

Helle Spindler  
Lektor  
Psykologisk Institut  
Bartholins Allé 11  
8000 Aarhus C  
Danmark  
**E-mail:** hellesp@psy.au.dk  
**Telefon:** +4587165829



## Professionel profil

Jeg er lektor i klinisk psykologi og psykotraumatologi ved Aarhus Universitet med ph.d. i psykologi og særlig ekspertise i traumatisering, dissociation og de tilhørende diagnostiske udfordringer. Min forskning omfatter både udviklingen af klinisk relevant viden om traumerelaterede tilstande og tværfaglige samarbejder om forbedret udredning og behandling. Derudover arbejder jeg med psykologiske aspekter af telemedicin, brugerdrevet innovation og digitale sundhedsløsninger. Jeg forsker også i motivation og adfærdsændringer i rehabiliteringsforløb samt psykologiske problemstillinger ved hjertesygdom og psykosomatik. På tværs af mine projekter er jeg optaget af at omsætte forskningsbaseret viden til praksisnær anvendelse og bedre patientstøtte.

## Uddannelse

<b>2007</b>	<b>PhD-graden i Psykologi, Afhandling: Cardiac Psychology</b> Psykologisk Institut, Aarhus Universitet, Danmark
<b>2003</b>	<b>Autorisation</b> Psykolognævnet, Danmark
<b>1998 - 2001</b>	<b>Kandidatgraden i Psykologi</b> Psykologisk Institut, Aarhus Universitet, Danmark

## Ansættelser

<b>2012 -</b>	<b>Lektor</b> Psykologisk Institut, Aarhus Universitet, Danmark
<b>2014 - 2019</b>	<b>Studieleder</b> Psykologisk Institut, Aarhus Universitet, Danmark
<b>2008 - 2012</b>	<b>Adjunkt</b> Psykologisk Institut, Aarhus Universitet, Danmark
<b>2007 - 2008</b>	<b>Post Doc</b> Psykologisk Institut, Aarhus Universitet, Danmark
<b>2004 - 2007</b>	<b>PhD-stipendiat</b> Psykologisk Institut, Aarhus Universitet, Danmark
<b>2003 - 2004</b>	<b>Psykolog</b> Demenssklinikken, Aarhus Kommunehospital, Danmark
<b>2001 - 2003</b>	<b>Psykolog</b> Retpsykiatrisk Afdeling, Middelfart Sygehus, Danmark

## Udvalgte publikationer

### **Fra passiv tilhører til engageret aktør: Omlægning af forelæsninger til workshops**

Lambek, R. & Spindler, H., 2026, I: Dansk Universitetspædagogisk Tidsskrift.

### **Future Patient—Telerehabilitation of Patients With Atrial Fibrillation: Protocol for a Multicenter, Mixed Methods, Randomized Controlled Trial**

Dinesen, B., Albertsen, A. E., Joensen, E. D. R., Spindler, H., Jensen, K. M., Kidholm, K., Frost, L., Dittman, L., Gunasegaram, M., Johnsen, S. P., Jochumsen, M. R. & Svenstrup, D., feb. 2025, I: JMIR Research Protocols. 14, e64259.

### **Resilience, psychosomatic health, and support needs of Ukrainian healthcare professionals in wartime: a Cross-sectional study**

Sydorenko, A., Kiel, L. & Spindler, H., jan. 2025, I: Journal of Psychosomatic Research. 188, 111995.

### **Patient Perspectives on the “Future Patient” Telerehabilitation Program for Atrial Fibrillation: Qualitative Study**

Joensen, E. D. R., Albertsen, A. E., Spindler, H., Jensen, K. M., Frost, L., Dittmann, L., Gunasegaram, M., Johnsen, S. P., Jochumsen, M. R., Svenstrup, D. & Dinesen, B., 2025, I: JMIR Cardio. 9, e68663.

### **What characterizes a well-functioning person? Perspectives from Scandinavian laypeople and mental health professionals**

Kiel, L., Lind, M. & Spindler, H., okt. 2024, I: Scandinavian Journal of Psychology. 65, 5, s. 937-946 10 s.

### **“Future patient II” telerehabilitation for patients with heart failure: Protocol for a randomized controlled trial**

Dinesen, B., Hansen, E. T., Refsgaard, J., Lundsgaard, S. V., Dittmann, L., Larsen, K., Spindler, H., Jochumsen, M. & Hollingdal, M., mar. 2024, I: International Journal of Cardiology: Cardiovascular Risk and Prevention. 20, 200239.

### **Giver den digitale teknologi mulighed for, at vi udvikler sundhedsvæsenet i retning af en mere personlig og patientcentreret pleje og behandling?**

Spindler, H., 2024, I: Psyke & Logos. 45, 1

### **Postponement of elective cardiac surgery: A prospective observational analysis of anxiety, depression, social support and clinical complications**

Spindler, H., Thorup, C. B., Nøhr, D. & Andreasen, J. J., okt. 2023, I: Journal of Clinical Nursing. 32, 19-20, s. 7346-7357 12 s.

### **Increased motivation for and use of digital services in heart failure patients participating in a telerehabilitation program: a randomized controlled trial**

Spindler, H., Dyrvig, A.-K., Schacksen, C. S., Anthonimuthu, D., Frost, L., Gade, J. D., Kronborg, S. H., Mahboubi, K., Refsgaard, J., Dinesen, B., Hollingdal, M. & Kayser, L., jul. 2022, I: mHealth. 8, 12 s., 25.

### **Distress and anxiety following postponed cardiac surgery prior to and during the COVID-19 pandemic**

Thorup, C. B., Spindler, H., Nøhr, D., Skinbjerg, H. & Andreasen, J. J., jan. 2022, I: Danish Medical Journal. 69, 1, 9 s., A06210492.

### **Video and social rehabilitation of persons with mental illness helps to structure everyday life: a qualitative study**

Oestergaard, C. U., Spindler, H. & Dinesen, B., jan. 2022, I: mHealth. 8, January, 4.

### **Motivating patients in cardiac rehabilitation programs: A multicenter randomized controlled trial**

Spindler, H., Hollingdal, M., Refsgaard, J. & Dinesen, B., jun. 2021, I: International Journal of Telerehabilitation . 13, 1, s. 1-15 15 s., e6365.

### **Predictors of Walking Activity in Patients with Systolic Heart Failure Equipped with a Step Counter: Randomized Controlled Trial**

Gade, J. D., Spindler, H., Hollingdal, M., Refsgaard, J., Dittman, L., Frost, L., Mahboubi, K. & Dinesen, B., nov. 2020, I: JMIR Biomedical Engineering. 5, 1, e20776.

### **Psykiske følger efter voldtægt**

Elklit, A., Andersen, L. E. & Spindler, H., 2020, 24 s.

### **Listening to the patients: using participatory design in the development of a cardiac telerehabilitation web portal**

Joensson, K., Melholt, C., Hansen, J., Leth, S., Spindler, H., Olsen, M. V. & Dinesen, B., sep. 2019, I: *mHealth*. 5, 33.

### **Integration of Rehabilitation Activities Into Everyday Life Through Telerehabilitation: Qualitative Study of Cardiac Patients and Their Partners**

Dinesen, B., Nielsen, G., Andreasen, J. J. & Spindler, H., apr. 2019, I: *Journal of Medical Internet Research*. 21, 4, 14 s., e13281.

### **A Psychological Assessment Perspective on Clinical and Conceptual Distinctions Between Dissociative Disorders and Psychotic Disorders**

Brand, B. L., Spindler, H. & Cannon, R., 1 jan. 2019, *Psychosis, Trauma and Dissociation: Evolving Perspectives on Severe Psychopathology, Second Edition*. Wiley-Interscience, s. 351-365 15 s.

### **Conventional Rehabilitation Therapy Versus Telerehabilitation in Cardiac Patients: A Comparison of Motivation, Psychological Distress, and Quality of Life**

Spindler, H., Leerskov, K., Joensson, K., Nielsen, G., Andreasen, J. J. & Dinesen, B., 2019, I: *International Journal of Environmental Research and Public Health*. 16, 3, 15 s., 512.

### **Personalized Telehealth in the Future: A Global Research Agenda**

Dinesen, B., Nonnecke, B., Lindeman, D., Toft, E., Kidholm, K., Jethwani, K., Young, H. M., Spindler, H., Oestergaard, C. U., Southard, J. A., Gutierrez, M., Anderson, N., Albert, N. M., Han, J. J. & Nesbitt, T., 1 mar. 2016, I: *Journal of Medical Internet Research*. 18, 3, e53.

### **"The Heart Game": Using Gamification as Part of a Telerehabilitation Program for Heart Patients**

Dithmer, M., Rasmussen, J. O., Grönvall, E., Spindler, H., Hansen, J., Nielsen, G., Sørensen, S. B. & Dinesen, B., feb. 2016, I: *Games for Health*. 5, 1, s. 27-33 7 s.

### **Risk factors for posttraumatic stress disorder following an industrial disaster in a residential area: A note on the origin of observed gender differences**

Spindler, H., Elklit, A. & Christiansen, D. M., 2010, I: *Gender Medicine*. 7, 2, s. 156-65 10 s.

### **Du er ikke alene: tanker og følelsesmæssige reaktioner efter hjertekarsygdomme**

Spindler, H., 2009, København: Hjerteforeningen. 36 s.

### **The role of posttraumatic stress disorder in coronary artery disease: Epidemiology, risk factors, and potential mechanisms**

Spindler, H., Pedersen, S. S. & Elklit, A., 2008, *Psychological Factors and Cardiovascular Disorders: The Role of Psychiatric Pathology and Maladaptive Personality Features*. Sher, L. (red.). New York: Nova Science Publishers, s. 167-184

### **Cardiac psychology: An overview of theoretical considerations and empirical evidence from an interdisciplinary perspective**

Spindler, H., 2007, Århus: Department of Psychology, University of Aarhus. 244 s.

### **The impact of different diagnostic criteria on PTSD prevalence: A comparison of PTSD prevalence using the DSM-IV and ICD-10 PTSD-criteria on a population of 242 Danish social work students**

O'Connor, M., Lasgaard, M., Spindler, H. & Elklit, A., 2007, I: *Nordic Psychology*. 59, 4, s. 317-331 15 s.

### **Post traumatic stress disorder in the wake of heart disease: Prevalence, risk factors, and future research directions**

Spindler, H. & Pedersen, S. S., 2005, I: *Shinryo Naika*. 67, s. 715-723 9 s.

### **Dissociation, psychiatric symptoms, and personality traits in a non-clinical population**

Spindler, H. & Elklit, A., 2003, I: *Journal of Trauma & Dissociation*. 4, 2, s. 89-108 20 s.