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## Main research areas

Quantitative methods in behavioural and translational diabetes research  
Behavioural and psychosocial aspects of living with diabetes

## Qualifications

Sociology  
Award Date: 2 Nov 2009

## Employment

### Forsker

Steno Diabetes Center Copenhagen  
The Capital Region of Denmark  
Herlev, Denmark  
1 Jan 2017 → present

## Publications

### **Trends in type 2 diabetes incidence in a disadvantaged neighbourhood before and during implementation of complex community-based health interventions**

Olesen, K., Stougård, M., Rønn, P. F. & Bloch, P., 4 May 2026, In: *BMJ Open*. 16, 5, e111667.

### **Upper-Limb Complications in Diabetes: A Narrative Review**

Braffett, B. H., Berg, T. J., Zimmerman, M., Olesen, K., Gregersen, S., Krogsgaard, M. R., Dahlin, L. B. & Nørgaard, K., 1 Nov 2025, In: *Diabetes Care*. 48, 11, p. 1865-1874 10 p.

### **Copenhagen Diabetes Consensus (CODIAC) 2021: User involvement in diabetes care, prevention and research**

Bloch, P., Dadaczynski, K., Grabowski, D., Lomborg, K., Olesen, K., Rasmussen, L. N., Rossing, P., Varming, A., Willaing, I., Harris, J., Holt, R. I. G. & Jensen, B. B., Jan 2024, In: *Diabetic medicine : a journal of the British Diabetic Association*. 41, 1, p. e15160 e15160.

### **The impact of upper extremity impairments on work and everyday life of people with type 1 diabetes-A nationwide controlled study**

Wagner, S., Nørgaard, K., Willaing, I., Olesen, K. & Andersen, H. U., Jan 2024, In: *Diabetic medicine : a journal of the British Diabetic Association*. 41, 1, p. e15158 e15158.

### **Development and validation of an instrument to measure social capital in disadvantaged neighborhoods**

Stjernqvist, N. W., Elsborg, P., Olesen, K., Tetens, A., Boye, M. C., Tørslev, M. K., Nielsen, A. V. & Bloch, P., 10 Dec 2023, In: *European Journal of Public Health*. 33, Suppl 2

### **A Short-Form Measure of Diabetes Distress Among Adults With Type 1 Diabetes for Use in Clinical Practice: Development and Validation of the T1-DDS-7**

Nygaard, M., Willaing, I., Joensen, L. E., Lindgreen, P., Stenov, V., Hessler, D., Nørgaard, K., Pedersen-Bjergaard, U. & Olesen, K., 1 Sept 2023, In: *Diabetes Care*. 46, 9, p. 1619-1625 7 p.

**Hands tied: how upper extremity impairments impact work and everyday life of people with type 1 diabetes**

Wagner, S., Norgaard, K., Willaing, I., Olesen, K. & Andersen, H. U., 1 Sept 2023, In: Diabetologia. 66, SUPPL 1, 1, p. S485

**Applying the Supersetting approach to tackle health inequities in disadvantaged settings**

Stougaard, M., Termansen, T., Stjernqvist, N. W., Tetens, A. & Olesen, K., 11 Aug 2023, In: European Journal of Public Health. 33, supl 2, p. ii230 1 p., ckad160.585.

**Upper-Extremity Impairments in Type 1 Diabetes: Results From a Controlled Nationwide Study**

Wagner, S., Nørgaard, K., Willaing, I., Olesen, K. & Andersen, H. U., Jun 2023, In: Diabetes Care. 46, 6, p. 1204-1208 5 p.

**Validation of the type 1 diabetes distress scale (T1-DDS) in a large Danish cohort: Content validation and psychometric properties**

Joensen, L. E., Lindgreen, P., Olesen, K., Nygaard, M., Hessler, D., Andersen, H. U., Christensen, J. O., Kielgast, U. L., Nørgaard, K., Pedersen-Bjergaard, U. & Willaing, I., Apr 2023, In: Heliyon. 9, 4, p. e14633 e14633.

**Social inequalities in the self-management of type 1 diabetes: A serial multiple mediation analysis**

Wagner, S. & Olesen, K., Mar 2023, In: Scandinavian Journal of Public Health. 51, 2, p. 250-256 7 p.

**Improving Health and Diabetes Self-Management in Immigrants with Type 2 Diabetes Through a Co-Created Diabetes Self-Management Education and Support Intervention**

Hempler, N. F., Fagt, C., Olesen, K., Wagner, S., Rasmussen, L. B., Laursen, D. H., Glümer, C., Nygaard, M. & Willaing, I., Feb 2023, In: Journal of community health. 48, 1, p. 141-151 11 p.

**Does health literacy predict cardiometabolic marker trajectories among people with diabetes? A longitudinal mixed-effect analysis**

Olesen, K., Willaing, I., Maindal, H. T. & Andersen, G. S., Jan 2023, In: Journal of Diabetes and its Complications. 37, 1, 108358.

**Staff experiences of diabetes care in residential care facilities for people with severe disabilities in Denmark: a mixed-methods assessment of access to screening for diabetes complications**

Nexø, M. A., Valeur Baumgarten, S., Willaing, I. & Olesen, K., 20 Dec 2022, In: BMJ Open. 12, 12, p. e062403 e062403.

**How has the COVID-19 Pandemic Affected Diabetes Self-Management in People With Diabetes? - A One-Year Follow-Up Study**

Olesen, K., Joensen, L. E., Madsen, K. P. & Willaing, I., 17 Aug 2022, In: Frontiers in Clinical Diabetes and Healthcare. 3, 867025.

**Cultural adaption and psychometric validation of the Danish Illness Identity Questionnaire (IIQ-DK) in adolescents and emerging adults with type 1 diabetes**

Ingersgaard, M. V., Grabowski, D. & Olesen, K., Mar 2022, In: Heliyon. 8, 3, p. e09109 e09109.

**Experiences of stigma among women with gestational diabetes mellitus: a scoping review**

Daidsen , E., Maindal, H. T., Hulvej Rod, M., Olesen, K., Damm, P., Byrne, M. & Kragelund Nielsen, K., 2022.

**The stigma associated with gestational diabetes mellitus: A scoping review**

Daidsen, E., Maindal, H. T., Rod, M. H., Olesen, K., Byrne, M., Damm, P. & Nielsen, K. K., 2022, In: EClinicalMedicine. 52, 13 p., 101614.

**Gestational diabetes mellitus and stigma: A scoping review**

Daidsen , E., Maindal, H. T., Olesen, K., Damm, P., Byrne, M. & Kragelund Nielsen, K., 27 Sept 2021.

**Illness identity and social relations in adolescents and emerging adults with type 1 diabetes**

Grabowski, D., Olesen, K., Willaing, I. & Ingersgaard, M. V., 2021.

**Diabetes stigma and its association with diabetes outcomes: a cross-sectional study of adults with type 1 diabetes**  
Hansen, U. M., Olesen, K. & Willaing, I., Dec 2020, In: Scandinavian Journal of Public Health. Supplement. 48, 8, p. 855-861 7 p.

**Determinants of glycaemic control among patients with type 2 diabetes: testing a process model based on self-determination theory**  
Grønnegaard, C., Varming, A., Skinner, T., Olesen, K. & Willaing, I., Oct 2020, In: Heliyon. 6, 10, p. e04993 e04993.

**Effect of a participatory patient education programme (NEXt Education) in group-based patient education among Danes with type 2 diabetes**  
Christoffersen, L. A., Hansen, A. K., Pals, R. A., Willaing, I., Siersma, V. & Olesen, K., Sept 2020, In: Chronic Illness. 16, 3, p. 226-236 11 p.

**Impact of patient-centred diabetes self-management education targeting people with type 2 diabetes: an integrative review**  
Olesen, K., Folmann Hempler, N., Drejer, S., Valeur Baumgarten, S. & Stenov, V., Jun 2020, In: Diabetic Medicine. 37, 6, p. 909-923 15 p.

**Reasons for Nonadherence to Statins - A Systematic Review of Reviews**  
Ingersgaard, M. V., Helms Andersen, T., Norgaard, O., Grabowski, D. & Olesen, K., 2 Apr 2020, In: Patient Preference and Adherence. 14, p. 675-691 17 p.

**Discrimination and stigma among people with type 2 diabetes in the workplace: prejudice against illness or obesity?**  
Olesen, K., Cleal, B. & Willaing, I., Mar 2020, In: Journal of Public Health. 180, p. 100-101 2 p.

**Danish validation of the type 1 diabetes distress scale (T1-DDS)**  
Lindgreen, P., Olesen, K., Willaing, I., Ohlund, J., Kielgast, U. L., Andersen, H. U. & Joensen, L. E., 2020.

**Improving empowerment, motivation, and medical adherence in patients with poorly controlled type 2 diabetes: A randomized controlled trial of a patient-centered intervention**  
Varming, A. R., Rasmussen, L. B., Husted, G. R., Olesen, K., Grønnegaard, C. & Willaing, I., Dec 2019, In: Patient Education and Counseling. 102, 12, p. 2238-2245 8 p.

**Willingness to pay for flexibility at the workplace for people with diabetes and chronic disease: a discrete choice experiment in a population of workers in Denmark**  
Madsen, K. P., Cleal, B., Olesen, K., Hagelund, L. & Willaing, I., 16 May 2019, In: BMC Public Health. 19, 1, p. 1-9 9 p., 584.

**Does health literacy predict trajectories of cardiometabolic markers in people with diabetes?**  
Olesen, K., Willaing, I., Maindal, H. T. & Andersen, G. S., 11 May 2019. 1 p.

**Diabetes Distress, Intentional Hyperglycemia at Work, and Glycemic Control Among Workers With Type 1 Diabetes**  
Hansen, U. M., Skinner, T., Olesen, K. & Willaing, I., 1 May 2019, In: Diabetes Care. 42, 5, p. 797-803 7 p.

**Empowerment, Motivation and Medical Adherence (EMMA): Results of an RCT in People with Diabetes T2**  
Varming, A. R., Olesen, K. & Willaing, I., 4 Sept 2018.

**Stigma Perceived and Experienced by Adults with Type 1 Diabetes: Linguistic Adaptation and Psychometric Validation of the Danish Version of the Type 1 Diabetes Stigma Assessment Scale (DSAS-1 DK)**  
Hansen, U. M., Willaing, I., Ventura, A. D., Olesen, K., Speight, J. & Browne, J. L., Aug 2018, In: The Patient. p. 1-10 9 p.

**Health Literacy and self-care among visually impaired people with type 1 diabetes in Denmark**  
Schwennesen, N., Barghadouch, A. & Olesen, K., 28 Jul 2018, In: Chronic Illness. 8 p.

**Empowerment, Motivation and Medical Adherence (EMMA): Results of an RCT in Patients with Poorly Regulated Type 2 Diabetes**

Varming, A. R., Olesen, K. & Willaing, I., Jul 2018, In: Diabetes. 67, Suppl 1

**A call for inclusion of work-related diabetes distress in the spectrum of diabetes management: Results from a cross-sectional survey among working people with type 1 diabetes**

Hansen, U. M., Olesen, K., Browne, J. L., Skinner, T. C. & Willaing, I., Jun 2018, In: Diabetes Research and Clinical Practice. 140, p. 139-147 8 p.

**Diabetes Distress and Glycemic Control in Working People with Type 1 Diabetes—The Role of Intentional Hyperglycemia at Work**

Willaing, I., Skinner, T. C. & Olesen, K., 2018, In: Diabetes. 67, Supplement 1

**Improving diabetes-related family functioning and mutual family involvement with co-created family dialogue tools**

Grabowski, D., Andersen, T. H., Olesen, K. & Willaing, I., 2018, In: Diabetic Medicine. 35, S1, p. 126-126 1 p., P293.

**Willingness to pay for flexible working conditions of people with type 2 diabetes: discrete choice experiments**

Nexo, M. A., Cleal, B., Hagelund, L., Willaing, I. & Olesen, K., 15 Dec 2017, In: BMC Public Health. 17, 1, p. 938

**Willingness to pay for flexible working conditions for people with type 2 diabetes**

Nexo, M. A., Cleal, B., Willaing, I. & Olesen, K., Dec 2017. 1 p.

**Non-disclosure of type 2 diabetes at work among Danish employees**

Olesen, K., Cleal, B., Skinner, T. C. & Willaing, I., 13 Sept 2017. 1 p.

**Family dialogue tools: how can healthcare professionals facilitate mutual involvement in families dealing with type 2 diabetes**

Grabowski, D., Olesen, K., Rodriguez Reino, M. B. & Andersen, T. H., 12 Sept 2017. 1 p.

**Characteristics associated with non-disclosure of Type 2 diabetes at work**

Olesen, K., Cleal, B., Skinner, T. & Willaing, I., Aug 2017, In: Diabetic Medicine. p. 1116-1119 3 p.

**Sense of Coherence is associated with LDL-cholesterol in patients with type 1 diabetes – The PROLONG-Steno study**

Olesen, K., Jensen, T. M., Diaz, L. J., Møller, A. C. L., Willaing, I. & Lyssenko, V., 1 Jun 2017, In: Journal of Clinical and Translational Endocrinology. 8, p. 1-5 5 p.

**Family focused diabetes education - How can healthcare professionals facilitate mutual involvement in families with T2D?**

Grabowski, D., Olesen, K. & Andersen, T. H., 2017.

**Higher health literacy is associated with better glycemic control in adults with type 1 diabetes: a cohort study among 1399 Danes**

Olesen, K., F Reynheim, A. L., Joensen, L., Ridderstråle, M., Kayser, L., Maindal, H. T., Osborne, R. H., Skinner, T. & Willaing, I., 2017, In: BMJ open diabetes research & care. 5, 1, p. e000437

**The effect of using interactive communication tools in adults with type-2 diabetes**

Akritidou, S., Husted, G., 'kazakos, K. & Olesen, K., 2017, In: Nursing Reports. 7, 1, p. 6155-6158 2 p.

What does theory-driven evaluation add to the analysis of self-reported outcomes of diabetes education? A comparative realist evaluation of a participatory patient education approach

Pals, R. A. S., Olesen, K. & Willaing, I., Jun 2016, In: Patient Education and Counseling. 99, 6, p. 995-1001 7 p.

Willingness to pay for workplace accommodations for people with diabetes  
Cleal, B., Olesen, K. & Willaing, I., Jun 2016.

**Risk of depressive disorder following disasters and military deployment: systematic review with meta-analysis**

Bonde, J. P., Utzon-Frank, N., Bertelsen, M., Borritz, M., Eller, N. H., Nordentoft, M., Olesen, K., Rod, N. H. & Rugulies, R., Apr 2016, In: The British journal of psychiatry : the journal of mental science. 208, 4, p. 330-6 7 p.

Willingness to pay for workplace accommodations for people with diabetes contra people with chronic disease in general  
Cleal, B., Olesen, K. & Willaing, I., 2016.

**Does retirement reduce the risk of mental disorders? A national registry-linkage study of treatment for mental disorders before and after retirement of 245,082 Danish residents**

Olesen, K., Rod, N. H., Madsen, I. E. H., Bonde, J. P. & Rugulies, R., 2015, In: Occupational and Environmental Medicine. 72, 5, p. 366-372 7 p.

**Psychosocial work conditions associated with sickness absence among hospital employees**

Suadicani, P., Olesen, K., Bonde, J. P. & Gyntelberg, F., Oct 2014, In: Occupational medicine (Oxford, England). 64, 7, p. 503-8 6 p.

**Occurrence of delayed-onset post-traumatic stress disorder: a systematic review and meta-analysis of prospective studies**

Utzon-Frank, N., Breinegaard, N., Bertelsen, M., Borritz, M., Eller, N. H., Nordentoft, M., Olesen, K., Rod, N. H., Rugulies, R. & Bonde, J. P., 1 May 2014, In: Scandinavian Journal of Work, Environment & Health. 40, 3, p. 215-29 15 p.

**Does retirement reduce the risk of myocardial infarction? A prospective registry linkage study of 617 511 Danish workers**

Olesen, K., Rugulies, R., Rod, N. H. & Bonde, J. P., Feb 2014, In: International Journal of Epidemiology. 43, 1, p. 160-7 8 p.

**Job satisfaction and intention to quit the job**

Suadicani, P., Bonde, J. P., Olesen, K. & Gyntelberg, F., Mar 2013, In: Occupational medicine (Oxford, England). 63, 2, p. 96-102 7 p.

**The association between health and sickness absence among Danish and non-Western immigrant cleaners in Denmark**

Carneiro, I. G., Rasmussen, C. D. N., Jørgensen, M. B., Flyvholm, M. A., Olesen, K., Madeleine, P., Ekner, D., Søggaard, K. & Holtermann, A., 1 Jan 2013, In: International Archives of Occupational and Environmental Health. 86, 4, p. 397-405 9 p.

**Associations between psychosocial work environment and hypertension among non-Western immigrant and Danish cleaners**

Olesen, K., Carneiro, I. G., Jørgensen, M. B., Rugulies, R., Rasmussen, C. D. N., Søggaard, K., Holtermann, A. & Flyvholm, M. A., 1 Oct 2012, In: International Archives of Occupational and Environmental Health. 85, 7, p. 829-835 7 p.

**Participation of Danish and immigrant cleaners in a 1-year worksite intervention preventing physical deterioration**

Rasmussen, C. D. N., Jørgensen, M. B., Carneiro, I. G., Flyvholm, M. A., Olesen, K., Søggaard, K. & Holtermann, A., 1 Feb 2012, In: Ergonomics. 55, 2, p. 256-264 9 p.

**Psychosocial work environment among immigrant and Danish cleaners**

Olesen, K., Carneiro, I. G., Jørgensen, M. B., Flyvholm, M. A., Rugulies, R., Rasmussen, C. D. N., Sogaard, K. & Holtermann, A., 1 Jan 2012, In: International Archives of Occupational and Environmental Health. 85, 1, p. 89-95 7 p.

**Health disparities between immigrant and Danish cleaners**

Jørgensen, M. B., Rasmussen, C. D. N., Carneiro, I. G., Flyvholm, M. A., Olesen, K., Ekner, D., Søggaard, K. & Holtermann, A., 1 Aug 2011, In: International Archives of Occupational and Environmental Health. 84, 6, p. 665-674 10 p.