

## Curriculum Vitae Sine Skovbjerg

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### EMPLOYMENTS

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- 2020 - Associate professor, Danish Center for Mindfulness, Department of Clinical Medicine, Aarhus University.
- My primary areas of responsibilities:
- 🌀 *2025 – 2026: MBSR on prescription: project management and research (Funded by TrygFonden).*
  - 🌀 *2025 – 2026: Competence Center for Maternity Care, Copenhagen University Hospital, Amager and Hvidovre. Project management, research and teaching on “Violence in close relationships among pregnant women and expectant parents” (funded by: agreement on the reserve for measures in the social, health and labour market areas (SSA) 2023 – 2026).*
  - 🌀 *2019 – 2024: Good Start to Family Life: Project management, research and teaching. A collaboration between Copenhagen University Hospital, Amager and Hvidovre, Østifterne (funding body), The Mary Foundation and the Danish Center for Mindfulness:  
<https://mindfulness.au.dk/forskning/projekter/projekt-god-start>*
  - 🌀 *2021 – 2024: PhD supervisor: Mindfulness and compassion in a healthcare context <https://mindfulness.au.dk/forskning/projekter/mindfulness-og-compassion-i-en-sundhedsfaglig-kontekst>*
  - 🌀 *Teaching and supervision of students (candidate and bachelor)*
- 2017 - 2020 Maternity leave
- 2014 - 2017 Post doc, the DanFunD study, Research Center for Prevention and Health, Capital Region (now Center for Clinical Research and Prevention). DanFunD: Danish Study on Functional Somatic Disorders:  
<https://www.frederiksberghospital.dk/ckff/sektioner/sfe/bfu/danfund/Sider/default.aspx>
- 🌀 *Member of the DanFunD steering committee.*
  - 🌀 *Epidmiological research in pain and pain mechanisms.*
- 2009 - 2014 Center director, The Danish Research Center for Chemical Sensitivities, Gentofte University Hospital.
- 🌀 *Management*

## Research and supervision of PhD-students

- 2006 - 2009    PhD-student, the Danish Research Center for Chemical Sensitivities
-  *Quantitative and qualitative research (cross-sectional studies, randomised controlled studies and focus group studies)*
- 2004 - 2006    Quality consultant, Roskilde and Køge University Hospital
- 1998 - 2004    Nurse and temporary nursing at intensive care units (Denmark and Norway)




## EDUCATION

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- 2006 - 2009    Ph.d.- student, Faculty of Health and Medical Sciences, University of Copenhagen. Thesis successfully defended in January 2010.
- 2000 - 2003    Master of Science (MSc) in Health Science, Aarhus University
- 1994 - 1998    Nurse, Aarhus School of Nursing

## PUBLICATIONS

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-  Skovbjerg S, Bruggisser S, Kolls M, Fjorback LO. Mindfulness-based stress reduction adapted to pregnant women with psychosocial vulnerabilities – a randomized feasibility study in a Danish hospital-based outpatient setting. Submitted manuscript.
-  Luna Berg Pedersen, Nanna Bjerg Ramsdal, Lone Overby Fjorback, Sophie Lykkegaard Ravn, Michelle Kolls, and Sine Skovbjerg. This course has made it easier for me to embrace myself and my child”: A qualitative study of an adapted Mindfulness-Based Stress Reduction course for pregnant women with psychosocial vulnerabilities. Submitted manuscript.
-  Rebsdorf K A, Dantoft T, Carstensen TW, Benros ME, Fjorback LO, Skovbjerg S. Stress and mental health in the adult general Danish population – a prospective epidemiological study. Manuscript in preparation.
1. Knudsen RK, Skovbjerg S, Pedersen E L, Nielsen C L, Storkholm MH, Timmermann C. Factors affecting implementation of mindfulness in hospital settings: A qualitative meta-synthesis of healthcare professionals' experiences. *Int J Nurs Adv.* 2024, vol. 6.
  2. Knudsen RK, Ammentorp J, Storkholm MH, Skovbjerg S, Tousig CG, Timmermann C. The influence of mindfulness-based stress reduction on the work life of healthcare professionals - A qualitative study. *Complement Ther Clin Pract.* 2023 Nov;53: 101805. doi: 10.1016/j.ctcp.2023.101805.

3. Skovbjerg S, Sumbundu A, Kolls M, Kjærbye-Thygesen A, Fjorback LO. The effect of an adapted Mindfulness-Based Stress Reduction program on mental health, maternal bonding and birth outcomes in psychosocially vulnerable pregnant women: a study protocol for a randomized controlled trial in a Danish hospital-based outpatient setting. *BMC Complement Med Ther.* 2023 Oct 14;23(1):364. doi: 10.1186/s12906-023-04194-3.
4. Ahrendt Bjerregaard A, Schovsbo SU, Gormsen LK, Skovbjerg S, Eplov LF, Linneberg A, Cedeño-Laurent JG, Jørgensen T, Dantoft TM. Social economic factors and the risk of multiple chemical sensitivity in a Danish population-based cross-sectional study: Danish Study of Functional Disorders (DanFunD). *BMJ Open.* 2023 Mar 27;13(3):e064618. doi: 10.1136/bmjopen-2022-064618.
5. Jørgensen T, Dantoft TM, Weinreich Petersen M, Benros ME, Poulsen CH, Falgaard Eplov L, Gormsen L, Frostholm L, Carstensen TBW, Holm Eliassen M, Kårhus LL, Skovbjerg S, Bjerregaard AA, Brix S, Linneberg A, Fink P. Examine the public health impacts of functional somatic disorders using the DanFunD study. *Scand J Public Health.* 2022 Nov; 50 (7):988-994. doi: 10.1177/14034948221122886.
6. Bjerregaard AA, Petersen MW, Skovbjerg S, Gormsen LK, Cedeño-Laurent JG, Jørgensen T, Linneberg A, Dantoft TM. Physiological Health and Physical Performance in Multiple Chemical Sensitivity-Described in the General Population. *Int J Environ Res Public Health.* 2022 Jul 25;19 (15):9039. doi: 10.3390/ijerph19159039.
7. Skovbjerg S, Birk D, Bruggisser S, Wolf ALA, Fjorback LO. Mindfulness-based stress reduction adapted to pregnant women with psychosocial vulnerabilities-a protocol for a randomized feasibility study in a Danish hospital-based outpatient setting. *Pilot Feasibility Stud.* 2021 Jun 3;7 (1):118.
8. Petersen MW, Skovbjerg S, Jensen JS, Wisbech Carstensen TB, Dantoft TM, Fink P, Benros ME, Mortensen EL, Jørgensen T, Gormsen LK. Conditioned pain modulation and pain sensitivity in functional somatic disorders: The DanFunD study. *Eur J Pain.* 2022 Jan; 26(1):154-166. doi: 10.1002/ejp.1847.
9. Bjerregaard AA, Petersen MW, Gormsen LK, Skovbjerg S, Jørgensen NR, Linneberg A, Cedeño-Laurent JG, Jørgensen T, Dantoft TM. Insulin Resistance Is Associated with Multiple Chemical Sensitivity in a Danish Population-Based Study DanFunD. *Int J Environ Res Public Health.* 2021 Nov 30;18 (23):12654. doi: 10.3390/ijerph182312654.
10. Eliassen M, Schröder A, Fink P, Kreiner S, Dantoft TM, Poulsen CH, Petersen MW, Eplov LF, Skovbjerg S, Jørgensen T. A step towards a new delimitation of functional somatic syndromes: A latent class analysis of symptoms in a populationbased cohort study. *J Psychosom Res.* 2018 May;108:102-117. doi: 10.1016/j.jpsychores.2018.03.002.
11. NCD Risk Factor Collaboration (NCD-RisC). Contributions of mean and shape of blood pressure distribution to worldwide trends and variations in raised blood pressure: a pooled analysis of 1018 population-based measurement studies with 88.6 million participants. *Int J Epidemiol.* 2018 Mar 19. doi: 10.1093/ije/dyy016.
12. Eliassen M, Jørgensen T, Schröder A, Dantoft TM, Fink P, Poulsen CH, Johansen NB, Eplov LF, Skovbjerg S, Kreiner S. Somatic symptom profiles in the general population: a latent class analysis in a Danish population-based health survey. *Clin Epidemiol.* 2017 Aug 23;9:421-433. doi: 10.2147/CLEP.S137167.
13. Poulsen CH, Eplov LF, Hjorthøj C, Eliassen M, Skovbjerg S, Dantoft TM, Schröder A, Jørgensen T. Irritable bowel symptoms and the development of common mental disorders and functional

somatic syndromes identified in secondary care - a long-term, population-based study. *Clin Epidemiol.* 2017 Jul 31;9:393-402. doi: 10.2147/CLEP.S141344.

14. Dantoft TM, Ebstrup JF, Linneberg A, Skovbjerg S, Madsen AL, Mehlsen J, Brinth L, Epløv LF, Carstensen TW, Schroder A, Fink PK, Mortensen EL, Hansen T, Pedersen O, Jørgensen T. Cohort description: The Danish study of Functional Disorders. *Clin Epidemiol.* 2017 Feb 23;9:127-139. doi: 10.2147/CLEP.S129335
15. Dantoft TM, Skovbjerg S, Andersson L, Claeson AS, Engkilde K, Lind N, Nordin S, Hellgren LI. Gene expression profiling in persons with multiple chemical sensitivity before and after a controlled n-butanol exposure session. *BMJ Open.* 2017 Feb 22;7(2):e013879. doi: 10.1136/bmjopen-2016-013879.
16. NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults. *Lancet.* 2017 Dec 16;390(10113):2627-2642. doi: 10.1016/S0140-6736(17)32129-3.
17. Tran MTD, Skovbjerg S, Arendt-Nielsen L, Christensen KB, Elberling J. A randomised, placebo-controlled trial of transcranial pulsed electromagnetic fields in patients with multiple chemical sensitivity. *Acta Neuropsychiatr.* 2017 Oct; 29 (5):267-277. doi: 10.1017/neu.2016.51.
18. Skovbjerg S, Jørgensen T, Arendt-Nielsen L, Ebstrup JF, Carstensen T, Graven-Nielsen T. Conditioned Pain Modulation and Pressure Pain Sensitivity in the Adult Danish General Population: The DanFunD Study. *J Pain.* 2017 Mar; 18 (3):274-284. doi: 0.1016/j.jpain.2016.10.022.
19. NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in blood pressure from 1975 to 2015: a pooled analysis of 1479 population-based measurement studies with 19·1 million participants. *Lancet.* 2017 Jan 7; 389 (10064):37-55. doi: 10.1016/S0140-6736(16)31919-5.
20. Eliassen M, Kreiner S, Ebstrup JF, Poulsen CH, Lau CJ, Skovbjerg S, Fink PK, Jørgensen T. Somatic Symptoms: Prevalence, Co-Occurrence and Associations with Self-Perceived Health and Limitations Due To Physical Health – A Danish Population-Based Study. *PLoS One.* 2016 Mar 1;11 (3):e0150664. doi: 10.1371
21. Heinsvig Poulsen C, Falgaard Epløv L, Hjorthøj C, Eliassen M, Frost Ebstrup J, Skovbjerg S, Schröder A, Jørgensen T. Gastrointestinal symptoms related to the irritable bowel syndrome - a longitudinal population-based register study. *Scand J Gastroenterol.* 2016;51(4):420-6. doi: 10.3109/00365521.2015.1117652.
22. Andersson L, Claeson AS, Dantoft TM, Skovbjerg S, Lind N, Nordin S. Chemosensory perception, symptoms and autonomic responses during chemical exposure in multiple chemical sensitivity. *Int Arch Occup Environ Health.* 2016 Jan;89(1):79-88. doi: 10.1007/s00420-015-1053-y.
23. Dantoft TM, Skovbjerg S, Andersson L, Claeson AS, Lind N, Nordin S, Brix S. Inflammatory Mediator Profiling of nbutanol Exposed Upper Airways in Individuals with Multiple Chemical Sensitivity. *PLoS One.* 2015 Nov 23;10(11):
24. Hauge CR, Rasmussen A, Piet J, Bonde JP, Jensen C, Sumbundu A, Skovbjerg S. Mindfulness-based cognitive therapy (MBCT) for multiple chemical sensitivity (MCS): Results from a randomized controlled trial with 1-year follow-up. *J Psychosom Res.* 2015 Dec;79(6):628-34. doi: 10.1016/j.jpsychores.2015.06.010.

25. Dantoft TM, Andersson L, Nordin S, Skovbjerg S. Chemical intolerance. *Curr Rheumatol Rev*. 2015;11(2):167-84. Invited Review.
26. Skovbjerg S, Christensen KB, Ebstrup JF, Linneberg A, Zachariae R, Elberling J. Negative affect is associated with development and persistence of chemical intolerance: a prospective population-based study. *J Psychosom Res*. 2015 May;78(5):509-14. doi: 10.1016/j.jpsychores.2015.02.005.
27. Elberling J, Bonde JP, Vesterhauge S, Bang S, Linneberg A, Zachariae C, Johansen JD, Blands J, Skovbjerg S. [A new classification code is available in the Danish health-care classification system for patients with symptoms related to chemicals and scents]. *Ugeskrift for Læger*. 2014 May 26;176(11). pii: V10120627. Danish.
28. Tran MTD, Skovbjerg S, Arendt-Nielsen L, Bech P, Lunde M, Elberling J. Two of three patients with multiple chemical sensitivity had less symptoms and secondary hyperalgesia after transcranially applied pulsed electromagnetic fields. *Scand J Pain*. 2014 Apr 1;5(2):104-109. doi: 10.1016/j.sjpain.2013.11.008.
29. Tran MT, Elberling J, Skovbjerg S, Berg ND, Søsted H, Johansen JD, Lysdal SH. Chemical intolerance among hairdressers in Denmark. *PLoS One*. 2013 Aug 12;8(8). doi: 10.1371.
30. Tran MT, Skovbjerg S, Arendt-Nielsen L, Christensen KB, Elberling J. Transcranial pulsed electromagnetic fields for multiple chemical sensitivity: study protocol for a randomized, double-blind, placebo-controlled trial. *Trials*. 2013 Aug 16;14:256. doi: 10.1186/1745-6215-14-256.
31. Hauge CR, Bonde PJ, Rasmussen A, Skovbjerg S. Mindfulness-based cognitive therapy for multiple chemical sensitivity: a study protocol for a randomized controlled trial. *Trials*. 2012 Sep 27;13:179. doi: 10.1186/1745-6215-13-179.
32. Skovbjerg S, Berg ND, Elberling J, Christensen KB. Evaluation of the quick environmental exposure and sensitivity inventory in a Danish population. *J Environ Public Health*. 2012; 2012:304314. doi: 10.1155/2012/304314.
33. Skovbjerg S, Hauge C.R, Rasmussen A, Winkel P, Elberling J. Mindfulness-based cognitive therapy to treat multiple chemical sensitivities: A randomized pilot trial. *Scandinavian Journal of Psychology*. 25 April 2012. <https://doi.org/10.1111/j.1467-9450.2012.00950.x>
34. Hutton Carlsen K, Topp AM, Skovbjerg S. Living with a Chemically Sensitive Wife: A "We" Situation. *ISRN Public Health*. Volume 2012, Article ID 285623, <http://dx.doi.org/10.5402/2012/285623>
35. Skovbjerg S, Zachariae R, Rasmussen A, Johansen JD, Elberling J. Repressive coping and alexithymia in idiopathic environmental intolerance. *Environ Health Prev Med*. 2010 Sep;15(5):299-310. doi: 10.1007/s12199-010-0143-4.
36. Skovbjerg S, Rasmussen A, Zachariae R, Schmidt L, Lund R, Elberling J. The association between idiopathic environmental intolerance and psychological distress, and the influence of social support and recent major life events. *Environ Health Prev Med*. 2012 Jan;17(1):2-9. doi: 10.1007/s12199-011-0210-5.
37. Skovbjerg S, Zachariae R, Rasmussen A, Johansen JD, Elberling J. Attention to bodily sensations and symptom perception in individuals with idiopathic environmental intolerance. *Environ Health Prev Med*. 2010 May;15(3):141-50. doi: 10.1007/s12199-009-0120-y.

38. Skovbjerg S, Johansen JD, Rasmussen A, Thorsen H, Elberling J. General practitioners' experiences with provision of healthcare to patients with self-reported multiple chemical sensitivity. *Scand J Prim Health Care*. 2009;27(3):148-52.
39. Skovbjerg S, Brorson S, Rasmussen A, Johansen JD, Elberling J. Impact of self-reported multiple chemical sensitivity on everyday life: a qualitative study. *Scand J Public Health*. 2009 Aug; 37(6):621-6. doi: 10.1177/1403494809105430.
40. Hallum Knudsen A, Skovbjerg S. Forskning i effekten af alternativ behandling: lægers holdning. *Ugeskrift for Læger, Årg. 166, nr. 3* (2004).

## RECENT TALKS AND CONFERENCES

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2024: Mindfulness in a changing world, the international conference on Mindfulness 2024, Bangor, Wales. Poster presentation.

2024: Mindfulness-Based Stress Reduction for pregnant women with psychosocial vulnerabilities – a randomized feasibility study. Oral presentation. National Midwifery Day, Copenhagen University Hospital, Rigshospitalet.

2025: Midwives embracing diversity, Nordic Midwifery Congress: workshop on Mindfulness-Based Stress Reduction for pregnant women in collaboration with the Competence Center for Maternity Care, Copenhagen University Hospital, Amager and Hvidovre.

2025: Midwives embracing diversity, Nordic Midwifery Congress: Oral presentation on Mindfulness-Based Stress Reduction for pregnant women with psychosocial vulnerabilities – a randomized feasibility study.

2025: Midwives embracing diversity, Nordic Midwifery Congress: Two poster presentations on Mindfulness-Based Stress Reduction for pregnant women with psychosocial vulnerabilities: 1) a randomized controlled trial and 2) a qualitative study.