

List of Publications — The Research Institute at Modum Bad, 2024:

1. Bakali, J. V., Solbakken, O. A., Hoffart, A., Brækhus, H., Kvarstein, E., & Johnson, S. U. (2025). Affect integration, metacognitions, and early maladaptive schemas as predictors of outcome in cognitive and metacognitive therapies for social anxiety disorder. *Psychotherapy research: Journal of the Society for Psychotherapy Research*, 35(7), 1149–1161. <https://doi.org/10.1080/10503307.2024.2443499>
2. Barker MM, Kõiv K, Magnúsdóttir I, Milbourn H, Wang B, Du X, Murphy G, Herweijer E, Gísladóttir EU, Li H, Lovik A, Kähler AK, Campbell A, Feychting M, Hauksdóttir A, Joyce EE, Thordardóttir EB, Frans EM, Hoffart A, Mägi R, Tómasson G, Ásbjörnsdóttir K, Jakobsdóttir J, Andreassen OA, Sullivan PF, Johnson SU, Aspelund T, Brandlistuen RE, Ask H, McCartney DL, Ebrahimi OV, Lehto K, Valdimarsdóttir UA, Nyberg F, Fang F. (2024). Mental illness and COVID-19 vaccination: a multinational investigation of observational & register-based data. *Nature Communications*, 15(1):8124. doi: 10.1038/s41467-024-52342-1.
3. Brewerton, T. D., Kopland, M. C. G., Gavidia, I., Suro, G., & Perlman, M. M. (2025). A network analysis of eating disorder, PTSD, major depression, state-trait anxiety, and quality of life measures in eating disorder patients treated in residential care. *European eating disorders review : the journal of the Eating Disorders Association*, 33(1), 148–162. <https://doi.org/10.1002/erv.3136>
4. Dahl, J., Ormstad, H., Aass, H. C. D., Malt, U. F., & Andreassen, O. A. (2024). Changes in pain during a depressive episode and relationship to cytokine levels in major depressive disorder. *Nordic journal of psychiatry*, 78(3), 181–188. <https://doi.org/10.1080/08039488.2023.2290654>
5. Ebling, S., Johnson, S. U., Hoffart, A., Pallesen, S., & Ebrahimi, O. V. (2024). The dynamic relationships between well-being, behavioral restrictions, and health behaviors during the COVID-19 pandemic: A large-scale intensive longitudinal network study. *Applied psychology. Health and well-being*, 16(4), 1801–1818. <https://doi.org/10.1111/aphw.12555>
6. Ebrahimi, O. V., Borsboom, D., Hoekstra, R. H. A., Epskamp, S., Ostinelli, E. G., Bastiaansen, J. A., & Cipriani, A. (2024). Towards precision in the diagnostic profiling of patients: leveraging symptom dynamics as a clinical characterisation dimension in the assessment of major depressive disorder. *The British journal of psychiatry : the journal of mental science*, 224(5), 157–163. <https://doi.org/10.1192/bjp.2024.19>

7. Ebrahimi, O. V., Freichel, R., Johnson, S. U., Hoffart, A., Solbakken, O. A., & Bauer, D. J. (2024). Depressive Symptom Change Patterns during the COVID-19 Pandemic and Their Impact on Psychiatric Treatment Seeking: A 24-Month Observational Study of the Adult Population, *Depression and Anxiety*, 1272738. <https://doi.org/10.1155/2024/1272738>
8. Hafstad, M. D., Ebrahimi, O. V., & Fostervold, K. I. (2025). The Dialectical Relationship Between Burnout and Work Engagement: A Network Approach. *Stress and health: Journal of the International Society for the Investigation of Stress*, 41(2), e3514. <https://doi.org/10.1002/smi.3514>
9. Hagen, R., & Kennair, L. E. O. (2024). Metacognitive therapy for depression. *Cogent mental health*, 3(1), 2308533. <https://doi.org/10.1080/28324765.2024.2308533>
10. Helskog, G. G., Myrvik, H., Lærum, K. T., & Mellemstrand, T. (2024). *Fagboken Fortsatt Foreldre – GODT NOK samarbeid etter samlivsbrudd. 3. utg.* Barne-, ungdoms- og familiedirektoratet, Modum Bad.
11. Holbæk, I., Vrabel, K., & Halvorsen, M. S. (2024). "Now there are fewer of me". A qualitative study of the impact of psychoeducative groups for complex dissociative disorder. *European Journal of Trauma & Dissociation*, 8(2), Article 100390. <https://doi.org/10.1016/j.ejtd.2024.100390>
12. Johnson, M. S., Skjerdingsstad, N., Ebrahimi, O. V., Hoffart, A., & Johnson, S. U. (2024). Fear of giving birth alone: Experiences of psychological distress, symptoms of anxiety and depression, and coping- strategies of childbearing women during COVID-19. *Midwifery*, 131, 103951. <https://doi.org/10.1016/j.midw.2024.103951>
13. Johnson, S. U., Hagen, R., Dammen, T., & Papageorgiou, C. (2024). Videoconference-delivered metacognitive therapy for anxiety and depression in post-COVID-19 syndrome: A baseline-controlled single-arm pilot trial. *General hospital psychiatry*, 88, 77–78. <https://doi.org/10.1016/j.genhosppsy.2024.02.003>
14. Kopland, M. C. G., Vrabel, K., Landt, M. S., Hoffart, A., Johnson, S. U., & Giltay, E. J. (2025). Network dynamics of self-compassion, anxiety, and depression during eating disorder therapy. *European eating disorders review: The journal of the Eating Disorders Association*, 33(1), 35–52. <https://doi.org/10.1002/erv.3121>
15. Nordahl, J., Hjemdal, O., Johnson, S. U., & Nordahl, H. M. (2024). Metacognitive Therapy Versus Exposure-Based Treatments of Posttraumatic Stress Disorder: A Preliminary Comparative Trial in an Ordinary Clinical Practice. *Journal of Cognitive Therapy*, 17, 685–699 (2024). <https://doi.org/10.1007/s41811-024-00217-0>

16. Nordahl, J., Johnson, S. U., & Hjemdal, O. (2024). Cognitions and Metacognitive Beliefs in Posttraumatic Stress Disorder. *Clinical psychology & psychotherapy*, 31(4), e3031. <https://doi.org/10.1002/cpp.3031>

17. Olofsson, M. E., Vrabel, K. R., Kopland, M. C., Eielsen, H. P., Oddli, H. W., & Brewerton, T. D. (2025). Alliance processes in eating disorders with childhood maltreatment sequelae: Preliminary implications. *European eating disorders review : the journal of the Eating Disorders Association*, 33(1), 181–195. <https://doi.org/10.1002/erv.3137>

18. Olsen, H. T., Vangen, S. B., Stänicke, L. I., & Vrabel, K. (2024). "I feel so small and big at the same time"-exploring body experience and binge eating disorder following inpatient treatment: a qualitative study. *Frontiers in psychology*, 15, 1432011. <https://doi.org/10.3389/fpsyg.2024.1432011>

19. Rauwenhoff, J. C. C., Hagen, R., Karaliute, M., Hjemdal, O., Kennair, L. E. O., Solem, S., Asarnow, R. F., Einarsen, C., Halvorsen, J. Ø., Paoli, S., Saksvik, S. B., Smevik, H., Storvig, G., Wells, A., Skandsen, T., & Olsen, A. (2024). Metacognitive Therapy for People Experiencing Persistent Post-Concussion Symptoms Following Mild Traumatic Brain Injury: A Preliminary Multiple Case-Series Study. *Neurotrauma reports*, 5(1), 890–902. <https://doi.org/10.1089/neur.2024.0076>

20. Sandbu, M., Javo, A. C., Thapa, S. B., Rø, K. I., Preljevic, V., & Tyssen, R. (2025). Perceived clinical challenges when treating patients from different cultures: A study among psychiatry trainees in Norway. *Transcultural psychiatry*, 62(2), 181–191. <https://doi.org/10.1177/13634615241296297>

21. Tilden, T., Solem, M.B., Thuen, F., Lorås, L., Stokkebekk, J. & Whittaker, K. (2024) Taking empirical evidence seriously v.2.0. *Journal of Family Therapy*, 46, 89–102. Available from: <https://doi.org/10.1111/1467-6427.12448>

22. Vrabel, K. R., Waller, G., Goss, K., Wampold, B., Kopland, M., & Hoffart, A. (2024). Cognitive behavioral therapy versus compassion focused therapy for adult patients with eating disorders with and without childhood trauma: A randomized controlled trial in an intensive treatment setting. *Behaviour research and therapy*, 174, 104480. <https://doi.org/10.1016/j.brat.2024.104480>