

CV – February 2007

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Background

Academic and clinical merits

Associate Professor (Docent) at Reykjavik University, 2006.

Cognitive Behavior Therapy - diploma (40 credits) Clinical Degree: Karolinska institutet, 2006.

Associate Professor (Docent) in Psychology, Karolinska institutet, Institutionen för onkologi-patologi & Institutionen för folkhälsovetenskap, from September 2002.

PhD, Karolinska Institutet, 1997.

Practical Journalism: University of Iceland 1991.

Psychology graduate (BA): University of Iceland 1990.

Work positions

Psychologist: Centrum, för folkhälsa , Stockholm läns landsting from June 1997.

Researcher/Psychologist: Radiumhemmet in Stockholm from 92.02.01 - 97.05.31 working on a research project on prostate cancer and quality of life.

Acting Chief Health Education Officer: Nordic Cancer Union information committee from 91.10.30 – 99.11.01.

Health Education Officer: Icelandic Cancer Society from 84.09.01 - 92.01.31. Field of work; preparing health education material, giving lectures on health related issues, working with the bereavement movement (e.g. editing their newsletter), carrying out evaluation research, organizing conferences, maintaining links with the media, organizing and heading a multi-professional workshop on terminal care and developing and heading smoking cessation courses.

Producer: Icelandic National Broadcasting Service, 1986.

Treatment assistant: Vallargerdi Treatment Home for Mentally Retarded Adults, Kopavogur, Island, 1985.

Assistant nurse: Trönuholar Treatment Home for Autistic Children, Reykjavik, Island 1983.

Assistant nurse: Landspítali, Department of Psychiatry, Reykjavik, Island 1976-1984.

Welder: Börkur Chemical Factory, Hafnafjörður, Island 1974 and 1975.

Assistant: Reykjavik Cemetery, Iceland 1972 och 1973.

Scientific merits

Research founding during 2006:

Cancerfonden (Swedish Cancer Society):

900.000 Skr. (ca. 9000.000 isl.kr)

Folkhälsoanslaget (Stockholm Public Health Research Found):

815.000 Skr. (ca. 8000.000 isl.kr.)

Vetenskapsrådet (Swedish National Research Foundation):

900.000 Skr. (ca. 9000.000 isl.kr)

TOTAL founding in 2006: **2.615.000** Skr. (ca. 20.000.000 isl. kr.)

Scientific supervisor:

Graduated:

Unnur Valdimarsdottir: The Loss of a Husband to Cancer – Additional and Avoidable Psychological Traumata. **PhD**, graduated 2003, Karolinska Institutet.

Massoud al-Abany: Towards Elimination of Anal-sphincter and Rectal Dysfunction after Radiation Therapy for Prostate Cancers. **PhD**, graduated 2004, Karolinska Institutet.

Sveinbjörn Kristjánsson: Skin Cancer Prevention – Readiness to Change Sun-Related Behaviors. **PhD**, graduated 2004, Karolinska Institutet.

Tanja Tomson: Telephone Support for Smoking Cessation – The Swedish Example. **PhD**, graduated 2005, Karolinska Institutet.

Bragi Skulason: Icelandic widowers. **MA** thesis, University of Iceland & Karolinska Institutet, 2002.

In progress:

Bragi Skulason: The Loss of a Wife – Identifying Factors for Avoidable Psychological Traumata. Registered **PhD** student 2006, University of Iceland & Karolinska Institutet

Álfgeir Kristjánsson: Factors related to health risk behaviors in Icelandic adolescents. Registered **PhD** student 2007, Karolinska Institutet & Reykjavik University.

Sigríður Björk Þormar: Fostering resilience, post-traumatic growth, health and well-being in humanitarian volunteers. Registered **PhD** student 2006, University of Amsterdam & Reykjavík University.

Catrine Björnström: None-responders in smoking cessation studies. Registered **MA** student 2004, Karolinska Institutet.

Linda Tunander: Tobacco smoking in Medical Schools in the Sudan. Registered **MA** student 2004, Karolinska Institutet.

Pre graduate research (BA thesis):

BA thesis included laboratory work and animal experimentation. The aim was to assess the effects of long term stress on the immune system by measuring antibody response to TNP-BSA antigen and survival after experimental infection with *Candida Albicans*. Whereas the antibody response was enhanced in the stressed animals, the survival rate was significantly lower indicating a waning activity in Neutrophils and Macrophages.

Post graduate research (Ph.D. thesis):

The decision whether or not to treat localized prostate cancer with curative intent is influenced by the expected beneficial and harmful effects in terms of patient survival and quality of life. The aim of my Ph.D. work was to assess the effect symptoms due to clinically localized prostate cancer and its treatment have on the patients well-being. Symptoms specifically related to prostate cancer and its treatment were investigated, including urinary and bowel symptoms and waning sexual functions. The prevalence of these symptoms and the extent to which they distressed the men was assessed. Finally, the relationship between distress owing to the symptoms and psychological, physical and overall well-being was analyzed. Applying epidemiological methods, a total of 842 men were included in seven studies. In four of the studies, 342 prostate cancer patients were compared to a reference group of 314 age matched men without prostate cancer and patients subjected to different treatment protocols were compared to each other and to patients not subjected to any initial treatment. Urinary and bowel symptoms were more prevalent in the prostate cancer group than in the age-matched reference group but few men, with or without prostate cancer, reported severe symptoms. However, a small minority of patients (4%) reported high levels of distress owing to urinary or bowel symptoms and their feeling of well-being was impaired. The prevalence of impaired sexual function was much higher in the prostate cancer group than in the reference group. The majority of men with the disease that had experienced waning sexual function stated that this distressed them and distress owing to waning sexual function was more common than distress owing to urinary and bowel symptoms. Prostate cancer patients reporting moderate or high distress owing to waning sexual function (52%) reported an impaired feeling of well-being compared with other patients. Men treated for their prostate cancer were more likely to report waning sexual function compared with patients reporting no treatment. External beam radiation therapy was less likely than radical prostatectomy to be related to waning sexual function two years after treatment. The willingness to trade off an intact sexual capacity for the possibility of a prolonged life expectancy varied considerably among the men. This emphasizes the need to collect valid information about the basis for the trade-off and learn to communicate the data to the patient in a fruitful way.

Post Ph.D. research:

Environmental tobacco smoke (ETS) and children in the Nordic countries: The aim was to assess ETS exposure of young children in the Nordic countries and to identify factors that may be influenced and are related to the exposure. Data was collected from 3547 households in the Nordic countries.

Possibilities and barriers for tobacco prevention in general practice: The aim was to assess to what extent GPs in the Nordic countries engage in primary and secondary tobacco prevention and to identify barriers that may be influenced to increase this activity. Data was collected from 2139 Nordic GPs. The effect of the Swedish quitline (Sluta-röka-linjen) on the Swedish GPs was also investigated. The project is ongoing.

Possibilities and barriers for tobacco prevention in Swedish dental care: Data was collected from 1934 dentists and dental hygienists. The project was a cooperation with SBU and aimed to assess the impact of SBU reports on changes in clinical practice.

Assessing the applicability of the Transtheoretical Model of Behaviour Change for primary skin cancer prevention (avoiding extensive sun exposure). Data was collected from 6000 adolescents and 4000 adults. Additional data was collected from several subgroups. One PhD thesis was published on the project.

To identify factors that may be influenced and can predict well-being in widows of deceased cancer patients three years after the patients death. Data was collected from 379 widows and 220 controls. One PhD thesis was published on the project.

Investigating if improving radiation therapy technique can reduce unwanted side-effects of treatment for clinically localised prostate cancer. Data was collected from 200 patients. One PhD thesis was published on the project.

Assessing the prevalence of emotional isolation (having no one to confide in) in Swedish men aged 50-80. Also to assess to what extent emotional isolation affects well-being. Data was collected from 656 men.

To identify factors that may be influenced and can predict well-being in widowers one to three years after the partners death. Data was collected from 250 widows and 250 controls. One PhD student is assigned to the project. The project is ongoing.

Motivational Interviewing (MI) project – A randomized study: Data is being collected from 1600 smokers calling the Swedish quitline to assess if educating the counsellors in Motivational Interviewing may enhance quit rates in the patient population. Also, the quality of the Motivational Interviewing training is assured by establishing fixed criterion for the treatment using standardized forms and specially trained “coders” who code tape-recorded treatment sessions. The project is ongoing.

Assessing the effect of treatment intensity in smoking cessation on outcome in dentistry settings – An ongoing randomized study.

Developing and evaluating the Swedish Quit-line (help-line) for tobacco cessation. The aim is to assess factors that may predict outcome in this kind of treatment settings and to assess cost efficiency of different treatment protocols. Data has been collected from over 30.000 smokers. One PhD thesis has been published on the project. The project is ongoing.

Future research:

I plan to divide my time between research and education in *Clinical Public Health Science* and *Psychosocial-Oncology*.

My main areas of interest in Psychosocial-Oncology include methodological development of outcome measures for the assessment of patients well-being and clinical intervention studies aimed at improving well-being for cancer patients and their relatives.

In the area of Clinical Public Health Science my main interest is to develop evidence based primary and secondary prevention programs for risk factor prevention. Presently alcohol and tobacco cessation are in focus as well as developing and assessing the effect of Motivational Interviewing as means of promoting behavior change.

Publications:

Clinical papers, patient material, presentations at conferences, educational papers and other educational material, as well as book chapters is presented in "Pedagogisk portfölj".

Peer reviewed papers :

Forsberg L, Kallmen H, Hermansson U, Berman H, Helgason AR. Coding counselor behavior in motivational interviewing sessions: Inter-rater reliability for the Motivational Interviewing Treatment Integrity Code – Swedish version. *Cognitive Behaviour Therapy*. **2007**;36(3):162-169.

Axelsson S, Helgason AR, Lund KE, Adolfsson JA. Disseminating evidence from health technology assessment: The case of tobacco prevention. *Intl. J. Techn. Ass. Health Care* **2006**;22(4):500-505.

Boldemann C, Gilljam H, Lund KE, Helgason AR. Smoking cessation in general practice: The effects of a quitline. *Nic & Tob Research*. **2006**;8(6):785-790.

Tomson T, Toftgård M, Gilljam H, Helgason AR. Symptoms in smokers trying to quit. *Tobacco Induced Diseases* **2006**;3(2):44-58.

Al-Abany M, Helgason AR, Adolfsson J, Steineck G. Reliability of assessment of urgency and other symptoms indicating anal sphincter, large bowel or urinary dysfunction. *Scand J Urol Nephrol* **2006**;40:397-408.

Valdimarsdottir U, Helgason AR, Furst C-J, Adolfsson J, Steineck G. Need for and access to bereavement support after loss of a husband to urologic cancers: a nationwide follow-up of Swedish widows. *Scand J Urol Nephrol* **2005**;39(4):271-6.

Lund KE, Helgason AR. Environmental tobacco smoke in Norwegian homes, 1995 and 2001: changes in reported childrens exposure and parents attitudes and health risk awareness. *Eur J Public Health* **2005**: 15(2):123-7.

Tomson T, Björnström C, Gilljam H, Helgason AR. Are non-responders in a quitline evaluation more likely to be smokers? *BMC Public Health* **2005**: 23;5(1):52.

al-Abany M, Helgason AR, Cronqvist AK, Lind B, Mavroidis P, Wersall P, Lind H, Qvanta E, Steineck G. Toward a definition of a threshold for harmless doses to the anal-sphincter region and the rectum. *Int J Radiat Oncol Biol Phys* **2005**: 61(4):1035-44.

Mavroidis P, Al-Abany M, Helgason AR, Agren Cronqvist AK, Wersall P, Lind H, Qvanta E, Theodorou K, Kappas C, Lind BK, Steineck G, Brahme A. Dose-Response Relations for Anal Sphincter Regarding Fecal Leakage and Blood or Phlegm in Stools after Radiotherapy for Prostate Cancer Radiobiological Study of 65 Consecutive Patients. *Strahlenther Onkol*. **2005**: 181(5):293-306.

- Kristjánsson S, Ullen H, Helgason AR. The importance of assessing the readiness to change sun-protection behaviours: a population-based study. *Eur J Cancer*. **2004**;40(18):2773-80.
- Valdimarsdóttir U, Helgason AR, Furst C-J, Adolfsson J, Steineck G. Awareness of husbands impending death from cancer and long-term anxiety in widowhood: a nationwide follow-up. *Palliative Medicine* **2004**: 18:432-433.
- Helgason AR, Tomson T, Lund KE, Galanti R, Ahnve S, Gilljam H. Factors related to abstinence in a telephone helpline for smoking cessation. *European J Public Health* **2004**: 14:306-310.
- Tomson T, Helgason AR, Gilljam H. Quitline in smoking cessation – a cost effectiveness analysis. *Int J of Techn Ass in Health Care* **2004**: 20:469-474.
- al-Abany M, Helgason AR, Cronqvist AK, Lind B, Mavroidis P, Wersall P, Lind H, Qvanta E, Steineck G. Dose to the anal sphincter region and risk of fecal leakage. *Acta Oncol*. **2004**: 43:117-118.
- Lund KE, Helgason AR, Andersen M. Changes in reporting on passive smoking by parents of small children. *Tidsskr Nor Laegeforen*. **2004**: 124:16-19.
- Kristjánsson S, Branström R, Ullen H, Helgason AR. Transtheoretical model: investigation of adolescents' sunbathing behaviour. *Eur J Cancer Prev* **2003** :12:501-508.
- Helgason AR, Lund KE, Adolfsson J, Axelsson S. Tobacco prevention in Swedish dental care. *Community Dentistry and Oral Epidemiology* **2003** :31:378-385.
- Tomson T, Boupka K, Gilljam H, Helgason AR. Knowledge, attitudes and smoking behavior among Lao doctors. *Southeast Asian J Trop Med Public Health* **2003**: 34:213-219.
- Valdimarsdóttir U, Helgason AR, Furst CJ, Adolfsson J, Steineck G. Long-term effects of widowhood after terminal cancer: a Swedish nationwide follow-up. *Scand J Public Health* **2003**:31(1):31-6.
- Kristjánsson S, Helgason ÁR, Månson-Brame E, Widlund-Ivarson B, Ullén A. "You and your skin": A short duration presentation of skin cancer prevention for teenagers. *Health Education Research* **2003**: 18:88-97.
- Galanti R, Ivarsson B, Helgason ÁR, Gilljam H. Smoking cessation: Gender on the agenda. *Drugs education, prevention and policy* **2002**: 9:71-84.
- Helgason ÁR, Lund KE. General practitioners perceived barriers to smoking cessation - results from four Nordic countries. *Scand J Public Health* **2002**: 30:141-147.
- Steineck G, Bergmark K, Henningsohn L, Massoud A, Dickman P and Helgason A. Symptom documentation in Cancer Survivors as a Basis for Therapy Modifications. *Acta Oncologica* **2002**: 41:244-252.

Valdimarsdottir U, Helgason AR, Furst CJ, Adolfsson J, Steineck G. The unrecognised cost of cancer patients unrelieved symptoms: A nationwide follow-up of their surviving partners. *Br J Cancer* **2002**; 86:1540-1545.

al-Abany M, Helgason AR, Cronqvist AK, Svensson C, Wersall P, Steineck G. Long-term symptoms after external beam radiation therapy for prostate cancer with three or four fields. *Acta Oncol* **2002**; 41:532-542.

Helgason ÁR, Lund KE. Environmental tobacco smoke exposure of young children - attitudes and health risk awareness in the Nordic countries. *Nicotine & Tobacco Research* **2001**; 3:341-345.

Kristjánsson S, Helgason ÁR, Rosdahl I, Holm LE, Ullén H. Readiness to change sun protective behavior. *Eur J Cancer Prev* **2001**; 10:289-296.

Helgason ÁR, Dickman PW, Adolfsson J, Steineck G. Emotional isolation : Prevalence and the effect on well-being among 50-80 year old prostate cancer patients. *Scandinavian Journal of Urology and Nephrology* **2001** :35:97-101.

Helgason ÁR, Heimisson P, Lund KE. Treating tobacco addiction. Praxis and barriers amongst Icelandic general practitioners (in Icelandic). *The J Icel Med Ass* **2001**; 87:41-45.

al-Abany M, Steineck G, Agren Cronqvist AK, Helgason ÁR. Improving the preservation of erectile function after external beam radiation therapy for prostate cancer. *Radiotherapy and Oncology* **2000**; 57:201-206.

Lund KE, Helgason ÁR. Why do health personnel neglect to talk about passive smoking with parents of small children. *J Norwegian Med Association* **2000** :120:1622-1626.

Lund KE, Anderson M, Bakke P, Gallefoss F and Helgason ÁR. Do health personnel talk about passive smoking with parents of small children? . *J Norwegian Med Association* **2000** :120:1616-1621.

Lund KE, Skrondal A, Vertio H and Helgason ÁR. To what extent do parents strive to protect their children from environmental tobacco smoke in the Nordic countries. - A population based study. *Tobacco Control* **1998**; 7:56-60.

Lund KE, Skrondal A, Vertio H, Helgason ÁR. Childrens residential exposure to environmental tobacco smoke varies greatly between the Nordic countries. *Scan. J. Soc. Med.* **1998**; 2:115-120.

Helgason ÁR, Adolfsson J, Dickman P, Fredrikson M, Steineck G. Distress due to unwanted side-effects of prostate cancer treatment is related to impaired well-being (quality of life). *Prostate Cancer and Prostatic Diseases.* **1998**; 1:128-133.

Helgason ÁR, Adolfsson J, Steineck G. Disease specific quality of life in men with prostate cancer - A three level epidemiological approach. *Journal of Epidemiology and Biostatistics.* **1997**; 4:213-218.

Helgason ÁR, Arver S, Adolfsson J, Dickman P, Granath F, Steineck G. "Potency" - validation of self-administered questionnaire information with an objective measure of night-time erections and test-retest reliability. *Br. J. Urol.* **1997**: 81:135-141.

Helgason ÁR, Adolfsson J, Dickman P, Arver S, Fredrikson M, Steineck G. Factors associated with waning sexual function among elderly men and prostate cancer patients. *J. Urol.* **1997**: 158: 155-159.

Adolfsson J, Helgason ÁR, Dickman P, Steineck G. Urinary and bowel symptoms in men with and without prostate cancer: Results from an observational study in the Stockholm area. *Eur. Urol.* **1997**: 33:11-16.

Helgason ÁR, Adolfsson J, Dickman P, Arver S, Fredrikson M, Göthberg M, Steineck G. Sexual desire, erection, orgasm and ejaculatory functions and their importance to elderly Swedish men: A population-based study. *Age and Ageing.* **1996**: 25: 285-291.

Helgason ÁR, Adolfsson J, Dickman P, Fredrikson M, Arver S, Steineck G. Waning sexual function - the most important disease-specific distress for patients with prostate cancer. *Br. J. Cancer.* **1996**: 73: 1417-1421.

Helgason ÁR, Fredrikson M, Adolfsson J, Steineck G. Decreased sexual capacity after external radiation therapy for prostate cancer impairs quality of life. *Int. J. Radiat. Oncol. Biol. Phys.* **1995**: 32: 33-39.

Helgason ÁR, Fredrikson M, Dyba T, Steineck G. Introverts give up smoking more often than extraverts. *Person. Individ. Diff.* **1995**: 18: 559-60.

Other publications:

Helgason ÁR: Prostate cancer Treatment and Quality of Life – a Three Level Epidemiological Approach (PhD thesis). *Karolinska Institutet. Stockholm, 1997.*

Helgason ÁR: Psychoneuroimmunology. An investigation into the effects of stress on the immune system (BA thesis). *University of Iceland: University Press. Reykjavík, 1990.*

Educational material, book chapters and clinical papers: See "Pedagogical merits"

Invited speaker and presentations at scientific meetings: See "Pedagogical merits"

Editorial board and peer referee: See "Pedagogical merits"

Scientific collaboration:

Following research collaboration projects comprise projects that are actual in 2006:

Heading a research group on Motivational Interviewing(MI). Collaborating partners: Professor Stephen Rollnick, University of Cardiff, UK & Lars Forsberg, Karolinska Institutet.

Nordic research group in tobacco prevention. Collaborating partners: Center for Public Health, Stockholm, Sweden. SIRUS, Oslo, Norway. National Institute for Public Health, Reykjavik, Iceland.

SBU – collaboration: Investigating the impact of SBU-reports for tobacco prevention in Swedish Dental Care.

Identifying possibilities and barriers for tobacco prevention in primary health care – Collaboration with Folkhälsoinstitutet and Cancerfonden.

Assessing long term impact of spouses death on psychological morbidity in men - Collaboration with the University of Iceland.

Assessing tobacco cessation intervention in dental practice in Vesterås – Collaboration with Mälardalens Högskola.

Assessing core values in a cohort of University students and teachers – Collaboration with Mälardalens Högskola.

Empathy as a predictor of outcome in smoking cessation therapy – Collaboration with Lindköpings Universitet.

The “learning curve” for counsellors in Motivational Interviewing training – Collaboration with Stockholms Universitet.

Active member in following international networks:

European Network for Mens Health and Nordic Network for Mens Helth. Responsible for organising a Nordic conference on Mens Health in Stockholm in 2008.

European Network of Tobacco Quitlines (EU- founded).

European Network of Health Care Personal in Tobacco Prevention (EU-founded).

Pedagogical merits

Teaching experience other than scientific conferences

* "Clinical Public Health" (Master of Public Health course), Reykjavik University, from 2006.

* "Motivational Interviewing" - motivational interviewing technique (5th year medical students), Karolinska Institutet, from 2004.

* Supervision of behavior change counselors in cognitive behavior therapy at the Swedish quitline (Sluta-röka-linjen), eight counselors in two groups, from 2005.

* "Psychological models and theories in behavior change" - for public health workers specializing in tobacco cessation, Stockholm Centre of Public Health, from 1997.

* Lecturer at the *RFSU educational courses in clinical sexology* for doctors in 1998 and 1999. Participated as a lecturer in several educational programs for Urologist and Oncologists on the subject of sexual function, quality of life and emotional isolation.

* During my eight years as public relations officer at the Icelandic Cancer Society and ten years as acting chief information officer for within the Nordic Cancer Union (NCU) I have been engaged in a variety of projects where my skills in teaching, preparing educational material, lecturing, *organising conferences* and workshops etc. have been put to the test:

a) During 1984-1991 I developed a series of lectures, workshops and courses of issues related to cancer, cancer prevention and palliative care. During these years I gave approximately *2800 lectures*. The target groups varied from junior high school, senior high school and university students and nurses and doctors working in primary health care.

b) Parallel to my lecturing I *developed a smoking cessation program* comprising ten 90 min. sessions. The group sizes varied from 20-50. In all I gave approximately 80 such courses at the Cancer Society and additional several courses at different workplaces. In connection with these courses I developed an educational program for doctors and nurses on who to lead smoking cessation groups. This resulted e.g. in an educational video and textbook material on smoking cessation methods for the health care personnel

c) I was active in the development *and implementation of the Hospice palliative care* model in Iceland. Leading multi-disciplinary workshops on the subject, organizing and leading four national conferences, as well as editing a news letter for the newly established bereavement movement.

d) In my role as an acting chief information officer for the Icelandic Cancer Society within the Nordic Cancer Union, I was involved in the planning and executing of several educational programs and *educational campaigns* in the Nordic countries mainly in primary and secondary cancer prevention.

Editorial board / referee/ examinations:

Examination board: Ph.D and MA students at the Karolinska Institutet.

Editorial board: Tobacco Induced Diseases (International Journal).

Peer referee for international scientific journals:

Addiction

Health Education Research,

The European Journal of Cancer, Scandinavian Journal of Urology and Nephrology,

Pharmacoeconomics,

Tobacco Control,

Personality and Individual Differences,

European Journal of Public Health,

BMC Family Practice,

Cancer.

Supervision of PhD and MA students: See “Scientific merits”.

Courses related to pedagogic and teaching

Training new trainers in Motivational Interviewing, 2005

Pedagogic and teaching skills - to qualify as an Associate Professor (Docent),
Karolinska Institutet, 2002

Basic pedagogic , Stockholm University, 1991

Invited speaker and presentations at scientific meetings:

Invited speaker:

Effects of emotional isolation in middle aged and elderly men in general and prostate cancer patients in particular. Nordic Conference on Men's Health, Oslo, March **2006**.

Aerodynamics of behavior change – Beteendevetenskapliga föreningen (The Swedish Behavior Scientists Society annual meeting). Stockholm March **2006**.

Applying Motivational Interviewing in quitline setting. – European network for application and research of telephone based treatment for smoking cessation. Cyprus October **2005**.

Motivational interviewing a method to enhance behavior change. - European Cancer League - Prague 4 November **2005**.

Workshop in Motivational Interviewing. – Icelandic Health Care - Heilbrigðisstofnun Þingeyinga. September **2005**.

Emotional Isolation in elderly men – effect on spause. - Institutionen för klinisk nevrovetenskap. Karolinska Institutet. Oktober **2005**.

Measuring outcome in tobacco cessation. - LOFT 2004: A national tobacco conference. Reykjavik 16-18 September **2004**.

Snus or NRT – Facts and fables. - LOFT 2004: A national tobacco conference. Reykjavik 16-18 September **2004**.

Workshop in smoking cessation. - LOFT 2004: A national tobacco conference. Reykjavik 16-18 September **2004**.

“Snus” is not a significant contributor to abstinence from smoking amongst quitline callers in Sweden: 3rd International Conference on Smokeless Tobacco. Stockholm, Sweden, 22-25 September **2002**.

The effectiveness of quitlines in smoking cessation: LOFT 2002 - A national tobacco prevention conference. Myvatn, Iceland, 27-28 September **2002**.

The Swedish quitline: 3rd European Conference on Tobacco or Health. Warsaw, Poland, 20-22 June **2002**.

Decreased quality of life and emotional isolation in men with prostate cancer: International Cancer League - World Conference, 1-5 July **2002**.

Emotional isolation in prostate cancer patients: Men and Cancer - A Nordic conference. Cancerfonden, Stockholm, 15-17 March **2002**.

Påverkar nedsatt sexuell funktion, urinläckage och emotionell isolering välbefinnande hos prostatacancerpatienter: Psykosociala aspekter på prostatacancer. Cancerfonden, Stockholm, 22-23 January **2001**.

Sexuell påverkan och välbefinnande efter radikal behandling för prostatacancer: Livskvalitet vid urologisk cancer. Astra Läkemedel, Stockholm, 10 May **2001**.

The prevalence of emotional isolation and sexual functions among elderly Swedish men and prostate cancer patients. - The effect on quality of life: Nordic Congress for Urotherapists and Nurses with Urological interest. Reykjavík, Iceland, 10-11 June **1999**.

The effect of waning sexual function on well-being in elderly men in general and prostate cancer patients in particular: The 22nd Congress of the Scandinavian Association of Urology. Reykjavik, 10-12 June **1999** (*First price for best scientific contribution*).

The consequences of prostate cancer screening on the quality of life of the early-diagnosed patient treated for his disease, and the ethical dilemma of subsidizing treatment for sexual dysfunction: Second UICC cancer management meeting. Antwerpen, Belgium, 14-18 April **1999**.

Livskvalitet vid behandling av prostatacancer: Föreningen för Urologisk onkologi - Årsmöte. Lund, Sverige, 23-24 April **1998**.

Assessing erection stiffness and its effect on well-being: A national prostate cancer symposium. Akureyri, Iceland, 31 October **1998**.

The scientific evidence for the efficacy of a telephone quitline for smokers: A national conference on tobacco prevention. Egilstadir, Iceland, 21-22 August **1998**.

Presented submitted presentations at conferences:

Forsberg L, Helgason AR: Reliability assessment of MITI – a questionnaire to assess the quality of motivational interviewing. USA, New Mexico **2006**.

Helgason AR: Changes in tobacco prevention amongst general practitioners in Sweden. SRNT scientific meeting. Prague **2005**.

Helgason AR: Changes in tobacco prevention amongst general practitioners in Sweden. 8th Nordic Conference of Public Health. Reykjavik, Iceland, October **2005**.

Helgason AR: Emotional isolation in elderly men and its effect on well-being. 8th Nordic Conference of Public Health. Reykjavik, Iceland, October **2005**.

Helgason AR: Psychosocial aspects of emotional isolation in prostate cancer patients. 7th World Congress of Psychooncology. Copenhagen, August **2004**.

Helgason AR: No one to confide in – Prevalence and the effect on well-being among 50-80 year old men and prostate cancer patients. XXV International Congress of Applied Psychology. Singapore **2002**.

Helgason ÁR, Steineck G, Adolfsson J: Sexual and emotional well-being in 50-80 year old men with and without prostate cancer patients - willingness to abstain from treatment. **2002**

Helgason ÁR, Gilljam H, Forsgårdh Å: The Swedish Quit-Line: A resource for the dentistry. Sydney, Australia **2001**.

Helgason ÁR, Adolfsson J, Steineck G: No one to confide in - prevalence and the effect on well-being among 50-80 year old males and prostate cancer patients: A population based study: State of the Art Conference on Cancer. Cancerfonden, Stockholm, Sweden, August **2001**.

Helgason ÁR, Adolfsson J, Steineck G: No one to confide in - prevalence and the effect on well-being among 50-80 year old males and prostate cancer patients: A population based study: Sixth International Congress of Behavioural Medicine. Brisbane, Australia, November **2000**.

Helgason ÁR, Lund K: Barriers for Smoking Cessation in the Clinical Interview: 11th World Conference on Tobacco OR Health. Chicago, USA, **2000**.

Helgason AR, Lund KE: Health risk awareness protects children from environmental tobacco smoke exposure in the home: Sixth International Congress of Behavioural Medicine. Brisbane, Australia. November **2000**.

Helgason AR: Potency assessment - The "depressive mood bias" in a questionnaire assessment and in the clinical interview: European Association of Urology. Stockholm, 7-11 April **1999**.

Helgason AR, Lund KE: Attitudes and health beliefs concerning passive smoking as determinants of children's residential exposure to ETS: The 10th World Conference on Tobacco or Health. Peking, 24-28 August **1997**.

Helgason AR, Steineck G: Nedsatt sexuell funktion påverkar livskvaliteten hos äldre män: Svenska Läkarsällskapets Riksstämman. Stockholm, 27-29 November **1996**.

Helgason AR, Lund KE: Children's residential exposure to environmental tobacco smoke in the Nordic countries: Smoke free Europe. Helsinki, Finland, 2-4 August **1996**.

Helgason AR, Lund KE: Risk awareness and attitudes towards children's exposure to environmental tobacco smoke among parents in the Nordic countries: Smoke free Europe. Helsinki, Finland, 2-4 August **1996**.

Helgason AR, Steineck G: Sexual Function and its Importance in the Elderly Swedish Male - a Population Study: 12th World Congress of Sexology. Yokohama, Japan, 12-16 August **1995**.

Helgason AR, Steineck G: Sexual funktion och dess betydelse hos äldre män: Svenska Läkarsällskapets Riksstämman. Stockholm, 30 november - 2 december **1994**.

Helgason AR, Steineck G: Prostatacancer och strålbehandling - Påverkan på sexuallivet: Svenska Läkarsällskapets Riksstämman. Stockholm, 25-27 november **1992**.

Educational material, book chapters and clinical papers:

Helgason AR, Gardarsson B. Ragnarök (www.ragnarok.se). Internet based material on tobacco for adolescents, **2003**.

Helgason ÁR. How to stop smoking - practical guidelines. *NetDoctor Iceland*. Island **2001**.

Helgason AR. Tobacco prevention – (in Icelandic). *Geðvernd* **2001**: 1:33-36.

Adolfsson J, Helgason ÁR & Steineck G. Quality of life and prostate cancer - Assessment and outcome. In; *New Perspectives in Prostate Cancer 2nd edition*, Eds: Belldegrún A, Kirby RS, Oliver T, ISIS MEDICAL MEDIA, Oxford, **2000**.

Helgason ÁR, Götberg M. Sexualiteten och dess betydelse för äldre svenska män. *Nordisk Geriatrik*. **1999**: 2:43-47.

Helgason ÁR, Nederfeldt L. Vad vinner du på att sluta röka? (Treatment material for the Swedish quitline – in Swedish) *Sluta-röka linjen*, Stockholm, **1999**.

Helgason ÁR, Nederfeldt L. Förbered rökstopp. (Treatment material for the Swedish quitline – in Swedish) *Sluta-röka linjen*, Stockholm, **1999**.

Helgason ÁR, Nederfeldt L. Nikotinläkemedel och abstinensbesvär. (Treatment material for the Swedish quitline – in Swedish) *Sluta-röka linjen*, Stockholm, **1999**.

Helgason ÁR, Nederfeldt L. Håll ut! (Treatment material for the Swedish quitline – in Swedish) *Sluta-röka linjen*, Stockholm, **1999**.

Helgason ÁR. Smoking cessation - educational video (45 min.- in Icelandic). *Icelandic Cancer Society*. Reykjavík, **1992**.

Helgason ÁR. Methods in smoking cessation and prophylactic measures. In; *Handbook in Psychology*. Ed. Hördur Thorgilsson and Jakob Smári. *Mál og menning*. Reykjavík, **1992**.

Helgason ÁR. To sell a healthy lifestyle - *The Icelandic Prime Ministers Office*. Reykjavik, **1987**.

Clinical merits

Clinical courses:

Cognitive Behavior Therapy, Karolinska Institutet - (40 credits), 2004-2006.

Supervision on own patients with anxiety disorders and depression: approximately 300 hours - from 2003 to date.

Clinical Sexology (klinisk sexologi), RFSU-kurs, (10 credits), 1993.

Oncology Urology (onkologisk urologi), NLV-kurs (five days), Karolinska Institutet, 1991.

Cognitive therapy of depression. Center for Cognitive Therapy, University of Pennsylvania (16 hours), 1989.

Clinical practice:

Cognitive Behavior Therapy with anxiety and depression patients from 2003 - Karolinska Hospital and own practice.

Radiumhemmet - Karolinska Hospital: Clinical consultation (mainly sexuality and depression), 1993-1997.

Karolinska Hospital: Clinical consultation and diagnostic for impotence, 1995-1997 (periodically).

Icelandic Cancer Society: "Smoking cessation group therapy for adults" (ten sessions per group. Ca. 20-30 patients per group). Total ca. 90 groups and ca. 400 individual treatments, 1985-1991.

"Trönuholar, a therapeutic home for the mentally disturbed": Working with autistic individuals, 1983 (4 months).

"Vallargerdi, a therapeutic home for the mentally retarded": Working with mentally handicapped, 1985 (4 months).

"The Icelandic Mental Hospital in Reykjavik": Working as treatment assistant on several units, 1976-1984 (ca. 32 months).

Clinical administration:

Representing Sweden in European Men's Health Forum from 2006.

On the administration board of a newly establish national Swedish alcohol help-line from 2006.

Responsible for the development and evaluation of treatment quality in the Swedish Quit-line (Sluta-röka linjen) in Sweden, 1998 to date.

Supervising the implementation of the Swedish Quit-line model in Iceland, 2000 to date.

Development and administration of smoking cessation therapy at the Icelandic Cancer Society, 1985-1992.

Initiated and administered a multi-discipline group for the development of a home care unit in accordance with the Hospice philosophy on behalf of the Icelandic Cancer Society, 1987

Initiated and administered courses and conferences for clinicians on bereavement and terminal care 1986.

Organizing, leading and supervising

Supervisor other than PhD and MA students

For scientific supervision of PhD and MA students see “Scientific merits”.

Supervising personal at the Stockholm Center of Public Health in scientific methodology from 1997 to date.

Supervising personal at the Swedish tobacco quitline in treatment and evaluation from 1998 to date.

Supervising personal at the Icelandic tobacco quitline in treatment from 1999.

Supervision of health care personal in Iceland from 1986 and in Sweden from 1998 in tobacco prevention.

Organizing and leading:

Responsible for organizing a Nordic clinical conference on Men’s Health in Stockholm, Sweden 2008.

Group leader: Nordic research group for tobacco prevention-epidemiology - Nordic Cancer Union (NCU), based in Stockholm 1996-2001.

Organized four conferences on palliative care, Reykjavik, Iceland 1986-87.

Board member, Vasastans Montessori School, Stockholm, Sweden 1994-96.

Elected member of the Student Union, University of Iceland 1980-82.

Vice president of the Student Union, University of Iceland 1981-82.

Chairman of board, Student Theatre, University of Iceland 1981-82.

Student representative, Psychology Faculty Board, University of Iceland, 1982-83.

Student representative on School Board, Hamrahlid gymnasium, Island, 1978-79.