

Seniorforsker (ph.d.) / Psykolog (cand.psych.)

Erhvervs erfaring

- 2024 - ... Seniorforsker, Arbejdsmedicin, Regionshospitalet Gødstrup, Region Midt
- 2023 - ... Privatpraktiserende psykolog og indehaver af Stresspsykologen.dk
- 2023 - ... Forsker, Arbejdsmedicin, Aarhus Universitetshospital, Region Midt
- 2018 - ... Ekstern lektor, Psykologisk Institut, Aarhus Universitet
- 2010 - 2023 Klinisk psykolog / Forsker, Arbejdsmedicin, Aarhus Universitetshospital, Region Midt
- 2006 - 2010 Projektleder / Ph.d.-studerende, Arbejdsmedicinsk Klinik, Aarhus Universitetshospital, Region Midt
- 2006 - 2006 Klinisk psykolog, Taleinstituttet, Aarhus Amt
- 2003 - 2005 Klinisk psykolog, Studenterrådgivningen, Afd. Kompagnistræde, København
- 2002 - 2003 Klinisk psykolog, Akutteam, Psykiatrisk Center Nord, Psykiatrien i Storstrøms Amt

Uddannelse

- 2011 - ... Efteruddannelse til Specialist i Psykoterapi, Dansk Psykolog Forening
- 2007 - 2010 Ph.d.-grad i Medicin, Det Sundhedsvidenskabelige Fakultet, Aarhus Universitet
- 2004 Autoriseret psykolog ved Psykolognævnet, Socialministeriet
- 1996 - 2001 Kandidat-grad i Psykologi (cand.psych.), Psykologisk Institut, Aarhus Universitet
- 2002 - 2003 Klinisk psykolog, Akutteam, Psykiatrisk Center Nord, Psykiatrien i Storstrøms Amt

Forskningsbevillinger

- 2023 - ... Stop for Stress - RCT af online stressbehandling, Arbejdsmiljøforskningsfonden/Helsefonden, 2,5 mio.
- 2021 - ... PRO-MENTA - Konsekvenser af store organisatoriske forandringer, Velliv Foreningen, 2,1 mio.
- 2019 - ... iMARS - Internetleveret behandling af arbejdsrelateret stress, Arbejdsmiljøforskningsfonden, 1 mio.
- 2019 - 2023 PRO-RISK - Prognose for fremtidigt arbejdsliv og helbred, Arbejdsmiljøforskningsfonden, 1,6 mio. kr.
- 2015 - 2016 Resiliens - Modstandskraft i forandringer, pilotprojekt under Region Midt, 0,2 mio. kr.
- 2014 - 2015 Udredning om arbejdsmiljø og psykiske lidelser, Landsorganisationen (LO), 0,2 mio. kr.
- 2010 - 2014 MODENA - Psykisk arbejdsmiljø og sundhed, Arbejdsmiljøforskningsfonden, 5,8 mio. kr.
- 2009 - 2012 Mariendals Haver - Arbejdsmarkedsrehabilitering af stressramte, Forebyggelsesfonden, 1,5 mio. kr.
- 2006 - 2010 MARS - Midler mod Arbejdsrelateret Stress, Arbejdsmiljøforskningsfonden, 3,3 mio. kr.

Vejledning og bedømmelse

- 2022 - ... Ph.d.-studerende Charlotte Brøgger Bond, Syddansk Universitet
- 2022 Bedømmer/opponent på Laura Rudkjøbings ph.d.-afhandling, Københavns Universitet
- 2020 Bedømmer/opponent på Jonas Fiskers ph.d.-afhandling, Københavns Universitet
- 2019 Bachelor-studerende, Folkesundhed, Aarhus Universitet
- 2018 Specialestuderende Kristine Hee Olesen, Health, Aarhus Universitet
- 2018 Specialestuderende William Mandrup-Christensen, Psykologisk Institut, Aarhus Universitet
- 2015 - 2016 Specialestuderende Line Skjødt Lauridsen, Psykologisk Institut, Aarhus Universitet
- 2013 - 2014 Forskningsårsstuderende Nina Margrethe Raunkjær, Arbejdsmedicinsk Klinik Aarhus, Region Midt
- 2011 - 2016 Ph.d.-studerende Ligaya Dalgaard, Arbejdsmedicinsk Klinik Herning, Region Midt
- 2010 - 2013 Bachelor-studerende, Miljø- og Arbejdsmedicin, Health, Aarhus Universitet

Undervisning

- 2008 - ... 200+ oplæg/workshops/undervisning/konsulent for faglige selskaber (DASAM/YAM/DSSM/DP/PLO/YL), fagforeninger (LO/HK/3F/Metal/Akademikerne), offentlige og private organisationer (Psykiatrifonden/Aarhus Universitetshospital/Crecea/SEGES/AS3/Encounter/PFA/Komiteen for Sundhedsoplysning/PrimaCare/Center for Ludomani)
- 2020 - ... Forelæsninger på seminar om arbejdsrelateret stress, Psykologisk Institut, Aarhus Universitet
- 2020 - 2023 Forelæsning på Folkesundhed for medicinere, Health, Aarhus Universitet
- 2019 - 2023 Kursusdag om den stressede patient i almen praksis, Praktiserende Lægers Organisation (PLO-E)
- 2019 - 2022 Forelæsninger på seminaret Arbejde, trivsel og helbred, Folkesundhed, Aarhus Universitet
- 2018 - ... Stress-kursus (2 dage) i regi af Dansk Psykolog Forenings kurser til specialistuddannelsen
- 2018 - 2020 Arbejde og psykiske lidelser, Miljø- og Arbejdsmedicin, Health, Aarhus Universitet
- 2012 - 2023 Forelæsning om Psykosocialt Arbejdsmiljø på Speciallægeudd. i Almen Medicin, Aarhus Universitet
- 2012 - 2023 Den stressede patient i almen praksis, Praktiserende lægers efteruddannelsesgrupper, Region Midt
- 2010 - 2017 Forelæsning om Psykosocialt Arbejdsmiljø, Miljø- og Arbejdsmedicin, Health, Aarhus Universitet

Arbejds-/følgegrupper

- 2016 - ... Hvordan har du det? -undersøgelsen, Region Midtjylland.
- 2016 - 2017 Arbejde og mentale helbredsproblemer, Psykiatrifonden.
- 2014 - 2015 Internet-Based Field Study for ICD-11, World Health Organization (WHO).
- 2013 - 2014 MTV for stressbehandling, Dansk Selskab for Arbejds- og Miljømedicin (DASAM).
- 2009 - 2010 Hvidbog om mentalt helbred, sygefravær og TTA, Nationale Forskningscenter for Arbejdsmiljø (NFA).

Peer-review

- 2011 - ... Scandinavian Journal of Work, Environment & Health, Stress & Health, International Journal of Stress Management, Scandinavian Journal of Public Health, Occupational Medicine

Publikationer

Videnskabelige artikler (H-index: 15)

- Peters S, Undem K, [...] **Willert MV**, [...] Mehlum IS. Narrative review of occupational exposures and noncommunicable diseases, *Annals of Work Exposures and Health*, wxae045, 2024. (IF: 2.6)
- Kyndi M, **Willert MV**, Vestergaard JM, Andersen JH, Christiansen DH, Dalgaard VL. Long-term follow-up study of work status among patients with work-related mental disorders referred to departments of occupational medicine in Denmark. *BMJ Open*, 13:e072217, 2023. (IF: 2.9)
- **Willert MV**, Christiansen DH, Dalgaard VL, Vestergaard JM, Andersen JH & Kyndi M. Developing prognostic models for health care utilization in patients with work-related mental health problems. *BMC Health Services Research*, 23:834, 2023. (IF: 2.91)
- Larsen FB, Lasgaard M, **Willert MV**, Sørensen JB. Estimating the causal effects of work-related and non-workrelated stressors on perceived stress level: A fixed effects approach using population-based panel data. *PLoS One*, 2023. (IF: 3.7)
- Dalgaard VL, **Willert MV**, Kyndi M, Vestergaard JM, Andersen JH & Christiansen DH. The Danish Occupational Medicine Cohort - A nationwide cohort of patients with work-related disease. *Int J Epidemiol*, 2023. (IF: 9.69)
- Sørensen LN, Olesen KH, Midtgaard CD & **Willert MV**. Risk of Post-Traumatic Stress Disorder Following Major Disasters and Critical Incidents in Police Officers – a Systematic Review. *J Police Crim Psych*, online-first, 37: 752–768, 2022. (IF: 1.94)
- Manford W, Petersen GL & **Willert MV**. Improved perception of work following a stress management intervention. *Occupational Medicine*, 72(9):629–635, 2022. (IF: 5.63)
- Sørensen JB, Lasgaard M, **Willert MV**, & Breinholt F. The relative importance of work-related and non-workrelated stressors and perceived social support on global perceived stress in a cross-sectional population-based sample. *BMC Public Health*, 21:543 2021. (IF: 3.98)
- Dalgaard VL, Aschbacher K, Andersen JH, Glasscock DJ, **Willert MV**, Carstensen O & Biering K. Return to work after work-related stress: A randomized controlled trial of a work-focused cognitive behavioral intervention. *Scand J Work Environ Health*, 43:436–446, 2017. (IF: 5.02)
- Dalgaard VL, Andersen LPS, Andersen JH, **Willert MV**, Carstensen O & Glasscock DJ. Work-focused cognitive behavioral intervention for psychological complaints in patients on sick leave due to work-related stress: Results from a randomized controlled trial. *J Negative Results Biomed*, 16:13, 2017. (IF: 1.4)
- Lauridsen LS, **Willert MV**, Eskildsen A & Christiansen DH. Cross-cultural adaptation and validation of the Danish 10-item Connor-Davidson resilience scale among hospital staff. *Scand J Pub Health*, 45:654–657, 2017. (IF: 3.02)
- Persson R, Høgh A, Grynderup MB, **Willert MV**, Gullander M, Hansen ÅM, Kolstad HA, Mors O, Mikkelsen EG, Kristensen AS, Kærlev L, Rugulies R & Bonde JPE. Relationship between changes in workplace bullying status and the reporting of personality characteristics. *J Occup Env Med*, 2016. (IF: 2.16)
- Høgh A, Conway PM, Grynderup MB, Gullander M, **Willert MV**, Mikkelsen EG, Persson R, Bonde JP, Kolstad HA, Mors O, Rugulies R, Kærlev L & Hansen ÅM. Negative acts at work as potential bullying behavior and depression: Examining the direction of the association in a 2-year follow-up study. *J Occup Env Med*, 58(3):e72–e79, 2016. (IF: 2.16)
- Bonde JP, Gullander M, Hansen ÅM, Grynderup M, Persson R, Høgh A, **Willert MV**, Kærlev L, Rugulies R & Kolstad HA. Health correlates of workplace bullying: a 3-wave prospective follow-up study. *Scand J Work Environ Health*, 42(1):17–25, 2016. (IF: 5.02)
- Hansen ÅM, Gullander M, Høgh A, Persson R, Kolstad HA, **Willert MV**, Bonde JP, Kærlev L, Rugulies R & Grynderup MB. Workplace bullying, sleep problems and leisure-time physical activity: A prospective cohort study. *Scand J Work Environ Health*, 42(1):26–33, 2016. (IF: 5.02)
- **Willert MV**, Wieclaw J & Thulstrup AM. Rehabilitation of individuals on long-term sick leave due to sustained stress-related symptoms: A comparative follow-up study. *Scand J Pub Health*, 42(8):719–727, 2014. (IF: 3.02)
- Gullander M, Høgh A, Hansen ÅM, Persson R, Rugulies R, Kolstad HA, Thomsen JF, **Willert MV**, Grynderup M, Mors O & Bonde JP. Exposure to workplace bullying and risk of depression. *J Occup Env Med*, 56(12):1258–1265, 2014. (IF: 2.16)
- Dalgaard L, Eskildsen A, Carstensen O, **Willert MV**, Andersen JH & Glasscock DJ. Changes in self-reported sleep and cognitive failures: A randomized controlled trial of a stress management intervention. *Scand J Work Environ Health*, 40(6):569–581, 2014. (IF: 5.02)
- Rolving N, Østergaard LG, **Willert MV**, Christensen FB, Blumensaat F, Bünger C & Nielsen CV. Description and design considerations of a randomized clinical trial investigating the effect of a multidisciplinary cognitive behavioural intervention for patients undergoing lumbar spinal fusion surgery. *BMC Muscul Disord*, 15(1):62, 2014. (IF: 2.53)
- **Willert MV**, Thulstrup AM & Bonde JP. Effects of a stress management intervention on absenteeism and return to work - results from a randomized wait-list controlled trial. *Scand J Work Environ Health*, 37(3):186–195, 2011. (IF: 5.02)
- **Willert MV**, Thulstrup AM, Hertz J & Bonde JP. Sleep and cognitive failures improved by a 3-month stress management intervention. *Int J Stress Man*, 1(3):193–213, 2010. (IF: 4.37)
- **Willert MV**, Thulstrup AM, Hertz J & Bonde JP. Changes in stress and coping from a randomized controlled trial of a three-month stress management intervention. *Scand J Work Environ Health*, 35(2):145–152, 2009. (IF: 5.02)
- Berntsen D, **Willert M** & Rubin D. Splintered memories or vivid landmarks. *Applied Cognitive Psychology*, 17:675–693, 2003. (IF: 2.44)

Forskningsrapporter

- **Willert MV**, Thulstrup AM, Schlünssen V, Knudsen H, Lund GL, Hinrichsen DK & Kolstad H. Psykiske lidelser – fra bagudrettet årsagsbestemmelse til fremadrettet fokus på arbejdsfastholdelse, uanset årsag, Forskningsrapport til LO, Dansk Ramazzini Center, Arbejdsmedicinsk Klinik, Aarhus Universitetshospital, 2014.
- **Willert MV**, Wieclaw J & Thulstrup AM. Mariendals Haver: Kvantitative analyser – Delrapport B: 18 mdr. opfølgning med spørgeskemaer og registerdata, slutrapport til Forebyggelsesfonden, 2013.
- **Willert MV**, Wieclaw J & Thulstrup AM. Mariendals Haver: Kvantitative analyser –a Delrapport A: Baseline, 3 og 6 måneders opfølgning, slutrapport til Forebyggelsesfonden, 2012.

Fagbøger

- **Willert MV**. Kognitiv adfærdsterapeutisk gruppeterapi for arbejdsrelateret stress, i BL Larsen & T Nyland (Red.): Kognitiv Adfærdsterapeutisk Gruppeterapi, København: Hans Reitzels Forlag, 2015.
- Hertz J & **Willert MV**. Kognitiv adfærdsterapi ved arbejdsrelateret stress, i NK Rosenberg & M Arendt (Red.): Kognitiv terapi - nyeste udvikling, København: Hans Reitzels Forlag, 2012.
- **Willert M**. Eksamensgrupper i Studenterrådgivningen, i Rådgivning der virker, København: Studenterrådgivningen, 2004.

Formidling

- Irvine H, Petersen GL & **Willert MV**. Udredning og rådgivning til patienten med arbejdsrelateret stress. Månedsskrift for Praktisk Lægegering, 2024 (in press).
- **Willert MV** et al. Stressbehandling tilbydes kun en mindre andel af dem, der har brug for hjælp. Politiken, 2022.
- **Willert MV**. Debatten overser klienten. Psykolog Nyt, 63(16):33, 2009.
- **Willert MV**, Hertz J & Lund GL. Kognitiv gruppebehandling af stress. Psykolog Nyt, 62(18):39, 2008.
- **Willert M**. Ude godt, men hjemme bedst? Psykolog Nyt, 58(6):2225, 2004.

Afhandlinger

- **Willert MV**. Measures Against Work-Related Stress _ results from a randomized, wait-list controlled trial of a group-based, cognitive behavioural stress management intervention, ph.d.-afhandling, Arbejdsmedicinsk Publikationsserie, Aarhus Universitetshospital/Det Sundhedsvidenskabelige Fakultet, Aarhus Universitet, 2010.
- **Willert M**. Traumatiseringens Ætiologi _ en teoretisk og empirisk undersøgelse af udviklingen af traumatiske efterreaktioner, Kandidatafhandling, Psykologisk Instituts Studieskriftserie, Aarhus Universitet, 2003.

Konferencepræsentationer

- Stress management - past, present and future directions (Keynote), Stress Research Conference, 2023
- Stop for Stress - online treatment of work-related stress (Oral), Stress Research Conference, 2022
- Developing a pre-screening tool for clinical assessment (Poster), Stress Research Conference, 2022
- Developing a pre-screening tool for clinical assessment of work-related stress (Poster), EA-OHP, 2022
- Long-term prognosis for patients with work-related mental disorders (Oral), EPICOH, 2021
- Kan arbejde være sundt, hvis du er syg? (Oral), Arbejds miljøkonferencen, 2019
- Internet-delivered treatment for work-related stress (Poster), EA-OHP, 2018
- Grouping strategies for psychosocial work exposures (Oral), EPICOH, 2016
- MARS-grupper på Arbejdsmedicinsk Klinik (Oral), Stressbehandlingskonferencen, 2016
- Grouping strategies for exposure assessment of the psychosocial work environment (Oral), EPICOH, 2014
- Variance components of different grouping strategies of psychosocial work exposures (Oral), EuroEpi, 2013
- Does depression severity predict differences between individual and work-unit (Oral), EPICOH, 2013
- Long-term follow-up on a randomized wait-list controlled trial of a SMI (Oral), ICOH-WOPS, 2010
- Effects of a stress management intervention on absenteeism and return to work (Oral), EA-OHP, 2010
- Perceived Stress is Reduced by a 3-month Stress Management Intervention (Oral), ICOH, 2009