

**Department of Clinical Neuroscience**  
Division of Insurance Medicine

## Curriculum Vitae

### **Name: Fredrik Saboonchi**

Born 1963-03-21

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### **Academic degrees**

2015: Professor of Health psychology & Public health science, Department of Medicine and Public Health, Swedish Red Cross University College

2013: Associate professor in psychology, Faculty of social science, University of Stockholm

2000: Ph.D. in psychology, Department of psychology, University of Stockholm

Title of dissertation: *Perfectionism: Conceptual, emotional, and health-related implications*

1995: M.S. in psychology, Department of psychology, University of Stockholm

1993: B.S. in psychology, Department of psychology, University of Stockholm

### **Current position**

2017-present: Program director for the research program *Resiliency, Mental Health, and Social Participation among Refugees, RMSR*, a six years research program funded by Swedish research council for Health, Working life and Welfare, *FORTE*, comprising of 3 multi-disciplinary Work-packages (incl. a Work-package at Division of Insurance Medicine); > 10 projects involving >13 senior researchers, research assistants, postdocs, and PhD students

2015-present: Professor of Public health science, Health psychology, Research leader at the Swedish Red Cross University College

2012-present Senior researcher (Karolinska Institutet, Department of Clinical Neuroscience, Division of Insurance Medicine (by affiliation since 2017))

### **Previous positions**

2010- 2012: Researcher, Stress Research Institute, University of Stockholm

2000-2012: Senior lecturer, Behavioral science; Sophiahemmet University College (2002-2012); Mälardalens University (2001-2002); Halmstad University (2000-2001).

### **External research grants since 2015**

>20 000 000 SEK (ca 2 000 000 €) as main applicant

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#### **Postal address**

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#### **Web**

[ki.se/im](http://ki.se/im)

1. Swedish research council for Health, Working life and Welfare, FORTE. 2019. Extended funding: *Mental health, resiliency, and social participation among refugees in Sweden* (Main applicant, PI), 9 000 000 SEK
2. Swedish research council for Health, Working life and Welfare, FORTE. 2016. *Mental health, resiliency, and social participation among refugees in Sweden* (Main applicant, PI), 9 000 000 SEK
3. Swedish research council for Health, Working life and Welfare, FORTE. 2016. *Intervention including physical activity for trauma-afflicted refugees*, (Co-applicant), 2 430 000 SEK
4. Swedish research council for Health, Working life and Welfare, FORTE. 2015, *Mental ill-health and labour market marginalization in young adults – inequalities between native Swedes and migrants?* 2016, (Co-applicant), 2 300 000 SEK
5. Swedish Ministry of Employment, 2015, *Assessment of mental ill-health among newly re-settled refugees (2011-2013) in Sweden*, (Main applicant in colab with the Swedish Red Cross), 2015, 1 7000 000
6. The Swedish Research Council, Vetenskapsrådet, 2015, *Health care professionals' encounter with women with breast cancer addressing return to work* (Co-applicant), 4 430 000 SEK
7. Swedish Public Health authorities, *Refugee Children and Adolescents health, quality of life and living conditions* (Main applicant), 4 500 000 SEK

### Track record & Research Mission statement

As a researcher leader, my goal is to advance an approach that **situates the topic of health within a socioecological context**. Such an approach needs to incorporate methodologies and conceptual apparatus from various disciplines to target health from vantage points of society, institutions, individuals, and communities. As a scientist, I have extensive experience of **self-report assessments**, and scientific skills to address the contextual and **cross-cultural** issues involved in obtaining valid information on these bases. I have worked in **development and validation of measures for assessment and screening** in a large number of populations ranging from patients with cancer to school age refugee minors. I have combined these class of *empiri* with **clinical-, and community aggregate-level data**, large **registry-based data** (with a focus on **labour market**), and have also conducted **intervention studies**. My core interests are anchored in the real-life domains of health, social, and human phenomena that could be empirically studied and understood to improve lives of individuals and populations. I have **initiated large scale population-based self-report data collection** work in forced migrant populations in Sweden, and have worked extensively on methodological, theoretical, and empirical anchoring of the constructs of **social participation, social support, post-migratory living conditions, resiliency, and coping**. During the last 5 years, my work has been focused on the design and implementation of **longitudinal studies of refugee health** for fine grain delineating the **process of post-resettlement change in health** in relation to **social contexts**. In my work as a research leader, I have initiated extensive collaborations with the **civil society, government agencies and local municipalities**, and have had a significant output in **media outlets**.

**Peer-reviewed publications (excluding submitted/under review)**

59 international peer-reviewed articles in psychology, public health, psychiatry, medicine, nursing, and interdisciplinary science journals, h-index = 23

**Selected 2017-2020**

1. Vikdahl L, Ståhle G, Gunnarsson D, Saboonchi F. Diversity and health strategies for newly resettled refugees. *International Journal of Migration, Health and Social Care*. 2020.
2. Solberg Ø, Vaez M, Johnson-Singh CM, Saboonchi F. Asylum-seekers' psychosocial situation: A diathesis for post-migratory stress and mental health disorders? *Journal of Psychosomatic Research*. 2020;130:109914.
3. Solberg Ø, Nissen A, Vaez M, Cauley P, Eriksson A-K, Saboonchi F. Children at risk: A nation-wide, cross-sectional study examining post-traumatic stress symptoms in refugee minors from Syria, Iraq and Afghanistan resettled in Sweden between 2014 and 2018. *Conflict and health*. 2020;14(1):1-12.
4. Sengoelge M, Solberg Ø, Nissen A, Saboonchi F. Exploring Social and Financial Hardship, Mental Health Problems and the Role of Social Support in Asylum Seekers Using Structural Equation Modelling. *International Journal of Environmental Research and Public Health*. 2020;17(19):6948.
5. Nymark C, Göransson KE, Saboonchi F, Falk AC, von Vogelsang AC. Translation, culture adaption and psychometric testing of the MISSCARE Survey—Swedish version. *Journal of Clinical Nursing*. 2020.
6. Nordhall O, Knez I, Saboonchi F, Willander J. Teachers' Personal and Collective Work-Identity Predicts Exhaustion and Work Motivation: Mediating Roles of Psychological Job Demands and Resources. *Frontiers in Psychology*. 2020;11:1538.
7. Nissen A, Cauley P, Saboonchi F, Andersen A, Solberg Ø. Cohort profile: Resettlement in Uprooted Groups Explored (REFUGE)—a longitudinal study of mental health and integration in adult refugees from Syria resettled in Norway between 2015 and 2017. *BMJ open*. 2020;10(7):e036101.
8. Niederkrotenthaler T, Mittendorfer-Rutz E, Saboonchi F, Helgesson M. The role of refugee status and mental disorders regarding subsequent labour market marginalisation: a register study from Sweden. *Social psychiatry and psychiatric epidemiology*. 2020:1-8.
9. Nahlén Bose C, Saboonchi F, Persson H, Björling G, Elfström ML. Adaptation of Coping Effectiveness Training for Patients With Heart Failure and Patient-Reported Experience of the Intervention. *Journal of Patient Experience*. 2020.
10. Malm A, Tinghög P, Narusyte J, Saboonchi F. The refugee post-migration stress scale (RPMS)—development and validation among refugees from Syria recently resettled in Sweden. *Conflict and health*. 2020;14(1):1-12.
11. Gottvall M, Sjölund S, Arwidson C, Saboonchi F. Health-related quality of life among Syrian refugees resettled in Sweden. *Quality of Life Research*. 2020;29(2):505-14.
12. Sengoelge M, Johnson-Singh CM, Mittendorfer-Rutz E, Vaez M, Saboonchi F. Identifying subgroups of refugees from Syria resettled in Sweden based on multiple trauma exposures: A latent class analysis of trauma history and mental health outcomes. *Journal of psychosomatic research*. 2019;125:109814.

13. Okenwa-Emegwa L, Saboonchi F, Mittendorfer-Rutz E, Helgesson M, Tinghög P. Prevalence and predictors of low future expectations among Syrian refugees resettled in Sweden. *Heliyon*. 2019;5(10):e02554.
14. Nymark C, Henriksson P, Mattiasson A-C, Saboonchi F, Kiessling A. Inability to act was associated with an extended delay prior to care-seeking, in patients with an acute myocardial infarction. *European Journal of Cardiovascular Nursing*. 2019;18(6):512-20.
15. Nilsson H, Saboonchi F, Gustavsson C, Malm A, Gottvall M. Trauma-afflicted refugees' experiences of participating in physical activity and exercise treatment: a qualitative study based on focus group discussions. *European journal of psychotraumatology*. 2019;10(1):1699327.
16. Niemi M, Manhica H, Gunnarsson D, Ståhle G, Larsson S, Saboonchi F. A Scoping Review and Conceptual Model of Social Participation and Mental Health among Refugees and Asylum Seekers. *International journal of environmental research and public health*. 2019;16(20):4027.
17. Helgesson M, Wang M, Niederkrotenthaler T, Saboonchi F, Mittendorfer-Rutz E. Labour market marginalisation among refugees from different countries of birth: a prospective cohort study on refugees to Sweden. *J Epidemiol Community Health*. 2019;73(5):407-15.
18. Gottvall M, Vaez M, Saboonchi F. Social support attenuates the link between torture exposure and post-traumatic stress disorder among male and female Syrian refugees in Sweden. *BMC international health and human rights*. 2019;19(1):28.
19. Petersson LM, Vaez M, Nilsson MI, Saboonchi F, Alexanderson K, Olsson M, et al. Sickness absence following breast cancer surgery: a two-year follow-up cohort study. *Scandinavian journal of caring sciences*. 2018;32(2):715-24.
20. Nordhall O, Knez I, Saboonchi F. Predicting general mental health and exhaustion: the role of emotion and cognition components of personal and collective work-identity. *Heliyon*. 2018;4(8):e00735.
21. Helgesson M, Tinghög P, Wang M, Rahman S, Saboonchi F, Mittendorfer-Rutz E. Trajectories of work disability and unemployment among young adults with common mental disorders. *BMC public health*. 2018;18(1):1228.
22. Tinghög P, Malm A, Arwidson C, Sigvardsdotter E, Lundin A, Saboonchi F. Prevalence of mental ill health, traumas and postmigration stress among refugees from Syria resettled in Sweden after 2011: a population-based survey. *BMJ open*. 2017;7(12):e018899.
23. Sigvardsdotter E, Nilsson H, Malm A, Tinghög P, Gottvall M, Vaez M, et al. Development and preliminary validation of Refugee Trauma History Checklist (RTHC)—a brief checklist for survey studies. *International journal of environmental research and public health*. 2017;14(10):1175.
24. Okenwa LE, Paillard-Borg S, Tinghög P, Saboonchi F, von Strauss EI. A global workspace is the emerging reality for future public health workforce. *Socialmedicinsk tidskrift*. 2017;94(3):318-26.
25. Nymark C, Saboonchi F, Mattiasson A, Henriksson P, Kiessling A. Development and validation of an instrument to assess patients' appraisal, emotions and action tendencies preceding care-seeking in acute myocardial infarction: the PA-AMI questionnaire. *European Journal of Cardiovascular Nursing*. 2017;16(3):240-8.

26. Lundin A, Åhs J, Åsbring N, Kosidou K, Dal H, Tinghög P, et al. Discriminant validity of the 12-item version of the general health questionnaire in a Swedish case-control study. *Nordic journal of psychiatry*. 2017;71(3):171-9.

### **Book Chapters and Reports, selected**

**Saboonchi F**, Metso Johansson F, Psykisk hälsa – en förutsättning för integration och hållbar samhällsutveckling. I Färnmann R. (ed). *En anatologi om utmaningar och möjligheter i genomförandet av agenda 2030*. Global utmaning, Stockholm.

Tinghög, P., Arwidson, C., Sigvardsdotter, E., Malm, A. & **Saboonchi F**. (2016) levnadsvillkor bland nyanlända och asylsökande i Sverige: en studie av psykisk ohälsa, trauma och levnadsvillkor. Röda Korset Högskolas rapportserie 2016:1

**Saboonchi F**, (2012) Den skapande människans tolerans (The tolerance of the creative man). I Brunberg, J. (ed) *Tolerera*, Forum för levande historia., Stockholm.

### **Leadership, Supervision**

2002-2012: Head of section of Social and Behavioural Sciences, Sophiahemmet University College

2012-Current: Chair for Public Health Science, Swedish Red Cross University College (SRCUC)

2013- Current: Leader for research environment "Health Promotion Interventions and Resiliency" SRCUC

2016- Current: Research program director, Resiliency, Mental Health and Social Participation among Refugees

#### *Supervision*

9 PhD candidates & Postdoc

#### *Leadership training:*

2013: Research Leadership course at Karolinska Institutet

2020: Leadership coaching, Previa