

Mia Beck Lichtenstein
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Health and Medical Psychology
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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 11th 1975

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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 6th 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, 22nd 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 7th.

2022

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

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 3rd (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 psykoteraeutisk behandling. Desuden inkluderer afhandlingen en evaluering af den eksisterende behandling for PTSD.

2022

PhD opponent at University of Copenhagen: Virtuel 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*

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

*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>