



Professor Solfrid Bratland-Sanda, PhD

Born 16.10.1980. Female, Norwegian, married with 3 children (b. 2006, 2009, 2024). Research unique identifiers: **ORCID**: 0000-0002-4202-5439. **ResearcherID**: H-4580-2019.

Short summary

Professor in sport science, Department of Sports, Physical Education and Outdoor Sciences, University of South-Eastern Norway (USN) since 2020. **PhD in sport science** (2010) and **clinical education in eating disorders** (2008). **Leader** of the research group Health and Exercise in a Lifecourse Perspective (HELP) at USN since 2015, and **founder and leader** of the Nordic interest Group for eating disorders, sport and exercise at the Nordic Eating Disorder Society since 2016. Young Academy of Norway **alumni** (2017-2021). **Board member** USN (2020-) and the Letten Prize (2020-2023). Experience from **editorial board** of the Scandinavian Journal of Medicine and Science in Sport (2021-) and Journal of Eating Disorders (2020-). **Supervised** 4 PhD students and 25 master students. **Opponent** for two PhD students (UiO, Norway and University of Verona, Italy) and **leader of evaluation committee** for two PhD students (USN). **Staff and board member** of the Norwegian national research school Professional and practice-near research (PROFRES) from 2018-2023.

Education

2010: Ph.D. in sport sciences. Department of Sports Medicine - Norwegian school of sport sciences (NOR).

2005: MSc sport sciences. Department of Sports Medicine - Norwegian school of sport sciences (NOR).

Positions

2011-2020: Associate professor. Department of Sports, Physical Education and Outdoor Sciences, University of South-Eastern Norway (NOR)

2005-20210: Doctoral fellow. Research Institute, Modum Bad Psychiatric Center (NOR)

20% positions as project leader for two projects for the NGO "Eating Disorders Counselling" (NOR) in 2009-2010 and 2012-2013. From 2010-2015, 20% position as researcher at Modum Bad Psychiatric Center.

Project management experience (only included projects active within the past 5 years)

Year	Project owner - Project - Role – Funder
2023-	USN – Active VR gaming in adolescents – Mentor for project leader – Funding: USN
2023-	USN – Walking football and dementia – Project co-leader and work package leader - Funding: Regional Research Fund Vestfold and Telemark. Grant NOK 300,000
2022-	USN – Exosomes, exercise and eating disorders – Project leader – Funding: USN.
2022-	Modum Bad – Compulsive exercise and eating disorders treatment – Project coworker – Funding: Modum Bad and USN.
2021-	USN – Physically active learning and inclusive learning climate. – Project leader – Sparebankstiftelsen Sparebanken Sør. Grant NOK 6,000,000
2021-2023	USN – Active and healthy high schoolers – Project leader – Sparebankstiftelsen DNB. Grant NOK 1,000,000

2021	Helselaben AS – EMPAZIZ – Principal investigator – NFR FORREGION Grant NOK 250,000
2016-2020	USN - Active and healthy kids in Telemark – Project leader – Bank Foundation Sparebankstiftelsen Sparebanken Sør. Grant NOK 6,000,000

Track record

I have **67** publications in international peer-reviewed journals per October 16th 2023, of these **45** are published the last five years. According to Google Scholar /Web of Science, I have 2671 / 1163 citations and H-index of 24 / 17. Furthermore, I have published six papers in national peer-reviewed journals, nine books and book chapters, disseminated **45** podcast episodes with content on sport and exercise aimed at university students on the podcast 'Trenerstudenten', and I have verified **52** peer-reviews of scientific papers (<https://www.webofscience.com/wos/author/record/H-4580-2019>). My total number of peer-reviewed conference proceedings per October 17th 2023 are **38**, and I have **17** invited keynotes at national/international workshops or conferences. Selected invited keynotes the past five years are Kongsberg Vision Meeting, Kongsberg Norway (2022) and National research education conference, Tønsberg Norway (2019).

List of 10 selected papers from the past 4 years:

1. Mathisen TF, Hay P, **Bratland-Sanda S** (2023). How to address physical activity and exercise during treatment from eating disorders: a scoping review. *Curr Opin Psychiatry* :10.1097/YCO.0000000000000892.
2. Sundgot-Borgen C, Trangsrud LKJ, Otterbring T, & **Bratland-Sanda S** (2022). Hiking, indoor biking, and body liking: a cross-sectional study examining the link between physical activity arenas and adults' body appreciation. *J Eat Disord*, 10(1), 183. <https://doi.org/10.1186/s40337-022-00705-8>
3. **Bratland-Sanda S**, Schmidt SK, Reinboth MS, & Vrabel KA (2022). Under pressure to exercise: a cross-sectional study of characteristics and predictors of compulsive exercise in early adolescents. *J Eat Disord*, 10(1), 156. <https://doi.org/10.1186/s40337-022-00686-8>.
4. Schmidt SK, **Bratland-Sanda S**, Bongaardt R (2022). Young adolescents' lived experience with classroom-based physical activity: a phenomenological study. *Teaching and Teacher Education*, 116, 103777. doi:<https://doi.org/10.1016/j.tate.2022.103777>
5. **Bratland-Sanda S**, Elieson AM, Kråkemo MAA, Reinboth MS (2022). Physiological and affective responses to repeated training sessions with different intensities: a randomized trial. *Int J Exerc Sci* 15(5):152-165.
6. Reinboth MS, Sundgot-Borgen J, **Bratland-Sanda S** (2022). Exercise dependence and body image concern amongst group fitness instructors: A Self-determination theory approach. *Front Psychol* 12:816287. doi: 10.3389/fpsyg.2021.816287
7. Mathisen TF, Sundgot-Borgen J, Bulik CM, & **Bratland-Sanda S**. (2021). The neurostructural and neurocognitive effects of physical activity: A potential benefit to promote eating disorder recovery. *Int. J. Eat. Disord.*, 1– 5. <https://doi.org/10.1002/eat.23582>
8. Trangsrud LMK, Borg M, **Bratland-Sanda S**, Klevan T (2021). Shifting the eating disorder into the background – Friluftsliv as facilitating supportive strategies in everyday life recovery. *J Outdoor Recr Leadership*. DOI: 10.1080/14729679.2021.1894954
9. Trangsrud LK, Borg M, **Bratland-Sanda S**, Klevan T (2020): Embodying Experiences with Nature in Everyday Life Recovery for Persons with Eating Disorders. *Int J Environ Res Pub Health* 17, 2784.
10. Sundgot-Borgen C, Friborg O, Kolle E, Engen KME, Sundgot-Borgen J, Rosenvinge JH, Pettersen G, Torstveit MK, Piran N, **Bratland-Sanda S** (2019). The Healthy Body Image (HBI) Intervention: Effects of a School-Based Cluster-Randomized Controlled trial with 12-months follow-up. *Body Image* 29:122-131. <https://doi.org/10.1016/j.bodyim.2019.03.007>.