

# Unit for Psychooncology and Health Psychology

Department of Oncology, Aarhus University Hospital  
Department of Psychology and Behavioral Science, Aarhus University

## Annual Report

# 2013

### Unit for Psychooncology and Health Psychology (EPoS)

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**EPoS**

Enhed for Psykoonkologi og Sundhedspsykologi

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## DANISH SUMMARY – DANSK SAMMENFATNING

På baggrund af aftale i juli 2011 mellem Aarhus Universitetshospital, Onkologisk Afdeling, School of Business and Social Sciences, og Psykologisk Institut blev Psykoonkologisk Forskningsenhed permanentgjort som en *Enhed for Psykoonkologi og Sundhedspsykologi*.

I forbindelse med aftalen blev det fastslået at enhedens *mission* er: 1) At producere videnskabelig viden om psykosociale konsekvenser af sygdom og behandling og om psykosociale faktoreres betydning for sygdomsforløb og livskvalitet med særligt fokus på kræftsygdomme, 2) at udvikle og afprøve tiltag, der kan minimere de fysiske, psykiske, sociale og samfundsmæssige omkostninger ved sygdom og behandling, og 3) at bidrage til udviklingen af et tværvidenskabeligt og tværfagligt perspektiv i fremtidens sundhedsvæsen.

Enhedens overordnede opgaver er: 1) *Forskning*: at bedrive psykosocial sundhedsvidenskabelig forskning på internationalt niveau, 2) *Vidensdeling*: at formidle den indhøstede viden gennem videnskabelige publikationer, forskeruddannelse, undervisning af universitetsstuderende og anden formidling, og 3) *Anvendelse*: at fremme anvendelsen af denne viden i sundhedsvæsenet gennem samarbejde med sundhedspersonale. I overensstemmelse med den foreslåede mission og de overordnede opgaver, bestemmes enhedens vækst og udviklingsperspektiver som følgende:

*Forskning*: At fremme den patientnære forskning gennem styrkelse af forskningssamarbejdet med videnskabeligt og klinisk personale ved Onkologisk Afdeling og andre afdelinger/enheder af relevans for diagnosticering, behandling, pleje og rehabilitering.

*Vidensdeling*: I tråd med enhedens mission og Aarhus Universitets intentioner om at styrke det tværvidenskabelige og tværfakultære perspektiv i universitetsuddannelserne etableres et samarbejde med Health Sciences, AU, mhp. at bidrage til undervisningen på lægeuddannelsen og – på længere sigt – at undersøge mulighederne for undervisningstilbud på tværs af fakulteterne.

*Anvendelse*: At fremme implementering af enhedens viden og forskningsresultater i den kliniske praksis på, f.eks. ved bidrage til kvalitetssikring, screening, undervisning af sundhedspersonale og udvikling og afprøvning af psykologiske interventionsformer og patientuddannelse.

### Gennemførte, igangværende og planlagte aktiviteter

I forlængelse af ovennævnte mission og opgaver har enheden i 2013 fortsat sin opgave med at gennemføre, initiere og publicere resultater af tværvidenskabelige forskningsprojekter indenfor psykosocial kræftforskning og sundhedspsykologi i samarbejde med internationale, nationale og lokale forskningsmiljøer. Der er således i 2013 publiceret 2 PhD-afhandlinger og 27 arbejder, heraf 19 i internationale videnskabelige tidsskrifter med peer-review. Den gennemsnitlige impact factor for publicerede arbejder i 2013 i tidsskrifter med impact factor er 2,84 (range: 0,98 til 6,42). Medarbejdere ved enheden har endvidere produceret 10 abstracts af forskningsresultater præsenteret ved internationale konferencer. Der er derudover 6 arbejder "in press" eller "accepted for publication".

Medarbejdere ved enheden har i 2013 gennemført en række undervisningsaktiviteter ved Aarhus Universitet, fordelt på PhD-kurser, forelæsninger og seminarer ved Psykologisk Institut og lægeuddannelsen. Andre undervisnings- og formidlingsaktiviteter omfatter kurser og foredrag for sundhedspersonale samt populære foredrag, f.eks. ved Folkeuniversitetet. Enheden står desuden for at gennemføre et løbende kursus for undervisere og supervisorere på 2. del/2. semester ved lægeuddannelsens professionsspor.

Opgaven med at implementere viden fra psykosocial forskning er fortsat gennem flere initiativer. For det første har vi øget vores forskningsmæssige fokus på at gennemføre og planlægge evaluering af en række praktisk anvendelige og potentielt omkostningseffektive interventioner, herunder såkaldt expressive writing-, mindfulness-baserede- og internet-leverede psykologiske interventioner. Vi har desuden bidraget til at gennemføre og offentliggøre resultater af en smerte-audit i 2011 ved Onkologisk Afdeling, som vil blive gentaget i 2014, og har udviklet et visualiseringsprogram for patienter ved Onkologisk Afdeling og er involveret i evaluering af patient-uddannelsesinterventioner for Sundhedsstyrelsen. Nøgletal for 2013 er præsenteret i Table 1 nedenfor.

<b>Table 1. EPoS Nøgletal (key indicators)</b>	<b>2013</b>
Staff total (academic; admin)	15
- PhD-fellows	6
- Junior (postdocs, assistant prof.)	5
- Senior (professor, assoc. prof., senior res.)	3
Research assistants with long-term employment	5
Visiting scholars	1
Total number of publications (articles published/in press)	33
Impact factor (average)	2.84
Impact factor (range)	0.980 - 6.428
Published conference abstracts	10
PhD-theses completed	2
Obtained external funding (DKr)	3.431.764,-
International conferences and symposia attended	5
National conferences and symposia attended	5

Den foreliggende rapport præsenterer detaljeret information vedrørende disse og andre af enhedens aktiviteter i 2013.



Robert (Bobby) Zachariae

Aarhus, 17-04-2014

## **BACKGROUND, MISSION, AND ORGANIZATION**

### **Background**

The Psychooncology Research Unit was established in 2000 at the Department of Oncology, Aarhus University Hospital, partly funded by a 5 year research professorship grant sponsored by the Danish Cancer Society. In 2006, based on the results of an external evaluation conducted by an international evaluation committee, a 5-year contract was negotiated for the Psychooncology Research Unit in collaboration between Aarhus Hospital, the Department of Oncology, the Faculty of Social Science, and the Department of Psychology, Aarhus University (See Psychooncology Research Unit, 2006-2010 -Final Report). In July, 2011, the unit was made permanent in a continued collaboration between the following parties: Aarhus University Hospital, Department of Oncology/Center for Inflammation and Cancer, Aarhus School of Business and Social Sciences, and the Department of Psychology and Behavioral Science as a *Unit of Psychooncology and Health Psychology* (Enhed for Psykoonkologi og Sundhedspsykologi (EPoS)).

### **Mission and tasks**

The general mission of the unit is defined as: 1) to produce scientific knowledge about the psychosocial consequences of disease and treatment and about the role of psychosocial factors for the course of illness and health-related quality-of-life – with special emphasis on cancer, 2) to develop and evaluate approaches and interventions aimed at minimizing the physical, psychological, social, and societal costs associated with illness and treatments, and 3) to contribute to the development of an interdisciplinary perspective in health care.

The *general tasks* to be undertaken by the unit are: 1) *Research*: to conduct health psychology and behavioral medicine research at an international level, 2) *Knowledge*: to disseminate the knowledge gained through scientific publications, training of researchers, teaching university students, and other types of dissemination, and 3) *Implementation*: to promote the practical application of the knowledge gained in the health care system in collaboration with health care professionals. In accordance with the proposed mission and the general tasks of the unit, the unit's current and future activities will focus on the following goals:

*Research activities*: To stimulate clinically relevant interdisciplinary research by continuing and strengthening existing research collaboration with scientific and clinical staff at the Department of Oncology and other departments and research units of relevance for diagnosis, treatment, care, and rehabilitation of cancer patients.

*Teaching*: In line with the unit's mission and the strategic aims of Aarhus University, the Unit for Psychooncology and Health Psychology will focus on developing an interdisciplinary and inter-faculty perspective on university teaching in collaboration with the Faculty of Health Sciences, Aarhus University. This will be done by developing, teaching, and evaluating health psychology and behavioral medicine as an integrated part of the medical curriculum, and - in the longer term - to

explore the possibilities of developing interdisciplinary courses to be attended by students across the faculties.

*Implementation:* To promote deployment of knowledge gained from bio-psycho-social research in clinical practice, for example by contributing to quality assessment, screening for psychosocial problems and needs, providing and evaluating evidence-based interventions to patients at Aarhus University Hospital, and contribute to training of health care professionals at the hospital.

## **Organization**

The Unit for Psychooncology and Health Psychology moved to adjoining offices with a conference room, secretariat, and 2 project offices at the Department of Psychology and Behavioral Science, Bartholins Allé 9, bld. 1340. The staff employed in 2013 consisted of the director/professor, an administrative officer, an associate professor, an assistant professor, a senior research coordinator, 4 post docs, six PhD-students, and a number of research assistant and loosely associated staff (See *Staff 2013* for detailed description).

The unit has weekly staff meetings as well as regular meetings focused on supervision of PhD-project management and academic writing. The unit also arranges monthly workshops/seminars/lectures by visitors or internal staff on various clinical and research-related topics (See section on *Seminars, workshops, and supervision* for details). Furthermore, the unit organizes a yearly one-day internal seminar focusing on topics of relevance to promote internal collaborative relations and improve the quality of the working environment. To promote a productive research environment, we aim that all staff attend a major international conference as a group at least every other year.

## **2013: Completed, current and planned activities**

Research: In accordance with its mission, in 2013 we have continued to pursue the task of conducting interdisciplinary health psychology and psychosocial cancer research in collaboration with international, national, and local researchers (See sections on *Current research Activities*, and *Research Collaboration* for detailed description). We have continued to strive to publish the results in relevant high profile international scientific journals. In 2013 two PhD-theses were completed, and we have in 2013 published a total of 26 articles or book chapters, with 19 of these in international journals with peer review. The mean impact factor is 2.84 and ranges from 0.980 to 6.438. Six additional manuscripts are currently in press and 13 have been submitted for publication. In addition, staff members at the Psychooncology Research Unit have produced 8 published conference abstracts (See section on *Publications, 2013* for further details) and presented at 4 national and 5 international conferences (See *Conferences and Symposia, 2013*).

Teaching and dissemination: In 2013, staff members have been engaged in various teaching activities at Aarhus University, including post-graduate courses and lectures for psychology and medical PhD-students, as well as seminars and lectures at the bachelor and masters level for psychology and medical students. As a part of the teaching activities for the Faculty of Health Sciences, we

have taught a course for physicians responsible for the peer supervision course for medical students in clinical training and have given lectures in health psychology for medical students 8<sup>th</sup> semester. Teaching activities for health professionals include courses for oncology nurses in specialist training, staff at the department of Oncology, Aarhus University Hospital, clinical psychologists and dermatologist. Popular dissemination includes lectures at the Danish University Extension (Folkeuniversitetet) (See *Teaching Activities*) together with appearances on national television and radio.

Implementation: In concordance with the aim of implementing behavioral approaches in health care, we have continued and increased our research focus on evaluating practical and potentially cost-effective behavioral interventions. The unit is currently in charge of 11 planned, ongoing, and completed invention studies, including studies on expressive writing interventions, mindfulness-based interventions, guided imagery, patient educational interventions, and internet-delivered behavioral interventions (See section on *Current research activities*). The research unit has contributed to a pain-audit at the Oncology Department by providing expertise in questionnaire construction and data analysis as well as research assistants helping out with the data collection. A group of research assistants at the unit has, under supervision, developed a guided imagery program, which has been offered to patients treated at the oncology department.

## STAFF 2013

**Table 2.** Staff at the Unit for Psychooncology and Health Psychology in 2013.

<b>Name:</b>	<b>Position, degree</b>	<b>Financing</b>	<b>Initials*</b>
Robert (Bobby) Zachariae	Professor, DMSci, director	Full time, AUH, AU	BZ
Ea Thostrup	Administration officer	Part-time, AUH	ET
Mimi Yung Mehlsen	Assoc. prof., MSc. PhD.	Full time, AU	MYM
Maja O'Connor	Assist. prof., MSc. PhD.	Full time, AU (BSS/Health)	MOC
Søren Christensen	Research coordinator, MSc.	Full time, ext. funding	SC
Christina G. Pedersen	Post doc., MSc. PhD.	Full time, ext. funding	CGP
Jesper Dahlgaard	Post doc., BSc. Biol, PhD	Full time, ext. funding	JD
Malene F. Damholdt	Post doc., MSc. PhD.	Full time, ext. funding	MFD
Martin H. Olesen	Post doc, MSc. PhD.	Full time, ext. funding	MHO
Ingeborg Farver	MSc. PhD-fellow	Full time, Grad. School, AU	IF
Maja Johannsen	MSc. PhD-fellow	Full time, Grad. School, AU + ext. funding (sick leave + maternal leave)	MJ
Yoon Frederiksen	MSc. PhD-fellow	Full time, Grad. School, AU + ext. funding	YF
Ali Amidi	MSc. PhD-fellow	Full time, Grad. School, AU + ext. funding	AA
Berit K. Nielsen	MSc., RN, PhD-fellow	Full time, Grad. School, AU + ext. funding (Com- pleted June 2013)	BKN
Heidi Frølund Pedersen	MSc. PhD-fellow	Full time, Grad. School, AU (Completed Oct 2013)	HFP
<b>Research assistants with long-term employment</b>			
Dorte Jacobsen	BA	Part-time, ext. funding	IF
Cecilie Marie Nielsen	BA	Part-time, ext. funding	CMN
Patrick Londin Larsen	BA	Part-time, ext. funding	PL
Kasper Lund	BA	Part-time, ext. funding	KL
Karoline Lorenzen	BA	Part-time, ext. funding	KL



Josephine Lorenzen	BA	Part-time, ext. funding	JL
Karina Jensen	BA	Part-time, ext. funding	KJ
Sabine Overbeck	BA	Part-time, ext. funding	SO
Christina L. Andersen	BA	Part-time, ext. funding	CLA
Nanna Kaanbjerg Larsen	BA	Part-time, ext. funding	NKL
Rikke Krogsbæk Andreasen	BA	Part-time, ext. funding	RKA

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\*) Initials used in the text report

## CURRENT RESEARCH ACTIVITIES

In 2013, staff at the Unit for Psychooncology and Health Psychology has been engaged in a number of ongoing research projects and activities, including:

**The Danish Breast Cancer Cohort:** In 2001, we initiated a large nation-wide inception cohort of 4917 women treated for primary breast cancer in cooperation with 1) the Danish Breast Cancer Cooperative Group, a national registry which collects data on disease, treatment and outcome variables for all women in Denmark diagnosed with breast cancer, and 2) the 24 largest surgical departments responsible for treating breast cancer in Denmark during the inclusion period. The project combines data obtained from Danish national longitudinal registries and questionnaire-data collected at three time-points: 1) At baseline 12–16 weeks post-surgery (68% response rate), 2) A follow-up at 15-16 months after surgery (94% response rate among women who had completed the baseline questionnaire), and 3) a second follow-up in August 2011, 7-10 years after surgery (response rate: 92% of the women who were alive and had completed the first follow-up. Based on these data, a number of studies of the prevalence and predictors of a) depression, b) post-traumatic stress, c) sleep impairment, d) use of complementary and alternative medicine, e) religious faith, f) pain and sensory disturbances, g) concerns about cancer recurrence, and h) self-reported cognitive impairment have been published or are currently being conducted.

The cohort study is the largest study of its kind and combines extensive questionnaire-based data with data from the unique Danish national registries making it possible to adjust for a large number of relevant socio-demographic, disease, and treatment-related variables. The cohort was initially designed so as to achieve sufficient statistical power to test the hypotheses that recurrence of breast cancer was associated with a) depression, b) emotional repressive coping, and c) low levels of social support. Data on recurrence and mortality have been collected from national registries to test these hypotheses.

The quality of this very large dataset has allowed us to establish collaboration with international research groups. So far, we have collaborated with researchers from the University of Sydney, Sydney, and Karolinska Institute, Stockholm, who have either contributed with instruments to the follow-ups (concerns about cancer recurrence and perceived cognitive impairment) or analyzed

and published data from the cohort (sleep impairment). The data has also served as reference data and recruitment base for new studies with breast cancer patients and survivors, e.g. a study with Palestinian women from Gaza with breast cancer, a completed expressive writing intervention study, and two studies on internet-delivered treatment (of insomnia and cognitive difficulties) (see below).

**Behavioral intervention studies:** A total of 11 ongoing research projects focusing on developing and evaluating psychosocial interventions are currently in different phases of planning, data collection, analysis, and publication.

A number of ongoing and planned studies are concerned with evaluating the efficacy of brief face-to-face-delivered behavioral interventions. 1) Articles describing the results of a large nationwide randomized controlled trial (RCT) of an expressive writing intervention (EWI) on psychological and physical health and health care utilization of 500 breast cancer patients are currently published and submitted. 2) The data collection in a RCT of EWI with couples undergoing assisted reproductive technology treatment (ART) has been completed and the data analysis begun. Endpoints are fertility-related stress and pregnancy rates. 3) Data collection has been ongoing in a study on the effect and cost-effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) on chronic pain in women treated for breast cancer. The first MBCT group will start in February 2013, and the data collection completed in 2014. 4) A study comparing the effect of MBCT + the usual rehabilitation with rehabilitation only in COPD patients has been undergoing pilot testing with the aim of starting data collection of the main study in the spring of 2014.

Our research unit has in collaboration with the Danish Cancer Society received financial support from TrygFonden for three *internet-delivered behavioral intervention studies* which are currently at different stages: 5) Feasibility and efficacy of an internet-delivered cognitive training program for breast cancer survivors with cognitive complaints, 6) Feasibility and efficacy of an internet-based intervention for sleep impairment in breast cancer survivors with insomnia conducted in collaboration with Department of Behavioral Health and Technology, University of Virginia, and 7) Feasibility and efficacy of internet-delivered mindfulness-based cognitive therapy (i-MBCT) for symptoms of stress, anxiety, and depression among women treated for breast and men treated for prostate cancer. Study 5 is currently in the data collection phase, which will be completed in the summer of 2014. The activities in study 6 have been concerned with translation and adaptation of the US program into Danish, and we aim to conduct a pilot study in Spring 2014. Study 7 has proven more challenging, as it involves the development of a platform and intervention program. Collaboration has been established with researchers from the Internet Psychiatry unit at Karolinska Institutet, Stockholm. In addition, the project involves a collaborative network- and implementation program with the aim of creating a forum for exchanging knowledge about internet-delivered behavioral treatments.

Staff members at the research unit are currently conducting three RCTs evaluating the effects of self-management programs developed at Stanford University: 8) "The Chronic Pain Self-Management Program", 9) "The Anxiety- and Depression Self-Management Program" and 10) a self-management program for adults on sick leave. Our role is to organize the data-collection and

evaluation of three RCT's in collaboration with the Danish Board of Health, The National Labour Market Authority, the Danish Committee for Health Education, and app. 30 Danish counties conducting the interventions.

Finally, in Study 11, staff members have completed data collection in a study evaluating current therapeutic strategies and individualized outcomes of cancer patients receiving psychological counseling/treatment delivered by individual psychologist who are members of the Danish psychological Association Society for Psychologists in Palliation and Oncology. The aim is to provide a model for research collaboration between psychologist involved in research at the university level and psychologists in clinical practice and to develop strategies for evaluating evidence for efficacy of psychological treatment in clinical practice. A study report is currently in preparation.

**Cognition and cancer:** Cognitive impairment is among the long-term sequelae reported by many cancer survivors and is commonly believed to stem from chemotherapy. An ongoing study with testicular cancer patients explores the possible genetic, biochemical, neurological, neuropsychological, and psychosocial mechanisms. In another study utilizing our national cohort of breast cancer survivors, we have collected and analyzed data on socio-demographic, disease-, and treatment-related predictors of subjective cognitive impairment. A manuscript is currently in preparation. Intervention study 5 described above focuses on evaluating the feasibility and efficacy of an internet-delivered cognitive training program for breast cancer survivors with cognitive complaints.

**Patient-centeredness, communication, quality-of-life, and psychosocial needs:** In a number of previous studies, we have investigated psychosocial, communication, and information needs among cancer patients. A study exploring possible gender and age-related differences in communication- and information needs has been completed, resulting in a PhD-thesis with the title: "*Patient-centered communication during oncology consultations – an investigation of cancer patients' needs for information and communication at different stages of cancer*" (See Publications 2013). In another study, we have, in collaboration with the unit for Medical Education at Aarhus University (MEDU), developed and validated a new questionnaire, the Patient Centeredness Self-Efficacy Questionnaire (PCSEQ), for assessing the confidence of physicians and medical students in displaying patient-centered communication and behaviors. The PCSEQ is aimed for use in evaluating medical education and communication training and for research in doctor-patient communication. A manuscript has been submitted for publication. Staff at the unit is also involved in an ongoing research project initiated by the Department of Plastic Surgery focusing on quality-of-life outcomes of reconstructive surgery for breast cancer patients.

**Use and consequences of complementary and alternative medicine (CAM):** We have previously documented that use of various forms of complementary and alternative medicine (CAM) is prevalent among cancer patients. An article on longitudinal data on CAM and psychosocial outcomes such as depression will be published in 2014. A large cross-disciplinary study initiated by CCESCAM (a research collaboration established in 2009 between the Institute of Public Health, University of Southern Denmark and the Unit for Psychooncology and Health Psychology, Aarhus University) and funded by the Danish Council for Strategic Research has been completed. The study was

aimed at developing and evaluating research methodologies to evaluate individualized treatments and involved a study on the effects of “energy healing” on quality of life in a population-based sample of patients who had completed colorectal cancer. The data collection and analysis has been completed and a number of publications are currently submitted or in press.

**Faith, religious coping, and health:** The role of religious faith and coping in secular societies such as Denmark is relatively unknown. We have previously explored and published results concerning the prevalence of religious faith and spirituality among Danish cancer patients, and have collected data on the influence of religious faith and religious coping on quality-of-life (QoL) among Danish patients with heart disease, renal cancer and lung disease (including lung cancer), together with data from a matched control group of healthy Danes. We have also compared data concerning religious faith and coping in Danish and Palestinian women with a current or previous diagnosis of breast cancer. Data from the research described above has resulted in a PhD thesis: *“Religiosity and coping in a secular society: Prevalence, characteristics, and associations to quality-of-life among Danes facing life threatening lung disease and other stressful life events”* (See Publications 2013).

**Biological mechanisms:** In a number of ongoing studies, e.g. the study of cognitive impairment in testicular cancer patients and the study of MBCT in COPD, blood samples are being drawn with the aim of exploring hormonal and genetic markers of stress and inflammation as possible mediators of psychosocial factors and health.

**Systematic reviews and meta-analyses:** The current consensus is that evidence-based knowledge and interventions should, whenever possible, be based not on individual studies or non-systematic narrative reviews, but on systematic quantitative reviews of the available literature. A challenge in several areas of health psychology and behavioral medicine is the relative lack of sufficient evidence. We have therefore developed skills in systematic review and meta-analysis, and have in recent years published a number of meta-analyses on the role of various psychosocial factors in health. We have, for example, published meta-analyses documenting the influence of stress on 1) susceptibility to upper respiratory infections, 2) antibody responses to influenza vaccinations, and 3) the outcome of assisted reproductive technologies (ART). We have also published meta-analyses of 4) the role of expectancy and post-chemotherapy nausea, 5) the influence of psychological intervention on weight loss after bariatric surgery, 6) the efficacy of mindfulness-based interventions (MBCT and MBSR) on depression and anxiety in cancer patients, and 7) the efficacy of psychological interventions on pain among cancer patients. Two meta-analyses on the efficacy of psychological intervention on 8) psychological and physical health outcomes in COPD patients, and 9) infertility-related distress and pregnancy outcomes are currently in preparation.

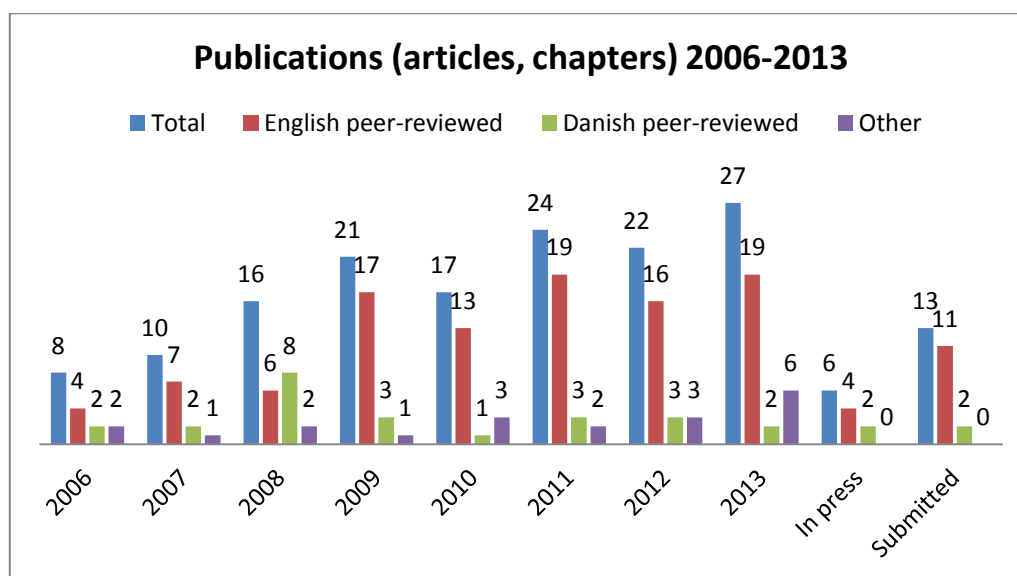
**Additional projects (selected):** Finally, staff at the unit have also been involved in a number of additional research projects and collaborations with external partners. One study, for example, titled “Eating with Robots” evaluated the use of a tele-operated robot as an interaction partner for fragile elderly with reduced appetite. Another is concerned with neurophysiological and psychological assessment of Parkinson’s disease patients, examining EEG, central noradrenalin innerva-

tions, olfaction, and grey matter. A third study in its planning phase will examine the prevalence and predictors of sleep problems among psoriasis patients.

## PUBLICATIONS 2013

In 2013, staff at the Unit for Psychooncology and Health Psychology produced a total of 33 articles, books, and book chapters – published or accepted/in press, 8 English-language peer-reviewed abstracts and 2 PhD-theses. The 27 published papers were authored by a total of 111 individuals, with 40 % of the authors being associated with the Unit for Psychooncology and Health Psychology, 36 % being other authors from Aarhus University, and the remaining 24 % being external authors from other Danish or International universities. An overview of the 2013 publication statistics and the development in the number of publications emanating from the unit from 2006-2013 are shown in [Table 3](#) and [Figure 1](#) below.

<b>Table 3. Publication statistics 2013</b>		
Total number of articles published/in press/accepted	33	
Published articles and book chapters	27	
In press/accepted for publication	6	
English language with peer review	19	
English language (without peer review)	2	
Danish language with peer review	2	
Danish Language (without peer review)	3	
Articles in journals with impact factors	23	
Impact factors (published; range)	0.980 – 6.428	
Impact factor (published; average)	2.835	
PhD-theses	2	
Abstracts (English) (only published)	10	
Authorship analysis		
Total no. authorships (published articles only)	2013	2013 %
Unit for Psychooncology and Health Psychol.	44	40.0
Other AU	40	36.4
External (national, international)	26	23.6
Total no. of authorships	110	100



**Figure 1.**

## PUBLISHED

\*) peer-reviewed

1. \*Aggerholm-Pedersen N, Jespersen TW, Olsen PR, Zachariae B. Smerte-audit: en tværnsnitsundersøgelse fra Onkologisk Afdeling, Aarhus Universitetshospital. Ugeskr f Laeger (Danish Med J) 2013,175(21): 1491-1495. **IF: 1.60**
2. Amidi A. Helt ind og ud af 'kemohjernen'. Psykologisk Set 2013. 30 (89), 15-21. **IF: NA**
3. \*Armour, C., O'Connor, M., Elklit, A., & Elhai, J. D. Assessing PTSD's latent structure in elderly bereaved European trauma victims: Evidence for a five factor dysphoric and arousal model. Journal of Nervous and Mental Disease. 2013. 201(10): 901-906. **IF: 1.682**
4. \*Baad-Hansen L, Abrahamsen R, Zachariae R, List T, Svensson P. Somatosensory sensitivity in patients with persistent idiopathic orofacial pain is associated with pain relief from hypnosis and relaxation. Clinical Journal of Pain. 2013; 29(6): 518-526. **IF: 4.790**
5. \*Bekke-Hansen S, Pedersen CG, Thygesen K, Waelde LC, Christensen S, Zachariae R. The role of religious faith, spirituality and existential considerations among heart patients in a secular society: Relation to depressive symptoms six months post acute coronary syndrome. J Health Psychology, April 8 2013 (E-pub ahead of publication). **IF: 1.218**
6. \*Brunton, C G, Farver, I, Jäger, M, Lenneis, A, Parve, K, Patarcic, D, Petrova, D, Hogg, R, Kennedy, C, Garcia-Retamero, R & Todorova, I. Young women's constructions of the HPV vaccine: A cross-cultural, qualitative study in Scotland, Spain, Serbia and Bulgaria. International Journal of Behavioral Medicine. 2013; Published online: 04 October 2013, DOI 10.1007/s12529-013-9357-3. **IF: 2.418**

7. \*Callesen, M.B., Weintraub, D., Damholdt, M.F., Møller, A. Impulsive and compulsive behaviors among Danish patients with Parkinson's disease: Prevalence, depression, and personality. *Parkinsonism and related disorders*. (2013) Epub ahead of print **IF 3.274**
8. \*Guldin M-B, Jensen AB, Zachariae R, Vedsted P. Healthcare utilization of bereaved relatives of patients who died from cancer. A national population-based study. *Psycho-Oncology*, 2013. 22(5): 1152-1158. **IF: 3.506**
9. \*Guldin M, Vedsted P, Jensen AB, Olesen F, Zachariae R. Bereavement care in general practice: A cluster-randomized clinical trial. *Family Practice*, 2013. 30(2):134-141. **IF: 1.828**
10. \*Jensen-Johansen MB, Christensen S, Valdimarsdottir H, Zakowski S, Jensen AB, Bovbjerg DH, Zachariae R. Effects of an expressive writing intervention on cancer-related distress in Danish breast cancer survivors – results from a nationwide randomized clinical trial. *Psycho-Oncology*. 2013; 22: 1492-1500. **IF: 3.339**
11. \*Johannsen M, Farver I, Beck N, Zachariae R. Effects of psycho-social intervention on pain in breast cancer patients and survivors – a systematic review and meta-analysis. *Breast Cancer Research and Treatment*. 2013; 138(3): 675-690. **IF: 4.469**
12. Martiny K, Zachariae B. *Insomni*, Chapter 5. In Jennum P. (ed) *Søvn*. Munksgaard, Copenhagen, 2013, p. 59-77. **IF: NA**
13. Mehlsen M, Nielsen BK. Den ældre patient. Chapter 19, In: Friis-Hasché E, Frostholm L, Schröder A (eds). *Klinisk Sundhedpsykologi*. 2<sup>nd</sup> Edition. Munksgaard, Copenhagen, 2013, p. 365-381. **IF: NA**
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15. O'Connor M, Piet J, Hougaard E. The effect of mindfulness-based cognitive therapy on depression in elderly bereaved people with loss related distress: a controlled pilot study. *Mindfulness*. Published online Feb 2013.  
<http://dx.doi.org.ez.statsbiblioteket.dk:2048/10.1007/s12671-013-0194-x> **IF: NA**
16. \*Olesen, M. H., & Friis, J. C. (2013). Femfaktorprofilen - et forskningsbaseret værktøj til professionel personvurdering. *Psyke og Logos*, 2, 443-462. **IF: NA**
17. \*Pedersen AF, Olesen F, Pilegaard Hansen R, Zachariae R, Vedsted P. Coping strategies and patient delay in patients with cancer. *J Psychosoc Oncol*. 2013. 31: 204-218. **IF: 0.98** doi: 10.1080/07347332.2012.761319
18. \*Pedersen CG, Christensen S, Jensen AB, and Zachariae R. In God and CAM We Trust. Religious Faith and Use of Complementary and Alternative Medicine (CAM) in a Nationwide Cohort of Women Treated for Early Breast Cancer. *Journal of Religion & Health* 52 (3):991-1013, 2013. **IF: 1.02**

19. \*Pedersen CG, Christensen S, Jensen AB, Zachariae R. Use of complementary and alternative medicine (CAM) and changes in depressive symptoms from 3 to 15 months after primary surgery for primary breast cancer. Results from a nationwide Danish cohort study. *Breast Cancer Research and Treatment*. 2013. 141(2): 277-285. **IF: 4.469** doi: 10.1007/s10549-013-2680-1
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21. \*Thomsen DK, Jensen AB, Jensen T, Mehlsen MY, Pedersen CG, Zachariae R. Rumination, Reflection and Distress: An 8-month Prospective Study of Colon-cancer Patients. *Cognitive Therapy and Research*, 2013, 37: 1262-1268. **IF: 1.330**
22. \*Vase L, Baram S, Takakura N, Yajima H, Takayama M, ; Kaptchuk TJ; Schou S; Staehlin Jensen T; Zachariae R, Svensson P. Specifying the non-specific components of acupuncture analgesia. *PAIN*, May 2013 (E-pub ahead of print). **IF: 6.428**
23. \*Werner A, Uldbjerg N, Zachariae R, Rosen G, Nohr EA. Self-hypnosis for coping with labour pain: a randomized controlled trial. *BJOG*. 2013. 120 (3) 346-353. **IF: 3.760**
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25. Zachariae B. Stress, stresshåndtering og helbred. *Psykologisk Set*, 2013, 91: 5-13. **IF: NA**
26. Zachariae B. Helbredsrelateret empowerment – en begrebsafklaring. *Fokus på Kræft og Sygepleje*. 2013, 4: 14-16. **IF: NA**
27. Zachariae B, Hjerne, psyke og immunsystem. Chapter 5, In: Friis-Hasché E, Frostholm L, Schröder A (eds). *Klinisk Sundhedspsykologi*. 2<sup>nd</sup> Edition. Munksgaard, Copenhagen, p. 103-120. **IF: NA**

## PHD-THESES

1. Berit K Nielsen: Patient-centered communication during oncology consultations – an investigation of cancer patients' needs for information and communication at different stages of cancer. PhD-thesis, Dept. of Psychology and Behavioural Science, Aarhus University (defended: June 08, 2013).
2. Heidi F. Pedersen: Religiosity and coping in a secular society: Prevalence, characteristics, and associations to quality-of-life among Danes facing life threatening lung disease and other stressful life events. PhD-thesis, Dept. of Psychology and Behavioural Science, Aarhus University (defended: Oct. 25, 2013).



#### ARTICLES, IN PRESS/ACCEPTED FOR PUBLICATION:

1. Dahlgaard J, O'Connor M, Zachariae B. Mindfulness in Health and Education. *In: Encyclopedia of Service and Quality Management*. SAGE. 2014 (in press).
2. Damholdt, M.F., Callesen, M.B., Møller, A. (accepted) Personality characteristics of depressed and non-depressed patients with Parkinson's disease. *J neuropsychiatry clin neurosci*. **IF 2.34**
3. Pedersen, CG., Johannessen, H., Hjelmberg, JB., Zachariae, R. Effectiveness of energy healing on the Quality of Life: A pragmatic intervention trial in colorectal cancer patients *Complementary Therapies in Medicine* (Accepted with minor revision). **IF: 2.582**
4. Thomsen DK, Jensen AB, Jensen T, Mehlsen MY, Pedersen CG, Zachariae R. Rumination, Reflection and Distress: An 8-month Prospective Study of Colon-cancer Patients. *Cognitive Therapy and Research*. 2013. (Accepted) **IF: 1.330**
5. Zachariae B. Fællesskab og sundhed: sociale relationers betydning for helbredet. Chapter in: Nørby S, Myszak A (eds.): *Positiv psykologi – en dansk antologi*. Hans Reitzel. København. 2. ed. (accepted for publication). **IF: NA**
6. Zachariae B. Stress (kapitel 15) og psykologisk behandling (kapitel 18), I *Søvn og Sundhed (Rapport)* Vidensrådet for Forebyggelse. **IF: NA**

#### CONFERENCE ABSTRACTS

1. Augustsdottir S, Valdimarsdottir H, Vikar G, Bovbjerg D, Zachariae R, Zakowski S. The effects of an expressive writing intervention on distress among newly diagnosed prostate cancer patients. (accepted abstract) 43rd Annual Congress of the European Association for Behavioral and Cognitive Therapies, 2013, Marrakech, Sept. 25-28.
2. Bekke-Hansen S, Pedersen HF, Pedersen CG, Zachariae R. The association of psychosocial factors with religious struggle among citizens in a secular society facing a major life challenge (abstract). The 2013 Congress of the International Association for the Psychology of Religion (IAPR) Lausanne, Switzerland Aug 27-30. 2013
3. Callesen M, Weintraub D, Damholdt M, Møller A. Prevalence of impulse control disorders in danish patients with parkinson's disease. *MDS 17th international congress of Parkinson's disease and movement disorders*, vol 28, June 2013 (abstract supplement)
4. Damholdt, M.F, Callesen, M.B., Møller, A. The parkinsonian personality: a role of depression? (abstract) 20th IAGG World Congress of Gerontology & Geriatrics. June 2013.

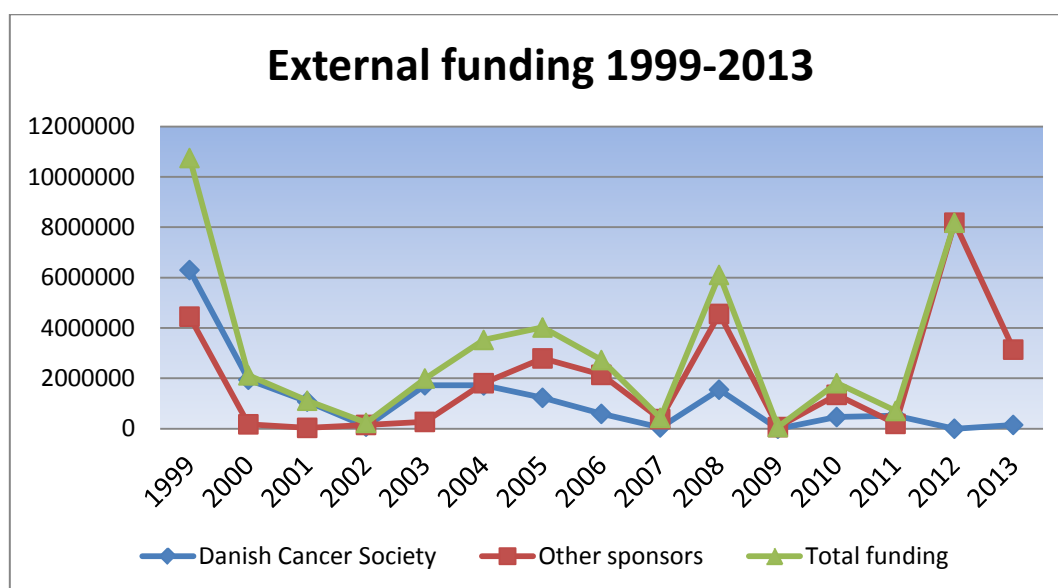
5. Eskildsen A, Dalgaard L, Nielsen K, Andersen JH, Zachariae R, Olsen LR, Jørgensen A, Christiansen DH. The Danish version of the 10-item Perceived Stress Scale: Towards national consensus. Stresskonference, Bispebjerg Hospital, 19. Nov. 2013.
6. Johannessen, H., Agdal, R., Ostenfelt-Rosenthal, A., Techau, M., Pedersen, CG. A cross-disciplinary methodology for testing the effectiveness of personalized care for personalized concerns: A CCECAM study. *Forsch Komplement med* 2013;20 (Suppl 1):3 (Symposium: 8<sup>th</sup> International Congress of Complementary Medicine Research, London, April 11- 13. 2013.
7. Mehlsen M, Frostholm L, Dunkerley L, Fink P. Effects of the Stanford Chronic Pain Self-Management Programme: A Randomized Controlled Trial. 8<sup>th</sup> Congress of European Federation of IASP Chapters EFIC. Firenze, October 9-12, 2013.
8. Nielsen BK, Mehlsen M, Jensen AB, Zachariae R. Older Cancer Patient's Need of Information. 20th IAGG World Congress of Gerontology & Geriatrics. Seoul, June 2013.
9. Pedersen, CG., Zachariae, R., Hjelmborg, JB., Johannessen, H. The effect of energy healing on the Quality of Life (QoL) in patients treated for colon or rectal cancer – A comparison of randomized versus self-selected allocation to treatment. (abstract) *Forsch Komplement med* 2013;20(Suppl 1):4 (The 8<sup>th</sup> International Congress of Complementary Medicine Research, London, April 11- 13. 2013)
10. Zachariae R. Effects of written emotional disclosure on psychological and physical health outcomes in cancer patients and survivors – a systematic review and meta-analysis. (abstract) Proceedings of the 71st Annual Scientific Meeting of the American Psychosomatic Society. Miami, FL. March 13-16, 2013. p A-61.

## GRANTS AND AWARDS 2013

In 2013, the Unit for Psychooncology and Health Psychology received the following grants from external sources (Table 4):

<b>Table 4. Grants/foundations</b>	<b>Project/activity</b>	<b>DKr.</b>
Komiteen for Sundhedsoplysning (Danish Committee for Health Education)	Evaluering of "Lær at tackle Job og Sygdom"	2.521.500
Foundation Idella	Use of Complementary and Alternative Medicine, Faith, and Quality of Life among renal cancer patients.	500.000
Danmarks Lungeforening (Danish Lung Association)	The efficacy of MBCT for QoL in COPD patients	140.264
Kræftens Bekæmpelse (Danish Cancer Society)	Evaluating an internet-based Mindfulness-based Cognitive Therapy intervention for anxiety and depression among cancer patients.	150.000
Region Midtjylland (Central Region Denmark)	Evaluating an internet-based Mindfulness-based Cognitive Therapy intervention for anxiety and depression among cancer patients.	100.000
Else og Mogens Wedell-Wedellsborgs Fond	Conference attendance	20.000
<b>Total (2013)</b>		<b>3.431.764,-</b>

External funding obtained by the Unit for Psychooncology and Health Psychology from 1999 to 2013 is shown in [Figure 2](#) below.



**Figure 2**

Over the years, the unit has received a total of 47.2 million DKr in external research funding, corresponding to an average of 3.15 million DKr per year. In the first 5-year period, the Danish Cancer Society was the main sponsor with providing 68.7% of all funding received by the unit. During the next 5-year period, the percentage dropped to 30.5%, and during the last 4-year period, funding received by the Danish Cancer Society only represents 7.9% of the funding received.

## **CONFERENCES AND SYMPOSIA 2013**

In 2013, staff at the Unit for Psychooncology and Health Psychology has participated in the following international and national conferences and symposia with 7 oral and 1 poster presentation including 4 invited talks.

- The 8th International Congress of Complementary Medicine Research, London, UK. April 11-13, 2013. (CGP)
- The Junior Researcher Programme (JRP) Conference 2013, Cambridge, United Kingdom, August 14-16, 2013 (IF)
- 20TH IAGG World Congress of Gerontology and Geriatrics. Seoul, Republic of Korea. June 23-27, 2013 (MFD)
- 71st Annual Scientific Meeting of the American Psychosomatic Society. Miami, FL. March 13-16, 2013. (BZ)
- 8<sup>th</sup> Congress of European Federation of IASP Chapters EFIC. Firenze, October 9-12, 2013. (MYM)
- National conference on professional personality assessment (VPP), Copenhagen, Denmark, Nov. 13, 2013 (MHO)
- Tandlægeforeningen Årskursus, Bella Center, Copenhagen, April 11, 2013 (BZ)
- DI's Arbejdsmiljøkonference 2013, Odense, Jan 22, 2013. (BZ)
- Mejeriindustriens Arbejdsmiljøkonference, Comwell, Kolding, Nov 28, 2013 (BZ).
- Region Hovedstaden, Kickoff meeting, Copenhagen, Nov. 12, 2013 (BZ)

## RESEARCH COLLABORATION

In the past year the unit has developed or maintained collaboration with a number of international and national research partners and institutions. The international partners and selected national partners with whom we have had collaboration in 2013 are listed alphabetically below.

### SELECTED INTERNATIONAL RESEARCH COLLABORATION

- University of Bowling Green, Department of Psychology, OH, USA. Professor Kenneth Pargament.
- University of Cambridge, Cambridge, UK. Kai Ruggeri, PhD, Selwyn College and Darwin College and Frances Early, PhD, Cambridge University Hospitals.
- Center on Outcomes, Research, and Education (CORE), Evanston Northwestern Healthcare, FACIT Multilingual Translations Project. Abigail Boucher, Project manager.
- Columbia University Medical Center, NYC, NY, USA. Professor, Matthew Burg.
- Edinburgh Napier University, Edinburgh, United Kingdom, Carol Gray, PhD.
- Europa-Universität Viadrina, Institut für Transkulturelle Gesundheitswissenschaften, Germany. Professor Harald Wallach.
- University of Haifa, Department of Psychology, Haifa, Israel, Professor Idan Aderka
- University of Iceland, Reykjavik, Iceland. Heiddis Valdimarsdottir, PhD.
- Islamic University of Palestine, Faculty of Nursing, Gaza, Occupied Territory of Palestine, Bashir AlHajjar, MD.
- Karolinska Institutet, Stockholm, Sweden. Department of Clinical Neuroscience, Professor Mats Lekander, and Division of Clinical Cancer Epidemiology, professor Gunnar Steineck.
- King's College, London UK Dept. Psychology, Institute of Psychiatry, Health Psychology Section, professor John Weinman.
- Mount Sinai School of Medicine, Department of Oncological Sciences, Biobehavioral Medicine Program, New York, NY, USA. Heiddis Valdimarsdottir, PhD.
- Porto University, Faculty of Psychology and Education Sciences, Porto Portugal. MSc, PhD. Mariana Veloso Martins.
- University of New South Wales, School of Psychology. Professor Richard Bryant and Angela Nickerson, PhD.
- University of Pittsburgh School of Medicine, Pittsburgh, PA, USA. Biobehavioral Medicine Program and Department of Psychiatry. Dana Bovbjerg, director, PhD,
- Rosalind Franklin University of Medicine and Science, Chicago, IL, USA. Sandra Zakowski, PhD.

- Stanford University, CA, USA. Department of Psychiatry and Behavior Sciences, professor, David Spiegel; Micky Trockel MD, PHD; Barr Taylor, MD, Psychiatry & Behavioral Science - Center for Interdisciplinary Brain Sciences Research, Stanford Cancer Institute. Shelli Kesler, Assistant Professor (Research), Stanford School of Medicine, Lynne Waelde, Professor, PhD.
- University of Sydney, Sydney, Australia. Centre for Medical Psychology and Evidence-based Decision-making (CeMPED), University of Sydney, Sydney, Australia. Professor Phyllis Butow and postdocs Melanie Price and Belinda Thewes, and Department of Psychology, assistant professor, PhD Ben Colagiuri.
- University of Virginia, Charlottesville, VA, USA: Behavioral Health and Technology. SHUTi. Lee Ritterband, PhD; Frances Thorndike, PhD.

#### SELECTED NATIONAL AND LOCAL RESEARCH COLLABORATION PARTNERS

- Centre for Applied Health Services Research and Technology Assessment (CAST) University of Southern Denmark, Odense, Denmark, Jan Sørensen, prof., MSct.
- Centre for Cross-disciplinary Evaluation of Complementary and Alternative Medicine (CCESCAM), A formalized collaboration between University of Southern Denmark and Aarhus University.
- Centre for Applied Health Services Research, University of Southern Denmark, professor Jan Sørensen,
- Center for Functional Integrative Neuroscience (CFIN), Aarhus University, assoc. professor, Peter Vestergaard-Poulsen and. Jesper Frandsen, M.Sc. Computer Science, and Mette Buhl Callesen, PhD-fellow, Adjmal Nahimi, MD/PhD-fellow, Per Borghammer, MD, PhD.
- Centre for Integrated Register-Based Research at Aarhus University (CIRRAU), and National Center for Register-based Research, Aarhus University, professor, Preben Bo Mortensen.
- Copenhagen University, Faculty of Health and Medical Sciences, Department of Social Medicine, Copenhagen, Denmark. Assistant professor, dr.med., PhD. Lone Schmidt.
- Danish Breast Cancer Cooperative Group (DBCG), Rigshospitalet, Copenhagen University Hospital, Chief Statistician, Mai-Britt Jensen.
- Danish Center for Sleep Medicine, Glostrup Hospital, Copenhagen University Hospital, professor, Poul Jennum.
- Danish Cancer Society, Patient Support and Community Activities, Copenhagen, Christine Paludan-Müller and Bo Rix.
- The Danish Committee for Health Education (Komiteen for Sundhedsoplysning), Lea Dunkerley.

- Danish National Board of Health, Jette Blands, MD.
- Department of Dermatology and Allergology, Gentofte Hospital, Copenhagen University Hospital, Claus Zachariae, MD, DMSci., Lone Skov, MD, DMSci.
- Department of Neuroscience and Pharmacology, University of Copenhagen, Karen Johanne Pallesen, MSc., PhD.
- Dept. of Plastic Surgery, Aarhus University Hospital, consultant, Tine Engberg Damsgaard.
- Dept. of Respiratory Medicine, Aarhus University Hospital, Aarhus, Denmark, Elisabeth Bendstrup, MD and Anders Løkke Ottesen, MD.
- Dept. Clinical Epidemiology, Aarhus University Hospital, Aarhus, Denmark, Wiktor Mazin, PhD,
- Dept. of Biostatistics, Aarhus University, professor Michael Væth.
- Dept. of Public Health, Aarhus University, Kirsten Lomborg, PhD
- Dept. of Surgery, Aarhus University Hospital, professor Peer Christiansen
- Fertility Clinics: Aarhus University Hospital, professor, Jakob Ingerslev, Brædstrup, Horsens Hospital, consultant, MD, Benedicte Hauge, and Skive Fertility Clinic, consultant, MD, Helle Elbæk Olesen.
- Interdisciplinary Network for Research in Faith and Health in Denmark, University of Southern Denmark, Odense.
- Institute for Culture and Society, Section for Philosophy and the History of Ideas, Aarhus University. Assoc. professor, PhD, Johanna Seibt, and Asst. professor, PhD, Marco Nørskov.
- Marselisborg Center, Center for Public Health, Central Region Denmark (Region MIDT). Professor, Claus Vinther Nielsen, Trine Allerslev Horsbøl, MD, PhD.
- MEDU, Health, AU, Anne-Mette Mørcke, Phd.
- Research Clinic for Functional Disorders, Aarhus University Hospital, Per Fink, professor, Lisbeth Frostholt, MSC, PHd.
- Vejle fjord Rehabilitering, Vejle, Denmark, Anders Degn Pedersen, M.Sc., Psychology

#### VISITS AT OTHER INSTITUTIONS

- Ali Amidi, MSc., PhD-fellow, at Psychiatry & Behavioral Science - Center for Interdisciplinary Brain Sciences Research, Stanford Cancer Institute. Palo Alto, CA, USA. March – April, 2013.
- Yoon Frederiksen, MSC, PhD fellow, Copenhagen University, Faculty of Health and Medical Sciences, Department of Social Medicine, Copenhagen, Denmark. COMPI workshops and education. September 2013

## VISITING RESEARCHERS FROM OTHER INSTITUTIONS

- Kenneth Pargament, Professor, Bowling Green University, OH, USA.

## SEMINARS, WORKSHOPS AND SUPERVISION (INTERNAL)

### SEMINARS AND WORKSHOPS

Date

1. Ingeborg Farver: PhD-project presentation: MBCT and COPD Feb 21
2. Kirsten Lomborg, professor AUH: patient-involvement March 14
3. Johanne Jeppesen, PhD pre-defense April 18
4. Overview of questionnaires used at EPoS May 2
5. Malene F Damholdt: Internet-delivered interventions Aug 08
6. Jesper Dahlgard: Sleep healthy using the internet (SHUTi) Aug 15.
7. David Wulf: presentation Oct 25
8. Niels Gregersen, professor, mitochondria and stress Oct 29
9. Ali Amidi: Network Theory – an introduction Nov 15
10. Karleen Paquette: Experiences with health psychology in US and DK Nov 28
11. Martin H Olesen: Confirmatory and exploratory models Dec 13

### RESEARCH AND CLINICAL SUPERVISION

- Internal group research supervision Thursdays, 1 hour

### CONTINUING EDUCATION

- Supervision by Trish Bartley, mindfulness instructor, Bangor University MOC, IF
- Mindfulness Based Cognitive Therapy (MBCT) for professionals, a 5 x 2 days training course at Center For Mindfulness (CFMUST), with Antonia Sumbunda, Leif Schwensen and Anette Schwensen JD
- Practicum MBSR, four day retreat, Aarhus University mindfulness Education, with Mindfulness Teachers Jacob Piet, Lone Fjorback and Kit Appel. JD



## TEACHING AND DISSEMINATION

In 2013, staff members at the unit have been engaged in the following teaching and other (selected) disseminative activities:

### Aarhus University

- |  |         |
|--|---------|
| - Introduction to Research Methods III-Part 1; Psychology, Graduate school of Business and Social Science (5 ECTS)   | BZ      |
| - Academic Writing; Psychology, Graduate school of Business and Social Science (4 ECTS)  | BZ      |
| - Health Psychology (8 + 8 lectures); Medicine 8th sem. Faculty of Health Sciences   | BZ, MOC |
| - Natural and Complicated grief (1 lecture), Clinical Psychology, Department of Psychology and Behavioral Science  | MOC     |
| - Stress, coping, and health (2 lecture); Clinical Psychology, Department of Psychology and Behavioral Science   | BZ      |
| - Communication and peer supervision; 3 day course for supervisors and teachers of medical students; Health Sciences   | MOC     |
| - Communication and peer supervision; course for medical students 8 <sup>th</sup> sem.; Health Sciences  | MOC     |
| - Theory-Practice group (8 h), Clinical Psychology, Department of Psychology and Behavioral Science  | MOC     |
| - Psychological interventions. Basic and Specialized clinical training (4x30 h). MBCT. Department of Psychology and Behavioral Science   | MOC     |
| - Neuropsychological testing course 5x3 h  | MFD     |
| - Research Methods (6 lectures), Department of Psychology and Behavioral Science<br>Curiosity – A practical research seminar (12 sessions), graduate course, Department of Psychology and Behavioral Science | MYM     |
| - Psychosocial factors and inflammation (lecture); Dermatology; Graduate School of Health Sciences   | BZ      |
| - Qualitative methods (teaching assistant); Department of Psychology and Behavioral Science  | IF      |
| - Interventional/psychotherapeutical methods; Department of Psychology and Behavioral Science  | IF      |
| - Ad hoc statistical supervisor for PhD-students, Department of Psychology and Behavioral Science  | SC      |
- 
- |  |                             |
|--|-----------------------------|
| - Supervision of 30 MA theses                              | MFD, MYM,<br>SC, MOC,<br>AA |
| - PhD-supervision (Primary supervisor role) 5 Phd-students | BZ                          |

- PhD-supervision (secondary supervisor role) 5 PhD-students BZ, MYM, MOC, CGP

### **Health professionals (*selected*)**

- Natural and complicated grief in Adult Populations, Danish Psychology Association. Specialist course for clinical psychologists. Nov. 11-12 MOC
- Dementia and coping, VIA University College. Diploma-course for primary sector health personnel. Feb 7. MOC
- Natural and complicated grief in elderly populations, Danish Psychology Association. Specialist course for geronto-psychologists. Feb 28. MOC
- Natural and complicated grief in adult populations, Danish Psychology Association. Specialist course for health-psychologists. March 1. MOC
- Co-therapist in group treatment of OCD, at the University Hospital, Region Midt, Clinic of Anxiety and OCD, Risskov, (with Hjalti Jónsson). MHO
- Assessment and theory about cognitive deficits, psychiatric symptoms, and dementia amongst elderly with Parkinson's disease and Parkinsonism. Specialist-uddannelse, lecture. Sept. 30. MFD
- Dementia (Demens), VIA University College, course. Feb. 27-28 MFD
- "Psychological aspects of COPD and depression"; Lecture at workshop for primary care physicians; AstraZeneca. Dec. 3. IF
- A randomised controlled trial of MBCT for patients with COPD" (1 hour lecture); A presentation of the project for nurses at the Dept. of Respiratory Medicine, Aarhus University Hospital. Aug. 1. IF
- Satisfaction and experience of psychotherapy in palliation and oncology, Annual meeting in Fagligt Selskab for Psykologer i Palliation og Onkologi. Jan 21. CGP
- Supervision, BA, VIA university College YF
- Supervision of Clinical Psychologists' research projects. Part of Clinical Specialist Education. Department of Psychology and Behavioral Science, AU. MYM
- Guided imagery as intervention for pain. A course for staff at the pain clinic, Odense University Hospital. Feb 1-2. BZ
- Results from from a pain audit. Pain key personel, Aarhus University Hospital. Jan. 15. BZ
- Health-related empowerment, BiogenIddec. Jan 31. BZ
- Empowerment, A-course for neurologist. Feb 19. BZ
- Communication, stress, and professional satisfaction, Dept. of Oncology, Rigshospitalet, Copenhagen University Hospital. June 12. BZ

- Specialist training for oncology nurses, June 14. BZ
- Mind-body and inflammation, rheumatology nurses, Roche, Aug. 28. BZ
- Health-related empowerment in diabetes, Type2Dialog, Vejle/Cph. Nov 18., Dec. 2. BZ

### **Other (selected)**

- Keep your brain going (Hold Hjernen i gang), Folkeuniversitetet Aarhus & Herning, 3 lectures (May 6, Sept. 9, Nov 18.) MFD
- Lifespan development and old age (1 lecture), Institute of Psychology, University of Southern Denmark MYM
- Mindfulness & Health. For US psychology students at Danish Institute for Studies Abroad (DIS). 1-day workshop. Sept. 7. JD
- Lidelse og mindfulness i relation til sundhed og sygdom. Foredrag i en tema række om positiv psykologi ved Folkeuniversitetet, Aarhus. April 17. JD
- The role of faith for quality of life and health, Folkeuniversitetet (The Danish University Extension) Aarhus. 5 lectures, Sept-Oct, 2013. CGP
- The role of faith for quality of life and health, FOF Haderslev. Lecture CGP
- Health and disease, Danish Cancer Society, Hadsten, April 3. March 22. BZ
- Sleep and sleep intervention, Danish Cancer Society, May 29. BZ
- Hypnosis, Folkeuniversitet, Aarhus. Sep. 2. BZ
- Empowerment, Danish Multiple Sclerosis Society, 9 lectures, Sept-Oct. 2013 BZ
- Stress and stress coping, Aarhus University Administrative staff, Sept. 26. BZ

### **Media (selected)**

- DR2 Danskernes Akademi – Arbejdets betydning for det gode liv. 17-03 BZ
- DR2 Danskernes Akademi – Hypnose. 13-02 BZ
- DR2 Danskernes Akademi – stress. 13-02. BZ
- P4/Østjylland: nettet skal hjælpe kræftpatienter til god søvn. 21-02. BZ
- DR2 Temalørdag – helt ind i sindet (stress) (august) BZ
- DR2 Temalørdag – helt ind i sindet (hypnose) BZ
- DR2 Temalørdag – helt ind i sindet – smerte (dec) BZ
- P4-Syd, Lær at tackle angst og depression, 26-08. SC
- Kristeligt Dagblad, Forskning viser, at man kan dø af sorg. MOC
- Kristeligt Dagblad, Menneskers minder fra fortiden kan styrke dem i nuti- MOC

den.

- Empowerment, sclerosemagasinet, august 2013 BZ
- Ritzaus Bureau, Nettet hjælper kræftpatienter til bedre søvn, 21-02 BZ
- Kristeligt Dagblad, Livet er meningsfuldt – også når det er svært, 17-05 BZ
- Dagens Medicin, Kræftpatienter i alternativ behandling bliver mere deprimerede. 25-10. CGP,BZ
- 3F.dk: Sådan undgår du stress på jobbet, 29-11 BZ
- MagaSinet (Scleroseforeningens medlemsblad), Empowerment – vejen til øget livskvalitet, 08-08. BZ
- Viborg Stifts Folkeblad: Vitaminer kan være farlige, 06-03. CGP,BZ
- Magasinet Sundhed: Alternativ behandling forbedrer ikke livskvalitet, CGP,BZ
- Videnskab.dk: Kræftsyge i behandling har øget risiko for depression. CGP,BZ
- MetroXpress, Snup en "morfar" BZ
- Århus Stiftstidende, Læger bliver bedre til kommunikation, 02-01. BZ
- Sygeplejersken, Kosttilskud gør kræftpatienter deprimerede CGP

## **BOARDS, COUNCILS, AND COMMITTEES**

In 2013, staff members have been members/participated in the following boards, councils, and committees:

- Aarhus University: Academic Council (Akademisk Råd) School of Business and Social Sciences BZ
- Aarhus University: Expert panel Horizon 2020 - Health, demographic change and wellbeing. BZ
- Aarhus University: Faculty Liaison Committee (Fakultetssamarbejdsudvalget), School of Business and Social Sciences MYM
- Aarhus University: Department Liaison Committee (Lokalsamarbejdsudvalget), Department of Psychology and Behavioral Science, School of Business and Social Sciences MYM
- Aarhus University: Board of studies (Studienævn) Department of Psychology and Behavioral Science, School of Business and Social Sciences MYM
- Aarhus University: Academic Forum, Department of Psychology and Behavioral Science, School of Business and Social Sciences MYM
- Aarhus University Hospital: Management Forum (Lederforum), Dept of Oncology BZ

- Aarhus University Hospital: The Interdisciplinary Pain Group, Dept. of Oncology BZ
- Aarhus University Hospital: Research program: Patient Involvement MYM
- Centre for Cross-Disciplinary Evaluation of Complementary and Alternative Medicine (CCESCAM), member of the steering group BZ
- Centre for Integrated Register-Based Research at Aarhus University (CIRRAU) SC, BZ
- Danish Center for Basal Ganglia Research, expert group MFD
- Danish Psychological Association (university section), member of the board HFP, YF, MYM
- Network for research on Religion and health in Denmark HFP
- Society for Psychologists in Palliation and Oncology, Danish Psychological Association (Fagligt Selskab for Psykologer i Palliation og Onkologi, Dansk Psykolog Forening) CGP
- Olfaction Research Center Aarhus (ORCA), expert group MFD

## EDITORIAL AND REVIEWING ACTIVITIES

Members of the staff have in 2013 been involved in the following editorial and reviewing activities:

<b><u>Editorial boards, evaluation committees</u></b>	<b><u>Initials</u></b>
- Psychotherapy and Psychosomatics, member of the editorial board	BZ
- BMC Research Notes, member of the editorial board	JD
- Aktuel Naturvidenskab, Aarhus University, member of the editorial board	JD
- Member of the evaluation committee: PhD-thesis of Randi Bilberg, Faculty of Health Sciences, University of Southern Denmark	BZ
- Ad hoc reviewer for the Medical Research Council, UK	BZ
- Ad hoc reviewer for the promotion board, University of Pittsburgh School of Medicine	BZ
- Ad hoc reviewer for the PhD-school, Aarhus University, Faculty of Health Sciences	BZ
- Head of of the evaluation committee: PhD-thesis of Johanne Jeppesen Lomholt, Department of Psychology and Behavioral Science, Aarhus Univ.	MYM
- Member of the editorial committee, Report on sleep and health. (Vidensråd for Forebyggelse)	BZ

- Ad hoc reviewer of abstracts for the 72nd Annual Meeting of the American Psychosomatic Society, 2014. BZ

**Peer reviewing for the following journals:**

	<u>Manuscripts</u>	<u>Initials</u>
- Psychotherapy and Psychosomatics	3	BZ
- Psychoneuroendocrinology	2	BZ
- Psychooncology	2	BZ
- Ugeskrift for Læger (Danish Medical Journal)	1	BZ
- Dansk Universitetspædagogisk Tidsskrift	1	BZ
- Breast Cancer Research and Treatment	1	BZ
- The journal of neuropsychiatry and clinical neurosciences	1	MFD
- Indian journal of neurology	1	MFD
- Nordic Psychology	1	MOC
- Aging and Mental Health	1	MOC

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Total number of manuscripts reviewed

14

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