

Curriculum Vitae – Per Lytsy

Avdelningen för försäkringsmedicin
Institutionen för klinisk neurovetenskap
Karolinska Institutet
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Utbildning

Docent, Uppsala universitet	2016
Medicine doktor, (PhD) socialmedicin, Uppsala universitet	2010
Specialistläkare socialmedicin	2007
Legitimerad läkare	1998
Läkarexamen, Karolinska institutet (MD)	1997
Journalistexamen, Journalisthögskolan Stockholm (BA)	1995

Nuvarande anställning

Medicinskt sakkunnig, Statens beredning för medicinsk och social utvärdering (SBU)	2017-02
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Tidigare anställningar

Karolinska institutet, avdelningen för försäkringsmedicin, 20 %	2017-2019
Uppsala universitet (klinisk amanuens, forskningsläkare, doktorand, adjunkt och sedermera universitetsslektor), 50 %	2002-2017
Region Uppsala /Landstinget uppsala län 50%	
Ledningskontoret, fortbildningsansvarig försäkringsmedicin	2015-2017
Specialistläkare Arbetsrehab, Akademiska sjukhuset	2010-2015
Specialistläkare, CEOS, Akademiska sjukhuset 40-50%	2004-2010
Vikarierande husläkare	2001-2003
ST-läkare anestesi Akademiska sjukhuset	1998-1999
Seniorkonsult, GCI AB	1999-2001

Uppdrag

Vice ordförande Saco, SBU	2018-
Ordförande i Region Uppsalas försäkringsmedicinska kommitte	2016-2017
Ledamot elektorsförsamlingen, medicinska fakulteten, UU	2013-2016
Ordförande i MedFarms Lika villkorskommitté, Uppsala Univ.	2015-2017

Postadress

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Ledamot i Medfarms Lika villkorskommitté, Uppsala Univ.

2008-2015

Publikationer i internationella vetenskapliga tidskrifter

41. **Lytsy P**, Alexanderson K, Friberg E. Gender differences in treatment with antidepressants during first weeks of a sick-leave spell due to depressive episode. *Eur J Public Health*. 2019 Sep 27. pii: ckz172. doi: 10.1093/eurpub/ckz172
40. Wångdahl J, Westerling R, **Lytsy P**, Mårtensson L. Perspectives on health examination for asylum seekers in relation to health literacy - focus group discussions with Arabic and Somali speaking participants. *BMC Health Serv Res*. 2019 Sep 18;19(1):676. doi: 10.1186/s12913-019-4484-4
39. **Lytsy P**, Hallqvist J, Alexanderson K, Åhs A. Gender differences in healthcare management of depression: aspects of sick leave and treatment with psychoactive drugs in a Swedish setting. *Nord J Psychiatry*. 2019 Oct;73(7):441-450. doi: 10.1080/08039488.2019.1649723
38. NCD Risk Factor Collaboration. National trends in total cholesterol obscure heterogeneous changes in HDL and non-HDL cholesterol and total-to-HDL cholesterol ratio: a pooled analysis of 458 population-based studies in Asian and Western countries. *Int J Epidemiol*. 2019 Jul 18 doi: 10.1093/ije/dyz099
37. NCD Risk Factor Collaboration (NCD-RisC). Rising rural body-mass index is the main driver of the global obesity epidemic in adults. *Nature*. 2019 May;569(7755):260-264
36. Berglund E, **Lytsy P**, Westerling R Living environment, social support, and informal caregiving are associated with healthcare seeking behaviour and adherence to medication treatment: A cross-sectional population study. *Health Soc Care Community*. 2019 Sep;27(5):1260-1270.
35. Berglund E, Westerling R, Sundström J, **Lytsy P**. Length of time periods in treatment effect descriptions and willingness to initiate preventive therapy: a randomised survey experiment. *BMC Med Inform Decis Mak*. 2018 Nov 20;18(1):106. doi: 10.1186/s12911-018-0662-2.
34. **Lytsy P**. P in the right place: Revisiting the evidential value of P-values. *J Evid Based Med*. 2018 Nov 5. doi: 10.1111/jebm.12319.
33. Berglund E, Anderzén I, Andersén Å, Carlsson L, Gustavsson C, Wallman T, **Lytsy P**. Multidisciplinary Intervention and Acceptance and Commitment Therapy for Return-to-Work and Increased Employability among Patients with Mental Illness and/or Chronic Pain: A Randomized Controlled Trial. *Int J Environ Res Public Health*. 2018 Oct 31;15(11). pii: E2424. doi: 10.3390/ijerph15112424.
32. Sundström J, Lind L, Nowrouzi S, **Lytsy P**, Marttala K, Ekman I, Öhagen P, Östlund O. The Precision HYPertenSion Care (PHYSIC) study: a double-blind,

- randomized, repeated cross-over study. *Ups J Med Sci.* 2018 Sep 28;1-8. doi: 10.1080/03009734.2018
31. Carlsson L, **Lytsy P**, Anderzén I, Hallqvist J, Wallman T, Gustavsson C. Motivation for return to work and actual return to work among people on long-term sick leave due to pain syndrome or mental health conditions. *Disabil Rehabil.* 2018 Jul 24;1-10. doi: 10.1080/09638288.2018.1490462
 30. NCD Risk Factor Collaboration (NCD-RisC). Contributions of mean and shape of blood pressure distribution to worldwide trends and variations in raised blood pressure: a pooled analysis of 1018 population-based measurement studies with 88.6 million participants. *Int J Epidemiol.* 2018 Mar 19. doi: 10.1093/ije/dyy016
 29. Wångdahl J, **Lytsy P**, Mårtensson L, Westerling R. Poor health and refraining from seeking healthcare are associated with comprehensive health literacy among refugees: a Swedish cross-sectional study. *Int J Public Health.* 2018 Apr;63(3):409-419. doi: 10.1007/s00038-017-1074-2.
 28. Andersén Å, Larsson K, **Lytsy P**, Berglund E, Kristiansson P, Anderzén I. Strengthened General Self-Efficacy with Multidisciplinary Vocational Rehabilitation in Women on Long-Term Sick Leave: A Randomised Controlled Trial. *J Occup Rehabil.* 2018 Dec;28(4):691-700. doi: 10.1007/s10926-017-9752-8
 27. NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. *Lancet.* 2017 Dec 16;390(10113):2627-2642
 26. **Lytsy P**. Creating falseness-How to establish statistical evidence of the untrue. *J Eval Clin Pract.* 2017 Oct;23(5):923-927. doi: 10.1111/jep.12823.
 25. Berglund E, Westerling R, **Lytsy P**. Housing Type and Neighbourhoods Safety Behaviour Predicts Self-rated Health, Psychological Well-being and Frequency of Recent Unhealthy Days: A Comparative Cross-sectional Study of the General Population in Sweden. *Planing Practice & Research*, 1-22; 2017. DOI 10.1080/02697459.2017.1374705
 24. Bellavia A, Wallentin L, Orsini N, James SK, Cannon CP, Himmelmann A, Sundström J, Renlund H, **Lytsy P**. Time-based measures of treatment effect: reassessment of ticagrelor and clopidogrel from the PLATO trial. *Open Heart.* 2017 Jun 1;4(2):e000557.
 23. Berglund E, Westerling R, **Lytsy P**. Social and health-related factors associated with refraining from seeking dental care: A cross-sectional population study. *Community Dent Oral Epidemiol.* 2017 Jun;45(3):258-265.
 22. **Lytsy P**, Carlsson L, Anderzén I. Effectiveness of two vocational rehabilitation programmes in women with long-term sick leave due to pain syndrome or mental illness: 1-year follow-up of a randomized controlled trial. *J Rehabil Med.* 2017 Jan 31;49(2):170-177

21. NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in blood pressure from 1975 to 2015: a pooled analysis of 1479 population-based measurement studies with 19·1 million participants. *Lancet*. 2017 Jan 7;389(10064):37-55.
20. Berglund E, Westerling R, Sundström J, **Lytsy P**. Treatment effect expressed as the novel Delay of Event measure is associated with high willingness to initiate preventive treatment - A randomized survey experiment comparing effect measures. *Patient Educ Couns*. 2016 Dec;99(12):2005-2011
19. NCD Risk Factor Collaboration (NCD-RisC). A century of trends in adult human height. *Elife*. 2016 Jul 26;5 pii: e13410
18. Berglund E, **Lytsy P**, Westerling R. Active Traveling and Its Associations with Self-Rated Health, BMI and Physical Activity: A Comparative Study in the Adult Swedish Population *Int. J. Environ. Res. Public Health* 2016, 13
17. NCD Risk Factor Collaboration (NCD-RisC), Di Cesare M et al. Trends in adult body-mass index in 200 countries from 1975 to 2014: a pooled analysis of 1698 population-based measurement studies with 19·2 million participants. *Lancet*. 2016 Apr 2;387(10026):1377-96. doi: 10.1016/S0140-6736(16)30054-X
16. NCD Risk Factor Collaboration (NCD-Risks). Worldwide trends in diabetes since 1980: a pooled analysis of 751 population-based studies with 4.4 million participants. *Lancet*. 2016 Apr 9;387(10027):1513-30.
15. NCD Risk Factor Collaboration (NCD-RisC). Effects of diabetes definition on global surveillance of diabetes prevalence and diagnosis: a pooled analysis of 96 population-based studies with 331,288 participants. *Lancet Diabetes Endocrinol*. 2015 Aug;3(8):624-37.
14. **Lytsy P**, Larsson K, Anderzén I. Health in women on long-term sick leave because of pain or mental illness. *Int J Rehabil Res* 2015 Mar;38(1):27-33
13. Andersén Å, Larsson K, **Lytsy P**, Kristiansson P, Anderzén I. *Int J Rehabil Res*. 2015 Dec;38(4):320-6
12. Wångdahl J, **Lytsy P**, Mårtensson L, Westerling R. Health literacy and refugees' experiences of the health examination for asylum seekers - a Swedish cross-sectional study. *BMC Public Health*. 2015 Nov 23;15:1162
11. Berglund E, **Lytsy P**, Westerling R. The influence of locus of control on self-rated health in context of chronic disease: a structural equation modeling approach in a cross sectional study. *BMC Public Health*. 2014 May 23;14:492
10. Wångdahl J, **Lytsy P**, Mårtensson L, Westerling R. Health literacy among refugees in Sweden - a cross-sectional study. *BMC Public Health*. 2014 Oct 3;14(1)
9. Berglund E, **Lytsy P**, Westerling R. Health and wellbeing in informal caregivers and non-caregivers: a comparative cross-sectional study of the Swedish general population. *Health Qual Life Outcomes*. 2015 Jul 29;13:109

8. **Lytsy, P**, Lind L, Sundström J. Endothelial Function and Risk of Hypertension and Blood Pressure Progression: the Prospective Investigation of the Vasculature in Uppsala Seniors. 2012. J Hypertens. 2013 Feb 7
7. **Lytsy P**, Ingelsson E, Lind L, Ärnlöv J, Sundström J. Interplay of Overweight and Insulin Resistance on Hypertension Development. J Hypertens. 2014 Apr;32(4):834-9
6. Berglund E, **Lytsy P**, Westerling R. Adherence to and beliefs in lipid lowering medical treatments: A structural equation modeling approach including the Necessity-Concern framework and locus of control factors. Patient Educ Couns. 2013 Apr;91(1):105-12
5. **Lytsy P**, Berglund L, Sundström J. A Proposal for an Additional Clinical Trial Outcome Measure Assessing Preventive Effect as Delay of Events. Eur J Epidemiol. 2012 Dec;27(12):903-9
4. **Lytsy P**, Burell G, Westerling R. Cardiovascular risk factor assessments and health behaviours in patients using statins compared to a non-treated population. Int J Behav Med. 2012 Jun;19(2):134-42
3. **Lytsy P**, Burell G, Westerling R. How do prescribing doctors anticipate the effect of statins? J Eval Clin Pract. 2011 Jun;17(3):420-8.
2. **Lytsy P**, Burell G, Westerling R. Views on treatment necessity, harm and benefit in patients using statins. Med Decis Making. 2010 Sep-Oct;30(5):594-609
1. **Lytsy P**, Westerling R. Patient expectations on lipid-lowering drugs. Patient Education and Counseling 2007;67(1-2):143-50.

Andra publikationer, ett urval (artiklar, böcker, rapporter, utredningar m.m.)

Andreasson, A., L. Lintamo, and **P. Lytsy**, *Mer forskning behövs om effekten av arbetslivsinriktade insatser vid utmattningssyndrom.* . Allmänmedicin, 2018(3): p. 41-43.

Värdbaserad vård. Kartläggning av kunskapsläget. SBU Bereder. Rapport 285/2018.

Alexanderson K, Arrelöv B, Friberg E, Haque M, Lindholm C, **Lytsy P**, Svärd V. *Läkarens erfarenheter av arbete med sjukskrivning av patienter. Resultat från en enkät år 2017 och jämförelser med resultat från motsvarande enkäter år 2012, 2008 respektive 2004.* Huvudrapport 2018. Avdelningen för försäkringsmedicin. Institutionen för klinisk neurovetenskap Karolinska Institutet.

*Arbetslivsinriktade insatser vid utmattningssyndrom. SBU:s
Upplysningstjänst 2018-02-14*

*Samverkan vid psykisk ohälsa inom hälso- och sjukvård, socialtjänst
samt socialförsäkring. En kartläggning av kunskap och kunskapsluckor
utifrån systematiska översikter SBU kartlägger • rapport 273/2017*

*Arbetsinriktat hälsostöd för arbetslösa med försörjningsstöd SBU:s
Upplysningstjänst 2017-10-02 S*

Westerholm P, Lundberg I, Anderzén I, **Lytsy P**, Rehfisch P, Helgesson
M, Gustafsson M Palmer E. *Evidence-based methods for enhancing the
labour force entrance of people with mental disabilities - A systematic
review*. Social insurance report 2015:10

Lytsy P, Andersen Å, Liljestam-Hurtigh A, Kams P, Anderzén I. *Vitalis
– a randomized intervention and coordination program aiming at Return
to work for women with long term sick leave*. Slutrapport Rehsam. 2014

Westerholm P, Lundberg I, Anderzén I, **Lytsy P**, Fredriksson K,
Rehfisch P, Helgesson M, Gustafsson M, Zaar K. *Aktivitetssättning -
en väg till arbete? En systematisk litteraturöversikt*.
Socialförsäkringsrapport 2013:3. Försäkringskassan 2013

Lytsy P, Anderzén I. Slutrapport. Vitalisprojektet - 2010-2011, 2011.

Lytsy P. Stress och psykisk ohälsa. Vandringer med böcker nr 3, 2011.
ISSN 0503-6968. BTJ Förlag. 2011.

Lytsy P. Slutrapport. Utvärdering av samverkan med rehabkoordinatorer
och kontaktpersoner i primärvården respektive psykiatri under 2010.

Anderzén I, Hansson AS, **Lytsy P**, Liljestam Hurtigh A. Slutrapport –
NySatsa Haninge - Projekt med syfte att främja individens möjligheter
till återgång i arbete genom individuell utveckling och vägledning. 2010.

Lytsy P, Hansson AS, Anderzén I. *Sjukförsäkringen – ett decennium av
förändring*. Försäkringsmedicin - i gränssnittet mellan medicin och
försäkring. Socialmedicinsk tidskrift nr 6, 2009

Lytsy, P. Någotting är sjukt – reflektioner kring stress, människoöden
och vår samtid. (ISBN 9789172411623), Optimal förlag, 2009.

Lytsy, Per. Utvärdering av samverkan i form av beredningsgrupper i
primärvården under 2008. slutrapport 2009.

Lytsy, Per, Anderzén Ingrid: Sjukskrivningsprocessen inom ortopedien,
handkirurgen och psykiatri vid Akademiska sjukhuset: slutrapport
2009.

Lytsy P, Westin M. Utmattningssyndrom - en diagnos med vetenskapliga brister. Läkartidningen 2008;105:1592-3.