

Christopher Holmberg

Email: christopher.holmberg@gu.se • Tel: + 46 (0) 31-786 1852

Education

Ph.D. in Food and Nutrition University of Gothenburg, Dept. of Food and Nutrition, Sweden	2013 – 2018
Master of Science in Public Administration (M.P.A.) University of Gothenburg, Sweden	2011 - 2013
Bachelor of Science in Health Service Administration (B.Sc.) University of Gothenburg, Sweden	2009 - 2011
Bachelor of Science in Nursing (B.Sc.) University of Gothenburg, Sweden	2008 - 2011

Experiences and Positions

Associate Professor (Docent, in 2022)

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

In my capacity as Associate Professor, I primarily lecture at the postgraduate Nursing program. I am the course leader for the master's thesis course which is given for already registered nurses with a BSc in nursing. I am also the course leader and principal lecturer in the fundamentals of nutrition as well as clinical nutrition. I supervise and examine B.Sc. and M.Sc. nursing theses within my areas of expertise, nutrition, and psychiatry. I am also the main supervisor for three PhD students.

Affiliated Clinical Researcher (Swe: Kombinationsanställning/Förenad anställning)

Department of Psychotic Disorders, Sahlgrenska University Hospital, Mölndal, Sweden, 2019-onwards.

I have a permanent part-time position (20%) as an Affiliated Clinical Researcher at the Department of Psychotic Disorders. My work includes teaching newly employed personnel of various professions about the somatic comorbidities present among our patients and strategies for how we address them on an organizational level. I also use clinical data for MSc and PhD projects.

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.

Academic Committee and Board Memberships

Departmental Advisory Board 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.

Regulatory and compliance positions

Swedish Ethical Review Authority. Board Member.

Gothenburg Unit 1. Medicine. Gothenburg, Sweden, 2024-onwards

Evaluating research proposals to ensure they comply with ethical standards, protecting the rights and well-being of participants. This role involves a thorough assessment of research methodologies, risk management, and the ethical implications of studies.

Project Lead (PI) for the Swedish part in a European multi-center study

The project "Attitudes toward Age and Ageing" has been a collaborative effort between a team at the Medical University of Graz in Austria and our department, where several of my colleagues have contributed. So far, this initiative has resulted in four publications. Starting in 2024, the Uniwersytet Jagielloński Collegium in Kraków, Poland will also join the collaboration, allowing us to expand our work and further expand the dataset by including Polish data.

Research, Quality improvement, and Pedagogical development funding

1. Region of Västra Götaland, (funding for employing health promoters)	4, 800, 000 SEK (2022-2023)
2. Gothenburg Health and Welfare Council (equity in health project)	200, 000 SEK.
3. Region of Västra Götaland (clinical innovation project)	100, 000 SEK.
4. Sahlgrenska University Hospital, area 2 (clinical innovation project)	70, 000 SEK.
5. Sahlgrenska Academy Educational Award 2020 (best lecturer award)	100, 000 SEK.
6. University of Gothenburg (pedagogical development funds)	75, 000 SEK.

Selected journal articles (peer-reviewed)

1. **Holmberg, C.** Toward a Better Understanding of Statistical Significance and *p* Values in Nursing, *Nursing Forum*, 2024, 7263781, 2024. doi.org/10.1155/2024/7263781
2. **Holmberg C.** Identifying Trends in the Most Cited Nursing Articles: Research Topics, Author Gender Representation and Characteristics Correlated With Citation Counts. *J Adv Nurs*. Published online October 23, 2024. doi:10.1111/jan.16562

3. Dahlberg, H; Dahlberg, K; **Holmberg, C**. The search for meaning in health care inquiries: introducing qualitative meaning analysis. *International journal of qualitative studies on health and well-being*. 2024;19.0(1). doi:10.1080/17482631.2024.2382809
4. Nilsson, MZ; Sparud-Lundin, C; Eeg-Olofsson, K; Torgerson, J; **Holmberg, C**. Navigating complexity: healthcare providers' experiences with integrating physical health promotion in psychosis outpatient services in Sweden. *Nordic journal of psychiatry*. 2024; doi:10.1080/08039488.2024.2404478
5. Schüttengruber, G; Olsson, MM; **Holmberg, C**; Grossschädl, F; Hessman, E; Sjöblom, H; Heckemann, B. Understanding ageism towards older nursing staff and service users: A systematic mapping review from the perspective of clinical leaders and healthcare managers. *Geriatric nursing*. 2024;58.0:171.0-182.0. doi:10.1016/j.gerinurse.2024.05.017
6. Pértéga, E; **Holmberg, C**. A systematic mapping review identifying key features of restraint research in inpatient pediatric psychiatry: A human rights perspective. *International journal of law and psychiatry*. 2023;88.0. doi:10.1016/j.ijlp.2023.101894
7. Sakinyte, K; **Holmberg, C**. Psychometric and clinical evaluation of schizophrenia remission criteria in outpatients with psychotic disorders. *Bmc psychiatry*. 2023;23.0(1). doi:10.1186/s12888-023-04701-3
8. Gremyr, A; **Holmberg, C**; Thor, J; Malm, U; Gäre, BA; Andersson, AC. How a point-of-care dashboard facilitates co-production of health care and health for and with individuals with psychotic disorders: a mixed-methods case study. *BMC Health Services Research*. 2022;22.0(1). doi:10.1186/s12913-022-08992-2
9. **Holmberg, C**; Wolf, A; Olsson, MM; Heckemann, B. Nurses' general attitudes and caregiving-specific perceptions toward the oldest-old: A nationwide survey. *International journal of nursing studies*. 2022;136.0. doi:10.1016/j.ijnurstu.2022.104379
10. **Holmberg, C**; Gremyr, A; Karlsson, V; Asztély, K. Digitally excluded in a highly digitalized country: An investigation of Swedish outpatients with psychotic disorders and functional impairments. *European journal of psychiatry*. 2022;36.0(3):217.0-221.0. doi:10.1016/j.ejpsy.2022.04.005
11. **Holmberg, C**; Torgerson, J; Gremyr, A. Elevated pulse pressure and its associations with demographic and clinical parameters in a clinically representative sample of outpatients with psychotic disorders. *Bjpsych open*. 2022;8.0(3). doi:10.1192/bjo.2022.52
12. Heckemann, B; Schüttengruber, G; Wolf, A; Grossschädl, F; **Holmberg, C**. Attitudes towards oldest-old adults (age ≥ 80 years): A survey and international comparison between Swedish and Austrian nursing students. *Scandinavian journal of caring sciences*. 2022;36.0(4):1083.0-1093.0. doi:10.1111/scs.13005
13. Ahlstrom, L; **Holmberg, C**. A comparison of three interactive examination designs in active learning classrooms for nursing students. *Bmc nursing*. 2021;20.0(1). doi:10.1186/s12912-021-00575-6
14. **Holmberg, C**; Gremyr, A; Torgerson, J; Mehlig, K. Clinical validity of the 12-item WHODAS-2.0 in a naturalistic sample of outpatients with psychotic disorders. *Bmc psychiatry*. 2021;21.0(1). doi:10.1186/s12888-021-03101-9
15. **Holmberg, C**; Klingberg, S; Brembeck, P. The food diary as a pedagogical strategy in undergraduate nursing nutrition education: A student evaluation. *Nurse education today*. 2021;98.0. doi:10.1016/j.nedt.2020.104737

16. Mehlig, K; **Holmberg, C**; Bogl, LH; Erhardt, E; Hadjigeorgiou, C; Hebestreit, A; Kaprio, J; Lauria, F; Michels, N; Pigeot, I; Reisch, LA; Veidebaum, T; Lissner, L. Weight Status and BMI-Related Traits in Adolescent Friendship Groups and Role of Sociodemographic Factors: The European IDEFICS/I.Family Cohort. *Obesity facts*. 2021;14.0(1):121.0-130.0. doi:10.1159/000512356.
17. Sugiura, K; Pertega, E; **Holmberg, C**. Experiences of involuntary psychiatric admission decision-making: a systematic review and meta-synthesis of the perspectives of service users, informal carers, and professionals. *International journal of law and psychiatry*. 2020;73.0. doi:10.1016/j.ijlp.2020.101645
18. **Holmberg, C**; Wolf, A; Eide, C; Grossschädl, F; Schüttengruber, G; Patel, H; Heckemann, B. Classic Tool, New Opportunities: A Psychometric Analysis of a Swedish Online Version of the Aging Semantic Differential Scale. *Research on aging*. 2021;43.0(9-10):378.0-387.0. doi:10.1177/0164027520963618
19. **Holmberg, C**; Carlström, E; Collier, H. Registered nurses' perspectives on medically safe practices and sound ethical standards in aesthetic nursing: An interview study. *Journal of Clinical Nursing*. 2020;29.0(5-6):944.0-954.0. doi:10.1111/jocn.15158
20. **Holmberg, C**; Berg, C; Dahlgren, J; Lissner, L; Chaplin, JE. Health literacy in a complex digital media landscape: Pediatric obesity patients' experiences with online weight, food, and health information. *Health informatics journal*. 2019;25.0(4):1343.0-1357.0. doi:10.1177/1460458218759699
21. **Holmberg, C**; Berg, C; Hillman, T; Lissner, L; Chaplin, JE. Self-presentation in digital media among adolescent patients with obesity: Striving for integrity, risk-reduction, and social recognition. *Digital health*. 2018;4.0. doi:10.1177/2055207618807603
22. **Holmberg, C**; Caro, J; Sobis, I. Job satisfaction among Swedish mental health nursing personnel: Revisiting the two-factor theory. *International journal of mental health nursing*. 2018;27.0(2):581.0-592.0. doi:10.1111/inm.12339
23. **Holmberg, C**; Larsson, C; Korp, P; Lindgren, EC; Jonsson, L; Fröberg, A; Chaplin, JE; Berg, C. Empowering aspects for healthy food and physical activity habits: adolescents' experiences of a school-based intervention in a disadvantaged urban community. *International journal of qualitative studies on health and well-being*. 2018;13.0. doi:10.1080/17482631.2018.1487759
24. **Holmberg, C**. 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*. 2016;70.0(9):977.0-978.0. doi:10.1038/ejcn.2016.126
25. **Holmberg, C**; Chaplin, JE; Hillman, T; Berg, C. Adolescents' presentation of food in social media: An explorative study. *Appetite*. 2016;99.0:121.0-129.0. doi:10.1016/j.appet.2016.01.009

Book Chapters (peer-reviewed)

1. Holmberg, C. (2020). *Exploring Digital Health Issues Among Pediatric Patients with Obesity—A Qualitative Clinical Study Using Screen-Recording Software*. SAGE Research Methods Cases. SAGE Publications Ltd. London. DOI: 10.4135/9781529709186. ISBN: 9781529709186.

2. 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.
3. 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.
4. 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.

Main thesis advisor for PhD students

1. *Matilde Zerne Nilsson*. Institute of Health and Care Sciences, University of Gothenburg (enrolled 2022). Thesis title: Diabetes-related care and outcomes in people with severe mental illness and its evolution over time. Project overview: The dissertation consists of two qualitative interview studies with healthcare professionals and one with patients, as well as two national registry-based studies.
2. *Charlotta Svensson*. Department of Forensic Psychiatry, Sahlgrenska University Hospital (enrolled 2022). Thesis title: Conditions for person-centered, integrated substance use treatment for patients with psychiatric comorbidity in forensic psychiatric care. Project Overview: The research includes an interview study with patients, two studies of the Regional Psychiatric Unit (RPU), and an educational intervention for healthcare professionals.
3. *Marcus Lundmark*. Department of Psychotic Disorders, Sahlgrenska University Hospital (enrolled 2022). Dialog+ project, which focuses on the implementation of the Dialog+ intervention, a structured tool designed to facilitate meaningful conversations between patients and healthcare providers. The goal is to improve patient engagement, treatment satisfaction, and overall mental health outcomes while addressing the complex needs of this population in clinical settings.

Thesis advisor (co-advisor) for PhD students

1. *Omed Rahman Ahmad*. Department of Forensic Psychiatry, Sahlgrenska University Hospital (enrolled 2023). Thesis title: Equitable Swedish Forensic Psychiatric Care for Patients with a Foreign Background: An Evaluation through a National Quality Register (RättsspsyK) and Interview Studies. Project overview: The project includes two qualitative interview studies with healthcare professionals, patients, and informal carers (often family members) and two national register-based studies.
2. *Elin Bladmyr*. Department of Psychotic Disorders, Sahlgrenska University Hospital (enrolled 2025). Thesis title: Equitable Swedish Forensic Psychiatric Care for Patients with a Foreign Background: An Evaluation through a National Quality Register (RättsspsyK) and Interview Studies. Project overview: The project includes two qualitative interview studies with healthcare professionals, patients, and informal carers (often family members) and two national register-based studies.

Conference Presentations (published in proceedings)

Oral Presentations

1. Ahlstrom, L., **Holmberg, C.** (2020). Utveckla pedagogik och examinationsformer för ALC (Active learning classroom) med hjälp av quiz och andra digitala verktyg. GU Online 2020. Erfarenhetsutbyte kring digitala verktyg i undervisningen.
2. **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.
3. **Holmberg, C.**, Chaplin, J, Hillman, T, Berg, C. (2016). Adolescents' Photo Food Presentation in Social Media. ISBNPA annual meeting in Cape Town, South Africa.
4. **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

5. Svensson C, Hildebrandt Karlén M, Alexiou E, Olausson S, **Holmberg C.** Gratitude amidst unease: Interviews with Swedish forensic psychiatric male patients with substance use disorder. Presented at: European Conference on Addictive Behaviors and Dependencies; 2024; Lisbon, Portugal.
6. Zerneck Nilsson M, Sparud Lundin C, Eeg-Olofsson K, Torgerson J, **Holmberg C.** Experiences of health promotion work in psychosis care. Presented at: The 2024 Congress of the Schizophrenia International Research Society; 2024; Florence, Italy.
7. **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.
8. **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.
9. **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.
10. **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.
11. **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.
12. 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.
13. 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.

Manuscript review work (selected)

- The Lancet Regional Health – Southeast Asia [ISSN 2772–3682]
- Scientific Reports [ISSN 2045–2322]
- BMC Psychiatry [ISSN 1471-244X]
- International Journal of Nursing Studies [ISSN 0020–7489]
- Journal of Advanced Nursing [ISSN 0309–2402]
- Journal of Internet Medical Research [ISSN: 1438–8871]
- Nutrients [ISSN 2072–6643]
- Body Image [ISSN: 1740–1445]