

# CURRICULUM VITAE



## PERSONAL INFORMATION

Pernilla Åsenlöf

### DATE AND PLACE OF BIRTH

19670107

Born in Borås, and grown up in Sävsjö, Sweden

### HOME ADDRESS

Geijersgatan 12B, 752 26 Uppsala, Sweden

### PHONE AND EMAIL

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### FAMILY AND CIVIL STATE

Co-habitant with Bengt Ny, professional musician/horn player in the Swedish Radio Symphony Orchestra

Children: Axel b. 1993, August b. 1996, and Alva b. 1993 (Bengt's daughter)

## CURRENT POSITION AND ACADEMIC DEGREE

Professor in Physiotherapy with clinical affiliation to Uppsala University Hospital (Rehabilitation and Pain Centre)	2015 -
Associate Professor in Physiotherapy	2010

## PRIOR POSITIONS

University lecturer with clinical affiliation to Uppsala University Hospital	2011-2014
Assistant Professor (research fellow-ship), Uppsala University, Department of Neuroscience, Physiotherapy	2007-2010
Junior researcher Uppsala University, Department of Neuroscience	2005-2006
PhD-student, Uppsala University, Department of Public Health and Caring Sciences	2000-2005
Clinical lecturer (50% + 50%), School of Higher education in Caring Sciences (former Vårdhögskolan), Uppsala/ Uppsala University and Primary health care, Region Uppsala	1995-2000
Reg. Physiotherapist, Primary health care, Region Uppsala	1988-1995
Reg. Physiotherapist, Geriatrics, Kungsgårdets' Hospital, Region Uppsala	1988

## GRADUATE AND POSTGRADUATE EDUCATION

PhD in Medical Sciences, Faculty of Medicine Uppsala University, Department of Public Health and Caring Sciences Title of doctor's thesis: <i>'Individually Tailored Treatment in the Management of Musculoskeletal Pain: Development and Evaluation of a Behavioural Medicine Intervention in Primary Health Care'</i>	2005
Master of Science (Magister) in Caring Sciences Uppsala University, Department of Public Health and Caring Sciences Subsidiary subject: Pedagogik A, 20 p (educational science, former system of merits) Rehabilitation; Physiotherapy Programme School of higher education in Caring Sciences (former Vårdhögskolan), Uppsala	2000
Registered Physiotherapist	1985-1988
	1988

## FORMAL EDUCATIONAL TRAINING

*Training equals 35 weeks*

Educational Science A, Uppsala University	1999
Teaching in higher education, stage 1 and 2	2006
Supervision of PhD-students, stage 1 and 2	2009

## ACADEMIC LEADERSHIP TRAINING

Leadership for experienced leaders within academia	2022
Vice-Chancellor's leadership programme for research and leadership, Uppsala University	2018-2019
Programme for Academic leadership in women, Uppsala University	2010-2011
Academic leadership of the future (Vårdalinstitutet)	2005-2006

## ACADEMIC LEADERSHIP MERITS AND COMMISSIONS OF TRUST

### DEPARTMENT LEVEL

Principal investigator UPIC (Ungas Psykiska hälsa i Centrum)	2021-
Principal investigator U-PAIN	2016-
Deputy head of Department of Neuroscience, Uppsala University	2018 -2020
Assistant head of Department of Neuroscience (clinical research groups)	2018 - 2020
Board representative, Department of Neuroscience	2011 - 2020
Group leader 'Physiotherapy and Behavioural Medicine'	2007 -
Board representative (PhD-students), Department of Public Health and Caring Sciences, Uppsala University	2002-2004
Chair of the Association of PhD-students, Department of Public Health and Caring Sciences	2001-2005

DISCIPLINARY DOMAIN AND FACULTY LEVEL

Vice-Dean of the Medical faculty	2020-
Vice-chair of the Recruitment group of the Medical Faculty	2020-
Chair of the Board for Centre for Disability Research	2022-
Chair of the Board for Centre for Research and bioethics	2020-
Adjunct member of the management committee of WOMHER	2020 - 2023
Representative in the committee for applications on associate professor-ships (Docenturkommittén)	2017-2020
Chair of the Elector College and election committee (MedFarm)	2016-2019
Board representative in the board of the disciplinary domain of Medicine and Pharmacy (Områdesnämnden)	2011-2017
Member of the Elector College (Medicine)	2008-2019
Member of the board for Centre for research in developmental disabilities and handicap	2010

Member of numerous collegial working groups and panels to prepare for decisions by the disciplinary domain.

Education

Chair of the board for the Physiotherapy Programme, Faculty of Medicine, Uppsala University	2009-2011
Member of the board of Undergraduate studies (GRUNK)	2009-2011
Interim Chair of the board for the Physiotherapy Programme	2005-2009
Director of Studies, 4 programmes: Caring Sciences, Genetic counselling, Habilitation, Health promotion (Advanced level) hosted by Department of Public Health and Caring Sciences	2005-2006

UNIVERSITY LEVEL

Representative of MedFarm in the University College	2019 -2022
Representative of MedFarm in the Recruitment group (Vice-Chancellor/Pro-Vice- Chancellor)	2019 -2020
Representative in the board for equal opportunities	2016-2017

UNIVERSITY HOSPITAL

Chair of the board for research, education and development (FoUU-rådet Rehabilitering och smärtcentrum)	2017 - 2023
Research representative in operation management (VLG), Rehabilitation and Pain Centre	2017- 2023
Chair of the board for research, education and development (FoUU-rådet Paramedicin)	2015-2017
Research representative in operation management (VLG), Paramedicin	2015 - 2017

NATIONAL (a selection of relevance)

Member of the National Working Group (NAG) for pain care in Sweden	2019 - 2022
Representative of the advisory board of SBU (Statens beredning för medicinsk och social utvärdering)	2019 – 2022
Auditor of the Board of the Swedish Behavioural Medicine Association	2012-2022
Member of the Board of the Swedish Behavioural Medicine Association	2010-2011

INTERNATIONAL

Representative of the board of International Society of Behavioural Medicine (ISBM)	
Chair of the Education&Training sub-committee (ISBM)	2018 -2022
Advisory Board for the Centre for Health Activity and Rehabilitation research (CHARR), School of Physiotherapy, Otago University, New Zealand	2017 -

OTHER

Inspector at Östgöta Nation, Uppsala	2018 -
Chair of the Board of Uppsala Academic Chamber Choir	2004-2005
Deputy Chair of Allmänna Sängen	1990-1993

**BRIEF SUMMARY OF SCIENTIFIC MERITS**SCIENTIFIC PUBLICATIONS (2004 - 2022)

Thesis, peer-reviewed original papers (67), peer-reviewed conference abstracts (>75), invited scientific symposia (2), invited key-note speaker (2), reviews (5), book chapters (3), book (1).

SUPERVISION OF PHD-STUDENTS AND POSTDOCS

PhD – students (9)  
 8 completed as main supervisor, 1 ongoing  
 2 completed as assistant supervisor, 2 ongoing  
 Postdocs (4)

GRANTS AS MAIN APPLICANT (2007-2022)

Total amount approximates 20 000 000 Swedish crowns.

Private donation to UPIC 2022

#### SCIENTIFIC PRIZES AND AWARDS

- The Thuréus Prize in Medicine (Kungl. Vetenskaps societeten i Uppsala) 2017
- Awarded “Young investigator of the year”, Department of Neuroscience, Uppsala University, including a research grant of 150.000 2009
- Best abstract and scientific oral presentation at the conference ‘Health Care Sciences of Tomorrow’, including a travel scholarship of 20 000:-, Norra Latin, Stockholm. 2002

#### FACULTY OPPONENT DOCTORAL DEGREE (9)

- Cecilia Bergström: Impact of psychosocial characteristics in neck and low back pain. Karolinska Institutet 2011
- Malin Wiklund: Physical activity among patients undergoing bariatric surgery. Gothenburg University. 2013
- Karianne Vassbakk Brovold: Individualized comprehensive lifestyle interventions in cancer patients undergoing curative or palliative chemotherapy: Feasible? Agder University, Norway. 2017
- Linn Karlsson: Chronic pain and exercise. Studies on pain intensity, biochemistry, adherence and attitudes. Linköping University. 2017
- Petter Sandstedt: Disability and Quality of Life in Patients with Amyotrophic Lateral Sclerosis, and caregiving experiences from the perspective of next of kin. Karolinska Institutet. 2018
- Elena Tseli: Interdisciplinary rehabilitation in patients with chronic pain. Karolinska institutet. 2019
- Sebastian Lindblom: Understanding the links: The exploration of care transitions between hospital and continued rehabilitation in the home after stroke. Karolinska Institutet. 2021
- Sarah Rhodes: Supporting physical activity behaviour change in adults with obstructive sleep apnoea. Otago University, New Zealand. 2021
- Veronica Sjöberg: eVIS – A digital support for physical activity in persons with chronic pain. 2023

#### GRADING COMMITTEES DOCTORAL DEGREE (~ 10)

Tomas Overmeer, Örebro University/Ing-Marie Dohrn, KI/Alexandra Halvarsson, KI/Sofia Bergbom, Örebro University/Vivien Jörgensen, KI/Monica Buhrman, Uppsala University/Åsa Andersen, Uppsala University/Matilda Wurm, Örebro University/Mia Forslin, KI/Jenny Rickardsson, KI

#### EXPERT COMMISSIONS (A SELECTION OF RELEVANCE)

- SBU: Member of advisory board 2019-2022
- SBU: Member of expert group. Survey of treatment studies on chronic musculoskeletal pain conditions. Task from the government. 2018-2019

- SBU: Chair of expert group. Systematic review on preventive measures for prevention of acute pain becoming chronic. Task from the government. 2014-2016
- SBU: Member of expert group. Systematic review on rehabilitation in patients with chronic pain. Update of report no 177. 2008-2010
- Task from the government.
- National network "Initiative Pain", Swedish Rheumatism Association 2012-2015
- SKR: National indications for multimodal pain rehabilitation 2010-2011

#### REVIEW PANELS OF NATIONAL GRANT APPLICATIONS

- Swedish research council, chair interdisciplinary research environments 2024
- Cancerfonden 2020 -
- FORTE 2018

#### REVIEW ASSIGNMENTS (A SELECTION)

European Journal of Pain

The Journal of Pain

Journal of Rehabilitation Medicine

Disability and Rehabilitation

Clinical Rehabilitation

Advances in Physiotherapy/European Journal of Physiotherapy

Health and Quality of Life Outcomes

Clinical Psychology and Psychotherapy

Physical Therapy

#### MEMBERSHIPS

Kungl. Vetenskaps-Societeten i Uppsala

### **BRIEF SUMMARY OF TEACHING MERITS NOT REPORTED ELSEWHERE**

- Teaching in higher education continuously since 1995.
- Teaching tasks ranging from 20% to 90% during each semester.
- Vast experience in teaching and different teaching formats on ground, advanced and research levels.
- Course administrator on all levels.
- Course developer on all levels e.g. behavioural medicine, pain, research design and methodology
- Co-developer of a new education plan for the Physiotherapy programme leaning on basic theoretical and empirical principles emanating from my research line in behavioural medicine and physiotherapy. The plan was launched in 2014 after several years of preparation.
- Responsible examiner for the Physiotherapy programme and courses on advanced and research levels in physiotherapy as a whole.

- Co-developer of a new Master Programme in Public Health by the time I was serving as Director of studies at the Department of Public Health and Caring Sciences in 2005-2006.
- Regularly engaged as special adviser for teaching positions in other Universities.

For leadership in teaching see "Academic leadership and commissions of trust".

## LANGUAGE SKILLS

Swedish, native

English, advanced level

German reading and understanding, high school level