

Curriculum vitae and track record

PERSONAL INFORMATION:

Family name, First name: Kvestad, Ingrid
Date of birth: 12.06.1975
Sex: Female
Nationality: Norwegian
URL for personal web site: <https://uni.no/en/staff/directory/ingrid-kvestad/>

KEY QUALIFICATIONS*

Clinical child and adolescent psychologist and Phd from Faculty of Psychology, University of Bergen in 2016. Expertise in early child development and mental health, and biological and social risk factor for adverse development. Experience in the field of epidemiology and in conducting large randomized controlled trials in infants and young children nationally and internationally.

EDUCATION*

2016 PhD: Dissertation date: 23.01.2016.
Thesis: *Biological risks and neurodevelopment in young North Indian children. Results from a randomized controlled trial.*
Faculty of Psychology, University of Bergen, Norway
2008 Specialist in Clinical Child and Adolescent Psychology.
The Norwegian Psychologist Association
2003 PsyD in Psychology
Faculty of Psychology, University of Bergen, Norway

CURRENT AND PREVIOUS POSITIONS*

2018 -	Centre for Child and Adolescent Mental Health and Welfare, NORCE Norwegian Research Center AS Senior Researcher, full time
2017 – 2018	Centre for Child and Adolescent Mental Health and Welfare, Uni Research Health Senior Researcher, full time
2016 – 2017	Centre for Child and Adolescent Mental Health and Welfare, Uni Research Health Post-doctoral fellow full time
2010 - 2011	Johns Hopkins University, FNIH Independent contractor, part time. MAL ED project: Interactions of Malnutrition and Enteric Infections: Consequences for Child Health and Development, an international multisite project funded by Melinda and Bill Gates Foundation. Responsibility: Training and supervision in cognitive testing at the 8 study sites.
2006 - 2011	Bufetat. Regional Child Protection Services Clinical Psychologist, full time.
2005 - 2006	Helse Nordmøre og Romsdal. Child and Adolescent Outpatient Mental Health Clinic. Clinical Psychologist, full time.
2003 - 2005	Fana PPT. School Psychological Services Clinical Psychologist, full time.

MOBILITY:

2013	Visiting Scholar, Department of Global Health and Population, Harvard TH Chan School of Public Health, Boston, USA
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FELLOWSHIPS AND AWARDS:

2016-2020	Post-doctoral fellowship
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	Project: <i>Vitabeginning. Impact of vitamin B12 on neurodevelopment and cognitive function from early life into school age. 3 sites multinational study.</i> Funded by the Norwegian Research Council
2017-2019	Thrasher Research Fund, Early Career Award, (25 000 USD) <i>Earthquake exposure and maternal distress in disadvantaged Nepalese families.</i>

PROJECTS:

2020-2023	South-Eastern Norway Regional Health Authority RART: Identifying and treating nutritional deficiencies in pregnancy – a register-based, adaptive, Randomized Controlled Trial. 7 MNOK Co-investigator
2018-2022	Research Council Norway LongSTEP: Longitudinal Study of music Therapy's Effectiveness for Premature infants and their caregivers. 11 MNOK Co-investigator
2018-2021	Regional Research Foundation West (RFF-Vest) Be-Prox/Sammen mot Mobbing: Utprøving og ferdigstilling av tiltakspakke for å forebygge, avdekke og håndtere mobbing i barnehager i Askøy kommune. 7MNOK Principal investigator
2018-2019	Wøyen stiftelsen Pathways to Independence: A collaborative project with the social services for unaccompanied minors, Bergen municipality. 1MNOK Principal investigator
2017-2020	Center for Intervention Studies in Maternal and Child Health, Center for International Health, Norwegian Center of Excellence, UoB, Research Council Norway <i>VitaPreg: Supplementation with high doses of vitamin B12 in pregnancy to improve cognitive functioning in early childhood in Bhaktapur, Nepal.</i> Co-investigator
2016-2020	National Institute of Nutrition and Seafood Research/FHF <i>Mommy's food: Non-blinded intervention study in pregnancy.</i> Co-investigator
2014-2020	Thrasher Research Fund <i>BeLive: The effect of vitamin B12 supplementation in Nepali infants on growth and development.</i> Co-investigator
2014-2019	Research Council Norway <i>Vitabeginning: Impact of vitamin B12 on neurodevelopment and cognitive function from early life into school age. 3 sites multinational study.</i> Post-doctoral fellow
2013-2017	National Institute of Nutrition and Seafood Research/FHF <i>FINS-KIDS: The impact of fish intervention in kindergarten on cognitive development</i> Co-investigator
2010-2014	GC Rieber Funds <i>The association between nutritional status in infancy and cognitive development in early childhood in Nepalese children. 1MNOK</i> Co-investigator

SUPERVISION OF GRADUATE STUDENTS AND RESEARCH FELLOWS:

2019	Currently the main supervisor of 1 PhD-candidate at Centre for International health, University of Bergen (UoB), and the co-supervisor of 3 PhD candidates, at Faculty of Fine Art, Music and Design (1) and Centre for International health (2), University of Bergen, Norway
2015	Supervised 1 master student at Faculty of Psychology, University of Bergen, Norway

TEACHING ACTIVITIES:

2013 – 2017	Child Health Research Projects, Kathmandu, Nepal. Courses in cognitive assessment tools
2011 – 2017	Society for Applied Studies, New Delhi, India. Courses in cognitive assessment tools
2011 – 2014	Institute of Biological and Medical Psychology, Faculty of Psychology, UoB, Norway. Courses for student in PsyD, topics: early biological risks neurodevelopmental disorders, neuropsychological testing.
June 2016	Summer School, Lillehammer University College, Norway. Early child development and assessment.
2011 – current	Centre for Child and Adolescent Mental Health and Welfare, NORCE Norwegian Research Center, Norway. Courses in the assessment of early child development.

MEMBERSHIPS OF SCIENTIFIC SOCIETIES:

2019-2021	Norwegian Scientific Committee for Food Safety (VKM) Risk benefit analyses of fish consumption
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MAJOR COLLABORATIONS:

Prof. Tor A. Strand	Innlandet Hospital trust, Lillehammer, Norway
Prof. Mari Hysing	Department of Psychosocial Science, Faculty of Psychology, UoB, Norway
Tormod Bø, PhD	Department of Psychosocial Science, Faculty of Psychology, UoB, Norway
Prof. Per Magne Ueland	Bevital, Bergen, Norway
Prof. Ravi Kohli	Institute of Applied Social Research, University of Bedfordshire, UK
Prof. Wafaie Fawzi	Institute of Global Health and Population, Harvard TH Chan School of Public Health, USA
Adrian McCann, PhD	Bevital, Bergen Norway
Jannike Øyen, PhD	Institute of Marine Research, Bergen, Norway
Nita Bhandari, PhD	Society for Applied Studies, New Delhi, India
Ram Chandyo, PhD CISMAC	Institute of Medicine, Tribhuvan University, Kathmandu, Nepal Norwegian Center of Excellence, Center for International Health, UoB, Norway

CAREER BREAKS:

June-November 2012	Maternity leave
June-November 2014	Maternity leave

REPORTS:

2019	Kvestad, I. and Bøe, T. Veien til Selvstendighet.
2019	Reedtz, C., Kvestad, I. , Slinning, K. and Sandnes, K. Strategi for RKBU/RKBUs satsning på sped-og småbarnsfeltet 2019-2022.

LIST OF PUBLICATIONS (a total of 34 publications, August 2020):

Markhus MW, Hysing M, Midtbø LK, Nerhus I, Næss S, Aakre I, **Kvestad I**, Dahl L, and Kjellevoid M. "Effects of two weekly servings of cod for 16 weeks in pregnancy on maternal iodine status and infant neurodevelopment: Mommy's Food, a randomized controlled trial." *Thyroid* ja (2020).

Upadhyay RP, Hysing M, Taneja S, **Kvestad I**, Bhandari N, and Strand T A (2020). Linear Growth between Early and Late Childhood and Cognitive Outcomes at 6 to 9 Years of Age. *The Journal of Pediatrics*.

Solvik BS, Strand TA, **Kvestad I**, Markhus MW, Ueland PM, McCann A, and Øyen J. (2020). Dietary Intake and Biomarkers of Folate and Cobalamin Status in Norwegian Preschool Children: The FINS-KIDS Study, *The Journal of Nutrition*

Chowdhury R, Taneja S, **Kvestad I**, Hysing M, Bhandari N, and Strand TA (2020). Vitamin D status in early childhood is not associated with cognitive development and linear growth at 6–9 years of age in North Indian children: a cohort study. *Nutrition Journal*, 19(1), 14.

Kvestad I, Taneja S, Upadhyay RP, Hysing M, Bhandari N, and Strand T A. (2020). Vitamin B12, folate, and cognition in 6-to 9-year-olds: a randomized controlled trial. *Pediatrics*.

Midtbø, LK, Nygaard, LB, Markhus, MW, Kjellevoid, M, Lie, Ø, Dahl, L, **Kvestad**, I, Frøyland, L, Graff, IE and Øyen, J. (2020). Vitamin D status in preschool children and its relations to vitamin D sources and body mass index—Fish Intervention Studies-KIDS (FINS-KIDS). *Nutrition*, 70, 110595.

Ranjitkar S, Hysing M, **Kvestad I**, Shrestha M, Ulak M, Shilpakar JS, Sintakala R, Chandyo RK, Shrestha L and Strand TA. (2019). Determinants of Cognitive Development in the Early Life of Children in Bhaktapur, Nepal. *Front Psychol*. 10.3389

Sania A, Sudfeld C R, Danaei G, Fink G, McCoy DC, Zhu Z, ... and Bellinger D. (2019). Early life risk factors of motor, cognitive and language development: a pooled analysis of studies from low/middle-income countries. *BMJ open*, 9(10), e026449.

Ghetti C, Bieleninik Ł, Hysing M, **Kvestad I**, Assmus J, Romeo R, Ettenberg M, Arnon S, Vederhus BJ, Gaden TS, and Gold C (2019). Longitudinal Study of music Therapy's Effectiveness for Premature infants and their caregivers (LongSTEP): protocol for an international randomised trial. *BMJ open*, 9(8), e025062.

Thorne-Lyman AL, Shrestha M, Fawzi WW, Pasqualino M, Strand TA, **Kvestad I**, Hysing M, Joshi N, Lohani M and Miller LC (2019). "Dietary Diversity and Child Development in the Far West of Nepal: A Cohort Study." *Nutrients* 11, 1799

Upadhyay RP, Chandyo RK, **Kvestad I**, Hysing M, Ulak M, Ranjitkar S, Shrestha M, Shrestha L and Strand TA. Parental height modifies the association between linear growth and neurodevelopment in infancy. *Acta Paediatrica*. 2019 Apr 19.

Ask, TF, Ranjitkar, S, Ulak, M, Chandyo, R K, Hysing, M, Strand, T A, **Kvestad**, I, Andreassen, M, Lugo, RG, Shilpakar, JS, Shrestha, M and Sutterlin, S (2019). The Association Between Heart Rate Variability and Neurocognitive and Socio-Emotional Development in Nepalese Infants. *Frontiers in Neuroscience*, 13, 411.

Kvestad, I, Ranjitkar, S, Ulak, M, Chandyo, R, Shrestha, M, Shrestha, L, Strand, TA and Hysing, M (2019). Earthquake exposure and post-traumatic stress among Nepalese mothers after the 2015 earthquakes. *Frontiers of Psychology*.

Sudfeld, C, Manji, K, Darling, A, Kisenge, R, **Kvestad, I**, Hysing, M, Belinger, D, Strand, T, Duggan, C and Fawzi, W (2019). Effect of antenatal and infant micronutrient supplementation on middle childhood and early adolescent development outcomes in Tanzania. *European Journal of Nutrition*.

Shrestha, M, Strand, T, Ulak, M, Chandyo, R, Ranjitkar, S, Hysing, M, Shrestha, L and **Kvestad, I** (2019). The feasibility of the Ages and Stages Questionnaire for the assessment of child development in a community setting in Nepal. *Child: Care, Health & Development*.

Kvestad, I, Vabø, S, Kjellevoid, M, Nøstbakken, OJ, Midtbø, LK, Hysing, M, Markhus, MW, Madsen, L, Handeland, K, Graff, IE, Lie, Ø, Frøyland, L, Stormark, KM, Dahl, L and Lie, Ø. (2018). Fatty fish, hair mercury and cognitive function in Norwegian preschool children: Results from the randomized controlled trial FINS-KIDS. *Environment International*.

Hysing, M, **Kvestad, I**, Kjellevoid, M, Midtbø, L, Graff, IE, Lie, Ø, Hurum, H, Stormark, KM and Øyen, J. (2018). Fatty Fish Intake and the Effect on Mental Health and Sleep in Preschool Children in FINS-KIDS, a Randomized Controlled Trial. *Nutrients*, 10(10), 1478.

Henjum, S, **Kvestad, I**, Shrestha, M, Ulak, M, Chandyo, RK, Thorne-Lyman, A L, Shrestha, PS, Kjellevoid, M, Hysing, M and Strand, TA. (2018). Erythrocyte DHA and AA in infancy is not associated with developmental status and cognitive functioning five years later in Nepalese children. *Nutrition journal*, 17(1), 70.

Nerhus, I, Odland, M, Kjellevoid, M, Midtbø, LK, Markhus, MW, Graff, IE, **Kvestad, I**, Frøyland, L, Dahl, L and Øyen, J. (2018). Iodine status in Norwegian preschool children and associations with dietary iodine sources: the FINS-KIDS study. *European journal of nutrition*, 1-9.

Ranjitkar, S, **Kvestad, I**, Strand, TA, Ulak, M, Shrestha, M, Chandyo, RK, Shrestha, L, and Hysing, M. (2018). Acceptability and Reliability of the Bayley Scales of Infant and Toddler Development-III Among Children in Bhaktapur, Nepal. *Frontiers in psychology*, 9, 1265.

Strand, TA, Ulak, M, **Kvestad, I**, Henjum, S, Ulvik, A, Shrestha, M, Thorne-Lyman, AL, Ueland, PM, Shrestha, P and Chandyo, RK. (2018). Maternal and infant vitamin B12 status during infancy predict linear growth at 5 years. *Pediatric Research*

Chandyo, RK, Ulak, M, **Kvestad, I**, Hysing, M, Shrestha, M, Ranjitkar, S, Ulvik, A, Ueland, PM, Shrestha, L and Strand, T A. (2018). Cobalamin and Folate Status among Breastfed Infants in Bhaktapur, Nepal. *Nutrients*

Øyen, J, **Kvestad, I**, Midtbø, LK, Graff, IE, Hysing, M, Stormark, KM, Markhus, MW, Baste, V, Frøyland, L, Koletzko, B, Demmelmair, H, Dahl, L, Lie, Ø and Kjellevoid, M. (2018). Fatty fish intake and cognitive function: FINS-KIDS a randomized controlled trial in preschool children. *BMC Medicine*

Markhus, MW, **Kvestad, I**, Midtbø, LK, Nerhus, I, Ødegård, E, Graff, IE, Lie, Ø, Dahl, L, Hysing M and Kjellevoid, M. (2018) Effects of cod intake in pregnancy on iodine nutrition and infant development: study protocol for Mommy's Food - a randomized controlled trial. *BMC Nutrition*

Winje, BA, **Kvestad, I**, Krishnamachari, S, Manji, K, Taneja, S, Bandhari, N, Bellinger, D, Darling, AM, Duggan, C, Fawzi, W, Hysing, M, Kumar, T, Sudfeld, C, Svendsen, E and Strand, TA. (2018). Does early vitamin B12 supplementation improve neurodevelopment and cognitive function in childhood and into school age; a study protocol for extended follow-ups from randomized controlled trials in India and Tanzania. *BMJ Open*

Chowdhury, R, Taneja, S, Bhandari, B, **Kvestad, I**, Strand, TA and Bhan, MK (2017). Vitamin-D status and neurodevelopment and growth in young north Indian children: a secondary data analysis. *Nutrition Journal*

Chandyo, RK, Ulak, M, **Kvestad, I**, Shrestha, M, Ranjitkar, S, Basnet, S, Hysing, M, Shrestha, L and Strand, T (2017). Supplementation of vitamin B12 in pregnancy and postpartum on growth and neurodevelopment in early childhood: Study Protocol for a Randomized Placebo Controlled Trial. *BMJ Open*.

Strand, TA, Ulak, M, Chandyo, RK, **Kvestad, I**, Hysing, M, Shrestha, M, Basnet, S, Ranjitkar, S, Shrestha, L and Shrestha, PS (2017). The effect of vitamin B12 supplementation in Nepalese infants on growth and development: study protocol for a randomized controlled trial. *Trials*

Kvestad, I, Hysing, M, Shrestha, M, Ulak, M, Thorne-Lyman, AL, Henjum, S, Ueland, PM, Midttun, Ø, Fawzi, W, Chandyo, RK, Shrestha, PS, and Strand, TA (2017). "Vitamin B-12 status in infancy is positively associated with development and cognitive functioning 5 y later in Nepalese children." *The American Journal of Clinical Nutrition*.

Shrestha, M, Ulak, M, Strand, TA, **Kvestad, I** and Hysing, M (2017). "How much do Nepalese mothers know about child development?" *Early Child Development and Care*.

Kvestad, I, Taneja, S, Kumar, T, Hysing, M, Refsum, H, Yajnik, CS, Bhandari, N and Strand, TA (2015). Vitamin B12 and folic acid improve gross motor and problem-solving skills in young North Indian children: a randomized placebo-controlled trial. *PlosOne*

Kvestad, I, Taneja, S, Hysing, M, Kumar, T, Bhandari, N and Strand, TA (2015). Diarrhea, stimulation and growth predict neurodevelopment in young North Indian children. *PlosOne*

Kvestad, I, Taneja, S, Kumar, T, Bhandari, N, Strand, T. A, and Hysing, M. (2013). The assessment of developmental status using the ages and stages questionnaire-3 in nutritional research in north Indian young children. *Nutrition Journal*.

Fjermestad, K, **Kvestad, I**, Daniel, M. and Lie, GT (2008) "It can save you if you just forget": Closeness and competence as conditions for coping among Ugandan orphans. *Journal of Psychology in Africa*.
