



**Department of Clinical Neuroscience**  
Division of Insurance Medicine

## **Curriculum Vitae – Björg Helgadóttir**

### **Education**

**2013 - 2016 PhD in Medical Sciences**

Department of Public Health Sciences, Karolinska Institutet, Stockholm

**2010 - 2012 MSc in Medical Sciences**

Department of Public Health Sciences, Karolinska Institutet, Stockholm

**2005 - 2008 BA in Sociology**

University of Iceland, Reykjavík

### **Current position**

**2018 – Present Project Researcher**

Gymnastik- och idrottshögskolan (The Swedish School of Sport and Health Sciences)

### **Previous positions**

**2017 – 2019 Postdoctoral Research Scientist (still associated)**

Division of Insurance Medicine, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm

**2013 – 2014 Research assistant**

Department of Public Health Sciences, Karolinska Institutet, Stockholm

**2012 – 2013 Research assistant**

Department of Public Health Sciences, Karolinska Institutet, Stockholm

**Summer 2011 Research assistant**

University of Iceland/Directorate of Health, Reykjavík

**2008 – 2010 Project manager**

University of Iceland, Reykjavík

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**Postal address**

Karolinska Institutet  
Division of Insurance Medicine  
SE-171 77 STOCKHOLM  
Sweden

**Visiting address**

Berzelius väg 3, 6th floor  
SE-171 65 SOLNA

**Telephone**

+46 8 524 832 ...  
Email:

**Web**

ki.se/im

## Publications

Wang M, Ropponen A, Narusyte J, Helgadóttir B, Bergström G, Blom V, Svedberg P. *Adverse outcomes of chronic widespread pain and common mental disorders in individuals with sickness absence - a prospective study of Swedish twins*. BMC Public Health. 2020 Aug 27;20(1):1301.

**Helgadottir B**, Mather L, Narusyte J, Ropponen A, Blom V, Svedberg P. *Transitioning from sickness absence to disability pension – the impact of poor health behaviors: a prospective Swedish twin cohort study*. BMJ Open. 2019 Nov 10;9(11).

Mather L, Narusyte J, Ropponen A, Bergström G, Blom V, **Helgadottir B**, Svedberg P. *Sick leave due to mental disorders, morbidity and mortality: a prospective study of discordant twin pairs*. Social Psychiatry and Psychiatric Epidemiology. 2019 May. (epub ahead of print).

**Helgadottir B**, Narusyte J, Ropponen A, Bergström G, Mather L, Blom V, Svedberg P. *The role of occupational class on the association between sickness absence and disability pension: A Swedish register-based twin study*. Scandinavian Journal of Work environment and Health. 2019 45(6): 622-630.

**Helgadottir B**, Svedberg P, Mather L, Lindfors P, Bergström G, Blom V. *The association between part-time and temporary employment and sickness absence: a prospective Swedish twin study*. European Journal of Public Health. 2019 February 29(1):147-153.

Rahman MS, **Helgadottir B**, Hallgren M, Forsell Y, Stubbs B, Vancomport D, Ekblom Ö. *Cardiorespiratory fitness and response to exercise treatment in depression*. BJPsych Open. 2018 August 14;4(5):346-351.

**Helgadottir B**, Hallgren M, Kullberg CLE, Forsell Y. *Sticking with it? Factors associated with exercise adherence in people with mild to moderate depression*. Psychology of Sport and Exercise. December 105:37-46. 10.

**Helgadottir B**, Owen N, Dunstan DW, Ekblom Ö, Hallgren M, Forsell Y. *Changes in physical activity and sedentary behavior associated with an exercise intervention in depressed adults*. Psychology of Sport and Exercise. 2017 May 30:10-18.

Hallgren M, **Helgadottir B**, Herring MP, Zeebari Z, Lindfors N, Kalso V, Öjehagen A, Forsell Y. *Exercise and Internet-Based Cognitive-Behavioural therapy for depression: Multicentre Randomised Controlled Trial with 12-Month Follow-Up*. British Journal of Psychiatry. 2016 November 209(5):414-420.

**Helgadottir B**, Hallgren M, Ekblom Ö, Forsell Y. *Training Fast or Slow? Exercise for Depression: A Randomized Controlled Trial*. Preventive Medicine. 2016 October 91:123-131.

Hallgren M, Herring MP, Owen N, Dunstan D, Ekblom Ö, **Helgadottir B**, Nakitanda OA, Forsell Y. *Exercise, Physical Activity, and Sedentary Behavior in the Treatment of Depression: Broadening the Scientific Perspectives and Clinical Opportunities*. Frontiers in Psychiatry. 2016. March 11;7:36. (Letter)

Hallgren M, Nakitanda OA, Ekblom Ö, Herring MP, Owen N, Dunstan D, **Helgadottir B**, Forsell Y. *Habitual Physical Activity Levels Predict Treatment Outcomes in Depressed Adults: A Prospective Cohort Study*. Preventive Medicine. 2016. July 88:53-8.

**Helgadottir B**, Möller J, Laflamme L. *Patterns in Health-Related Behaviours and Fall Injuries Among Older People: A Population-Based Study in Stockholm County, Sweden*. *Age and Ageing*. 2015. July 44(4):604-10.

**Helgadottir B**, Forsell Y, Ekblom Ö. *Physical Activity Patterns of People Affected by Depressive and Anxiety Disorders as Measured by Accelerometers: A Cross-Sectional Study*. *PLoS One*. 2015. January 13;10(1)

**Helgadottir B**, Ekblom Ö, Forsell Y. *Impact of Expectations on the Effects of Exercise on Psychological Distress*. *American Journal of Health Behavior*. 2014. September 38(5):650-6

**Helgadottir B**, Laflamme L, Monárrez-Espino J, Möller J. *Medication and Fall Injury in the Elderly Population: Do Individual Demographics, Health Status and Lifestyle Matter?* *BMC Geriatrics*. 2014. August 23;14:92.

**Helgadottir B**, Vilhjalmsón R, Gunnarsdóttir TJ. *Utilization of Complimentary and Alternative Health Services in Iceland*. *Laeknabladid*. 2010 April 96(4):267-73.