



**Region
Hovedstaden**

Ansøgning til samarbejdsprojekter i 2026
med kommuner og civilsamfund på psykiatriområdet

Frist for at indsende din ansøgning 29. august 2025	Skemaet sendes til Sagsvisitation.center-for-sundhed@regionh.dk
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Skema 1: Ansøgningsskema til projektstøtte

Samarbejdsprojekter med
kommuner og civilsamfund på psykiatriområdet

1.	Projektets titel:	SAMSKABT - med viden fra livet <i>KAG Selvskades peerboard til samskabelse med eksperter i det levede liv</i>
2.	Ansøger: Adresse: CVR nummer: Bankoplysninger: Navn på projektleder: Tlf. nr.: E-mail: Navn på projektets juridisk ansvarlige person: Tlf.nr.: E-mail:	Klinisk Akademisk Gruppe (KAG) Selvskade. <i>Forankret i:</i> Børne- og Ungdomspsykiatrisk Center (BUC) Region Hovedstadens Psykiatri (RHP) Nordstjernevej 17 2600 Glostrup 29190623 Danske Bank, Bernstorffsgade 40, 1577 København V. Nemkonto: 3100-3100130424 Lotte Rubæk 20590701 lotte.rubaek@regionh.dk Hallur Gilstón Thorsteinsson 29349462 hallur.gilston.thorsteinsson@regionh.dk Ansøgers personlige underskrift: Sted: Glostrup Underskrift:  Dato: 28/08 2025
3.	Oversigt over samarbejdspartnere Oversigt over bilag med tilsagn om deltagelse i projektet.	Region Hovedstadens Psykiatri: - KAG Selvskade: Lotte Rubæk, Malene Eiberg Holm, Rikke Stevns Sury og Sara Zolfagharian Khodaie. - Centre for Applied Research in Mental Health (CARMEN): Chalotte Heinsvig Poulsen Civilsamfund og kommuner: - Foreningen Spiseforstyrrelser og Selvskade: Camilla Hersom

		Internationalt: Karolinska Institutet, Sverige: Johan Bjureberg og Olivia Ojala. Bilag 1: Tilsagn om deltagelse i projektet: Aftale indgået imellem KAG Selvskade, CARMEN og Foreningen Spiseforstyrrelser og Selvskade. Bilag 2: Tilsagn om deltagelse i projektet: Aftale indgået imellem KAG Selvskade, CARMEN og Johan Bjureberg, Karolinska Institutet.
5.	Der ansøges om i alt:	435.088,00 kr.
6.	Projektets varighed:	Projektet forventes igangsat <u>1. jan. 2026</u> og afsluttet <u>31. dec. 2027</u>
7.	Er der ansøgt eller bevilget økonomisk støtte fra anden side:	Ja ☒ Nej ☐ Der er bevilget økonomisk støtte fra 1. Sundhedsstyrelsen: Satspuljemidler til oprettelse af Team for selvskade i voksenpsykiatrien (7,1 mio. kr.). KAG Selvskade har søgt og fået midler til oprettelse af et Team for selvskade på fire klinikere i voksenpsykiatrien. De vil ligesom et tilsvarende team i børne- og ungdomspsykiatrien (som er en permanent del af RHP) være den "udførende" part, når det kommer til den behandling, kompetenceudvikling og forskning, som samskabes med peerboardet. Da det ikke er muligt at udregne et eksakt timetal og beløb på de kliniske teams' bidrag, tælles dette ikke med under egenfinansiering.
8.	Indgår der egenfinansiering i projektet, evt. i form af timer:	KAG Selvskade (tre ledere og en projektleder) er finansieret af Region Hovedstadens Psykiatri. (350 timer á 374 kr.)
9.	Hvis svaret er ja til spørgsmål 8, hvad er da projektets samlede budget:	565.988 kr.

Skema 2: Projektbeskrivelsesskema

Samarbejdsprojekter med kommuner og civilsamfund på psykiatriområdet

1.	Projektets titel:	SAMSKABT - med viden fra livet <i>KAG Selvskades peerboard til samskabelse med eksperter i det levede liv</i>
2.	Projektbeskrivelse (max 2.400 tegn)	I samarbejde med Foreningen Spiseforstyrrelser og Selvskade har dette projekt til formål at etablere et peerboard bestående af voksne med levede erfaringer med selvskade samt pårørende til samme målgruppe, der kan bidrage til udvikling, tilpasning og kvalitetsudvikling af indsatser i Klinisk Akademisk Gruppe (KAG) Selvskade i Region Hovedstadens Psykiatri (RHP). Peerboardet skal understøtte et tæt samarbejde på tværs af ambulante og døgnbaserede tilbud i børne-, ungdoms- og voksenpsykiatrien og sikre en integreret tilgang mellem klinik, forskning og kompetenceudvikling – og et styrket samarbejde og et fælles sprog på tværs af sektorer. Samarbejdet med Foreningen Spiseforstyrrelser og Selvskade er en central del af projektet. Foreningen har tæt kontakt med og viden om målgruppen og samarbejde med kommunerne om en række indsatser målrettet selvskade, hvilket gør det muligt, at indsatser udviklet i samarbejde med peerboardet kan tilpasses og afprøves i både regionale-, civilsamfunds- og kommunale kontekster. Dette styrker det tværsektorielle samarbejde og sikrer, at projektet bidrager til indsatser og aktiviteter, som kan understøtte den enkeltes behandling, recovery og livsmestring. Peerboardet vil bestå af repræsentanter (≥ 18 år) med en bred vifte af levede erfaringer med selvskade samt pårørende til samme målgruppe, som skal sikres en tryk, ligeværdig og gensidig inddragelse gennem hele projektperioden. Peerboardets første konkrete opgave bliver at medvirke til tilpasning af behandlingsmetoden, iERITA – en internetbaseret 'Emotion Regulation Individual Therapy for Adolescents' udviklet i Sverige – så indsatsen retter sig mod voksne og herefter navngives 'internet-Based Emotion Regulation Therapy for Adults' (iBERTA). Samtidig får peerboardet en central rolle i design og implementering af kommende forskningsprojekter, hvor iBERTA vil blive afprøvet i voksenpsykiatrien i RHP. Derudover vil peerboardet deltage aktivt i kompetenceudvikling og sikre, at indsatserne understøtter patienternes recovery-processer og bedre sammenhæng i patientforløb før, under og efter behandling. Projektet skal skabe mere relevante og effektive tilbud til mennesker med selvskadeproblematikker, samtidig med at erfaringer og strukturer forankres for varig effekt i regionens psykiatriske tilbud samt med mulighed for udbredelse til kommunerne.
3.	Baggrund, forudsætning og motivation for projektet:	Selvskade defineret som 'den bevidste, selvpåførte ødelæggelse af kropsvæv uden selvmordsintention og med formål, der ikke er socialt accepterede' (som fx at skære, brænde, slå eller bide sig selv) er en stor udfordring på tværs af børne-, ungdoms- og voksenpsykiatrien. Her har 44% af drengene (< 18) og 74% af pigerne (< 18) samt 32% af mændene (≥ 18) og 44% af

		kvinderne (≥ 18) har skadet sig selv igennem det sidste halve år, og behandlingen fremstår ofte tilfældig og fragmenteret pga. mangel på viden og fælles tilgange samt sektorovergange. Der er behov for fælles viden, sprog og løsninger på tværs af sektorer, som sikrer sammenhængende og bruger-relevante indsatser, der støtter recovery og forebygger genindlæggelser. Erfaring viser, at brugerinvolvering kun kan lykkes på en værdig, ligeværdig og tryk måde, hvis der er klare rammer, tilstrækkelige ressourcer og god støtte undervejs. Uden dette risikerer peer-involvering at være sporadisk, utilstrækkelig eller usikker, hvilket kan skade både deltagernes trivsel og kvaliteten af indsatserne. KAG Selvskade arbejder derfor målrettet på at skabe strukturer, der nedbryder sektorbarrierer og styrker samarbejdet med kommuner og civilsamfund for at skabe mere sammenhængende patientforløb, hvor brugernes stemmer bliver hørt, inddraget og accepteret. KAG Selvskade er organisatorisk forankret i RHP, og har for nylig fået støtte fra Sundhedsstyrelsen til at oprette et klinisk Team for selvskade i voksenpsykiatrien i en 3,5-årig periode, som kan bygge videre på de gode erfaringer, der igennem de sidste syv år er gjort i et tilsvarende klinisk team i børne- og ungdomspsykiatrien. Disse to kliniske teams giver sammen med KAG Selvskade et solidt udgangspunkt for etablering af et peerboard og for udvikling og implementering af samskabte indsatser til direkte gavn for patienter og pårørende. Dog mangler der ressourcer til den løbende drift og understøttelse af peerinvolveringen og fagprofessionel bistand til at integrere levede erfaringer i udviklings- og forskningsprocesserne. Denne understøttelse er essentiel for, at peerboardet kan udfolde sit potentiale trygt, kompetent og respektfuldt samt fungere bæredygtigt over tid.
4.	Beskrivelse af projektets målsætning:	Projektet vil etablere og drive et peerboard af voksne (≥ 18 år) med levet erfaring med selvskade og pårørende til samme målgruppe, som bidrager til udvikling og forbedring af indsatser i KAG Selvskade. Peerboardet skal sikre integration på tværs af børne-, ungdoms- og voksenpsykiatri samt styrke samarbejdet mellem klinik, forskning og kompetenceudvikling. Sammen med Foreningen Spiseforstyrrelser og Selvskade skal projektet fremme tværsektoriel sammenhæng og tilpasning af indsatser i regionale, civilsamfunds- og kommunale rammer. Målet er at skabe relevante, effektive og recovery-orienterede tilbud, der fremmer forebyggelse, bedre patientforløb og social inklusion.
	Delmål:	1) Etablere samarbejde med Foreningen Spiseforstyrrelser og Selvskade for rekruttering af personer med levede erfaringsperspektiver til peerboardet. 2) Etablere et trygt og ligeværdigt peerboard med unge og voksne med erfaring med selvskade samt pårørende. 3) Tilpasse og forbedre indsatser i KAG Selvskade og de kliniske teams for selvskade baseret på peerboardets input, herunder udvikling af iBERTA til voksne. 4) Sikre integration mellem peerboard, klinik, forskning og kompetenceudvikling i RHP. 5) Forankre peerboardets arbejde og udvikle indsatser for langvarig indflydelse på regionale, civilsamfunds- og kommunale tilbud.

5.	Hvordan lever projektet op til social- og psykiatriudvalgets puljekriterier?	Projektet fremmer tværsektorielt samarbejde mellem psykiatri, civilsamfund og kommuner gennem etablering af et peerboard, som aktivt involverer brugere og pårørende med levede erfaringer. Projektet understøtter sammenhængende patientforløb, forebyggelse af genindlæggelser og recovery-processer, samtidig med at det bidrager til social inklusion og kompetenceudvikling. Indsatserne er udviklingsorienterede, bygger bro på tværs af sektorer og har mulighed for at kunne blive forankret i psykiatri, civilsamfund og kommune.
6.	Målgruppe(r):	Modtagere af indsatser målrettet selvskade: • Personer med selvskadeproblematikker både i psykiatrien, kommuner og civilsamfund. • Nære pårørende til ovenstående. • Professionelle der arbejder med ovenstående målgrupper.
7.	Metoder, der skal udvikles: Aktiviteter, der skal gennemføres: Hvem skal bidrage eller udføre hvad:	Metoder: Der skal udvikles generelle strukturerede processer til involvering af peerboardet i: 1) Idéudvikling ift. nye indsatser og aktiviteter. 2) Tilpasning af indsatser til specifikke målgrupper og kontekster. 3) Co-design af forskningsprojekter. 4) Udvikling af informationsmateriale til bl.a. screening og rekruttering. 5) Udvikling af relevant kompetenceudvikling. Aktiviteter – år 1: 1) Etablering, rekruttering, træning, introduktion og supervision af peerboard. 2) Peerboardet engageres i workshops og dialog om tilpasning af iBERTA til voksne. 3) Samarbejde med terapeuter og forskere om justering af indsatsens indhold. 4) Peerboardet engageres i workshops og dialog om design af pilotstudie af iBERTA indsats til voksne i behandling i voksenpsykiatrien. 5) Peerboardet engageres i workshops og dialog om udvikling af informationsmateriale til bl.a. screening for selvskade hos voksne og rekruttering til pilotstudie. 6) Løbende vidensindsamling og dokumentation. Aktiviteter – år 2: 7) Peerboardet involveres under pilotstudiet når relevant. 8) Peerboardets arbejde forankres og indgår i idéudvikling, tilpasning og design af andre indsatser og aktiviteter. Roller og ansvar Projektleder: Koordinerer projektet, sikrer fremdrift, samarbejde og økonomisk rapportering. Fagprofessionel bistand: Understøtter peerboardet med faglig viden, faciliterer integration af levede erfaringer og bidrager til udvikling og evaluering. Peerboard (brugere og pårørende): Deltager aktivt i udvikling og tilpasning af indsatser som iBERTA, bidrager med input og erfaringer, og udvikler nye tværsektorielle løsninger.

		Foreningen Spiseforstyrrelser og Selvskade: Støtter rekruttering af peerboard, skaber kontakt til kommuner og civilsamfund. Forskere og klinikere i RHP og Sverige: Samarbejder om tilpasning, pilotafprøvning, forskningsdesign og implementering.
8.	Indpasning af indsatser i eksisterende behandlingstilbud:	KAG Selvskade er forankret i RHP, som understøtter en forankring af peerboardet i organisationen efter endt projektperiode. I løbet af projektperioden vil peerboardet medvirke til tilpasning af iERITA til voksne samt i design af pilotstudie til test af gennemførlighed og accept af iBERTA i voksenpsykiatrien i RHP. Hvis pilotstudiet og indsatsen er gennemførlig, er fremtidsperspektiverne at opskalere til et randomiseret kontrolleret studie (RCT), som ved positiv effektmåling kan danne grobund for implementering af indsatsen regionalt og på sigt som et tilbud i civilsamfund og kommuner.
9.	Plan for kommunikation/formidling til professionelle i projektet:	Der vil blive udarbejdet en dansk slutrapport med erfaringerne fra projektet samt en peer-reviewed videnskabelig artikel om peerboard tilpasset iBERTA til voksne samt pilotstudie. Erfaringerne fra projektet vil blive formidlet til klinikere, forskere, brugere og pårørende igennem bl.a. RHP's interne og eksterne formidlingskanaler, relevante forskningsmøder og konferencer, via sociale medier samt Foreningen Spiseforstyrrelser og Selvskades formidlingsplatforme.
10.	Organisering af projektet:	Organiseringen rundt om peerboardet er som følger: Den ansvarlige projektledelse udgøres af KAG Selvskade i RHP bestående af KAG-lederne, psykolog og specialist i psykoterapi, Lotte Rubæk, specialsygeplejerske i psykiatri og Ph.d. stud., Malene Eiberg Holm, og psykiater og overlæge, Rikke Stevns Sury, samt projektleder, Sara Zolfagharian Khodaie, som har det overordnede ansvar for etablering, rammer og drift af peerboardet. Post doc, Ph.d., Chalotte Heinsvig Poulsen og Professor Julie Midtgaard Klausen, Centre for Applied Research in Mental Health (CARMEN), Psykiatrisk Center Glostrup i RHP, er faglige eksperter, og bidrager med faglig ekspertise i integrering af levede erfaringer i forsknings- og udviklingsprocesser. De faglige eksperter vil sammen med en facilitator fra KAG Selvskade facilitere møder og workshops med peerboardet. Psykolog og seniorforsker, Johan Bjureberg, og psykolog og post doc, Olivia Ojala, fra Karolinska Institutet i Sverige, bidrager med ekspertise i iERITA og udvikling af digitale indsatser sammen med peers.
11.	Projektets tidsplan – vedhæftes som bilag:	Se bilag 3.

Skema 3: Budget for hele projektperioden

Samarbejdsprojekter med kommuner og civilsamfund på psykiatriområdet

1. Projektets titel:	SAMSKABT - med viden fra livet <i>KAG Selvskaedes peerboard til samskabelse med eksperter i det levede liv</i>			
2. Regnskabsansvarlig:	Navn: Laura Rømer Weirsøe			
	Tlf.nr.: 21203794			
	E-mail: laura.roemer.weirsoee@regionh.dk			
	Aktivitetssomfang (antal)	Timetal og sats	Beløb i kr.	Noter
3. Faglig projektledelse:	4 KAG Selvskaede-ansatte	350 timer	0 kr. (egenfinansiering)	Projektstyring, fremdrift, samarbejde og økonomisk rapportering
4. Fagprofessionel bistand:	1 faglig ekspert	312 timer Sats: 37/t	116.688 kr.	Chalotte Heinsvig Poulsen: Faglig ekspertise
	2 faglige eksperter	120 timer	0 kr. (egenfinansiering)	Johan Bjureberg og Olivia Ojala: Ekspertise i iERITA og udvikling af digitale indsatser
	1 facilitator	312 timer	0 kr. (egenfinansiering)	KAG Selvskaede: Facilitering af møder og processer
	1 supervisor	16 x 1,5 time Sats: 2000/t	48.000 kr.	Supervision af peerboard
	8 peerboard-medlemmer	16 møder á 2 timer. Sats: 800/t	204.800 kr.	Honorarløn til peerboardet
	Foreningen Spiseforstyrrelser og Selvskaede	40 timer Sats: 390/t	15.600 kr.	Samarbejde om rekruttering til peerboard samt samarbejde med kommuner
5. Materialer			30.000 kr.	Undervisnings- og kompetenceudviklings materiale
6. Øvrige udgifter			20.000 kr.	Mødeaktiviteter, workshops og forplejning
ANSØGT BELØB I ALT:			435.088,00 kr.	

Tilsagn om deltagelse i projektet

Dette tilsagn om deltagelse er indgået mellem **Klinisk Akademisk Gruppe for Selvskade (KAG Selvskade)** i **Region Hovedstadens Psykiatri (RHP)**, **Centre for Applied Research in Mental Health (CARMEN)** på **Psykiatrisk Center Glostrup (PCG)** i RHP og **Foreningen Spiseforstyrrelser og Selvskade**.

Formål

Parterne deltager i projektet *"SAMSKABT - med viden fra livet: KAG Selvskades peerboard til samskabelse med eksperter i det levede liv"*, der har til formål gennem brugerdrevet udvikling og evidensbaseret internet-Based Emotion Regulation Therapy for Adults (iBERTA) at styrke indsatsen over for voksne med ikke-suicidal selvskade.

Parternes bidrag

- **Foreningen Spiseforstyrrelser og Selvskade:**
 - Rekruttering af voksne med egne erfaringer med selvskade og pårørende til projektets peerboard samt faglig bistand om ligeværdig og tryk peer-involvering.
 - Understøttelse af lokal forankring med henblik på videre tilpasning og udbredelse af iBERTA-indsatsen gennem adgang til kommuner.
- **KAG Selvskade, RHP:**
 - Organisatoriske rammer og drift af peerboard og understøttelse af lokal forankring i RHP efter endt projektperiode.
 - Videre tilpasning og udbredelse af iBERTA indsatsen - oplæring af iBERTA-terapeuter i Team for selvskade i RHP og Foreningen Spiseforstyrrelser og Selvskade.
- **CARMEN, PCG, RHP**
 - Faglig bistand ift. involvering af peerboard i udviklings- og forskningsprocesser.

Fælles forpligtelse

Parterne forpligter sig til et tæt og ligeværdigt samarbejde om projektets gennemførelse med fokus på inddragelse, effekt og forankring i RHP samt på sigt mulighederne for implementering i både kommuner og civilsamfund.

Dato: 28/8-25

Underskrift (Lotte Rubæk, KAG Selvskade): 

Underskrift (Chalotte H. Poulsen, CARMEN): 

Underskrift (Pia Andreassen, Foreningen Spiseforstyrrelser og Selvskade): 

Tilsagn om deltagelse i projektet

Dette tilsagn om deltagelse er indgået mellem **Klinisk Akademisk Gruppe for Selvskade (KAG Selvskade)** i **Region Hovedstadens Psykiatri (RHP)**, **Centre for Applied Research in Mental Health (CARMEN)** på **Psykiatrisk Center Glostrup (PCG)** i RHP og **Karolinska Institutet (KI)**.

Formål

Parterne deltager i projektet *"SAMSKABT - med viden fra livet: KAG Selvskades peerboard til samskabelse med eksperter i det levede liv"*, der har til formål gennem brugerdrevet udvikling og evidensbaseret internet-Based Emotion Regulation Therapy for Adults (iBERTA) at styrke indsatsen over for voksne med ikke-suicidal selvskade.

Parternes bidrag

- **Johan Bjureberg, KI:**
 - Bidrager med ekspertise i udvikling af digitale indsatser mod selvskade samt teknisk setup og vedligeholdelse af behandlingsplatform til den samskabte behandling.
- **KAG Selvskade, RHP:**
 - Organisatoriske rammer og drift af peerboard samt understøttelse af lokal forankring i RHP efter endt projektperiode.
 - Videre tilpasning og udbredelse af iBERTA indsatsen - oplæring af iBERTA-terapeuter i Team for selvskade.
- **CARMEN, PCG, RHP:**
 - Faglig bistand ift. involvering af peerboard i udviklings- og forskningsprocesser.

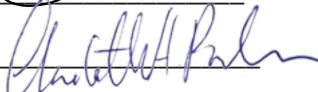
Fælles forpligtelse

Parterne forpligter sig til et tæt og ligeværdigt samarbejde om projektets gennemførelse med fokus på inddragelse, effekt og forankring i RHP samt på sigt mulighederne for implementering i både kommuner og civilsamfund.

Dato: 28-08-2025

Underskrift (Johan Bjureberg, KI): 

Underskrift (Lotte Rubæk, KAG Selvskade): 

Underskrift (Chalotte H. Poulsen, CARMEN): 

År	1. år (2026)				2. år (2027)			
Kvartal	1	2	3	4	1	2	3	4
Etablering, rekruttering, træning, introduktion og supervision af peerboard								
Peerboardet engageres i workshops og dialog om tilpasning af iBERTA til voksne								
Samarbejde med terapeuter og forskere om justering af indsatsens indhold								
Peerboardet engageres i workshops og dialog om design af pilotstudie af iBERTA								
Peerboardet engageres i workshops og dialog om udvikling af informationsmateriale								
Peerboardet involveres under pilotstudiet når relevant								
Peerboardets arbejde forankres og indgår i idéudvikling, tilpasning og design af andre indsatser og aktiviteter								
Løbende vidensindsamling og dokumentation								

Curriculum Vitae for Julie Midtgaard

Age: 49 years old; **Nationality:** Danish

Education

2013 Authorized Clinical Psychologist (The Danish Supervisory Board of Psychological Practice)
2006 PhD degree in Health and Medical Sciences, (University of Copenhagen, UCPH)
2001 MSc Psych (UCPH)

Employments

2021- Clinical Professor in Psychiatry, Department of Clinical Medicine, UCPH
2021- Mental Health Center Glostrup, CARMEN (Centre for Applied Research in Mental Health Care),
Copenhagen University Hospital – Mental Health Services CPH, Copenhagen, Denmark
2014-2021 Associate Professor, Department of Public Health, Section of Social Medicine, UCPH
2009-2021 Senior Researcher, The University Hospitals' Centre for Health Research (UCSF), Rigshospitalet
2007-2016 Associate Professor, Department of Nutrition, Exercise and Sports, UCPH
2006-2009 Assistant Professor (Postdoc), The University Hospitals Centre for Health Research (UCSF),
Rigshospitalet.

Research focus, activities, and experience

Development, mixed-methods evaluation and implementation of interventions that support health behavior change and promote mental health in clinical populations.

Publications and citations

131 accepted peer-reviewed journal articles (including 21 as first author and 53 as senior author) and 6 book chapters.
3,224 citations (SCOPUS, August 2025); H-index (SCOPUS, August 2025): 32; ORCID ID: [0000-0003-2381-2127](https://orcid.org/0000-0003-2381-2127)

Doctoral and post-doctoral evaluation

Evaluation of 5 associate professorships and 3 assistant professorships. Assessment committee member in relation to 15 PhD students including 11 as chairman and two abroad (Norway).

Mentoring

Advisor for 20 PhD students (10 ongoing, 10 completed), and +40 master thesis students.

Teaching

Comprehensive teaching experience and course management on a pre-, postgraduate and PhD level in health promotion, health behavior theory, mental health and qualitative health research.

Positions of trust

- Co-founder of the Excellence and Kindness in Research Training (ELIS) initiative <https://www.hvidovrehospital.dk/elis>
- Chairman of the Board of the Danish Society of Behavioral Medicine (DSPM) (from 2009-2014)
- Member of the Governing Council of The International Society of Behavioral Medicine (ISBM) (from 2009-2014)
- Member of Scientific Advisory Board in Exercise-Oncology, The German Cancer Aid (from 2012-2018)
- Member of National Working Group on Cancer Rehabilitation Guidelines, The Danish Cancer Society (2014)
- Member of the Editorial Advisory Board for *Health Care for Women International* (from 2007-2018)
- Member of the Corps of Examiners in Psychology (from 2014-2019)
- Member of the Corps of Examiners in Exercise and Sports (from 2007-2019)

Awards and honours

- 2022:
Research group Awarded "Best New Clinical Research Environment" by Danish Medical Association, Danish Nursing Association, Danish Society for Physiotherapy, Trial Nation and more.
- 2019:
Nominated best teacher of the year, University of Copenhagen
- 2017:
Awarded 'Best Recreational Sports Initiative' (Danskernes Idrætspris) by The National Olympic Committee and Sports Confederation of Denmark (Danmarks Idræts Forbund).
- 2015:
Awarded the 'The Danish Cancer Society's Honorary Award' by the Danish Cancer Society
- 2007:
Awarded "Eminent Scientist of the Year in Cancer Research and Psycho-oncology" by The International Research Promotion Council (IRPC).

Attraction of external funding (recent) as PI

I have received more than 19 million DKK in external funding over the past 10 years. Most recent grants (>3 million DKK) include:

- 2021:
DKK 7.987.019. from Trygfonden in relation to investigation of the effect of Gym-based Exercise training in young adults in Antipsychotic treatment (i.e. VEGA trial).
- 2017:
DKK 3.521.700 from TrygFonden in relation to implementation and health economic evaluation of community based football in prostate cancer survivorship care.

Leadership

PI of numerous RCTs including management of the FC Prostate™ research programme, with more than 25 affiliated researchers. FC Prostate™ includes the first and yet largest pragmatic randomised controlled trial (in Denmark and Internationally) to examine the effects of sports participation in a clinical population.

Awarded certificate in Research Management by Copenhagen Business School (CBS) Executive in 2018.

International collaboration

Multiple international scientific collaborations with leading experts in the field of health promotion and exercise-based recovery and rehabilitation, e.g. Prof Suzanne Timmons (University College Cork, UK), Prof Joseph Firth (University of Manchester, UK), Prof John Oliffe (University of British Columbia, CA), Dr. Lee Jones (Memorial Sloan Kettering Cancer Center, US), Dr. Kristin Campbell (University of British Columbia, CA), Prof Martijn Shuiver (Netherlands Cancer Institute, NL), and Prof Anna Campbell (Edinburgh Napier University, UK). Collaborations mainly relate to shared project development and evaluation (including membership of advisory boards), but also arrangement of international meetings, conferences and PhD courses.

List of accepted peer-reviewed journal publications (Julie Midtgaard)

2025

1. Petersen J, Palic S, Nyboe L, Schuster M, Videbech P, **Midtgaard J**. Physical activity in the management of borderline personality disorder: A scoping review. *Psychiatry Res.* 2025 May 5;350:116535. doi: 10.1016/j.psychres.2025.116535. Epub ahead of print. PMID: 40398190.
2. Vestergaard SB, Esbensen BA, **Midtgaard J**, Cromhout PF, Aadahl M, Glinborg B, de Thurah A. Associations between loneliness, disease activity, and disease impact in inflammatory arthritis: A nationwide cross-sectional study among >12,000 patients. *Rheumatology.* 2025 Apr 1;64(4):1715-1722. doi: 10.1093/rheumatology/keae471. PMID: 39259211.
3. Nordkamp A, **Midtgaard J**, de Thurah A, Glinborg B, Aadahl M, Cromhout PF, Vestergaard SB, Lau L, Yilmaz C, Esbensen BA. "Excluding myself from what I need the most" – experiences of loneliness in people with inflammatory arthritis: A qualitative study. *International Journal of Rheumatic Diseases.* 2025 Jan;28(1):e70041. doi: 10.1111/1756-185X.70041. PMID: 39800916; PMCID: PMC11725708.
4. MacDonald C, Bennekou M, **Midtgaard J**, Langberg H, Lieberman DE. Why Exercise May Never Be Effective Medicine: An Evolutionary Perspective on the Efficacy Versus Effectiveness of Exercise in Treating Type 2 Diabetes. *British Journal of Sports Medicine.* 2025 Jan 2;59(2):118-125. doi: 10.1136/bjsports-2024-108396. PMID: 39603793.

2024

5. Abild SM, **Midtgaard J**, Nordkamp A, de Thurah A, Vestergaard SB, Glinborg B, Aadahl M, Cromhout PF, Lau L, Yilmaz C, Esbensen BA. Maintaining good mental health in people with inflammatory arthritis: a qualitative study of patients' perspectives. *Int J Qual Stud Health Well-being.* 2024 Dec;19(1):2424015. doi: 10.1080/17482631.2024.2424015. Epub 2024 Nov 7. PMID: 39506913; PMCID: PMC11544728.
6. Rasmussen LG, Nielsen R, Hawkins J, Kallestrup P, **Midtgaard J**, Ryom K. Social Prescribing Initiatives Connecting General Practice Referral with Community-based Physical Activity: A Scoping Review with Expert Interviews. *Scandinavian Journal of Public Health.* 2024 Dec 6;14034948241299878. doi: 10.1177/14034948241299878. Epub ahead of print.
7. Hald K, Ording AG, Jorsal M, **Midtgaard J**, Ellis LA, Spanos S, Pagano L, Fisher G, Braithwaite J, Johnsen SP. Updating the critical steps of the Quality Implementation Framework: A protocol for an umbrella review of reviews. *BMJ Open.* 2024 Nov 7;14(11):e087628. doi: 10.1136/bmjopen-2024-087628. PMID: 39515853; PMCID: PMC11552581.
8. Hjorth M, Egan CL, Telles GD, Pal M, Gallego-Ortega D, Fuller OK, McLennan ED, Gillis RD, Oh TG, Muscat GEO, Tegegne S, Mah MS, Skhinas J, Estevez E, Adams TE, McKay MJ, Molloy M, Watt KI, Qian H, Gregorevic P, Cox TR, Hojman P, **Midtgaard J**, Christensen JF, Friedrichsen M, Iozzo RV, Sloan EK, Drew BG, Wojtaszewski JFP, Whitham M, Febbraio MA. Decorin, an exercise-induced secretory protein, is associated with improved prognosis in breast cancer patients but does not mediate anti-tumorigenic tissue crosstalk in mice. *J Sport Health Sci.* 2024 Sep 26:100991. doi: 10.1016/j.jshs.2024.100991. Epub ahead of print.
9. Abild SM, Schuster S, **Midtgaard J**. Music matters – A qualitative evaluation of a nurse-led, group-based music program complementary to early intervention for first-episode psychosis. *Issues in Mental Health Nursing.* 2024 Nov;45(11):1155-1164. doi: 10.1080/01612840.2024.2396986. Epub 2024 Oct 16. PMID: 39413310.
10. Nordkamp A, Roed K, Videbech P, **Midtgaard J**. Throw me a life buoy, please" - A systematic review and thematic synthesis of qualitative evidence regarding nurses' experiences of caring for inpatients with borderline personality disorder and/or non-suicidal self-injury. *J Psychiatr Ment Health Nurs.* 2024 Dec;31(6):1216-1229. doi: 10.1111/jpm.13077. Epub 2024 Jun 28. PMID: 38940193.
11. Hansen CW, Nørgaard MW, de Thurah A, **Midtgaard J**, Cromhout PF, Esbensen BA. Significant Others in Inflammatory Arthritis: Roles, Influences, and Challenges – a Scoping Review. *Rheumatol Int.* 2024 Jul 6.
12. Andersen MF, Roed K, Sørensen V, Riis A, Rafn BS, Ebdrup BH, **Midtgaard J**. Required elements for an educational programme for lay exercise instructors in charge of community-based exercise targeting young adults with schizophrenia spectrum disorders - A stakeholder focus group study. *BMC Psychiatry.* 2024 Mar 26;24(1):228.

13. Holm ME, Østergaard LD, Aamund K, Jørgensen K, **Midtgaard J**, Vinberg M, Nordentoft M. What methods are used in research of firsthand experiences with online self-harming and suicidal behavior? A scoping review. *Nord J Psychiatry*. 2024 Apr;78(3):165-180.
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15. Vestergaard SB, Esbensen BA, **Midtgaard J**, Glintborg B, Lau L, Jantzen CY, Aadahl M, Cromhout PF, Thurah AD. Prevalence of anxiety and depression and the association with self-management behavior in >12,000 patients with inflammatory rheumatic disease – a cross-sectional nationwide study. *RMD Open*. 2024 Jan 22;10(1):e003412.
16. Hegaard HK, Sharif H, Ankerstjerne LBS, Serhatlioglu S, Schroll AM, **Midtgaard J**, Renault KM, Broberg L. Violence among pregnant women in Denmark from 2019 to 2021 - A hospital-based cross-sectional study. *Sex Reprod Healthc*. 2024 Mar;39:100943.

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17. Dahl, A.S.A., Sørensen, V., Ambrosen, K.S., Sørensen M.E., Mohr G.H., Nielsen M.Ø., Bojesen K.B, Glenthøj B.Y., Hahn M, **Midtgaard J**, Ebdrup B.H. Influence of psychopathology and metabolic parameters on quality of life in patients with first-episode psychosis before and after initial antipsychotic treatment. *Schizophrenia (Heidelb)*. 2023 Nov 7;9(1):76.
18. Clemmensen L, Jørgensen G, Gundersen KB, Smith LC, **Midtgaard J**, Bouchard S, Thomsen CP, Turgut L, Glenthøj LB. Study protocol for virtual leisure investigating the effect of virtual reality-delivered stress reduction, entertainment and distraction on the use of coercion and need-based medication and patient satisfaction at a closed psychiatric intensive care unit - a mixed-methods pilot clinical trial. *BMJ Open*. 2023 Sep 22;13(9):e070566.
19. Bricca A, Tang LH, Thomssen JL, Sandbæk A, **Midtgaard J**, Skou ST. Physical activity and exercise therapy for people with multimorbidity. *Ugeskr Læger*. 2023 Oct 16;185(42):V03230218.
20. Roed K, Brauner CR, Yigzaw S, **Midtgaard J**. Left with a Sisyphean task - the experiences of nurse practitioners with treating non-suicidal self-injury in the emergency department: a descriptive qualitative study. *BMC Emerg Med*. 2023 Oct 5;23(1):117.
21. Andersen MF, Roed K, Riis A, Rafn BS, Ebdrup BH, **Midtgaard J**. Perspectives of professional experts in relation to the development of community-based exercise for young adults with schizophrenia: a qualitative study. *BMJ Open Sport Exerc Med*. 2023 Sep 26;9(3):e001658.
22. Rafn BS, Andersen MF, Sørensen V, Bjerre ED, Baandrup L, Vernal DL, Mors O, Knop PK, Wolf RT, Tolver A, Firth J, Nøhr N, Skou ST, Ebdrup BH, **Midtgaard J**. Value of gym-based group exercise versus usual care for young adults receiving antipsychotic medication: Study protocol for the multicenter randomized controlled Vega trial. *BMC Psychiatry*. 2023 Aug 30;23(1):634.
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of *Environmental Research and Public Health*. 2022; 19(16):10097.

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31. Jäger M, Lindhardt MC, Pedersen JR, Dideriksen M, Nyberg M, Bricca A, Bodtger U, **Midtgaard J**, Skou ST. Putting the pieces together: A qualitative study exploring perspectives on self-management and exercise behavior among people living with multimorbidity, healthcare professionals, relatives, and patient advocates. *J Multimorb Comorb*. 2022 May 20;12:26335565221100172.
32. Bricca A, Jäger M, Johnston M, Zangger G, Harris LK, **Midtgaard J**, Skou ST. Effect of In-Person Delivered Behavioural Interventions in People with Multimorbidity: Systematic Review and Meta-analysis. *Int J Behav Med*. 2022 Apr 28.
33. Roed K, Bjerre ED, **Midtgaard J**. Easier in Practice Than in Theory: Experiences of Coaches in Charge of Community-Based Soccer Training for Men with Prostate cancer-A Descriptive Qualitative Study. *Sports Med Open*. 2022 Mar 3;8(1):28.
34. Schmidt MLK, Østergren P, Cormie P, Ragle AM, Sønksen J, **Midtgaard J**. Delivering physical activity recommendations in daily clinical cancer care: An observational interview study in prostate cancer out-patient clinics using an empirical ethics of care approach. *Qualitative Health Research*. Accepted Feb 2022.
35. Hulsbæk S, Lauersen LB, Tange M, **Midtgaard J**. Older patients' perspectives on participating in multimodal rehabilitation including anabolic steroids following hip fracture: A qualitative study embedded within a pilot RCT. *Disability & Rehabilitation. Disabil Rehabil*. 2022 Jan 20:1-9.
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38. Thorsen IK, Kayser L, Teglgård Lyk-Jensen H, Rossen S, Ried-Larsen M, **Midtgaard J**. "I Tried Forcing Myself to do It, but Then It Becomes a Boring Chore": Understanding (dis)engagement in Physical Activity Among Individuals With Type 2 Diabetes Using a Practice Theory Approach. *Qual Health Res*. 2021 Dec 29;10497323211064598.
39. Hansen MK, **Midtgaard J**, Hegaard HK, Broberg L, de Wolff MG. Monitored but not sufficiently guided - A qualitative descriptive interview study of maternity care experiences and needs in women with chronic medical conditions. *Midwifery*. 2021 Oct 29;104:103167.
40. Løppenthin K, Esbensen BA, **Midtgaard J**, Østergaard M, Christensen JF, Tolver A, Thomsen T, Bech JS, Jennum P. Efficacy and acceptability of intermittent aerobic exercise on polysomnography-measured sleep in rheumatoid arthritis patients with self-reported sleep disturbance. *ACR Open Rheumatology*, Accepted Aug 2021
41. **Midtgaard J**, Schnor H, Bjerre ED, Jespersen T, Jelsøe N, Frølund N, Seier S, Rønbøg JW, Nordsborg NB, Ebdrup BH. Exercise training complementary to specialised early intervention in patients with first-episode psychosis: a feasibility randomised trial. *Pilot Feasibility Stud*. 2021 Aug 19;7(1):162.
42. de Wolff MG, **Midtgaard J**, Johansen M, Rom AL, Rosthøj S, Tabor A, Hegaard HK. Effects of a Midwife-Coordinated Maternity Care Intervention (ChroPreg) vs. Standard Care in Pregnant Women with Chronic Medical Conditions: Results from a Randomized Controlled Trial. *Int J Environ Res Public Health*. 2021 Jul 25;18(15):7875.
43. **Midtgaard J**, Tjørnhøj-Thomsen T, Rørth M, Kronborg M, Bjerre ED, Oliffe JL. Female partner experiences of prostate cancer patients' engagement with a community-based football intervention: a qualitative study. *BMC Public Health*. 2021 Jul 15;21(1):1398.
44. Schnor H, Linderøth S, **Midtgaard J**. Patient and Mental Health Care Professionals' Perspectives on Health Promotion in Psychiatric Clinical Practice: A Focus Group Study. *Issues Ment Health Nurs*. 2021 Sep;42(9):870-

879.

45. de Wolff MG, Rom AL, Johansen M, Broberg L, **Midtgaard J**, Tabor A, Hegaard HK. Worries among pregnant Danish women with chronic medical conditions - A cross sectional study with data from the Copenhagen pregnancy cohort. *Sex Reprod Healthc*. 2021 May 5;29:100623.
46. Bjerre ED, Weller S, Poulsen MH, Madsen SS, Bjerre RD, Østergren PB, Borre M, Brasso K, **Midtgaard J**. Safety and Effects of Football in Skeletal Metastatic Prostate Cancer: a Subgroup Analysis of the FC Prostate Community Randomised Controlled Trial. *Sports Med Open*. 2021 Apr 20;7(1):27.
47. de Wolff M, Johansen M, Rom AL, **Midtgaard J**, Tabor A, Hegaard HK. Degree of pregnancy planning and recommended pregnancy planning behavior among women with and without chronic medical conditions – A large hospital-based cross-sectional study. *Acta Obstet Gynecol Scand*. 2021 Jun;100(6):1051-1060.
48. MacDonald CS, Nielsen SM, Bjørner JB, Johansen MY, Christensen R, Vaag AA, Lieberman DE, Pedersen BK, Langberg BK, Ried-Larsen M, **Midtgaard J**. One-year intensive lifestyle intervention and improvements in health-related quality of life and mental health in persons with type 2 diabetes. A secondary analysis of the U-TURN randomized controlled trial. *BMJ Open Diabetes Res Care*. 2021 Jan;9(1):e001840

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49. Thorsen IK, Rossen S, Glümer C, **Midtgaard J**, Ried-Larsen M, Kayser L. Health technology readiness profiles among Danish individuals with type 2 diabetes: a cross-sectional study. *Journal of Medical Internet Research*. *J Med Internet Res*. 2020 Sep 15;22(9):e21195.
50. Rafn BS, **Midtgaard J**, Camp PG, Campbell KL. Shared concern with current breast cancer rehabilitation services: A focus group study of survivors' and professionals' experiences and preferences for rehabilitation care delivery. *BMJ Open*. 2020 Jul 28;10(7):e037280.
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53. Rafn BS, McNeely ML, Camp PG, **Midtgaard J**, Campbell KL. Self-Managed Surveillance for Breast Cancer-Related Upper Body Issues: A Feasibility and Reliability Study. *Phys Ther*. 2020 Mar 10;100(3):468-476.
54. Thomsen T, Aadahl M, Beyer N, Hetland ML, Løppenthin KB, **Midtgaard J**, Christensen R, Nielsen SM, Østergaard M, Jennum P, Esbensen BA. Sustained long-term efficacy of motivational counselling and text message reminders on daily sitting time in patients with rheumatoid arthritis? Long-term follow-up of a randomized, parallel-group trial. *Arthritis Care Res (Hoboken)*. 2020 Nov;72(11):1560-1570.

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55. Pedersen MM, Kjær-Sørensen P, **Midtgaard J**, Brown CJ, Bodilsen AC. A Danish Version of the Life-Space Assessment (LSA-DK) – Translation, Content Validity and Cultural Adaptation Using Cognitive Interviewing in Older Mobility Limited Adults. *BMC Geriatr*. 2019 Nov 15;19(1):312
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58. de Wolff MG, Johansen M, Ersbøll AS, Rosthøj S, Brunsgaard A, **Midtgaard J**, Tabor A, Hegaard HK. Efficacy of a midwife-coordinated, individualized, and specialized maternity care intervention (ChroPreg) in addition to standard care in pregnant women with chronic disease: protocol for a parallel randomized controlled trial. *Trials*. 2019 May 28;20(1):291.

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61. Rafn BS, McNeely ML, Camp PG, **Midtgaard J**, Campbell KL. Self-Measured Arm Circumference in Women With Breast Cancer Is Reliable and Valid. *Phys Ther*. 2019 Feb 1;99(2):240-253.
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64. Rafn BS., Nees C, **Midtgaard J**, Camp PG, Vibe-Petersen J, Campbell KL. Development and Evaluation of the Breast Cancer Online Rehabilitation (BRECOR) Program for Self-managed Upper-Body Rehabilitation for Women With Breast Cancer. *Rehabil Oncol*. 2019;37:104-119
65. Schmidt MLK, Østergren P, Cormie P, Ragle AM, Sønksen J, **Midtgaard J**. "Kicked out into the real world": prostate cancer patients' experiences with transitioning from hospital-based supervised exercise to unsupervised exercise in the community. *Support Care Cancer*. 2019 Jan;27(1):199-208.

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71. Pedersen KJ, Boisen KA, **Midtgaard J**, Elsbernd A, Larsen HB. Facing the Maze: Young Cancer Survivors' Return to Education and Work - A Professional Expert Key Informant Interview Study. *J Adolesc Young Adult Oncol*. 2018 Aug;7(4):445-452.
72. Hammer NM, **Midtgaard J**, Hetland ML, Krogh NS, Esbensen BA. Physical activity behaviour in men with inflammatory joint disease: a cross-sectional register-based study. *Rheumatology (Oxford)*. 2018 May 1;57(5):803-812.

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100. Løppenthin K, Esbensen BA, Jennum P, Østergaard M, Christensen JF, Thomsen T, Bech JS, **Midtgaard J**. Effect of intermittent aerobic exercise on sleep quality and sleep disturbances in patients with rheumatoid arthritis - design of a randomized controlled trial. *BMC Musculoskelet Disord*. 2014 Feb 21;15(1):49.
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128. Adamsen L, **Midtgaard J**, Rørth M, Borregaard N, Andersen C, Quist M, Møller T, Zachø M, Madsen JK, Knutsen L. Feasibility, Physical Capacity, and Health Benefits of a Multidimensional Exercise Program for Cancer Patients Undergoing Chemotherapy. *Supportive Care in Cancer* 2003;11(11):707-16.

129. Adamsen L, **Midtgaard Rasmussen J**. Exploring and Encouraging through Social Interaction: A Qualitative Study of Nurses' Participation in Self-help Groups for Cancer Patients. *Cancer Nurs* 2003; 26(1):28-35.
130. Adamsen L, **Midtgaard Rasmussen J**. Sociological perspectives on self-help groups: reflections on conceptualization and social processes. *J Adv Nurs* 2001;35(6):909-17.
131. Adamsen L, **Midtgaard Rasmussen J**, Sønderby Pedersen L. 'Brothers in arms': how men with cancer experience a sense of comradeship through group intervention which combines physical activity with information relay. *J Clin Nurs* 2001;10(4):528-37.

CURRICULUM VITAE (Short)

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Google Scholar: <https://scholar.google.com/citations?user=P8S1-oAAAAAJ&hl=sv>

1 COURSES AND DEGREES

2023 Docent (Associate Professor), Karolinska Institutet

2018 PhD, Karolinska Institutet

2012 Psychologist license (psykologlegitimation)

2006-2011 Psychology program, Uppsala University, Sweden

2 DOCTORAL DEGREE

April 20, 2018. Title: Nonsuicidal Self-Injury – Clinical Correlates and Novel Treatments. The Division of Psychology, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden.

3 POSTDOC APPOINTMENTS

2020-2021 Department of Psychology, Stanford University, California, USA.

2018-2019 Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Stockholm, Sweden.

4 CURRENT POSITION

Assistant professor and research group leader at the Department of Clinical Neuroscience, Karolinska Institutet. 100% research.

5 SELECTED OTHER MERITS

I was awarded two postdoctoral scholarships from the Wallenberg Foundation Post-Doctoral Fellowship Program and The Swedish Research Council International Postdoc Grant in 2019. I was appointed research fellow by The Royal Swedish Academy of Letters, History and Antiquities and Stiftelsen Natur & Kultur in 2022–2025. This appointment was extended 2025 to 2027. I acted as subject matter expert (Sakkunnig) for the 2024 SBU Report "*Dialectical Behavior Therapy Can Prevent Relapse in Self-Injurious Behavior in Youth*" Swedish Agency for Health Technology Assessment and Assessment of Social Services (SBU).

Member of the review panel 2024 for the Swedish Research Council's MH-12: Mental health.

6 SUPERVISION

On-going: 7 Ph.D. students (3 as main and 4 as co-supervisor). 5 postdoctoral fellows.

Completed: 2 PhD-student (as co-supervisor).

7 RESEARCH FUNDING AS PRINCIPAL APPLICANT (PAST 5 YEARS)

Grant provider	Sum SEK	Time period
Swedish Research Council (Klinisk behandlingsforskning)	19.827.477	2025-2028
Kungl. Vitterhetsakademien och Natur & Kultur	2.300.000	2025-2027
Fredrik och Ingrid Thurings Stiftelse	300.000	2024-2025
Swedish Research Council	7.290.000	2024-2027

Swedish Research Council	2.400.000	2024-2027
Fredrik och Ingrid Thuring's Stiftelse	250.000	2023-2024
Jerringfonden	300.000	2023-2024
Stiftelsen Söderström -Königska	350.000	2023-2024
Kungl. Vitterhetsakademien och Natur & Kultur	3.450.000	2022-2025
ERA PerMed; Vinnova funds Swedish partner	3.000.000	2023-2025
Kavli Trust Programme on Health Research	8.070.000	2022-2027

8 PUBLICATIONS

2025

1. Ohlss A, Li L, Kuja-Halkola R, Lundström S, D'Onofrio BM, Hellner C, Lichtenstein P, Cederlöf M, Chang Z, Bjureberg J. Genetic and environmental aetiologies of the transition from nonsuicidal self-injury to suicide attempt: a longitudinal twin study. *Mol Psychiatry*. 2025 Aug 22. Epub ahead of print. PMID: [40847004](#). DOI: [10.1038/s41380-025-03165-z](#).
2. Larsson J, Ojala O, **Bjureberg J**, Sederström P, Hvass O, Björk P, Lidskog S, Hesser H. Online emotion regulation treatment for maladaptive anger inhibition - an open-label pilot with a pooled interrupted time series design. *Cogn Behav Ther*. 2025 Aug 4:1-16. Epub ahead of print. PMID: [40757961](#). DOI: [10.1080/16506073.2025.2542355](#)
3. Ejdemyr I, Sundqvist R, **Bjureberg J**, Birgegård A, Jokinen J, Levallius J, Gilbert K, Sjögren M. Feasibility and potential efficacy of radically open dialectical behavior therapy for anorexia nervosa. *Eat Disord*. 2025 Jul 11:1-19. Epub ahead of print. PMID: [40646670](#), DOI: [10.1080/10640266.2025.2524215](#)
4. Sjöblom K, Frankenstein K, Klintwall L, Nilbrink J, Zetterqvist M, Hesser H, Hedman-Lagerlöf E, Gross JJ, Hellner C, Bellander M, **Bjureberg J**. Online Transdiagnostic Emotion Regulation Treatment for Adolescents With Mental Health Problems: A Randomized Clinical Trial. *JAMA Network Open*. 2025 Jun 2;8(6):e2514871. PMID: [40498482](#), DOI: [10.1001/jamanetworkopen.2025.14871](#).
5. Karemyr M, Bellander M, Pontén M, Ohlss A, Flygare O, Walldén Y, Kuja-Halkola R, Hadlaczky G, Mataix-Cols D, Asarnow JR, Hellner C, Hughes JL, **Bjureberg J**. Preventing suicide with Safe Alternatives for Teens and Youths (SAFETY): a randomised feasibility trial. *BMJ Ment Health*. 2025 Apr 29;28(1):e301575. PMID: [40306939](#), DOI: [10.1136/bmjment-2025-301575](#)
6. Lalouni M, Fust J, **Bjureberg J**, Blomé S, Thompson WH, Jayaram-Lindström N, Kosek E, Hellner C, Ehrsson HH, Kiltner K, Jensen KB. Attenuation of Self-Induced Pain in Women With Nonsuicidal Self-Injury and Healthy Controls. *Eur J Pain*. 2025 Jul;29(6):e70057. PMID: [40485366](#), doi: [10.1002/ejp.70057](#).
7. Kaariniemi E, Bosund V, Reichert J, **Bjureberg J**, Klintwall L. Perceived causal networks created using structured interviews: feasibility and reliability. *Cognitive Behaviour Therapy*. Published online February 18, 2025:1-23. doi:[10.1080/16506073.2025.2464637](#).

2024

8. Pontén M, Flygare O, Bellander M, Karemyr M, Nilbrink J, Hellner C, Ojala O, **Bjureberg J**. Comparison between clinician and machine learning prediction in a randomized controlled trial for nonsuicidal self-injury. *BMC PSYCHIATRY*. 2024;24(1):904. PMID: [39695442](#), DOI: [10.1186/s12888-024-06391-x](#)

9. Flygare O, Ojala O, Ponten M, Klintwall L, Karemyr M, Sjoblom K, Wallert J, Hellner C, Nilbrink J, Bellander M, **Bjureberg J**. Sub-groups of emotion dysregulation in youth with nonsuicidal self-injury: latent profile analysis of a randomized controlled trial. *COGNITIVE BEHAVIOUR THERAPY*. 2024;54(2):231-245. PMID: [39319612](#), DOI: [10.1080/16506073.2024.2407155](#)
10. Birgegård A, Isomaa R, Monell E, **Bjureberg J**. Validation of the eating pathology symptoms inventory (EPSI) in Swedish adolescents. *J Eat Disord*. 2024;12(1):68. PMID:38802891. doi:[10.1186/s40337-024-01027-7](#).
11. Ojala O, Hesser H, Gratz K, Tull M, Hedman-Lagerlof E, Sahlin H, Ljotsson B, Hellner C, **Bjureberg J**. Moderators and predictors of treatment outcome following adjunctive internet-delivered emotion regulation therapy relative to treatment as usual alone for adolescents with nonsuicidal self-injury disorder: Randomized controlled trial. *JCPP ADVANCES*. 2024;4(3):e12243. PMID: [39411472](#), DOI: [10.1002/jcv2.12243](#)
12. Zhang L, Liang H, **Bjureberg J**, Xiong F, Cai Z. The Association Between Emotion Recognition and Internalizing Problems in Children and Adolescents: A Three-Level Meta-Analysis. *Journal of Youth and Adolescence*. 2024;53(1):1-20. PMID: [37991601](#), DOI: [10.1007/s10964-023-01891-7](#)
13. Molander O, Berman A, Jakobson M, Gajecki M, Hällström H, Ramnerö J, **Bjureberg J**, Carlbring P, Lindner P. Introducing and Evaluating the Effectiveness of Online Cognitive Behavior Therapy for Gambling Disorder in Routine Addiction Care: Comparative Cohort Study (Preprint). 2023. DOI: [10.2196/preprints.54754](#)
14. Christensen S, Heinrichsen M, Mohl B, Rubaek L, Byrialsen K, Ojala O, Hellner C, Pagsberg A, **Bjureberg J**, Morthorst B. Internet-delivered emotion regulation therapy for adolescents engaging in non-suicidal self-injury and their parents: A qualitative, online focus group study. *PSYCHOLOGY AND PSYCHOTHERAPY-THEORY RESEARCH AND PRACTICE*. 2024. PMID: [39148399](#), DOI: [10.1111/papt.12541](#)
15. Rautio D, Isomura K, **Bjureberg J**, Ruck C, Lichtenstein P, Larsson H, Kuja-Halkola R, Chang Z, D'Onofrio B, Brikell I, Sidorchuk A, Mataix-Cols D, Fernandez de la Cruz L. Intentional Self-Harm and Death by Suicide in Body Dysmorphic Disorder: A Nationwide Cohort Study. *BIOLOGICAL PSYCHIATRY*. 2024;96(11):868-875. PMID: [38734199](#), DOI: [10.1016/j.biopsych.2024.05.006](#)
16. Mortier P, Amigo F, Bhargav M, Conde S, Ferrer M, Flygare O, Kizilaslan B, Moreno L, Leis A, Mayer M, Perez-Sola V, Portillo-Van Diest A, Ramirez-Anguila J, Sanz F, Vilagut G, Alonso J, Mehlum L, Arensman E, **Bjureberg J**, Pastor M, Qin P. Developing a clinical decision support system software prototype that assists in the management of patients with self-harm in the emergency department: protocol of the PERMANENS project. *BMC PSYCHIATRY*. 2024;24(1):220. PMID: [38509500](#), DOI: [10.1186/s12888-024-05659-6](#)
17. Fust J, Jensen KB, Coppi S, **Bjureberg J**, Jayaram-Lindström N, Hellner C, Ehrsson H, Lalouni M. Rubber hand illusion and experiences of dissociation in women with self-injury behavior. *PSYCHIATRY RESEARCH COMMUNICATIONS*. 2024 Mar 4(1), <https://doi.org/10.1016/j.psychom.2024.100155>.
18. Espirito-Santo H, Paraiso L, Andrade D, Daniel F, Grasina A, Lemos L, Simoes-Cunha L, **Bjureberg J**. Emotion dysregulation in older people: validity and reliability of an 8-item version of the Difficulties in Emotion Regulation Scale. *AGING & MENTAL HEALTH*. 2024;28(2):360-368. PMID: [37771115](#), DOI: [10.1080/13607863.2023.2260329](#)

19. Larsson J, **Bjureberg J**, Zhao X, Hesser H. The inner workings of anger: A network analysis of anger and emotion regulation. *JOURNAL OF CLINICAL PSYCHOLOGY*. 2024;80(2):437-455. PMID: [37975317](#), DOI: [10.1002/jclp.23622](#)
20. Zhang L, Liang H, **Bjureberg J**, Xiong F, Cai Z. The Association Between Emotion Recognition and Internalizing Problems in Children and Adolescents: A Three-Level Meta-Analysis. *JOURNAL OF YOUTH AND ADOLESCENCE*. 2024;53(1):1-20. PMID: [37991601](#), DOI: [10.1007/s10964-023-01891-7](#)
21. Bangstad A, Fellman J, Rosendahl C, Bellander M, Cervin M, **Bjureberg J**, Klintwall L. Perceived causal symptom network of adolescent mental health issues. *JOURNAL OF CHILD AND ADOLESCENT MENTAL HEALTH*. 2024;34(1-3):101-114. PMID: [38632957](#), DOI: [10.2989/17280583.2023.2283032](#)

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22. **Bjureberg J**, Ojala O, Hesser H, Habel H, Sahlin H, Gratz K, Tull M, Claesdotter Knutsson E, Hedman-Lagerlof E, Ljotsson B, Hellner C. Effect of Internet-Delivered Emotion Regulation Individual Therapy for Adolescents With Nonsuicidal Self-Injury Disorder: A Randomized Clinical Trial. *JAMA NETWORK OPEN*. 2023;6(7):e2322069. PMID: [37440232](#), DOI: [10.1001/jamanetworkopen.2023.22069](#)
23. Pachankis J, Soullard Z, Layland E, Behari K, Dyk I, Eisenstadt B, Chiaramonte D, Ljotsson B, Sarnholm J, **Bjureberg J**. Guided LGBTQ-affirmative internet cognitive-behavioral therapy for sexual minority youth's mental health: A randomized controlled trial of a minority stress treatment approach. *BEHAVIOUR RESEARCH AND THERAPY*. 2023;169:104403. PMID: [37716019](#), DOI: [10.1016/j.brat.2023.104403](#)
24. **Bjureberg J**, Ojala O, Berg A, Edvardsson E, Kolbeinsson O, Molander O, Morin E, Nordgren L, Palme K, Sarnholm J, Wedin L, Ruck C, Gross J, Hesser H. Targeting Maladaptive Anger With Brief Therapist-Supported Internet-Delivered Emotion Regulation Treatments: A Randomized Controlled Trial. *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*. 2023;91(5):254-266. PMID: [36409100](#), DOI: [10.1037/ccp0000769](#)
25. Lageborn C, **Bjureberg J**, Song J, Runeson B, Moller J, Ljung R, Dahlin M. Risk of suicide and self-harm in university students entering different university programs - a national register-based cohort study in Sweden (May, 2023). *SOCIAL PSYCHIATRY AND PSYCHIATRIC EPIDEMIOLOGY*. 2023;58(8):1151-1152. PMID: [37277657](#), DOI: [10.1007/s00127-023-02512-1](#)
26. Andreasson M, Schenström J, **Bjureberg J**, Klintwall L. Perceived Causal Networks: Clinical Utility Evaluated by Therapists and Patients. *J PERS ORIENTED RES*. 2023;9(1):29-41. PMID: [37389028](#), DOI: [10.17505/jpor.2023.25260](#)
27. Ohlis A, **Bjureberg J**, Ojala O, Kerj E, Hallek C, Fruzzetti AE, Hellner C. Experiences of dialectical behaviour therapy for adolescents: A qualitative analysis. *Psychol Psychother*. 2023 Jun;96(2):410-425. doi: [10.1111/papt.12447](#). Epub 2023 Feb 9. PMID: [36756991](#). <https://pubmed.ncbi.nlm.nih.gov/36756991>
28. Leone M, Kuja-Halkola R, Lagerberg T, **Bjureberg J**, Butwicka A, Chang Z, Larsson H, D'Onofrio BM, Leval A, Bergen SE. Melatonin use and the risk of self-harm and unintentional injuries in youths with and without psychiatric disorders. *J Child Psychol Psychiatry*. 2023 Mar 23. doi: [10.1111/jcpp.13785](#).

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<https://pubmed.ncbi.nlm.nih.gov/36950769/>

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73. Linde J, Rück C, **Bjureberg J**, Ivanov VZ, Djurfeldt DR, Ramnerö J. Acceptance-Based Exposure Therapy for Body Dysmorphic Disorder: A Pilot Study. *Behav Ther.* 2015;46(4):423-31; <https://pubmed.ncbi.nlm.nih.gov/26163707/>

Review articles

1. **Bjureberg J**, Gross JJ. Regulating Road Rage. *Soc Personal Psychol Compass*. 2021 Mar;15(3):e12586; <https://pubmed.ncbi.nlm.nih.gov/33995563/>

Study protocols

1. Morthorst B, Rubæk L, Lindschou J, Jakobsen JC, Gluud C, **Bjureberg J**, Hellner C, Møhl B, Pagsberg AK. An internet-based emotion regulation intervention versus no intervention for nonsuicidal self-injury in adolescents: study protocol for a feasibility trial. *Pilot Feasibility Stud*. 2021;7(1):44; <https://pubmed.ncbi.nlm.nih.gov/33549128/>
2. Olsen MH, Morthorst B, Pagsberg AK, Heinrichsen M, Møhl B, Rubæk L, **Bjureberg J**, Simonsson O, Lindschou J, Gluud C, Jakobsen JC. An Internet-based emotion regulation intervention versus no intervention for non-suicidal self-injury in adolescents: a statistical analysis plan for a feasibility randomised clinical trial. *Trials*. 2021 16;22(1):456. <https://pubmed.ncbi.nlm.nih.gov/34271984/>
3. Molander O, Lindner P, Ramnerö J, **Bjureberg J**, Carlbring P, Berman AH. Internet-based cognitive behavior therapy for problem gambling in routine care: protocol for a non-randomized pilot and feasibility trial. *Pilot Feasibility Stud*. 2020;6:106; <https://pubmed.ncbi.nlm.nih.gov/32699645/>

Book chapters

1. **Bjureberg J**, Gross, J J. Changing the Emotion Process: The Role of Emotion Regulation. Samson, A. C., Sander, D. Kramer, U. (Eds.). *Change in Emotion and Mental Health*. Elsevier. 2024.
2. Zetterqvist M, **Bjureberg, J**. Social Processes in Nonsuicidal Self-Injury. Lloyd-Richardson, Baetens, I., Whitlock, J. (Eds.). *The Oxford Handbook of Nonsuicidal Self-Injury*. Oxford University Press. 2023.
3. Gratz K. L, **Bjureberg J**, Sahlin H, Tull M. T. Emotion Regulation Group Therapy for Nonsuicidal Self-injury. In Washburn, J. (ed.): *Nonsuicidal Self-Injury: Advances in Research and Practice*. Routledge. 2019

Books

1. Bjärehed J. & **Bjureberg J**. *Självskadebeteende*. Natur och Kultur. 2019

Curriculum Vitae for Chalotte Heinsvig Poulsen, born 17. Dec. 1981

Education:

- 2018, May 17: PhD in Health and Medical Sciences, University of Copenhagen
- 2010, Dec 9: MSc in Medical science, Health promotion & strategies, University of Roskilde (one year's accredited studies in Molecular biology, University of Aarhus).

Most recent employments:

- 2025, July 1 – present: Post doc, PhD, Centre for Applied Research in Mental Health (CARMEN), Mental Health Center Glostrup, Copenhagen
- 2024, Apr. 1 – 2025, June 30: Post doc, PhD, Copenhagen Research Unit for Recovery, Mental Health Center Amager, Copenhagen S
- 2018, Feb 1: Post doc, PhD, Copenhagen Research Centre for Mental Health (CORE), Recovery & Inclusion, Mental Health Centre Copenhagen.

Research focus, activities and experiences

Development, evaluation, and implementation of recovery-oriented interventions promoting behavior change, well-being, and mental health in clinical and community populations – with a specific focus of integrating lived experiences throughout the entire research process.

Publications and citations

Eighteen peer-reviewed journal articles (including 8 as first author); One book chapter about peer support, 2025; Guide about building lived experience informed research environments, 2025; H-index: 6; Sum of citations: 124 (Web of science, Aug 2025); ORCID ID: 0000-0001-6420-1918

Mentoring and supervision

Co-supervisor for 1 PhD student (1 ongoing), and advisor for 7+ research assistants; Certified in Intentional Peer Support (.org), US

Leadership and project management

2019-2025: Project manager of the co-production, piloting, evaluation and dissemination of the 'Paths to everyday life' (PEER) trial – including qualitative studies.

2021, Oct. to present, co-founder of the Danish 'Network of Lived Experience researchers'

2011, May: Certified in PRINCE2® foundation project management.

Funding and academic awards:

Lundbeck Foundation Diversity Call, 2024: 250.000 kr.; Travel Award, European Association of Psychosomatic Medicine (EAPM), 2017; Scholarship award, Independent Research Fund, 2010

Teaching and instructing:

2024 Oct. to present, Online course instructor on The Stanford Chronic Disease Self-Management group facilitation course, The Danish Committee for Health Education.

2021-2024, Teaching 'the effectiveness of peer support' to peer support workers, Mental health services, the regions of Central Jutland and Northern Jutland and the Peer Partnership association.

International relations:

Professor Steve Gillard, City Sct. George's, School of health and medical sciences, University of London; Senior research fellow, Stefan Rennick Egglestone, Faculty of Medicine & Health Sciences, University of Nottingham; Assistant professor, Dr. Louise Byrne, program for Recovery and Community Health, Yale University, US and Lived Experience training (.org), Australia

List of selected accepted peer-reviewed publications within the last 5 years (Charlotte Heinsvig Poulsen)

Poulsen CH; Egmosse CH; Ebersbach B; Hjorthøj C; Eplov LF: "The "Paths to everyday life" peer support intervention for adults with mental health difficulties versus service as usual in a Danish community setting – results from a randomized two-armed, multi-site, superiority trial", *BMC Psychiatry* (2025) 25:695

Poulsen CH; Egmosse CH; Bjørkedal SB; Eplov LF: "Intervention delivery in the 'Paths to everyday life' trial: A qualitative study of the perspectives of the peer volunteers with lived experiences of being in recovery of mental illness", *BMC Psychiatry* 2025 Jul 2;25(1):671.

Christensen T; Hjorthøj, C; **Poulsen, CH**; Ebersbach, B; Eplov, LF, Integrated mental health care and vocational rehabilitation intervention to improve return to work rates for people on sick leave due to common mental and functional disorders (IBBIS-II) - results from a randomized clinical trial, *Nord J Psychiatry*, 2025 Jan;79(1):86-95.

Egmosse, CH; **Poulsen, CH**; Bjørkedal, SB; Eplov, LF, The 'Paths to everyday life' (PEER) trial - a qualitative study of mechanisms of change from the perspectives of individuals with mental health difficulties participating in peer support groups led by volunteer peers, *BMC Psychiatry*, 2024 Aug 13;24(1):555.

Egmosse C, **Poulsen HC**, Hjorthøj C, et al.: The Effectiveness of Peer Support in Personal and Clinical Recovery—Systematic Review and Meta-Analysis, *Psychiatr Serv.* 2023 Aug 1;74(8):847-858

Christensen TN; **Poulsen CH**; Ebersbach BK; Eplov LF: Integrated mental health care and vocational rehabilitation intervention to improve return to work rates for people on sick leave due to common mental- and functional disorders (IBBIS-II) - A study protocol for a randomized clinical trial, *Trials*, 23:820, 2022

Poulsen CH, Egmosse CH, Ebersbach BK, Hjorthøj C, Eplov LF. A community-based peer-support group intervention "Paths to EvERyday life" (PEER) added to service as usual for adults with vulnerability to mental health difficulties - a study protocol for a randomized controlled trial, *Trials*, 2022 Sep 2;23(1):727.

CH Poulsen, TN Christensen, T Madsen, M Nordentoft, LF Eplov Trajectories of Vocational Recovery Among Persons with Severe Mental Illness Participating in a Randomized Three-Group Superiority Trial of Individual Placement and Support (IPS) in Denmark, *Journal of Occupational Rehabilitation* 2022 Jun;32(2):260-271.

Book chapters:

Poulsen, CH and Eplov, LF: What does research tell us about peer support, its strengths, and potential risks, Accepted for publication april 2, 2025 in the book "Psychiatry after Kraepelin: Ambition, Images, Practices 1926-2026" by Professor George Ikkos

Curriculum Vitae, Lotte Rubæk

Address: Godhavnvej 1, Hellerup

Phone: +45 28 72 48 00

E-mail: lotte.rubaek@regionh.dk

Date of Birth: March 11, 1981

Born and raised on Falster

Theoretical Background

2016: Approved as Specialist in Psychotherapy

2013–2015: 2-year training in Cognitive Therapy, Capital Region of Denmark

2010: Licensed by the Danish Supervisory Board of Psychology

2007–2008: 1-year training in Cognitive Therapy, Region Zealand

2000–2007: MSc in Psychology (Cand.psych.), University of Copenhagen

1997–2000: Mathematics major, Nykøbing F. Cathedral School

Practical Background

2025 –

Head of Clinical Academic Group (CAG) Self-Injury
Mental Health Services, Capital Region of Denmark

The purpose of the Clinical Academic Group (CAG) for Self-Harm is to develop and improve the treatment of patients with self-harming behavior in psychiatry in the Capital Region. CAG Self-Harm ensures close integration between clinic, research, and competence development for the benefit of both patients and staff.

2018 –

Leader of Self-Injury Team
B195 Outpatient Clinic for Adolescents, Child and Adolescent Mental Health Center, Capital Region of Denmark

Daily and professional leadership of a specialized team offering treatment for self-harm to patients in child and adolescent psychiatry, as well as upskilling of staff. Conducting the world's largest randomized controlled trial of internet-based treatment for self-harm. Media and political spokesperson.

2012–2018

Clinical Psychologist

B132 Outpatient Clinic for Eating Disorders in Children and Adolescents, Child and Adolescent Mental Health Center, Capital Region of Denmark

Assessment and primarily treatment of children and adolescents with eating disorders through family therapy, individual cognitive therapy, and dialectical behavior therapy. Lead clinician for bulimia treatment within child and adolescent psychiatry in the Capital Region. In addition: psychoeducation, teaching tasks, collaboration with municipalities, and specialized assessment tasks.

2011–2012

Psychologist in OPUS

OPUS Team Amager, Mental Health Services, Capital Region of Denmark

Treatment of young people with first-episode psychosis. Assessment tasks and cognitively based treatment courses. Psychoeducation for patients and relatives. Social skills training and multi-family groups. Counseling sessions with relatives. Home visits.

2008–2011

Psychologist in Project PS

Project funded by social pool resources: Free psychological counseling for young people at the four vocational schools in Copenhagen.

Early detection and psychological treatment of a wide range of issues among vocational school students. Individual and group therapy. Supervision and teaching of staff. Project initiation, development, quality assurance, and ongoing evaluation.

2007–2008

Clinical Psychologist

Acute and Long-Term Team Vordingborg, Psychiatry Vordingborg, Region Zealand

Psychological assessment and treatment of a broad spectrum of psychiatric patients, often with comorbid disorders. Dialectical behavior therapy, individual and group treatment, assessment and referral, development of cognitive-based treatment programs, teaching, and collaboration with relatives and networks.

Student jobs

2003–2007: Child and Adolescent Psychiatry

Bispebjerg Ward F-1, school children

Bispebjerg Ward F-2, children with eating disorders

Glostrup Ward 59, child psychiatry

Glostrup Ward 61, adolescent psychiatry

Experience with symptomatology, diagnostics, and milieu therapy. Insight into the psychiatric ward environment and the daily life of a child or adolescent with mental illness or developmental disorder.

2005–2005: Internship

Bispebjerg Ward F-6, closed adolescent psychiatric unit

Training in psychological testing, independent patient assessments, diagnostics, and active participation in treatment conferences.

2004–2005: Højtøft

Substitute staff at a residential home for adults with autism

Experience with autism spectrum disorders, the autistic perception of the world, and the pedagogical approach in this regard.

2003–2003: Fasangården

Pedagogical assistant at an integrated daycare institution

Insight into children's normal development and pedagogical participation in their daily lives.

Other Activities

Lecturer, Athenas: <https://www.athenas.dk/lotte-rubaek-foredrag.htm>

Research activities

Media spokesperson on youth self-harming behavior and digital risk behavior

Advising the media when covering stories about self-harm

Member of advisory boards regarding research projects on self-harm

Member of Meta's "SSI Global Expert Group" 2020–2024

Biography

Lotte Rubæk holds an MSc in Psychology from the University of Copenhagen and is a licensed psychologist as well as a specialist in psychotherapy. She serves as the overall leader of the Clinical Academic Group for self-injury in the Capital Region of Denmark and is the professional head of a dedicated clinical self-injury team within Child and Adolescent Mental Health Services in the same region. For over three years, Lotte was a member of Meta's global SSI expert group, leaving the role after raising critical concerns.

Since graduating in 2007, Lotte has made non-suicidal self-injury (NSSI) her primary focus area, working extensively with adolescents struggling with self-injury and eating disorders. She has closely monitored the growing prevalence of self-injury among young people, as well as the lack of specialized treatment options. Through her participation in a political task force, she successfully brought self-injury to the forefront of Denmark's political agenda, securing its inclusion in the national Finance Act.



The self-injury team she leads is the first of its kind in Denmark. Its mission is to provide evidence-based, early, and easily accessible treatment for young people with NSSI. The team also strengthens psychiatric services by developing e-learning programs and training courses on NSSI and dysfunctional online behaviors and communities.

Alongside her clinical leadership, Lotte has contributed to multiple research projects exploring the addictive aspects of self-injury and the psychological characteristics of self-injuring psychiatric patients—examining factors such as affect regulation, dissociation, impulsivity, trauma, and underlying motives. She is currently leading a large randomized controlled trial (N=356) investigating the effectiveness of internet-based treatment (ERITA) for self-injury.

Since the rise of social media, Lotte has observed with concern the earlier onset, faster escalation, and online inspiration fueling self-injury among children and adolescents. She has studied the phenomenon extensively, and her current research also addresses the role of social media in self-injury.

Lotte is the author of two published books, with a third on the way, as well as numerous articles and book chapters—including two contributions to the *Oxford Handbook of NSSI*. She is a sought-after speaker, giving lectures nationwide on self-injury, social media, and related topics.

Publications

Books:

- Rubæk, L. (2009): *Selvskadens Psykologi*. Virum: Dansk Psykologisk Forlag
- Møhl, B. & Rubæk, L. (2020): *FAQ om selvskade*. Hans Reitzels Forlag
- Rubæk L & Møhl B (in press): *I tusind stykker – om selvskadens mange ansigter i et fragmenteret samfund*. Akademisk Forlag.

Book chapters:

- Rubæk, Lotte, and Bo Møhl, 'Direct and Indirect Self-Injury', in Elizabeth E. Lloyd-Richardson, Imke Baetens, and Janis L. Whitlock (eds), *The Oxford Handbook of Nonsuicidal Self-Injury*, Oxford Library of Psychology (2024; online edn, Oxford Academic, 23 Feb. 2023), <https://doi.org/10.1093/oxfordhb/9780197611272.013.4>, accessed 15 Aug. 2024.
- Møhl, Bo, and Lotte Rubæk, 'Understanding the Link Between Direct and Indirect Self-Injurious Behavior', in Elizabeth E. Lloyd-Richardson, Imke Baetens, and Janis L. Whitlock (eds), *The Oxford Handbook of Nonsuicidal Self-Injury*, Oxford Library of Psychology (2024; online edn, Oxford Academic, 23 Feb. 2023), <https://doi.org/10.1093/oxfordhb/9780197611272.013.61>, accessed 15 Aug. 2024.
- Morthorst B & Rubæk L. *Selvskade og selvmordsadfærd hos børn og unge*. I: Skovgaard AM og Jørgensen G. *Mentale helbredsproblemer og psykisk lidelse hos børn og unge*. FADLS Forlag. 2023.
- Rubæk L & Møhl B (in press): *Spiseforstyrrelser, selvskade og sociale medier*. Red: Schousboe & Hecht. Akademisk forlag
- Rubæk L & Møhl B (in press): *Spiseforstyrrelser og selvskade*. Red: Schousboe & Hecht. Akademisk forlag
- Rubæk L, Nørgaard J & Nordentoft M (in press): *Selv mord & selvskade*. I: *Klinisk Psykiatri*. Munksgaard.

Articles:

- Rubæk, L. & Møhl, B. (2016): Ikke suicidal selvskade – et afhængighedssyndrom? *Psyke & Logos*. Årg. 37, Nr. 2.
- Møhl, B. & Rubæk, L. (2016): Selvskade hos psykiatriske patienter. *Psyke & Logos*. Årg. 37, Nr. 2.
- Møhl, Bo, and Lotte Rubæk. "Selvskade-smertens paradoks." *Psyke & Logos* 37.2 (2016): 5-14.
- Møhl, B. & Rubæk, L. (2017): Når psykisk smerte konverteres til fysisk smerte – selvskade. *Ugeskrift for læger*. 2017;179:V01170066

- Møhl, B. & Rubæk, L. (2017): Når børn og unge skærer smerten bort. Pædagogisk psykologisk tidsskrift. Nr. 5-6.
- Møhl, B. & Rubæk, L. (2017): Selvskade – den skjulte lidelse. Ipraksis – månedsskrift for almen praksis
- Olsen, M.H., Morthorst, B., Pagsberg, A.K. et al. An Internet-based emotion regulation intervention versus no intervention for non-suicidal self-injury in adolescents: a statistical analysis plan for a feasibility randomised clinical trial. *Trials* 22, 456 (2021). <https://doi.org/10.1186/s13063-021-05406-2>
- Morthorst, B., Rubæk, L., Lindschou, J. et al. An internet-based emotion regulation intervention versus no intervention for nonsuicidal self-injury in adolescents: study protocol for a feasibility trial. *Pilot Feasibility Stud* 7, 44 (2021). <https://doi.org/10.1186/s40814-021-00785-4>
- Morthorst, B., Olsen, M.H., Jakobsen, J.C., Lindschou, J., Gluud, C., Heinrichsen, M., Møhl, B., Rubæk, L., Ojala, O., Hellner, C., Bjureberg, J., & Pagsberg, A. K. (2022). Internet based intervention (Emotion Regulation Individual Therapy for Adolescents) as add-on to treatment as usual versus treatment as usual for non-suicidal self-injury in adolescent outpatients: The TEENS randomised feasibility trial. *JCPP Advances*, 2(4), e12115. <https://doi.org/10.1002/jcv2.12115>
- Jørgensen JL, Rubæk L, Møhl B. Screening for selvskade. *Ugeskrift for læger*. 2021: <https://ugeskriftet.dk/videnskab/screening-selvskade>
- Heidenheim Christensen, Heinrichsen, Møhl, Rubæk, Byrialsen, Ojala, Hellner, Pagsberg, Bjureberg & Morthorst (2024). Internet-delivered emotion regulation therapy for adolescents engaging in non-suicidal self-injury and their parents: a qualitative, online focus group study. <https://doi.org/10.1111/papt.12541>
- Heinrichsen, Olsen, Pagsberg, Jakobsen, Lindschou, Gluud, Møhl, Rubæk, Byrialsen, Ojala, Hellner, Bjureberg, Morthorst (in press): Internet-based Emotion Regulation Individual Therapy for Adolescents (IERITA) versus treatment as usual for adolescent outpatients with non-suicidal self-injury: a detailed protocol and statistical analysis plan for the TEENS multi-site randomised clinical trial.

Reports

- Manolios, S., Sala, A., Sundorph, E., Chaudron, S., Gomez, E., Beullens, K., Bozzola, E., Cataldo, I., Hale, L., Kent, M., Montag, C., Nivins, S., O'reilly, M., Rubæk, L., Schiøtz Thorud, H.-M., Sterpenich, V., & Vandenbosch, L. (2025). Minors' health and social media: an interdisciplinary scientific perspective, Publications Office of the European Union.

Chronicles

- Op-ed in *Politiken*, May 2016: Many young people struggle with sweat, tears – and blood (Møhl & Rubæk).
- Op-ed in *Politiken*, early 2017: Create an action plan against self-harm. (The Working Group at Christiansborg).

- Op-ed in *Kristeligt Dagblad*, October 2017: Psychologists: The Danish Health Authority underestimates the prevalence of self-harm (Møhl & Rubæk).

Editor positions

- Thematic issue on self-harm, *Psyke & Logos*. *Psyke & Logos*, Vol. 37, No. 2.

Curriculum Vitae

Personal Information

Name: Malene Eiberg Holm

Date of Birth: August 5, 1987

Address: Helmsvej 51, 2880 Bagsværd, Denmark

Languages: Danish and English – fluent in speech and writing. Norwegian and Swedish – conversational and reading proficiency.

Family: Married to Jonas, mother of Lillie, Sally & Vitus

ORCID ID: 0000-0002-1019-9987

Professional Experience

2024 – Present

Head of KAG Self-Harm (Clinical Academic Group), Mental Health Services in the Capital Region of Denmark)

Leading a group dedicated to developing and improving treatment for patients with self-harming behavior, integrating clinical practice, research, and competence development for the benefit of patients and staff.

Oct 2021 – Present

Instructor & Facilitator, Mental Health Services in the Capital Region of Denmark)

Teaching self-harm management and facilitating simulation days focusing on the role of prevention instructors and handling agitated or aggressive patients.

Sept 2021 – Present

Ph.D. Student, University of Copenhagen & Psychiatric Center Nordsjælland

Aug 2020 – Present

Freelance Lecturer, TroubledMinds

Delivering lectures and teaching courses on mental health and self-harm.

Jun 2020 – Present

Simulation Facilitator, Campus for Psychiatric Simulation

Facilitating psychiatric simulation training focused on suicide risk assessment and crisis planning.

Oct 2018 – Present

Instructor, Mental Health Services in the Capital Region of Denmark) – Course: “Getting Started in Psychiatry”

Teaching acute psychiatric nursing, psychiatric law, care of self-harming patients to nurses, educators, occupational therapists, and physiotherapists.

Apr 2019 – 2022

Instructor, School for Recovery

Courses for patients, relatives, and healthcare professionals on self-harming behavior, coping strategies, and social media impacts.

Nov 2020 – Jul 2021

Dual Position: Clinical Nurse Specialist & Deputy Head, Psychiatric Emergency Department, Hillerød and Project Nurse, Research Unit, Psychiatric Center Nordsjælland

Supporting daily leadership, patient care, quality development, competence building, project protocol writing, funding applications, article writing, and teaching.

Aug 2020 – Nov 2020

Project Nurse, Research Unit, Psychiatric Center Nordsjælland

Developed project protocol and applied for Ph.D. funding.

Dec 2019 – Aug 2020

Acting Head Nurse, Psychiatric Emergency Department, Hillerød

Management, operations, and budgeting.

Jul 2019 – Dec 2019

Deputy Head, Psychiatric Emergency Department, Nordsjælland

Supporting daily leadership and complex patient cases.

Mar 2018 – Mar 2020

Project Nurse, Aalborg University Hospital

Research assistant in a project studying music therapy effects on negative symptoms in patients with schizophrenia.

May 2014 – Present

Registered Nurse (On-Call), Psychiatric Temporary Staffing Center

Responsible for on-call functions across various psychiatric units.

Jul 2013 – Jul 2017

Registered Nurse, Closed Ward 1, Psychiatric Center Ballerup

Acting head nurse in evenings/weekends, intervention team support for acute situations and de-escalation.

Feb 2013 – Jul 2013

Registered Nurse, Open Ward 3, Psychiatric Center Ballerup

First post-graduation position as staff nurse.

Education

2021 – Present

Ph.D. Student, University of Copenhagen & Psychiatric Center Nordsjælland

Research project: "Digital self-harm – Social Media and its impact on Non-Suicidal Self-Injury and suicidal behavior. A Longitudinal Mixed Method Study."

2020

Instructor and Facilitator Training, Copenhagen Academy for Medical Education and Simulation

Competence-based training enabling facilitation of simulation-based training and debriefing with focus on clinical learning.

2017 – 2019

Master's Degree in Nursing (Cand.cur.), Aarhus University, Campus Emdrup

Courses included: Epidemiology & Biostatistics, Qualitative Research and Methodology, Advanced Statistics, Development and Evaluation of Intervention Studies, Project Management, Nursing Leadership, Nursing Theory and Core Competencies, Nursing & Society, Current Trends in Nursing. *Thesis:* "Care is needed the most, when it is deserved the least" – Patients' experiences of receiving professional help when in need, from the perspective of individuals diagnosed with Borderline Personality Disorder.

2016 – 2017

Specialization in Psychiatric Nursing

One-year competence-based postgraduate education providing advanced knowledge and clinical skills, including responsibility for patient care, quality, collaboration, coordination, and development initiatives in psychiatric nursing.

2009 – 2013

Bachelor of Nursing, Metropolitan University College

Ph.D. Courses

- Sept 2023: Introduction to Psychiatric Epidemiology, University of Copenhagen
- Apr 2022: Qualitative Research Methods in the Social Sciences, Roskilde University
- Mar 2022: Open Up Your Academic Publishing Toolbox, University of Copenhagen
- Mar 2022: English for Researchers: Poster Presentations, University of Copenhagen
- Mar 2022: Getting Started: Writing Your First Manuscript for Publication, University of Copenhagen
- Jan 2022: Questionnaires in Clinical and Public Health Research: Development, Validation, and Evaluation, University of Copenhagen
- Jan 2022: How to Structure an Article, University of Southern Denmark
- Oct 2021: How to Perform a Systematic Review, University of Southern Denmark
- Oct 2021: Responsible Conduct of Research Part 1, University of Copenhagen

Publications, Funding & Research

- Aug 2025: "I've seen you at your worst, but I still want to be your friend" – A qualitative study of peer support in online communities around self-harm and suicidal behavior. SAGE Digital Health, in press
- July 2025 Grant from Danish Health Authority (7.120.000)

- June 2025 Seed-money (100.000 kr) from Mental Health Services in the Capital Region of Denmark)
- Jan 2024: *What methods are used in research of firsthand experiences with online self-harming and suicidal behavior? A scoping review.* Nordic Journal of Psychiatry. DOI: 10.1080/08039488.2024.2306504
- Apr 2023: *Patients' experiences of completing patient-reported outcomes in clinical trials: An interview study.* International Journal of Urological Nursing. DOI: 10.1111/ijun.12363
- Jan 2023: *Health-related quality of life the first year after a prostate cancer diagnosis: A systematic review.* International Journal of Urological Nursing. DOI: 10.1111/ijun.12340
- Apr 2022: Poster presentations at EPA 2022: "Self-harming and suicidal behavior on social media" and "Care is needed the most, when it is deserved the least – the experience of women living with BPD"
- Sept 2021: E-Learning Project on Self-Harming Behavior – implemented across the Mental Health Services in the Capital Region of Denmark) in 2022
- Dec 2020: Ph.D. scholarship from Novo Nordisk Foundation (DKK 2,000,000)
- May 2020: Scholarship from Harboe Foundation (DKK 110,000) for protocol development
- Mar 2020: Poster presentation "HORATIO" – "Care is needed the most, when it is deserved the least – experience of women living with BPD"
- Nov 2018: Contributing Author, *Handbook in Psychiatric Nursing*, FADL's Publishing. Chapter: "Care of Self-Harming Patients"
- Nov 2018: Op-ed published in Kristeligt Dagblad: "Youth self-harm has reached a concerning level"

CURRICULUM VITAR

RIKKE STEVNS SURY

PROFESSIONAL EXPERIENCE

- **Aug 2022 – present** *Consultant Psychiatrist / Head of Unit, Section for Treatment of Self-harm (BAS), Psychiatric Center Glostrup*
- **Mar 2025 – present** *Head, Clinical Academic Group (CAG) on Self-harm*
- **Nov 2021 – Jul 2022** *Acting Consultant Psychiatrist / Head of Unit, FACT Frederikssund, Psychiatric Center North Zealand*
- **Jun 2017 – Aug 2021** *Acting Consultant Psychiatrist / Head of Unit, Closed Emergency Department, Psychiatric Center North Zealand*
- **Jun 2016 – May 2017** *Specialist Training in Psychiatry (Resident), Closed Emergency Department & outpatient psychiatry, Psychiatric Center Copenhagen*
- **Jun 2015 – May 2016** *Specialist Training in Psychiatry (Resident), Department M, Psychiatric Center Sct. Hans*
- **Mar 2014 – May 2015** *Specialist Training in Psychiatry (Resident), Closed Ward, 5-day Ward / OPUS and Open Ward, Psychiatric Center North Zealand*
- **Jul 2013 – Mar 2014** *Maternity Leave*
- **Mar 2013 – Jul 2013** *Specialist Training in Psychiatry (Resident), Open Emergency Department, Psychiatric Center North Zealand*
- **Sep 2012 – Feb 2013** *Specialist Training in Psychiatry (Resident), Department of Neurology, North Zealand Hospital, Hillerød*
- **Jul 2012 – Aug 2012** *Resident (Unclassified Position), Closed Emergency Department, Psychiatric Center North Zealand*
- **Jul 2011 – Jun 2012** *Introductory Training in Psychiatry (Resident), 5-day Ward & Closed Emergency Department, Psychiatric Center North Zealand*
- **Oct 2010 – Jun 2011** *Introductory Training in Internal Medicine (Resident), Endocrinology Department, Hvidovre Hospital*
- **Dec 2009 – Sep 2010** *Maternity Leave*
- **Sep 2009 – Dec 2009** *Introductory Training in Internal Medicine (Resident), Endocrinology Department, Hvidovre Hospital*
- **Mar 2009 – Aug 2009** *Introductory Training in General Practice (GP Resident), Dr. Ole Winkel, Slagelse*
- **Sep 2008 – Feb 2009** *Internship – GP Resident, General Practice “Lægerne Mellemengen,” Kokkedal*
- **Mar 2008 – Aug 2008** *Internship – Resident, Medical Unit I, Helsingør Hospital*

- **Sep 2007 – Feb 2008** *Internship – Resident, Surgical Unit, Helsingør Hospital*

PROFESSIONAL EXPERIENCE (Secondary Appointments)

- **Mar 2024 – present** *Lecturer, Introductory Course i Psychiatry for Physicians – Module on Personality Disorders.*
- **Nov 2023 – present** *Lecturer, Psychiatry in Practice – Managing Self-Harm (FADL)*
- **Feb 2015 – Dec 2019** *Lecturer, The Clinical Interview as a Diagnostic Tool – Training course for newly employed junior doctors, Capital Region Psychiatry, Denmark*

PUBLICATIONS

- *The Patient with Severe Self-Harming Behavior – Chapter in Psychiatry in Practice, FADL Publishing, 2023*

EDUCATION

- **2000 – 2007** *Doctor of Medicine (MD), University of Copenhagen*

TRAINING & COURSES

- **Jan 2023** *100-hour training in Trauma-Focused Dialectical Behavior Therapy (TF-DBT), Prof. Martin Bohus*
- **Oct 2022** *Course in Dialectical Behavior Therapy, Prof. Martin Bohus*
- **Mar – Nov 2022** *National Education for psychiatrists in Diagnostics and Psychopathology*
- **Apr – Dec 2018** *Leadership of Employees (Management Training)*
- **Sep 2017 – Jan 2018** *Training for New Leaders in Improvement Methods and Tools*
- **Feb – Nov 2016** *Basic Training in Cognitive Behavioral Therapy (CBT) for Doctors and Psychologists*
- **Jan 2016** *Supervisor Training – Competence Course for Main Supervisors*

CONTACT INFORMATION

- **Email:** rikke.stevns.sury@regionh.dk
- **Address:** Møllemoseparken 32, 3450 Allerød
- **Phone:** +45 60 60 67 47
- **Date of Birth:** October 8, 1979

Sara Zolfagharian Khodaie – CV

✉ sara.zolfagharian.khodaie@regionh.dk

☎ +45 60 21 91 96

📍 Copenhagen, Denmark



Professional Experience

Mental Health Services, Capital Region of Denmark

Project Manager – Clinical Academic Group (CAG) Self-Injury

2025 - present

Project Manager – Clinical Academic Group (CAG) Psychotherapy

2018 - 2025

- Coordinated and supported the implementation of CAG initiatives.
- Managed incoming tasks and prioritization in collaboration with CAG leadership.
- Organized and facilitated meetings, events, and workshops, including agendas, minutes, and presentations.
- Produced reports, outcome documents, professional recommendations, and case materials.
- Provided secretariat support to working groups and committees.
- Led communications strategy, including website, intranet, newsletters, and communication plans.
- Supported research administration, data analysis, and research project design.
- Contributed to evidence-based decision-making by developing relevant datasets.
- Strengthened competence development through organizing trainings and conferences.

Askovhus – Rehabilitation for Individuals with Eating Disorders and Self-Injury

— *Evaluation Officer*

2017

- Conducted analyses of social interventions.
- Processed and evaluated quantitative and qualitative data.

Danish Association for Eating Disorders and Self-Injury

— *Student assistant & Intern*

2014 - 2017

- Assisted with fundraising applications and research coordination.

- Conducted data analysis using R, STATA, SPSS, and Excel.
- Authored articles for newsletters and membership magazines.
- Conducted and analyzed research interviews.

Education

Roskilde University — MSc in Health Promotion and Psychology

2014 - 2017

Specialized in analyzing, planning, evaluating, and facilitating health promotion initiatives and psychosocial strategies.

Roskilde University — BSc in Social Sciences

2011 - 2014

Specialized in identifying, framing, and analyzing social problems using social science theories and methods.

Publications

Psyke & Logos — “The path Into and Out of Self-harm”
(Thastum & Khodale)

Peer-reviewed article in Psyke & Logos, Vol. 37, 2016.

Courses & Certifications

Data Science with R - IDA

2025

Programming, data structures, visualization, data processing, and model building.

Facilitator in Interprofessional Learning & Collaboration - Capital Region of Denmark

2023

Methods for facilitating collaboration and patient/citizen involvement across professions.

Occupational Health & Safety Training - Capital Region of Denmark

2022

Knowledge of workplace environment laws, frameworks, and best practices.

Capital Region of Denmark Improvement Training Program

2019

Project management and process improvement methods.

Languages

Danish, English, Persian and Spanish – Fluent.