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Head of Studies, Associate professor
Department of Psychology and Behavioural Sciences
Nationality: Danish
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8000 Aarhus C
Denmark
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Experience

2014-: 2019 Head of Studies, Department of Psychology and Behavioral Sciences, Aarhus University
2012- Associate Professor. Department of Psychology, Aarhus University
2008-2012 Assistant Professor. Department of Psychology, Aarhus University
2008- Professional student counsellor. Department of Psychology. Aarhus University
2007-2008 Post.doc. Department of Psychology, Aarhus University
2007 Outpatient Clinic Nord, Region Midt.
2003-2004 Dementia Clinic, Aarhus Sygehus, Aarhus University Hospital
2001-2003 Department of forensic psychiatry, Middelfart Sygehus

Education

2013 Course in supervising students, ph.d.s, and colleagues
2010 Course in teaching at university for assistant professors
2007 PhD. Department of Psychology, Aarhus University
2011 PhD student. Department of Psychology, Aarhus University
2003 Authorised by the Danish Supervisory Board of Psychological Practice
2003 Certified user of MCMI-III
1998-2001 MSc in Psychology. Department of Psychology, Aarhus University
1995-1998 BSc in Psychology. Department of Psychology, Aarhus University

Research Areas

Telemedicine - psychological aspects of telemedicine, design, user-driven innovation, and implementation.
Telemedicine as a factor in patient motivation
Rehabilitation psychology - motivation and lifestyle changes
Psychological issues related to cardiac disease
Cardiac Psychology
Psychosomatics
Psychotraumatology
Traumapsychology

Teaching areas

Psykotraumatology
Psychotraumatology (seminar)
Spring 2013, 2014
Clinical Psychology (3rd semester, bachelor level)
Lecture: Posttraumatic and dissociative disorders
Autumn 2016
Clinical Psychology
Lecture: Crisis Intervention and treatment of PTSD
Autumn, 2013 -
Methods
Test and evaluation methods (coordinator and lecturer)
Autumn 2007 -
Research Methods 4 (seminar)
Autumn 2007 - 2013

Publications

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

Kamp, K. S., Moskowitz, A., Due, H. & Spindler, H., Aug 2024, In: Omega (United States). 89, 3, p. 895-915 21 p.

"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, In: International Journal of Cardiology: Cardiovascular Risk and Prevention. 20, 200239.

What characterizes a well-functioning person? Perspectives from Scandinavian laypeople and mental health professionals

Kiel, L., Lind, M. & Spindler, H., 2024, (Accepted/In press) In: Scandinavian Journal of Psychology.

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., Oct 2023, In: Journal of Clinical Nursing. 32, 19-20, p. 7346-7357 12 p.

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., May 2023, In: Omega (United States). 87, 1, p. 103-125 23 p.

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, In: mHealth. 8, 12 p., 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, In: Danish Medical Journal. 69, 1, 9 p., 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, In: mHealth. 8, January, 4.

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, In: Aging and Mental Health. 26, 1, p. 140-148 9 p.

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, In: 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, In: 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, In: International Journal of Telerehabilitation. 13, 1, 15 p., 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, In: 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. (ed.). Reading: Academic Conferences and Publishing International Limited, p. 160-167 8 p.

Psykiske følger efter voldtægt

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

"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., Sept 2019, In: JMIR Research Protocols. 8, 9, 10 p., 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., Sept 2019, In: 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, In: Journal of Medical Internet Research. 21, 4, 14 p., 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, In: Death Studies. 43, 4, p. 260-269 10 p.

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, In: International Journal of Environmental Research and Public Health. 16, 3, 15 p., 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, In: Scandinavian Journal of Public Health. 46, 6, p. 659-666 8 p.

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

Dinesen, B. & Spindler, H., 1 Jul 2018, In: 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 May 2018, In: Patient Education and Counseling. 101, 5, p. 854-861 8 p.

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, In: Psyke & Logos. 39, 1, p. 110-126 17 p.

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., May 2017, In: Telemedicine and e-Health. 23, 5, p. 441-447 7 p.

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, In: Journal of Telemedicine and Telecare. 23, 2, p. 283-291 9 p.

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, In: Telemedicine and e-Health. 22, 7, p. 553-63 11 p.

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, In: 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, In: Games for Health. 5, 1, p. 27-33 7 p.

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, In: 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, In: Journal of Public Health Dentistry. 75, 1, p. 64-73 10 p.

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

Dinesen, B. & Spindler, H., 2014, In: International Journal of Integrated Care. 14, Suppl., 2 p.

Studier af hesteassisteret psykoterapi til voksne: Et systematisk review

Gilling, S., Moskowitz, A. & Spindler, H., 2014, In: Psyke & Logos. 35, 2, p. 52-68 17 p.

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, In: Scandinavian Cardiovascular Journal. 46, 3, p. 154-62 9 p.

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, In: Gender Medicine. 7, 2, p. 156-65 10 p.

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, In: Acta Psychiatrica Scandinavica. 120, 3, p. 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, In: Pacing and Clinical Electrophysiology. 32, 1, p. 29-36 7 p.

Du er ikke alene: tanker og følelsesmæssige reaktioner efter hjertekarsygdomme

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

Gender differences in anxiety and concerns about the cardioverter defibrillator

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

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, In: International Journal of Behavioral Medicine. 16, 2, p. 98-107 10 p.

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. A. & Denollet, J., 2009, In: Psychosomatics. 50, 5, p. 461-467 7 p.

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, In: Journal of Psychosomatic Research. 67, p. 57-65 9 p.

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, In: Pacing and Clinical Electrophysiology. 31, 9, p. 1168-77 9 p.

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, In: European Psychiatry. 23, Suppl 2, p. 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, In: Europace. 10, 5, p. 545-51 6 p.

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. (ed.). New York: Nova Science Publishers, p. 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. (ed.). New York: Nova Science Publishers, p. 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 p. (Psykologisk Ph.D.-skriftserie; No. 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, In: Nordic Psychology. 59, 4, p. 317-331 15 p.

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 p.

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. (eds.). Tilburg University, p. 89 1 p.

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, In: *Journal of Affective Disorders*. 99, p. 173-179 7 p.

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, In: *Journal of Psychosomatic Research*. 61, 6, p. 783-9 7 p.

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

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

To forskellige debatter

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

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 Neuropsychiatry. Abstracts for The 26th European Conference of Psychosomatic Research*. Pergamon Press, p. 404 1 p.

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

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

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

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

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

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

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, In: *Scandinavian Journal of Psychology*. 43, 4, p. 307-313 7 p.

Activities

26th European Conference of Psychosomatic Research

Spindler, H. (Participant)
27 Sept 2006 → 30 Sept 2006

Amtssygehuset Fjorden (External organisation)

Spindler, H. (Member)
1 Jan 2004 → ...

Annual Scientific Conference of the American Psychosomatic Society

Spindler, H. (Participant)
3 Mar 2005 → 5 Mar 2005

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

Spindler, H. (Organizer)
1 Sept 2005 → 1 Oct 2006

Årsmøde for PACE-sygeplejersker

Spindler, H. (Lecturer)
15 Sept 2006

At leve med angst i hjertet

Spindler, H. (Lecturer)
24 Sept 2007

At leve med hjerteinsufficiens & stresshåndtering i hverdagen

Spindler, H. (Lecturer)
25 Oct 2005

At leve med kronisk hjertesvigt: I et patientfokuseret perspektiv

Spindler, H. (Lecturer)
13 Apr 2007

CNS Spectrums (Journal)

Spindler, H. (Editor)
10 Nov 2005 → 28 Nov 2005

Conference: "Memory & Cognition"

Spindler, H. (Participant)
8 Jun 2006 → 9 Jun 2006

Critical Care (Journal)

Spindler, H. (Editor)
14 Nov 2006 → 27 Nov 2006

Danish Health Authority (External organisation)

Spindler, H. (Member)
2013 → ...

Erasmus University Medical Centre

Spindler, H. (Visiting researcher)
14 Feb 2005 → 10 Jun 2005

Forskningsformidling for massemedier

Spindler, H. (Participant)
12 Sept 2005 → 13 Sept 2005

Forskningsmetodologi og undersøgelsesdesign

Spindler, H. (Participant)
1 Nov 2004 → 4 Nov 2004

Grafisk fremstilling af kvantitative data

Spindler, H. (Participant)
30 Aug 2004

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

Spindler, H. (Participant)
26 Jun 2006 → 28 Jun 2006

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

Spindler, H. (Participant)
19 Jun 2006 → 21 Jun 2006

Kursus: "Specialevejledning"

Spindler, H. (Participant)
21 Nov 2006

Kursus: Planlægning og udførelse af hold- og seminarundervisning

Spindler, H. (Participant)
13 Jan 2005

Kvalitative Metoder

Spindler, H. (Participant)
28 Nov 2005 → 2 Dec 2005

Medarrangør. Landsmøde for ph.d.-studerende 2006

Spindler, H. (Organizer)
17 Feb 2006

Personalemøde

Spindler, H. (Lecturer)
25 Oct 2006

Preconference Workshop on Inflammation & Immunity

Spindler, H. (Participant)
2 Mar 2005

Psykoterapi

Spindler, H. (Participant)
7 Dec 2005 → 8 Dec 2005

Social Science and Medicine (Journal)

Spindler, H. (Editor)
15 Jun 2005 → 14 Jul 2005

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

Spindler, H. (Lecturer)
23 Oct 2007

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

Spindler, H. (Lecturer)
27 Sept 2006