

Married 1984 to Anne Blix Werner – dentist, specialist in orthodontics  
3 children: Marie (b. –86), Birgitte (b. –87) and Nicolay (b. –93)

### Education

|      |                               |
|------|-------------------------------|
| 1986 | Cand.med; University of Oslo  |
| 1997 | Specialist in family medicine |
| 2008 | PhD; University of Bergen     |

### Employments

|                      |   |
|----------------------|---|
| 1987 – 1988          | Intern, Nordland Sentralsykehus og Fauske kommune   |
| 1988 – 1990          | Military service / part time military surgeon, Norwegian Airforce at Bodø   |
| 1989 – 1990          | Family practice, Tverlandet legesenter (Bodø)   |
| <b>1990 – cont'd</b> | <b>Family practice, <i>Fastlege</i>, Eydehavn legekantor (Arendal)</b>  |
| 1996 – 1997          | Resident, Dep of Physical Medicine and Rehabilitation, Central Hospital, Arendal                                  |
| <b>2000 – cont'd</b> | <b>Principal medical officer, Arendal community (20%)</b>   |
| 2004 – 2007          | Consultant, Spine clinic, Sørlandet Hospital, Arendal (15%)   |
| <b>2010 – cont'd</b> | <b>Consultant, Spine clinic, Sørlandet Hospital, Arendal (10%)</b>  |
| <b>2007 – cont'd</b> | <b>Senior researcher, Research Unit for General Practice, Uni Health, Bergen (40% until 2014, 20% thereafter)</b> |
| <b>2014 – cont'd</b> | <b>Associate professor, Dep of General Practice, Institute of Health and Society, University of Oslo (50%)</b>    |

### Elected representative

|               |   |
|---------------|---|
| 1992 – 2005:  | Chairman, Doctors' Social Club, Arendal                               |
| 1996 – 2001:  | Representative, family doctors in Arendal community                   |
| 1996 – 2007:  | Representative, The Norwegian Medical Association                     |
| 2000 – 2006:  | Board member, The Norwegian Spine Research Association                |
| 2006 – cont'd | Board member, Musculoskeletal diseases, Norwegian Medical Association |
| 2013 – cont'd | Board member, The Norwegian Spine Research Association                |

### Research grants

|             |   |
|-------------|---|
| 2004 – 2006 | Fellowship, The Rehabilitation Hospital at Stavern (20%)                  |
| 2011        | Grant, The Norwegian Medical Association – <i>Kvalitetssikringsfondet</i> |
| 2012 – 2013 | Grant, The Norwegian Medical Association – <i>Kvalitetssikringsfondet</i> |
| 2014 – 2015 | Grant, The Norwegian Labour and Welfare Administration - <i>Farve</i>     |

## **Publications**

- Werner EL. Allmennpraktikere i sykehus. (Family Doctors in hospitals *In Norwegian*) *Tidsskr Nor Lægeforen* 1998; 29 (118) 4534-6
- Werner EL. Legevakten i Arendal – en ny modell for interkommunal legevakt. (The emergency room in Arendal – a new model for intercommunity emergency rooms *In Norwegian*) *Tidsskr Nor Lægeforen* 2001; 14 (121) 1704-6
- Werner EL, Lærum E, Ihlebæk C. Hva gjør primærlegen med ryggpasienten? (How does the family doctor manage the back pain patient? *In Norwegian*) *Tidsskr Nor Lægeforen* 2002; 122: 1800-3
- Werner EL, Indahl Aa. Kunnskap, praksis og holdninger til ryggglidelser hos leger, fysioterapeuter og kiropraktorer. (Knowledge, practice and attitudes to back pain among doctors, physiotherapists and chiropractors *In Norwegian*) *Tidsskr Nor Lægeforen* 2005; 13-14 (125) 1794-7
- Werner EL, Ihlebæk C, Skouen JS, Lærum E. Beliefs about Low Back Pain in the Norwegian general population: Are they related to pain experiences and health professionals? *Spine* 2005; 30 (15) 1770-6
- Werner EL, Lærum E, Wormgoor M, Lindh E, Indahl Aa. Peer support in an occupational setting preventing LBP related sick leave. *Occupational Medicine*. 2007; 57: 590-5
- Buchbinder R, Gross D, Werner EL, Hayden J. Understanding the characteristics of effective mass media campaigns for back pain and methodological challenges in evaluating their effects. *Spine* 2008; 33 (1) 74-80.
- Werner EL, Ihlebæk C, Lærum E, Wormgoor M, Indahl Aa. Low Back Pain Media Campaign: Effect on Beliefs, but not on Sickness Behaviour. *Patient Education & Counseling*. 2008; 71: 198-203
- Werner EL, Gross D, Lie SA, Ihlebæk C., Health care provider back pain beliefs unaffected by a media campaign. *Scand J Primary Health Care* 2008 Mar;26(1):50-6.
- Buchbinder R, Gross D, Werner EL, Hayden J. Mass media campaigns for the prevention of back pain-related disability. In *Chronic Pain: A health policy perspective*. Rashid S., Schopflocher D., Taenzer P., Jonsson E (ed's) 2008, p 193-204. WILEY-VCH Verlag GmbH & Co KGaA, Weinheim. ISBN: 978-3-527-32382-1
- Werner EL, Gross D. The effects of a media campaign on beliefs and utilization of imaging examinations in Norwegian patients with low back pain. *Norsk Epidemiologi* 2009; 19 (1): 73-78
- Werner EL, Côté P. Low back pain and determinants of sickness absence. *Eur J Gen Pract* 2009; 15: 74-79
- Werner EL, Storheim K, Løchting I, Grotle M. The COPE LBP trial: Cognitive Patient Education for Low Back Pain - a cluster randomized controlled trial in primary care. *BMC Musculoskeletal Disorders* 2010; 11:33
- Werner EL (ed), Sharma SP, Kristensen P, Grøndahl JR, Andreassen K, Holmedal Ø. Råd og anbefalinger for riktig bruk av bildediagnostikk ved muskel- skjelettlidelser i allmennpraksis (Advices on best practice for imaging examinations for musculoskeletal disorders in general practice) Report, Norwegian College of General Practice, Oslo 2010.
- Lærum E, Brox JI, Werner EL. Vond rygg - fortsatt en klinisk utfordring. (LBP – still a clinical challenge. *In Norwegian*) *Tidsskr Nor Lægeforen* 2010; 22 (130): 248-51
- Nilsen S, Werner EL, Mæland S, Eriksen HR, Magnussen LH. Considerations made by the general practitioner when dealing with sick-listing of patients suffering from subjective and composite health complaints. *Scand J Prim Care* 2011; 29 (1):7-12
- Werner EL, Côté P, Fullen B, Hayden JA. Physicians' determinants for sick-listing LBP patients – A systematic review. *Clin J Pain* 2012; 28(4): 364-71
- Storheim K, Brox JI, Løchting I, Werner EL, Grotle M. Cross-cultural adaptation and validation of the Norwegian version of the Core Outcome Measure Index for low back pain. *Eur Spine J* 2012; DOI 10.1007/s00586-012-2393-x

- Aamland A, Malterud K, Werner EL. Phenomena associated with sick leave among primary care patients with Medically Unexplained Physical Symptoms: A systematic review. *Scand J Primary Health Care* 2012; 30: 147-155
- Gross DP, Deshpande S, Werner EL, Reneman MF, Miciak MA, Buchbinder R. Fostering change in back pain beliefs and behaviors: when public education is not enough. *The Spine Journal* 2012; 11: 979-88
- Werner EL, Ihlebæk C. Hva gjør primærlegen med ryggpasienten? (Primary care doctors' management of low back pain patients – ten years after.) *Tidsskr Nor Legefor* 2012; 132: 2388-90
- Mæland S, Werner EL, Rosendal M, Jonsdottir I, Magnussen L, Ursin H, Eriksen H. Diagnoses of Patients with Severe Subjective Health Complaints in Scandinavia: A Cross Sectional Study. *ISRN Public Health*, vol. 2012, Article ID 851097, 9 pages, 2012. doi:10.5402/2012/851097. (Open access)
- Gross DP, Deshpande S, Miciak MA, Werner EL, Reneman MF, Buchbinder R. Informing the Public: Preventing Work Disability and Fostering Behavioral Change at the Societal Level. In Loisel P and Anema J (eds.) *Handbook of Work Disability: Prevention and Management*. ISBN 978-1-4614-6213-2 DOI 10.1007/978-1-4614-6214-9\_24, © Springer Science + Business Media New York 2013
- Rat C, Werner EL, Pivette J, Senand J, Nguyen J-M. Hypnotic prescription without face to face contact: A report from French family medicine. *Eur J Gen Pract* 2013; early online. DOI: 10.3109/13814788.2013.777423
- Aamland A, Werner EL, Malterud K. Sickness absence, marginality, and medically unexplained physical symptoms: A focus-group study of patients' experiences. *Scand J Primary Health Care* 2013; 31 (2): 95-100
- Maeland S, Werner EL, Rosendal M, Jonsdottir IH, Magnussen LH, Lie SA, Ursin H, Eriksen HR. Sick-leave decisions for patients with severe subjective health complaints presenting in primary care: A cross-sectional study in Norway, Sweden, and Denmark *Scand J Primary Health Care* 2013; 31: 227-34
- Aamland A, Malterud K, Werner EL. Patients with persistent medically unexplained physical symptoms: a descriptive study from Norwegian general practice. *BMC Fam Pract* 2014; 15:107
- Løchting I, Grotle M, Storheim K, Werner EL, Garratt A. Individualized quality of life in patients with low back pain: Reliability and validity of the Patient Generated Index. *J Rehab Medicine* 2014; 8:

### **Lectures, presentations**

- Werner EL.** The low back consultation. *Back Pain Conference*, 2002 Bergen
- Werner EL.** Leger, fysioterapeuter og kiropraktorer – hva vet vi, og hva formidler vi til våre ryggpasienter? *Norsk Forening for Ryggforskning*, 2004 Oslo
- Werner EL.** Aktiv Rygg – effekt av en holdningskampanje. *Norsk Forening for Ryggforskning*, 2006 Oslo
- Werner EL,** Ihlebæk C, Skouen JS, Lærum E. Beliefs about Low Back Pain in the Norwegian general population: Are they related to pain experiences and health professionals? *Forum VIII International for Primary Care Research on Low-Back-Pain* June, 2006 Amsterdam (Poster)

- Werner EL**, Indahl Aa. Knowledge, Attitudes and Practice about Low Back Pain among Physicians, Physiotherapists and Chiropractors. *Forum VIII International for Primary Care Research on Low-Back-Pain* June, 2006 Amsterdam (Poster)
- Werner EL**, Ihlebæk C, Wormgoor M, Lærum E, Indahl Aa. LBP: Success of a Low Budget Media Campaign. *Forum VIII International for Primary Care Research on Low-Back-Pain* June, 2006 Amsterdam (Oral presentation)
- Buchbinder R, Gross D, **Werner EL**, Hayden J. Understanding the Characteristics of Effective Public Health Interventions for Back Pain and Methodological Challenges in Evaluating their Effects. *Forum VIII International for Primary Care Research on Low-Back-Pain* June, 2006 Amsterdam (Workshop)
- Werner EL**. Ryggbehandling i primærhelsetjenesten. *Nakke- og ryggdagene 2008 – 1. nasjonale tverrfaglige konferanse*, 2008 Oslo (invitert foredragsholder)
- Werner EL**. ”Mestringskontakt” – en enkel modell som halverte ryggrelatert sykefravær i 6 bedrifter. *Nakke- og ryggdagene 2008 – 1. nasjonale tverrfaglige konferanse*, 2008 Oslo (vinner av Innovasjonsprisen)
- Werner EL**. Ryggplager og sykefravær – ”Borte på grunn av vond rygg – er mytene og forskningen sammenfallende?” *KS – Kvalitetskommuneprogrammet*, Oslo 2008 (invited speaker)
- Werner EL**, Indahl Aa. Addressing low back pain in the work place: The Active Back Project. *Liberty Mutual Research Institute for Safety*, Hopkinton, Boston, MA, USA; June 2009 (invited speaker)
- Werner EL**. Media campaigns; the magic bullet for back pain? – Experiences from Norway. *Toronto Western Hospital University Health Network*; Toronto, Canada June 12 2009 (invited speaker)
- Werner EL**, Storheim K, Løchting I, Grotle M. The COPE LBP trial: Cognitive Patient Education for low back pain – a cluster randomized controlled trial in primary care. *Forum X International for Primary Care Research on Low-Back-Pain*, Harvard School of Public Health, Boston, MA, USA June, 2009 (poster presentation)
- Ursin H, Harris A, **Werner EL**. Diagnoses and treatment of unspecific health complaints. *11<sup>th</sup> International Congress of Behavioral Medicine*; Washington DC, USA, August 4, 2010 (Workshop)
- Mæland S, **Werner EL (presenting author)**, Magnussen L, Ursin H, Eriksen H. Diagnostic challenges of subjective and composite health complaints in general practice. *11<sup>th</sup> International Congress of Behavioral Medicine*; Washington DC, USA, August 4, 2010 (Oral presentation)
- Werner EL**, Côté P., Fullen B, Hayden J. Doctors’ determinants for sick-listing LBP patients – a systematic review. *Forum XI International for Primary Care Research on Low-Back-Pain*, Melbourne, Australia March 18, 2011 (oral poster presentation)
- Gross D, **Werner EL**, Reneman M, Hayden J, Buchbinder R. Back pain mass media campaigns: Next steps? (Workshop) *Forum XI International for Primary Care Research on Low-Back-Pain*, Melbourne, Australia March 18, 2011
- Storheim K, Brox JI, Løchting I, **Werner EL**, Grotle M. Reliabilitet og validitet av den norske oversettelsen av kjernespmåler for ryggpasienter. *Nakke- og ryggdagene 2011 – 2. nasjonale tverrfaglige konferanse*, 2011 Trondheim
- Werner EL**. Vond rygg – mer enn bare vondt i ryggen? Hvordan skal vi forstå den langvarige ryggplage? *Nakke- og ryggdagene 2011 – 2. nasjonale tverrfaglige konferanse*, 2011 Trondheim (invited speaker)

- Werner EL.** Kan gode helsetjenester redusere sykefraværet? Norges Fysioterapeutforbund Fagdager 2011, Juni 2011 (invited speaker)
- Werner EL,** Lunke J-T, Aamland Aa. Is work good for health? (Workshop) 17<sup>th</sup> Nordic Congress of General Practice, Tromsø, June 2011
- Magnussen LH, Rosendal M, Jonsdottir I, **Werner EL (chair).** Complex health complaints in the Nordic counties – how are they perceived by the GP's? (Symposium) 17<sup>th</sup> Nordic Congress of General Practice, Tromsø, June 2011
- Werner EL,** La recherche de médecine générale norvégienne. (invited speaker) Université de Nantes, Dep de médecine générale; Nov 2011
- Canévet JP, **Werner EL,** Jourdain M, Rat C, Senand R. Plaintes subjectives et complexes – Une enquête comparative internationale sur les pratiques des généralistes. Congrès des enseignants de médecine générale, Bordeaux 2011.
- Werner EL,** Côté P, Fullen B, Hayden JA. Hvorfor sykmelder vi ryggpasienter? *Norsk Forening for Ryggforskning; Tverrfaglig konferanse,* Oslo 20 april 2012
- Løchting I, Garratt AM, Storheim K, **Werner EL,** Grotle M. Data quality, reliability and validity of the Brief Illness Perception Questionnaire (Brief IPQ) in patients with low back pain. *Norsk Forening for Ryggforskning; Tverrfaglig konferanse,* Oslo 20 april 2012
- Aamland Aa, **Werner EL,** Malterud K. Experiences of sick leave, marginality and medically unexplained physical symptoms. A focus groups study, poster presentation. 15<sup>th</sup> Annual Scientific Meeting of the European Association for Consultation-Liaison Psychiatry and Psychosomatics (EACLPP), 29<sup>th</sup> European Conference on Psychosomatic Research (ECPR) Aarhus, June 2012
- Werner EL,** Ihlebæk C. Have Norwegian GPs changed their management of LBP patients over the past decade? (oral plenary presentation) *Forum XI International for Primary Care Research on Low-Back-Pain,* Odense, Denmark Oct 19 2012
- Werner EL.** Arbeidsdeltagelse som helsefremmende tiltak – fastlegens rolle. (invited speaker) Farve-konferansen, NAV, Oslo 23 okt 2013
- Millet C, Doussin L, Canevet J-P, **Werner EL.** Diagnostic and management challenges of subjective health complaints in general practice. Étude comparative internationale. *Journée recherché en médecine générale du Grand Ouest,* Nantes, France Feb 08 2014
- Werner EL.** *Key note lecture:* Un petit mot de la recherche en médecine générale norvégienne. *Journée recherché en médecine générale du Grand Ouest,* Nantes, France Feb 08 2014
- Werner EL.** Gir mer kunnskap bedre ryggelse? (invited speaker) Nakke- og ryggdagene, Bergen, 3. April 2014
- Werner EL,** Mæland S, Canevet JP, Millet C, Doussin L, Eriksen HR. Physicians across European countries agree on sick leave decisions. *WDPI 2014, The 3rd Scientific Conference on Work Disability Prevention and Integration.* Toronto, Canada, Sept 29 2014
- Mæland S, Magnussen LH, **Werner EL,** Eriksen HR, Hensing G. Stakeholders assessment of patients on long term sickness absence. *WDPI 2014, The 3rd Scientific Conference on Work Disability Prevention and Integration.* Toronto, Canada, Sept 29 2014
- Werner EL,** Storheim K (*presenting author*), Løchting I, Grotle M. – COPE - A Cognitive Patient Education trial for Low Back Pain in Primary Care. *The XIII International Back Pain Forum 2014;* Campos do Jordao, Brazil, Oct 02 2014.
- Werner EL.** The Doctor's role in the Sick Listing Process. Lecture at The University of Ontario Institute of Technology, Toronto, Canada, Oct 1 2014