

## CV GRITT OVERBECK

**SUMMARY** I specialise in designing, running, and evaluating complex interventions in primary healthcare, with a particular focus on managing process evaluation work packages in the Family Wellbeing Trial, and LightCom trials. As a specialist in implementation science, my research centres on the interface between organisation, communication, and clinical practice. I am particularly interested in how health professionals can be better supported to focus on the core of their work, ultimately to the benefit patients. My work focuses on ensuring that innovative interventions integrate seamlessly into clinical practice to deliver meaningful outcomes.

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**EDUCATION** PhD in Implementation Science (family medicine)(2017)  
MA in Language Psychology, (2012)

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**APPOINTMENTS** Deputy Head of Dept, Dept of public health, University of Copenhagen (2025-)  
Editor, BMC Primary Care (2024-)  
Associate professor Dept. Public health, Section for general practice, University of Copenhagen (2024 -)  
Assistant professor, Dept. Public health, Section for general practice, University of Copenhagen, (2021-2023)  
Senior Researcher, Centre for General Practice (2021-Part-time senior researcher (10% position) at Research Unit for General Practice, University of Southern Denmark (2021-2023)  
Postdoc researcher, Dept. Public health, University of Copenhagen (2017-2020)  
PhD., Research Unit for General Practice, Copenhagen (2014-2017)

## OUTPUTS & COMMUNICATION

**Publications** (58 in total – 5 most important below) H-Score: 9 (google scholar)

Enablers and barriers to implementing collaborative care for anxiety and depression: a systematic qualitative review. G Overbeck, AS Davidsen, MB Kousgaard. Implementation Science 11, 1-16 (cited: 143), 2016

Pregnant women's concerns and antenatal care during COVID-19 lockdown of the Danish society. G Overbeck, AH Graungaard, IS Rasmussen, J Høgsgaard Andersen, et al. Danish medical journal (cited: 31) 2020

What makes deprescription of psychotropic drugs in nursing home residents with dementia so challenging? A qualitative systematic review of barriers and facilitators. AE Moth, P Hølmkjær, A Holm, MP Rozing, G Overbeck. Drugs & Aging 38, 671-685. (cited: 30)2021

Dealing with parental concerns: a study of GPs' practice. CD Poulsen, P Wilson, AH Graungaard, G Overbeck. Patient Education and Counseling 103 (12), 2430-2436

The work and challenges of care managers in the implementation of collaborative care: a qualitative study. G Overbeck, MB Kousgaard, AS Davidsen. Journal of psychiatric and mental health nursing 25 (3), 167-175