

## Curriculum vitae with track record (for researchers)

**Role in the project**    Project manager     Project partner

### Personal information

First name, Surname:	Bente Berget		
Date of birth:	10. November 1959	Sex:	Female
Nationality:	Norwegian		
Researcher unique identifier(s) (ORCID, ResearcherID, etc.):			
URL for personal website:			

### Education

Year	Faculty/department - University/institution - Country
1988	Master Department of Animal and Aquacultural sciences. Norwegian University of Life Sciences (NMBU), Norway
2007	Ph.D. Department of Animal and Aquacultural sciences. Norwegian University of Life Sciences (NMBU), Norway

### Positions - current and previous

Year	Job title – Employer - Country
2016-	Senior Scientist at Norwegian Research Centre (NORCE)
1991-2016	<p>1991-2001: Teacher in a comprehensive school with subjects related to animal sciences, including administration</p> <p>2000-2001: Member of the project group for adult education in the county of Vestfold.</p> <p>2002: Coordinator and research fellow for the pilot project titled: “Green care for people with psychiatric diseases”. The project was cooperation between the Department of Animal and Aquacultural Sciences at UMB and Department of Behavioural Sciences in Medicine at (UiO)</p> <p>2003-2006: Ph.D. - student at the Norwegian University of Life Sciences (UMB), Department of Animal and Aquacultural Sciences</p> <p>2006-2009: Post doctor at the Norwegian University of Life Sciences (UMB), Department of Animal and Aquacultural Sciences</p> <p>2010-October 2013: Researcher at the Norwegian University of Life Sciences (UMB), Department of Animal and Aquacultural Sciences</p>

	<p>2013-October-1<sup>st</sup> of May 2014- Finishing project work and writing peer reviewed articles</p> <p>2014-1<sup>st</sup> January 2016- Consultant, research administration, Research Department at Buskerud and Vestfold University College</p>
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### Project management experience

Year	Project owner - Project - Role - Funder
2006-2020	<p><i>NMBU-Green care: Effects of animals and plants on the farm in a therapeutic process for people with psychiatric diseases- project coordinator-NFR</i></p> <p><i>NMBU-Prevocational training on care farms as a health promoting service for people outside the work force– the self-determination theory perspective-project coordinator-NFR.</i></p> <p><i>NMBU-Equine-assisted activities for adolescents and the impact on social support and task-specific mastery- a study integrating psychological variables with ethological methods</i></p> <p><i>Ager Research-Activity- increased well-being and the way back to work-Project participant-Aust-Agder development and competence fund</i></p> <p><i>A-gder Research- Care farming in an integrating perspective for refugees and immigrants--Project manager- RFF-Agder</i></p> <p><i>NORCE-Farm-adapted education for pupils in the secondary school-Project manager-NFR</i></p>

### Supervision of students

(Total number of students)

Master's students	Ph.D. students	University/institution - Country
10	3	<p>Master students both from NMBU and University of Agder (UiA).</p> <p>Supervision of two students from NMBU and one ongoing from UiA</p>

### Network-national and international

Institution	Names
Plant Research International, Univ. of Wageningen	Dr. Jan Hassink
Open Universiteit	Prof. Marie- Jose Enders-Slegers
SLU	Prof. Lena Lidfors, Dr. Anna María Pálsdóttir

Aarhus University	Dr. Karen Thodberg
University of Helsinki	PhD-student Ingela Wikmann, Dr. Marianne Norring
UiO	Prof. med. Øivind Ekeberg, Prof. Sverre Grepperud.
NMBU	Prof. Bjarne Braastad, Prof. Inger Lise Andersen, Prof. Ruth Newberry, Dr. Judit Vas, Associated prof. Grete Patil
UiA	Prof. Anne Marie Støkken, Senior lecturer Elsebeth Krøger, docent Anne Brita Thorød, Dr. Andreas Reier-Jensen
UiB	Prof. Knut Hidle

### Other relevant professional experiences

Year	Description - Role
2003-	I have been responsible for many international conferences, both as a manager and keynote speaker. I am also the leader of a Nordic network in Care farming an anthrozoology and have collaboration with different scientific networks both nationally and internationally e.g. IHAHAIO where I am a member of an expert committee for the welfare of farm animals in the field of anthrozoology. Additionally, I have been reviewer of several international publications, being a member of different advisory boards related to promotion within the academic level, including licentiate-thesis, supervising and being a supervisor of several master theses. I am also professor qualified in anthrozoology.

## Track record

### **International peer reviewed articles**

- Berget, B., Skarsaunet, I., Ekeberg, Ø., Braastad, B.O. 2007. Humans with mental disorders working with farm animals. A behavioral study. *Occupational Therapy in Mental Health*, 23, 101-117.
- Berget, B., Ekeberg, Ø., Braastad, B.O. 2008. Animal-assisted therapy with farm animals for persons with psychiatric disorders: effects on self-efficacy, coping ability and quality of life, a randomized controlled trial. *Clinical Practice and Epidemiology in Mental Health*, 4:9.
- Berget, B., Ekeberg, Ø., Braastad, B.O. 2008. Attitudes to animal-assisted therapy with farm animals among health staff and farmers. *Journal of Psychiatric and Mental Health Nursing*, 15, 576-581.
- Berget, B., Braastad, B.O. 2008. Theoretical Framework for Animal-Assisted interventions- Implications for Practice. *Therapeutic Communities*, 29 (3), 323-337.
- Berget, B., Ekeberg, Ø., Pedersen, I., Braastad, B.O. 2011. Animal-assisted therapy with farm animals for persons with psychiatric disorders: Effects on anxiety and depression, a randomized controlled trial. *Occupational Therapy in Mental Health*, 27 (1), 50-6.
- Berget, B., Grepperud, S. 2011. Animal-Assisted Interventions for psychiatric patients: Beliefs in treatment effects among practitioners. *European Journal of Integrative Medicine*, 3 (2), 91-96.
- Pedersen, I., Nordaunet, T., Martinsen, E.W., **Berget, B.**, Braastad, B.O. 2011. Farm Animal-Assisted Intervention: Relationship between Work and Contact with Farm Animals and Change in Depression,

Anxiety, and Self-Efficacy Among Persons with Clinical Depression. *Issues in Mental Health Nursing*, 32 (8), 493-500.

Berget, B., Grepperud, S, Aasland, O.G., Braastad, B.O. 2012. Animal-assisted interventions and psychiatric disorders - knowledge and attitudes among doctors and psychologist. *Society & Animals*, Volum 21(3) pp. 284-293.

Pedersen, I., Martinsen, E.W., **Berget, B.**, Braastad, B.O. 2012. Farm animal-assisted intervention for persons with clinical depression, a randomized controlled trial. *Anthrozoös*, 25 (2), 149-160.

Thodberg, K., **Berget, B.**, Lidfors, L. 2014. Research in the use of animals as treatment for humans. *Animal Frontiers*, 4, 43-48, doi: 102527/af. 2014-0021.

Ellingsen-Dalskau, L.H., **Berget, B.**, Tellnes, G., Ihlebæk, C. 2020. Understanding the Impact of Subjective Health Complaints on Satisfaction with Life for Clients in Prevocational Training on Care Farms. *Nordic Journal of Social Research*, accepted

#### **Peer reviewed book chapters**

Berget, B., Ihlebæk, C. 2011. Animal-Assisted Interventions; effects on human mental health. A theoretical framework. *InTech, Psychiatric Disorders / Book 1, ISBN 978-953-307833-5*, pp. 121-138.

Berget, B., Pedersen, I., Enders-Slegers, M.J, Beetz, A., Sholl, S., Kovács, G. 2013. Benefits of Animal-assisted Interventions for Different Target Groups in a Green Care Context. In C. Gallis (Ed.), *Green Care. For human Therapy, Social Innovation, Rural Economy, and Education* (pp. 65-91), ISBN 978-1-62618-777- New York, USA: Nova Science Publishers. Inc.

Tellnes, G., **Berget, B.** 2017. "Grønn omsorg og "Inn på tunet". In G. Tellnes (ed.), *Helsefremmende samhandling. Natur og kultur som folkehelse* (pp. 169-175), ISBN 97882-450-1696-3. Bergen, Norway: Fagbokforlaget.

Berget, B., Krøger, E., Thorød, A.B. 2018. (eds). *Antrozologi. Samspill mellom dyr og menneske*. Universitetsforlaget. ISBN 978-82-15-02853-8.

#### **Peer reviewed conference proceedings**

Berget, B., Ekeberg, Ø., Braastad, B.O, 2004. *Farm animals in therapy for humans with mental disorders*. Abstracts, 10th International Conference on the Relationship Between Humans and Animals, Glasgow 6-9.10. 2004 p.45.

Berget, B., Ekeberg, Ø., Braastad, B.O. 2007. *Animal-assisted therapy: effects on persons with psychiatric disorders working with farm animals*. Abstracts, 11th International Conference on the Relationship Between Humans and Animals, Tokyo 4-7.10. 2007, p.45.

Berget, B. 2009. *Animal-assisted interventions and persons with psychiatric disorders: The effects of working with farm animals*. Abstracts, 11th European Congress of Psychology, Oslo 7-10 July 2009, p.45.

Berget, B, Ekeberg, Ø., Braastad, B.O.2007. *Animal-assisted therapy: effects on persons with psychiatric disorders working with farm animals*. I: Abstract Book 11th International Conference on Human-Animal Interactions. 2007, p. 35-36.

Hauge, H., **Berget, B.** 2010. *Horses and teenagers - teacher and student? Adolescents` experience of horseback riding as a leisure activity which promotes self-confidence and social functioning*. IAHAIO - People and animal for life; 2010-07-01 - 2010-07-04. Stockholm.

Hauge, H., **Berget, B.**, Flatekval, S., Berge, I. 2012. *Environmental impact on youth experiences with horses in a farm environment, a qualitative study of young people interacting with horses*. International Congress of Therapeutic Horse Riding; 2012-0425 - 2012-04-27. Greece.

Hauge, H., Braastad, B. O. Kvalem, I. L., **Berget, B.** 2012. *The effect of the horse on adolescents` self-efficacy, self-esteem and social skills - a four-year project with a cross-over design and control group*. *International Congress of Therapeutic Horse riding*; 2012-04-25 - 2012-04-27. Greece.

Berget, B. 2016. *Animal-assisted interventions with farm animals. A brief review of the evidence base*. The 14<sup>th</sup> International Conference on Human-Animal Interactions, Paris 11-13 July. 2016.

Berget, B. 2018. Animal assisted interventions for different target groups. Can animals contribute to human health and well-being – is there evidence? The 14<sup>th</sup> International People Plant Symposium, Malmø

**Scientific articles without referee including reports**

- Berget, B., Braastad, B.O. 2008. Kunnskapsstatus og forskningsbehov for Inn på tunet. Universitetet for miljø- og biovitenskap. pp. 69.
- Berget, B. 2009. Hund er god terapi. Book review. *The Journal of the Norwegian Medical Association*, 129, 1373.
- Sempik, J., Hine, R., Wilcox, Deborah., **Berget, B.**, Braastad, B.O., Gonzalez, M.T. 2010. Green Care: A conceptual framework - a report of the working group on the health benefits of green care. COST 866, Green Care in Agriculture. Loughborough University, UK: COST Office 2010 (ISBN 978-1-907382-23-9).
- Berget, B., Lidfors, L., Pálsdóttir, A.M, Soini, K., Thodberg, K. eds. 2012. *Green Care in the Nordic countries – a research field in progress. Report from the Nordic research workshop on Green Care in Trondheim, June 2012*, Ås, Norwegian University of Life Sciences, pp.46.
- Berget, B. 2013. *Kunnskap og kompetanse for Inn på tunet. Status og behov*. Universitetet for miljø- og biovitenskap. pp. 31.
- Berget, B. Braastad, B.O., Patil, G.G. Research needs - Green Care in Norway. 4th European COST 866 Workshop, 28.09-30.09.2009.
- Berget, B. 2016. Inn på tunet- hva og hvorfor? Aktuell forskning i Norge. Green Care conference. Sweden. 29. 09.2016.
- Berget, B., Hidle, K. 2017. *Care farming activities- can it facilitate integration?* Nordic research conference in Green Care and Nature-based interventions, Kristiansand, Norway. 31.10-1.11.2017.