

CV – Ingrid Demmelmaier

Kontaktuppgifter	
Adress arbete:	Institutionen för folkhälso- och vårdvetenskap Uppsala Universitet, Box 564, 751 22 Uppsala
Adress hem:	Sibyllegatan 4 D, 752 31 Uppsala
Telefon:	+46 705117366
E-mail:	ingrid.demmelmaier@pubcare.uu.se
Grundutbildning	
1983	Högskoleexamen (bachelor) från psykologlinjen, Uppsala Universitet
1988	Sjukgymnastexamen (fysioterapeut), Uppsala Universitet
PhD	
2010	Fil dr i vårdvetenskap vid Uppsala Universitet. Avhandling: "Behaviours, beliefs and back pain. Prognostic factors for disability in the general population and implementation of screening in primary care physiotherapy".Handledare Eva Denison, Pernilla Åsenlöf och Per Lindberg
Post-doc	
2010-2014 50%	Karolinska Institutet, Stockholm. Institutionen för neurobiologi, vårdvetenskap och samhälle.
Docentur	
2017	Docent (Associate Professor) i fysioterapi vid Uppsala Universitet
Nuvarande anställning	
2012-ff 50-100%	Forskare vid Uppsala Universitet, Institutionen för folkhälso- och vårdvetenskap
Tidigare anställningar	
1988-2004	Fysioterapeut och ergonom i primärvård och företagshälsovård inom Försvarsmakten. Lärare vid fysioterapeutprogrammet, Uppsala Universitet
2005-2010	Doktorand
2010-2011	Vik lektor vid masterprogrammet i folkhälsovetenskap, Uppsala Universitet
2011-2012	Vik lektor 50% i fysioterapi

Publikationer

1. Demmelmaier I., Åsenlöf P., Lindberg P., Denison E. (2008) The associations between pain intensity, psychosocial variables, and pain duration/recurrence in a large sample of persons with nonspecific spinal pain. *Clin J Pain* 24:611-9.
2. Demmelmaier I., Åsenlöf P., Lindberg P., Denison E. (2010) Biopsychosocial predictors of pain, disability, healthcare consumption, and sick leave in first-episode and long-term back pain: a longitudinal study in the general population. *Int J Behav Med* 17:79-89.
3. Demmelmaier I., Denison E., Lindberg P. and Åsenlöf P. (2010) Physiotherapists' telephone consultations regarding back pain. A method to analyse screening of risk factors. *Physiother Theory Pract* 26:468-75.
4. Demmelmaier I., Denison E., Lindberg P. and Åsenlöf P. (2011) Tailored skills training for practitioners to enhance assessment of prognostic factors for persistent and disabling back pain: four quasi-experimental single subject studies. *Physiother Theory Pract* 28(6):1-14.
5. Nordgren B., Fridén C., Demmelmaier I., Bergström G., Opava C. (2012) Long-term health-enhancing physical activity in rheumatoid arthritis – the PARA 2010 study. *BMC Pub Health* 12:397.
6. Demmelmaier I., Åsenlöf P., Opava C. Supporting stepwise change. (2013) Improving health behaviors in rheumatoid arthritis with physical activity as the example. *Int J Clin Rheum* 8: 89-94.
7. Demmelmaier I., Bergman P., Nordgren B., Jensen I., Opava C. (2013) Current and maintained health-enhancing physical activity in rheumatoid arthritis – a cross-sectional study. *Arthritis Care Res* 65: 1166-1176.
8. Nordgren B., Fridén C., Demmelmaier I., Opava CH. (2013) Who makes it to the base? Selection procedure for a physical activity trial targeting people with RA – the PARA 2010 study. *Arthritis Care Res* 66:662-70.
9. Nessen T., Opava CH., Martin C., Demmelmaier I. (2014). From clinical expert to guide. Experiences from coaching people with rheumatoid arthritis to increased physical activity. *Physical Ther* 94:644-53.
10. Nordgren B., Fridén C., Demmelmaier I., Bergström G., Lundberg IE., Dufour AB., Opava CH. (2014) An outsourced health-enhancing physical activity program for people with rheumatoid arthritis. Exploration of adherence and response. *Rheumatol* 54:1065-73.

11. Demmelmaier I., Lindkvist Å., Nordgren B., Opava CH. (2015) "A gift from heaven" or "This was not for me". A mixed methods approach to describe experiences of participation in an outsourced physical activity program for persons with rheumatoid arthritis. *Clin Rheumatol* 34:429-39.
12. Lööf H., Demmelmaier I., Welin Henriksson E., Lindblad S., Nordgren B., Opava CH., Johansson U-B. (2015) Fear-avoidance beliefs about physical activity in adults with rheumatoid arthritis. *Scand J Rheumatol* 44:93-9.
13. Nessen T., Demmelmaier., Nordgren B., Opava CH. (2015). The Swedish Exercise Self-Efficacy Scale (ESES-S): Reliability and validity in a rheumatoid arthritis population. *Disabil Rehabil* 37:2130-4.
14. Revenäs Å., Opava CH., Martin C., Demmelmaier I., Keller C., Åsenlöf P. (2015) Development of a web and mobile application to support physical activity in individuals with rheumatoid arthritis: Results from the second step of a co-design process. *JMIR Res Prot* 4(1):e22.
15. Demmelmaier I., Dufour AB., Nordgren B., Opava CH. (2016) Trajectories and predictors of physical activity over two years in rheumatoid arthritis. *Arthritis Care Res* 68:1069-77.
16. Emilson C., Demmelmaier I., Lindberg P., Denison E., Åsenlöf P. (2017). 10-years follow-up of tailored behavioural treatment and exercise-based physiotherapy in persistent musculoskeletal pain: Are the results valid or "lost in attrition"? *Clin Rehabil* 31:186-96.
17. Emilson C., Åsenlöf P., Pettersson S., Bergman S., Sandborgh M., Martin C., Demmelmaier I. (2017) Physical therapists' assessments, analyses and use of behavioral change techniques in initial consultations on musculoskeletal pain. Direct observations in primary health care. *BMC Musculoskel Disorders* 17:316.
18. Demmelmaier I., Åsenlöf P., Bergman P., Nordgren B., Opava CH. (2017) Pain rather than self-reported sedentary time explains variation in perceived health and activity limitation in persons with rheumatoid arthritis. *Rheumatol Int* 37: 923–30.
19. Mazzoni A., Nordin K., Berntsen B., Demmelmaier I., Igelström H. (2017) Comparison between logbook-reported and objectively-assessed physical activity and sedentary time in breast cancer patients: an agreement study. *BMC Sports Sci Med Rehabil.* 9:8. Published online 2017 Mar 31. doi: 10.1186/s13102-017-0072-2.
20. Berntsen S., Aaronson NK., Buffart L., Börjeson S., Demmelmaier I., Hellbom M., Hojman P., Igelström H., Johansson B., Pingel P., Raastad T., Velikova G., Åsenlöf P., Nordin K. (2017) Design of a randomized controlled trial of physical training and cancer (Phys-Can) – the impact

of exercise intensity on cancer related fatigue, quality of life and disease outcome. *BMC Cancer* 17: 218. Published online 2017 Mar 27. doi: 10.1186/s12885-017-3197-5

21. Igelström H., Berntsen S., Demmelmaier I., Johansson B., Nordin K. (2017) Exercise during and after curative oncological treatment – a mapping review. *Physical Therapy Rev.* 22:103-15.
22. Demmelmaier I., Björk A., Dufour AB., Nordgren B., Opava CH. (2017) Trajectories of fear-avoidance beliefs on physical activity over two years in people with rheumatoid arthritis. *Arthritis Care Res (Hoboken)*. doi: 10.1002/acr.23419
23. Demmelmaier I., Iversen MD. (2018) How are behavioral theories used in interventions to promote physical activity in rheumatoid arthritis? A systematic review. *Arthritis Care Res.* 70:185-96. doi: 10.1002/acr.23265.
24. Nessen T., Opava CH., Martin C., Demmelmaier I. (2018) Physiotherapists' management of challenging situations in guiding people with rheumatoid arthritis to health-enhancing physical activity. *Physiother Theory Pract.* 15:1-9. doi: 10.1080/09593985.2018.1434847
25. Löfgren M., Opava CH., Demmelmaier I., Fridén C., Lundberg IE., Nordgren B., Kosek E. (2018) Pain sensitivity at rest and during muscle contraction in persons with rheumatoid arthritis. A sub-study within the Physical Activity in Rheumatoid Arthritis 2010. *Arthritis Res Ther.* 15;20(1):48. doi: 10.1186/s13075-018-1513-3.
26. Nordgren B., Fridén C., Demmelmaier I., Bergström G., Lundberg IE., Nessen. T, Dufour AB., Opava CH. (2018) An outsourced health-enhancing physical activity program for people with rheumatoid arthritis. Study of the maintenance phase. *J Rheumatol.* 45(8):1093-1100. doi: 10.3899/jrheum.171002.
27. Nessen T., Opava CH., Demmelmaier I. (2018) Physiotherapists' adoption of a theory-based skills training program in guiding people with rheumatoid arthritis to health-enhancing physical activity. *Int J Behav Med* 25(4): 438–447.
28. Demmelmaier I., Pettersson S., Nordgren B., Dufour AB., Opava CH. (2018) Associations between fatigue and physical capacity in people moderately affected by rheumatoid arthritis. *Rheumatol Int.* 38(11):2147-2155. doi: 10.1007/s00296-018-4140-z.
29. Mazzoni A., Carlsson M., Berntsen S., Nordin K., Demmelmaier I. (2019) "Finding my own motivation". A mixed methods study of a physical exercise intervention with behaviour change support during oncological treatment. E-published 2019/08/24. *Int J Behav Med.* doi: 10.1007/s12529-019-09809-z.

30. Johnsson A., Demmelmaier I., Sjövall K., Wagner P., Olsson H., Tornberg ÅB. (2019) A single exercise session improves side-effects of chemotherapy in women with breast cancer. *BMC Cancer* 19:1073.
31. Henriksson A., Igelström H., Arving C., Nordin K., Johansson B., Demmelmaier I. (2020) “Meaningful but challenging”. Supervising physical exercise in a non-clinical setting for persons undergoing curative oncological treatment. *Physiotherapy Theory Pract.* E-published 13 March 2020. <https://doi.org/10.1080/09593985.2020.1737995>
32. Emilson C., Åsenlöf P., Demmelmaier., Bergman. (2020) Association between health care utilization and musculoskeletal pain. A 21-year follow-up of a population cohort. *Scand J Pain* 20(3):533-543 <https://doi.org/10.1515/sjpain-2019-0143>
33. Holm S., Igelström H., Demmelmaier I. (2020) Development, preliminary validation and reliability testing of SEDA – Self-Efficacy in Daily Activities for children with pain. Accepted for publication in *Physiotherapy Theory Pract.*
<https://www.tandfonline.com/action/showCitFormats?doi=10.1080/09593985.2020.1771797>
34. Brynjulfson T., Demmelmaier I., Berntsen S., Hellum Foyen T., Klomsten Andersen O., Stang J., Brodrik Sigdestad J., Stensrud T., Tufte K., Nielsen A., Westergren T. (2020) Motivation for physical activity in adolescents with asthma. *Asthma* 26: 1-9.
35. Tegler H., Demmelmaier I., Blom-Johansson M., Norén N. (2020) Creating as response space in multiparty classroom settings for students using eye-gaze accessed speech-generating devices *Augment Altern Comm* 36(4):203-213.
36. Mazzoni A., Brooke H., Berntsen S., Nordin K., Demmelmaier I. (2020) Exercise Adherence and Effect of Self-Regulatory Behavior Change Techniques in Patients Undergoing Curative Cancer Treatment: Secondary Analysis from the Phys-Can RCT. *Integrative Cancer Therapies* 19: 1534735420946834 doi: [10.1177/1534735420946834](https://doi.org/10.1177/1534735420946834)
37. Wiestad TH., Raastad T., Nordin K., Igelström H., Henriksson A, Demmelmaier I., Berntsen S. (2020) The Phys-Can observational study: Adjuvant chemotherapy is associated with a reduction whereas physical activity level before start of treatment is associated with maintenance of maximal oxygen uptake in patients with cancer. *BMC Sports Sci Med Rehabil*12:53.
38. Swärdh E., Opava CH., Nordgren B., Demmelmaier I. (2020) “A necessary investment in own health.” Perceptions of physical activity maintenance among people with rheumatoid arthritis. *J Physical Therapy* 100(12): 2144–2153.

39. Demmelmaier I., Brooke HL., Henriksson A., et al. (2021) Does exercise intensity matter for fatigue during (neo)-adjuvant cancer treatment? The Phys-Can RCT. *Scand J Med Exerc Sports* 2021 May;31(5):1144-1159 <https://doi.org/10.1111/sms.13930>
40. Strandberg E., Vassbakk-Svindland K., Henriksson A., Johansson B., Vikmoen O., Kudrén D., Schauer T., Lindman H., Wärnberg F., Berntsen S., Demmelmaier I., Nordin K., Raastad T. (2021) Effects of heavy-load resistance training during (neo)-adjuvant chemotherapy on muscle cellular outcomes in women with breast cancer: Study protocol for randomized controlled clinical trial. *Medicine*
41. Vistad I., Skorstad M., Demmelmaier I., Småstuen M., Lindemann K., Wisløff T., van de Poll Franse L., Berntsen S. (2021). Lifestyle and Empowerment Techniques in Survivorship of Gynecologic Oncology (LETSGO study). A study protocol for a multicenter longitudinal interventional study using mobile health technology and biobanking. *BMJ Open*
42. Johnsson A., Demmelmaier I., Sjövall K., Wagner P., Olsson H., Tornberg ÅB. (2021) Self-reported energy increases after a single exercise session performed during a course of chemotherapy in women with breast cancer. Submitted.
43. Strandberg E., Bean C., Vassbakk-Svindland K., Brooke HL., Sjövall K., Börjeson S., Berntsen S., Nordin K., Demmelmaier I. (2021) Who makes it all the way? Participants vs. decliners, and completers vs. drop-outs, in a 6-month exercise trial during cancer treatment. Results from the Phys-Can RCT. *Support Care Cancer*.
44. Schauer T., Mazzoni A., Henriksson A., Demmelmaier I., Berntsen S., Rastaad T., Nordin K., Pedersen B., Christensen J. (2021) The effect of exercise intensity on markers of inflammation during and after (neo)-adjuvant cancer treatment: A secondary analysis of the Phys-Can RCT. *Endocrine-related Cancer*.
45. Tegler H., Demmelmaier I., Blom-Johansson M., Norén N. (2021) Response mobilising features in atypical interaction involving beginner-level users of eye-gaze accessed speech-generating devices. *Res Children Social Interact*.
46. Pettersson S., Demmelmaier I., Nordgren B., Dufour AB., Opava CH. (2021) Identification and prediction of fatigue trajectories in people with rheumatoid arthritis. *ACR Open Rheumatology* <https://doi.org/10.1002/acr2.11374>
47. Mazzoni A., Brooke H., Berntsen S., Nordin K., Demmelmaier I. (2021) Effect of self-regulatory behaviour change techniques and predictors of physical activity maintenance in cancer survivors: a 12-month follow-up of the Phys-Can RCT. *BMC Cancer*.

Bokkapitel m.m.

1. Anderzén I., Demmelmaier I., Hansson A., Winblad U., Johansson P., Lindahl E. *Samverkan i resursteam: effekter på organisation, hälsa och sjukskrivning*. Rapport, Uppsala Universitet April 2008
2. Att stödja hälsobeteenden. Kapitel i bok *Fysisk aktivitet vid reumatisk sjukdom*. Red: Christina H Opava. Lund: Studentlitteratur. 2014
3. Att förändra sitt arbetssätt. Kapitel i bok *Fysisk aktivitet vid reumatisk sjukdom*. Red: Christina H Opava. Lund: Studentlitteratur. 2014
4. Atferdsendring knyttet til fysisk aktivitet. Kapitel i bok *Fysisk aktivitet og helse*. Red: Torstevit MK., Berntsen S., Lohne-Seiler H., Anderssen, SA. Oslo: Cappelen Damm Akademisk. 2018
5. Fysisk aktivitet och inaktivitet vid cancer. Artikel i facklig tidskrift *Fysioterapi*. 2019(3):32-37. http://fysioterapi.se/wp-content/uploads/Webbtidning_Fysioterapi_3-19.pdf
6. Intensiteten är inte viktigast för träning under cancerbehandling. Artikel i tidskrift *Onkologi i Sverige*. 2021(3): 79-88.

Handledning och undervisning

Huvudhandlare för:

- Thomas Nessen, disputerade vid Karolinska Institutet februari 2016
- Helena Tegler, disputerade vid Uppsala universitet mars 2020
- Anne-Sophie Mazzoni, disputerade vid Uppsala universitet maj 2021

Biträdande handledare för:

- Christina Emilson, disputerade vid Uppsala universitet oktober 2017
- Benedikte Western, planerad disputation vid Universitetet i Agder augusti 2023
- Ylva Lindberg, planerad disputation vid Uppsala universitet maj 2025
- Linda Pettersson, planerad lic-avhandling vid Uppsala universitet augusti 2025

Jag har handlett ca 40 uppsatser på kandidatnivå och ca 10 på mastersnivå.

Jag leder kurser och undervisar motsvarande 20% på masterprogrammet i folkhälsa vid Uppsala universitet. Jag har undervisat på grundnivå och avancerad nivå i fysioterapi och folkhälsovetenskap i ca 15 år. Jag har också undervisning på kandidatprogrammet och forskarutbildning i idrottsvetenskap vid universitetet i Agder, Kristiansand i Norge och masterprogrammet i fysioterapi vid Züricher Hochschule für Angewandte Wissenschaften, Winterthur (ZHAW) i Schweiz.