

## Education

2021: PhD in Psychology. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2016: MSc Psychology. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2014: BSc Psychology. Dept. of Psychology and Behavioral Sciences, Aarhus University.

## Working experience

2024-present: Associate Professor, Dept. of Psychology and Behavioral Sciences, Aarhus University.

2021-2024: Postdoctoral researcher, Dept. of Psychology and Behavioral Sciences, Aarhus University.

2017-2020: Ph.D. fellow, Dept. of Psychology and Behavioral Sciences, Aarhus University.

2016-2017: Research Assistant, Unit for Psycho-Oncology and Health Psychology, Aarhus University/Aarhus University Hospital.

2015-2016: Student helper, Unit for Psycho-Oncology and Health Psychology, Aarhus University/Aarhus University Hospital.

## International Experience

2022: Visiting researcher, Carolina Affective Science Lab, University of North Carolina, Chapel Hill, NC, USA (May-July).

2018: Visiting researcher, Life-Span Developmental Psychology Laboratory, University of Leipzig, Germany (September-December).

## Teaching experience

2023-present: Course coordinator: *Research methods 1: Statistics (BSc level)*. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2021-present: Coordinator of lectures and class teaching on statistics: *Research methods 3: Quantitative Methods (BSc level)*. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2017-present: Seminar *Emotions: Introduction to theory and methods* (BSc and MSc level). Dept. of Psychology and Behavioral Sciences, Aarhus University.

2022: Seminar *Psychological Treatment of Chronic Pain: Testing an Intervention for Patients with Chronic Headache* (MSc level). Dept. of Psychology and Behavioral Sciences, Aarhus University.

2021-2024: *Research methods 4: Design and project planning* (MSc level). Dept. of Psychology and Behavioral Sciences, Aarhus University.

2017: Theory-practice seminar (MSc level). Dept. of Psychology and Behavioral Sciences, Aarhus University.

## Supervision

2023: Supervising Bachelor projects.

2020-2023: PhD co-supervisor: MSc Gitte Tramm, The Role of the Motoric System in Emotions.

2017-present: Supervising masters theses.

## Funding

Funding total from 2016 to 2022: **9.773.043 DKK**.

2021: Testing theories of grief. VELUX fonden: 3.528.334 DKK. Primary investigator: Maja O'Connor.  
- *Collaborator*

2019: The role of the motoric system in emotions: Establishing the MOTOR group. VELUX fonden: 5.282.509 DKK. Primary investigator: Mia Skytte O'Toole.  
-Co-author of the grant proposal and part of the research group.

2017: Development of information material to children and youngsters with psychogenic non-epileptic seizures. TrygFonden: 360.000 DKK. Primary investigator: Mai Bjørnskov Mikkelsen.  
- Author of grant proposal, grantholder and primary investigator.

2016: Development of information material to patients with psychogenic non-epileptic seizures. TrygFonden: 602.200 DKK. Primary investigator: Mai Bjørnskov Mikkelsen.  
- Author of grant proposal and primary investigator.

### Courses taken

2024: Online and Blended Learning. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2021: Using R for Statistics and Illustrations. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2021: University Pedagogical Programme. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2018: Intermediate Statistics Using SPSS - Factor Analysis, Structural Equation Modelling and Multi-Level Modelling. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2018: Introduction to Analysis in Qualitative Research. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2018: Academic Writing. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2017: Introduction to Data Analysis for Health Sciences Using Matlab. Faculty of Health, Aarhus University.

2017: Intermediate Statistics Using SPSS. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2017: Basic Scientific Medical Writing. Aarhus University.

2016: Phlebotomy training and certification. Aarhus University Hospital.

### Clinical training

2022-: Therapist. Randomized controlled trial investigating the efficacy of Behavioral Activation treatment on depression. Primary investigator: Mia Skytte O'Toole. Dept. of Psychology and Behavioral Sciences, Aarhus University.

2015-2017: Therapist. Randomized controlled trial investigating the efficacy of Emotion Regulation Therapy (ERT) on caregivers of cancer patients. Primary investigator: Mia Skytte O'Toole. Dept. of Psychology and Behavioral Sciences, Aarhus University.

### Academic awards

2022: Aarhus University Research Foundation's PhD prize for talented PhD graduates: 50.000 DKK.

### Publications

#### Peer-reviewed publications

**Mikkelsen, M. B.**, Tramm, G., Michalak, J., Mennin, D. S., Elkjær, E., & O'Toole, M. S. (2024). Bodies in action: Do contractive and expansive postures facilitate adaptive behavior?. *Scandinavian Journal of Psychology*, 65(5), 966-979.

O'Toole, M. S., **Mikkelsen, M. B.**, Arch, J. J., Tauber, N. M., Elkjær, E., & Michalak, J. (2024). Compatibility of Components in Cognitive Behavioral Therapies: A Call for Combinatory Congruency. *Cognitive and Behavioral Practice*.

**Mikkelsen, M. B.**, Neumann, H., Buskbjerg, C. R., Johansen, M., O'Toole, M. S., Arendt-Nielsen, L., & Zachariae, R. (2024). The effect of experimental emotion induction on experimental pain: a systematic review and meta-analysis. *Pain*, 10-1097.

**Mikkelsen, M. B.**, O'Toole, M. S., Elkjær, E., & Mehlsen, M. (2023). The Effect of Age on Emotion Regulation Patterns in Daily Life: Findings from an Experience Sampling Study. *Scandinavian Journal of Psychology*.

Elkjær, E., Kuppens, P., **Mikkelsen, M. B.**, & O'Toole, M. S. (2023). Can action tendencies be counteracted by inducing incompatible emotions? Considering instances of anxiety and anger. *Brain and Behavior*.

**Mikkelsen, M. B., & O'Toole, M. S. (2023).** A review of bodily dysfunction in depression: empirical findings, theoretical perspectives, and implications for treatment. *Journal of Psychotherapy Integration*. <https://doi.org/10.1037/int0000302>

Elkjær, E., **Mikkelsen, M. B.**, Michalak, J., Mennin, D. S., & O'Toole, M. S. (2023). Using bodily displays to facilitate approach action outcomes within the context of a personally relevant task. *Brain and Behavior*. <https://doi.org/10.1002%Fbrb3.2855>

Elkjær, E., **Mikkelsen, M. B.**, Michalak, J., Mennin, D. S., & O'Toole, M. S. (2022). Motor alterations in depression and anxiety disorders: A systematic review and meta-analysis. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2022.08.060>

**Mikkelsen, M. B., & O'Toole, M. S. (2022).** The Constructionist Approach to Emotional Aging: Theoretical Insights and Predictions. *The Journals of Gerontology: Series B*, 2022; gbac048. <https://doi.org/10.1093/geronb/gbac048>

Elkjær, E., **Mikkelsen, M. B.**, & O'Toole, M. S. (2022). Emotion Regulation Patterns: Capturing variability and flexibility in emotion regulation in an experience sampling study. *Scandinavian Journal of Psychology*, 63: 297-307. <https://doi.org/10.1111/sjop.12808>

**Mikkelsen, M. B.**, Tramm, G., & O'Toole, M. S. (2021). Age-group differences in instructed emotion regulation effectiveness: A systematic review and meta-analysis. *Psychology and Aging*, 36(8), 957–973. <https://doi.org/10.1037/pag0000627>

O'Toole, M.S., Elkjær, E., & **Mikkelsen, M. B.** (2021). Is negative emotion differentiation associated with emotion regulation choice? Investigations at the person and day level. *Frontiers in Psychology*, 12, 684377. <https://doi.org/10.3389/fpsyg.2021.684377>

**Mikkelsen, M. B.**, Elkjær, E., Mennin, D. S., Fresco, D. M., Zachariae, R., Applebaum, A., & O'Toole, M. S. (2021) The Impact of Emotion Regulation Therapy on Emotion Differentiation in Psychologically Distressed Caregivers of Cancer Patients. *Anxiety, Stress & Coping*, 34:4, 479-485. <https://doi.org/10.1080/10615806.2021.1929934>

O'Toole, M.S., & **Mikkelsen, M. B.** (2021). Developing a non-verbal, self-report assessment tool of action tendencies: The Depicted Action Tendencies (DAT) instrument. *Scandinavian Journal of Psychology*, 62(3), 289-300. <https://doi.org/10.1111/sjop.12710>

**Mikkelsen, M. B.**, Tramm, G., Zachariae, R., Gravholt, C. H., & O'Toole, M. S. (2020). A systematic review and meta-analyses of the effect of emotion regulation on cortisol. *Comprehensive Psychoneuroendocrinology*, 5, 100020. <https://doi.org/10.1016/j.cpnec.2020.100020>

Elkjær, E., **Mikkelsen, M. B.**, Michalak, J., Mennin, D. S., & O'Toole, M.S. (2020). Expansive and contractive postures and movement: A systematic review and meta-analysis of the effect of motor displays on affective and behavioral responses. *Perspectives on Psychological Science*, 17(1), 276–304. <https://doi.org/10.1177/1745691620919358>

**Mikkelsen, M. B.**, O'Toole, M. S., & Mehlsen, M. (2020). Comparing negative emotion differentiation in young and older individuals: A picture-based study. *Scandinavian Journal of Psychology*, 61(4), 513-517. <https://doi.org/10.1111/sjop.12615>

O'Toole, M.S., Renna, M. E., Elkjær, E., **Mikkelsen, M. B.**, & Mennin, D. S. (2020). A systematic review and meta-analysis of the association between complexity of emotion experience and behavioral adaptation. *Emotion Review*, 12(1), 23-38. <https://doi.org/10.1177/1754073919876019>

Mehlsen, M., Lyby, M. S., **Mikkelsen, M. B.**, & O'Toole, M. S. (2019). Performance-based assessment of distraction in response to emotional stimuli: Toward a standardized procedure for assessing emotion regulation performance. *Personality and Individual Differences*, 150, 109483. <https://doi.org/10.1016/j.paid.2019.06.026>

Rosholm, M., **Mikkelsen, M. B.**, & Svarer, M. (2019). Bridging the gap from welfare to education: Propensity score matching evaluation of a Bridging intervention. *PLOS ONE* 14(5):e0216200. <https://doi.org/10.1371/journal.pone.0216200>

**Mikkelsen, M. B.**, O'Toole, M. S., Lyby, M. S., Wallot, S., & Mehlsen, M. (2019). Emotional Reactivity and Interoceptive Sensitivity: Exploring the Role of Age. *Psychonomic Bulletin & Review*, 26(4), 1440-1448. <https://doi.org/10.3758/213423-019-01603-y>

Mehlsen, M., **Mikkelsen, M.B.**, Andersen, C.M., & Ollars, C. (2019). Does Aging and Disease Increase the Importance of Cognitive Strategies? Social and Temporal Comparisons in Healthy Younger and Older adults and in Younger and Older Cancer Patients. *The International Journal of Aging and Human Development*, 88(1), 60–81.  
<https://doi.org/10.1177/0091415017748366>

**Mikkelsen, M. B.**, & Rosholm, M. (2018). Systematic review and meta-analysis of interventions aimed at enhancing return to work for sick-listed workers with common mental disorders, stress-related disorders, somatoform disorders and personality disorders. *Occupational and environmental medicine*, 75(9), 675-686. <http://dx.doi.org/10.1136/oemed-2018-105073>

Hansen, A. S., **Mikkelsen, M. B.**, Stenager, E., Stenager, E., Binzer, M., & Stone, J. (2018). Funktionelle symptomer indenfor neurologien og den positive diagnostiske proces. *Ugeskr Læger*, 180, V08170594.

**Mikkelsen, M. B.**, Mehlsen, M., & O'Toole, M. S. (2018). Age-dependent reactivity to affective images: evidence for variation across emotion categories. *Experimental Aging Research*, 44(4), 297-310.  
<https://doi.org/10.1080/0361073X.2018.1477360>

Rosholm, M., **Mikkelsen, M. B.**, & Gumedde, K. (2017). Your move: The effect of chess on mathematics test scores. *PLoS One*, 12(5), e0177257. <https://doi.org/10.1371/journal.pone.0177257>

#### *Non-peer-reviewed publications*

O'Toole, M. S., Elkjær, E., Mennin, D. S., Michalak, J., & **Mikkelsen, M. B.** (2023). Nedtrykt sind, langsom krop - Gang og holdning i angst og depression. *BestPractice*. <https://bpno.dk/artikler/nedtrykt-sind-langsom-krop-gang-og-holdning-i-angst-og-depression/>

Rosholm, M. & **Mikkelsen, M. B.** (2017). Opdaterede effekter af Brobygning til Uddannelse. Styrelsen for Arbejdsmarked og Rekruttering.

#### **Conference contributions**

Larsen, L. H., **Bjørnskov, M.T.B.**, Hansen, J.E., Vang, M.L., Hybholt, L., Schierff, L.H., & O'Connor, M.K. (2024, November 11-13). *The experience of grief over time* [Conference presentation]. European Grief Conference 2024, Dublin, Ireland.

**Mikkelsen, M. B.**, Tramm, G., & Mehlsen, M. (2019). Age moderates the association between implicit and explicit negative emotional reactivity. The Gerontological Society of America Annual Scientific Meeting, Austin, Texas, USA.

**Mikkelsen, M. B.** (2019). Emotional Dysfunction in Functional Seizures: A Systematic Review and Meta-analysis. International Convention of Psychological Science, Paris, France.

Elkjær, E., **Mikkelsen, M. B.**, & O'Toole. (2019). Evaluating two indicators of emotion regulation flexibility. International Conference on Emotions, Well-being and Health. Tilburg, the Netherlands.

**Mikkelsen, M. B.**, O'Toole, M. S., Lyby, M.S. & Mehlsen, M. Y. (2018). Older and More Emotionally Complex? An investigation of Age Differences in Emotion Differentiation Measured at Two Levels of Analysis. Emotion Revolution, Bergen, Norway.

Lyby, M., **Mikkelsen, M.**, O'Toole, M., Wallot, S., & Mehlsen, M. (2018). Overall and age-related correlates of experiential avoidance. Emotion Revolution, Bergen, Norway.

**Mikkelsen, M. B.**, Mehlsen, M. Y., & O'Toole, M. S. (2017). Reappraisal, Suppression and Reactions to Affect-Inducing Images: The Moderating Role of Gender in Different Emotion Categories. 29th Association for Psychological Science (APS), Boston, Massachusetts, USA.

**Mikkelsen, M. B., & Rask, C. U.** (2017). The Role of Emotions in Psychogenic Non-Epileptic Seizures. 29th Association for Psychological Science (APS), Boston, Massachusetts, USA.

**Mikkelsen, M. B., Rask, C. U., O'Toole, M. S., Frosthold, L., & Mehlsen, M.** (2017) Creating a profile of emotional functioning in patients with Psychogenic Non-epileptic Seizures. Risskov, Danmark.

**Mikkelsen, M. B., Damholdt, M. F., Mehlsen, M., Stilling, A., Andreasen, R., & Zachariae, R.** (2016). The symptom cluster of insomnia, depressive mood, anxiety and somatization: association with subjective cognitive complaints and neuropsychological test performance in breast cancer survivors. International Psycho-Oncology Society World Congress, Dublin, Ireland.

**Mikkelsen, M. B., Mehlsen, M. Y., Lyby, M. S., O'Toole, M. S., & Westphael, G.** (2016). Stronger Association between Valence- and Arousal Ratings of Affective Pictures with Older Age: Evidence for Variation Across Emotion Categories. 28th Association for Psychological Science (APS), Chicago, Illinois, USA.

Mehlsen, M. Y., & **Mikkelsen, M. B.** (2016). Does life satisfaction change when watching your peers? An experimental exposure to social comparison targets. 28th Association for Psychological Science (APS), Chicago, Illinois, USA.

## Reports

Rosholm, M. & Mikkelsen, M. B. (2017). Opdaterede effekter af Brobygning til Uddannelse. Styrelsen for Arbejdsmarked og Rekruttering.

## Websites & projects

www.funktionelleanfald.dk: An informational website for patients with Psychogenic Non-epileptic Seizures and their caregivers. Funded by Trygfonden.

- *Owner of the website and contributor to the content along with collaborators.*

Ane's anfald (Ane's seizures): A book aimed at young adults with Psychogenic Non-epileptic seizures. Funded by Trygfonden. Order here: <https://kfsbutik.dk/da/forside/350-anes-anfald.html>.

- *Responsible for conceptualizing and distributing the book along with collaborators.*

Jobeffekter.dk: A knowledge bank gathering and disseminating relevant research results on the labor market.

- *Contributor to development of the website, and assessing and entering studies into the database.*