

CURRICULUM VITAE

Anja Frei, PhD

University of Zurich
Epidemiology, Biostatistics and Prevention Institute
Hirschengraben 84
CH-8001 Zurich, Switzerland
E-mail: anja.frei@uzh.ch
Phone: +41 44 634 43 60

EDUCATION

- 2020 **Venia Legendi** (Habilitation) in Epidemiology and Prevention, Medical Faculty, University of Zurich.
- 2012-2015 **Master of Science Epidemiology** (MSc), London School of Hygiene & Tropical Medicine.
- 2004-2006 **Doctoral dissertation** (PhD / Dr. phil), Department of Psychology, University of Zurich.
- 1997-2003 **Licentiata Philosophiae** (MSc) in Psychology, specialization in Social and Health Psychology, Department of Psychology, University of Zurich.

PROFESSIONAL POSITIONS

- 2014-present **Senior Researcher** at the Epidemiology, Biostatistics and Prevention Institute, University of Zurich
- 2009-2013 **Scientific Staff Member** at the Institute of General Practice and the Horten Centre for Patient-oriented Research, University of Zurich
- 2006-2009 **Project Manager** and **Counsellor** at the Centre for Patient Education, University Hospital of Zurich
- 2004-2006 **PhD Candidate** and **Research Assistant** at the Division of E-Health, University Hospital of Zurich
- 2001-2003 **Research Assistant** at the Divisions of Psychosocial Medicine and Psychiatric Policlinic, University Hospital of Zurich
- 2001-2002 **Trainee Clinical Psychologist**, Psychiatric University Hospital of Zurich
- 1990-2001 **Apprenticeship** as a travel agent/commercial clerk and several engagements in the **commercial field**

RESEARCH INTERESTS

- Chronic disease epidemiology, focus on intervention studies in the field of physical activity and health behaviour in chronically ill patients
- Development and assessment of measurement methods (patient-reported outcomes, acute events, physical activity)
- Non-drug interventions and monitoring in COPD and elderly people
- Health care of chronically ill patients

INSTITUTIONAL RESPONSIBILITIES

2018-present **Director of the WHO Collaborating Centre** Physical Activity and Health at the Epidemiology, Biostatistics and Prevention Institute

TEACHING AND ADDITIONAL SELECTED PROFESSIONAL ACTIVITIES

2015-present **Lab faculty member** at University of Zurich, Epidemiology, Biostatistics and Prevention Institute, course *Introduction to Epidemiology* for PhD and master students

2010-present **Lecturer** at University of Zurich, Epidemiology, Biostatistics and Prevention Institute, course *Prevention in medical practice* for medical students in the sixth year (lectures *Motivational Interviewing* (since 2015) and student interactive group courses on *Smoking cessation counselling*)

2010-present **Examination expert** for resource-oriented counselling and smoking cessation, Swiss Lung Association, federal certificate *Counsellor for respiratory diseases and tuberculosis*

2010-present **Lecturer** and conduct of group courses for physicians in the Swiss national smoking cessation program *Free of Tobacco: medical advice for smoking cessation*

AWARDS

Best original scientific work, Swiss Society of General Internal Medicine (SSIM 2014):

„Implementation of the Chronic Care Model in small medical practices improves cardiovascular risk but not glycemic control“, published in *Diabetes Care* (2014). **Best scientific abstract**, Swiss Public Health Conference (2013): “The impact of comorbidities on health status in patients with chronic obstructive pulmonary disease (COPD): The COMCOLD index”. **Poster award**, Swiss Academies of Arts and Sciences (2013): “Implementation of the Chronic Care Model in the treatment of type 2 diabetes patients in Swiss primary care: The cluster randomized controlled CARAT-study”.

PUBLICATIONS <https://www.ncbi.nlm.nih.gov/pubmed/?term=anja+frei>
