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Kort præsentation

Jeg er lektor og min primære forskning handler om udvikling og implementering af såkaldt komplekse interventioner (dvs. interventioner, der kræver at flere aktører arbejder sammen om, at lave flere forandringer i praksis) i primærsektoren. For eksempel afprøver vi om praktiserende læger kan styrke nybagte forældres opmærksomhed på deres barns mentale trivsel. Jeg skal de kommende år undersøge hvordan mennesker, som er i et intensivt vægttabsforløb oplever, at kostændringer og medicinsk behandling påvirker deres hverdag. Jeg er i den forbindelse særligt interesseret i, hvordan familien oplever at dele hverdag med en voksen, som er i intensivt vægttabsforløb.

Jeg er leder af børne- og ungeforskningsgruppen på afdeling for almen medicin. Her forsker vi i svangreomsorg, det tidlige forældre-barnforhold og mental trivsel og søvn hos store børn.

Jeg har en akademisk baggrund i sprogpsykologi og en ph.d. i implementeringsvidenskab; så meget af mit forskningsfokus handler om, hvordan fælles forståelse mellem sundhedsudbydere og patienter kan nås og bæredygtige modeller for sundhedsforebyggelse kan implementeres.

Jeg er leder af børne- og ungeforskningsgruppen på afdeling for almen medicin. Vi forsker i svangreomsorg, det tidlige forældre-barn-forhold og mental trivsel og søvn hos større børn.

Kvalifikationer

Implementeringsforskning, Ph.d., Københavns Universitet

2014 → 2017

Dimissionsdato: 1 dec. 2017

Sprogpsykologi, Cand. mag., Københavns Universitet

2009 → 2012

Dimissionsdato: 1 aug. 2012

Ansættelse

University of Copenhagen

Lektor

Afdeling for Almen Medicin

Københavns Universitet

København K

1 sep. 2017 → nu

Center For General Practice

Adjunkt

Forskningsenheden for Almen Praksis

Københavns Universitet

København K

24 jan. 2013 → 22 feb. 2023

Gæstelærer

Institut for Nordiske Studier og Sprogvidenskab

Københavns Universitet

København S, Danmark

1 feb. 2014 → 30 apr. 2014

Seniorforsker

Forskningsenheden for Almen Praksis, Syddansk Universitet
Odense, Danmark
1 sep. 2021 → 28 feb. 2023

Publikationer

Factors promoting and impeding efforts to deprescribe antidepressants among nursing home residents with dementia- a process evaluation guided by normalization process theory

Shahrzad, S., Overbeck, Gritt, Holm, Anne, Høj, K. & Hølmkjær, Pernille, 2024, I: BMC Nursing. 23, 14 s., 287.

Kritisk læsning af kvalitative forskningsartikler

Overbeck, Gritt & Reventlow, Susanne, 2024, I: Ugeskrift for Læger. 186, 1, 8 s., V08230491.

Psychosocial consequences of weight screening of school-age children – a systematic review

Jessen, J. D., Overbeck, Gritt & Køster-Rasmussen, Rasmus, 1 nov. 2023, I: Danish Medical Journal. 70, 11, A09220534.

Skal gravide fortsat testes for, om de forstår deres ufødte babys behov

Overbeck, Gritt, Hansen, M. C. S., Siersma, V., Rasmussen, Ida Scheel & Wilson, Philip Michael John, 13 apr. 2023

A critical examination of Danish norms for the Strengths and Difficulties Questionnaire (SDQ)

Rasmussen, Ida Scheel, Strandberg-Larsen, Katrine, Overbeck, Gritt & Wilson, Philip Michael John, 2023, I: Nordic Journal of Psychiatry. 77, 8, s. 818–823 6 s.

Association of self-reported mother-infant relationship with child and adolescent mental health

Rasmussen, Ida Scheel, Wilson, Philip Michael John, Overbeck, Gritt & Strandberg-Larsen, Katrine, 2023, I: BJPsych Open. 9, 2, 7 s., e39.

Clinicians' experiences in signposting an online mental health resource to expectant mothers: a qualitative study

Saxild, S., Wilson, Philip Michael John, de Voss, Sarah Strøyer & Overbeck, Gritt, 2023, I: B M C Pregnancy and Childbirth. 23, 7 s., 336.

Den praktiserende læges rolle

Overbeck, Gritt, 2023, *Mentale helbredsproblemer og psykisk sygdom hos børn og unge: Grundbog for sundhedsplejersker og sygeplejersker*. FADL's Forlag, s. 284-300 16 s.

Evaluation of the Danish version of the prenatal parental reflective functioning questionnaire in early pregnancy as a screening tool

Schwartz, M., Rasmussen, Ida Scheel, Wilson, Philip Michael John, Overbeck, Gritt & Siersma, Volkert Dirk, 2023, I: Infant Mental Health Journal. 44, 3, 19 s.

Factors in early pregnancy predicting pregnancy-related pain in the second and third trimester

Ertmann, Ruth Kirk, Nicolaisdottir, Dagny Ros, Siersma, Volkert Dirk, Overbeck, Gritt, de Voss, Sarah Strøyer, Modin, F. A. & Lutterodt, Melissa C., 2023, I: Acta Obstetrica et Gynecologica Scandinavica. 102, 10, s. 1269-1280 12 s.

Family wellbeing in general practice: a study protocol for a cluster-randomised trial of the web-based resilience programme on early child development

Overbeck, Gritt, Kragstrup, Jakob, Gørtz, Mette, Rasmussen, Ida Scheel, mxb897, mxb897, Siersma, Volkert Dirk, de Voss, Sarah Strøyer, Ertmann, Ruth Kirk, Shahrzad, S., Appel, Clara Lundmark & Wilson, Philip Michael John, 2023, I: Trials. 24, 1, 12 s., 7.

First-time mothers' experiences with a web- intervention on maternal mentalisation and mental health

Lorenzen, J., Benedikte, R., de Voss, Sarah Strøyer & Overbeck, Gritt, 2023, I: Danish Medical Journal. 70, 10, 7 s., A12220775.

First-time mothers' experiences with a webintervention on maternal mentalisation and mental health

Lorenzen, J. T., Ryhl, B. J., de Voss, Sarah Strøyer & Overbeck, Gritt, 2023, I: Danish Medical Journal. 70, 10, 7 s., A12220775.

Gravid med kvalme, kløe eller kramper i benene - ingen grund til panik

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Implementing PCR testing in general practice—a qualitative study using normalization process theory

Shahrzad, S., Balasubramaniam, K., Kousgaard, Marius Brostrøm, Thilsing, T., Søndergaard, J. & Overbeck, Gritt, 2023, I: BMC Health Services Research. 23, 1, 9 s., 1325.

Increasing the chance of dying at home: roles, tasks and approaches of general practitioners enabling palliative care: a systematic review of qualitative literature

Balasundram, S., Holm, Anne, Skov Benthien, K., Waldorff, Frans Boch, Reventlow, Susanne & Overbeck, Gritt, 2023, I: BMC Primary Care. 11 s.

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de Voss, Sarah Strøyer, Wilson, Philip Michael John, Saxild, S. & Overbeck, Gritt, 2023, I: BMC Pediatrics. 23, 1, 11 s., 44.

The predictive value of common symptoms in early pregnancy for complications later in pregnancy and at birth

Ertmann, Ruth Kirk, Nicolaisdottir, Dagny Ros, Kragstrup, Jakob, Overbeck, Gritt, Kriegbaum, Margit & Siersma, Volkert Dirk, 2023, I: Acta Obstetrica et Gynecologica Scandinavica. 102, 1, s. 33-42 10 s.

Uptake of signposting to web-based resources: pregnant women's use of a preventive web-based intervention

Sørensen, E. R., Rasmussen, Ida Scheel, Overbeck, Gritt, Siersma, Volkert Dirk, Appel, Clara Lundmark & Wilson, Philip Michael John, 2023, I: BMC Primary Care. 24, 11 s., 189.

A cluster-randomized trial of a complex intervention to encourage deprescribing antidepressants in nursing home residents with dementia: a study protocol

Hølmkjær, Pernille, Holm, Anne, Overbeck, Gritt & Rozing, Maarten Pieter, 2022, I: Trials. 23, 1, 410.

Mental well-being during stages of COVID-19 lockdown among pregnant women and new mothers

Overbeck, Gritt, Rasmussen, Ida Scheel, Siersma, Volkert Dirk, Kragstrup, Jakob, Ertmann, Ruth Kirk & Wilson, Philip Michael John, 2022, I: BMC Pregnancy and Childbirth. 22, 1, 7 s., 92.

Tailoring a complex intervention to reduce antidepressants in institutionalized older persons with dementia

Hølmkjær, Pernille, Vermehren, Charlotte, Holm, Anne, Rozing, Maarten Pieter, Høj, K. & Overbeck, Gritt, 2022, I: BMC Health Services Research. 22, 1, 11 s., 1582.

Depression and anxiety symptoms in pregnant women in Denmark during COVID-19

Overbeck, Gritt, Andersen, Julie Høgsgaard, mxb897, mxb897, Rasmussen, Ida Scheel, Kragstrup, Jakob, Siersma, Volkert Dirk, Wilson, Philip Michael John & Ertmann, Ruth Kirk, 2021, I: Scandinavian Journal of Public Health. 49, 7, s. 721-729 9 s.

Individ og familie som aktører

Overbeck, Gritt & Nielsen, Kirsten Lykke, 2021, *Forebyggende Sundhedsarbejde*. 7 udg. København

What Makes Deprescription of Psychotropic Drugs in Nursing Home Residents with Dementia so Challenging? A Qualitative Systematic Review of Barriers and Facilitators

Moth, A. E., Hølmkjær, Pernille, Holm, Anne, Rozing, Maarten Pieter & Overbeck, Gritt, 2021, I: Drugs & Aging. 38, s. 671-685 15 s.

Dealing with parental concerns: A study of GPs' practice

Poulsen, Caroline Dorothea, Wilson, Philip Michael John, mxb897, mxb897 & Overbeck, Gritt, 2020, I: Patient Education and Counseling. 103, 12, s. 2430-2436 7 s.

Pregnant women's concerns and antenatal care during COVID-19 lock-down of the Danish society

Overbeck, Gritt, mxb897, mxb897, Rasmussen, Ida Scheel, Andersen, Julie Høggsgaard, Ertmann, Ruth Kirk, Kragstrup, Jakob & Wilson, Philip Michael John, 2020, I: Danish Medical Journal. 67, 12, 7 s., 06200449.

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Selection bias in general practice research: analysis in a cohort of pregnant Danish women

Ertmann, Ruth Kirk, Nicolaisdottir, Dagny Ros, Kragstrup, Jakob, Siersma, Volkert Dirk, Overbeck, Gritt, Wilson, Philip Michael John & Lutterodt, Melissa C., 2020, I: Scandinavian Journal of Primary Health Care. 38, 4, s. 464-472 9 s.

The feasibility of training general practitioners to do cognitive behavioural therapy in routine practice-A qualitative study

Daidsen, Annette Sofie, Overbeck, Gritt & Kousgaard, Marius Brostrøm, 2020, I: Counselling and Psychotherapy Research. 20, 1, s. 19-28 10 s.

Collaborative care for angst og depression: En undersøgelse af de sundhedsprofessionelles erfaringer med implementeringen af en ny model for organiseringen af det tværsektorielle samarbejde

Daidsen, Annette Sofie, Kousgaard, Marius Brostrøm & Overbeck, Gritt, 2019, Forskningsenheden for Almen Praksis.

Enactments and experiences of 'enhanced interprofessional communication' in collaborative care - a qualitative study

Overbeck, Gritt, Kousgaard, Marius Brostrøm & Daidsen, Annette Sofie, 2019, I: Journal of Interprofessional Care. 33, 5, s. 519-527 9 s.

The work of care managers in implementing collaborative care: A qualitative study

Overbeck, Gritt, Kousgaard, Marius Brostrøm & Daidsen, Annette Sofie, 2018, I: Journal of Psychiatric and Mental Health Nursing. 25, 3, s. 167-175 9 s.

Translation and Adaptation of the Genetic Counselling Outcome Scale (GCOS-²⁴) for Use in Denmark

Diness, Birgitte Rode, Overbeck, Gritt, Hjortshøj, T. D., Hammer, T. B., Timshel, S., Sørensen, E. & McAllister, M., okt. 2017, I: Journal of Genetic Counseling. 26, 5, s. 1080-1089 10 s.

Kommunikationsundervisningen kan nå længere

Fosgerau, Christina Fogtmann, Daidsen, Annette Sofie, Overbeck, Gritt & Nielsen, Søren Beck, mar. 2017, I: Månedsskrift for Almen Praksis. 2017, 3, s. 273-279

Implementing Collaborative Care for anxiety and depression: a qualitative study from the Capital Region of Denmark

Kousgaard, Marius Brostrøm, Overbeck, Gritt & Daidsen, Annette Sofie, 2017, I: International Journal of Integrated Care. 17, 5, 2 s., A70.

Enablers and barriers to implementing collaborative care for anxiety and depression: a systematic qualitative review

Overbeck, Gritt, Daidsen, Annette Sofie & Kousgaard, Marius Brostrøm, 28 dec. 2016, I: Implementation science : IS. 11, 165

Forståelse bør være det centrale begreb i kommunikationsundervisningen af læger

Fosgerau, Christina Fogtmann, Overbeck, Gritt, Nielsen, Søren Beck & Daidsen, Annette Sofie, dec. 2016, I: Practicus. 233, s. 38-39 2 s.

Translation and adaption of the Genetic Counseling Outcome Scale (GCOS-24) to Danish

Diness, B. R., Overbeck, Gritt, Duelund, T., Hammer, T. B., Timshel, S. & McAllister, M., 2013.

Using conversation analysis to improve genetic counseling: An example regarding counseling of fellow healthcare personnel

Overbeck, Gritt & Diness, B. R., jun. 2012, I: European Journal of Human Genetics. 20, Suppl. 1, s. 428-428 1 s.