

## FREDERICK ANYAN

Sagmyrvegen 21, 7549 Tanem - Trondheim  
Tel: +47 40 208 954; [frederick.anyan@ntnu.no](mailto:frederick.anyan@ntnu.no)

Google Scholar | <https://scholar.google.no/citations?user=e2dUK-EAAAAJ&hl=en>  
Employee URL | <https://www.ntnu.no/ansatte/frederick.anyan>  
Personal URL | <https://frederickanyan.github.io/>

### EDUCATION

08.2014-02.2019	Joint PhD in Behaviour and Health	Norwegian University of Science and Technology (NTNU), Norway, and Australia National University (ANU), Australia
2010-12	Master of Philosophy in Human Development	NTNU, Norway
2005-09	Bachelor of Arts in Psychology with Philosophy (First Class Honours)	University of Ghana (UG), Ghana

### CURRENT AND PREVIOUS POSITIONS

03.2023 –	Associate Professor, Department of Psychology, NTNU, Trondheim, Norway
10.2021-02.2023	Researcher, Department of Psychology, NTNU, Trondheim, Norway
08.2021-12.2021	Visiting Fellow, Ashesi University (AU), Berekuso, Ghana
10.2019-09.2021	Postdoctoral researcher, Department of Psychology, NTNU, Trondheim, Norway
07.2019-09.2019	Researcher, Department of Psychology, NTNU, Trondheim, Norway
03.2019-06.2019	Researcher, Department of Psychology, NTNU, Trondheim, Norway
08.2018-02.2019	PhD Scholarship, Department of Psychology, NTNU, Trondheim, Norway
02.2018-08.2018	Researcher, Department of Psychology, NTNU, Trondheim, Norway
08.2014-02.2018	PhD Scholarship, Department of Psychology, NTNU, Trondheim, Norway
10.2015-10.2015	Casual/Sessional part-time lecturer, ANU, Canberra, Australia
09.2012-06.2014	Associate Lecturer, St. Karol School of Nursing (KSN), Accra, Ghana
08.2014-12.2014	Adjunct Lecturer, Ashesi University (AU), Berekuso, Ghana
10.2012-07.2014	Faculty Intern, Ashesi University (AU), Berekuso, Ghana
09.2011-04.2012	Teaching Assistant, Department of Psychology, NTNU, Trondheim, Norway

### TEACHING ACTIVITIES

2023-24	PSY2117/PSYK4317	Quantitative Methodology 2	NTNU
	PSYPRO4317/PSY2017	Statistics and Quantitative Research Methodology	
2021	PSY2117	Quantitative Methodology 2	NTNU
	BUSA132	Organizational Behaviour (Research and teaching support)	AU
2016-	PSY3810	Innovative health promotion strategies in everyday settings	NTNU
	PSY2900	Research in Developmental psychology	NTNU
	PSYPRO4315	Developmental psychology II	NTNU
	PSY3100	Quantitative research methods	NTNU
	PSY1014	Social psychology	NTNU
2015	PSYPRO4114	Social psychology (professional psychology students)	NTNU
	PSYC2001	Social psychology	ANU
2014	SOAN229	Social research methods	AU
2012-14	NURS364	Nursing research methods	KSN

## INSTITUTIONAL RESPONSIBILITIES

2024 –	Course coordinator: PSY2117/PSYK4317; co/course coordinator: PSY2122
2023 –	Co-leader, <a href="#">The Quantitative Methods Research Group</a>
2023 –	Co-convener, R Club, NTNU
2023 –	Member, Ethics Board at Psychology Department, NTNU
2016 –	<a href="#">Resilience Centre, Department of Psychology</a> , NTNU

## FELLOWSHIPS AND AWARDS

2014 – 18	Higher Degree by Research (HDR) Merit Waiver Scholarship, ANU
2014 – 19	PhD Scholarship. Department of Psychology, NTNU
2010 – 12	MPhil Scholarship (funded by Quota scheme, Norwegian State Education Loan Fund)

## SUPERVISION OF GRADUATE STUDENTS, DOCTORAL OR RESEARCH FELLOWS

- I have supervised over 25 theses at the undergraduate level and 5 Master's theses*

### PH.D. STUDENTS

	<b>PhD Candidate</b>	<b>Name of University</b>	<b>Status</b>
01.2024 –	Erlend Pukstad	NTNU	On-going

### MPHIL STUDENTS

	<b>Master students</b>	<b>Name of University</b>	<b>Status</b>
01.2024 –	Synøve Marie Gjævrån	NTNU	On-going
01.2024 –	Veronica Auri Løvikene Aurlien	NTNU	On-going
11.2023 –	Elise Åkernes	NTNU	On-going
02.2020 – 2022	Guro Igesund	NTNU	Completed

## SUPERVISED PHD RESEARCH STAYS AT NTNU

*Following PhD candidates were under my supervision during their research stay at NTNU and/or several consultations to advise on research design and analyses.*

	<b>PhD Candidate</b>	<b>Name of University</b>	<b>Task</b>	<b>Status</b>
07.2022 – 10.2022	Janousch Clarissa	University of Applied Sciences Northwestern Switzerland	Research stay (4 months)	Completed
04.2020	Janousch Clarissa	University of Applied Sciences Northwestern Switzerland	Research stay (4 months)	Completed
10.2020	Rebeca Sandu	University of Cambridge	Research stay (1 month)	Completed
08.2019	Kenneth Sandin	NTNU & Diakonhjemmet Sykehus	Several research consultations	Completed

### PHD MENTORSHIP (BY CONTRACT)

	<b>Mentee</b>	<b>Institution</b>
05.2021	Janousch Clarissa	University of Applied Sciences Northwestern Switzerland

## PROJECT MANAGEMENT EXPERIENCE

2020 -	Norwegian veteran health survey 2020
2014-18	Resilience to mental health problems in adolescent and adult samples from Ghana, Australia, and Norway.
2018-21	Member of Work package Two- EU Horizon 2020: Partner in call: H2020-SCI-2016-2017, UPRIGHT project
2019-21	Relations between loneliness and common mental health problems (RESLON project) *
2020-	The Ghana Mach Project

---

## RESEARCH PROJECT FUNDING

2018-21	Member of Work package Two (WP 2)- EU Horizon 2020: Partner in call: H2020-SCI-2016-2017, <b>UPRIGHT</b> : Universal Prevention Resilience Intervention Globally implemented in schools to improve and promote mental Health for Teenagers ( <b>€ 301 000 – for WP 2 only</b> ). The ‘maximum grant amount’ is <b>€ 3,874,215.00</b>
2017-18	Resilience to mental health problems in adolescent and adult samples from Ghana, Australia, and Norway. Researchers grant at Department of Psychology, NTNU ( <b>NOK 39, 500</b> )
2018	Department of Psychology, NTNU 2017/2018 Internationalization Grant to invite colleague researcher from the Australian National University (ANU) – Conal Monaghan, PhD to work with me in NTNU

## MAJOR RESEARCH COLLABORATIONS AND PROJECTS

2020-	Norwegian veteran health survey 2020: Effects of physical activity and substance use, somatic health, and external cause mortality and the trajectories of post-deployment mental health among Norwegian veterans deployed to Afghanistan with researchers from the University of Oslo and the Institute of Military Psychiatry, Norwegian Armed Forces Joint Medical Services <b>Principal Investigators:</b> Frederick Anyan, PhD, and Andreas Espetvedt Nordstrand, PhD
2020-21	Impact of professional helping relationships on the housing stability of homeless people. Data from the Housing First controlled trial in Canada with researchers from University of Cambridge and University of Toronto. <b>Principal Investigator:</b> Rebeca D. Sandu, PhD
2020-21	Trajectories of sick leave before, during and after work-focused treatment with researchers from University of Oslo and Diakonhjemmet Hospital. <b>Principal Investigator:</b> Kenneth Sandin, PhD
2021-	Perception of Ghanaians in interpersonal relationships, economic and socio-political orientations, mental health symptoms and satisfaction with life with researchers from the University of Ghana and the University of Education, Winneba. <b>Principal Investigator:</b> Frederick Anyan, PhD
2020-	Multisystemic, socio-ecological approach to examine the relationship between developmental processes at individual and group levels, and how they connect with markers of ethnic minorities among Quechua and Hispanic adolescents in rural Peru. <b>Principal Investigator:</b> Roxanna Morote, PhD
2020-	Improving resilience among students with researchers from University of Applied Sciences Northwestern Switzerland. <b>Principal Investigator:</b> Clarissa Janousch, PhD

## CERTIFICATE COURSES

09.2019	SEM with Mplus	University of Cambridge, Selwyn College. UK
11.2014	Certificate in academic writing	Human Resource Division, NTNU. Norway
03.2015	ANU research integrity training	Research Training Unit, ANU. Australia
09.2014	University pedagogical training	NTNU, Norway

## MOBILITY AND INTERNATIONALIZATION

2023	Department of Psychological Sciences, Northern Arizona University
2021	Faculty of Arts and Social Sciences, Ashesi University, Berekuso, Ghana
2015	College of Health and Medicine/Research School of Psychology, ANU, Canberra, Australia

## ORGANISATION OF SCIENTIFIC MEETINGS – *member of organising committee*

11.2010	12 <sup>th</sup> Conference of Social and Community Psychology, Trondheim, Norway
06.2019	<b>UPRIGHT</b> Consortium meeting (EU Horizons 2020), Trondheim, Norway

## COMMISSIONS OF TRUST IN ACADEMIC, PUBLIC OR PRIVATE ORGANISATIONS

- 2023- Member, Ethics Committee of the Department of Psychology, NTNU
- 2022- *Editorial Board*
- [Mental Health & Prevention](#).
  - [Psychological Science \(Statistics, Transparency, and Rigor \(STAR\) Editor](#)
  - [Frontiers in Public Health](#)
- 2016- *Reviewer for:*
- Journal of Social and Personal Relationships
  - Psychology & Health
  - Frontiers in psychology
  - Journal of Health Psychology
  - Journal of Affective Disorders
  - Journal of Mental Health & Addiction
  - Assessment

## PUBLICATION RECORD

Total: **42 journal publications** (All in international peer-reviewed journals; **16 First Authorships**)

Total citations: **1809**, h-index 16; i10-index 22

## PUBLICATIONS

1. Cano-López, B. Julia; **Anyan, Frederick**; García-Sancho, Esperanza; Nordahl, Henrik, & Salguero, J. Martin. (2024). A within-person test of the metacognitive model: Daily dynamics between metacognitive beliefs, metacognitive strategies, and negative affect. *Journal of Anxiety Disorders*, 102930. <https://doi.org/10.1016/j.janxdis.2024.102930>
2. Strand, Eivind Rauø; **Anyan, Frederick**; Hjemdal, Odin; Nordahl, Hans Morten; Nordahl, Henrik. (2024) Metacognitive beliefs prospectively predict level of personality functioning beyond maladaptive personality traits within-individuals: Results from a four-wave longitudinal study. *Personality and Individual Differences*, 230, <https://doi.org/10.1016/j.paid.2024.112812>
3. Rønning, Line; **Anyan, Frederick**; Hjemdal, Odin; Bøe, Hans Jakob; Nordstrand, Andreas Espetvedt; Mash, Holy B. Herberman (2024). Exploring heterogeneity in PTSD symptoms and associated predictors and outcomes in Afghanistan veterans: A latent profile analysis. *Military Psychology*, 1–12. <https://doi.org/10.1080/08995605.2024.2345580>
4. Rønning, Line; Shor, Rachel; **Anyan, Frederick**; Hjemdal, Odin; Bøe, Hans Jakob; Dempsey, Catherine L. (2024). The prevalence of sexual harassment and bullying among Norwegian Afghanistan veterans: does workplace harassment disproportionately impact the mental health and life satisfaction of female soldiers?. *Journal of interpersonal violence*, <https://doi.org/10.1177/08862605241248432>
5. **Anyan, Frederick.**, Andoh-Arthur, Johnny., Adjei, Stephen. Baffour., & Akotia, Charity. Sylvia. (2024). Mental health problems, interpersonal trust, and socio-cultural correlates of corruption perception in Ghana. *Frontiers in public health*, 12. <https://doi.org/10.3389/fpubh.2024.1269579>
6. Havnen, Audun; **Anyan, Frederick**; Nordahl, Henrik. (2024) Metacognitive strategies mediate the association between metacognitive beliefs and perceived quality of life . *Scandinavian Journal of Psychology*, 2024, 65 (4), 656-664 <https://doi.org/10.1111/sjop.13015>
7. Solheim, Marte, Pukstad, Erlend., **Anyan, Frederick.**, Strand, Eivind Rauø; Nordahl, Henrik (2024). Is mental regulation related to self-esteem? Testing a basic metacognitive model. *Current Psychology* 43, 21208–21217. <https://doi.org/10.1007/s12144-024-05892-y>

- 
8. Strand, R. Eivind., **Anyan, Frederick.**, Hjemdal, Odin., Nordahl, M. Hans, & Nordahl, Henrik. (2023). Dysfunctional Attitudes versus Metacognitive Beliefs as Within-Person Predictors of Depressive Symptoms Over Time. *Behaviour Therapy*.  
<https://doi.org/10.1016/j.beth.2023.12.004>
- 
9. Havnen, Audun., **Anyan, Frederick.**, Mehus, Ingar., & Ernstsen, Linda (2023) The behavioural regulation in exercise questionnaire (BREQ): psychometric properties and associations with physical activity outcomes in a Norwegian sample of physically active adults, *International Journal of Sport and Exercise Psychology*, <https://doi.org/10.1080/1612197X.2023.2255207>
- 
10. Brattmyr, Lars Martin; Lindberg, Martin Schevik; Lundqvist, Jakob Samuel; Solem, Stian; Hjemdal, Odin; **Anyan, Frederick** (2023). Symptoms and prevalence of common mental disorders in a heterogenous outpatient sample: an investigation of clinical characteristics and latent subgroups. *BMC psychiatry*, 23(1), 804. <https://doi.org/10.1186/s12888-023-05314-6>
- 
11. Nordstrand, E. Andreas., Bøe, H. Jakob., Hjemdal, Odin., Huffman, H. Ann., Noll, K. Laura., Reichelt, G. Jon., Bakker, Lars-Petter., & **Anyan, Frederick.** (2023). Differences in resilience profiles between military veterans and the general population: An exploratory latent profile analysis using the HUNT-4 survey. *Stress and Health*. <https://doi.org/10.1002/smi.3343>
- 
12. **Anyan, Frederick.**, Nordahl, H., & Hjemdal, O. (2023). The network structure of dysfunctional metacognitions, CAS strategies, and symptoms. *Cogent Psychology*, <https://doi.org/10.1080/23311908.2023.2205258>
- 
13. Standal, Martin Inge., Hjemdal, Odin., Foldal, Vegard Stolsmo., Aasdahl, Lene., Hagen, Roger., Fors, Egil A., & **Anyan, Frederick** (2023). Measuring Resilience in Long-term Sick-listed Individuals: Validation of the Resilience Scale for Adults. *Journal of Occupational Rehabilitation*. <https://doi.org/10.1007/s10926-023-10100-y>
- 
14. Nordahl, Henrik., **Anyan, Frederick.**, & Hjemdal, Odin. (2023). Prospective relations between dysfunctional metacognitive beliefs, metacognitive strategies, and anxiety: Results from a four-wave longitudinal mediation model. *Behavior Therapy*.  
<https://doi.org/10.1016/j.beth.2023.02.003>
- 
15. Strand, R. Eivind, Hjemdal, Odin., **Anyan, Frederick.**, Nordahl, Henrik., & Nordahl, M. H., (2023). Change in Interpersonal Problems and Metacognitive Beliefs as Predictors of Improvement in Patients with Generalized Anxiety Disorder. *Clinical Psychology & Psychotherapy*. <https://doi.org/10.1002/cpp.2841>
- 
16. **Anyan, Frederick.**, Hjemdal, Odin. & Nordahl, Henrik (2022). Testing the longitudinal effect of metacognitive beliefs on the trajectory of work ability. *Current Psychology*,  
<https://doi.org/10.1007/s12144-022-03912-3>
- 
17. Janousch, Clarissa., **Anyan, Frederick.**, Morote, Roxanna., Hjemdal, Odin. (2022) Resilience patterns of Swiss adolescents before and during the COVID-19 pandemic: a latent transition analysis. *International Journal of Adolescence and Youth*,  
<https://doi.org/10.1080/02673843.2022.2091938>
- 
18. Janousch, Clarissa., **Anyan, Frederick.**, Kassis, Wassilis., Morote, Roxanna., Hjemdal, Odin., Sidler, Petra., Graf, Ulrike., Rietz, Christian., Chouvati, Raia., Govaris, Christos (2022) Resilience profiles across context: A latent profile analysis in a German, Greek, and Swiss sample of adolescents. *PLoS ONE*, <https://doi.org/10.1371/journal.pone.0263089>
- 
19. Nordahl, Henrik., Anyan, Frederick., Hjemdal, Odin, Wells, Adrian. (2022) The network structure of dysfunctional metacognition: Analysis of the MCQ-30. *Acta Psychologica*,  
<https://doi.org/10.1016/j.actpsy.2022.103622>
- 
20. **Anyan, Frederick** & Hjemdal, Odin (2021). Loneliness in social relationships: Mapping the nomological network of loneliness with key conceptual domains and theoretical constructs. *Journal of Personal and Social Relationships*, <https://doi.org/10.1177/02654075211033035>
- 
21. **Anyan, Frederick.**, Morote, Roxanna., Las Hayas, Carlota., Gabrielli, Silvia., Mazur, Iwona., Gudmundsdottir, G. Dora., González, Norea., Królicka-Deregowska, Anna., Zwiefka, Antoni.,
-

- 
- Olafsdottir, S. Anna., Hjemdal, Odin (2021). Measuring resilience across participating regions in the UPRIGHT EU Horizon 2020 project: Factor structure and psychometric properties of the Resilience Scale for Adolescents. *Frontiers in Psychology*, <https://doi.org/10.3389/fpsyg.2021.629357>
- 
22. Nordahl, Henrik., **Anyan, Frederick.**, Hjemdal, Odin., & Wells, Adrian. (2021). Metacognition, Cognition and Social Anxiety: A Test of Temporal and Reciprocal Relationships. *Journal of Anxiety Disorders*, 102516. <https://doi.org/10.1016/j.janxdis.2021.102516>
- 
23. Sandin, Kenneth., **Anyan, Frederick.**, Osnes, Kåre., Gjengedal, G.H. Ragne, Leversen, S.R. Jonas., Rene, E. Silje., Hjemdal, Odin (2021). Sick leave and return to work for patients with anxiety and depression: A longitudinal study of trajectories before, during, and after work-focused treatment. *BMJ Open*, 11 <http://dx.doi.org/10.1136/bmjopen-2020-046336>
- 
24. Las-Hayas, Carlota., Mateo-Abad, Maider., Vergara Itziar., Izco-Basurko, Irantzu., González-Pinto, Ana., Gabrielli, Silvia., Mazur, Iwona., Hjemdal, Odin ., Gudmundsdottir, Dora Gudrun ., Knoop, Hans Henrik., Olafsdottir, Anna Sigríður ., Fullaondo, Ane., González, Nerea., Mar-Medina, Javier., Krzyżanowski, Dominik ., Morote, Roxanna., **Anyan, Frederick.**, Ledertoug, Mette Marie ., Tidmand, Louise., Arnfjord, Unnur Björk ., Kaldalons, Ingibjorg ., Jonsdottir, Bryndis Jona., Keenoy, Esteban de Manuel., (2021). Relevance of well-being, resilience, and health-related quality of life to mental health profiles of European adolescents: results from a cross-sectional analysis of the school-based multinational UPRIGHT project. *Social Psychiatry and Psychiatric Epidemiology*. <https://doi.org/10.1007/s00127-021-02156-z>
- 
25. Sandu, Rebeca Denisa., **Anyan, Frederick.**, Stergiopoulos, Vicky. (2021). Housing first, connection second: the impact of professional helping relationships on the trajectories of housing stability for people facing severe and multiple disadvantages. *BMC Public Health*, <https://doi.org/10.1186/s12889-021-10281-2>
- 
26. **Anyan, Frederick.**, Hjemdal, Odin., Ernstsén, Linda., Havnen, Audun. (2020) Change in physical activity during the COVID-19 lockdown in Norway: The buffering effect of resilience on mental health. *Frontiers in psychology*, <https://doi.org/10.3389/fpsyg.2020.598481>
- 
27. Janousch, Clarissa., **Anyan, Frederick.**, Hjemdal, Odin., & Hirt, Carmen., (2020) Psychometric Properties of the Resilience Scale for Adolescents (READ) and Measurement Invariance Across Two Different German-Speaking Samples. *Frontiers in psychology*, <https://doi.org/10.3389/fpsyg.2020.608677>
- 
28. **Anyan, Frederick.**, Morote, Roxanna., & Hjemdal, Odin. (2020). Temporal and Reciprocal Relations Between Worry and Rumination Among Subgroups of Metacognitive Beliefs. *Frontiers in Psychology*, <https://doi.org/10.3389/fpsyg.2020.551503>
- 
29. Morote, Roxanna; **Anyan, Frederick**; Las Hayas, Carlota; Gabrielli, Silvia; Zwiefka, Antoni; Gudmundsdottir, G. Dora; Ledertoug, M. Mette; Olafsdottir, S. Anna; Izco-Basurko, Irantzu; Fullaondo, Anne; Mazur, Iwona; Królicka-Deregowska, Anna; Knoop, H. Hans; Hjemdal, Odin (2020). Development and validation of the theory-driven School Resilience Scale for Adults: Preliminary results. *Children and Youth Services Review*, <https://doi.org/10.1016/j.childyouth.2020.105589>
- 
30. Morote, Roxanna., Las Hayas, Carlota., Izco-Basurko, Irantzu., **Anyan, Frederick.**, Fullaondo, Anne., Donisi, Valeria., Zwiefka, Antoni., Gudmundsdottir, D. Gudrun., Ledertoug, M. Mette., Olafsdottir, S. Anna., Gabrielli, Silvia., Carbone, Sara., Mazur, Iwona., Królicka-Deregowska, Anna., Knoop, H. Hans., Tange, Nina., Kaldalóns, V. Ingibjörg., Jónsdóttir, J. Bryndis, González P. Anna., & Hjemdal, Odin. (2020). Co-creation and regional adaptation of a resilience-based universal whole-school program in five European regions. *European Educational Research Journal*, <https://doi.org/10.1177/1474904120947890>
- 
31. Carbone, Sara., Morote, Roxanna., Gabrielli, Silva., Rizzi, Silvia., Hjemdal, Odin., **Anyan, Frederick.**, & Donisi, Valeria. (2020). Sviluppare la resilienza: co-creare un programma di promozione della salute mentale coinvolgendo gli adolescenti del contesto scolastico del Trentino. *Psicologia di comunità*. <https://doi:10.3280/PSC2020-002007>
-

- 
32. Havnen, Audun; **Anyan, Frederick**; Hjemdal, Odin, Solem, Stian; Gurigard, R. Maja; Hagen, Kristen (2020). Resilience Moderates Negative Outcome from Stress during the COVID-19 Pandemic: A Moderated-Mediation Approach. *International Journal of Environmental Research and Public Health*, <https://doi.org/10.3390/ijerph17186461>
- 
33. **Anyan, Frederick**; Ingvaldsen, H. Sigrid; Hjemdal, Odin (2020) Interpersonal stress, anxiety and depressive symptoms: Results from a moderated mediation analysis with resilience. *Ansiedad y Estrés*, <https://doi.org/10.1016/j.anyes.2020.07.003>
- 
34. **Anyan, Frederick**; Morote, Roxanna; Hjemdal, Odin. (2020) Prospective relations between loneliness in different relationships, metacognitive beliefs, worry and common mental health problems. *Mental health & prevention*, <https://doi.org/10.1016/j.mhp.2020.200186>
- 
35. Las Hayas, Carlota., Izco-Basurko, Irantzu., Fullaondo, Ane. Gabrielli, Silvia; Zwiefka, Antoni; Hjemdal, Odin; Gudmundsdóttir, Dóra Gudrun; Knoop, Hans Henrik; Ólafsdóttir, Anna Sigríður; Donisi, Valeria; Carbone, Sara; Rizzi, Silvia; Mazur, Iwona; Królicka-Deręgowska, Anna; Morote, Roxanna; **Anyan, Frederick**; Ledertoug, Mette Marie; Tange, Nina; Kaldalons, Ingibjorg; Jonsdottir, Bryndis Jona; González-Pinto, Ana; Vergara, Itziar; González, Nerea; Mar Medina, Javier; de Manuel Keenoy, Esteban (2019). UPRIGHT, a resilience-based intervention to promote mental well-being in schools: study rationale and methodology for a European randomized controlled trial. *BMC Public Health*, <https://doi.org/10.1186/s12889-019-7759-0>
- 
36. **Anyan, Frederick.**, Hjemdal, Odin., Bizumic, Boris & Friborg, Oddgeir (2019). Measuring resilience across Australia and Norway: Validation and psychometric properties of the English version of the Resilience Scale for adults. *European Journal of Psychological Assessment*, <https://doi.org/10.1027/1015-5759/a000509>
- 
37. **Anyan, Frederick.**, Bizumic, Boris & Hjemdal, Odin (2017). Specificity in mediated pathways by anxiety symptoms linking adolescent stress profiles to depressive symptoms: Results of a moderated mediation approach. *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.12.011>
- 
38. **Anyan, Frederick** & Knizek, Loa Birthe (2017). The coping mechanisms and strategies of hypertension patients in Ghana: The role of religious faith, beliefs and practices. *Journal of Religion and Health*, <https://doi.org/10.1007/s10943-017-0517-7>
- 
39. **Anyan, Frederick.**, Worsley, Lyn & Hjemdal, Odin (2017). Anxiety symptoms mediate the relationship between exposure to stressful negative life events and depressive symptoms: A conditional process modelling of the protective effects of resilience. *Asian Journal of Psychiatry*, <https://doi.org/10.1016/j.ajp.2017.04.019>
- 
40. **Anyan, Frederick** & Hjemdal, Odin (2017). Stress of home life and gender role socializations, family cohesion and symptoms of anxiety and depression. *Women & Health*. <https://doi.org/10.1080/03630242.2017.1316343>
- 
41. **Anyan, Frederick** & Hjemdal, Odin. (2016). Adolescent stress and symptoms of anxiety and depression: Resilience explains and differentiates the relationships. *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2016.05.031>
- 
42. **Anyan, Frederick** (2013). The influence of power shifts in data collection and analysis stages: a focus on qualitative research interview. *The Qualitative Report*, 18(36). 1 – 9. Retrieved from <http://www.nova.edu/ssss/QR/QR18/anyan36.pdf>
- 

#### FORTHCOMING PUBLICATIONS

Julia B. Cano-López, Henrik Nordahl, Esperanza García-Sancho, **Frederick Anyan**, José M. Salguero (2024). A four-wave survey to test the relative importance of cognitive beliefs and metacognitive beliefs as within-person predictors of depressive symptoms. *Journal of affective disorders*

---

---

Adjei, B. Stephen; **Anyan, Frederick**; Arthur, Johnny-Andoh; Akotia, S. Charity (2023). *Psychological and sociopolitical consequence of machiavellian views and tactics*

---

Arthur, Johnny-Andoh., **Anyan, Frederick.**, Adjei, B. Stephen., Akotia, S. Charity (2023). *Effect of sense of community on well-being: Exploring potential mediators and moderators*

---

Arthur, Johnny-Andoh., **Anyan, Frederick.**, Adjei, B. Stephen., Akotia, S. Charity (2023). *A sense of community with trusting relationships may reduce mental health problems*

---

**Anyan, Frederick.**, Adjei, B. Stephen., Arthur, Johnny-Andoh., Akotia, S. Charity (2023). *Mental health problems, interpersonal trust, and socio-cultural correlates of the perception of corruption in Ghana*

---

## CONFERENCE PRESENTATIONS

---

Hjemdal, O., Morote, R. R., Anyan, F (2021, May). Multi systemic resilience: How to understand resilience in a multi-systemic perspective, including an individual, family, social and school context? Plenary presentation at the 5th World Congress on Resilience: Human development, sustainable development and resilience, Yaoundé, Cameroun.

---

Morote, R. R., Hjemdal, O. & Anyan, F. (2019, July). *Personal competence, Engagement and Academic coping as precursors of wellbeing in scholarship holders in a context of poverty in Peru. A Moderated Mediation Model*. Poster presented at the 6th World Congress on Positive Psychology, Nexus. Melbourne, Australia.

---

Morote, R. R., Hjemdal, O., Anyan, F., Guðmundsdóttir, D. (2019, July). *A Resilience-Based School Program In Five EU Countries Co-Creation and Regionalization of the UPRIGHT Program (H2020)*. Paper presented at the 6th World Congress on Positive Psychology, Nexus. Melbourne, Australia.

---

Morote, R. R., Hjemdal, O. & Anyan, F. (2019, July). *Development of a new tool to assess resilience at school communities: The School Resilience Scale for Adults*. Paper presented at the 6th World Congress on Positive Psychology, Nexus. Melbourne, Australia.

---

Anyan, F., Ingvaldsen, S. H. & Hjemdal, O. (2018, June). *Exploring the unique contributions of protective factors in the Resilience Scale for Adults (RSA)*. Paper presented at the 4th World Congress on Resilience: Resilience Based Practices. Aix-Marseille Université, Palais du Pharo, France.

---

Morote, R. R., Hjemdal, O. & Anyan, F. (2018, June). *Universal preventive resilience intervention globally implemented in schools to improve and promote mental health of teenagers*. Poster presented at the 4th World Congress on Resilience: Resilience Based Practices. Aix-Marseille Université, Palais du Pharo, France.

---

Morote, R. R., Hjemdal, O. & Anyan, F. (2018, June). *Protective factors of resilience in the educational context: risks and adaptation to tertiary education of vulnerable adolescents in Peru*. Paper presented at the 4th World Congress on Resilience: Resilience Based Practices. Aix-Marseille Université, Palais du Pharo, France.

---

Hjemdal, O., Morote, R. R., & Anyan, F. (2018, June). *Resilience and other constructs of healthy adaptation and theories of psychological functioning: How do they relate to adult mental health?* Paper presented at the 4th World Congress on Resilience: Resilience Based Practices. Aix-Marseille Université, Palais du Pharo, France.

---

Hjemdal, O. & Anyan, F. (2017, June). *A prospective study of conditional processes of the protective effects of resilience using the Resilience Scale for Adults (RSA)*. Paper presented at the Pathways to Resilience IV: Global South Perspectives, North-West University. Cape Town. South Africa.

---

Anyan, F. & Hjemdal, O. (2017, June). *Modelling Contingent Effects: A conditional process model of the protective effects of resilience*. Paper presented at the Pathways to Resilience IV: Global South Perspectives, North-West University. Cape Town. South Africa.

---



- Anyan, F. & Hjemdal, O. (2017, June). *Have sociocultural engagements anything to say about the impact of different resilience protective resources among adolescent samples from Ghana?* Paper presented at the Pathways to Resilience IV: Global South Perspectives, North-West University. Cape Town. South Africa.
- 
- Anyan, F. & Hjemdal, O. (2016, September). *Differential mediating relations of family cohesion in the relationship between stress of home life and anxiety and depressive symptoms in adolescent boys and girls.* Poster presented at Health Promotion Forum – An International Forum, Norwegian University of Science and Technology. Trondheim, Norway.
- 
- Anyan, F. & Hjemdal, O. (2016, September). *Difficulty sleeping, anxiety, and depressive symptoms in adolescent samples: What is the role of stress of home life?* Poster presented at Health Promotion Forum – An International Forum, Norwegian University of Science and Technology. Trondheim, Norway.
- 
- Anyan, F. & Hjemdal, O. (2016, August). *Protective effects of family cohesion and social resources as predictors of anxiety and depressive symptoms among adolescents (Preliminary results).* Poster presented at the 3rd World Congress on Resilience, Université du Québec à Trois-Rivières. Trois-Rivières, Québec. Canada.
- 
- Anyan, F. & Hjemdal, O. (2016, August). *Does resilience explain the relationship between stress and symptoms of anxiety, and depression?* Poster presented at the 3rd World Congress on Resilience, Université du Québec à Trois-Rivières. Trois-Rivières, Québec. Canada.
- 
- Anyan, F. & Hjemdal, O. (2015, June). *The relationship between Christian religious faith, belief, practices, and resilience in essential hypertension patients from Ghana.* Paper presented at the Pathways to Resilience III: Social Ecology of Resilience, Dalhousie University. Halifax, Nova Scotia. Canada.
- 
- Anyan, F. (2014, November). *Use of Religion as a coping resource by selected essential hypertension patients in Ghana.* Paper presented at the 16th Conference of Social and Community Psychology, Norwegian University of Science and Technology (NTNU). Trondheim, Norway.
-