

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 disturbed eating, exercise addiction and e-mental health.

Personal details

Name

Mia Beck Lichtenstein, Cand. Psych. PhD.

Date of birth

January 11th 1975

e-mails

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

Mobile phones

+45 2621 8846/ +45 2479 7943

Web CV

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

ORCID

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

Current position

2018-present

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

2018-present

Head of Research, Centre for Telepsychiatry, Mental Health Services in the Region of Southern Denmark. Heden 11, 1-28, 5000 Odense C.

Academic and clinical education

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.

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

2008 - 2015

Centre for Eating Disorders, Child and Adolescent Mental Health Services in the Region of Southern Denmark

2005 - 2008

Neuropsychologist at Centre for Brain Damages, Odense Municipal

2005 - present

Private Clinic offering assessment, counselling, psychotherapy and public lectures

Scientific positions

2017 - 2018

Associate Professor, Department of Psychology, University 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

2016 -2019

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

2016 -2019

PhD co-supervisor for a research project addressing borderline personality disorder and app-based treatment (M-diary study, candidate: Stig Helweg-Jørgensen)

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 - 2019

Supervisor at six research theses, special 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. Effekten af kognitiv træning på eksekutive funktioner ved skizofreni. Et litteraturstudie. 6. Autism and Personality.

2014

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

Publications in peer-reviewed journals

2020

Lars Clemmensen, Stéphane Bouchard, Johan Rasmussen, Trine Theresa Holmberg, Jakob Hyldig Nielsen, Jens Richardt Møllegaard Jepsen, Mia Beck Lichtenstein: STUDY PROTOCOL: EXPOSURE IN VIRTUAL REALITY FOR SOCIAL ANXIETY DISORDER - A randomized controlled superiority trial comparing cognitive behavioral therapy with virtual reality based exposure to cognitive behavioral therapy with in vivo exposure. Accepted BMC January 2020.

2019

Mia Beck Lichtenstein, Esben Skov Jensen, Attila Szabo: Exercise addiction, obsessive passion and the use of nutritional supplements in fitness center attendees. Translational Sports Medicine. First published: 06 January 2020. <https://doi.org/10.1002/tsm2.131>

2019

Julie Christine S. Hvidt, Lone Fisker, Christian Sibbersen, Stig Helweg-Jørgensen, Jens Peter Hansen, Mia Beck Lichtenstein: Translation and validation of the System Usability Scale in a Danish mental health setting using digital technologies in treatment interventions. International Journal of Human-Computer Interaction. In press.

2019

Rikke Wesselhoeft, Frederikke Kjerulff Madsen, Mia Lichtenstein, Christian Sibbersen, Rachel Manongi, Declare L. Mushi, Hanh Thi Thuy Nguyen, Toan Ngo Van, Henriette Kyhl, Niels Bilenberg, Dan W. Meyrowitsch, Tine M. Gammeltoft, Vibeke Rasch: Postnatal depressive symptoms display marked similarities across continents. Psychological Medicine. In press.

2019

Helweg-Jørgensen, S., Schmidt, TH., Lichtenstein M. B., Pedersen, S., S. An electronic diary mobile application for borderline personality disorder. A mixed method focus group study exploring development and usability. JMIR Formative Research.

2019

Lichtenstein, M. B., Dervisevic, A., Eg J., Wilson R. & Wesselhoeft, R. A psychometric evaluation of the automatic thoughts questionnaire in Danish adolescents and emerging adults. *Nordic Psychology*. DOI: 10.1080/19012276.2019.1604252

2019

Lichtenstein, M. B., Malkenes, M., Sibbersen, C., Hinze, C. J. Work addiction is associated with increased stress and reduced quality of life: Validation of the Bergen Work Addiction Scale in Danish. *Scandinavian Journal of Psychology*. DOI: 10.1111/sjop.12506

2018

Torstveit MK, Fahrenholtz IL, Lichtenstein MB, Stenqvist TB, Melin AK. Exercise dependence, eating disorder symptoms and biomarkers of Relative Energy Deficiency in Sports (RED-S) among male endurance athletes. *BMJ Open Sport & Exercise Medicine*. <http://dx.doi.org/10.1136/bmjsem-2018-000439>

2018

Lichtenstein, M. B., Nielsen, R.O., Gudex, C., Jørgensen, U. Exercise addiction is associated with emotional distress in injured and non-injured regular exercisers. *Addictive Behaviors Report*. Volume 8, December 2018, Pages 33–39.

2018

Lichtenstein, M. B., Griffiths, M., Hemmingsen, S.D. Støving, R. K. Exercise addiction in adolescents and emerging adults – Validation of a youth version of the Exercise Addiction Inventory. *Journal of Behavioral Addictions*. DOI: 10.1556/2006.7.2018.01

2017

Lichtenstein, M. B., Hemmingsen, S. D., Støving, R. K. Identification of eating disorder symptoms in Danish adolescents with the SCOFF questionnaire. *Nordic Journal of Psychiatry*, 2017. DOI: 10.1080/08039488.2017.1300322

2017

Lichtenstein, M. B., Hinze, C.J., Emborg, B, Thomsen, F. Hinze, C.J. Compulsive exercise: links, risks and challenges faced. *Psychology Research and Behavior Management*, 2017, (10) 85–95. doi: 10.2147/PRBM.S113093

2017

Lichtenstein, M. B., Gudex, C., Andersen, K., Bojesen, A.B., Jørgensen, U. Do exercisers with musculoskeletal injuries report symptoms of depression and stress? *Journal of Sport Rehabilitation*. 2017, Sep 5:1-22. doi: 10.1123/jsr.2017-0103

2017

Lichtenstein, M. B., Emborg, B., Hemmingsen, S.D., Hansen, N.B. Is exercise addiction in fitness centers a socially accepted behaviour? *Addictive Behaviors Research* 2017, 6: 102-105. doi/10.1016/j.abrep.2017.09.002

2016

Lichtenstein M. B. & Jensen, T. T. Exercise Addiction in CrossFit: Prevalence and psychometric properties of the Exercise Addiction Inventory. *Addictive Behaviors Reports* 2016; 3: 33-37. <http://dx.doi.org/10.1016/j.abrep>.

2015

Griffiths, M., Urbán R., Demetrovics, Z., Lichtenstein, M.B, et al. A cross-cultural re-evaluation of the Exercise Addiction Inventory (EAI) in five countries. *Sports Medicine Open*.

2015

Overgaard K., Aagaard P.G., Andersen L.J., Grønbaek M., Lichtenstein M.B., Nielsen R.Ø., Pedersen B.K., Roos E. *Supermotionisme og helbred*. Ugeskriftet.

2014

Lichtenstein M. B., Christiansen E., Bilenberg N., & Støving R. K. Validation of the exercise addiction inventory in a Danish sport context. *Scandinavian Journal of Medicine and Science in Sports*, 24(2): 447-53.

2014

Lichtenstein M. B., Larsen K. S., Christiansen E., Støving R. K., Bredahl T. Exercise Addiction in Team Sport and Individual Sport: prevalences and validation of the exercise addiction inventory. *Addiction Theory and Research*, 22(5): 431-437.

2014

Lichtenstein M. B., Christiansen E., Bilenberg N., Elklit A., & Støving R. K. Exercise addiction: A study of eating disorder symptoms, quality of life, personality traits and attachment styles. *Psychiatry Research*, 28; 215 (2): 410-416.

2014

Lichtenstein M. B., Andries A., Hansen S., Frystyk J. & Støving R. K. Exercise Addiction in Men is associated with Lower Fat-adjusted Leptin Levels. *Clinical Journal of Sports Medicine*. 25(2):138-43. doi: 10.1097/JSM.000000000000110

2014

Lichtenstein M. B. & Støving R. K. Exercise can be an addiction. *Ugeskrift for Læger*, 176(18): 1683-1687.

2014

Winkler L.A., Christiansen E., Lichtenstein M.B., Hansen N.B, Bilenberg N., Støving R.K. Quality of life in eating disorders: a meta-analysis. *Psychiatry Res*. 30; 219(1):1-9.

2012

Støving R. K, Andries A., Brixen K. T., Bilenberg N., Lichtenstein M. B., Hørder K. Purging behavior in anorexia nervosa and eating disorder not otherwise specified: a retrospective cohort study. *Psychiatry Res*, 30;198(2):253-258.

Selected national publications (in Danish)

2019

Lichtenstein, M.B. Forskere vil forebygge depression ved at spotte unge med negative tanker om sig selv og fremtiden. *ForskerZonen*. Videnskab.dk. Den 22. september 2019

2018

Lichtenstein, M.B. *Find den sunde træningsbalance. Fit Living. April 2018.*

2017

Lichtenstein, M.B. *Kan fem simple spørgsmål afsløre en spiseforstyrrelse? ForskerZonen. Videnskab.dk. Den 21. marts 2017.*

2017

Lichtenstein, M.B. *Fremitidens angstbehandling foregår i virtual reality. ForskerZonen. Videnskab.dk. Den 14. juni 2017.*

2017

Lichtenstein, M.B. *Skadede motionister risikerer at blive deprimerede. ForskerZonen. Videnskab.dk. Den 18. September 2017.*

2016

Lichtenstein, M.B. *Overdreven træning kan hænge sammen med lavt leptin. www.bodylab.dk*

2015

Lichtenstein, M.B. *Fra madafhængighed til træningsafhængighed. Adipositasforeningen. Article.*

2014

Lichtenstein, M.B.: *Find træningsbalancen - mellem sundhed og smerte. Dansk Psykologisk Forlag. Book.*

2014

Lichtenstein, M.B.: *Løb fra Livet. Psykolog Nyt 2014, nr. 2 (2014)*

2014

Lichtenstein, M. B.: *Motionsafhængighed - et moderne misbrug.*

www.dm.dk/da/FagligtForum/KulturSundhed/Artikler/Motionsafhaengighed.

2013

Lichtenstein, M.B.: *Find træningsbalancen - mellem sundhed og smerte. Dansk Psykologisk Forlag. Book.*

2013

Lichtenstein, M. B.: *Når motion bliver til misbrug. Krop og Fysik, nr. 2.*

2013

Lichtenstein, M. B.: *Træningen kan tage magten. Dansk Sportsmedicin, nr. 4.*

2010

Lichtenstein, M. B.: *Motionsafhængighed – når sundhed bliver til sygdom, Psykolog Nyt, nr. 6.*

Presentations at scientific conferences

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.

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

2015

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.

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

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)

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

2013

Exercise addiction, The Danish Eating Disorders Association, Copenhagen

Funding for research (only main responsible applicant)

2019

Eating disorders in Danish elite athletes funded by Team Denmark (265.000DKR)

2019

VR8 research program funded by Innovation Fund Denmark (12.412.000DKR)

2019

Eating Disorders in elite athletes funded by Team Denmark (200.000DKR)

2014

Postdoc: The Psychiatric Research Foundation in the Region of Southern Denmark (1.300.000DKR)

2013

PhD: The Psychiatric Research Foundation in the Region of Southern Denmark (600.000DKR)

2013

PhD: The Health Foundation/Helsefonden (350.000DKR)

2013

PhD: Team Denmark (225.000DKR)

2013

PhD: University of Southern Denmark (500.000DKR)

2013

PhD: Multiatleten in Odense, Denmark (10.000DKR)

Reviewer for scientific journals

2020

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)

2019

Supervision for research leaders. Ledelsesakademiet, Region Sydnmark.

2018

Cognitive Behavior Therapy. 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 and PhD opponent

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 -

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

2014 - 2018

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

2015 - 2018

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

2017 - 2019

Main organizer of "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

Member of The Danish Eating Disorders Association

2005 - present

Member of the Danish Psychology Association

Collaborations

2019-

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

2019-

Head of research project VR8 (virtual reality in anxiety treatment) funded by Innovation Fund Denmark.

2019-

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

2018 -

Is leader of the research project ENTER (e-mental health) funded by Innovation Fund Denmark.

2017 -

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

2018 -

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

2017 -

Is developing a research project addressing app-based treatment for eating disorders and exercise addiction in collaboration with Professor René K. Støving (Odense University Hospital), Ph.d. Robin Kok (University of Southern Denmark) and Associate Professor Loa Clausen (Aarhus University).

Research covered by media (selected from more than 300 interviews) – updated in PURE

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