

# Adrian Dahl Askelund

## Curriculum vitae

### PUBLICATIONS

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2018  
Askelund, Schweizer, Goodyer, and van Harmelen  
*Positive memory specificity is associated with reduced vulnerability to depression*  
Published: Nature Human Behaviour (PDF)

2018  
Fritz, Stretton, Askelund (...) and van Harmelen  
*Mood and neural responses to social rejection are not altered in resilient adolescents with a history of adversity*  
In press: Development and Psychopathology

2018  
Ioannidis, Askelund, and van Harmelen  
*Growing strong: the neural underpinnings of resilience after childhood maltreatment*  
In preparation

2018  
Ioannidis, Askelund, and van Harmelen  
*The complex neurobiology of resilience after childhood maltreatment*  
In preparation

2018  
Askelund, Boccanera, Immonen, (...) and Blakey  
*Psychopaths amongst us: Distribution and correlates of psychopathy in the general population*  
In revision: Personality and Individual Differences

2018  
Blakey, Askelund, Boccanera, (...) and Stuhlfreyer  
*No differential effects of neural and psychological explanations of psychopathy on moral behaviour*  
Published: Frontiers in Psychology (open access)

2017  
Blakey, Askelund, Boccanera, (...) and Stuhlfreyer  
*Communicating the neuroscience of psychopathy and its influence on moral behavior: Protocol of two experimental studies*  
Published: Frontiers in Psychology (open access)

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### EDUCATION

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2017 – 2018 **University of Cambridge**  
*MPhil in psychiatry; passed with minor corrections; in news team*

2013 – 2020 **University of Oslo**  
*6-y degree in clinical psychology; elected student representative*

2011 – 2012 **Hadeland Folkehøgskole**  
*Student council leader; at board*

2008 – 2011 **Oslo By Steinerskole**  
*2nd in national science contest*

### RESEARCH EXPERIENCE

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2018 – NOW **Clinical Neuroscience Group**  
*Research technician; data cleaning/analysis and article writing*

2018 – NOW **Norwegian centre for violence and traumatic stress studies**  
*Research assistant; scoring the quality of PTSD therapy sessions*

2018 – NOW **Cambridge Inst. Criminology**  
*Research assistant; translating interviews with Nordic prisoners*

2016 – 2017 **Jun. Researcher Programme**  
*Lead analyst; group project on the neuroscience of psychopathy*

2016 – 2016 **Oxford Visiting Scheme**  
*Visiting scholar in psychiatry; two months of research tutorials*

2015 – 2017 **Neuropsychopathology Group**  
*Research assistant; neurocognitive testing in schizophrenia*

2015 – 2017 **Clinical Neuroscience Group**  
*Research assistant; recruitment & diagnosis of depressed people*

### WORK EXPERIENCE

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2018 – 2018 **Médecins Sans Frontières**  
*Group debriefing of newly returned Nordic fieldworkers*

2012 – 2014 **Médecins Sans Frontières**  
*Recruitment of regular donors; won national recruitment contest*

## GRANTS AND SCHOLARSHIPS

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- 2018 **Travel Award ISPNE (£380)**  
*Among the 10 highest-rated abstracts*
- 2018 **Queens' Travel Grant (£350)**  
*Award from Queens' College, Cambridge*
- 2018 **Summer Scholarship (£1.850)**  
*Award from Research Council of Norway*
- 2017 **Aker Scholarship (Full costs Master)**  
*Selected among students from all fields*
- 2017 **Summer Scholarship (£1.850)**  
*Award from Research Council of Norway*
- 2012 **National Science Contest prize (£660)**  
*Award from Research Council of Norway*
- 2012 **London Int. Science Forum (£2.750)**  
*Award from Research Council of Norway*

## CONFERENCE PRESENTATIONS

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2018  
Askelund, Schweizer, Goodyer, and van Harmelen  
*Positive memory specificity reduces cognitive and neuroendocrine vulnerability to depression*

Paper session at the 48th ISPNE Annual Conference, hosted by the International Society for Psychoneuroendocrinology, Irvine, California, US

2018  
Askelund, Schweizer, Goodyer, and van Harmelen  
*Positive memory recall reduces later cortisol and dysphoria in at-risk adolescents*

Poster at the MQ Mental Health Science Meeting in London and Cambridge Neuroscience Symposium.

2017  
Askelund, Gjelsvik, Brennen, and Landrø  
*Reduced executive capacity and high brooding rather than avoidance underlies over-general memory in depression*

Poster presented at the JRP Conference of the Junior Researcher Programme, Cambridge, UK

2017  
Blakey, Askelund, Boccanera, (...) and Stuhlfreyer  
*Communicating the neuroscience of psychopathy*

Poster presented at the jMeeting of the Junior Researcher Programme, Madrid, Spain

2016  
Askelund, Gjelsvik, Brennen, and Landrø  
*Stress and autobiographical memory in depression*

Poster presented at the jSchool of the Junior Researcher Programme, Murska Sobota, Slovenia

## TALKS

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2018  
Askelund  
*Remembering positive life experiences reduces vulnerability to depression after negative life events.*

Talk for 1) scientists in the Emotion lab, MRC Cognition and Brain Sciences Unit, 2) graduates and fellows in the President's Lodge, Queens' College, and 3) funders from Cambridge Trust and Aker Scholarship in Douglas House, Cambridge, UK

## INVITED TALKS

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2018  
Askelund  
*Positive memory specificity as a resilience factor in at-risk adolescents*

Research Center 'Neurobiology of resilience', Mainz

2018  
Askelund  
*Positive memory specificity predicts reduced vulnerability to depression in at-risk adolescents: A longitudinal study*

Social Neuroscience, Max Planck Institute, Leipzig

2018  
Askelund  
*Positive memory specificity predicts reduced vulnerability to depression in at-risk youths*

Oxford Center for Emotions & Aff. Neuroscience

## SCIENCE COMMUNICATION

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2019  
Askelund  
*How positive memories might protect adolescents against depression*

Blog post on our paper for the Behavioural and Social Sciences Community at Nature Research

2018  
Westwater & Askelund  
*How does impulsivity relate to compulsivity? Support for dimensional psychiatry*

News article for the Department of Psychiatry, University of Cambridge

2018  
Askelund  
*Symptom network density does not predict treatment response in adolescent depression*

News article for the Department of Psychiatry, University of Cambridge

## RESEARCHER DEVELOPMENT

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2018  
Researcher Development Programme, Cambridge  
*L<sup>A</sup>T<sub>E</sub>X: Introduction to text processing*

2018  
Researcher Development Programme, Cambridge  
*How to write an academic paper and get it published*

2018  
Researcher Development Programme, Cambridge  
*Scientific writing (taught by Nature editor)*

2018  
Researcher Development Programme, Cambridge  
*Solving research problems creatively*

2018  
Researcher Development Programme, Cambridge  
*The art of negotiation and influence (taught by former hostage negotiator)*

2018  
Cognition and Brain Sciences Unit, Cambridge  
*How to write good papers*

2017  
Cognition and Brain Sciences Unit, Cambridge  
*How to give good talks*

## EXTRACURRICULAR COURSES

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2018  
Norwegian centre for violence and traumatic stress  
*Cognitive Therapy for PTSD (3 days)*

2018  
School of clinical medicine, University of Cambridge  
*Statistics for Biologists in R (8 weeks)*

2017  
Psychometrics Centre, University of Cambridge  
*Structural Equation Modeling in R (4 days)*

2016  
Oxford Mindfulness Centre, University of Oxford  
*Mindfulness-Based Cognitive Therapy*

## TEACHING EXPERIENCE

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2018  
Oxford Center for Emotions & Aff. Neuroscience  
*Moderated mediation (1-day workshop)*

## INTERVIEWS

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2019  
Dagens Næringsliv  
*Adrian (26) har gjort internasjonalt forskningsgjennombrudd på depresjon: - Positive minner kan trenes opp*

## IN THE MEDIA

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2019  
The Guardian  
*Remembering good times 'could reduce teenage depression'*

2019  
Psychology Today  
*Recalling positive memories may reduce risk of depression*

2019  
Daily Mail  
*'Remembering the good times' could help teenagers avoid depression 'by reducing levels of a stress hormone'*

2019  
University of Cambridge  
*Recalling happy memories during adolescence can reduce risk of depression*

2019  
The Conversation  
*Recalling happy memories can reduce risk in vulnerable teenagers - new study*

## SOFTWARE AND STATISTICS

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GOOD LEVEL R (CFA/SEM), SPSS, Mendeley  
INTERMEDIATE L<sup>A</sup>T<sub>E</sub>X, E-Prime, Excel, STATA

## LANGUAGE SKILLS

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GOOD LEVEL English (TOEFL 109), Norwegian  
BEGINNER German, Spanish

## SOCIETY MEMBERSHIPS

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ACADEMIC Association for Psychological Science, International Society of Psychoneuroendocrinology

ALUMNUS Queens' College Alumni, JRP Alumni, Aker Scholars