

Mia Beck Lichtenstein  
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## CV

### CURRICULUM VITAE

*Mia Beck Lichtenstein*

*I have a passion for research that is focused on clinically relevant research questions aiming to improve people's health behaviours. Within that field, I have a special focus on eating disorders, behavioral addictions, and the use of e-mental health interventions.*

#### Personal details

##### Name

*Mia Beck Lichtenstein, Cand. Psych. PhD.*

##### Date of birth

*January 11<sup>th</sup> 1975*

##### e-mails

*mlichtenstein@health.sdu.dk/mialic@rsyd.dk*

##### Mobile phones

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##### Web CV PURE

*<http://findresearcher.sdu.dk/portal/da/person/mlichtenstein>*

##### ORCID

*<https://orcid.org/0000-0002-7885-9187>*

#### Current position

*2022 -*

*Professor, Department of Clinical Research, University of Southern Denmark.*

*2015 -*

*Cand. Psych, Centre for Digital Psychiatry, Mental Health Services in the Region of Southern Denmark. Heden 11, 5000 Odense C.*

#### Academic and clinical education

*2009 - 2021*

*Specialized in psychotherapy authorized by the Danish Psychological Association (specialist i psykoterapi – klinisk psykologisk efteruddannelse).*

*2014 - 2015*

*Completed Lecturer Training Program, University of Southern Denmark (DK: Universitetspædagogikum). This course is an individually planned in-service teacher training program for university teachers.*

*2011 - 2013*

*PhD student, Institute of Clinical Research, University of Southern Denmark. Dissertation title: Exercise Addiction. Validation of the exercise addiction inventory, prevalence of addiction, eating disorder symptoms, personality traits and leptin levels. PhD defense April 2014. Main supervisor Professor René Klinkby Støving.*

*2005 - 2009*

*Psychological authorisation by The Danish Supervisory Board of Psychological Practice.*

*2000 - 2005*

*Cand. psych., Department of Psychology, University of Copenhagen*

*1996 - 1999*

*Bachelor in Sports and Health Science, University of Southern Denmark*

#### Professional experience as clinical psychologist

*2015 - 2018*

*Clinic for Internet-based Therapy, Centre for Telepsychiatry Odense. Treating mild to moderate depression and anxiety disorders (social anxiety disorder, specifik phobia, panik disorder).*

*2008 - 2015*

*Centre for Eating Disorders, Child and Adolescent Mental Health Services in the Region of Southern Denmark. Treating anorexia, bulimia and unspecifik eating disorders.*

2005 - 2008

Neuropsychologist at Centre for Brain Damages, Odense Municipal. Treating adults with cognitive and emotional problems after brain damage.

2005 - present

Private Clinic offering assessment, counselling, psychotherapy and public lectures about eating disorders, exercise addiction, anxiety, stress and other mental problems. From 2005 – 2010 experience with email-therapy and from 2019-2021 having video consultations due to Corona-restrictions.

#### Previous scientific positions

2018 - 2022

Head of Research, Research Unit for Digital Psychiatry, Mental Health Services in the Region of Southern Denmark. Heden 11, 5000 Odense C.

2019 - 2022

Associate Professor, Department of Clinical Research, University of Southern Denmark

2017 - 2019

Associate Professor, Department of Psychology, University of Southern Denmark

2016 - 2017

Acting Head of Research, Head of Research, Centre for Telepsychiatry, Mental Health Services in the Region of Southern Denmark.

2015 - 2016

Assistant Professor, Department of Psychology, University of Southern Denmark

2014 - 2015

Postdoc., Department of Psychology, University of Southern Denmark

2012 - 2013

External lecturer: Department of Psychology, University of Southern Denmark

2014 - 2016

Guest teacher: Department of Sport Science and Clinical Biomechanics, University of Southern Denmark

2006 - 2008

External lecturer: Department of Sport Science and Clinical Biomechanics, University of Southern Denmark

1999 - 2003

Assistant lecturer: Department of Sports Science and Clinical Biomechanics, University of Southern Denmark

#### Supervisor at research projects/theses and interns

2021 -

Supervisor for an RCT-study evaluating the effect of virtual reality and biofeedback in the treatment of social anxiety disorder (postdoc Per T. Ørskov).

2021 -

PhD main supervisor for an epidemiological project assessing eating disorders in Danish runners (candidate Karen Krogh Johansen). The PhD protocol is accepted at the PhD-school at the University of Southern Denmark. Expected start 01.01.2023 (has partly reached funding).

2021 -

PhD main supervisor for a cohorte project investigating dropout and completion in internetbased cognitive behavioural therapy for depression (The IPSYK-program, candidate Esben Skov Jensen). The PhD protocol is accepted at the PhD-school at the University of Southern Denmark. Expected start 01.01.2022 (has reached funding for three years).

2020 -

PhD main supervisor for a feasibility study exploring the usability of virtual reality exposure therapy in patients with social anxiety disorder (The VR8, candidate Mathias Torp Ernst).

2017 - 2021

Supervisor for 8 interns for one year from Department of Psychology (SDU) at Centre for Telepsychiatry (more information is presented at the Teaching Portfolio).

2016 - 2019

PhD co-supervisor for a clinical project assessing cognitive functions in severe anorexia nervosa (The RESAN-project, candidate Simone Hemmingsen).

2016 -2019

PhD co-supervisor for an RCT-study investigating borderline personality disorder and app-based treatment (ENTER M-diary study, candidate: Stig Helweg-Jørgensen). Defended 2021.

2015 - 2018

Supervisor for seven candidate theses at the Department of Psychology, University of Southern Denmark with following subjects: 1.Eating disorder assessment, 2.Eating disorder identity, 3.Exercise addiction assessment, 4.Depression in back pain patients, 5. Inpatient treatment of Borderline Personality Disorder. 6.Virtual Reality exposure therapy for anxiety, 7. Can virtual reality interventions contribute to reduce physical restraint in patients's with psychotic disorders?

2014 – 2021

Supervisor at seven research theses at the special continuing education for psychologists in the Danish Regions (DK: Specialpsykologuddannelsen) with the following subjects: 1. Cognitive training with depressed patients, 2. Assessment of psychosis with Rorschach, 3. Schizophrenic symptoms in the elderly patient, 4. Cognitive remediation therapy in patients

with psychoses, 5. The effect of cognitive training on executive functions in schizophrenia - a literature review. 6. Autism and Personality. 7. Prolonged Exposure as trauma treatment for patients with psychotic symptoms.

2014

Supervisor at three bachelor projects at the Department of Psychology, University of Southern Denmark, addressing eating disorders.

*Publications in peer-reviewed journals, books, reports and other written communication*

*Please, see publication list for a complete track record and overview.*

*Presentations at scientific conferences (selected)*

2021

WHINN conference (Week of Health and Innovation hosted by The Danish Life Science Cluster). Digital interventions in a psychiatric context. Invited speaker. Oral presentation and discussion 20 min.

2019

Internet-based Cognitive Behavior Therapy for Binge Eating Disorder (i-BED). European Society for Research on Internet Interventions. The 6<sup>th</sup> ESRII Conference in Copenhagen. Poster.

2019

Treating Eating Disorders over the Internet. 14th London International Eating Disorders Conference. Poster.

2018

Is exercise addiction in fitness centres a socially accepted behavior? EPA 26th European Congress of Psychiatry, Nice. Poster with 2 min oral presentation.

2018

Treating Eating Disorder (ED) Symptoms With App-based Cognitive Behavioral Therapy and Video Consultations. EPA 26th European Congress of Psychiatry, Nice. Poster.

2018

Exercise Addiction: Assessment and Treatment. 14th Scandinavian Congress of Medicine & Science in Sports. Invited guest speaker at symposium.

2017

Psychosocial Functioning in Injured and Non-injured Athletes with Symptoms of Exercise Addiction. EPA 25th European Congress of Psychiatry, Firenze. Poster.

2017

Compulsive Exercise: Links, risks, and Challenges Faced. EPA 25th European Congress of Psychiatry, Firenze. Poster.

2016

The prevalence of depression and stress in exercisers with musculoskeletal injury. ESSKA Congress, Barcelona. Oral presentation.

2016

Exercise addiction in adolescents: Identification and characteristics in young eating disordered patients and healthy sport active adolescents. EPA 24th European Congress of Psychiatry, Madrid. Poster.

2016

The injured exerciser - at risk of depression? EPA 24th European Congress of Psychiatry, Madrid. Poster.

2016

Running injuries in a psychological perspective: When injuries lead to emotional distress. Sports Medicine Congress. Invited guest speaker at the symposium: "Running related Injuries". DK: Dansk Idrætsmedicinsk Selskabs Årskongres

2016

The injured exerciser - at risk of depression? Danish Orthopaedics Congress, Copenhagen. Oral presentation.

2015

Exercise addiction in Adolescents. International Conference on Eating Disorders, London, UK. Oral presentation.

2014

Eating disorders and exercise addiction, The 2014 International Conference on Eating Disorders, New York, USA. Oral presentation.

2013

Exercise addiction, 22<sup>nd</sup> World Congress on Psychosomatic Medicine, Lissabon, Portugal. Oral presentation.

2013

Exercise addiction, Sport Medicine Congress 2013, Kolding, Denmark. Oral presentation. Invited speaker.

2012

Exercise addiction, Nordic Congress on Eating Disorders, Copenhagen, Denmark. Poster.

2012

Exercise addiction in sports, Open Research Day, Region of Southern Denmark. Oral presentation.

2012

Exercise addiction in sports, Annual Meeting, Society for Endocrinology, Horsens, Denmark. Oral presentation.

2011

Exercise dependence in Danish sport cultures, International Conference on Eating Disorders, London, UK. Oral presentation.

Price winner

2022

*The Senior Researcher Award in the Mental Health Services in the Region of Southern Denmark (Vinder af Seniorforskerprisen).*

2019

*Winner of the funding price 2019 in the Mental Health Services in the Region of Southern Denmark (achieving the largest funding for psychiatric research in the region = 17.5MIO DKR).*

2015

*DR2: PhD Cup Finalist. Third place at the podium at the Danish Brain Competition. Exercise addiction - can you get too much of a good thing?*

2011

*Winner of best oral presentation: Exercise dependence in sport cultures, Psychiatric Research Day, University of Southern Denmark.*

*Other lectures and presentations (selected)*

2022

*Treating Binge Eating Disorder with online psychotherapy. Lecture at an education in eating disorders for employees at Danish public departments. Kolding, October 7<sup>th</sup>.*

2022

*Exercise addiction. Talk arranged by the patient organization for eating disorders "Foreningen Spiseforstyrrelser og Selvskade". In Copenhagen, April 28<sup>th</sup>.*

2022

*Internet-based treatment of Binge Eating Disorder (iBED). Invited guest speaker at three speed talks (8 min) at "Årskonferencen i Digital Psykiatri i Danmark 2022" (Yearly conference on Digital Psychiatry in Denmark 2022).*

2021

*Eating disorder symptoms and risk factors presented in qualitative interviews with Danish Athletes. Psykiatriens Forskningsdag, Trinity Hotel Fredericia. Oral presentation.*

2021

*Eating disorders in Danish elite athletes. Invited online talk in the Danish Sport Psychological Federation (DIFO).*

2021

*Eating disorders, exercise addiction and the healthy balance. Lecture at Vejle Idrætsefterskole (folk sport high school).*

2021

*Fighting against the body (I kamp med kroppen). Danish University Extension, Aarhus (DK: Folkeuniversitetet).*

2021

*The voice of the elite athletes – prevalence and perspectives on eating disorders. Open Research Day online June 3<sup>rd</sup> (Åben Forskerdag), Region of Southern Denmark and University of Southern Denmark. Oral presentation.*

2021

*Exercise addiction in athletes. Seminar arranged by Team Denmark for nutritional experts. Oral presentation.*

2020

*Eating Disorders in competitive runners. Workshop 3 hours at AGF Århus for trainers and leaders.*

2019

*Internet-based Cognitive Behavior Therapy for Binge Eating Disorder (i-BED). Åben Forskerdag, 25. April, Trinity Fredericia*

2018

*Kan social angst behandles med virtual reality. Forskningens Døgn, 25. marts Odense.*

2014 - 2016

*Can exercise be an addiction? Danish University Extension (DK: Folkeuniversitetet)*

2014 - 2016

*The exercise balance. Ubberup Højskole.*

2016

*Exercise addiction and eating disorders. Centre for Eating Disorders Risskov, Aarhus.*

2014

*Exercise addiction, Odense Triathlon Club*

2014

*The risks of exercise addiction, Team Denmark, Idrættens Hus Brøndby.*

2014

*Exercise addiction and risk profiles, PsykInfo.*

2014

*Oral presenter at "Bogmessen i Forum". Presenting my book "Find Træningsbalancen".*

2013

*Exercise addiction, The Danish Eating Disorders Association, Copenhagen*

*Reviewer for scientific journals*

2021

*BMC research Notes*

2021

*European Review of Applied Psychology*

2020

*International Journal of Environmental Research and Public Health*

2020

*Frontiers in Psychiatry*

2020

*Journal of Clinical Medicine*

2020

*International Review of Sport and Exercise Psychology*

2019

*Nutrients*

2019

*Frontiers in Psychiatry*

2019

*Journal of Affective Disorders*

2019

*German Journal of Exercise and Sport Research*

2018-2020

*Journal of Clinical Medicine*

2017

*Australian Psychologist. Wiley Online Library, Impact Factor: 1.09.*

2016

*Physiology and Behavior. Elsevier, Impact Factor: 2.98*

2015

*Psychiatry Research. Elsevier, Impact Factor: 2.47*

2014-2019

*Addiction Research and Theory. Taylor and Francis, Impact Factor: 1.25*

2015

*Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity. Springer, Impact Factor: 0.79.*

*Courses completed (a few examples)*

2020

*Responsible Conduct of Research, University of Southern Denmark*

2019

*Research leader education for one year: "Supervision for research leaders". Run by Ledelsesakademiet, Mental Health Services in the Region of Southern Denmark.*

2018

*Cognitive Behavior Therapy two years continuing education. (2-årig efteruddannelse i kognitiv adfærdsterapi ved Kognitiv Center Århus).*

2017

*PhD supervision process, methods and tools. University of Southern Denmark.*

2016

*Course: Behavior Addictions: Internet and Exercise Addiction in Focus. European Psychiatric Association. Madrid, Spain.*

2015

*Seminar: IT from Apps to Video (Danish Psychological Association)*

2014

*Project management and research leadership (DK: Kursus i projekt- og forskningsledelse ved det Centrale Uddannelsesudvalg Syddansk Universitet)*

2013

*Scientific Communication: writing effective journal articles (PhD course, University of Southern Denmark.*

2011 - 2013

*Summer School in Neuroscience (The Graduate Programme in Neuroscience, Region of Southern Denmark.*

2009 - 2010

*Special education in detection and treatment of eating disorders (DK: KOK - Koordinering, Opkvalificering, Kvalitetssikring. Specialuddannelse på 2 år i spiseforstyrrelser )*

2010

*Cognitive Treatment for Anxiety (Cognitive Center Funen)*

2009

*Cognitive Treatment for Depression (Cognitive Center Funen)*

2005

**NEO Personality Inventory-Revised NEO PI-R (Assessment of personality traits)**

**Memberships, organizational positions, scientific chair and PhD opponent**

**2022**

**Member of a scientific board assigning "Formidlingsprisen" (The Communication Prize) at the Department of Clinical Research, University of Southern Denmark, 2022.**

**2022**

**Chair of a scientific board assessing an application for a position as Assistant Professor at Department of Psychology, University of Southern Denmark.**

**2022**

**PhD opponent at University of Copenhagen: RCT af feasibility af at implementere en app-baseret intervention for PTSD patienter i psykiatrien mens de venter på at komme i psykoterapeutisk behandling. Desuden inkluderer afhandlingen en evaluering af den eksisterende behandling for PTSD.**

**2022**

**PhD opponent at University of Copenhagen: Virtual reality exposure for social anxiety disorder and agoraphobia.**

**2021**

**Member of a national working group for implementation of public treatment for Binge Eating Disorder (BED): Political, strategical and clinical guidelines.**

**2021**

**Planning, running, and hosting the online ENTER conference: The future of psychiatry will be supported by technology Digital solutions provide flexibility and availability – but are they effective? Number of virtual participants 200.**

**2020-2021**

**Scientific opponent and chair at applications for positions as postdoc and associate professor at University of Southern Denmark and Aalborg University**

**2021-**

**Work group improving attractive carriers for researchers (Arbejdsgruppe for attraktive karriereveje, Klinisk Institut, Syddansk Universitet. Incl. Speed Dates for researchers 2023.**

**2019**

**Scientific review of application as postdoc at "Institut for Regional Sundhedsforskning" (SDU).**

**2018**

**PhD opponent at the University of Copenhagen at the thesis "Psychological aspects of patients undergoing bariatric surgery" 18th of May.**

**2018 - 2021**

**Program manager for the ENTER research program funded by Innovationsfonden Danmark.**

**2014 - 2021**

**Member of The Board of Psychiatric Research in the Region of Southern Denmark (Forskningsudvalget for Psykiatrisk Forskning i Region Syddanmark)**

**2015 - 2021**

**Member of Research Unit for E-mental Health and Telepsychiatry, Department of Clinical Research, University of Southern Denmark**

**2017 - 2019**

**Main organizer and chairman of "The psychiatric research day – Mental health services in the Region of Southern Denmark (Psykiatriens Forskningsdag – Psykiatrien Region Syddanmark).**

**2013 - 2016**

**Member of The International Eating Disorder Association.**

**2012 - 2014**

**Member of the Steering committee of Neuroscience in the Region of Southern Denmark (organizing PhD-courses and summer schools in the field of neuroscience)**

**2012 - 2015**

**Member of The Research Unit at the Child and Adolescent Mental Health Services in The Region of Southern Denmark.**

**2010 - present**

**Member of The Danish Eating Disorders Association.**

**2005 - present**

**Member of the Danish Psychology Association.**

**Collaborations**

**2021**

**International research collaboration re-validating a measure of exercise addiction: EAI-R cross-cultural validation. Participants from 12 countries (Brazil, California, Denmark, England, Hungary, Germany, Italy, Japan, Mexico, Russia, Portugal and Spain).**

**2021**

**Collaboration with Askovhus (rehabilitation center for eating disorder) about information and intervention for athletes with eating disorder symptoms.**

**2021-**

*Early identification of eating disorders. Collaboration with Danish patient organizations (Landsforeningen mod Spiseforstyrrelser, Askovhed) and other researchers and clinicians across the Danish regions.*

2020-2021

*Mental Health in Danish elite athletes collaboration with Institut for Idræt og Biomekanik, Syddansk Universitet (Andreas Küttel, Carsten Hvid Larsen, Kristoffer Henriksen).*

2019-2021

*Eating Disorders in Danish athletes research in collaboration with Team Denmark and danmarks Idrætsforbund*

*Exercise addiction in Fitness centre attendees in Hungary and Denmark*

2018 -

*CCC2000: Copenhagen Child Cohort 2000, co-researcher and co-author*

2018 -

*Nordic research group covering relative energy deficiency in sport and eating disorders*

2018 -

*Has established a Danish network with experts in eating disorders and exercise addiction*

*e-mental health projects (selected)*

2019-2020

*Head of research project VR8 (virtual reality in anxiety treatment) funded by Innovation Fund Denmark. I transferred the leadership in 2020 to a colleague in the Center for Telepsychiatry because I needed time to focus on other research tasks.*

2019-2021

*Leading a research project developing and investigating the effect of internet-based cognitive behaviour therapy for Binge*

*Eating Disorder.*

2018 - 2021

*Leader of the research project ENTER (e-mental health) funded by Innovation Fund Denmark. Responsible for the project progress, scientific communication, dissemination, publication and reports.*

2017 -2019

*Has conducted a pilot study investigating the use of virtual reality in exposure therapy for social anxiety.*

2018 -2021

*Has been the leader of a research project evaluating the use of app-technology in anxiety monitoring in patients with anxiety disorders.*

2018 -2021

*Is developing a research project addressing online treatment for eating disorders and exercise addiction in collaboration with Professor René K. Støving (Odense University Hospital).*

*Research covered by media (selected from more than 200 interviews) – more details in track record in appendix*

*I have been interviewed to all kind of Danish media from news magazines to womens magazines, trade magazines, financial media, radio programs, debates and political agendas. I have also participated in US media and Norwegian media. I have uploaded an appendix with more details about my research covered by media from 2014-2021. More details are also available at my online CV PURE: <http://findresearcher.sdu.dk/portal/da/person/mlichtenstein>*

2020

*Når maden tager magten fra mennesker. Magasinet Helse. <https://www.magasinethelse.dk/naar-mad-tager-magten-fra-mennesker/>*

2020

*Træningsafhængighed. Radio 4: Kraniebrud. 15. juli 2020.*

2019

*Svømmere under overfladen. DR dokumentar om spiseforstyrrelser i dansk eliteidræt (programmet vandt en journalistisk formidlingspris). Jeg deltog som ekspert i udsendelsen, som førte til ændringer i den danske eliteidrætslo. På baggrund af programmet blev der igangsat en advokatundersøgelse samt et forskningsprojekt, som jeg blev leder af.*

2019

*Når negative følelser spises væk. Ny Viden, november.*

2016

*Test dig selv: Er du afhængig af træning? Aktiv Træning, 24. November 2016*

2015

*Radio Doctor (USA): What is exercise addiction - and is it a bad thing? The Sports Med Show is LIVE and we're joined by sports psychologist Mia Beck Lichtenstein, PhD. (20/8/2015)*

2015

*DR P1 radio: Scientific communication (20/4/2015)*

2015

*DR 2: Trapped in emotions (07/2015)*

2014

*DR2: Addicted to exercise (24/9/2014)*

2014

*Go´morgen Danmark: Exercise addiction (21/4/2014)*

2014

*TV-Avisen: Exercise addiction (20/4/2014)*  
2014  
*Psychiatry Weekly (USA): The rundown on exercise addiction (31/3/2014)*  
2013  
*P1 Radio and TV2 Fyn: Exercise addiction (4/1/2013)*  
2012  
*TV-Avisen and Aftenshowet: Exercise addiction (22/8/2012)*  
2011  
*Politikken: Getting high by running (22/4/2011)*  
2011  
*P1 Radio: Exercise addiction (25/8/2011)*  
2010  
*Fyens Stiftstidende and P3 Radio: Obsessed with exercising (28/8/2010)*  
2008  
*Jyllandsposten: Extreme sports (12/9/2008)*  
2008  
*Børsen: Extreme exercising is an increasing problem (31/1/2008)*  
2007  
*TV2 and I Form: Obsessed with exercising (11/2007)*  
2005  
*Ekstra Bladet: I was obsessed with exercising (31/7/2005)*

#### *Web features*

*Symptoms of exercise addiction and prevention (10 min): <http://www.youtube.com/watch?v=3ePhL9R0lis>*

*Exercise addiction amongst young men in football and fitness (5 min):  
[http://youtu.be/-3z8EBq\\_-CM](http://youtu.be/-3z8EBq_-CM)*

*Obsessed with exercising (2 min): <http://www.youtube.com/watch?v=FWndQhMuYeY>*

*Exercise addiction amongst women: [http://www.youtube.com/watch?v=a5pb\\_bRgc60&feature=c4-overview&list=UUquyJfhCYTAOnUVFbmBNelw](http://www.youtube.com/watch?v=a5pb_bRgc60&feature=c4-overview&list=UUquyJfhCYTAOnUVFbmBNelw)*

#### *Podcasts: Expert role. Research communication*

*Maxer.dk 2023: Spiseforstyrrelser i elitesport*

*Mental Atlet 2023: Spiseforstyrrelser i løb*

*Resten skal nydes 2022: Træningsafhængighed*

*Det Blinde Punkt: Jeg har set folk, der har løbet sig selv i stykker.*

*Maxer dk 19.11.2019: Spiseforstyrrelser – lær om typer, behandling og myter*

*Frontrunner 27.04.2020: Bliv klogere på spiseforstyrrelser og træningsafhængighed.*

*Fisker Performance 2020 Episode 85 BED og overspisning med Mia Lichtenstein*

*Fisker Performance 2020 EP#68 Når træningen tager kontrol over dit liv – med Mia Lichtenstein*

*Danmarks Radio P1 Dokumentar 2019: Skønhedskontrakten*

*R4dio Kraniebrud 01.08.2020: Træningsafhængighed*

*R4dio Kraniebrud 14.09.2020: Kropskultur*

*Fitness M/K #106 05.08.2017: Træningsafhængighed.*

*Brainstorm 28.10.2019: Porno, alkohol og træning: Hvad sker der i hjernen, når vi bliver afhængige?*

*Team Danmark 2014: Træningsafhængighed. <https://player.fm/series/team-danmark-podcast-site/trningsafhngighed>*