

# Unit for Psychooncology and Health Psychology

Department of Oncology, Aarhus University Hospital  
Department of Psychology and Behavioral Science, Aarhus University

## Annual Report

# 2015

### Unit for Psychooncology and Health Psychology (EPoS)

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**EPoS**

Enhed for Psykoonkologi og Sundhedspsykologi

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## DANISH SUMMARY – DANSK SAMMENFATNING

På baggrund af aftale i juli 2011 mellem Aarhus Universitetshospital, Kræftafdelingen, School of Business and Social Sciences, og Psykologisk Institut blev Psykoonkologisk Forskningsenhed permanentgjort som en *Enhed for Psykoonkologi og Sundhedspsykologi (EPoS)*.

I forbindelse med aftalen blev det fastslået at enhedens *mission* er: 1) At producere videnskabelig viden om psykosociale konsekvenser af sygdom og behandling og om psykosociale faktoreres betydning for sygdomsforløb og livskvalitet med særligt fokus på kræftsygdomme, 2) at udvikle og afprøve tiltag, der kan minimere de fysiske, psykiske, sociale og samfundsmæssige omkostninger ved sygdom og behandling, og 3) at bidrage til udviklingen af et tværvideenskabeligt og tværfagligt perspektiv i fremtidens sundhedsvæsen.

Enhedens overordnede opgaver er: 1) *Forskning*: at bedrive psykosocial sundhedsvidenskabelig forskning på internationalt niveau, 2) *Vidensdeling*: at formidle den indhøstede viden gennem videnskabelige publikationer, forskeruddannelse, undervisning af universitetsstuderende og anden formidling, og 3) *Anvendelse*: at fremme anvendelsen af denne viden i sundhedsvæsenet gennem samarbejde med sundhedspersonale. I overensstemmelse med den foreslåede mission og de overordnede opgaver, bestemmes enhedens vækst og udviklingsperspektiver som følgende:

*Forskning*: At fremme den patientnære forskning gennem styrkelse af forskningssamarbejdet med videnskabeligt og klinisk personale ved Kræftafdelingen og andre afdelinger/enheder af relevans for diagnosticering, behandling, pleje og rehabilitering.

*Vidensdeling*: I tråd med enhedens mission og Aarhus Universitets intentioner om at styrke det tværvideenskabelige og tværfakultære perspektiv i universitetsuddannelserne etableres et samarbejde med Health Sciences, AU, mhp. at bidrage til undervisningen på lægeuddannelsen og – på længere sigt – at undersøge mulighederne for undervisningstilbud på tværs af fakulteterne.

*Anvendelse*: At fremme implementering af enhedens viden og forskningsresultater i den kliniske praksis på, f.eks. ved at bidrage til kvalitetssikring, screening, undervisning af sundhedspersonale og udvikling og afprøvning af psykologiske interventionsformer og patientuddannelse.

### Gennemførte, igangværende og planlagte aktiviteter

I forlængelse af ovennævnte mission og opgaver har enheden i 2015 fortsat sin opgave med at gennemføre, initiere og publicere resultater af tværvideenskabelige forskningsprojekter indenfor psykosocial kræftforskning og sundhedspsykologi i samarbejde med internationale, nationale og lokale forskningsmiljøer. Der er således i 2015 produceret i alt 34 arbejder, heraf 26 i internationale videnskabelige tidsskrifter med peer-review. Den gennemsnitlige impact factor for arbejder publiceret eller in press i 2015 i tidsskrifter med impact factor er 3,52 (range: 1,41 til 9,37). Medarbejdere ved enheden har endvidere produceret 11 abstracts af forskningsresultater præsenteret ved internationale konferencer og 2 PhD-afhandlinger. Medarbejdere ved enheden har i 2015 modtaget ekstern økonomisk støtte på i alt 12 mio. DDK.

Medarbejdere ved enheden har i 2015 gennemført en række undervisningsaktiviteter ved Aarhus Universitet, fordelt på PhD-kurser, forelæsninger og seminarer ved Psykologisk Institut og lægeuddannelsen. Andre undervisnings- og formidlingsaktiviteter omfatter kurser og foredrag for sundhedspersonale samt populærvidenskabelige foredrag. Enheden står desuden for at gennemføre et løbende kursus for undervisere og supervisorere på 8. semester ved lægeuddannelsens professionsspor.

Opgaven med at implementere viden fra psykosocial forskning er fortsat gennem flere initiativer. For det første har vi fastholdt vores forskningsmæssige fokus på at gennemføre og planlægge evaluering af en række praktisk anvendelige og potentielt omkostningseffektive interventioner, herunder expressive writing-, mindfulness-baserede- og internet-leverede psykologiske interventioner for kræft- og KOL-patienter. Medarbejdere ved enheden har endvidere bidraget til evaluering af en række patient-uddannelses-interventioner for Sundhedsstyrelsen. Nøgletal for 2015 er præsenteret i Tabel 1 nedenfor.

<b>Tabel 1. EPoS Nøgletal (key indicators)</b>	<b>2015</b>
Staff total (academic; admin)	15
- PhD-fellows	7
- Junior (postdocs, assistant prof.)	3
- Senior (professor, assoc. prof., senior res.)	4
Research assistants with long-term employment	23
Visiting scholars	7
Total number of publications (articles published/in press)	34
Impact factor (average)	3.52
Impact factor (range)	1.41-9.37
Published conference abstracts	11
PhD-theses completed	2
Obtained external funding (DKr)	12.046.931
International conferences and symposia attended	6
National conferences and symposia attended	18

Den foreliggende rapport præsenterer detaljeret information vedrørende disse og andre af en-



## **BACKGROUND, MISSION, AND ORGANIZATION**

### **Background**

The Psychooncology Research Unit was established in 2000 at the Department of Oncology, Aarhus University Hospital, partly funded by a 5-year research professorship grant sponsored by the Danish Cancer Society. In 2006, based on the results of an external evaluation conducted by an international evaluation committee, a 5-year contract was negotiated for the Psychooncology Research Unit in collaboration between Aarhus Hospital, the Department of Oncology, the Faculty of Social Science, and the Department of Psychology, Aarhus University (See Psychooncology Research Unit, 2006-2010 -Final Report). In July, 2011, the unit was made permanent in a continued collaboration between the following parties: Aarhus University Hospital, Department of Oncology/Center for Inflammation and Cancer, Aarhus School of Business and Social Sciences, and the Department of Psychology and Behavioral Science as a *Unit of Psychooncology and Health Psychology* (Enhed for Psykoonkologi og Sundhedspsykologi (EPoS)).

### **Mission and tasks**

The general mission of the unit is defined as: 1) to produce scientific knowledge about the psychosocial consequences of disease and treatment and about the role of psychosocial factors for the course of illness and health-related quality-of-life – with special emphasis on cancer, 2) to develop and evaluate approaches and interventions aimed at minimizing the physical, psychological, social, and societal costs associated with illness and treatments, and 3) to contribute to the development of an interdisciplinary perspective in health care.

The *general tasks* to be undertaken by the unit are: 1) *Research*: to conduct health psychology and behavioral medicine research at an international level, 2) *Knowledge*: to disseminate the knowledge gained through scientific publications, training of researchers, teaching university students, and other types of dissemination, and 3) *Implementation*: to promote the practical application of the knowledge gained in the health care system in collaboration with health care professionals. In accordance with the proposed mission and the general tasks of the unit, the unit's current and future activities will focus on the following goals:

*Research activities*: To stimulate clinically relevant interdisciplinary research by continuing and strengthening existing research collaboration with scientific and clinical staff at the Department of Oncology and other departments and research units of relevance for diagnosis, treatment, care, and rehabilitation of cancer patients.

*Teaching*: In line with the unit's mission and the strategic aims of Aarhus University, the Unit for Psychooncology and Health Psychology will focus on developing an interdisciplinary and inter-faculty perspective on university teaching in collaboration with the Faculty of Health Sciences, Aarhus University. This will be done by developing, teaching, and evaluating health psychology and behavioral medicine as an integrated part of the medical curriculum, and - in the longer term - to

explore the possibilities of developing interdisciplinary courses to be attended by students across the faculties.

*Implementation:* To promote deployment of knowledge gained from bio-psycho-social research in clinical practice, for example by contributing to quality assessment, screening for psychosocial problems and needs, providing and evaluating evidence-based interventions to patients at Aarhus University Hospital, and contribute to training of health care professionals at the hospital.

## **Organization**

The Unit for Psychooncology and Health Psychology moved to adjoining offices with a conference room, secretariat, and 2 project offices at the Department of Psychology and Behavioral Science, Bartholins Allé 9, bld. 1340. The staff employed in 2015 included the director/professor, an administrative officer, two associate professors, two senior research coordinators, 2 post docs, 7 PhD-students, and a number of research assistants (See *Staff 2015* for detailed description).

The unit has weekly staff meetings as well as regular meetings focused on supervision of PhD-project management and academic writing. The unit also arranges monthly workshops/seminars/lectures by visitors or internal staff on various clinical and research-related topics (See section on *Seminars, workshops, and supervision* for details). Furthermore, the unit organizes a yearly one-day internal seminar focusing on topics of relevance to promote internal collaborative relations and improve the quality of the working environment. To promote a productive research environment, we aim that all staff attend a major international conference as a group at least every other year.

## **2015: Completed, current and planned activities**

Research: In accordance with our mission, we have in 2015 continued to pursue the task of conducting interdisciplinary health psychology and psychosocial cancer research in collaboration with international, national, and local researchers (See sections on *Current research Activities*, and *Research Collaboration* for detailed descriptions). We have continued to strive to publish the results in relevant high profile international scientific journals. In 2015 we have thus produced a total of 34 articles or book chapters (published or in press), with 26 of these in English language international journals with peer review. The mean impact factor is 3.52 and ranges from 1.41 to 9.37. In addition, staff members at the Psychooncology Research Unit have produced 11 published conference abstracts (See section on *Publications, 2015* for further details), presented at 6 international conferences and 18 national conferences and symposia (See *Conferences and Symposia, 2015*), and completed 2 PhD theses.

Teaching and dissemination: In 2015, staff members have been engaged in various teaching activities at Aarhus University, including post-graduate courses for psychology and medical PhD-students, as well as seminars and lectures at the bachelor and masters level for psychology and medical students. As a part of the teaching activities for the Faculty of Health Sciences, we have taught a course for physicians responsible for the peer supervision course for medical students in

clinical training and have given lectures in health psychology for medical students 8<sup>th</sup> semester. Teaching activities for health professionals include courses for clinical psychologists, oncology nurses in specialist training, and staff at the Department of Oncology, Aarhus University Hospital (See *Teaching Activities*) together with appearances in national and local media.

Implementation: In concordance with the aim of implementing behavioral approaches in health care, we have continued and increased our research focus on evaluating practical and potentially cost-effective behavioral interventions. The unit is currently in charge of 15 planned, ongoing, and completed *intervention studies*, including studies on expressive writing interventions, mindfulness-based interventions, guided imagery, patient educational interventions, internet-delivered behavioral interventions, and systematic light exposure (See section on *Current research activities*). By conducting and publishing *systematic reviews and meta-analyses*, in particular of the efficacy of psychosocial interventions, we contribute to the evidence base for behavioral approaches in healthcare. The research unit has also contributed to the improvement of *quality in healthcare*, e.g., by partaking in a pain-audit at the Oncology Department by providing expertise in questionnaire construction and research assistants helping out with the data collection (2014) and data analysis (2015) and by developing and validating a questionnaire for measuring self-efficacy in patient-centeredness for physicians and medical students. In addition, staff at the unit is contributing to the development of e-learning programs for health professionals at the Dept. of Oncology.

## STAFF 2015

**Table 2.** Staff at the Unit for Psychooncology and Health Psychology in 2015.

<b>Name:</b>	<b>Position, degree</b>	<b>Financing</b>	<b>Initials*</b>
Robert (Bobby) Zachariae	Professor, DMSc, director	Full time, AUH/AU	RZ
Gry A. Westergaard Hansen	Administration officer, PhD	Part-time, AUH	GH
Mimi Yung Mehlsen	Assoc. prof., MSc. PhD.	Full time, AU	MYM
Maja O'Connor	Assoc. prof., MSc. PhD.	Full time, AU (BSS/Health)	MOC
Søren Christensen	Senior Research coordinator, MSc.	Full time, ext. funding	SC
Mia Skytte O'toole	Post doc., MSc. PhD.	Full time, ext. funding (maternal leave Oct. 2015)	MSO
Jesper Dahlgaard	Senior Research coordinator, BSc. Biol, PhD	Full time, ext. funding (until July 2015)	JD
Malene F. Damholdt	Post doc., MSc. PhD.	Full time, ext. funding	MFD
Hilde Randa	MSc. PhD-fellow	Full time, ext. funding (Industrial PhD)	HR
Ingeborg Farver-Vestergaard	MSc. PhD-fellow	Full time, Grad. School, AU	IFV
Maja Johannsen	MSc. PhD-fellow	Full time, Grad. School, AU + ext. funding	MJ
Yoon Frederiksen	MSc. PhD-fellow	Full time, Grad. School, AU + ext. funding	YF
Ali Amidi	MSc. PhD-fellow / post doc, PhD (Oct 2015)	Full time, Grad. School, AU + ext. funding	AA
Eva Rames Nissen	MSc. PhD-fellow	Full time, Grad. School, AU + ext. funding	ERN
Marlene Lyby	MSc. PhD-fellow	Part time, Grad. School, AU + ext. funding	ML



Research assistants with long-term employment			
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Nina Bylod Staugaard	MSc	Part-time, ext. funding	NBS
Kirstine Friderichsen	BA	Part-time, ext. funding	KF
Nanna Kaanberg	BA	Part-time, ext. funding	NK
Janne Bleyshøy	BA	Part-time, ext. funding	JB
Nina Boisen	BA	Part-time, ext. funding	NB
Maria Sandfeld	BA	Part-time, ext. funding	MS
Cecilie Rask Clausen	BA	Part-time, ext. funding	CC
Mette Johansen	BA	Part-time, ext. funding	MEJ
Nina Møller Tauber	BA	Part-time, ext. funding	NMT
William M Christensen	BA	Part-time, ext. funding	WMC
Lea Steen Petersen	BA	Part-time, ext. funding	LSP
Nina Coulthard Smith	BA	Part-time, ext. funding	NCS
Ditte Lolk	BA	Part-time, ext. funding	DL
Signe Louise Bertelsen	BA	Part-time, ext. funding	SLB
Cathrin Henriksen	BA	Part-time, ext. funding	CH
Pernille Illum Petersen	BA	Part-time, ext. funding	PIP
Janne Fischer	BA	Part-time, ext. funding	JF
Anne Katrine Østerby	BA	Part-time, ext. funding	AKØ
Mai B. Mikkelsen	BA	Part-time, ext. funding	MBM
Gitte Westphael	BA/MSc (Dec. 2015)	Part-time, ext. funding	GW
Martin Sander	BA stud	Part-time, ext. funding	MS
Ditte Chor	BA	Part-time, ext. funding	DC
Rikke Andreasen	BA	Part-time, ext. funding	RA

\*) Initials used in the text report

## CURRENT RESEARCH ACTIVITIES

In 2015, staff at the Unit for Psychooncology and Health Psychology has been engaged in a number of ongoing research projects and activities, including:

**The Danish Breast Cancer Cohort:** In 2001, we initiated a large nation-wide inception cohort of 4917 women treated for primary breast cancer in cooperation with 1) the Danish Breast Cancer Cooperative Group, a national registry which collects data on disease, treatment and outcome variables for all women in Denmark diagnosed with breast cancer, and 2) the 24 largest surgical departments responsible for treating breast cancer in Denmark during the inclusion period. The project combines data obtained from Danish national longitudinal registries and questionnaire-data collected at three time-points: 1) At baseline 12–16 weeks post-surgery (68% response rate), 2) A follow-up at 15-16 months after surgery (94% response rate among women who had completed the baseline questionnaire), and 3) a second follow-up in August 2011, 7-9 years after surgery (response rate: 92% of the women who were alive and had completed the first follow-up. Based on these data, a number of studies of the prevalence and predictors of a) depression, b) post-traumatic stress, c) sleep impairment, d) use of complementary and alternative medicine, e) religious faith, f) pain and sensory disturbances, g) concerns about cancer recurrence, and h) self-reported cognitive impairment have been published.

The cohort study is the largest study of its kind and combines extensive questionnaire-based data with data from the unique Danish national registries making it possible to adjust for a large number of relevant socio-demographic, disease, and treatment-related variables. The cohort was initially designed so as to achieve sufficient statistical power to test the hypotheses that recurrence of breast cancer was associated with a) depression, b) emotional repressive coping, and c) low levels of social support. Data on recurrence and mortality have been collected from national registries to test these hypotheses and the first publication on depression and survival is in preparation. Another publication on sleep and fatigue is also in preparation.

**Intervention studies:** A total of 15 research projects focusing on developing and evaluating (mainly) psychosocial interventions are currently in different phases of planning, data collection, analysis, and publication.

A number of completed, ongoing and planned studies are concerned with evaluating the efficacy of brief face-to-face-delivered behavioral interventions. **Study 1:** Articles describing the results of a large nationwide randomized controlled trial (RCT) of an expressive writing intervention (EWI) on psychological and physical health and health care utilization of 500 breast cancer patients are currently published or submitted. **Study 2:** The data collection and analysis in a RCT of EWI with couples undergoing assisted reproductive technology treatment (ART) has been completed and a revised manuscript is under review. Endpoints are fertility-related stress and pregnancy rates. Data from this study are included in a PhD-thesis: *Infertility and psychological adjustment: Implications of the psychological aspects of infertility, assisted reproductive technologies (ART) treatment, and psychosocial intervention*, which has been accepted for oral defense. **Study 3:** Data collection has been completed in a study on the effect and cost-effectiveness of Mindfulness-Based Cognitive

Therapy (MBCT) on persistent pain in women treated for breast cancer, and the first publication on the main outcomes is under review and a second paper on cost-effectiveness is in preparation. Study 4: A study comparing the effect of MBCT + the usual rehabilitation with rehabilitation only in COPD patients is currently ongoing. The data collection will be completed in March 2016.

Our research unit has in collaboration with the Danish Cancer Society received financial support from TrygFonden for three **internet-delivered behavioral intervention studies** which are currently in different stages: Study 5: Feasibility and efficacy of an internet-delivered cognitive training program for breast cancer survivors with cognitive complaints, Study 6: Feasibility and efficacy of an internet-based intervention for sleep impairment in breast cancer survivors with insomnia conducted in collaboration with Department of Behavioral Health and Technology, University of Virginia, and Study 7: Feasibility and efficacy of internet-delivered mindfulness-based cognitive therapy (i-MBCT) for symptoms of stress, anxiety, and depression among women treated for breast and men treated for prostate cancer. Study 5 has been completed, and the first manuscript has been published. The data collection in study 6 will be completed in February 2016. Study 7 has proven more challenging, as it involves the development of a platform and intervention program. Collaboration has been established with researchers from the Internet Psychiatry unit at Karolinska Institutet, Stockholm, focus-group-interviews have been completed with user groups, a pilot test of the first version has been completed, and the data collection has started. In addition, the above projects involve a collaborative network- and implementation program creating a forum for exchanging knowledge about internet-delivered behavioral treatments.

Staff members at the research unit have completed the evaluation of two RCTs and are currently conducting one RCT testing the effects of **self-management programs** developed at Stanford University: Study 8: “The Chronic Pain Self-Management Program”, Study 9: “The Anxiety- and Depression Self-Management Program” and Study 10: a self-management program for adults on sick leave. Our role is to organize the data-collection and evaluation of three RCT’s in collaboration with the Danish Board of Health, The National Labor Market Authority, the Danish Committee for Health Education, and a large number of Danish counties conducting the interventions. Reports on the results of studies 8 and 9 are available and are awaiting parallel publication in scientific journals.

Study 11. In a systematic review, we have found that traditional cognitive behavioral therapies (CBTs) are largely ineffective in treating distress among cancer caregivers. We have therefore initiated a study of emotion-regulation therapy (ERT) for treating anxiety and depression among distressed cancer caregivers. ERT is a “third wave” cognitive-behavioral approach to treating distress which is believed to better target the specific psychosocial problems of caregivers of patients with life-threatening illness. The data collection is currently ongoing.

In Study 12, we are collaborating with researchers from University of Sydney in a project with the aim of translating “Conquer Fear”, a new psychological intervention for concerns about cancer recurrence, and adapting it into a group format. Concerns about cancer recurrence have been shown to be a highly prevalent problem among cancer survivors. The translation of the manual is currently ongoing.

In Study 13, staff members have completed data collection in a study evaluating current therapeutic strategies and individualized outcomes of cancer patients receiving psychological counseling/treatment delivered by individual psychologist who are members of the Danish Psychological Association Society for Psychologists in Palliation and Oncology. The aim is to provide a model for research collaboration between psychologist involved in research at the university level and psychologists in clinical practice and to develop strategies for evaluating evidence for efficacy of psychological treatment in clinical practice. A study report has been completed, but is awaiting submission.

Finally, two planned studies, Study 14 and Study 15, focus on testing the effectiveness of systematic light exposure for treating cancer-related fatigue. Cancer, cancer treatments, and fatigue have been associated with circadian dysregulation, and systematic exposure with bright white light is known to realign the biological clock. In Study 14, women treated for breast cancer with radiation and/or chemotherapy and who experience significant post-treatment fatigue will be exposed to either bright white light or red light (control). The main outcome is fatigue, and proinflammatory cytokines are explored as possible mediators. Study 15 will use the same model but examine the preventive effects on fatigue in patients treated for lung cancer.

**Cognition and cancer:** Cognitive impairment is among the long-term sequelae reported by many cancer survivors and is commonly believed to stem from chemotherapy. A study with testicular cancer patients has explored the possible genetic, biochemical, neurological (MRI-data), neuropsychological, and psychosocial mechanisms. In another study utilizing our national cohort of breast cancer survivors, we have collected and analyzed data on socio-demographic, disease-, and treatment-related predictors of subjective cognitive impairment. Two manuscripts have been published in 2015, and two are in preparation. A PhD-thesis on "*Cancer-related cognitive impairment in men with testicular cancer*" was accepted in October, 2015. Using data from our national cohort of women treated for breast cancer, we have also examined and found no association between standard DBCG treatment protocols and self-reported cognitive impairment. Intervention study 5 described above focuses on evaluating the feasibility and efficacy of an internet-delivered cognitive training program for breast cancer survivors with cognitive complaints. Furthermore, the planned study 14 will, in addition to fatigue, explore the effects of systematic light exposure on cognitive impairment. Finally, building on our experience with cancer and cognition, a PhD-stipend has been awarded with the aim of assessing allostatic load prior to treatment and exploring its ability to predict the subsequent development of cognitive impairment in testicular cancer patients over the course of their treatment.

**Patient-centeredness, communication, quality-of-life, and psychosocial needs:** In a number of previous studies, we have investigated psychosocial, communication, and information needs among cancer patients. A study exploring possible gender and age-related differences in communication- and information needs resulted in 2013 in a PhD-thesis with the title: "*Patient-centered communication during oncology consultations – an investigation of cancer patients' needs for information and communication at different stages of cancer*" (See Annual Report 2013). In another study, we have, in collaboration with the Centre for Health Sciences Education (CESU) and Center

for Teaching and Learning (CTL/CUL), developed, validated, and published a new questionnaire, the Self-Efficacy in Patient Centeredness Questionnaire (SEPCQ), for assessing the confidence of physicians and medical students in displaying patient-centered communication and behaviors. The SEPCQ is aimed for use in evaluating medical education and communication training and for research in doctor-patient communication. Staff at the unit is also involved in an ongoing PhD-project initiated by the Department of Plastic Surgery focusing on quality-of-life outcomes of reconstructive surgery for breast cancer patients. The first manuscript has been submitted for publication. Finally, an industrial PhD-project starting in February 2015 in collaboration with LEO Pharma is aimed at developing an instrument to measure Health-Related Quality-of-Life instrument in children and adolescents with psoriasis.

**Use and consequences of complementary and alternative medicine (CAM):** We have previously documented that use of various forms of complementary and alternative medicine (CAM) is prevalent among cancer patients. Several articles on longitudinal data on CAM and psychosocial outcomes such as depression have been published (See previous annual reports). A large cross-disciplinary study initiated by CCECAM (a research collaboration established in 2009 between the Institute of Public Health, University of Southern Denmark and the Unit for Psychooncology and Health Psychology, Aarhus University) and funded by the Danish Council for Strategic Research has been completed. The study was aimed at developing and evaluating research methodologies to evaluate individualized treatments and involved a study on the effects of “energy healing” on quality of life in a population-based sample of patients who had completed colorectal cancer. The data collection and analysis has been completed and several publications have been published, are in press or submitted.

**Emotion regulation in life transitions:** Two projects focus on the challenges associated with life transitions, e.g., aging, life-threatening illness, and bereavement. *Development of emotion regulation during life transitions:* Emotional well-being is associated with adaptive emotion regulation strategies. In a project supported by the National Research Council, it will be investigated whether emotion regulation in men changes when they undergo significant life changes. Following the development and validation of a test of emotion regulation in young and elderly participants, a longitudinal study will be undertaken of testicular cancer patients, first-time fathers, and men who retire to explore whether their emotion regulation strategies changes over a 6 month period. *A longitudinal study of natural and prolonged grief reactions in older bereaved spouses and their adult children:* Another large 3-year project has received financial support to explore the prevalence, development, and prognosis of prolonged grief disorder (PGD) in all elder bereaved and their adult children in the municipality of Aarhus. People with PGD have impaired quality-of-life and high healthcare utilization. The final aim of the project is furthermore to evaluate and compare two interventions for this group: group-oriented compassion-focused therapy and mindfulness-based therapy.

**Biological mechanisms:** In several of the ongoing studies, e.g. the study of cognitive impairment in testicular cancer patients (see above), the study of MBCT in COPD (Study 4), the study of ERT for distress in informal cancer caregivers (Study 11), the study on systematic light exposure for fatigue

(Study 14), and the study of emotion regulation during life transition (see above), blood samples have, are being or will be drawn with the aim of exploring hormonal and genetic markers of stress and inflammation as possible mediators of psychosocial factors and health.

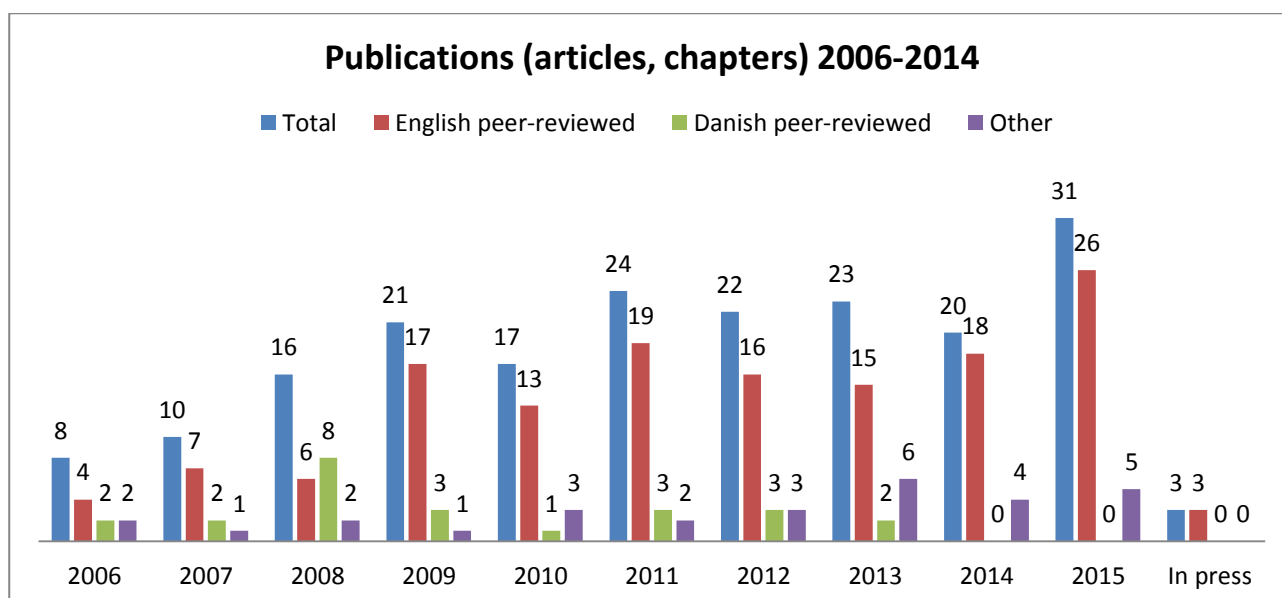
**Systematic reviews and meta-analyses:** The current consensus is that evidence-based knowledge and interventions should, whenever possible, be based not on individual studies or non-systematic narrative reviews, but on systematic quantitative reviews of the available literature. A challenge in several areas of health psychology and behavioral medicine is the relative lack of sufficient evidence. We have therefore developed skills in systematic review and meta-analysis, and have in recent years published a number of meta-analyses on the role of various psychosocial factors in health. Over the last five years, we have published several meta-analyses documenting the influence of stress on 1) susceptibility to upper respiratory infections, 2) antibody responses to influenza vaccinations, and 3) the outcome of assisted reproductive technologies (ART). We have also published meta-analyses of 4) the role of expectancy and post-chemotherapy nausea, 5) the influence of psychological intervention on weight loss after bariatric surgery, 6) the efficacy of mindfulness-based interventions (MBCT and MBSR) on depression and anxiety in cancer patients, and 7) the efficacy of psychological interventions on pain among cancer patients. Four meta-analyses on 8) the efficacy of psychological intervention on psychological and physical health outcomes in COPD patients, 9) the efficacy of psychological intervention on infertility-related distress and pregnancy outcomes, 10) the effect of expressive writing intervention on psychological and physical health outcomes in cancer patients, and 11) the efficacy of internet-delivered cognitive-behavioral therapy for insomnia have also been published. Finally, a meta-analysis on 12) the efficacy of CBT on distress among caregivers of cancer patients, is currently under review. Two additional meta-analyses are currently in preparation.

**Additional projects (selected):** Finally, staff members at the unit have also been involved in a number of additional research projects and collaborations with external partners. One study, for example, titled “Eating with Robots” evaluated the use of a tele-operated robot as an interaction partner for fragile elderly with reduced appetite. Another is concerned with neurophysiological and psychological assessment of Parkinson’s disease patients, examining EEG, central noradrenalin innervations, olfaction, and grey matter. A third study ongoing study examines the prevalence and predictors of sleep problems among psoriasis patients.

## PUBLICATIONS 2015

In 2015, staff at the Unit for Psychooncology and Health Psychology produced a total of 34 articles and book chapters – published or accepted/in press – and 11 English-language peer-reviewed abstracts. The 34 papers were authored by a total of 147 individuals, with 41.5 % of the authors being associated with the Unit for Psychooncology and Health Psychology, 28.6 % being other authors from Aarhus University, and the remaining 29.9 % being external authors from other Danish or International universities. Furthermore, two PhD-theses have been completed. The average number of publications is 14.4 from 2006-2010 and 24.0 from 2011-2015. An overview of the 2015 publication statistics and the development in the number of publications emanating from the unit from 2006-2015 are shown in [Table 3](#) and [Figure 1](#) below.

<b>Table 3. Publication statistics 2015</b>		
Total number of articles published/in press/accepted	34	
Published articles and book chapters	31	
In press/accepted for publication	3	
English language with peer review	26	
English language (without peer review)	1	
Danish language with peer review	0	
Danish Language (without peer review)	4	
Articles in journals with impact factors	23	
Impact factors (published; range)	1.41 – 9.37	
Impact factor (published; average)	3.52	
Abstracts (English) (only published)	11	
PhD theses (AA, YF)	2	
Authorship analysis		
Total no. authorships	2015	2015 %
Unit for Psychooncology and Health Psychol.	61	41.5
Other AU	42	28.6
External (national, international)	44	29.9
Total no. of authorships	147	100



**Figure 1.\***

\*) Numbers refer to unique papers. Discrepancy with number reported in Annual Report 2014 is due to 1 paper reported as “E-pub ahead of print” in 2014 now published “in print” in 2015. Two papers registered as 2015 are “e-publications ahead of print” which are likely to appear as “in print” in 2016.

## **PUBLISHED (DEC 31<sup>ST</sup> 2015)**

\*Peer-reviewed journal, † Peer-reviewed chapter

1. Amidi A, Zachariae B. “Kemohjerne” – med og uden kemoterapi. Best Practice. 2015. 17: januar, 32-35. **IF: NA**
2. \*Amidi A, Christensen S, Mehlsen M, Jensen AB, Pedersen AD, Zachariae R. Long-term subjective cognitive functioning following adjuvant systemic treatment: 7-9 years follow-up of a nationwide cohort of women treated for primary breast cancer. Br J Cancer. 2015; 113(5): 794-801. **IF: 4.82**
3. \*Amidi A, Wu LM, Pedersen AD, Mehlsen M, Pedersen CG, Rossen P, Agerbæk M, Zachariae R. Cognitive impairment in testicular cancer survivors 2 to 7 years after treatment. Supportive Care in Cancer. 2015; 23(10): 2973-2979. **IF: 2.50**
4. \*Amidi A, Wu LM, Agerbæk M, Londin P, Pedersen AD, Mehlsen M, Larsen L, Zachariae R. Cognitive Impairment and Potential Biological and Psychological Correlates in Recently Diagnosed and Orchiectomized Testicular Cancer Patients. Psycho-Oncology, 2015. 24(9): 1174-1180. **IF: 4.04**
5. \*Bodilsen A, Christensen S, Jensen AB, Zachariae R, Engberg T, Christiansen P. Socio-demographic, clinical, and health-related factors associated with Breast Reconstruction - A Nationwide Cohort Study. Breast, 06/2015; DOI:10.1016/j.breast.2015.05.001 **IF: 2.58**



6. †Dahlgard J, O'Connor M, Zachariae R. Mindfulness in health and society. In: Dahlgard-Park SM (ed). The SAGE Encyclopedia of Quality and the Service Economy, Sage Publications, Thousand Oaks. 2015, p.418-424. **IF: NA**
7. \*Damholdt M.F., Nørskov M., Yamazaki R., Hakli R., Seibt J. Attitudinal change in elderly citizens towards social robots: the role of personality traits and beliefs about robot functionality. *Frontiers in Psychology*, 6(1701):1-13. **IF: 2.6**
8. \*Eskildsen A, Dalgaard VL, Nielsen KJ, Andersen JH, Zachariae R, Olsen LR, Jørgensen A, Christiansen DH. Cross-cultural adaptation and validation of the Danish version of the 10-item Perceived Stress Scale. *Scand J Work Environ Health*, 2015; 41(5): 486-490. **IF: 3.10**
9. \*Farver-Vestergaard I, Jacobsen D, Zachariae R. Efficacy of psychosocial interventions on psychological and physical health outcomes in chronic obstructive pulmonary disease (COPD): A systematic review and meta-analysis. *Psychother Psychosom*. 2015. 84(1): 37-50. **IF: 9.37**
10. \*Frederiksen Y, Farver-Vestergaard I, Skovgård NG, Ingerslev J, Zachariae R. Efficacy of psychosocial interventions for psychological and pregnancy outcomes in infertile women and men: a systematic review and meta-analysis. *BMJ Open* 2015 Jan 28;5(1):e006592. **IF: 2.06**
11. Jennum P, Bonke J, Clark AJ, Flyvbjerg A, Garde AH, Hermansen K, Johansen C, Møller M, Rod NH, Sjødin A, Zachariae B. *Søvn og sundhed*. København: Vidensråd for Forebyggelse. 2015: 1-224. **IF: NA** (download=[www.vidensraad.dk](http://www.vidensraad.dk))
12. \*Johannsen M, Christensen S, Zachariae R, Jensen AB. Socio-Demographic, Treatment-related, and Health Behavioral Predictors of Persistent Pain 15 months and 7-9 years after Surgery - a Nationwide Prospective Study of Women Treated for Primary Breast Cancer. *Breast Cancer Res Treat*. 2015. 152(3): 645-658. **IF: 4.20**
13. \*Knudsen K, Damholdt MF, Mouridsen K, Borghammer P. Olfactory Function in Parkinson's Disease - Effects of Training. *Acta Neurologica Scandinavica*. 2015;132(6). **IF: 2.395**
14. \*Mehlsen M, Heegaard L, Frosthalm L. A prospective evaluation of the Chronic Pain Self-Management Programme in a Danish population of chronic pain patients. *Patient Education and Counseling*. 2015. 98(5): 677-680. **IF: 2.20**
15. †O'Connor, M. & Elklit, A. Treating PTSD Symptoms in older adults. In: *Evidence Based Treatments for Trauma-Related Psychological Disorders - A Practical Guide for Clinicians*. Springer, Zürich, 2015: p. 381-398. **IF: NA**
16. †O'Connor M, Zachariae R. Posttraumatic stress symptoms in breast cancer: prevalence, predictors, consequences, and treatment. In: *Comprehensive guide to Post-Traumatic Stress Disorder*. p 1-13. Springer International. DOI 10.1007/978-3-319-08613-2\_51-1. **IF: NA**
17. \*O'Connor, M., Nickerson, A., Aderka, I. M. & Bryant, R. A. (2015). The temporal relationship between change in symptoms of prolonged grief and posttraumatic stress following old age

- spousal bereavement. *Depression and Anxiety*. doi: 10.1002/da.22349. [Epub ahead of print]. **IF: 4.61**
18. \*Olesen MH, Thomsen DK, O'Toole MS. Subjective well-being: Above neuroticism and extraversion, autonomy motivation matters. *Personality and individual differences*, 2015;77, 45-49. **IF:1.86**
  19. \*O'Toole MS, Pedersen AD, Hougaard E, Rosenberg NK. Neuropsychological test performance in social anxiety disorder. *Nordic Journal of Psychiatry*, 2015. 23, 1-9. **IF: 1.34**
  20. \*O'Toole MS, Mennin DS, Hougaard E, Zachariae R, Rosenberg NK. Cognitive and emotion regulation change processes in cognitive behavioral therapy for social anxiety disorder. *Clinical Psychology and Psychotherapy*. 2015; 22: 667-676. **IF: 2.632**
  21. †O'Toole MS, Mennin DS, Fresco DM. Emotion Regulation Therapy: An experiential approach to chronic anxiety and recurring depression. In N. Thoma & D. McKay (Eds.), *Working with emotion in cognitive-behavioral therapy: Techniques for clinical practice* (pp. 310-330). New York 2015: Guilford. **IF: NA**
  22. \*O'Toole MS, Watson L, Rosenberg NK, Berntsen D. Negative autobiographical memories in social anxiety disorder: A comparison with panic disorder and healthy controls. *Journal of Behavior Therapy and Experimental Psychiatry*. 2016; 50: 223-230. **IF: 2.603**
  23. \*O'Toole MS, Tønnesvang J. Kvalificeret selvbestemmelse i klinisk psykologisk arbejde. *Psyche & Logos*. 2015; 36. **IF: NA**
  24. O'Toole, MS. Emotionsregulerings terapi - til personer med generaliseret angst og depression. *AngstAvisen*; 50: **IF: NA**
  25. \*Skovbjerg S, Christensen KB, Ebstrup JF, Linneberg A, Zachariae R, Elberling J. Negative affect is associated with development and persistence of multiple chemical sensitivities: a prospective population-based study. *J Psychosom Res*. 2015, 78(5):509-514. **IF: 2.84**
  26. \*Vase L, Baram S, Takakura N, Takayama M, Yajima H, Kawase A, Schuster L, Kaptchuk TJ, Schou S, Staehelin Jensen T, Zachariae R, Svensson P. Can Acupuncture Treatments be Double-Blinded? An Evaluation of Double-Blind Acupuncture Treatment of Postoperative Pain. *PLOS One*. 2015, 10(3):e0119612. **IF: 3.53**
  27. Wallot S, Lyby M, van Rooij MMJW. Recurrence quantification analysis as a general-purpose tool for bridging the gap between qualitative and quantitative analysis. *Qualitative Psychology Nexus*, 2015, 13: p.69-88. (Published conference paper). **IF: NA**
  28. \*Zachariae R, O'Connor M, Lassesen B, Kjær LB, Olesen M, Thygesen M, Mørcke AM. The self-efficacy in patient-centeredness questionnaire – a new measure of medical student and physician confidence in exhibiting patient-centered behaviors. *BMC Medical Education* 2015, 15:150. doi:10.1186/s12909-015-0427-x **IF: 1.41**

29. \*Zachariae R, O'Toole MS. The effect of expressive writing intervention on psychological and physical health outcomes in cancer patients – a systematic review and meta-analysis. *Psycho-Oncology* 2015, 24(11): 1349-1359. **IF: 4.04**
30. \*Zachariae R, Lyby MS, Ritterband L, O'Toole MS. Efficacy of Internet-delivered cognitive-behavioral therapy for insomnia – a systematic review and meta-analysis. *Sleep Medicine Reviews*, 2016, 30: 1-10,(Epub ahead of print) **IF: 8.51**
31. Zachariae B. Livskvalitet og helbreds-relateret empowerment for patienter med multipel sclerose. *Best Practice*. 2015, Februar: 36-39. **IF: NA**

#### **ARTICLES, IN PRESS/ACCEPTED FOR PUBLICATION (DEC 31<sup>ST</sup>, 2015):**

32. \*Damholdt MF, Mehlsen M, O'Toole MS, Andreasen RK, Pedersen AD, Zachariae R. Web-based cognitive training for breast cancer survivors with cognitive complaints – a randomized controlled trial. *Psycho-Oncology* (accepted for publication). **IF: 2.44**
33. \*Kjøgx H, Kasch H, Zachariae R, Svensson P, Jensen TS, Vase L. Experimental manipulations of pain catastrophizing influence pain levels in chronic pain patients and healthy volunteers. *PAIN* (accepted for publication). **IF: 5.21**
34. †Zachariae B. Livskvalitet. In: Jensen BB, Reventlow S, Grønbæk M. (red) *Forebyggende sundhedsarbejde. Baggrund, analyse og teori, arbejdsmetoder*. 6th ed. Munksgaard, Copenhagen (in press). **IF: NA**

#### **PHD-THESES 2015**

1. Ali Amidi: Cancer-related cognitive impairment in men with testicular cancer. PhD-thesis. Department of Psychology and Behavioural Sciences, Unit for Psycho-oncology and Health Psychology Research & Department of Oncology, Aarhus University, May, 2015 (Public defense, October 9, 2015)
2. Yoon Frederiksen: Infertility and psuchological adjustment: Implications of the psychological aspects of infertility, assisted reproductive technologies (ART) treatment, and psychosocial intervention. Department of Psychology and Behavioural Sciences, Unit for Psycho-oncology and Health Psychology Research, Aarhus University, November, 2015 (Public defense scheduled: February 19, 2016)

#### **CONFERENCE ABSTRACTS 2015**

1. Amidi A, Agerbæk, M, Leemans A, Wu LM, Pedersen AD, Mehlsen MY, Zachariae R. Brain Connectivity and Neuropsychological Functioning in Recently Treated Testicular Cancer Patients (abstract). 43<sup>rd</sup> Annual Meeting of the International Neuropsychological Society, Denver, Feb 5-7, 2015.

2. Amidi A, Agerbæk M, Wu LM, Pedersen AD, Mehlsen M, Zachariae R. Morphological changes in cerebral grey matter in recently orchiectomized testicular cancer patients undergoing chemotherapy (abstract). Proceedings of Annual Meeting on Supportive Care in Cancer, Copenhagen, June 25-27, 2015.
3. Dahlgaard J, van der Velden AM, Wattar U, Kuyken W, Cranes C, Pallesen KJ, Zachariae R, Fjorback L, Piet J, A systematic review of mechanisms of change in Mindfulness-Based Cognitive Therapy in the treatment of recurrent major depressive disorder (abstract). Psychosomatic Medicine 2015, 77(3): A-85.
4. Ellegaard MB, Grau C, Zachariae R, Jensen AB. Hospital-based follow-up after adjuvant therapy for breast cancer in an oncological department (abstract) 18<sup>th</sup> ECCO and 40<sup>th</sup> ESMO European Cancer Congress, Vienna, 25-29 Sep. 2015.
5. Frederiksen Y, O'Toole M, Mehlsen M, Elbaek HO, Hauge B, Zachariae R, Ingerslev J. The effect of expressive writing intervention for infertile couples: a randomized controlled trial. Psychosomatic Medicine 2015, 77(3): A-65.
6. Frederiksen Y, Mehlsen M, Matthiesen S, Zachariae Z, Ingerslev J. Predictors of pain during oocyte retrieval. European Society of Human Reproduction 2015, 30, Supp. 1: P-517
7. Mehlsen M, Thomsen DK, Matthiesen SS, Frederiksen Y, Ingerslev J, Zachariae R. Modern families: many ways to motherhood. (abstract). Psychosomatic Medicine 2015, 77(3): A-85
8. Nahimi A., Johnsen B., Andreasen R., Damholdt MF., Wintherdahl M., Jakobsen S., Munk O.L., Borghammer P., Østergaard K., Gjedde A. Role of Noradrenergic innervation of Thalamus in generation of EEG background rhythm frequency in patients with Parkinson's disease (abstract). Proceedings of Scandinavian College of Neuropharmacology (SCNP) 2015, Acta Neuropsychiatrica.
9. Randa H, Jensen P, Skov L, Zachariae C, Zachariae R. Associations between disease severity and Health-related Quality of Life (HRQoL) outcomes in psoriasis patients (abstract). for presentation at International Society for Quality of Life Research (ISOQOL) 22<sup>nd</sup> Annual Conference, 21-24. Oct. 2015
10. Westphael G, Gebauer L, Mehlsen M. Winterdahl M, Zachariae R. Impact of single dose intranasal oxytocin on recognition of core emotions and complex mental states in facial expressions: a systematic review and meta-analysis (abstract). Proceedings of the 10<sup>th</sup> Annual Psychiatry Research Day, Risskov, Aarhus, Denmark, Nov 25, 2015.
11. Zachariae R, Amidi A, Wu L, Agerbæk M, Londin P, Pedersen AD, Larsen L, Mehlsen M. Biological and psychological correlates of cognitive function in newly diagnosed testicular cancer patients (abstract). Psychosomatic Medicine 2015, 77(3): A-57.

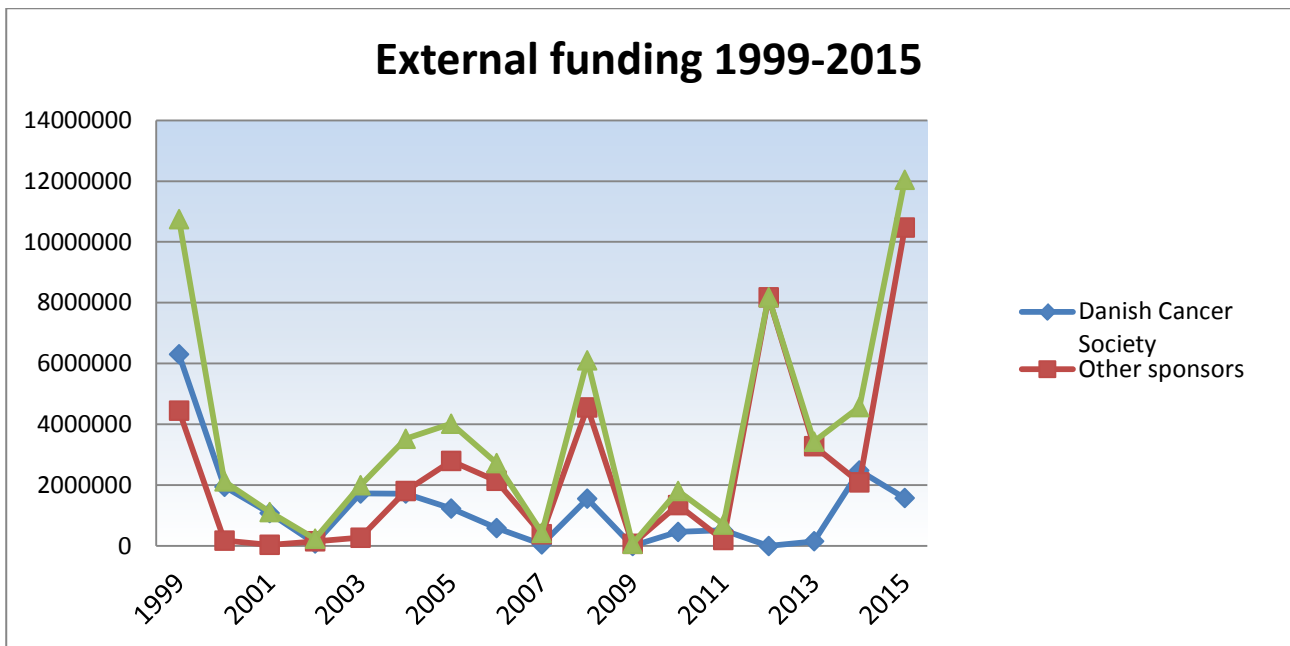
## GRANTS AND AWARDS 2015

In 2015, the Unit for Psychooncology and Health Psychology received the following grants from external sources (Table 4):

<b>Table 4. Grants/awards</b>	<b>Project/activity</b>	<b>DKr.</b>
AUFF – PhD award	Awarded to Mia O’Toole, MSc.	50.000
Danish Cancer Society	Treatment of cancer-related fatigue with bright light	800.000
Danish Cancer Society	Emotion regulation therapy in informal cancer caregivers	770.000
DFF-Medical Sciences	Treatment of cancer-related fatigue with bright light	1.409.148
DFF-Humanities	Emotion regulation during life transitions	5.793.408
AUFF – Starting grant	Grief reactions in older spouses and their adult children	2.300.000
Boehringer-Ingelheim	Treatment of cancer-related fatigue with bright light	300.000
Radiumst. Forskningsfond	Treatment of cancer-related fatigue with bright light	20.000
Cancer Research Found.	Treatment of cancer-related fatigue with bright light	150.000
A & E Danielsens Fond	Effects of MBCT in COPD patients	100.000
Mc-Kinney Møller Fond	Effects of MBCT in COPD patients	30.500
Ensomme Gamles Værn	Development of group interventions for elderly bereaved	198.375
Central Denmark Region	Allostatic load and cancer-related cognitive impairment	100.000
AUFF	Conference attendance	13.500
Wedell-Wedellsborg Fond	MBCT for pain in women treated for breast cancer	12.000
<b>Total (2015)</b>		<b>12.046.931</b>

Over the years, the unit has received a total of 63.8 million DKK in external research funding, corresponding to an average of 3.75 million DKK per year. In the first 5-year period, the Danish Cancer Society was the main sponsor with providing 68.7% of all funding received by the unit. During the next 5-year period, the percentage dropped to 30.5%, and during the last 7-year period, funding received by the Danish Cancer Society represents 16.8% of the funding received.

External funding obtained by the Unit for Psychooncology and Health Psychology from 1999 to 2015 is shown in [Figure 2](#) below.



**Figure 2**

## CONFERENCES AND SYMPOSIA 2015

In 2015, staff at the Unit for Psychooncology and Health Psychology has participated in the following international and national conferences and symposia with 17 oral and 7 poster presentations, including 8 invited talks.

### International

- 43<sup>rd</sup> Annual Meeting of the International Neuropsychological Society, Denver, Feb 5-7, 2015 (AA) (poster)
- 73<sup>rd</sup> Annual Meeting of the American Psychosomatic Society, Savannah, GA, March 18-21, 2015 (RZ, MM,YF, JD) (2 oral, 2 poster)
- 31<sup>st</sup> Annual Meeting of ESHRE 2015, Lisbon, Portugal, June 14-17. (YF) (poster)
- The MASCC/ISOO Annual Meeting on Supportive Care in Cancer, Copenhagen, June 25-27, 2015 (AA) (poster)
- Research Symposium: Human Change Processes, Kloster Seeon, Germany, Sept 21-23, 2015 (MSL)
- International Society for Quality of Life Research (ISOQOL) 22<sup>nd</sup> Annual Conference, Oct 21-24, 2015 (HR) (poster)

## National

- Annual meeting of DSKS (Danish Society for Quality in Healthcare), Nyborg, Denmark, Jan 9, 2015 (RZ) (invited, keynote)
- "The patients put the researchers to work", Danish Cancer Society, Copenhagen, March 19, 2015 (EN) (oral)
- TRANSOR (Transdisciplinary Studies in Social Robotics) University of Southern Denmark, Kolding, June 18-19, 2015 (MFD)
- Fokus på den nationale lungesatsning, Herlev, Denmark, Aug 25, 2015 (IFV)
- NFH-Nordic Conference, Sandbjerg, Denmark, Aug 27-29, 2015 (RZ) (invited, oral)
- Annual Research Day, Dept. of Oncology, Aarhus University Hospital, Sept. 4, 2015 (ERN, AA, MJ) (3 x oral)
- Effective Feedback Inspiration Day, Aarhus University, Aarhus, Oct 2 (MSO) (invited, oral)
- Fall meeting, Danish Society of Sleep Medicine, Aarhus, Denmark, Oct 23, 2015 (RZ) (invited, oral)
- Fall Meeting of Danish Pain Forum (Dansk Smerteforum), Horsens, Denmark, Oct 24, 2015 (RZ) (invited, oral)
- Mindful brain, Copenhagen, Denmark, Oct 29-30, 2015 (GW)
- Annual Meeting of the Society for Danish Neuropsychologists, Nyborg, Denmark, Oct 29-30 (MFD) (oral)
- Annual Innovation conference, Central Denmark Region, Bjerringbro, Nov 4, 2015 (RZ) (invited, oral)
- 10th Annual Psychiatry Research Day, Risskov, Denmark, Nov 5, 2015 (GW) (poster)
- Conference on Blended Learning, Aarhus University, Aarhus, Nov 26 (MFD)
- Praktiserende Lægers Organisation: Lægedage, Copenhagen, Denmark, Nov 09-13, 2015 (RZ) (invited, oral)
- Praktiserende Lægers Organisation: Meeting on sleep, Copenhagen, Denmark, Nov 16, 2015 (RZ) (invited, oral)
- Conference on Health Competency, Capital Region Denmark, Hørsholm, Denmark, Dec 1, 2015 (RZ) (invited, oral)

- Aarhus Fertility Clinic Symposium, Skejby, Denmark, Dec 4. 2015 (YF) (oral)

## RESEARCH COLLABORATION

In the past year the unit has developed or maintained collaboration with a number of international and national research partners and institutions. The international partners and selected national partners with whom we have had collaboration in 2015 are listed alphabetically below.

### SELECTED INTERNATIONAL RESEARCH COLLABORATION

- University of Cambridge, Cambridge, UK. Kai Ruggeri, PhD, Selwyn College and Darwin College and Frances Early, PhD, Cambridge University Hospitals.
- Columbia University Medical Center, NYC, NY, USA. Professor, Matthew Burg.
- Edinburgh Napier University, Edinburgh, United Kingdom, Carol Gray, PhD.
- University of Haifa, Department of Psychology, Haifa, Israel, Professor Idan Aderka
- Reykjavik University, Reykjavik, Iceland. Heiddis Valdimarsdottir, PhD.
- Karolinska Institutet, Stockholm, Sweden. Department of Clinical Neuroscience, Professor Mats Lekander, and Division of Clinical Cancer Epidemiology, professor Gunnar Steineck.
- Karolinska Universitetssjukhuset, Department of Clinical Neuroscience. Viktor Kaldo, PhD, Assoc professor; Nils Lindefors, PhD, adjunct professor,
- Advanced Telecommunications Research Institute International, Hiroshi Ishiguro Laboratory, Kyoto, Japan, Ryuji Yamazaki, PhD.
- Education Polytechnic – CESPU, Gandra, Portugal, Professor José Carlos Rocha, PhD
- Roswell Park Cancer Institute, Buffalo, NY, Sai Yendamuri, MD, PhD.
- Memorial Sloan-Kettering Cancer Center, New York, NY; Allison Applebaum, PhD.
- Hunter College, City University of New York, NY, Douglas Mennin, PhD
- University Medical Center Utrecht, Image Sciences Institute, Utrecht, The Netherlands, Alexander Leemans, PhD
- University of Utrecht, Dept. of Psychology, Utrecht, The Netherlands, Margaret Stroebe, PhD, Henk Schut, PhD
- Max Planck Institute, Frankfurt, Germany, Sebastian Wallot, PhD
- MD Anderson Cancer Center, Shelli Kessler, PhD, Associate professor of Neuropsychology
- Mount Sinai School of Medicine, Department of Oncological Sciences, Biobehavioral Medicine Program, New York, NY, USA; William Redd, PhD; Heiddis Valdimarsdottir, PhD.
- Northwestern University Feinberg School of Medicine, Dept. of Medical Social Sciences, Chicago, IL, USA, Lisa Wu, PhD



- Porto University, Faculty of Psychology and Education Sciences, Porto Portugal. MSc, PhD. Mariana Veloso Martins.
- Paracelsus Medical University, Research Institute of Synergetics and Psychotherapy, Salzburg, Austria, Günter Schiepek, Professor
- Stanford University, CA, USA. Department of Psychiatry & Behavioral Science - Center for Interdisciplinary Brain Sciences Research, Stanford Cancer Institute, Hadi Hosseini, PhD, Research Associate.
- Trinity College Dublin, University of Dublin, Ireland, Padriac Dunne, MD
- University of Bergen, Bergen, Norway. Department of Clinical Psychology Inger Hilde Nordhus
- University of Sydney, Sydney, Australia. Centre for Medical Psychology and Evidence-based Decision-making (CeMPED), University of Sydney, Sydney, Australia. Professor Phyllis Butow and postdocs Melanie Price and Belinda Thewes, and Department of Psychology, assistant professor, PhD Ben Colagiuri.
- University of New South Wales, School of Psychology. Professor Richard Bryant and Angela Nickerson, PhD.
- University of Pittsburgh School of Medicine, Pittsburgh, PA, USA. Biobehavioral Medicine Program and Department of Psychiatry. Dana Bovbjerg, director, PhD,

#### **SELECTED NATIONAL AND LOCAL RESEARCH COLLABORATION PARTNERS**

- Centre for Applied Health Services Research and Technology Assessment (CAST) University of Southern Denmark, Odense, Denmark, Jan Sørensen, prof., MSct.
- Center for Functional Integrative Neuroscience (CFIN), Aarhus University, Jesper Frandsen, M.Sc. Computer Science, and Mette Buhl Callesen, PhD-fellow, Adjmal Nahimi, MD/PhD-fellow, Per Borghammer, MD, PhD.
- Centre for Integrated Register-Based Research at Aarhus University (CIRRAU), and National Center for Register-based Research, Aarhus University, professor, Preben Bo Mortensen.
- Department of Social Medicine, Faculty of Health and Medical Sciences, Copenhagen University, Denmark. Assistant professor, dr.med., PhD. Lone Schmidt.
- Danish Breast Cancer Cooperative Group (DBCG), Rigshospitalet, Copenhagen University Hospital, Chief Statistician, Maj-Britt Jensen.
- Danish Center for Sleep Medicine, Glostrup Hospital, Copenhagen University Hospital, professor, Poul Jennum.
- Danish Cancer Society, Patient Support and Community Activities, Copenhagen, Bo Rix.

- The Danish Committee for Health Education (Komiteen for Sundhedsoplysning), Lea Heegaard.
- Danish National Board of Health, Jette Blands, MD.
- Department of Dermatology and Allergology, Gentofte Hospital, Copenhagen University Hospital, Claus Zachariae, MD, DMSci., Lone Skov, MD, DMSci.
- Department of Neuroscience and Pharmacology, University of Copenhagen, Karen Johanne Pallesen, MSc., PhD.
- Dept. of Plastic Surgery, Aarhus University Hospital, consultant, Tine Engberg Damsgaard.
- Dept. of Respiratory Medicine, Aarhus University Hospital, Aarhus, Denmark, Elisabeth Bendstrup, MD and Anders Løkke Ottesen, MD.
- Dept. of urologic surgery, Aarhus University Hospital, Aarhus, Denmark, Michael Borre, MD.
- Dept. Clinical Epidemiology, Aarhus University Hospital, Aarhus, Denmark, Wiktor Mazin, PhD,
- Dept. of Biostatistics, Aarhus University, professor Michael Væth.
- Dept. of Public Health, Aarhus University, Kirsten Lomborg, PhD
- Dept. of Surgery, Aarhus University Hospital, professor Peer Christiansen
- Fertility Clinics: Aarhus University Hospital, professor, Jakob Ingerslev, Brædstrup, Horsens Hospital, consultant, MD, Benedicte Hauge, and Skive Fertility Clinic, consultant, MD, Helle Elbæk Olesen.
- School of Culture and Society, Section for Philosophy and the History of Ideas, Aarhus University, Johanna Seibt, PhD, Marco Nørskov, PhD
- Marselisborg Center, Center for Public Health, Central Region Denmark (Region MIDT). Professor, Claus Vinther Nielsen, Trine Allerslev Horsbøl, MD, PhD
- PET Center, Aarhus University Hospital, Aarhus, Adjmal Nahimi, MD, Per Borghammer, MD
- Vejle Sygehus, Department of Oncology, Anette Damkier, MD
- CESU, Health, AU, Anne-Mette Mørcke, PhD, Louise Binow Kjær, MSc.
- National Center of Psychotraumatology, University of Southern Denmark, Professor Ask Elklit
- Research Clinic for Functional Disorders, Aarhus University Hospital, Per Fink, professor, Lisbeth Frostholt, MSc, PhD.
- Vejlefjord Rehabilitering, Vejle, Denmark, Anders Degn Pedersen, MSc., Psychology
- Medisat, Odense, Denmark, Jørgen Thomsen, Head of Operations (Industrial partner)
- LEO Pharma, Ballerup, Denmark, Mads Røpke, Senior advisor (Industrial partner)

## **VISITS AT OTHER INSTITUTIONS**

- Marlene S Lyby, MSc., Research Institute of Synergetics and Psychotherapy, Paracelsus Medical University, Salzburg, Austria. Sept 14-21, 2015
- Ali Amidi, University of California, San Diego (UCSD), Workshop on Biological Timing, Nov, 2015
- Ali Amidi, Northwestern University, Feinberg School of Medicine, Nov. 2015
- Mia S O'Toole, Hunter College, CUNY, NYC, NY, USA, May, 2015
- Eva Rames Nissen, MSc., Internet Psychiatry Research Unit, Department of Clinical Neuroscience, Karolinska Institutet and Karolinska Hospital, Stockholm, Sweden, April 01 – May 30, 2015
- Yoon Frederiksen, Porto University, June 10-14, 2015

## **VISITING RESEARCHERS FROM OTHER INSTITUTIONS**

- Victoria Rasmussen, Research Assistant, Psychosocial Onco-Genomic Research Group Peter MacCallum Cancer Centre, Australia
- Marlene Heintzle, trainee, Austria
- Jose Carlos da Rocha, PhD, Professor, CESPU, Portugal
- Lisa Wu, PhD, Assistant Professor, Northwestern University Feinberg School of medicine
- Jeffrey S. Wefel, PhD, Associate Professor, Dept. of Neuro-Oncology, The university of Texas M.D. Anderson Cancer Center, USA
- Heiddis Valdimarsdottir, PhD, Assistant professor, Oncological Sciences at Mount Sinai Hospital, USA
- Padraic Dunne, PhD, Associate Professor, Trinity College Dublin, University of Dublin, Ireland.

## SEMINARS, WORKSHOPS, SUPERVISION (INTERNAL), AND CONTINUING EDUCATION

SEMINARS AND WORKSHOPS	Date
1. Attachment and patient/system delay in cancer diagnosis, Christina M Andersen, Research Unit for General Medicine	20/02
2. Health research activities at VIA University College – possibilities for collaboration? Mikael Birkelund Jensen-Johansen, VIA Univ Coll.	06/03
3. Using the DREAM registry data as outcome in psychosocial intervention research, Andreas Schröder, Research Clinic for Functional disorders and Psychosomatics	10/04
4. The biology of stress – allostatic load theory, Karen Johanne Pallesen, Research Clinic for Functional disorders and Psychosomatics	24/04
5. Narrative cognitive therapy, Jose Carlos da Rocha, CESPU, Portugal	15/06
6. Statistics: adjusting in RCT effect analyses, Bo Bibby, Department of Biostatistics, AU	18/06
7. Cancer-related cognitive impairment and a potential treatment using systematic light exposure, Lisa Wu, Northwestern University Feinberg School of medicine	22/06
8. Internal seminar – disseminating knowledge on psychosocial factors in cancer and cancer treatment to patients and health professionals	21/08
9. Cancer and cognition – the neuropsychology of CNS and non-CNS cancer treatment – current state of the science, Jeffrey Wefel, MD Anderson Cancer Center	08/10
10. Introduction to Bayesian statistics, Joshua Skewes, Cognitive Science, AU	30/10
11. Internal unit workshop: How to optimize your resumé, RZ	06/11
<b>RESEARCH AND CLINICAL SUPERVISION</b>	
- Internal group clinical and research supervision activities	MOC
<b>CONTINUING EDUCATION</b>	
- Supervision by Trish Bartley, mindfulness instructor, Bangor University	MOC, IF, MJ
- Aarhus University, Competence Development Foundation. 2-year training in Cognitive Behaviour Therapy.	MOC
- Teacher Training Programme for Assistant professors and postdocs, CUL, Aarhus University	MFD, MSO

- Teacher Training: Go Online, CUL, Aarhus MYM

## TEACHING AND DISSEMINATION

In 2015, staff members at the unit have been engaged in the following teaching and other (selected) disseminative activities:

### Aarhus University

- Introduction to Research Methods III; PhD-course, Graduate school of Business and Social Science (5 ECTS) RZ
- Academic Writing; Psychology, PhD-course, Graduate school of Business and Social Science (5 ECTS) RZ
- Health Psychology, Medicine 8th sem. Health Sciences (8 + 8 lectures, spring + fall) RZ, MOC
- Lecture at Seminar on late effects of cancer and cancer treatments, Medicine 8th sem. Health Sciences (2 lectures, spring + fall) RZ
- Communication and peer supervision; 3 day course for supervisors and teachers of medical students; Health Sciences (21h, spring) MOC
- Peer-supervisor training (lecture + training) for teaching peer supervision for 8<sup>th</sup> sem. medical students, medical doctors, Health Sciences. (6h + 6h + 6h + 6h, spring + fall) MOC
- Lectures, Clinical Psychology, MA level, Department of Psychology and Behavioural Science (2 + 2 + 2 lectures, spring + fall); RZ, MSO, MOC
- Clinical geriatric psychology lecture, Department of Psychology and Behavioural Science (2 lectures, spring + fall) MYM
- Seminar: Health psychology and emotion regulation, Department of Psychology and Behavioral Science (18+18 h, spring) MYM, MSO
- Seminar: Research methodology 4 Department of Psychology and Behavioural Science, (2 x 36 h, spring + fall), MYM
- Coordination: Lectures in psychiatry (spring), Department of Psychology and Behavioural Science MYM
- Theory-practice group), Department of Psychology and Behavioral Science (20 h + 6h, spring + fall) MYM, MSO
- Research Methods II, Department of Psychology and Behavioural Science AA, YF

(8h+ 18h, fall)

- Psychological Intervention, basic clinical training, Department of Psychology and Behavioural Science, (18h + 30h, spring; 49h, fall) MSO, MOC, IFV
- Psychological interventions. Specialized clinical training, MBCT. Department of Psychology and Behavioural Science (36h + 31,5h, fall) MOC, ERN
- Clinical seminar, MA level, Anxiety in children and adolescents, Department of Psychology and Behavioural Science (3h, fall) MSO
- Seminar: Neuropsychological assessment of elderly, Department of Psychology and Behavioural Science 15h, fall) MFD
- Lecture: Methodological issues in humanoid robots, ARTS (3h, fall) MFD
- Ad hoc statistical supervisor for PhD-students, Department of Psychology and Behavioral Science SC

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- Supervision of MA theses: 31 MYM, RZ, SC, MOC, MFD, MSO
  - Training and supervising in neuropsychological assessment (4 students) MFD
  - PhD-supervision (Primary supervisor role): 6 Phd-students RZ, MYM
  - PhD-supervision (Secondary supervisor role): 10 PhD-students RZ, MYM, MOC, SC

### **Health professionals (selected)**

- Danish Psychological Association, Course in hypnosis and hypnosis research, 17-18/01 RZ
- Danish Medical Association, Masterclass in stress coping, Aarhus, Denmark, 23/01 RZ
- Dept. of Oncology, AUH, Sleep and cancer, 17/02 RZ
- PUK Healthcare, Health psychology, 05/03 RZ
- Danish Psychological Association, Guided imagery intervention, 05/03 RZ
- Danish Psychological Association and Central Denmark Region, Course in systematic reviews and meta-analysis, Aalborg, 12/03 RZ
- Danish Medical Association, Stress and coping for physicians, Ringsted, 14/03 RZ
- Danish Psychological Association, specialist course: Natural and complicat- MOC

- ed grief in adult populations (April, May, Sept)
- Gentofte Hospital, Health-related empowerment, Copenhagen, 15/04 RZ
  - Norwegian Medical Association, Coping with work-related stress, Copenhagen, 15/04 RZ
  - Central Denmark Region, Dealing with the stress of acute nursing, Aarhus, 18/05 RZ
  - Specialist course in cancer nursing, psychosocial cancer research, Aarhus, 02/06 RZ
  - Central Denmark Region, North Denmark Region, Course in patient safety, Rebild, 22/09 RZ
  - Dept. Of Oncology, AUH, Annual Research Day, 04/09 AA, RZ, MJ, ERN
  - Nykøbing Falster Hospital, Psychological aspects of COPD and depression, 09/09 IFV
  - Mindfulness-based cognitive therapy (MBCT) workshop for employees at the Dept. for Respiratory Diseases and Allergy, 16h, Oct-Dec. IFV

#### **Other (selected)**

- Skanderborg County, Stress, 04/02 RZ
- F.L.Smidt, Stress and well-being, 07/05 RZ
- Danish Cancer Society, Mindfulness and cancer, Feb. MOC
- The Danish Nature Agency, Stress and well-being, 17/06 RZ
- TopDanmark, Sleep and restitution, 27/10 RZ
- Ældresagen, Holstebro, Keep the brain going (Hold hjernen i gang) 19/11 MFD
- Region Zealand, Resilience, 24/11
- VIA University College, Aarhus, Mindfulness based cognitive therapy (MBCT) 11/12 IFV

## **Media 2015 (selected)**

- Klinisk Sundhedspsykologi, Psykolog Nyt, 23.01 RZ
- Terapi øger livskvalitet hos KOL-syge, Ritzaus Bureau, 30.01 IFV,RZ
- Psykologisk behandling ... , Viborg Stifts Folkeblad, 04.02 RZ
- Hypnose kan hjælpe mod angst, Ekstrabladet, 09/02 RZ
- Sorg har ingen alder, Information, 13/03 MOC
- Mindfulness lindrer sygdom, 24/03 IFV, RZ
- Sådan bliver du mere glad, Ældre Sagen NU, 31.03 RZ
- Psykologisk Behandling hjælper KOL-patienter, DagensMedicin.dk, 20.03 IFV, RZ
- Opløs dine smerter indefra, Helse, 11.05 RZ
- Stress og kræftens psykologi, Jyllandsposten, 12.05 RZ
- Sjæl og sundhed, JyskeVestkysten, 12.05 RZ
- Sjæl og sundhed, Aarhus Stiftstidende, 13.05 RZ
- Stresshjælp, Politiken, 13.05 RZ
- Vi ses i morgen. Sov godt, Berlingske Fri, 16/05 MOC
- Angst: Når frygten for det ufarlige tager over, Politiken, 21/06 MSO
- Angst står ofte i skyggen af depression, Politiken, 24/06 MSO
- Det hjælper at tale om barnløshed, Auh.dk, 26.06 YF, RZ
- Drop sovemedicin og få styr på dine søvnproblemer, DR P3, 29.06 RZ
- Psykologisk behandling giver søvn uden sovepiller, DR1-TV-Avisen, 29.06 RZ
- Psykologbehandling er effektiv mod søvnløshed, DR P1 Radioavisen, 29.06 RZ
- Sådan løser du dine søvnproblemer, Videnskab.dk, 29.06 RZ
- Søvnforskere: Psykologisk behandling ..., Videnskab.dk, 30.06 RZ
- Svært ved at sove? Ekstrabladet, 01.07 RZ
- Det hjælper at tale om barnløshed, Newsbreak.dk, 06.07 YF, RZ
- Psykologhjælp gør det nemmere at blive gravid, Flensborg Avis, 07.07 YF, RZ
- Psykologisk behandling hjælper barnløse par. DR P1 Morgen, 07/07 YF
- Sov godt: derfor er psykologen bedre ..., BT, 12/07 RZ
- Fællesskabet er ikke længere vores egen landsby, Krist.Dagbl. 01.09 RZ
- I adskilthed ligger verdens elendighed. Medfølelse ..., Krist.Dagbl. 01/09 RZ
- Psykologisk behandling af søvnproblemer, Aabenraa Ugeavis, 29.09 RZ
- Kan stress give kræft? Ugeavisen Esbjerg, 14/10 RZ
- Akademikere vender plader, Aarhus Stiftstidende, 20.10 RZ



- Glade tanker ... er gode for hjertet, Søndag, 02/11 RZ
- Du behøver ikke have det så dårligt, Lungenyt, 04/11 IFV
- Lysterapi under kemobehandling, 19/11 AA, RZ
- Hold hjernen i gang, TV, 19/11 MFD
- Ny selvhjælpsbog af kvinde med sclerose, scleroseforeningen.dk, 23.11 RZ
- Lysterapi skal mindske træthed hos kræftpatienter, cancer.dk, 24/11 AA
- Lysterapi skal mindske træthed ..., DagensMedicin.dk, 24.11 RZ

## BOARDS, COUNCILS, AND COMMITTEES

In 2015, staff members have been members/participated in the following boards, councils, and committees:

- Aarhus University: Academic Council (Akademisk Råd) School of Business and Social Sciences (BSS) RZ
- Aarhus University Committee for Responsible Conduct of Research RZ
- Aarhus University Advisory Group for Responsible Conduct of Research (alternate member) RZ
- Working Group, Business and Social Science, AU: development of a PhD-course in responsible research conduct RZ
- Advisory appointment committee for the appointment of dean at the School of Business and Social Sciences (BSS) RZ
- Aarhus University: Expert panel Horizon 2020 - Health, demographic change and wellbeing. RZ
- Aarhus University Hospital: Management Forum (Lederforum), Dept of Oncology RZ
- Aarhus University Hospital: The Interdisciplinary Pain Group, Dept. of Oncology RZ
- Aarhus University: Faculty Liaison Committee (Fakultetssamarbejdsudvalget), School of Business and Social Sciences MYM
- Aarhus University: Department Liaison Committee (Lokalsamarbejdsudvalget), Department of Psychology and Behavioral Science, School of Business and Social Sciences MYM, ML
- Aarhus University: Academic Forum, Department of Psychology and Behavioral Science, School of Business and Social Sciences MYM
- Aarhus University Hospital: Research program: Patient Involvement MYM

- Aarhus University: Board of studies (Fagstudienævn) Department of Psychology and Behavioral Science, School of Business and Social Sciences MYM, MOC
- PhD committee, BSS, AU (elected member) IVF
- Working group: National Clinical Guidelines for Rehabilitation of Prostate Cancer, National Board of Health (2015-2016) (member) AA
- Danish Psychological Association (university section), board member MYM, HFP, YF
- National Patient Association for Obesity (member of the board) YF
- Danish Lung Association (expert panel member) IVF
- EDITH – Evaluating Digital Therapy and Health Research Network RZ, IVF, EN, JD, MFD
- Working group for the development of e-learning rehabilitation platforms for cancer patients, Aarhus University Hospital (group member) IVF
- Steering group: “Når to bliver til en”, Palliativt Videnscenter, Copenhagen MOC
- Danish Center for Basal Ganglia Research, expert group MFD
- Olfaction Research Center Aarhus (ORCA), expert group MFD
- Centre for Integrated Register-Based Research at Aarhus University (CIR-RAU) SC

## EDITORIAL AND REVIEWING ACTIVITIES

Members of the staff have in 2015 been involved in the following editorial and reviewing activities:

<b><u>Editorial boards, evaluation committees</u></b>	<b><u>Initials</u></b>
- Psychotherapy and Psychosomatics, member of the editorial board	RZ
- BMC Research Notes, member of the editorial board	JD
- Editorial board, Aktuel Naturvidenskab, AU	JD
- Danish Cancer Society (Knæk Cancer), reviewer	RZ
- Dutch Cancer Society, external reviewer	RZ
- TrygFonden, external reviewer	RZ, MOC, MYM
- Velux Fonden, external reviewer	MYM
- Chairman of the assessment committee: PhD-thesis of Mads Hansen, Dept of Psychology and Behavioural Science, AU	RZ
- Evaluation committee: PhD-thesis of Nina Rottmann, Faculty of Health Sciences, University of Southern Denmark.	RZ

- Evaluation committee (chairman): PhD-thesis, Department of Psychology and Behavioural Science, AU MYM
- Evaluation committee: PhD-thesis, PhD-thesis, Department of Health Science, Copenhagen University MYM
- Reviewer of PhD-application, Graduate School, HEALTH, AU RZ
- Member of the editorial committee, Report on sleep and health (Vidensråd for Forebyggelse). RZ
- Reviewer for Transperfect (reviewing of translations of neuropsychological tests and questionnaires MFD
- Ad hoc reviewer of abstracts for the 74th Annual Meeting of the American Psychosomatic Society, 2016. RZ
- Assessment committee: External associate professor, Dept. of Clinical Medicine, Aarhus University MOC

**Peer reviewing for the following journals:**

	<u>Manuscripts</u>	<u>Initials</u>
- Acta Oncologica	2	RZ, AA
- Asia-Pac Oncology Nursing	1	RZ
- Behavior Therapy and Research	1	MSO
- BMC Psychology	1	RZ
- BMC Complementary and alternative medicine	1	RZ
- Cognitive Therapy and Research	1	MSO
- British Medical Journal	1	RZ
- Human Reproduction	1	YF
- International Journal of Geriatric Psychology	1	MFD
- Journal of Anxiety Disorders	1	MOC
- Journal of Consulting and Clinical Psychology	2	MSO
- Mindfulness	2	MOC
- Nordic Psychology	1	MOC
- Pain and Therapy	1	MYM
- Psychiatry Research	3	YF, MSO, MOC
- Psychotherapy and Psychosomatics	3	RZ
- Psycho-Oncology	1	RZ
- Psyke & Logos	1	MYM

- SciTechnol	1	RZ
- Supportive Care in Cancer	1	AA
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Total number of manuscripts reviewed	27	
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