

# ACADEMIC PORTFOLIO

## 1. BASIC AND CONTACT INFORMATION

**Name:** Nina Barbara Santavirta (Sandelin)

**Date and place of birth:** 4.3.1954, Helsingfors

**Position:** senior lecturer

**Language:** mother tongue Swedish, perfect knowledge in Finnish, good knowledge in English, (basic knowledge in German and French)

**Marital status:** married 1974 to Professor Seppo Sakari Santavirta †

**Children:** Torsten b. 1977; Robin b. 1980

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## Education and degrees

- *Matriculation Examination*, 1973, Läroverket för gossar och flickor, Helsinki
- *Bachelor of Art*, 1980, University of Helsinki, Department of Education
- *Master of Art*, 1984, University of Helsinki, Department of Education
- *Licentiate Examination*, 1992, University of Helsinki, Department of Education
- *PhD, Faculty of Medicine*, 1997, Karolinska Institute, Stockholm, Sweden
- *Docent* (biostatistics), 2001, Åbo Akademi University, Turku, Finland
- *Master of Public Health*, 2002, Karolinska Institute, Stockholm, Sweden
- *Docent* (health behaviour), 2004, University of Helsinki, Faculty of Behavioural Sciences
- Qualified by the Faculty of Education, University of Helsinki as competent for professorship, September, 2000 and October, 2005

## Previous professional appointments

Research assistant (Finnish Academy)	Department of Education, Helsinki University	Part-time 1980-1983
Acting lecturer	Helsinki Swedish Nursing College	1.11-31.12.1981 and 1.8-30.11.1984
Acting assistant	Department of Education, Helsinki University	29.7.1985-31.8.1987
Acting lecturer	Department of Education, Helsinki University	1.9.1987-31.7.1989
Research assistant (Finnish Academy)	Department of Education, Helsinki University	1.8.1989-31.12.1989
Acting lecturer	Department of Education, Helsinki University	1.3.1990-31.12.1991
Research Fellow	Victoria Foundation, Helsinki	1.1.1992-31.12.1995
Researcher	Karolinska Institute, Stockholm Sweden	1.7.1995-30.6.1996
Researcher	Finnish Academy	2.9.1996-31.7.1997
Researcher (evo)	Helsinki University Central Hospital	15.10.1997-31.12.1997, 1.3.1998-31.9.1999
Acting professor	Department of Education, Helsinki University	1.10.1999-31.7.2000
Acting senior lecturer	Department of Education, Helsinki University	1.8.2000-31.7.2001
Acting professor	Department of Education, Helsinki University	1.8.2005-31.7.2006
Senior lecturer (appointed)	Department of Education, Helsinki University	1.8.2001-

**Personal research grants 2007-**

- Signe and Ane Gyllenberg Foundation 2007-2009
- The Finland-Sweden Cultural Fund 2009
- Finnish Academy 2010
- Helsingin yliopiston tiedesäätiö 2010
- Signe and Ane Gyllenberg Foundation 2010

**Supervisor of Doctoral dissertations and licentiate theses**

Supervisor of the following postgraduate thesis, appointed by the Faculty :

Name of the student	University	Grade	Type of Thesis	Theme of the thesis	Present state	Estimated time of completion
Svetlana Solovieva	Faculty of Medicine Helsinki University	PhD	6 Articles (peer rev) + summary	Patients' pain, disability and Quality of Life	Theses published	Graduated January 2005
Riia Palmqvist	Faculty of Social Sciences Helsinki University	PhD	4 Articles (peer rev)+ summary	Adolescence and risk behaviour	Theses published	Graduated January 2008
Camilla Nemlander-Sjöberg	Faculty of Behav. Sciences Helsinki University	Licentiate	Monography	Nursery school teachers' work environment, job satisfaction and workload	Theses published	Graduated September 2005
Hanna Vuorimaa	Faculty of Behav. Sciences Helsinki University	PhD	4 Articles (peer rev) + summary	Self-efficacy in children with JIA	1. article published, 2. article published 3. article published 4. article in print	Planned day for dissertation 19.6.2010
Mika-Erik Walls-Carpelan	Faculty of Behav. Sciences Helsinki university	Licentiate	Monography	e-teaching and e-stress, use of ICT and teachers' work environment	Thesis published	Graduated March 2005
Cecilia Törnkvist	Faculty of Behav. Sciences Helsinki university	PhD	Articles	Finnish war children	Data collected	Graduation est. 2014

**Scientific activities**

- Member of the congress committee for Nordic Society for Pedagogical Research (NFPF), 1990, 1998
- Referee for postgraduate thesis (Licentiate) Camilla Wickström-Grotell, December 2002, Åbo Akademi University, Faculty of Social and Caring Sciences
- Referee for postgraduate thesis (PhD) Oili Kärkkäinen, September 2004, Åbo Akademi University, Faculty of Social and Caring Sciences
- Opponent, PhD dissertation 26.4.2002, Åbo Akademi University, Faculty of Social and Caring Sciences.
- Referee for docentship,
- Member of the board of The Konkordia Research Foundation since 2001, allocating grants for Finland-Swedish female students.
- Invited as referee to a number of international journals 200 -

**Administrative and management duties**

- Member of the Helsinki University City Campus Committee, 2004-2006
- Member of the steering board at the Department of Education (responsible for administration and management of the Department), 2004-2006.
- Chairman of the Student Selection Commission, Department of Education, 2002-2006 (in charge for the yearly numerus clausus student selection)
- Member of the Swedish board (Svenska verksamhetsnämnden) at Helsinki University 2010-2014

**Demonstration lessons, University of Helsinki**

- 1992 excellent skills, University of Helsinki, Department of Education
- 1998 good skills, University of Helsinki, Department of Education
- 2001 good skills, University of Helsinki, Department of Education
- 2003 good skills, University of Helsinki, Department of Psychology

## 2. RESEAC H AND SCIENTI FIC ACTIVITI ES

**Primary fields of research.** After finishing the Licentiate Thesis about teachers' cognitive styles at the Department of Education I got a 4 year doctoral fellowship in educational psychology and was invited as a member to a newly established research group studying patients' (with musculoskeletal diseases) coping with pain and disability. Within this project, I had the opportunity to work at the Karolinska Institute in Stockholm where I defended my PhD thesis 1997. What I gained from my years as a researcher at the Karolinska Institute was the enlargement of the scientific horizon through the eyes of another discipline, another university and another research community (health and caring sciences), very competent education in research methodology and an experience of being a member in a truly multidisciplinary, international research team (see article which albeit its shortcomings due to the high costs of the methodology applied, was a good attempt to conduct multidisciplinary research by measuring stress from psychological perspective, Type A behaviour and from the physiological point of view, neuropeptides in the saliva). Finishing my Thesis led to further education at the Karolinska Institute where I started my studies in Public Health 1997. Public Health is a discipline going very well together with behavioural and pedagogical sciences since most of the major public health issues threatening the well being of people of today need actions which are based on pedagogical and educational theories and concepts (e.g. health education). Furthermore, epidemiological concepts and methods can be fruitful in pedagogical research (see article resubmitted to *Br J Educ Psychol*). Research regarding the theme of my PhD thesis, coping, pain and disability is still going on and it has been supplemented by the concept of "quality of life". A PhD thesis (Solovieva) was accomplished under my supervision in December 2004. In 1998 I initiated a research project. The aim of this longitudinal project was to study the **psychosocial work environment, job satisfaction and workload for Finnish teachers and nurses**. 1028 teachers and 630 nurses participated in the study 1998 and 630 teachers and 350 nurses in 2000. Returning to the Department of Education as acting professor in 1999 the project was affiliated to the Department of Education and in collaboration with Division of Psychosocial Factors & Health at the Karolinska Institute. The project has been successful and generated several publications and theses:

### Articles

1. Santavirta, N. (2003) Construct validity and reliability of the Finnish version of the Demand-Control Questionnaire in two samples of 1028 teachers and 630 nurses. *Educational Psychology*, 23, 423-436.
2. Santavirta, N, Solovieva, S, & Theorell, T. The association between job strain and emotional exhaustion in a cohort of 1028 Finnish teachers. Conditionally accepted, resubmitted 2004 to *British Journal of Educational Psychology*.
3. Santavirta, N. (2003) Arbetsmiljö, trivsel i arbete och utbrändhet. En undersökning om vårdarna på Kirurgiska kliniken vid HUCS/HUS. *Epione*, 46-50.
4. Santavirta, N., Kovero, C. & Solovieva, S. (**in process**) Interaction between demand and decision latitude in five age groups of Finnish teachers.

### Congress abstracts

1. Santavirta N. Schools subjected to temporarily dismissing of personnel. A cohort study of Finnish Teachers' work environment, job satisfaction and workload. Paper presented at European Conference of Education and Research, Lahti, Finland 22-23.9.1999.
2. Santavirta N. & Solovieva S. Work environment, job satisfaction and workload. A longitudinal, epidemiological study of personnel within the human sector. Paper presented at The Fifteenth Symposium on Epidemiology in Occupational Health (EPICOH), August 2001, Copenhagen.
3. Santavirta N, Tuominen, K & Solovieva, S. (2002), Discriminant validity and cut off points of the Job Content Questionnaire. Poster presentation at The 7th International Congress of Behavioural Medicine, August, Helsinki (Poster abstract excellence award).
4. Santavirta, N. & Solovieva, S. (2003) A LISREL analysis of risk factors related to teachers' burnout syndrome. *Interlearn – Multidisciplinary Approaches to Learning*. Conference, Helsinki, 4-5.12.2003.
5. Walls-Carpelan, M-E., Santavirta, N. & Niemi, H. (2003). A shortcut to paradise? The use of ICT among Finnish teachers and the teachers' perception of their work environment. *Interlearn – Multidisciplinary Approaches to Learning*. 2<sup>nd</sup> Conference, Helsinki, 4-5.12.2003.

### Research Reports

1. Lampinen T, Santavirta N, Solovieva S. (1999) Helsingin yliopistollisen keskussairaalan Kirurgian klinikan hoitohenkilökunnan työssä jaksaminen. Helsinki University Central Hospital. Research Report, pp. 44.
2. Santavirta N., Aittola E., Niskanen, P., Pasanen I., Tuominen K. & Solovieva S. (2001) Nyt riittää. Raportti suomalaisten peruskoulun ja lukion opettajien työympäristöstä, työtyytyväisyydestä ja työssä jaksamisesta. University of Helsinki, Department of Education. Research Reports 173

### Post gradual Thesis, Department of Education (ongoing)

- 1) Walls-Carpelan, M.: "eTeaching & eStress. A study of Finnish teachers' use of ICT and their perception of their work environment" (new data collected)
- 2) Nemlander-Sjöberg, C. Decision latitude and demands, a study of nursery school teachers' workload (new data collected)

**Master Thesis, Department of Education (finished)**

1. Aittola, E. 2002. Evaluation of temporary dismissing Finnish teachers in 1997. Effects and experiences.
2. Niskanen, P. 2002. Experienced teachers' (>20 years work) and burnout
3. Tuominen, K. 2003. The effect of different cut off points and the Job Demand Model
4. Peltola, J. 2003 (new data collected). Motivation, effort-reward and work
5. Heikkurinen, J. 2003. A follow-up study of nurses' work load and job satisfaction in times of organizational change
6. Pasanen, I. Coping with stress and sense of coherence in Finnish comprehensive school teachers (ongoing)

**Other publications in non-scientific journals**

1. Santavirta N. Teachers' work and their load. *Opettaja (Journal of the Teacher' Trade Union)*, 5, 2000, 10-11.
2. Santavirta, N. Frustrated teachers. *Apu* 6.10.2000, 17.
3. Santavirta, N. Brådska besvärar lärarna (Teachers are in constant hurry). *Hufvudstadsbladet* 26.6.2001
4. Nemlander-Sjöberg, C. & Santavirta, N. Barnträdgårdslärare är oftare sjuka. (Factors related to primary school teachers' sick leave) *Hufvudstadsbladet* (Finnish-Swedish leading newspaper) 20.6.2002

My third field of research is a newly started large scale multicenter project **"The child in the eye of the storm – war child then (1939-1945) and now"**. The project is affiliated to the Department of Education and to the Department of History at the Faculty of Arts, University of Helsinki. The aim of the study is to investigate the long term effects of the evacuation from the point of view of the child. The project will consist of both data based on a survey and qualitative data based on interviews. Furthermore, the evacuation will be investigated from a historical point of view. The theoretical framework is based on attachment theory and psychodynamic theory of separation, trauma and loss. The undersigned is a member in the research team, primarily responsible for the survey study, but actively taking part in the qualitative part as well. A research plan is included in the application.

**Supervision.** As a junior and senior lecturer I have been supervising numerous Master Theses at the Department of Education applying both qualitative and quantitative methods. I have also acted as a supervisor for other universities such as Åbo Akademi University in Turku and Ostrobothnia. As an acting professor and senior lecturer I have been appointed supervisor of postgraduate Theses presented in the table below:

**Appointed as supervisor of the following postgraduate thesis**

Name of the student	University	Grade	Type of Thesis	Theme of the thesis	Present state	Estimated time of completion
Svetlana Solovieva	Faculty of Medicine Helsinki University	PhD	Articles + summary	Patients' pain, disability and Quality of Life	5 articles published, Manuscript filed to the Faculty in May 2004. Review completed	Defended, December 2004
Riia Palmqvist (September 2004)	Faculty of Behav. Sciences Dpt. Teacher Education Helsinki University	PhD	Articles + summary	Adolescence and risk behaviour	3 articles published	2006
Camilla Nemlander-Sjöberg	Faculty of Behav. Sciences Helsinki University	Licentiate	Monography	Nursery school teachers' work environment, job satisfaction and workload	All data analyzed, First draft of manuscript presented	Spring 2005
Camilla Wikström-Grotell (NB not appointed, consultant supervisor)	Faculty of Social and Caring Sciences Åbo Akademi University	PhD	Articles + Summary		data collection done data analyzes during 2004	2006
Mika-Erik Walls-Carpelan	Faculty of Behav. Sciences Dpt. of Education Helsinki University	Licentiate	Monography	e-teaching and e-stress, use of ICT and teachers' work environment	Thesis ready	Defended, January, 2005

