ARNE HOLTE - CURRICULUM VITAE AND BIOGRAPHICAL INFORMATION

Arne Holte is Professor Emeritus at Department of Psychology at the University of Oslo. He is former Deputy Director General at the Norwegian Institute of Public Health and Speciality Director, and Director of Mental Health at the same place; 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 (S-EAC) for Psychotherapy and the liaison member for the S-NAC Psychotherapy of Finland. 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 and the longest sitting member of the board of the Norwegian Association for Behavioural Medicine. Holte is member of the advisory board of SOS barnebyer. He has been a senior advisor under the EEA/Norway Grant to Estonia, Slovenia, the Czech Republic, Hungary and Portugal. He has also advised 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. He is now running his own consultant business, "De Anima".

Holte has published more than 200 scientific and professional 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 58 000 readers and cited more than 4300 times with a H-index of 36 (Research gate). He has experience with many research designs from large population based longitudinal, via cross-sectional and quasi-experimental and experimental, to grounded theory and phenomenological qualitative designs. Holte has been Principal Investigator on a large number of research projects and on coordinator application to EUs FP-7. He has received research grants from the Norwegian Research Council, Fulbright Foundation, America-Scandinavia Foundation, Norske Kvinners Sanitetsforening, North Norway Psychiatric Research Foundation, Extra Foundation, and EU.

Holte is well known keynote lecturer nationally and internationally on mental health epidemiology, mental health promotion and illness prevention particularly among young people, and on global mental health. He teaches regularly at the University of Oslo and Nord University (Bodø). Holte is also an experienced trainer in qualitative interviewing and clinical communication. He has visited more than 100 countries and lectured among others in USA, Russia, South-Africa, England, Scotland, Sweden, Denmark, Finland, Iceland, Israel, Czech Republic, Austria, Portugal, Argentina, Canada, Mexico, Japan, Thailand, New Zealand, Australia, South-Korea, Belgium, Estonia, Italy, Lithuania, The Netherlands, Spain, Switzerland, Germany, Hungary.

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 Sørlie), 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, Kristian Tambs and Kari Voll) – 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 for organisations such as Voksne for Barn a.o.

Holte has been instrumental formally and informally in establishing and influencing several political documents for the Norwegian government/parliament, including position paper on WHOs Comprehensive Action Plan on Mental Health and Wellbeing, Mental health in the UN Sustainable Development Goals after 2015 (SDG), the Norwegian strategy for mental health, the national escalation plan for child and adolescent mental health. Holte authored the report Mental Health as a Global Challenge for the Norwegian Directorate for Aid and Development (NORAD) under the Norwegian Ministry of Foreign Affairs, which became a core document on mental health section in the Norwegian government's strategy on development policy. Holte is now counselling the finance sector on how to take better care of customers' mental health to prevent untenable debt, loss of money, mental health and lives. The Norwegian Government's Escalation Plan for Mental Health 2023-2033 has adopted several of the recommendations and priorities suggested by Holte through the past decennium.

Holte has appeared in wide range of national and international media, including Washington Post, BBC World, Aftenposten, Dagbladet, VG, Dagens Næringsliv, Dagsavisen, NRK Dagsrevyen, NRK Dagsnytt 18, NRK1, NRKP1, P2 and P3 and TV2.

Holte was honoured by the Norwegian Minister of Health with the most prestigious psychologist award in Norway, the Great Psychologist Award in 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.

Main positions

2016 **Self-employed.** arneholte.no. Fulltime

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: 20 (Psychology: Aalborg, Odense, Linköping, Tromsø, Trondheim, Oslo, Stockholm, Jyväskylä. Medicine: Tromsø). Associate professor positions: 18 positions (4 Denmark, 3 Sweden, 11 Norway). Associate clinical professors/clinical supervisors: 12. Doctoral degrees 5 (2 in Sweden, 1 in USA). Referee on a large number of grant applications in USA, Australia, Denmark, Sweden (inc. Swedish Research Council and bank foundations) 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 18 completed doctoral degrees (Andersen, Becker, Dale, Espeset, Perry, Rønning, Skarbø, C.E. Wang, Wichstrøm, Øverlie, Møllersen, Nordbø, Skjelstad, M.W. Wang, Gulliksen, Sælid, Øksendal, Sommerfeldt) within faculties of medicine and social sciences respectively, and at the University of Massachusetts. Mentored master theses for more than 100 students. Opponent at several doctoral disputations in Norway, Sweden and USA.

Visiting professor/Visiting scholar

2026 **University of Cagliari, Italia.** (Prof. Giovanni Carta Mauro). Visiting professor. Department of Medical Sciences and Public Health.

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.

Field studies on global mental health

Malawi (2013), South-Africa, Zambia, Zimbabwe, Botswana, Namibia (2015), Vietnam (2016), Peru, Ecuador, Colombia, Brazil (2017), Sierra Leone, Liberia, Guinea, Ivory Coast, Ghana (2018), Myanmar, Laos, Cambodia (2019), Kyrgyzstan, Kazakhstan, Tajikistan, Uzbekistan, Turkmenistan (2023). Altogether, visited 110 countries.

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

More than 200 publications, more than 42 000 readings, more than 3 200 citations registered at Research Gate. A large number of published congress abstracts, editorials, professional, political, and popular texts not included.

2026

Holte, A. Vestre idylliserer – skal vi nå målene, må vi holde oss til fakta. Kronikk. Psykologisk.no. 1. juli, 2026. Opptrappingsplan for psykisk helse mangler styring

Holte. A. Opptrappingsplan for psykisk helse – Vær ærlig! Svar til Helseministeren. Debatt. Aftenposten 18.06.2026. Opptrappingsplan for psykisk helse: Vær ærlig!

Holte, A. Tre milliarder til psykisk helse: Hvor ble det av den løpende evalueringen? Kronikk. Psykologisk.no. 12.06.2026. Opptrappingsplanen for psykisk helse uten evaluering

Holte, A. Opptrappingsplan for 3 milliarder uten evaluering. Kronikk. Aftenposten 11.06.2026. Opptrappingsplan til 3 milliarder – uten evaluering?

Holte, A., Eberhard-Gran, M., Engelsen, L. Få skikk på psykisk helse i svangerskaps- og barselomsorgen. Dagens Medisin. Kronikk. 1. juni, 2026. Få skikk på psykisk helse i svangerskaps- og barselomsorgen

Holte, A. Snakk med Silje. Slik fremmer vi psykisk helse, forebygger psykiske lidelser og får en mer fornuftig samfunnsøkonomi. YouTube. Bing Videoer

Holte, A. Fødselsdepresjon. FHI må rydde opp. Dagens Medisin. Debatt. 22.01.2026. Fødselsdepresjon: FHI må rydde opp

Holte, A. (fagbidrag), Lam, N. T., Sælid, G. A. (ansvarlig). Håndtering av sterk kresenhet og selektive spisevansker/ARFID. Nettside m/kurs. Produsert for Matogsånn A.S.

2025

Reite, E. J. Zahl, P.-H., Johansen, R., **Holte, A.** Samarbeid med finansnæringen kan hindre selvmord. Tidsskrift for Den Norske Legeforening, Debatt**.** 23. mai 2025. Vol. 145. doi: 10.4045/tidsskr.25.0203 Samarbeid med finansnæringen kan hindre selvmord | Tidsskrift for Den norske legeforening.

Zahl, P.-H., Johansen, R., **Holte, A.,** Reite, E. J. Hva om helsevesenet samarbeider med baneken og kredittselskapene? Aftenposten. Debatt.17. sepetember, 2025. Debatt om selvmord: Hva om helsevesenet samarbeider med bankene og kredittselskapene?

Holte, A. I lomma på Silje. Arne Holte hos Silje Sandmel. I lomma på Silje - TV-serien på nettet - Viaplay.

Holte, A. Debt stress poses as much health risk as unemployment and relationship break do. Kronikk. Dagens Medisin. Gjeldsstress gir like stor helserisiko som arbeidsledighet og samlivsbrudd. Mye kan gjøres.

Holte, A. (2025). Mental health must be a separate subject in schools. *Psykologisk.no,* Psykisk helse må bli et eget fag i skolen

Holte, A. The health station service - our most important mental health promotion service (Chapter 1). In E.S. Olavesen et al. (Eds.). *The Health Station Service and School Health Service.* Oslo: Gyldendal

Holte, A. Psychosocial quality at work influences absenteeism. *Dagens Medisin,* 13.03.2025, Psykososial kvalitet på jobben styrer sykefraværet

2024

Holte, A., Reite, E.J., Zahl, P-H. Selvmordsforebygging uten mål og plan. Kronikk. Dagens Næringsliv. 1. juli, 2024. Selvmordsforebygging uten mål og plan | DN

Zahl, P-H., Reite, E. J., **Holte, A.** Debatt. Dagens Næringsliv. 21. juni, 2024. Må trappe opp forebyggingen av selvmord | DN.

Holte, A. Strategy for a mentally healthier population 2024. *Journal of the Norwegian Psychological Association,* 61(10), 662-677. https://doi.org/10.52734/WJKS5460

Holte, A. Promotion of mental health and prevention of mental disorders in a rich welfare state: A Norwegian perspective. Mental Health and Prevention. Volume 33, 200321, ISSN 2212-6570, https://doi.org/10.1016/j.mhp.2024.200321.

Holte, A. Strategi for et psykisk sunnere folk 2024. Tidsskrift for Norsk Psykologforening. Publisert: 30.09.2024 | Utgave: 10 | Sider: 662-677. https://doi.org/10.52734/WJKS5460.

Sommerfeldt B, Skårderud F, Kvalem IL, Gulliksen KS, **Holte A.** Trajectories of severe eating disorders through pregnancy and early motherhood. Front. in Psychiat. 14, January 5, 2024. https://www.frontiersin.org/articles/10.3389/fpsyt.2023.1323779/full.

2023

Holte, A. Reason to believe that a large proportion of those who take their own lives have serious financial problems. *Dagens Medisin,*18.08.2023,– Grunn til å tro at en stor andel av dem som tar sitt eget liv, har alvorlige betalingsproblemer

Holte, A. Gode intensjoner er bra, men 3 milliarder kroner blir bare pinlig. Kronikk. Aftenposten. 13. juni, 2023. Gode intensjoner er bra, men 3 milliarder kroner blir bare pinlig

Holte, A. Psykisk helse – vår største ressurs. Psykiske lidelser - vår største utfordring (Mental health – our greatest resource. Mental disorders - our biggest health challenge). Grunnlagsdokument for Headspace Norge. Comprehensive Report for Headspace Norway.

Sommerfeldt B, Skårderud F, Kvalem IL, Gulliksen KS, **Holte A.** IVF-induced pregnancy and early motherhood among women with a history of severe eating disorders. Front. Psychol. 2023 Apr 17;14:1126941. doi: 10.3389/fpsyg.2023.1126941.

2022

Holte, A. Mer behandling er ikke det viktigste: Den nye opptrappingsplan for psykisk helse kan ikke ha som hovedmål å bygge ut enda mer behandling. Tidsskrift for Norsk Psykologforening. 25. oktober. https://psykologtidsskriftet.no/debatt/2022/10/mer-behandling-er-ikke-det-viktigste.

Sommerfeldt B, Skårderud F, Kvalem IL, Gulliksen KS and **Holte A**. Bodies out of control: Relapse and worsening of eating disorders in pregnancy. Front. Psychol. 13:986217. doi: 10.3389/fpsyg.2022.986217.

Holte, A. Gjeld og psykisk helse. I A. Solstad mfl. (Red.). Penger til besvær. Oslo: Universitetsforlaget. (Debt and Mental Health. In A. Solstad et al. (Ed.). Money for Trouble. Oslo: Universitetsforlaget).

Holte, A. Gjeld og selvmord. I A. Solstad mfl. (Red.). Penger til besvær. Oslo: Universitetsforlaget. (Debt and Suicide. In A. Solstad et al. (Ed.). Money for Trouble. Oslo: Universitetsforlaget).

Holte, A. Forebygging av psykiske helseproblemer som følge av gjeld. I A. Solstad mfl. (Red.). Penger til besvær. Oslo: Universitetsforlaget. (Prevention of mental health problems following debt. In A. Solstad et al. (Ed.). Money for Trouble. Oslo: Universitetsforlaget).

Holte, A., Tisløv I. S. Mange selvmord handler om penger – forebygging krever at bankene er med. Kronikk. Aftenposten. 29. september, 2022. Mange selvmord handler om penger – forebygging krever at bankene er med | DN.

Øksendal, E., Brandlistuen, R.E., **Holte, A.** and Wang, M.V. Associations between poor gross and fine motor skills in pre-school and peer victimization concurrently and longitudinally with follow-up in school age – results from a population-based study. British Journal of Educational Psychology, 92: e12464. https://doi.org/10.1111/bjep.12464.

Holte, A. & Eberhard-Gran, M. Innfør nasjonal sceening for depresjon i svangerskap og spedbarnstid nå (Introduce national screening for depression in pregnancy and infancy now! Psykologisk.no. https://psykologisk.no/2022/04/innfor-nasjonal-sceening-for-depresjon-i-svangerskap-og-spedbarnstid-na/.

Holte, A. Mer behandling, men ikke mindre depresjon (More treatment, but not less depression). Dagens Medisin. https://www.dagensmedisin.no/artikler/2022/01/28/mer-behandling-men-ikke-mindre-depresjon/.

Holte, A. Mindfulness utenfor helsetjenestene virker ikke (Mindfulness outside the health care services does not work).

https://psykologisk.no/2022/01/mindfulness-utenfor-helsetjenestene-virker-ikke-ifolge-stor-forskningsgjennomgang/.

Holte, A. Are our children really getting sicker and sicker? *Aftenposten,* 24.10.2022, Blir ungene våre virkelig sykere og sykere?

Holte, A. En svinesti av svikt og brutte løfter: Gode råde for en ny opptrappingsplan for psykisk helse. Kronikk. Psykologisk.no. 24. juni, 2022. En svinesti av svikt og brutte løfter: Gode råd for en ny opptrappingsplan for psykisk helse.

2021

Hoare, E., Collins, S., Marx, W., Callaly, E., Moxham-Smith, R., Cuijpers, P., **Holte, A.,** Nierenberg, A. A., Reavleyk, N., Christensen, H., ReynoldsIII, C. F., Carvalhoano, A. E., Jacka, F., Berk, M. Universal depression prevention: An umbrella review of meta-analyses. Journal of Psychiatric Research, 44, 483-493. https://doi.org/10.1016/j.jpsychires.2021.10.006

Øksendal, E., Brandlistuen, R.E., Wolke, D., Helland, S.S., **Holte, A.,** Wang, M.V. Associations between language difficulties, peer-victimization and bully-perpetration from three through eight years of age– results from a population-based study. *Journal of speech, language and hearing research. 1-17.* https://doi.org/10.1044/2021_JSLHR-20-00406

Holte, A., Poppe, Christian. Husholdningsgjeld. Oppsigelser. Inntektstap: Koronaens økonomiske krise vil knekke mange psykisk. Kronikk. Aftenposten. 19.11.2020. Husholdningsgjeld. Oppsigelser. Inntektstap. Koronaens økonomiske krise vil knekke mange psykisk.

Clench-Aas, J., Bergande, I., Nes, R.B., **Holte, A.** Trust buffers against reduced life satisfaction when faced with financial crisis. *Frontiers in Psychology: Section for Cultural Psychology.* https:/doi=10.3389/fpsyg.2021.632585

Clench-Aas J, **Holte A.** Political trust influences the relationship between income and life satisfaction in Europe: Differential associations with trust at national, community, and individual level. *Frontiers in Public Health.* 2021;9:149. Mar 15. https://doi.org/10.3389/fpubh.2021.629118

Øksendal, E., Brandlistuen, R.E., **Holte, A.,** Wang, M.V. Associations between poor gross- and fine motor skills in preschool and peer victimization concurrently and longitudinally with follow up in school age– results from a population-based study. Paper resubmitted to *British Journal of Educational Psychology.*

2020

Holte, A. & Clench-Aas, J. Mistillitslommene i samfunnet er dødelige. Derfor er tillitsfondet enda viktigere enn oljefondet. Psykologisk.no. (The mistrust pockets in the society are deadly. Therefore, the Norwegian trust fund is more important than the Norwegian oil fund). Available only digitally. https://psykologisk.no/2020/03/mistillitslommene-i-samfunnet-er-dodelige-derfor-er-tillitsfondet-enda-viktigere-enn-oljefondet/

See also list of a series of 20 short literature reviews on prevention of depression, listed in 2019.

A series of 20 short literature reviews on prevention of depression at different arenas or by different methods on www.psykologisk.no (link also at www.arneholte.no), «Kan vi forebygge depresjon?» (Can we prevent depression?). A new article is published every fortnight. By Mars 25, 2020, 14 papers have been published:

2019-2020

- Artikkel 1 – **Holte, A.** Kan vi forebygge depresjon? (Can we prevent depression?). https://psykologisk.no/2019/04/kan-vi-forebygge-depresjon/
- Artikkel 2 – **Holte, A.** Forebygging av depressive plager hos barn og unge på tvers av arenaer (Prevention of depressive symptoms among children and adolescents across arenas). https://psykologisk.no/2019/04/forebygging-av-depressive-plager-hos-barn-og-unge-pa-tvers-av-arenaer/
- Artikkel 3 – **Holte, A.** Forebygging av depressive lidelser hos barn og unge på tvers av arenaer (Prevention of depressive disorders among children and adolescents across arenas). https://psykologisk.no/2019/04/forebygging-av-depressive-lidelser-hos-barn-og-unge-pa-tvers-av-arenaer/
- Artikkel 4 – **Holte, A.** Forebygging av depresjon i svangerskap og barseltid (Prevention of depression in pregnancy and puerperium). https://psykologisk.no/2019/05/forebygging-av-depresjon-i-svangerskap-og-barselstid/
- Artikkel 5 – **Holte, A.** Forebygging av depresjon i svangerskap og barseltid – noen psykologiske tiltak (Prevention of depression in pregnancy and puermperperium – psychological interventions). https://psykologisk.no/2019/05/forebygging-av-depresjon-i-svangerskap-og-barselstid-noen-psykologiske-tiltak/
- Artikkel 6 – **Holte, A.** Behandling av mors depresjon i svangerskap og barseltid påvirker barnets psykiske helse (Treatment of mother's depression in pregnancy and puerperium impacts the child's mentel health). https://psykologisk.no/2019/06/behandling-av-mors-depresjon-i-svangerskap-og-barselstid-pavirker-barnets-psykiske-helse/
- Artikkel 7 – **Holte, A.** Familien som depresjonsforebyggende arena: (The family as an arena for depression prevention). https://psykologisk.no/2019/06/familien-som-depresjonsforebyggende-arena/
- Artikkel 8 – **Holte, A.** Vi kan forebygge depresjon ved å forebygge mishandling. (We can prevent depression by preventing child abuse). https://psykologisk.no/2019/07/vi-kan-forebygge-depresjon-ved-a-forebygge-barnemishandling/
- Artikkel 9 – **Holte, A.** Barnehagen som depresjonsforebyggende arena. (Child care centres as a depression preventing arena). https://psykologisk.no/2019/07/barnehagen-som-depresjonsforebyggende-arena/
- Artikkel 10 – **Holte, A.** Skolen som depresjonsforebyggende arena. (The school as a depression preventing arena). https://psykologisk.no/2019/08/skolen-som-depresjonsforebyggende-arena/
- Artikkel 11 – **Holte, A.** Hvordan skaper vi en arbeidsplass som forebygger depresjon? (How to create a work place that prevents depression). https://psykologisk.no/2019/09/arbeidsplassen-som-depresjonsforebyggende-arena/
- Artikkel 12 – **Holte, A.** Vinterdepresjon: Kan det forebygges? (Winter depression – Can it be prevented?). https://psykologisk.no/2020/01/vinterdepresjon-kan-det-forebygges/
- Artikkel 13 - **Holte, A.** Symptomreduserende depresjonsforebygging på Internett: Hva virker? (Symptom reducing prevention of depression at the Internet: What works?). https://psykologisk.no/2020/03/symptomreduserende-depresjonsforebygging-pa-internett-hva-virker/
- Artikkel 14 - **Holte, A.** Diagnosereduserende depresjonsforebygging på internett: Hva vet vi? (Diagnosis reducing prevention of depression at the Internet: What do we know?). https://psykologisk.no/2020/03/diagnosereduserende-depresjonsforebygging-pa-internett-hva-vet-vi/
- Artikkel 15 - **Holte, A.** Gjeld øker risikoen for psykiske helseplager – en usystematisk oversikt. (Debt increases the risk of mental health problems – an unsystematic literature review).

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