

Gerhard Andersson

Professor Gerhard Andersson, Ph.D. is full professor of Clinical Psychology at Linköping University (appointed 2003), in the Department of Behavioural Sciences and Learning. He also has a position as affiliated researcher at Karolinska Institutet in the Department of Clinical Neuroscience, Psychiatry (from 2007 as guest professor and from 2013 as affiliated professor). He is linked to the Centre for Psychiatry Research (Competence Centre for Psychotherapy Research).

His clinical work is mainly devoted to audiology, and he has a part-time position as clinical psychologist at the Department of Audiology, Linköping University Hospital, as a member of the Tinnitus team.

Professor Andersson received his education at Uppsala University, Department of Psychology, and graduated in 1991 (M.Sc. Clinical Psychology). His first Ph.D. was in Clinical Psychology (1995), and his second Ph.D. was in Medicine (2000). In 2010 he completed a B.A. in Theology.

During his whole career he has worked part-time with patients, mainly in audiology but also for a period in psychiatry. He did his post-doc at the Department of Psychology, University College, London (1996-1997), working with patients with dizziness and imbalance.

He is trained as a CBT therapist and has a license and graduate diploma as a psychotherapist (2005). He has also completed teaching and supervision training in cognitive and behavioural psychotherapy (2016).

Professor Andersson has published over 500 research papers, 41 chapters and 19 books.

His present **h-index** is 66 (Scopus; Web of science 55).

Current research interests

- The application of the internet and modern information technology in psychological research, in particular guided psychological treatment via the internet.
- Tinnitus and hearing disorders. Interest spans over biological mechanisms, epidemiology, treatment, experience, and psychological aspects.
- Cognitive-behavioural treatment and psychotherapy research, including major depression, panic disorder, social anxiety disorder, posttraumatic stress, GAD, OCD, and health psychology topics such as chronic pain.
- Health psychology, including psychological aspects of hearing loss, dizziness and balance disturbances, hyperacusis, burn injury, pain, headache, heart problems, insomnia, cancer, IBS and occupational stress.
- Cognitive aspects of health problems. This involves applying methods from cognitive psychology in the study of health problems.
- Psychology of religion and atheism.

Other professional activities

- Editor-in-chief for the journal Internet Interventions published by Elsevier.
- Associate editor for Cognitive Behaviour Therapy, and academic editor for PeerJ .
- Founding member of the International Society for Research on Internet Interventions (ISRII).

Selection of Publications

In press

Păsărelu, C., Andersson, G., Bergman Nordgren, L., & Dobrea, A. (In press). Internet-delivered transdiagnostic and tailored cognitive behavioral therapy for anxiety and depression: a systematic review and meta-analysis. *Cognitive Behaviour Therapy*.

Pankowski, S., Adler, M., Andersson, G., Lindefors, N., & Svanborg, C. (In press). Group Acceptance and Commitment therapy (ACT) for bipolar disorder and co-existing anxiety - an open pilot study. *Cognitive Behaviour Therapy*.

Rozental, A., Forsell, E., Svensson, A., Andersson, G., & Carlbring, P. (In press). Overcoming procrastination: One-year follow-up and predictors of change in a randomized controlled trial of Internet-based cognitive behavior therapy. *Cognitive Behaviour Therapy*

Rozental, A., Magnusson, K., Boettcher, J., Andersson, G., & Carlbring, P. (In press). For better or worse: An individual patient data meta-analysis of deterioration among participants receiving Internet-based cognitive behavior therapy. *Journal of Consulting and Clinical Psychology*

2017:

Månsson, K.N.T., Salami, A., Carlbring, P., Boraxbekk, C-J., Andersson, G., & Furmark, T. (2017). Structural but not functional neuroplasticity one year after effective cognitive behaviour therapy for social anxiety disorders. *Behavioural Brain Research*, 318, 45-51.

2016:

Andersson, G. (2016). Internet-delivered psychological treatments. *Annual Review of Clinical Psychology*, 12, 157-179.

Andersson, G. (2016). Atheism and how it is perceived: manipulation of, bias against and ways to reduce the bias. *Nordic Psychology*, 68, 194-203.

Andersson, G., Topooco, N., Havik, O. E., & Nordgreen, T. (2016). Internet-supported versus face-to-face cognitive behavior therapy for depression. *Expert Review of Neurotherapeutics*, 16, 55-60.

Areán, P. A., Ly, K. H., & Andersson, G. (2016). Mobile technology for mental health assessment. *Dialogues in Clinical Neuroscience*, 18, 163-169.

Becker, J., Zwerenz, R., Johansson, R., Frederick, R. J., Andersson, G., & Beutel, M. E. (2016). Using a transdiagnostic, psychodynamic online self-help intervention to maintain inpatient psychosomatic treatment effects: study protocol of a feasibility study. *Internet Interventions*, 5, 30-35.

Beukes, E. W., Vlaescu, G., Manchaiah, V., Baguley, D. M., Allen, P. M., & Andersson, G. (2016). Development and technical functionality of an Internet-based intervention for tinnitus in the UK. *Internet Interventions*, 6, 6-15.

Holländare, F., Gustafsson, S. A., Berglind, M., Grape, F., Carlbring, P., Andersson, G., Hadjistavropoulos, H., & Tillfors, M. (2016). Therapist behaviours in internet-based cognitive behaviour therapy (ICBT) for depressive symptoms. *Internet Interventions*, 3, 1-7.

Ingo, E., Brännström, K. J., Andersson, G., Lunner, T., & Laplante-Lévesque, A. (2016). Measuring motivation using the transtheoretical (stages of change) model: A follow-up study of people who failed an online hearing screening. *International Journal of Audiology*, 55, S52-58.

Ivanova, E., Lindner, P., Ly, K. H., Dahlin, M., Vernmark, K., Andersson, G., & Carlbring, P. (2016). Guided and unguided Acceptance and Commitment Therapy for social anxiety disorder and/or panic disorder provided via the Internet and a smartphone application: a randomized controlled trial. *Journal of Anxiety Disorders*, 44, 27-35.

Jonsson, U., Bertilsson, G., Allard, P., Gyllensvärd, H., Söderlund, A., Tham, A., & Andersson, G. (2016). Psychological treatment of depression in people aged 65 years and over: A systematic review of efficacy, safety, and cost-effectiveness. *PLoS One*, 11, e0160859.

Karlsson, L., Gerdle, B., Takala, E.-P., Andersson, G., & Larsson, B. (2016). Associations between psychological factors and the effect of home-based physical exercise in women with chronic neck and shoulder pain. *SAGE Open Medicine*, 4, 2050312116668933.

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Lundgren, J. G., Dahlström, Ö., Andersson, G., Jaarsma, T., Köhler, A. K., & Johansson, P. (2016). The effect of guided web-based cognitive behavioral therapy on patients with depressive symptoms and heart failure: A pilot randomized controlled trial. *Journal of Medical Internet Research*, 18, e194.

Murray, E., Hekler, E. B., Andersson, G., Collins, L. M., Doherty, A., Hollis, C., Rivera, D. E., West, R., & Wyatt, J. C. (2016). Evaluating digital health interventions: key questions and approaches. *American Journal of Preventive Medicine*, 51, 843-851.

Månsson, K. N. T., Salami, A., Frick, A., Carlbring, P., Andersson, G., Furmark, T., & Boraxbekk, C.-J. (2016). Neuroplasticity in response to cognitive behavior therapy for social anxiety disorder. *Translational Psychiatry*, 6, e727. doi: 10.1038/tp.2015.218

Nieminen, K., Andersson, G., Wijma, B., Ryding, E.-L., & Wijma, K. (2016). Treatment of nulliparous women with severe fear of childbirth via the Internet: a feasibility study. *Journal of Psychosomatic Obstetrics & Gynecology*, 37, 37-43.

Nordgreen, T., Haug, T., Öst, L.-G., Andersson, G., Carlbring, P., Kvale, G., Tangen, T., Heiervang, E. R., & Havik, O. E. (2016). Stepped care versus direct face-to-face cognitive

Internet-Based Cognitive Behaviour Therapy for Obsessive-Compulsive Disorder: Results from a Randomized Controlled Trial. *Clinical Psychology & Psychotherapy*, 22, 722-732.

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Andersson, G. (2015). Smartphone applications can help in treatment for alcoholism. *Evidence-Based Mental Health*, 18, 27.

Andersson, G. (2015). Clinician-supported internet-delivered psychological treatment of tinnitus. *American Journal of Audiology*, 24, 299-301.

Andersson, G., Rozental, A., Rück, C., & Carlbring, P. (2015). Guided internet-delivered CBT: Can it really be as good as seeing a therapist? *the Behavior Therapist*, 35, 123-126.

Beukes, E. W., Manchaiah, V., Allen, P. M., Baguley, D. M., & Andersson, G. (2015). Internet-based cognitive behaviour therapy for adults with tinnitus in the United Kingdom: Study protocol for a randomised controlled trial. *BMJ Open*, 5, e008241.

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Brännström, K. J., Öberg, M., Ingo, E., Månsson, K. N. T., Andersson, G., Lunner, T., & Laplante-Lévesque, A. (2015). The process of developing an internet-based support system for audiologists and first-time hearing aid clients. *American Journal of Audiology*, 24, 320-324.

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Tillfors, M., Furmark, T., Carlbring, P., & Andersson, G. (2015). Risk profiles for poor treatment response to internet-delivered CBT in people with social anxiety disorder. *Journal of Anxiety Disorders*, 33, 103-109.

Tulbure, B. T., Szentagotai, A., David, O., Stefan, S., Månsson, K. N. T., David, D. & Andersson, G. (2015). Internet-delivered cognitive-behavioral therapy for social anxiety disorder in Romania: A randomized controlled trial. *PLoS One*, 10, e0123997

Wetterborg, D., Långström, N., Andersson, G., & Enebrink, P. (2015). Borderline personality disorder: Prevalence and psychiatric comorbidity among male offenders on probation in Sweden. *Comprehensive Psychiatry*, 62, 63-70.