



Anne Mette Schmidt

PhD, cand.scient.san., physiotherapist

My research primarily focuses on clinical issues, where I use the Medical Research Council's framework to develop, test, evaluate, and implement complex interventions, often with an element of physical and/or occupational therapy. A central focus of my research is often the organisation and optimisation of interdisciplinary and cross-sectoral patient pathways. I also place great emphasis on involving clinicians, patients, and relatives in the research process.

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LinkedIn

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Personal information

Birthday

November 21, 1977

Citizenship

Danish

Languages

Danish
English

Education

2017 - 2020

PhD in Public Health, Department of Public Health, Aarhus University, Denmark.

2013 - 2015

Master of Science in Health Sciences (cand.scient.san.), Aarhus University, Denmark.

1999 - 2002

Bachelor of Science in Physiotherapy, School of Occupational Therapy and Physiotherapy in Aarhus, Denmark.

Authorization number: 01T6S

Academic positions

2026 -

Researcher, The Danish MS Hospitals, Ry and Haslev, Denmark.

2021 - 2025

Research-responsible therapist, Medical Diagnostic Center, University Clinic for Innovative Patient Pathways, Silkeborg Regional Hospital, Denmark.

2020 - 2021

Research-responsible physiotherapist, Elective Surgery Centre, Silkeborg Regional Hospital Denmark. (Temporary position)

Scientific work

Publications

- 2010 -
Anne Mette Schmidt (0000-0002-3077-4985) ORCID



Reviewer assignments

- 2026 -
Primary Health Care Research & Development (Impact factor 1.7)
- 2025 -
European Journal of Physiotherapy (Impact factor 1.5)
- 2025 -
Scandinavian Journal of Primary Health Care (Impact factor 1.9)
- 2024 -
Physiotherapy Theory and Practice (Impact factor 1.6)
- 2021 -
BMJ Open (Impact Factor 2.4)
- 2021 -
BMC Musculoskeletal Disorders (Impact factor 2.2)



Oral presentations

- 2025
Where: The Association of Danish Physiotherapists Congress 2025, Odense, Denmark.
Title: Video interpretation for patients with back pain from diverse cultural backgrounds.
- 2021
Where: 24th World Congress in Rehabilitation International, Aarhus, Denmark.
Title: Comparison of two multidisciplinary rehabilitation programmes in patients with CLBP.
- 2019
Where: 10th Interdisciplinary World Congress on Low Back Pain and Pelvic Girdle Pain, Antwerpen, Belgium.
Title: Comparison of two multidisciplinary rehabilitation interventions in patients with chronic low back pain - A randomised controlled clinical trial.
- 2018
Where: The Association of Danish Physiotherapists Congress 2018, Odense, Denmark.
Title: Detailed description of a complex rehabilitation intervention for patients with low back pain.



Poster presentations

○ 2025

Where: World Confederation for Physical Therapy Congress, Tokyo, Japan.

Title 1: A novel pathway for patients with low back pain referred to emergency department.

Title 2: Is multicomponent prehabilitation and perioperative care in frail older adults referred to planned orthopaedic surgery feasible and acceptable?

○ 2023

Where: National konference om sundhed i muskler og led, Frederiksberg, Danmark.

Title 1: The use of video interpretation in managing back pain among patients with culturally diverse backgrounds.

Title 2: Guideline adherence and socioeconomic factors in Danish patients before referral to secondary care for low back pain. A cross sectional study.

○ 2022

Where: The Association of Danish Physiotherapists Congress 2022, Odense, Denmark.

Title: Need for a needs assessment?

○ 2019

Where: Annual Conference the Society for Back Pain Research, Sheffield, UK.

Title: Comparison of two multidisciplinary rehabilitation programmes in patients with chronic low back pain.

○ 2017

Where: World Confederation for Physical Therapy Congress, Cape Town, Sydafrika, og ICF Symposium, Cape Town, South Africa.

Title: Development, test and systematic description of two complex interventions for patients with chronic low back pain.

○ 2014

Where: European Cystic Fibrosis Conference, Gøteborg, Sweden.

Title: Can lung function predict exercise capacity in patients with cystic fibrosis?

○ 2010

Where: European Cystic Fibrosis Conference, Valencia, Spain.

Title: Does a 12-week exercise programme affect quality of life in patients with cystic fibrosis?

○ 2008

Where: European Cystic Fibrosis Conference, Prag, Czech Republic.

Title: Can infants with cystic fibrosis adhere to Positive Expiratory Pressure?

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Co-supervisor

- 2025
Final-year medical degree thesis, Aarhus University, Aarhus, Denmark: Tender points as a prognostic variable for multidisciplinary rehabilitation in patients with chronic low back pain. (Not published).
- 2024
Master's thesis in Public Health (cand.scient.san.publ.), Aarhus University, Aarhus, Denmark: Patients with culturally diverse backgrounds and their experiences with a video interpretation intervention in a medical spine clinic: A qualitative study (Published).
- 2024
Master's thesis in Public Health (cand.scient.san.publ.), Aarhus University, Aarhus, Denmark: Assessment of dysfunctional breathing: reliability, construct validity and interpretability of the Danish version of the Self Evaluation of Breathing Questionnaire in accordance with COSMIN recommendations. (Submission spring 2026).
- 2024
Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark: Exploring functioning and health-related quality of life in patients referred to a diagnostic cancer pathway for non-specific serious symptoms. (Published).
- 2023
Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark: Which patients with chronic low back pain respond favorably to multidisciplinary rehabilitation? A secondary analysis of a randomized controlled trial. (Published).
- 2022
Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark.: The impact of obesity on physical activity level and functional capacity 12 months after knee arthroplasty. (Published).
- 2022
Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark: Guideline adherence and socioeconomic factors in Danish patients referred to secondary care for low back pain: a cross sectional study. (Published).
- 2020
Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark: Reliability and smallest detectable change of the Danish version of the Pain Self-efficacy Questionnaire in patients with chronic low back pain. (Published).
- 2019
Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark: An integrated multidisciplinary rehabilitation program experienced by patients with chronic low back pain. (Published).
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○ 2018

Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark:
Implementation of a multidisciplinary rehabilitation program for patients with chronic low
back pain: the experiences and perspectives of rehabilitation team members. (Published).

○ 2017

Master's thesis in Health Science (cand.scient.san.), Aarhus University, Aarhus, Denmark:
Translation, internal consistency, absolute and relative reliability, and face validity of the patient
version of the Working Alliance Inventory–Short Revised. (Not published).

○ 2016

Physiotherapy bachelor's thesis on the selection of fitness tests for patients with chronic low
back pain. VIA University College, Aarhus, Denmark.

○ 2007

Physiotherapy bachelor's thesis on adherence to physical activity in adults with cystic
fibrosis. JCVU, Physiotherapy Programme, Aarhus, Denmark.

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Courses

○ 2025

BASIC Streamlining research writing with AI (½ day). Aarhus University, Aarhus, Denmark.

○ 2025

Course in Clinical Epidemiology (2-day). Aarhus University, Aarhus, Denmark.

○ 2025

Introduction to Teaching and Learning (InTeL), Aarhus Universitet, Danmark.
[Introduction to Teaching and Learning \(InTeL\)](#).

○ 2019

Running randomised clinical trials at Keele Clinical Trial Unit & the Research Institute for Primary
Care & Health Sciences, UK.

○ 2018

Developing Complex Public Health Interventions (2 days), Evaluating Complex Public Health
Interventions (3 days), Process Evaluation of Complex Interventions: Short Course (1 day) at
DECIPHer, School of Social Sciences, Cardiff University, UK.

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Clinical positions

○ 2003-2015

Pediatric physiotherapist in the North Ward, Physiotherapy and Occupational Therapy Department, Aarhus University Hospital, Denmark.

○ 2002-2003

Pediatric physiotherapist at the special needs kindergarten “Den lille Børnehave” in Langå Municipality, Denmark.

○ 2002-2002

Physiotherapist at the Cardiology, Pulmonary, and Endocrinology Department, Randers Central Hospital, Denmark.

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