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Psykologisk Institut
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Ansættelser

2014-: 2019 Studieleder, Psykologisk Institut, Aarhus Universitet
2012- Lektor. Psykologisk Institut, Aarhus Universitet
2008-2012 Adjunkt. Psykologisk Institut, Aarhus Universitet
2008- Professionel studievejleder v. Psykologisk Institut, Aarhus Universitet
2007-2008 Post.doc. Psykologisk Institut, Aarhus Universitet
2007 Lokalpsykiatri Nord, Region Midt.
2003-2004 Demensklubben, Aarhus Kommunehospital
2001-2003 Retspsykiatrisk Afdeling, Middelfart Sygehus

Uddannelse

2013 Kursus i vejledning. Speciale-, ph.d.- og kollegavejledning
2010 Kursus i Universitetspædagogik for adjunkter
2012 Ph.D.graden i Psykologi. Psykologisk Institut, Aarhus Universitet
2004-2007 Ph.d.-stipendiat. Psykologisk Institut, Aarhus Universitet
2003 Autorisation fra Psykolognævnet
2003 Certificeret i brugen af MCMI-III
1998-2001 Kandidatgraden i Psykologi, Psykologisk Institut, Aarhus Universitet
1995-1998 Bachelorgraden i Psykologi. Psykologisk Institut, Aarhus Universitet

Forskningsområder

Telemedicin - psykologiske aspekter af telemedicin, design, brugerdriven innovation og implementering
Telemedicin som motivationsfaktor for patienter
Rehabiliteringspsykologi - motivation til livsstilsændringer
Psykologiske problemstillinger ifbm. hjertesygdom
Hjertepsykologi
Psykosomatik
Psykotraumatologi
Krisepsykologi

Undervisningsområder

Psykotraumatologi
Psykotraumatologi (seminar)
Forår 2013, 2014
Klinisk Psykologi 3. semester
Forelæsning: Posttraumatiske tilstande og dissociative forstyrrelser
Efterår 2016
Grundfag A: Klinisk Psykologi
Forelæsning: Kriseintervention og behandling af PTSD-tilstande
Efterår 2013 -
Metodefag
Test- og Undersøgelsesmetode (koordinator og underviser)
Efterår 2007 -
Forskningsmetode 4 (seminar)
Efterår 2007 - 2013

Publikationer

"Future patient II" telerehabilitation for patients with heart failure: Protocol for a randomized controlled trial

Dinesen, B., Hansen, E. T., Refsgaard, J., Lundsgaard, S. V., Dittmann, L., Larsen, K., Spindler, H., Jochumsen, M. & Hollingdal, M., mar. 2024, I: *International Journal of Cardiology: Cardiovascular Risk and Prevention*. 20, 200239.

Postponement of elective cardiac surgery: A prospective observational analysis of anxiety, depression, social support and clinical complications

Spindler, H., Thorup, C. B., Nøhr, D. & Andreasen, J. J., okt. 2023, I: *Journal of Clinical Nursing*. 32, 19-20, s. 7346-7357 12 s.

Prevalence and Phenomenology of Sensory Experiences of a Deceased Spouse: A Survey of Bereaved Older Adults

Kamp, K. S., Steffen, E. M., Moskowitz, A. & Spindler, H., maj 2023, I: *Omega (United States)*. 87, 1, s. 103-125 23 s.

Increased motivation for and use of digital services in heart failure patients participating in a telerehabilitation program: a randomized controlled trial

Spindler, H., Dyrvig, A-K., Schacksen, C. S., Anthonimuthu, D., Frost, L., Gade, J. D., Kronborg, S. H., Mahboubi, K., Refsgaard, J., Dinesen, B., Hollingdal, M. & Kayser, L., jul. 2022, I: *mHealth*. 8, 12 s., 25.

Distress and anxiety following postponed cardiac surgery prior to and during the COVID-19 pandemic

Thorup, C. B., Spindler, H., Nøhr, D., Skinbjerg, H. & Andreasen, J. J., jan. 2022, I: *Danish Medical Journal*. 69, 1, 9 s., A06210492.

Video and social rehabilitation of persons with mental illness helps to structure everyday life: a qualitative study

Oestergaard, C. U., Spindler, H. & Dinesen, B., jan. 2022, I: *mHealth*. 8, January, 4.

Are Sensory Experiences of One's Deceased Spouse Associated with Bereavement-Related Distress?

Kamp, K. S., Moskowitz, A., Due, H. & Spindler, H., 2022, (Accepted/In press) I: *Omega (United States)*.

Sensory experiences of one's deceased spouse in older adults: An analysis of predisposing factors

Kamp, K. S., Steffen, E. M., Moskowitz, A. & Spindler, H., 2022, I: *Aging and Mental Health*. 26, 1, s. 140-148 9 s.

Patient-reported outcomes from patients with heart failure participating in the future patient telerehabilitation program: Data from the intervention arm of a randomized controlled trial

Schacksen, C. S., Dyrvig, A. K., Henneberg, N. C., Gade, J. D., Spindler, H., Refsgaard, J., Hollingdal, M., Dittman, L., Dremstrup, K. & Dinesen, B., jul. 2021, I: *JMIR Cardio*. 5, 2, e26544.

The Danish Future Patient Telerehabilitation Program for patients with atrial fibrillation: Design and pilot study in collaboration with patients and their spouses

Dinesen, B., Gade, J. D., Schacksen, C. S., Spindler, H., Albertsen, A. E., Dittmann, L., Jochumsen, M. & Møller, D. S., jul. 2021, I: *JMIR Cardio*. 5, 2, e27321.

Motivating patients in cardiac rehabilitation programs: A multicenter randomized controlled trial

Spindler, H., Hollingdal, M., Refsgaard, J. & Dinesen, B., jun. 2021, I: *International Journal of Telerehabilitation*. 13, 1, 15 s., e6365.

Predictors of Walking Activity in Patients with Systolic Heart Failure Equipped with a Step Counter: Randomized Controlled Trial

Gade, J. D., Spindler, H., Hollingdal, M., Refsgaard, J., Dittman, L., Frost, L., Mahboubi, K. & Dinesen, B., nov. 2020, I: *JMIR Biomedical Engineering*. 5, 1, e20776.

Exploring institutionalised esports in high school: A mixed methods study of well-being

Fiskaali, A., Lieberoth, A. & Spindler, H., 2020, *Proceedings of the 14th European Conference on Game Based Learning, ECGBL 2020*. Fotaris, P. (red.). Reading: Academic Conferences and Publishing International Limited, s. 160-167 8 s.

Psykiske følger efter voldtægt

Elklit, A., Andersen, L. E. & Spindler, H., 2020, 24 s.

"Future Patient" Telerehabilitation for Patients With Heart Failure: Protocol for a Randomized Controlled Trial

Dinesen, B., Dittmann, L., Gade, J. D., Jørgensen, C. K., Hollingdal, M., Leth, S., Melholt, C., Spindler, H. & Refsgaard, J., sep. 2019, I: JMIR research protocols. 8, 9, 10 s., e14517.

Listening to the patients: using participatory design in the development of a cardiac telerehabilitation web portal

Joensson, K., Melholt, C., Hansen, J., Leth, S., Spindler, H., Olsen, M. V. & Dinesen, B., sep. 2019, I: mHealth. 5, 33.

Integration of Rehabilitation Activities Into Everyday Life Through Telerehabilitation: Qualitative Study of Cardiac Patients and Their Partners

Dinesen, B., Nielsen, G., Andreasen, J. J. & Spindler, H., apr. 2019, I: Journal of Medical Internet Research. 21, 4, 14 s., e13281.

Bereavement hallucinations after the loss of a spouse: Associations with psychopathological measures, personality and coping style

Kamp, K. S., O'Connor, M., Spindler, H. & Moskowitz, A., 2019, I: Death Studies. 43, 4, s. 260-269 10 s.

Conventional Rehabilitation Therapy Versus Telerehabilitation in Cardiac Patients: A Comparison of Motivation, Psychological Distress, and Quality of Life

Spindler, H., Leerskov, K., Joensson, K., Nielsen, G., Andreasen, J. J. & Dinesen, B., 2019, I: International Journal of Environmental Research and Public Health. 16, 3, 15 s., 512.

Resistance to change: Role of relationship and communal coping for coronary heart disease patients and their partners in making lifestyle changes

Nissen, N. K., Jónsdóttir, M., Spindler, H. & Zwisler, A. D. O., 1 aug. 2018, I: Scandinavian Journal of Public Health. 46, 6, s. 659-666 8 s.

The use of telerehabilitation technologies for cardiac patients to improve rehabilitation activities and unify organizations: Qualitative study

Dinesen, B. & Spindler, H., 1 jul. 2018, I: JMIR Rehabilitation and Assistive Technologies. 5, 2, e10758.

Cardiac patients' experiences with a telerehabilitation web portal: Implications for eHealth literacy

Melholt, C., Joensson, K., Spindler, H., Hansen, J., Andreasen, J. J., Nielsen, G., Noergaard, A., Tracey, A., Thorup, C., Kringelholm, R. & Dinesen, B. I., 1 maj 2018, I: Patient Education and Counseling. 101, 5, s. 854-861 8 s.

Climbing the ranks in hard mode: a look into how the competitive environment of Danish e-sport academies affects young gamers

Fiskaali, A., Lieberoth, A. & Spindler, H., 2018.

Exploring Institutionalised Esport in High School: A Mixed Methods Study on Wellbeing

Fiskaali, A., Lieberoth, A. & Spindler, H., 2018.

Sorghallucinationer eller sanseoplevelser? En oversigtsartikel og kritisk diskussion af efterladtes oplevelse af at sanse den afdøde

Kamp, K. S. & Spindler, H., 2018, I: Psyke & Logos. 39, 1, s. 110-126 17 s.

Telemedicine in Greenland: Citizens' Perspectives

Nielsen, L. O., Krebs, H. J., Albert, N. M., Anderson, N., Catz, S., Hale, T. M., Hansen, J., Hounsgaard, L., Kim, T. Y., Lindeman, D., Spindler, H., Marcin, J. P., Nesbitt, T., Young, H. M. & Dinesen, B., maj 2017, I: Telemedicine and e-Health. 23, 5, s. 441-447 7 s.

Factors associated with telemonitoring use among patients with chronic heart failure

Albert, N. M., Dinesen, B., Spindler, H., Southard, J., Bena, J. F., Catz, S., Kim, T. Y., Nielsen, G., Tong, K. & Nesbitt, T. S., 2017, I: Journal of Telemedicine and Telecare. 23, 2, s. 283-291 9 s.

Cost-Utility Analysis of a Cardiac Telerehabilitation Program: The Teledialog Project

Kidholm, K., Rasmussen, M. K., Andreasen, J. J., Hansen, J., Nielsen, G., Spindler, H. & Dinesen, B., jul. 2016, I: *Telemedicine and e-Health*. 22, 7, s. 553-63 11 s.

Personalized Telehealth in the Future: A Global Research Agenda

Dinesen, B., Nonnecke, B., Lindeman, D., Toft, E., Kidholm, K., Jethwani, K., Young, H. M., Spindler, H., Oestergaard, C. U., Southard, J. A., Gutierrez, M., Anderson, N., Albert, N. M., Han, J. J. & Nesbitt, T., 1 mar. 2016, I: *Journal of Medical Internet Research*. 18, 3, e53.

"The Heart Game": Using Gamification as Part of a Telerehabilitation Program for Heart Patients

Dithmer, M., Rasmussen, J. O., Grönvall, E., Spindler, H., Hansen, J., Nielsen, G., Sørensen, S. B. & Dinesen, B., feb. 2016, I: *Games for Health*. 5, 1, s. 27-33 7 s.

Pedometer use and self-determined motivation for walking in a cardiac telerehabilitation program: a qualitative study

Thorup, C. B., Grønkjær, M., Spindler, H., Andreasen, J. J., Hansen, J., Dinesen, B. I., Nielsen, G. & Sørensen, E. E., 2016, I: *BMC sports science, medicine and rehabilitation*. 8, 1, 24.

A randomized controlled trial of the effect of a brief cognitive-behavioral intervention on dental fear

Spindler, H., Staugaard, S. R., Nicolaisen, C. & Poulsen, R., 2015, I: *Journal of Public Health Dentistry*. 75, 1, s. 64-73 10 s.

Individualized telerehabilitation for heart patients across municipalities, hospitals and medical disciplines: preliminary findings from the Teledialog project

Dinesen, B. & Spindler, H., 2014, I: *International Journal of Integrated Care*. 14, Suppl., 2 s.

Studier af hesteassisteret psykoterapi til voksne: Et systematisk review

Gilling, S., Moskowitz, A. & Spindler, H., 2014, I: *Psyke & Logos*. 35, 2, s. 52-68 17 s.

Udvikling af Aktivhjerte.dk: en digital værktøjskasse til telerehabilitering af hjertepatienter i Teledi@log projektet via en brugerdreven innovationsproces

Dinesen, B. & Spindler, H., 2014.

Association between psychological measures and brain natriuretic peptide in heart failure patients

Brouwers, C., Spindler, H., Larsen, M. L., Eiskjær, H., Videbæk, L., Pedersen, M. S., Jensen, B. A. & Pedersen, S. S., 2012, I: *Scandinavian Cardiovascular Journal*. 46, 3, s. 154-62 9 s.

Risk factors for posttraumatic stress disorder following an industrial disaster in a residential area: A note on the origin of observed gender differences

Spindler, H., Elklit, A. & Christiansen, D. M., 2010, I: *Gender Medicine*. 7, 2, s. 156-65 10 s.

A randomized study of massed three-week cognitive behavioral group therapy schedule for panic disorder.

Johansen, M. K., Spindler, H., Arendt, M., Rosenberg, N. & Hougaard, E., 2009, I: *Acta Psychiatrica Scandinavica*. 120, 3, s. 187-195

Clustering of poor device acceptance and Type D personality is associated with increased distress in Danish cardioverter-defibrillator patients

Pedersen, S. S., Spindler, H., Johansen, J. B. & Mortensen, P., 2009, I: *Pacing and Clinical Electrophysiology*. 32, 1, s. 29-36 7 s.

Du er ikke alene: tanker og følelsesmæssige reaktioner efter hjertekarsygdomme

Spindler, H., 2009, København: Hjerteforeningen. 36 s.

Gender differences in anxiety and concerns about the cardioverter defibrillator

Spindler, H., Johansen, J. B., Andersen, K., Mortensen, P. & Pedersen, S. S., 2009, I: Pacing and Clinical Electrophysiology. 32, 5, s. 614-21 7 s.

Increased anxiety and depression in Danish cardiac patients with a type D personality: Cross-validation of the Type D Scale (DS14)

Spindler, H., Kruse, C., Zwisler, A-D. & Pedersen, S. S., 2009, I: International Journal of Behavioral Medicine. 16, 2, s. 98-107 10 s.

Poor Perceived Social Support in ICD Patients and their Partners: Cross-validation of the Multidimensional Scale of Perceived Social Support

S. Pedersen, S., Spindler, H., Erdman, R. AM. & Denollet, J., 2009, I: Psychosomatics. 50, 5, s. 461-467 7 s.

Positive affect and negative affect correlate differently with distress and health-related quality of life in patients with cardiac conditions: Validation of the Danish Global Mood Scale

Spindler, H., Denollet, J., Kruse, C. & Pedersen, S. S., 2009, I: Journal of Psychosomatic Research. 67, s. 57-65 9 s.

Correlates of patient acceptance of the cardioverter defibrillator: cross-validation of the Florida Patient Acceptance Survey in Danish patients

Spindler, H., Johansen, J. B., Mortensen, P. & Sears, S. F., 2008, I: Pacing and Clinical Electrophysiology. 31, 9, s. 1168-77 9 s.

NYHA class and Type D personality independently predict vital exhaustion in chronic heart failure patients

Spindler, H., Larsen, M. L. & Pedersen, S. S., 2008.

Standard versus massed cognitive behavioural group therapy for panic disorder

Johansen, M. K., Spindler, H., Arendt, M., Hougaard, E. & Rosenberg, N., 2008, I: European Psychiatry. 23, Suppl 2, s. S356

Symptomatic heart failure is the most important clinical correlate of impaired quality of life, anxiety, and depression in implantable cardioverter-defibrillator patients: a single-centre, cross-sectional study in 610 patients.

Johansen, J. B., Pedersen, S. S., Spindler, H., Andersen, K., Nielsen, J. C. & Mortensen, P., 2008, I: Europace. 10, 5, s. 545-51 6 s.

The epidemiology of Type D personality: A new cardiovascular risk factor - fact or fiction?

Pedersen, S. S. & Spindler, H., 2008, *Psychological Factors and Cardiovascular Disorders: The Role of Psychiatric Pathology and Maladaptive Personality Features*. Sher, L. (red.). New York: Nova Science Publishers, s. 227-242

The role of posttraumatic stress disorder in coronary artery disease: Epidemiology, risk factors, and potential mechanisms

Spindler, H., Pedersen, S. S. & Elklit, A., 2008, *Psychological Factors and Cardiovascular Disorders: The Role of Psychiatric Pathology and Maladaptive Personality Features*. Sher, L. (red.). New York: Nova Science Publishers, s. 167-184

Cardiac psychology: An overview of theoretical considerations and empirical evidence from an interdisciplinary perspective

Spindler, H., 2007, Århus: Department of Psychology, University of Aarhus. 244 s. (Psykologisk Ph.D.-skriftserie; Nr. 2007:6).

The impact of different diagnostic criteria on PTSD prevalence: A comparison of PTSD prevalence using the DSM-IV and ICD-10 PTSD-criteria on a population of 242 Danish social work students

O'Connor, M., Lasgaard, M., Spindler, H. & Elklit, A., 2007, I: Nordic Psychology. 59, 4, s. 317-331 15 s.

Type-D personality is associated with both disease-specific and generic measures of impaired health status in chronic heart failure patients

Spindler, H., Larsen, M. L. & Pedersen, S. S., 2007. 1 s.

Type-D personality is associated with disease-specific and generic impaired health-related quality of life in chronic heart failure

Spindler, H., Pedersen, S. S. & Lytken Larsen, M., 2007, *Fourth International Conference on The (non)Expression of Emotions in Health and Disease oct. 22-24 2007 Tilburg University, Tilburg, The Netherlands*. Denollet, J., Gidron, Y., Nyklicek, I. & Vingerhoets, A. (red.). Tilburg University, s. 89 1 s.

Type D personality predicts chronic anxiety following percutaneous coronary intervention in the drug-eluting stent era

Spindler, H., Pedersen, S. S., Serruys, P. W., Erdman, R. A. M. & van Domburg, R. T., 2007, I: *Journal of Affective Disorders*. 99, s. 173-179 7 s.

Anxiety enhances the detrimental effect of depressive symptoms on health status following percutaneous coronary intervention

Pedersen, S. S., Denollet, J., Spindler, H., Ong, A. T. L., Serruys, P. W., Erdman, R. A. M. & van Domburg, R. T., 2006, I: *Journal of Psychosomatic Research*. 61, 6, s. 783-9 7 s.

Daiute, C. & Lightfoot, C. (eds.). (2004). Narrative Analysis. Studying the development of individuals in society. Thousand Oaks, Sage Publication

Spindler, H., 2006, I: *Tidsskrift for Kvalitativ Metodeudvikling*. 40, s. 70-72 3 s.

To forskellige debatter

Spindler, H. & Bramsen, R. H., 2006, I: *Psykolog Nyt*. 60, 20, s. 24 1 s.

Type-D personality is associated with impaired health status in chronic heart failure patients

Spindler, H., Larsen, M. L. & Pedersen, S. S., 2006, *Journal of Psychosomatic Research, 61(3): Special Issue on Neuro-psychiatry. Abstracts for The 26th European Conference of Psychosomatic Research*. Pergamon Press, s. 404 1 s.

Anmeldelse af Czarniawska, B. (2004) Narratives in social science research. Introducing qualitative methods

Spindler, H., 2005, I: *Nyhedsbrev*. Center for Kvalitativ Metodeudvikling. 39, s. 41-44 4 s.

Post traumatic stress disorder in the wake of heart disease: Prevalence, risk factors, and future research directions

Spindler, H. & Pedersen, S. S., 2005, I: *Shinryo Naika*. 67, s. 715-723 9 s.

Dissociation, psychiatric symptoms, and personality traits in a non-clinical population

Spindler, H. & Elklit, A., 2003, I: *Journal of Trauma & Dissociation*. 4, 2, s. 89-108 20 s.

The effect of situation-evoked anxiety and gender on pain report using the cold pressor test

Jones, A., Spindler, H., Jørgensen, M. M. & Zachariae, R., 2002, I: *Scandinavian Journal of Psychology*. 43, 4, s. 307-313 7 s.

Aktiviteter

26th European Conference of Psychosomatic Research

Helle Spindler (Deltager)

27 sep. 2006 → 30 sep. 2006

Amtssygehuset Fjorden (Ekstern organisation)

Helle Spindler (Medlem)

1 jan. 2004 → ...

Annual Scientific Conference of the American Psychosomatic Society

Helle Spindler (Deltager)

3 mar. 2005 → 5 mar. 2005

Arrangør. Studiekreds for ph.d.-studerende ved Psykologisk Institut, Aarhus Universitet

Helle Spindler (Arrangør)
1 sep. 2005 → 1 okt. 2006

Årsmøde for PACE-sygeplejersker

Helle Spindler (Foredragsholder)
15 sep. 2006

At leve med angst i hjertet

Helle Spindler (Foredragsholder)
24 sep. 2007

At leve med hjerteinsufficiens & stresshåndtering i hverdagen

Helle Spindler (Foredragsholder)
25 okt. 2005

At leve med kronisk hjertesvigt: I et patientfokuseret perspektiv

Helle Spindler (Foredragsholder)
13 apr. 2007

CNS Spectrums (Tidsskrift)

Helle Spindler (Redaktør)
10 nov. 2005 → 28 nov. 2005

Conference: "Memory & Cognition"

Helle Spindler (Deltager)
8 jun. 2006 → 9 jun. 2006

Critical Care (Tidsskrift)

Helle Spindler (Redaktør)
14 nov. 2006 → 27 nov. 2006

Erasmus University Medical Centre

Helle Spindler (Gæsteforsker)
14 feb. 2005 → 10 jun. 2005

Forskningsformidling for massemedier

Helle Spindler (Deltager)
12 sep. 2005 → 13 sep. 2005

Forskningsmetodologi og undersøgelsesdesign

Helle Spindler (Deltager)
1 nov. 2004 → 4 nov. 2004

Grafisk fremstilling af kvantitative data

Helle Spindler (Deltager)
30 aug. 2004

Kursus: " An introduction to multivariate statistics from the perspective of latent variables"

Helle Spindler (Deltager)
26 jun. 2006 → 28 jun. 2006

Kursus: "A three-day course on data analysis using SPSS"

Helle Spindler (Deltager)
19 jun. 2006 → 21 jun. 2006

Kursus: "Specialevejledning"

Helle Spindler (Deltager)
21 nov. 2006

Kursus: Planlægning og udførelse af hold- og seminarundervisning

Helle Spindler (Deltager)
13 jan. 2005

Kvalitative Metoder

Helle Spindler (Deltager)
28 nov. 2005 → 2 dec. 2005

Medarrangør. Landsmøde for ph.d.-studerende 2006

Helle Spindler (Arrangør)
17 feb. 2006

Personalemøde

Helle Spindler (Foredragsholder)
25 okt. 2006

Preconference Workshop on Inflammation & Immunity

Helle Spindler (Deltager)
2 mar. 2005

Psykoterapi

Helle Spindler (Deltager)
7 dec. 2005 → 8 dec. 2005

Social Science and Medicine (Tidsskrift)

Helle Spindler (Redaktør)
15 jun. 2005 → 14 jul. 2005

Sundhedsstyrelsen (Ekstern organisation)

Helle Spindler (Medlem)
2013 → ...

Type D personality is associated with both disease-specific and generic measures of health-related quality of life in heart failure patients

Helle Spindler (Foredragsholder)
23 okt. 2007

Type D Personality is associated with impaired health status in chronic heart failure patients

Helle Spindler (Foredragsholder)
27 sep. 2006