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Short presentation

I am an associate professor and my primary research concerns the development and implementation of complex interventions (i.e. interventions that require several actors to work together to make several changes in practice) in the primary care sector. For example, we are currently evaluating if new parents' attention to their child's mental well-being can be strengthened in the context of scheduled child assessments in general practice. In the coming years, I will investigate how people who are in an intensive weight loss process experience that dietary changes and medical treatment affect their everyday life. In this connection, I am particularly interested in how the family experiences sharing everyday life with an adult who is undergoing an intensive weight loss process.

I have an academic background in language psychology and a PhD in implementation science; so much of my research focus is about how common understanding between health care providers and patients can be reached and sustainable models for health prevention can be implemented.

I am the head of the child and youth research group at the department of general medicine. We conduct research into pregnancy care, the early parent-child relationship and mental well-being and sleep in older children.

Qualifications

Implementation Science, PhD, University of Copenhagen
2014 → 2017

Award Date: 1 Dec 2017

Language Psychology, Master, University of Copenhagen
2009 → 2012

Award Date: 1 Aug 2012

Employment

Associate Professor

Section of General Practice

København K

1 Sep 2017 → nu

Assistant Professor

Forskningsenheden for Almen Praksis

København K

24 Jan 2013 → 22 Feb 2023

!!Gæstelærer

Department of Nordic Studies and Linguistics

København S, Denmark

1 Feb 2014 → 30 Apr 2014

Senior researcher

Forskningsenheden for Almen Praksis, Syddansk Universitet

Odense, Denmark

1 Sep 2021 → 28 Feb 2023

Research outputs

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, In: BMC Nursing. 23, 14 p., 287.

Increased family psychosocial focus during children's developmental assessments: a study of parents' views

de Voss, Sarah Strøyer, Wilson, Philip Michael John, Ertmann, Ruth Kirk & Overbeck, Gritt, 2024, In: BMC Pediatrics. 24, 1, 14 p., 335.

Kritisk læsning af kvalitative forskningsartikler

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

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

Jessen, J. D., Overbeck, Gritt & Køster-Rasmussen, Rasmus, 1 Nov 2023, In: 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, In: Nordic Journal of Psychiatry. 77, 8, p. 818–823 6 p.

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, In: BJPsych Open. 9, 2, 7 p., 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, In: B M C Pregnancy and Childbirth. 23, 7 p., 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, p. 284-300 16 p.

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, In: Infant Mental Health Journal. 44, 3, 19 p.

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, In: Acta Obstetrica et Gynecologica Scandinavica. 102, 10, p. 1269-1280 12 p.

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, In: Trials. 24, 1, 12 p., 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, In: Danish Medical Journal. 70, 10, 7 p., 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, In: Danish Medical Journal. 70, 10, 7 p., A12220775.

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

Overbeck, Gritt, 2023, In: videnskab.dk. 1 p.

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, In: BMC Health Services Research. 23, 1, 9 p., 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, In: BMC Primary Care. 11 p.

Increasing the psychosocial focus in child developmental assessments: a qualitative study

de Voss, Sarah Strøyer, Wilson, Philip Michael John, Saxild, S. & Overbeck, Gritt, 2023, In: BMC Pediatrics. 23, 1, 11 p., 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, In: Acta Obstetrica et Gynecologica Scandinavica. 102, 1, p. 33-42 10 p.

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, In: BMC Primary Care. 24, 11 p., 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, In: 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, In: BMC Pregnancy and Childbirth. 22, 1, 7 p., 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, In: BMC Health Services Research. 22, 1, 11 p., 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, In: Scandinavian Journal of Public Health. 49, 7, p. 721-729 9 p.

Individ og familie som aktører

Overbeck, Gritt & Nielsen, Kirsten Lykke, 2021, *Forebyggende Sundhedsarbejde*. 7 ed. 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, In: Drugs & Aging. 38, p. 671-685 15 p.

Dealing with parental concerns: A study of GPs' practice

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

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, In: Danish Medical Journal. 67, 12, 7 p., 06200449.

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, In: Danish Medical Journal. 67, 12, 7 p., A06200449.

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, In: Scandinavian Journal of Primary Health Care. 38, 4, p. 464-472 9 p.

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

Davidsen, Annette Sofie, Overbeck, Gritt & Kousgaard, Marius Brostrøm, 2020, In: Counselling and Psychotherapy Research. 20, 1, p. 19-28 10 p.

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

Davidsen, 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 & Davidsen, Annette Sofie, 2019, In: Journal of Interprofessional Care. 33, 5, p. 519-527 9 p.

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

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

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., Oct 2017, In: Journal of Genetic Counseling. 26, 5, p. 1080-1089 10 p.

Kommunikationsundervisningen kan nå længere

Fosgerau, Christina Fogtmann, Davidsen, Annette Sofie, Overbeck, Gritt & Nielsen, Søren Beck, Mar 2017, In: Månedsskrift for Almen Praksis. 2017, 3, p. 273-279

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

Kousgaard, Marius Brostrøm, Overbeck, Gritt & Davidsen, Annette Sofie, 2017, In: International Journal of Integrated Care. 17, 5, 2 p., A70.

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

Overbeck, Gritt, Davidsen, Annette Sofie & Kousgaard, Marius Brostrøm, 28 Dec 2016, In: Implementation science : IS. 11, 165

Forståelse bør være det centrale begreb i kommunikationsundervisningen af læger

Fosgerau, Christina Fogtmann, Overbeck, Gritt, Nielsen, Søren Beck & Davidsen, Annette Sofie, Dec 2016, In: Practicus. 233, p. 38-39 2 p.

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, In: European Journal of Human Genetics. 20, Suppl. 1, p. 428-428 1 p.