

**Tara Ballav Adhikari**, *MSc.PH, PhD*

Address: Bartholins Alle 2, Aarhus C, Denmark

Date of Birth: March 04, 1992

Email: [tba@ph.au.dk](mailto:tba@ph.au.dk) • M: +45-71478281

LinkedIn: <http://www.linkedin.com/in/taraballav>

PURE Profile: <https://pure.au.dk/portal/en/persons/tba@ph.au.dk>



---

## PERSONAL STATEMENT

With over a decade of experience, I am a dedicated and aspiring public health professional in the domain of global health and non-communicable diseases (NCDs). Currently, I am a postdoctoral researcher in global health and NCDs epidemiology at the Department of Public Health at Aarhus University, Denmark. Additionally, I serve as the scientific coordinator for the Big Data Centre for Environment and Health at the same institution. My PhD training involved designing, implementing, and evaluating a cluster randomized controlled trial focusing on community-based interventions for preventing and managing Chronic Obstructive Pulmonary Disease in Nepal. I am passionate about evidence-informed public health practice and policymaking, with a primary research interest in NCDs. Specifically, my research focuses on chronic respiratory diseases, cardiovascular diseases, and mental health, emphasizing environmental and behavioural epidemiology. Notably, I am interested in developing and implementing readily uptakeable and sustainable solutions/interventions to enhance the health and well-being of individuals living in resource-limited settings. I am eager to contribute on educating and training the next generation of health professionals.

---

## EDUCATION AND TRAINING

### PhD in Public Health

Sep 2018- Aug 2022

Department of Public Health, Aarhus University, Aarhus, Denmark

Dissertation: *Community-based Management of Chronic Obstructive Pulmonary Disease in Nepal: A Cluster Randomized Controlled Trial.*

- Selected to be on the Dean's List as the finalist for Aarhus University Research Funds Best Ph.D. Awards 2023.

### Master of Science in Public Health

Sep 2015- July 2017

University of Southern Denmark, Esbjerg, Denmark

Thesis: *Correlates of mistimed and unwanted pregnancy among women in the Democratic Republic of Congo: A Further Analysis of Demographic and Health Survey.*

### Bachelor Degree in Public Health

Dec 2010- Dec 2013

Institute of Medicine, Tribhuvan University (TU), Nepal

Thesis: *An exploratory study on Adolescent Friendly Health Services uptake in Dolkha district of Central Nepal.*

---

## PROFESSIONAL EXPERIENCE

### Postdoctoral Researcher

Nov 2022 – Present

Department of Public Health - Institute of Environmental and Occupational Medicine, Aarhus University - Aarhus, Denmark

- Conducting research in global health and Noncommunicable disease epidemiology.

### Scientific Coordinator

May 2022 – Present

**Danish Big Data Center for Environment and Health, Aarhus University** - Aarhus, Denmark

- Managing the Scientific program of the BERTHA centre and coordinating the PhDs and Postdocs in the centre from the faculty of health, engineering, and business study.

### Research Assistant

Feb 2021 – May 2022

**Department of Public Health, Aarhus University** - Aarhus, Denmark

- Contributed to research activities related to respiratory disease and global health- focused on projects on COVID-19 and indoor climate.

### Founder

Dec 2018 – Present

**Healthy Lungs Nepal**- Kathmandu Nepal

- Launched a national campaign promoting Lung Health in Nepal through research, programs, and policy advocacy in Nepal.

- Founding Chairman** March 2019 – Present  
**NCD Watch Nepal- Kathmandu Nepal**
- Leading the national initiative to promote evidence-informed policymaking and public awareness of non-communicable diseases (NCDs) in Nepal.
  - Publishing monthly research roundups of NCD research publications from Nepal for the last 4 years.
- Global Burden of Disease Collaborators** Jan 2018 – Current  
**Global Burden of Disease Study - Washington, USA**
- Responsible for advocacy and policy generation, recommendations, and evaluation to make an international voice for health literacy and raise awareness worldwide.
- Member of Standing Committee on Policy and Advocacy** Jul 2018 – Oct 2021  
**International Health Literacy Association (IHLA)- Boston, USA**
- Responsible for advocacy and policy generation, recommendations, and evaluation to make an international voice for health literacy and raise awareness worldwide.
- Project Leader** August 2018 – Present  
**COBIN Project, Nepal Development Society- Chitwan, Nepal**
- Steered COBIN project on Chronic Obstructive Pulmonary Disease prevention and management in a semi-urban community of western Nepal.
- World Health Organization Watch Team Member.** Nov 2016 – Nov 2018  
**People's Health Movement WHO Watch, Geneva, Switzerland**
- Participated in WHO bodies' meetings, making statements to the Executive Body and Assembly.
- Global Country Representatives Coordinator.** March 2016 – Sep 2018  
**Healthcare Information for All (HIFA)-Global Healthcare Information Network, Oxford, UK**
- Coordinated and supported HIFA Country Representatives' activities aimed at improving global healthcare information availability.
- Research Assistant** March 2016 – Sept 2016  
**University of Southern Denmark - Esbjerg, Denmark**
- Assisted final report writing on Research into Policy to Enhance Physical Activity, a 5-year project funded by the European Commission, and compiled project dissemination activities.
- Program Assistant** May 2015 – August 2015  
**International Medical Corps (IMC) – Kathmandu, Nepal**
- Conducted research on compiling earthquake emergency response needs information on adolescent and youth health.
- Project Coordinator** Jan 2015 – May 2015  
**Association of Youth Organization Nepal - Kathmandu, Nepal**
- Led adolescent and youth sexual and reproductive health awareness and advocacy projects in partnership with Oxfam International.
- Youth Sub-committee Member** May 2014 – Jun 2016  
**United Nations 65<sup>th</sup> and 66<sup>th</sup> DPI/NGO conference- New York, USA**
- Worked with youth to encourage active participation and inclusion of youth issues in conferences.

**Research Assistant**

Dec 2013 – June 2014

**Institute of Medicine, Department of Public Health, TU - Kathmandu, Nepal**

- Assisted in research tools development and coordinated fieldwork for a PhD research project: effects of pesticides on newborn and women's health in Nepal.

**Youth Advocate**

Feb 2013 – Dec 2013

**Youth Activist Leadership Council, YUWA- Kathmandu, Nepal**

- As a youth advocate of the council- advocated nationally and internationally for improved sexual and reproductive health policies and meaningful youth participation.

**Steering Committee Member**

Aug 2012 - Jan 2024

**Healthcare Information for All (HIFA)-Global Healthcare Information Network, Oxford, UK**

- Responsible for providing technical guidance on implementing HIFA activities toward improving the availability and use of reliable healthcare information globally.

**Focal Point In-charge**

Feb 2013 – Dec 2013

**People's Health Movement Nepal Students' Circle- Kathmandu, Nepal**

- Initiated and led the students and youth group advocating health for all movements in Nepal affiliated with the People's Health Movement Global- a global movement on realizing the Alma Atta Declaration.

**Vice President**

Sep 2012 – Sep 2013

**Nepal Public Health Student's Society- Kathmandu, Nepal**

- Served as elected vice president of Nepal Public Health Students' Society, promoting and advocating the rights and welfare of public health students in Nepal.

**TEACHING EXPERIENCE****Biostatistics Instructor**

Fall 2016

- Instructing Biostatistics Module for MSc Public Health, University of Southern Denmark, Denmark

**Epidemiology Instructor**

Spring 2017

- Instructing Epidemiology for MSc Public Health Module, University of Southern Denmark, Denmark

**Instructor of Global Health**

Fall 2020

- Lecturing Intervention Designing in Global Health for BSc Public Health Module, Aarhus University, Denmark

**Lecturer of Environment Health**

Spring 2022

- Lecturing Environment health and disease epidemiology module for Master Degree in Medicine Student, Aarhus University, Denmark

**Thesis Module Lecturer**

Spring 2023

- Lecturing and supervising BSc Public Health Student Thesis Module, Aarhus University, Denmark

**Lecturer of Global Health**

Spring 2024

- Lecturing Global Health Governance Module for Master Degree in Medicine Student, Aarhus University, Denmark

**Thesis Module Lecturer**

Spring 2024

- Lecturing and supervising BSc Public Health Student Thesis Module, Aarhus University, Denmark

**SUPERVISION**

- Supervised 8 Master Thesis students in Medicine and Public Health from the following universities:
  - Aarhus University, Aarhus, Denmark
  - University of Southern Denmark, Odense, Denmark

3. University UMIT Tyrol, Austria
  4. Tribhuwan University, Kathmandu, Nepal
- Supervised 13 Bachelor Thesis students in Medicine and Public Health from the following universities:
    1. Aarhus University, Aarhus, Denmark
    2. Tribhuwan University, Kathmandu, Nepal

## GRANTS and AWARDS

---

- 1. Co-Investigator** 2024-ongoing  
*-Project ResilienceNCD: Promoting Resilience and Outreach for Treatment and Emergency Care of Non-Communicable Diseases in Nepal*  
- by the Novo Nordisk Foundation, Denmark.
- 2. Principal Investigator** 2024-ongoing  
*-Understanding the barriers to accessing early warning messages for people living with NCDs during disaster in Nepal*  
- by the Global Disaster Preparedness Center (GDPC), USA
- 3. Principal Investigator** 2020-2022  
*-Healthy Lungs for Life Nepal implementation project*  
- by the European Lung Foundation, UK
- 4. Principal Investigator** 2020-2022  
*-Community-based management of chronic obstructive pulmonary disease in Nepal*  
-by the Indevlop Development Foundation, Sweden
- 5. Principal Investigator** 2019-2020  
*- Prevalence of Cardiovascular risk factors among the adult population in a rural municipality of Lumbini Province, Nepal*  
- Provincial Research Grant 2020 by Nepal Health Research Council
- 6. Principal Investigator** 2019-2021  
*- Designing interventions for community-based management of COPD*  
- Research Grant 2019 by Nepalmed, Germany
- 7. Principal Recipient** 2018-2022  
-Aarhus University PhD Fellowship, by Aarhus University, Denmark
- 8. Principal Recipient** 2018-2019  
-Aarhus University Foundation International Mobility Grant Aarhus University, Denmark
- 9. Principal Recipient** 2015-2017  
-Danish Government Master Degree Scholarship, by Government of Denmark, Denmark
- 10. Recognition** 2014  
-Top Four Finalists of Young Leaders Under 30 - 2014 by Health Systems Global
- 11. Award** 2012  
-HIFA Country Representative of The Year 2012 by HIFA Steering Group, Oxford, UK
- 12. Principal Recipient** 2010-2013  
-Tribhuvan University Merit Based Scholarship 2010-2013 by the Government of Nepal

## PUBLICATIONS

---

### Peer-Reviewed Publications

I have contributed as an author to over 45+ scientific publications in international peer-reviewed journals within the past six years. Profile at Aarhus University website, including publications record: <https://pure.au.dk/portal/en/tba@ph.au.dk>, *h-index: 21*. Pubmed Bibliography: [My Bibliography - NCBI \(nih.gov\)](#); ORCID: 0000-0002-7654-548.  
(\* denotes current/former mentee/student)

1. Adhikari, P., Paudel, P., Bhusal, S., Gautam, K., KC., P., Khanal, P., Shrestha, S.M., Adhikari, T.B., Shrestha, R. (2024). Health literacy and its determinants among school-going children: A school based cross sectional study in Nepal. *Health Promotion International* (Accepted for Publication)
2. Poudel, B.\*, Paudel, K.\*, Adhikari, B., Paudel, R., Bhusal, S.\*, Adhikari, N., **Adhikari, T. B.**, Sapkota, V. P., Shrestha, R. (2024). Prevalence of common risk factors of major noncommunicable diseases among sexual and gender minorities in Kathmandu valley, Nepal. *Medicine*, 103(14), e37746. <https://doi.org/10.1097/MD.00000000000037746>
3. Arnbjerg, C.J., **Adhikari, T.B.**, Musoni-Rwililiza, E., Kallestrup, P. (2024). The twin model: Decolonizing research and changing the knowledge transfer through balanced, equitable collaborations. *The BMJ*, 384, q525. <https://doi.org/10.1136/bmj.q525>
4. Rijal, A., **Adhikari, T. B.**, Dhakal, S., Maagaard, M., Piri, R., Nielsen, E. E., Neupane, D., Jakobsen, J. C., & Olsen, M. H. (2024). Effect of exercise on functional capacity and body weight for people with hypertension, type 2 diabetes, or cardiovascular disease: a systematic review with meta-analysis and trial sequential analysis. *BMC Sports Science, Medicine & Rehabilitation*, 16(1), 38. <https://doi.org/10.1186/s13102-024-00829-1>
5. **Adhikari, T. B.**, Sigsgaard, T., Kallestrup, P., & Kurmi, O. (2024). Reshaping the fabric of health: a call for improving the respiratory health of textile workers in low- and middle-income countries. *The European Respiratory Journal*, 63(1). <https://doi.org/10.1183/13993003.01803-2023>
6. Rijal, A., **Adhikari, T. B.**, Dhakal, S., Maagaard, M., Piri, R., Nielsen, E. E., Neupane, D., Jakobsen, J. C., & Olsen, M. H. (2024). Effects of adding exercise to usual care on blood pressure in patients with hypertension, type 2 diabetes, or cardiovascular disease: a systematic review with meta-analysis and trial sequential analysis. *Journal of Hypertension*, 42(1), 10-22. <https://doi.org/10.1097/HJH.0000000000003589>
7. **Adhikari, T. B.**, Paudel, K.\*, Paudel, R., Bhusal, S.\*, Rijal, A., Högman, M., Neupane, D., Sigsgaard, T., & Kallestrup, P. (2023). Burden and risk factors of chronic respiratory diseases in Nepal, 1990-2019: An analysis of the global burden of diseases study. *Health science reports*, 6(2), e1091. <https://doi.org/10.1002/hsr2.1091>
8. Shah, S.\*, Paudel, K.\*, Bhattarai, A., Thapa, S., Bhusal, S.\*, Adhikari, Y. R., **Adhikari, T. B.**, Bhatta, N., Mandal, P., Sharma, P., Budha, B., Aryal, S., Das, S. K., & Pant, P. (2023). Association of vaccination status with the clinicobiochemical profile, hospital stay, and mortality in COVID-19: A case-control study. *Health Science Reports*, 6(9). <https://doi.org/10.1002/hsr2.1579>
9. Keynejad, R. C., Deraz, O., Ingenhoff, R., Eick, F., Njie, H., Graff, S., **Adhikari, T. B.**, Zajec, P., Mautner, M.-C., Salazar, A., Lichtwarck, H. O., Gaifém, F., Abera, H. H., Amare, H. H., Alemayehu, S. B., Mulushoa, A., & Grosse, P. (2023). Decoloniality in global health research: ten tasks for early career researchers. *BMJ Global Health*, 8(11), Article e014298. <https://doi.org/10.1136/bmjgh-2023-014298>
10. Rijal, A., Nielsen, E. E., **Adhikari, T. B.**, Dhakal, S., Maagaard, M., Piri, R., Neupane, D., Gæde, P. H., Olsen, M. H., & Jakobsen, J. C. (2023). Effects of adding exercise to usual care in patients with either hypertension, type 2 diabetes or cardiovascular disease: a systematic review with meta-analysis and trial sequential analysis. *British Journal of Sports Medicine*, 57(14), 930-939. <https://doi.org/10.1136/bjsports-2022-106002>
11. Acharya, P., Adhikari, S., & **Adhikari, T. B.** (2023). Mother's perception of size at birth is a weak predictor of low birth weight: Evidence from Nepal Demographic and Health Survey. *PLOS ONE*, 18(1). <https://doi.org/10.1371/journal.pone.0280788>
12. Shrestha, R.\*, Pahari, D. P., Adhikari, S., Khatri, B., Majhi, S., **Adhikari, T. B.**, Neupane, D., Kallestrup, P., & Vaidya, A. (2023). Physical activity and its correlates among school teachers in a semi-urban district of Nepal. *PLOS Global Public Health*, 3(10). <https://doi.org/10.1371/journal.pgph.0002000>

13. Rijal, D.\*, Paudel, K.\*, **Adhikari, T. B.**, & Bhurtyal, A. (2023). Stress and coping strategies among higher secondary and undergraduate students during COVID-19 pandemic in Nepal. *PLOS Global Public Health*, 3(2). <https://doi.org/10.1371/journal.pgph.0001533>
14. Shah, S.\*, Adhikari, S., Aryal, S., **Adhikari, T. B.**, Sah, S. K., Paudel, B. S., & Pradhan, P. M. S. (2022). Anxiety and Depression among Hypertensive Adults in Tertiary Care Hospitals of Nepal. *Psychiatry Journal*, 2022. <https://doi.org/10.1155/2022/1098625>
15. **Adhikari, T. B.**, Gyawali, B., Rijal, A., Sapkota, A., Högman, M., Karki, A., Sigsgaard, T., Neupane, D., & Kallestrup, P. (2022). Community-based management of chronic obstructive pulmonary disease in Nepal: Designing and implementing a training program for Female Community Health Volunteers. *PLOS Global Public Health*, 2(3), 1-13. <https://doi.org/10.1371/journal.pgph.0000253>
16. Das, A., Shah, S.\*, **Adhikari, T. B.**, Paudel, B. S., Sah, S. K., Das, R. K., Shah, C. P., & Adhikari, P. G. (2022). Computer vision syndrome, musculoskeletal, and stress-related problems among visual display terminal users in Nepal. *PLOS ONE*, 17(7). <https://doi.org/10.1371/journal.pone.0268356>
17. Giri, L. M.\*, Paudel, K.\*, Bhusal, S.\*, **Adhikari, T. B.**, & Gulis, G. (2022). Perceived stress, stigma, and social support among Nepali health care workers during COVID-19 pandemic: A cross-sectional web-based survey. *PLOS Global Public Health*, 2(5), 114. <https://doi.org/10.1371/journal.pgph.0000458>
18. Shah, S.\*, Bhattarai, S. R., Basnet, K., Adhikari, Y. R., **Adhikari, T. B.**, Bhatta, N., Chamlagain, R., Aryal, S., Sah, S. K., Bhandari, G., Bhandari, B., Poudel, S., Pant, P., & Das, S. K. (2022). Post-COVID syndrome: A prospective study in a tertiary hospital of Nepal. *PLOS ONE*, 17(8). <https://doi.org/10.1371/journal.pone.0272636>
19. Paudel, K.\*, **Adhikari, T. B.**, Khanal, P., Bhatta, R., Paudel, R., Bhusal, S.\*, & Basel, P. (2022). Sleep quality and its correlates among undergraduate medical students in Nepal: A cross-sectional study. *PLOS Global Public Health*, 2(2). <https://doi.org/10.1371/journal.pgph.0000012>
20. Chand, B., Bhusal, S.\*, Pradhan, P. M. S., Paudel, K.\*, Adhikari, N., **Adhikari, T. B.**, Shrestha, S. M., & A. Al-Khatib, I. (Ed.) (2022). Tobacco Use and Its Associated Factors among Undergraduate Public Health Students in Kathmandu Valley, Nepal. *Journal of Environmental and Public Health*, 2022. <https://doi.org/10.1155/2022/1495779>
21. **Adhikari, T. B.**, Neupane, D., Karki, A., Drews, A., Cooper, B., Högman, M., Sigsgaard, T., & Kallestrup, P. (2021). Community-based intervention for prevention and management of chronic obstructive pulmonary disease in Nepal (COBIN-P trial): study protocol for a cluster-randomized controlled trial. *Trials*, 22. <https://doi.org/10.1186/s13063-021-05447-7>
22. Bhusal, S.\*, Paudel, R., Gaihre, M., Paudel, K.\*, **Adhikari, T. B.**, & Singh, P. M. (2021). Health literacy and associated factors among undergraduates: A university-based cross-sectional study in Nepal. *PLOS Global Public Health*, 1(11). <https://doi.org/10.1371/journal.pgph.0000016>
23. **Adhikari, T. B.**, Rijal, A., Acharya, P., Högman, M., Karki, A., Drews, A., Cooper, B. G., Sigsgaard, T., Neupane, D., & Kallestrup, P. (2021). Health-Related Quality of Life of People Living with COPD in a Semiurban Area of Western Nepal: A Community-Based Study. *C O P D*, 18(3), 349-356. <https://doi.org/10.1080/15412555.2021.1920903>
24. Bhattarai, H., McLachlan, C. S., Khanal, P., **Adhikari, T. B.**, Ranabhat, K., Koirala, S., Parajuli, S. B., Pokharel, Y., Paudel, S., Soti, P. B., Subedi, B., Wagle, C. N., Mahato, S., Pandey, G., Gyawali, P., Pandey, S., Gyawali, V., Devkota, S., Lohani, G. R., ... Neupane, D. (2021). May Measurement Month 2019: an analysis of blood pressure screening results from Nepal. *European Heart Journal Supplements*, 23(Suppl. B), B110-B113. <https://doi.org/10.1093/eurheartj/suab042>
25. Sapkota, A., Neupane, D., Shrestha, A. D., **Adhikari, T. B.**, McLachlan, C. S., & Shrestha, N. (2021). Prevalence and associated factors of hypertension among veterans of the Indian Gorkha regiments living in Pokhara Metropolitan City,

26. Global Burden Disease Health Financing Collaborators (**Adhikari, TB** member) (2021). Tracking development assistance for health and for COVID-19: a review of development assistance, government, out-of-pocket, and other private spending on health for 204 countries and territories, 1990-2050. *Lancet*, 398(10308), 1317-1343. [https://doi.org/10.1016/S0140-6736\(21\)01258-7](https://doi.org/10.1016/S0140-6736(21)01258-7)
27. Bhattarai, K., Karkee, R., Ghimire, A., Pyakurel, P., Sharma, P. P., **Adhikari, T. B.**, & Shrestha, R. (2020). A Qualitative Study to Explore Adolescent Girls Belief on Menstruation and Health Seeking Behavior. *Biomedical Sciences*, 6(2), 31-37. <https://doi.org/10.11648/j.bs.20200602.13>
28. **Adhikari, T. B.**, Acharya, P., Rijal, A., Mapatano, M. A., & Aro, A. R. (2020). Correlates of mistimed and unwanted pregnancy among women in the Democratic Republic of Congo. *Journal of Biosocial Science*, 52(3), 382-399. <https://doi.org/10.1017/S0021932019000518>
29. Local Burden of Disease WaSH Collaborators (**Adhikari, TB** member) (2020). Mapping geographical inequalities in access to drinking water and sanitation facilities in low-income and middle-income countries, 2000–17. *The Lancet Global Health*, 8(9), e1162-e1185. [https://doi.org/10.1016/S2214-109X\(20\)30278-3](https://doi.org/10.1016/S2214-109X(20)30278-3)
30. **Adhikari, T. B.**, Bhattarai, H., Ranabhat, K., Khanal, P., Mishra, S. R., Koirala, S., Pandey, S., Devkota, S., Gairhe, M., Dhamala, B., Soti, P. B., Paudel, S., Lohani, G., Koirala, B., Beaney, T., Ster, A. C., Poulter, N. R., & Neupane, D. (2020). May Measurement Month 2018: an analysis of blood pressure screening results from Nepal. *European Heart Journal Supplements*, 22(Suppl H), H92-H95. <https://doi.org/10.1093/eurheartj/suaa037>
31. GBD Chronic Respiratory Disease Collaborators (**Adhikari, TB** member) (2020). Prevalence and attributable health burden of chronic respiratory diseases, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet Respiratory Medicine*, 8(6), 585-596. [https://doi.org/10.1016/S2213-2600\(20\)30105-3](https://doi.org/10.1016/S2213-2600(20)30105-3)
32. **Adhikari, T. B.**, Acharya, P., Högman, M., Neupane, D., Karki, A., Drews, A., Cooper, B. G., Sigsgaard, T., & Kallestrup, P. (2020). Prevalence of chronic obstructive pulmonary disease and its associated factors in Nepal: Findings from a Community-based Household Survey. *International Journal of Chronic Obstructive Pulmonary Disease*, 15, 2319-2331. <https://doi.org/10.2147/COPD.S268110>
33. **Adhikari, T. B.**, Rijal, A., Kallestrup, P., & Neupane, D. (2019). Alcohol consumption pattern in western Nepal: findings from the COBIN baseline survey. *BMC Psychiatry*, 19(1), Article 283. <https://doi.org/10.1186/s12888-019-2264-7>
34. GBD 2017 Child and Adolescent Health Collaborators (**Adhikari, TB** member) (2019). Diseases, Injuries, and Risk Factors in Child and Adolescent Health, 1990 to 2017 Findings From the Global Burden of Diseases, Injuries, and Risk Factors 2017 Study. *JAMA Pediatrics*, 173(6), Article e190337. <https://doi.org/10.1001/jamapediatrics.2019.0337>
35. Ghimire, K., **Adhikari, T. B.**, Rijal, A., Kallestrup, P., Henry, M. E., & Neupane, D. (2019). Knowledge, attitudes, and practices related to salt consumption in Nepal: Findings from the community-based management of non-communicable diseases project in Nepal (COBIN). *Journal of Clinical Hypertension*, 21(6), 739-748. <https://doi.org/10.1111/jch.13544>
36. Bygvraa, D. A., **Adhikari, T. B.**, Charalambous, G., & Jensen, O. C. (2019). Maritime doctors' skills and competencies: A review for policy analysis. *Maritime Technology and Research (MTR)*, 2(1), 40-51. <https://doi.org/10.33175/mtr.2020.206375>
37. MMM Investigators (**Adhikari, TB** member) (2019). May Measurement Month 2018: a pragmatic global screening campaign to raise awareness of blood pressure by the International Society of Hypertension. *European Heart Journal*, 40(25), 2006-2017. <https://doi.org/10.1093/eurheartj/ehz300>



38. GBD 2017 Influenza Collaborators (**Adhikari, TB** member) (2019). Mortality, morbidity, and hospitalisations due to influenza lower respiratory tract infections, 2017: an analysis for the Global Burden of Disease Study 2017. *The Lancet Respiratory Medicine*, 7(1), 69-89. [https://doi.org/10.1016/S2213-2600\(18\)30496-X](https://doi.org/10.1016/S2213-2600(18)30496-X)
39. GBD 2016 Alcohol Collaborators (**Adhikari, TB** member) (2018). Alcohol use and burden for 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *The Lancet*, 392(10152), 1015-1035. [https://doi.org/10.1016/S0140-6736\(18\)31310-2](https://doi.org/10.1016/S0140-6736(18)31310-2)
40. **Adhikari, T. B.**, Neupane, D., & Kallestrup, P. (2018). Burden of COPD in Nepal. *International Journal of Chronic Obstructive Pulmonary Disease*, 13, 583-589. <https://doi.org/10.2147/COPD.S154319>
41. **Adhikari, T. B.**, & Rijal, A. (2018). E-mental health - An untapped opportunity in Nepal. *Asian Journal of Psychiatry*, 38, 25-26. <https://doi.org/10.1016/j.ajp.2018.10.021>
42. GBD 2016 Lower Respiratory Infections Collaborators (**Adhikari, TB** member) (2018). Estimates of the global, regional, and national morbidity, mortality, and aetiologies of lower respiratory infections in 195 countries, 1990-2016 a systematic analysis for the Global Burden of Disease Study 2016. *Lancet Infectious Diseases*, 18(11), 1191-1210. [https://doi.org/10.1016/S1473-3099\(18\)30310-4](https://doi.org/10.1016/S1473-3099(18)30310-4)
43. GBD 2017 Mortality Collaborators (**Adhikari, TB** member) (2018). Global, regional, and national age-sex-specific mortality and life expectancy, 1950–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 392(10159), 1684-1735. [https://doi.org/10.1016/S0140-6736\(18\)31891-9](https://doi.org/10.1016/S0140-6736(18)31891-9)
44. GBD 2016 Healthcare Access and Quality Collaborators (**Adhikari, TB** member) (2018). Measuring performance on the Healthcare Access and Quality Index for 195 countries and territories and selected subnational locations: a systematic analysis from the Global Burden of Disease Study 2016. *Lancet*, 391(10136), 2236-2271. [https://doi.org/10.1016/S0140-6736\(18\)30994-2](https://doi.org/10.1016/S0140-6736(18)30994-2)
45. GBD 2017 SDG Collaborators (**Adhikari, TB** member) (2018). Measuring progress from 1990 to 2017 and projecting attainment to 2030 of the health-related Sustainable Development Goals for 195 countries and territories: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 392(10159), 2091-2138. [https://doi.org/10.1016/S0140-6736\(18\)32281-5](https://doi.org/10.1016/S0140-6736(18)32281-5)
46. GBD 2017 Population and Fertility Collaborators (**Adhikari, TB** member) (2018). Population and fertility by age and sex for 195 countries and territories, 1950–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 392(10159), 1995-2051. [https://doi.org/10.1016/S0140-6736\(18\)32278-5](https://doi.org/10.1016/S0140-6736(18)32278-5)
47. Global Burden of Disease Health Financing Collaborator (**Adhikari, TB** member) (2018). Spending on health and HIV/AIDS: domestic health spending and development assistance in 188 countries, 1995-2015. *The Lancet*, 391(10132), 1799-1829. [https://doi.org/10.1016/S0140-6736\(18\)30698-6](https://doi.org/10.1016/S0140-6736(18)30698-6)
48. Rijal, A., **Adhikari, T. B.**, Khan, J. A. M., & Berg-Beckhoff, G. (2018). The economic impact of non-communicable diseases among households in South Asia and their coping strategy: A systematic review. *PLOS ONE*, 13(11), e0205745. Article e0205745. <https://doi.org/10.1371/journal.pone.0205745>
49. Acharya, P., **Adhikari, T. B.**, Neupane, D., Thapa, K., & Bhandari, P. M. (2017). Correlates of institutional deliveries among teenage and non-teenage mothers in Nepal. *PLOS ONE*, 12(10), e0185667. <https://doi.org/10.1371/journal.pone.0185667>
50. Rijal, A., **Adhikari, T. B.**, & Aro, A. R. (2016). Ethical perspectives on combating sex trafficking in Nepal. *Medicolegal and Bioethics-Dove Press*, 6, 3-7. <https://doi.org/10.2147/MB.S111877>
51. Adhikari, S., Paudel, K., Aro, A. R., **Adhikari, T. B.**, Adhikari, B., & Mishra, S. R. (2016). Knowledge, attitude and practice of healthcare ethics among resident doctors and ward nurses from a resource poor setting, Nepal. *BMC Medical Ethics*, 17(1), 68. Article 68. <https://doi.org/10.1186/s12910-016-0154-9>



**Manuscripts (Under Review and Preparation)**

1. Shrestha, R., **Adhikari, T.B.**, Khatri, B., Neupane D., Paudel, S., Nielsen R.Ø., Vaidya, A., Kallestrup, P. (*In preparation*). Community-based promotion of physical activity in Nepal: a cluster-randomized controlled trial.
2. Gautam, L., Thapa, M., Pokhrel, P., Bhusal S., Paudel, K, **Adhikari, T.B.** (2024, Under Review). Prevalence and factors associated with overweight and obesity among Nepalese Adolescent.
3. **Adhikari, T.B.**, Neupane, D., Rijal, A., Cooper, B.G., Högman, M., Karki, A., Sigsgaard, T., Kallestrup, P. (2024, *under review*). Effectiveness of female community health volunteers-led interventions in Chronic Obstructive Pulmonary Disease management in Nepal: an open-label, cluster-randomized trial.
4. **Adhikari, T.B.**, Paudel, K.\* , Rijal A, Bhusal, S.\* , Hogmann M., Sigsgaard. S., Neupane. D., Kallestrup. P., (2024, *In Preparation*). Prevalence and correlates of Chronic Cough in Nepali adult population: a result from community-based household survey.
5. Arnbjerg, C.J., **Adhikari, T.B.**, Musoni-Rwililiza, E., Kallestrup, P. (2024, Under Review). The twin model: Decolonizing research and changing the knowledge transfer through balanced, equitable collaborations. *The BMJ*
6. Rijal, A., **Adhikari, T.B.**, Dhakal, S., Maagaard, M., Piri, R., Nielsen, E.E., Neupane, D., Jakobsen, J.C., Olsen, M.H. (2024, Under Review). Effects of adding exercise to usual care on functional capacity and body weight in people with hypertension, type 2 diabetes or cardiovascular disease: a systematic review with meta-analysis and trial sequential analysis. *BMC Sports Science, Medicine and Rehabilitation*.
7. Safikhany, A.F., Neupane, D., **Adhikari, T.B.**, Kallestrup, P., Patsche, C.B. (2024, *Under Review*). A cross-sectional study: Developing a mid-upper arm circumference-for-age reference curve for school children aged 6-18y from Kaski District, Nepal. *The Journal of Nutrition*
8. Nguyen, V.T., Makram, A.M., Nguyen, T.M.D., Makram, O.M., Nam, N.H., Nguyen, Q.K., Le, T.T.T., Tiwari, R., Coriolan, R.J., Ansar, F., Eltaybani, S., Marušić, A., Waure, C.D., Vermeulen, J., To, K.G., Verra, M., Karamouzian, M., Salminen, S., Tran, U., Geldsetzer, P., Siddiqui, A., Villanueva-Cabezas, J.P., Sherman, M., Saravanan, P., Nair, R.C., Singal, A., Oshima, T., Assayag, D., **Adhikari, T.B.**, de Waal, G.H., Mcinnes, M., Tantawi, M.E., Stripp, T., Havshøj, U., Andersen, R.D., Karbwang, J., Guallar, E., Huy, N.T. (2024, *Under Review*) A Checklist for Reporting of Survey and Clinical Non-Interventional Studies Protocols (SNIP): A Delphi Methods Study. *Journal of General Internal Medicine*
9. **Gatter. C.\***, Rijal A, Hogmann M., Sigsgaard. S., Neupane. D., Kallestrup. P., **Adhikari, T.B.** (2024, *In Preparation*). Prevalence of breathlessness and factors associated with breathlessness among adult population in a semi-urban area of western Nepal.
10. Poudel, B., Paudel, K.\* , Adhikari, B., Paudel, R., Chaulagain, A., Bhusal, S.\* , Adhikari, N., **Adhikari, T.B.**, Sapkota, V.P., & Shrestha, R. (2024, *Under Review*). Prevalence of common risk factors of major non-communicable diseases among sexual and gender minorities in Kathmandu valley, Nepal. *Medicine*.
11. Paudel, K.\* , Gautam, K., Sharma, M., Wickersham, J., **Adhikari, T.B.**, Ha, T., & Shrestha, R. (2024, *Under Review*). Prevalence and determinants of excessive daytime sleepiness among men who have sex with men in Nepal: A cross-sectional study. *PLOS Mental Health*.
12. Paudel, K.\* , Gautam, K., Wickersham, J. A, Bhusal, S\* , **Adhikari, T.B.**, & Shrestha, R. (2024, *In Preparation*). Association of Sleep Quality, Smart Phone Addiction and Depressive Symptoms Among the Undergraduate Medical Students of Low Resource Setting Country Nepal: A Cross-sectional study.
13. Ghimire, S., **Adhikari, T.B.** (2024, Under Review). The effectiveness of Gatekeeper training on suicide prevention among health workers: A Case of Pokhara Metropolitan City, Kaski, Nepal.

1. Inagaki, Y., Koilala, S., Bhattarai, H., Mishra, S. R., **Adhikari, T. B.**, Khanal, P., Acharya, P., McLachlan, C., Poulter, N. R., Koilala, B., Oslan, M. H., & Neupane, D. (2023). May Measurement Month in Nepal: five-year comparison of blood pressure screening results in 2017 - 2021. *Journal of Hypertension*, 41(Suppl 1). <https://doi.org/10.1097/01.hjh.0000913212.13912.8f>
2. Paudel, K., **Adhikari, T. B.**, Rijal, D., Kalauni, B. R., Aryal, B., Paudel, R., Gaihre, M., & Devkota, S. (2022). A descriptive cross-sectional study on prevalence of respiratory diseases among patients visiting Jiri District Hospital, Nepal. *European Respiratory Journal*, 60(Suppl. 66), 149. <https://doi.org/10.1183/13993003.congress-2022.149>
3. **Adhikari TB, et al.** (2023) Community-based management of non-communicable disease in Nepal (COBIN)- an approach on achieving SDG3 in Nepal. Matchpoints Conference, May 11-13, 2023.
4. **Adhikari TB, Neupane D, et al.** (2022) Community-based management of non-communicable disease in Nepal (COBIN): center of excellence in community-based NCD research. Danish Cardiovascular Academy Winter Meeting, March 27-30, 2022.
5. **Adhikari TB, Hogmann M, et al.** (2021). Prevalence and risk factors of chronic cough among adult in Nepal: results from a community-based study (COBIN-P). European Respiratory Society International Congress 2021, 5-8 Sep 2021.
6. **Adhikari TB, Acharya P, Högmänn M. et al.** Validation of COPD Population Screener in Nepal. *10th IPCRG World Conference. 6-8 May 2021.*
7. Neupane, D., Dhungana, R. R., Bhattarai, H., **Adhikari, T. B.**, Koirala, S., Khanal, P., Khatiwoda, S. R., Kallestrup, P., Koirala, B., Matsushita, K., Olsen, M. H., Poulter, N., & Appel, L. J. (2021). Antihypertensive drug therapy in Nepal: findings from May Measurement Months 2019. *Journal of Hypertension*, 39(e-Supplement 1), e376-e377. <https://doi.org/10.1097/01.hjh.0000748900.35324.26>
8. Paudel, K.\*, **Adhikari, T. B.**, & Basel, P. (2021). Magnitude of sleep quality and factor associated among undergraduate medical students in Nepal: a cross-sectional study. *Respirology*, 26(S3), 407-407. Article P10-23. [https://doi.org/10.1111/resp.14150\\_810](https://doi.org/10.1111/resp.14150_810)
9. Khanal, P., Bhattarai, H. K., Ranabhat, K., **Adhikari, T. B.**, Koirala, S., Parajuli, S., Pokharel, Y., Mishra, S. R., Shrestha, A. D., Paudel, S., Soti, P. B., Mahato, S., Pandey, G., Gyawali, P., Pandey, S., Devkota, S., Koirala, B., & Neupane, D. (2021). May Measurement Month 2019: an analysis of blood pressure screening results in Nepal. *Journal of Hypertension*, 39(e-Supplement 1), e125. <https://doi.org/10.1097/01.hjh.0000745720.55553.cf>
10. Sapkota, A., Neupane, D., **Adhikari, T. B.**, Shrestha, A. D., & Shrestha, N. (2021). Prevalence and associated factors of hypertension among retired Indian army in Pokhara Metropolitan. *Journal of Hypertension*, 39(Supplement 1), e269. <https://doi.org/10.1097/01.hjh.0000747528.70831.1b>
11. **Adhikari, T. B.**, Hogmann, M., Cooper, B., Rijal, A., Drews, A., Kark, A., Sigsgaard, T., Neupane, D., & Kallestrup, P. (2021). Prevalence and risk factors of chronic cough among adult in Nepal: results from a community-based study (COBIN-P): *European Respiratory Journal*, 58(suppl 65), Article PA3510. <https://doi.org/10.1183/13993003.congress-2021.PA3510>
12. **Adhikari, T. B.**, Karki, A., Cooper, B., Hogman, M., Drews, A., Sigsgaard, T., & Kallestrup, P. (2020). Motivations for Quitting Tobacco Smoking: Findings from Community-based Household Survey from Nepal. *Chest*, 157(6), 442A-442A. <https://doi.org/10.1016/j.chest.2020.05.500>
13. **Adhikari TB, Neupane D, Karki A, et al.** Community Based Management of Chronic Obstructive Pulmonary Disease In Nepal- a cluster randomized controlled trial. *6<sup>th</sup> IPCRG Scientific Meeting, Romania. 24-25 May 2019.*

14. Kamal, G., Rijal, A., **Adhikari, T. B.**, Kallestrup, P., & Neupane, D. (2018). Knowledge attitudes and practices related to salt consumption in Nepal: a secondary analysis of COBIN trial prevalence survey. *Journal of Hypertension. Supplement*, 36, e347. Article A18913. <https://doi.org/10.1097/01.hjh.0000549417.17777.f7>
15. **Adhikari, T. B.**, Rijal, A., Kallestrup, P., & Neupane, D. (2018). Men drink too much compared to women in western Nepal: findings from the COBIN baseline survey. *Journal of Hypertension. Supplement*, 36(e-Supplement 3), e343-e344. Article A18322. <https://doi.org/10.1097/01.hjh.0000549403.23134.bc>

---

## EDITORIAL ROLES

### Editorial Board Member at

- BMC Public Health (2018-2024)
- PLOS Global Public Health (2023-current)

---

## PEER REVIEW

- European Respiratory Journal
- American Journal of Respiratory and Critical Care Medicine
- Environment International
- Nature
- BMC Public Health
- PLOS Global Public Health
- International Journal of COPD
- Science of the Total Environment
- The Journal of Thoracic Disease
- Environment International
- Environmental Health Insights
- BMC Pulmonary Medicine

---

## MEMBERSHIP

- European Respiratory Society
- Nepal Respiratory Society
- American Thoracic Society
- Asia Pacific Respiratory Society

---

## INVITED TALK in CONFERENCE and SEMINARS

1. [Public Lecture Series: The Politics of Global Health, Circle U- European University Alliance](#), University of Belgrade, Belgrade, Serbia, October 11, 2023
2. [MatchPoints 2023 on Global Health Challenges and Solutions](#), Aarhus University, 11-13 May 2023, Aarhus, Denmark
3. [Circle U Summer School: Rethinking Global Health](#), Université Paris Cité, 4–8 July 2022, Paris, France
4. [DCAcademy Winter Meeting](#), Danish Cardiovascular Academy, March 27-30, 2022, Malaga, Spain
5. [Uppsala University Seminar](#), Uppsala University, October 26, 2021, Virtual
6. [European Respiratory Society International Congress 2021](#). European Respiratory Society. Sep 4-6, 2021, Virtual
7. [10th International Primary Respiratory Care Research Group \(IPCRG\) World Conference](#). May 6-8, 2021, Virtual
8. [European Respiratory Society International Congress 2020](#). European Respiratory Society. Sep 7-9, 2020, Virtual
9. [CHEST Congress 2020](#). CHEST. June 26, 2020, Virtual.
10. [Regional workshop on air pollution and health in Nepal and the Hindu Kush Himalayan Region](#). June 13-14, 2019, Kathmandu, Nepal.
11. [International Primary Respiratory Care Research Group \(IPCRG\) 6<sup>th</sup> Scientific Meeting](#). IPCRG. May 24-25, 2019, Bucharest, Romania.
12. [5<sup>th</sup> National Summit of the Health and Population Scientists in Nepal](#). Nepal Health Research Council. April 10-12, 2019, Kathmandu, Nepal.
13. WHO-140<sup>th</sup> Executive Body Meeting. World Health Organization. Jan 23 – Feb 1, 2017, Geneva, Switzerland.
14. People's Health Movement Assembly Europe. PHM Europe. Sep 3-6, 2016, London, United Kingdom.

15. HIFA Annual Strategic Meeting. HIFA. August 8-13, 2016, Oxford, United Kingdom
16. Women Deliver- 4<sup>th</sup> Global Conference. Women Deliver. 16-19 May 2016, Copenhagen, Denmark
17. Nagasaki University and Y-JOB exchange program. University of Nagasaki. 22 Nov-23 Dec 2014, Nagasaki, Japan.
18. Regional Youth Forum, 6<sup>th</sup> Asia Pacific Population Conference. ECOSOC UN. 14 -15 Sep 2013, Bangkok, Thailand.

#### **PRESS/MEDIA ACTIVITIES**

---

1. [Burden of chronic obstructive pulmonary disease in Nepal is dire](#). (2022). PhD research finding dissemination event was covered by **Nagariknews Daily** National Daily Newspaper, Nepal), Sep 11, 2022
2. [Scientists in Denmark — the top 100 on social media in 2022](#). (2022) Listed at number 44 among the top 100 scientists and researchers in Denmark on the social media impact index, Twili Index in 2021 by **MikeYoung Academy**.
3. [Scientists in Denmark — the top 100 on social media in 2021](#). (2021) Listed at number 44 among the top 100 scientists and researchers in Denmark on the social media impact index, Twili Index in 2021 by **MikeYoung Academy**.
4. [Scientists in Denmark – the top 100 on social media in 2020](#). (2020). Listed at number 39 among Denmark's top 100 scientists and researchers on the social media impact index, Twili Index in 2020 by **MikeYoung Academy**
5. [Fra Nepal til Danmark: 28-årige Tara vil redde verdens fattigste fra lungesygdomme](#). (2020). Featured in **DR Knowledge** (National Portal, Denmark), Oct 4, 2020.
6. [COVID-19 Pandemic in Nepal enters new phase - a way forward](#). (2020). Published a viewpoint in **Swasthyakhabar Patrika** (National Health News Online Portal, Nepal), Aug 14, 2020.
7. [Lockdown Diary | How big will be the COVID-19 pandemic in Nepal?](#) (2020). Interviewed by **Kantipur TV** (National TV, Nepal), June 8, 2020.
8. [Prevalence of COPD higher in men](#). (2019). Interviewed in **The Himalayan Times** (National Daily Newspaper, Nepal), Nov 29, 2019.
9. [Alcoholism – the seventh leading risk factors for premature deaths globally](#). (2019). Research featured by **Kantipur TV** (National TV, Nepal), Sep 17, 2019
10. [COPD exacerbating due to rise in air pollution](#). (2019). Interviewed in **myRepública** (National Daily Newspaper, Nepal), Aug 11, 2019.

#### **REFEREE**

---

1. Prof. Dr. Per Kallestrup  
Professor at Center for Global Health, Department of Public Health at Aarhus University, Aarhus, Denmark  
Email: [per.kallestrup@ph.au.dk](mailto:per.kallestrup@ph.au.dk)
2. Prof. Dr. Torben Sigsgaard  
Professor at Institute of Environmental and Occupational Medicine, Department of Public Health at Aarhus University, Aarhus, Denmark  
Email: [ts@ph.au.dk](mailto:ts@ph.au.dk)