

List of Publications

1. Eli K, Neovius C, Nordin K, Brissman M, **Ek A**. Parents' experiences following conversations about their young child's weight in the primary health care setting: A study within the STOP project. *BMC Public Health*. 2022 Aug 12;22(1):1540. doi: 10.1186/s12889-022-13803-8
2. Children's experiences of meals after obesity treatment: a qualitative follow-up four years after a randomized controlled trial. Neuman N, Jörnvi A, **Ek A**, Nordin K, Eli K, Nowicka P. *BMC Pediatr*. 2022 Jun 14;22(1):342. doi: 10.1186/s12887-022-03387-y.
3. Nowicka P, **Ek A**, Jurca-Simina IE, Bouzas C, Argelich E, Nordin K, García S, Vasquez Barquero MY, Hoffer U, Reijs Richards H, Tur JA, Chirita-Emandi A, Eli K. Explaining the complex impact of the Covid-19 pandemic on children with overweight and obesity: a comparative ecological analysis of parents' perceptions in three countries. *BMC Public Health*. 2022 May 17;22(1):1000. doi: 10.1186/s12889-022-13351-1.
4. Somaraki M, **Ek A**, Sandvik P, Byrne R, Nowicka P. How do young children eat after an obesity intervention? Validation of the Child Eating Behaviour Questionnaire using the Rasch Model in diverse samples from Australia and Sweden. *Appetite*. 2022 Feb 1;169:105822. doi: 10.1016/j.appet.2021.105822. Epub 2021 Nov 23.
5. Nowicka P, Keres J, **Ek A**, Nordin K, Sandvik P. Changing the Home Food Environment: Parents' Perspectives Four Years after Starting Obesity Treatment for Their Preschool Aged Child. *Int J Environ Res Public Health*. 2021 Oct 27;18(21):11293. doi: 0.3390/ijerph182111293.
6. Nowicka P, **Ek A**, Grafström E, Johansson T, Nordin K, Neuman N, Reijs Richards H, Eli K. How Do Interpersonal Relationships Affect Children's Weight Management? A Qualitative Analysis of Parents' Long-Term Perceptions after Obesity Treatment. *Child Obes*. 2021 Nov 12. doi: 10.1089/chi.2021.0156.
7. Sandvik P, Kuronen S, Reijs Richards H, Eli K, **Ek A**, Somaraki M, Nowicka P. Associations of preschoolers' dietary patterns with eating behaviors and parental feeding practices at a 12-month follow-up of obesity treatment. *Appetite*. 2022 Jan 1;168:105724. doi: 10.1016/j.appet.2021.105724. Epub 2021 Oct 2.
8. Somaraki M, **Ek A**, Eli K, Ljung S, Mildton V, Sandvik S, Nowicka N. Parenting and childhood obesity: Validation of a new questionnaire and evaluation of treatment effects during the preschool years. *PLoS One*. 2021 Sep 23;16(9):e0257187. doi: 10.1371/journal.pone.0257187. eCollection 2021.
9. Serban C, Putnoky S, **Ek A**, Eli K, Nowicka P, Chirita-Emandi A. Making Childhood Obesity a Priority: A Qualitative Study of Healthcare Professionals' Perspectives on Facilitating Communication and Improving Treatment. *Front Public Health*. 2021 Jul 15;9:652491.
10. **Ek A**, Vásquez-Barquero MY, Sandvik P, Eli K, Somaraki M, Nowicka P. The role of parental depression during early childhood obesity treatment-Secondary findings from a randomized controlled trial. *Ped Obes*. 2020 Dec 8; e12754
11. Somaraki M, Eli K, Sorjonen K, **Ek A**, Sandvik P, Nowicka P. Changes in parental feeding practices and preschoolers' food intake following a randomized controlled childhood obesity trial. *Appetite*. 2020 Nov 1;154:104746.
12. Lindqvist AK, Rutberg S, Söderström E, **Ek A**, Alexandrou C, Maddison R, Löf M. User Perception of a Smartphone App to Promote Physical Activity Through Active Transportation: Inductive Qualitative Content Analysis Within the Smart City Active Mobile Phone Intervention (SCAMPI) Study. *JMIR Mhealth Uhealth*. 2020 Aug 5;8(8):e19380.
13. **Ek A** Alexandrou C, Söderström E, Bergman P, Nyström CD, Direito A, Eriksson U, Henriksson P, Maddison R, Trolle-Lagerros Y, Bendtsen M, Löf M. Effectiveness of a 3-month mobile phone based behavior change program on active transportation and physical activity in adults: A randomized controlled trial. *JMIR Mhealth Uhealth*. 2020 Jun 8;8(6):e18531.
14. Sjunnestrand M, Nordin K, Eli K, Nowicka P, **Ek A**. Planting a seed - child health care nurses' perceptions of speaking to parents about overweight and obesity: a qualitative study within the STOP project. *BMC Public Health*. 2019;19(1):1494.
15. **Ek A**, Nordin K, Nyström CD, Sandvik P, Eli K, Nowicka P. Responding positively to "children who like to eat": Parents' experiences of skills-based treatment for childhood obesity. *Appetite*. 2019;145:104488.

16. Sandvik P, **Ek A**, Eli K, Somaraki M, Bottai M, Nowicka P. Picky eating in an obesity intervention for preschool-aged children - what role does it play, and does the measurement instrument matter? *Int J Behav Nutr Phys Act.* 2019;16(1):76.
17. **Ek A**, Chamberlain Lewis K, Sorjonen K, Hammar U, Malek Etminan M, Sandvik P, Somaraki M, Nyman J, Lindberg L, Nordin K, Ejderhamn J, Fisher PA, Chamberlain P, Marcus C and Nowicka P. A Parent Treatment Program for Preschoolers with Obesity: A Randomized Controlled Trial. *Pediatrics.* 2019;144(2).
18. **Ek A**, Delisle Nystrom C, Chirita-Emandi A, Tur JA, Nordin K, Bouzas C, Argelich E, Martinez JA, Frost G, Garcia-Perez I, Saez M, Paul C, Löf M, Nowicka P. A randomized controlled trial for overweight and obesity in preschoolers: the More and Less Europe study. *BMC Public Health.* 2019;19(1):945.
19. Eiffener E, Eli K, **Ek A**, Sandvik P, Somaraki M, Kremers S, Sleddens E, Nowicka P. The influence of preschoolers' emotional and behavioural problems on obesity treatment outcomes: Secondary findings from a randomized controlled trial. *Pediatric Obes.* 2019;14(11).
20. **Ek A**, Sandborg J, Nyström CD, Lindqvist A-K, Rutberg S, Löf M, Physical Activity and Mobile Phone Apps in the Preschool Age: Perceptions of Teachers and Parents. *JMIR Mhealth Uhealth.* 2019;7(4).
21. Lindqvist AK, Löf M, **Ek A**, Rutberg S. Active School Transportation in Winter Conditions: Biking Together is Warmer. *Int J Environ Res Public Health.* 2019;16(2).
22. Henriksson P, Leppänen MH, Henriksson H, Delisle Nyström C, Cadenas-Sanchez C, **Ek A**, Ruiz JR, Ortega FB, Löf M. Physical fitness in relation to later body composition in pre-school children. *J Sci Med Sport.* 2019;22(5):574-579.
23. **Ek A**, Alexandrou C, Delisle Nyström C, Direito A, Eriksson U, Hammar U, Henriksson P, Maddison R, Trolle Lagerros Y, Löf M. The Smart City Active Mobile Phone Intervention (SCAMPI) study to promote physical activity through active transportation in healthy adults: a study protocol for a randomised controlled trial. *BMC Public Health.* 2018;18(1):880.
24. Sandvik P, **Ek A**, Somaraki M, Hammar U, Eli K, Nowicka P. Picky eating in Swedish preschoolers of different weight status: application of two new screening cut-offs. *Int J Behav Nutr Phys Act.* 2018;15(1):74.
25. Delisle Nyström C, Henriksson P, **Ek A**, Henriksson H, Ortega F, Ruiz J, Lof M. Is BMI a relevant marker of fat mass in 4 year old children? Results from the MINISTOP trial. *Eur J Clin Nutr.* 2018;72(11):1561-1566.
26. Somaraki M, Eli K, Sorjonen K, Flodmark C-E, Marcus C, Faith MS, Persson Osowski C, **Ek A**, Nowicka P. Perceived child eating behaviours and maternal migrant background. *Appetite.* 2018;125:302-313.
27. Somaraki M, Eli Karin, **Ek A**, Lindberg L, Nyman J, Marcus C, Flodmark CE, Pietrobelli A, Faith MS, Sorjonen K, Nowicka P. Controlling feeding practices and maternal migrant background: an analysis of a multi-cultural sample. *Public Health Nutr.* 2017;20(5):848-858.
28. Ekstedt M, Darkeh MH, Xiu L, Forssén M, Johansson E, **Ek A**, Svensson V, Ekbohm K, Marcus C. Sleep differences in one-year-old children were related to obesity risks based on their parents' weight according to baseline longitudinal study data. *Acta Paediatr.* 2017;106(2):304-311.
29. **Ek A**, Sorjonen K, Eli K, Lindberg L, Nyman J, Marcus C, Nowicka P. Associations between Parental Concerns about Preschoolers' Weight and Eating and Parental Feeding Practices: Results from Analyses of the Child Eating Behavior Questionnaire, the Child Feeding Questionnaire, and the Lifestyle Behavior Checklist. *PLoS One.* 2016;11(1).
30. Svensson V, Sobko T, **Ek A**, Forssén M, Ekbohm K, Johansson E, Nowicka P, Westerståhl M, Riserus U, Marcus C. Obesogenic dietary intake in families with one-year-old infants at high and low obesity risk based on parental weight status: Baseline data from a longitudinal intervention (Early STOPP). *Eur J Nutr.* 2016;55(2):781-92.
31. Lindberg L, **Ek A**, Nyman J, Marcus C, Ulijaszek S, Nowicka P. Low grandparental social support combined with low parental economic capital is closely associated with obesity in preschool-aged children: A pilot study. *Pediatr Obes.* 2016;11(4):313-6.
32. Johansson E, Hagströmer M, Svensson V, **Ek A**, Forssén M, Nero H, Marcus C. Objectively measured physical activity in two-year-old children – levels, patterns and correlates. *Int J Behav Nutr Phys Act.* 2015;12:3.

33. **Ek A**, Chamberlain KL, Ejderhamn J, Fisher PA, Marcus C, Chamberlain P, Nowicka P. The More and Less Study: a randomized controlled trial testing different approaches to treat obesity in preschoolers. *BMC Public Health*. 2015;15:735.
34. **Ek A**, Sorjonen K, Nyman J, Marcus C, Nowicka P. Child behaviors associated with childhood obesity and parents' self-efficacy to handle them: Confirmatory factor analysis of the Lifestyle Behavior Checklist. *Int J Behav Nutr Phys Act*, 2015;12:36.
35. Svensson V, **Ek A**, Ekblom K, Forssén M, Ebrahim M, Cao Y, Johansson E, Nero H, Hagströmer M, Ekstedt M, Nowicka P, Marcus C. Infant growth is associated with parental education but not with parental adiposity - Early Stockholm Obesity Prevention Project. *Acta Paediatrica*, 2014 Jan 4. doi: 10.1111/apa.12551.
36. Sobko T, Svensson V, **Ek A**, Ekstedt M, Karlsson H, Johansson E, Cao Y, Hagströmer M, Marcus C. A randomised controlled trial for overweight and obese parents to prevent childhood obesity - Early STOPP (STockholm Obesity Prevention Program). *BMC Public Health*. 2011. May 18;11:336.