

# Lisa Dinkler, PhD

## Curriculum Vitae

Centre for Eating Disorders Innovation, Department of Medical Epidemiology and Biostatistics,  
Karolinska Institutet, Sweden  
[lisa.dinkler@ki.se](mailto:lisa.dinkler@ki.se), +46 (0) 707 466 373, ORCID ID: 0000-0002-9901-4984

### HIGHER EDUCATION

2020	<b>PhD in Medical Science</b> , Institute of Neuroscience and Physiology, University of Gothenburg, Sweden; Thesis: "Restrictive eating disorders: aetiological, epidemiological and neurodevelopmental aspects", <a href="https://qupea.ub.gu.se/handle/2077/66196">https://qupea.ub.gu.se/handle/2077/66196</a> , Main advisor: Nouchine Hadjikhani
2014	<b>Master of Science in Psychology</b> , Goethe-University Frankfurt, Germany; Thesis: "Child Maltreatment in Young Adult Violent Offenders. A Swedish Nationally Representative Study"
2012	<b>Bachelor of Science in Psychology</b> , Friedrich Schiller-University Jena, Germany; Thesis: "The association between work stress, road safety attitudes, and occupational road accidents"

### ACADEMIC & RESEARCH POSITIONS

09/2021 – 03/2021 –	<b>Postdoctoral researcher</b> , Center for Eating Disorders Innovation, Karolinska Institutet <b>Research and Training Associate</b> , Adult Psychiatry Helsingborg, Region Skåne
1/2021 – 8/2021	<b>Research coordinator</b> , Gillberg Neuropsychiatry Centre, University of Gothenburg
2018 – 2021	<b>Visiting researcher</b> , Department of Environmental Medicine, Kochi Medical School, Japan
2016 – 2020	<b>PhD Student</b> , Gillberg Neuropsychiatry Centre, University of Gothenburg
2014 – 2016	<b>Graduate Research Assistant</b> , Gillberg Neuropsychiatry Centre, University of Gothenburg

### GRANTS AND FELLOWSHIPS

\* Grants won in international competition

#### CURRENT FUNDING AS PRINCIPAL INVESTIGATOR

2023 – 2026	Svenska Sällskapet för Medicinsk Forskning (SSMF) Postdoctoral Grant <i>Creating clarity from chaos: A multi-method approach to elucidating the etiology of ARFID</i>	<b>SEK 3,000,000</b> (\$ 284,000)
2022 – 2023	Mental Health Foundation (Fonden för Psykisk Hälsa) <i>ARFID - providing fundamental epidemiological knowledge on a recently recognized and debilitating condition</i>	<b>SEK 100,000</b> (\$ 9,500)
2022 – 2023	Fredrik and Ingrid Thuring's Foundation <i>ARFID - providing fundamental epidemiological knowledge on a recently recognized and debilitating condition</i>	<b>SEK 150,000</b> (\$ 14,200)
2022 – 2023	Jerring Foundation (Jerringfonden) <i>ARFID in children with neurodevelopmental disorders: prevalence clinical picture, and course</i>	<b>SEK 150,000</b> (\$ 14,200)

#### COMPLETED FUNDING AS PRINCIPAL INVESTIGATOR

2016 – 2022	15 Research grants	<b>SEK 696,000</b> (\$ 66,000)
	<u>Grant providers:</u> Solstickan Foundation, Professor Bror Gadelius Memorial Foundation (2x), Sisters Greta Johansson and Brita Andersson Memorial Foundation, Petter Silfverskiölds Memorial Foundation (3x), Jerring Foundation, Samariten Foundation (3x), Wilhelm & Martina Lundgren's Science Foundation, IRIS stipend for progressive women, Queen Silvia's Jubilee Foundation, *Scandinavia-Japan Sasakawa Foundation	
2016 – 2022	19 Travel grants	<b>SEK 203,000</b> (\$ 19 200)
	<u>Grant providers:</u> Karolinska Institutet (2x), Wenner-Gren Foundation, Sahlgrenska Academy (5x), Fredrik and Ingrid Thuring's Foundation, Herbert & Karin Jacobssons Foundation (2x), Royal Society of Arts and Sciences in Gothenburg (KVVS), *Society for the Improvement of Psychological Science, *Letterstedtska Association (2x), Eva & Oscar Ahréns Foundation, Petter Silfverskiölds Memorial Foundation, Adlerbert Scholarship Foundation, *Behavior Genetics Association	

**CURRENT FUNDING AS CO-INVESTIGATOR**

2022 – 2026	Swedish Research Council for Health, Working Life and Welfare (FORTE) <i>ARFID Initiative Sweden (ARIES)</i> , PI: Cynthia Bulik	SEK 7,000,000 (\$ 663,000)
2022 – 2024	Swedish Brain Foundation (Hjärnfonden) <i>ARFID in preschool children: prevalence and comorbidity</i> , PI: Maria Råstam	SEK 1,200,000 (\$ 114,000)

**CONTRIBUTED SIGNIFICANTLY TO WRITING THE GRANT APPLICATION**

2020 – 2022	Swedish Brain Foundation (Hjärnfonden), PI: Maria Råstam	SEK 1,200,000 (\$ 114 000)
2019 – 2021	Swedish Research Council (VR), PI: Maria Råstam	SEK 2,400,000 (\$ 227 000)
2018 – 2022	Japan Society for the Promotion of Science (JSPS), PI: Mikiya Fujieda	JPY 13,700,000 (\$ 102 000)

**PUBLICATION LIST**

\* Co-first authorship, + Part of PhD thesis

Total no. of publications: **20**, No. of publications as first author: **11**, No. of publications as last author: **1**

**PEER-REVIEWED ORIGINAL ARTICLES**

1. **Dinkler L**, Hedlund E, Bulik CM. Self-reported expertise and confidence in diagnosing and treating avoidant restrictive food intake disorder among Swedish clinicians. *European Eating Disorders Review*. 2023;Feb 9. [PMID: 36759941](#).
2. **Dinkler L**, Wronski ML, Lichtenstein P, Lundström S, Larsson H, Micali N, Taylor MJ, Bulik CM. Etiology of the broad avoidant restrictive food intake disorder phenotype in Swedish twins aged 6 to 12 years. *JAMA Psychiatry*. 2023, Feb 1. [PMID: 36723946](#).
3. \***Dinkler L**, Yasumitsu-Lovell K, Eitoku M, Fujieda M, Suganuma N, Hatakenaka Y, Hadjikhani N, Bryant-Waugh R, Råstam M, Gillberg C. Early neurodevelopmental problems and risk for avoidant/restrictive food intake disorder (ARFID) in 4–7-year-old children: a Japanese birth cohort study. *JCPP Advances*. 2022;2(3), e12094. <https://doi.org/10.1002/jcv2.12094>
4. Zhang R, Birgegård A, Fundín B, Landén M, Thornton LM, Bulik CM, **Dinkler L**. Association of autism diagnosis and polygenic scores with eating disorder severity. *European Eating Disorders Review*. 2022;30(5):442-458. [PMID: 35855524](#).
5. Birgegård A, Forsén Mantilla E, **Dinkler L**, Hedlund E, Savva A, Larsson H, Bulik CM. Validity of eating disorder diagnoses in the Swedish National Patient Register. *Journal of Psychiatric Research*. 2022;150:227-230. [PMID: 35398665](#).
6. Nielsen S, Dobrescu SR, **Dinkler L**, Gillberg IC, Gillberg C, Råstam M, Wentz E. Effects of autism on 30-year outcome of anorexia nervosa. *Journal of Eating Disorders*. 2022;10(1):4. [PMID: 35000620](#).
7. \***Dinkler L**, Yasumitsu-Lovell K, Eitoku M, Fujieda M, Suganuma N, Hatakenaka Y, Hadjikhani N, Bryant-Waugh R, Råstam M, Gillberg C. Development of a parent-reported screening tool for Avoidant/Restrictive Food Intake Disorder (ARFID): Initial validation and prevalence in a Japanese birth cohort. *Appetite*. 2022;168:1057351. [PMID: 34626753](#).
8. Fernell E, Sundin M, Fasth A, **Dinkler L**, Galazka M, Gillberg C, Johnson M. Paediatric Acute onset Neuropsychiatric Syndrome: Exploratory study finds no evidence of HLA class II association but high rate of autoimmunity in first-degree relatives. *Acta Paediatrica*. 2022;111(4):820-824. [PMID: 33566388](#).
9. Nygren G, Linnäsand P, Hermansson J, **Dinkler L**, Johansson M, Gillberg C. Feeding problems including Avoidant Restrictive Food Intake Disorder (ARFID) in young children with Autism Spectrum Disorder in a multiethnic population. *Frontiers in Pediatrics*. 2021;9:780680. [PMID: 34966704](#).
10. Johnson M, Fernell E, Gillberg C, Fasth A, **Dinkler L**, Blennow K, Zetterberg H. No neurochemical evidence of neuronal injury or glial activation in children with Pediatric Acute-onset Neuropsychiatric Syndrome. An explorative pilot study. *The World Journal of Biological Psychiatry*. 2021;22(10):800-804. [PMID: 33792486](#).
11. Brimo K, **Dinkler L**, Gillberg C, Lichtenstein P, Lundström S, Åsberg Johnels J. The co-occurrence of neurodevelopmental problems in dyslexia. *Dyslexia*. 2021;27(3):277-293. [PMID: 33759268](#).
12. Gajwani R\*, **Dinkler L\***, Lundström S, Lichtenstein P, Gillberg C, Minnis H. Mania symptoms in a Swedish longitudinal population study: the roles of childhood trauma and neurodevelopmental disorder. *Journal of Affective Disorders*. 2021;280(Pt A):450-456. [PMID: 33242716](#).

13. \***Dinkler L**, Taylor MJ, Råstam M, Hadjikhani N, Bulik CM, Lichtenstein P, Gillberg C, Lundström S. Anorexia nervosa and autism spectrum disorder: A prospective twin cohort study. *Journal of Child Psychology and Psychiatry*. 2021;62(3):316-326. [PMID: 32496594](#).
14. \***Dinkler L**, Taylor MJ, Råstam M, Hadjikhani N, Bulik CM, Lichtenstein P, Gillberg C, Lundström, S. Association of etiological factors across the extreme end and the continuous variation of eating disorder traits in female Swedish twins. *Psychological Medicine*. 2021;51(5):750-760. [PMID: 31843035](#).
15. Wentz E, Dobrescu SR, **Dinkler L**, Gillberg IC, Gillberg C, Blennow K, Råstam M, Zetterberg H. Thirty years after anorexia nervosa onset, serum neurofilament light chain protein concentration indicates neuronal injury. *European Child & Adolescent Psychiatry*. 2021;30(12):1907-1915. [PMID: 33040187](#).
16. Dobrescu SR\*, **Dinkler L\***, Gillberg IC, Råstam R, Gillberg C, Wentz E. Anorexia nervosa: 30-year outcome. *British Journal of Psychiatry*. 2020;216(2):97-104. [PMID: 31113504](#).
17. \***Dinkler L**, Dobrescu SR, Råstam M, Gillberg IC, Gillberg C, Wentz E, Hadjikhani N. Visual scanning during emotion recognition in long-term recovered anorexia nervosa: an eye-tracking study. *International Journal of Eating Disorders*. 2019;52(6):691-700. [PMID: 30828832](#).
18. **Dinkler L**, Lundström S, Gajwani R, Lichtenstein P, Gillberg C, Minnis H. Maltreatment-associated neurodevelopmental disorders: a co-twin control analysis. *Journal of Child Psychology and Psychiatry*. 2017;58(6):691-701. [PMID: 28094432](#).

#### PEER-REVIEWED RESEARCH REVIEWS

19. Kennedy HL, **Dinkler L**, Kennedy MA, Bulik CM, Jordan J. How genetic analysis may contribute to the understanding of avoidant/restrictive food intake disorder (ARFID). *Journal of Eating Disorders*. 2022;10(1):53. [PMID: 35428338](#).
20. **Dinkler L**, Bryant-Waugh R. Assessment of Avoidant/Restrictive Food Intake Disorder (ARFID), pica and rumination disorder: interviews and questionnaires. *Current Opinion in Psychiatry*. 2021;34(6):532-542. [PMID: 34402460](#).

#### MANUSCRIPTS IN PROGRESS

21. Dobrescu SR, **Dinkler L**, Gillberg IC, Gillberg C, Råstam M, Wentz E. Mental and physical health in children of women with a history of anorexia nervosa. *Submitted*.
22. Wronski ML, Martini MI, Micali N, Lichtenstein P, Lundström S, Larsson H, Taylor MJ, Bulik CM, **Dinkler L**. Mapping the co-occurring physical and mental conditions of avoidant restrictive food intake disorder. *In preparation*.

#### OTHER PUBLICATIONS

23. **Dinkler L**. Tvillingstudie: Hög ärftlighet bakom utveckling av ätstörningen ARFID. [Läkartidningen](#). 2023;8-9:212-213.

#### AWARDS

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| 2022 | <b>Top-scoring paper abstract</b> in ARFID Award for a student/trainee/early career professional at the Academy for Eating Disorders International Conference on Eating Disorders (Virtual) |
| 2018 | <b>IRIS stipend</b> for progressive women. Iris Jonzén-Sandbloms and Greta Jonzéns Foundation   |
| 2017 | <b>Best poster award</b> , Bridging Transitions: Youth Mental Health – Risk and Resilience, ACE Centre 2 <sup>nd</sup> International Conference, Glasgow, UK                                |

#### INVITED TALKS AND CONFERENCE PRESENTATIONS

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| 2023 | <b>2<sup>nd</sup> International ESSENCE Conference</b> , 4-5 April, Cape Town, South Africa: “ARFID in children – What do we know about prevalence, etiology, course, and comorbidity?”   |
| 2022 | Conference of the <b>Swedish Speech and Language Pathologist Association</b> , 28 April, Virtual: “ARFID – assessment, neurodevelopmental comorbidity, and current research”<br><br>Spring meeting of the <b>Swedish Eating Disorder Society</b> , 19 May, Virtual: “Epidemiological and clinical studies of ARFID in Sweden” |
| 2021 | <b>National Council of the Swedish Twin Registry</b> , 25 May, Virtual: “The Swedish Twin Registry – Studies on neurodevelopmental and eating disorders”<br><br><b>Psychiatric Genomics Consortium–Eating Disorders Workgroup</b> , 3 June, Virtual: “Epidemiological studies on ARFID in Sweden and Japan”                   |

**Nordic Conference on Feeding Difficulties in Infancy and Early Childhood**, 26-27 August, Virtual: “ARFID and neurodevelopmental disorders”

**6th Nordic Neonatal Nutrition Expert scientific meeting**, 25 November, Stockholm, Sweden: “ARFID in children born extremely preterm and association with neurodevelopmental disorders

### INTERNATIONAL CONFERENCE PRESENTATIONS

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- 2023 **Oral presentation:** Mapping the co-occurring physical and mental conditions of ARFID throughout childhood. (upcoming) European Society for Child and Adolescent Psychiatry (ESCAP) 20<sup>th</sup> International Congress, Copenhagen, Denmark. Accepted talk.
- 2022 **Oral presentation:** Association of autism diagnosis and autism polygenic scores with eating disorder severity. European Society for Child and Adolescent Psychiatry (ESCAP) 19<sup>th</sup> International Congress, Maastricht, The Netherlands.
- Oral presentation:** Heritability of ARFID-like phenotype in 6- to 12-year-old Swedish twins. International Conference on Eating Disorders (ICED) Virtual; European Society for Child and Adolescent Psychiatry (ESCAP) 19<sup>th</sup> International Congress, Maastricht, the Netherlands; and 52<sup>nd</sup> Annual Meeting of the Behavior Genetics Association (BGA), Los Angeles, CA, USA.
- 2020 **Poster:** Prevalence of ARFID based on DSM-5 and ICD-11 in a Japanese birth cohort. XXV<sup>th</sup> Annual Meeting of the Eating Disorders Research Society (EDRS) Virtual.
- 2019 **Oral presentation:** Association of etiological factors across the extreme end and the continuous variation of eating disorder traits in female Swedish twins. 49<sup>th</sup> Annual Meeting of the Behavior Genetics Association (BGA), Stockholm, Sweden; and XXV<sup>th</sup> Annual Meeting of the Eating Disorders Research Society (EDRS), Chicago, IL, USA.
- Poster:** ARFID and other eating problems in Japanese preschoolers: prevalence, neurodevelopmental comorbidity, and course. Society for the Improvement of Psychological Science (SIPS) 2019, Rotterdam, The Netherlands.
- 2018 **Poster:** Viewing patterns during emotion recognition in recovered anorexia nervosa: an eye-tracking study. Nordic Eating Disorder Society Conference (NEDS) 2018, Reykjavik, Iceland; and XXIV<sup>th</sup> Annual Meeting of the Eating Disorders Research Society (EDRS), Sydney, Australia.
- Poster:** Adverse childhood experiences and neurodevelopmental disorders – a double jeopardy for juvenile mania symptoms? ESSENCE Conference 2018, Gothenburg, Sweden.
- 2017 **Poster:** Subtle emotion recognition deficits in individuals recovered from teenage-onset anorexia nervosa. XXIII<sup>rd</sup> Annual Meeting of the Eating Disorders Research Society (EDRS), Leipzig, Germany.
- 2016 **Oral presentation & poster:** Maltreatment-Associated Neurodevelopmental Problems: Environment and Genetics. 6<sup>th</sup> Annual Workshop on the Child and Adolescent Twin Study in Sweden (CATSS), Stockholm, Sweden; and 46<sup>th</sup> Annual Meeting of the Behavior Genetics Association (BGA), Brisbane, Australia.

### NATIONAL CONFERENCE PRESENTATIONS

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- 2023 **Oral presentation:** Becoming a global hub for ARFID research – Epidemiological, twin, and genetic studies of ARFID in Sweden. 11<sup>th</sup> National Eating Disorders Symposium, Stockholm, Sweden.
- 2022 **Oral presentation:** ARFID – Providing fundamental epidemiological and etiological knowledge. 10<sup>th</sup> National Eating Disorders Symposium, Virtual.

### COMMISSIONS OF TRUST

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#### Peer review

Ad hoc reviewer for International Journal of Eating Disorders, European Eating Disorders Review, Psychiatry Research, Molecular Autism, Journal of Eating Disorders, International Journal of Obesity, Journal of Clinical Medicine, JAMA Facial Plastic Surgery

#### Training

- 2023 **Scientific expert** for the National Board of Health and Welfare’s (Socialstyrelsen) national guidelines for eating disorder treatment
- 2022 **Training in the assessment of ARFID** using the Pica, ARFID and Rumination Disorder Interview (PARDI) for clinical staff at Adult Psychiatry Helsingborg, Region Skåne

- 2021 – **10 invited lectures for health care professionals** in child & adolescent psychiatry, adult psychiatry, and habilitation services in Sweden and South Africa; Topics: avoidant restrictive food intake disorder, anorexia nervosa, neurodevelopmental disorders

## TEACHING & SUPERVISION

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### Main supervisor

- 2022 – **Manda Nyholmer**, MSc thesis in Psychology, Karolinska Institutet  
 2022 – **Marie-Louis Wronski**, MD/PhD candidate at TU Dresden, visiting PhD student at Karolinska Institutet  
 2022 **Emily Presseller**, MSc, & **Gabrielle Cooper**, BSc, summer fellows at Center of Excellence for Eating Disorders, University of North Carolina Chapel Hill in collaboration with Karolinska Institutet  
 2021 – 2022 **Piotr Klepak**, MD, psychiatry resident at Södra Älvsborg Hospital (Sweden).  
 2020 – **Katarzyna Brimo**, MSc, & **Helena Holmäng**, medical student, research assistants, University of Gothenburg

### Co-supervisor

- 2019 **Vanessa Crine**, MSc candidate in Psychological Science, research internship, University of Gothenburg  
 2019 **Katarzyna Brimo**, MSc thesis in Psychological Science, University of Gothenburg

### Lecturing & Seminars

- 2016 Research School in Psychiatry, University of Gothenburg, Sweden, Topic: "Twin methods and twin studies in eating disorders"  
 2010 – 2012 Tutor for the undergraduate course "Descriptive Statistics and Probability Theory", Dept. for Methodology and Evaluation Research, Friedrich-Schiller-University Jena, Germany

## PUBLIC OUTREACH

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- 2023 **Article** "ARFID: study shows genetics are a major factor in this condition" for *The Conversation*.  
**Podcast episode** about ARFID and my research in *Ätstörningspodden*.  
 2022 **Blog article** "11 things we now know about ARFID" for *Gillberg's Blog*.  
**Commentary** on an article about anorexia nervosa and autism in *Insikt* (membership magazine of Frisk & Fri, the National association against eating disorders; published in print Nr. 3, 2022).  
**Podcast episode** about ARFID and my research in *Puls på Vård o Vetenskap*.  
**Interview** with *Funktion i fokus* (magazine published by Habilitation & Health in the Stockholm region, p. 51).  
 2021 **Article** about my research on ARFID in preschool children for *Barnbladet* (membership magazine of the Swedish national association for pediatric nurses; published in print).  
**Virtual Journal Club** *CAMHS around the Campfire* on "Autism and Eating Disorders" for *ACAMH*.  
**Interview** about my ARFID research with the Swedish Brain Foundation.  
**Interview** about my PhD thesis with the web magazine *Special Nest* (subscription).  
 2020 **Blog article** "What have twin studies taught us about ESSENCE conditions?" for *Gillberg's Blog*.  
**Video Abstract** on anorexia nervosa and autism for *ACAMH*.  
**Podcast episode** on anorexia nervosa and autism in *Psychiatry Paper Chat*.  
 2017 **Video Abstract** on maltreatment-associated neurodevelopmental disorders for *ACAMH*.

## COURSEWORK AND ADDITIONAL RESEARCH TRAINING

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- 2022 *Introductory doctoral supervision course*. Karolinska Institutet.  
 2020 *Systematic reviews and meta-analysis*. University of Gothenburg.  
 2019 *Teaching and Learning in Higher Education: Basic Course*. University of Gothenburg.  
*Theory and Practice of Bayesian Hypothesis Testing: A JASP Workshop*. University of Amsterdam.  
*Introduction to Generalized Linear Mixed Models*. The Analysis Factor.  
 2018 *Analyzing Count Data: Poisson, Negative Binomial, and Other Essential Models*. The Analysis Factor.  
*Linear Models: Increasing Your Statistical Confidence*. The Analysis Factor.  
 2017 *Improving your statistical inferences*. Coursera, taught by Daniël Lakens.

*Visualize your Science.* Visualize your Science AB.

- 2016 *Psychiatric Genetics.* Graduate School in Psychiatry, University of Gothenburg.  
*Epidemiological theory and methods.* University of Gothenburg.  
*The 2016 International Workshop on Statistical Genetic Methods for Human Complex Traits: The Introductory Course.* Institute for Behavioral Genetics, University of Colorado.
- 2015 *Twin Model Fitting (OpenMx) at the MRC SGDP Summer School.* MRC Social Genetic and Developmental Psychiatry Centre (SGDP), King's College London.  
*Training Course in the application of DISCO - Diagnostic Interview for Social and Communication Disorders.* Läkarkonsult Bona Fide AB in collaboration with The NAS Lorna Wing Centre for Autism.

### **STATISTICAL SOFTWARE**

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Stata, R, OpenMx, SAS, SPSS, JASP

### **LANGUAGES**

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English (Working proficiency), Swedish (Working proficiency), German (Native proficiency)