

## Persondata

Henrik Bjarke Vægter  
Klinisk Institut  
KI, OUH, Forskningsenhed for Anæstesiologi (Odense)  
E-mail: Henrik.Bjarke.Vaegter@rsyd.dk



## Publikationer

**Low-grade systemic inflammation, but not neuroinflammation, predicts 12-months postoperative outcome after total hip arthroplasty in patients with painful osteoarthritis. An explorative study.**

Blichfeldt-Eckhardt, M. R., Varnum, C., Lauridsen, J. T., Rasmussen, L. E., Mortensen, W. C. P., Vægter, H. B. & Lambertsen, K. L., 18. jul. 2024, (Accepteret/In press) I: *Bone & Joint Research*.

**Statistical analysis plan for the CONFETTI study – a randomized controlled trial of a CFT+ pathway versus an interdisciplinary pain management pathway for patients with disabling chronic low back pain in a tertiary pain care setting**

Vægter, H. B., Johansen, J. V., Sopina, L., Smith, A., Kent, P., Fuglsang, K. S., Pedersen, J. F., Schutze, R., O'Sullivan, P., Handberg, G., Fatoye, F., Ussing, K., Stegemejer, I. & Thorlund, J. B., 21. jun. 2024, 24 s.

### **The analgesic effects of exercise**

Sluka, K., Vægter, H. B., Hoeger Bement, M., Berardi, G. & Lesnak, J., apr. 2024, *Grieve's Modern Musculoskeletal Physiotherapy*. Falla, D., Lewis, J., McCarthy, C., Cook, C. E. & Sterling, M. (red.). 5. udg. Elsevier

**Reliability and measurement error of exercise-induced hypoalgesia in pain-free adults and adults with musculoskeletal pain: A systematic review**

Aron, V., Strul, D., Vaegter, H. B., Pitance, L. & Armijo-Olivo, S., 1. jan. 2024, I: *Scandinavian Journal of Pain*. 24, 1, 20 s., 20230104.

**Changes in pain, daily occupations, lifestyle, and health following an occupational therapy lifestyle intervention: a secondary analysis from a feasibility study in patients with chronic high-impact pain**

Nielsen, S. S., Skou, S. T., Larsen, A. E., Polianskis, R., Arendt-Nielsen, L., Østergaard, A. S., Kjær-Staal Petersen, K., Vægter, H. B., Søndergaard, J. & Christensen, J. R., jan. 2024, I: *Scandinavian Journal of Pain*. 24, 1, 11 s., 20230043.

**Naltrexone 6 mg once daily versus placebo in women with fibromyalgia: a randomised, double-blind, placebo-controlled trial**

Due Bruun, K., Christensen, R., Amris, K., Vaegter, H. B., Blichfeldt-Eckhardt, M. R., Bye-Møller, L., Holsgaard-Larsen, A. & Toft, P., jan. 2024, I: *The Lancet Rheumatology*. 6, 1, s. e31-e39

**How common is insomnia among patients with knee and hip osteoarthritis? A cross-sectional study using data from the Good Life with osteoarthritis in Denmark (GLA:D®) register**

Thorlund, J. B., Skou, S. T., Roos, E. M., Grønne, D. T. & Vægter, H. B., 2024, I: *Osteoarthritis and Cartilage*. 32, Suppl. 1, s. S194

**Physical activity should be the primary intervention for individuals living with chronic pain A position paper from the European Pain Federation (EFIC) 'On the Move' Task Force**

Vaegter, H. B., Kinnunen, M., Verbrugghe, J., Cunningham, C., Meeus, M., Armijo-Olivo, S., Bandholm, T., Fullen, B. M., Wittink, H., Morlion, B. & Reneman, M. F., 2024, (E-pub ahead of print) I: *European Journal of Pain (United Kingdom)*.

**Experience and usability of a website containing research-based knowledge and tools for pain self-management: a mixed-method study in people with high-impact chronic pain**

Laerkner, E., Bendix, L., Jäger, M., Hansen, M.-B. & Vaegter, H. B., 26. okt. 2023, I: *Scandinavian Journal of Pain*. 23, 4, s. 646-655

**Interpretation of the Patient Health Questionnaire 9 in High-impact Chronic Pain: Do we Measure Depressive Symptoms the way we Think?**

Aagaard, A., Ravn, S. L., Andersen, T. E. & Vaegter, H. B., 1. okt. 2023, I: The Clinical Journal of Pain. 39, 10, s. 501-515

**Interpretation of the Avoidance-Endurance Fast-Screen Questionnaire in Patients with High-Impact Chronic Pain: A Qualitative Study using Cognitive Interviews**

Razniak, L., Aagaard, A., Vægter, H. B., Andersen, T. E., Hasenbring, M., Rasmussen, M. L. & Ravn, S. L., sep. 2023, s. 111. 1 s.

**The Danish Pain Research Biobank (DANPAIN-Biobank): a collection of blood, cerebrospinal fluid, and clinical data for the study of neuroimmune and glia-related biomarkers of chronic pain**

Blichfeldt-Eckhardt, M. R., Mortensen, W. C. P., Varnum, C., Bendix, L., Lauridsen, J. T., Jensen, H. I., Rasmussen, L. E., Nielsen, H. H., Toft, P., Lambertsen, K. L. & Vaegter, H. B., 30. aug. 2023, I: Journal of Translational Medicine. 11, 10, 16 s., 343.

**The Effect of Virtual Reality on Cold Pain Sensitivity in Patients with Fibromyalgia and Pain-Free Individuals: A Randomized Crossover Study**

Christensen, S. W. M., Almsborg M, H., Vain M, T. S. & Vaegter, H. B., aug. 2023, I: Games for Health. 12, 4, s. 295-301

**The role of spontaneous vs. experimentally induced attentional strategies for the pain response to a single bout of exercise in healthy individuals**

Titze, C., Konietzny, K., Gajsar, H., Koltyn, K., Chehadi, O., Hasenbring, M. I. & Vaegter, H. B., 26. jul. 2023, I: Scandinavian Journal of Pain. 23, 3, s. 588-598

**Acute exercise of painful muscles does not reduce the hypoalgesic response in young healthy women - a randomized crossover study**

Mohrsen, A., Lund, H., Rasmussen, S. Z., Vægter, H. B., Vela, J., Hansen, S. & Christensen, S. W. M., 1. jul. 2023, I: Scandinavian Journal of Pain. 23, 3, s. 599-607

**Pain-related cognitions and emotional distress are not associated with conditioned pain modulation: an explorative analysis of 1142 participants with acute, subacute and chronic pain**

Plinsinga, M. L., Vuvan, V., Maclachlan, L., Klyne, D., Graven-Nielsen, T., Vicenzino, B., Hodges, P. W. & Vægter, H. B., 1. jul. 2023, I: Pain. 164, 7, s. 1593-1599

**Less is more: Reliability and measurement error for three versions of the Tampa Scale of Kinesiophobia (TSK-11, TSK-13, and TSK-17) in patients with high-impact chronic pain**

Eiger, B., Errebo, M., Straszek, C. L. & Vaegter, H. B., 27. jan. 2023, I: Scandinavian Journal of Pain. 23, 1, s. 217-224

**Arbejdspakke 2b: Kvantitativ monitorering og dataanalyser: Rapport resumé**

Larsen, C. M., Brage, K., Rosborg, J. H., Kongsted, A., Schiøttz-Christensen, B., Vægter, H. B., Østergaard, L., Bech, M., Kristensen, M. V., Wedderkopp, N., Midtiby, S., Poulsen, U. J., Junge, T. & Kjaer, P., jan. 2023, 3 s.

**Der findes ingen simple forklaringer på kroniske smertetilstande**

Bruun-Plesner, K., Hartvigsen, J., Blichfeldt-Eckhardt, M. R., Graven-Nielsen, T. & Vægter, H. B., jan. 2023, I: Ugeskrift for Læger. 185, 1

**FuncData - A national database for functional somatic disorders in Denmark**

Eefsen, A. M., Petersen, M. W., Vaegter, H. B., Fonager, K., Skjernov, M., Gormsen, L. & Schröder, A., jan. 2023, I: Journal of Psychosomatic Research. 164, 4 s., 111092.

**High-Impact Chronic Pain. IASP Fact Sheet**

Bruun-Plesner, K., Bye-Møller, L. & Vægter, H. B., 2023, 2 s. International Association for the Study of Pain.

**Validation of the Danish PTSD Checklist for DSM-5 in trauma-exposed chronic pain patients using the Clinician-Administered PTSD Scale for DSM-5**

Hansen, M., Vaegter, H. B., Ravn, S. L. & Andersen, T. E., 2023, I: *European Journal of Psychotraumatology*. 14, 1, 11 s., 2179801.

**Occupational therapy lifestyle intervention added to multidisciplinary treatment for adults living with chronic pain: A feasibility study**

Nielsen, S. S., Skou, S. T., Enemark Larsen, A., Polianskis, R., Pawlak, W., Vægter, H. B., Søndergaard, J. & Christensen, J. R., 17. sep. 2022, I: *BMJ Open*. 12, 9, 25 s., e060920.

**Chronic pain patient's interpretation and comprehension of the phq-9: Do we measure depression the way we think?**

Aagaard, A., Ravn, S. L., Andersen, T. E. & Vægter, H. B., sep. 2022.

**Hypoalgesia after exercises with painful vs. non-painful muscles in healthy subjects - a randomized cross-over study**

Hansen, S., Petersen, K. K., Sloth, E., Manum, L. A., McDonald, A. K., Andersen, P. G. & Vaegter, H. B., 26. jul. 2022, I: *Scandinavian Journal of Pain*. 22, 3, s. 614-621

**Ergoterapi i den tværfaglige behandling af kroniske smerter- erfaringer fra en pilotafprøvning [Occupational therapy in multidisciplinary chronic pain treatment - experiences from a feasibility study]**

Nielsen, S. S., Skou, S. T., Larsen, A. E., Vægter, H. B., Polianskis, R., Simoný, C., Søndergaard, J. & Christensen, J. R., jun. 2022.

**The Association of Probable PTSD at Baseline and Pain-related Outcomes after Chronic Pain Rehabilitation: A Comparison of DSM-5 and ICD-11 Criteria for PTSD**

Andersen, T. E., Hansen, M., Ravn, S. L. & Vægter, H. B., mar. 2022, I: *European Journal of Pain*. 26, 3, s. 709-718

**Chronic Pain – Theory, Prevention and Management**

Andersen, T. E., Vægter, H. B., Linton, S. J., Hendricks, O. & Roessler, K. K., 1. feb. 2022, *Textbook of Applied Medical Psychology: A Multidisciplinary Approach*. Pedersen, S. S., Roessler, K. K., Elmoose Andersen, T., Johnsen, A. T. & Pouwer, F. (red.). Odense: Syddansk Universitetsforlag, s. 181-231

**Obstructive sleep apnea is common in patients with high-impact chronic pain - an exploratory study from an interdisciplinary pain center**

Larsen, D. B., Bendix, L., Abeler, K., Petersen, K. K., Sprehn, M., Bruun, K. D., Blichfeldt-Eckhardt, M. R. & Vaegter, H. B., 27. jan. 2022, I: *Scandinavian Journal of Pain*. 22, 1, s. 106-117

**Pain and executive function: No association between remote exercise-induced hypoalgesia and cognitive inhibition in pain-free participants**

Gajsar, H., Meyer, M., Hasenbring, M. I. & Vaegter, H. B., 27. jan. 2022, I: *Scandinavian Journal of Pain*. 22, 1, s. 173-185

**Performance of the 2016 diagnostic criteria for fibromyalgia in a tertiary care pain rehabilitation setting: A diagnostic accuracy study**

Bruun-Plesner, K., Jensen, H. I., Blichfeldt-Eckhardt, M. R., Vægter, H. B., Toft, P., Amris, K. & Kvorning, N., 27. jan. 2022, I: *Scandinavian Journal of Pain*. 22, 1, s. 67-76

**Hip and Knee Osteoarthritis**

Petersen, K. K., Vægter, H. B. & Arendt-Nielsen, L., 2022, *Hip and Knee Pain Disorders: An Evidence-informed and Clinical-based Approach Integrating Manual Therapy and Exercise*. Handspring Publishing

**Low-dose naltrexone for the treatment of fibromyalgia: protocol for a double-blind, randomized, placebo-controlled trial**

Bruun, K. D., Amris, K., Vaegter, H. B., Blichfeldt-Eckhardt, M. R., Holsgaard-Larsen, A., Christensen, R. & Toft, P., 15. nov. 2021, I: *Trials*. 22, 13 s., 804.

**Should Exercises be Painful or not? Effects on Clinical and Experimental Pain in Individuals with Shoulder Pain**

Balasz-Bernat, M., Lluch, E., Vaegter, H. B. & Dueñas, L., okt. 2021, I: *Journal of Pain*. 22, 10, s. 1246-1255

**Feasibility evaluation of a lifestyle-oriented occupational therapy intervention for patients with chronic non-malignant pain**  
Nielsen, S. S., Skou, S. T., Larsen, A. E., Polianskis, R., Pawlak, W., Vægter, H. B., Simoný, C., Søndergaard, J. & Christensen, J. R., 15. sep. 2021.

**A Cognitive Functional Therapy+ Pathway Versus an Interdisciplinary Pain Management Pathway for Patients With Severe Chronic Low Back Pain (CONFeTTI Trial): Protocol for a Pragmatic Randomized Controlled Trial**  
Vaegter, H. B., Johansen, J. V., Sopina, L., Smith, A., Kent, P., Fuglsang, K. S., Pedersen, J. F., Schutze, R., O'Sullivan, P., Handberg, G., Fatoye, F., Ussing, K., Stegemejer, I. & Thorlund, J. B., sep. 2021, I: *Physical Therapy*. 101, 9, 12 s., pzb132.

**Sleep disturbance in patients attending specialized chronic pain clinics in Denmark: a longitudinal study examining the relationship between sleep and pain outcomes**  
Vaegter, H. B., Høybye, M. T., Bergen, F. H. & Parsons, C. E., 27. jul. 2021, I: *Scandinavian Journal of Pain*. 21, 3, s. 539-547

**The effect of pre-analytical handling on the stability of fractalkine, monocyte chemoattractant protein 1 (MCP1), interleukin 6 and interleukin 8 in samples of human cerebrospinal fluid**  
Mortensen, W. C. P., Bendix, L., Jensen, H. I., Varnum, C., Rasmussen, L. E., Lauridsen, J. T., Borbye-Lorenzen, N., Skogstrand, K., Toft, P., Vaegter, H. B. & Blichfeldt-Eckhardt, M. R., jul. 2021, I: *Journal of Immunological Methods*. 494, 113057.

**Impaired Exercise-induced Hypoalgesia in Individuals Reporting an Increase in Low Back Pain During Acute Exercise**  
Vaegter, H. B., Petersen, K. K., Sjødsholm, L. V., Schou, P., Andersen, M. B. & Graven-Nielsen, T., maj 2021, I: *European Journal of Pain*. 25, 5, s. 1053-1063

**Effectiveness of Pain Neurophysiology Education on Musculoskeletal Pain: A Systematic Review and Meta-Analysis**  
Bülow, K., Lindberg, K., Vaegter, H. B. & Juhl, C. B., 20. apr. 2021, I: *Pain Medicine*. 22, 4, s. 891-904

**Pre-treatment pain sensitivity is associated with outcome following exercise therapy in patients with knee osteoarthritis - an observational study**  
Hansen, S., Bjarke Vaegter, H., Høgh, M., Skou, S. T., Arendt-Nielsen, L. & Petersen, K. K., 1. apr. 2021, I: *Osteoarthritis and Cartilage*. 29, Suppl. 1, s. S367

**Patterns of Approach to Activity in 851 Patients with Severe Chronic Pain: Translation and Preliminary Validation of the 9-item Avoidance-Endurance Fast-Screen (AEFS) into Danish**  
Titze, C., Hasenbring, M. I., Kristensen, L., Bendix, L. & Vaegter, H. B., 1. mar. 2021, I: *The Clinical Journal of Pain*. 37, 3, s. 226-236

**Cryoneurolysis for the management of chronic pain in patients with knee osteoarthritis; a double-blinded randomized controlled sham trial**  
Nygaard, N.-P. B., Koch-Jensen, C., Vægter, H. B., Wedderkopp, N., Blichfeldt-Eckhardt, M. & Gram, B., 26. feb. 2021, I: *BMC Musculoskeletal Disorders*. 22, 10 s., 228.

**Validation of the Danish International Trauma Questionnaire for posttraumatic stress disorder in chronic pain patients using clinician-rated diagnostic interviews**  
Hansen, M., Vægter, H. B., Cloitre, M. & Andersen, T. E., 24. feb. 2021, I: *European Journal of Psychotraumatology*. 12, 1, 14 s., 1880747.

**Pain perception and processing in individuals with posttraumatic stress disorder: a systematic review with meta-analysis**  
Tesarz, J., Baumeister, D., Andersen, T. E. & Vaegter, H. B., 26. jan. 2021, I: *Pain Reports*. 5, 5, s. e849

**The predictive value of quantitative sensory testing: a systematic review on chronic postoperative pain and the analgesic effect of pharmacological therapies in patients with chronic pain**  
Petersen, K. K., Vaegter, H. B., Stubhaug, A., Wolff, A., Scammell, B. E., Arendt-Nielsen, L. & Larsen, D. B., jan. 2021, I: *Pain*. 162, 1, s. 31-44

**Socio-Demographics, Pain Characteristics, Quality of Life and Treatment Values Before and After Specialized Interdisciplinary Pain Treatment: Results from the Danish Clinical Pain Registry (PainData)**

Vaegter, H. B., Christoffersen, L. O., Enggaard, T. P., Holdgaard, D. E. M., Lefevre, T. N., Eltved, R., Reisenhus, C. H., Licht, T. W., Laustsen, M. M., Hansson, S. H., Jensen, P. F., Larsen, T. R. F., Alpiger, S., Mogensen, B. G. & Høybye, M. T., 2021, I: Journal of Pain Research. 14, s. 1215-1230

**Power of Words: Influence of Preexercise Information on Hypoalgesia after Exercise-Randomized Controlled Trial**

Vaegter, H. B., Thinggaard, P., Madsen, C. H., Hasenbring, M. & Thorlund, J. B., nov. 2020, I: Medicine and Science in Sports and Exercise. 52, 11, s. 2373-2379

**Preliminary validity and test-retest reliability of two depression questionnaires compared with a diagnostic interview in 99 patients with chronic pain seeking specialist pain treatment**

Kha, T. V., Stenager, E., Hoang, H., Bruun-Plesner, K., Fuglsang, K. S., Søgaaard la Cour, B., Handberg, G. & Vaegter, H. B., 25. okt. 2020, I: Scandinavian Journal of Pain. 20, 4, s. 717-726

**Exercise-induced hypoalgesia after acute and regular exercise: experimental and clinical manifestations and possible mechanisms in individuals with and without pain**

Vaegter, H. B. & Jones, M. D., 17. okt. 2020, I: Pain Reports. 5, 5, 22 s., e823.

**Low-Dose Naltrexone for the Treatment of Fibromyalgia: Investigation of Dose-Response Relationships**

Bruun-Plesner, K., Blichfeldt-Eckhardt, M. R., Vaegter, H. B., Lauridsen, J. T., Amris, K. & Toft, P., 1. okt. 2020, I: Pain Medicine. 21, 10, s. 2253-2261

**Author Response to Cibulka**

Palsson, T. S., Gibson, W., Darlow, B., Bunzli, S., Lehman, G., Rabey, M., Moloney, N., Vaegter, H. B., Bagg, M. K. & Travers, M., 23. jun. 2020, I: Physical Therapy. 100, 6, s. 1044-1045

**Testosterone replacement therapy of opioid-induced male hypogonadism improved body composition but not pain perception: a double-blind, randomized, and placebo-controlled trial**

Glintborg, D., Vægter, H. B., Christensen, L. L., Bendix, E., Graven-Nielsen, T., Andersen, P. G. & Andersen, M., jun. 2020, I: European Journal of Endocrinology. 182, 6, s. 539-548

**Cognitive Inhibition Correlates with Exercise-Induced Hypoalgesia After Aerobic Bicycling in Pain-Free Participants**

Gajsar, H., Titze, C., Konietzny, K., Meyer, M., Vaegter, H. B. & Hasenbring, M. I., 29. apr. 2020, I: Journal of Pain Research. 13, s. 847-858

**Multiple physical symptoms and individual characteristics - A cross-sectional study of the general population**

Rasmussen, S., Jensen, C. T., Rosendal, M., Vægter, H. B., Søndergaard, J. & Jarbøl, D. E., apr. 2020, I: Journal of Psychosomatic Research. 131, 109941.

**Alterations in pro-nociceptive and anti-nociceptive mechanisms in patients with low back pain: a systematic review with meta-analysis**

McPhee, M. E., Vaegter, H. B. & Graven-Nielsen, T., mar. 2020, I: Pain. 161, 3, s. 464-475

**Endogenous Modulation of Pain: The Role of Exercise, Stress and Cognitions in Humans**

Vaegter, H. B., Fehrmann, E., Gajsar, H. & Kreddig, N., mar. 2020, I: The Clinical Journal of Pain. 36, 3, s. 150-161

**Improvements in clinical pain and experimental pain sensitivity after cognitive functional therapy in patients with severe persistent low back pain**

Vægter, H. B., Ussing, K., Johansen, J. V., Stegemejer, I., Palsson, T. S., O'Sullivan, P. & Kent, P., 20. feb. 2020, I: Pain Reports. 5, 1, s. e802

**Pre-treatment Exercise-induced Hypoalgesia is Associated with Change in Pain and Function after Standardized Exercise Therapy in Painful Knee Osteoarthritis**

Hansen, S., Vaegter, H. B. & Petersen, K. K., jan. 2020, I: The Clinical Journal of Pain. 36, 1, s. 16-24

#### **Changing the Narrative in Diagnosis and Management of Pain in the Sacroiliac Joint Area**

Palsson, T. S., Gibson, W., Darlow, B., Bunzli, S., Lehman, G., Rabey, M., Moloney, N., Vaegter, H. B., Bagg, M. K. & Travers, M., 25. nov. 2019, I: Physical Therapy. 99, 11, s. 1511-1519

#### **Assessing Endogenous Pain Inhibition: Test-Retest Reliability of Exercise-Induced Hypoalgesia in Local and Remote Body Parts After Aerobic Cycling**

Gomolka, S., Vaegter, H. B., Nijs, J., Meeus, M., Gajjar, H., Hasenbring, M. I. & Titze, C., nov. 2019, I: Pain Medicine. 20, 11, s. 2272-2282

#### **Walking increases pain tolerance in humans an experimental cross-over study**

Hviid, J.-C. T., Thorlund, J. B. & Vaegter, H. B., 25. okt. 2019, I: Scandinavian Journal of Pain. 19, 4, s. 813-822

#### **Hypoalgesia after bicycling at lactate threshold is reliable between sessions**

Vaegter, H. B., Bjerregaard, L. K., Redin, M.-M., Rasmussen, S. H. & Graven-Nielsen, T., 30. jan. 2019, I: European Journal of Applied Physiology. 119, 1, s. 91-102

#### **Systemic Exercise-Induced Hypoalgesia Following Isometric Exercise Reduces Conditioned Pain Modulation**

Alsouhibani, A., Vaegter, H. B. & Hoeger Bement, M., 1. jan. 2019, I: Pain Medicine. 20, 1, s. 180-190

#### **Cause-specific mortality of patients with severe chronic pain referred to a multidisciplinary pain clinic: a cohort register-linkage study**

Vaegter, H. B., Støten, M., Silseth, S. L., Erlangsen, A., Handberg, G., Sondergaard, S. & Stenager, E., jan. 2019, I: Scandinavian Journal of Pain. 19, 1, s. 93-99

#### **Exercise-Induced Hypoalgesia After Isometric Wall Squat Exercise: A Test-Retest Reliability Study**

Vaegter, H. B., Lyng, K. D., Yttereng, F. W., Christensen, M. H., Sørensen, M. B. & Graven-Nielsen, T., jan. 2019, I: Pain Medicine. 20, 1, s. 129-137

#### **Fysioterapi 1: Almene rehabiliteringsprincipper**

Rittig-Rasmussen, B. & Vægter, H. B., 2019, *Smerten: Baggrund, evidens og behandling*. Werner, M. U., Finnerup, N. B. & Arendt-Nielsen, L. (red.). 4. udg. FADL's Forlag, s. 620-631

#### **There is inter-individual variability in which symptoms are relieved in patients with fibromyalgia treated with low dose naltrexone (LDN)**

Plesner, K. B., Amris, K., Toft, P., Vaegter, H. B. & Blichfeldt-Eckhardt, M. R., 2019, I: Clinical and Experimental Rheumatology. 37, Suppl. 116, s. S139 1 s.

#### **Test-Retest Reliability of Exercise-Induced Hypoalgesia After Aerobic Exercise**

Vaegter, H. B., Dørge, D. B., Schmidt, K. S., Jensen, A. H. & Graven-Nielsen, T., 1. nov. 2018, I: Pain Medicine. 19, 11, s. 2212-2222

#### **Assessment of CPM reliability: quantification of the within-subject reliability of 10 different protocols**

Vaegter, H. B., Petersen, K. K., Mørch, C. D., Imai, Y. & Arendt-Nielsen, L., 25. okt. 2018, I: Scandinavian Journal of Pain. 18, 4, s. 729-737

#### **Pain-Related Acceptance as a Mediator in the Fear Avoidance Model of Chronic Pain: A Preliminary Study**

Ravn, S. L., Vang, M. L., Vægter, H. B. & Andersen, T. E., 1. sep. 2018, I: Pain Medicine. 19, 9, s. 1764-1771

#### **Validation of the PTSD-8 scale in chronic pain patients**

Andersen, T. E., Hansen, M., Ravn, S. L., Seehus, R., Nielsen, M. & Vægter, H. B., 1. jul. 2018, I: Pain Medicine. 19, 7, s. 1365-1372

**Symptoms of Fibromyalgia According to the 2016 Revised Fibromyalgia Criteria in Chronic Pain Patients Referred to Multidisciplinary Pain Rehabilitation: Influence on Clinical and Experimental Pain Sensitivity**

Plesner, K. B. & Vaegter, H. B., jul. 2018, I: Journal of Pain. 19, 7, s. 777-786

**Kinesiophobia is associated with pain intensity but not pain sensitivity before and after exercise: an explorative analysis**

Vægter, H. B., Madsen, A. B., Handberg, G. & Graven-Nielsen, T., jun. 2018, I: Physiotherapy. 104, 2, s. 187-193

**Exercise does not produce hypoalgesia when performed immediately after a painful stimulus**

Gajsar, H., Nahrwold, K., Titze, C., Hasenbring, M. I. & Vaegter, H. B., 25. apr. 2018, I: Scandinavian Journal of Pain. 18, 2, s. 311-320

**Increased Pain Sensitivity in Accident-related Chronic Pain Patients with Comorbid Posttraumatic Stress**

Vægter, H. B., Andersen, T. E., Harvold, M., Andersen, P. G. & Graven-Nielsen, T., apr. 2018, I: The Clinical Journal of Pain. 34, 4, s. 313-321

**The role of posttraumatic stress symptoms on chronic pain outcomes in chronic pain patients referred to rehabilitation**

Ravn, S. L., Vægter, H. B., Cardel, T. & Andersen, T. E., 8. mar. 2018, I: Journal of Pain Research. 11, s. 527-536

**Brief Psychological Screening Questions Can be Useful for Ruling Out Psychological Conditions in Patients with Chronic Pain**

Vægter, H. B., Handberg, G. & Kent, P., feb. 2018, I: The Clinical Journal of Pain. 34, 2, s. 113-121

**Ten-year prevalence of mental disorders in patients presenting with chronic pain in secondary care: A register linkage cohort study**

Søndergård, S., Vaegter, H. B., Erlangsen, A. & Stenager, E., feb. 2018, I: European Journal of Pain. 22, 2, s. 346-354

**Attentional Avoidance is Associated with Increased Pain Sensitivity in Patients with Chronic Posttraumatic Pain and Comorbid Posttraumatic Stress**

Harvold, M., MacLeod, C. & Vaegter, H. B., jan. 2018, I: The Clinical Journal of Pain. 34, 1, s. 22-29

**Screening for Posttraumatic stress disorder in patients with chronic pain**

Hansen, M., Hyland, P., Vægter, H. B., Hørbye, M., Larsen, S. & Andersen, T. E., sep. 2017. 1 s.

**Facilitated Pronociceptive Pain Mechanisms in Radiating Back Pain Compared With Localized Back Pain**

Vægter, H. B., Palsson, T. S. & Graven-Nielsen, T., aug. 2017, I: The Journal of Pain. 18, 8, s. 973-983

**Preoperative Hypoalgesia After Cold Pressor Test and Aerobic Exercise is Associated With Pain Relief 6 Months After Total Knee Replacement**

Vægter, H. B., Handberg, G., Emmeluth, C. & Graven-Nielsen, T., jun. 2017, I: The Clinical Journal of Pain. 33, 6, s. 475-484

**An updated view on the reliability of different protocols for the assessment of conditioned pain modulation**

Petersen, K. K., Vægter, H. B. & Arendt-Nielsen, L., 1. maj 2017, I: Pain. 158, 5, s. 988 1 s.

**Brief psychological screening questions can be useful for ruling out psychological conditions in patients with chronic pain**

Vægter, H. B., Palsson, T. S. & Graven-Nielsen, T., maj 2017.

**Facilitated pro-nociceptive pain mechanisms in cervicobrachialgia and sciatica compared with localized neck and low back pain patients**

Vægter, H. B., Palsson, T. S. & Graven-Nielsen, T., maj 2017, I: Journal of Pain. 18, 4, suppl., s. S65-S66

**Exercising non-painful muscles can induce hypoalgesia in individuals with chronic pain.**

Vægter, H. B., 1. apr. 2017, I: Scandinavian Journal of Pain. 15, 1, s. 60-61

**Exercising non-painful muscles can induce hypoalgesia in individuals with chronic pain: editorial comment**

Vægter, H. B., apr. 2017, I: Scandinavian Journal of Pain. 15, s. 60–61 2 s.

**Are preoperative experimental pain assessments correlated with clinical pain outcomes after surgery? A systematic review**

Sangesland, A., Støren, C. & Vægter, H. B., 2017, I: Scandinavian Journal of Pain. 15, s. 44-52

**Does size really matter? A multisite study assessing the latent structure of the proposed ICD-11 and DSM-5 diagnostic criteria for PTSD**

Hansen, M., Hyland, P., Karstoft, K.-I., Vægter, H. B., Bramsen, R. H., Nielsen, A. B. S., Armour, C., Andersen, S. B., Høybye, M. T., Larsen, S. K. & Andersen, T. E., 2017, I: European Journal of Psychotraumatology. 8, sup7, 12 s., 1398002.

**Does Size really matter? A multisite study of competing diagnostic criteria**

Hansen, M., Hyland, P., Karstoft, K.-I., Bramsen, R. H., Vægter, H. B., Armour, C., Sternhagen, A., Andersen, S. B., Larsen, S., Hørbye, M. & Andersen, T. E., 2017. 1 s.

**Exercise increases pressure pain tolerance but not pressure and heat pain thresholds in healthy young men**

Vægter, H. B., Hoeger Bement, M., Madsen, A. B., Fridriksson, J., Dasa, M. & Graven-Nielsen, T., 2017, I: European Journal of Pain. 21, 1, s. 73–81

**Ikkekirurgisk behandling af lumbal spinalstenose**

Bruun Plesner, K., Blichfeldt-Eckhardt, M. R., Bendix, L., Vægter, H. B. & Handberg, G., 2017, I: Ugeskrift for Læger. 179, 1, s. 86-87

**Ikke Kirurgisk behandling af lumbal spinalstenose.**

Bruun-Plesner, K., Blichfeldt-Eckhardt, M. R., Bendix, L., Vægter, H. B. & Handberg, G., 2017, I: Ugeskrift for Læger. 179

**Isometric Back Exercise Has Different Effect on Pressure Pain Thresholds in Healthy Men and Women**

Gajsar, H., Titze, C., Hasenbring, M. I. & Vægter, H. B., 2017, I: Pain Medicine. 18, 5, s. 917-923

**PainData: A Clinical Pain Registry in Denmark**

Vægter, H. B. & Handberg, G., 2017. 1 s.

**PainData: A clinical pain registry in Denmark**

Vægter, H. B., Høybye, M. T., Larsen, S., Hansen, O. B., Pedersen, C. B., Jensen, P. F. & Handberg, G., 2017, I: Scandinavian Journal of Pain. 16, s. 185

**Prevalence of depression and anxiety in patients with chronic non-malignant pain - a Danish register-linkage cohort study**

Søndergaard, S., Vægter, H. B., Erlangsen, A. & Stenager, E., 2017.

**Smerte**

Graven-Nielsen, T., Høgh, M. & Vægter, H. B., 2017, *Basisbog i Fysioterapi*. Bjørnlund, I. B., Sjöberg, N. E. & Lund, H. (red.). 2. udg. København: Munksgaard, s. 71-85

**Prevalence of mental disorders in patients with chronic pain: A register-based study**

Søndergaard, S., Vægter, H. B., Erlangsen, A. & Stenager, E., dec. 2016.

**Pain modulatory phenotypes differentiate subgroups with different clinical and experimental pain sensitivity**

Vægter, H. B. & Graven-Nielsen, T., jul. 2016, I: Pain. 157, 7, s. 1480–1488



**Acetaminophen for Chronic Pain: A Systematic Review on Efficacy**

Ennis, Z. N., Dideriksen, D., Vaegter, H. B., Handberg, G. & Pottgård, A., mar. 2016, I: Basic & Clinical Pharmacology & Toxicology. 118, 3, s. 184-189

**Prognostic factors for disability and sick leave in patients with subacute non-malignant pain: a systematic review of cohort studies**

Valentin, G. H., Pilegaard, M. S., Vaegter, H. B., Rosendal, M., Ørtenblad, L., Væggemose, U. & Christensen, R., 1. jan. 2016, I: BMJ Open. 6, 1, 13 s., e007616.

**Hypoalgesia After Exercise and the Cold Pressor Test is Reduced in Chronic Musculoskeletal Pain Patients With High Pain Sensitivity**

Vaegter, H. B., Handberg, G. & Graven-Nielsen, T., jan. 2016, I: The Clinical Journal of Pain. 32, 1, s. 58-69

**A 13-Weeks Mindfulness Based Pain Management Program Improves Psychological Distress in Patients with Chronic Pain Compared with Waiting List Controls**

Andersen, T. E. & Vægter, H. B., 2016, I: Clinical Practice and Epidemiology in Mental Health. 12, s. 49-58

**Assessment of musculoskeletal pain sensitivity and temporal summation by cuff pressure algometry: A reliability study**

Graven-Nielsen, T., Vaegter, H. B., Finocchietti, S., Handberg, G. & Arendt-Nielsen, L., nov. 2015, I: Pain. 156, 11, s. 2193-2202

**Lavdosisnaltrexon til smertebehandling**

Plesner, K. B., Vægter, H. B. & Handberg, G., 9. okt. 2015, I: Ugeskrift for Læger. 177, 43, s. 2-5 4 s.

**Isometric exercises reduce temporal summation of pressure pain in humans**

Vaegter, H. B., Handberg, G. & Graven-Nielsen, T., aug. 2015, I: European Journal of Pain. 19, 7, s. 973-983

**Aerobic exercise and cold pressor test induce hypoalgesia in active and inactive men and women**

Vaegter, H. B., Handberg, G., Jørgensen, M. N., Kinly, A. & Graven-Nielsen, T., 1. maj 2015, I: Pain Medicine. 16, 5, s. 923-933

**Hypoalgesia Induced by Exercise and Cold Pressor Test in Patients with Chronic Musculoskeletal Pain**

Vægter, H. B., okt. 2014.

**Prevalence of Neuropathic Pain According to the IASP Grading System in Patients with Chronic Non-Malignant Pain**

Vægter, H. B., Andersen, P. G., Madsen, M. F., Handberg, G. & Enggaard, T. P., jan. 2014, I: Pain Medicine. 15, 1, s. 120-127

**Similarities between exercise-induced hypoalgesia and conditioned pain modulation in humans**

Vægter, H. B., Handberg, G. & Graven-Nielsen, T., jan. 2014, I: Pain. 155, 1, s. 158-167

**A 13-weeks mindfulness based cognitive pain management programme improves depression and pain catastrophizing in patients with chronic pain**

Vægter, H. B., 2014.

**Temporal and Spatial Manifestations of Exercise-Induced Hypoalgesia and Conditioned Pain Modulation**

Vægter, H. B., 2014, Aalborg: Aalborg Universitetsforlag. 71 s.

**Exercise-induced hypoalgesia and conditioned pain modulation is not related to status of physical activity in humans.**

Vægter, H. B., 2013.

### **Fysioterapi til patienter med smerter**

Vægter, H. B., 2013, *Smerter – Baggrund, Evidens, Behandling*. Staehelin Jensen, T., Dahl, J. B. & Arendt-Nielsen, L. (red.). 3. udg. København: FADL's Forlag, s. 85-95

### **The interaction of musculoskeletal pain and physical activity: human studies**

Vægter, H. B., 2013, *Handbook of Physical Activity and Mental Health*. Ekkekakis, P. (red.). Routledge, s. 359-371 (Routledge International Handbooks).

### **Different Manifestations of Exercise-Induced Analgesia and Conditioned Pain Modulation in Humans**

Vægter, H. B., 2012.

### **Exercise and conditioned pain modulation have different effects on cuff pressure pain tolerance in humans**

Vægter, H. B., 2012.

### **Health care providers communicate less well with patients with chronic low back pain—a study of encounters at a back pain clinic in Denmark.**

Gulbrandsen, P., Vægter, H. B., Benth, J. S. & Lærum, E., 2010, *Pain*. 150, 3, s. 458-461

### **Professional Background**

**Professor in Physiotherapy and Pain Treatment** at the Department of Clinical Research, University of Southern Denmark and Department of Anesthesiology and Intensive Care Medicine, University Hospital Odense, Denmark (2022 - ).

**Visiting International Professor** at the Faculty of Medicine, Ruhr-University of Bochum, Germany (2019 - 2022).

**Associate Professor** in Physiotherapy at the Department of Clinical Research, University of Southern Denmark (2019 - 2022).

**Head of the Interdisciplinary Pain Research Group**, Interdisciplinary Pain Center, Department of Anesthesiology and Intensive Care Medicine, University Hospital Odense (2016 - ).

**Post doc** at the Department of Clinical Research, University of Southern Denmark (2016 – 2019).

**PhD in exercise and pain** from Aalborg University (2011 - 2015).

**MSc Pain Management** from University of Edinburgh, Scotland (2008 – 2010)

**Physiotherapist** from University College Zealand, Naestved, Denmark (2001 – 2004)

### **Profile**

Henrik Bjarke Vægter is Professor in Physiotherapy and Pain Treatment at the Department of Clinical Research, University of Southern Denmark and Department of Anesthesiology and Intensive Care Medicine, University Hospital Odense, Denmark. He is a leading researcher in the field of pain, non-pharmacological treatments and pro- and anti-nociceptive mechanisms. His primary research expertise lies within chronic pain and interdisciplinary rehabilitation with a particular focus on quantitative assessment of pro- and anti-nociceptive mechanisms in individuals with chronic pain to understand how these manifestations influence outcomes after rehabilitation. Henrik Bjarke Vægter is Head of the interdisciplinary Pain Research Group at University Hospital Odense and he has extensive experience in working in interdisciplinary teams and networks nationally and internationally within this area. He is leading several large scale externally funded projects and randomized controlled trials in clinical practice. Henrik has published extensively within the field of pain and non-pharmacological treatment, and is author of more than 75 publications in international peer-reviewed journals (2/3 as first or senior author) with several papers published in the top five journals in the pain field (e.g. PAIN, Journal of Pain, Medicine and Science in Sports and Exercise). His H-index is 26 (Google Scholar).

Henrik has led the development and implementation of 2 electronic clinical registries (PainData and FunkData) including patient-reported outcome (PRO) measures across more than 20 private and public interdisciplinary rehabilitation centers in Denmark, and is now leading the steering group for development of quality indicators in interdisciplinary pain management in Denmark comprising multiple professional disciplines (center leaders, physicians, nurses, psychologist, physiotherapists, secretaries and patient-representatives). Furthermore, he has a strong collaboration with Danish Regions where he is part of the implementation group for the project Value-Based Health Care in high-impact chronic pain.

Henrik is associate editor for Scand J Pain since 2020 and perform numerous ad-hoc reviews for scientific journals, including frequent reviews for top journals within the pain field. He has served as grant reviewer for organizations such as Medical Research Council, UK, Research Council Norway, Auckland Medical Research Foundation in New Zealand and Israel Science Foundation. Henrik Bjarke Vægter has received research support as the principal investigator or co-applicant from numerous sources including Sygeforsikringen "danmark", The philanthropic foundation TrykFonden, HelseFonden, Offerfonden, Sundheds- og Ældreministeriet, The Danish Rheumatism Association, Udviklings- og Forskningspuljen, and The Fund for Physiotherapy in Private Practice.

Henrik has a comprehensive teaching portfolio including formal education (Lecturer Training Programme, SDU) and supervision of master's students (+20), PhD students (5) and postdocs (1) as well as formal educational training in research leadership and management (Project Management and Leadership for researchers at RUC and SDU). He has served as PhD opponent in Denmark, Australia and New Zealand.

