



Aslak Steinsbekk - Curriculum vitae

Date of birth: 26.02.1966. Sex: Male.

Nationality: Norwegian

ORCID: <http://orcid.org/0000-0001-9090-0739>

<https://www.ntnu.edu/employees/aslak.steinsbekk>

Aslak Steinsbekk is a professor in behavioral sciences in medicine and health service research at the Department of Public Health and Nursing, Norwegian University of Science and Technology. He has built up and is leader for the research group in Patient education and user involvement. He has also led the research group for Health service research for many years. His main research activities at current centers around health service research and E-health with a focus on the patient perspective and how patients experience the complete package of services they use. He is awarded the status as Excellent teaching practitioner at NTNU (Merittert underviser) and PI on several research and development project in medical and health science education including the use of virtual reality (VR), interprofessional education and the role of supervision. Aslak has mainly published in the areas of health care organization and utilization, communication, patient education, patient participation and complementary and alternative medicine, and have been PI for studies using different methodologies (more than 10 randomized controlled trials, qualitative methods, epidemiology, and systematic review). Aslak has broad educational experience. He has initiated and headed two joint educational activities where more than 900 students from 12 professional educations participate (TverrSam and TverrPraks). He has also been in charge of coordinating a semester at the medical programme which includes practice placement in primary care and headed the examination commission. He has developed educational modules at master's and PhD levels. Furthermore, he has initiated and headed several processes where a range of partners from different organisations have cooperated in applications and in setting up centres / networks. He thus has a broad experience from research, education and collaborative processes.

EDUCATION

2011	Research supervision and Research management. Norwegian University of Science and Technology, Trondheim.
2009	Research management. Copenhagen Business School. Copenhagen, Denmark.
2005	PhD Clinical medicine. Norwegian University of Science and Technology, Trondheim.
2004	Educational development program, Norwegian University of Science and Technology, Trondheim.
2000	Sociologist, Norwegian University of Science and Technology, Trondheim.
1992	Homeopath, Norwegian Academy for Natural Medicine
1989	Business administration, Trondheim Business School, Sør-Trøndelag University College

POSITIONS

2020-	Adjunct professor. Norwegian Centre for E-health Research, Universitetssykehuset i Nord-Norge
2012-	Professor in Behavioural sciences in medicine and Health service research, Department of Public health and Nursing, Norwegian University of Science and Technology
2010-12	Project manager Trondheim Helseklynge (Trondheim Health Cluster)
2005-12	Researcher. Department of Community Medicine and General Practice, Norwegian University of Science and Technology
2006-09	Post. Doc. Department of Community Medicine and General Practice, Norwegian University of Science and Technology

2002-04	PhD student, Department of Community Medicine and General Practice, Norwegian University of Science and Technology
2000-01	Researcher. The Norwegian Cancer Society.
1999-01	Research co-ordinator (part time). Norwegian Homeopathic Association
1997-98	Researcher (part time). Institute of Community Medicine, University of Tromsø
1991-03	Private homeopathic practice.

MOBILITY

2007-08	Department of Family Medicine, University of Arizona, USA
2003-04	Department of primary care, University of Southampton, England

MAIN PROJECT MANAGEMENT EXPERIENCE / FUNDING FOR RESEARCH

2016-20	Principal Investigator. Virtual reality in medical and health science education (VirSam). Research council of Norway. NOK 5.5 mill
2017-20	Principal Investigator. Practice based Interprofessional Education for All 900 students at 12 medicine, health and social care educations. Norwegian University of Science and Technology NOK 6 mill.
2016-20	Principal Investigator. Virtual reality in medical and health science education (VirSam). Research council of Norway. NOK 5.5 mill
2014-18	Principal Investigator. Administration of medication to children. Central Norway Regional Health Authority NOK 2 mill
2012-15	Principal Investigator. What is a good patient educator? The perspective of health professionals and patients with experience in patient education in cardiac care. Central Norway Regional Health Authority
2012-15	Principal Investigator. Keeping patients out of hospital by improving patient trajectories in primary care - methodological development and effect. Research council of Norway NOK 7 mill
2011-12	Principal Investigator. Ett telefonnummer for alle uplanlagte helse- og omsorgsproblemer med beslutningsstøtte i form av en kjernejournal. Regional Research Council of Central-Norway NOK 0.5 mill
2009-12	Principal Investigator. Implementation of user participation in a community mental health centre – process and effect on staff and users. Research council of Norway NOK 5 mill
2009-11	Principal Investigator. Implementation of user participation in a community mental health centre – process and effect on staff and users. Extrastiftelsen NOK 1.5 mill
2007-11	Principal Investigator. Patient education in patients with chronic obstructive pulmonary disease and rheumatic disease – effect, experiences and costs. Research council of Norway NOK 5 mill
2006-10	Principal Investigator. Kem e CAM - a 20 year longitudinal study of CAM use in a total population in Central Norway. Research council of Norway. NOK 2.5 mill

SUPERVISION OF GRADUATE STUDENTS AND RESEARCH FELLOWS

2007-	5	Postdocs / researchers	Norwegian University of Science and Technology
2006-	17	PhD	Norwegian University of Science and Technology (15). Arctic university UiT, Norway (1). Catholic university, Milan, Italy (1)
2005-	111	Master	Norwegian University of Science and Technology

EXAMPLES OF TEACHING ACTIVITIES

2018-	Coordinator at Master degree level: All courses in research methods for all master students at Faculty of Medicine and health science, Norwegian University of Science and Technology
2011-	Responsible various courses in research methodology, Faculty of Medicine and health science, Norwegian University of Science and Technology
2002-	Different teaching and tasks including coordinating one semester and heading teaching unit at School of Medicine, Norwegian University of Science and Technology

EXAMPLES OF COMMISSIONS OF TRUST IN ACADEMIC, PUBLIC OR PRIVATE ORGANISATIONS

2020-23	Assistant editor, BMC Health service research
2019-20	Evaluation panel. FCT Foundation for Science and Technology, Portugal
2018-	Board. Novo Nordisk Foundation Committee on Steno Research Collaboration
2017-21	Board, Faculty of Medicine and Health Science, Norwegian University of Science and Technology
2017-21	Appointment committee, Faculty for Medicine and Health Science, Norwegian University of Science and Technology
2014-	Evaluation of 13 academic position in Norway
2013-	Evaluation of 27 ph.d candidates in Norway, Denmark, Sweeden and Italy
2010-19	Section editor and assistant editor, BMC Public Health and BMC Complementary and Alternative Medicine
2009-16	Chairman, Advisory council for National Centre for Research in Complementary and Alternative Medicine, University of Tromsø, Norway
2004-14	Board, Helsebygg Midt-Norge, Building of the university hospital in Trondheim
2003-05	Chairman, Council of CAM organisations in Norway (SABORG)
2001-05	Chairman, Norwegian Homeopathic Association
1997-02	Chairman, Norwegian Research fund for Alternative Medicine

MEMBERSHIPS OF ACADEMIES / SCIENTIFIC SOCIETIES / NETWORKS

2018-	Association for Simulated Practice in Healthcare
2015-	The Nordic Interprofessional Network
2006-	International Association of Communication in Health Care

CURRENT MAJOR COLLABORATIONS

University of Tromsø, University of Bergen, University of Oslo	Interprofessional education. Virtual reality in education
Norwegian Centre for E-health research	Digitalisation of coordination in health care
University of Southern Denmark	Communication in health care

Track record

Total career research publication 147 (39 since 2018, 134 since 2005 year of PhD)

- Peer review journals: 123 (first author: 23 last author: 69)
- Book chapters: 4

- Other: 13

February 2023 H-index/citations: Web of Science/Publons 23/2003. Scopus 26/2384. Google scholar 35/3648

1. Berg H, Steinsbekk A. Is individual practice in an immersive and interactive virtual reality application non-inferior to practicing with traditional equipment in learning systematic clinical observation? A randomized controlled trial. BMC Med Educ. 2020 Apr 22;20(1):123. doi: 10.1186/s12909-020-02030-7.
2. Roos E, Bjerkeset O, Steinsbekk A. Health care utilization and cost after discharge from a mental health hospital; an RCT comparing community residential aftercare and treatment as usual. BMC Psychiatry 2018 18:363. <https://doi.org/10.1186/s12888-018-1941-2>
3. Grimsmo A, Løhre A, Røstad T, Gjerde I, Heiberg I, Steinsbekk A. Disease-specific clinical pathways – are they feasible in primary care? A mixed-methods study. Scand J Prim Health Care. 2018 Jun;36(2):152-160. <https://doi.org/10.1080/02813432.2018.1459167>
4. Menichetti J, Graffigna G, Steinsbekk A. What are the contents of patient engagement interventions for older adults? A systematic review of randomized controlled trials. Patient Educ Couns. 2018 Jun;101(6):995-1005. <https://doi.org/10.1016/j.pec.2017.12.009>
5. Rise MB, Eriksen L, Grimstad H, Steinsbekk A. The long-term effect on mental health symptoms and patient activation of using patient feedback scales in mental health out-patient treatment. A randomised controlled trial. Patient Educ Couns. 2016 Jan;99(1):164-8. doi: 10.1016/j.pec.2015.07.016.
6. Dahl Unni, Johnsen Roar, Sætre Rune, Steinsbekk Aslak. The influence of an intermediate care hospital on health care utilization among elderly patients - a retrospective comparative cohort study. BMC Health Services Research. 2015, 15:48. DOI: 10.1186/s12913-015-0708-4 <http://www.biomedcentral.com/1472-6963/15/48>
7. Steinsbekk A, Rygg LO, Lisulo M, Rise MB, Fretheim A. Group based diabetes self-management education compared to routine treatment for people with type 2 diabetes mellitus. A systematic review with meta-analysis. BMC Health Services Research. 2012, 12:213. DOI: 10.1186/1472-6963-12-213. <http://www.biomedcentral.com/1472-6963/12/213>
8. Steinsbekk A. Families' visits to practitioners of complementary and alternative medicine in a total population (the HUNT studies). Scand J Public Health, November 2010; vol. 38, 5: pp. 96-104. DOI: 10.1177/1403494810382813
9. Steinsbekk A, Rise MB, Ackin M. Comparison of visits to CAM practitioners in USA and Norway. Journal of Alternative and Complementary Medicine 2009, 15(11): 1201-1207.
10. Steinsbekk A, Bentzen N, Fønnebø V, Lewith G. Self treatment with one of three self selected, ultramolecular homeopathic medicines for the prevention of upper respiratory tract infections in children. - A double blind randomized placebo controlled trial. Br J Clin Pharmacol 2005 Apr;59(4):447-55.

OTHER OUTPUTS / REWARDS

2023	Norwegian University of Science and Technology's prize for teaching quality
2022	Excellent teaching practitioner (Merittert underviser), Norwegian University of Science and Technology
2020	Commercialised virtual reality (VR) application through a licence agreement