT) online and face-to-face. Eleven therapists partook in semi-structured interviews, which were thematically analysed using

an abductive approach. The results indicate that the therapists viewed face-to-face therapy as a stronger experience than Internet-based CBT (ICBT), and the latter as being more manualised, but providing more work-time control. Several participants also thought that working alliance may be achieved faster and more easily in face-to-face therapy, and might worsen with fewer modalities of communication. Clinical implications in need of investigation are whether working with ICBT might buffer therapist exhaustion, and whether this therapy form can be improved by becoming less manual dependant in order to be easier to individualise.

**Typ och Nyckelord:** Journal internet-based treatment, ehealth, therapists, qualitative, interview, Internet CBT, ICBT, ISSN: 1650-6073

**Referens:** Bergman, L.R., Ferrer-Wreder, L., & Zukauskienė, R. (2015). Career outcomes of adolescents with below average IQ: Who succeeds against the odds? *Intelligence*, 52, 9-17.

**Abstract:** The educational and vocational careers of adolescents with below average IQ were studied in a sample of Swedish adolescents (N = 1326), born in 1955 and followed from early adolescence to midlife. Compared to those with average IQ, the level of education and occupational status achieved by those with below average IQ were, generally, considerably lower. This was the case, in particular, for female participants in the lowest IQ group. No significant relationships were found between parents' socioeconomic status and educational level, income, or occupational status in midlife for adolescents with low IQ (lowest 20%). When those with a successful educational or vocational career were compared to others on a number of competence factors, own educational aspirations stood out as the factor that differed most within each IQ group between those who succeeded and those who did not. The differences were largest for those of low IQ (effect sizes 0.4–1.6). These findings were consistent with results from multiple regression analyses, which, for instance, showed that, within the low IQ group and controlling for confounders, the only significant predictor of career outcomes was educational aspirations.

**Typ och Nyckelord:** Journal low IQ, longitudinal, educational aspirations, competence, ISSN: 0160-2896

**Referens:** Bernhard-Oettel, C., & Näswall, K. (2015). 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 research on sustainable careers* (Ch. 25). Edward Elgar Publisher.

**Abstract:** Book information: What is a sustainable career and how can individuals and organizations develop pathways that lead to them? With current levels of global unemployment and the need for life-long learning and employability enhancement these questions assume a pressing significance. With twenty-eight chapters from leading scholars, the *Handbook of Research on Sustainable Careers* makes an important contribution to our understanding of sustainable careers and lays the foundation for the direction of future research.

**Typ och Nyckelord:** Book (chapter) career, competence transfer, job transitions, ISBN: 9781782547020

**Referens:** Binde, P., & Forsström, D. (2015). The Swedish translation of DSM-5 "Gambling Disorder": Reflections on nosology and terminology. *Nordic Studies on Alcohol and Drugs*, 32(2), 219-226.

**Abstract:** In this commentary we discuss the translation into Swedish of the term Gambling Disorder (GD) in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association, 2015). An earlier commentary in this journal described and discussed the translation into Finnish (Castrén, Salonen, Alho, & Lahti, 2014).

**Typ och Nyckelord:** Journal DSM-V, gambling disorder, translation, ISSN: 1458-6126

**Referens:** Biswas, N.U., Allard, K., Hårenstam, A., & Pousette, A. (2015). Cognitive Interviews as a Method for Effective Cross-Cultural Research. A Study of Organisational Leaders in Sweden and India. *Indian Journal of Social Work*, 76(4), 521-536.

**Abstract:** The research attempts to demonstrate the effectiveness of cognitive interview (CI) techniques used while finalising the survey instrument for establishing the conceptual equivalence of ethical values practiced by the managers of the selected organisations from Sweden and India. The results provided substantive insight into the cultural differences that influence ethical values in the organisations. The paper highlights the types and applications of CI in the study of the different fields of human behaviour.

**Typ och Nyckelord:** Journal cognitive interview, cross-cultural research, organisational leaders, India, Sweden

**Referens:** Bjälkebring, P., Västfjäll, D., Svenson, O., & Slovic, P. (in press). Regulation of Experienced and Anticipated Regret in Daily Decision Making. *Emotion*.

**Abstract:** Decisions were sampled from 108 participants during 8 days using a web-based diary method. Each day participants rated experienced regret for a decision made, as well as forecasted regret for a decision to be made. Participants also indicated to what extent they used different strategies to prevent or regulate regret. Participants regretted 30% of decisions and forecasted regret in 70% of future decisions, indicating both that regret is relatively prevalent in daily decisions but also that experienced regret was less frequent than forecasted regret. In addition, a number of decision-specific regulation and prevention strategies were successfully used by the participants to minimize regret and negative emotions in daily decision making. Overall, these results suggest that regulation and prevention of regret are important strategies in many of our daily decisions.

**Typ och Nyckelord:** Journal regret, emotion, emotion regulation, decision making, ISSN: 1528-3542

**Referens:** Blom, V., Richter, A., Hallsten, L., & Svedberg, P. (in press). The associations between job insecurity, depressive symptoms and burnout: The role of performance-based self-esteem. *Economic and Industrial Democracy*.

**Abstract:** Despite agreement on the negative effects of job insecurity, more knowledge needs to be generated on the health effects in terms of burnout and depressive symptoms and for whom job insecurity has these negative effects. The present study aims to investigate the associations between job insecurity and burnout and



depressive symptoms respectively, by studying the moderation influences of performance-based self-esteem (PBSE), a form of contingent self-esteem. A population-based sample with 4145 twins was used. The results showed that job insecurity was significantly associated with both burnout and depressive symptoms, and that PBSE acted as a moderator, so that the associations were stronger for individuals with high PBSE than for individuals with low PBSE. The study contributes by including a personality characteristic to gain more knowledge about the mechanisms of job insecurity on mental ill-health, and by illustrating that job insecurity has an impact on severe health outcomes in terms of burnout and depressive symptoms.

**Typ och Nyckelord:** Journal burnout, contingent self-esteem, depressive symptoms, job insecurity, moderation, performance-based self-esteem, ISSN: 0143-831X

**Referens:** Bodin Danielsson, C., Bodin, L., Wulff, C., & Theorell, T. (2015). The relation between office type and workplace conflict: A gender and noise perspective. *Journal of Environmental Psychology, 42*, 161-171.

**Abstract:** This exploratory study aimed to investigate the impact of the office design on workplace conflicts, with a special attention to noise in the office. A gender perspective was applied. The sample consisted of 5229 employees from the Swedish Longitudinal Occupational Survey of Health 2010 (SLOSH), working in different office types. In the multivariate analysis office type was used as the explanatory variable with adjustments for age, supervisory position and labour market sector. Analysis stratified for gender was used. Among women a significant impact of office type per se on workplace conflicts was found, but not among men. For women several office types differed significantly from the cell-office with regard to prevalence of conflicts during the past two years, but for men only the combi-office differed from the cell-office. Noise had an impact on workplace conflicts, but is not the only explanatory factor since the effect of office type remained also after adjustment for noise in multivariate analyses. Other environmental factors inherent in the office type might thus explain the occurrence of conflicts.

**Typ och Nyckelord:** Journal office type, workplace conflict, noise, gender, interpersonal relationships, environmental sensitivity, ISSN: 0272-4944

**Referens:** Bosnes, O., Dahl, O.-P., & Almkvist, O. (2015). Including a subject-paced trial may make the PASAT more acceptable for MS patients. *Acta Neurologica Scandinavica, 132*(4), 219-225.

**Abstract:** The Paced Auditory Serial Addition Test (PASAT) is regularly used in the evaluation of cognition in multiple sclerosis (MS). However, the test may impose frustration, distress, and anxiety in patients, which may result in refusal to participate by many patients. ObjectivesIn this study, a subject- and experimenter-paced PASAT was compared and analyzed, with regard to independent measures of cognitive functions, as well as disability, fatigue, depression, and anxiety. MethodsA population-based sample of patients with MS (n=34; mean age 47.28.6) was examined with the PASAT, including a subject-paced condition, in addition to the standard experimenter-paced conditions using three levels of interstimuli intervals (ISI: 3.0, 2.5, and 2.0s). A comprehensive set of neuropsychological tests, measures of disease severity, fatigue, anxiety, and depression were studied as potentially associated factors. ResultsSubject- and experimenter-paced PASAT performance correlated significantly and the subject-paced administration correlated even higher with measures of information processing speed, executive function, attention, and working memory than standard experimenter-paced administration of PASAT. DiscussionThe associations between PASAT performance and measures of fatigue, anxiety, and depression were not significant. ConclusionThe results indicate that the altered PASAT procedure measures the same cognitive functions in MS as the standard procedure. At the same time, the altered procedure may make the PASAT more user-friendly for patients with MS.

**Typ och Nyckelord:** Journal multiple sclerosis, Paced Auditory Serial Addition Test, subject-paced, ISSN: 0001-6314

**Referens:** Botteldooren, D., Andringa, T., Aspuru, I., Lex Brown, A., Dubois, D., Guastavino, C., Kang, J., Lavandier, C., Nilsson, M., Preis, A., & Schulte-Fortkamp, B. (2015). From Sonic Environment to Soundscape. In J. Kang & B. Schulte-Fortkamp (Eds.), *Soundscape and the Built Environment* (pp. 17-41). CRC Press.

**Abstract:**

**Typ och Nyckelord:** Book (chapter) sonic environment, soundscape, ISBN: 978-1-4822-2631-7, eBook ISBN: 978-1-4822-2632-4

**Referens:** Braun, U., Borg, E., & Carlbring, P. (2015). Predictive factors of successful self treatment for social anxiety - with or without elements of Internet-based cognitive behavioral therapy. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 12). Linköping: Linköping University Press.

**Abstract:** Internet-based cognitive behavior therapy (ICBT) and self-help books have proven to be effective treatments for social anxiety. These treatments can increase the opportunity for more people to access evidence-based psychological treatment. More knowledge of the factors that predict treatment outcomes is needed for individuals to get the right type of treatment. The purpose of this study was to investigate if education level, recruitment mechanism, or previous psychological or psychopharmacological treatment predicts successful treatment outcomes in conjunction with self-help treatment for social anxiety disorder (with or without elements of ICBT). Two treatment groups (n = 138) underwent a six-week self-help treatment. Treatment for one of the groups included a mobile application. Measurements using the Liebowitz So-cial Anxiety Scale Self-Report as the main outcome measure were taken before, during, and in connection with the completion of treatment. Recruitment via DN was associated with higher odds of a successful treatment outcome (OR = 4.1) compared to recruitment via Facebook. Similarly, absence of previous psychological treatment was associated with higher odds of a successful treatment outcome (OR = 4.4).

**Typ och Nyckelord:** Proceedings successful self treatment, social anxiety, internet-based cognitive behavioral therapy

**Referens:** Carlbring, P., Nystrom, M., Lindner, P., Martell, C., Forsberg, L., Ström, L., Andersson, G., & Hassmen, P. (2015). *Behavioral Activation vs. Physical Exercise in the Treatment of Mild to Moderate Depression*. The 45th Annual European Association for Behavioural Cognitive Therapies Congress, Jerusalem, Israel, 31 August-03 September 2015.

**Abstract:** Despite their potential as low-threshold, low-cost and high-flexibility treatments of depression, behavioral activation and physical exercise have not yet been directly compared. This study has examined the effects of these interventions, administered via the Internet. In this randomized controlled trial a total of 312 participants meeting the diagnostic criteria for mild to moderate major depression, recruited in multiple cycles and randomized to either a waiting list control group with delayed treatment, or one of the four active treatment groups: (1) physical exercise without a clear psychological treatment rationale; (2) physical exercise with a psychological treatment rationale; (3) behavioral activation a la Lewinsohn; or (4) behavioral activation a la Martel. A total of 72% were women and the average age of the participants were M=42.3 years (SD=13,5). More than half (53,9%) had a history of previous psychological treatment. Primary outcome measure was the 9-item Patient Health Questionnaire. Assessments were made on a weekly basis for the full duration of the acute treatment which was 12 weeks. The preliminary results are in line with previous online studies showing that all active treatment groups were superior to the waitlist (large effect sizes) and that only minor differences could be identified between the four active groups (large within effect sizes). At the time of the conference 6-month follow-up data will be available in addition to the already collected post-assessment data (analyzed according to the intention-to-treat principle).

**Typ och Nyckelord:** Proceedings behavioral activation, physical exercise, treatment, depression

**Referens:** Carlbring, P., Nystrom, M., Lindner, P., Martell, C., Forsberg, L., Ström, L., Andersson, G., & Hassmen, P. (2015). The effects on depression of Internet-administered behavioral activation vs. physical exercise. Paper presented at the 3rd Scientific Meeting of the European Society for Research on Internet Interventions, Warsaw, Poland, 17-18 September 2015.

**Abstract:** Despite their potential as low-threshold, low-cost and high-flexibility treatments of depression, behavioral activation and physical exercise have not yet been directly compared. This study has examined the effects of these interventions, administered via the Internet. In this randomized controlled trial a total of 312 participants meeting the diagnostic criteria for mild to moderate major depression, recruited in multiple cycles and randomized to either a waiting list control group with delayed treatment, or one of the four active treatment groups: (1) physical exercise without a clear psychological treatment rationale; (2) physical exercise with a psychological treatment rationale; (3) behavioral activation a la Lewinsohn; or (4) behavioral activation a la Martel. A total of 72% were women and the average age of the participants were M=42.3 years (SD=13,5). More than half (53,9%) had a history of previous psychological treatment. Primary outcome measure was the 9-item Patient Health Questionnaire. Assessments were made on a weekly basis for the full duration of the acute treatment which was 12 weeks. The preliminary results are in line with previous online studies showing that all active treatment groups were superior to the waitlist (large effect sizes) and that only minor differences could be identified between the four active groups (large within effect sizes). At the time of the conference 6-month follow-up data will be available in addition to the already collected post-assessment data (analyzed according to the intention-to-treat principle).

**Typ och Nyckelord:** Proceedings depression, behavioral activation, physical exercise

**Referens:** Cernvall, M., Carlbring, P., Ljungman, L., Ljungman, G., & von Essen, L. (2015). Internet-based guided self-help for parents of children on cancer treatment: a randomized controlled trial. *Psycho-Oncology*, 24(9), 1152-1158.

**Abstract:** Objective: The aim of the study was to investigate the feasibility and preliminary efficacy of an Internet-based guided self-help intervention for posttraumatic stress symptoms (PTSS) and related symptoms in parents of children on cancer treatment.

Methods: Parents of children on cancer treatment, who fulfilled the modified symptom criteria on the PTSD Checklist, were randomly allocated to the intervention or to a wait-list control condition. The intervention group accessed a 10-week guided self-help program via the Internet based on principles from cognitive behavior therapy. The primary outcome PTSS and the secondary outcomes depression and anxiety were assessed by self-report preintervention and postintervention.

Results: Seven hundred forty-seven parents were approached and informed about the study, 92 were assessed for eligibility, and 58 were included and randomized to the intervention (n = 31) or wait list (n = 27). Eighteen participants completed the intervention. Intention-to-treat analyses indicated a significant effect of the intervention on PTSS with a large between-group effect size at postassessment (Cohen's d = 0.88). The intervention group reported reductions in PTSS with a large within-group effect size (d = 1.62) compared with a minimal reduction in the wait-list group (d = 0.09). There was a significant intervention effect on depression and anxiety and reductions in the intervention group with large within-group effect sizes (d = 0.85-1.09).

Conclusions: Findings indicate a low enrollment rate and considerable attrition but also that Internet-based guided self-help shows promise for parents of children on cancer treatment who report a high level of PTSS and would like to take part in an Internet-based intervention.

**Typ och Nyckelord:** Journal cancer, oncology, internet-based intervention, parents, posttraumatic stress, randomized controlled trial, ISSN: 1057-9249

**Referens:** Cernvall, M., Carlbring, P., Ljungman, L., Ljungman, G., & von Essen, L. (2015). Internet-based Guided Self-help for Parents of Children Diagnosed with Cancer: 1-year Follow-up of a Randomized Controlled Trial. Poster presented at the 2015 World Congress of Psycho-Oncology. Washington, DC, USA, July 28 – August 1, 2015. *Psycho-Oncology*, 24 (Suppl. 2), 125-126.

**Abstract:** BACKGROUND/PURPOSE: A considerable proportion of parents of children diagnosed with cancer reports a clinically significant level of distress such as symptoms of posttraumatic stress (PTSS), depression, and anxiety during and after their child's treatment. Results from intervention studies targeting distress during the child's treatment have been mixed, and long-term follow-ups are lacking. In a randomized controlled trial, we investigate the efficacy of Internet-based guided self-help for parents of children recently diagnosed with cancer. Significant effects with large effect sizes for PTSS and depression have been shown from pre-assessment to post-assessment, indicating that the intervention is efficacious in the short term. Results from the 1-year follow-up for PTSS, depression, and anxiety will be presented at the conference. METHODS: Fifty-eight parents of children recently diagnosed with cancer, fulfilling criteria for partial posttraumatic stress disorder (PTSD) on the PTSD Checklist, were randomly allocated to the intervention (n =31) or to a wait-list control condition (n =27). The intervention group accessed a 10-week guided self-help program via the Internet based on principles from cognitive behavioral therapy. The primary outcome PTSS and the secondary

outcomes depression and anxiety were assessed by self-reports pre-intervention and post-intervention, and at 1-year follow-up. Eighteen participants completed the intervention, and 37 participants completed the post-assessment. One-year follow-up data will be available in June. RESULTS: Results from the 1-year follow-up will be presented at the conference. CONCLUSIONS: The intervention is effective in the short term, and results presented at the conference will clarify if the effects are maintained at 1-year follow-up.

**Typ och Nyckelord:** Proceedings internet-based, self-help, cancer

**Referens:** Cernvall, M., Skogseid, E., [Carlbring, P.](#), Ljungman, L., Ljungman, G., & von Essen, L. (in press). Experiential Avoidance and Rumination in Parents of Children on Cancer Treatment: Relationships with Posttraumatic Stress Symptoms and Symptoms of Depression. *Journal of Clinical Psychology in Medical Settings*.

**Abstract:** We conducted a cross-sectional survey study to investigate whether there is a relationship between experiential avoidance (EA), rumination, post-traumatic stress symptoms (PTSS), and symptoms of depression, in parents of children on cancer treatment. Data from 79 parents (55 mothers) of 79 children with a median of three months since their cancer diagnosis were included in cross-sectional analyses. EA and rumination were positively correlated with PTSS and symptoms of depression. EA and rumination did not provide incremental explained variance in PTSS over and above that explained by symptoms of depression, while controlling for symptoms of anxiety and demographic characteristics. However, EA and rumination provided incremental explained variance in symptoms of depression over and above that explained by PTSS, while controlling for symptoms of anxiety and demographic characteristics. Rumination and EA are important constructs in the understanding of PTSS and symptoms of depression in parents of children on cancer treatment. Future research should delineate the temporal relationships between these constructs.

**Typ och Nyckelord:** Journal avoidance, cancer and oncology, depression, parents, posttraumatic stress, rumination, ISSN: 1068-9583

**Referens:** Chirumbolo, A., [Hellgren, J.](#), De Witte, H., Goslinga, S., [Näswall, K.](#), & [Sverke, M.](#) (2015). Caratteristiche psicometriche di una scala breve per la misura della job insecurity: Uno studio cross-culturale europeo (Psychometric characteristics of a short measure of job insecurity: A European cross-cultural study). *Rassegna di Psicologia*, 32(3), 83-98.

**Abstract:** Il tema dell'insicurezza lavorativa diventa sempre più rilevante in relazione al crescente livello di flessibilizzazione del mercato del lavoro. Gli studi empirici mostrano come più alti livelli di job insecurity siano associati a peggiori condizioni di salute fisica e psicologia e ad atteggiamenti organizzativi più negativi. In questo articolo viene presentato uno studio di validazione cross-culturale di una breve misura della job insecurity. I dati sono stati raccolti in quattro paesi europei: Belgio, Italia, Olanda e Svezia. I risultati evidenziano come, in tutti e quattro i campioni, la scala sia attendibile, uni-dimensionale e valida rispetto ad un criterio esterno di riferimento come la soddisfazione lavorativa.

**Typ och Nyckelord:** Journal job insecurity, cross-cultural, ISSN: 1125-5196

**Referens:** Clason, J., Johansson, F., & [Mörtberg, E.](#) (2015). Individual cognitive therapy for professional actors with performance anxiety. *Annals of Depression and Anxiety*, 2(6), 1066.

**Abstract:** Performance anxiety, which could be regarded as a type of social anxiety disorder, is a common and debilitating condition among professional artists. In spite of this, no clinical research has previously been done on treatment methods for professional actors with PA. In the current study A-B single case experimental designs and parametric statistics were used to report the treatment process of five actors with PA who were treated with 11-12 sessions of Individual Cognitive Therapy (ICT). ICT was found to reduce PA in four of the five cases, and resulted in significantly lower frequencies of safety behaviors and negative social thoughts. It was concluded that ICT could be an effective course of treatment for actors with PA.

**Typ och Nyckelord:** Journal performance anxiety, stage fright, social anxiety disorder, cognitive behavior therapy, ICT, ISSN: 2381-8883

**Referens:** Clefberg Liberman, L., Larsson, K., Paz Altuzarra, M., [Öst, L.-G.](#), & Ollendick, T. (2015). Self-reported Life Satisfaction and Response Style Differences Among Children in Chile and Sweden. *Journal of Child and Family Studies*, 24(1), 66-75.

**Abstract:** The purpose of the current study was to assess self-perceived life satisfaction in Chilean and Swedish children. The total sample consisted of a non-clinical sample of 1,352 school children between 8 and 14 years of age. Analyses were carried out to compare the children's subjective quality of life and life satisfaction. In addition, possible response style differences across the two countries were explored. Based on our findings, no difference was found between the two countries for the total life satisfaction score, and the only area on which the Swedish children had a significantly higher rating than the Chilean children was on their satisfaction with their friends. However, the Chilean children reported a higher satisfaction with their siblings, school and health than the Swedish children. Moreover, an interaction effect was found between country and age group on the school variable, with the three age groups in the Swedish sample being significantly different, whereas no significant difference was found between the age groups on this variable among the Chilean children. Overall, the satisfaction with the children's different life areas decreased, as they grew older, whereas gender differences were only found on three variables. Small significant response style differences were found between the Chilean and Swedish children. As the effect sizes of these differences were quite small, they should be viewed with caution, and are not likely to explain the few differences found between the children. How I Feel about Things seems fully adequate for use across normal non-clinical boys and girls belonging to different age groups and living in different countries in order to assess their self-reported life satisfaction.

**Typ och Nyckelord:** Journal life satisfaction, quality of life, cross-cultural, response styles, school children, ISSN: 1062-1024

**Referens:** Corin, L., [Berntson, E.](#), & [Härenstam, A.](#) (in press). Managers' Turnover in the Public Sector-The Role of Psychosocial Working Conditions. *International Journal of Public Administration*.

**Abstract:** An important challenge for public organizations is to attract and retain skilled managers. The present study explores how profiles of psychosocial working conditions, assessed by the combination of managerial-specific

job demands and job resources, longitudinally predict managers' turnover intentions and actual turnover in Swedish municipalities. Considerable effects of managers' psychosocial working conditions on turnover intentions but not on actual turnover were found. Thus, poor working conditions may result in psychologically detached managers in public organizations, which may have considerable and costly effects on both the organizations and the managers, in terms of decreased commitment, performance, and impaired health.

**Typ och Nyckelord:** Journal cluster analysis, job demands-resources model, public sector managers, turnover, working conditions, ISSN: 0190-0692

**Referens:** [Cornell Kärnekull, S., Jönsson, F.U., Willander, J., Sikström, S., & Larsson, M. \(2015\). Long-Term Memory for Odors: Influences of Familiarity and Identification Across 64 Days. \*Chemical Senses\*, 40\(4\), 259-267.](#)

**Abstract:** Few studies have investigated long-term odor recognition memory, although some early observations suggested that the forgetting rate of olfactory representations is slower than for other sensory modalities. This study investigated recognition memory across 64 days for high and low familiar odors and faces. Memory was assessed in 83 young participants at 4 occasions; immediate, 4, 16, and 64 days after encoding. The results indicated significant forgetting for odors and faces across the 64 days. The forgetting functions for the 2 modalities were not fundamentally different. Moreover, high familiar odors and faces were better remembered than low familiar ones, indicating an important role of semantic knowledge on recognition proficiency for both modalities. Although odor recognition was significantly better than chance at the 64 days testing, memory for the low familiar odors was relatively poor. Also, the results indicated that odor identification consistency across sessions, irrespective of accuracy, was positively related to successful recognition.

**Typ och Nyckelord:** Journal face recognition, identification consistency, odor recognition, olfactory forgetting, ISSN: 0379-864X

**Referens:** [Cosme, D., & Wiens, S. \(2015\). Self-Reported Trait Mindfulness and Affective Reactivity: A Motivational Approach Using Multiple Psychophysiological Measures. \*PLoS ONE\*, 10\(3\): e0119466.](#)

**Abstract:** As a form of attention, mindfulness is qualitatively receptive and non-reactive, and is thought to facilitate adaptive emotional responding. One suggested mechanism is that mindfulness facilitates disengagement from an affective stimulus and thereby decreases affective reactivity. However, mindfulness has been conceptualized as a state, intervention, and trait. Because evidence is mixed as to whether self-reported trait mindfulness decreases affective reactivity, we used a multi-method approach to study the relationship between individual differences in self-reported trait mindfulness and electrocortical, electrodermal, electromyographic, and self-reported responses to emotional pictures. Specifically, while participants (N = 51) passively viewed pleasant, neutral, and unpleasant IAPS pictures, we recorded high-density (128 channels) electrocortical, electrodermal, and electromyographic data to the pictures as well as to acoustic startle probes presented during the pictures. Afterwards, participants rated their subjective valence and arousal while viewing the pictures again. If trait mindfulness spontaneously reduces general emotional reactivity, then for individuals reporting high rather than low-mindfulness, response differences between emotional and neutral pictures would show relatively decreased early posterior negativity (EPN) and late positive potential (LPP) amplitudes, decreased skin conductance responses, and decreased subjective ratings for valence and arousal. High mindfulness would also be associated with decreased emotional modulation of startle eyeblink and P3 amplitudes. Although results showed clear effects of emotion on the dependent measures, in general, mindfulness did not moderate these effects. For most measures, effect sizes were small with rather narrow confidence intervals. These data do not support the hypothesis that individual differences in self-reported trait mindfulness are related to spontaneous emotional responses during picture viewing.

**Typ och Nyckelord:** Journal trait mindfulness, affective reactivity, motivation, EPN, LPP, ISSN: 1932-6203

**Referens:** [Crocetti, E., Hale, W.W. III, Dimitrova, R., Abubakar, A., Gao, C.-H., & Agaloos Pesigan, I.J. \(2015\). Generalized Anxiety Symptoms and Identity Processes in Cross-Cultural Samples of Adolescents from the General Population. \*Child and Youth Care Forum\*, 44\(2\), 159-174.](#)

**Abstract:** Approximately 20 % of adolescents around the world experience mental health problems, most commonly depression or anxiety. High levels of anxiety disorder symptoms can hinder adolescent development, persist into adulthood, and predict negative mental outcomes, such as suicidal ideation and attempts. We analyzed generalized anxiety disorder (GAD) symptoms in cross-cultural samples from the general population. We sought to examine cultural and gender differences, and correlates of GAD symptoms in samples of adolescents from six countries located in three different continents (Europe: Bulgaria, Italy, the Netherlands; Africa: Kenya; Asia: China and Philippines). Participants were 3,445 (51 % male) adolescents aged between 14 and 18 years old. They filled self-report measures of GAD symptoms and identity. First, it was found that the scores on GAD symptoms varied significantly across countries, with Dutch respondents reporting the lowest levels whereas Filipino participants exhibited the highest levels of GAD symptoms. Second, gender differences (i.e., girls reported more GAD symptoms than boys) were significant in each country (as well as in the total sample), with the only exception being that of Kenya. Third, GAD symptoms were significantly related to identity processes and similarities and differences across countries were examined. This study highlighted that prevalence, gender differences, and correlates of GAD vary across countries. Therefore, it is important when researching GAD symptoms to examine one's research findings within a global perspective.

**Typ och Nyckelord:** Journal generalized anxiety disorder symptoms, adolescence, gender, identity, cross-cultural, ISSN: 1053-1890

**Referens:** [Croy, I., Zehner, C., Larsson, M., Zucco, G.M., & Hummel, T. \(2015\). Test-Retest Reliability and Validity of the Sniffin' TOM Odor Memory Test. \*Chemical Senses\*, 40\(3\), 173-179.](#)

**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:** D'Angiulli, A., Griffiths, G., & Marmolejo-Ramos, F. (2015). Neural correlates of visualizations of concrete and abstract words in preschool children: A developmental embodied approach. *Frontiers in Psychology, 6*, 856.

**Abstract:** The neural correlates of visualization underlying word comprehension were examined in preschool children. On each trial, a concrete or abstract word was delivered binaurally (part 1: post-auditory visualization), followed by a four-picture array (a target plus three distractors; part 2: matching visualization). Children were to select the picture matching the word they heard in part 1. Event-related potentials (ERPs) locked to each stimulus presentation and task interval were averaged over sets of trials of increasing word abstractness. ERP time-course during both parts of the task showed that early activity (i.e., <300 ms) was predominant in response to concrete words, while activity in response to abstract words became evident only at intermediate (i.e., 300-699 ms) and late (i.e., 700-1000 ms) ERP intervals. Specifically, ERP topography showed that while early activity during post-auditory visualization was linked to left temporo-parietal areas for concrete words, early activity during matching visualization occurred mostly in occipito-parietal areas for concrete words, but more anteriorly in centro-parietal areas for abstract words. In intermediate ERPs, post-auditory visualization coincided with parieto-occipital and parieto-frontal activity in response to both concrete and abstract words, while in matching visualization a parieto-central activity was common to both types of words. In the late ERPs for both types of words, the post-auditory visualization involved right-hemispheric activity following a post-anterior pathway sequence: occipital, parietal, and temporal areas; conversely, matching visualization involved left-hemispheric activity following an ant-posterior pathway sequence: frontal, temporal, parietal, and occipital areas. These results suggest that, similarly, for concrete and abstract words, meaning in young children depends on variably complex visualization processes integrating visuo-auditory experiences and supramodal embodying representations.

**Typ och Nyckelord:** Journal embodied cognition, preschool children, word processing, ERPs, visual mental imagery, visualization, ISSN: 1664-1078

**Referens:** Dahlin, M., Andersson, G., Magnusson, K., Johansson, T., Sjögren, J., Håkansson, A., Pettersson, M., Kadowaki, Å., Cuijpers, P., & Carlbring, P. (in press). Internet-delivered acceptance-based behaviour therapy for generalized anxiety disorder: a randomized controlled trial. *Behaviour Research and Therapy*.

**Abstract:** Generalized anxiety disorder (GAD) is a disabling condition which can be treated with cognitive behaviour therapy (CBT). The present study tested the effects of therapist-guided internet-delivered acceptance-based behaviour therapy on symptoms of GAD and quality of life. An audio CD with acceptance and mindfulness exercises and a separate workbook were also included in the treatment. Participants diagnosed with GAD (N = 103) were randomly allocated to immediate therapist-guided internet-delivered acceptance-based behaviour therapy or to a waiting-list control condition. A six month follow-up was also included. Results using hierarchical linear modelling showed moderate to large effects on symptoms of GAD (Cohen's  $d = 0.70$  to  $0.98$ ), moderate effects on depressive symptoms (Cohen's  $d = 0.51$  to  $0.56$ ), and no effect on quality of life. Follow-up data showed maintained effects. While there was a 20% dropout rate, sensitivity analyses showed that dropouts did not differ in their degree of change during treatment. To conclude, our study suggests that internet-delivered acceptance-based behaviour therapy can be effective in reducing the symptoms of GAD.

**Typ och Nyckelord:** Journal internet-delivered, GAD, CBT, ISSN: 0005-7967

**Referens:** Danielsson, K., Jansson-Fröjmark, M., Broman, J.E., & Markström, A. (in press). Cognitive behavioral therapy as an adjunct treatment to light therapy for delayed sleep phase disorder in young adults: A randomized controlled feasibility study. *Behavioral Sleep Medicine*.

**Abstract:** Delayed sleep phase disorder (DSPD) is common among young people, but there is still no evidence-based treatment available. In the present study, the feasibility of cognitive behavioral therapy (CBT) was evaluated as an additive treatment to light therapy (LT) in DSPD. A randomized controlled trial with participants aged 16 to 26 years received LT for two weeks followed by either four weeks of CBT or no treatment (NT). LT advanced sleep-wake rhythm in both groups. Comparing LTCCBT with LTCNT, no significant group differences were observed in the primary endpoints. Although anxiety and depression scores were low at pretreatment, they decreased significantly more in LTCCBT compared to LTCNT. The results are discussed and some suggestions are given for further studies.

**Typ och Nyckelord:** Journal delayed sleep phase disorder, CBT, light therapy, ISSN: 1540-2002

**Referens:** de Jong, J., Clinton, M., Rigotti, T., & Bernhard-Oettel, C. (2015). Nonlinear associations between breached obligations and employee well-being. *Journal of Managerial Psychology, 30*(4), 374-389.

**Abstract:** Purpose: The purpose of this paper is to analyze the nonlinear association between proportions of breached obligations within the psychological contract (PC) and three dimensions of employee well-being, and the mediating role of contract violation in these relationships. With this study the authors gain a more detailed understanding of PC evaluations and their consequences for well-being. Design/methodology/approach: The authors build on asymmetry effects theory and affective events theory to propose that breached obligations outweigh fulfilled obligations in their association with well-being. The hypotheses are tested using a sample of 4,953 employees from six European countries and Israel. Findings: The results provide support for the hypotheses, as the effect sizes of the indirect relationships for breached obligations on well-being via violation are initially strong compared to fulfilled obligations, but decrease incrementally as the proportion of breached obligations become greater. At a certain point the effect sizes become nonsignificant. Research limitations/implications: The study shows that PC theory and research needs to better acknowledge the potential for asymmetrical effects of breach relative to fulfillment, such that the breach of obligations can sometimes have a stronger effect on employee well-being than the fulfillment of obligations. Practical implications: Those responsible for managing PCs in organizations should be aware of the asymmetrical effects of breach relative to fulfillment, as trusting on the acceptance or tolerance of employees in dealing with breached obligations may quickly result in lower well-being. Originality/value: The findings have implications

for the understanding of PC breach and its associations with employee well-being.

**Typ och Nyckelord:** Journal stress, personal health, job satisfaction, psychological contracts, ISSN: 0268-3946

**Referens:** Del Missier, F., Hansson, P., Parker, A.M., Bruine de Bruin, W., Nilsson, L.-G., & Mäntylä, T. (in press). Unraveling the Aging Skein: Disentangling Sensory and Cognitive Predictors of Age-related Differences in Decision Making. *Journal of Behavioral Decision Making*.

**Abstract:** Age-related differences in sensory functioning, processing speed, and working memory have been identified as three significant predictors of the age-related performance decline observed in complex cognitive tasks. Yet, the assessment of their relative predictive capacity and interrelations is still an open issue in decision making and cognitive aging research. Indeed, no previous investigation has examined the relationships of all these three predictors with decision making. In an individual-differences study, we therefore disentangled the relative contribution of sensory functioning, processing speed, and working memory to the prediction of the age-related decline in cognitively demanding judgment and decision-making tasks. Structural equation modeling showed that the age-related decline in working memory plays an important predictive role, even when controlling for sensory functioning, processing speed, and education. Implications for research on decision making and cognitive aging are discussed.

**Typ och Nyckelord:** Journal judgment and decision making, cognitive aging, working memory, processing speed, sensory functioning, ISSN: 0894-3257

**Referens:** Del Missier, F., Visentini, M., & Mäntylä, T. (2015). Option generation in decision making: Ideation beyond memory retrieval. *Frontiers in Psychology, 5*, 1584.

**Abstract:** According to prescriptive decision theories, the generation of options for choice is a central aspect of decision making. A too narrow representation of the problem may indeed limit the opportunity to evaluate promising options. However, despite the theoretical and applied significance of this topic, the cognitive processes underlying option generation are still unclear. In particular, while a cued recall account of option generation emphasizes the role of memory and executive control, other theoretical proposals stress the importance of ideation processes based on various search and thinking processes. Unfortunately, relevant behavioral evidence on the cognitive processes underlying option generation is scattered and inconclusive. In order to reach a better understanding, we carried out an individual-differences study employing a wide array of cognitive predictors, including measures of episodic memory, semantic memory, cognitive control, and ideation fluency. The criterion tasks consisted of three different poorly-structured decision-making scenarios, and the participants were asked to generate options to solve these problems. The main criterion variable of the study was the number of valid options generated, but also the diversity and the quality of generated options were examined. The results showed that option generation fluency and diversity in the context of ill-structured decision making are supported by ideation ability even after taking into account the effects of individual differences in several other aspects of cognitive functioning. Thus, ideation processes, possibly supported by search and thinking processes, seem to contribute to option generation beyond basic associative memory retrieval. The findings of the study also indicate that generating more options may have multifaceted consequences for choice, increasing the quality of the best option generated but decreasing the mean quality of the options in the generated set.

**Typ och Nyckelord:** Journal option generation, decision structuring, decision making, memory, ideation, ISSN: 1664-1078

**Referens:** Delin, L., Sjöblom, K., Lundén, C., Blomdahl, R., Marklund, A., Andersson, G., Dahl, J., & Carlbring, P. (2015). Challenger - A mobile phone application for treatment of social phobia: A randomized controlled trial of a self-help treatment in book form with or without the addition of mobile phone application (master's thesis, Uppsala University, Institution of psychology). In Abstracts from the 7th Swedish Congress on internet interventions (SWESrii) (p. 23), 6-7 November, Stockholm, Sweden. Linköping: Linköping University Press.

**Abstract:** Social phobia is one of the most common anxiety disorders. The diagnosis results in great suffering for the individual but also large social costs. This randomized, controlled study (N = 209) aimed to evaluate the relative impact of a self-help treatment in book form, with or without the addition of a mobile phone application for people with social phobia. Results demonstrated a statistically significant greater improvement between the two active treatment groups and the waiting list. A medium-sized effect size on the primary outcome measure Liebowitz Social Anxiety Scale self report was found only between the waiting list and the group treated with the addition of mobile application. Statistically significant differences were not found between the two active treatment groups. The results of this study strengthen previous research which has shown that bibliotherapy is effective for social phobia. Since the research on the efficiency of mobile phone applications for treatment of social phobia are limited, this study contributes to necessary knowledge in the field.

**Typ och Nyckelord:** Proceedings Challenger, mobile phone application, social phobia, self-help treatment

**Referens:** Dimitrova, R., Aydinli, A., Chasiotis, A., Bender, M., & van de Vijver, F.J.R. (2015). Heritage Identity and Maintenance Enhance Well-Being of Turkish-Bulgarian and Turkish-German Adolescents. *Social Psychology, 46*(2), 93-103.

**Abstract:** This study compares Turkish minority youth in Bulgaria and Germany by examining differences in ethnic identity (heritage and mainstream), acculturation (host culture adoption and heritage culture maintenance), and their influence on psychological and sociocultural outcomes. Participants were 178 Turkish-Bulgarian and 166 Turkish-German youth (mean age of 15.96 years). Youth in both cultural contexts regarded their Turkish identity and culture maintenance as more relevant than their mainstream identity and culture adoption. Turkish-Bulgarians also reported higher scores on host culture adoption than Turkish-Germans. A multigroup path model showed that Turkish identity and maintenance were positively related to well-being and adjustment to both cultures, whereas mainstream identity and adoption were positively associated with adjustment to the host culture only.

**Typ och Nyckelord:** Journal ethnic identity, Turkish-Bulgarian, Turkish-German, acculturation, adjustment, ISSN: 1864-9335

**Referens:** Dimitrova, R., & Ferrer-Wreder, L. (in press). Resources for positive youth development of Roma

ethnic minority across Europe. In N. Cabrera, & B. Leyendecker (Eds.), *Handbook of Positive Development of Minority Children*. New York: Springer.

**Abstract:**

**Typ och Nyckelord:** Book (chapter)

**Referens:**

Dimitrova, R., & Ferrer-Wreder, L., & Galanti, M.R. (in press). Pedagogical and Social Climate in School Questionnaire: Factorial validity and reliability of the teacher version in Bulgaria. *Journal of Psychoeducational Assessment*.

**Abstract:**

This study evaluated the factorial structure of the Pedagogical and Social Climate in School (PESOC) questionnaire among 307 teachers in Bulgaria. The teacher edition of PESOC consists of 11 scales (i.e., Expectations for Students, Unity Among Teachers, Approach to Students, Basic Assumptions About Students' Ability to Learn, School-Home Relations, Teacher Cooperation, Teachers' Professional Development, Teaching Activities, Student Valuation, Principal's Pedagogical Leadership, and School Management). A confirmatory factor analysis conducted with structural equation modeling supported a bi-dimensional factor model (Students and Teachers; School Leadership and Management). School climate indicators were also significantly and positively correlated. PESOC is an asset to the literature on assessment of school climate with evidence for factorial validity and reliability in an under researched international context.

**Typ och Nyckelord:** Journal PESOC, school climate, Bulgaria, ISSN: 0734-2829

**Referens:**

Dimitrova, R., Ferrer-Wreder, L., & Trost, K. (2015). Intergenerational transmission of ethnic identity and life satisfaction of Roma minority adolescents and their parents. *Journal of Adolescence*, 45, 296-306.

**Abstract:**

This study investigates intergeneration transmission of ethnic identity as a resource for life satisfaction of Roma adolescents and their parents. Historically, Roma represent the largest ethnic minority in Europe. They have been exposed to severe discrimination, social exclusion, and poverty. Therefore, identifying resources for their life satisfaction is theoretically and practically important. The present study included 1093 participants, of which there were 171 Roma adolescents (age: M = 14.96 years, SD = 1.85), 155 mothers (age: M = 36.16 years, SD = 5.77) and 123 fathers (age: M = 39.68 years, SD = 6.06). Further, a comparison group of 248 mainstream adolescents with their mothers (n = 221) and fathers (n = 175) was also included in the study. Adolescents and their parents provided data on ethnic identity (MEIM; Phinney, 1992) and life satisfaction (SWLS; Diener, Emmons, Larsen, & Griffin, 1985). Results indicated that Roma youth were lower on endorsement of ethnic identity and average on life satisfaction compared to their mainstream peers. A structural equation model showed that ethnic identity was a positive predictor of life satisfaction for both adolescents and their Roma parents. Furthermore, parents' ethnic identity was a predictor of adolescent life satisfaction. We concluded that for Roma youth and their parents, ethnic identity represents a salient source for life satisfaction and an intergenerational continuity of identity and life satisfaction exists.

**Typ och Nyckelord:** Journal ethnic identity, MEIM, Roma adolescents, life satisfaction, Bulgaria, ISSN: 0140-1971

**Referens:**

Ebner, N.C., Horta, M., Lin, T., Feifel, D., Fischer, H., & Cohen, R.A. (2015). Oxytocin modulates meta-mood as a function of age and sex. *Frontiers in Aging Neuroscience*, 7:175.

**Abstract:**

Attending to and understanding one's own feelings are components of meta mood and constitute important socio-affective skills across the entire lifespan. Growing evidence suggests a modulatory role of the neuropeptide oxytocin on various socio-affective processes. Going beyond previous work that almost exclusively examined young men and perceptions of emotions in others, the current study investigated effects of intranasal oxytocin on meta-mood in young and older men and women. In a double-blind between-group design, participants were randomly assigned to self-administer either intranasal oxytocin or a placebo before responding to items from the Trait Meta Mood Scale (TMMS) about attention to feelings and clarity of feelings. In contrast to older women, oxytocin relative to placebo increased attention to feelings in older men. Oxytocin relative to placebo enhanced meta-mood in young female participants but reduced it in older female participants. This pattern of findings supports an age- and sex-differential modulatory function of the neuropeptide oxytocin on meta-mood, possibly associated with neurobiological differences with age and sex.

**Typ och Nyckelord:** Journal oxytocin, aging, sex, emotion, meta-mood, ISSN: 1663-4365

**Referens:**

Eib, C. (2015). *Processes of Organizational Justice: Insights into the perception and enactment of justice*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:**

Well-being at work is of major public interest, and justice at the workplace can be a key factor contributing to employees and managers feeling well. Research has found direct relationships between organizational justice perceptions and work and health outcomes. With research on the justice-health link still emerging, this thesis examines the moderating and mediating processes for the effects of justice perceptions on work outcomes and especially health outcomes. As little is known about those who enact justice, the antecedents and consequences of justice enactment are also studied. In Study I, the relationships between organizational justice and work and health outcomes were in focus, as the moderating role of job characteristics was investigated utilizing the demand-control(-support) model. Organizational justice and job characteristics were associated with work and health outcomes within and across time. The multiplicative effects showed that the organizational justice effects were stronger when perceived job demands were high, job control was low or social support was low. Study II examined the processes through which justice perceptions translate into health outcomes. Building on the allostatic load model, mental preoccupation with work was found to be a relevant mediator of the justice-health relationship, with locus of control moderating the mediated relationships. Study III focused on the actor perspective. Investigating predictions based on the deontic model of justice and ego-depletion theory, moral regard and justice self-efficacy predicted justice enactment positively, and justice enactment had positive effects on feeling professionally recognized but also negative health consequences for the actors themselves. This thesis contributes to advancing the emergent justice-health research stream by providing insights into the processes underlying these aspects, and by incorporating this stream into the actor perspective.

**Typ och Nyckelord:** Dissertation organizational justice, overall justice, fairness, justice enactment, well-being, health, Demand-Control-Support, allostatic load, entrepreneurs, owner-managers, deontic justice, ego depletion, ISBN: 978-91-7649-098-3

- Referens:** Eib, C., Bernhard-Oettel, C., Näswall, K., & Sverke, M. (2015). The interaction between organizational justice and job characteristics: Associations with work attitudes and employee health cross-sectionally and over time. *Economic and Industrial Democracy*, 36(3), 549-582.
- 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 DCS model, job characteristics, organizational justice, overall justice, ISSN: 0143-831X
- Referens:** Eib, C., von Thiele Schwarz, U., & Blom, V. (2015). Don't let it get to you!: A moderated mediated approach to the (in)justice-health relationship. *Journal of Occupational Health Psychology*, 20(4), 434-445.
- Abstract:** The present study investigates the consequences of overall justice perceptions on employees' mental health and work-family conflict. While many studies have found that perceiving injustice at work is harmful, little is known about the underlying processes. Based on the allostatic load model, it is hypothesized that mental preoccupation with work, defined as a cognitive state, is a mediator linking overall justice perceptions to employee health. Moreover, we argue that locus of control is a moderator for the mediated relationship. We tested our hypotheses with panel data consisting of 412 Swedish office workers. Results support that mental preoccupation with work mediates the relationship between overall justice and mental health, and overall justice and work-family conflict. Results also reveal that mental preoccupation with work plays a greater mediating role for individuals with an external locus of control. Implications and suggestions for future studies on the emerging relationship between organizational justice and health are discussed.
- Typ och Nyckelord:** Journal organizational justice, overall justice, health, locus of control, allostatic load, ISSN: 1076-8998
- Referens:** Engman, M.-L., Sundin, M., Miniscalco, C., Westerlund, J., Lewensohn-Fuchs, I., Gillberg, C., & Fernell, E. (2015). Prenatal acquired cytomegalovirus infection should be considered in children with autism. *Acta Paediatrica*, 104(8), 792-795.
- Abstract:** Aim: The aim of the study was to evaluate the prevalence of congenital cytomegalovirus infection (CMV) in a representative sample of children with autism spectrum disorder. Methods: In a representative group of 115 preschool children with autism spectrum disorder, of whom 33 also had intellectual disability, the dried blood spots from the newborn metabolic screening were analysed for CMV DNA using TaqMan polymerase chain reaction. Results: One of the 33 children with autism spectrum disorder and intellectual disability - 3% of that group - had congenital CMV infection. The corresponding prevalence in newborn infants in Sweden is 0.2%. None of the 82 children without intellectual disability had congenital CMV. Conclusion: The finding lends some further support for congenital CMV being one of the many aetiologies underlying autism spectrum disorder with intellectual disability. The rate of 3% of congenital CMV in children with autism spectrum disorder with intellectual disability has implications for the medical work-up. The finding of congenital CMV also indicates the need for repeated hearing assessments in the child. There is a need for similar studies with much larger samples.
- Typ och Nyckelord:** Journal autism, congenital cytomegalovirus infection, dried blood spots, intellectual disability, ISSN: 0803-5253
- Referens:** Eriksson, G., Patten, C.J.D., Svenson, O., & Eriksson, L. (2015). Estimated time of arrival and debiasing the time saving bias. *Ergonomics*, 58(12), 1939-1946.
- Abstract:** The time saving bias predicts that the time saved when increasing speed from a high speed is overestimated, and underestimated when increasing speed from a slow speed. In a questionnaire, time saving judgements were investigated when information of estimated time to arrival was provided. In an active driving task, an alternative meter indicating the inverted speed was used to debias judgements. The simulated 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 to gain exactly 3 min in travel time compared with the first drive. A control group performed the same task with a speedometer and saved less than the targeted 3 min when increasing speed from a high speed, and more than 3 min when increasing from a low speed. Participants in the alternative meter condition were closer to the target. The two studies corroborate a time saving bias and show that biased intuitive judgements can be debiased by displaying the inverted speed.
- Practitioner Summary:* Previous studies have shown a cognitive bias in judgements of the time saved by increasing speed. This simulator study aims to improve driver judgements by introducing a speedometer indicating the inverted speed in active driving. The results show that the bias can be reduced by presenting the inverted speed and this finding can be used when designing in-car information systems.
- Typ och Nyckelord:** Journal time saving bias, debiasing, inverted speed, estimated time of arrival, heuristic, ISSN: 0014-0139
- Referens:** Eriksson, M.A., Lieden, A., Westerlund, J., Bremer, A., Wincent, J., Sahlin, E., Gillberg, C., Fernell, E., & Anderlid, B.-M. (2015). Rare copy number variants are common in young children with autism spectrum disorder. *Acta Paediatrica*, 104(6), 610-618.
- Abstract:** Aim: Several studies have suggested that rare copy number variants (CNVs) are an important genetic contributor to autism spectrum disorders. The aims of the study were to use chromosomal microarray to investigate the presence of rare copy number variants in a population-based cohort of well-characterised young children with autism spectrum disorders and to relate the genetic results to neurodevelopmental profiles and medical conditions. Methods: We performed chromosomal microarray on samples from 162 children who had been referred to the Stockholm Autism Centre for Young Children in Sweden after being diagnosed with autism spectrum disorder between 20 and 54 months of age. Results: Pathogenic aberrations were detected in 8.6% of



the children and variants of uncertain significance were present in another 8.6%. CNVs were more frequent in children with congenital malformations or dysmorphic features as well as in the subgroup with intellectual disability. Conclusion: Our results support the use of chromosomal microarray methods for the first tier genetic analysis of autism spectrum disorder. However, it is likely in the near future that chromosomal microarray methods will probably be replaced by whole-exome and whole-genome sequencing technologies in clinical genetic testing.

**Typ och Nyckelord:** Journal autism, autism spectrum disorder, chromosomal microarray, copy number variants, ISSN: 0803-5253

**Referens:** Essery, R., Kirby, S., Geraghty, A. W. A., Andersson, G., [Carlbring, P.](#), Bronstein, A., Little, P., & Yardley, L. (2015). The Development of Balance Retraining: An Online Intervention for Dizziness in Adults Aged 50 Years and Older. *American Journal of Audiology*, 24(3), 276-279.

**Abstract:** Purpose: This article outlines the rationale and development process for an online intervention based on vestibular rehabilitation therapy (VRT). The intervention aims to assist adults aged 50 years and older to self-manage and reduce dizziness symptoms. Method: The intervention was developed according to the person-based approach to digital intervention design focused on accommodating perspectives of target users. A prototype version of the intervention was provided to 18 adults (11 women, 7 men) aged 50 years and older with dizziness. These adults were invited to use the intervention over a 6-week period and, during this time, took part in a think-aloud session. This session sought to understand users' perceptions of how acceptable, engaging, and easy to use they found the online intervention. Results: Users were extremely positive regarding how easy to navigate, visually appealing, and informative they found the intervention. Think-aloud sessions provided valuable data for informing small amendments to further enhance acceptability of the intervention for target users. Conclusions: Informed by these development-phase data, a finalized version of the intervention is now being investigated in a primary care-based randomized controlled trial. Results should provide an understanding of whether VRT can be effectively—especially, cost-effectively—delivered via an online intervention to adults aged 50 years and older.

**Typ och Nyckelord:** Journal balance retraining, online intervention, dizziness, VRT, ISSN: 1059-0889

**Referens:** [Ewalds-Kvist, B.](#), & Lützn, K. (2015). Miss B Pursues Death and Miss P Life in the Light of V. E. Frankl's Existential Analysis/Logotherapy. *Omega: Journal of Death and Dying*, 71(2), 169-197.

**Abstract:** Ms B's in United Kingdom and Ms P's in Finland choices in life when dealing with acute ventilator-assisted tetraplegia were analyzed by means of Viktor E. Frankl's existential analysis/logotherapy. The freedom of will to existential meaning and to worth in one's suffering realizes in the attitudinal change the person chooses or is forced to adopt when subject to severe circumstances. Life becomes existentially meaningful relative to inescapable suffering by the completion of three values: creative, experiential, and attitudinal values. If the search for meaning on these paths is frustrated or obstructed, a person's will to meaning transforms into existential frustration along with an existential vacuum and feelings of despair emerge and harm the person's will to survive. However, a person's frustrated meaning in life, when subject to unavoidable severe conditions, can be averted and redirected by applying the basic tenets in an existential analytic/logotherapeutic approach to the extreme situation.

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

**Referens:** [Falkenberg, H.](#), [Lindfors, P.](#), Chandola, T., & Head, J. (2015). Do socioeconomic status and gender matter when combining work and family and could control at work and at home help? Poster presented at ProWorkNet meeting, Sigtuna, Sweden, August 26-27, 2015.

**Abstract:** Work and family are two domains that are of major importance for many individuals. These domains could put high demands on the individual and when these demands are in conflict there is a risk for negative health consequences (Amstad et al., 2011). However, research has also shown that the multiple roles of work and family could be a source of satisfaction and well-being (McNall, Nicklin, & Masuda, 2010). 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 enable employees to combine work and family (DiRenzo et al., 2011; Grzywacz & Butler, 2005), 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 on different levels of the occupational hierarchy. In a similar vein, control at home could be beneficial for the work-family balance (Lapierre & Allen, 2012). However, studies about control at home are few and it is not known if control at home relates to the possibility to combine work and family differently depending on such as gender and socioeconomic status.

The objectives of this study thus are:

- to investigate how gender and socioeconomic status are associated with work-family interference (WFI) and family-work interference (FWI)
- to investigate how control at work and control at home relate to WFI and FWI for women and men with different socioeconomic status.

Data from the Whitehall II study of British civil servants 1991-1993 (phase 3) and 1997-1999 (phase 5) were analyzed (Marmot & Brunner, 2005). This included 3484 (827 women and 2657 men) in three non-industrial employment grades (senior 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.

Results: Women reported more WFI and more FWI than men. There was a gradient in WFI (employees with higher SES reported more WFI). The two-way interactions between gender and SES were significant for both WFI and FWI (see Figures). Low control at work was associated with more WFI. Lower levels of control at home was associated with more WFI and more FWI. Non of the three-way interaction effects between gender, SES and control at work or control at home were significant.

Conclusions: Women, at least in the British Civil service, experienced more interference between work and family (in both directions) than men. Employees in high positions seem to have more difficulty combining work and family. This is especially true for women which might influence their career choices and health. The importance of control at home indicates that the home sphere has to be considered in further research and in the development of policies on work-family balance. Control at work and at home seem to relate to WFI or FWI in similar ways independently of gender and SES.

**Typ och Nyckelord:** Proceedings gender, control, work-family conflict

**Referens:** Falkenberg, H., Lindfors, P., & Head, J. (2015). Handling interference between work and family: Do gender and socioeconomic status matter and could control at work and at home help? Paper presented at 17th EAWOP Congress. Oslo, Norway, May 20-23, 2015.

**Abstract:** Purpose: This study investigated how gender and social position were associated with work-family interference (WFI) and family-work interference (FWI) and how control at work and at home related to WFI and FWI for women and men with different social positions. Method: Data from the Whitehall II study collected 1991-1993 and 1997-1999 among 3484 (827 women and 2657 men) British Civil servants in three employment grades were analyzed. Results: Women reported a higher risk of WFI and FWI. There was a gradient in WFI, showing that employees with higher grades reported more WFI. Interactions indicated a stronger gradient in WFI and FWI among women. Low control at work related to more WFI and low control at home related to more WFI and FWI among all groups of employees. Limitations: The data were collected some years ago among British Civil servants, which limit generalizability. There were few women in the high and middle grades and few men in the low grade which reduced the power to analyze gender and grade differences. Implications: Employees in high positions, especially women, could have more difficulties in combining work and family, which might influence their career choices and health. The importance of control at home indicates that the home sphere has to be considered in further research and practical work. Originality: Only few studies investigate gender and status differences in relation to WFI and FWI. Studies that include both control at work and at home in relation to WFI and FWI are scarce.

**Typ och Nyckelord:** Proceedings control at work, control at home, work family interference

**Referens:** Falkenberg, H., Näswall, K., Lindfors, P., & Sverke, M. (2015). Working in the same sector, in the same organization and within the same occupation: Similarities and differences between women and men physicians' work climate and health complaints. *Nordic Journal of Working Life Studies*, 5(4), 67-84.

**Abstract:** Due to the segregated labor market, gender differences in health are often confounded by factors such as sector or occupation. This study explored similarities and differences in work climate and health complaints among women and men working in the same sector, in the same organization, and in the same occupation. First, work climate and health complaints were compared between women and men. Second, relations between the work climate and health complaints were investigated in both genders. Questionnaire data were collected from 95 women and 105 men physicians who worked in the same acute care hospital in Sweden. The results showed no gender differences in the job, role, leadership, or organizational characteristics. However, women physicians reported less workgroup cohesiveness and cooperation and more mental and physical health complaints than men physicians. Workgroup cohesiveness and cooperation were related to less health complaints only for men physicians. This explorative study indicates similarities between women and men when the work situation is similar, but suggests that some of the differences that appear in the large structures of the gender-segregated labor market also seem to be present for women and men who work in the same sector, in the same organization, and in the same occupation.

**Typ och Nyckelord:** Journal gender, health care, health complaints, ISSN: 2245-0157

**Referens:** Fernell, E., Bejerot, S., Westerlund, J., Miniscalco, C., Simila, H., Eyles, D., Gillberg, C., & Humble, M.B. (2015). Autism spectrum disorder and low vitamin D at birth: A sibling control study. *Molecular Autism*, 6, 3.

**Abstract:** Background: Insufficient vitamin D activity has attracted increasing interest as a possible underlying risk factor in disorders of the central nervous system, including autism. Methods: In this study, 25-hydroxyvitamin D (25(OH) D) was analysed in 58 Sweden-born sibling pairs, in which one child had autism spectrum disorder (ASD) and the other did not. The study group consisted of two representative samples; 47 Gothenburg sibling pairs with mixed ethnicities and 11 Stockholm sibling pairs with Somali background. 25(OH) D levels were analysed in the stored dried blood spots taken in the neonatal period for metabolic screening. Results: The collapsed group of children with ASD had significantly lower vitamin D levels ( $M = 24.0$  nM,  $SD = 19.6$ ) as compared with their siblings ( $M = 31.9$  nM,  $SD = 27.7$ ), according to a paired samples t-test ( $P = 0.013$ ). The difference was most likely not only accounted for by a difference in season of birth between ASD and non-ASD siblings since the mean 25(OH)D levels differed with similar effect size between the sibling pairs born during winter and summer, respectively. All children with African/Middle East background, both the children with ASD and their non-ASD siblings, had vitamin D deficiency. Conclusions: The findings suggest that low prenatal vitamin D may act as a risk factor for ASD, however, there is a need for replication with larger samples. Future research should study whether or not adequate supplementation of vitamin D to pregnant women might lower the risk for ASD in the offspring.

**Typ och Nyckelord:** Journal autism spectrum disorder, vitamin D, 25-hydroxyvitamin D, neonatal, dried blood spots, ISSN: 2040-2392

**Referens:** Ferrer-Wreder, L., Sugimura, K., Trost, K., Poyrazli, S., Klingstedt, M.-L., & Thomas, S. (2015). 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* (pp. 502-518). 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-distant 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., Sundell, K., Eichas, K., & Habibi, M. (2015). An empirical test of a diffusion framework for school-based prevention: The 21 Swedish junior high school study. *Journal of Community Psychology, 43*(7), 811-831.
- Abstract:** This is a three year, quasi-experimental trial of an intervention diffusion framework. There were 11 intervention and 10 control junior high schools located in either a large Swedish city or the Swedish countryside. Multilevel structural equation modeling was used to evaluate a two-level model (1337 students nested in 85 classrooms), outcomes: internalizing and externalizing problems, substance use, socio-emotional competence, and perception of a positive school environment. Results showed that framework-related benefits were predominately shown either for one gender or one gender living in a particular setting. Changes were also primarily of a buffering character, in which a subgroup of comparison participants showed a poorer pattern of change relative to intervention participants. Study results provide evidence for discourse about what is an optimal level of choice for intervention stakeholders to have when implementing interventions and provides an empirical test of a diffusion framework in routine practice, outside of the United States.
- Typ och Nyckelord:** Journal intervention, school, adolescents, ISSN: 0090-4392
- Referens:** Finkel, D., Sternäng, O., & Wahlin, Å. (2015). Longitudinal trends in functional biological age: Impact of lifestyle factors. *The Gerontologist, 55* (Suppl 2): 61.
- Abstract:** Composites of measures of biological aging (e.g., Anstey and colleagues, Wahlin and colleagues) can be more meaningful than simple chronological age and provide insights into the aging process and its covariates. The Swedish Adoption/Twin Study of Aging provides longitudinal data on measures of vision, hearing, gait, grip strength, and lung function from 642 individuals ranging in age from 47 to 87 at wave 1. Individuals were included who participated in at least one of 5 measurement waves covering 16 years of follow-up; 69% participated in at least 3 waves. The 5 measures are combined and transformed to T-scores to create FBioAge. A two-slope age-based latent growth curve model (LGCM) was applied to the data (note that results for a time-based LGCM were similar). Phenotypic analyses indicated an inflection point in rates of change at age 75: the rate of increase in FBioAge was twice as fast after age 75, compared with prior to age 75. Analysis of the impact of several covariates on the LGCM parameters indicated that most impacted the intercept, only. Thus, on average higher (i.e., older) FBioAge was indicated for women, individuals with less education, smokers, drinkers, individuals who reported more illnesses, and individuals who reported poorer subjective health. Two variables impact the rate of change in FBioAge. Faster rate of change was predictive of mortality and childhood SES impacted the rate of change prior to age 75, only. In future research we will examine how FBioAge relates longitudinally to aging-sensitive functions, such as cognitive abilities.
- Typ och Nyckelord:** Proceedings functional biological age, lifestyle factors, FBioAge
- Referens:** Fjermestad, K.W., Lerner, M.D., McLeod, B.D., Wergeland, G.J.H., Heiervang, E.R., Silverman, W.K., Öst, L.-G., De Los Reyes, A., Havik, O.E., & Haugland, B.S.M. (in press). Therapist-youth agreement on alliance change predicts long-term outcome in CBT for anxiety disorders. *Journal of Child Psychology and Psychiatry*.
- Abstract:** Background: In individual cognitive behavioral therapy (ICBT) for youth anxiety disorders, it is unclear whether, and from whose perspective, the alliance predicts outcome. We examined whether youth- and therapist-rated alliance, including level of youth-therapist alliance agreement, predicted outcome in a randomized controlled trial.
- Methods: Youth (N = 91, M age = 11.4 years (SD = 2.1), 49.5% boys, 86.8% Caucasian) diagnosed with separation anxiety disorder, social phobia, or generalized anxiety disorder drawn from the ICBT condition of an effectiveness trial were treated with an ICBT program. Youth- and therapist-rated alliance ratings, assessed with the Therapeutic Alliance Scale for Children (TASC-C/T), were collected following session 3 (early) and 7 (late). Early alliance, change in alliance from early to late, and level of youth-therapist agreement on early alliance and alliance change were examined, in relation to outcomes collected at posttreatment and 1-year follow-up. Outcome was defined as primary diagnosis loss and reduction in clinicians' severity ratings (CSR; Anxiety Disorders Interview Schedule; ADIS-C/P) based on youth- and parent-report at posttreatment and follow-up, and youth treatment satisfaction collected at posttreatment (Client Satisfaction Scale; CSS).
- Results: Early TASC-C scores positively predicted treatment satisfaction at posttreatment. Higher levels of agreement on change in TASC-C and TASC-T scores early to late in treatment predicted diagnosis loss and CSR reduction at follow-up.
- Conclusions: Only the level of agreement in alliance change predicted follow-up outcomes in ICBT for youth anxiety disorders. The findings support further examination of the role that youth-therapist alliance discrepancies may play in promoting positive outcomes in ICBT for youth anxiety disorders. Clinical trial number NCT00586586, clinicaltrials.gov.
- Typ och Nyckelord:** Journal alliance, alliance agreement, CBT, anxiety, youth, ISSN: 0021-9630
- Referens:** Foody, M., Samara, M., & Carlbring, P. (2015). A review of cyberbullying and suggestions for online psychological therapy. *Internet Interventions, 2*(3), 235-242.
- Abstract:** Investigations of cyberbullying are beginning to emerge in the scientific literature because of their implications for child and adolescent development. In particular, cyberbullying victimisation has been associated with similar negative consequences to traditional or face-to-face bullying such as lower academic achievement, anxiety, and sometimes even suicide. Research has also started to emerge investigating the impact of such incidences on the life of adults. The literature in this area has been steadily growing over the last decade and this review highlights the current situation in terms of relevant features and the psychological impact on victims. The selection process consisted of a comprehensive search that was conducted in January 2015 in the following databases: PsychInfo, ERIC, Web of Science and Medline. A total of 19 papers were included. We conclude with suggestions for online psychological treatment for victims and bullies as a means of coping with the distress caused from cyberbullying experiences.
- Typ och Nyckelord:** Journal cyberbullying, acceptance and commitment therapy, internet interventions, ISSN: 2214-782

- Referens:** Forsberg Kankkunen, T., & Härenstam, A. (2015). Från kvinnors arbetsmiljö till genus och arbetsmiljö. Reflektioner om genus, arbetsmiljö och förändring. I A. Sjöstedt Landén, G. Olofsdotter, & M. Bolin (Red.), *Sprickor, öppningar & krackeleringar - nya perspektiv på arbetsmiljö* (s. 125-142). Gender Studies at Mid Sweden University, Working paper no 8.
- Abstract:** När arbetsmiljö studeras i ett genusperspektiv talas i allmänhet i termer av kvinnors arbetsmiljö och förklaringar till ohälsa söks hos kvinnorna själva. Det talas sällan i termer av mäns arbetsmiljö. När det handlar om mansdominerade delar av arbetsmarknaden synliggörs istället arbetsvillkoren och ansträngningar görs för att förbättra dem. I detta bokkapitel argumenterar vi för att det är dags att sluta använda begreppet kvinnors arbetsmiljö. Arbetsmiljön är inte utformad efter kön och lösningarna hittas inte om analyser och åtgärder av arbetsmiljön baseras på särskiljande av kvinnor och män. Gör man det riskerar man att förklara arbetsmiljön med kön och riskerar att dölja att könsskillnader som syns i könsuppdelad statistik är konsekvenser av att arbetsmarknaden är segregerad och att det finns systematiska skillnader mellan typiskt kvinnliga och manliga verksamheter. För att synliggöra och förändra sådana könsskillnader i arbetsmiljön behövs ett fokus på de organisatoriska sammanhang som flertalet kvinnor och män finns i. Kapitlet handlar om hur arbetsmiljön kan förstås och studeras med ett genusperspektiv som tar fasta på den horisontella könssegregeringen och på hur de könssegregerade arbetsplatserna är organiserade.
- Typ och Nyckelord:** Book (chapter) genus, arbetsmiljö, horisontell könssegregering, arbetsorganisation, ISBN: 978-91-88025-42-5
- Referens:** Forslund, T., Brocki, K., Bohlin, G., Granqvist, P., & Eninger, L. (in press). Self-regulation in relation to ADHD symptoms and conduct problems: Executive functions, emotion regulation and attachment disorganization. *British Journal of Developmental Psychology*.
- Abstract:**
- Typ och Nyckelord:** Journal
- Referens:** Forsström, D., Hesser, H., & Carlbring, P. (in press). Usage of a Responsible Gambling Tool: A Descriptive Analysis and Latent Class Analysis of User Behavior. *Journal of Gambling Studies*.
- Abstract:** Gambling is a common pastime around the world. Most gamblers can engage in gambling activities without negative consequences, but some run the risk of developing an excessive gambling pattern. Excessive gambling has severe negative economic and psychological consequences, which makes the development of responsible gambling strategies vital to protecting individuals from these risks. One such strategy is responsible gambling (RG) tools. These tools track an individual's gambling history and supplies personalized feedback and might be one way to decrease excessive gambling behavior. However, research is lacking in this area and little is known about the usage of these tools. The aim of this article is to describe user behavior and to investigate if there are different subclasses of users by conducting a latent class analysis. The user behaviour of 9528 online gamblers who voluntarily used a RG tool was analysed. Number of visits to the site, self-tests made, and advice used were the observed variables included in the latent class analysis. Descriptive statistics show that overall the functions of the tool had a high initial usage and a low repeated usage. Latent class analysis yielded five distinct classes of users: self-testers, multi-function users, advice users, site visitors, and non-users. Multinomial regression revealed that classes were associated with different risk levels of excessive gambling. The self-testers and multi-function users used the tool to a higher extent and were found to have a greater risk of excessive gambling than the other classes.
- Typ och Nyckelord:** Journal responsible gambling tool, decrease gambling, user behavior, latent class analysis, initial high usage, low repeated usage, ISSN: 1573-3602
- Referens:** Forsström, D., Rozental, A., Nilsson, S., Rizzo, A., & Carlbring, P. (2015). Group versus Internet-based cognitive-behavioral therapy for procrastination: Study protocol for a randomized controlled trial. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 20). Linköping: Linköping University Press.
- Abstract:** Procrastination can be 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, which in turn can constitute a major problem for many individuals. There are not many studies available on treating procrastination. A previous Internet based RCT with guided and unguided treatment aimed to decrease procrastination yielded positive results for individuals who volunteered to receive treatment. This current study has the aim to further increase the knowledge regarding treatment for procrastination. It is a RCT comparing unguided and group treatment aimed to decrease procrastination in a student population. Demographic data from the included participants and preliminary outcome data is presented. These results are discussed and compared to the previous RCT and other studies evaluating the effect of treatment aimed to decrease procrastination.
- Typ och Nyckelord:** Proceedings procrastination, group based CBT, internet-based CBT
- Referens:** Fransson, M., Granqvist, P., Hagekull, B., & Bohlin, G. (in press). The contribution of attachment to social functioning beyond childhood: A longitudinal study from middle childhood to young adulthood. *Scandinavian Journal of Psychology*.
- Abstract:**
- Typ och Nyckelord:** Journal attachment, social functioning, longitudinal, ISSN: 0036-5564
- Referens:** Fridner, A., Norell, A., Åkesson, G., Gustafsson Sendén, M., Løvseth, L.T., & Schenck-Gustafsson, K. (2015). Possible reasons why female physicians publish fewer scientific articles than male physicians: A cross-sectional study. *BMC Medical Education*, 15, 67.
- Abstract:** Background: The proportion of women in medicine is approaching that of men, but female physicians are still in the minority as regards positions of power. Female physicians are struggling to reach the highest positions in academic medicine. One reason for the disparities between the genders in academic medicine is the fact that female physicians, in comparison to their male colleagues, have a lower rate of scientific publishing, which is

an important factor affecting promotion in academic medicine. Clinical physicians work in a stressful environment, and the extent to which they can control their work conditions varies. The aim of this paper was to examine potential impeding and supportive work factors affecting the frequency with which clinical physicians publish scientific papers on academic medicine.

Methods: Cross-sectional multivariate analysis was performed among 198 female and 305 male Swedish MD/PhD graduates. The main outcome variable was the number of published scientific articles.

Results: Male physicians published significantly more articles than female physicians  $p < .001$ . In respective multivariate models for female and male physicians, age and academic positions were significantly related to a higher number of published articles, as was collaborating with a former PhD advisor for both female physicians (OR = 2.97; 95% CI 1.22–7.20) and male physicians (OR = 2.10; 95% CI 1.08–4.10). Control at work was significantly associated with a higher number of published articles for male physicians only (OR = 1.50; 95% CI 1.08–2.09). Exhaustion had a significant negative impact on number of published articles among female physicians (OR = 0.29; 95% CI 0.12–0.70) whilst the publishing rate among male physicians was not affected by exhaustion.

Conclusions: Women physicians represent an expanding sector of the physician work force; it is essential that they are represented in future fields of research, and in academic publications. This is necessary from a gender perspective, and to ensure that physicians are among the research staff in biomedical research in the future.

**Typ och Nyckelord:** Journal physicians, biomedical research, publications, work control, burnout, women physicians, ISSN: 1472-6920

**Referens:** Gerhardsson, A., Högman, L.B., & Fischer, H. (2015). Viewing distance matters to perceived intensity of facial expressions. *Frontiers in Psychology*, 6, 944.

**Abstract:** In our daily perception of facial expressions, we depend on an ability to generalize across the varied distances at which they may appear. This is important to how we interpret the quality and the intensity of the expression. Previous research has not investigated whether this so called perceptual constancy also applies to the experienced intensity of facial expressions. Using a psychophysical measure (Borg CR100 scale) the present study aimed to further investigate perceptual constancy of happy and angry facial expressions at varied sizes, which is a proxy for varying viewing distances. Seventy-one (42 females) participants rated the intensity and valence of facial expressions varying in distance and intensity. The results demonstrated that the perceived intensity of the emotional facial expression was dependent on the distance of the face and the person perceiving it. An interaction effect was noted, indicating that close-up faces are perceived as more intense than faces at a distance and that this effect is stronger the more intense the facial expression truly is. The present study raises considerations regarding constancy of the perceived intensity of happy and angry facial expressions at varied distances.

**Typ och Nyckelord:** Journal perceptual constancy, facial expression, perceived intensity, psychophysical measure, face perception, ISSN: 1664-1078

**Referens:** Granqvist, P. (in press). Attachment, emotion, and religion. *Issues in Science and Theology*. Springer.

**Abstract:**

**Typ och Nyckelord:** Book (chapter) attachment, emotion, religion

**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) attachment, religious representations, behavior

**Referens:** Gustafsson, K., Marklund, S., Aronsson, G., Wikman, A., & Floderus, B. (2015). Interaction Effects of Social Isolation and Peripheral Work Position on Risk of Disability Pension: A Prospective Study of Swedish Women and Men. *PLoS ONE*, 10(6), e0130361.

**Abstract:** Purpose: The study examines various combinations of levels of social isolation in private life and peripheral work position as predictors of disability pension (DP). A second aim was to test the potential interaction effects (above additivity) of social isolation and peripheral work position on the future risk of DP, and to provide results for men and women by age. Method: The study was based on a sample of 45567 women and men from the Swedish population who had been interviewed between 1992 and 2007. Further information on DP and diagnoses was obtained from the Swedish Social Insurance Agency's database (1993-2011). The studied predictors were related to DP using Cox's proportional hazard regression. The analyses were stratified on sex and age (20-39 years, 40-64 years), with control for selected confounders. Results: Increased risks of DP were found for most combinations of social isolation and peripheral work position in all strata. The hazard ratios (HRs) for joint exposure to high degree of social isolation and a peripheral work position were particularly strong among men aged 20-39 (HR 5.70; CI 95% 3.74-8.69) and women aged 20-39 (HR 4.07; CI 2.99-5.56). An interaction effect from combined exposure was found for women in both age groups as well as a tendency in the same direction among young men. However, after confounder control the effects did not reach significance. Conclusions: Individuals who were socially isolated and in a peripheral work position had an increased risk of future DP. The fact that an interaction effect was found among women indicates that a combination of social isolation and peripheral work position may reinforce adverse health effects. There was no evidence that a peripheral work position can be compensated by a high degree of social integration in private life.

**Typ och Nyckelord:** Journal social isolation, work position, disability pension, ISSN: 1932-6203

**Referens:** Gustafsson Sendén, M., Bäck, E., & Lindqvist, A. (2015). Introducing a gender-neutral pronoun in a natural gender language: the influence of time on attitudes and behavior. *Frontiers in Psychology*, 6, 893.

- Abstract:** The implementation of gender fair language is often associated with negative reactions and hostile attacks on people who propose a change. This was also the case in Sweden in 2012 when a third gender-neutral pronoun hen was proposed as an addition to the already existing Swedish pronouns for she (hon) and he (han). The pronoun hen can be used both generically, when gender is unknown or irrelevant, and as a transgender pronoun for people who categorize themselves outside the gender dichotomy. In this article we review the process from 2012 to 2015. No other language has so far added a third gender-neutral pronoun, existing parallel with two gendered pronouns, that actually have reached the broader population of language users. This makes the situation in Sweden unique. We present data on attitudes toward hen during the past 4 years and analyze how time is associated with the attitudes in the process of introducing hen to the Swedish language. In 2012 the majority of the Swedish population was negative to the word, but already in 2014 there was a significant shift to more positive attitudes. Time was one of the strongest predictors for attitudes also when other relevant factors were controlled for. The actual use of the word also increased, although to a lesser extent than the attitudes shifted. We conclude that new words challenging the binary gender system evoke hostile and negative reactions, but also that attitudes can normalize rather quickly. We see this finding very positive and hope it could motivate language amendments and initiatives for gender-fair language, although the first responses may be negative.
- Typ och Nyckelord:** Journal gender-fair language, gender-neutral pronouns, attitude change, gender, hen, ISSN: 1664-1078
- Referens:** [Gustafsson Sendén, M., Sikström, S., & Lindholm, T. \(2015\). She and He in News Media Messages: Pronoun Use Reflects Gender Biases in Semantic Contexts. \*Sex Roles\*, 72\(1-2\), 40-49.](#)
- Abstract:** Previous research has shown a male bias in the media. This study tests this statement by examining how the pronouns She and He are used in a news media context. More specifically, the study tests whether He occurs more often and in more positive semantic contexts than She, as well as whether She is associated with more stereotypically and essential labels than He is. Latent semantic analysis (LSA) was applied to 400 000 Reuters' news messages, written in English, published in 1996-1997. LSA is a completely data-driven method, extracting statistics of words from how they are used throughout a corpus. As such, no human coders are involved in the assessment of how pronouns occur in their contexts. The results showed that He pronouns were about 9 times more frequent than She pronouns. In addition, the semantic contexts of He were more positive than the contexts of She. Moreover, words associated with She-contexts included more words denoting gender, and were more homogeneous than the words associated with He-contexts. Altogether, these results indicate that men are represented as the norm in these media. Since these news messages are distributed on a daily basis all over the world, in printed newspapers, and on the internet, it seems likely that this presentation maintains, and reinforces prevalent gender stereotypes, hence contributing to gender inequities.
- Typ och Nyckelord:** Journal gender stereotypes, gender, media news, latent semantic analysis, sentiment analysis, linguistic biases, ISSN: 0360-0025
- Referens:** [Hamilton, W., & Carlbring, P. \(2015\). Virtual spiders raise real heart rates. In Abstracts from the 7th Swedish Congress on internet interventions \(SWEsrii\), 6-7 November, Stockholm, Sweden \(p. 17\). Linköping: Linköping University Press.](#)
- Abstract:** Virtual realities (VR) give rise to feelings of presence in virtual environments and have been proven a useful medium when treating specific phobias. For validation of the usability of VR for exposure therapy it is critical to investigate the techs capacity of activating the user physiologically. An experiment was designed with the purpose of investigating if virtual spiders in a virtual environment could cause a heightening of heart rate in the participants (N = 24). The hypothesis was that participants presumably, even those not clinically spider phobic, would get raised heart rates following the introduction of several large tarantulas in a virtual room. A virtual reality program was developed that simulated spider movement around the room and a control routine with white balls instead of spiders. The experiment was of in group design and the routines sequence was balanced. Participants heart rate, despite small sample size, was significantly higher when the spiders were present in the virtual world compared to the neutral control sequence (d=0,22).
- Typ och Nyckelord:** Proceedings virtual reality, VR, exposure therapy, spiders, heart rate
- Referens:** [Hanson, L.L.M., Chungkham, H.S., Ferrie, J., & Sverke, M. \(2015\). Threats of dismissal and symptoms of major depression: A study using repeat measures in the Swedish working population. \*Journal of Epidemiology and Community Health\*, 69\(10\), 963-969.](#)
- Abstract:** Background: Job insecurity is considered a profound work stressor. While previous research has indicated that job insecurity represents a substantial mental health burden, few studies have examined its relationship with symptoms of major depression. The aim of this study was to assess whether episodic and repeated self-reported threats of dismissal increase the risk of subsequent symptoms of major depression and whether symptoms of major depression are related to subsequent experience of threats of dismissal. Methods: The study is based on the Swedish Longitudinal Occupational Survey of Health (SLOSH) study, a cohort study with multiple repeated measurements. The sample consisted of 6275 participants who were in regular paid employment and who provided data in 2008, 2010 and 2012. Severity of depression was assessed with a brief Symptom Checklist scale and categorised according to symptoms of major depression or not. Results: Results: based on generalised estimating equations logit models showed that prior threats of dismissal predicted symptoms of major depression OR 1.37; 95% CI 1.04 to 1.81) after adjustment for prior depression and major confounders. Especially related threats increased the risk of major depression symptoms (OR 1.74 CI 1.09 to 2.78). Major depression symptoms also increased the odds of subsequent threats of dismissal (OR 1.52, CI 1.17 to 1.98). Conclusions: These findings support a prospective association between threats of dismissal and symptoms of major depression, in particular repeated exposure to threats of dismissal. The results also indicate that threats of dismissal are more likely to be reported by workers with symptoms of major depression.
- Typ och Nyckelord:** Journal job insecurity, dismissal, depression, work stressor, ISSN: 0143-005X
- Referens:** [Hanson, L.L.M., Westerlund, H., Chungkham, H.S., Vahtera, J., Sverke, M., & Alexanderson, K. \(in press\). Purchases of prescription antidepressants in the Swedish population in relation to major workplace downsizing. \*Epidemiology\*.](#)
- Abstract:** Organizational downsizing may be a risk factor for morbidity both among 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 purchases of prescription antidepressants across five years in relation to workplace downsizing.

We studied all Swedish residents 2004 throughout 2010, 22-54 years of age in 2006, gainfully employed, and with a stable labor market position up to 2006. People primarily employed at a workplace with >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 odds of any purchase of prescription antidepressants (inferred from the Prescribed Drug Register) within five 12-month periods from two years before to two years after the period of major downsizing and compared the trends for newly exposed (n=632 500) and unexposed (n=1 021 759) to major downsizing.

This large scale study indicates that downsizing is associated with a slight increase in the odds of purchasing prescription antidepressants among people without previous sickness absence or disability pension.

**Typ och Nyckelord:** Journal downsizing, antidepressants, ISSN: 1044-3983

**Referens:** Harmat, L., de Manzano, Ö., Theorell, T., Högman, L., Fischer, H., & Ullén, F. (2015). Physiological correlates of the flow experience during computer game playing. *International Journal of Psychophysiology*, 97(1), 1-7.

**Abstract:** Flow is the subjective experience of effortless attention, reduced self-awareness, and enjoyment that typically occurs during optimal task performance. Previous studies have suggested that flow may be associated with a non-reciprocal coactivation of the sympathetic and parasympathetic systems and, on a cortical level, with a state of hypofrontality and implicit processing. Here, we test these hypotheses, using the computer game TETRIS as model task. The participants (n = 77) played TETRIS under three conditions that differed in difficulty (Easy < Optimal < Difficult). Cardiac and respiratory activities, and the average oxygenation changes of the prefrontal cortex were measured continuously with functional near infrared spectroscopy (fNIRS) during performance. The Optimal condition was characterized by the highest levels of state flow, positive affect, and effortless attention. The associations between self-reported psychological flow and physiological measures were investigated using a series of repeated measures linear mixed model analyses. The results showed that higher flow was associated with larger respiratory depth and lower LF. The higher respiratory depth during high flow is indicative of a more relaxed state with an increased parasympathetic activity, and thus provides partial support for the main hypotheses. There was no association between frontal cortical oxygenation and flow, even at liberal thresholds; i.e. we found no support that flow is related to a state of hypofrontality.

**Typ och Nyckelord:** Journal autonomous nervous system, effortless attention, heart rate variability, hypofrontality, functional near-infrared spectroscopy, psychological flow, ISSN: 0167-8760

**Referens:** Hau, S. (2015). Forschung im interdisziplinären Dialog und in der Grundlagenforschung. In M. Leuzinger-Bohleber, C. Benecke, S. Hau (Eds.), *Psychoanalytische Forschung. Methoden und Kontroversen in Zeiten wissenschaftlicher Pluralität* (pp. 105-166). Stuttgart: Kohlhammer.

**Abstract:** Als ein "Junktum zwischen Heilen und Forschen" charakterisierte Freud die Forschung in der Psychoanalyse. Das analytische Verfahren sei das einzige, bei dem dies kostbare Zusammentreffen gewahrt bleibe. Bis heute provoziert die "Junktumforschung" Kontroversen zwischen der "klinischen" Forschung, die in der analytischen Situation selbst stattfindet, und der "extraklinischen" Forschung, die im Anschluss erfolgt. Drei namhafte psychoanalytische Forscher stellen anhand eigener Studien und konzeptueller Überlegungen ihre Positionen zur Diskussion.

**Typ och Nyckelord:** Book (chapter) psychoanalytic research, interdisciplinary dialog, ISBN: 978-3-17-022275-5

**Referens:** Haug, T., Nordgreen, T., Öst, L.-G., Kvale, G., Tangen, T., Andersson, G., Carlbring, P., Heiervang, E.R., & Havik, O.E. (2015). Stepped care versus face-to-face cognitive behavior therapy for panic disorder and social anxiety disorder: Predictors and moderators of outcome. *Behaviour Research and Therapy*, 71, 76-89.

**Abstract:** Objective: To investigate predictors and moderators of treatment outcome by comparing immediate face-to-face cognitive behavioral therapy (FtF-CBT) to a Stepped Care treatment model comprising three steps: Psychoeducation, Internet-delivered CBT, and FtF-CBT for panic disorder (PD) and social anxiety disorder (SAD).

Method: Patients (N = 173) were recruited from nine public mental health out-patient clinics and randomized to immediate FtF-CBT or Stepped Care treatment. Characteristics related to social functioning, impairment from the anxiety disorder, and comorbidity was investigated as predictors and moderators by treatment format and diagnosis in multiple regression analyses.

Results: Lower social functioning, higher impairment from the anxiety disorder, and a comorbid cluster C personality disorder were associated with significantly less improvement, particularly among patients with PD. Furthermore, having a comorbid anxiety disorder was associated with a better treatment outcome among patients with PD but not patients with SAD. Patients with a comorbid depression had similar outcomes from the different treatments, but patients without comorbid depression had better outcomes from immediate FtF-CBT compared to guided self-help.

Conclusions: In general, the same patient characteristics appear to be associated with the treatment outcome for CBT provided in low- and high-intensity formats when treated in public mental health care clinics. The findings suggest that patients with lower social functioning and higher impairment from their anxiety disorder benefit less from these treatments and may require more adapted and extensive treatment.

ClinicalTrials.gov  
Identifier: NCT00619138.

**Typ och Nyckelord:** Journal cognitive behavioral therapy, stepped care, guided self-help, Internet-delivered CBT, predictors, moderators, ISSN: 0005-7967

**Referens:** Haug, T., Nordgreen, T., Öst, L.-G., Tangen, T., Kvale, G., Hovland, O.J., Heiervang, E.R., & Havik, O.E. (in press). Working alliance and competence as predictors of outcome in cognitive behavioral

therapy for social anxiety and panic disorder in adults. *Behaviour Research and Therapy*.

**Abstract:** Objective: The research on the association between the working alliance and therapist competence/adherence and outcome from cognitive behavioral therapy (CBT) is limited and characterized by inconclusive findings. This study investigates the working alliance and competence/adherence as predictors of outcome of CBT for social anxiety disorder (SAD) and panic disorder (PD).

Method: Eighty-two clinically referred patients (58.5% female; age:  $M = 33.6$  years,  $SD = 10.3$ ) with PD ( $n = 31$ ) or SAD ( $n = 51$ ) were treated with 12 sessions of manualized CBT by 22 clinicians with limited CBT experience in a randomized controlled effectiveness trial. Independent assessors rated the CBT competence/adherence of the therapists using a revised version of the Cognitive Therapy Adherence and Competence Scale, and the patients rated the quality of the working alliance using the Working Alliance Inventory-short form in therapy sessions 3 and 8. The outcome was assessed by independent assessors as well as by patients self-report. A total of 20.7% of the patients (27.5% SAD, 9.7% PD) dropped out during treatment. The association between the alliance, competence/adherence, outcome and dropout was investigated using multiple regression analyses.

Results: Higher therapist' competence/adherence early in the therapy was associated with a better outcome among PD patients, lower competence/adherence was associated with dropout among SAD patients. Higher rating of the alliance late in the therapy was associated with a better outcome, whereas lower alliance rating late in the therapy was associated with dropout.

Conclusion: The findings indicate that the therapist competence/adherence and the working alliance have independent contributions to the outcome from CBT for anxiety disorders, but in different phases of the treatment.

**Typ och Nyckelord:** Journal therapist competence, working alliance, cognitive behavioral therapy, panic disorder, social anxiety disorder, ISSN: 0005-7967

**Referens:** He, J., van de Vijver, F.J.R., Dominguez Espinosa, A., Abubakar, A., Dimitrova, R., et.al. (2015). Socially Desirable Responding: Enhancement and Denial in 20 Countries. *Cross-Cultural Research*, 49(3), 227-249.

**Abstract:** This article investigated the dimensionality, measurement invariance, and cross-cultural variations of social desirability. A total of 3,471 university students from 20 countries completed an adapted version of the Marlowe-Crowne scale. A two-dimensional structure was revealed in the pooled sample, distinguishing enhancement (endorsement of positive self-description) and denial (rejection of negative self-description). The factor structure was supported in most countries; medium-sized item bias was found in two denial items. In a multilevel analysis, we found that (a) there was more cross-cultural variation in denial than enhancement; (b) females tended to score higher on enhancement whereas males tended to score higher on denial; (c) the Human Development Index, an indicator of country socioeconomic development, was the best (negative) predictor of denial; and (d) both enhancement and denial seemed to be associated with country-level values and personality pertinent to fitting in. We conclude that social desirability has a positive and a negative impression management dimension that are meaningfully associated with country-level characteristics, and we argue that social desirability is better interpreted as culturally regulated response amplification.

**Typ och Nyckelord:** Journal social desirability, cultures, values, personality, multilevel analysis, ISSN: 1069-3971

**Referens:** Hedman, A., Nygård, L., Almkvist, O., & Kottorp, A. (2015). Amount and type of everyday technology use over time in older adults with cognitive impairment. *Scandinavian Journal of Occupational Therapy*, 22(3), 196-206.

**Abstract:** Objectives: This two-year study examined everyday technology (ET) use in older adults with mild cognitive impairment (MCI) testing five predefined theoretical assumptions regarding factors potentially influencing the amount of ET used in everyday life. Methods: Data from 37 participants with MCI were collected at inclusion, six, 12, and 24 months, on the type and amount of ET used and how difficult this was, activity involvement, and cognitive and diagnostic status. These variables were, together with age group (55-64, 65-74, or 75-84 years) and educational level, analysed in a mixed-linear-effect model. Results: A significant decrease in the overall amount of ET used was found over time, but the number of users of specific ETs both decreased and increased. Increasing perceived difficulty in ET use, less activity involvement, decreasing cognitive status, and belonging to the oldest age group significantly decreased ET use. Two years after inclusion 42% of the participants had converted to dementia, but neither change in diagnostic status nor length of education contributed significantly to the predictive model. Conclusion: Over time, a decreasing use of ET was shown in this sample with MCI. This process was influenced by several aspects important to consider in occupational therapy intervention planning.

**Typ och Nyckelord:** Journal mild cognitive impairment (MCI), longitudinal studies, dementia, activities of daily living (ADLs), ISSN: 1103-8128

**Referens:** Hedvall, Å., Westerlund, J., Fernell, E., Norrelgen, F., Kjellmer, L., Barnevik Olsson, M., Höglund Carlsson, L., Eriksson, M.A., Billstedt, E., & Gillberg, C. (2015). Preschoolers with Autism Spectrum Disorder Followed for 2 Years: Those Who Gained and Those Who Lost the Most in Terms of Adaptive Functioning Outcome. *Journal of autism and developmental disorders*, 45(11), 3624-3633.

**Abstract:** Clinical predictors of 2-year outcome in preschoolers with ASD were studied in a population-based group of very young children with ASD ( $n = 208$ ). Children who gained the most ( $n = 30$ ) and lost the most ( $n = 23$ ), i.e., increased or decreased their adaptive functioning outcome according to the Vineland Composite Score between study entry (T1) and follow-up (T2), 2 years later were compared. Individual factors that differed significantly between the two outcome groups were cognitive level, age at referral, not passing expected milestones at 18 months, autistic type behavior problems and regression. However, logistic regression analysis showed that only cognitive level at T1 (dichotomized into  $IQ < 70$  and  $IQ \geq 70$ ) made a unique statistically significant contribution to outcome prediction ( $p < .001$ ) with an odds ratio of 18.01. The findings have significant clinical implications in terms of information at diagnosis regarding clinical prognosis in ASD.

**Typ och Nyckelord:** Journal autism spectrum disorder, outcome, preschool children, clinical characteristics, predictors, ISSN: 0162-3257



- Referens:** [Hellström, Å.](#) (2015). Integration of stimulus dimensions in judgments of area and shape: Modeling guided by level curves. In S. Grondin & V. Laflamme (Eds.), *Fechner Day 2015. Proceedings of the 31st Annual Meeting of The International Society for Psychophysics* (p. 17). Québec, Canada: International Society for Psychophysics.
- Abstract:** In the horizontal-vertical (H-V) illusion (Künnapas, 1958) the judged V/H ratio is larger than the physical ratio. This tendency is not found in V/H ratio judgments of rectangles (Gärling & Dalkvist, 1977), but these judgments are not based on the simple ratio of V and H: Level-curves (iso-judgment contours) of logarithmized data show that the larger dimension is more important than the smaller. Developmentally, judgments of rectangular area have been described as changing from adding V and H in children to multiplying them in adults (Wilkening, 1979). However, level curves demonstrate deviations from simple models at all ages. Adults' area judgments show a greater importance of the larger dimension, and also a greater importance of H than of V, but accurate modeling is difficult. Here, level-curve plots (using R's contour function) prove invaluable for graphic guidance of modeling by displaying systematic judgment tendencies that go unnoticed with conventional factorial plots.
- Typ och Nyckelord:** Proceedings area judgment, shape judgment, level curves, mathematical modeling
- Referens:** [Hellström, Å.](#) (2015). In memoriam: Hannes Eisler, 1923-2015. In S. Grondin & V. Laflamme (Eds.), *Fechner Day 2015. Proceedings of the 31st Annual Meeting of The International Society for Psychophysics* (pp. xi-xii). Québec, Canada: International Society for Psychophysics.
- Abstract:** Our very distinguished member, Professor Hannes Eisler, Stockholm University, has left us. He died on May 28, 2015, at the age of 91. He was a member of the ISP from its beginnings. At Fechner Day 2014 in Lund, Sweden, Hannes lectured on "Some research tips from 55 years' psychophysics." Informally, he named this presentation his "swan song."
- Hannes was born in Vienna, Austria, 1923, and at the age of 15 fled to Sweden to escape the Nazis. Initially Hannes worked as a farm hand but quickly progressed to study at high school and later at Stockholm University, where he became an adept of Gösta Ekman, the Swedish pioneer of quantitative psychology. After spending a year in S. S. Stevens' lab at Harvard, Hannes was awarded his Ph.D. in Stockholm 1963. In 1994, as the result of a petition from all Swedish psychology professors, the Swedish government awarded Hannes Eisler the rank and honor of Professor – a rare recognition of scientific merit.
- During his long career, Hannes authored a large number of publications and made many important contributions to our field. His doctoral dissertation was about the relation between magnitude and category scales. Later on, he turned much of his interest toward time perception in people as well as in mice. Perhaps the most impressive of his contributions is the Parallel Clock model for temporal reproduction and comparison<sup>1</sup>, which arose from Hannes' arduous and meticulous investigation of long known anomalies in time perception; specifically, breaks in psychophysical functions. Noting the positions of those breaks in reproduction data led him to the counter-intuitive realization that participants use a seemingly odd strategy in immediate reproduction of temporal intervals: subjectively matching the reproduction, not to the standard, but to one-half of the total duration. Using this model it is possible to estimate the psycho-physical function for time from reproduction data, and Hannes published a huge collection of temporal power function exponents<sup>2</sup> – much cited but all too often with no understanding of how they were determined.
- Hannes was intellectually perspicacious and possessed research talent in abundance. Modesty, good nature, along with deep and diverse cultural interests, sense of humor, and appreciation of the good things in life, were some of his other characteristics. Scientific seminars on various topics were enriched by his insightful comments until a heart attack sadly ended his long life.
- I miss Hannes immensely, as a very good old friend, a respected senior colleague, and a mentor – even the word guru feels very appropriate.
- Typ och Nyckelord:** Proceedings Hannes Eisler, obituary, psychophysics, time perception
- Referens:** [Hellström, Å.](#), & Rammsayer, T.H. (2015). Time-order errors and standard-position effects in duration discrimination: An experimental study and an analysis by the sensation-weighting model. *Attention, Perception & Psychophysics*, 77(7), 2409-2423.
- Abstract:** Studies have shown that the discriminability of successive time intervals depends on the presentation order of the standard (St) and the comparison (Co) stimuli. Also, this order affects the point of subjective equality. The first effect is here called the standard-position effect (SPE); the latter is known as the time-order error. In the present study, we investigated how these two effects vary across interval types and standard durations, using Hellstrom's sensation-weighting model to describe the results and relate them to stimulus comparison mechanisms. In Experiment 1, four modes of interval presentation were used, factorially combining interval type (filled, empty) and sensory modality (auditory, visual). For each mode, two presentation orders (St-Co, Co-St) and two standard durations (100 ms, 1,000 ms) were used; half of the participants received correctness feedback, and half of them did not. The interstimulus interval was 900 ms. The SPEs were negative (i.e., a smaller difference limen for St-Co than for Co-St), except for the filled-auditory and empty-visual 100-ms standards, for which a positive effect was obtained. In Experiment 2, duration discrimination was investigated for filled auditory intervals with four standards between 100 and 1,000 ms, an interstimulus interval of 900 ms, and no feedback. Standard duration interacted with presentation order, here yielding SPEs that were negative for standards of 100 and 1,000 ms, but positive for 215 and 464 ms. Our findings indicate that the SPE can be positive as well as negative, depending on the interval type and standard duration, reflecting the relative weighting of the stimulus information, as is described by the sensation-weighting model.
- Typ och Nyckelord:** Journal duration discrimination, presentation order, time-order error, standard-position effect, type-B effect, ISSN: 1943-3921
- Referens:** Henningsson, S., Zettergren, A., Hovey, D., Jonsson, L., Svärd, J., [Cortes, D.S.](#), Melke, J., Ebner, N.C., [Laukka, P.](#), [Fischer, H.](#), & Westberg, L. (2015). Association between polymorphisms in NOS3 and KCNH2 and social memory. *Frontiers in Neuroscience*, 9:393.
- Abstract:** Social memory, including the ability to recognize faces and voices, is essential for social relationships. It has a large heritable component, but the knowledge about the contributing genes is sparse. The genetic variation

underlying inter-individual differences in social memory was investigated in an exploratory sample (n=55), genotyped with a chip comprising approximately 200.000 single nucleotide polymorphisms (SNPs), and in a validation sample (n=582), where 30 SNPs were targeted. In the exploratory study face identity recognition was measured. The validation study also measured vocal sound recognition, as well as recognition of faces and vocal sounds combined (multimodal condition). In the exploratory study, the 30 SNPs that were associated with face recognition at uncorrected  $p < 0.001$  and located in genes, were chosen for further study. In the validation study two of the SNPs showed significant associations with recognition of faces, vocal sounds, and multimodal stimuli: rs1800779 in the gene encoding nitric oxide synthase 3 (NOS3) and rs3807370 in the gene encoding the voltage-gated channel, subfamily H, member 2 (KCNH2), in strong linkage disequilibrium with each other. The uncommon alleles were associated with superior performance, and the effects were present for men only ( $p < 0.0002$ ). The exploratory study also showed a weaker but significant association with (non-emotional) word recognition, an effect that was independent of the effect on face recognition. This study demonstrates evidence for an association between NOS3 and KCNH2 SNPs and social memory.

**Typ och Nyckelord:** Journal face recognition, social memory, nitric oxide, NOS3, KCNH2, ISSN: 1662-453X

**Referens:** Hesselmark, E., Eriksson, J.M., Westerlund, J., & Bejerot, S. (2015). Autism Spectrum Disorders and Self-reports: Testing Validity and Reliability Using the NEO-PI-R. *Journal of Autism and Developmental Disorders*, 45(5), 1156-1166.

**Abstract:** Although self-reported measures are frequently used to assess adults with autism spectrum disorders (ASD), the validity of self-reports is under-researched in ASD. The core symptoms of ASD may negatively affect the psychometric properties of self-reported measures. The aim of the present study was to test the validity and reliability of self-reported data using the NEO personality inventory-revised (NEO-PI-R). Forty-eight adults with ASD and 53 controls completed the NEO-PI-R and a psychiatric interview. Results indicate satisfactory internal consistency of the NEO-PI-R, a satisfactory factor structure, predicted correlations with clinician ratings in the ASD group, and predicted differences in personality between the ASD group and controls. In conclusion, the present results support the use of self-reported measures when assessing adults with ASD.

**Typ och Nyckelord:** Journal autism spectrum disorders, self report, psychometrics, validation, personality tests, ISSN: 0162-3257

**Referens:** Hesslow, T., Nilsson, M., Johansson, R., Färdig, S., Jansson, A., Jonsson, L., Karlsson, J., Hesser, H., Ljótsson, B., Frederick, R.J., Lilliengren, P., Carlbring, P., & Andersson, G. (2015). Internet-delivered psychodynamic psychotherapy in the treatment of social anxiety disorder. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 12). Linköping: Linköping University Press.

**Abstract:** Social anxiety disorder is one of the most common mental health disorders. Effective treatments exist, but limited access and high costs causes many sufferers to remain untreated. As not all patients accept the CBT model of psychopathology, alternative treatments are desirable. We conducted two studies to help establish the efficacy of a psychodynamic model of guided self-help (IPDT). In the first study (N=72) participants were randomized to either ten weeks of IPDT or a waiting list control condition. Mixed-effects models revealed a significant difference at post-treatment in favor of the treatment condition on the primary outcome measure, LSAS-SR, with a large effect size. Rates of remission were comparable to recent face-to-face trials, and improvements were maintained at 6- and 12-month follow-ups. The second study was a pilot preference study where the control group in study 1 chose either IPDT (N=23) or ICBT (N=13). Both treatments led to moderate improvements. Notably, both groups suffered an exacerbation of interpersonal symptoms at 6-month follow-up. In summary, the results suggest that IPDT is effective in the treatment of social anxiety, with effect sizes in the same range as ICBT and face-to-face psychotherapy.

**Typ och Nyckelord:** Proceedings internet-delivered, psychodynamic psychotherapy, social anxiety disorder

**Referens:** Holländare, F., Gustafsson, S.A., Berglind, M., Grape, F., Carlbring, P., Andersson, G., Hadjistavropoulos, H., & Tillfors, M. (in press). Therapist behaviours in internet-based cognitive behaviour therapy (ICBT) for depressive symptoms. *Internet Interventions*.

**Abstract:** Internet-based cognitive behaviour therapy (ICBT) is efficacious for treating depression, with therapist guidance identified as important for favourable outcomes. We have limited knowledge, however, about the fundamental components of therapist guidance in ICBT. The purpose of this study was to systematically examine therapist messages sent to patients during the course of ICBT for depressive symptoms in order to identify common "therapist behaviours" and the extent to which these behaviours correlate with completion of modules and improvements in symptoms at post-treatment, one- and two-year follow-up. A total of 664 e-mails from 5 therapists to 42 patients were analysed using qualitative content analysis. The most frequent behaviour was encouraging that accounted for 31.5% of the total number of coded behaviours. This was followed by affirming (25.1%), guiding (22.2%) and urging (9.8%). Less frequently the therapists clarified the internet treatment framework, informed about module content, emphasised the importance of patient responsibility, confronted the patient and made self-disclosures. Six of the nine identified therapist behaviours correlated with module completion. Three behaviours correlated with symptom improvement. Affirming correlated significantly ( $r = .42, p = .005$ ) with improvement in depressive symptoms at post-treatment and after two years ( $r = .39, p = .014$ ). Encouraging was associated with outcome directly after treatment ( $r = .52, p = .001$ ). Self-disclosure was correlated with improvement in depressive symptoms at post-treatment ( $r = .44, p = .003$ ). The study contributes to a better understanding of therapist behaviours in ICBT for depressive symptoms. Future directions for research are discussed.

**Typ och Nyckelord:** Journal therapist behaviour, internet, cognitive behaviour therapy, depression, patient adherence, ISSN: 2214-7829

**Referens:** Hvitfeldt Forsberg, H., Muntlin Athlin, Å., & von Thiele Schwarz, U. (2015). Nurses' perceptions of multitasking in the emergency department: Effective, fun and unproblematic (at least for me) - a qualitative study. *International Emergency Nursing*, 23(2), 59-64.

**Abstract:** Introduction: The aim was to understand how multitasking is experienced by registered nurses and how it relates to their everyday practice in the emergency department. Method: Interviews with open-ended questions were conducted with registered nurses (n = 9) working in one of two included emergency departments in Sweden. Data were analyzed using Schilling's structured model for qualitative content analysis. Results: Three core concepts related to multitasking emerged from the interviews: 'multitasking - an attractive

prerequisite for ED care'; 'multitasking implies efficiency' and 'multitasking is not stressful'. From these core concepts an additional theme emerged: '... and does not cause errors - at least for me', related to patient safety. Discussion: This study shows how the patient load and the unreflected multitasking that follows relate to nurses' perceived efficiency and job satisfaction. It also shows that the relationship between multitasking and errors is perceived to be mediated by whom the actor is, and his or her level of experience. Findings from this study add value to the discourse on multitasking and the emergency department context, as few studies go beyond examining the quantitative aspect of interruptions and multitasking and how it is experienced by the staff in their everyday practice.

**Typ och Nyckelord:** Journal multitasking, polychronicity, emergency department, registered nurse, patient care, nursing, patient safety, interruptions, ISSN: 1755-599X

**Referens:** Hörnquist, L., Rickardsson, J., Lannering, B., Gustafsson, G., & Boman, K.K. (2015). Altered self-perception in adult survivors treated for a CNS tumor in childhood or adolescence: population-based outcomes compared with the general population. *Neuro-Oncology*, 17(5), 733-740.

**Abstract:** Background. Survivors of pediatric CNS tumors are at risk for persistent tumor/treatment-related morbidity, physical disability and social consequences that may alter self-perception, vital for self-identity, mental health and quality of survival. We studied the long-term impact of childhood CNS tumors and their treatment on the self-perception of adult survivors and compared outcomes with those of the general population. Methods. The cohort included 697 Swedish survivors diagnosed with a primary CNS tumor during 1982-2001. Comparison data were randomly collected from a stratified general population sample. Survivors and general population individuals were compared as regards self-perception in 5 domains: body image, sports/physical activities, peers, work, and family, and with a global self-esteem index. Within the survivor group, determinants of impact on self-perception were identified. Results. The final analyzed sample included 528 survivors, 75.8% of the entire national cohort. The control sample consisted of 995, 41% of 2500 addressed. Survivors had significantly poorer self-perception outcomes in domains of peers, work, body image, and sports/physical activities, and in the global self-perception measure, compared with those of the general population (all  $P < .001$ ). Within the survivor group, female gender and persistent visible physical sequelae predicted poorer outcomes in several of the studied domains. Tumor type and a history of cranial radiation therapy were associated with outcomes. Conclusion. An altered self-perception is a potential late effect in adult survivors of pediatric CNS tumors. Self-perception and self-esteem are significant elements of identity, mental health and quality of survival. Therefore, care and psychosocial follow-up of survivors should include measures for identifying disturbances and for assessing the need for psychosocial intervention.

**Typ och Nyckelord:** Journal adult survivors, childhood CNS tumors, late effects, self-identity, self-esteem, ISSN: 1522-8517

**Referens:** Isaksson, J., Grigorenko, E.L., Oreland, L., af Klinteberg, B., Kuposov, R.A., & Ruchkin, V. (in press). Exploring possible association between D $\beta$ H genotype (C1021T), early onset of conduct disorder and psychopathic traits in juvenile delinquents. *European Archives of Psychiatry and Clinical Neuroscience*.

**Abstract:** Early onset of conduct disorder (CD) with callous-unemotional traits has been linked to low levels of dopamine  $\beta$ -hydroxylase (D $\beta$ H), an enzyme involved in dopamine turnover. The C1021T polymorphism in the D $\beta$ H gene is a major quantitative-trait locus, regulating the level of D $\beta$ H. In this study of juvenile delinquents from Northern Russia ( $n = 180$ ), the polymorphism at -1021 was associated neither with early-onset CD nor with psychopathic traits. Association was found between psychopathic traits and early-onset CD, ADHD and mania.

**Typ och Nyckelord:** Journal D $\beta$ H, conduct disorder, psychopathy, genetic, ISSN: 0940-1334

**Referens:** Ivanova, E., Lindner, P., Dahlin, M., Ly, H., Vernmark, K., Andersson, G., & Carlbring, P. (2015). Guided and unguided CBT for social anxiety disorder and/or panic disorder via the Internet and a smartphone application. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 9). Linköping: Linköping University Press.

**Abstract:** Background: As Acceptance and Commitment Therapy (ACT) becomes a part of the clinical practice, the interest for alternative ways of providing it continue to grow. Internet-based CBT, both guided and unguided, has proved to be effective for the treatment of a wide range of psychiatric disorders, including anxiety disorders. Moreover, the tremendous accessibility of smartphones makes them a potentially powerful instrument for providing psychological treatment. The purpose of this study was to investigate the effects of an Internet-based ACT-program for social anxiety disorder and panic disorder using both computers and smartphones, and with and without therapist support. Method: The participants were recruited from the general public by filling out an online screening form, which consisted of LSAS, PDSS-SR, GAD-7, PHQ-9, QOLI (the scales later served as outcome measures) and demographic questions. The individuals who met the inclusion criteria were contacted for a diagnostic telephone interview. The 152 people chosen for participation were then randomized into two treatment groups (guided and unguided) and a waiting list control group. The participants in the treatment groups were given access to an Internet-provided ACT-based treatment program consisting of 8 modules, as well as a smartphone application with content that corresponded to the Internet treatment program. Additionally, the participants in the guided group received minimum therapist support (15 min/week) through the smartphone application from psychology students undergoing their clinical training. The participants worked with the program for 10 weeks. They were evaluated twice during treatment, once after completing treatment, and once again 12-months later as a follow-up measure. A mixed effect model was used to analyze the data. Results: Regardless of diagnosis, as a whole the treated groups showed significant decreases in anxiety, with a moderate within-group effect size. This improvement appeared to be maintained when the groups were evaluated again during the follow-up. The participants suffering primarily from social anxiety disorder showed significant improvements, with moderate within-group effect sizes in both the guided (Cohen's  $d = 0.79$ ) and unguided group (Cohen's  $d = 0.71$ ). This improvement also appeared to be maintained when these participants were evaluated during the follow-up. No significant changes were observed in the symptoms of the participants suffering primarily from panic disorder. Discussion: Internet-delivered ACT-based treatment provided via both computer and smartphone can be effective for reducing general anxiety symptoms, as well as social anxiety symptoms. The guided treatment was not clearly superior to the unguided treatment. Some of the study's uncertainties are likely due to the presence of a large number of different components, which made it difficult to isolate the effects of each individual component.

**Typ och Nyckelord:** Proceedings guided CBT, unguided CBT, social anxiety disorder, panic disorder, internet, smartphone

- Referens:** Ivarsson, T., Saavedra, F., [Granqvist, P.](#), & Broberg, A.G. (in press). Traumatic and adverse attachment childhood experiences are not characteristic of OCD but with depression in adolescents. *Child Psychiatry and Human Development*.
- Abstract:** We investigated whether adverse attachment experience might contribute to the development of obsessive-compulsive disorder (OCD). We interviewed 100 adolescents, 25 each with primary OCD, depressive disorder (DD), OCD plus DD and general population controls (CTRs) using the adult attachment interview to assess attachment experiences (AEs), including traumatic and adverse AE (TAE). Adolescents with OCD, OCD+DD and DD had little evidence of secure base/safe haven parental behaviour and their childhood attachment needs judged to be rejected as compared to the controls. Overprotection was not characteristic of OCD, and parents using the child for their own needs (elevated levels of involving/role reversal) occurred only in DD, with low levels in OCD, OCD+DD and CTR. Traumatic experiences, often multiple, and/or attachment related were reported significantly more often in the DD group, and was less common in OCD+DD, CTR and particularly in the OCD group. In OCD, little TAE was reported and adverse AE were less serious and seem unlikely to contribute directly to OCD aetiology. In DD and to some degree in OCD+DD serious AE/TAE may have some etiological significance for the depressive states.
- Typ och Nyckelord:** Journal school controls, attachment experience, adult attachment interview, ISSN: 0009-398X
- Referens:** Jansson, B., Tham, K., & [Ramnerö, J.](#) (2015). A structured approach to goal formulation in psychotherapy: Differences between patients and controls. *International Journal of Psychology and Psychological Therapy*, 15(2), 181-190.
- Abstract:** Therapeutic goals are considered a vital component in psychological treatments, but to date relatively little attention has been paid to the assessment and evaluation of these goals. In order to validate of a self-rating version of the Bern Inventory of Therapeutic goals checklist (BIT-C), the present study investigated if goals, measured this way, can differentiate between patients (n= 147) and healthy controls (n= 106). Results suggested that BIT-C was successful in discriminating between client and non-clients. Most importantly, clients had a higher tendency to endorse goal categories related to depressive symptoms, substance abuse, coping with somatic problems and current relationships, but a lower tendency to endorse goal categories relating to eating behaviors compared to non-patients. Further, patients perceived attainment of prioritized goals as more distant than non-patients did. The results were discussed in terms of BIT-C being a measure that can be readily applied to identify key targets in psychological treatments.
- Typ och Nyckelord:** Journal BIT-C, treatment goals, assessment, discriminatory ability, ISSN: 1577-7057
- Referens:** [Jansson-Fröjmark, M.](#), Norell-Clarke, A., & Linton, S.J. (in press). The role of emotion dysregulation in insomnia: Longitudinal findings from a large community sample. *British Journal of Health Psychology*.
- Abstract:** Objectives: The purpose of this longitudinal investigation was to examine the association between emotion regulation and future insomnia (incidence and persistence). Design: A longitudinal study in the general population. Methods: A survey was sent out to 5,000 individuals in the community. To those who returned the baseline questionnaire (n = 2,333), two follow-up surveys, 6 and 18 months later, were sent out and then completed by 1,887 and 1,795 individuals, respectively. The survey contained information about demographic factors, insomnia symptomatology, the Difficulties in Emotion Regulation Scale, anxiety, and depression. Results: The findings suggested that emotion regulation at baseline was not associated with the incidence or persistence of insomnia. Overall, the effect sizes were very small to medium. When examining changes in emotion regulation over time, a different pattern emerged. Partial support was established for the notion that decreases in emotion regulation were related to incident and persistent insomnia, as a decrease in emotion regulation was associated with a higher likelihood of future insomnia. Yet, the effect sizes were very small to small. Conclusion: This study does partly point towards a longitudinal association between emotion dysregulation and insomnia. This might have implications for the conceptualization and management of insomnia as well as for future research.
- Typ och Nyckelord:** Journal insomnia, sleep, epidemiology, emotion regulation, Difficulties in Emotion Regulation Scale, ISSN: 1359-107X
- Referens:** Johansson, R., & [Lilliengren, P.](#) (2015). Allt starkare forskningsstöd för Intensive Short-Term Dynamic Psychotherapy. *Psykologtidningen*, 6, 28-31.
- Abstract:** Intensive Short-term Dynamic Psychotherapy, ISTDP, har god effekt för en bred patientgrupp. Men det finns behov av fler RCT-studier av hög kvalitet och vid fler diagnoser. Här ger psykologerna och forskarna Robert Johansson och Peter Lilliengren en beskrivning av ISTDP och redovisar det nuvarande forskningsläget på området.
- Typ och Nyckelord:** Journal Intensive Short-term Dynamic Psychotherapy, ISTDP, forskningsläge, ISSN: 0280-9702
- Referens:** [Jägerskog, A.-S.](#) (2015). *Pictures and a Thousand Words: Learning Psychology through Visual Illustrations and Testing*. Department of Psychology, Stockholm University (Licentiatavhandling).
- Abstract:** For teachers and students to be able to make informed decisions about how to best improve learning, it is important to compare learning strategies that are known to be effective. Both multimedia learning, based on the notion that individuals learn better from words and pictures presented together than from words alone, and retrieval practice, based on the idea that retrieving knowledge from the memory is an active process that has a beneficial impact on learning, have been found robust learning strategies in earlier research. However, the two strategies remain to be investigated in combination. The combination of the two seemingly robust strategies was investigated in Study I and results showed a modest effect of retrieval practice in terms of decreased forgetting and a strong effect of multimedia learning. Retrieval practice did not improve memory performance beyond the beneficial effect of using a visual illustration. Study II investigated the beneficial effects of the use of visual illustrations in more detail in terms of preferred learning style (visual, verbal or mixed), a notion that has reached wide popular acceptance within the educational field. Support was not found for the learning styles hypothesis. Rather, results showed that the positive effects of learning with the aid of a visual illustration holds independently of preferred learning style, which renders strong support for multimedia learning in terms of its generalizability. Most interestingly, students with mixed or visual learning styles performed generally better on the learning test than students with a verbal learning style, which may imply that it is worthwhile to help students develop a preference for visual or multimodal aspects of information processing in order to

further improve learning. The findings presented in this thesis provide new knowledge regarding the combination of learning strategies and contribute with important insights into the relation between learning style and the use of visual illustrations in psychology teaching. The findings also pose challenges for students and teachers, as well as people designing learning materials, concerning how to approach the use of visual illustrations and retrieval practice in teaching and learning.

**Typ och Nyckelord:** Dissertation learning, multimedia learning, retrieval practice, testing effect, visual illustration, learning styles, visualiser, verbaliser, ISBN: 978-91-7649-208-6

**Referens:** Kaldo, V., Ramnerö, J., & Jernelöv, S. (2015). Involving Clients in Treatment Methods: A Neglected Interaction in the Therapeutic Relationship. *Journal of Consulting and Clinical Psychology, 83*(6), 1136-1141.

**Abstract:** Objective: The authors investigate a model on how clients' differential involvement in therapeutic methods mediates the effect of therapist support in psychological treatment—in this case, a cognitive behaviorally based bibliotherapy for insomnia, administered with or without supportive telephone calls. Method: Eighty-nine participants, who fulfilled diagnostic criteria for insomnia, had a mean age of 49.1 years (range, 18–73 years) and were predominantly female (77%), fairly well educated, and mainly Caucasian. Participants were randomized between a bibliotherapeutic self-help treatment and the same treatment with the addition of therapist support. Primary outcome measure was the Insomnia Severity Index. Data on involvement in different methods and aspects of the treatment were estimated by clients at posttreatment and validated against therapist ratings of client involvement during treatment. Structural equation modeling was used to test if the effect of therapeutic support on outcome was mediated by involvement in treatment. Results: Carrying out the treatment with therapist support significantly boosted the therapeutic effects. A mediational analysis with involvement in the three key treatment methods (sleep restriction, sleep compression, and stimulus control) as the mediator fully mediated the differential effect between the two conditions (Sobel test;  $r = .31$ ;  $z = 2.173$ ;  $p < .05$ ) and explained 68.4% of the total effect. Conclusions: Therapeutic support improved outcome via higher patient involvement rather than having a direct effect on outcome. Thus, relationship and methods could be regarded as interactional, and patient involvement should be considered. These factors could be further studied in treatments where specific ingredients within the therapeutic contact can be experimentally manipulated.

**Typ och Nyckelord:** Journal psychotherapy, therapeutic relationship, therapeutic methods, client involvement, mediation, ISSN: 0022-006X

**Referens:** Kantrowitz, J.T., Hoptman, M.J., Leitman, D.I., Moreno-Ortega, M., Lehrfeld, J.M., Dias, E., Sehatpour, P., Laukka, P., Silipo, G., & Javitt, D.C. (2015). Neural Substrates of Auditory Emotion Recognition Deficits in Schizophrenia. *Journal of Neuroscience, 35*(44), 14909-14921.

**Abstract:** Deficits in auditory emotion recognition (AER) are a core feature of schizophrenia and a key component of social cognitive impairment. AER deficits are tied behaviorally to impaired ability to interpret tonal ("prosodic") features of speech that normally convey emotion, such as modulations in base pitch (F0M) and pitch variability (F0SD). These modulations can be recreated using synthetic frequency modulated (FM) tones that mimic the prosodic contours of specific emotional stimuli. The present study investigates neural mechanisms underlying impaired AER using a combined event-related potential/resting-state functional connectivity (rsfMRI) approach in 84 schizophrenia/schizoaffective disorder patients and 66 healthy comparison subjects. Mismatch negativity (MMN) to FM tones was assessed in 43 patients/36 controls. rsfMRI between auditory cortex and medial temporal (insula) regions was assessed in 55 patients/51 controls. The relationship between AER, MMN to FM tones, and rsfMRI was assessed in the subset who performed all assessments (14 patients, 21 controls). As predicted, patients showed robust reductions in MMN across FM stimulus type ( $p = 0.005$ ), particularly to modulations in F0M, along with impairments in AER and FM tone discrimination. MMN source analysis indicated dipoles in both auditory cortex and anterior insula, whereas rsfMRI analyses showed reduced auditory-insula connectivity. MMN to FM tones and functional connectivity together accounted for ~50% of the variance in AER performance across individuals. These findings demonstrate that impaired preattentive processing of tonal information and reduced auditory-insula connectivity are critical determinants of social cognitive dysfunction in schizophrenia, and thus represent key targets for future research and clinical intervention.

**Typ och Nyckelord:** Journal affective prosody, ERP, mismatch negativity, resting-state MRI, schizophrenia, social cognition, ISSN: 0270-6474

**Referens:** Karyotaki, E., Kleiboer, A., Smit, F., Turner, D. T., Mira Pastor, A., Andersson, G., Berger, T., Botella, C., Breton, J. M., Carlbring, P., Christensen, H., de Graaf, E., Griffiths, K., Donker, T., Farrer, L., Huibers, M., Lenndin, J., Mackinnon, A., Meyer, B., Moritz, S., Riper, H., Spek, V., Vernmark, K., & Cuijpers, P. (2015). Predictors of treatment dropout in self-guided web-based interventions for depression: An individual patient data meta-analysis. *Psychological Medicine, 45*(13), 2717-2726.

**Abstract:** Background: It is well known that web-based interventions can be effective treatments for depression. However, dropout rates in web-based interventions are typically high, especially in self-guided web-based interventions. Rigorous empirical evidence regarding factors influencing dropout in self-guided web-based interventions is lacking due to small study sample sizes. In this paper we examined predictors of dropout in an individual patient data meta-analysis to gain a better understanding of who may benefit from these interventions.

Method: A comprehensive literature search for all randomized controlled trials (RCTs) of psychotherapy for adults with depression from 2006 to January 2013 was conducted. Next, we approached authors to collect the primary data of the selected studies. Predictors of dropout, such as socio-demographic, clinical, and intervention characteristics were examined.

Results: Data from 2705 participants across ten RCTs of self-guided web-based interventions for depression were analysed. The multivariate analysis indicated that male gender [relative risk (RR) 1.08], lower educational level (primary education, RR 1.26) and co-morbid anxiety symptoms (RR 1.18) significantly increased the risk of dropping out, while for every additional 4 years of age, the risk of dropping out significantly decreased (RR 0.94).

Conclusions: Dropout can be predicted by several variables and is not randomly distributed. This knowledge may inform tailoring of online self-help interventions to prevent dropout in identified groups at risk.

**Typ och Nyckelord:** Journal adherence, depression, eHealth, self-help, treatment, treatment dropout, web-based interventions, ISSN: 0033-2917

**Referens:** Kubik, V., Nilsson, L.-G., Olofsson, J.K., & Jönsson, F.U. (2015). Effects of testing on subsequent re-encoding and long-term forgetting of action-relevant materials: On the influence of recall type. *Scandinavian Journal of Psychology*, 56(5), 475-81.

**Abstract:** Testing one's memory of previously studied information reduces the rate of forgetting, compared to restudy. However, little is known about how this direct testing effect applies to action phrases (e.g., "wash the car") - a learning material relevant to everyday memory. As action phrases consist of two different components, a verb (e.g., "wash") and a noun (e.g., "car"), testing can either be implemented as noun-cued recall of verbs or verb-cued recall of nouns, which may differently affect later memory performance. In the present study, we investigated the effect of testing for these two recall types, using verbally encoded action phrases as learning materials. Results showed that repeated study-test practice, compared to repeated study-restudy practice, decreased the forgetting rate across 1 week to a similar degree for both noun-cued and verb-cued recall types. However, noun-cued recall of verbs initiated more new subsequent learning during the first restudy, compared to verb-cued recall of nouns. The study provides evidence that testing has benefits on both subsequent restudy and long-term retention of action-relevant materials, but that these benefits are differently expressed with testing via noun-cued versus verb-cued recall.

**Typ och Nyckelord:** Journal testing effect, action phrases, recall type, test-potentiated learning, ISSN: 0036-5564

**Referens:** Kubik, V., Olofsson, J.K., Nilsson, L.-N., & Jönsson, F.U. (in press). Putting action memory to the test: Testing affects subsequent restudy but not long-term forgetting of action events. *Journal of Cognitive Psychology*.

**Abstract:** Testing memory typically enhances subsequent re-encoding of information ("indirect" testing effect) and, as compared to restudy, it also benefits later long-term retention ("direct" testing effect). We investigated the effect of testing on subsequent restudy and 1-week retention of action events (e.g., "water the plant"). In addition, we investigated if the type of recall practice (noun-cued vs. verb-cued) moderates these testing benefits. The results showed an indirect testing effect that increased following noun-cued recall of verbs as compared to verb-cued recall of nouns. In contrast, a direct testing effect on the forgetting rate of performed actions was not reliably observed, neither for noun- nor verb-cued recall. Thus, to the extent that this study successfully dissociated direct and indirect testing-based enhancements, they seem to be differentially effective for performed actions, and may rely on partially different mechanisms.

**Typ och Nyckelord:** Journal memory for actions, recall type, indirect testing effect, direct testing effect, enactment, ISSN: 2044-5911

**Referens:** Lantz, A., Hansen, N., & Antoni, C. (2015). Participative work design in Lean Production: a strategy for dissolving the paradox between standardized work and team proactivity by stimulating team learning? *Journal of Workplace Learning*, 27(1), 19-33.

**Abstract:** Purpose. The aim of the study is to explore job design mechanisms that enhance team proactivity within a lean production system where autonomy is uttermost restricted. We propose and test a model where the team learning process of building shared meaning of work mediates the relationship between team participative decision-making, inter-team relations and team proactive behaviour. Methodology: The results are based on questionnaires to 417 employees within manufacturing industry (response rate 86%) and managers' ratings of team-proactivity. The research model was tested by mediation analysis on aggregated data (56 teams). Findings: Team learning mediates the relationship between participative decision-making, and inter team collaboration on team proactive behaviour. Input from stakeholders in the work-flow and partaking in decisions about work, rather than autonomy in carrying out the work, enhance the teams' proactivity through learning processes. Research implications: An investigation of the effects of different leadership styles and management policy on proactivity through team-learning processes might shed light on how leadership promotes proactivity, since results support the effects of team participative decision-making - reflecting management policy - on proactivity. Practical implications: Lean production stresses continuous improvements for enhancing efficiency and such processes rely on individuals and teams that are proactive. Participation in forming the standardization of work is linked to managerial style - which can be changed and developed also within a lean concept. Based on our experiences of implementing the results in the production plant, we discuss what it takes to create and manage participative processes and close collaboration between teams and other stakeholders based on a shared understanding of the work and work processes. Originality: Very few studies have investigated the paradox between lean and teamwork, yet many lean-inspired production systems have teamwork as a pillar for enhancing effectiveness. A clear distinction between autonomy and participation contributes to the understanding of the links between job design, learning processes and team proactivity.

**Typ och Nyckelord:** Journal lean, job design, participation, team-learning, proactivity, ISSN: 1366-5626

**Referens:** Leiva, V., Tejo, M., Guiraud, P., Schmachtenberg, O., Orio, P., & Marmolejo-Ramos, F. (2015). Modeling neural activity with cumulative damage distributions. *Biological Cybernetics*, 109(4-5), 421-433.

**Abstract:** Neurons transmit information as action potentials or spikes. Due to the inherent randomness of the inter-spike intervals (ISIs), probabilistic models are often used for their description. Cumulative damage (CD) distributions are a family of probabilistic models that has been widely considered for describing time-related cumulative processes. This family allows us to consider certain deterministic principles for modeling ISIs from a probabilistic viewpoint and to link its parameters to values with biological interpretation. The CD family includes the Birnbaum-Saunders and inverse Gaussian distributions, which possess distinctive properties and theoretical arguments useful for ISI description. We expand the use of CD distributions to the modeling of neural spiking behavior, mainly by testing the suitability of the Birnbaum-Saunders distribution, which has not been studied in the setting of neural activity. We validate this expansion with original experimental and simulated electrophysiological data.

**Typ och Nyckelord:** Journal Birnbaum-Saunders and inverse Gaussian distributions, integrate-and-fire model, inter-spike intervals, maximum likelihood method, model selection and goodness of fit, ISSN: 0340-1200

- Referens:** Leuzinger-Bohleber, M., Benecke, C., & Hau, S. (2015). *Psychoanalytische Forschung. Methoden und Kontroversen in Zeiten wissenschaftlicher Pluralität*. Stuttgart: Kohlhammer.
- Abstract:** Als ein "Junktum zwischen Heilen und Forschen" charakterisierte Freud die Forschung in der Psychoanalyse. Das analytische Verfahren sei das einzige, bei dem dies kostbare Zusammentreffen gewahrt bleibe. Bis heute provoziert die "Junktumforschung" Kontroversen zwischen der "klinischen" Forschung, die in der analytischen Situation selbst stattfindet, und der "extraklinischen" Forschung, die im Anschluss erfolgt. Drei namhafte psychoanalytische Forscher stellen anhand eigener Studien und konzeptueller Überlegungen ihre Positionen zur Diskussion.
- Typ och Nyckelord:** Book (chapter) psychoanalytic research, psychoanalytic methods, ISBN: 978-3-17-022275-5
- Referens:** Leuzinger-Bohleber, M., Benecke, C., & Hau, S. (2015). Vorbemerkungen der drei Autoren. In M. Leuzinger-Bohleber, C. Benecke, S. Hau (Eds.), *Psychoanalytische Forschung. Methoden und Kontroversen in Zeiten wissenschaftlicher Pluralität* (pp. 11-14). Stuttgart: Kohlhammer.
- Abstract:** Als ein "Junktum zwischen Heilen und Forschen" charakterisierte Freud die Forschung in der Psychoanalyse. Das analytische Verfahren sei das einzige, bei dem dies kostbare Zusammentreffen gewahrt bleibe. Bis heute provoziert die "Junktumforschung" Kontroversen zwischen der "klinischen" Forschung, die in der analytischen Situation selbst stattfindet, und der "extraklinischen" Forschung, die im Anschluss erfolgt. Drei namhafte psychoanalytische Forscher stellen anhand eigener Studien und konzeptueller Überlegungen ihre Positionen zur Diskussion.
- Typ och Nyckelord:** Book (chapter) psychoanalytic research, preface, ISBN: 978-3-17-022275-5
- Referens:** Leuzy, A., Carter, S.F., Chiotis, K., Almkvist, O., Wall, A., & Nordberg, A. (2015). Concordance and Diagnostic Accuracy of [C-11]PIB PET and Cerebrospinal Fluid Biomarkers in a Sample of Patients with Mild Cognitive Impairment and Alzheimer's Disease. *Journal of Alzheimer's Disease, 45*(4), 1077-1088.
- Abstract:** Background: Alzheimer's disease (AD) pathology can be quantified in vivo using cerebrospinal fluid (CSF) levels of amyloid-beta(1-42) (A beta(1-42)), total-tau (t-tau), and phosphorylated tau (p-tau(181p)), as well as with positron emission tomography (PET) using [C-11]Pittsburgh compound-B ([C-11]PIB). Studies assessing concordance between these measures, however, have provided conflicting results. Moreover, it has been proposed that [C-11]PIB PET may be of greater clinical utility in terms of identifying patients with mild cognitive impairment (MCI) who will progress to the dementia phase of AD. Objective: To determine concordance and classification accuracy of CSF biomarkers and [C-11]PIB PET in a cohort of patients with MCI and AD. Methods: 68 patients (MCI, n = 33; AD, n = 35) underwent [C-11]PIB PET and CSF sampling. Cutoffs of >1.41 ([C-11]PIB), <450 pg/mL and a more lenient cutoff of 550 pg/mL (A beta(1-42)), <6.5 (A beta(1-42)/p-tau181p), and 1.14 (A beta(1-42)/t-tau), were used to determine concordance. Logistic regression was used to determine classification accuracy with respect to stable MCI (sMCI) versus MCI who progressed to AD (pMCI). Results: Concordance between [C-11]PIB and A beta(1-42) was highest for sMCI (67%), followed by AD (60%) and pMCI (33%). Agreement was increased across groups using A beta(1-42) < 550 pg/mL, or A beta(1-42) to tau ratios. Logistic regression showed that classification accuracy of [11C] PIB, between sMCI and pMCI, was superior to A beta(1-42) (73% versus 58%), A beta(1-42)/t-tau (63%), and A beta(1-42)/p-tau181p (65%). Conclusion: In the present study, [C-11]PIB proved a better predictor of progression to AD in patients with MCI, relative to CSF measures of A beta(1-42) or A beta(1-42)/tau. Discordance between PET and CSF markers for A beta(1-42) suggests they cannot be used interchangeably, as is currently the case.
- Typ och Nyckelord:** Journal [C-11]PIB, Alzheimer's disease, amyloid, cerebrospinal fluid, mild cognitive impairment, positron emission tomography, tau, ISSN: 1387-2877
- Referens:** Li, X., Westman, E., Ståhlbom, A.K., Thordardottir, S., Almkvist, O., Blennow, K., Wahlund, L.-O., & Graff, C. (2015). White matter changes in familial Alzheimer's disease. *Journal of Internal Medicine, 278*(2), 211-218.
- Abstract:** Background: Familial Alzheimer's disease (FAD) resulting from gene mutations in PSEN1, PSEN2 and APP is associated with changes in the brain. Objective: The aim of this study was to investigate changes in grey matter (GM), white matter (WM) and the cerebrospinal fluid (CSF) in FAD. Subjects: Ten mutation carriers (MCs) with three different mutations in PSEN1 and APP and 20 noncarriers (NCs) were included in the study. Three MCs were symptomatic and seven were presymptomatic (pre-MCs). Methods: Whole-brain GM volume as well as fractional anisotropy (FA) and mean diffusivity (MD) using voxel-based morphometry and tract-based spatial statistics analyses, respectively, were compared between MCs and NCs. FA and MD maps were obtained from diffusion tensor imaging. Results: A significant increase in MD was found in the left inferior longitudinal fasciculus, cingulum and bilateral superior longitudinal fasciculus in pre-MCs compared with NCs. After inclusion of the three symptomatic MCs in the analysis, the regions became wider. The mean MD of these regions showed significant negative correlation with the CSF level of A42, and positive correlations with P-tau(181p) and T-tau. No differences were observed in GM volume and FA between the groups. Conclusions: The results of this study suggest that FAD gene mutations affect WM diffusivity before changes in GM volume can be detected. The WM changes observed were related to changes in the CSF, with similar patterns previously observed in sporadic Alzheimer's disease.
- Typ och Nyckelord:** Journal cerebrospinal fluid biomarkers, diffusion tensor imaging, familial Alzheimer's disease, mutation carriers, white matter changes, ISSN: 0954-6820
- Referens:** Lillengren, P., Falkenström, F., Sandell, R., Risholm Mothander, P., & Werbart, A. (2015). Secure attachment to therapist, alliance, and outcome in psychoanalytic psychotherapy with young adults. *Journal of Counseling Psychology, 62*(1), 1-13.
- 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., Johansson, R., Lindqvist, K., Mechler, J., & Andersson, G. \(in press\). Efficacy of Experiential Dynamic Therapy for Psychiatric Conditions: A Meta-Analysis of Randomized Controlled Trials. \*Psychotherapy\*.](#)

**Abstract:** Experiential dynamic therapy (EDT) is a subgroup of short-term psychodynamic psychotherapy (STPP) that emphasizes patients' in-session affective processing. To evaluate the efficacy of EDT for psychiatric conditions, we conducted a meta-analysis of randomized controlled trials. Twenty-eight studies published between 1978 and 2014 were included, encompassing 1,782 adult patients with mood, anxiety, personality, or mixed disorders. Across targeted outcome domains, medium-size between-groups effects (Cohen's *ds* ranging from 0.39 to 0.65) favored EDT over inactive controls at posttreatment and in symptom measures at follow-up. We found no differences between EDT and active treatments (e.g., medication, cognitive-behavioral therapy, manualized supportive therapy) at posttreatment, but EDT outperformed supportive therapy at follow-up ( $d = 0.75$ ). In terms of within-group effect sizes, EDT was associated with large improvements in general psychiatric symptoms ( $d = 1.11$ ), depression ( $d = 1.33$ ), and anxiety ( $d = 1.09$ ) and with small to moderate gains in the areas of interpersonal problems ( $d = 0.55$ ) and global functioning ( $d = 0.86$ ). Small but significant effects suggested continued improvement between posttreatment and follow-up. Heterogeneity in pre-post effects was explored in subgroup analyses, which indicated that EDT might be most effective in depressive disorders and that individual EDT had larger effects compared with group treatment. In addition, EDT performed better in higher quality studies. We conclude that EDT is a promising treatment for psychiatric conditions in adults. Further high-quality studies evaluating contemporary versions of EDT in specific psychiatric conditions are warranted.

**Typ och Nyckelord:** Journal Experiential Dynamic Therapy, EDT, short-term psychodynamic psychotherapy, psychiatric conditions, ISSN: 0033-3204

**Referens:** [Linde, J., Rück, C., Bjureberg, J., Ivanov, V.Z., Djurfeldt, D.R., & Ramnerö, J. \(2015\). Acceptance-based exposure therapy for body dysmorphic disorder: A pilot study. \*Behavior Therapy, 46\*\(4\), 423–431.](#)

**Abstract:** Body dysmorphic disorder (BDD) is an often severe, chronic, and disabling disorder, and although some controlled trials of cognitive behavior therapy (CBT) have shown efficacy, the body of evidence is still limited. The condition is generally considered difficult to treat, and further research to determine the effectiveness of psychological treatments for BDD is needed. The present study is the first to evaluate an acceptance-based therapy for BDD. In total, 21 patients received a 12-week group treatment consisting of weekly sessions of psychoeducation, acceptance and defusion practice, and exposure exercises to foster acceptance of internal discomfort and to strengthen the patients' committed purposeful actions. The primary outcome was BDD symptomatology (measured on the BDD-YBOCS) assessed by a psychiatrist before and after treatment and at 6 months follow-up. The secondary outcomes were self-rated BDD symptoms, psychological flexibility, depressive symptoms, quality of life, and disability. Reductions in BDD symptomatology from pre- to posttreatment were significant and showed a large effect size,  $d = 1.93$  (95% CI 0.82–3.04). At posttreatment, 68% of the participants showed clinically significant improvement in the primary outcome variable. Treatment gains were maintained at 6 months follow-up. The treatment also resulted in significant improvements in all secondary outcomes. The dropout rate was low; 90.5% of the participants completed treatment. This study suggests that acceptance-based exposure therapy may be an efficacious and acceptable treatment for BDD that warrants further investigation in larger controlled trials.

**Typ och Nyckelord:** Journal body dysmorphic disorder, BDD, acceptance-based, exposure, psychological flexibility, ISSN: 0005-7894

**Referens:** [Lindfors, P., Riva, R., & Lundberg, U. \(2015\). Single and aggregate salivary cortisol measures in working women living in high and low status neighborhoods in Sweden. \*Psychological Reports, 117\*\(2\), 380–389.](#)

**Abstract:** Contextual factors including neighborhood status have consistently been associated with health disparities. This may relate to a poorer neighborhood status involving an exposure to chronic stressors, which dysregulates cortisol secretion. This study investigated single and aggregate cortisol measures in 88 working women living in high and low status neighborhoods. Results showed significantly lower waking cortisol among women in low status neighborhoods. However, there were no group differences in aggregate cortisol measures. The lower morning cortisol among women in the low status neighborhoods follows previous research suggesting hypocortisolism as a pathway linking neighborhood status and health disparities, albeit a less consistent finding across cortisol measures in this sample. This may relate to the Swedish welfare state and its fostering of equality.

**Typ och Nyckelord:** Journal women, social position, neuroendocrine, cortisol, ISSN: 0033-2941

**Referens:** [Lindgren, T.E., Döllinger, L., Schuster, P., & Hau, S. \(2015\). How do therapists learn to become therapists: A literature review. Poster presented at the EARLI 2015 Conference, Limassol, Cyprus, August 25–29, 2015.](#)

**Abstract:** There is a relatively large body of literature on how psychotherapy education should be taught and learned. Less attention has been directed towards how therapists learn. The aim of the present literature review is to consider research published from 2000 until present concerning learning processes in psychotherapy and supervision. The main questions were: What is the scope and quality of available research and what is considered known and unknown concerning how therapists learn to become psychotherapists. Search and selection criteria were developed and tested for reliability. Subsequent searches were performed using the



Proquest multi database platform. An analysis of findings generated so far suggests a continued lack of research on how psychotherapists learn their trade. Implications of this finding are further discussed.

**Typ och Nyckelord:** Proceedings learning, supervision, psychotherapy

**Referens:** Lindh-Åstrand, L., Holm, A.-C. S., Sydsjö, G., Andersson, G., Carlbring, P., & Nedstrand, E. (2015). Internet-delivered applied relaxation for vasomotor symptoms in postmenopausal women: Lessons from a failed trial. *Maturitas*, 80(4), 432-434.

**Abstract:** Internet-delivered therapies have a short history and promising results have been shown for several health problems, particularly for psychiatric conditions. This study was a first attempt to evaluate whether Internet-delivered applied relaxation for hot flushes in postmenopausal women may be useful. Due to a high drop-out rate the study was prematurely terminated after inclusion of approximately two thirds of calculated women. The Internet-delivered applied relaxation must probably be modified for such populations and settings before it can be used further. This article will discuss the benefits and pitfalls to learn in order to meet the challenges of future studies. Clinical Trial Registration Number: NCT01245907.

**Typ och Nyckelord:** Journal internet-delivered therapy, failed trial, postmenopausal women, applied relaxation, ISSN: 0378-5122

**Referens:** Lindholm, J., Cederborg, A.-C., & Alm, C. (2015). Adolescent girls exploited in the sex trade: Informativeness and evasiveness in investigative interviews. *Police Practice & Research*, 16(3), 197-210.

**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:** Lindner, P., Carlbring, P., Flodman, E., Poysti, S., Hagkvist, F., Johansson, R., Zetterqvist Westin, V., Berger, T., & Andersson, G. (2015). Cognitive flexibility does not predict symptom reduction in Internet interventions. The Third Meeting of the European Society for Research on Internet Interventions, Warsaw, September 17-18, 2015.

**Abstract:** **PURPOSE:** Little is known about whether individual differences in executive functions predict outcomes after Internet-delivered psychological treatments. We hypothesized that learning and utilizing skills taught in treatment is reliant on cognitive flexibility, as measurable by perseverative errors (PE) on the 64-card Wisconsin Card Sorting Test (WCST). We tested this by correlating PE scores with symptom reduction following treatment for social anxiety disorder (n=116), depression (n=42) and tinnitus discomfort (n=28). **METHOD:** In all groups, the WCST was administered online prior to treatment and partial correlation (controlling for age) were calculated between PE and percentage symptom reduction on the respective primary outcome measure. **RESULTS:** Number of PE did not correlate with pre-treatment symptom scores in any group. There was no generic association between symptom reduction and PE, and, after outlier removal, no group-specific associations either. **CONCLUSIONS:** Lower cognitive flexibility does not appear to impede symptom reduction in Internet-delivered psychological treatments.

**Typ och Nyckelord:** Proceedings executive functions, cognitive flexibility, predictors

**Referens:** Lindner, P., Frykheden, O., Forsström, D., Andersson, E., Ljótsson, B., Hedman, E., Andersson, G., & Carlbring, P. (2015). The Brunnsviken Brief Quality of life scale (BBQ): A novel, free self-rating scale of subjective quality of life. The Third Meeting of the European Society for Research on Internet Interventions, Warsaw, September 17-18, 2015.

**Abstract:** **PURPOSE:** Measuring subjective quality of life (QoL) is an important complement to symptom ratings in Internet interventions. The Brunnsviken Brief Quality of life scale (BBQ) was developed as an empirically-derived, freely available and easy-to-use QoL inventory. **METHODS:** Six life areas important for overall QoL were identified using factor analysis performed on a large dataset of QoL ratings. The BBQ (available in 20 languages) has respondents rating both satisfaction with, and importance of, six life areas, totaling 12 items that are weighted pairwise and summed. The psychometric evaluation was performed using a healthy undergraduate sample (n=163) and a sample seeking treatment for social phobia (n=586). **RESULTS:** The BBQ showed good internal consistency ( $\alpha=0.762$ ) and good responsiveness to change (SRM=0.43). Good sensitivity (0.75) and specificity (0.71) was found comparing the clinical and non-clinical groups (AUC=0.797). **CONCLUSIONS:** The BBQ is a valid and reliable measure of subjective QoL in clinical and non-clinical populations.

**Typ och Nyckelord:** Proceedings quality of life, psychometrics, self-rating

**Referens:** Lindner, P., Nyström, M. B. T., Hassmén, P., Andersson, G., & Carlbring, P. (2015). Who seeks ICBT for depression and how do they get there? Effects of recruitment source on patient demographics and clinical characteristics. *Internet Interventions*, 2(2), 221-225.

**Abstract:** Studies on internet-administered cognitive behavior therapy (ICBT) frequently use several different sources of recruitment, yet no study has investigated whether different recruitment sources produce different clinical and demographic profiles among participants. Using data from a large sample (n = 982) seeking ICBT for depression, we compared these characteristics on the basis of self-reported recruitment source. Recruitment sources that imply more active treatment-seeking behaviors (Google searches, viewing postings on mental health websites) presented more severe depression and anxiety than those recruited through more passive sources of information (newspaper advertisements, referrals by friends and family). In addition, a number of demographic differences between groups were found. These findings have important implications for ICBT research projects and clinical programs who employ open recruitment procedures and multi-modal recruitment strategies, and who wish to recruit representative samples or target specific subgroups. Replications in other

countries will however be required to establish cross-cultural patterns.

**Typ och Nyckelord:** Journal internet-administered cognitive behavior therapy, ICBT, depression, patient demographics, ISSN: 2214-7829

**Referens:** Lloyd, C.S., af Klinteberg, B., & DeMarinis, V. (2015). Psychological and existential vulnerability among clinical young women: A quantitative comparison of depression-related subgroups. *Mental Health, Religion & Culture, 18*(4), 259-272.

**Abstract:** The objective was to explore psychological and existential vulnerability among clinical young women in Sweden. Females (n = 53) with depression as the most common preliminary diagnosis were investigated through an online questionnaire. Included measures were Karolinska Scales of Personality, Self-concept, Strategies to Handle Negative Emotions, Sense of Coherence, and questions pertaining to existential meaning-making, including religious/spiritual belief. The sample was divided into High (n = 35) and Low/Inter (n = 18) groups according to scores on the anxiety- and depression-related personality scale Inhibition of aggression. Using independent samples t-test, the High group showed signs of significantly higher psychological and existential vulnerability than the Low/Inter group. Salutogenic factors being (1) coming from socially and societally engaged families and (2) being in a functional existential meaning-making process. The conclusion is that vulnerabilities in the psychological and existential domains are linked, especially in individuals high on depression-like aspects of personality. However, no significant differences for religion/spirituality were found. Treatment implications were addressed.

**Typ och Nyckelord:** Journal clinical young women, psychological vulnerability, existential meaning-making, depression, sense of coherence, self-concept, emotion regulation, ISSN: 1367-4676

**Referens:** Lornudd, C., Tafvelin, S., von Thiele Schwarz, U., & Bergman, D. (2015). 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, 52*(2), 543-554.

**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:** Lundquist, A., Böhm, B., Lagercrantz, H., Forssberg, H., & Smedler, A.-C. (2015). Cognitive outcome varies in adolescents born preterm, depending on gestational age, intrauterine growth and neonatal complications. *Acta Paediatrica, 104*(3), 292-299.

**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: 0803-5253

**Referens:** Ly, K.H., Janni, E., Wrede, R., Sedem, M., Donker, T., [Carlbring, P.](#), & Andersson, G. (2015). Experiences of a guided smartphone-based behavioral activation therapy for depression: A qualitative study. *Internet Interventions*, 2(1), 60-68.

**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. (2015). Smartphone-Supported versus Full Behavioural Activation for Depression: A Randomised Controlled Trial. *PLoS ONE* 10(5): e0126559.

**Abstract:** Background: There is need for more cost and time effective treatments for depression. This is the first randomised controlled trial in which a blended treatment - including four face-to-face sessions and a smartphone application - was compared against a full behavioural treatment. Hence, the aim of the current paper was to examine whether a blended smartphone treatment was non-inferior to a full behavioural activation treatment for depression.

Methods: This was a randomised controlled non-inferiority trial (NCT01819025) comparing a blended treatment (n=46) against a full ten-session treatment (n=47) for people suffering from major depression. Primary outcome measure was the BDI-II, that was administered at pre- and post-treatment, as well as six months after the treatment.

Results: Results showed significant improvements in both groups across time on the primary outcome measure (within-group Cohen's d=1.35; CI [-0.82, 3.52] to d=1.47; CI [-0.41, 3.35]; between group d=-0.13 CI [-2.37, 2.09] and d=-0.10 CI [-2.53, 2.33]). At the same time, the blended treatment reduced the therapist time with an average of 47%.

Conclusions: We could not establish whether the blended treatment was non-inferior to a full BA treatment. Nevertheless, this study points to that the blended treatment approach could possibly treat nearly twice as many patients suffering from depression by using a smartphone application as add-on. More studies are needed before we can suggest that the blended treatment method is a promising cost-effective alternative to regular face-to-face treatment for depression.

Trial registration: Cognitive Behavioral Therapy Treatment of Depression With Smartphone Support NCT01819025.

**Typ och Nyckelord:** Journal depression, smartphone-supported, behavioural activation, treatment, ISSN: 1932-6203

**Referens:** [Låstad, L.](#) (2015). *Job insecurity climate: The nature of the construct, its associations with outcomes, and its relation to individual job insecurity*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:** Work is an essential part of most people's lives. With increasing flexibility in work life, many employees experience job insecurity – they perceive that the future of their jobs is uncertain. However, job insecurity is not just an individual experience; employees can perceive that there is a climate of job insecurity at their workplace as well, as people collectively worry about their jobs. The overall aim of this thesis was to investigate the job insecurity climate construct and how it relates to work- and health-related outcomes and to individual job insecurity. Three empirical studies were conducted to investigate this aim. Study I investigated the dimensionality of the job insecurity construct by developing and testing a measure of job insecurity climate – conceptualized as the individual's perception of the job insecurity climate at work – in a sample of employees working in Sweden. The results indicated that individual job insecurity and job insecurity climate are separate but related constructs and that job insecurity climate was related to work- and health-related outcomes. Study II examined the effects of individual job insecurity and job insecurity climate on work- and health-related outcomes in a sample of employees working in a private sector company in Sweden. The results showed that perceiving higher levels of job insecurity climate than others in the workgroup was associated with poorer self-rated health and higher levels of burnout. Study III tested the relationship between individual job insecurity and job insecurity climate in a sample of Flemish employees. The results indicated that individual job insecurity is contagious, as individual job insecurity predicted perceptions of job insecurity climate six months later. In conclusion, by focusing on perceptions of the job insecurity climate, the present thesis introduces a new approach to job insecurity climate research, showing that employees can perceive a climate of job insecurity in addition to their own individual job insecurity and, also, that this perception of the job insecurity climate at work has negative consequences for individuals and organizations.

**Typ och Nyckelord:** Dissertation job insecurity climate, job insecurity, quantitative job insecurity, qualitative job insecurity, referent-shift, organizational collective climate, psychological collective climate, job satisfaction, work demands, work-family conflict, self-rated health, burnout, ISBN: 978-91-7649-226-0

**Referens:** [Låstad, L.](#), [Berntson, E.](#), [Näswall, K.](#), [Lindfors, P.](#), & [Sverke, M.](#) (2015). Measuring quantitative and qualitative job insecurity climate: Scale validation. *Career Development International*, 20(3), 202-217.

**Abstract:** Purpose: The aim of this study was to develop and validate a measure of job insecurity climate by (1) testing whether job insecurity climate and individual job insecurity are two separate constructs, and (2) investigating the relative importance of individual job insecurity and job insecurity climate in predicting work-related and health-related outcomes. Design/methodology/approach: Data were collected by questionnaires in a simple stratified random sample of 1380 white-collar workers in Sweden. The response rate was 56%. Findings:

Confirmatory factor analyses showed that job insecurity climate was distinct from individual job insecurity. Four separate ridge regression analyses showed that qualitative job insecurity climate was a significant predictor of demands, work-family conflict, psychological distress, and poor self-rated health and that quantitative job insecurity climate predicted demands and work-family conflict. Research limitations: The study is based on self-reports, which may involve common method bias. The cross-sectional study design limits the possibility to make causal inferences regarding the relationship between job insecurity climate and outcomes. Practical implications: Future studies may consider measuring job insecurity climate in line with a referent-shift model. Work environment surveys in organizations that include measures of individual job insecurity and job insecurity climate can provide practitioners with a fuller picture of the psychosocial work environment. Originality/value: The present study adds to previous research by introducing a new approach to measuring and conceptualizing job insecurity climate.

**Typ och Nyckelord:** Journal job insecurity, job insecurity climate, scale validation, ISSN: 1362-0436

**Referens:** Magnusson Hanson, L.L., Westerlund, H., Chungkham, H.S., Vahtera, J., Wikman, A., Sverke, M., & Alexandersson, K. (in press). Treatment with antidepressants in the Swedish population in relation to major workplace downsizing. *Epidemiology*.

**Abstract:** Organizational downsizing may be a risk factor for morbidity both among 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 purchases of prescription antidepressants across five years in relation to workplace downsizing. We studied all Swedish residents 2004 throughout 2010, 22-54 years of age in 2006, gainfully employed, and with a stable labor market position up to 2006. 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 odds of any purchase of prescription antidepressants (inferred from the Prescribed Drug Register) within five 12-month periods from two years before to two years after the period of major downsizing and compared the trends for newly exposed ( $n=632\ 500$ ) and unexposed ( $n=1\ 021\ 759$ ) to major downsizing. The odds of purchasing prescription antidepressants for exposed increased more than for non-exposed, mainly peri-downsizing (one year before to one year after), and post-downsizing (one year after to two years after) for survivors (OR 1.24 vs 1.14 peri-downsizing and 1.12 vs 1.00 post-downsizing) and those changing workplace (OR 1.22 vs 1.14 peri-downsizing and 1.10 vs 1.00 post-downsizing) with no previous sickness absence or disability pension ( $\geq 7\%$  more than unexposed peri- and post-downsizing). This large scale study indicates that downsizing slightly increases the odds of purchasing prescription antidepressants among people without previous sickness absence or disability pension.

**Typ och Nyckelord:** Journal downsizing, organisational change, mental health, ISSN: 1044-3983

**Referens:** Magnusson, K., Nilsson, A., Hellner Gumpert, C., Andersson, G., & Carlbring, P. (2015). Internet-delivered cognitive-behavioural therapy for concerned significant others of people with problem gambling: study protocol for a randomised wait-list controlled trial. *BMJ Open*, 5(12).

**Abstract:** Introduction: About 2.3% of the adult population in Sweden are considered to suffer from problem gambling, and it is estimated that only 5% of those seek treatment. Problem gambling can have devastating effects on the economy, health and relationship, both for the individual who gambles and their concerned significant other (CSO). No empirically supported treatment exists for the CSOs of people with problem gambling. Consequently, the aim of this study is to develop and evaluate a programme aimed at CSOs of treatment-refusing problem gamblers. The programme will be based on principles from cognitive behavioural therapy (CBT) and motivational interviewing. To benefit as many CSOs as possible, the programme will be delivered via the internet with therapist support via encrypted email and short weekly conversations via telephone. Methods and analysis: This will be a randomised wait-list controlled internet-delivered treatment trial. A CBT programme for the CSOs of people with problem gambling will be developed and evaluated. The participants will work through nine modules over 10 weeks in a secure online environment, and receive support via secure emails and over the telephone. A total of 150 CSOs over 18 years of age will be included. Measures will be taken at baseline and at 3, 6 and 12 months. Primary outcomes concern gambling-related harm. Secondary outcomes include the treatment entry of the individual who gambles, the CSO's levels of depression, anxiety, as well as relationship satisfaction and quality of life. Ethics and dissemination: The protocol has been approved by the regional ethics board of Stockholm, Sweden. This study will add to the body of knowledge on how to protect CSOs from gambling-related harm, and how to motivate treatment-refusing individuals to seek professional help for problem gambling. Trial registration number: NCT02250586.

**Typ och Nyckelord:** Journal gambling, treatment, concerned significant other, internet-delivered, ISSN: 2044-6055

**Referens:** Margaritis, E., Aletta, F., Axelsson, Ö., Kang, K., Botteldooren, D., & Singh, R.N. (2015). Soundscape mapping in the urban context: A case study in Sheffield. In M. Macoun & K. Maier (Eds.), *Book of Proceedings AESOP Prague Annual Congress 2015: Definite Space – Fuzzy Responsibility* (pp. 962–974). Prague, Czech Republic: Faculty of Architecture, Czech Technical University.

**Abstract:** According to the recently published ISO 12913-1, soundscape differs from the acoustic environment, since the first refers to a perceptual construct, whilst the latter to a physical phenomenon. Noise exposure has been a main concern over the last decades, but from the planning viewpoint limited attention has been given to the perception of the acoustic environment and its representation at a city scale. This paper aims to establish a method for representing soundscape through source-related maps and secondly to correlate the sound sources with the urban context in terms of specific activities. Using a grid-based sampling methodology within the broader area of Sheffield city centre, soundscape data were collected in 90 spots, during morning and evening hours. Afterwards, soundscape variability for technological, anthropic and natural sounds was represented by maps using a Kriging interpolation technique in GIS. Preliminary results show how sound sources' spatial variation in urban soundscapes is closely related to urban contexts and activities, therefore urban activities can be relevant for designing the soundscape of the urban realm. The paper ultimately points out how soundscape mapping can be used as a tool for planning purposes and urges to rethink the design process of the built environment also from the sonic viewpoint.

**Typ och Nyckelord:** Proceedings soundscape, sound source mapping, sound perception, ISBN: 978-80-01-05782-7

**Referens:** Marklund, S., Aronsson, G., Johansen, V., Solheim, L.J. (2015). 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*, 24(4), 376-387.

**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, internet-delivered cognitive behavioural therapy, self-help, social anxiety disorder, psychoeducation, ISSN: 1369-6866

**Referens:** [Marmolejo-Ramos, F.](#), Cousineau, D., Benites, L., & Maehara, R. (2015). On the efficacy of procedures to normalize Ex-Gaussian distributions. *Frontiers in Psychology*, 5, 1548.

**Abstract:** Reaction time (RT) is one of the most common types of measure used in experimental psychology. Its distribution is not normal (Gaussian) but resembles a convolution of normal and exponential distributions (Ex-Gaussian). One of the major assumptions in parametric tests (such as ANOVAs) is that variables are normally distributed. Hence, it is acknowledged by many that the normality assumption is not met. This paper presents different procedures to normalize data sampled from an Ex-Gaussian distribution in such a way that they are suitable for parametric tests based on the normality assumption. Using simulation studies, various outlier elimination and transformation procedures were tested against the level of normality they provide. The results suggest that the transformation methods are better than elimination methods in normalizing positively skewed data and the more skewed the distribution then the transformation methods are more effective in normalizing such data. Specifically, transformation with parameter lambda -1 leads to the best results.

**Typ och Nyckelord:** Journal Ex-Gaussian, reaction times, normality tests, outliers, ISSN: 1664-1078

**Referens:** [Marmolejo-Ramos, F.](#), Hellemans, K., Comeau, A., Heenan, A., Faulkner, A., Abizaid, A., & D'Angiulli, A. (2015). Event-related potential signatures of perceived and imagined emotional and food real-life photos. *Neuroscience Bulletin*, 31(3), 317-330.

**Abstract:** Although food and affective pictures share similar emotional and motivational characteristics, the relationship between the neuronal responses to these stimuli is unclear. Particularly, it is not known whether perceiving and imagining food and affective stimuli elicit similar event-related potential (ERP) patterns. In this study, two ERP correlates, the early posterior negativity (EPN) and the late positive potential (LPP) for perceived and imagined emotional and food photographs were investigated. Thirteen healthy volunteers were exposed to a set of food photos, as well as unpleasant, pleasant, and neutral photos from the International Affective Picture System. In each trial, participants were first asked to view a photo (perception condition), and then to create a visual mental image of it and to rate its vividness (imagery condition). The results showed that during perception, brain regions corresponding to sensorimotor and parietal motivational (defensive and appetitive) systems were activated to different extents, producing a graded pattern of EPN and LPP responses specific to the photo content - more prominent for unpleasant than pleasant and food content. Also, an EPN signature occurred in both conditions for unpleasant content, suggesting that, compared to food or pleasant content, unpleasant content may be attended to more intensely during perception and may be represented more distinctly during imagery. Finally, compared to LLP activation during perception, as well as imagery and perception of all other content, LPP activation was significantly reduced during imagery of unpleasant photos, suggesting inhibition of unwanted memories. Results are framed within a neurocognitive working model of embodied emotions.

**Typ och Nyckelord:** Journal food, emotion, perception, mental imagery, ERP, EPN, LPP, vividness, International Affective Picture System, embodiment, ISSN: 1673-7067

**Referens:** [Mattson, M.](#) (2015). *Promoting safety in organizations: The role of leadership and managerial practices*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:** Workplace accidents and injuries are a growing problem for organizations in Sweden as well as in many other countries. As a consequence, improving workplace safety has become an area of increasing concern for employers and politicians as well as researchers. The aim of this thesis was to contribute to an increased understanding of how leadership and management practices can influence safety in organizations. In Study I, three leadership styles were investigated to determine their relative importance for different safety outcomes. A leadership style specifically emphasizing safety was found to contribute the most to employee safety behaviors; transformational leadership was found to be positive for safety behaviors only when it also involved a safety focus; and a transactional leadership style (management-by-exception active) was shown to be slightly negatively related to workplace safety. Study II examined the role of leader communication approaches for patient safety and the mechanisms involved in this relationship. Support was found for a model showing that one-way communication of safety values and leader feedback communication were both related to increased patient safety through the mediation of different employee safety behaviors (safety compliance and organizational citizen behaviors). Study III explored whether and in what ways the use of staff bonus systems may compromise safety in high-risk organizations. The three investigated systems were all found to provide limited incentives for any behavioral change. However, the results indicate that design characteristics such as clearly defined and communicated bonus goals, which are perceived as closely linked to performance and which aim at improved safety, are imperative for the influence that bonus programs have on safety. Group-directed goals also appeared to be more advantageous than corporate- or individual-level goals. The thesis highlights the importance of actively emphasizing and communicating safety-related issues, both through leadership and in managerial practices, for the achievement of enhanced workplace safety.

**Typ och Nyckelord:** Dissertation transformational leadership, transactional leadership, safety-specific leadership, workplace safety, injuries, accidents, safety compliance, safety initiative, organizational citizenship behavior, communication, incident reporting, patient safety, incentive program, ISBN: 978-91-7649-170-6

**Referens:** [Mattson, M.](#), [Hellgren, J.](#), & [Göransson, S.](#) (2015). Leader communication approaches and patient safety: An integrated model. *Journal of Safety Research*, 53, 53-62.

**Abstract:** Problem: Leader communication is known to influence a number of employee behaviors. When it comes to the relationship between leader communication and safety, the evidence is more scarce and ambiguous. The aim of the present study is to investigate whether and in what way leader communication relates to safety outcomes. The study examines two leader communication approaches: leader safety priority communication and feedback to subordinates. These approaches were assumed to affect safety outcomes via different employee behaviors. Method: Questionnaire data, collected from 221 employees at two hospital wards, were analyzed using structural equation modeling. Results: The two examined communication approaches were both positively related to safety outcomes, although leader safety priority communication was mediated by employee compliance and feedback communication by organizational citizenship behaviors. Conclusion: The findings suggest that leader communication plays a vital role in improving organizational and patient safety and that different communication approaches seem to positively affect different but equally essential employee safety behaviors. Practical applications: The results highlights the necessity for leaders to engage in one-way communication of safety values as well as in more relational feedback communication with their subordinates in order to enhance patient safety.

**Typ och Nyckelord:** Journal workplace safety, safety compliance, safety participation, reporting, ISSN: 0022-4375

**Referens:** Mellner, C. (in press). After-hours availability expectations, work-related smartphone use during leisure, and psychological detachment: The moderating role of boundary control. *International Journal of Workplace Health Management*.

**Abstract:** Purpose: Modern working life is characterized by increased expectations for employees to be available to deal with work issues outside regular work hours and by using new communication technology. This implies more individual freedom in organizing work in time and space, but also places increased demands on employees to manage the boundaries between work and personal life. This, in turn, can be expected to be crucial to their ability to mentally detach from work during free time. The present study investigated whether individual perceptions of boundary control moderate the impact of after-hours availability expectations and work-related smartphone use during off-work hours on psychological detachment.

Design/methodology/approach: The study population comprised 2,876 gainfully employed professionals from four large organizations in both the public and private sector, representing various businesses and occupations. Univariate correlations and multiple, linear hierarchical multiple regression analyses were performed.

Findings: High after-hours availability expectations, high frequency of work-related smartphone use, and low boundary control were associated with poor psychological detachment. Furthermore, boundary control moderated the relationships between both after-hours availability expectations and work-related ICT use, respectively, and psychological detachment. As such, boundary control mitigated the negative effects of both after-hours availability expectations and work-related smartphone use during leisure on psychological detachment.

Practical implications: Modern work organizations would benefit from introducing availability policies and helping employees reduce their work-related smartphone use outside regular work hours, thus helping them achieve successful boundary control and subsequent psychological detachment.

Originality/value: In a working life characterized by boundarylessness, employees' ability to achieve boundary control can be regarded as crucial.

**Typ och Nyckelord:** Journal after-hours, availability, smartphone, boundary control, ISSN: 1753-8351

**Referens:** Miloff, A., Lindner, P., Hamilton, W., Reuterskiöld, L., Andersson, G., & Carlbring, P. (2015). VIMSE - Gamified exposure therapy for use on modern VR headsets. In Abstracts from the 7th Swedish Congress on internet interventions (SWESrii), 6-7 November, Stockholm, Sweden (p. 17). Linköping: Linköping University Press.

**Abstract:** VIMSE is a new spider phobia exposure application developed for use on next generation VR headsets. Developed by Mimerse AB for the Stockholm University Department of Psychology the application advances exposure technology along a number of important fronts. VIMSE uses gamification to increase user engagement and learning, is fully automated with a virtual therapist to allow at home-self care, contains multiple open-ended environments and lighting to ensure exposure in multiple contexts, as well as a range of spiders, spider behaviors and stimuli intensity levels to ensure gradually increasing exposure levels. Collaboration with a for-profit corporation ensures the application is market-ready and scalable rather than restricted to a research environment. VIMSE is currently completing clinical trials comparing it to gold-standard one session therapy phobia treatment in a group of 100 spider phobics.

**Typ och Nyckelord:** Proceedings VIMSE, gamified exposure therapy, VR, virtual reality, spider phobia

**Referens:** Miloff, A., Marklund, A., & Carlbring, P. (2015). The Challenger app for social anxiety disorder: New advances in mobile psychological treatment. *Internet Interventions*, 2(4), 382-391.

**Abstract:** Social anxiety disorder (SAD) is a common debilitating mental illness with large negative effects on quality of life and economic productivity. Modern psychotherapy treatments utilizing cognitive-behavioral theory are increasingly delivered over the Internet and more recently using smartphone applications. The Challenger App written natively for the Apple iPhone was developed at the Stockholm University Department of Psychology for the treatment of SAD and uses a number of advanced features not previously seen in past mental health applications; these include real-time location awareness, notifications, anonymous social interaction between users, a high-degree of personalization and use of gamification techniques. This paper explores design considerations for the various components of the app, their theoretical and evidence base, and research opportunities that exist for apps making use of these novel features.

**Typ och Nyckelord:** Journal smartphones, cognitive-behavioral therapy, mental health, social anxiety disorder, internet, mobile applications, ISSN: 2214-7829

**Referens:** Miloff, A., Savva, A., & Carlbring, P. (2015). Cognitive bias measurement and social anxiety disorder: Correlating self-report data and attentional bias. *Internet Interventions*, 2(3), 227-234.

**Abstract:** Social anxiety disorder (SAD) and attentional bias are theoretically connected in cognitive behavioral therapeutic models. In fact, there is an emerging field focusing on modifying attentional bias as a stand-alone

treatment. However, it is unclear to what degree these attentional biases are present before commencing treatment. The purpose of this study was to measure pre-treatment attentional bias in 153 participants diagnosed with SAD using a home-based Internet version of the dot-probe paradigm. Results showed no significant correlation for attentional bias (towards or away from negative words or faces) and the self-rated version of the Liebowitz Social Anxiety Scale (LSAS-SR). However, two positive correlations were found for the secondary measures Generalized Anxiety Disorder 7 (GAD-7) and Patient Health Questionnaire 9 (PHQ-9). These indicated that those with elevated levels of anxiety and depression had a higher bias towards negative faces in neutral-negative and positive-negative valence combinations, respectively. The unreliability of the dot-probe paradigm and home-based Internet delivery are discussed to explain the lack of correlations between LSAS-SR and attentional bias. Changes to the dot-probe task are suggested that could improve reliability.

**Typ och Nyckelord:** Journal attentional bias, attentional bias modification, dot-probe, social anxiety disorder, social phobia, internet, ISSN: 2214-7829

**Referens:** Montoro, P.R., Jose Contreras, M., Rosa Elosua, M., & Marmolejo-Ramos, F. (2015). Cross-modal metaphorical mapping of spoken emotion words onto vertical space. *Frontiers in Psychology, 6*, 1205.

**Abstract:** From the field of embodied cognition, previous studies have reported evidence of metaphorical mapping of emotion concepts onto a vertical spatial axis. Most of the work on this topic has used visual words as the typical experimental stimuli. However, to our knowledge, no previous study has examined the association between affect and vertical space using a cross-modal procedure. The current research is a first step toward the study of the metaphorical mapping of emotions onto vertical space by means of an auditory to visual cross-modal paradigm. In the present study, we examined whether auditory words with an emotional valence can interact with the vertical visual space according to a 'positive-up/negative-down' embodied metaphor. The general method consisted in the presentation of a spoken word denoting a positive/negative emotion prior to the spatial localization of a visual target in an upper or lower position. In Experiment 1, the spoken words were passively heard by the participants and no reliable interaction between emotion concepts and bodily simulated space was found. In contrast, Experiment 2 required more active listening of the auditory stimuli. A metaphorical mapping of affect and space was evident but limited to the participants engaged in an emotion-focused task. Our results suggest that the association of affective valence and vertical space is not activated automatically during speech processing since an explicit semantic and/or emotional evaluation of the emotionally valenced stimuli was necessary to obtain an embodied effect. The results are discussed within the framework of the embodiment hypothesis.

**Typ och Nyckelord:** Journal emotions, vertical space, cross-modal procedure, embodiment, metaphorical mapping, ISSN: 1664-1078

**Referens:** Månsson, K.N.T., Frick, A., Boraxbekk, C.-J., Marquand, A.F., Williams, S.C.R., Carlbring, P., Andersson, G., & Furmark, T. (2015). Predicting long-term outcome of Internet-delivered cognitive behavior therapy for social anxiety disorder using fMRI and support vector machine learning. *Translational Psychiatry, 5*, e530.

**Abstract:** Cognitive behavior therapy (CBT) is an effective treatment for social anxiety disorder (SAD), but many patients do not respond sufficiently and a substantial proportion relapse after treatment has ended. Predicting an individual's long-term clinical response therefore remains an important challenge. This study aimed at assessing neural predictors of long-term treatment outcome in participants with SAD 1 year after completion of Internet-delivered CBT (iCBT). Twenty-six participants diagnosed with SAD underwent iCBT including attention bias modification for a total of 13 weeks. Support vector machines (SVMs), a supervised pattern recognition method allowing predictions at the individual level, were trained to separate long-term treatment responders from nonresponders based on blood oxygen level-dependent (BOLD) responses to self-referential criticism. The Clinical Global Impression-Improvement scale was the main instrument to determine treatment response at the 1-year follow-up. Results showed that the proportion of long-term responders was 52% (12/23). From multivariate BOLD responses in the dorsal anterior cingulate cortex (dACC) together with the amygdala, we were able to predict long-term response rate of iCBT with an accuracy of 92% (confidence interval 95% 73.2–97.6). This activation pattern was, however, not predictive of improvement in the continuous Liebowitz Social Anxiety Scale—Self-report version. Follow-up psychophysiological interaction analyses revealed that lower dACC-amygdala coupling was associated with better long-term treatment response. Thus, BOLD response patterns in the fear-expressing dACC-amygdala regions were highly predictive of long-term treatment outcome of iCBT, and the initial coupling between these regions differentiated long-term responders from nonresponders. The SVM-neuroimaging approach could be of particular clinical value as it allows for accurate prediction of treatment outcome at the level of the individual.

**Typ och Nyckelord:** Journal internet-delivered therapy, CBT, social anxiety disorder, fMRI, vector machine learning, ISSN: 2158-3188

**Referens:** Månsson, K.N.T., Salami, A., Frick, A., Carlbring, P., Andersson, G., Furmark, T., & Boraxbekk, C.J. (2015). *Neuroplasticity in Response to Cognitive Behavior Therapy for Social Anxiety Disorder*. The 45th Annual European Association for Behavioural Cognitive Therapies Congress, Jerusalem, Israel, 31 August-03 September 2015.

**Abstract:** Background: Functional magnetic resonance imaging studies have consistently showed increased amygdala responsiveness in Social Anxiety Disorder (SAD), which decreases after anxiolytic treatment (e.g., Cognitive Behavior Therapy, CBT). However, less is known about treatment-related structural gray matter (GM) volume changes. Furthermore, the relationship between functional and structural plasticity are largely neglected in the literature.

Methods: Functional and structural neuroimaging were used to assess 26 SAD patients. The patients were randomized to receive Internet-delivered CBT (ICBT), or a control condition. The Clinical Global Impression-Improvement scale (CGI-I) determined clinical response. Also, we assessed level of anticipatory speech anxiety. At pre-, and post-treatment, blood-oxygen-level dependent (BOLD) responses to self-referential criticism were recorded, and structural data was examined with voxel-based morphometry (VBM).

Results: CGI-I assessment showed that eight (61%) patients were deemed as responders following ICBT, and 3 (23%) in the control group ( $c_2=3.90$ ,  $p=0.047$ ). Time × treatment interactions showed decreased amygdala BOLD response ( $Z=3.28$ ,  $p=0.015$ , Family Wise-Error corrected, FWE), and amygdala GM volume ( $Z=3.30$ ,  $p_{FWE}=0.024$ ) after ICBT. At baseline, GM amygdala volume was correlated with anticipatory anxiety ( $Z=2.96$ ,  $p_{FWE}=0.040$ ), and amygdala GM atrophy following ICBT was correlated with decreased anticipatory anxiety

( $Z > 2.83$ ,  $p_{FWE} < 0.055$ ). Moreover, the amygdala BOLD response change was associated with the local GM atrophy after ICBT ( $Z > 2.45$ ,  $p_{FWE} < 0.029$ ).

Conclusions: This is the first randomized study to evaluate multiple imaging modalities and the brain's plasticity to an anxiolytic treatment. The functional and structural plasticity was highly correlated as indicated by anxiety-related BOLD signal change and GM volume in the amygdala following ICBT.

**Typ och Nyckelord:** Proceedings neuroplasticity, CBT, SAD

**Referens:** Månsson, K.N.T., Salami, A., Frick, A., Carlbring, P., Andersson, G., Furmark, T., & Boraxbekk, C.J. (2015). Neuroplasticity in Response to Cognitive Behavior Therapy for Social Anxiety Disorder. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 13). Linköping: Linköping University Press.

**Abstract:** Background: Functional magnetic resonance imaging studies have consistently showed increased amygdala responsiveness in Social Anxiety Disorder (SAD), which decreases after anxiolytic treatment (e.g., Cognitive Behavior Therapy, CBT). However, less is known about treatment-related structural gray matter (GM) volume changes. Furthermore, the relationship between functional and structural plasticity are largely neglected in the literature. Methods: Functional and structural neuroimaging were used to assess 26 SAD patients. The patients were randomized to receive Internet-delivered CBT (ICBT), or a control condition. The Clinical Global Impression-Improvement scale (CGI-I) determined clinical response. Also, we assessed level of anticipatory speech anxiety. At pre-, and post-treatment, blood-oxygen-level dependent (BOLD) responses to self-referential criticism were recorded, and structural data was examined with voxel-based morphometry (VBM). Results: CGI-I assessment showed that eight (61%) patients were deemed as responders following ICBT, and 3 (23%) in the control group ( $\chi^2 = 3.90$ ,  $p = 0.047$ ). Time  $\times$  treatment interactions showed decreased amygdala BOLD response ( $Z = 3.28$ ,  $p = 0.015$ , Family Wise-Error corrected, FWE), and amygdala GM volume ( $Z = 3.30$ ,  $p_{FWE} = 0.024$ ) after ICBT. At baseline, GM amygdala volume was correlated with anticipatory anxiety ( $Z = 2.96$ ,  $p_{FWE} = 0.040$ ), and amygdala GM atrophy following ICBT was correlated with decreased anticipatory anxiety ( $Z > 2.83$ ,  $p_{FWE} < 0.055$ ). Moreover, the amygdala BOLD response change was associated with the local GM atrophy after ICBT ( $Z > 2.45$ ,  $p_{FWE} < 0.029$ ). Conclusions: This is the first randomized study to evaluate multiple imaging modalities and the brain's plasticity to an anxiolytic treatment. The functional and structural plasticity was highly correlated as indicated by anxiety-related BOLD signal change and GM volume in the amygdala following ICBT.

**Typ och Nyckelord:** Proceedings neuroplasticity, cognitive behavior therapy, social anxiety disorder

**Referens:** Mörtberg, E., Hoffart, A., Boecking, B., & Clark, D.M. (2015). Shifting the Focus of One's Attention Mediates Improvement in Cognitive Therapy for Social Anxiety Disorder. *Behavioural and Cognitive Psychotherapy*, 43(1), 63-73.

**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:** Neander, K., & Risholm Mothander, P. (2015). *Trygghetscirkeln för ett reflekterande föräldraskap: COS-P i Sverige - kunskapsspridning och prövning av ett psykoeducativt föräldraprogram*. Psykologiska institutionen, Stockholms universitet.

**Abstract:** Projektets avsåg att pröva ett anknytningsbaserat föräldrastödsprogram, Trygghetscirkeln (COS-P), vars mål är att hjälpa föräldrar att nå fördjupad förståelse för barns behov av känslomässigt stöd från sina föräldrar.

Prövningen av Trygghetscirkeln som komplement till övrig behandling genomfördes på tre geografiskt spridda behandlingsenheter för familjer med små barn i Sverige. Efter gruppledarutbildning genomfördes en RCT-studie där 52 föräldrar i åldern 18-44 år ( $M = 30$  år) med barn under 58 månader ( $M = 15$  mån) randomiserades till att antingen få behandling enligt planerad form (TAU),  $n = 24$  föräldrar, eller få behandling plus ett tillskott av 8 ggr Trygghetscirkel i grupp (COS),  $n = 28$  föräldrar. Vid baslinjen (T1) fyllde föräldrarna i självskattningsformulär avseende nivå av egen ångest (STAI), grad av depressivitet (CES-D), grad av reflekterande förmåga (PRFQ) och nivå av föräldrastress (SPSQ). Föräldrarna fyllde vidare i en anknytningsdagbok (AD). En diagnostisk DC:0-3R profil sammanställdes utifrån journaldata, samspelet mellan förälder och barn bedömdes kvalitativt (EAS) och en semistrukturerad djupintervju om förälderns inre bild av sig själv och sitt barn (WMCI) värderades. Nya mätningar gjordes därefter vid sex månader (T2) och 12 månader (T3) efter baslinjemätningen, med undantag för AD, den diagnostiska profilen och djupintervjun som enbart gjordes vid T1 och T3. Efter genomförda föräldragrupper utvärderades Trygghetscirkeln med hjälp av särskilda frågeformulär riktade till föräldrar och till gruppledare. Som avslutning av projektet gjordes öppna intervjuer dels med personal på respektive behandlingsenhet och dels med ett bekvämlighetsurval av föräldrar.

Resultaten gav vid handen att både behandlare och föräldrar var mycket nöjda med Trygghetscirkeln, som var stimulerande, gav en fördjupad kunskap och hjälpte föräldrarna i sin föräldraroll. I COS-gruppen förändrades samspelets kvalitet och framför allt den inre bilden av föräldrarollen och av barnet signifikant mer än i TAU-gruppen. I hela gruppen uppmättes över tid sänkt föräldrastress, reduktion av stressfaktorer i omgivningen, bättre föräldra-barnrelation och mer åldersadekvat socioemotionell utvecklingsnivå hos barnen. Den skattade nivån av egen psykiska hälsa, eller självskattad reflekterande förmåga förbättrades emellertid inte i någon av grupperna. Vid uppföljningen våren 2015 visade det sig att Trygghetscirkeln integrerats som en väsentlig del i verksamheternas behandlingsutbud.

Rapporten lyfter fram att genomsnittsåldern för barnen i den undersökta gruppen var låg, vilket ledde till en låg förekomst av individuella barnkliniska symtom. Problemen var i huvudsak koncentrerade till föräldrafunktionen. Föräldrarna hade i allmänhet en etablerad behandlingskontakt innan de bjöds in till studien vilket troligen medförde att upplevelsen av den egna psykiska hälsan redan hade stabiliserats. Däremot



förändrades stress, samspejlskvalitet och den inre bilden långsammare, med mätbara positiva förändringar först vid uppföljningen efter 12 månader. Denna förändring var mer tydlig hos COS-gruppen än hos TAU-gruppen.

Slutsatsen är att Trygghetscirkeln är ett föräldraprogram som uppskattas stort av både föräldrar och gruppledare. Då Trygghetscirkeln syftar till ökad förståelse för hur det egna förhållningssättet påverkar föräldrabeteendet, aktualiseras föräldrarnas egna hinder och svårigheter i mötet med materialet och gruppdiskussionerna. Detta stärker betydelsen av erfarna gruppledare och att det sammanhang inom vilket Trygghetscirkeln erbjuds får möjlighet att fungera som en trygg bas. Vi kan inte uttala oss om Trygghetscirkeln som en generell preventiv insats till alla föräldrar men vill rekommendera den för riktade insatser till barn med identifierade risker för psykisk ohälsa eller utvecklingsavvikelser samt som komplement till annan behandling där större behov av barnkliniska insatser föreligger.

**Typ och Nyckelord:** Report Trygghetscirkeln, COS-P, föräldraprogram, anknytning

**Referens:** Nilsson, A., Magnusson, K., Carlbring, P., Andersson, G., & Gumpert, C. (2015). ICBT for Pathological Gamblers – Involving Concerned Significant Others in Treatment. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii) (p. 25). 6-7 November, Stockholm, Sweden. Linköping: Linköping University Press.

**Abstract:** Problem gambling is a public health concern with prevalence rates at 2 %. Problem gambling also severely affect concerned significant others (CSOs). Several studies have investigated the effect of individual treatments based on cognitive behavior therapy (CBT), but there is a shortage in studies on the effect of involving CSOs in treatment. This study aims to compare an intervention based on behavioral couples therapy (BCT) involving a CSO with an individual CBT treatment to determine their relative efficacy. BCT has shown promising results in working with substance abuse, but this is the first time it is used as an intervention for problem gambling. Both interventions will be Internet-delivered and participants will receive e-mail and telephone support. This presentation will focus on the preliminary results from our pilot study as well as our study protocol for our RCT study.

**Typ och Nyckelord:** Proceedings ICBT, pathological gamblers, significant others

**Referens:** Nilsson, J., & Axelsson, Ö. (2015). Attributes of Aesthetic Quality Used by Textile Conservators in Evaluating Conservation Interventions on Museum Costumes. *Perceptual and Motor Skills*, 121(1), 199-218.

**Abstract:** Aesthetic quality is central to textile conservators when evaluating a conservation method. However, the literature on textile conservation chiefly focuses on physical properties, and little is known about what factors determine aesthetic quality according to textile conservators. The latter was explored through two experiments. Experiment 1 explored the underlying attributes of aesthetic quality of textile conservation interventions. Experiment 2 explored the relationships between these attributes and how well they predicted aesthetic quality. Rank-order correlation analyses revealed two latent factors called Coherence and Completeness. Ordinal regression analysis revealed that Coherence was the most important predictor of aesthetic quality. This means that a successful conservation intervention is visually well-integrated with the textile item in terms of the material and method.

**Typ och Nyckelord:** Journal aesthetic quality, textile, costumes, museum, ISSN: 0031-5125

**Referens:** Nilsson, M.E., & Schenkman, B.N. (in press). Blind people are more sensitive than sighted people to binaural sound-location cues, particularly inter-aural level differences. *Hearing Research*.

**Abstract:** Blind people use auditory information to locate sound sources and sound-reflecting objects (echolocation). Sound source localization benefits from the hearing system's ability to suppress distracting sound reflections, whereas echolocation would benefit from "unsuppressing" these reflections. To clarify how these potentially conflicting aspects of spatial hearing interact in blind versus sighted listeners, we measured discrimination thresholds for two binaural location cues: inter-aural level differences (ILDs) and inter-aural time differences (ITDs). The ILDs or ITDs were present in single clicks, in the leading component of click pairs, or in the lagging component of click pairs, exploiting processes related to both sound source localization and echolocation. We tested 23 blind (mean age = 54 y), 23 sighted-age-matched (mean age = 54 y), and 42 sighted-young (mean age = 26 y) listeners. The results suggested greater ILD sensitivity for blind than for sighted listeners. The blind group's superiority was particularly evident for ILD-lag-click discrimination, suggesting not only enhanced ILD sensitivity in general but also increased ability to unsuppress lagging clicks. This may be related to the blind person's experience of localizing reflected sounds, for which ILDs may be more efficient than ITDs. On the ITD-discrimination tasks, the blind listeners performed better than the sighted age-matched listeners, but not better than the sighted young listeners. ITD sensitivity declines with age, and the equal performance of the blind listeners compared to a group of substantially younger listeners is consistent with the notion that blind people's experience may offset age-related decline in ITD sensitivity.

**Typ och Nyckelord:** Journal sound localization, echolocation, precedence effect, blind, age, ISSN: 0378-5955

**Referens:** Nordberg, A., Kadir, A., Andreasen, N., Almkvist, O., Wall, A., Blennow, K., Langström, B., & Zetterberg, H. (2015). Correlations between Alzheimer's Disease Cerebrospinal Fluid Biomarkers and Cerebral Glucose Metabolism after 12 Months of Phenserine Treatment. *Journal of Alzheimer's Disease*, 47(3), 691-704.

**Abstract:** New therapeutic strategies in Alzheimer's disease (AD) are focused on targeting amyloid-beta (A beta) to modify the underlying cause of the disease rather than just the symptoms. The aim of this study was to investigate the long-term effects of treatment with the anti-A beta compound phenserine on (i) cerebrospinal fluid (CSF) biomarkers for A beta and tau pathology and (ii) brain metabolism as assessed by the regional cerebral metabolic rate for glucose (rCMRglc), using positron emission tomography. Twenty patients with mild AD were included in the study and after 12 months treatment with phenserine, CSF A beta(40) and alpha- and beta-secretase-cleaved soluble amyloid-beta protein precursor (sA beta PP) levels had significantly increased and rCMRglc had stabilized. Levels of CSF A beta(40) and sA beta PP correlated positively with rCMRglc and cognition while CSF A beta(42) levels, the A beta(42/40) ratio, P-tau, and T-tau correlated negatively with rCMRglc and cognition. In summary, long-term phenserine treatment resulted in increased levels of CSF A beta(40), sA beta PP alpha, and sA beta PP beta, which positively correlated with improvements in rCMRglc and

cognition. The study illustrates the value of using biomarkers in the CSF and brain for evaluation of drug effects.

**Typ och Nyckelord:** Journal Alzheimer's disease, cerebral glucose metabolism, cerebrospinal fluid, phenserine, positron emission tomography, ISSN: 1387-2877

**Referens:** Nordgreen, T., Haug, T., Öst, L.-G., Andersson, G., Carlbring, P., Kvale, G., Tangen, T., Heiervang, E., & Havik, O.E. (in press). Stepped Care Versus Direct Face-to-Face Cognitive Behavior Therapy for Social Anxiety Disorder and Panic Disorder: A Randomized Effectiveness Trial. *Behavior Therapy*.

**Abstract:** The aim of this study was to assess the effectiveness of a cognitive behavioral therapy (CBT) stepped care model (psychoeducation, guided Internet treatment, and face-to-face CBT) compared with direct face-to-face (FtF) CBT. Patients with panic disorder or social anxiety disorder were randomized to either stepped care (n = 85) or direct FtF CBT (n = 88). Recovery was defined as meeting two of the following three criteria: loss of diagnosis, below cut-off for self-reported symptoms, and functional improvement. No significant differences in intention-to-treat recovery rates were identified between stepped care (40.0%) and direct FtF CBT (43.2%). The majority of the patients who recovered in the stepped care did so at the less therapist-demanding steps (26/34, 76.5%). Moderate to large within-groups effect sizes were identified at posttreatment and 1-year follow-up. The attrition rates were high: 41.2% in the stepped care condition and 27.3% in the direct FtF CBT condition. These findings indicate that the outcome of a stepped care model for anxiety disorders is comparable to that of direct FtF CBT. The rates of improvement at the two less therapist-demanding steps indicate that stepped care models might be useful for increasing patients' access to evidence-based psychological treatments for anxiety disorders. However, attrition in the stepped care condition was high, and research regarding the factors that can improve adherence should be prioritized.

**Typ och Nyckelord:** Journal stepped care, effectiveness, social anxiety disorder, panic disorder, ISSN: 0005-7894

**Referens:** Nordmo, M., Sinding, A.I., Carlbring, P., Andersson, G., Havik, O.E., & Nordgreen, T. (2015). Internet-delivered cognitive behavioural therapy with and without an initial face-to-face psychoeducation session for social anxiety disorder: A pilot randomized controlled trial. *Internet Interventions*, 2(4), 429-436.

**Abstract:** Background: Guided Internet-delivered cognitive behavioural therapy (ICBT) is an effective treatment of social anxiety disorder (SAD). However, the treatment is not effective for all. The amount and type of therapist contact have been highlighted as a possible moderator of treatment outcome.

Objective: The aim of this study was to examine whether treatment effects of ICBT are enhanced with an initial 90 min face-to-face psychoeducation (PE) session for university students with SAD.

Method: University students with SAD (N = 37) were randomized into one out of two conditions: 1) an initial therapist-led face-to-face PE session followed by guided ICBT, 2) guided ICBT without an initial PE session. Data was analysed with an intent-to-treat approach.

Results: Eight participants (21.6%) dropped out of treatment. A statistically significant reduction in symptoms was found for all outcome measures for both groups. There were no significant additional effects of adding the initial face-to-face PE. Moderate to large within-group effect sizes on self-rated social anxiety symptoms were found at post-treatment (d = 0.70–0.95) and at a six month follow-up (d = 0.70–1.00). Nearly half of the participants were classified as recovered.

Conclusions: Notwithstanding limitations due to the small sample size, the findings indicate that guided ICBT is an effective treatment for students with SAD. Adding an initial face-to-face PE session to the guided ICBT did not lead to enhanced outcomes in the present study.

**Typ och Nyckelord:** Journal internet-delivered cognitive behavioural therapy, self-help, social anxiety disorder, psychoeducation, ISSN: 2214-7829

**Referens:** Norell-Clarke, A., Jansson-Fröjmark, M., Tillfors, M., Holländare, F., & Engström, I. (2015). Group cognitive behavioural therapy for insomnia: Effects on sleep and depressive symptomatology in a sample with comorbidity. *Behaviour Research and Therapy*, 74, 80–93.

**Abstract:** To investigate the effects of group CBT for insomnia (CBT-I) on insomnia and depressive symptomatology in a comorbid sample through a randomised controlled trial with a 6 month follow-up. 64 participants were recruited through advertisements and randomised to receive CBT-I or an active control (relaxation training: RT) during four group sessions. Insomnia Severity Index and BDI-II were the primary outcome measures, assessed pre-treatment, post-treatment and at 6 month follow-up. Insomnia and depressive diagnoses, and functional impairment were assessed before and after treatment, whereas sleep diary data was gathered continuously from one week before treatment until after treatment. CBT-I was more efficient than RT in reducing insomnia severity and equally effective in reducing depressive symptoms, although CBT-I was associated with a higher proportion of remitted persons than RT, regarding both insomnia and depression diagnoses. Also, CBT-I was associated with less functional impairment, shorter sleep onset latency and wake after sleep onset but both treatments had equal improvements of sleep quality, early morning awakenings and total sleep time. Group CBT-I is an efficient form of insomnia-treatment for people with insomnia comorbid with depressive symptomatology. The mixed results regarding depression outcomes warrants replication and further studies into treatment mechanisms.

**Typ och Nyckelord:** Journal insomnia, depression, cognitive behavioural therapy, relaxation, co-morbidity, RCT, ISSN: 0005-7967

**Referens:** Nyberg, A., Hanson, L.L.M., Leineweber, C., & Johansson, G. (2015). Do Predictors of Career Success Differ between Swedish Women and Men? Data from the Swedish Longitudinal Occupational Survey of Health (SLOSH). *PLoS ONE*, 10(10), e0140516.

**Abstract:** The aim of this prospective study was to explore predictors of objective career success among Swedish women and men, focussing on gender differences. Data were drawn from the 2008 and 2010 waves of the Swedish Longitudinal Occupational Survey of Health (SLOSH) with a total of 3670 female and 2773 male participants. Odds ratios and 95% confidence intervals for job promotion and an above-average salary increase between 2008 and 2010 were obtained through binary logistic regression analyses. Individual and organisational factors

measured in 2008 were used as predictors in analyses stratified by sex. Mutual adjustment was performed for these variables, as well as for labour market sector and staff category at baseline. In both sexes, younger age predicted both job promotion and an above-average salary increase. Job promotion was also in both sexes predicted by being part of decision-making processes, having conflicts with superiors, and being eager to advance. Furthermore, promotion was predicted by, among men, being educated to post-graduate level and having an open coping strategy and, among women, working >60 hours/week. An above-average salary increase was predicted in both sexes by having a university education. Postgraduate education, having children living at home, and being very motivated to advance predicted an above-average salary increase among women, as did working 51-60 hours/week and being part of decision-making processes in men. Gender differences were seen in several predictors. In conclusion, the results support previous findings of gender differences in predictors of career success. A high level of education, motivation to advance, and procedural justice appear to be more important predictors of career success among women, while open coping was a more important predictor among men.

**Typ och Nyckelord:** Journal predictors, career, gender, longitudinal, SLOSH, ISSN: 1932-6203

**Referens:** Nyström, M.B.T., Neely, G., Hassmén, P., & Carlbring, P. (2015). Treating Major Depression with Physical Activity: A Systematic Overview with Recommendations. *Cognitive Behaviour Therapy*, 44(4), 341-352.

**Abstract:** The purpose of this systematic overview was to determine the most effective mode and dose of physical activity (PA) for treating major depressive disorder (MDD), and to suggest guidelines and recommendations for clinicians. The selection process consisted of a comprehensive search that was conducted up until April 2014 in the following databases: PsycINFO, Medline, PubMed and Scopus. The inclusion criteria were: (1) a randomized controlled trial (RCT) design, (2) complete description of intensity, duration and frequency of the PA, (3) the participants had to be diagnosed with MDD according to Diagnostic Statistical Manual 4th edition (DSM-IV) or International Classification of Disease tenth Revision (ICD-10) criteria (4) if the controls received any treatment, it had to be specified, (5) published after 1990, (6) consist of aerobic or anaerobic treatment PA, and (7) not be a pilot or preliminary study. A quality assessment of each study was conducted independently by two reviewers; this stringent selection process resulted in 12 reviewed studies. Conclusion: Individually customized PA, for at least 30 minutes, preferably performed under supervision and with a frequency of at least three times per week is recommended when treating MDD. These recommendations must be viewed in light of the relatively few studies matching the inclusion criteria.

**Typ och Nyckelord:** Journal depression, physical activity, MDD, ISSN: 1650-6073

**Referens:** Olofsson, J.K., & Gottfried, J.A. (2015). The muted sense: Neurocognitive limitations of olfactory language. *Trends in Cognitive Sciences*, 19(6), 314-321.

**Abstract:** Most people find it profoundly difficult to name familiar smells. This difficulty persists even when perceptual odor processing and visual object naming are unimpaired, implying deficient sensory-specific interactions with the language system. Here we synthesize recent behavioral and neuroimaging data to develop a biologically informed framework for olfactory lexical processing in the human brain. Our central premise is that the difficulty in naming common objects through olfactory (compared with visual) stimulation is the end result of cumulative effects occurring at three successive stages of the olfactory language pathway: object perception, lexical semantic integration, and verbalization. Understanding the neurocognitive mechanisms by which the language network interacts with olfaction can yield unique insights into the elusive nature of olfactory naming.

**Typ och Nyckelord:** Journal olfaction, language, perception, ISSN: 1364-6613

**Referens:** Olofsson, J.K., & Gottfried, J.A. (2015). Response to Majid: Neurocognitive and Cultural Approaches to Odor Naming are Complementary. *Trends in cognitive sciences*, 19(11), 630-631.

**Abstract:** Over the past few years, several studies have investigated the neural pathways and mechanisms underlying olfactory lexical processing. In a recent review, we provided a synthesis of behavioral and neuroimaging work pertaining to odor-source naming and identification, primarily in English speakers. In a separate line of research, Dr Majid and colleagues have documented how odors are described among Maniq and Jahai speakers from the Malay peninsula. An important topic concerns whether the neural organization of language is causing the observed limitation in odor-source naming, or whether this phenomenon merely reflects a lack of priority to odors in our western culture. Thus, we welcome Dr Majid's commentary on this issue.

**Typ och Nyckelord:** Journal odor naming, neurocognitive, cultural approaches, ISSN: 1364-6613

**Referens:** Olofsson, J., & Örestig, J. (2015). *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 ouplösligt 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:** Papp, M.E., Lindfors, P., Nygren-Bonnier, M., Gullstrand, L., & Wändell, P.E. (in press). Effects of High-Intensity Hatha Yoga on Cardiovascular Fitness, Adipocytokines, and Apolipoproteins in Healthy Students: A Randomized Controlled Study. *The Journal of Alternative and Complementary Medicine*.

**Abstract:** Background: Yoga exercises are often used as a form of body and mind exercise to increase performance. However, knowledge about the physiologic effects of performing high-intensity Hatha yoga exercises over a longer time period remains limited.

Objective: To investigate the effects of high-intensity yoga (HIY) on cardiovascular fitness (maximal oxygen consumption, estimated from the Cooper running test), ratings of perceived exertion (RPE), heart rate (HR), heart rate recovery (HRR), blood pressure (BP), adipocytokines, apolipoprotein A1 (ApoA1), apolipoprotein B (ApoB), and glycosylated hemoglobin (HbA1c) in healthy students.

Methods: The 44 participants (38 women and 6 men; median age, 25 years [range, 20–39 years]) were randomly assigned to an HIY or a control group. The HIY program was held for 6 weeks (60 minutes once a week). Cardiovascular fitness, RPE, HR, HRR, BP, adipocytokines, HbA1c, ApoA1, and ApoB were measured at baseline and after 6 weeks in both groups.

Results: HIY had no significant effects on cardiovascular fitness (mean dose: 390 minutes [range, 210–800 minutes]), HR, HRR, BP, or any of the blood parameters. However, ApoA1 ( $1.47 \pm 0.17$  to  $1.55 \pm 0.16$  g/L;  $p = 0.03$ ) and adiponectin ( $8.32 \pm 3.32$  to  $9.68 \pm 3.83$  mg/L;  $p = 0.003$ ) levels increased significantly in the HIY group after 6 weeks.

Conclusions: Six weeks of HIY did not significantly improve cardiovascular fitness. However, ApoA1 and adiponectin levels increased significantly in the HIY group. This finding suggests that HIY may have positive effects on blood lipids and an anti-inflammatory effect.

**Typ och Nyckelord:** Journal Hatha yoga, cardiovascular fitness, adipocytokines, apolipoproteins, anti-inflammatory, ISSN: 1075-5535

**Referens:** Perego, E., Del Missier, F., & Bottiroli, S. (2015). Dubbing versus subtitling in young and older adults: Cognitive and evaluative aspects. *Perspectives: Studies in Translatology*, 23(1), 1-21.

**Abstract:** Empirical evidence on the cognitive and evaluative effects of viewing a dubbed versus a subtitled film is limited, theoretical views on the subject are mainly speculative, and age-related differences have not been investigated in this sphere. To fill these gaps, we carried out two studies contrasting the effects of viewing a dubbed versus subtitled version of the same film excerpt in young and older adults, using a comprehensive array of verbal and visual measures. The findings clearly show that dubbing does not provide a cognitive or evaluative advantage over subtitling. Moreover, subtitling seems to be more effective than dubbing in supporting the lexical aspects of performance. Finally, although older adults always performed worse than young adults on all cognitive measures, they did not show a specific impairment in the subtitling condition. The results support the view that subtitled films are processed effectively and appreciated equally by both young and older adults.

**Typ och Nyckelord:** Journal subtitling, audiovisual processing, individual differences, cognitive aging, dubbing, ISSN: 0907-676X

**Referens:** Persson, J., Rieckmann, A., Kalpouzos, G., Fischer, H., & Bäckman, L. (2015). Influences of a DRD2 polymorphism on updating of long-term memory representations and caudate BOLD activity: Magnification in aging. *Human Brain Mapping*, 36(4), 1325-1334.

**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, ISSN: 1065-9471

**Referens:** Persson, N. (2015). *The aging brain and change in cognitive performance: Findings from morphometry and quantitative susceptibility mapping of iron*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:** Brain aging is a heterogeneous phenomenon, and this thesis illustrates how the course of aging can vary within persons over time and between persons as a function of age sex, and genetic variability. We used two contrasts from magnetic resonance imaging, spin lattice, T1 weighted imaging and quantitative susceptibility mapping, from gradient echo images to picture the aging brain, by means of morphometric measures and brain iron concentrations. Within each study, the same rigorous imaging acquisition protocols were used over large samples sizes of 167-183 individuals, which contribute to the uniqueness of the studies. Most of the current knowledge about the aging brain rests on the foundation of cross-sectional age-related differences, and **studies I and III** contribute to current knowledge with longitudinal designs to investigate individual rates of change. The importance of genetic variation in relation to regional brain changes was addressed with a specific emphasis on functional polymorphisms involved in pro-inflammatory response. These studies further shed light on the importance of bi-directional relations between structural integrity and maintained cognitive abilities over time. **Study II** is the largest study to date to have quantitative susceptibility estimates examined in healthy adults, and the first in-vivo report to show a lowering in overall subcortical brain iron estimates in women from midlife to old age. **Studies I and III** are unique by examining longitudinal differences in anatomical brain regions using high resolution images from a 4 Tesla scanner. Peripheral vascular risk factors were not strong determinants of either brain- or cognitive changes in the studied samples. The results are discussed in the context of cognitive reserve, and the brain maintenance hypothesis, and potential influences of hormones, inflammation and oxidative stress.

**Typ och Nyckelord:** Dissertation brain aging, volumes, individual differences, QSM, cognitive aging, iron, episodic memory, fluid-, crystallized abilities, sex differences, gender differences, ISBN: 978-91-7649-295-6

**Referens:** Persson, N., Ebner, N.C., Lin, T., & Fischer, H. (2015). Functional correlates of personality & facial perception in old and young adults. Poster presented at Neuroscience 2015, Chicago, IL., October 17-21, 2015. Washington, DC: Society for Neuroscience.

**Abstract:** Daily social interaction involves perception of emotional faces. Individual personality is of vital importance for how we perceive and interact with the outer world. Personality has been associated with age sensitive structures in the frontal cortices, and emotional perception. The literature investigating the link between personality, facial perception and BOLD activation is scarce. We assessed the influence of personality on peak fMRI BOLD activation in fronto-parietal areas in response to happy, neutral, and angry faces in a sample of younger (n= 30, 20-31 years) and older (n=31, 65-74 years) men and women. A series of Structural Equation Models was specified to evaluate the influence of age and personality on BOLD activation to emotional faces, contrasted with neutral faces. The behavioral measures included aspects of neuroticism (N), extraversion (E), and openness (O), assessed by a standard questionnaire (NEO-PI) during a first session. During the second session (fMRI), participants worked on the Facial Expression Identification Task that presented them with photos of old and young neutral, happy, and angry faces, randomly intermixed. Images were acquired using a 3T scanner (Siemens Magnetom Tim Trio). Onehundred and sixty functional images each were acquired with a T2\*-weighted echo-planar sequence. Thirty-nine oblique axial slices were positioned parallel to the AC-PC line and acquired interleaved. A 1 × 1 × 1 mm T1-weighted image was used for co-registration with functional images. Processing of emotional faces was associated with increased activation in the medial frontal gyrus (MFG) and the post central gyrus (PCG), (FWE corrected). Older adults showed lesser degree of N and O than their younger counterparts. There were no reliable group differences in E. Older age predicted greater activity in PCG to angry faces compared to neutral faces, but there was no significant association for MFG. Extraverted subjects showed greater activity to angry than neutral faces after age was accounted for. E also predicted greater activity in MFG in response to happy than neutral faces, but the association was gone after age was taken into account. A trend was present for lesser activity in the PCG to angry than neutral faces for more neurotic subjects, but the association did not hold when adjusting for age. O was not related to activation to emotional faces in any of the ROIs. Our findings suggest that higher degree of extraversion is particularly important for BOLD activation in age-sensitive key structures in emotional processing. Greater activation of fronto-parietal networks to emotional faces in extroverted subjects may reflect increased use of cognitive control.

**Typ och Nyckelord:** Proceedings personality, facial perception, age

**Referens:** Persson, N., Ghisletta, P., Dahle, C.L., Bender, A.R., Yang, Y., Yuan, P., Daugherty, A.M., & Raz, N. (in press). Regional brain shrinkage and change in cognitive performance over two years: The bidirectional influences of the brain and cognitive reserve factors. *NeuroImage*.

**Abstract:** We examined relationships between regional brain shrinkage and changes in cognitive performance, while taking into account the influence of age, vascular risk, Apolipoprotein E variant and socioeconomic status. Regional brain volumes and cognitive performance were assessed in 167 healthy adults (age 19–79 at baseline), 90 of whom returned for the follow-up after two years. Brain volumes were measured in six regions of interest (ROIs): lateral prefrontal cortex (LPFC), prefrontal white matter (PFw), hippocampus (Hc), parahippocampal gyrus (PhG), cerebellar hemispheres (CbH), and primary visual cortex (VC), and cognitive performance was evaluated in three domains: episodic memory (EM), fluid intelligence (Gf), and vocabulary (V). Average volume loss was observed in Hc, PhG and CbH, but reliable individual differences were noted in all examined ROIs. Average positive change was observed in EM and V performance but not in Gf scores, yet only the last evidenced individual differences in change. We observed reciprocal influences among neuroanatomical and cognitive variables. Larger brain volumes at baseline predicted greater individual gains in Gf, but differences in LPFC volume change were in part explained by baseline level of cognitive performance. In one region (PFw), individual change in volume was coupled with change in Gf. Larger initial brain volumes did not predict slower shrinkage. The results underscore the complex role of brain maintenance and cognitive reserve in adult development.

**Typ och Nyckelord:** Journal memory, fluid abilities, volume, longitudinal, MRI, prefrontal cortex, white matter, ISSN: 1053-8119

**Referens:** Persson, N., Persson, J., & Fischer, H. (2015). Neural structural correlates of personality: What has aging got to do with it? Poster presented at the 21th Annual Meeting of the Organization for Human Brain Mapping (OHBM) 2015. Honolulu, HI, USA, June 14-18, 2015.

**Abstract:** Introduction: Personality traits such as neuroticism and extraversion affect how we perceive and interact with the outer world. Hence, personality is an important component across the life-span. Little is known about the neural basis of personality, and how it is related to adult age-related variations (but see Wright et al., 2007). The current study investigates structural brain correlates of psychological measures of personality in a sample of younger (n= 30, 20-31 years) and older adults (n=30, 65-74 years) with an even gender distribution.

Methods: The behavioural measures included neuroticism, extraversion and openness, assessed by a standard questionnaire (NEO-PI). Grey and white matter volumes were derived from gradient echo T1-weighted images from a 3 Tesla scanner. We selected brain regions of interest (ROIs) based on their theoretical and empirical relevance for the studied personality domains (see eg. Carrera et al., 2006; Fischer et al., 1997; Koelsch et al, 2013; Montag et al, 2013). The following ROIs were defined using voxel based morphology and the FreeSurfer software: the basal ganglia (BG) (caudate nucleus, putamen, globus pallidus), the thalamus (TH), amygdala (AM), and subcortical white matter in the insula (INw), the orbitofrontal region (OFw) and the anterior corpus callosum (aCC). We applied a series of structural equation models where each ROI was defined as a latent variable, represented by bi-hemispheric volumes, to predict personality and age related differences therein.

Results: Larger volumes in the BG (p=.007) and TH (p = .000) were related to higher degree of neuroticism, but the association for BG was gone once age was accounted for (p = .401). The positive association between TH volumes and neuroticism was only significant in the older group (p = .003). Younger subjects with greater volumes in the aCC scored lower on openness (p = .001), while greater INw volumes predicted higher degree of neuroticism (p = .031). No significant associations were found between extraversion and the ROIs. OFw, or AM were not linked to personality.

Conclusions: Our study highlights the role of the TH in relation to personality in older adults. The selective relationships between openness, neuroticism and white matter volumes in the younger participants may in part

reflect late brain maturation.

**Typ och Nyckelord:** Proceedings adults, aging, morphometrics, normal human, social interactions, structural MRI, sub-cortical thalamus, white matter

**Referens:** Persson, N., Wu, J., Zhang, Q., Liu, T., Shen, J., Bao, R., Ni, M., Liu, T., Wang, Y., & Spincemaille, P. (2015). Age and Sex Related Differences in Subcortical Brain Iron Concentrations among Healthy Adults. *NeuroImage*, 122, 385-398.

**Abstract:** Age and sex can influence brain iron levels. We studied the influence of these variables on deep gray matter magnetic susceptibilities. In 183 healthy volunteers (44.7 ± 14.2 years, range 20–69, ♀ 49%), in vivo quantitative susceptibility mapping (QSM) at 1.5 T was performed to estimate brain iron accumulation in the following regions of interest (ROIs): caudate nucleus (Cd), putamen (Pt), globus pallidus (Gp), thalamus (Th), pulvinar (Pul), red nucleus (Rn), substantia nigra (Sn) and the cerebellar dentate nuclei (Dn). We gauged the influence of age and sex on magnetic susceptibility by specifying a series of structural equation models. The distributions of susceptibility varied in degree across the structures, conforming to histologic findings (Hallgren and Sourander, 1958), with the highest degree of susceptibility in the Gp and the lowest in the Th. Iron increase correlated across several ROIs, which may reflect an underlying age-related process. Advanced age was associated with a particularly strong linear rise of susceptibility in the striatum. Nonlinear age trends were found in the Rn, where they were the most pronounced, followed by the Pul and Sn, while minimal nonlinear trends were observed for the Pt, Th, and Dn. Moreover, sex related variations were observed, so that women showed lower levels of susceptibility in the Sn after accounting for age. Regional susceptibility of the Pul increased linearly with age in men but exhibited a nonlinear association with age in women with a leveling off starting from midlife. Women expected to be post menopause (+ 51 years) showed lower total magnetic susceptibility in the subcortical gray matter. The current report not only is consistent with previous reports of age related variations of brain iron, but also adds to the current knowledge by reporting age-related changes in less studied, smaller subcortical nuclei. This is the first in-vivo report to show lower total subcortical brain iron levels selectively in women from midlife, compared to men and younger women. These results encourage further assessment of sex differences in brain iron. We anticipate that age and sex are important co-factors to take into account when establishing a baseline level for differentiating pathologic neurodegeneration from healthy aging. The variations in regional susceptibility reported herein should be evaluated further using a longitudinal study design to determine within-person changes in aging.

**Typ och Nyckelord:** Journal quantitative susceptibility mapping, iron, brain aging, sub-cortical nuclei, gender differences, sex differences, ISSN: 1053-8119

**Referens:** Ramnerö, J., Folke, F., & Kanter, J.W. (in press). A learning theory account of depression. *Scandinavian Journal of Psychology*.

**Abstract:** Learning theory provides a foundation for understanding and deriving treatment principles for impacting a spectrum of functional processes relevant to the construct of depression. While behavioral interventions have been commonplace in the cognitive behavioral tradition, most often conceptualized within a cognitive theoretical framework, recent years have seen renewed interest in more purely behavioral models. These modern learning theory accounts of depression focus on the interchange between behavior and the environment, mainly in terms of lack of reinforcement, extinction of instrumental behavior, and excesses of aversive control, and include a conceptualization of relevant cognitive and emotional variables. These positions, drawn from extensive basic and applied research, cohere with biological theories on reduced reward learning and reward responsiveness and views of depression as a heterogeneous, complex set of disorders. Treatment techniques based on learning theory, often labeled Behavioral Activation (BA) focus on activating the individual in directions that increase contact with potential reinforcers, as defined ideographically with the client. BA is considered an empirically well-established treatment that generalizes well across diverse contexts and populations. The learning theory account is discussed in terms of being a parsimonious model and ground for treatments highly suitable for large scale dissemination.

**Typ och Nyckelord:** Journal depression, learning theory, behavioral principles, behavior activation, ISSN: 0036-5564

**Referens:** Ramnerö, J., & Jansson, B. (in press). The stability of treatment goals, as assessed by a Swedish version of the Bern Inventory of Treatment Goals. *Nordic Psychology*.

**Abstract:** Formulating treatment goals has been shown to be an area of vital concern for both outcome and treatment processes. However, it is not as yet an area of structured routine assessment, either in clinical practice or in research. One possible explanation for this is the lack of validated and readily available goal assessment procedures. The present study investigated the test-retest stability of a Swedish translation of the checklist version of the Bern Inventory of Treatment Goals (BIT-C) among 30 patients in primary care. We calculated the consistency of the endorsement of the different therapeutic goal categories over a 2-week period prior to treatment. There were no changes in symptoms or quality-of-life-related measures between the two assessment points. Overall, the goal category items in BIT-C were found to demonstrate moderate to substantial reliability. In conclusion, even though our study was small, it provided initial psychometric support for the Swedish version of BIT-C as a clinically useful tool for the assessment of treatment goals.

**Typ och Nyckelord:** Journal treatment goals, BIT-C, goal assessment, goal stability, ISSN: 1901-2276

**Referens:** Ramnerö, J., & Törneke, N. (2015). On Having a Goal: Goals as Representations or Behavior. *The Psychological Record*, 65(1), 89-99.

**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:** Razumiejczyk, E., Macbeth, G., [Marmolejo-Ramos, F.](#), & Noguchi, K. (2015). Crossmodal integration between visual linguistic information and flavour perception. *Appetite*, *91*, 76-82.
- Abstract:** Many studies have found processing interference in working memory when complex information that enters the cognitive system from different modalities has to be integrated to understand the environment and promote adjustment. Here, we report on a Stroop study that provides evidence concerned with the crossmodal processing of flavour perception and visual language. We found a facilitation effect in the congruency condition. Acceleration was observed for incomplete words and anagrams compared to complete words. A crossmodal completion account is presented for such findings. It is concluded that the crossmodal integration between flavour and visual language perception requires the active participation of top-down and bottom-up processing.
- Typ och Nyckelord:** Journal flavour, vision, crossmodality, stroop, working memory, anagrams, ISSN: 0195-6663
- Referens:** [Richter, A.](#), [Näswall, K.](#), [Lindfors, P.](#), & [Sverke, M.](#) (2015). Job Insecurity and work-family conflict in teachers in Sweden: Examining their relations with longitudinal cross-lagged modeling. *PsyCh Journal*, *4*(2), 98-111.
- Abstract:** Job insecurity and work-family conflict are increasingly prevalent in contemporary working life and numerous studies have documented their antecedents and negative consequences. The present study used longitudinal questionnaire data collected among teachers in Sweden to test the direction of the relation between job insecurity and work-family conflict using cross-lagged modeling. Multiple-group comparisons were conducted to account for the skewed gender composition in the teachers' group. After controlling for baseline levels of job insecurity, work-family conflict, and four potential confounders (age, children under 12 living at home, university education, and relationship status), we found that the reciprocal relationship between job insecurity and work-family conflict over a 1-year time period fitted the data best for the men. For women, however, only the auto regression coefficients were significant. The results provide some empirical support for gender differences in the relation between job insecurity and work-family conflict. Moreover, this study partially supports theoretical assumptions suggesting that job insecurity and work-family conflict influence each other.
- Typ och Nyckelord:** Journal conservation of resources theory, gender composition, job insecurity, work-family conflict, ISSN: 2046-0252
- Referens:** [Richter, A.](#), [Schraml, K.](#), & [Leineweber, C.](#) (2015). Work-family conflict, emotional exhaustion and performance-based self-esteem: reciprocal relationships. *International Archives of Occupational and Environmental Health*, *88*(1), 103-112.
- 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.](#), & [Broberg, A.](#) (2015). *Små barns behov av en långsiktig trygg bas: En barnpsykologisk kunskapsöversikt*. Stockholm: Psykologiska institutionen, Stockholms universitet.
- Abstract:** Detta kunskapsunderlag handlar om de yngsta barnens behov i de situationer där brister i deras omvårdnad kräver särskild samhällelig uppmärksamhet. Rapporten inleds med en genomgång av anknytningsteori. Denna används som en utvecklingspsykologisk referensram för att beskriva barns känslomässiga utveckling med speciellt fokus på de anknytningsrelationer som skapas under de första tre till fyra levnadsåren. Människobarnet är vid födseln fysiskt och psykiskt beroende av den vuxne för sin överlevnad och den eller de föräldrapersoner som regelbundet tar hand om barnet kommer genom sin omvårdnad att bli barnets anknytningsperson/er och påverka barnets psykosociala utveckling, både på kort och på lång sikt.
- Typ och Nyckelord:** Report barn, anknytning, separation, omvårdnad, tvångsvård, expertrapport, utredning
- Referens:** [Roos af Hjelmsaeter, E.](#), [Landström, S.](#), [Larsson, M.](#), & [Granhag, P.A.](#) (2015). The effect of odour reinstatement on children's episodic memory. *Psychology, Crime and Law*, *21*(5), 471-481.
- Abstract:** Children's memory reports are often sparse, which increases the need for efficient interview methods. The present study investigated whether odour reinstatement can aid children's memory and increase the amount of information recalled from an experienced event. Children (N = 106, mean age 10 years, 8 months) experienced a magic show where a vanilla odour was present and were interviewed about their memory of the event either one week, or six months, after the magic show. During the interview, half of the children re-experienced the same vanilla odour. In contrast to studies on adult participants, no odour-reinstatement effect was found with the child participants in the present study. On the other hand, odour reinstatement reduced the children's ratings of how strong their emotions were during the event. Thus, odour reinstatement may affect different forensically relevant factors, and this should be considered in future research.
- Typ och Nyckelord:** Journal children's memory, interviewing children, odour, context reinstatement, ISSN: 1068-316X

- Referens:** [Rozental, A., Alhashwa, P., Boettcher, J., Andersson, G., & Carlbring, P. \(2015\). \*Investigating the impact of negative effects during a smartphone-based treatment for social anxiety disorder: A correlational study.\* Poster presented at the 45th Annual European Association for Behavioural Cognitive Therapies Congress, Jerusalem, Israel, 31 August-03 September 2015.](#)
- Abstract:** Negative effects of psychological treatments constitute an important but largely unexplored area of research. Prior investigations have indicated that approximately 5-10% of all patients receiving face-to-face treatments deteriorate. In addition, other types of negative effects could exist as well, for instance, novel symptoms, social stigma, and interpersonal difficulties, but have been studied to a lesser extent. Meanwhile, negative effects are also assumed to occur in psychological treatments delivered online, but their incidence and impact is still unknown. In the current study, data collected from a smartphone-based treatment for social anxiety disorder (total N = 189) was assessed in order to determine the influence of negative effects on treatment outcome. A new self-report measure for reporting negative effects was developed through a comprehensive literature search and a review of similar instruments for face-to-face treatments, consisting of sixty items scored on a five-point Likert-scale. Change from pre- to post-treatment assessment on the Liebowitz Social Anxiety Scale was correlated with the frequency and impact of negative effects, indicating that the number of incidents,  $r = .175$ , and the degree to which the patient was affected by the negative effects,  $r = .192$ , were related to less change in symptom severity. However, no sociodemographic variables or degree of social anxiety at baseline had a relationship with negative effects during treatment. In terms of the most recurring types of negative effects, patients reported that they had a bad conscience about not conducting their assignments (Item 16), being stressed by the treatment schedule (Item 2), and feeling left out during treatment (Item 55).
- Typ och Nyckelord:** Proceedings smartphone-based treatment, social anxiety disorder, SAD
- Referens:** [Rozental, A., Boettcher, J., Andersson, G., Schmidt, B., & Carlbring, P. \(2015\). Negative effects of Internet interventions: A qualitative content analysis of patients' experiences with treatments delivered online. \*Cognitive Behaviour Therapy\*, 44\(3\), 223-236.](#)
- Abstract:** Internet interventions are defined as the delivery of health care-related treatments via an online or a smartphone interface, and have been shown to be a viable alternative to face-to-face treatments. However, not all patients benefit from such treatments, and it is possible that some may experience negative effects. Investigations of face-to-face treatments indicate that deterioration occurs in 5–10% of all patients. The nature and scope of other negative effects of Internet interventions is, however, largely unknown. Hence, the current study explored patients' reported negative experiences while undergoing treatments delivered via the Internet. Data from four large clinical trials (total N = 558) revealed that 9.3% of patients reported some type of negative effects. Qualitative content analysis was used to explore the patients' responses to open-ended questions regarding their negative experiences. Results yielded two broad categories and four subcategories of negative effects: patient-related negative effects (insight and symptom) and treatment-related negative effects (implementation and format). Results emphasize the importance of always considering negative effects in Internet-based interventions, and point to several ways of preventing such experiences, including regular assessment of negative events, increasing the flexibility of treatment schedules and therapist contact, as well as prolonging the treatment duration.
- Typ och Nyckelord:** Journal internet interventions, psychiatric disorders, negative effects, negative experiences, qualitative content analysis, ISSN: 1650-6073
- Referens:** [Rozental, A., Boettcher, J., Andersson, G., Schmidt, B., & Carlbring, P. \(2015\). \*Negative effects of Internet interventions: A qualitative content analysis of patients' experiences with treatments delivered online.\* Paper presented at the 45th Annual European Association for Behavioural Cognitive Therapies Congress, Jerusalem, Israel, 31 August-03 September 2015.](#)
- Abstract:** Internet interventions are defined as the delivery of health care-related treatments via an online or a smartphone interface, and have been shown to be a viable alternative to face-to-face treatments. However, not all patients benefit from such treatments, and it is possible that some may experience negative effects. Investigations of face-to-face treatments indicate that deterioration occurs in 5–10% of all patients. The nature and scope of other negative effects of Internet interventions is, however, largely unknown. Hence, the current study explored patients' reported negative experiences while undergoing treatments delivered via the Internet. Data from four large clinical trials (total N = 558) revealed that 9.3% of patients reported some type of negative effects. Qualitative content analysis was used to explore the patients' responses to open-ended questions regarding their negative experiences. Results yielded two broad categories and four subcategories of negative effects: patient-related negative effects (insight and symptom) and treatment-related negative effects (implementation and format). Results emphasize the importance of always considering negative effects in Internet-based interventions, and point to several ways of preventing such experiences, including regular assessment of negative events, increasing the flexibility of treatment schedules and therapist contact, as well as prolonging the treatment duration.
- Typ och Nyckelord:** Proceedings internet interventions, treatment online
- Referens:** [Rozental, A., Boettcher, J., Andersson, G., Schmidt, B., & Carlbring, P. \(2015\). Negative effects of Internet interventions: A qualitative content analysis of patients' experiences with treatments delivered online. In Abstracts from the 7th Swedish Congress on internet interventions \(SWEsrii\), 6-7 November, Stockholm, Sweden \(p. 29\). Linköping: Linköping University Press.](#)
- Abstract:** Internet interventions have been shown to be a viable alternative to face-to-face treatments. However, not all patients benefit from such treatments, and it is possible that some may experience negative effects. The current study explored patients' reported negative experiences while undergoing treatments delivered via the Internet. Data from four large clinical trials (total N = 558) revealed that 9.3% of patients encountered some type of negative effects. Qualitative content analysis was used to explore the patients' responses to open-ended questions regarding their negative experiences. Results yielded two broad categories and four subcategories of negative effects: patient-related negative effects (insight and symptom) and treatment-related negative effects (implementation and format). Results emphasize the importance of always considering negative effects in Internet-based interventions, and point to several ways of preventing such experiences, including regular assessment of negative events, increasing the flexibility of treatment schedules and therapist contact, and prolonging the treatment duration.
- Typ och Nyckelord:** Proceedings internet interventions, negative effects, qualitative content analysis



- Referens:** [Rozental, A., & Carlbring, P. \(2015\). Investigating the impact of negative effects during a smartphone-based treatment for social anxiety disorder: A correlational study.](#) Poster presented at the 3rd Scientific Meeting of the European Society for Research on Internet Interventions, Warsaw, Poland, 17-18 September 2015.
- Abstract:** Negative effects of treatments delivered online constitute an important but unexplored area of research. In the current study, data collected from a smartphone-based treatment for social anxiety disorder (total N = 189) was assessed in order to determine the influence of negative effects on treatment outcome. A new self-report measure for reporting negative effects was developed, and the scores were correlated with the change from pre- to post-treatment assessment on the Liebowitz Social Anxiety Scale. The results indicate that the number of incidents,  $r = .175$ , and the degree to which the patient was affected by the negative effects,  $r = .192$ , were related to less change in symptom severity. In terms of the most recurring types of negative effects, patients reported that they had a bad conscience about not conducting their assignments (Item 16), being stressed by the treatment schedule (Item 2), and feeling left out during treatment (Item 55).
- Typ och Nyckelord:** Proceedings negative effects, internet interventions, correlation, SAD, smartphone-based treatment
- Referens:** [Rozental, A., & Carlbring, P. \(2015\). Negative effects of Internet interventions: A qualitative content analysis of patients' experiences with treatments delivered online.](#) Paper presented at the 3rd Scientific Meeting of the European Society for Research on Internet Interventions, Warsaw, Poland, 17-18 September 2015.
- Abstract:** Internet interventions have been shown to be a viable alternative to face-to-face treatments. However, not all patients benefit from such treatments, and it is possible that some may experience negative effects. The current study explored patients' reported negative experiences while undergoing treatments delivered via the Internet. Data from four large clinical trials (total N = 558) revealed that 9.3% of patients encountered some type of negative effects. Qualitative content analysis was used to explore the patients' responses to open-ended questions regarding their negative experiences. Results yielded two broad categories and four subcategories of negative effects: patient-related negative effects (insight and symptom) and treatment-related negative effects (implementation and format). Results emphasize the importance of always considering negative effects in Internet-based interventions, and point to several ways of preventing such experiences, including regular assessment of negative events, increasing the flexibility of treatment schedules and therapist contact, and prolonging the treatment duration.
- Typ och Nyckelord:** Proceedings negative effects, internet interventions, qualitative content analysis
- Referens:** [Rozental, A., Forsell, E., Svensson, A., Andersson, G., & Carlbring, P. \(2015\). Internet-based cognitive behavior therapy for procrastination: A randomized controlled trial.](#) Paper presented at the 3rd Scientific Meeting of the European Society for Research on Internet Interventions, Warsaw, Poland, 17-18 September 2015.
- Abstract:** Procrastination is a common self-regulatory failure associated with personal distress, but research investigating different treatment interventions for the condition is scarce. In the current study, 150 participants were randomized into guided self-help, unguided self-help, and wait-list control. Outcome measures were administered before and after the treatment, or weekly throughout the treatment period, and the intention-to-treat principle was used for all statistical analyses. Mixed effects models revealed moderate between-group effect sizes comparing guided and unguided self-help to wait-list control; the Pure Procrastination Scale (Cohen's  $d = 0.70$ , 95% CI [0.29, 1.10], and  $d = 0.50$ , 95% CI [0.10, 0.90]), and the Irrational Procrastination Scale ( $d = 0.81$  95% CI [0.40, 1.22], and  $d = 0.69$  95% CI [0.29, 1.09]). Clinically significant change was achieved among 31.3-40.0% for guided self-help, compared to 24.0-36.0% for unguided self-help. Neither of the treatment conditions was found to be superior on any of the outcome measures.
- Typ och Nyckelord:** Proceedings procrastination, internet-based cognitive behavior therapy, randomized controlled trial
- Referens:** [Rozental, A., Forsell, E., Svensson, A., Andersson, G., & Carlbring, P. \(2015\). Internet-based cognitive behavior therapy for procrastination: A randomized controlled trial.](#) *Journal of Consulting and Clinical Psychology*, 83(4), 808-824.
- Abstract:** Objective: Procrastination can be a persistent behavior pattern associated with personal distress. However, research investigating different treatment interventions is scarce, and no randomized controlled trial has examined the efficacy of cognitive-behavior therapy (CBT). Meanwhile, Internet-based CBT has been found promising for several conditions, but has not yet been used for procrastination. Method: Participants (N = 150) were randomized to guided self-help, unguided self-help, and wait-list control. Outcome measures were administered before and after treatment, or weekly throughout the treatment period. They included the Pure Procrastination Scale, the Irrational Procrastination Scale, the Susceptibility to Temptation Scale, the Montgomery Åsberg Depression Rating Scale-Self-report version, the Generalized Anxiety Disorder Assessment, and the Quality of Life Inventory. The intention-to-treat principle was used for all statistical analyses. Results: Mixed-effects models revealed moderate between-groups effect sizes comparing guided and unguided self-help with wait-list control; the Pure Procrastination Scale, Cohen's  $d = 0.70$ , 95% confidence interval (CI) [0.29, 1.10], and  $d = 0.50$ , 95% CI [0.10, 0.90], and the Irrational Procrastination Scale,  $d = 0.81$  95% CI [0.40, 1.22], and  $d = 0.69$  95% CI [0.29, 1.09]. Clinically significant change was achieved among 31.3-40.0% for guided self-help, compared with 24.0-36.0% for unguided self-help. Neither of the treatment conditions was found to be superior on any of the outcome measures,  $F_{s(98, 65.17-72.55)} < 1.70$ ,  $p > .19$ . Conclusion: Internet-based CBT could be useful for managing self-reported difficulties due to procrastination, both with and without the guidance of a therapist.
- Typ och Nyckelord:** Journal procrastination, Internet-based cognitive behavior therapy, randomized controlled trial, ISSN: 0022-006X
- Referens:** [Rozental, A., Forsell, E., Svensson, A., Forsström, D., Andersson, G., & Carlbring, P. \(2015\). Differentiating Procrastinators from Each Other: A Cluster Analysis.](#) *Cognitive Behaviour Therapy*, 44(6), 480-490.

**Abstract:** Procrastination refers to the tendency to postpone the initiation and completion of a given course of action. Approximately one-fifth of the adult population and half of the student population perceive themselves as being severe and chronic procrastinators. Albeit not a psychiatric diagnosis, procrastination has been shown to be associated with increased stress and anxiety, exacerbation of illness, and poorer performance in school and work. However, despite being severely debilitating, little is known about the population of procrastinators in terms of possible subgroups, and previous research has mainly investigated procrastination among university students. The current study examined data from a screening process recruiting participants to a randomized controlled trial of Internet-based cognitive behavior therapy for procrastination (Rozenal et al., in press). In total, 710 treatment-seeking individuals completed self-report measures of procrastination, depression, anxiety, and quality of life. The results suggest that there might exist five separate subgroups, or clusters, of procrastinators: "Mild procrastinators" (24.93%), "Average procrastinators" (27.89%), "Well-adjusted procrastinators" (13.94%), "Severe procrastinators" (21.69%), and "Primarily depressed" (11.55%). Hence, there seems to be marked differences among procrastinators in terms of levels of severity, as well as a possible subgroup for which procrastinatory problems are primarily related to depression. Tailoring the treatment interventions to the specific procrastination profile of the individual could thus become important, as well as screening for comorbid psychiatric diagnoses in order to target difficulties associated with, for instance, depression.

**Typ och Nyckelord:** Journal procrastination, cluster analysis, subgroups, comorbidity, ISSN: 1650-6073

**Referens:** [Rozenal, A., Forsell, E., Svensson, A., Forsström, D., & Carlbring, P. \(2015\). Understanding and treating procrastination. In Carlbring, P. \(Chair\), \*Understanding and treating procrastination\*. Symposium conducted at the Annual Swedish Society for Behavior Therapy Congress, Stockholm, Sweden, 20-21 March 2015.](#)

**Abstract:** Prokrastinering definieras som beteendet att medvetet förhålla ett tilltänkt handlingsförlopp, trots medvetenhet om att det kan medföra negativa konsekvenser. Utöver att påverka prestationen på en given uppgift eller aktivitet har prokrastinering även visat sig vara associerat med sämre psykisk och fysisk hälsa. Trots detta är forskning på effektiva behandlingsinterventioner för prokrastinering ytterst begränsat. Aktuellt symposium syftar till att delge resultaten från två kliniska studier där kognitiv beteendeterapi har använts i behandling av personer med svåra problem av prokrastinering, dels i form av Internetbaserad självhjälpbehandling, dels i form av gruppbehandling. Utöver en presentation av utfallet ges dessutom en genomgång av en klusteranalys av de deltagare som har sökt hjälp för prokrastinering, vilken visar på behovet av noggrann screening och god differentialdiagnostik inför en behandling.

**Typ och Nyckelord:** Proceedings procrastination

**Referens:** [Rozenal, A., Forsström, D., Almquist Tangen, J., & Carlbring, P. \(2015\). Experiences of undergoing Internet-based cognitive behavior therapy for procrastination: A qualitative study. \*Internet Interventions, 2\*\(3\), 314-322.](#)

**Abstract:** Internet interventions constitute a promising and cost-effective treatment alternative for a wide range of psychiatric disorders and somatic conditions. Several clinical trials have provided evidence for its efficacy and effectiveness, and recent research also indicate that it can be helpful in the treatment of conditions that are debilitating, but do not necessarily warrant more immediate care, for instance, procrastination, a self-regulatory failure that is associated with decreased well-being and mental health. However, providing treatment interventions for procrastination via the Internet is a novel approach, making it unclear how the participants themselves perceive their experiences. The current study thus investigated participants' own apprehension of undergoing Internet-based cognitive behavior therapy for procrastination by distributing open-ended questions at the post-treatment assessment, for instance, "What did you think about the readability of the texts?", "How valuable do you believe that this treatment has been for you?", and "The thing that I am most displeased with (and how it could be improved) is ...". In total, 75 participants (50%) responded, and the material was examined using thematic analysis. The results indicate that there exist both positive and negative aspects of the treatment program. Many participants increased their self-efficacy and were able to gain momentum on many tasks and assignments that had been deferred in their everyday life. Meanwhile, several participants lacked motivation to complete the exercises, had too many conflicting commitments, and were unable to keep up with the tight treatment schedule. Hence, the results suggest that Internet interventions for procrastination could profit from individual tailoring, shorter and more manageable modules, and that the content need to be adapted to the reading comprehension and motivational level of the participant.

**Typ och Nyckelord:** Journal internet interventions, cognitive behavior therapy, procrastination, experience, qualitative study, thematic analysis, ISSN: 2214-7829

**Referens:** [Rozenal, A., & Malmquist, A. \(2015\). Vulnerability and acceptance: Lesbian women's familymaking through assisted reproduction in Swedish public healthcare. \*Journal of GLBT Family Studies, 11\*\(2\), 127-150.](#)

**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:** [Ryding, E.L., & Blom, C. \(2015\). Validation of the Swedish Version of the Female Sexual Function Index \(FSFI\) in Women with Hypoactive Sexual Desire Disorder. \*Journal of Sexual Medicine, 12\*\(2\), 341-349.](#)

**Abstract:** Introduction: The Female Sexual Function Index (FSFI) has been validated for use in many countries. It has been used for clinical and research purposes in Sweden, but the reliability and validity of the Swedish version have never been tested. Aim: The aim of this study was to investigate the psychometric properties of the Swedish version of the FSFI. Methods: After informed consent, 50 women with a diagnosis of hypoactive sexual desire disorder (HSDD) and 58 age-matched healthy volunteers completed the questionnaires. Main Outcome: Measures: Reliability was tested by Cronbach's alpha and test-retest by Pearson's correlation, convergent validity by correlation of the FSFI and the Sexual Function Questionnaire (SFQ), divergent validity by correlation of FSFI and the Symptoms Checklist-90-Revised (SCL-90-R), and discriminant validity by Student's t-test and chi-square test to assess differences between women with and without HSDD. Results: Cronbach's alpha was 0.90-0.96 and test-retest reliability was good ( $r=0.86-0.93$ ) for all domains in the whole sample; reliability was low for lubrication and pain in the control group. Correlations between all corresponding domains of the FSFI and the SFQ were high for the whole sample ( $r=0.74-0.87$ ) and moderate to high for both the clinical and the control group. There was no correlation between most FSFI domains and the SCL-90-R. Discriminant validity was very good for each of the FSFI domains ( $P=0.001$ ,  $t=7.05-15.58$ ), although the controls reported relatively low scores on the desire domain. The total FSFI score was 31.37 (standard deviation [SD] 2.66) for the clinical group and 17.47 (SD 5.33) for the controls ( $P=0.001$ ,  $t=15.99$ ). Conclusion: The Swedish version of the FSFI can be used as a validated and reliable instrument for assessing sexual function in women with HSDD.

**Typ och Nyckelord:** Journal FSFI, HSDD, Validation, Swedish, ISSN: 1743-6095

**Referens:** Rypma, B., Fischer, H., Rieckmann, A., Hubbard, N.A., Nyberg, L., & Bäckman, L. (2015). Dopamine D1 Binding Potential Predicts Fusiform BOLD Activity during Face-Recognition Performance. *Journal of Neuroscience*, 35(44), 14702-14707.

**Abstract:** The importance of face memory in humans and primates is well established, but little is known about the neurotransmitter systems involved in face recognition. We tested the hypothesis that face recognition is linked to dopamine (DA) activity in fusiform gyrus (FFG). DA availability was assessed by measuring D1 binding potential (BP) during rest using PET. We further assessed blood-oxygen-level-dependent (BOLD) signal change while subjects performed a face-recognition task during fMRI scanning. There was a strong association between D1 BP and BOLD activity in FFG, whereas D1 BP in striatal and other extrastriatal regions were unrelated to neural activity in FFG. These results suggest that D1 BP locally modulates FFG function during face recognition. Observed relationships among D1 BP, BOLD activity, and face-recognition performance further suggest that D1 receptors place constraints on the responsiveness of FFG neurons.

SIGNIFICANCE STATEMENT: The importance of face memory in humans and primates is well established, but little is known about the neurotransmitter systems involved in face recognition. Our work shows a role for a specific neurotransmitter system in face memory.

**Typ och Nyckelord:** Journal dopamine, face recognition, FMRI, fusiform gyrus, multimodal imaging, PET, ISSN: 0270-6474

**Referens:** Rådsten Ekman, M. (2015). *Unwanted wanted sounds: Perception of sounds from water structures in urban soundscapes*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:** Water structures, for example, fountains, are common design elements in urban open public spaces. Their popularity is probably explained by their visual attractiveness. Less is known about how the sounds of water structures influence the urban soundscape. This thesis explores the potential effects of water sounds on urban soundscapes based on the character of water sounds. Three psychoacoustic studies were conducted in which listeners rated the perceptual properties of various water sounds. Study I found that water sounds had a limited ability to mask traffic noise, as the frequency composition of the sounds resulted in road-traffic noise masking fountain sounds more than the reverse. A partial loudness model of peripheral auditory processes overestimated the observed masking effect of water sound on road-traffic noise, and it was suggested that this was related to central processes, in particular, target/masker confusion. In Study II, water sounds of different degrees of perceived pleasantness were mixed with road-traffic noise to explore the overall effect on soundscape quality. The overall pleasantness was increased substantially by adding a highly pleasant water sound; however, less pleasant water sounds had no effect or even reduced overall pleasantness. This result suggests that the perceptual properties of water-generated sounds should be taken into consideration in soundscape design. In Study III, this was explored by analyzing a large set of recordings of sounds of water fountains in urban open spaces. A multidimensional scaling analysis of similarity sortings of sounds revealed distinct groups of perceptually different fountain sounds. The group of pleasant fountain sounds was characterized by relatively low loudness and high fluctuation strength and tonality, generating purling and rippling sounds. The group of unpleasant fountain sounds was characterized by high loudness and low fluctuation strength and tonality, generating a steady-state like noisy sound. A joint result of all three studies is that sounds from water structures with a high flow rate (i.e., a large jet and basin in Study I, a waterfall in Study II, and large fountains in Study III) generating a steady-state noisy sound should be avoided in soundscape design. Instead, soundscape design might better focus on more fluctuating water sounds, which were considered more pleasant in both studies II and III. A general conclusion from this thesis is that water-generated sounds may be used to improve the soundscape, but that great care must be taken in selecting the type of water sound to use.

**Typ och Nyckelord:** Dissertation perception, psychoacoustics, soundscape, water-sound, ISBN: 978-91-7649-235-2

**Referens:** Rådsten Ekman, M., Lundén, P., & Nilsson, M.E. (2015). Similarity and pleasantness assessments of water-fountain sounds recorded in urban public spaces. *The Journal of the Acoustical Society of America*, 138(5), 3043.

**Abstract:** Water fountains are potential tools for soundscape improvement, but little is known about their perceptual properties. To explore this, sounds were recorded from 32 fountains installed in urban parks. The sounds were recorded with a sound-field microphone and were reproduced using an ambisonic loudspeaker setup. Fifty-seven listeners assessed the sounds with regard to similarity and pleasantness. Multidimensional scaling of similarity data revealed distinct groups of soft variable and loud steady-state sounds. Acoustically, the soft variable sounds were characterized by low overall levels and high temporal variability, whereas the opposite pattern characterized the loud steady-state sounds. The perceived pleasantness of the sounds was negatively related to their overall level and positively related to their temporal variability, whereas spectral centroid was weakly correlated to pleasantness. However, the results of an additional experiment, using the same sounds set equal in overall level, found a negative relationship between pleasantness and spectral centroid, suggesting that spectral factors may influence pleasantness scores in experiments where overall level does not dominate pleasantness assessments. The equal-level experiment also showed that several loud steady-state sounds

remained unpleasant, suggesting an inherently unpleasant sound character. From a soundscape design perspective, it may be advisable to avoid fountains generating such sounds.

**Typ och Nyckelord:** Journal water fountains, soundscape, urban, similarity, pleasantness, ISSN: 0001-4966

**Referens:** Schöll, M., Carter, S.F., Westman, E., Rodriguez.Vieitez, E., Almkvist, O., Thordardottir, S., Wall, A., Graff, C., Långström, B., & Nordberg, A. (2015). Early astrocytosis in autosomal dominant Alzheimer's disease measured in vivo by multi-tracer positron emission tomography. *Scientific Reports*, 5, 16404.

**Abstract:** Studying autosomal dominant Alzheimer's disease (ADAD), caused by gene mutations yielding nearly complete penetrance and a distinct age of symptom onset, allows investigation of presymptomatic pathological processes that can identify a therapeutic window for disease-modifying therapies. Astrocyte activation may occur in presymptomatic Alzheimer's disease (AD) because reactive astrocytes surround beta-amyloid (A beta) plaques in autopsy brain tissue. Positron emission tomography was performed to investigate fibrillar A beta, astrocytosis and cerebral glucose metabolism with the radiotracers C-11-Pittsburgh compound-B (PIB), C-11-deuterium-L-deprenyl (DED) and F-18-fluorodeoxyglucose (FDG) respectively in presymptomatic and symptomatic ADAD participants (n = 21), patients with mild cognitive impairment (n = 11) and sporadic AD (n = 7). Multivariate analysis using the combined data from all radiotracers clearly separated the different groups along the first and second principal components according to increased PIB retention/decreased FDG uptake (component 1) and increased DED binding (component 2). Presymptomatic ADAD mutation carriers showed significantly higher PIB retention than non-carriers in all brain regions except the hippocampus. DED binding was highest in presymptomatic ADAD mutation carriers. This suggests that non-fibrillar A beta or early stage plaque deposition might interact with inflammatory responses indicating astrocytosis as an early contributory driving force in AD pathology. The novelty of this finding will be investigated in longitudinal follow-up studies.

**Typ och Nyckelord:** Journal astrocytosis, Alzheimer's disease, multi-tracer positron emission tomography, ISSN: 2045-2322

**Referens:** Seddigh, A. (2015). *Office type, performance and well-being: A study of how personality and work tasks interact with contemporary office environments and ways of working*. Department of Psychology, Stockholm University (Doctoral dissertation).

**Abstract:** Today, many organisations are adopting offices that have an open design with or without flexible seating. While advocates of open-plan offices propose that these office types lead to cost savings and aid inter and intra-team communication, opponents argue that these office types are associated with decreased performance and worsened health among employees. This thesis investigates how the type of office (cell offices, shared room offices, small open-plan offices, medium-sized open plan offices, large open-plan offices and flex offices) influences employee health and performance, and whether this is different for different personalities and jobs with different concentration demands. Data were gathered by means of surveys and cognitive tests from five organisations with different office types. In Study I (N=1241), the aim was to investigate the main effect of office type on indicators of health and performance and the interaction effect of office type with the need to concentrate in order to carry out work tasks. Office type alone was associated with distraction and cognitive stress in such a way that cell offices were associated with fewest problems, followed by flex offices, while open-plan offices were associated with the most problems. While employees in open-plan offices and employees in flex offices reported more problems as the need for concentration increased, employees in cell offices reported the same level of problems regardless of the need of concentration. Study II (N=527) investigated how performance on a memory test was affected during normal working conditions as compared to a quiet baseline. There was a negative dose-response relationship between the size of the open-plan office environment and the drop in word recall during the normal working condition. However, Study II also showed that individuals working in cell offices had as high a drop in performance during normal working conditions as did those working in large open-plan office environments. Study III (N=1133-1171) focused on the interaction effect between office type and individual differences in personality. The personality trait agreeableness interacted with office type on the outcome variables distraction and job satisfaction. Specifically, Study III may indicate that as offices get more open and flexible, agreeable people will report more problems. In conclusion, the studies in the present thesis have implications for practice and suggest that office type impacts on employee health and performance, while concentration demands of the job and agreeableness moderate the effects. Although employees report higher level of distraction in open-plan office environments, when performance on a demanding task is measured, cell offices are not as favourable during normal working conditions as self-reported data usually indicate. Organisations should also be aware that, among open-plan offices, small open-plan offices are associated with fewer problems.

**Typ och Nyckelord:** Dissertation office type, open-plan office, flex office, cell office, performance, job satisfaction, distraction, self-rated health, well-being, cognitive stress, exhaustion, individual differences, personality, concentration, stimulus screening ability, memory, ISBN: 978-91-7649-236-9

**Referens:** Seddigh, A., Bertson, E., Jönsson, F., Bodin Danielson, C., & Westerlund, H. (2015). Effect of variation in noise absorption in open-plan office: A field study with a cross-over design. *Journal of Environmental Psychology*, 44, 34-44.

**Abstract:** Noise has repeatedly been shown to be one of the most recurrent reasons for complaints in open-plan office environments. The aim of the present study was to investigate if enhanced or worsened sound absorption in open-plan offices is reflected in the employees' ratings of disturbances, cognitive stress, and professional efficacy. Employees working on two different floors of an office building were followed as three manipulations were made in room acoustics on each of the two floors by means of less or more absorbing tiles & wall absorbents. For one of the floors, the manipulations were from better to worse to better acoustical conditions, while for the other the manipulations were worse to better to worse. The acoustical effects of these manipulations were assessed according to the new ISO-standard (ISO-3382-3, 2012) for open-plan rooms acoustics. In addition, the employees responded to questionnaires after each change. Our analyses showed that within each floor enhanced acoustical conditions were associated with lower perceived disturbances and cognitive stress. There were no effects on professional efficiency. The results furthermore suggest that even a small deterioration in acoustical room properties measured according to the new ISO-standard for open-plan office acoustics has a negative impact on self-rated health and disturbances. This study supports previous studies demonstrating the importance of acoustics in work environments and shows that the measures suggested in the new ISO-standard can be used to adequately differentiate between better and worse room acoustics in open plan offices.

**Typ och Nyckelord:** Journal open-plan offices, noise, distraction, health, performance, office type, ISSN: 0272-4944

- Referens:** Seddigh, A., Stenfors, C., [Berntson, E.](#), Bååth, R., Sikström, S., & Westerlund, H. (2015). The association between office design and performance on demanding cognitive tasks. *Journal of Environmental Psychology*, 42, 172-181.
- Abstract:** The physical office environment has been shown to be associated with indicators of both health and performance. This study focuses on how memory performance is affected in normal working conditions compared to a quiet baseline (with low amount irrelevant stimuli) in different office types, including cell offices, small open-plan offices, medium-sized open-plan offices and large open-plan offices. The results showed that the drop in performance from the quiet baseline to normal working conditions was higher in larger, compared to smaller, open-plan offices. However, contrary to our hypothesis we found that cell offices might have negative effects on performance comparable to those of large open-plan offices. These results indicate that employees in small open-plan offices, in comparison to large, have better possibilities to conduct cognitively demanding tasks and that cell offices might not be as advantageous as previously thought.
- Typ och Nyckelord:** Journal office type, open-plan office, cognitive performance, immediate free recall, individual office rooms, performance, ISSN: 0272-4944
- Referens:** Sedem, M., & [Ferrer-Wreder, L.](#) (2015). Fear of the loss of honor: Implications of honor-based violence for the development of youth and their families. *Child and Youth Care Forum*, 44(2), 225-237.
- 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.](#) (2015). Dyslexia prevalence in forensic psychiatric patients: dependence on criteria and background factors. *Psychiatry, Psychology and Law*, 22(4), 586-598.
- 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:** Silfvernagel, K., Gren-Landell, M., Emanuelsson, M., [Carlbring, P.](#), & Andersson, G. (2015). Individually tailored internet-based cognitive behavior therapy for adolescents with anxiety disorders: A pilot effectiveness study. *Internet Interventions*, 2(3), 297-302.
- Abstract:** This is the first study of adolescents suffering from anxiety disorder in Sweden to receive individually tailored internet-based treatment within a child and adolescent psychiatric clinic. The primary aim of this effectiveness study was to examine the effects of tailored internet-based cognitive behaviour therapy for adolescents.
- 11 adolescents, aged 15-19 years, were allocated to treatment after assessment. Screening consisted of online questionnaires followed by a diagnostic face-to-face interview at the clinic. Treatment consisted of individually prescribed cognitive behaviour therapy (CBT) text modules adapted for the age group. Therapist guidance was via an online platform along with telephone support and face-to-face sessions if needed.
- Statistically significant improvements were found on all dependent measures immediately following treatment for the 8 adolescents who completed treatment. The within-group effect size on the Beck Anxiety Inventory, the primary outcome measure, was  $d = 2.51$  at post-treatment and 80 percent (4/5) adolescents no longer met DSM-IV criteria for their primary anxiety disorder as measured by the Anxiety Disorders Interview Schedule for DSM- IV: Child and Parent Versions.
- Based on the results from this pilot study the tentative conclusion might be that tailored internet delivered CBT could be useful for adolescents with anxiety disorders along with standard treatment delivered in child and adolescent psychiatric clinics.
- Typ och Nyckelord:** Journal adolescent, anxiety disorders, cognitive behavior therapy, internet-based treatment, ISSN: 2214-7829
- Referens:** [Sjöberg, A.](#) (2015). *The Utility Gain of Leaving Professional Judgment Out of Prediction*. Presented at the 17th Society for Industrial and Organizational Psychology (SIOP). May 20-23, 2015.
- The purpose of this study was to analyze the margin utility of using clinical versus mechanical data

**Abstract:** combination for personnel selection purposes. The findings indicate that in a selection context, the difference in financial outcome is likely to be extensive between the two data combination methods.

**Typ och Nyckelord:** Proceedings personnel selection, prediction, clinical data, mechanical data

**Referens:** Sjöström, M., Umefjord, G., Stenlund, H., Carlbring, P., Andersson, G., & Samuelsson, E. (2015). Internet-based treatment of stress urinary incontinence. 1- and 2-years results of a randomised controlled trial with focus on pelvic floor muscle training. *British Journal of Urology International*, 116(6), 955-964.

**Abstract:** Objectives: To evaluate the long-term effects of two non-face-to-face treatment programmes for stress urinary incontinence (SUI) based on pelvic floor muscle training (PFMT).

Subjects and Methods: The present study was a randomized controlled trial with online recruitment of 250 community-dwelling women aged 18–70 years with SUI  $\geq$  one time/week. Diagnosis was based on validated self-assessed questionnaires, 2-day bladder diary and telephone interview with a urotherapist. Consecutive computer-generated block randomization was carried out with allocation by an independent administrator to 3 months of treatment with either an internet-based treatment programme (n = 124) or a programme sent by post (n = 126). Both interventions focused mainly on PFMT. The internet group received continuous e-mail support from a urotherapist, whereas the postal group trained on their own. Follow-up was performed after 1 and 2 years via self-assessed postal questionnaires. The primary outcomes were symptom severity (International Consultation on Incontinence Questionnaire Short Form [ICIQ-UI SF]) and condition-specific quality of life (ICIQ-Lower Urinary Tract Symptoms Quality of Life [ICIQ-LUTSqol]). Secondary outcomes were the Patient Global Impression of Improvement, health-specific quality of life (EQ-visual analogue scale [EQ-VAS]), use of incontinence aids, and satisfaction with treatment. There was no face-to-face contact with the participants at any time. Analysis was based on intention-to-treat.

Results: We lost 32.4% (81/250) of participants to follow-up after 1 year and 38.0% (95/250) after 2 years. With both interventions, we observed highly significant ( $P < 0.001$ ) improvements with large effect sizes ( $>0.8$ ) for symptoms and condition-specific quality of life (QoL) after 1 and 2 years, respectively. No significant differences were found between the groups. The mean (sd) changes in symptom score were 3.7 (3.3) for the internet group and 3.2 (3.4) for the postal group ( $P = 0.47$ ) after 1 year, and 3.6 (3.5) for the internet group and 3.4 (3.3) for the postal group ( $P = 0.79$ ) after 2 years. The mean changes (sd) in condition-specific QoL were 5.5 (6.5) for the internet group and 4.7 for the postal group (6.5) ( $P = 0.55$ ) after 1 year, and 6.4 (6.0) for the internet group and 4.8 (7.6) for the postal group ( $P = 0.28$ ) after 2 years. The proportions of participants perceiving they were much or very much improved were similar in both intervention groups after 1 year (internet, 31.9% [28/88]; postal, 33.8% [27/80],  $P = 0.82$ ), but after 2 years significantly more participants in the internet group reported this degree of improvement (39.2% [29/74] vs 23.8% [19/80],  $P = 0.03$ ). Health-specific QoL improved significantly in the internet group after 2 years (mean change in EQ-VAS, 3.8 [11.4],  $P = 0.005$ ). We found no other significant improvements in this measure. At 1 year after treatment, 69.8% (60/86) of participants in the internet group and 60.5% (46/76) of participants in the postal group reported that they were still satisfied with the treatment result. After 2 years, the proportions were 64.9% (48/74) and 58.2% (46/79), respectively.

Conclusion: Non-face-to-face treatment of SUI with PFMT provides significant and clinically relevant improvements in symptoms and condition-specific QoL at 1 and 2 years after treatment.

**Typ och Nyckelord:** Journal stress urinary incontinence, randomized controlled trial, long-term, eHealth, pelvic floor muscle training, self-management, ISSN: 1464-4096

**Referens:** Smedler, A.-C., Hjern, A., Wiklund, S., Anttila, S., & Pettersson, A. (2015). Programs for Prevention of Externalizing Problems in Children: Limited Evidence for Effect Beyond 6 Months Post Intervention. *Child and Youth Care Forum*, 44(2), 251-276.

**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:** Springer, A., & Vogel, H. (2015). Das Psychotherapeutengesetz - erhaltungswürdig? reformbedürftig? Blicke von außen. Das PTJ im Gespräch mit Prof. Franz Caspar (Bern) und Prof. Stephan Hau (Stockholm). *Psychotherapeutenjournal*, 4, 328-336.

**Abstract:** Redaktionelle Vorbemerkung: Das Gesetz und die aktuellen Reformbemühungen sind im PTJ (Psychotherapeutenjournal) des Öfteren dargestellt und diskutiert worden. Uns interessiert jetzt die Frage: Wie werden das Gesetz und die laufenden Reformdiskussionen eigentlich aus dem Ausland gesehen? Wir haben deshalb zwei in Deutschland ausgebildete und jetzt seit längerer Zeit im Ausland tätige, namhafte Professoren für Klinische Psychologie und Psychotherapie, einen verhaltenstherapeutischen und einen psychoanalytischen Kollegen, die die Situation in Deutschland aus eigener Anschauung gut kennen, zu einem gemeinsamen Gespräch eingeladen.

**Typ och Nyckelord:** Journal psychotherapeutengesetz, psychotherapie, psychotherapeut, ISSN: 1611-0773

- Referens:** Stengård, J., Bernhard-Oettel, C., Näswall, K., Ishäll, L., & Berntson, E. (2015). Understanding the determinants of well-being and organizational attitudes during a plant closure: A Swedish case study. *Economic and Industrial Democracy*, 36(4), 611-631.
- 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:** Stålnacke, J., Lundequist, A., Böhm, B., Forssberg, H., & Smedler, A.-C. (2015). Individual cognitive patterns and developmental trajectories after preterm birth. *Child Neuropsychology*, 21(5), 648-667.
- 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:** Sundelin, T. (2015). *The Face of Sleep Loss*. Department of Psychology, Stockholm University (Doctoral dissertation).
- Abstract:** Sleep deprivation has been studied for over a century, providing knowledge about the benefits of sleep for many physiological, cognitive, and behavioural functions. However, there have only been anecdotal indications about what a tired or sleep-deprived person looks like, despite the fact that appearance influences not only how other people perceive a person but also how they evaluate them and behave towards them. How someone with sleep loss is perceived and evaluated by others is the focus of this thesis. Facial photographs of 48 participants were taken after normal sleep and after either one night of total sleep deprivation or two nights of partial sleep deprivation. The photographs were then evaluated in four different studies by a total of 288 raters recruited from universities and the general public in Stockholm, Sweden. The faces were rated on attractiveness, health, tiredness, sleepiness, sociability, trustworthiness, employability, and leadership ability. These factors were all adversely affected by sleep loss. Furthermore, looking tired was strongly related to being less attractive, looking less healthy and less trustworthy, and being perceived as a poorer employee and leader. One of the studies assessed facial features commonly associated with looking tired, showing that sleep deprivation results in eyes which appear more swollen and red, with dark circles and hanging eyelids, as well as paler skin with more fine lines and wrinkles. When sleep deprived, people were also perceived as more sad. In conclusion, the four studies show that sleep loss and a tired appearance affect how one is perceived by other people. These perceptions may lead to negative evaluations in interpersonal situations, both personal and professional. This thesis thus demonstrates social benefits of prioritizing sleep, adding to the physiological, cognitive, and behavioural research on sleep loss.
- Typ och Nyckelord:** Dissertation sleep loss, sleep deprivation, face perception, interpersonal perception, attractiveness, tiredness, ISBN: 978-91-7649-133-1
- Referens:** Sundelin, T., Karshikoff, B., Axelsson, E., Höglund, C.O., Lekander, M., & Axelsson, J. (2015). Sick man walking: Perception of health status from body motion. *Brain, behavior, and immunity*, 48, 53-56.
- Abstract:** An ability to detect subtle signs of sickness in others would be highly beneficial, as it would allow for behaviors that help us avoid contagious pathogens. Recent findings suggest that both animals and humans are able to detect distinctive odor signals of individuals with activated innate immune responses. This study tested whether an innate immune response affects a person's walking speed and whether other people perceive that person as less healthy. 43 subjects watched films of persons who were experiencing experimental immune activation, and rated the walking individuals in the films with respect to health, tiredness, and sadness. Furthermore, the walking speed in the films was analyzed. After LPS injections, participants walked more slowly and were perceived as less healthy and more tired as compared to when injected with placebo. There was also a trend for the subjects to look sadder after LPS injection than after placebo. Furthermore, there were strong associations between walking speed and the appearance of health, tiredness, and sadness. These findings support the notion that walking speed is affected by an activated immune response, and that humans may be able to detect very early signs of sickness in others by merely observing their gait. This ability is likely to aid both a "behavioral immune system", by providing more opportunities for adaptive behaviors such as avoidance, and the anticipatory priming of biochemical immune responses.

**Typ och Nyckelord:** Journal behavioral immune system, biological motion, innate immunity, sickness, sickness avoidance, ISSN: 0889-1591

**Referens:** [Sundling, C. \(2015\). Travel behavior change in older travelers: understanding critical reactions to incidents encountered in public transport. \*International Journal of Environmental Research and Public Health\*, 12\(11\), 14741-14763.](#)

**Abstract:** Accessibility of travel may be better understood if psychological factors underlying change in travel behavior are known. This paper examines older (65+) travelers' motives for changing their travel behavior. These changes are grounded in critical incidents earlier encountered in public-transport travel. A scientific framework is developed based on cognitive and behavioral theory. In 29 individual interviews, travelers' critical reactions (i.e., cognitive, emotional, and/or behavioral) to 77 critical incidents were examined. By applying critical incident technique (CIT), five reaction themes were identified that had generated travel-behavior change: firm restrictions, unpredictability, unfair treatment, complicated trips, and earlier adverse experiences. To improve older travelers' access to public transport, key findings were: (a) service must be designed so as to strengthen the feeling of being in control throughout the journey; (b) extended personal service would increase predictability in the travel chain and decrease travel complexity; consequently, (c) when designing new services and making effective accessibility interventions, policy makers should consider and utilize underlying psychological factors that could direct traveler behavior.

**Typ och Nyckelord:** Journal older persons, critical incidents, critical reactions, travel behavior change, ISSN: 1660-4601

**Referens:** [Sundling, C., Emardson, R., Pendrill, L.R., Nilsson, M.E., & Berglund, B. \(2015\). Two models of accessibility to railway traveling for vulnerable, elderly persons. \*Measurement\*, 72, 96-101.](#)

**Abstract:** Public transport mobility is restricted for the vulnerable travelers, e.g., those with functional limitations. By removing barriers, a more flexible and independent travel behavior is accomplished. For whole-trip traveling, we model accessibility as a three-way reciprocal relationship among travelers' functional ability, barriers met and resulting travel behaviors. For every journey and destination, an accessibility measure is constructed from all barriers' weights and the probabilities of encountering each of them in traveling to specific destinations. The accessibility to whole-trip traveling is then modeled by travelers' individual weightings of sets of barriers and the probabilities of encountering them. By using specific reference values, as in master scaling, we estimate the measurement error for each participant's perceived effort to overcome a certain barrier, and thus obtain a calibrated measure of accessibility. We conclude that customized abatement procedures must accomplish better accessibility for all, especially for the vulnerable travelers.

**Typ och Nyckelord:** Journal accessibility, functional ability, barrier, travel behavior, the elderly, ISSN: 0263-2241

**Referens:** [Sundling, C., Nilsson, M.E., Hellqvist, S., Pendrill, L.R., Emardson, R., & Berglund, B. \(in press\). Travel behaviour change in old age: the role of critical incidents in public transport. \*European Journal of Ageing\*.](#)

**Abstract:** Older people's travel behaviour is affected by negative or positive critical incidents in the public transport environment. With the objective of identifying such incidents during whole trips and examining how travel behaviour had changed, we have conducted in-depth interviews with 30 participants aged 65–91 years in the County of Stockholm, Sweden. Out of 469 incidents identified, 77 were reported to have resulted in travel behaviour change, 67 of them in a negative way. Most critical incidents were encountered in the physical environment on-board vehicles and at stations/stops as well as in pricing/ticketing. The findings show that more personal assistance, better driving behaviour, and swift maintenance of elevators and escalators are key facilitators that would improve predictability in travelling and enhance vulnerable older travellers' feeling of security. The results demonstrate the benefit of involving different groups of end users in future planning and design, such that transport systems would meet the various needs of its end users.

**Typ och Nyckelord:** Journal older people, travel behaviour, public transport, critical incidents, qualitative research, ISSN: 1613-9372

**Referens:** [Sunnhed, R., & Jansson-Fröjmark, M. \(2015\). Cognitive arousal, unhelpful beliefs and maladaptive sleep behaviors as mediators in cognitive behavior therapy for insomnia: A quasi-experimental study. \*Cognitive Therapy and Research\*, 39\(6\), 841-852.](#)

**Abstract:** The purpose with the investigation was to examine whether improvements in pre-sleep cognitive arousal, unhelpful beliefs about sleep, and maladaptive sleep behaviors mediate the outcomes in in-person CBT-I. Fifty-eight participants with insomnia were administered either cognitive behavioral therapy or belonged to a waitlist. At pre- and post-treatment, participants completed questionnaires and sleep diaries assessing cognitive arousal, unhelpful beliefs about sleep, maladaptive sleep behaviors, insomnia severity, dysfunction, and subjective sleep parameters. Outcome measures were re-administered at a 3-month follow-up. Decreases in cognitive arousal mediated the effect on dysfunction. Reductions in unhelpful beliefs mediated the treatment effect on insomnia severity and dysfunction. Decreases in bedtime variability mediated the outcome on insomnia severity, and reductions in time in bed had a mediating effect on total wake time. Neither rise time variability nor napping mediated the improvements. A reversed model, in which the outcomes were used as mediators, showed less fit with the current data, indicating that change in the psychological processes as mediators of improvement in the outcomes was the most plausible conclusion. These findings are clearly supportive of cognitive-behavioral models of insomnia by highlighting cognitive arousal, unhelpful beliefs about sleep, and maladaptive sleep behaviors as mediators in the treatment of insomnia. The results are also important for clinical work and for testing new approaches in future research.

**Typ och Nyckelord:** Journal CBT, insomnia, mediation, arousal, beliefs, behavior, ISSN: 0147-5916

**Referens:** [Svartvatten, N., Segerlund, M., Denhag, I., Andersson, G., & Carlbring, P. \(2015\). A content analysis of client e-mails in guided internet-based cognitive behavior therapy for depression. \*Internet Interventions\*, 2\(2\), 121-127.](#)

**Abstract:** The relationship between what a client writes when communicating with an online therapist and treatment outcome in internet-based cognitive behavior therapy (ICBT) is largely unknown. The aim of this study was to



address if written correspondence from the client to the therapist correlates with outcome and treatment completion. A total of 29 participants with mild to moderate depression were included from an ongoing randomized controlled trial targeting depression. Content analysis involving ten categories was performed on all emails and module responses sent by the participants to their internet therapist. A total of 3756 meaning units were identified and coded. Significant positive correlations were found between change in depression and statements in the two categories "observing positive consequences" ( $r = .49$ ) and "alliance" ( $r = .42$ ). Treatment module completion correlated with seven categories. The result suggests that text dealing with alliance and observing positive consequences can be used as indicators of how the treatment is progressing. This study suggests that written correspondence from an online client can be divided into ten categories and the frequency of those can be used by internet therapists to individualize treatment and perhaps make ICBT more effective.

**Typ och Nyckelord:** Journal guided internet-based therapy, CBT, depression, content analysis, ISSN: 2214-7829

**Referens:** Sverke, M. (2015). Commentary on "The circumplex model of occupational well-being: Its relation with personality". *Journal of Person-Oriented Research*, 1(3), 130.

**Abstract:** Previous research on occupational well-being has often taken the circumplex model of subjective well-being in general as point of departure and noted that well-being may be classified on the basis of the dimensions of pleasantness and arousal. In contrast to prior research, Anne Mäkikangas and her colleagues use a person-oriented approach in their attempt to empirically test the circumplex model. The authors also make use of personality profiles – based on combinations of the Five-Factor Model of Personality traits – and link these profiles to the patterns of occupational well-being. While the results of the present study await replication using larger samples from other countries, Mäkikangas and her colleagues provide valuable insights into the nature of occupational well-being.

**Typ och Nyckelord:** Journal well-being, personality, person-oriented research

**Referens:** Söderberg, M., Rosengren, A., Gustavsson, S., Schiöler, L., Härenstam, A., & Torén, K. (2015). Psychosocial job conditions, fear avoidance beliefs and expected return to work following acute coronary syndrome; a crosssectional study of fear-avoidance as a potential mediator. *BMC Public Health*, 15:1263.

**Abstract:** Background: Despite improvements in treatment, acute coronary syndrome remains a substantial cause for prolonged sick absences and premature retirement. Knowledge regarding what benefits return to work is limited, especially the effect of psychological processes and psychosocial work factors. The purposes of this cross-sectional study were two-fold: to examine associations between adverse psychosocial job conditions and fear-avoidance beliefs towards work, and to determine whether such beliefs mediated the relationship between work conditions and expected return to work in acute coronary syndrome survivors. Methods: Study inclusion criteria: acute myocardial infarction or unstable angina diagnosis, below 65 years of age, being a resident in the West county of Sweden and currently working. In all, 509 individuals (21.8 % women) accepted study participation and for whom all data of study interest were available for analysis. Psychosocial work variables; job demand-control and effort-reward imbalance, were assessed with standard questionnaire batteries. Linear regression models were used to investigate relationships between psychosocial factors and fear-avoidance, and to evaluate mediator effects for fear-avoidance. Both total sample and gender stratified analyses were calculated. Results: Fear-avoidance beliefs about work were associated to psychosocial job environments characterized by high strain ( $\beta$  1.4; CI 1.2–1.6), active and passive work and high effort-reward imbalance ( $\beta$  0.6; CI 0.5–0.7). Further, such beliefs also mediated the relationship between adverse work conditions and expected time for return to work. However, these results were only observed in total sample analyses or among or male participants. For women only high strain was linked to fear-avoidance, and these relationships became non-significant when entering chosen confounders. Conclusions: This cross-sectional study showed that acute coronary syndrome survivors, who laboured under adverse psychosocial work conditions, held fear-avoidance beliefs towards their workplace. Furthermore, these beliefs mediated the relationships between - high strained or high effort-reward imbalanced work - and expected return to work. However, mentioned results were primarily found among men, which could result from few female study participants or gender differences in return to work mechanisms. Still, an earlier return to work might be promoted by interventions focusing on improved psychosocial work conditions and cognitive behavioural therapy targeting fear-avoidance beliefs.

**Typ och Nyckelord:** Journal psychosocial job conditions, fear avoidance, coronary syndrome, ISSN: 1471-2458

**Referens:** Theorell, T., Hammarström, A., Aronsson, G., Bendz, L.T., Grape, T., Hogstedt, C., Marteinsdottir, I., Skoog, I., & Hall, C. (2015). A systematic review including meta-analysis of work environment and depressive symptoms. *BMC Public Health*, 15, 738.

**Abstract:** Background: Depressive symptoms are potential outcomes of poorly functioning work environments. Such symptoms are frequent and cause considerable suffering for the employees as well as financial loss for the employers. Accordingly good prospective studies of psychosocial working conditions and depressive symptoms are valuable. Scientific reviews of such studies have pointed at methodological difficulties but still established a few job risk factors. Those reviews were published some years ago. There is need for an updated systematic review using the GRADE system. In addition, gender related questions have been insufficiently reviewed. Method: Inclusion criteria for the studies published 1990 to June 2013: 1. European and English speaking countries. 2. Quantified results describing the relationship between exposure (psychosocial or physical/chemical) and outcome (standardized questionnaire assessment of depressive symptoms or interview-based clinical depression). 3. Prospective or comparable case-control design with at least 100 participants. 4. Assessments of exposure (working conditions) and outcome at baseline and outcome (depressive symptoms) once again after follow-up 1-5 years later. 5. Adjustment for age and adjustment or stratification for gender. Studies filling inclusion criteria were subjected to assessment of 1.) relevance and 2.) quality using predefined criteria. Systematic review of the evidence was made using the GRADE system. When applicable, meta-analysis of the magnitude of associations was made. Consistency of findings was examined for a number of possible confounders and publication bias was discussed. Results: Fifty-nine articles of high or medium high scientific quality were included. Moderately strong evidence (grade three out of four) was found for job strain (high psychological demands and low decision latitude), low decision latitude and bullying having significant impact on development of depressive symptoms. Limited evidence (grade two) was shown for psychological demands, effort reward imbalance, low support, unfavorable social climate, lack of work justice, conflicts, limited skill discretion, job insecurity and long working hours. There was no differential gender effect of adverse job conditions on depressive symptoms Conclusion: There is substantial empirical evidence that

employees, both men and women, who report lack of decision latitude, job strain and bullying, will experience increasing depressive symptoms over time. These conditions are amenable to organizational interventions.

**Typ och Nyckelord:** Journal depression, work stress, prevention, ergonomic, toxicology, ISSN: 1471-2458

**Referens:** Theorell-Haglöw, J., Åkerstedt, T., Schwarz, J., & Lindberg, E. (2015). Predictors for Development of Excessive Daytime Sleepiness in Women: A Population-Based 10-Year Follow-Up. *Sleep*, 38(12), 1995-2002.

**Abstract:** Study Objectives: To analyze predictors of excessive daytime sleepiness (EDS) and to analyze how changes within risk factors over time predict incident EDS in women. Design: Population-based prospective study. Setting: General population of the City of Uppsala, Sweden. Participants: From a random, general population sample of 7,051 women from the Sleep and Health in women ("SHE") cohort, 4,322 women without EDS at baseline were followed up after 10 y. Interventions: N/A. Measurements and Results: At baseline and follow-up, women answered a questionnaire on sleeping habits, somatic disease, obesity, insomnia, anxiety and depression, lifestyle, and social factors. The risk of incident EDS was analyzed from changes over time in risk factors using logistic regression modeling. Of the women, EDS developed in 7.9%. Incident: insomnia (adjusted odds ratio = 5.01; 95% confidence interval 3.63–6.92), anxiety and/or depression (3.34; 2.22–5.02), somatic disease (1.73; 1.17–2.55), obesity (1.91; 1.14–2.57), snoring (1.91; 1.17–3.10) and smoking (4.31; 1.95–9.54) were all independent risk factors for the development of EDS. In addition, persistent: insomnia (4.44; 2.97–6.65) and anxiety and/or depression (4.91; 3.17–7.62) increased the risk of developing EDS. Apart from incident: snoring and obesity, similar results were obtained when only including women without somatic disease in the analyses. Conclusion: Insomnia, anxiety and/or depression, and smoking were the most important factors for predicting incident excessive daytime sleepiness (EDS) and, in addition, somatic disease, obesity, and snoring predicted EDS. It is important not only to treat these conditions but also to inform women of the importance of a healthy lifestyle in order to prevent and reduce EDS in women.

**Typ och Nyckelord:** Journal risk factors, daytime sleepiness, longitudinal, women, population-based, ISSN: 0161-8105

**Referens:** Tillfors, M., Furmark, T., Carlbring, P., & Andersson, G. (2015). Risk profiles for poor treatment response to internet-delivered CBT in people with social anxiety disorder. *Journal of Anxiety Disorders*, 33, 103-109.

**Abstract:** In social anxiety disorder (SAD) co-morbid depressive symptoms as well as avoidance behaviors have been shown to predict insufficient treatment response. It is likely that subgroups of individuals with different profiles of risk factors for poor treatment response exist. This study aimed to identify subgroups of social avoidance and depressive symptoms in a clinical sample (N = 167) with SAD before and after guided internet-delivered CBT, and to compare these groups on diagnostic status and social anxiety. We further examined individual movement between subgroups over time. Using cluster analysis we identified four subgroups, including a high-problem cluster at both time-points. Individuals in this cluster showed less remission after treatment, exhibited higher levels of social anxiety at both assessments, and typically remained in the high-problem cluster after treatment. Thus, in individuals with SAD, high levels of social avoidance and depressive symptoms constitute a risk profile for poor treatment response.

**Typ och Nyckelord:** Journal social anxiety disorder, social avoidance, depressive symptoms, guided internet-based CBT, risk factors, cluster analysis, ISSN: 0887-6185

**Referens:** Tillfors, M., Toll, C., Branting, M., Boersma, K., & Jansson-Fröjmark, M. (2015). Allowing or fighting social anxiety: The role of psychological inflexibility in a non-clinical population. *Journal of Person-Oriented Research*, 1(3), 151-161.

**Abstract:** In an acceptance-based model of what maintains social anxiety, the focus is on counterproductive attempts to control unpleasant internal experiences through avoidance of them. An example of such an avoidance strategy, especially prominent among socially anxious women, is rumination. According to this model, the road to recovery for people suffering from social anxiety is through increased acceptance of internal experiences. This process is also referred to as decreasing an individual's 'psychological inflexibility'. The overall aim of the current study was to examine the relationship between psychological inflexibility and social anxiety in a non-clinical population. We used cluster analysis to examine subgroups with different individual profiles of symptoms of social anxiety/avoidance and psychological inflexibility. The clusters were examined in relation to depressive symptoms, rumination, and the moderating effect of gender. The design was cross-sectional and consisted of 219 university students (101 men, 118 women; M age = 23 years). Four clusters were generated, whereof two (the Multidimensional Problem cluster and the No Problem cluster) reflected a strong positive relationship between social anxiety/avoidance and psychological inflexibility, however in different ways. Gender did not act as a moderator. However, people in the Multidimensional Problem cluster reported higher degree of depressive symptoms as well as higher levels of rumination compared to the other clusters. To conclude, psychological inflexibility seems to be related not only to symptoms of ill-health such as social anxiety and depressive symptoms but also to control strategies such as rumination.

**Typ och Nyckelord:** Journal social anxiety, psychological inflexibility, depressive symptoms, rumination, non-clinical population

**Referens:** Todorov, I., Del Missier, F., Konke, L.A., & Mäntylä, T. (2015). Deadlines in space: Selective effects of coordinate spatial processing in multitasking. *Memory & Cognition*, 43(8), 1216-1228.

**Abstract:** Many everyday activities require coordination and monitoring of multiple deadlines. One way to handle these temporal demands might be to represent future goals and deadlines as a pattern of spatial relations. We examined the hypothesis that spatial ability, in addition to executive functioning, contributes to individual differences in multitasking. In two studies, participants completed a multitasking session in which they monitored four digital clocks running at different rates. In Study 1, we found that individual differences in spatial ability and executive functions were independent predictors of multiple-task performance. In Study 2, we found that individual differences in specific spatial abilities were selectively related to multiple-task performance, as only coordinate spatial processing, but not categorical, predicted multitasking, even beyond executive functioning and numeracy. In both studies, males outperformed females in spatial ability and multitasking and in Study 2 these sex differences generalized to a simulation of everyday multitasking. Menstrual changes moderated the effects on multitasking, in that sex differences in coordinate spatial processing and multitasking were observed between males and females in the luteal phase of the menstrual cycle, but not between males and females at menses. Overall, these findings suggest that multiple-task performance reflects independent contributions of spatial ability and executive functioning. Furthermore, our

results support the distinction of categorical versus coordinate spatial processing, and suggest that these two basic relational processes are selectively affected by female sex hormones and differentially effective in transforming and handling temporal patterns as spatial relations in the context of multitasking.

- Typ och Nyckelord:** Journal individual differences, multitasking, spatial ability, sex differences, coordinate processing, ISSN: 0090-502X
- Referens:** Toivanen, S., Mellner, C., & Vinberg, S. (2015). 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*, 58(1), 21-32.
- 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. (2015). The impact of work time control on physicians' sleep and well-being. *Applied Ergonomics*, 47, 109-116.
- 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., von Thiele Schwarz, U., Westerlund, H., Sandahl, C., & Thor, J. (2015). How Visual Management for Continuous Improvement Might Guide and Affect Hospital Staff: A Case Study. *Quality Management in Health Care*, 24(4), 222-228.
- Abstract:** Visual management (VM) tools such as whiteboards, often employed in Lean thinking applications, are intended to be helpful in improving work processes in different industries including health care. It remains unclear, however, how VM is actually applied in health care Lean interventions and how it might influence the clinical staff. We therefore examined how Lean-inspired VM using whiteboards for continuous improvement efforts related to the hospital staff's work and collaboration. Within a case study design, we combined semistructured interviews, nonparticipant observations, and photography on 2 cardiology wards. The fate of VM differed between the 2 wards; in one, it was well received by the staff and enhanced continuous improvement efforts, whereas in the other ward, it was not perceived to fit in the work flow or to make enough sense in order to be sustained. Visual management may enable the staff and managers to allow communication across time and facilitate teamwork by enabling the inclusion of team members who are not present simultaneously; however, its adoption and value seem contingent on finding a good fit with the local context. A combination of continuous improvement and VM may be helpful in keeping the staff engaged in the change process in the long run.
- Typ och Nyckelord:** Journal hospital wards, lean management, organizational case studies, whiteboards, ISSN: 1063-8628
- Referens:** Vander Elst, T., Näswall, K., Bernhard-Oettel, C., De Witte, H., & Sverke, M. (in press). The effect of job insecurity on employee health complaints: A within-person analysis of the explanatory role of threats to the manifest and latent benefits of work. *Journal of Occupational Health Psychology*.
- Abstract:** The current study contributes to the literature on job insecurity by highlighting threat to the benefits of work as an explanation of the effect of job insecurity on health complaints. Building on the latent deprivation model, we predicted that threats to both manifest (i.e., financial income) and latent benefits of work (i.e., collective purpose, social contacts, status, time structure, activity) mediate the relationships from job insecurity to subsequent mental and physical health complaints. In addition, in line with the conservation of resources theory, we proposed that financial resources buffer the indirect effect of job insecurity on health complaints through threat to the manifest benefit. Hypotheses were tested using a multilevel design, in which 3 measurements (time lag of 6 months between subsequent measurements) were clustered within 1,994 employees (in Flanders, Belgium). This allowed for the investigation of within-person processes, while controlling for variance at the between-person level. The results demonstrate that job insecurity was related to subsequent threats to both manifest and latent benefits, and that these threats in turn were related to subsequent health complaints (with an exception for threat to the manifest benefit that did not predict mental health complaints). Three significant indirect effects were found: threat to the latent benefits mediated the relationships between job insecurity and both mental and physical health complaints, and threat to the manifest benefit mediated the relationship between job insecurity and physical health complaints. Unexpectedly, the latter indirect effect was exacerbated by financial resources.
- Typ och Nyckelord:** Journal job insecurity, latent benefits, health, ISSN: 1076-8998

- Referens:** Varrone, A., Svenningsson, P., Marklund, P., Fatouros-Bergman, H., Forsberg, A., Halldin, C., Nilsson, L.-G., & Farde, L. (2015). 5-HT1B receptor imaging and cognition: A positron emission tomography study in control subjects and parkinson's disease patients. *Synapse*, 69(7), 365-374.
- Abstract:** Introduction: The serotonin 5-HT1B receptor subtype is involved in the modulation of serotonin release and is a target of interest for neuroreceptor imaging. Previous studies have shown that the serotonin system is affected in Parkinson's disease (PD). Cognitive function, frequently impaired in PD, has been linked to the serotonin system. The aim of this study was to examine whether 5-HT1B receptor availability in the brain of healthy subjects and PD patients is associated with measures of cognitive function. Methods: Twelve control subjects and ten PD patients with normal mini-mental state examination scores were included in this study. Cognitive function was evaluated by assessment of semantic, episodic, and working memory, as well as fluency and visual attention. Creative ability, a measure of divergent thinking, was examined with the alternative uses of objects task. PET measurements were performed with the 5-HT1B receptor-radioligand [C-11]AZ10419369 using the HRRT system. Results: PD patients showed statistically significant lower measures of semantic and episodic memory, as well as creative ability, compared with control subjects. Statistically significant positive correlations were found in control subjects between creative ability and average 5-HT1B receptor availability in grey matter, and in PD patients between scores of Beck Depression Inventory-II and creative ability. Conclusion: Though creativity has been conventionally linked to dopamine function, our findings in control subjects suggest a link between 5-HT1B receptor availability and creative ability. In PD patients, creative ability was significantly associated with depressive symptoms but not with 5-HT1B receptor availability. This finding deserves further investigation in future studies.
- Typ och Nyckelord:** Journal PET, serotonin, creativity, cognition, semantic memory, ISSN: 0887-4476
- Referens:** Weineland, S.M., Andersson, G., Lunner, T., Carlbring, P., Hesser, H., Ingo, E., . . . Laplante-Lévesque, A. (2015). Bridging the Gap Between Hearing Screening and Successful Rehabilitation: Research Protocol of a Randomized Controlled Trial of Motivational Interviewing via Internet. *American Journal of Audiology*, 24(3), 302-306.
- Abstract:** Purpose: Studies point to low help-seeking after a failed hearing screening. This research forum article presents the research protocol for a randomized controlled trial of motivational interviewing via the Internet to promote help-seeking in people who have failed an online hearing screening. Method: Adults who fail a Swedish online hearing screening, including a speech-in-noise recognition test, will be randomized to either an intervention group (participating in motivational interviewing) or an active control group (reading a book on history of hearing aids). Both of the conditions will be delivered via the Internet. The primary outcome is experience with seeking health care and using hearing aids 9 months after the intervention. Secondary outcomes are changes in before and after measures of self-reported hearing difficulties, anxiety, depression, and quality of life. Stages of change and self-efficacy in hearing help-seeking are measured immediately after intervention and at a 9-month follow-up for the purpose of mediation analysis. Results: The results of this randomized controlled trial may help bridge the gap between hearing screening and successful hearing rehabilitation. Conclusion: Although no large instantaneous benefits are expected, a slow change toward healthy behaviors—seeking health care and using hearing aids—would shed light on how to use the Internet to assist people with hearing impairment.
- Typ och Nyckelord:** Journal rehabilitation, motivational interviewing, internet, ISSN: 1059-0889
- Referens:** Werbart, A. (2015). Ytterligheter: Så funkar omaka par. I Mattson, J. (Ed.), *Relationer från A till Ö: Ett psykologiskt lexikon* (pp. 214–215). Stockholm: Vetenskapsmedia.
- Abstract:** Varför väljer en livlig och utåtriktad människa ofta en tyst, asocial eller tillbakadragen partner – och tvärtom? Är det något slags jämvikt som naturen eftersträvar? Svar: Det är en spännande fråga du ställer. Som vanligt finns det flera svar. Sedan antiken har västerländsk kultur präglats av två oförenliga föreställningar om partnerval: "lika dras till lika" – vi har en naturlig tendens att inleda relationer med människor vars värderingar och strävan liknar våra – och "motsatser dras till varandra" – vi söker partner som har egenskaper som vi själva saknar.
- Flera biologiska och sociologiska argument har använts för båda dessa föreställningar. Psykoanalytiker har tidigt intresserat sig för frågan. Enligt Freud har vår förmåga att bli förälskade sin källa i barnets självkärlek. Narcissistiskt val innebär att man letar efter en kärlekspartner med sig själv som förebild. Anaklitiskt eller stödberoende val utgår från identifikation med den person som vi varit beroende av under vår tidiga barndom. Flera moderna psykologiska teorier beskriver, i olika termer, våra två grundläggande strävanden och två sammanvävda utvecklingslinjer: egen lycka och gemenskap, egoism och altruism, att värna om självbilden och att hysa medkänsla, att sträva efter oberoende och att värna om att bli omtyckt. Dessa två huvudspår, självavgränsning och relaterande, finns hos oss alla. Kanske söker vi i kärleken det vi själva saknar för att bättre älska oss själva och för att uppnå bättre balans. Men när obalansen blir för stor påverkas vår förmåga att älska både oss själva och en annan person, och vi kan få psykiska problem.
- Typ och Nyckelord:** Book (chapter) partnerval, personlighet, ISBN: 978-91-982570-0-7
- Referens:** Werbart, A. (2015). Patient and therapist perspective on therapeutic action in psychoanalysis and psychoanalytic psychotherapy: Helpful and hindering factors. In M. Leuzinger-Bohleber & H. Kächele (Eds), *An open door review of outcome and process studies in psychoanalysis*, 3rd ed. (pp. 244–245). London: International Psychoanalytical Association.
- Abstract:** This research program aims to explore patient and therapist views of helpful and hindering factors in psychoanalysis and psychoanalytic psychotherapy, applying rigorous qualitative methods. A series of studies was based on periodical interviews with seven analysands and their analysts (Werbart & Levander, 2006, 2011). Double sets of private theories of cure were found among analysands and their analysts. Ideas of utopian cure involved a profound transformation of the personality by way of deep regression. Ideas of an attainable and more limited cure included new ways of managing old problems and new ways of thinking and reflecting. The ongoing treatment was then seen as the 'next-best solution'. Both parties' mourning of the preferred but abandoned utopian theories of cure seems to be an important ingredient in the psychoanalytic process. Furthermore, the utopian fantasy of creating 'the new person' by means of 'proper' psychoanalysis or analytic training has far-reaching consequences for psychoanalytic education and supervision.
- Typ och Nyckelord:** Book (chapter) patient perspective, therapeutic action, psychoanalysis

**Referens:** Werbart, A. (2015). Changes in mental representations and personality configurations after psychoanalysis and psychoanalytic psychotherapy. In M. Leuzinger-Bohleber & H. Kächele (Eds), *An open door review of outcome and process studies in psychoanalysis*, 3rd ed. (pp. 246–247). London: International Psychoanalytical Association.

**Abstract:** Treatment goals in psychoanalysis often include changes in underlying dynamic mental structures, such as self- and object representations, or personality configurations. The aim of this ongoing research program is to study changes in self- and object representations, and in the anaclitic- introjective personality configuration following psychoanalysis and long-term psychoanalytic psychotherapy. Furthermore, we investigate personality related responses to the psychoanalytic process, as well as patients' experiences of changes in dynamic mental structure. This research program combines quantitative and qualitative methods, and integrates theory-neutral and empirically- driven, inductive approach with a theory-driven, deductive approach.

**Typ och Nyckelord:** Book (chapter) mental representations, personality, psychoanalysis

**Referens:** Werbart, A., & Levander, S. (2015). Fostering change in personality configurations: Anaclitic and introjective patients in psychoanalysis. *Psychoanalytic Psychology*.

**Abstract:** Treatment goals in psychoanalysis often include changes in underlying psychological structures. Different patterns of change have been demonstrated in anaclitic and introjective patients. In a series of 14 cases we took a further step and examined changes in the anaclitic-introjective personality configurations following psychoanalysis, as well as patients' experiences of these changes. Clinical case formulations were based on repeated interviews and the application of prototype-matching methodology. Patients' experiences were explored by applying inductive thematic analysis. We found a development towards more mature levels of differentiation and individuation in the anaclitic group, whereas relatedness and intimacy remained problematic in some introjective cases. Patients described their experienced changes in terms of complementary personality configuration, but the introjective group described more benefits from psychoanalysis. Several patients expressed their ambivalence towards these changes and a feeling of loss of their former selves. The patients' view of their analysts and the analytic method were congruent with the patients' primary personality configuration. In order to reactivate developmental processes, the psychoanalytic technique has to be adjusted to the anaclitic and introjective patients' different needs and defenses.

**Typ och Nyckelord:** Journal personality configurations, relatedness and self-definition, psychoanalysis, prototype-matching, patient perspective, ISSN: 0736-9735

**Referens:** Werbart, A., Levander, S., & Forsström, D. (2015). Fostering change in personality configurations: Anaclitic and introjective patients in psychoanalysis. Paper in panel Does psychotherapy foster changes in anaclitic and introjective personality configurations? Part 1: Process and outcome (moderator A. Werbart) at the Society for Psychotherapy Research 46th Annual International Meeting, Philadelphia, USA, June 26, 2015. Book of Abstracts (p. 56).

**Abstract:** Aim: Treatment goals in psychoanalysis often include changes in underlying psychological structures. Different patterns of change have been demonstrated in anaclitic and introjective patients. This study takes a further step and examines changes in the anaclitic-introjective personality configurations following psychoanalysis, as well as patients' experiences of these changes in a series of 14 cases. Method: Outcome measures included SCL-90, SASB and SOC pretreatment, at termination and at 2-year follow-up. Personality assessments were based on repeated interviews and applying prototype-matching methodology. Patients' experiences were explored by applying inductive thematic analysis. Results: We found a moderate increase in the other polarity, with more mature and integrated expressions of relatedness and self-definition, while still maintaining the basic personality configuration. These changes were more pronounced in the anaclitic group. On the group level, the patients improved on all self-report measures, with outcomes comparable to meta-analytic data, and the improvements continued after termination. However, outcomes on the self-report measures were more favorable in the introjective group. Patients described their experienced changes in terms of complementary personality configuration, but the introjective group described more benefits from psychoanalysis. Several patients expressed their ambivalence to these changes and a feeling of loss of their former selves. The patients' view of their analysts and the analytic method were congruent with the patients' primary personality configuration. Discussion: In order to reactivate developmental processes, the psychoanalytic technique has to be adjusted to the anaclitic and introjective patients' different needs and defenses.

**Typ och Nyckelord:** Proceedings personality, change process, psychoanalysis

**Referens:** Werbart, A., von Below, C., Brun, J., & Gunnarsdottir, H. (2015). "Spinning one's wheels": Nonimproved patients view their psychotherapy. *Psychotherapy Research*, 25(5), 546-564.

**Abstract:** Objective: To explore psychotherapy experiences among nonimproved young adults in psychoanalytic 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:** Werbart Törnblom, A., Werbart, A., & Rydelius, P.-A. (2015). Shame and gender differences in paths to youth suicide: Parents' perspective. *Qualitative Health Research*, 25(8), 1099-1116.

**Abstract:** Risk factors, suicidal behavior and help-seeking patterns differ between young women and men. We constructed a generic conceptual model of the processes underlying youth suicide, grounded in 78 interviews with parents in 52 consecutive cases of suicide (19 women, 33 men) identified at forensic medical autopsy, and compared by sex. We found different forms of shame hidden behind gender-specific masks, as well as gender differences in their paths to suicide. Several interacting factors formed negative feedback loops. Finding no way

out, the young persons looked for an "emergency exit." Signs and preparations could be observed at different times but recognized only in retrospect. Typically, the young persons and their parents asked for professional help, but did not receive the help they needed. We discuss parents' experiences from the theoretical perspective on gender identity and developmental breakdown. Giving voice to the parents' tacit knowledge can contribute to better prevention and treatment.

**Typ och Nyckelord:** Journal suicide, adolescents/youth, at-risk, gender, grounded theory, families, depression, eating disorders, sexual abuse, health care, interviews, ISSN: 1049-7323

**Referens:** Wergeland, G.J.H., Fjermestad, K.W., Marin, C.E., Bjelland, I., Storm Mowatt Haugland, B., Silverman, W.K., Öst, L.-G., Fauskanger Bjaastad, J., Oeding, K., Havik, O.E., & Heiervang, E.R. (in press). Predictors of treatment outcome in an effectiveness trial of cognitive behavioral therapy for children with anxiety disorders. *Behaviour Research and Therapy*.

**Abstract:** A substantial number of children with anxiety disorders do not improve following cognitive behavioral therapy (CBT). Recent effectiveness studies have found poorer outcome for CBT programs than what is typically found in efficacy studies. The present study examined predictors of treatment outcome among 181 children (aged 8–15 years), with separation anxiety, social phobia, or generalized anxiety disorder, who participated in a randomized, controlled effectiveness trial of a 10-session CBT program in community clinics. Potential predictors included baseline demographic, child, and parent factors. Outcomes were as follows: a) remission from all inclusion anxiety disorders; b) remission from the primary anxiety disorder; and c) child- and parent-rated reduction of anxiety symptoms at post-treatment and at 1-year follow-up. The most consistent findings across outcome measures and informants were that child-rated anxiety symptoms, functional impairment, a primary diagnosis of social phobia or separation anxiety disorder, and parent internalizing symptoms predicted poorer outcome at post-treatment. Child-rated anxiety symptoms, lower family social class, lower pretreatment child motivation, and parent internalizing symptoms predicted poorer outcome at 1-year follow-up. These results suggest that anxious children with more severe problems, and children of parents with elevated internalizing symptom levels, may be in need of modified, additional, or alternative interventions to achieve a positive treatment outcome.

**Typ och Nyckelord:** Journal anxiety, predictors, effectiveness, cognitive behavior therapy, children, ISSN: 0005-7967

**Referens:** Wergeland, G.J.H., Fjermestad, K.W., Marin, C.E., Haugland, B.S.-M., Silverman, W.K., Öst, L.-G., Havik, O.E., & Heiervang, E.R. (2015). Predictors of dropout from community clinic child CBT for anxiety disorders. *Journal of Anxiety Disorders*, 31, 1-10.

**Abstract:** The aim was to investigate predictors of treatment dropout among 182 children (aged 8-15 years) participating in an effectiveness trial of manual-based 10-session individual and group cognitive behavior therapy (CBT) for anxiety disorders in community clinics. The dropout rate was 14.4%, with no significant difference between the two treatment conditions. We examined predictors for overall dropout (n=26), early (<= session 4, n = 15), and late dropout (>= session 5, n = 11). Overall dropout was predicted by low child and parent rated treatment credibility, and high parent self-rated internalizing symptoms. Low child rated treatment credibility predicted both early and late dropout. High parent self-rated internalizing symptoms predicted early dropout, whereas low parent rated treatment credibility predicted late dropout. These results highlight the importance of addressing treatment credibility, and to offer support for parents with internalizing symptoms, to help children and families remain in treatment.

**Typ och Nyckelord:** Journal dropout, effectiveness, cognitive behavior therapy, anxiety, children, ISSN: 0887-6185

**Referens:** Wicklow, B.A., Becker, A., Chateau, D., Palmer, K., Kozyrskij, A., & Sellers, E.A.C. (2015). Comparison of anthropometric measurements in children to predict metabolic syndrome in adolescence: Analysis of prospective cohort data. *International Journal of Obesity*, 39(7), 1070-1078.

**Abstract:** OBJECTIVES: The optimal screening measures for obesity in children remain controversial. Our study aimed to determine the anthropometric measurement at age 10 years that most strongly predicts the incidence of cardio-metabolic risk factors at age 13 years. SUBJECTS/METHODS: This was a prospective cohort study of a population-based cohort of 438 children followed between age 7 and 13 years of age. The main exposure variables were adiposity at age 10 years determined from body mass index (BMI) Z-score, waist circumference (WC) Z-score, waist-to-hip ratio and waist-to-height ratio. Outcome measures included systolic (SBP) and diastolic blood pressure (DBP), fasting high-density (HDL-c) and low-density lipoprotein cholesterol (LDL-c), triglycerides, insulin and glucose (homeostasis model of assessment, HOMA), and the presence of metabolic syndrome (MetS). RESULTS: WC Z-score at age 10 years was a stronger predictor of SBP (beta 0.21, R-2 0.38, P < 0.001 vs beta 0.30, R-2 0.20, P < 0.001) and HOMA (beta 0.51, R-2 0.25, P < 0.001 vs 0.40, R-2 0.19, P < 0.001) at age 13 years compared with BMI Z-score. WC relative to height and hip was stronger predictors of cardio-metabolic risk than BMI Z-score or WC Z-score. The relative risk (RR) of incident MetS was greater for an elevated BMI Z-score than for an elevated WC (girls: RR 2.52, 95% confidence interval (CI): 1.46-4.34 vs RR 1.56, 95% CI 1.18-2.07) and (boys: RR 2.86, 95% CI 1.79-4.62 vs RR 2.09, 95% CI 1.59-2.77). CONCLUSIONS: WC was a better predictor of SBP and HOMA compared with BMI or WC expressed relative to height or hip circumference. BMI was associated with higher odds of MetS compared with WC. Thus, BMI and WC may each be clinically relevant markers of different cardio-metabolic risk factors, and important in informing obesity-related prevention and treatment strategies.

**Typ och Nyckelord:** Journal metabolic syndrome, children, adolescence, ISSN: 0307-0565

**Referens:** Wiens, S., Szychowska, M., & Nilsson, M.E. (in press). Visual Task Demands and the Auditory Mismatch Negativity: An Empirical Study and a Meta-Analysis. *PLoS ONE*.

**Abstract:** Because the auditory system is particularly useful in monitoring the environment, previous research has examined whether task-irrelevant, auditory distracters are processed even if subjects focus their attention on visual stimuli. This research suggests that attentionally demanding visual tasks decrease the auditory mismatch negativity (MMN) to simultaneously presented auditory distractors. Because a recent behavioral study found that high visual perceptual load decreased detection sensitivity of simultaneous tones, we used a similar task (n = 28) to determine if high visual perceptual load would reduce the auditory MMN. Results suggested that perceptual load did not decrease the MMN. At face value, these nonsignificant findings may suggest that effects of perceptual load on the MMN are smaller than those of other demanding visual tasks. If

so, effect sizes should differ systematically between the present and previous studies. We conducted a selective meta-analysis of published studies in which the MMN was derived from the EEG, the visual task demands were continuous and varied between high and low within the same task, and the task-irrelevant tones were presented in a typical oddball paradigm simultaneously with the visual stimuli. Because the meta-analysis suggested that the present (null) findings did not differ systematically from previous findings, the available evidence was combined. Results of this meta-analysis confirmed that demanding visual tasks reduce the MMN to auditory distracters. However, because the meta-analysis was based on small studies and because of the risk for publication biases, future studies should be preregistered with large samples ( $n > 150$ ) to provide confirmatory evidence for the results of the present meta-analysis. These future studies should also use control conditions that reduce confounding effects of neural adaptation, and use load manipulations that are defined independently from their effects on the MMN.

**Typ och Nyckelord:** Journal visual, auditory, perceptual load, mismatch negativity, ISSN: 1932-6203

**Referens:** Vigerland, S., Ljótsson, B., Thulin, U., Öst, L.-G., Andersson, G., & Serlachius, E. (in press). Internet-delivered cognitive behavioural therapy for children with anxiety disorders: A randomised controlled trial. *Behaviour Research and Therapy*.

**Abstract:** Background: Cognitive behaviour therapy (CBT) has been shown to be an effective treatment for anxiety disorders in children, but few affected seek or receive treatment. Internet-delivered CBT (ICBT) could be a way to increase the availability of empirically supported treatments.

Aims: A randomised controlled trial was conducted to evaluate ICBT for children with anxiety disorders.

Method: Families ( $N = 93$ ) with a child aged 8-12 years with a principal diagnosis of generalised anxiety disorder, panic disorder, separation anxiety, social phobia or specific phobia were recruited through media advertisement. Participants were randomised to 10 weeks of ICBT with therapist support, or to a waitlist control condition. The primary outcome measure was the Clinician Severity Rating (CSR) and secondary measures included child- and parent-reported anxiety. Assessments were made at pre-treatment, post-treatment and at three-month follow-up.

Results: At post-treatment, there were significant reductions on CSR in the treatment group, with a large between-group effect size (Cohen's  $d = 1.66$ ). Twenty per cent of children in the treatment group no longer met criteria for their principal diagnosis at post-treatment and at follow-up this number had increased to 50%. Parent-reported child anxiety was significantly lower in the treatment group than in the waitlist group at post-treatment, with a small between-group effect size (Cohen's  $d = 0.45$ ). There were no significant differences between the groups regarding child-ratings of anxiety at post-treatment. Improvements were maintained at three-month follow-up, although this should be interpreted cautiously due to missing data.

Conclusions: Within the limitations of this study, results suggest that ICBT with therapist support for children with anxiety disorders can reduce clinician- and parent-rated anxiety symptoms.

Trial registration: Clinicaltrials.gov; NCT01533402.

**Typ och Nyckelord:** Journal internet-delivered treatment, CBT, children, anxiety disorders, ISSN: 0005-7967

**Referens:** Willander, J., Sikström, S., & Karlsson, K. (2015). Multimodal retrieval of autobiographical memories: Sensory information contributes differently to the recollection of events. *Frontiers in Psychology*, 6:1681.

**Abstract:** Previous studies on autobiographical memory have focused on unimodal retrieval cues (i.e., cues pertaining to one modality). However, from an ecological perspective multimodal cues (i.e., cues pertaining to several modalities) are highly important to investigate. In the present study we investigated age distributions and experiential ratings of autobiographical memories retrieved with unimodal and multimodal cues. Sixty-two participants were randomized to one of four cue-conditions: visual, olfactory, auditory, or multimodal. The results showed that the peak of the distributions depends on the modality of the retrieval cue. The results indicated that multimodal retrieval seemed to be driven by visual and auditory information to a larger extent and to a lesser extent by olfactory information. Finally, no differences were observed in the number of retrieved memories or experiential ratings across the four cue-conditions.

**Typ och Nyckelord:** Journal autobiographical memory, multimodal, multisensory, unimodal, age distribution, experiential ratings, ISSN: 1664-1078

**Referens:** Vlaescu, G., Andersson, G., & Carlbring, P. (2015). An e-platform for rehabilitation of persons with psychological problems. In Abstracts from the 7th Swedish Congress on internet interventions (SWEsrii), 6-7 November, Stockholm, Sweden (p. 14). Linköping: Linköping University Press.

**Abstract:** Purpose: To describe a feasible web-based solution for improving the quality of life of persons with psychological problems such as depression, anxiety and more. Method: The security aspects of the platform as well as the process flow for running a study or treatment are described, focusing primarily on the technical and practical considerations. Results: We point out both the many advantages of running internet-assisted intervention treatments, the challenges that we have faced and intended developments. Many of our research colleagues, both from Sweden and other countries, have already implemented or intend to implement their own studies on this platform. Conclusion: Psychological rehabilitation can be delivered via the internet using a stable online platform. Security and usability are important factors to have in mind for the design, as well as adaptability to the patients. A next step is to run blended treatments using video conferencing inside the platform.

**Typ och Nyckelord:** Proceedings e-platform, rehabilitation, psychological problems

**Referens:** Vlaescu, G., Carlbring, P., Lunner, T., & Andersson, G. (2015). An E-Platform for Rehabilitation of Persons With Hearing Problems. *American Journal of Audiology*, 24(3), 271-275.

**Abstract:** Purpose: The aim of this research forum article was to describe a feasible web-based solution for improving the quality of life of persons with hearing problems, such as hearing loss or tinnitus. The online platform was developed at the Department of Behavioural Sciences and Learning at Linköping University, Sweden, and has

been running for a number of years and used in numerous studies and treatments. Method: The security aspects of the platform as well as the process flow for running a study or treatment are described, focusing primarily on the technical and practical considerations. Also presented are the design characteristics and the main features and functions available in the platform. Results: We point out the many advantages of running Internet-assisted intervention treatments, the challenges that we have faced, and some intended developments. Many of our research colleagues, both from Sweden and other countries, have already implemented or intend to implement their own studies on this platform. Conclusions: Audiological rehabilitation can be delivered via the Internet using a stable online platform. Security and usability are important factors to have in mind for the design as well as adaptability to the patients. A next development step is to implement and test blended treatments using video conferencing inside the platform.

**Typ och Nyckelord:** Journal e-platform, rehabilitation, hearing problems, ISSN: 1059-0889

**Referens:** [von Thiele Schwarz, U.](#), Hasson, H., & [Lindfors, P.](#) (2015). Applying a fidelity framework to understand adaptations in an occupational health intervention. *Work: A Journal of Prevention, Assessment, and Rehabilitation*, 51(2), 195-203.

**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.](#), Hasson, H., & [Lindfors, P.](#) (2015). Derailed or Failed? A Closer Look at Reduced Working Hours as an Occupational Health Intervention. In M. Karanika-Murray & C. Biron (Eds.) *Derailed Organizational Interventions for Stress and Well-Being. Confessions of Failure and Solutions for Success* (pp. 21-26). 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, ISBN: 978-94-017-9866-2

**Referens:** [von Thiele Schwarz, U.](#), & [Lindfors, P.](#) (2015). Improved fitness after a workbased physical exercise program. *International Journal of Workplace Health Management*, 8(1), 61-74.

**Abstract:** Purpose: The purpose of this paper is to investigate the effects on fitness outcomes of a work-based physical exercise (PE) intervention among women working in older people's care. In addition, 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 PE on self-rated productivity and performance.

Practical implications: Work-based PE programs can improve fitness among women in older people's care.

Social implications: With previous research having primarily focussed on men, this study shows that women in blue-collar jobs also may benefit from taking part in work-based PE programs.

Originality/value: This paper makes an important contribution through its focus on the effects of a work-based PE program on fitness and possible relations to productivity, among employed women.

**Typ och Nyckelord:** Journal evaluation, exercise, health and productivity, absenteeism, wellness interventions, ISSN: 1753-8351



- Referens:** Xue, J., Marmolejo-Ramos, F., & Pei, X. (2015). The linguistic context effects on the processing of body-object interaction words: An ERP study on second language learners. *Brain Research, 1613*, 37-48.
- Abstract:** Embodied theories of cognition argue that the processing of both concrete and abstract concepts requires the activation of sensorimotor systems. The present study examined the time course for embedding a sensorimotor context in order to elicit sensitivity to the sensorimotor consequences of understanding body-object interaction (BOI) words. In the study, Event-Related Potentials (ERPs) were recorded while subjects performed a sentence acceptability task. Target BOI words were preceded by rich or poor sensorimotor sentential contexts. The behavioural results replicated previous findings in that high BOI words received a response faster than low BOI words. In addition to this, however, there was a context effect in the sensorimotor region as well as a BOI effect in the parietal region (involved in object representation). The results indicate that the sentential sensorimotor context contributes to the subsequent BOI processing and that action-and perception-related language leads to the activation of the same brain areas, which is consistent with the embodiment theory.
- Typ och Nyckelord:** Journal ERP, linguistic context, body-interaction effect, embodiment, ISSN: 0006-8993
- Referens:** Yamasaki, T., Yamada, K., & Laukka, P. (2015). Viewing the world through the prism of music: Effects of music on perceptions of the environment. *Psychology of Music, 43*(1), 61-74.
- 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:** Åhlén, J., Edberg, E., Di Schiena, M., & Bergström, J. (2015). Cognitive behavioural group therapy for emetophobia: An open study in a psychiatric setting. *Clinical Psychologist, 19*(2), 96-104.
- Abstract:** Background: Emetophobia is a neglected area within clinical research. Only case studies have been performed examining treatment effectiveness. The present study aimed to examine the preliminary acceptability and effectiveness of a cognitive behavioural group therapy developed specifically for the treatment of emetophobia.
- Method: The present study design was a one-group pretest, post-test, follow-up design with a double pretest. Twenty-three patients, in three treatment groups, participated in the study. Four assessment time points were conducted (1) five weeks prior to treatment, (2) before the first treatment session, (3) after the final session and (4) 3 months after the final session. Participants completed the emetophobia questionnaire, Beck Anxiety Inventory, and Montgomery-angstrom sberg Depression Rating Scaleself assessment at all assessments.
- Results: After treatment, patients showed a significantly lower degree of emetophobic symptoms. About half of the patients were clinically significantly improved or recovered after treatment, and two thirds were improved or recovered at follow-up. Participation at sessions was high, and patients were satisfied with treatment.
- Conclusions: The results from this study, the largest trial yet for emetophobia, indicate that cognitive behavioural therapy may be an efficacious treatment for emetophobia. The study design involves several limitations, and further studies should include independent control groups, randomisation, and longer follow-up assessments.
- Typ och Nyckelord:** Journal anxiety disorder, cognitive behavioural therapy, emetophobia, pilot study, specific phobia of vomiting, ISSN: 1328-4207
- Referens:** Åkerstedt, T., Garefelt, J., Richter, A., Westerlund, H., Magnusson Hanson, L.L., Sverke, M., & Kecklund, G. (2015). Work and Sleep - A Prospective Study of Psychosocial Work Factors, Physical Work Factors, and Work Scheduling. *Sleep, 28*(7), 1129-1136.
- Abstract:** Study Objectives: There is limited knowledge about the prospective relationship between major work characteristics (psychosocial, physical, scheduling) and disturbed sleep. The current study sought to provide such knowledge. Design: Prospective cohort, with measurements on two occasions (T1 and T2) separated by two years. Setting: Naturalistic study, Sweden. Participants: There were 4,827 participants forming a representative sample of the working population. Measurements and Results: Questionnaire data on work factors obtained on two occasions were analyzed with structural equation modeling. Competing models were compared in order to investigate temporal relationships. A reciprocal model was found to fit the data best. Sleep disturbances at T2 were predicted by higher work demands at T1 and by lower perceived stress at T1. In addition, sleep disturbances at T1 predicted subsequent higher perception of stress, higher work demands, lower degree of control, and less social support at work at T2. A cross-sectional mediation analysis showed that (higher) perceived stress mediated the relationship between (higher) work demands and sleep disturbances; however, no such association was found longitudinally. Conclusions: Higher work demands predicted disturbed sleep, whereas physical work characteristics, shift work, and overtime did not. In addition, disturbed sleep predicted subsequent higher work demands, perceived stress, less social support, and lower degree of control. The results suggest that remedial interventions against sleep disturbances should focus on psychosocial factors, and that such remedial interventions may improve the psychosocial work situation in the long run.
- Typ och Nyckelord:** Journal control, cross-lagged, demand, long hours, longitudinal, physical work factors, shift work, sleep, stress, support, ISSN: 0161-8105

- Referens:** Öhrstedt, M. (2015). Approaches to learning and perceived stress among first-semester psychology students. In *EARLI 2015 Book of Abstracts. 16th Biennial EARLI Conference for Research on Learning and Instruction*. Limassol, Cyprus, August 25-29, 2015.
- Abstract:** Previous research suggests an interplay between students' well-being, learning activities, and learning outcomes. This study explores the linkages between students' approaches to learning, perceived stress, as well as expected and final grades within a sample of first-semester psychology students at a Swedish university. The results suggest that students adopting surface approaches to learning perceive higher levels of stress, while strategic approaches seem associated with lower levels of perceived stress. There was no association between deep approaches to learning and perceived stress. Students adopting surface approaches or reporting high levels of perceived stress expected lower course grades than students adopting deep or strategic approaches to learning. Students adopting surface approaches or perceiving high levels of stress typically overestimated their final course grades. The highest levels of perceived stress were reported by students who achieved quite good, but not excellent grades. The discussion relates these findings to the potential influence of various factors such as perceived demands and feelings of control. Possible practical applications of the findings are also discussed.
- Typ och Nyckelord:** Proceedings approaches to learning, perceived stress, psychology students
- Referens:** Öhrstedt, M. (2015). Diversity in students' approaches to learning in parallel psychology courses. In *NoFa5 Book of Abstracts. Nordic Conference on Subject Education*. Helsinki, Finland, May 27-29, 2015.
- Abstract:** The SAL (Student Approaches to Learning) tradition focuses on mapping and assessing students' approaches to learning in the learning context of higher education. Previous research suggests that approaches to learning are indeed sensitive to modifications in the learning context, and influence 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, alternations 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 approaches to learning, higher education, psychology students
- Referens:** Öhrstedt, M., & Lindfors, P. (in press). Students' adoption of course-specific approaches to learning in two parallel courses. *European Journal of Psychology of Education*.
- Abstract:** Research on students' adoption of course-specific approaches to learning in parallel courses is limited and inconsistent. This study investigated second-semester psychology students' levels of deep, surface and strategic approaches in two courses running in parallel within a real-life university setting. The results showed significant differences in coursespecific adoption regardless of approach. However, the strategic approach seemed more stable. Sub-groups of students exhibited substantial variation: more than half of the students adopted similar approaches in both courses while large minorities showed great variability. Students scoring low on the surface approach, high on the deep approach or high on the strategic approach to learning were flexible in adopting different parallel approaches. However, students scoring high on the surface approach, low on the deep approach or low on the strategic approach seemed stable across contexts. This suggests that even smaller variations in teaching and learning environments can influence students' approaches to learning.
- Typ och Nyckelord:** Journal approaches to learning, student variation, Swedish psychology students, higher education, ISSN: 0256-2928
- Referens:** Öhrstedt, M., Lindfors, P., & Scheja, M. (2015). Psychology students' perceptions of the correspondence between approaches to learning and outcomes. In *EARLI 2015 Book of Abstracts. 16th Biennial EARLI Conference for Research on Learning and Instruction*. Limassol, Cyprus, August 25-29, 2015.
- Abstract:** Psychology students' perceptions of the correspondence between approaches to learning and academic outcome were mapped and compared with actual influence. Both quantitative and qualitative data were analysed. Preliminary results suggest a successive homogenization of student activities related to coursework. The perception of applying more "efficient" ways of dealing with coursework, corresponding better to examination demands, was identified as an important driver. Although the development towards perceived efficacy could be described as students successively adopting higher levels of surface approaches to learning, students in general judged such approaches as resulting in poorer examination grades, compared to deep approaches. However, surface approaches to learning were negatively correlated to examination grades, but to a lesser extent than students thought, while deep approaches turned out to be less influential. Strategic approaches to learning stood out as having the most positive impact on course grades, both as judged by the students and in actual fact.
- Typ och Nyckelord:** Proceedings mixed-method research, learning approaches, higher education
- Referens:** Öst, L.-G., Cederlund, R., & Reuterskiöld, L. (2015). Behavioral treatment of social phobia in youth: Does parent education training improve the outcome? *Behaviour Research and Therapy*, 67, 19-29.
- Abstract:** Social phobia is one of the most common anxiety disorders in children and adolescents, and it runs a fairly chronic course if left untreated. The goals of the present study were to evaluate if a parent education course would improve the outcome for children with a primary diagnosis of social phobia and if comorbidity at the start of treatment would impair the outcome of the social phobia. A total of 55 children, 8-14 years old, were randomly assigned to one of three conditions: 1) Child is treated, 2) Child is treated and parent participates in the course, or 3) A wait-list for 12 weeks. The treatment consisted of individual exposure and group social

skills training based on the Beidel, Turner, and Morris (2000) SET-C. Children and parents were assessed pre-, post-, and at one year follow-up with independent assessor ratings and self-report measures. Results showed that there was no significant difference between the two active treatments and both were better than the wait-list. The treatment effects were maintained or furthered at the follow-up. Comorbidity did not lead to worse outcome of social phobia. Comorbid disorders improved significantly from pre- to post-treatment and from post- to follow-up assessment without being targeted in therapy.

**Typ och Nyckelord:** Journal social phobia, youth, behavior therapy, parent involvement, comorbidity, ISSN: 0005-7967

**Referens:** Östberg, V., Almquist, Y.B., Folkesson, L., Brolin Låftman, S., Modin, B., & Lindfors, P. (2015). The complexity of stress in mid-adolescent girls and boys. *Child Indicators Research*, 8(2), 403-23.

**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 stress, health, gender, ISSN: 1874-897X