



Anders Rydstrom

Postdoctoral Scholar, Biology

Bio

BIO

Anders Rydstrom is a Postdoctoral Scholar with the Natural Capital Project and is investigating the links between exposure to nature areas and health. His research primarily focuses on conducting randomized controlled trials (RCTs) with uses of multimodal data sources such as accelerometers, ecological momentary assessments, behavioral outcomes and biometric health data. Anders received his Ph.D. in psychology and neuroscience from Karolinska Institute in Stockholm, Sweden, where he analyzed heterogeneity of treatment effects in lifestyle oriented RCT's for prevention of Alzheimer's Disease and cognitive impairment. He has also conducted research within cognitive training and emotion regulation. He holds an M.Sc. in psychology from Lund University, Lund, Sweden and has also clinical experience from working as a licensed healthcare psychologist in Scandinavia.

HONORS AND AWARDS

- Doctoral Student Research Stipend, Gun & Bertil Stohne's Foundation (2019)
- Mind & Life Junior Summer Research Fellowship, Mind & Life (2011)

STANFORD ADVISORS

- Gretchen Daily, Postdoctoral Faculty Sponsor

Publications

PUBLICATIONS

- **A longitudinal, population-based, record-linked natural experiment on the effects of extreme heat events on mental health in urban communities: a study protocol.** *BMJ open*
Chukwusa, E., Vivaldi, G., Baecker, L., Bowerman, E., Bridge, N., Davidson, N., de la Cruz, A., Gasparini, A., Gibbons, J., Guerry, A., Hammoud, R., Li, Y., Lu, et al
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- **Motor-cognitive interaction in adults with spina bifida: dual-task effects.** *Spinal cord*
Bendt, M., Butler Forslund, E., Hagman, G., Ekman, U., Bezuidenhout, L., Johansson, H., Rydström, A., Hultling, C., Seiger, Å., Franzén, E.
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- **Acute mental health benefits of urban nature** *NATURE CITIES*
Li, Y., Mao, Y., Mandle, L., Rydstrom, A., Remme, R. P., Lan, X., Wu, T., Song, C., Lu, Y., Nadeau, K. C., Meyer-Lindenberg, A., Daily, G. C., Guerry, et al
2025; 2 (8)
- **Wearable data links urban green space to physical activity** *Nature Health*
Lu, Y., Reichert, M., Guerry, A. D., Yuan, Q., Li, Y., Rydstrom, A., Wu, T., Reinhard, I., Rehder, J., King, A. C., Hsing, A. W., Sarabu, C., Meyer-Lindenberg, et al
2025; 1: 67-77

- **The Role of Brain Integrity in the Association between Occupational Complexity and Cognitive Performance in Subjects with Increased Risk of Dementia.** *Gerontology*
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- **The Association Between Temporal Atrophy and Episodic Memory Is Moderated by Education in a Multi-Center Memory Clinic Sample.** *Journal of Alzheimer's disease : JAD*
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2023; 92 (2): 605-614
- **Occupational complexity and cognition in the FINGER multidomain intervention trial.** *Alzheimer's & dementia : the journal of the Alzheimer's Association*
Rydström, A., Darin-Mattsson, A., Kåreholt, I., Ngandu, T., Lehtisalo, J., Solomon, A., Antikainen, R., Bäckman, L., Hänninen, T., Laatikainen, T., Levälähti, E., Lindström, J., Paajanen, et al
2022; 18 (12): 2438-2447
- **Multimodal Preventive Trial for Alzheimer's Disease: MIND-ADmini Pilot Trial Study Design and Progress.** *The journal of prevention of Alzheimer's disease*
Sindi, S., Thunborg, C., Rosenberg, A., Andersen, P., Andrieu, S., Broersen, L. M., Coley, N., Couderc, C., Duval, C. Z., Faxen-Irving, G., Hagman, G., Hallikainen, M., Håkansson, et al
2022; 9 (1): 30-39
- **Direct-Current Stimulation Does Little to Improve the Outcome of Working Memory Training in Older Adults.** *Psychological science*
Nilsson, J., Lebedev, A. V., Rydström, A., Lövdén, M.
2017; 28 (7): 907-920
- **The temporal dynamics of emotion regulation: An EEG study of distraction and reappraisal** *BIOLOGICAL PSYCHOLOGY*
Thiruchselvam, R., Blechert, J., Sheppes, G., Rydstrom, A., Gross, J. J.
2011; 87 (1): 84-92