

## List of Publications — The Research Institute at Modum Bad, 2025:

1. Bjaastad, J. F., Lillevoll, K., Hoffart, A., Nilsen, T. S., Kjøteroe, J., Prescott, P., Røssberg, J. I., Clark, D. M., Dahl, K., Wang, C. E. A., & Lorentzen, V. (2025). The effect of behavioral rehearsal in the training of clinical psychology students in cognitive therapy for social anxiety disorder: A randomized controlled trial. *Behaviour research and therapy*, *193*, 104849. <https://doi.org/10.1016/j.brat.2025.104849>
2. Ceccolini, D., Dambi, J., Fatawi, H., Ali, S., Kühnert, S., Solera-Deuchar, L., James, J., Odhiambo, C., McGovern, P., Taiwo, W., Verhey, R., & Chibanda, D. (2025). Validation of Shona Symptom Questionnaire (SSQ-14), Patient Health Questionnaire (PHQ-9) and Generalised Anxiety Disorder scale (GAD-7) in Unguja Island, Zanzibar. *BMC Psychology*, *13*, 1303. <https://doi.org/10.1186/s40359-025-03584-1>
3. Cloos, L., Siepe, B. S., Piccirillo, M. L., Fried, E., Wang, S. B., Helmich, M. A., Johnson, S. U., Hoffart, A., & Ebrahimi, O. V. (2025). Accuracy and Consistency of Visual Analog Scales in Ecological Momentary Assessment and Digital Studies. *Collabra. Psychology*, *11*(1), 142735. <https://doi.org/10.1525/collabra.142735>
4. Du, X., Ebrahimi, O. V., Hoffart, A., Birkeland, M. S., Skogen, J. C., Smith, O. R. F., & Johnson, S. U. (2025). The acceptability and usefulness of ambulatory assessment: A large-scale investigation of a daily diary study with 2,816 adults. *Psychological assessment*, *37*(12), 709–719. <https://doi.org/10.1037/pas0001405>
5. Ebrahimi, O. V., Sandbakken, E. M., Moss, S. M., Johnson, S. U., Hoffart, A., Bauermeister, S., Solbakken, O. A., Westlye, L. T., & Leonardsen, E. H. (2025). Modifiable risk factors of vaccine hesitancy: insights from a mixed methods multiple population study combining machine learning and thematic analysis during the COVID-19 pandemic. *BMC Medicine*, *23*(1), 155. <https://doi.org/10.1186/s12916-025-03953-y>
6. Eielsen, H. P., Vrabel, K., & Olofsson, M. E. (2025). «Scaringly Safe»: Therapeutic Processes in Longstanding Eating Disorders With Comorbid Avoidant Personality Disorders in the Recovered Case of Jade. *Journal of clinical psychology*, *81*(8), 694–705. <https://doi.org/10.1002/jclp.23805>
7. Eielsen, M., Ulvenes, P. G., Melsom, L., Wampold, B. E., Røssberg, J. I., Myhre, F., Sørensen, Ø., Rasch, S. M., & Abbass, A. (2025). Development and psychometric evaluation of a screening instrument for cognitive perceptual disruption (copedes) in psychotherapy patients. *Psychotherapy Research*. Advance online publication. <https://doi.org/10.1080/10503307.2025.2495773>
8. Finnemann, A., Skjerdingsstad, N., Speyer, L. G., Zavlis, O., Bartoš, F., Wiers, R., van der Maas, H., Sibley, C. G., Johnson, S. U., Helmich, M. A., Hoffart, A., & Ebrahimi, O. V. (2025). Urban-rural differences in anxiety and depression in the UK, New Zealand, and Norway. *Journal of affective disorders*, *388*, 119601. <https://doi.org/10.1016/j.jad.2025.119601>

9. Frost, K., Hoeboer, C. M., Hoffart, A., & Sele, P. (2025). Predicting treatment outcome for complex posttraumatic stress disorder using the personalized advantage index. *European journal of psychotraumatology*, *16*(1), 2484060.  
<https://doi.org/10.1080/20008066.2025.2484060>
10. Funk, M., Bold, N. D., Cole, C., & McGovern, P. (2025). Guidance on Mental Health Policy and Strategic Action Plans. *World Health Organization (WHO)*
11. Gjerdalen, O. S., Zucknick, M., Westlie, I. T., Bull, H., Evensen, S., Falkum, E., Grande, M., Hagen, R., Romm, K. L., Jensen, L. H., Ringen, P. A., Schjøtt-Pedersen, O., Sönmez, N., Ueland, T., Østafjells, T., Røssberg, J. I., & Lystad, J. U. (2025). An exploratory study of the relevance of therapy format and therapist' training in individual cognitive behavioral therapy for psychosis. *Frontiers in psychiatry*, *16*, 1527549.  
<https://doi.org/10.3389/fpsy.2025.1527549>
12. Glad, K. A., Ekroll, V. B., Egeland, K., & Bækkelund, H. (2025). Why was the treatment discontinued? Reasons for attrition in evidence-based trauma-focused treatments. *European journal of psychotraumatology*, *16*(1), 2555044.  
<https://doi.org/10.1080/20008066.2025.2555044>
13. Halsøy, Ø., Ebrahimi, O. V., Johnson, S. U., Hoffart, A., Cogo-Moreira, H., & Fjermestad, K. (2025). Depressive Symptoms in Individuals With Chronic Conditions During the Covid-19 Pandemic: A 2-Year Longitudinal Study. *Stress and health : journal of the International Society for the Investigation of Stress*, *41*(4), e70082. <https://doi.org/10.1002/smi.70082>
14. Harpviken, A. N., Jensen, T. K., Johnson, S. U., Ormhaug, S. M., & Birkeland, M. S. (2025). Assessing change and persistence of specific post-traumatic stress symptoms among youth in trauma treatment. *European journal of psychotraumatology*, *16*(1), 2515683.  
<https://doi.org/10.1080/20008066.2025.2515683>
15. Helle, S.E., Wangsmo, P.T., Stänicke, L.I., & Vrabel, K.R. (2025). Longitudinal trajectories of eating disorder symptoms in mothers: the predictive role of PTSD and childhood trauma. *Frontiers in Psychology*, *16*.
16. Hoffart, A., Helmich, M. A., Vrabel, K., Ebrahimi, O. V., & Johnson, S. U. (2025). From a latent variable to a complex dynamic system conceptualization of the therapeutic alliance. *Journal of Psychotherapy Integration*, *35*(3), 163–179. <https://doi.org/10.1037/int0000357>
17. Hoffart, A. & Johnson, S. U. (2025). Generiske nettverksmodeller kan erstatte essensformuleringer av terapiteorier. *Tidsskrift for Norsk psykologforening*, *62*(2), 101-103.  
[www.psykologtidsskriftet.no/artikkel/2025as01ae-Generiske-nettverksmodeller-kan-erstatte-essens-formuleringer-av-terapiteorier](http://www.psykologtidsskriftet.no/artikkel/2025as01ae-Generiske-nettverksmodeller-kan-erstatte-essens-formuleringer-av-terapiteorier)
18. Hoffart, A. & Johnson, S. U. (2025). Metode og allianse. *Tidsskrift for Norsk psykologforening*. [www.psykologtidsskriftet.no/artikkel/2025as05ae-Metode-og-allianse](http://www.psykologtidsskriftet.no/artikkel/2025as05ae-Metode-og-allianse)

19. Hoffart, A. & Johnson, S. U. (2025). Nettverksperspektivet versus essensmodeller i behandling av emosjonelle lidelser – teori og kliniske implikasjoner. *Tidsskrift for Norsk psykologforening*, 62(1), 21-33. <https://doi.org/10.52734/NQME5457>
20. Hoffart, A., Skjerdingsstad, N., Freichel, R., Johnson, S. U., Epskamp, S., & Ebrahimi, O. V. (2025). Mapping the Dynamics of Generalized Anxiety Symptoms and Actionable Transdiagnostic Mechanisms: A Panel Study. *Depression and anxiety*, 2025, 1885004. <https://doi.org/10.1155/da/1885004>
21. Holbæk, I., Vrabel, K., & Halvorsen, M. S. (2026). "I know that all this is me" Pathways of change in complex dissociative disorder. *Psychotherapy research: Journal of the Society for Psychotherapy Research*, 36(1), 124–138. <https://doi.org/10.1080/10503307.2025.2457402>
22. Horne, I.M., Veggeland, F., Bååthe, F., & Isaksson Rø, K. (2025). How Peer Support Enables a More Sustainable Professional Medical Role: A Qualitative Study. *Professions and Professionalism*.
23. Kennair, L. E. O., Sørengaard, T. A., & Hagen, R. (2025). Introduksjon til personlighetspsykologi. I L. E. O. Kennair, T. A. Sørengaard & R. Hagen (Red.), *Personlighet i arbeidsliv og ledelse*. Fagbokforlaget.
24. Kopland, M. C. G., & Giltay, E. J. (2025). Dynamic Time Warp (DTW) as a scalable, data-efficient, and clinically relevant analysis of dynamic processes in patients with psychiatric disorders: a tutorial. *Journal of eating disorders*, 13(1), 230. <https://doi.org/10.1186/s40337-025-01414-8>
25. Lassen, E. R., Omre, A. N., Birkeland, M. S., Egeland, K., & Bækkelund, H. (2025). Psychometric evaluation of the PTSD Checklist for the DSM-5 (PCL-5) in Norway. *European journal of psychotraumatology*, 16(1), 2570951. <https://doi.org/10.1080/20008066.2025.2570951>
26. Lorås, L., & Whittaker, K. (2025). Integrative systemic therapies. In O. Smoliak, E. Tseliou, T. Strong, S. Bava & P. Muntigi (Eds.), *The Routledge International Handbook of Postmodern Therapies*, 1<sup>st</sup> edition. Routledge
27. Lu, L., Wang, Y., Ebrahimi, O. V., Shen, Q., Unnarsdóttir, A. B., Hauksdóttir, A., Hoffart, A., Thordardóttir, E. B., Magnúsdóttir, I., Jakobsdóttir, J., Trogstad, L., Aspelund, T., Fang, F., Brandlistuen, R. E., Johnson, S. U., Valdimarsdóttir, U. A., Andreassen, O. A., & Ask, H. (2025). Long-term psychological effects of COVID-19-related quarantine: an observational study of three cohorts in Norway and Iceland. *BMC medicine*, 23(1), 519. <https://doi.org/10.1186/s12916-025-04349-8>
28. Lystrup, P. P. T., Haugland, B. S. M., Wergeland, G. J., Hoffart, A., Rapee, R. M., & Gjestad, R. (2025). Reduced anxiety and depression predict improved health-related quality of life in school-based CBT. *Behaviour research and therapy*, 193, 104855. <https://doi.org/10.1016/j.brat.2025.104855>

29. Nordahl, J., Nordahl, H., Johnson, S. U., & Hjemdal, O. (2025). Psychometric Properties of the Metacognitions Questionnaire-30 in Patients With Posttraumatic Stress Disorder. *Psychological Trauma*. <https://doi.org/10.1037/tra0001916>
30. Olofsson, M. E., Fahret Born, E., Sandnes Vehus, M., & Vrabel, K. (2025). Treatment as involuntary, incompatible, and intimidating: exploring dropout processes in a randomized controlled trial for eating disorders. *Nordic journal of psychiatry*, 79(3), 203–210. <https://doi.org/10.1080/08039488.2025.2473614>
31. Pålerud, K., Helmich, M., Hoffart, A., Ebrahimi, O., Snuggerud, T., & Johnson, S. (2025). Sudden Gains in Cognitive Behavioural Therapy and Metacognitive Therapy for Complex Anxiety Disorders." *Clinical Psychology & Psychotherapy* 32, no. 4: e70111. <https://doi-org.ezproxy.uio.no/10.1002/cpp.70111>.
32. Rajesh, S., Johnson, S. U., Hoffart, A., Leigh, E., & Ebrahimi, O. V. (2025). Differential Associations of Anticipatory and Consummatory Anhedonia With Depression and Social Anxiety Symptoms: A Network Analysis of University Students. *Depression and anxiety*, 2025, 5674096. <https://doi.org/10.1155/da/5674096>
33. Riise, J., Gulliksen, K. S., Vrabel, K., & Halvorsen, M. S. (2025). "Binge eating disorder is the slum of eating disorders": a qualitative study of Norwegian women with binge eating disorder in the encounter with the healthcare system. *Journal of eating disorders*, 13(1), 51. <https://doi.org/10.1186/s40337-025-01223-z>
34. Rzadkowska, J., Tilden, T., Nissen-Lie, H. A., Whittaker, K., & Vrabel, K. (2025). Financial Stress, Shame, and Dyadic Coping Among Highly Distressed Couples in Therapy: An Interpretative Phenomenological Analysis. *Family process*, 64(4), e70080. <https://doi.org/10.1111/famp.70080>
35. Skjerdingsstad, N., Johnson, M. S., Johnson, S. U., Hoffart, A., & Ebrahimi, O. V. (2025). Daily dynamics of parental mental health: Investigating depressive symptoms and negative parental experiences. *Journal of Psychiatric Research*, 190, 341-346. <https://doi.org/10.1016/j.jpsychires.2025.08.007>.
36. Snuggerud, T. R., Nordahl, H., Vrabel, K., Hoffart, A., & Johnson, S. U. (2025). The feasibility and preliminary outcomes of a two-week attention training technique intervention for young adults with mixed anxiety disorders. *Cognitive behaviour therapy*, 1–19. Advance online publication. <https://doi.org/10.1080/16506073.2025.2509168>
37. Tilden, T. (2025). Kognitiv familieterapi. I L. Lorås & O. Ness (Red.), *Håndbok i familieterapi (2. Utgave)*, Fagbokforlaget
38. Tilden, T., & Barstad, B. (2025). Par- og familieterapi. I M. T. Gonzales (Red.), *Psykiske lidelser – faglig forståelse og terapeutisk tilnærming. Sykepleiefaglige og flerfaglige perspektiver. 2. utg.* Gyldendal

39. Tilden, T., & Evenseth, M. S. (2025). Systematiske tilbakemeldinger i familierapi. I L. Lorås & O. Ness (Red.), *Håndbok i familierapi (2. Utgave)*, Fagbokforlaget
40. Tilden, T., Tilden, S., Bæverfjord, J. E. B., Dammeyer, J., Johnson, S. U., & Whittaker, K. J. (2025). The Interplay Between Relationship Dissatisfaction and Individual Symptoms: Insights From Dyadic Analyses. *Journal of marital and family therapy*, 51(3), e70039. <https://doi.org/10.1111/jmft.70039>
41. Whittaker, K. J., & Lorås, L. (2025). Integrativ systemisk terapi. I L. Lorås & O. Ness (Red.), *Håndbok i familierapi (2. Utgave)*, Fagbokforlaget
42. Whittaker, K. J., & Tilden, T. (2025). Fellesfaktorer i par- og familierapi. I L. Lorås & O. Ness (Red.), *Håndbok i familierapi (2. Utgave)*, Fagbokforlaget
43. Øiestad, B. E., Maas, E., Aanesen, F., Tingulstad, A., Rysstad, T., van Tulder, M., Tveter, A. T., Hagen, M., Berg, R. C., Foster, N. E., Wynne-Jones, G., Sowden, G., Bagøien, G., Hagen, R., Storheim, K., & Grotle, M. (2025). Effectiveness of two vocational interventions on sickness absence and costs for people with musculoskeletal disorders: 12 months results from the MI-NAV multi-arm randomized trial. *Scandinavian journal of work, environment & health*, 51(6), 505–515. <https://doi.org/10.5271/sjweh.4248>