

## CV

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### Work:

- 2024- **Researcher at the Danish MS Hospitals**  
Conducting different research studies and development tasks.
- 2021-2024 **PhD student at Department of Public Health, Aarhus University**  
Conducting a multicenter RCT study with 150 persons with multiple sclerosis.
- 2018-2021 **Research assistant at Department of Public Health, Aarhus University**  
Site responsible for a multinational multicenter RCT study in persons with multiple sclerosis (CogEx).  
Responsible for quality control of the exercise intervention in the study.

### Education:

- 2025 **Ph.D. degree at department of Public Health, Aarhus University**  
A Ph.D. degree obtained on the basis of a project entitled "Long-term effects of exercise on physical function in people with multiple sclerosis – the effects of exercise booster sessions."
- 2016- 2018 **Master's degree in Sports Science at Department of Public Health, Aarhus University.**  
A master's degree with a primary focus on the effect of exercise on diseases.  
Did six months at Gothenburg University, and three months at Klinik Valens in Switzerland.
- 2013-2016 **Bachelor's degree programme in Sports Science at Department of Public Health, Aarhus University.**  
A broad academic education in Sport Science, where many courses focus on the qualification to teach.

### Scientific presentations:

- 2024 **Oral presentation at SIG Mobility, Aarhus**  
"A head-to-head comparison of the effects of aerobic vs. resistance training on the six-minute walk test in people with multiple sclerosis – preliminary results from the MS boost trial"
- 2024 **Oral presentation at World Congress of Neurorehabilitation, Vancouver**  
"A head-to-head comparison of the effects of aerobic vs. resistance training on the six-minute walk test in people with multiple sclerosis – preliminary results from the MS boost trial"
- 2024 **Oral presentation at DAREMUS 2024, Nyborg**  
"A head-to-head comparison of the effects of aerobic vs. resistance training on the six-minute walk test and fatigue in people with multiple sclerosis"

- 2023 **Oral presentation at Neurorehabilitation and Neural Repair, Maastricht.**  
"Adherence and tailored exercise"
- 2023 **Oral presentation at RIMS 2023, Genova. Awarded second best oral presentation.**  
"Elucidating the influence of muscle strength and aerobic capacity on lower extremity physical function."
- 2022 **Oral presentation at ECTRIMS/RIMS 2022, Amsterdam. Awarded best oral presentation.**  
"Identifying fallers in MS by neuromuscular function."
- 2020 **Poster presentation at DOS (Danish Orthopaedic Society) Congress 2020**  
"Exercise booster sessions as a mean to maintain the effect of an exercise-intervention - A Systematic Review"
- 2018 **Oral presentation at DAREMUS 2018, Copenhagen**  
"A cross-sectional study on the relationship between cardiorespiratory fitness, disease severity and walking speed in persons with Multiple Sclerosis."
- 2018 **Oral Presentation at RIMS 2018, MS across the lifespan, Amsterdam**  
"A cross-sectional study on the relationship between cardiorespiratory fitness, disease severity and walking speed in persons with Multiple Sclerosis."
- 2018 **Poster Presentation at Graubünden Forscht, 2018**  
"A cross-sectional study on the relationship between cardiorespiratory fitness, disease severity and walking speed in persons with Multiple Sclerosis."

#### **Internationalization:**

- 2024 Research stay, Karolinska Institutet, Sweden
- 2021-2024 Chairing the PhD community in RIMS.
- 2017 Research stay, Klinik Valens, Switzerland
- 2017 Exchange at Gothenburg University, Sweden

#### **Awards:**

- ECTRIMS/RIMS 2022, best oral presentation
- RIMS 2023, Second best oral presentation