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Ansættelse

Institut for Idræt og Biomekanik

SDU

Odense M

1. jul. 2024 → present

Lektor, forskningsleder

Forskningsenheden Fysisk Aktivitet og Sundhed i Arbejdslivet

SDU

Odense M

1. jul. 2024 → present

Publikationer

- Effect of a smartphone self-management digital support system for low-back pain (selfBACK) among workers with high physical work demands – secondary analysis of a randomized controlled trial**
Rasmussen, C. D. N., Sandal, L. F., Holtermann, A., Stochkendahl, M. J., Mork, P. J. & Søgaard, K., 12. sep. 2024, I: *Scandinavian Journal of Work, Environment & Health*. 43, 6, s. 526-539
- Cost-effectiveness analysis of app-delivered self-management support (selfBACK) in addition to usual care for people with low back pain in Denmark**
Kongstad, L. P., Øverås, C. K., Skovsgaard, C. V., Sandal, L. F., Hartvigsen, J., Søgaard, K., Mork, P. J. & Stochkendahl, M. J., 5. sep. 2024, I: *BMJ Open*. 14, 9, s. e086800
- Development and feasibility of a conceptual model for planning individualised physical exercise training (IPET) for older adults: a cross-sectional study**
Teljigovic, S., Dalager, T., Nielsen, N. O., Holm, L., Ejvang, M. B., Sjøgaard, G., Søgaard, K. & Sandal, L. F., 5. mar. 2024, I: *BMJ Open*. 14, 3, 11 s., e075726.
- Interest in mHealth Among Patients With Low Back Pain: Cross-Sectional Study**
Ipsen, J. A., Sandal, L. F., Chang, N. H. S., Schiøttz-Christensen, B., Søgaard, K. & Hansen, A., 12. feb. 2024, I: *JMIR Human Factors*. 11, 10 s., e48729.
- Do age, gender, and education modify the effectiveness of app-delivered and tailored self-management support among adults with low back pain? - Secondary analysis of the selfBACK randomised controlled trial**
Bardal, E. M., Sandal, L. F., Nilsen, T. I. L., Nicholl, B. I., Mork, P. J. & Søgaard, K., sep. 2023, I: *PLOS Digital Health*. 2, 9, e0000302.
- The Role of Pain Duration and Pain Intensity on the Effectiveness of App-Delivered Self-Management for Low Back Pain (selfBACK): Secondary Analysis of a Randomized Controlled Trial**
Nordstoga, A. L., Aasdahl, L., Sandal, L. F., Dalager, T., Kongsvold, A., Mork, P. J. & Nilsen, T. I. L., 31. aug. 2023, I: *JMIR mHealth and uHealth*. 11, 11 s., e40422.
- Internal consistency and construct validity of the Short Musculoskeletal Function Assessment (SMFA) in older adults**
Teljigovic, S., Lindahl, M., von Magius, C. M., Sjøgaard, G., Søgaard, K. & Sandal, L. F., 16. jul. 2023, I: *Annals of Medicine*. 55, 1, 11 s., 2234936.
- Convergent and Discriminative Validity of the PROMIS Physical Function 4 Questionnaire for Assessing Pain-Related Disability in Low Back Pain Patients Seeking Chiropractic Care**
Sandal, L. F., Young, J. J., Søgaard, K. & Hartvigsen, J., 15. sep. 2022, I: *Spine*. 47, 18, s. 1314-1320

9. **Intelligent Physical Exercise Training (IPET) in the offshore wind industry: a feasibility study with an adjusted conceptual model**
Oestergaard, A. S., Sandal, L. F., Smidt, T. F. & Sjøgaard, K., 23. jul. 2022, I: Pilot and Feasibility Studies. 8, 14 s., 152.
10. **The objectively measured physical work demands and physical capacity of offshore wind technicians: An observational field study**
Oestergaard, A. S., Gupta, N., Smidt, T. F., Sandal, L. F. & Sjøgaard, K., jul. 2022, I: Applied Ergonomics. 102, 8 s., 103716.
11. **Musculoskeletal disorders and perceived physical work demands among offshore wind industry technicians across different turbine sizes: A cross-sectional study**
Oestergaard, A. S., Smidt, T. F., Sjøgaard, K. & Sandal, L. F., mar. 2022, I: International Journal of Industrial Ergonomics. 88, 14 s., 103278.
12. **Using Intervention Mapping to Develop a Decision Support System-Based Smartphone App (selfBACK) to Support Self-management of Nonspecific Low Back Pain: Development and Usability Study**
Svendsen, M. J., Sandal, L. F., Kjaer, P., Nicholl, B. I., Cooper, K., Mair, F. S., Hartvigsen, J., Stochkendahl, M. J., Sjøgaard, K., Mork, P. J. & Rasmussen, C. D. N., 24. jan. 2022, I: Journal of Medical Internet Research. 24, 1, 34 s., e26555.
13. **Effectiveness of App-Delivered, Tailored Self-management Support for Adults With Lower Back Pain-Related Disability: A selfBACK Randomized Clinical Trial**
Sandal, L. F., Bach, K., Øverås, C. K., Svendsen, M. J., Dalager, T., Stejnicher Drongstrup Jensen, J., Kongsvold, A., Nordstoga, A. L., Bardal, E. M., Ashikhmin, I., Wood, K., Rasmussen, C. D. N., Stochkendahl, M. J., Nicholl, B. I., Wiratunga, N., Cooper, K., Hartvigsen, J., Kjær, P., Sjøgaard, G. & Nilsen, T. I. L. & 3 flere, Mair, F. S., Sjøgaard, K. & Mork, P. J., okt. 2021, I: JAMA Internal Medicine. 181, 10, s. 1288-1296
14. **Fitness for all: how do non-disabled people respond to inclusive fitness centres?**
Nikolajsen, H., Richardson, E. V., Sandal, L. F., Juul-Kristensen, B. & Troelsen, J., 30. jul. 2021, I: BMC Sports Science, Medicine and Rehabilitation. 13, 12 s., 81.
15. **Barriers to, and facilitators of, exercising in fitness centres among adults with and without physical disabilities: A scoping review**
Nikolajsen, H., Sandal, L. F., Juhl, C. B., Troelsen, J. & Juul-Kristensen, B., 2. jul. 2021, I: International Journal of Environmental Research and Public Health. 18, 14, 7341.
16. **Barriers and facilitators to patient uptake and utilisation of digital interventions for the self-management of low back pain: a systematic review of qualitative studies**
Svendsen, M. J., Wood, K. W., Kyle, J., Cooper, K., Rasmussen, C. D. N., Sandal, L. F., Stochkendahl, M. J., Mair, F. S. & Nicholl, B. I., 12. dec. 2020, I: BMJ Open. 10, 12, e038800.
17. **Individualised physical exercise training and enhanced protein intake in older citizens during municipality-based rehabilitation: protocol for a randomised controlled trial**
Teljigovic, S., Sjøgaard, K., Sandal, L. F., Dalager, T., Nielsen, N. O., Sjøgaard, G. & Holm, L., 26. nov. 2020, I: BMJ Open. 10, 11, 8 s., e041605.
18. **App-Delivered Self-Management Intervention Trial selfBACK for People With Low Back Pain: Protocol for Implementation and Process Evaluation**
Rasmussen, C. D. N., Svendsen, M. J., Wood, K., Nicholl, B. I., Mair, F. S., Sandal, L. F., Mork, P. J., Sjøgaard, K., Bach, K. & Stochkendahl, M. J., 29. okt. 2020, I: J M I R Research Protocols. 9, 10, e20308.
19. **A digital decision support system (selfBACK) for improved self-management of low back pain: A pilot study with 6-week follow-up**
Sandal, L. F., Øverås, C. K., Nordstoga, A. L., Wood, K., Bach, K., Hartvigsen, J., Sjøgaard, K. & Mork, P. J., 23. maj 2020, I: Pilot and Feasibility Studies. 6, s. 72-11 s., 72.
20. **An App-Delivered Self-Management Program for People With Low Back Pain: Protocol for the selfBACK Randomized Controlled Trial**
Sandal, L. F., Stochkendahl, M. J., Svendsen, M. J., Wood, K., Øverås, C. K., Nordstoga, A. L., Villumsen, M., Rasmussen, C. D. N., Nicholl, B., Cooper, K., Kjaer, P., Mair, F. S., Sjøgaard, G., Nilsen, T. I. L., Hartvigsen, J., Bach, K., Mork, P. J. & Sjøgaard, K., 3. dec. 2019, I: J M I R Research Protocols. 8, 12, e14720.
21. **Room for improvement: a randomised controlled trial with nested qualitative interviews on space, place and treatment delivery**
Sandal, L. F., Thorlund, J. B., Moore, A. J., S. Ulrich, R., A. Dieppe, P. & Roos, E. M., mar. 2019, I: British Journal of Sports Medicine. 53, 6, s. 359-367
22. **Context effect in exercise therapy. The role of the physical environment in treatment delivery**
Sandal, L. F., 15. aug. 2018, I: Dansk Sportsmedicin. 22, 3, s. 14-17
23. **A Decision Support System to Enhance Self-Management of Low Back Pain: Protocol for the selfBACK Project**
selfBACK Consortium, Holtermann, A. (Medlem af forfattergruppering), Stochkendahl, M. J. (Medlem af forfattergruppering), Sjøgaard, K. (Medlem af forfattergruppering), Hartvigsen, J. (Medlem af forfattergruppering), Kjaer, P. (Medlem af forfattergruppering), Sandal, L. F. (Medlem af forfattergruppering) & Sjøgaard, G. (Medlem af forfattergruppering), 20. jul. 2018, I: J M I R Research Protocols. 7, 7, 13 s., e167.

24. **Digital Support Interventions for the Self-Management of Low Back Pain: A Systematic Review**
Nicholl, B. I., Sandal, L. F., Stochkendahl, M. J., McCallum, M., Suresh, N., Vasseljen, O., Hartvigsen, J., Mork, P. J., Kjær, P., Søgaard, K. & Mair, F. S., 21. maj 2017, I: Journal of Medical Internet Research. 19, 5, 22 s., e179.
25. **Pain trajectory and exercise-induced pain flares during 8 weeks of neuromuscular exercise in individuals with knee and hip pain**
Sandal, L. F., Roos, E. M., Bøgesvang, S. J. & Thorlund, J. B., apr. 2016, I: Osteoarthritis and Cartilage. 24, 4, s. 589-592
26. **Exploring the effect of space and place on response to exercise therapy for knee and hip pain-a protocol for a double-blind randomised controlled clinical trial: the CONEX trial**
Sandal, L. F., Thorlund, J. B., Ulrich, R. S., Dieppe, P. A. & Roos, E. M., 2015, I: BMJ Open. 5, 3, 12 s., e007701.
27. **Vibratory perception threshold in young and middle-aged patients at high risk of knee osteoarthritis compared to controls**
Thorlund, J. B., Shakoor, N., Ageberg, E., Sandal, L. F., Block, J. A. & Roos, E. M., 2012, I: Arthritis Care & Research. 64, 1, s. 144-8 5 s.

Oplæg og præsentationer

Physical activity and physical health in work

Sandal, L. (Underviser)

22. jun. 2023

Digital support for self-management of low back pain – an approach that fits all? subgroup analysis from the selfBACK trial

Sandal, L. (Oplægsholder), Bardal, E. M. (Medforfatter), Nicholl, B. (Medforfatter), Nilsen, T. I. L. (Medforfatter), Mork, P. J. (Medforfatter) & Søgaard, K. (Medforfatter)

19. mar. 2022

SelfBACK: a digital decision support system for people with Low Back Pain

Sandal, L. (Oplægsholder), Bach, K. (Medforfatter), Øverås, C. K. (Medforfatter), Svendsen, M. J. (Medforfatter), Dalager, T. (Medforfatter), Jensen, J. S. (Medforfatter), Kongsvold, A. (Medforfatter), Nordstoga, A. L. (Medforfatter), Bardal, E. M. (Medforfatter), Ashikhmin, I. (Medforfatter), Wood, K. (Medforfatter), Rasmussen, C. D. N. (Medforfatter), Stochkendahl, M. J. (Medforfatter), Nicholl, B. (Medforfatter), Wiratunga, N. (Medforfatter), Cooper, K. (Medforfatter), Hartvigsen, J. (Medforfatter), Kjær, P. (Medforfatter), Sjøgaard, G. (Medforfatter), Nilsen, T. I. L. (Medforfatter), Mair, F. (Medforfatter), Søgaard, K. (Medforfatter) & Mork, P. J. (Medforfatter)

19. mar. 2022

Symposium: Digital physiotherapy care for chronic conditions – scope, user experience, engagement and preferences

Zangger, G. (Oplægsholder), Holm, P. M. (Oplægsholder), Sandal, L. (Oplægsholder), Hinman, R. S. (Oplægsholder) & Skou, S. T. (Moderator)

18. mar. 2022

Using technology to empower people with pain and disability

Sandal, L. (Oplægsholder)

23. aug. 2021