CV

Personal information

First name, Surname:	Elisabeth, Bania Valmyr		
Date of birth:	09.11.1969	Sex:	F
Nationality:	Norwegian		
Researcher unique identifier(s) (ORCID, ResearcherID, etc.):	https://orcid.org/0000-0003-4708-489X		
URL for personal website:	https://www.ntnu.no/ansatte/elisabeth.bania		

Education

Year	Faculty/department - University/institution - Country
2017	Ph.D. Department of Clinical Medicine - The Arctic University Norway, UiT - Norway
2004	Cand.polit (Mphil) Institute of Social Work and Health Science- NTNU- Norway
1994	Bachelor in social work, Høgskolen i Trøndelag (sosionomutdanning), Norway
1993	Bachelor in business administration, Trondheim Økonomiske høgskole (TØH) (diplomøkonom), Norway

Positions - current and previous

(*Academic sector/research institutes/industrial sector/public sector/other)*

Year	Job title – Employer - Country
2019-	Associate professor, NTNU - Norway
2004-	University lecturer and Associate professor, NTNU,UiT, HVL - Norway Bachelor studies in social work and child protection educator (sosionom og barnevernspedagogutdanning) and Master in mental health

Project management experience

(*Academic sector/research institutes/industrial sector/public sector/other. Please list the most relevant.)*

Year	Project owner - Project - Role - Funder
2012-2029	The Arctic University of Norway, UiT - The Norwegian Arctic Adolescent Health Study (NAAHS) – researcher for phd – SANKS, Sparebank1 Nord Norge and UiT

	NTNU – ECHO – project participant and co supervisor for phd candidate – Kavli foundation and NTNU NTNU – Skolelos – project manager application NFR 2023 - Bufdir NTNU – Testing the effectiveness of an optimized intervention for school attendance problems in Norwegian municipalities, the Back-study – local PI NFR 2024-2029 – NTNU, RPUB Øst Sør, UiB, RKBU Vest, RKBU Nord, UiS, UIT NTNU – Nordplus Vegvisir – Coordinating institution and contactperson establishing Nordplus network application February 2025 – Nordic Council Ministry

Supervision of students

(Total number of students)

Master's students	Ph.D. students	University/institution - Country
13		12 completed, 1 current from October 2025, NTNU, Norway
	2	1 completed, 1 current from January 2026, NTNU, Norway

Other relevant professional experiences

Year	Description - Role
1999-2010	International coordinator – project responsible/project manager
2017-2022	Master in mental health, thesis programme - Project manager
2020-	Academic programme coordinator, Master programme Child and Adolescent Mental Health and Child Welfare – professional coordinator of all parts of relevant master programme Child and Adolescent Mental Health and Child Welfare
2024-	Master in mental health, introduction subject, 15 ECTS - Project manager
2025-	Leader research group Tiltak og intervensjon (Intervention and Implementation), Institute of Mental Health

National and international conferences

Bania, Elisabeth Valmyr, Ingul, Jo Magne, Singstad, Marianne Tevik, Ekornes, Stine

Barn og unges psykiske helse i et folkehelseperspektiv Masteremne master i psykisk helse, NTNU

Folkehelsekonferanse (2025)

Ytreland, Kristin; Ingul, Jo Magne; Bania, Elisabeth Valmyr; Lydersen, Stian; Sund, Anne Mari; Askeland, Anne Liv; Martinsen, Kristin; Holen, Solveig; Patras, Joshua Steven; Haug, Ida Mari; Rasmussen, Lene-Mari Potulski; Adolfsen, Frode; Neumer, Simon-Peter.

Har grad av foreldreinvolvering effekt på barns angst og depresjon? Barn og Unge Kongressen 2024 STO UiO NTNU UiB HNT RBUP-ØS UiT

Adolfsen, Frode; Lisøy, Carina; Haug, Ida Mari; Ytreland, Kristin; Martinsen, Kristin; Rasmussen, Lene-Mari Potulski; Ingul, Jo Magne; Sund, Anne Mari; Bania, Elisabeth Valmyr; Neumer, Simon-Peter.

Optimalisering av et skolebasert CBT gruppetiltak for barn i alderen 8-12 år med symptomer på angst og depresjon. Midnattsolkonferansen 2023; 2023-06-07 - 2023-06-07 NTNU RBUP-ØS UiO UiT

Adolfsen, Frode; Rasmussen, Lene-Mari Potulski; Lisøy, Carina; Haug, Ida Mari; Ytreland, Kristin; Martinsen, Kristin; Ingul, Jo Magne; Bania, Elisabeth Valmyr; Sund, Anne Mari; Neumer, Simon-Peter.

How to support EBIs in municipal services? International Congress of Clinical and Health Psychology in Children and Adolescents; 2023 UiT NTNU RBUP-ØS UiO

Haug, Ida Mari; Neumer, Simon-Peter; Rasmussen, Lene-Mari Potulski; Adolfsen, Frode; Bania, Elisabeth Valmyr; Lisøy, Carina; Ytreland, Kristin; Ingul, Jo Magne; Sund, Anne Marie; Martinsen, Kristin; Patras, Joshua Steven.

Differential effects of the MFS condition: Is there a dose response?. 9th International Congress of Clinical and Health Psychology in Children and Adolescents; 2023 NTNU RBUP-ØS UiO UiT

Lisøy, Carina; Martinsen, Kristin; Adolfsen, Frode; Haug, Ida Mari; Ytreland, Kristin; Rasmussen, Lene-Mari Potulski; Ingul, Jo Magne; Sund, Anne Mari; Bania, Elisabeth Valmyr; Neumer, Simon-Peter.

OPTIMIZING A GROUP-BASED SCHOOL INTERVENTION FOR CHILDREN WITH EMOTIONAL PROBLEMS: EVALUATION OF THE MAIN CHILD OUTCOMES FROM THE FACTORIAL STUDY. 9th International Congress of Clinical and Health Psychology in Children and Adolescents; 2023 UiT NTNU RBUP-ØS

Neumer, Simon-Peter; Martinsen, Kristin; Ingul, Jo Magne; Rasmussen, Lene-Mari Potulski; Lisøy, Carina; Patras, Joshua Steven; Bania, Elisabeth Valmyr; Haug, Ida Mari; Ytreland, Kristin; Adolfsen, Frode.

THE ECHO STUDY: OPTIMIZING A GROUP-BASED SCHOOL INTERVENTION FOR CHILDREN WITH EMOTIONAL PROBLEMS. INTRODUCTION. AITANA; 2023 UiT UiO NTNU RBUP-ØS

Rasmussen, Lene-Mari Potulski; Adolfsen, Frode; Neumer, Simon-Peter; Martinsen, Kristin; Holen, Solveig; Ingul, Jo Magne; Bania, Elisabeth Valmyr; Sund, Anne Mari; Patras, Joshua Steven; Lisøy, Carina; Ytreland, Kristin; Haug, Ida Mari.

ECHO-studien: Optimalisering av et skolebasert KAT-tiltak for barn i alderen 8-12 år med symptomer på angst og depresjon. Folkehelsekonferansen 2023 STO UiO RBUP-ØS UiT HNT NTNU

Ytreland, Kristin; Ingul, Jo Magne; Bania, Elisabeth Valmyr; Lydersen, Stian; Neumer, Simon-Peter; Martinsen, Kristin; Rasmussen, Lene-Mari Potulski; Adolfsen, Frode; Haug, Ida Mari; Lisøy, Carina.

Parental assessment of the child´s development, the flip side of the coin?. 9th International Congress of Clinical and Health Psychology in Children and Adolescents; 2023 RBUP-ØS UiT NTNU

Bania, Elisabeth Valmyr; Ekornes, Stine M.
Samiske kvinners lavere NEET (Not engaged in Education, Employment or Training) erfaring i et multi-kontekst perspektiv. FORSA-konferansen 2022: Bærekraft og sosial ulikhet

Haug, Ida Mari; Neumer, Simon-Peter; Saus, Merete; Rye, Marte; Rasmussen, Lene-Mari Potulski; Adolfsen, Frode; Bania, Elisabeth Valmyr; Ingul, Jo Magne; Sund, Anne Marie; Ytreland, Kristin; Martinsen, Kristin Dagmar; Lisøy, Carina; Patras, Joshua.
A novel MFS for use in first line services and in preventative mental health interventions:Preliminary results of qualitative exploration of group leaders experiences implementing MFS in group sessions in a school-based mental health intervention.. SPR 53rd International Conference Denver 2022

Neumer, Simon-Peter; Haug, Ida Mari; Adolfsen, Frode; Patras, Joshua; Lisøy, Carina; Martinsen, Kristin Dagmar; Ingul, Jo Magne; Rasmussen, Lene-Mari Potulski; Bania, Elisabeth Valmyr; Ytreland, Kristin; Sund, Anne Mari; Holen, Solveig.

Use of a new measurement feedback system (MFS) for children with emotional problems – how can the "myECHO" app improve putcomes in a preventive intervention? EABCT; 2022

Ytreland, Kristin; Ingul, Jo Magne; Bania, Elisabeth Valmyr; Martinsen, Kristin Dagmar; Adolfsen, Frode; Neumer, Simon-Peter; Sund, Anne Mari.
New strategies for improving youth mental health and fascilitating delivery of a CBT preventive intervention – do parents matter? High and low parental involvement in a preventive intervention for anxious and sad children - European Association for Behavioural and Cognitive Therapies (EABCT); 2022

Bania, Elisabeth Valmyr; Ytreland, Kristin; Ingul, Jo Magne; Sund, Anne Mari; Martinsen, Kristin Dagmar; Lisøy, Carina; Holen, Solveig; Rasmussen, Lene-Mari Potulski; Askeland, Anne Liv; Goverud Andersson, Ola; Adolfsen, Frode; Haug, Ida Mari; Patras, Joshua; Neumer, Simon-Peter.
"Hvilken betydning har foreldreinvolvering i et gruppebasert tiltak for triste og engstlige barn?". Barn og unge kongressen 2020

Ingul, Jo Magne; Rasmussen, Lene-Mari Potulski; Martinsen, Kristin Dagmar; Ytreland, Kristin; Bania, Elisabeth Valmyr; Sund, Anne Mari; Lisøy, Carina; Holen, Solveig; Askeland, Anne Liv; Adolfsen, Frode; Andersson, Ola; Haug, Ida Mari; Patras, Joshua; Neumer, Simon-Peter.
Virtual Reality for engstelige og triste barn; optimering av atferds-eksperimenter og aktivering. Barn og Unge kongressen 2020

Lisøy, Carina; Martinsen, Kristin Dagmar; Askeland, Anne Liv; Adolfsen, Frode; Rasmussen, Lene-Mari Potulski; Ingul, Jo Magne; Holen, Solveig; Sund, Anne Mari; Ytreland, Kristin; Bania, Elisabeth Valmyr; Haug, Ida Mari; Patras, Joshua; Anderson, Ola Goverud; Neumer, Simon-Peter.
ECHO: Optimalisering av et gruppebasert tiltak for engstelige og triste barn. Barn og Unge Kongressen 2020

Martinsen, Kristin Dagmar; Lisøy, Carina; Askeland, Anne Liv; Adolfsen, Frode; Rasmussen, Lene-Mari Potulski; Goverud Andersson, Ola; Ingul, Jo Magne; Sund, Anne Mari; Ytreland, Kristin; Bania, Elisabeth Valmyr; Haug, Ida Mari; Patras, Joshua; Neumer, Simon-Peter.

Digital betingelse - Diggi - Kan delvis digital gjennomføring gi god effekt for barna?. Barn & Unge kongressen 2020

Neumer, Simon-Peter; Haug, Ida Mari; Patras, Joshua; Lisøy, Carina; Askeland, Anne Liv; Adolfsen, Frode; Rasmussen, Lene-Mari Potulski; Ingul, Jo Magne; Holen, Solveig; Sund, Anne Mari; Ytreland, Kristin; Bania, Elisabeth Valmyr; Andersson, Ola; Martinsen, Kristin Dagmar.
MittEcho - En brukerstemme til barn og unge i ECHO studien. Barn og Unge konferansen 2020

Ingul, Jo Magne; Martinsen, Kristin Dagmar; Rasmussen, Lene-Mari Potulski; Neumer, Simon-Peter; Sund, Anne Mari; Holen, Solveig; Adolfsen, Frode; Bania, Elisabeth Valmyr.
Parental involvement; Will it make a difference? 5th International Congress of Clinical and health psychology on children and adolescents; 2019

Midtgård, Inger Helen; Bania, Elisabeth Valmyr.
Aktivitetsbasert avlasting for barn og ungdom med autismespekter diagnose. Nasjonal konferanse om brukermedvirkning i forskning; 2017

Publications and peer reviewed book chapter

Bania, E. V., Nøst, T. H., & Ekornes, S. M. (2026). Exploring the educational journey: a qualitative study of student completion in a part-time master's degree programme. In Frontiers in Education (Vol. 11, p. 1867551). Frontiers Media SA.

Lisøy, C., Neumer, S. P., Waaktaar, T., Wentzel-Larsen, T., Ingul, J. M., Adolfsen, F., ... & Martinsen, K. (2026). Optimising indicated prevention for child anxiety and depression: A 12-month follow-up for cluster-randomised factorial 2 x 2 x 2 trial. *Journal of Child & Adolescent Mental Health*, 1-20.

Nilsen, T. S., Kyrrestad, H., Walmsness, K., Rye, M., Askeland, K. G., Havik, T., ... & Haugland, B. S. M. (2026). From Being on Our Own to Being Part of a Team: A Qualitative Study on Parents' Experiences from a Structured Intervention to Increase School Attendance. *School Mental Health*, 1-14.

Bania, E. V., Nilsen, T. S., Thastum, M., Ingul, J. M., & Havik, T. (2025). Teachers' Experiences with the Back2School Intervention-A Pilot Study Addressing Problematic School Absenteeism. *Frontiers in Psychology*, *16*, 1608184. https://doi.org/10.3389/fpsyg.2025.1608184

Ekornes, S., Holen, S., Ingul, J. M., Neumer, S. P., Adolfsen, F., & Bania, E. V. (2025). Identifying Students of Concern. Primary School Teachers' Reflections on Assessing Students' General School Functioning based on the Concept of Typicality. *Frontiers in Psychology*, 16, 1601780. https://doi.org/10.3389/fpsyg.2025.1601780

Ytreland, K., Bania, E. V., Lisøy, C., Lydersen, S., Neumer, S. P., Adolfsen, F., ... & Ingul, J. M. (2025). Relationships between parental factors and child anxiety and depressive symptoms in an indicated preventive intervention. *European Child & Adolescent Psychiatry*, 1-12. https://doi.org/10.1007/s00787-025-02831-5

Ytreland, K., Bania, E. V., Lydersen, S., Sund, A. M., Neumer, S. P., Adolfsen, F., ... & Ingul, J. M. (2025). Parental Involvement in Child Anxiety and Depression: Exploring the Impact of Delivery Format on Modifiable Parental Factors. *Child Psychiatry & Human Development*, 1-13. https://doi.org/10.1007/s10578-025-01814-6

Bania, E.V., Ytreland, K., Sund, A.M. *et al.* Does dose matter? Parental attendance in a preventive intervention for anxious and sad children. *BMC Psychol* **12**, 740 (2024). https://doi.org/10.1186/s40359-024-02234-2

Haug, I. M., Neumer, S. P., Handegård, B. H., Lisøy, C., Rasmussen, L. M. P., Bania, E. V., ... & Patras, J. (2024).

Dose-Response Effects of MittEcho, a Measurement Feedback System, in an Indicated Mental Health Intervention for Children in Municipal and School Services in Norway. *Administration and Policy in Mental Health and Mental Health Services Research, 1-18.* https://doi.org/10.1007/s10488-024-01389-9

Lisøy C, Neumer SP, Adolfsen F, Ingul JM, Rasmussen LMP, Wentzel-Larsen T, Patras J, Sund AM, Ytreland K, Waaktaar T, Holen S, Askeland AL, Haug IM, Bania EV, Martinsen K (2024). Optimizing indicated cognitive behavioral therapy to prevent child anxiety and depression: A cluster-randomized factorial trial. *Behaviour Research and Therapy, 176, 104520.* https://doi.org/10.1016/j.brat.2024.104520

Ytreland, K., Ingul, JM., Lydersen, S., Yap, MBH., Sim, WH., Sund, AM., Bania EV (2024) Investigating the psychometric properties of PaRCADS— Parenting to Reduce Child Anxiety and Depression Scale in a Norwegian sample. *International Journal of Methods in Psychiatric Research, Volume 33, Issue 1.* http://dx.doi.org/10.1002/mpr.2017

Borren, I. & Bania, EV. (2022) Måleegenskaper ved den norske versjonen av Kartlegging av traumeerfaringer og symptomer (KATES-Omsorgsgiver). PsykTestBarn1:3, DOI10.21337/0077

Bania, E. V., Eckhoff, C., & Ekornes, S. (2022). Against All Odds? Sami women's lower NEET experience in an Arctic Context: Education and Work Participation among Multicultural Young People in Northern-Norway, the Norwegian Arctic Adolescent Health Study (NAAHS). *Journal of Ethnic and Cultural Studies*, *9*(2), 234-247. http://dx.doi.org/10.29333/ejecs/1133

Neumer, SP., Patras, J., Holen, S. *et al (2021).* Study protocol of a factorial trial ECHO: optimizing a group-based school intervention for children with emotional problems. *BMC Psychol* **9,** 97 (2021). https://doi.org/10.1186/s40359-021-00581-y

Ingul JM, Martinsen K, Adolfsen F, Sund AM, Ytreland K, Bania EV, Lisøy C, Rasmussen L-M, Haug IM, Patras J, Collins LM, Kendall PC and Neumer SP (2021) Inside the Clockwork of the ECHO Factorial Trial: A Conceptual Model With Proposed Mediators for Prevention of Emotional Problems in Children. Front. Psychol. 12:703224. doi: 10.3389/fpsyg.2021.703224

Bania, Elisabeth Valmyr; Christian Eckhoff & Kvernmo, Siv (2019). Not engaged in education, employment or training (NEET) in an Arctic sociocultural context: the NAAHS cohort study. *BMJ Open* 2019;**9:**e023705. doi: 10.1136/bmjopen-2018-023705

Midtgård, Inger Helen; Bania, Elisabeth Valmyr.
Fritid sammen med andre. Tilrettelagte fritidstjenester i endring (red. Kristiansen, Midtsundstad & Ofstad, (2018). *Kapittel 8 Aktivitetsbasert avlasting for barn og ungdom. Brukarstyrt aktivitetsbasert avlastning, unge 10-18 år.* Fagbokforlaget

Bania, E. V., Lydersen, S., & Kvernmo, S. (2016). Non-completion of upper secondary school among female and male young adults in an Arctic sociocultural context; the NAAHS study. *BMC Public Health*, *16*(1), 1-11 DOI 10.1186/s12889-016-3644-2.

Bania, E. V., & Kvernmo, S. E. (2016). Tertiary education and its association with mental health indicators and educational factors among Arctic young adults: the NAAHS cohort study. *International Journal of Circumpolar Health*, *75*(1), 32086. https://doi.org/10.3402/ijch.v75.32086

Bania, E. V., Eckhoff, C., & Kvernmo, S. (2015). The Influence of Mental Health, Psychosocial Factors, and Educational Skills on the Educational Aspirations of Indigenous Sámi and Non-Indigenous Adolescents in the Arctic. *Scandinavian Journal of Child and Adolescent Psychiatry and Psychology*, *3*(3), 169-179.