

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)



Altmetric score

- Tweeted by 756
- Blogged by 3
- On 1 Facebook pages
- Picked up by 27 news outlets
- 27 readers on Mendeley

2019
Ioannidis, Askelund, Kievit, & van Harmelen
The complex neurobiology of resilience after childhood maltreatment
In press, BMC Medicine

2019
Moreno-López*, Ioannidis*, Askelund (...) & van Harmelen
The resilient emotional brain: a scoping review of limbic and medial prefrontal cortex structure and function in adults with a history of childhood maltreatment
In revision, Biological Psychiatry:CNMI *shared 1st

2019
Fritz, Stretton, Askelund (...) & van Harmelen
Mood and neural responses to social rejection do not seem to be altered in resilient adolescents with a history of adversity
Published, Development and Psychopathology

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

2013 – 2020 **University of Oslo**
6-y degree in clinical psychology

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 – 2019 **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

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

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

WORK EXPERIENCE

2019 – NOW **Oslo University Hospital**
Stud. therapist, outpatient clinic

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

2019
Askelund, Schweizer, Goodyer, and van Harmelen
Positive memory specificity is associated with reduced cognitive and physiological vulnerability to depression

Talk at the Special Interest Meeting in Autobiographical Memory and Psychopathology, Cambridge

2019
Askelund, Schweizer, Goodyer, and van Harmelen
Positive memory specificity as a target for prevention of depression

Oral presentation at Folkehelsekonferansen, Oslo

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 ISPNE, Irvine, California

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

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

2019
Oslo Univ. Hospital: Søndre Oslo DPS / BUP Syd
Kan positive minner beskytte mot depresjon?

2018
UK: MRC CBU / Queens' College / Douglas House
Remembering positive life experiences reduces vulnerability to depression after negative life events

INVITED / PAID TALKS

2019
Lundbeck: The Thief / Bristol Hotel
Kan positive minner beskytte mot depresjon?

2019
Rehabiliteringskonferansen: Haugesund
Kan positive minner beskytte mot depresjon?

2019
Unge med psykiske lidelser i arbeidslivet: Lillestrøm
Kan positive minner beskytte mot depresjon?

2018
Research Center 'Neurobiology of resilience': Mainz
Positive memory specificity as a resilience factor in at-risk adolescents

2018
Max Planck Institute: Leipzig
Positive memory specificity predicts reduced vulnerability to depression in at-risk adolescents: A longitudinal study

2018
Oxford Center for Emotions & Aff. Neuroscience
Positive memory specificity predicts reduced vulnerability to depression in at-risk youths

SCIENCE COMMUNICATION

- 2019
Askelund
Har fulgt over 400 unge: Positive minner kan beskytte mot depresjon
Article on depression in Aftenposten Viten
- 2019
Askelund & van Harmelen
Recalling happy memories can reduce risk in vulnerable teenagers - new study
Article about our NHB paper in The Conversation
- 2019
Askelund
How positive memories might protect adolescents against depression
Blog post on the Nature Human Behaviour paper
- 2018
Westwater & Askelund
How does impulsivity relate to compulsivity? Support for dimensional psychiatry
News article, Department of Psychiatry, Cambridge
- 2018
Askelund
Symptom network density does not predict treatment response in adolescent depression
News article, Department of Psychiatry, 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)

TEACHING EXPERIENCE

- 2019
University of Oslo
Personality psychology (seminar leader)
- 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
- 2019
Theravive
Recalling Positive Memories May Guard Against Depression in Vulnerable Teens
- 2019
NRK Ekko (radio)
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 (radio)
God hjelp for depresjon
- 2019
Dagens Næringsliv
Adrian (26) har gjort internasjonalt forskningsgjennombrudd på depresjon: - Positive minner kan trenes opp

INTERNATIONAL 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