

Christopher Holmberg

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Education

Ph.D. in Food and Nutrition	2013 – 2018
University of Gothenburg, Dept. of Food and Nutrition, Sweden	
- Research Fellow, National Center of Neurology and Psychiatry, Tokyo, Japan	
Master of Science in Public Administration (M.P.A.)	2011 - 2013
- Exchange Semester at California State University, Sacramento, USA	
- Internship semester and consultancy at World Health Organization, Geneva, Switzerland	
Bachelor of Science in Health Service Administration (B.Sc.)	2009 - 2011
University of Gothenburg, Sweden	
Bachelor of Science in Nursing (B.Sc.)	2008 - 2011
University of Gothenburg, Sweden	
Research Ethics Training	2013
WHO-ERC-101 - WHO, Geneva, Switzerland	

Experiences and Positions

Assistant Professor

University of Gothenburg, Inst. of Health and Care Sciences, Gothenburg, Sweden, 2018-onwards

In my capacity as Assistant Professor I primarily lecture in the undergraduate Nursing program. I am course leader for OM4270, which is the introductory course in scientific methods that the students attain during their first semester. Since my PhD was in Food and Nutrition, I also lecture in basic nutrition during the first semester of the program and on malnutrition during the third semester. I also lead seminars after the students have had their clinical psychiatry placements. Additionally, I supervise and examine B.Sc. thesis at the Nursing program. In my position I also have internally funded time for conducting research.

Affiliated Clinical Researcher (Swe: Kombinationsanställning/Förenad anställning)

Psychosis Clinic, Sahlgrenska University Hospital, Mölndal, Sweden, 2019-onwards

I have a permanent part time position (20%) as an Affiliated Clinical Researchers at the Psychosis clinic. I have worked clinically as a Registered Nurse in the Psychiatric Clinic for almost ten years and in order to combine my clinical skills with my research endeavors - I managed to get an affiliated position. I work on fostering a health promoting work process for patients with psychosis (mainly patients with schizophrenia). It is known that persons with chronic psychosis have around 20 years shorter life expectancy and much of this is attributed to metabolic comorbidities (e.g. type II diabetes, cardiovascular disease). Thus, I draw on my experience from Food and Nutrition to develop work methods that nurses can use to facilitate much needed healthy dietary and lifestyle behaviors for this patient group.

Research fellow

National Center of Neurology and Psychiatry, Tokyo, Japan, 2014

I spent three months in Tokyo as a research fellow nominated by Japan Society for the Promotion of Science. At the division of Center of Suicide Prevention, I worked together with Japanese researcher under the supervision of Dr. Tadashi Takeshima, director of the center. I was inspired by the online methodology used in Japan to utilize Internet in conducting suicide prevention. Similar tactics when using information and communication technology will be used in my dietary health promotion project. In addition to the research experience I gave various lectures and presentations, including a guest lecture at Japan Lutheran College.

World Health Organization Internship and Consultancy

Mental Health Policy and Service Development, Geneva, Switzerland, 2013

Universal access to mental health care is a key agenda of the WHO. Legislation and policies for mental health services of WHO member states need to be analyzed and easily comparable to ensure competency and compatibility. Working in a multicultural and cross-sectional team we developed an online database of country-specific regulatory documents in order to provide access to reliable and up-to-date documentation on the topic of mental health governance to researchers and policy makers.

Registered Nurse

Sahlgrenska University Hospital, Acute Care Psychiatric Clinic, Gothenburg, Sweden, 2010 - onwards

Severe mental illness is a critical and intricate condition. Provided evidence based nursing care in conjunction with specialized skills and competency to treat patients with psychiatric disorders. Worked within a multidisciplinary supportive team environment and served as team leader to coordinate the nursing and treatment of patients for optimal health outcomes.

Academic Positions

Course Leader

University of Gothenburg, Inst. of Health and Care Sciences, Gothenburg, Sweden, 2018-onwards

I am course leader for OM4270, which is the introductory course in scientific methods that the undergraduate nursing students attain during their first semester. Since my PhD was in Food and Nutrition, I am also a course leader for the course in basic nutrition during the first semester of the program. Course leader duties include planning and developing the course curricula, developing syllabi, plan and organize teacher conferences for other lectures that are involved in the courses, to evaluate the course from the students' and lecturers' perspectives (via digital surveys and teacher conferences).

Coordinator for Student Research Assistants (Swe: Amanuenskoordinator)

University of Gothenburg, Inst. of Health and Care Sciences, Gothenburg, Sweden, 2019-onwards

I have served as a coordinator for student research assistants. This involved formulating advertisements for the positions in line with the job descriptions, support the administrative staff in disseminating the adverts, introduce the position to the students, conduct interviews with potential candidates, and match the student researchers with pertinent projects with regards to their interests and previous experiences.

Department Council Member (Swe: Institutionsråd)

University of Gothenburg, Inst. of Health and Care Sciences, Gothenburg, Sweden, 2019-onwards

The Council acts as an advisory board to the Department Chair and constitutes a forum for dialogue and discussion on strategic issues for the Department's activities. The Council have five meetings per year. The work of the Council is aligned within the framework of the University's overarching objectives and

strategies. The members of the Council are elected for a period of three years. Before the meeting, members must be carefully prepared for the specific agenda.

Contact Teacher for International Students (Swe: Kontaktlärare)

University of Gothenburg, Inst. of Health and Care Sciences, Gothenburg, Sweden, 2019

During the Spring semester I served as a contact teacher for two undergraduate nursing students from Indonesia. They were enrolled in two courses at our department and for one of the courses, the students had two periods of clinical placements á five weeks each. I served as their contact teacher at the department and thus visited them on the sites (e.g. hospital wards, community care settings). In collaboration with their clinical supervisor, I also evaluated the students' progress and examined them.

Thesis advisor for B.Sc. students

Olena Foroutan and Haris Omerdic (2019), Inst. of Health and Care Sciences, Univ. of Gothenburg
Annika Jansson and Matilda Åström (2019), Inst. of Health and Care Sciences, Univ. of Gothenburg
Anette Jansson and Hrvoje Sambar (2018), Inst. of Health and Care Sciences, Univ. of Gothenburg
Karin Cederblad and Paula Cederlöf (2018), Inst. of Health and Care Sciences, Univ. of Gothenburg
Björn Fredriksson and Jonathan Sundbäck (2018), Inst. of Health and Care Sciences, Univ. of Gothenburg
Stella Jonsson Benjegård and Anna Soovik (2017), Inst. of Health and Care Sciences, Univ. of Gothenburg
Lisa Bergdahl and Isabelle Gustafsson (2017), Inst. of Health and Care Sciences, Univ. of Gothenburg
Paulin Chu and Matilda Bogren (2017), Inst. of Health and Care Sciences, Univ. of Gothenburg
Elin Jons and Emily de Coursey (2017), Inst. of Health and Care Sciences, Univ. of Gothenburg
Jennifer Andersson and Johanna Eriksson (2016), Inst. of Health and Care Sciences, Univ. of Gothenburg
Anna Brindelöv and Wiola Lönnerfors (2016), Inst. of Health and Care Sciences, Univ. of Gothenburg
Ida Johansson and Sanna Olsson (2016), Inst. of Health and Care Sciences, Univ. of Gothenburg
Ragnhild Schmidt and Sara Thulin (2015), Inst. of Health and Care Sciences, Univ. of Gothenburg
Johanna Rohlin and Minna Lorentzson (2015), Inst. of Health and Care Sciences, Univ. of Gothenburg
Sofia Kask (2014), Department of Food & Nutrition, and Sport Science, Univ. of Gothenburg

Thesis examiner for B.Sc. students

Paulina Lorentzon and Charlotte Skog (2019), Inst. of Health and Care Sciences, Univ. of Gothenburg
William Bech and Isabella Süss (2019), Inst. of Health and Care Sciences, Univ. of Gothenburg
Victoria Blücker and Jennie Sjöbring (2019), Inst. of Health and Care Sciences, Univ. of Gothenburg
Jonas Axelsson and Isabella Davidsson (2018), Inst. of Health and Care Sciences, Univ. of Gothenburg

Scholarships and Honors

Recipient, Best publication award, ISBNPA 2017 e- & mHealth SIG	2017
Recipient, The fund for Oscar Ekmans' stipends	2016
Recipient, Paul O Marie Berghau's stipend, Scientific Conference Stipend	2015
Research fellow, Japan Society for the Promotion of Science (JSPS), Tokyo	2014
Recipient, Swedish International Development Cooperation Agency, Travel Grant	2013
Recipient, Erasmus Mundus, Academic Scholarship	2013

Recipient, Willinska Foundation, Academic Scholarship	2012
Awardee, Dean's Honor Roll, California State University, Sacramento, USA	2012
Recipient, Adlerbertska, Academic Scholarship	2012, 2009
Recipient, Royal and Hvitfeldtska Foundation, Academic Scholarship	2009

Research Articles (peer-reviewed)

Holmberg, C., Berg, C., Hillman, T., Lissner, L., & Chaplin, J. (2018). Self-presentation in digital media among adolescent patients with obesity: Striving for integrity, risk-reduction, and social recognition. *Digital Health*. doi: 10.1177/2055207618807603

Holmberg, C., Larsson, C., Korp, P., Lindgren, E., Jonsson, L., Fröberg, A., Chaplin, J., Berg, C. (2018). Empowering aspects for healthy food and physical activity habits: Adolescents' experiences of a school-based intervention in a disadvantaged urban community. *Journal of Qualitative Studies in Health & Well-being*. 13(sup1):1487759. doi: 10.1080/17482631.2018.1487759.

Holmberg, C., Berg, C., Dahlgren, J., Lissner, L., Chaplin, J. (2018). Health literacy in a complex digital media landscape: Pediatric obesity patients' experiences with online weight, food, and health information. *Health Informatics Journal*. epub ahead of print. doi: 10.1177/1460458218759699.

Holmberg, C., Caro, J., Sobis, I. (2017). Job satisfaction among Swedish mental health nursing personnel: Revisiting the two-factor theory. *International Journal of Mental Health Nursing*. doi: 10.1111/inm.12339.

Holmberg, C., Chaplin, J., Hillman, T., & Berg, C. (2016). Adolescents' presentation of food in social media: An explorative study. *Appetite*, 99, 121-129. doi: <http://dx.doi.org/10.1016/j.appet.2016.01.009>.

Holmberg, C. (2016). If You can't beat It—Use It: why and how clinicians need to consider social media in the treatment of adolescents with obesity. *European Journal of Clinical Nutrition*, 70(9), 977–978. doi: 10.1038/ejcn.2016.126

Holmberg, C., Sobis, I., & Carlström, E. (2016). Job satisfaction among Swedish mental health nursing staff: A cross-sectional survey. *International Journal of Public Administration*, 39(6), 429-436. doi: 10.1080/01900692.2015.1018432.

Holmberg, C. (2015). Politicization of the low-carb high fat diet in Sweden, promoted on social media by non-conventional experts. *International Journal of E-politics*, 6(3), 26-40, July-September. doi: 10.4018/ijep.2015070103.

Book Chapters (peer-reviewed)

Holmberg, C. (2019). Conducting Mixed-Methods Research in the Mental Health Care Setting: A Study Exploring Job Satisfaction Among Nursing Personnel. SAGE Research Methods Cases. SAGE Publications Ltd. London. DOI: 10.4135/9781526479921. ISBN: 9781526479921

Holmberg, C. (2017). Using the Blogosphere to Promote Disputed Diets: The Swedish Low-Carb High-Fat Movement. In: *Politics, Protest, and Empowerment in Digital Spaces*, IGI Global. doi: 10.4018/978-1-5225-1862-4.ch002. ISBN13: 9781522518624.

Holmberg, C. (2017). Adolescents' Food Communication in Social Media - A Theoretical Inquiry of the Why and How. In: *Encyclopaedia of Information Science and Technology* (Fourth Edition). ISBN13: 9781522522553. doi: 10.4018/978-1-5225-2255-3.

Magazine Articles

Holmberg, C., Hillman, T., Chaplin, J., Berg, C. (2016) Hur och vad för mat presenterar ungdomar i sociala medier? En studie av Instagram. *Dietistaktuellt*.

Holmberg, C (2013). *UN Special Magazine*. June issue, 2013. Op-Ed.
URL: <http://www.unspecial.org/2013/06/spotlight-on-who%E2%80%99s-interns/2/>

Holmberg, C (2011). Tveksamma slutsatser om psykiatrisk slutenvård. *Kommunalarbetaren*. Debattartikel om situationen i slutenvårdspsykiatri
URL: <https://www.ka.se/tveksamma-slutsatser-om-psykiatrisk-slutenvard>

Holmberg, C (2010). Till försvar av omvårdnaden. *Vårdfokus*. Artikel om min erfarenhet som forskningsamanuens inom ramen för sjuksköterskeprogrammet. URL:
<https://www.vardfokus.se/tidningen/2010/nr-10-2010-10/till-forsvar-for-omvardnaden/>

Conference Presentations (published in proceedings and peer-reviewed)

Oral Presentations

Holmberg, C, Berg, C, Dahlgren, J, Lissner, L, Chaplin, J. (2017). Health literacy in a multimodal online digital media landscape: From the perspective of pediatric patients with obesity. *ISBNPA annual meeting* in Victoria, Canada.

Holmberg, C, Chaplin, J, Hillman, T, Berg, C. (2016). Adolescents' Photo Food Presentation in Social Media. *ISBNPA annual meeting* in Cape town, South Africa.

Holmberg, C., Chaplin, J., Hillman, T., Berg, C. (2016). Adolescents' communication of high calorie low nutrient food items in image-based social media. *European Obesity Summit 2016 Abstract Book*, a supplement of Obesity Facts.

Poster Presentations

Holmberg, C, Larsson, C, Korp, P, Lindgren, EC, Jonsson, L, Fröberg, A, Chaplin, JE, Berg, C. (2018). What intervention aspects do adolescents perceive as most influential? Exploring participants' experiences of a health promoting intervention focusing on food and physical activity, set in a multicultural and low socioeconomic area in Sweden. *ISBNPA annual meeting* in Hong Kong.

Holmberg, C, Berg, C, Hillman, T, Lissner, L, Chaplin, JE. (2018). Using social media in the clinical setting: Experiences of visual self-presentation among adolescent patients with obesity. *European Obesity Summit*. Vienna, Austria.

Holmberg, C, Berg, C, Dahlgren, J, Lissner, L, Chaplin, J. (2017). How adolescent patients enrolled in an outpatient pediatric obesity clinic experience online weight-, food-, and health information. *European Obesity Summit 2017*. Porto, Portugal.

Holmberg, C., Chaplin, J., Hillman, T., Berg., C. (2016) Marketing and promotion of branded food items by adolescent Instagram users. Presented at the 11th *Nordic Nutrition Conference (NNC 2016)* in Gothenburg, Sweden. Abstract published in Food & Nutrition Research.

Holmberg, C. (2016). Using social media to promote controversial diets: The low-carb high fat diet (LCHF) in Sweden. *ISBNPA annual meeting* in Cape town, South Africa.

Ringström, G., Jakobsson, E., **Holmberg, C.,** Sjövall, H. & Simrén, M. (2010) *Experiences of a standardized diagnostic work-up in patients with irritable bowel syndrome (IBS) – A qualitative study*. Poster: 18th *United European Gastroenterology Week (UEGW)*, Barcelona, Spain.

Ringström, G., **Holmberg, C.,** Jakobsson, E., Sjövall, H., Simrén, M. (2010). Living with irritable bowel syndrome (IBS) – Which strategies do the patients use? Poster: 18th *United European Gastroenterology Week (UEGW)*, Barcelona, Spain.

Service to Profession

Editorial Board Member

Journal of Drug Abuse [Insight Medical Publishing]

Manuscript review work

Adolescent Psychiatry [ISSN: 2210-6774]

Appetite [ISSN: 0195-6663]

Body Image [ISSN: 1740-1445]

International Journal of E-politics [ISSN: 1947-9131]

Journal of Advertising [ISSN: 0091-3367]

Journal of Healthcare Communications [Insight Medical Publishing]

Journal of Clinical Nutrition & Dietetics [Insight Medical Publishing]

Professional Memberships

European Association for the Study of Obesity (EASO)

International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
Japan Society for the Promotion of Science (JSPS)
The Sigma Theta Tau International Honor Society of Nursing
- *Board Member of Tau Omega Chapter and European Regional Council Member*
The Swedish Association of Health Professionals (Swe: Vårdförbundet)

Language Skills

Swedish (Native), English (Fluent), Danish (Intermediate), Norwegian (Intermediate), Spanish (Beginner)

Computer Skills

MS Office Suite, S.P.S.S. (Statistical Package for the Social Sciences), Stata (Statistical software), FileMaker (Database), Camtasia (Screen recording software), NVivo (Data analysis software)

Pedagogical Courses

Teaching and Learning in Higher Education 1: Basic Course. HPE101. (2015)
Teaching and learning in Higher Education 2: Discipline Specific Pedagogy. HPE102. (2017)

Media appearances

Swedish National Television, the Swedish public service television company, "Vetenskapens värld", SVT2. May 9, 2016.
Swedish Radio, P4 Göteborg, "Förmiddag". March 23, 2016.