

PERSONAL DATA

Annette de Thurah, Danish, born January 1960. Married, 2 children born in 1992 and 1996

Private

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Work

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RESEARCHER IDENTIFIER

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SUMMARY

I was trained as a nurse in 1986, and my academic journey began with a master’s in public health (MPH) from Aarhus University in 2002. I earned my doctoral degree in 2010 for my project on “*Methotrexate utilisation among Danish patients with rheumatoid arthritis. Observational studies on Compliance and time to start treatment*”. Since then, I have combined clinical work at the Department of Rheumatology, Aarhus University Hospital, with health services/epidemiological research. I became an associate professor at the Department of Clinical Medicine in 2016 and a professor in 2022. My specific areas of interest include new models of care with a focus on telehealth and patient-reported outcomes, health literacy and the patient pathway to early treatment. All my research projects have a clinical origin and a strong focus on cross-sectoral collaboration. I have 94 peer-reviewed scientific publications, 25 as the last author and 15 as the first author. My H-index is 25 (Scopus, September 2024). My teaching portfolio includes >350 hours of postgraduate lectures at the Department of Public Health, Aarhus University. I have supervised > 30 master's students and have acted as the main supervisor for both research year students and PhD students at the Department of Clinical Medicine, Aarhus University. Along with my academic career, I have been employed in the Danish Medical Board of Health for five years at the Secretariate for National Clinical Guidelines where I have served as a methodologist for large cross-sectoral working groups. I have a strong international network and have been actively involved in the European Alliance of Associations for Rheumatology (EULAR) and have served as the chair of the standing committee for Health Professionals. I became an honorary member of EULAR in 2019. Also, since 2019, I have been a Member of the Scientific Committee in *FOREUM – Foundation for Research in Rheumatology*. Currently, I am currently leading the research program: ‘User-driven Treatment and Digital Solutions’.

RESEARCH PROFILE

Research fields Epidemiology, telehealth, health services research, patient-reported outcomes

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|---|-------------------------|---------|
| • Research Program: user-driven treatment and digital solutions | Research leader | 2024-26 |
| • Developing and evaluating a telehealth intervention in gout based on health literacy principles. | Main supervisor | 2024-26 |
| • Web-based patient education for People with Rheumatoid Arthritis (Web-RA) – An evaluation of acceptability, effectiveness, and the patient perspective. (PhD project) | Main supervisor | 2021-24 |
| • EULAR points to consider for remote care in rheumatic muscular diseases. | Co-convenor | 2021-22 |
| • In TArgeted SElf-MANagement in People with Inflammatory Arthritis (TASEMA): Newly diagnosed with inflammatory arthritis (NISMA) (PhD project). | | |
| • In TASEMA: Mental Health in inflammatory arthritis (MaIA). | Co-supervisor | 2020-24 |
| • Epidemiological studies on Giat Cell Arthritis. (PhD project). | Prim. Investigator (PI) | 2019-22 |
| • Patients’ self-administration of drugs during hospital stays (PhD project) | Co-supervisor | 2016-19 |
| • Remote follow-up in Epilepsy (PhD project) | Main supervisor | 2017-20 |
| • Early Arthritis Pathway to Treatment (ERAPT) | Co-supervisor | 2018-24 |
| • Remote follow-up in patients with chronic kidney disease | PI | 2018-22 |
| • Telemedicine in Rheumatoid Arthritis (TeRA) | Main supervisor | 2019-23 |
| • Adiposity and cardiovascular disease as risk factors for the development of RA (PhD project). | PI | 2016-22 |
| • Epidemiological studies on sick leave and job affiliation in haematological cancer (PhD project). | Co-supervisor | 2015-20 |
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| | Co-supervisor | 2011-14 |

CURRENT POSITION

Professor, Department of Clinical Medicine, Aarhus University, DK
Vice Dean of Talent, Department of Clinical Medicine, Aarhus University, DK
Clinical Nurse Specialist; Dept. of Rheumatology, Aarhus University Hospital, DK

EDUCATION

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|-------------------------------|------|--|
| Ph.D. degree | 2010 | University of Aarhus. “Methotrexate utilization among Danish patients with rheumatoid arthritis. Observational studies on Compliance and time to start treatment” |
| Master of Public Health | 2002 | University of Aarhus. |
| Diploma in Nursing Management | 1994 | University of Aarhus. |
| Registered Nurse | 1987 | Nursing School, Hvidovre Hospital, Copenhagen |

COURSES

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|--|------|--------------------------|
| Research Communication | 2020 | Central Denmark Region |
| Skill raising course for research leaders | 2018 | University of Aarhus |
| Course in PhD supervision | 2018 | University of Aarhus |
| Issues and Methods in Pharmacoepidemiology | 2012 | University of Aarhus |
| Course in Professional Postgraduate Teacher Training | 2011 | University of Aarhus |
| Advanced Epidemiologic Methods | 2009 | University of Aarhus |
| Clinical Decisions and Research Methodology (5 ECTS) | 1998 | University of Copenhagen |

ACADEMIC APPOINTMENTS

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|------------------------------|---------|--|
| Vice Dean of Talent | 2025- | Department of Clinical Medicine, Aarhus University |
| Professor (full) | 2022- | Department of Clinical Medicine, Aarhus University |
| Associate Professor | 2016-21 | Department of Clinical Medicine, Aarhus University |
| External Associate Professor | 2016-21 | Department of Public Health, Aarhus University |
| Assistant Professor | 2010-16 | Department of Public Health, Aarhus University |
| PhD student | 2006-10 | Department of Clinical Medicine, Aarhus University |

NURSING CARRER

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|---------------------------|-----------|--|
| Clinical Nurse Specialist | 2010- | Department of Rheumatology, Aarhus University Hospital |
| Clinical Nurse Specialist | 2000-06 | Department of Rheumatology, Aarhus University Hospital |
| Charge Nurse | 1994-2000 | Department of Rheumatology, Aarhus University Hospital |
| RN | 1989-1993 | Orthopaedic surgical ward, Aarhus University Hospital |
| RN | 1987-89 | Medical ward, Aarhus University Hospital |

OTHER APPOINTMENTS

| | | |
|---------------|---------|--|
| Methodologist | 2019-20 | Medical Technology Assessment, The Danish Medical Health Authority |
| Methodologist | 2013-17 | The Secretariate for National Clinical Guidelines, The Danish Medical Health Authority |
| Methodologist | 2003-06 | The Secretariate for National Clinical Guidelines, The Danish Medical Health Authority |

HONORARY AWARDS

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|------|--|
| 2019 | Honorary Membership, EULAR |
| 2024 | Queen Ingrid's Research Award, The Danish Rheumatism Association |

SUPERVISION

Collaboration with PostDocs, 7
 PhDs, 11 in total: 9 completed (3 as main supervisor), 1 ongoing as main supervisor, 1 as co-supervisor
 Pregraduate one-year research projects, 4 completed
 Master projects, 27 completed

EVALUATION AND REVIEW

PhD theses,
 National: 8 completed
 International: 2 completed as assessor (University of Vienna), Grenoble, France)
 Grant applications,
 National: The research foundation of the Central Denmark Region 2022-
 International: EULAR Forum – Foundation for Research in Rheumatology, 2019-25

International scientific journals, regular (~monthly) reviewer at >10 scientific journals.

INTERNATIONAL COLLABORATION

| <i>Project</i> | <i>Role</i> | <i>Period</i> |
|---|--------------------------|--------------------|
| Update of the EULAR Recommendations on patient education | Junior methodologist | 2024-25 |
| Here's a clearer version of the text: Preventing Medication Nonadherence: A Framework for Interventions to Support Early Engagement with Treatment | Project participant | 2022-24 2020-21 |
| EULAR points to consider for remote care in rheumatic muscular diseases. | Co-convenor | |
| Defining and optimizing the use of qualitative research in developing EULAR recommendations/points to consider. | Co-convenor | 2020-23 |
| Point of view on the vaccination against COVID-19 in patients with autoimmune inflammatory rheumatic diseases | Project participant | 2021 |
| EULAR recommendations for Infection Prevention and Screening | Member of the task force | 2020-21 |
| EULAR points to consider for self-management interventions in rheumatic muscular diseases. | Member of the task force | 2020-21 |
| EULAR recommendations for lifestyle recommendations in rheumatic muscular diseases. | Member of the task force | 2020-21 |
| EULAR points to consider for the detection, assessment and management of non-adherence in patients with rheumatic and musculoskeletal diseases. | Junior methodologist | 2018-19 |
| EULAR recommendations for vaccination in patients with inflammatory arthritis. | Member of the task force | 2018-19 |
| Definition and construct validation of clinically relevant cutoffs on the Flare Assessment in Rheumatoid Arthritis (FLARE-RA) questionnaire. | Project participant | 2018-19 |
| EULAR Recommendation for the use of glucocorticoids in inflammatory arthritis | Member of the task force | 2015-16 |

NATIONAL COLLABORATION

| | <i>Role</i> | <i>Period</i> |
|---|---|---------------|
| TASEMA (TARgeted SElf-MANagement in Patients with Inflammatory Arthritis (IA). Collaborating with Professor Bente Appel Esbensen (lead), Department of Rheumatology, Rigshospitalet, and Professor Jette Primdal, Department of Rheumatology, Sønderborg. The project is funded by Novo Nordisk fonden (7.5 mill DKK) | Co-applicant, steering group member, PI of a study on mental health and inflammatory arthritis. Study member, Self-management intervention for patients with early IA. | 2019-25 |
| Research Centre for Patient Involvement, Aarhus University Hospital | | 2019-23 |

FUNDING (2013-25) (see below for listing):

DKK 14,515,694

BOARDS, ORGANIZING COMMITTEES, AND CHAIRING

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|---|--|---------|
| The Danish Medicines Council, Rheumatology | | 2021-23 |
| Member of the Scientific Committee in FOREUM – Foundation for Research in Rheumatology | | 2019-26 |
| Chair of the standing committee, European League Against Rheumatism (EULAR) standing committee for Health Professionals (ESCHPR). | | 2016-18 |
| Member of the scientific sub-committee, ESCHPR. | | 2013-18 |
| Member of the EULAR Scientific Program Committee, representing HPR | | 2012-18 |
| Member of the 'Don't delay-connect today' Campaign Working Group | | 2016-19 |
| Member of the EULAR Strategy 2018-23 Working Group | | 2017-18 |
| Vice president of The Danish Interdisciplinary Rheumatology Forum, DIRF | | 2010-18 |
| Methodologist, 10 working groups, Danish National Board of Health, Clinical Guidelines | | 2002-17 |

LIST OF FUNDING

| Year | Fund | Role | DKK |
|------|--|----------------|-----------|
| 2024 | The Danish Rheumatism Association | Main applicant | 160,000 |
| 2023 | The Research Fund, Central Denmark Region | Main applicant | 6,140,000 |
| 2022 | Independent Research Fund, Denmark | Main applicant | 2,878,681 |
| 2021 | Helsefonden [the Health Foundation, Denmark] | Main applicant | 250,000 |
| 2021 | Multipraksisudvalget | Main applicant | 70,000 |

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|------|--|---|-----------|
| 2020 | Tryg Fonden | Co-applicant and main supervisor of the | |
| | Fonden f/almen praksis | PhD project | 2,475,329 |
| 2019 | The Danish Rheumatism Association | Main applicant | 100,000 |
| 2018 | Praksisforskningsfonden | Main applicant | 580,000 |
| 2018 | Novo Nordisk Fonden [the Novo Nordic Foundation] | Main applicant | 495,000 |
| 2018 | Helsefonden [the health Foundation, Denmark] | Main applicant | 109,000 |
| | Novartis, unrestricted grant | Main applicant | 300,000 |
| 2017 | The Health Professional Fund at Aarhus University | Main applicant | 264,000 |
| 2017 | Hospital | | |
| 2017 | Gigtforeningen [the Danish Rheumatism Association] | Main applicant | 100,000 |
| 2017 | The Health Professional Fund at Aarhus University | | |
| | Hospital | Main applicant | 150,000 |
| 2016 | Gigtforeningen [the Danish Rheumatism Association] | Main applicant | 100,000 |
| 2015 | Hede Nielsens Familie Fond | Main applicant | 25,000 |
| 2014 | Novo Nordisk Fonden [the Novo Nordic Foundation] | Main applicant | 286,000 |
| 2013 | The Research Foundation of Central Denmark Region | Main applicant | 290,084 |