



BRITTA ELSERT GYNNING

1995-12-05

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SUMMARY OF EXPERIENCE & SKILLS

I am currently a doctoral student at Karolinska Institutet, specialising in psychosocial work environment, burnout and patient safety in healthcare. I have extensive experience in analysing large datasets, developing surveys, compiling evidence-based reports and writing policy briefs for decision-makers. I am accustomed to working independently, meeting deadlines and collaborating with public authorities and international stakeholders. A background as an elite athlete has contributed to strong work discipline, resilience under pressure, and the ability to work in a goal-oriented manner under high demands.

EDUCATION

PhD in Epidemiology (Thesis defence Nov 6th, 2026) <i>Karolinska Institutet, IMM</i>	2023 –
MSc , Gender, Justice and Society <i>Umeå University</i>	2021 – 2022
BSc , Public Health Science <i>Mälardalens University</i>	2017 – 2020

WORK EXPERIENCE

Doctoral Student in Epidemiology <i>Karolinska Institutet, IMM</i> <i>Project: Towards Sustainable Healthcare – A Longitudinal Study Linking Healthcare Workers' Work Environment and Health to Safe and High-Quality Patient Care (Swedish Research Council 2022–00806).</i> <ul style="list-style-type: none">▪ <i>Authored 5 scientific articles focusing on the psychosocial work environment in Swedish healthcare and how it may contribute to burnout and risks to patient safety and quality of care. Particular focus on comparing exposures and outcomes across the professions of physicians, registered nurses and nurse assistants.</i>	Mar 2023 –
Coodinator <i>Mid Sweden University</i> <i>Project: New perspectives on the Future of Healthcare – How is Attractive Work Designed?</i> <ul style="list-style-type: none">▪ <i>Responsible for data collection, interviewing, and recruiting phycsians and nurses</i>	Jan 2026 –

Research Assistant

Sep 2022 – Mar 2023

Karolinska Institutet, IMM

- Processed and analysed data from the LOHHCS survey (Swedish Longitudinal Database for Studies of Work Environment and Health in Healthcare).
- Contributed to the authorship of a national mapping of the Swedish public healthcare sector, commissioned by the Swedish Work Environment Authority

Elite Football Player

Jan 2013 – Nov 2021

Damallsvenskan & Elitettan,

AIK, Eskilstuna United, Hammarby Fotboll

PUBLISHED MATERIAL

REPORTS

- Emma Brulin och Britta Elsert Gynning. "En kartläggning av arbetsmiljö och hälsa hos undersköterskor, sjuksköterskor och läkare i den offentliga hälso- och sjukvården". Gävle: Myndigheten för arbetsmiljökunskap, 2023.

ACADEMIC ARTICLES (selection)

- Gynning, Britta E., et al. "Impact of Work–Life Interference on Burnout and Job Discontent: A One–Year Follow–up Study of Physicians in Sweden". *Scandinavian Journal of Work, Environment & Health*, (2024).
- Gynning, Britta E., et al. "Contextualising the Job Demands–Resources Model: A Cross–Sectional Study of the Psychosocial Work Environment across Different Healthcare Professions". *Human Resources for Health* 22, nr 77 (2024).
- Gynning, Britta E., et al. "Workplace Mistreatment of Swedish Health Care Professionals: Prevalence and Perpetrators across Profession, Sex, and Birth Country". *BMC Health Services Research* 25, nr 465 (2025).
- Gynning, Britta E., et al. "Do job resources buffer the harmful effects of job demands on burnout complaints? A 1–year cohort study of Swedish healthcare professionals." *International Journal of Nursing Studies Advances*. 9 (2025).
- Gynning, Britta E., et al. "Relative Impact of Psychosocial Factors on Burnout across Healthcare Professional Roles". *Occupational Medicine*. kqaf121 (2025).

CONFERENCE PAPER

- Gynning E, B., Christiansen, F., Lidwall, U., & Brulin, E. *The longitudinal impact of work–life interference on burnout among male and female physicians in Sweden during the COVID–19 pandemic*. Presenterad på EAWOP 2023, Katowice, Polen.
- Gynning E, Britta, De Beer Leon, Karlsson Elin, Gustavsson Per, Christiansen Filip, Teoh Kevin & Brulin Emma. *Investigating the Interplay Between Psychosocial Work Stressors, Resources, and Burnout Among Healthcare workers in Sweden: A one year follow up*. Presenterad på EAOHP 2024, Granada, Spanien.
- Gynning E, Britta, De Beer Leon, Karlsson Elin, Teoh Kevin, Gustavsson Per, Ekberg Kerstin, Lidwall Ulrik, & Brulin Emma. *Exploring the relative impact of psychosocial work factors on burnout complaints and the subsequent effect on the perceived quality of care provided*

across healthcare professions. Presenterad på EPICOH 2025, Utrecht, Nederländerna.
<https://doi.org/10.1136/oemed-2025-EPICOHabstracts.80>

- Gynning, Britta E, Elin Karlsson, Kevin Teoh, Per Gustavsson, Filip Christiansen, och Emma Brulin. *Linking professional role, psychosocial work factors, and burnout complaints to the subsequent effect on the perceived quality of care provided*. Presenterad på ICOH-WOPS 2025, Ho Chi Minh City, Vietnam.

PROGRAMMING

- SPSS (Advanced), Stata (Good), R (Good)

MERITS

- **Teacher in statistics & assistant supervisor** 2023 –
Karolinska Institutet, magisterprogrammet i arbete och hälsa,
- **Guest researcher** Oct – Dec 2024
Birkbeck University of London

Grants

- **Karolinska Institutet Travelgrant** (SEK 10 000) 2024
- **Karolinska Institutet Travelgrant for guest researchers** (SEK 30 000). 2024
- **Erik & Edith Fernström Foundation** (SEK 130 000) 2024

LANGUAGE

- **Swedish** – Native
- **English** – Fluent in writing and speech