

Abbreviated Curriculum Vitae & publication list for Professor Vibeke Zoffmann, Ph.D. MPH RN.**Professor of Translational Empowerment, Head of Research, Unit for Women and Children's Health, Rigshospitalet and the University of Copenhagen****Personal Information**

Nationality: Danish
 Date of Birth: 26 April 1949
 Place of Birth: Horsens, Denmark
 Marital status: Married, two sons

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**Research gate:**

RG score	31.47
Reads	13597
Citations	922
H-index	18

Short Biography

I am Professor of Translational Empowerment and head of the Research Unit Women and Children's Health at Juliane Marie Center (JMC), Copenhagen University Hospital, Rigshospitalet (RH) and the University of Copenhagen, Denmark.

As part of my research, I have developed grounded theories that explain barriers to empowerment in difficult diabetes treatment. These barriers have been found in other areas, including cancer treatment and psychiatry. Based on these theories, I developed a method for shared decision-making, Guided Self-Determination (GSD), which has shown ability to overcome the barriers in diabetes with improved glycemic control and quality of life in adults and in younger adult women with suboptimal regulation of T1 diabetes. GSD is adjusted to other conditions, for instance women with breast cancer and gynecological cancer. In the latter group, positive impact on physical quality of life has been documented.

In 2017, based on a grant from the Danish National Board of Health a collaboration between my research team and the national Danish health platform, Sundhed.dk (SDK) led to the development of a generic digital version of GSD (DA-GSD), which is adjustable to numerous long-term conditions and accessible nationally at SDK for the Danish population in all five regions. A certification program comprising blended learning in GSD and DA-GSD has subsequently been developed based on two decades experience in GSD-training of HCPs Center for HR in the capital region.

Education:

2004	Ph.D. in nursing, Faculty of Health Sciences, University of Aarhus (AU).
1999	MPH. Faculty of Health Sciences, University of Aarhus (AU)
1985	Diploma in Nursing, Danmarks Sygeplejerskehøjskole.
1975	Registered nurse, Bispebjerg Nursing School, Copenhagen.

Employment:

2018 – Appointment as Professor of Translational Empowerment, Institute of Public Health, Health and Medical Sciences, Copenhagen University (10% position)
 2016 - Appointment as Affiliated professor at Centre for Evidence-Based Practice, WNUAS, Bergen, Norway
 2016 - Honorary appointment as Adjunct associate professor at the School of Nursing and Midwifery, Deakin University, Australia
 2015 – 2018 Associate professor, Institute of Public Health, Health and Medical Sciences, Copenhagen University (10% position)
 2014 - current Head of research at the Research Unit Women's and Children's Health, The Juliane Marie Centre, Copenhagen University Hospital, Rigshospitalet
 2008 – 2014 Senior researcher at Steno Diabetes Center (SDC)
 2006 – 2008 Researcher/senior researcher at UCSF, Department 7331, Rigshospitalet, Copenhagen
 2004 – 2006 Assistant professor, Institute of Public Health, Department of Science in Nursing AU/AUH
 2000 – 2003 Ph.D. grant, financed by DSR, The Research initiative in Aarhus & Aarhus University Hospital
 1996 – 2000 Funded research in clinical nursing
 1985 – 1996 Nursing teacher, Nursing School in Aarhus
 1975 – 1984 Clinical practice, BBH, Frederikssund Sygehus, Aarhus Amts Sygehus

Other tasks:

2017 A member of a think tank established by VIBIS of researchers expertized in user involvement

2014 - 2017 A member of the advisory board for Mette Due-Christensen's Ph.D. Kings College, London
 2005 - 2006 Consultant for the Danish National Board of Health: on the project "Fit for Forebyggelse og Folkesygdomme" [Fit for Prevention and Diseases]

International research collaboration:

Since 2003 I have been a member of PSAD, Psycho-Social Aspects of Diabetes, supported by Novo Nordisk. Scientific meetings are arranged once a year.

2011, I initiated an international research group, Scan TRICC, in which we have arranged three scientific meetings held at the Research Unit Women and Children's Health, Rigshospitalet, in 2014, 2016 and 2017.

I have trained and supervised international research teams in using and testing GSD. They were led by:

- 1) Professor Marit Kirkevold UIO in 2003 concerning the use of GSD in patients suffering from apoplexy.
- 2) Professor Berit Rokne and Marit Graue, Bergen University, 2010, in diabetes, Haukeland Sykehus.
- 3) Associate professor, Anna Olinder, 2011-14, Karolinska Institutet, Stockholm 2013, adolescents & young adult women with T1 diabetes.
- 4) Associate professor Bjørg Oftedal and Professor Bjørg Karlsen, Stavanger University, 2014, a web-based intervention for people with T2 diabetes, DiaHealth project 2014.
- 5) Professor Bodil Rasmussen, Deakin University, developing and testing an online educational self-management intervention for Victorian young adults with type 1 diabetes. The research has been funded in 2014, 2015 and 2017 by Deakin University, Melbourne.
- 6) Professor in Health Informatics Management Nilmini Wickramasinghe, Deakin University, January 2018
- 7) A joint Ph.D. scholarship has been granted by Deakin University in 2017: GSD used in prevention of excessive gestational weight gain in women with gestational diabetes. A new collaboration has been established between Professor Bodil Rasmussen Deakin University, professor Bente Stallknecht, UCPH, Professor Helen Skouteris, Professor Ralph Maddison.

National research collaboration:

- 1) In the Capital Region of DK, a consortium of stakeholders has been established in 2017 in order to disseminate digitally assisted user involvement in Denmark drawing on GSD hosted by SDK and taught through blended learning courses: RH, SDK, sections for learning technology and continuous education, Competence center for patient experiences (KOPA) and Komiteen for Sundhedsoplysning.
- 2) I have advised and trained research teams in using and testing GSD led by Professor Christoffer Johansen, the Danish Cancer Society and the Finsen Center, Copenhagen University Hospital, Rigshospitalet: 1) Myhealth for women with breast cancer since 2015 2) pharmaceuticals and GSD-based rehabilitation for people with cancer and Multi-morbidity since 2017

Capital region of Denmark

2015 - 2017 Implementation of Guided Self-Determination in selected hospital departments in the Capital Region of Denmark and in the Region of Zealand together with KOPA. (Kompetancecenter for Patientoplevelser)

Publications: 73 publications (56 articles in international peer reviewed journals, 18 other publications)

Authorship in international peer reviewed journals (published 55)

First author: 9

Last author: 23

Authorship in international peer reviewed journals

Manuscripts submitted and under review by international peer reviewed journals (N=3)

1. Jette Heberg, Mette Killevæld Simonsen, Anne Kjaergaard Danielsen, Tobias Wirenfelt Klausen, Vibeke Zoffmann, and Thordis Thomsen. Joint Tobacco Smoking and Alcohol Intake Exacerbates Cancer Risk in Women - the Danish Nurse Cohort, submitted to **Cancer Epidemiology, Biomarkers & Prevention**, April 2019
2. Zoffmann, V. & Kirkevold, M. Releasing knowledge empowers people: Discovery and theoretical development of Person-specific Evidence in Difficult Diabetes Care. Submitted to **Qualitative Health Research**, October 2018

Manuscripts accepted by international peer reviewed journals (N=1)

Articles published in international peer reviewed journals (N=60)**2019 (4)**

1. Skinner T, Byrne M, Dickinson JK, Fisher L, Funnell M, Guzman S, Hendrieckx C, Hermanns N, Kanc K, Lloyd C, Mocan A, Nouwen A, Pouwer F, Saleh-Stattin N, Snoek F, Speight J, Sturt J, Vallis M, Wagner J, Willaing I, Young-Hyman D, **Zoffmann V**. Comment on the consensus report on the management of hyperglycaemia in Type 2 diabetes by the American Diabetes Association and the European Association for the Study of Diabetes. **Diabet Med**. 2019 Feb 20. doi: 10.1111/dme.13934. [Epub ahead of print] No abstract available.
2. Høeg BL, Tjørnhøj-Thomsen, Skaarup JA, Langstrup, H, Zoffmann V, Saltbaek L, Karlsen RV, Dalton SO, Jogansen C, Bidstrup PE. Whose perspective is it anyway? Dilemmas of patient involvement in the development of a randomized clinical trial – a qualitative study. **Acta Oncologica**. 2019 Feb 6:1-8. Doi: 10.1080/0284186X.2019.1566776
3. Saltbæk, L, Ransi V. Karlsen, Pernille E Bidstrup, Beverley Lim Høeg, **Vibeke Zoffmann**, Trine Allerslev Horsbøl, Niels Henrik Höllander, Mads Nordahl Svendsen, Susanne O Dalton, Christoffer Johansen. MyHealth: Development and feasibility of a randomized controlled trial examining nurse specialist conducted follow-up in breast cancer. **Acta Oncologica**, December 2018. doi: 10.1080/0284186X.2018.1563717
4. Jorgensen, R., et al., The deadlock of saying 'That is what we already do!' A thematic analysis of mental health care professionals' reactions to using an evidence-based intervention. **J Psychiatr Ment Health Nurs**, 2018. Doi:10.1111/jpm.12509

2018 (3)

5. Reconfiguring clinical communication in the electronic counselling context: The nuances of disruption. Oftedal, B, Hope Kolltveit Beate-Christin, Graue, M, **Zoffmann, V**, Karlsen, B, Thorne, S, Kristoffersen, M. **Nurs Open**. 2018 Nov 20;6(2):393-400. doi: 10.1002/nop.2.218. eCollection 2019 Apr. PMID 30918689
6. Mohn, J, Iglund, J, **Zoffmann, V**, Peyrot, M, Graue, M. Factors explaining variation in self-esteem among persons with type 1 diabetes and persistently elevated HbA1c. August, 2018. **PLOS ONE**, 13(8):e0201006 DOI: 10.1371/journal.pone.0201006.
7. Due-Christensen M, **Zoffmann V**, Hopkins D, Willaing I, Forbes A. The process of Adaptation Following a New Diagnosis of Type 1 Diabetes in Adulthood: A Meta-Synthesis. **Qualitative Health Research** 2018. Vol. 28(2) 245-258 DOI:10.1177/1049732317745100.

2017 (n=8)

8. Hye-Knudsen K, Krogslund KW, Dobson L, **Zoffmann V**. "Also for my sake": a grounded theory on the motivation of women with type 1 diabetes during the journey of pregnancy. **SM Journal of Gynecology and Obstetrics**, October 2017.
9. Olesen ML, Hansen MK, Hansson H, Ottesen B, Andersen KK, **Zoffmann V**. The distress thermometer in survivors of gynaecological cancer: accuracy in screening and association with the need for person-centred support. **Support Care Cancer**. 2017 Oct 23. doi: 10.1007/s00520-017-3935-x. [
10. Rasmussen B, Currey J, Haigh B, Dunning T, **Zoffmann V**. An online self-management intervention for young adults with type 1 diabetes using Guided Self-Determination Program. **Accepted by Australian Diabetes Educators Journal 2017**.
11. Rasmussen B, Currey J, Haigh B, Dunning T, **Zoffmann V**. Major changes in a young woman's diabetes self-management by using the Guided Self-determination online program. **Published by Australian Diabetes Educators Journal** Volume 20 Number 3, **July 2017**.
12. Maastrup R, Weis J, Johannsen KL, Engsig A, **Zoffmann V**. "Now she has become my daughter": Parents' early experiences of skin-to-skin contact with extremely preterm infants. **Scand J Caring Sci**. 2017 Aug 29. doi: 10.1111/scs.12478. [Epub ahead of print].
13. Goin DE, Smed MK, Pachter L, Purdom E, Nelson JL, Kjærgaard H, Olsen J, Hetland ML, **Zoffmann V**, Ottesen B, Jawaheer D. Pregnancy-induced gene expression changes *in vivo* reveal a type I interferon

signature in women with rheumatoid arthritis who improve during pregnancy. **Arthritis Res Ther.** 2017 May 25;19(1):104. doi: 10.1186/s13075-017-1312-2.

14. Oftedal B, Kolltveit BH, **Zoffmann V**, Hörnsten Å, Graue M. Learning to practice the Guided Self-Determination approach in type 2 diabetes in primary care. **Nurs Open.** 2017 Feb 10;4(3):134-142. doi: 10.1002/nop2.76.
15. Mohn J, Graue M, Assmus J, **Zoffmann V**, Thordarson H, Peyrot M, Rokne B. The effect of Guided Self-Determination on self-management in persons with Type 1 diabetes mellitus and HbA1c \geq 64 mmol/mol – a group-based randomized controlled trial. **BMJ Open.** 2017 Jul 3;7(6):e013295. doi: 10.1136/bmjopen-2016-013295.

2016 (n=6)

16. Karlsen B, Oftedal B, Stangeland Lie S, Rokne B, Peyrot M, **Zoffmann V**, Graue M. Assessment of a web-based Guided Self-Determination intervention for adults with type 2 diabetes in general practice. **BMJ Open.** 2016 Dec 13;6(12):e013026. doi: 10.1136/bmjopen-2016-013026.
17. Klausen SH, Andersen LL, Søndergaard L, Jakobsen JC, **Zoffmann V**, Dideriksen K, Kruse A, Mikkelsen UR, Wetterslev J. Effects of eHealth physical activity encouragement in adolescents with complex congenital heart disease: The PReVaiL randomized clinical trial. **Int J Cardiol.** 2016 Oct 15; 221:1100-6. doi: 10.1016/j.ijcard.2016.07.092.
18. Rasmussen B, **Zoffmann V**, Currey J, Dunning T. An innovative online self-management intervention for Victorian younger adults with type 1 diabetes: Guided Self-Determination Program. **Australian nursing & midwifery journal** 23(9):38. April 2016.
19. Olesen ML, Duun-Henriksen AK, Hansson H, Ottesen B, Andersen KK, **Zoffmann V**. A person-centered intervention targeting the psychosocial needs of gynecological cancer survivors: a randomized clinical trial. **J Cancer Surviv.** 2016 Oct;10(5):832-41. doi: 10.1007/s11764-016-0528-5.
20. FINDERUP J, Bjerre T, Søndergaard A, Nielsen ME, **Zoffmann V**. Developing life skills in haemodialysis treatment using the Guided Self-determination method: a qualitative study. **J Ren Care.** 2016 Jun;42(2):83-92. doi: 10.1111/jorc.12146.
21. **Zoffmann V**, Hörnsten Å, Storbækken S, Graue M, Rasmussen B, Wahl A, Kirkevoold M. Translating person-centered care into practice: A comparative analysis of motivational interviewing, illness-integration support, and guided self-determination. **Patient Educ Couns.** 2016 Mar;99(3):400-407. doi: 10.1016/j.pec.2015.10.015.

2015 (13)

22. Iversen MM, Graue M, Leksell J, Smide B, **Zoffmann V**, Sigurdardottir AK. Characteristics of nursing studies in diabetes research published over three decades in Sweden, Norway, Denmark, and Iceland: a narrative review of the literature. **Scand J Caring Sci.** 2016 Jun;30(2):241-9. doi: 10.1111/scs.12259.
23. Bak J, **Zoffmann V**, Sestoft DM, Almvik R, Siersma VD, Brandt-Christensen M. Comparing the effect of non-medical mechanical restraint preventive factors between psychiatric units in Denmark and Norway. **Nordic J of Psychiatry** 01/2015; 69(6):1-11. doi:10.3109/08039488.2014.996600.
24. **Zoffmann V**, Prip A, Christiansen AW. Dramatic change in a young woman's perception of her diabetes and remarkable reduction in HbA1c after an individual course of Guided Self-Determination. **BMJ Case Rep.** 2015 Jul 6;2015. doi: 10.1136/bcr-2015-209906.
25. Jørgensen R, Licht RW, Lysaker, Munk-Jørgensen P, Buck KD, Jensen SOW, Hansson L, **Zoffmann V**. Effects on cognitive and clinical insight with the use of Guided Self-Determination in outpatients with schizophrenia: A randomized open trial. **Eur Psychiatry.** 2015 Jul;30(5):655-63. doi: 10.1016/j.eurpsy.2014.12.007.
26. Weis J, **Zoffmann V**, Egerod I. Enhancing person-centred communication in NICU: a comparative thematic analysis. **Nurs Crit Care.** 2015 Nov;20(6):287-98. doi: 10.1111/nicc.12062.
27. Petersen S., **Zoffmann V**, Kjærgaard, J., Stensballe, LG., Greisen G. Erratum to: Disappointment and adherence among parents to newborns allocated to the control group: a qualitative study of a randomized clinical trial. **Trials.** 2015 Mar 14;16:93. doi: 10.1186/s13063-015-0616-2.
28. **Zoffmann V**, Vistisen D, Due-Christensen M. Flexible guided self-determination intervention for younger adults with poorly controlled Type 1 diabetes, decreased HbA1c and psychosocial distress in

women but not in men: a real-life RCT. **Diabet Med**. 2015 Sep;32(9):1239-46. doi: 10.1111/dme.12698.

29. Klausen SH, Wetterslev J, Søndergaard L, Andersen LL, Mikkelsen UR, Dideriksen K, **Zoffmann V**, Moons P. Health-Related Fitness Profiles in Adolescents With Complex Congenital Heart Disease. **J Adolesc Health**. 2015 Apr;56(4):449-55. doi: 10.1016/j.jadohealth.2014.11.021.
30. Due-Christensen M, Kaldan G, Almdal TP, Glindorf M, Nielsen KE, **Zoffmann V**. Out-of-office hours nurse-driven acute telephone counselling service in a large diabetes outpatient clinic: A mixed methods evaluation. **Patient Educ Couns**. 2015 Jul;98(7):890-4. doi: 10.1016/j.pec.2015.03.014.
31. Mittal A, Pachter L, Nelson JL, Kjærgaard H, Smed MK, Gildengorin VL, **Zoffmann V**, Hetland ML, Jewell NP, Olsen J, Jawaheer D. Pregnancy-induced changes in systemic gene expression among healthy women and women with rheumatoid arthritis. **PLoS One**. 2015 Dec 18;10(12):e0145204. doi: 10.1371/journal.pone.0145204.
32. Jørgensen R, **Zoffmann V**, Munk-Jørgensen P, Buck KD, Jensen SO, Hansson L, Lysaker PH. Relationships over time of subjective and objective elements of recovery in persons with schizophrenia. **Psychiatry Res**. 2015 Jul 30;228(1):14-9. doi: 10.1016/j.psychres.2015.03.013.
33. Mohn J, Graue M, Assmus J, **Zoffmann V**, B Thordarson H, Peyrot M, Rokne B. Self-reported diabetes self-management competence and support from healthcare providers in achieving autonomy are negatively associated with diabetes distress in adults with Type 1 diabetes. **Diabet Med**. 2015 Nov;32(11):1513-9. doi: 10.1111/dme.12818.
34. Olesen ML, Hansson H, Ottesen B, Thranov IR, Thisted LB, **Zoffmann V**. The psychosocial needs of gynaecological cancer survivors: A framework for the development of a complex intervention. **Eur J Oncol Nurs**. 2015 Aug;19(4):349-58. doi: 10.1016/j.ejon.2015.01.007.

2014 (10)

35. **Zoffmann V**, Vistisen D, Due-Christensen M. A cross-sectional study of glycaemic control, complications and psychosocial functioning among 18- to 35-year-old adults with Type 1 diabetes. **Diabet Med**. 2014 Apr;31(4):493-9. doi: 10.1111/dme.12363.
36. Husted GR, Esbensen BA, Hommel E, Thorsteinsson B, **Zoffmann V**. Adolescents developing life skills for managing type 1 diabetes: A qualitative, realistic evaluation of a guided self-determination-youth intervention. **J Adv Nurs**. 2014 Nov;70(11):2634-50. doi: 10.1111/jan.12413.
37. Meinich Petersen S, **Zoffmann V**, Kjærgaard J, Graff Stensballe L, Greisen G. Disappointment and adherence among parents of newborns allocated to the control group: A qualitative study of a randomized clinical trial. **Trials**. 2014 Apr 15;15:126. doi: 10.1186/1745-6215-15-126.
38. Husted GR, Thorsteinsson B, Esbensen BA, Gluud C, Winkel P, Hommel E, **Zoffmann V**. Effect of guided self-determination youth intervention integrated into outpatient visits versus treatment as usual on glycemic control and life skills: A randomized clinical trial in adolescents with type 1 diabetes. **Trials**. 2014 Aug 12;15:321. doi: 10.1186/1745-6215-15-321.
39. Juul L, Maindal HT, **Zoffmann V**, Frydenberg M, Sandbaek A. Effectiveness of a Training Course for General Practice Nurses in Motivation Support in Type 2 Diabetes Care: A Cluster-Randomised Trial. **PLoS One**. 2014 May 5;9(5):e96683. doi: 10.1371/journal.pone.0096683.
40. Kollveit B-C H, Graue M, **Zoffmann V**, Gjengedal E. Experiences of Nurses as They Introduce the Guided Self-Determination (GSD) Counselling Approach in Outpatient Nurse Consultations among People with Type 1 Diabetes. **Vård i Norden** 06/2014; 34(2):22-26. doi:10.1177/010740831403400205
41. Weis J, **Zoffmann V**, Egerod I. Improved nurse-parent communication in neonatal intensive care unit: Evaluation and adjustment of an implementation strategy. **J Clin Nurs**. 2014 Dec;23(23-24):3478-89. doi: 10.1111/jocn.12599.
42. Bak J, **Zoffmann V**, Sestoft DM, Almvik R, Brandt-Christensen M. Mechanical Restraint in Psychiatry: Preventive Factors in Theory and Practice. A Danish-Norwegian Association Study. **Perspect Psychiatr Care**. 2014 Jul;50(3):155-66. doi: 10.1111/ppc.12036.
43. Jørgensen R, Munk-Jørgensen P, Lysaker PH, Buck KD, Hansson L, **Zoffmann V**. Overcoming recruitment barriers revealed high readiness to participate and low dropout rate among people with schizophrenia in a randomized controlled trial testing the effect of a Guided Self-Determination intervention. **BMC Psychiatry**. 2014 Feb 3;14:28. doi: 10.1186/1471-244X-14-28.
44. Bendix J, Kjaergaard H, **Zoffmann V**. Pregnant women's management of activity restriction during hospitalisation – A question of yielding and not feeling deprived of a sense of control. **J Neonatal Nurs**. 02/2014; 20(1):24–30. DOI:10.1016/j.jnn.2013.04.011.

2013 (2)

45. Graue M, Iversen MM, Sigurdardottir ÁK, **Zoffmann V**, Smide B, Leksell J. Diabetes research reported by nurses in Nordic countries. **European Diabetes Nurs.** 07/2013; 10(2). DOI:10.1002/edn.226
46. Weis J, **Zoffmann V**, Greisen G, Egerod I. The effect of person-centred communication on parental stress in a NICU: A randomized clinical trial. **Acta Paediatr.** 2013 Dec;102(12):1130-6. doi: 10.1111/apa.12404.

2012 (n=5)

47. Konradsen H, Kirkevold M, McCallin A, Cayé-Thomasen P, **Zoffmann V**. Breaking the Silence: Integration of Facial Disfigurement After Surgical Treatment for Cancer. **Qual Health Res.** 2012 Aug;22(8):1037-46. doi: 10.1177/1049732312448545
48. Due-Christensen M, **Zoffmann V**, Hommel E, Lau M. Can sharing experiences in groups reduce the burden of living with diabetes, regardless of glycaemic control? **Diabet Med.** 2012 Feb;29(2):251-6. doi: 10.1111/j.1464-5491.2011.03521.x.
49. Jørgensen R, Hansson L, **Zoffmann V**. Changes in Persistent Delusions in Schizophrenia Using Guided Self-Determination: A Single Case Study. **Issues Ment Health Nurs.** 2012 May;33(5):293-300. doi: 10.3109/01612840.2011.653624.
- 42A. Bak J, Brandt-Christensen M, Sestoft DM, **Zoffmann V**. Mechanical Restraint-Which Interventions Prevent Episodes of Mechanical Restraint?-A Systematic Review. **Erratum in Perspect Psychiatr Care.** 2012 Jul;48(3):183-4. doi: 10.1111/j.1744-6163.2011.00307.x.
50. Bak J, Brandt-Christensen M, Sestoft DM, **Zoffmann V**. Mechanical Restraint-Which Interventions Prevent Episodes of Mechanical Restraint?-A Systematic Review. **Perspect Psychiatr Care.** 2012 Apr;48(2):83-94. doi: 10.1111/j.1744-6163.2011.00307.x.
51. **Zoffmann V**, Kirkevold M. Realizing Empowerment in Difficult Diabetes Care: A Guided Self-Determination Intervention. **Qual Health Res.** 2012 Jan;22(1):103-18. doi: 10.1177/1049732311420735. **63 citations**

2011 (n=3)

52. Juul L, Maindal HT, **Zoffmann V**, Frydenberg M, Sandbaek S. A cluster randomised pragmatic trial applying Self-determination theory to type 2 diabetes care in general practice. **BMC Fam Pract.** 2011 Nov 24;12:130. doi: 10.1186/1471-2296-12-130.
53. Husted GR, Thorsteinsson B, Esbensen BA, Hommel E, **Zoffmann V**. Improving glycaemic control and life skills in adolescents with type 1 diabetes: A randomised, controlled intervention study using the Guided Self-Determination-Young method in triads of adolescents, parents and health care providers integrated into routine paediatric outpatient clinics. **BMC Pediatr.** 2011 Jun 14;11:55. doi: 10.1186/1471-2431-11-55.
54. Joergensen R, Hansson L, **Zoffmann V**, Munk-Joergensen P. Improving insight in patients diagnosed with schizophrenia and understanding insight from a patient perspective - a mixed methods study. **European Psychiatry.** 01/2011; 26(1):1410. doi:10.1016/S0924-9338(11)73115-7.

2010 (n=1)

55. Guldberg TL, Vedsted P, Lauritzen T, **Zoffmann V**. Suboptimal quality of type 2 diabetes care discovered through electronic feedback led to increased nurse-GP cooperation. A qualitative study. **Prim Care Diabetes.** 2010 Apr;4(1):33-9. doi: 10.1016/j.pcd.2010.01.001.

2009 (n=2)

56. Allermann SB, Weis J, Greisen G, Andersen M, **Zoffmann V**. Room for family-centered care: A qualitative evaluation of a neonatal intensive care unit remodeling project. **J Neonatal Nurs.** 05/2009; 15(3). DOI:10.1016/j.jnn.2009.01.006. **47 citations**
57. Konradsen H, Kirkevold M, **Zoffmann V**. Surgical facial cancer treatment: The silencing of disfigurement in nurse-patient interactions. **J Adv Nurs.** 2009 Nov;65(11):2409-18. doi: 10.1111/j.1365-2648.2009.05102.x.

2008 (n=1) 101 citations

58. **Zoffmann V**, Harder I, Kirkevold M. A Person-Centered Communication and Reflection Model: Sharing Decision-Making in Chronic Care. **Qual Health Res.** 2008 May;18(5):670-85. doi: 10.1177/1049732307311008.

2007 (n=1) 39 citations

59. **Zoffmann V**, Kirkevold M. Relationships and Their Potential for Change Developed in Difficult Type 1 Diabetes. *Qual Health Res.* 06/2007; 17(5):625-38. doi:10.1177/1049732307301230.

2006 (n=1) 82 citations

60. **Zoffmann V**, Lauritzen T. Guided self-determination improves life skills with Type 1 diabetes and A1C in randomized controlled trial. *Patient Educ Couns.* 2006 Dec;64(1-3):78-86. doi:10.1016/j.pec.2005.11.017.

2005 (n=1) 82 citations

61. **Zoffmann V**, Kirkevold M. Life Versus Disease in Difficult Diabetes Care: Conflicting Perspectives Disempower Patients and Professionals in Problem Solving. *Qual Health Res.* 2005 Jul;15(6):750-65. doi:10.1177/1049732304273888.

Other publications: (N=18)**Theses**

1. Ph.D. thesis: "Guided Self-Determination: a life skills approach developed in difficult type 1 diabetes". Faculty of Health Sciences, University of Aarhus. **36 citations**
2. MPH thesis: "Diabetic and diabetes team – a fruitful meeting?" Faculty of Health Sciences, University of Aarhus.

Articles published in a Danish peer reviewed journal (N=1)

1. Dobson L & **Zoffmann V**. God blodsukkerregulering – kun for barnets skyld? [Good Glycemic control – only for the sake of the child?] *Klinisk Sygepleje* 2011(4).

Book chapters (N=6)

1. **Zoffmann V**. Patient-sygeplejerske relationen [The nurse-patient relationship]. In: Hundborg S. & Lynggaard B., editors. *Sygeplejens fundament [The foundation of nursing]*. Copenhagen: DSR & Nyt Nordisk Forlag, 2013.p. 728-739.
2. **Zoffmann V**. At uddanne til livet med diabetes. [Educating for life with diabetes] In: Hilsted J, Borch-Johnsen K, Christensen J, editors. København: Munksgaard, Denmark; 2011. p. 377.
3. **Zoffmann V**. Fra grounded theory til randomiseret kontrolleret studie: hærdning af bløde data. I: Lorensen M, Hounsgaard L, Østergaard-Nielsen G, red. *Forskning i klinisk sygepleje 2: metoder og vidensudvikling. 1. bogklubudgave*. Kbh.: Gyldendals Akademiske Bogklubber; 2003. s. 239-58.
4. **Zoffmann Knudsen V**. Det relationelle forhold mellem patient og professionel. I: Elsass P, Olesen F, Henriksen S, red. *Kommunikation og forståelse: kvalitative studier af formidling og fortolkning i sundhedssektoren*. Århus: Philosophia; 1997. s. 119-41.
5. **Zoffmann V**. At uddanne til livet med diabetes. I: Hilsted J, Borch-Johnsen K, Sandahl Christensen J., red. *Diabetes. 1. udg.* Kbh.: Munksgaard Danmark; 2007.s. 309-22.
6. **Zoffmann V**. Guided Self-Determination: a means to discover a person specific potential for change in obesity? In: Lomborg K, editor. *Obesity - a threat to health: how can nursing research contribute to prevention and care? Symposium report*. Stockholm: Workgroup of European Nurse Researchers; 2007. p. 37-55.

In journals not peer reviewed (N=9)

1. Olesen ML, Zoffmann V, Jakob U. Digitalt assisteret version af Guidet Egen-Beslutning (GEB) på Sundhed.dk. SKA NYT. 2017;Published on Nov 28, 2017(5):6-7.
2. Grabowski D, Jensen BB, Willaing I, **Zoffmann V**, Schiøtz ML. Sundhedspædagogik i Patientuddannelse: En litteraturbaseret gennemgang af udvalgte sundhedspædagogiske begrebers anvendelse i patientuddannelse. 2010.
3. **Zoffmann V**, Lauritzen T. Guidet egen-beslutning øger livsdygtighed med type 1 diabetes og A1C i randomiseret kontrolleret undersøgelse. *Klin Sygepleje* 2009;4:34-46.

4. **Zoffmann V**, Harder I, Kirkevold M. En personcentreret kommunikations- og refleksionsmodel. *Klin Sygepleje* 2009;23.årgang (3):41-60.
5. **Zoffmann V**, Kirkevold M. Relationer og deres forandringspotentiale. *Klin Sygepleje* 2009;23. årgang (2):54-70.
6. **Zoffmann V**, Kirkevold M. Liv versus sygdom i vanskelig diabetesomsorg. *Klinisk Sygepleje*. 2009 no 1.
7. Lauritzen, T. & **Zoffmann, V**. 2004, "Understanding the psychological barriers to effective diabetes therapy", *Diabetes Voice*, vol. 49, no. Special Issue, pp. 16-18.
8. **Zoffmann Knudsen V**. Sygeplejeprocessen som samarbejdsmodel: vi må have patienten med, hvis det skal lykkes. *Klinisk Sygepleje* 1992;6(5):47-54.
9. **Zoffmann V**. Målsamtaler med elever i praktik I: Økonomaen, Årg. 67, nr. 5 (1989), S. 18-23. Økonomauddannelse

Oral presentations or posters:

More than 70 presentations both in Denmark and in international settings.

Awards

- | | |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2007 | Bagger Sørensen Foundation award of appreciation |
| 2006 | PSAD (Psycho-Social Aspects of Diabetes) Award for the article: Zoffmann, V. & Lauritzen, T. 2006, "Guided self-determination improves life skills with Type 1 diabetes and A1C in randomized controlled trial", <i>Patient.Educ.Couns.</i> , vol. 64, no. 1-3, pp. 78-86. |
| 2000 | Award from the Danish Diabetes Association |

Scientific education

Supervised Ph.D students who have defended their theses:

Principal supervisor (2):

- | | |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Gitte Husted | 2014 May 20 th . Guided Self-Determination-Youth - a life skills intervention for adolescents with poorly controlled type 1 diabetes and their parents. The Faculty of Health Sciences, Copenhagen University. |
| Mette Linnet Olesen | 2016 June 22 th . Person-centered support for women in the follow-up period after surgical treatment for gynecologic Cancer: Development and evaluation of a complex Intervention, the Faculty of Health Sciences, Copenhagen University |

Assistant supervisor (8):

- | | |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Hanne Konradsen | 2010 October 19 th . <i>From silent problem to interactional integration. A qualitative longitudinal study of patients with facial disfigurement.</i> Faculty of Health Sciences, Aarhus University. |
| Trine Lignell Guldberg | 2010 June 10 th . <i>Evaluation of an electronic feedback system for optimising type 2 diabetes care in general practice. A mixed methods approach.</i> Faculty of Health Sciences, Aarhus University. |
| Rikke Jørgensen | 2013 September 5 th . <i>Improving insight in individuals diagnosed with Schizophrenia.</i> Faculty of Health Sciences, Aarhus University. |
| Lise Juul | 2013 October 10 th . <i>Effectiveness of a training course for general practice nurses in motivation support in type 2 diabetes care. A cluster randomised pragmatic trial.</i> Faculty of Health Sciences, Aarhus University. |

Janne Weis	2014 , June 27 th . GFCC developed and tested in neonatal care, at RH, Faculty of health Sciences, Copenhagen University.
Jesper Bak	2015 , May 13 th . Mechanical restraint – Preventive interventions in theory and practice, Copenhagen University. Academic advisor Mette Brandt-Christensen.
Susanne Hwiid Klausen	2015 November 13 th . Effects of exercise capacity of Mobile phone and Web-based encouragements to intensive physical activity in Adolescents with Congenital Heart Disease.
Jannike Mohn, Bergen	2017 December 14 th . Psychosocial health and metabolic control among adults with type 1 diabetes and elevated HbA _{1c} : promoting capacity to self-manage the condition.

Supervisor for Current PhD student

Helle Enggaard	<i>Bridging life and disease in adolescents with ADHD and medical comorbidity</i> , at Aalborg University 2017
Mette Skaaning	<i>Preventing excessive weight gain in women with gestational diabetes</i> . Joint ph.d. at Deakin University and Copenhagen University 2018

Assessment of 8 Ph.D. theses:

2018 Jan.	<i>"Impact of mHealth on Diabetes Self-Management in Young Adults"</i> , Deakin University, Ashley Huixian Ng, Nov-Jan 2018.
2017 Nov.	<i>"Children undergoing radiotherapy. Exploring care, developing and testing preparation procedures"</i> , Jenny Gårdling, University of Lund.
2016 Oct.	<i>"Den fadervenlige neonatalafdeling – hvilken betydning har den? Den fadervenlige neonatalafdeling. Anerkendelse, tilknytning og overblik?"</i> by Betty Nørgaard, Faculty of Health Sciences at the University of Southern Denmark
2015 , May.	<i>Home-based rehabilitation of patients with heart failure – Evidence, self-care and health status</i> by Palle Larsen Aalborg University.
2013 , Sept.	<i>Kontinuitet i basal palliativ hospitalsindsats med fokus på identifikation og lindring af fysiske og emotionelle problemer – beskrevet ud fra alvorligt kræftsyges perspektiv</i> . Faculty of Health Sciences, University of Southern Denmark.
2013 , January	<i>Fathers involved in children with type 1 diabetes: finding the balance between disease control and health promotion</i> Doctor of Public Health-thesis defended by Åse Boman, Nordic School of Public Health, Gothenburg.
2011 , April.	<i>HIV and depression</i> . Defended by Lotte Ørneborg Rodkjær. Faculty of Health Sciences, Aarhus University.
2011 , Nov.	<i>Alcohol use in Denmark: A mixed methods study on drinking contexts and the culture of alcohol use from a public health perspective</i> . Defended by Mette Grønkjær, Aarhus University.

Supervision of other students:

Supervisor for about 50 master students and numerous nursing diploma students.

Mentor for post docs:

- Ph.D. Mette Linnet Olesen, Gynecologic Dept. & Women's and Childrens's Health, Copenhagen University Hospital, Rigshospitalet
- Ph.D. Rikke Jørgensen, Unit for Psychiatric Research, Aalborg University Hospital
- Ph.D. Janne Weis, NICU & Women's and Childrens's Health. Copenhagen University Hospital, Rigshospitalet

- Ph.D. Ragnhild Maastrup, NICU & Women's and Children's Health, Copenhagen University Hospital, Rigshospitalet

PhD/post doc seminars

Arranges monthly multidisciplinary Ph.D. & post doc seminars for nurses, midwives, physicians and others at JMC's Research Unit of Women's and Children's Health

Referee for international journals:

The Lancet; Diabetes Care; Diabetic Medicine; Journal of Health Psychology; Patient Education and Counselling; Qualitative Health Research; Scandinavian Journal of Caring Science; BMJ Open Diabetes Research & Care; Vård I Norden.