

Curriculum Vitae

Personal information **Bjarni Sigurdsson**

Work experience

January 2022 - current part time position, Assistant Professor (Lektor) at the Medical Faculty, University of Iceland (speciality, pharmacology of CNS)

March 2019 - current full time position, Pharmacist at the Ministry of Health, Iceland

November 2016-June 2020 SÁÁ - National Center of Addiction Medicine, Managing Board Member

November 2016-March 2019 Pharmacy Manager at Lyfja hf./Apótekið Skeifunni

2015 October, pharmacist at Lyfja hf., pharmacy chain

2013 October – June 2015 PhD student full time, Medical Faculty, dept. of Pharmacology and Toxicology, University of Iceland.

2012-December 2021, Lecturer at the Medical Faculty, University of Iceland (pharmacology)

2007- September 2013, Lundbeck – Iceland, General Manager

2006 Lundbeck - Iceland, Sales & Marketing Director

1999-2005 Austurbakki hf, Sales & Marketing Manager for Lundbeck

1998-1999 Pharmacist - 50% post at Árbæjarapótek - pharmacy

1997-1999 Pharmacist - 50% post at Grafarvogs Apótek, pharmacy

1997- December 1997 Pharmacist - 50% post at Mosfellsapótek, pharmacy

1993-1997 Bifreiðar og Landbúnaðarvélar now BL. Car salesman for new and used cars – BMW, Land Rover, Renault, Hyundai, Lada

Summer job while studying to be a pharmacist.

1988-1990 Iðnaðarbanki later Íslandsbanki, Foreign exchange department

Education and training

2008- June 2015 Doctor of Philosophy in Biomedical Sciences, Medical Faculty, University of Iceland. Title of the thesis: Diagnosis of male depression in the community and its correlation with cortisol and testosterone. Link <https://skemman.is/handle/1946/23410>.

February 1997 Candidatus pharmaciae (MSc Pharm) University of Iceland

Additional information

Publications

Sigurdsson B, Palsson SP, Johannsson M, Olafsdottir M, Aevarsson O. Saliva cortisol and male depressive syndrome in a community study. The Sudurnesjamenn study. Nordic journal of psychiatry. 2013; 67(3): 145-52.

Sigurdsson B, Palsson SP, Aevarsson O, Olafsdottir M, Johannsson M. Saliva testosterone and cortisol in male depressive syndrome, a community study. The Sudurnesjamenn Study. Nordic journal of psychiatry. 2014; 68(8): 579-87.

Sigurdsson B, Palsson SP, Johannsson M, Olafsdottir M, Aevarsson O. Validity of Gotland Male Depression Scale for male depression in a community study: The Sudurnesjamenn Study. Journal of affective disorders. 2015; 173: 81-89.

Projects

Project - Ministry of Health. Leading appointed group which is writing "green book" project on ADHD medication use in Iceland and waiting list for diagnosis of ADHD.

Project - Ministry of Health. Leading appointed group which is writing "white book" on services provided by pharmacists in pharmacies in Iceland and other Nordic countries and suggestions for improved service in Iceland.

Memberships

Congresses, posters or lectures:

2018 NCP, Nordic Congress of Psychiatry í Reykjavík

Symptoms of Male Depression in an Icelandic Community Study, The Sudurnesjamenn Study. Lecture

2017 Addiction Conference 40th Anniversary of SÁÁ October 2-4, 2017, Hilton Reykjavík Nordica

Member and manager of the organising committee

2016 VI. Science congress of the Icelandic Psychiatric Association, Borgarnes
Diagnosis of male depression in the community and its correlation with cortisol and testosterone. Lecture.

2016 Hospital of Húsavík, north Iceland.
Diagnosis of male depression in the community and its correlation with cortisol and testosterone. Lecture.

2014 Landspítali University Hospital, Psychiatric department
Addiction, from lack of character to a brain disease. Lecture

2014 Landspítali University Hospital, addiction unit.
The use of psychotropic by gender in 2004-2013 with comparison to NSAID 'S and PPI/H2 blockers. Lecture

2014 V. Science congress of the Icelandic Psychiatric Association Hótel KEA Akureyri
The use of psychotropic by gender in 2004-2013 with comparison to NSAID 'S and PPI/H2 blockers. Lecture

2014 Faculty of Pharmaceutical Sciences and department of Pharmacology and Toxicology.
Addiction, from lack of character to a brain disease. Lecture.

2013 EPA, European Congress of Psychiatry, Nice France
Saliva testosterone and male depressive syndrome in a community study. The Sudurnesjamenn study. Poster

2012 XVI Scientific congress, University of Iceland
Testosterone and male mental health in a community study „Sudurnesjamenn“ Lecture

2012 IV Science congress of the Icelandic Psychiatric Association, Hotel Klaustri
Testosterone and male mental health in a community study „Sudurnesjamenn“ Lecture

2006 EPA, European Congress of Psychiatry, Lisbon Portugal
Which symptoms do best prescribe Major Depressive Disorder (MDD) in males? Results from an Icelandic community study

S. Pálsson, B. Sigurðsson, Ó. Ævarsson, M. Ólafsdóttir

2007 International Federation of Epidemiology, Gothenburg Sweden, 4 posters

2006 NCP, Nordic Congress of Psychiatry in Tampere Finland
The Sudurnesjamenn study, first findings.

Congress participation, other

2023 European Psychiatric Congress, Paris. Course on ADHD.

2012 IRBD, Twelfth International Review of Bipolar Disorders í Nice France

2011 WPA, 15th World Congress of Psychiatry í Buenos Aires Argentina

2009 APA, American Psychiatric Association, San Francisco USA
„Advanced Assessment and Treatment of ADHD“
„Research & Publishing on a Shoestring Budget“

2005 WFSBP, World Federation of Societies of Biological Psychiatry in Vienna

In addition, repeated participation in ECNP (European College of Neuropsychopharmacology) and APA (American Psychiatric Association) congresses.

Other Relevant Information