

Adrian Dahl Askelund

Curriculum vitae

PUBLICATIONS

2019

Askelund, Schweizer, Goodyer, & van Harmelen
Positive memory specificity is associated with reduced vulnerability to depression

Published: Nature Human Behaviour (PDF)



Tweeted by 674
Blogged by 3
Picked up by 26 news outlets
15 readers on Mendeley

2019

Fritz, Stretton, Askelund (...) & van Harmelen
Mood and neural responses to social rejection are not altered in resilient adolescents with a history of adversity

Published: Development and Psychopathology

2019

Ioannidis, López, Askelund (...) & van Harmelen
The resilient emotional brain; a review of limbic and medial prefrontal cortex structure and function in adults with a history of child maltreatment

In preparation

2018

Askelund, Boccanera, Immonen, (...) & Blakey
Psychopaths amongst us: Distribution and correlates of psychopathy in the general population

In revision: Personality and Individual Differences

2018

Blakey, Askelund, Boccanera, (...) & Stuhlfreyer
No differential effects of neural and psychological explanations of psychopathy on moral behaviour

Published: Frontiers in Psychology (open access)

2017

Blakey, Askelund, Boccanera, (...) & 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

- 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

- 2018 – 2019 **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 – 2019 **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

- 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

- 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

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

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

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

2019
Askelund
Har fulgt over 400 unge: Positive minner kan beskytte mot depresjon

Article on depression for Aftenposten Viten

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

EXTRACURRICULAR COURSES

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

2019
Psykiatergruppen - Lundbeck, at The Thief
Kan positive minner beskytte mot depresjon?

2019
Søndre Oslo Distriktpsikiatrisk Senter
Kan positive minner beskytte mot depresjon?

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

INTERVIEWS

2019
akerscholarship.no
Adrians erfaringer fra studier i Cambridge

2019
Folkehøgskolene.no
- For meg ble folkehøgskolen en øyeåpner

Theravive
Recalling Positive Memories May Guard Against Depression in Vulnerable Teens

2019
NRK Ekko
Ung forsker om unge sinn

2019
Nasjonalt kompetansesenter for psykisk helsearb.
Kan forhindre depresjon hos unge ved å trene på å huske positive hendelser

2019
NRK Østlandssendingen
God hjelp for depresjon

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

IN THE MEDIA

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

GOOD LEVEL R, SPSS, Mendeley
INTERMEDIATE \LaTeX , E-Prime, Excel