

CURRICULUM VITAE – JORUNN SUNDGOT-BORGEN

CONTACT INFORMATION

The Norwegian School of Sport Sciences, Pb 4014 Ullevål Stadion, 0806 OSLO, Norway,

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PERSONAL INFORMATION

Family name, first name: Sundgot-Borgen, Jorunn

Date of birth: 18.03.1961

Sex: Female

Nationality: Norwegian

RESEARCH AREA

Women's health, weight regulation, eating disorders, adolescent athletes, top level sports, nutrition, sport nutrition, menstrual function, bone health/osteoporosis, pregnancy and exercise/top level athletes, sexual harassment and abuse.

WORK EXPERIENCE AND POSITIONS

- 2002- Professor in Physical activity and health, Norwegian School of Sport Sciences (NSSS), Department of Sports Medicine, Norway
- 2004-2009 Head of Nutrition department, The Norwegian Olympic Training center
- 1997-2002 Associated professor in physical activity and health, The Norwegian University of Sport and Physical Education
- 1995-2004 Consultant, The Norwegian Olympic Training center
- 1993-1997 Post-Doctoral work: The Norwegian University of Sport and Physical Education, Oct 1993-1997.
Award received from The Research Council of Norway
- 1993-1993 Post-Doctoral work: Yale University, January 1993 - September 1993 Clinic for weight and eating disorders
- 1995-1996 The Norwegian Board of Health, Project leader
- 1988-1992 PhD Candidate, The Norwegian University of Sport and Physical Education

EDUCATION

- 1988-1992 Department of Sports Medicine, The Norwegian University of Sports and Physical Education, Oslo, Norway
Doctor of Science (PhD), Dept. of Exercise Physiology and Sports Medicine
Disputation date: 16.05.1992
- 1984-1985 Arizona State University, Tempe, Arizona, USA
Master of Science, Health and Exercise Science. 10.12.1985
- 1981-1984 The Norwegian University of Sports and Physical Education, Oslo, Norway.
Bachelor of Science, Sports biology and health.

INTERNATIONAL VISITING FELLOWSHIP

2015	Visiting Professor, UC Berkeley, Nov-Dec 2015
2013	Visiting Professor, UC Berkeley, Sept-Dec 2013
2011	Visiting Professor, UC Berkeley, Nov-Dec 2011
2010	Visiting Professor, UC Berkeley, Aug-Dec 2010
2003	Visiting scholar, UC Berkeley, Aug 2003- Jan 2004
1993	Post-Doctoral work at Yale University, Jan - Sept 1993

SUPERVISION

PhD candidates (7 finished and 3 ongoing)

Themes: sport science, eating disorders, perfectionism, body image, nutrition and energy availability, top level sports and pregnancy and extreme overweight.

2000-2004:	Torstveit, MK. The Female Athlete Triad in Norwegian Elite Athletes and non-athletic controls. Identification and Prevalence of Disordered Eating, Menstrual Dysfunction and osteoporosis. Dissertation from the Norwegian University of Sport and Physical Education.
2006-2010:	Bratland-Sanda, S. Physical activity in female inpatients with longstanding eating disorders. Dissertation from the Norwegian School of Sport Sciences
2010-2014:	Garthe, I: Weight regulation in elite athletes. The Norwegian School of Sport Sciences.
2011-2015:	Martinsen, M. Preventing eating disorders among young male and female elite athletes. Dissertation from the Norwegian School of Sport Sciences, 2015.
2012-2015:	Danielsen, KK: Impatient intensive lifestyle intervention for the treatment of severe obesity: Beyond the weight reduction and experiences with physical activity. Dissertation from the Norwegian School of Sport Sciences.
2012-2015:	Melin, A. Energy availability and reproductive function in female endurance athletes, Dissertation from University of Copenhagen, 2015.
2013-2018:	Mathisen, T. The effect of two different treatment methods on eating disorders. Dissertation from the Norwegian School of Sport Sciences.
2016-xxxx.	Engen, K. The effect of a school based intervention on Disordered eating. The Norwegian School of Sport Sciences.
2016-xxxx.	Stornæs, A. Perfectionism in adolescents in performance schools and ordinary schools. The Norwegian School of Sport Sciences.
2016-xxxx	Bakland, M. Treatment experiences from a RCT on eating Disorders. UiT.Helsefak.IHO.Folkehelse

Master students: Numerous finished and currently supervising 8 master students.

The PhD and Master students' affiliation: Norwegian School of Sport Sciences, Dep. of Sports Medicine (Norway); University of Copenhagen, Institute of Nutrition, Exercise and Sports (Denmark); University of Bergen, Faculty of Psychology (Norway); VU University Amsterdam, Institute for Fundamental and Clinical Human Movement Sciences (The Netherlands).

TEACHING ACTIVITIES (Selected)

2013-	Bachelor and Master's program, physical activity and health studies, eating behavior and eating disorders, research methods, Bachelor assignment.
2000-	Physical activity and health studies, research methods, exercise medicine at NSSS, NTNU Norwegian University of Science and Technology (NTNU), University of Bergen (UiB), The Arctic University of Norway - Tromsø (UiT).
1999-	Continuing Education for physicians and psychologist at UiO, UiB, NTNU.
1999-2005	Eating behavior and eating disorders at Institute for nutrition, University of Oslo (UiO).
1994-1998	Health and Sports biology, Rhythmic dance and gymnastic at NSSS.

1989-1993 Research methods, the female athlete preventive medicine at Norwegian School of Sport Sciences.

INSTITUTIONAL RESPONSIBILITIES

Leader of 16 PhD committees, Norwegian School of Sport Sciences

Opponent in six PhD committees, at Universities in Norway, Denmark and The Netherlands

2016- Deputy Leader of the Academic Affairs Committee, NSSS

2015-2016 Leader of the Committee for Research Education, NSSS

2010-2015 Deputy Leader of the Academic Affairs Committee, NSSS

COMMISSIONS OF TRUST

2000- Reviewer, international exercise science, medical, psychological and nutrition journals

MEMBERSHIPS OF SCIENTIFIC SOCIETIES

2016- The medicine and science expert group, IOC

2014 Member, The IOC Medical Commission research group on the Youth Athlete Development

2014 Member, The IOC Medical Commission research group on the Female Athlete Health Transfer of Knowledge group

2014, 2005 Member of the American College of Sports Medicine research expert group on the Position Stand on The Female Athlete Triad

2014, 2004 & American College of Sports Medicine, Position Stand research writing group, The Female Athlete Triad

2013- Vice president in Nordic Eating Disorder Society

2013- Member of The IOC Research group for the Consensus Statement on Beyond the Female Athlete Triad - Relative Energy Deficiency in Sport

2011- Member of the Ad Hoc Research Working Group on Body Composition Health and Performance, under the auspices of the I.O.C. Medical Commission

2011 Member of the a Research Working Group on The IOC Medical Commission; IOC Consensus Statement on Sports Nutrition

2010, 2003 Member of the Planning Committee for the Norwegian Congress of Sports Medicine

2007-2010 Section Editor: Scandinavian journal of sport and exercise science

2003 Scientific Advisory Board, University of Copenhagen, Institute of Nutrition, Exercise and Sports

2002 Scientific Advisory Board, University of Bergen, Faculty of Psychology

1992- Member of The American College of Sports Medicine

NORWEGIAN ORGANIZATIONAL WORK

2000- Member of The Norwegian Sports Medicine Association

2013- President in the Norwegian Eating Disorder Society,

2012- The Norwegian Obesity research group

2011-2012 Acting President, National Council on Physical Activity, The Norwegian Ministry of Health and Social Affairs

2009-2012 Vice president, National Council on Physical Activity, The Norwegian Ministry of Health and Social Affairs

2002-2008 Member of National Council on Physical Activity

1999-2001 Member of National Council on Nutrition and Physical Activity in Norway, The Norwegian Ministry of Health and Social Affairs

AWARDS

- 2016: "Honorary Fellowship". Faculty of Sports and Exercise Medicine (FSEM). RCPI & RCSI –Royal College of Surgeons in Ireland.
- 2015: American College of Sports Medicine Fellow
- 2014: The International Clinical Scholar Award from the American College of sports medicine. Title: «*The Development of the Brief Eating Disorder in Athletes Questionnaire (BEDA-Q)*». Authors: Marianne Martinsen, Prof Ingar Holme, Prof Anne Marte Pensgaard, Monica K Torstveit and **Prof Jorunn Sundgot-Borgen**
- 2013: Takeda Nycomed Award "Best presentation in Sport Medicine". Title: «*The brief eating disorder in sport-questionnaire (BEDS-Q)*». Authors: Marianne Martinsen, Prof Ingar Holme, Prof Anne Marte Pensgaard, Monica K Torstveit and **Prof Jorunn Sundgot-Borgen**.
- 2013: The Norwegian Research Council award: The Award for Excellence in Communication of Science to **Professor Jorunn Sundgot-Borgen**
- 2012: Best presentation award - International conference on obesity and quality of life outcomes. Title: "*Beyond the BMI; changes in quality of life outcomes and mental health after an intensive lifestyle intervention in severely obese patients*"
- 2012: The International Clinical Scholar Award from American College of Sports Medicine. Title: «*Female Former Elite Athletes Suffering From Eating Disorders During Their Career. A 15-20 Year Follow-up*». Authors: **Prof Jorunn Sundgot-Borgen**, Monica K Torstveit and Kjersti Karoline Danielsen.

RESEARCH GRANTS

- 2016-2019 The Norwegian Extra Foundation for Health and Rehabilitation salary to one PhD student
- 2016-2019 The Norwegian Women's Public Health Association salary to one PhD student
- 2013-2016 The Norwegian Women's Public Health Association salary to one PhD student
- 2011-2014 The Norwegian Olympic and Paralympic Committee and Confederation of Sports and Ministry of Culture, salary to one PhD-student and operating funds
- 2008-2011 Faizer pharmacia: Operating funds to a PhD project
- 2008-2011 NYCOMED Pharma, Operating funds to a PhD project
- 2008-2011 International Olympic Committee, Operating funds
- 2002-2005 Health and Rehabilitation: 3 year operating funds to a PhD project
- 2005-2008 Health and Rehabilitation: 2 year operating funds to a PhD project
- 2002-2005 Ministry of Culture, operating funds
- 1994-1997 Norwegian Research Council: postdoc, salary and operating funds
- 1994 Norwegian Research Council: Yale University, Connecticut
- 1989-1992 Norwegian Research Council: PhD project (Sundgot-Borgen), Salary and operating funds

MAJOR COLLABORATIONS

- Jan H. Rosenvinge, Professor, PhD, Department of Psychology, Faculty of Health Sciences, The Arctic University of Norway - University of Tromsø, Norway
- Denise Wilfey, Professor of Psychiatry, Medicine, Pediatrics and Psychology, PhD, Department of Psychology, Washington University in St. Louis, USA
- Margo Montjoy, Dr, MD Sport Medicine Physician, Dept. of Family Medicine, McMaster University Medical School, Canada
- Niva Piran, Professor, PhD, Department of Applied Psychology and Human Development, University of Toronto, Canada
- Wolfram Müller, Professor, PhD, Institute of Biophysics, Medical University of Graz, Harrachgasse.

INTERNATIONAL PRESENTATIONS

12.-14. September 2018:

12th Nordic Eating Disorder Conference. Eating Disorder versus Healthy Lifestyle, Reykjavik, Iceland.

14. September 2018:

NIG sport and exercise workshop: *Therapeutic effects of strength training in treatment of eating disorders*

Moderator: Solfrid Bratland-Sanda, Norway

Author: Solfrid Bratland-Sanda, Norway

Co-authors: **Jorunn Sundgot-Borgen**, Norway; Anna Melin, Norway; Therese Fostervold Mathisen, Norway; Monica Klungland Torstveit, Norway

12. September 2018:

Keynote: *New approach to treatment of eating disorders, physical activity in treatment of eating disorders-What do we know?*

29. May – 02. June 2018:

ASCM Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy. Minneapolis, Minnesota, United States of America

2. juni 2018:

Relative Energy Deficiency in Sport (RED-S): Conundrums, Pitfalls and Solutions: *RED-S What's new.*

31. May 2018:

Session Title: *Correlates and Behavioral Aspects of Physical Activity in Youth and Teens Session*

Poster Board Number: 146

Presentation title: *Positive body image and meeting the physical activity recommendations across physical activity arenas in adolescents.*

Authors: Christine Sundgot-Borgen, Kethe Engen, Jan Rosenvinge, Gun Pettersen, Oddgeir Friberg, **Jorunn Sundgot-Borgen**, Elin Kolle, Monica K. Torstveit, Solfrid Bratland-Sanda.

15. June 2018:

NIH 50 year Anniversary Symposium: Active for 2 – exercise during pregnancy and in the postpartum period, Oslo, Norway: *Elite Norwegian athletes – pregnancy and return to sport: Experiences and practical recommendations*

07.-09. September 2017

Vilnius, Lithuania ECED 2017 in Vilnius

ID: 124

Abstract Title: *Can non- health professionals contribute in treating patients with eating disorders?*

Authors: Maria Bakland, Rolf Wynn, Jan H Rosenvinge, Annett Stornæs, Gunn Pettersen, **Jorunn Sundgot-Borgen**

2017

ACSM Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise and the Brain. Hyatt Regency Denver Hotel, Denver, Colorado, USA

04. June 2017

Symposium title: *"Female Elite Athletes; The impact of Participating in Competitive Sport"*

Presentation title: *Pregnancy and Post-partum in International and Olympic Level Athletes: What do we know?"*

03. June 2017

Thematically poster presentation

Abstract number: 5242

Sundgot-Borgen, Christine, Engen, Kethe, Kolle, Elin, **Sundgot-Borgen, Jorunn**, Torstveit, M. Monica, Bratland-Sanda, Solfrid

Abstract title: *"is there a shift in the ideal body in the adolescents?"*

02. June 2017

Thematically poster presentation

Abstract number: 1723

Engen, Kethe, **Sundgot-Borgen, Jorunn**, Mathisen, Therese.

Abstract title: *"Is unhealthy fat mass distributed by a healthy BMI in Females with Eating Disorders?"*

31. May 2017

Symposium title: *"Active Women During The Lifespan: The Impact Of Exercise For Health And Well-being"*

Presentation title: *Athletes: More happy and healthy than controls?*

31. May- 4. June 2016

ACSM Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. Boston, Massachusetts.

General Colloquium. Disordered Eating in the Active Population: *Athletes with eating disorders - To train or not to train?*

EIM Colloquium. *Using Exercise in the Treatment of Eating Disorders; Risk assessment for athletes with eating disorders.*

16.-19. March 2016

3rd International Conference on Nutrition & Growth, Wien, Austria: *The Quest for Performance – High Prevalence of Nutritional Stunting and Eating Disorders among Elite Athletes*

15.-17. December 2015:

The International Sport and Exercise Nutrition Conference, Newcastle-upon-Tyne, England: *Managing weight issues in elite athletes.*

20. March 2015:

BASEM Spring Conference 2015 - The Female Athlete, British Association of Sport & Exercise Medicine, London, England: *The relative energy deficiency in sport.*

4.-6. December 2014:

Excellence in Pediatrics Conference, Dubai: *Eating disorders in adolescents: How to spot it and how to stop it*

12.-13. September 2014:

45th Congress of the German Association for Sports Medicine and Prevention (DGSP), Frankfurt/Main, Germany: *The challenge of body weight and body composition in athletes – how to minimize health risks*

11.-14. June 2014:

10th International Symposium on Body Composition, Cascais, Portugal: *Why is body composition so important for elite athletes? How to identify athletes struggling with weight and body composition issues*

10.-12. April 2014:

IOC World Conference on Prevention of Injury & Illness in Sport, Monaco: *Clinical Practice Models: Red light, yellow light, green light: A model for risk stratification and return to play decision making*

21.-23. August 2013:

The International Sports Science and Sports Medicine Conference, Newcastle, England: *When is thin too thin?*

13.-15. December 2012:

International Sports & Exercise Nutrition Conference, Newcastle, England: *Disordered eating in weight sensitive sports.*

26.-29. May 2012:

The American College of Sports Medicine yearly meeting, San Francisco, USA: *Female Former Elite Athletes Suffering From Eating Disorders During Their Career. A 15-20 Year Follow-up.*

15.-17. March 2012:

Eating Disorders International Conference, London, England: *Prevalence, risk and prevention and eating disorders among athletes*

25.-27. October 2010:

IOC Sports nutrition consensus conference, Lausanne, Switzerland: *Dieting and use of extreme weight loss methods in esthetic and weight class sports.*

2010:

Sattelite meeting on European College of Sports Science conference, Antalya, Turkey: *Eating disorders to win or to be thin.*

2010:

IOC Sports nutrition consensus conference, Lausanne, Switzerland: *Dieting and use of extreme weight loss methods in esthetic and weight class sports.*

24.-27. June 2009:

14th annual Congress of the European College of Sports Science, Oslo, Norway: *Can it be too much of a good thing*

PUBLICATIONS

Submitted:

Mathisen, T.F., Rosenvinge, J.H, Pettersen, G., Friborg, O. Vrabel, K-A., Bratland-Sanda, S., & **Sundgot-Borgen, J.** (2018). Eating disorders can be treated with physical exercise and dietary therapy. A randomized controlled trial with 12 months follow-up [submitted].

Enette Larson-Meyer & **Sundgot-Borgen, J.** Football Nutrition Consensus; The female player (in progress)

Accepted:

Published:

Bakland, M., Rosenvinge, J.H., Wynn, R., Sundgot-Borgen, J., Mathisen, T.F., Liabo, K., Hanssen, T.A. & Pettersen, G. (2019). Patients' views on a new treatment for Bulimia nervosa and binge eating disorder combining physical exercise and dietary therapy (the PED-t). A qualitative study. *Eating Disorders*, DOI: 10.1080/10640266.2018.1560847

Mathisen, T. F., Bratland-Sanda, S., Rosenvinge, J. H., Friborg, O., Pettersen, G., Vrabel, K. A., & **Sundgot-Borgen, J.** (2018). Treatment effects on compulsive exercise and physical activity in eating disorders. *Journal of Eating Disorders*, 6(1), 43. doi: 10.1186/s40337-018-0215-1

Mathisen, T., **Sundgot-Borgen, J.**, Rosenvinge, J., & Bratland-Sanda, S. (2018). Managing Risk of Non-Communicable Diseases in Women with Bulimia Nervosa or Binge Eating Disorders: A Randomized Trial with 12 Months Follow-Up. *Nutrients*, 10(12), 1887, doi:10.3390/nu10121887

Mountjoy, M. L., Burke, L. M., Stellingwerff, T., & **Sundgot-Borgen, J.** (2018). Relative Energy Deficiency in Sport: The Tip of an Iceberg. *Int J Sport Nutr Exerc Metab*, 28(4), 313-315. doi: 10.1123/ijsnem.2018-0149

Rosenvinge, J. H., **Sundgot-Borgen, J.**, Pettersen, G., Martinsen, M., Stornaes, A. V., & Pensgaard, A. M. (2018). Are adolescent elite athletes less psychologically distressed than controls? A cross-sectional study of 966 Norwegian adolescents. *Open Access J Sports Med*, 9, 115-123. doi: 10.2147/oajsm.s156658

Mountjoy M, **Sundgot-Borgen JK**, Burke LM, *et al.* (2018). International Olympic Committee Author Consensus Statement Update 2018: Relative Energy Deficiency in Sport (RED-S). *Br J Sports Med*, 52(11), 687-697. doi: 10.1136/bjsports-2018-099193.

Mountjoy M, **Sundgot-Borgen JK**, Burke LM, *et al.* (2018). International Olympic Committee Author Consensus Statement Update 2018: Relative Energy Deficiency in Sport (RED-S) *Int J Sport Nutr Exerc Metab.*, 28(4), 316-331. doi: 10.1123/ijsnem.2018-0136.

Bakland, M., **Sundgot-Borgen, J.**, Wynn, R., Rosenvinge, J.H., Stornaes, A. J. & Pettersen, G. (2018). Therapists experiences with a new treatment combining physical exercise and dietary therapy (the PED-t) for eating disorders: an interview study in a randomised controlled trial at the Norwegian School of Sport Sciences. *BMJ Open*, 8(1), doi: 10.1136/bmjopen-2017-019386.

Mathisen, T. F., Rosenvinge, J. H., Friberg, O., Pettersen, G., Stensrud, T., Hansen, B. H., . . . **Sundgot-Borgen, J.** (2018). Body composition and physical fitness in women with bulimia nervosa or binge-eating disorder. *Int J Eat Disord*, *51*(4), 331-342. doi: 10.1002/eat.22841

Bratland-Sanda, S., Øverby, N. S., Bottegaard, A., Heia, M., Støren, Ø., **Sundgot-Borgen, J.** & Torstveit, M. K. (2018). Maximal Strength Training as a Therapeutic Approach in Long-Standing Anorexia Nervosa: A Case Study of a Women With Osteopenia, Menstrual Dysfunction, and Compulsive Exercise. *Clinical Case Studies*, *17*:2, 91-103. doi.org/10.1177/1534650118755949

Sundgot-Borgen, C., Bratland-Sanda, S., Engen, K. M. E., Pettersen, G., Friberg, O., Torstveit, M. K., Kolle, E., Piran, N., **Sundgot-Borgen, J.** & Rosenvinge, J. H. (2018). The Norwegian healthy body image programme: study protocol for a randomized controlled school-based intervention to promote positive body image and prevent disordered eating among Norwegian high school students. *BMC Psychology*, *6*(1):8. doi: 10.1186/s40359-018-0221-8

Pettersen, G., Rosenvinge, J. H., Bakland, M., Wynn, R., Mathisen, T. F., & **Sundgot-Borgen, J.** (2018). Patients' and therapists' experiences with a new treatment programme for eating disorders that combines physical exercise and dietary therapy: the PED-t trial. A qualitative study protocol. *BMJ Open*, *8*(1). doi: 10.1136/bmjopen-2017-018708

Fahrenholtz I.L., Sjödin A., Benardot D., Skouby S., Thornberg Å., Faber J., **Sundgot-Borgen J.**, Melin A. K. (2018). Within-day Energy Deficiency and Reproductive Function in Female Endurance Athletes. *Scand J Med Sci Sports*. *28*. 1139–1146. <https://doi.org/10.1111/sms.13030>

Mathisen, F. T., Rosenvinge, J. H., Pettersen, G., Friberg, O., Vrabel, K., Bratland-Sanda, S., Svendsen, M., Stensrud, T., Bakland, M., Wynn, R., **Sundgot-Borgen, J.** (2017). The PED-t trial protocol: The effect of physical exercise and dietary therapy compared with cognitive behavior therapy in treatment of bulimia nervosa and binge eating disorder. *BMC Psychiatry*, *17*(1).

Mathisen, T.F., Engen, K.M., **Sundgot-Borgen, J.**, Stensrud, T. (2017). Evaluation of a short protocol for indirect calorimetry in females with eating disorders and healthy controls. *Clinical Nutrition ESPEN*, *22*. 28-35.

Pettersen, G., Sørdal, S., Rosenvinge, J. H., Skomakerstuen, T., Mathisen, T. F. & **Sundgot-Borgen, J.** (2017). How do women with eating disorders experience a new treatment combining guided physical exercise and dietary therapy? An interview study of women participating in a Randomized Controlled Trial at the Norwegian School of Sport Sciences. *BMJ Open*, *7*, doi: 10.1136/bmjopen-2017-018588

Müller, W., Lohman, T.G., Stewart, A.D., Maughan, R.J., Meyer, N.L., Kirihennedige, N., Reguant, A., Risoul-Salas, V., **Sundgot-Borgen, J.**, Ahammer, H., Anderhuber, F., Fürhapter-Rieger, A., Kainz, P., Materna, W., Pilsl, U., Ackland, T.R. (2016). Subcutaneous fat patterning in athletes: selection of appropriate sites and standardisation of a novel ultrasound measurement technique. *Br J Sports Med*, *50*:45-54.

Bergeron, M.F., Mountjoy, M., Armstrong, N., Chia, M., Côté, J., Emery, C., Faigenbaum, A., Hall Jr, G, Kriemler, S., Léglise, M., Malina, R.M., Pensgaard, A.M., Sanchez, A., Soligard, T., **Sundgot-Borgen, J.**, van Mechelen, W., Weissensteiner, J.R., Erdener, U., and Engebretsen, L. (2015). International Olympic Committee Consensus Statement on Youth Athletic Development. *Br J Sports Med*, *49*, 843-851 doi:10.1136/bjsports-2015-094962.

Bratland-Sanda, S., Pauline Nilsson, M., **Sundgot-Borgen, J.** (2015). Disordered eating behavior among group fitness instructors: a health-threatening secret? *J Eat Disord*, *3*, 22.

- Bratland-Sanda, S., Myklebust, G., **Sundgot-Borgen, J.** (2015). Injuries and musculoskeletal pain among Norwegian group fitness instructors. *Eur J Sport Sci*, 9, 1-9.
- Bratland-Sanda, S., **Sundgot-Borgen, J.** (2015). "I'm concerned - What Do I Do?" recognition and management of disordered eating in fitness center settings. *Int J Eat Disord*, 48(4), 415-423.
- Danielsen, K.K., **Sundgot-Borgen, J.**, Rugseth, G. (2015). Severe Obesity and the Ambivalence of Attending Physical Activity-Exploring Lived Experiences. *Qual Health Res*, 1-12.
- Martinsen, M., Sherman, R.T., Thompson, R.A., **Sundgot-Borgen, J.** (2015). Coaches' Knowledge and Management of Eating Disorders: A Randomized Controlled Trial. *Med Sci Sports Exerc*, 47(5), 1070-1078.
- Melin, A.K., Tornberg, Å.B., Skouby, S.O., Møller, S.S., Faber, J., **Sundgot-Borgen, J.**, Sjødin, A. (2015). Lower energy density and high fibre intake are dietary concerns in female endurance athletes. *Scand J Med Sci Sports*, published Online First: 6 July 2015. doi: 10.1111/sms.12516.
- Mountjoy, M., **Sundgot-Borgen, J.**, Burke, L., et al. (2015). The IOC relative energy deficiency in sport clinical assessment tool (RED-S CAT). *Br J Sports Med*, 49, 421-3.
- Mountjoy, M., **Sundgot-Borgen, J.**, Burke, L., Carter, S., Constantini, N., Lebrun, C., Meyer, N., Sherman, R., Steffen, K., Budgett, R., Ljungqvist, A., Ackerman, K. (2015). Authors 2015 additions to the IOC consensus statement-Relative Energy Deficiency in Sport. *Br J Sports Med*, 49, 417-420.
- Danielsen, K.K., **Sundgot-Borgen, J.**, Mæhlum, S., Svendsen, M. (2014). Beyond weight reduction: Improvements in binge eating, depression and quality of life, after an intensive lifestyle intervention with high volume of physical activity in subjects with severe obesity. *Ann Med*, 46(5), 273-282.
- Joy, E., De Souza, M. J., Nattiv, A., Misra, M., Williams, N. I., Mallinson, R. J, Gibbs, J. C., Olmsted, M., Goolsby, M., Matheson, G., Barrack, M., Burke, L., Drinkwater, B., Lebrun, C., Loucks, A.B., Mountjoy, M., Nichols, J. & **Sundgot Borgen J.** (2014). 2014 Female Athlete Triad Coalition Consensus Statement on Treatment and Return to Play of the Female Athlete Triad. *Curr Sports Med Rep*, 13 (4), 219-232.
- Martinsen, M., Bahr, R., Gresko, R., Pennsgård, A.M., **Sundgot-Borgen J.** (2014). Preventing eating disorders among young elite athletes: A randomized controlled trial. *Med Sci Sports Exerc*, 46 (3), 435-447.
- Martinsen, M., Holme, I., Pensgaard, A.M., Torstveit, M.K. & **Sundgot-Borgen, J.** (2014). The development of the brief eating disorder in athletes questionnaire. *Med Sci Sports Exerc*, 46(8), 1666-1675.
- Martinsen, M., & **Sundgot-Borgen, J.** (2014). Adolescent elite athletes' cigarette smoking, use of snus, and alcohol. *Scand J Med Sci Sports*, 24(2), 439-446.
- Melin, A., Tornberg, Å.B., Skouby, S., Faber, J., Ritz, C., Sjødin, A., **Sundgot-Borgen, J.** (2014). The LEAF questionnaire: a screening tool for the identification of female athletes at risk for the female athlete triad. *Br J Sports Med*, Published Online First.
- Melin, A., Torstveit, M.K., Burke, L., Marks, S. & **Sundgot-Borgen, J.** (2014). Disordered eating and eating disorders in aquatic sports. *Int J Sport Nutr Exerc Metab*, 24(4), 450-459.

Melin, A., Tornberg Å.B., Skouby, S., Møller S.S., **Sundgot-Borgen, J.**, Faber, J., Sidelmann, J.J., Aziz, M., & Sjödin, A. (2014). Energy availability and the female athlete triad in elite endurance athletes. *Scand J Med Sci Sports*, Published Online First.

Mountjoy, M., **Sundgot-Borgen, J.**, Burke, L., et al. (2014). The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S). *Br J Sports Med*, 48, 491–497.

Bratland-Sanda, S., **Sundgot-Borgen, J.** (2013). Eating disorders in athletes: Overview of prevalence, risk factors and recommendations for prevention and treatment. *Eur J Sport Sci*, 15(3), 499-508.

Danielsen, K.K., Svendsen, M., Mæhlum, S., **Sundgot-Borgen, J.** (2013). Changes in Body Composition, Cardiovascular Disease Risk Factors, and Eating Behavior after an Intensive Lifestyle Intervention with High Volume of Physical Activity in Severely Obese Subjects: A Prospective Clinical Controlled Trial. *Journal of Obesity*. doi: 10.1155/2013/325464

Martinsen, M., **Sundgot-Borgen, J.** (2013). Higher Prevalence of Eating Disorders among Adolescent Elite Athletes than Controls. *Med Sci Sports Exerc*, 45(6), 1188-1197

Meyer, N.L., **Sundgot-Borgen, J.**, Lohman, T.G. et al. (2013). Body Composition for Health and Performance: A Survey of Body Composition Assessment Practice Carried Out by the Ad Hoc Research Working Group on Body Composition Health and Performance, under the auspices of the IOC Medical Commission, *Br J Sports Med*, 47(16), 1044-1053.

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