

Biosketch

Dr. Theresa Wilberg is a psychiatrist and a senior researcher at the Department of Research and Development, Oslo University Hospital and professor at the Institute of Clinical Medicine, University of Oslo. She is a member of the Research group for Personality Psychiatry and the Research group for Psychotherapy Research at the University of Oslo, and was previously a board member of the International Society for the Study of Personality Disorders, ISSPD. She is engaged in clinical research on assessment, treatment and course of personality disorders.

Selected publications

- Hummelen B, Wilberg T, Pedersen G, Karterud S. An investigation of the prototype validity of the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition avoidant personality disorder construct as a prototype category and the psychometric properties of the diagnostic criteria. *Comprehensive Psychiatry*, 47: 376-383, 2006.
- Hummelen B, Wilberg T, Pedersen G, Karterud S. The relationship between avoidant personality disorder and social phobia. *Comprehensive Psychiatry*, 48: 348-356, 2007.
- Hummelen B, Wilberg T, Pedersen G, Karterud S. An investigation of the validity of the DSM-IV obsessive-compulsive personality disorder construct as a prototype category and the psychometric properties of the diagnostic criteria. *Journal of Nervous and Mental Disease*, 196: 446-455, 2008.
- Wilberg T, Hummelen B, Pedersen G, Karterud S. A study of Patients with Personality Disorder Not Otherwise Specified. *Comprehensive Psychiatry*, 49: 460-468, 2008.
- Arnevik E, Wilberg T, Andrea H, Monsen J.T, Karterud S. A cross-national validity study of the Severity Indices of Personality Problems (SIPP-118). *Personality and Mental health*, 3: 41-55, 2009.
- Wilberg T, Karterud S, Pedersen G, Urnes Ø, Costa PT. Nineteen-month stability of the Five Factor Model of Personality in a clinical sample of patients with personality disorders. *Journal of Nervous and Mental Disease*, 197: 187-195, 2009.
- Wilberg T, Karterud S, Pedersen G, Urnes Ø. The impact of avoidant personality disorder on psychosocial impairment is substantial in comparison with other personality disorders. *Nordic Journal of Psychiatry*, 63: 390-396, 2009
- Arnevik E, Wilberg T, Urnes O, Johansen M, Monsen J.T, Karterud S. Psychotherapy for personality disorders: 18 months' follow-up of the Ullevål Personality Project. *Journal of Personality Disorder*, 24: 188-203, 2010.
- Bakali JV, Wilberg T, Hagtvet KA, Lorentzen S. Sources accounting for alliance and cohesion at three stages in group psychotherapy: variance component analyses. *Group Dynamics: Theory, Research, and Practice*, 14: 368-383, 2010.
- Gullestad FS, Wilberg T, Klungsøyr, Johansen MS, Urnes Ø, Karterud S. Is treatment in a day hospital step-down program superior to outpatient individual psychotherapy for patients with personality disorders? 36 months follow-up of a randomized clinical trial comparing different treatment modalities. *Psychotherapy Research*, 22: 426-441, 2012.
- Gullestad FS, Johansen MS, Høglend P, Karterud S, Wilberg T. Mentalization as a moderator of treatment effects: Finding from a randomized clinical trial for personality disorders. *Psychotherapy Research*, 23: 674-689, 2013.
- Eikenæs I, Hummelen B, Abrahamsen G, Andrea A, Wilberg T. Personality functioning in patients with avoidant personality disorder and social phobia. *Journal of Personality Disorders*, 27: 746-763, 2013.
- Johansen MS, Normann-Eide E, Normann-Eide T, Wilberg T. Emotional dysfunction in avoidant compared to borderline personality disorder: a study of affect consciousness. *Scandinavian Journal of Psychology*, 54: 515-521, 2013.
- Kvarstein EH, Arnevik E, Halsteinli V, Gullestad FS, Karterud S, Wilberg T. The health service costs and clinical gains of psychotherapy for personality disorders: A randomized controlled trial of day hospital-based step down treatment versus outpatient treatment in specialist practice. *BMC Psychiatry*, 13: 315, 2013.

- Antonsen BT, Klungsøyr O, Kamps A, Hummelen B, Johansen MS, Pedersen G, Urnes Ø, Kvarstein EH, Karterud S, Wilberg T. Step-down versus outpatient psychotherapeutic treatment for personality disorders: 6-year follow-up of the Ullevål Personality Project. *BMC Psychiatry*, 14: 119, 2014.
- Eikenæs I, Egeland J, Hummelen B, Wilberg T. Avoidant personality disorder versus social phobia: The significance of childhood neglect. *PLoS ONE* 10(3): e0122846, 2015. Doi:10.1371/journal.pone.0122846
- Pedersen G, Eikenæs I, Urnes Ø, Skulberg GM & Wilberg T. Experiences in close relationships – Psychometric properties among patients with personality disorders. *Personality and Mental Health, Personality and Mental Health*, 9: 208-19, 2015. DOI 10.1002/pmh.1298.
- Antonsen BT, Johansen MS, Rø FG, Kvarstein EH & Wilberg T. Is reflective functioning associated with clinical symptoms and long-term course in patients with personality disorders? *Comprehensive Psychiatry, Special issue* 2015. DOI: 10.1016/j.comppsy.2015.05.016
- Antonsen BT, Hummelen B, Urnes Ø, Kvarstein EH, Karterud S, Wilberg T. Favorable outcome of long-term combined psychotherapy for patients with borderline personality disorder: A six-year follow-up of a randomized clinical trial. *Psychotherapy Research*, 1-13, 2015. DOI: 10.1080/10503307.2015.1072283
- Vaskinn A, Antonsen BT, Fretland RA, Dziobek I, Sundet K, Wilberg T. Theory of mind in females with borderline personality disorder or schizophrenia: differences in overall ability and error patterns. *Frontiers in Psychology* 6:1239, 2015. DOI: 10.3389/fpsyg.2015.01239
- Eikenæs I, Pedersen G & Wilberg T. Attachment styles in patients with avoidant personality disorder as compared with social phobia. *Psychology and Psychotherapy: Theory, Research and Practice. Psychology and Psychotherapy: Theory, Research and Practice*, 2015, DOI:10.1111/papt.12075.
- Johansen MS, Normann-Eide E, Normann-Eide T, Klungsøyr O, Kvarstein E, Wilberg T. Relationship Between Affect Consciousness and Personality Functioning in Patients With Personality Disorders: A Prospective Study. *Journal of Personality Disorders*, 30, 633-652, 2016.
- Kvarstein EH, Nordviste O, Dragland L, Wilberg T. Outpatient psychodynamic group psychotherapy –outcomes related to personality disorder, severity, age and gender. *Personality and Mental Health*, 2016. DOI 10 1002/pmh.1352.
- Karterud S, Wilberg T, Urnes Ø. *Personlighetspsykiatri. 2. utgave*, Oslo: Gyldendal Akademisk, 2017.
- Klungsøyr O, Antonsen BT, Wilberg T. Contours of a causal feedback mechanism between adaptive personality and psychosocial function in patients with personality disorders: a secondary analysis from a randomized clinical trial *BMC Psychiatry* (2017) 17:210 DOI 10.1186/s12888-017-1365-4
- Pedersen G, Arnevik EA, Hummelen B, Walderhaug E, & Wilberg T. Psychometric Properties of the Severity Indices of Personality Problems (SIPP-118) Questionnaire in a Norwegian Community Sample and in a Clinical Sample of Patients with Personality Disorders. *European Journal of Psychological Assessment* (2017). DOI: 10.1027/1015-5759/a000436
- Johansen MS, Karterud S, Normann-Eide E, Gullestad RF, Wilberg T. The Relationship Between Reflective Functioning and Affect Consciousness in Patients With Avoidant and Borderline Personality Disorders. *Psychoanalytic Psychology*, 2018, <http://dx.doi.org/10.1037/pap0000169>
- Wilberg T & Silk K. Neurobiology of avoidant personality disorder. In: *The biological basis of personality and personality disorders* -. Siever LJ, Schmall C, Friedel B (eds), Oxford University Press (2018).
- Sørensen KD, Råbu M, Wilberg T, Berthelsen E. "Struggling to be a Person: Lived Experience of Avoidant Personality Disorder". *Journal of Clinical Psychology* (2019). DOI: 10.1002/jclp.22740.