

CURRICULUM VITAE

Anja Frei, PhD

PERSONAL INFORMATION

Position: Senior Researcher at the Epidemiology, Biostatistics and Prevention Institute (EBPI),
University of Zurich, Hirschengraben 84, 8001 Zürich, Switzerland

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Researcher ID: <https://orcid.org/0000-0002-7134-1000> / Publications: [PubMed](#)

EDUCATION

2019 **Habilitation** in Epidemiology and Prevention, Faculty of Medicine, University of Zurich,
Switzerland

2012–2015 **Master of Science in Epidemiology**, London School of Hygiene & Tropical Medicine,
London, United Kingdom

2004–2006 **Doctoral Dissertation** (PhD / Dr. phil.) in Psychology, Social and Health Psychology,
Department of Psychology, University of Zurich, Switzerland

1997–2003 **Master of Science in Psychology**, Department of Psychology, Social and Health Psychology,
University of Zurich, Switzerland

EMPLOYMENT HISTORY

2014–current **Senior Researcher**, Epidemiology, Biostatistics and Prevention Institute, University of Zurich,
Switzerland

2009–2013 **Research Associate**, Institute of General Practice and the Horten Centre for Patient-oriented
Research, University of Zurich, Switzerland

2006–2008 **Project Manager** and **Counsellor**, Centre for Patient Education, University Hospital of Zurich,
Switzerland

2004–2006 **PhD Student**, E-Health Division, University Hospital of Zurich, Switzerland

2002–2003 **Research Assistant**, Psychosocial Medicine and Psychiatric Polyclinic, University Hospital of
Zurich, Switzerland

2001–2001 **Trainee Clinical Psychologist**, Psychiatric University Hospital of Zurich, Switzerland

2000–2001 **Research Assistant**, Psychiatric Polyclinic, University Hospital of Zurich, Switzerland

1990–2001 **Apprenticeship** as a Travel Agent and **employments** in the commercial field in St. Gallen and
Zurich, Switzerland

RESEARCH INTERESTS

- Chronic disease epidemiology, with a focus on chronic obstructive pulmonary disease and older adults
- Design, implementation, and evaluation of interventions and research projects targeting health behavior change and physical activity
- Development and validation of measurement methods, including patient-reported outcomes, acute events, and physical activity measures
- Large-scale population-based epidemiological studies
- Health care research

INSTITUTIONAL RESPONSIBILITIES

2018–current **Director of the WHO Collaborating Centre** on Physical Activity for Health at the Epidemiology, Biostatistics and Prevention Institute, University of Zurich

TEACHING AND ADDITIONAL SELECTED ACTIVITIES

Lectures and courses at University of Zurich:

- Introduction to Epidemiology (PhD and Master’s students in Epidemiology and Biomedicine)
- Prevention in Medical Practice: Lecture on Motivational Interviewing, student group courses on smoking cessation and physical activity counselling (Master’s students in Human Medicine)
- Elective Modules: “Writing a scientific paper” and “Lifestyle and health” (students in Human Medicine).

Additional selected activities:

- Executive member of the Steering Committee of the HEPA Europe Network
- Lecturer for physician group courses within the Swiss national smoking cessation program “Free of Tobacco”
- Examination expert for resource-oriented counselling and smoking cessation for the Swiss Lung Association (federal certificate: Counsellor for Respiratory Diseases and Tuberculosis)