

# Dorthe Dalstrup Pauls – CURRICULUM VITAE

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## Current position

- 2023: Postdoc. Steno Diabetes Center Aarhus, Aarhus University Hospital; Department of Clinical Medicine, Aarhus University.

## Formal education

- 2023: PhD entitled 'Childhood Obesity – Effect of Lifestyle Camp and Protein Intake on Body Composition, Eating Behavior and Quality of Life' from the Department of Clinical Medicine, Aarhus University, Denmark.
- 2018: Master of Science (MSc) in Sports Science and Health, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, SDU
- 2017: Dietary advisor - Specialized in Weight Loss, At Work School, Aarhus
- 2015: Bachelor in Physiotherapy (BSc), VIA University College, Aarhus

## Study/research at international universities

Associate professor Kajsa Järholm, Department of Psychology, Lund University, Sweden

## Prizes & awards

2025: Best flash talk and poster at the Food and Nutrition annual meeting, Aarhus University

2024: Best flash talk at the Food and Nutrition Network annual meeting, Aarhus University

## Evaluation of research

Reviewing manuscripts for the following scientific journals: British Journal of Nutrition; Human Nutrition and Dietetics; Journal of Human Nutrition and Dietetics; PLOS ONE; Appetite

## Academic teaching & lectures

- Teaching at a Ph.D. course (clinical and epidemiological aspects of nutrition and obesity) with the topic "*Does weight loss in children with obesity lead to disturbed eating*"
- Presenting at a conference held by Rådet for Sund Mad with the topic "*Current knowledge on associations between eating behavior and development of overweight and obesity among children*"
- Supervising several master thesis (MSc) students from Aarhus University
- Currently supervising one pre-PhD student

## Research groups & membership of scientific societies

- Danish National Center for Obesity
- Food and Nutrition network, Aarhus University, Denmark
- The Danish Association for the Study of Obesity (EASO)
- Danish Nutrition Society

## Research activities

- Participating and presenting at scientific conferences and annual meeting held by:
  - The Danish Association for the Study of Obesity
  - European Association for the Study of Obesity (EASO)
  - Scandinavian Society for the Study of Diabetes
  - Food and Nutrition Network, Aarhus University, Denmark

## Employment history

- 2020-2023: Ph.D. Student, Steno Diabetes Center Aarhus, Aarhus University Hospital; Department of Clinical Medicine, Aarhus University.

- 2019-2020 Research Assistant, Steno Diabetes Center Aarhus, Aarhus University Hospital
- 2019: Physiotherapist, FysioDanmark Randers
- 2017-2018: Student research assistant, Centre for Sports, Health and Civil Society (CISC), University of Southern Denmark, SDU
- 2015-2016: Physiotherapist, FysioDanmark Randers

## Summary of own research

My research centers on the physical and psychological factors that influence healthy weight development in children and adolescents, aiming to identify risk factors for obesity and non-communicable diseases such as diabetes. During my Ph.D., I examined the effects of dietary interventions, including a high-protein diet, during a 10-week multicomponent lifestyle camp (Julemærkehjem) on weight development, body composition, and metabolic health in children with overweight and obesity. Additionally, I assessed the overall short- and long-term (52-week) effects of the lifestyle camp on children's health, eating behaviors, disordered eating, and well-being. I am currently collecting three-year follow-up data on these participants. Moving forward, my research will continue to focus on children and adolescents, delving deeper into how diet, eating behavior, disordered eating, food preferences, and food reward contribute to the prevalence and progression of overweight and obesity, and how these factors influence weight loss, body composition, and metabolism.

## Scientific publications

H-index: 3 (Web of Science)

Number of publications: 9

1. Pauls DD, Clausen L, Bruun JM. Eating behavior profiles in children following a 10-week lifestyle camp due to overweight/obesity and low quality of life: A latent profile analysis on eating behavior. *Eat Behav.* 2025 Mar 24;57:101971. doi: 10.1016/j.eatbeh.2025.101971. Epub ahead of print.
2. Abild CB, Klein AK, Klindt T, Bruun JM, Dalstrup Pauls D. Dietitians' utilization, attitudes, and experiences towards low-energy diets and very low-energy diets in dietary treatment of obesity. *Int J Obes (Lond).* 2025 Apr 22. doi: 10.1038/s41366-025-01780-y. Epub ahead of print.
3. Jakobsen DD, Brader L, Bruun JM. Effect of a higher protein diet and lifestyle camp intervention on childhood obesity (The COPE study): results from a nonrandomized controlled trial with 52-weeks follow-up. *Eur J Nutr.* 2024 May 9. doi: 10.1007/s00394-024-03420-z. Epub ahead of print. PMID: 38724826.
4. Jakobsen DD, Järholm K, Brader L, Bruun JM. Long-term changes in eating-related problems and quality of life in children with overweight and obesity attending a 10-week lifestyle camp. *Obes Res Clin Pract.* 2024 May 4:S1871-403X(24)00041-3. doi: 10.1016/j.orcp.2024.04.002. Epub ahead of print. PMID: 38705820.
5. Aagaard I, Jakobsen DD, Bruun JM. Association between quality of life and emotional overeating - a cross-sectional study in Danish children attending a multicomponent lifestyle camp. *Eur J Pediatr.* 2023 Sep 30. doi: 10.1007/s00431-023-05206-7. Epub ahead of print. PMID: 37777600.
6. Orry S, Dalstrup Jakobsen D, Kristensen NM, Meldgaard Bruun J. Uric acid and sCD163 as biomarkers for metabolic dysfunction and MAFLD in children and adolescents with overweight and obesity. *J Pediatr Endocrinol Metab.* 2023 Jun 8. doi: 10.1515/jpem-2023-0228. Epub ahead of print. PMID: 37285233.
7. Jakobsen DD, Brader L, Bruun JM. Association between Food, Beverages and Overweight/Obesity in Children and Adolescents-A Systematic Review and Meta-Analysis of Observational Studies. *Nutrients.* 2023 Feb 2;15(3):764. doi: 10.3390/nu15030764. PMID: 36771470; PMCID: PMC9920526.
8. Jakobsen DD, Brader L, Bruun JM. Effects of foods, beverages and macronutrients on BMI z-score and body composition in children and adolescents: a systematic review and meta-analysis of randomized controlled trials. *Eur J Nutr.* 2022 Jul 29. doi: 10.1007/s00394-022-02966-0. Epub ahead of print. PMID: 35902429.
9. Jakobsen DD, Schipperijn J, Bruun JM. Can a Multicomponent-Overnight Camp Increase Physical Activity Among Danish Children? A Retrospective Cross-Sectional Study. *J Phys Act Health.* 2021;1-7. doi: 10.1123/jpah.2020-0101.

## **Additional publications**

1. Julemærkehjem: En Väg till Bättre Hälsa och Trivsel för Barn. The Swedish Association for Childhood Obesity's member magazine. December 2024.
2. Fagligt Selskab af Kliniske Diætister; Diætisten; Very Low Calorie Diets (VLCD) og Low Calorie Diet (LCD) som redskab til vægttab. Nr. 182. April 2023. 31 Årgang, s. 4.