



**Theresa Wilberg M.D. Ph.D.**  
**Board Member and Newsletter coordinator**

## **Biography**

---

Dr Theresa Wilberg is a psychiatrist and a senior researcher at the Department of Research and Development, Oslo University Hospital. She has been a professor at the Institute of Clinical Medicine, University of Oslo, and was previously a board member of the International Society for the Study of Personality Disorders, ISSPD. She is a member of the research group for Personality Psychiatry at the University of Oslo, 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, 2008.

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.

Arnevik E, Wilberg T, Urnes O, Johansen M, Monsen J.T, Karterud S. Psychotherapy for personality disorders: Short term day hospital psychotherapy versus outpatient individual therapy - a randomized controlled study. *European Psychiatry*, 24:71-78, 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. Change in reflective functioning during psychotherapy – a single case study. *Psychotherapy Research*, 21; 97-111, 2011.

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*, May 21. 2012.

Normann-Eide E, Johansen MS, Normann-Eide T, Egeland J, Wilberg T. Is low affect consciousness related to the severity of psychopathology? A cross-sectional study of patients with avoidant and borderline personality disorder. *Compr Psychiatry* 54(2); 149-157, 2013.

Bakali, JV, Wilberg T, Klungsøyr O, Lorentzen S.. Development of group climate in short- and long-term psychodynamic group psychotherapy. *International Journal of Group Psychotherapy* 63(3); 367-393, 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; 109-118, 2013.

Pedersen G, Karterud S, Hummelen B, Wilberg T. The impact of extended longitudinal observation on the assessment of personality disorders. *Personality and Mental Health* 2013. Publishes online in Wiley Online Library (wileyonlinelibrary.com) DOI 10.1002/pmh.1234.

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.