

## **CURRICULUM VITAE – ARNE HOLTE**

Arne Holte is Professor Emeritus at Department of Psychology at the University of Oslo, former Deputy Director General, Speciality Director, and Director of Mental Health at the Norwegian Institute of Public Health; Professor of Health Psychology at the University of Oslo; Professor of Clinical and Personality Psychology, and founder of the Clinical Psychology Program at the University of Tromsø; Professor of Behavioural Sciences in Medicine at the University of Oslo; Vice-President of the Norwegian Society for Psychological Science; Co-editor of Journal of the Norwegian Psychological Association; Co-founder of EuroPsy – the standard for education of psychologists in Europe; Co-founder of the European Awarding Committee (EAC) in the European Federation of Psychologists' Associations (EFPA), which awards European countries to certify European Psychologists. He is now member of the EuroPsy Specialist EAC for Psychotherapy. Holte was member of the EU-commission D.G. Santé's Group of Governmental Experts on Mental Health; representing associated partner Norway in EU's Joint Action on Mental Health and Wellbeing in WP7 Children and School and in WP8 Mental Health in All Policies. Holte is member of Global Consortium for Research on Depression Prevention. He has been a senior advisor under the EEA/Norway Grant to Estonia, Slovenia, the Czech Republic, Hungary and Portugal. He also advises WHO on public mental health. Holte was a research partner in "Evaluating and improving the access to mental health services of people affected by the economic crisis in Portugal based on a new understanding of the effects of the crisis on the mental health of the population" – funded by EEA/Norway Grant.

Holte was leader of the expert group on research on Systems for Social Processes and member of the expert group on research on Public Mental Health in EUs Roadmap for Mental Health Research in Europe (ROAMER). He has been Program Censor of the Professional Psychology Program at the University of Bergen; Chairman of the Board and the Research Council of Modum Bad Research Institute; Executive Manager at the Institute of Social Research, Oslo; School psychologist and private practicing family therapist and psychotherapist in Oslo, Vestfold and Tromsø. Holte has worked as a visiting scholar at several Universities in the USA.

Holte has published more than 140 scientific articles and edited books (Research Gate) within a wide range of mental health issues, including public mental health, mental health promotion and illness prevention, child well-being, quality of life, depression, eating disorders, sleep disorders, bipolar disorder, schizophrenia, seasonal affective disorders, non-communicable somatic diseases, and suicide, and several dozens of editorials/debate articles on mental health policies, promotion and prevention. His scientific works are read by 17 000 readers (Research gate) and cited nearly 3000 times with a H-index of 28. He has experience with a large number of research designs from large population based longitudinal, via cross-sectional and quasi-experimental and experimental, to different qualitative designs. He has received research grants from the Norwegian Research Council, Fulbright Foundation, American-Scandinavian Foundation, Norske Kvinners Sanitetsforening, North Norway Psychiatric Research Foundation, Extra Foundation, and EU. He is an experienced trainer in qualitative interviewing and clinical communication and a well known key note lecturer nationally and internationally on mental health epidemiology, mental health promotion and illness prevention – particularly on centre based child care and school initiatives. During the last years he has given around 50 public presentations per year on these issues. Holte has visited 100 countries and territories.

Major strategic achievements: Getting Institute of Social Research, Oslo, into the Norwegian state budget (with Wilhelm Aubert, William Lafferty, Willy Martinussen and Erik Rinde); building up Institute of Behavioural Sciences in Medicine, Medical Faculty, University of Oslo (with Einar Kringlen); building up the professional educational programme in clinical psychology, including two university clinics at the University of Tromsø and University Hospital North Norway (UNN) (with Astrid Richardsen); building up North Norwegian Centre for Psychiatric Research (with Vidje Hansen and Tore Sørli), building up North Norwegian Centre for Eating Disorders (now part of UNN) (with Jan Rosenvinge); building up Division of Mental Health at the Norwegian Institute of Public Health (with Geir Stene-Larsen, Johannes Wiik and Kristian Tambs) – evaluated by the Norwegian Research

Council as being “Very Good to Excellent”; strengthening the promotion/prevention profile of WHO’s Global Action Plan for Mental Health and Wellbeing (with Ministry of Health and Directorate of Health); developing a common quality standard for professional university education of psychologists in forty European countries (EuroPsy) (with Ingrid Lunt, Robert Roe a.o.); authoring research reviews and policy reports for the Norwegian Directorate for Aid and Development (NORAD) under the Norwegian Ministry of Foreign Affairs; being Principle Investigator on a large number of research projects and on coordinator application to EUs FP-7. Holte has been honoured by the Norwegian Minister of Health with the most prestigious psychologist award in Norway, the Great Psychologist Award 2012.

Date of birth: October 3, 1946. Place of birth: Oslo. Number of children: 1. Postal and home office address: Sætrebakken 29, Eikaas, N-3475 Sætre, Norway. Phone: + (47) 90 06 77 11. E-mail: [arne.holte@psykologi.uio.no](mailto:arne.holte@psykologi.uio.no).

### **Main positions**

- 2017 **University of Oslo, Department of Psychology**, Professor Emeritus of Health Psychology
- 2016-16 **Norwegian Institute of Public Health**, Speciality Director Mental Health
- 2011-15 **Norwegian Institute of Public Health, Leader group**. Deputy Director General
- 2004-11 **Norwegian Institute of Public Health, Division of mental health**. Director of Mental Health
- 2005-15 **University of Bergen, Faculty of Psychology**. Program Censor
- 2004-12 **Modum Bad Research Institute**. Chairman of the Board and the Research Council
- 1997-16 **University of Oslo, Department of Psychology**. Professor of Health Psychology (II from 2008)
- 1999-04 **University of Oslo, Department of Psychology**. Professor and Head of Health Psychology
- 1998-04 **University of Tromsø, Department of Psychology**. Professor II Clinical Psychology Research
- 1992-97 **University of Tromsø, Department of Psychology**. Professor of Clinical and Personality Psychology. Deputy Chair of Department (1992-1995), Head of Clinical and Personality Psychology Branch. Head of the Clinical Program. Deputy-chair of the Ph.D. Program and the Research Committee. Professor II since 1998-2005
- 1992-97 **Åsgård Hospital, Tromsø, Finnmark and Troms Counties**. Chief Psychologist, Department of Development. Member of the Research Council
- 1979-92 **University of Oslo. Department of Behavioral Sciences in Medicine**. Professor of Behavioural Sciences in Medicine 1992-1998. Associate Professor 1979-91. Head of Department 1979-1980 ad 1984-1986.
- 1977-79 **University of Oslo, Department of Psychology/Psychological Clinic**. Assistant Professor/ Psychotherapist (Clinical Supervisor: Mary Theophilakis). Member of the Department Board. Member of the Board of the Clinic.
- 1976-77 **Stenmalen/Kongseik School**. Clinical Psychologist. Disabled children. Board member.
- 1976-77 **Intermunicipal pedagogical-psychological outpatient counseling service for Andebu, Ramnes, Tønsberg and Våle**. Clinical Psychologist. Focused short term psychotherapy, family therapy, counselling. Member of the Intermunicipal Board.
- 74- **Private practice, Oslo**. Psychotherapist, part time (74-76). **Private practice, Oslo**. Psychotherapist, part time (79-82). **Private practice (Oslo and Tromsø)**. Seasonal Affective Disorder and sleeping disorders, Buskerud, part time (91- ). Trainer in clinical communication and qualitative interviewing (74- ).

1973-76 **Institute for Social Research**. Executive manager. Employed: 1973-75, Norwegian Research Council for Science and the Humanities; 1975-1976 Department of Social Ecology. Research Fellow.

**Chair/member of nomination committees/referee for academic positions/  
grant applications/journals**

Since 1992: Professor positions: 18 (Psychology: Aalborg, Linköping, Tromsø, Trondheim, Oslo, Stockholm, Jyväskylä. Medicine: Tromsø). Associate professor positions: 15 positions (2 Denmark, 3 Sweden, 10 Norway). Associate clinical professors/clinical supervisors: 12. Doctoral degrees 4 (2 in Sweden). Referee on a large number of grant applications in USA, Australia, Denmark, Sweden and Norway (incl. Norwegian Research Council and Council for Mental Health); and a large number of scientific journals within medicine, medical sociology, psychology and psychiatry.

**Doctoral degrees**

Mentored 16 completed doctoral degrees (Andersen, Becker, Dale, Espeset, Perry, Rønning, Skarbø, C.E. Wang, Wichstrøm, Øverlie, Møllersen, Nordbø, Skjelstad, M.W. Wang, Gulliksen, Sælid) within faculties of medicine and social sciences respectively, and at the University of Massachusetts. Currently, mentoring one ongoing doctoral project (Øksendal). Mentored master theses for more than 100 students. Opponent at several doctoral disputations in Norway, Sweden and USA.

**Visiting professor/Visiting scholar**

- 2008 **San Diego State University, School of Communication** (Prof. Peter Andersen and Wayne Beach) and **University of New Mexico, Albuquerque, Department of Communication and Journalism** (Professor Karen Foss) Visiting summer scholar. Field: Health communication.
- 2003 **San Diego State University, School of Communication** (Prof. Peter Andersen and Wayne Beach). Visiting Fulbright Professor (one year). Field: Health communication.
- 1997 **University of New Mexico, Albuquerque, Department of Communication and Journalism** (Prof. Everett Rogers and Stephen Littlejohn). Visiting professor (one year). Field: Interpersonal health communication.
- 1997+ **National Institute of Mental Health**, Bethesda, ML, shorter mutual visits to/from the “Winter Depression Project” to/from prof. Norman Rosenthal.
- 1996 **University of Kansas, Lawrence, Department of Clinical Psychology** (Professor Rue Cromwell). Visiting professor (one month). Field: Cognition and depression.
- 1994 **University of Kansas, Lawrence, Department of Clinical Psychology** (Professor Rue Cromwell). Visiting professor (one month). Field: Depression and cognition.
- 1984/86/88 **University of Rochester, New York, Department of Psychiatry** Univ. of Rochester Child and Family Study (Professor Lyman C. Wynne). Visiting scholar (two months). Field: Family interaction and psychopathology.
- 1984/86/88 **University of California Los Angeles, Department of Psychology** UCLA-Family project (Professor Michael J. Goldstein). Visiting scholar (two months). Field: Family interaction and psychopathology.
- 1984 **The George Washington University, Department of Psychiatry and Behavioral Sciences in Medicine**, (Professor David Reiss). Visiting scholar. Field: Family interaction as predictor of course of illness in renal dialysis patients.

**Professional and scientific publications (unfortunately not complete from the earlier years)**

140 publications and 2000 citations registered at Research Gate. A large number of published congress abstracts, professional, political, and popular texts not included.

**2018**

Clench-Aas J, **Holte A**. The financial crisis in Europe: Impact on satisfaction with life. *Scandinavian Journal of Public Health*. 2017;45(18\_suppl):30-40.

Clench-Aas J, **Holte A**. Were social inequality, unemployment and welfare generosity driving forces in determining life satisfaction before and after the 2008 financial crisis in Europe? Paper submitted for publication.

**Holte, A**. Syv prinsipper og tjue ni grep for et sunnere Norge (Seven principles and twenty nine grasps for a mentally healthier Norway). In Barn i Norge 2018 (Children in Norway 2018). Annual report on children and adolescents' mental health. Oslo: Voksne for barn, 2018.

Øksendal E, Brandlistuen RE, **Holte A**, Wang MV. Peer-Victimization of Children with Developmental Difficulties – A Population-based Study. Paper submitted for publication.

### 2017

**Holte, A**. Psykisk helse: Utfordringer og muligheter (Mental health: Challenges and potentials). In L. Melvold (Ed). *Helstøpt: En bok om kvalitet i barnehagen. Diecast: A book about quality in Norwegian child care centres*. Kapittel 4. Oslo: Kommuneforlaget, s. 25-51. (Book chapter).

**Holte, A**. Slik fremmer vi psykisk helse, forebygger psykiske lidelser og får en mer fornuftig samfunnsøkonomi. (How to promote mental health, prevent mental disorders and get a more rational society economy!). *Utposten (The Outpost - Journal of general and society medicine)*. 46, 21-25.

### 2016

Sælid GA, Czajkowski N, **Holte A**, Tambs K, Aarø LE. Positive mental health effects of the Coping With Strain course (CWS) on employees: A four-year longitudinal randomized controlled trial. Paper submitted for publication in *International Journal of Mental Health Promotion*. 18:3, 158-175, DOI: 10.1080/14623730.2016.1196231

**Holte, A**. Sats bredt på psykisk helse i barnehage og skole! (Invest comprehensively in mental health in child care centres and schools!). *Aktuell Analyse*. Journal of the Norwegian Ministry of Education.

**Holte, A**. Sats bredt på psykisk helse i barnehage og skole! (Invest comprehensively in mental health in child care centres and schools!). *Psykologisk.no*. (reprinted) (Norway's largest Internet journal on psychology and mental health). 18. june, 2016.

Sælid GA, Czajkowski N, **Holte A**, Tambs K, Aarø LE. Coping With Strain (CWS) course – its effects on depressive symptoms: A four year longitudinal randomized controlled trial. *Scandinavian Journal of Psychology*. DOI: 10.1111/sjop.122

**Holte, A**. Brosikring mot selvmord lønner seg (Bridge safety measures against suicide pays off). *Psykologisk.no*, 10.02.2016. <http://psykologisk.no/2016/02/brosikring-mot-selvmord-lonner-seg/>

**Holte, A**. Gjeldsrådgivning kan redusere psykiske lidelser (Debt counselling may reduce mental distress). *Psykologisk.no*, 28.03.2016. <http://psykologisk.no/2016/03/gjeldsradgivning-kan-reducere-psykiske-lidelser/>

Sælid, G. A., Czajkowski, N. O., **Holte, A.**, Tambs, K., & Aarø, L. E. (2016). Interrelationships between self-efficacy, social support and symptoms of depression – cross-lagged modelling based on

data from a study among Norwegian employees. Paper submitted to *Scandinavian Journal of Psychology*.

#### 2015

Wahlbeck K, Cuijpers P, **Holte A.** Prevention of depression and promotion of resilience in Europe. An expert paper for the EU Group of Governmental Experts on Mental Health and Wellbeing, prepared under the EC Compass Tender.

Gulliksen, K.S., Espeset, E.M.S., Norbø, R.H.S, Skårderud, F., **Holte, A.** Four pathways to Anorexia Nervosa: Patient's perspective on the emergence of AN. *International Journal of Eating Disorder*. Submitted for publication.

Forsman AK, Wahlbeck K, Aarø LE, Alonso J, Barry MM, Brunn M, Cardoso G, Cattan M, Girolamo G de, Eberhard-Gran M, Evans-Lacko S, Fiorillo A, Hansson L, Maria Haro J, Hazo J-B, Hegerl U, Katschnig H, Knappe S, Luciano M, Miret M, Nordentoft M, Obradors-Tarrago C, Pilgrim D, Ruud T, Salize HJ, Stewart-Brown SL, Tomasson K, van der Feltz-Cornelis CM, Ventus DBJ, Vuori J, Värnik A, also on behalf of the ROAMER Consortium. Research priorities for public mental health in Europe: recommendations of the ROAMER project. *European Journal of Public Health*, 1–6. **Holte A.** Acknowledged contribution as mental health expert on the ROAMER Consortium.

Sancassiani F, Pintus E, **Holte A**, Paulus P, Moro MF, Cossu G, Angermeyer MC, Carta MG, Lindert J. Enhancing the Emotional and Social Skills of the Youth to Promote their Wellbeing and Positive Development: A Systematic Review of Universal School-based Randomized Controlled Trials. *Clinical Practice and Epidemiology in Mental Health* 03/2015; 11 (Suppl 1: M2):21-40.

Gulliksen, K.S., Espeset, E.M.S., Norbø, R.H.S, Skårderud, F., **Holte, A.** The process of help-seeking in Anorexia Nervosa: Patients' perspective of first contact with health services. *Eating Disorders: The Journal of Treatment & Prevention* 23, 3, 206-222.

#### 2014

**Holte A.**, Siem H., Vartdal, B. *Mental health – Global Challenges*. Scientific review report. Oslo: Norwegian Directorate of Aid and Development, 98 p. (in Norwegian).

**Holte A.** (Ed. and first author), Barry, M.M., Bekkhus, M., Borge, A.I.H., Bowes, L., Casas, F., Friberg, O., Grinde, B., Headey, B.W., Jozefiak, T., Lekhal, R., Marks, N., Muffels, R., Nes, R.B., Røysamb, E., Thimm, J.C., Torgersen, S., Trommsdorff, G., Veenhoven, R., Vittersø, J., Waaktaar, T., Wagner, G.G., Wang, C.E.A., Wold, B., Zachrisson, H.D. Psychology of Child Well-Being. In A. Ben-Arieh, J. Korbin, F. Casas, I. Frønes. (Eds.). *Handbook of Child Well-Being: Theories, Methods and Policies in Global Perspective. Vol 1*, 555-631. Dordrecht: SpringerReference.

Schumann, G., Binder, E.B., **Holte, A.**, et al. Stratified medicine for mental disorders. *European Journal of Neuropsychopharmacology* 24, 5–50.

Wittchen H-U, Knappe S, Schumann G. The psychological perspective on mental health and mental disorder research: introduction to the ROAMER work package 5 consensus document. *Int. J. Methods Psychiatr. Res.* 23(Suppl. 1): 15–27. **Holte A:** Acknowledged contribution as core expert of the ROAMER work package on Psychological Research and Treatments.

**Holte, A.** Measurement of Quality of Life in the Climacteric. *Climacteric*, Submitted for publication.

#### 2013

Thimm, J.C., **Holte, A.**, Brennen, T., Wang, C.E.A. Hope and Expectancies for Future Events in Depression. *Frontiers in Psychology* 4, 1-6, 24 July. doi: 10.3389/fpsyg.2013.00470.

Borren, I., Ulriksen, R., **Holte, A.** *Mental Health and Schools: Scientific evidence and best practices in Norway*. Report to EUs Joint Action on Mental Health and Well-Being, July 2013. 80 p.

Bamberg, E., Georgas, J., **Holte, A.**, Jern, S., Job, R., Lécuyer, R., Lunt, I., Nieminen, P., Peiro, J.M., Pleh, C., Roe, R., Sabroe, K.E., Tikkanen, T. EuroPsy: European Certificate in Psychology. EFPA Regulations on EuroPsy and Appendices. [www.europsy-efpa.eu](http://www.europsy-efpa.eu). Brussels: European Federation of Psychologists' Associations. July 2013.

## 2012

**Holte, A.** Centered child care – mostly for children. *Journal of the Norwegian Psychological Association* 49, xxx-xxx, November, 2012 (in Norwegian).

**Holte, A.** Ten principles for prevention of mental disorders. *Journal of the Norwegian Psychological Association* 49, 693-695, July, 2012 (in Norwegian).

Gulliksen, K.S., Espeset, E.M.S., Norbø, R.H.S, Skårderud, F., Geller, J., **Holte, A.** Preferred therapist characteristics in treatment of anorexia nervosa: The patients' perspective. *International Journal of Eating Disorders* 45, 932–941

Espeset, E.M.S., Gulliksen, K.S., Nordbø, R.H., Skårderud, F., & **Holte, A.** The link between negative emotions and eating disorder behaviour in patients with anorexia nervosa. *European Eating Disorders Review* 20, 451-460.

Skjelstad, D.V., **Holte, A.**, & Malt, U.F. Putative early manifestations of bipolar II disorder emerge later in the initial prodrome than manifestations hypothesized to be unrelated. An exploratory study. *Early Intervention in Psychiatry* 6, 460–464.

**Holte, A.** Introduction. In Adolfsen, F., Martinussen, M., Thyraug, A.M., & Vedeler, G.W. (Ed.). *The Family's House Organization and Professional Perspectives*. Regional Centre for Child and Adolescent Mental Health and Child Welfare, University of Tromsø (Book in English).

**Holte, A.** Introduction. In Berg, N.B.J. *Better before! Preventive mental health work in the school*. Gyldendal Akademisk, Oslo. (in Norwegian)

## 2011

**Holte, A.** Dissociation between subject and method. In von der Lippe A., Rønnestad M.H. The Clinical Interview. Vol II – Practice with different client groups. Gyldendal Akademisk, Oslo. (Book chapter in Norwegian).

**Holte, A.** Introduction. In Adolfsen F., Martinussen M, Thyraug A.M. Vedeler G.W. (Eds). *Familiens hus: Organisering og profesjonelle perpektiver*. Regional Centre for Child and Adolescent Mental Health and Child Welfare, University of Tromsø – 2011 (Book in Norwegian).

**Holte, A.** Nonverbal kommunikasjon: Har psykoterapeuter noe å lære? (Non-verbal communication: Is there anything to learn for psychotherapists?). In: Anna von der Lippe & Michael Helge Rønnestad (Ed.). *Det kliniske intervjuet, Vol. II, Praksis med ulike klientgrupper* (The Clinical Interview, Vol. II, Practice with Different Client Groups). Oslo: Gyldendal, 26 pp.

Skjelstad, D.V., **Holte, A.**, Malt, U.F. Genuine clinical predictors of bipolar II disorder: An exploration of temporal and contextual characteristics. *Journal of Affective Disorders* 135, 419-423

Nordbø, R.H.S., Espeset, E.M.S., Gulliksen, K.S., Skårderud, F., Geller, J., **Holte, A.** Reluctance to recover from anorexia nervosa. *European Eating Disorder Review* 20, 60-67.

Espeset, E. M., Gulliksen, K. S., Nordbo, R. H., Skarderud, F., & **Holte, A.** Fluctuations of body images in anorexia nervosa. Patients' perception of contextual triggers. *Clinical Psychology and Psychotherapy* 19, 518-530.

Skjelstad, D.V., Malt, U.F., **Holte, A.** Symptoms and behaviors prior to the first major affective episode of bipolar II disorder. An exploratory study. *Journal of Affective Disorders* 132, 333-343.

Hinshaw, S.P., Scheffler, R.M., Fulton, B.D., Aase, H., Banaschewski, T., Cheng, W., **Holte, A.** Levy, F., Mattos, P., Sadeh, A., Sergeant, J.A., Taylor, E., Weiss, M.D. International Variation in Treatment Procedures for Attention-Deficit/Hyperactivity Disorder: Social Context and Recent Trends. *Psychiatric Services (May)*, 62, 459-64.

Espeset, E.M.S., Nordbø, R.H.S., Gulliksen, K.S., Skårderud, F., Geller, J., **Holte, A.** The concept of body image disturbance in anorexia nervosa: an empirical inquiry utilizing patients' subjective experiences. *Eating Disorders: The Journal of Treatment and Prevention* 19, 175-193.

#### 2010

Skjelstad, D., Malt, U.F., **Holte, A.** Symptoms and signs of the initial prodrome of bipolar disorder: systematic review. *Journal of Affective Disorders* 126, 1–13.

Dale, K.Y. Ødegård, A., Tschudi, F., Cromwell, R.L., Saunders, B., Elden, Å. & **Holte, A.** Cognitive Complexity and Dissociative Identity Disorder. *Journal of Contrucivist Psychology* 23, 2, 158-165.

Flåm A.M., & **Holte, A.** Psykologisk universitetsklinikk i offentlig helseteneste – ny veg, ny utfordring. *Impuls – Tidsskrift for psykologi*.

#### 2009

Solvi, A. S., Foss, K., von Soest, T., Roald, H. E., Chr., S. K., & **Holte, A.** Motivational factors and psychological processes: A qualitative study where women describe how and why they decide to have cosmetic breast augmentation surgery. *Journal of Plastic, Reconstructive & Aesthetic Surgery* 63, 4, 673-680.

Møllersen, S. & **Holte, A.** Effects of client and therapist ethnicity and ethnic matching: A naturalistic study of amulatory mental health treatment in a North Norwegian multiethnic population. *Nordic Journal of Psychiatry* 63:246-255.

Dale, K.Y., Berg, R., Elden, Å., Ødegård, A., & **Holte, A.** Testing the diagnosis of dissociative identity disorder through measures of dissociation, absorption, hypnotizability and PTSD: a Norwegian pilot study. *Journal of Trauma and Dissociation* 10, 102-112.

Andal, A., Bratlien, U., Brottveit, Å., Bøckmann, K., Ekgren, J.S., **Holte, A.**, Kjellevoid, A., Nilsen, L., Nordli, M., Nordal, A. (alfabetisk rekkefølge). Pårørende – en resurs: Veileder om samarbeid med pårørende innen psykiske helsetjenester (Next-off-kin – a resource: Guidelines on collaboration with relatives in mental health care services). ISBN 978-82-8081-097-7. Oslo: Helsedirektoratet.

Rognmo, K., & **Holte, A.** Livet med anoreksi: Erfaringer fra mennesker med diagnosen (Living with anorexia: Experiences from individuals with the diagnosis). Oslo: Folkehelseinstituttet (Opplag:

10 000).

Rognmo, K. & **Holte, A.** Livet med hypokondri: Erfaringer fra mennesker med diagnosen (Living with hypochondria: Experiences from individuals with the diagnosis). Oslo: Folkehelseinstituttet (Opplag: 10 000).

Rognmo, K. & **Holte, A.** Livet med schizofreni: Erfaringer fra mennesker med diagnosen (Living with schizophrenia: Experiences from individuals with the diagnosis). Oslo: Folkehelseinstituttet (Opplag: 10 000).

Rognmo, K. & **Holte, A.** Livet med bipolar lidelse: Erfaringer fra mennesker med diagnosen (Living with bipolar disorder: Experiences from individuals with the diagnosis). Oslo: Folkehelseinstituttet (Opplag: 10 000).

Rognmo, K. & **Holte, A.** Å leve med en mann som drikker for mye: Erfaringer fra kvinner som har en partner med alkoholproblemer (Living with a husband who drinks too much: Experiences from women who has a partner with alcohol problems). Oslo: Folkehelseinstituttet (Opplag 10 000).

#### 2008

Nordbø, R.H.S., Gulliksen, K.S., Espeset, E.M.S., Skårderud, F., Geller, J., **Holte, A.** Expanding the Concept of Motivation to Change: The Content of Patients' Wish to Recover from Anorexia Nervosa. *International Journal of Eating Disorder* 41- 7, 635 - 642.

Dale, K.Y., Flaten, M.A., Elden, Å., & **Holte, A.** Dissociative identity disorder and prepulse inhibition of the acoustic startle reflex. *Neuropsychiatric Disease and Treatment* 4 , 653-662.

Møllersen, S. & **Holte, A.** The concept of ethnicity in mental health research: A systematic review of articles published 1990-2004. *Nordic Journal of Psychiatry* 62, 322 - 328.

Neilands, T., Silvera, D.H., Perry, J., Richardsen, A., **Holte, A.** A validation and short form of the Basic Character Inventory. *Scandinavian Journal of Psychology* 49, 2, 161–168

#### 2006

**Holte, A.**, Pårørende til psykisk lidende: Fra tilskuer til samarbeidspartner (Next off kin to a mentally ill: From spectator to collaborator). In L. M. Austrem (Ed.). Hør, jeg har noe å fortelle! Om psykisk helsevern (Listen, I have something to tell!). Oslo: Gyldendal Akademisk, 36 pp.

Nordbø RHS, Espeset EMS, Gulliksen KS, Skårderud F, **Holte A.** The meaning of self-starvation: A qualitative study of patients' perception of anorexia nervosa. *International Journal of Eating Disorder* 39, 556-564.

Engmark, L., Alfstadsæther, B., & **Holte, A.** *Diagnosis Schizophrenia: Parents' Experience.* Norwegian Institute of Public Health, Report 2006:6, Oslo. 108 pp.

Skarbø, T., Rosenvinge, J.H., & **Holte, A.** Alcohol problems, mental disorder, and mental health among suicide attempters, 5-9 years after treatment by child and adolescent outpatient psychiatry. *Nordic Journal of Psychiatry* 60, 351-358

Thorn, A. & **Holte, A.** *Diagnosis Bipolar Affektive Disorder: Parents' Experience.* Report 2006: 5, Norwegian Institute of Public Health, Report 2006:5, Oslo. 137 pp.



Wang, C.E., Brennen, T., **Holte, A.** Decreased approach motivation in depression. *Scandinavian Journal of Psychology* 47, 505–511.

Wang, C.E., Halvorsen, M., Steffensen, A.L., Sundet, K., **Holte, A.**, Waterloo, K. Verbal memory performance of mild to moderate depressed outpatient younger adults. *Journal of Affective Disorder*, 92, 283-286.

Wang, C.E., Brennen, T., **Holte, A.** Automatic and Effortful Processing of Self-Statements in Depression. *Cognitive Behaviour Therapy* 35, 117-124.

#### 2005

Hoffart, A., Sexton, H., Hedley, L.M., Wang, C.E., Holthe, H., Haugum, J.A., Nordahl, H.M., Hovland, O.J., **Holte, A.** The structure of maladaptive schemas: A confirmatory factor analysis and a psychometric evaluation of factor-derived scales. *Cognitive Therapy and Research* 29, 627-644

Møllersen, S., Sexton, H.C., **Holte, A.** Ethnic variations in the initial phase of mental health treatment: A study of Sami and non-Sami clients and therapists in Northern Norway. *Scandinavian Journal of Psychology* 46, 447-457.

Skarbø, T., Rosenvinge, J.H., **Holte, A.** Suicide Attempts and Life Events 5-9 Years after Referral for Emergency Psychiatric Outpatient Treatment. *Nordic Journal of Psychiatry* 59. 264-271.

Wang, C.E., Brennen, T., **Holte, A.** Mechanisms of recurrent depression: A cognitive battle model and some preliminary results. *Clinical Psychology and Psychotherapy* 12, 427-442.

Øverlie, I., Mørkrid, L., Andersson, A.-M., Skakkebak, N.E. Moen, M.H., **Holte, A.** Inhibin A and B as markers of menopause: a five-year prospective longitudinal study of hormonal changes during the menopausal transition. *Acta Obstetrica et Gynecologica Scandinavica* 84, Acta Obstetrica et Gynecologica Scandinavica 84, 3, 281–285

Wang, C.E., Brennen, T., **Holte, A.** Mechanisms of recurrent depression: A cognitive battle model and some preliminary results. *Clinical Psychology and Psychotherapy* 12, 427-442.

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