Kristoffer Henriksen
Department of Sports Science and Clinical Biomechanics
Research Unit of Psychology of Sport, Excellence and Health
Email: khenriksen@health.sdu.dk
Phone: +4565503497

Publications - Peer Review

Beyond self-compassion: a scoping review of other-focused compassion in competitive sports environments
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The role of high-performance sport environments in mental health: an international society of sport psychology consensus statement
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Staiano, W., Sternberg, L. M., Ferri-Caruana, A., Salazar Bonet, L., Romagnoli, M., Henriksen, K. & Kirk, U., Jan 2026, In: Journal of Science and Medicine in Sport. 29, 1, p. 91-99

The youth sport specialization paradox: A think tank consensus to translate research into actionable evidence-based practice
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A Holistic Ecological Approach to Injury Prevention and Management in Youth Sport: A Scoping Review
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"As kids we were told to just train and skip everything else": environmental factors shaping Danish athletes' specialisation processes
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Professional Philosophy: Inside the delivery of sport psychology service at Team Denmark
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Books

Publications - Dissemination

Ecology of Dual Careers - Report Work Package 3 (Denmark): Dual Career Development Environment Monitoring Tool (DCDEM)
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Dual Career Development Environment Case Study Results – Denmark
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Højintensitetssportsgrene i et psykologisk perspektiv
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Employments and Education

Current Employment

Professor at the Institute of Sport Science and Clinical Biomechanics, University of Southern Denmark. This employment includes a specialized function as Sport Psychology Practitioner in Team Denmark (the Danish Elite sport Organization)

Education

2010 PhD, Sport Science, Faculty of Health Sciences, University of Southern Denmark
2001 Masters degree in psychology and licensed psychologist, Aarhus University
1997 Bachelors degree in psychology, Aarhus University

Awards and Honors

2013: Recipient of the “Developing Scholar Award” of the International Society of Sport Psychology (ISSP) at the ISSP 13th world congress of sport psychology, Beijing, China
2014: Winner of “Best Pedagogical Development Project” during the Lecturer Training

Program, at University of Southern Denmark

Positions Held

2016-2021 Associate professor, University of Southern Denmark.
2012-2016 assistant professor, University of Southern Denmark.
2010-2012 Post Doc: Institute of Sport Science and Clinical Biomechanics, University of Southern Denmark.
2008-today: Sport psychologist, Team Denmark
2006-2010 Ph.D, Student, Institute of Sport Science and Clinical Biomechanics, University of Southern Denmark.
2002-2006: Day to day manager and teacher at Oure International College of Sport and performance.