

Louise Birkedal Glenthøj, CV April 2026

Louise Birkedal Glenthøj is Associate Professor of Clinical Psychology at the University of Copenhagen and Head of the VIRTU Research Group at Mental Health Centre Copenhagen. She is a clinical psychologist specializing in the development and evaluation of digital psychological interventions, including virtual reality (VR) and AI-supported treatments, for severe mental illness.

Her research bridges clinical psychology, psychiatry, and computer science, with a strong focus on clinically realistic intervention design, feasibility, and implementation in real-world mental health settings.

Research focus

Development and evaluation of digital psychological interventions (VR and AI) targeting severe mental illness, with particular emphasis on cognitive and functional impairments and negative symptoms in psychosis. Her work integrates randomized controlled trials, feasibility and dose-finding studies, biomarker-informed assessment (e.g. eye-tracking), and patient-centred treatment design.

Leadership

Head of the VIRTU Research Group, comprising 23 researchers (postdoctoral fellows, PhD students, and research assistants). The group has conducted multiple large-scale randomized controlled trials and feasibility studies of VR-based psychological interventions within clinical psychiatry.

Current position

- Associate Professor, Department of Psychology, University of Copenhagen (2021–)
- Head of VIRTU Research Group, Mental Health Centre Copenhagen (2020–)

Publications

Author of more than 120 peer-reviewed scientific publications in international journals and 8 book chapters.

Editorial roles and academic service

Associate Editor, *BMC Psychiatry*.

Guest Editor, *Acta Psychiatrica Scandinavica*.

Member of national and European expert panels on psychological treatment and negative symptoms.

Funding (selected)

Principal Investigator on externally funded research projects totaling DKK 40.8 million; lead co-Principal Investigator on projects totaling DKK 29.6 million.

International collaboration

Active collaborations with leading research groups at the University of Melbourne, University of Groningen, UT Dallas, and Swinburne University, and participation in international research networks including ENIGMA, EU-GEI, and AMP-Schizophrenia.