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## Research outputs

**Literary exploration as a resource for professional development: Junior doctors' experiences of shared reading**

Wistrand, J., Dellson, P., Forslid, T., Gustafsson, A. W., Johnsson, P., Järholm, K., Ohlsson, A. & Bernhardsson, K., 2025 Nov 11, In: Tidsskrift for omsorgsforskning (Journal of Care Research). 11, 2, p. 56-68

**Kliniska implikationer av viktstigma och patientbemötande vid obesitas**

Christenson, A., Salas, X., Tolvanen, L., Järholm, K. & Nowicka, P., 2025 Nov 7, In: Läkartidningen.

**To What Extent Do Clinical Practice Guidelines for Chronic Diseases Embrace Current Obesity Management Guidance? A Qualitative Content Analysis**

Salas, X., Hussey, B., Birney, S., Breen, C., Crotty, M., Järholm, K., Mooney, V., Sveinsdóttir, E., Hussey, J., Woodward, E. & Yumuk, V., 2025 Nov 3, (E-pub ahead of print) In: Obesity Facts.

**Not for children's ears? Parents' insights into early childhood overweight and obesity treatment**

Sjunnestrand, M., Neuman, N., Ek, A., Nordin, K., Ramos Salas, X., Järholm, K., Eli, K. & Nowicka, P., 2025 Jul 15, (E-pub ahead of print) In: Scandinavian Journal of Primary Health Care. 44, 1, p. 1-12 12 p.

**AMOS2: Five-Year Outcomes After Bariatric surgery or Intensive Treatment in Adolescents with Severe Obesity: a Randomized Clinical Trial**

Järholm, K., Jansson, A., Peltonen, M., Dahlgren, J., Neovius, M., Sjögren, L. & Olbers, T., 2025 May, p. 452-452.

**Families Experiences of mHealth Care in the Treatment of Childhood Obesity: a qualitative study**

Torstensson, T., Sjögren, L., Kindblom, J., Roswall, J., Järholm, K., Kjellberg, E. & Löf, M., 2025 May, p. 300-300. 1 p.

**Not for children's ears? Parents recall childhood obesity treatment for their young children**

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### **Long-Term Experience of Undergoing Metabolic and Bariatric Surgery as an Adolescent**

Örn, M., Järholm, K., Gronowitz, E., Dahlgren, J., Olbers, T., Sjögren, L. & Engström, M., 2025 Mar 29, In: Obesity Science Practice. 11, 2

### **Shared reading as an intervention to improve health and well-being in adults: a scoping review**

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### **ADHD, self-reported mental health and weight loss 10 years after metabolic-bariatric surgery during adolescence**

Björk, A., Dahlgren, J., Gronowitz, E., Bruze, G., Wentz, E., Flodmark, C.-E., Marcus, C., Olbers, T. & Järholm, K., 2025, (E-pub ahead of print) In: Obesity Facts.

### **Authors reply: Obesity treatment in adolescents and adults in the era of personalized medicine**

Sundbom, M., Järholm, K., Sjögren, L., Nowicka, P. & Trolle Lagerros, Y., 2025, In: Journal of Internal Medicine. 297, 3, p. 341-342

### **Hur mår barn och ungdomar med obesitas psykiskt?**

Järholm, K., 2025, Barnläkaren, 3, p. 26-27.

### **Internalized Shame in Treatment-Seeking Adults with Obesity Class II-III and its Association with Quality of Life, Body Image, and Self-Esteem**

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### **Nya möjligheter i behandling av barn och ungdomar med obesitas: En kronisk sjukdom som kräver långsiktig behandling**

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### **Multidisciplinary treatment of childhood obesity**

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### **'My goal was to become normal'—A qualitative investigation of coping with stigma, body image and self-esteem long-term after bariatric surgery**

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### **Metabolic and bariatric surgery for adolescents with severe obesity: Benefits, risks, and specific considerations**

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### **"Vissa patienter med obesitas behöver läkemedel"**

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**Cognitive functioning in adolescents with severe obesity undergoing bariatric surgery or intensive non-surgical treatment in Sweden (AMOS2): a multicentre, open-label, randomised controlled trial**

Järholm, K., Gronowitz, E., Jansson, A., Peltonen, M., Sjögren, L., Beamish, A., Dahlgren, J., Mårtensson, J. & Olbers, T., 2024, In: EClinicalMedicine. 70, April 2024, 102505.

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**An intricate dance of intersubjectivity: The social and cognitive benefits of a digital shared reading group**

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**Comment on: Association between attention deficit hyperactivity disorder and outcomes after metabolic and bariatric surgery: a nationwide propensity matched cohort study**

Järholm, K., 2023, In: Surgery for Obesity and Related Diseases. 19, 2, p. 100-101

**Development of Swedish National Guidelines for Obesity Care**

Nowicka, P., Sjögren, L., Bertilsson, A.-S., Järholm, K., Sellberg, F., Sundbom, M., Thalén, L. & Trolle Lagerros, Y., 2023

**Long-term outcomes following adolescent metabolic and bariatric surgery**

Beamish, A., Ryan Harper, E., Järholm, K., Janson, A. & Olbers, T., 2023, In: The Journal of clinical endocrinology and metabolism. 108, 9, p. 2184-2192

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**Metabolic and bariatric surgery versus intensive non-surgical treatment for adolescents with severe obesity (AMOS2): a multicentre, randomised, controlled trial in Sweden**

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**Long-term changes in dietary intake and its association to eating-related problems after gastric bypass in adolescents**

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**AMOS2: Two-Year Outcomes After Bariatric surgery or Intensive Treatment in Adolescents with Severe Obesity – a Randomized Clinical Trial**

Järholm, K., Jansson, A., Peltonen, M., Gronowitz, E., Engström, M., Beamish, A., Dahlgren, J., Sjögren, L. & Olbers, T., 2022.

**Vågar vi väga barn?**

Järholm, K. & Grelz, M., 2022, Skolhälstan.

**Depression, anxiety, and suicidal ideation in young adults 5 years after undergoing bariatric surgery as adolescents**

Järholm, K., Olbers, T., Peltonen, M., Marcus, C., Flodmark, C. E., Gronowitz, E., Dahlgren, J. & Karlsson, J., 2021 May 1, In: Eating and Weight Disorders. 26, 4, p. 1211-1221 11 p.

**High prevalence of neurodevelopmental problems in adolescents eligible for bariatric surgery for severe obesity**

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**Obesitasopererade patienter ska livslångt följas upp i primärvården**

Järholm, K., Mossberg, K., Olbers, T. & Engström, M., 2021, AllmänMedicin, 4.

**Patients' views of long-term results of bariatric surgery for super-obesity: sustained effects, but continuing struggles**

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**Three decades of increase in health anxiety: Systematic review and meta-analysis of birth cohort changes in university student samples from 1985 to 2017**

Kosic, A., Lindholm, P., Järholm, K., Hedman-Lagerlöf, E. & Axelsson, E., 2020 Apr, In: Journal of Anxiety Disorders. 71, 102208.

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**Five-year outcomes in mental health problems in adolescents undergoing bariatric surgery: results from a prospective Swedish nationwide study**

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**Predictors of suicidal ideation in adolescents five years after bariatric surgery – results from a prospective Swedish nationwide study (AMOS)**

Järvholm, K., Olbers, T., Marcus, C., Flodmark, C.-E., Peltonen, M., Gronowitz, E., Dahlgren, J. & Karlsson, J., 2019.

**Symptoms of Neurodevelopmental Problems in Adolescents With Severe Obesity (AMOS II)**

Björk, A., Dahlgren, J., Gronowitz, E., Engström, M., Klaesson, S., Jansson, A., Olbers, T. & Järvholm, K., 2019.

We still need to know more about adolescents with attention deficit hyperactivity disorder who undergo surgery for severe obesity

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**Book talks among people with chronic non-cancer pain: Literary meaning making in a shared reading group**

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Abrahamsson, N., Jacobson, P., Järvholm, K., Larsson, I., Magnusson, M., Rydén, M., Trolle Lagerros, Y. & Uddén Hemmingsson, J., 2018 Oct 11, In: *Svenska Dagbladet Debatt*.

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**Binge eating and other eating-related problems in adolescents undergoing gastric bypass: results from a Swedish nationwide study (AMOS)**

Järvholm, K., Olbers, T., Peltonen, M., Marcus, C., Dahlgren, J., Flodmark, C. E., Henfridsson, P., Gronowitz, E. & Karlsson, J., 2018 Aug 1, In: *Appetite*. 127, p. 349-355 7 p.

**Laparoscopic Roux-en-Y gastric bypass in adolescents with severe obesity (AMOS): a prospective, 5-year, Swedish nationwide study**

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**Characteristics of adolescents with poor mental health after bariatric surgery**

Järvholm, K., Karlsson, J., Olbers, T., Peltonen, M., Marcus, C., Dahlgren, J., Gronowitz, E., Johnsson, P. & Flodmark, C.-E., 2016 Feb 3, In: *Surgery for Obesity and Related Diseases*.

**Mental health in adolescents 1 to 5 years after bariatric surgery – results from a Swedish nationwide study AMOS**

Järvholm, K., Olbers, T., Flodmark, C.-E., Marcus, C., Dahlgren, J., Gronowitz, E. & Karlsson, J., 2016, *Obesity Facts* . Vol. 9. p. 300

**Mental health in adolescents undergoing bariatric surgery: Psychological outcomes four months and two years after gastric bypass**

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**The Adolescent Morbid Obesity Surgery (AMOS) study: Fiveyear outcomes following laparoscopic Roux-en-Y gastric bypass in a Swedish nationwide study**

Olbers, T., Beamish, A., Gronowitz, E., Peltonen, M., Neovius, M., Flodmark, C.-E., Dahlgren, J., Friberg, P., Göthberg, G., Mårild, S., Ekbohm, K., Järvholm, K. & Marcus, C., 2016, p. 296.

**Weight-related psychosocial problems in adolescents before and over 5 years after bariatric surgery – results from a Swedish nationwide study AMOS**

Järvholm, K., Olbers, T., Flodmark, C.-E., Marcus, C., Dahlgren, J., Gronowitz, E., Peltonen, M., Beamish, A., Engström, M., Friberg, P., Ekbohm, K., Neovius, M. & Karlsson, J., 2016, p. 295.

### **A5027 - Characteristics of adolescents with a poor mental health outcome after bariatric surgery**

Järholm, K., Karlsson, J., Peltonen, M., Marcus, C., Olbers, T., Johnsson, P., Dahlgren, J., Flodmark, C.-E. & Gronowitz, E., 2015.

### **Two-year trends in psychological outcomes after gastric bypass in adolescents with severe obesity.**

Järholm, K., Karlsson, J., Olbers, T., Peltonen, M., Marcus, C., Dahlgren, J., Gronowitz, E., Johnsson, P. & Flodmark, C.-E., 2015, In: Obesity. 23, 10, p. 1966-1972

### **Depression Symptoms in Adolescents with Severe Obesity Two Years After Gastric Bypass**

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### **Switching From Originator to Biosimilar Human Growth Hormone Using Dialogue Teamwork: Single-Center Experience From Sweden.**

Flodmark, C.-E., Lilja, K., Woehling, H. & Järholm, K., 2013, In: Biologics in Therapy. 3, 1, p. 35-43

### **Short-Term Psychological Outcomes in Severely Obese Adolescents After Bariatric Surgery**

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### **Psychological outcomes in severely obese adolescents short term after gastric bypass**

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### **Overweight: What kids say: What's really causing the childhood obesity epidemic**

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### **Self-concept improves in severely obese adolescents shortly after gastric bypass**

Järholm, K., Olbers, T., Marcus, C., Mårild, S., Gronowitz, E., Johnsson, P. & Flodmark, C.-E., 2010.

## **Prizes and Distinctions**

### **Bästa abstract presentation**

Järholm, K. (Recipient), 2022 May

### **Nominerad till Stora psykologpriset**

Järholm, K. (Recipient), 2023

### **Recognised Teaching Practitioner**

Järholm, K. (Recipient), 2026 Mar 19

### **Top cited article 2025**

Järholm, K. (Recipient), 2026

## **Employment**

### **Associate professor, Researcher, Supervisor**

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2022 Jan 1 → present

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Lund, Sweden  
2025 Jun 24 → present

**Clinical psychologist**

Skåne University Hospital: Pediatrics  
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2007 Apr 1 → present