



Department of Clinical Neuroscience
Division of Insurance Medicine

Curriculum Vitae – Emma Björkenstam

Education

2013 PhD in Medical Science, Department of Public Health Science, Karolinska Institutet (KI), Stockholm, Sweden

Title: Adverse life events, psychiatric morbidity, and mortality: Epidemiological studies of socioeconomic inequalities from a life course perspective.

2007 BSc in Statistics, Stockholm University, Stockholm, Sweden

2005 BSc in Engineering, Royal Institute of Technology, Stockholm, Sweden

Current position

Researcher Sept. 2018 – , KI, Department of Clinical Neuroscience, Division of Insurance Medicine, Stockholm, Sweden
Epidemiologist July 2020 – , Public Health Agency, Sweden.

Earlier positions

Senior Epidemiologist Jul. 2017 – Jul. 2018, Simulstat Inc. Los Angeles, United States

Postdoc Mar. 2014 – June 2017, Fielding School of Public Health, University of California Los Angeles (UCLA), Los Angeles, United States

Research coordinator Apr. 2013 – Feb. 2014, KI, Department of Clinical Neuroscience, Division of Insurance Medicine, Stockholm, Sweden

Visiting scholar Oct. 2012 – Jan. 2013, University of Southern California, Los Angeles, United States

Data analyst Nov. 2006 – Mar. 2013, National Board of Health and Welfare, Stockholm, Sweden

External research grants since 2013

- 1 AFA Insurance. 2019. *Common mental disorders and sickness absence in young employees.* (Main applicant, PI), 4,200,000 SEK
- 2 Public Health Agency Sweden. 2017. *Does the impact of early life adversity on psychiatric morbidity persist across the life course?* (Main applicant, PI), 425,000 SEK
- 3 Stockholm County Council. 2017. *Attention-deficit/hyperactivity disorder and risk for non-affective psychotic disorder in young adulthood* (Co-applicant), 300,000 SEK
- 4 Swedish Research Council for Health, Working Life and Welfare (FORTE). 2014. *Accumulation of risk factors during childhood and the risk of later negative health and social outcomes* (Main applicant, PI), 3,065,000 SEK



Publications

- 1 Clark KA, Björkenstam C, Kosidou K, **Björkenstam E**. “Psychological distress, suicidal ideation, and suicide attempt among lesbian, gay and bisexual (LGB) immigrants: Population-based findings from the Stockholm Public Health Cohort”. *Archives of Sexual Behavior*. May 2021
- 2 Amin R, Mittendorfer-Rutz E, Mehlum L, Runeson B, Helgesson M, Tinghög P, **Björkenstam E**, Holmes E, Qin P. “Does country of resettlement influence the risk of suicide in refugees? A case-control study in Sweden and Norway”. *Epidemiology and Psychiatric Sciences*. September 2021.
- 3 **Björkenstam E**, Helgesson M, Gustafsson K, Virtanen M, Magnusson Hanson L, Mittendorfer-Rutz E. “Sickness absence due to common mental disorders in young employees in Sweden: are there differences in occupational class and employment sector?”. *Social Psychiatry and Psychiatric Epidemiology*. July 2021
- 4 Rahman S, Filatova S, Chen L, **Björkenstam E**, Taipale H, Mittendorfer-Rutz E. “Trajectories of antidepressant use and characteristics associated with trajectory groups among young refugees and their Swedish-born peers with diagnosed common mental disorders – findings from the REMAIN study”. *Social Psychiatry and Psychiatric Epidemiology*. July 2021
- 5 Helgesson M, **Björkenstam E**, Rahman S, Gustafsson K, Taipale H, Tanskanen A, Ekselius L, Mittendorfer-Rutz E. “Labour market marginalisation in young adults diagnosed with attention-deficit hyperactivity disorder (ADHD): A population-based longitudinal cohort study in Sweden”. *Psychological Medicine*. June 2021
- 6 **Björkenstam E**, Helgesson M, Gustafsson K, Virtanen M, Magnusson Hanson L, Mittendorfer-Rutz E. “Occupational class and employment sector differences in common mental disorders: a longitudinal cohort study of young employees in Sweden”. *European Journal of Public Health*. May 2021
- 7 Chen L, Mittendorfer-Rutz L, **Björkenstam E**, Rahman S, Gustafsson K, Taipale H, Tanskanen A, Ekselius L, Helgesson M. “Risk factors for disability pension among young adults diagnosed with attention-deficit hyperactivity disorder (ADHD) in adulthood”. *Journal of Attention Disorders*. May 2021
- 8 Amin R, Rahman S, Helgesson M, **Björkenstam E**, Runeson B, Tinghög P, Mehlum L, Qin P, Mittendorfer-Rutz E. “Trajectories of antidepressant use before and after a suicide attempt among refugees and Swedish-born individuals”. *International Journal for Equity in Health*. May 2021
- 9 Ljung R, Köster M, **Björkenstam E**, Salmi P. “Associations between statin use and suicidality, depression, anxiety, and seizures” *Lancet Psychiatry*. 2021. PubMed PMID: 33485422
- 10 Mittendorfer-Rutz E, Amin R, Niederkrotenthaler T, **Björkenstam E**, Helgesson M, Qin P, Runeson B, Tinghög P, Mehlum L. “Mental ill-health and suicidal behavior in asylum seekers and refugees during the COVID-19 pandemic”. *Suicidologi*. 2020
- 11 **Björkenstam E**, Helgesson M, Norredam M, Sijbrandij M, Jamil de Montgomery C, Mittendorfer-Rutz E. “Differences in psychiatric care utilization between refugees, non-refugee migrants and Swedish-born youth”. *Psychological Medicine*. 2020. PubMed PMID: 32914741
- 12 Kouppis E, Björkenstam C, Gerdin B, Ekselius L, **Björkenstam E**. “Childbearing and Mortality among Women with Personality Disorders: A Nationwide Registered-based Cohort Study”. *British Journal of Psychiatry Open*. 2020. PubMed PMID: 32838831
- 13 Amin R, Rahman S, Dorner T, **Björkenstam E**, Helgesson M, Norredam M, Sijbrandij M, Sever CA, Mittendorfer-Rutz E. “Country of birth, time period of resettlement and subsequent treated



- common mental disorders in young refugees in Sweden”. *European Journal of Public Health*, July 2020. PubMed PMID: 32840306
- 14 Amin R, Rahman S, Tinghög P, Helgesson M, Runeson B, **Björkenstam E**, Qin P, Mehlum L, Holmes E, Mittendorfer-Rutz E. “Healthcare use before and after suicide attempt in refugees and Swedish-born individuals”. *Social Psychiatry and Psychiatric Epidemiology*, June 2020. PubMed PMID: 32556379
 - 15 **Björkenstam E**, Helgesson M, Mittendorfer-Rutz E. “Childhood Adversity and Common Mental Disorders in young employees in Sweden: is the association affected by early adulthood occupational class?”. *Social Psychiatry and Psychiatric Epidemiology*, May 2020. PubMed PMID: 32405790
 - 16 **Björkenstam E**, Helgesson M, Norredam M, Sijbrandij M, Jamil de Montgomery C, Mittendorfer-Rutz E. “Common mental disorders among young refugees in Sweden: the role of education and duration of residency”. *Journal of Affective Disorders*, February 2020. PubMed PMID: 32056927
 - 17 **Björkenstam E**, Pierce M, Björkenstam C, Dalman C, Kosidou K. “Attention Deficit/Hyperactivity Disorder and risk for Non-Affective Psychotic Disorder: the role of ADHD medication and comorbidity, and sibling comparison”. *Schizophrenia Research*, January 2020. PubMed PMID: 32001080
 - 18 Cheng S, Kosidou K, Burström B, Björkenstam C, Pebley A, **Björkenstam E**. “Precarious childhoods: The Intergenerational Effects of Family Income Volatility”. *Social Forces*, January 2020
 - 19 Niederkrotenthaler T, Mittendorfer-Rutz E, Mehlum L, Qin P, **Björkenstam E**. “Previous suicide attempt and subsequent risk of re-attempt and suicide: are there differences in immigrant subgroups compared to Swedish-born individuals?”. *Journal of Affective Disorders*, January 2020. PubMed PMID: 32090750
 - 20 **Björkenstam E**, Helgesson M, Amin R, Lange T, Mittendorfer-Rutz E. “Mental disorders and suicidal behavior in refugees and Swedish-born individuals: Is the association affected by work disability?”. *Social Psychiatry and Psychiatric Epidemiology*, January 2020. PubMed PMID: 31897579
 - 21 **Björkenstam E**, Helgesson M, Amin R, Mittendorfer-Rutz M. “Mental disorders, suicide attempt and suicide: differences in the association in refugees compared to Swedish-born individuals.”. *British Journal of Psychiatry*, October 2019. PubMed PMID: 31608856
 - 22 **Björkenstam E**, Burström B, Hjern A, Vinnerljung B, Kosidou K, Berg L. “Cumulative childhood adversity, adolescent psychiatric disorder and violent offending in young adulthood”. *European Journal of Public Health*, June 2019.
 - 23 **Björkenstam E**, Hjern A, Björkenstam C, Kosidou K. “Cumulative childhood adversity, adolescent violent offending, and suicide in early adulthood: a longitudinal population-based cohort study of 476,103 individuals in Sweden”. *JAMA Psychiatry*, December 2017. PubMed PMID: 29238825
 - 24 Calzo J, Mayes V, Björkenstam C, **Björkenstam E**, Kosidou K, Cochran S. “Parental sexual orientation and children’s psychological well-being: 2013-2015 National Health Interview Survey (NHIS)”. *Child Development*, September 2017. PubMed PMID: 29114845
 - 25 **Björkenstam E**, Vinnerljung B, Hjern A. “Impact of childhood adversities on depression in early adulthood: a longitudinal cohort study of 478,141 individuals in Sweden”. *Journal of Affective Disorders*, July 2017. PubMed PMID: 28735168
 - 26 **Björkenstam E**, Björkenstam C, Jablonska B, Kosidou K. “Cumulative exposure to childhood adversity, and treated attention deficit/hyperactivity disorder: a cohort study of 543,650 adolescents and young adults in Sweden”. *Psychological Medicine*, July 2017. PubMed PMID: 28738913



- 27 **Björkenstam E**, Ekselius L, Burström B, Kosidou K, Björkenstam C. “Childhood household dysfunction and personality disorders in young adults: a cohort study of 107,287 individuals in Stockholm County”. *European Journal of Epidemiology*. May 2017. PubMed PMID: 28560537
- 28 Björkenstam C, Kosidou K, **Björkenstam E**. “Childhood household dysfunction and risk for suicide: A cohort study of 548,721 adolescents and young adults in Sweden”. *BMJ*, April 2017. PubMed PMID: 28424157
- 29 **Björkenstam E**, Cheng S, Burström B, Pebley AR, Björkenstam C, Kosidou K. “Association between income trajectories in childhood and early adulthood psychiatric disorder – a Swedish population-based study”. *Journal of Epidemiology and Community Health*, March 2017. PubMed PMID: 28270501
- 30 **Björkenstam E**, Burström B, Pebley AR, Kosidou K. “Childhood social adversity and risk of depressive symptoms in adolescence in a US national sample”. *Journal of Affective Disorders*, January 2017. PubMed PMID: 28142084
- 31 Björkenstam C, **Björkenstam E**, Andersson G, Cochran S, Kosidou K. “Anxiety and depression among sexual minority women and men in Sweden”. *Journal of Sexual Medicine*, January 2017. PubMed PMID: 28202321
- 32 **Björkenstam E**, Hjern A, Vinnerljung B. “Adverse childhood experiences and disability pension in early midlife: results from a Swedish National Cohort Study”. *European Journal of Public Health*, November 2016. PubMed PMID: 28040736
- 33 Björkenstam C, Ekselius L, Berlin M, Gerdin B, **Björkenstam E**. “Suicide Risk and Suicide Method in Patients with Personality Disorders”. *Journal of Psychiatric Research*, August 2016. PubMed PMID: 27552531
- 34 **Björkenstam E**, Burström B, Vinnerljung B, Kosidou K. “Childhood adversity and psychiatric disorder in young adulthood: An analysis of 107,704 Swedes”. *Journal of Psychiatric Research*, February 2016. PubMed PMID: 26994339
- 35 Gauffin K, Vinnerljung B, Hjern A, **Björkenstam E**. “Childhood household dysfunction, social inequality and alcohol related disorders in young adulthood. A Swedish national cohort study”. *PloS One*. February 2016. PubMed PMID: 26991657
- 36 Björkenstam C, Kosidou K, **Björkenstam E**, Dalman C, Andersson G, Cochran S. “Self-reported suicide ideation and attempts, and medical care for intentional self-harm in lesbians, gays, and bisexuals in Sweden”. *Journal of Epidemiology and Community Health*. February 2016. PubMed PMID: 26945095
- 37 **Björkenstam E**, Kosidou K, Björkenstam C. “Childhood household dysfunction and risk of intentional self-harm: a cohort study of 107,518 young adults in Stockholm County”. *International Journal of Epidemiology*, January 2016. PubMed PMID: 27032414
- 38 **Björkenstam E**, Dalman C, Vinnerljung B, Ringbäck-Weitof G, Walder DJ, Burström B. “Childhood household dysfunction, school performance and psychiatric care utilization in young adults: a register study of 96,399 individuals in Stockholm County”. *Journal of Epidemiology and Community Health*. November 2015. PubMed PMID: 26646690
- 39 **Björkenstam E**, Burström B, Brännström L, Vinnerljung B, Björkenstam C, Pebley AR. “Cumulative exposure to childhood stressors and subsequent psychological distress. An analysis of US Panel Data”. *Social Science & Medicine*. October 2015. PubMed PMID: 26301483
- 40 Narusyte J, **Björkenstam E**, Alexanderson K, Ropponen A, Kjeldgård L, Svedberg P. “Occurrence of sickness absence and disability pension in relation to childbirth: a 16-year follow-up study of 6,323 Swedish twins”. *Scandinavian Journal of Public Health*. September 2015. PubMed PMID: 26459495
- 41 Björkenstam C, **Björkenstam E**, Gerdin B, Ekselius L. “There is an excess cause-specific mortality in out-patient treated patients with personality disorder”. *British Journal of Psychiatry Open*. July 2015.



- 42 **Björkenstam E**, Björkenstam C, Holm H, Gerdin B, Ekselius L. “Excess cause-specific mortality in personality disorder: a 25-year nationwide population-based study in Sweden”. *British Journal of Psychiatry*. July 2015. PubMed PMID: 26159601
- 43 **Björkenstam E**, Alexanderson K, Narusyte J, Kjeldgård L, Ropponen A, Svedberg P. “Childbirth, hospitalization, and sickness absence: a study of female twins”. *BMJ Open*. January 2015. PubMed PMID: 25573523
- 44 Björkenstam C, Alexanderson K, **Björkenstam E**, Lindholm C, Mittendorfer-Rutz E. “Diagnosis-specific disability pension and risk of all-cause and cause-specific mortality – a cohort study of 4.9 million inhabitants in Sweden”. *BMC Public Health*. December 2014. PubMed PMID: 25476556
- 45 **Björkenstam E**, Ringbäck-Weitof G, Lindholm C, Björkenstam C, Alexanderson K, Mittendorfer-Rutz E. “Associations between number of sick-leave days and future all-cause and cause-specific mortality. A population-based cohort study”. *BMC Public Health*. July 2014. PubMed PMID: 25037232
- 46 **Björkenstam E**, Narusyte J, Alexanderson K, Ropponen A, Kjeldgård L, Svedberg P. “Associations between childbirth, hospitalization and disability pension: a cohort study of female twins”. *PLoS One*. July 2014. PubMed PMID: 24999632
- 47 Björkenstam C, **Björkenstam E**, Hjern A, Bodén R, Reutfors J. “Suicide in first episode psychosis: a nationwide cohort study”. *Schizophrenia Research*. May 2014. PubMed PMID: 24893904
- 48 **Björkenstam E**, Björkenstam C, Reutfors J, Hjern A, Bodén R. “A five year diagnostic follow-up of 1 840 patients after a first episode non-schizophrenia and non-affective psychosis”. *Schizophrenia Research*. October 2013. PubMed PMID: 23899998
- 49 **Björkenstam E**, Hjern A, Mittendorfer-Rutz E, Vinnerljung B, Hallqvist J, Ljung R. “Multi-exposure and clustering of adverse childhood experiences, socioeconomic differences and psychotropic medication in young adults”. *PLoS One*. January 2013. PubMed PMID: 23341951
- 50 Björkenstam C, **Björkenstam E**, Ljung R, Vinnerljung B, Tuvblad C. “Suicidal behavior among delinquent former child welfare clients”. *European Child and Adolescent Psychiatry*. January 2013. PubMed PMID: 23296473
- 52 **Björkenstam E**, Hallqvist J, Dalman C, Ljung R. “Risk of new psychiatric episodes in the year following divorce in midlife: Cause or selection? A nationwide register-based study of 703 960 individuals”. *International Journal of Social Psychiatry*. October 2012. PubMed PMID: 23071000
- 53 **Björkenstam E**, Ljung R, Burström B, Mittendorfer-Rutz E, Hallqvist J, Ringbäck Weitof G. “Quality of medical care and excess mortality in psychiatric patients – a nationwide register-based study in Sweden”. *BMJ Open*. February 2012. PubMed PMID: 22368297
- 54 **Björkenstam E**, Björkenstam C, Vinnerljung B, Hallqvist J, Ljung R. “Juvenile delinquency, social background and suicide – a Swedish national cohort study of 992 881 young adults”. *International Journal of Epidemiology*. December 2011. PubMed PMID: 22158668
- 55 Möller J, **Björkenstam E**, Ljung R, Åberg Yngwe M. “Widowhood and the risk of psychiatric care, psychotropic medication and all-cause mortality: A cohort study of 658,022 elderly people in Sweden”. *Aging & Mental Health*. March 2011. PubMed PMID: 21140303
- 56 Ljung R, Björkenstam C, **Björkenstam E**. “Ethnic differences in antidepressant treatment preceding suicide in Sweden”. *Psychiatric Services*. January 2008. PubMed PMID: 18182555

Selected conference presentations since 2013



- 1 **Björkenstam E**, Helgesson M, Amin R, Lange T, Mittendorfer-Rutz E. “Mental disorders and suicidal behavior in refugees and Swedish-born individuals: Is the association affected by work disability?”. Presented at the International Summit on Suicide Research, Miami. October 2019.
- 2 Chamberlain A, Reading SR, Dlugniewski P, Killian J, Weston S, **Björkenstam E**, Cohen S. “Identification and Characterization of the High Cardiovascular Risk Patient With Multiple Events”. Presented at the American College of Cardiology’s 68th Annual Scientific Session & Expo, New Orleans. March 2019
- 3 **Björkenstam E**, Burström B, Vinnerljung B, Kosidou K. “Childhood household dysfunction and adult psychiatric disorder: An analysis of 107,704 Swedes”. Presented at the 2016 Epidemiology Congress of Americas, Miami. June 2016.
- 4 **Björkenstam E**, Björkenstam C, Kosidou K. “Exposure to Childhood Household Dysfunction, and Risk of Violent and Non-Violent Self-Harm in Young adults” Presented at the International Summit on Suicide Research, New York. October 2015.
- 5 **Björkenstam E**, Dalman C, Vinnerljung B, Ringbäck-Weitof G, Walder DJ, Burström B. “Accumulation of adverse childhood experiences, school performance and psychiatric morbidity in young adults”. Presented at the Population Association of America’s annual conference, San Diego. May 2015.
- 6 Björkenstam C, **Björkenstam E**, Gerdin B, Ekselius L. “Is Choice of Suicide Method in Patients with Personality Disorders Associated with Other Comorbidity?”. Presented at the American Psychiatric Association’s annual conference, New York. May 2014.
- 7 **Björkenstam E**, Hjern A, Mittendorfer-Rutz E, Vinnerljung B, Hallqvist J, Ljung R. “Multi-Exposure and Clustering of Adverse Childhood Experiences: Socio-Economic Differences and Psychotropic Medication in Young Adults”. Presented at the American Psychiatric Association’s annual conference, San Francisco. May 2013.
- 8 Holm H, Björkenstam C, **Björkenstam E**, Ekselius L. “Increased mortality in young women with personality disorder”. Presented at the 21st European Congress of Psychiatry, Nice, France. April 2013.