Dr. Stefan Tino Kulnik, MRes

Principal Investigator

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Research Interests

- How can we support people with increased risk of cardiovascular disease and/or with established cardiovascular conditions in maintaining a heart-healthy lifestyle, e.g., carrying out regular heart-healthy physical activity and exercise? And how can digital technologies meaningfully support individuals with cardiovascular risk, their families and friends, and healthcare professionals in achieving sustained heart-healthy behaviour?
- This complex research challenge requires an interdisciplinary approach to develop multi-faceted solutions and complex clinical interventions. In my current role as Principal Investigator at the Ludwig Boltzmann Institute for Digital Health and Prevention I am part of an interdisciplinary team dedicated to the development, implementation and evaluation of novel digital health interventions for supporting heart-healthy physical activity in the primary and secondary prevention of cardiovascular disease.
- My combined clinical and research expertise includes current cardiac rehabilitation practice, development and evaluation of behaviour change interventions (Intervention Mapping), evaluation study designs for complex interventions (pilot and feasibility studies, definitive trials), implementation of novel interventions (Implementation Science), interdisciplinary collaboration, participatory research (Patient and Public Involvement), and Open Innovation in Science.

Education

- 2015, PhD in Clinical Neuroscience, King's College London, London, United Kingdom
  Pilot studies to develop and evaluate a muscle strengthening programme to reduce the risk of aspiration and improve outcome in stroke patients.
  Supervision: Prof. Lalit Kalra, Dr. Surinder Birring, Dr. Gerrard Rafferty
- 2011, MRes in Clinical Practice, St. George's, University of London, London, United Kingdom
  WHODAS 2.0 in community rehabilitation: a qualitative investigation into the validity of a generic patient-reported measure of disability.
  Supervision: Dr. Dimitra Nikoletou
- 1999, Diploma in Physiotherapy, Academy for Physiotherapy at the General Hospital of Vienna [Akademie für den physiotherapeutischen Dienst am Allgemeinen Krankenhaus der Stadt Wien], Vienna, Austria

Professional Appointments

- 2019 to current, Principal Investigator, Ludwig Boltzmann Institute for Digital Health and Prevention, Salzburg, Austria
- 2016 to current, Guest Lecturer, FH Campus Vienna – University of Applied Sciences, Vienna, Austria
- 2016 to 2021, Post-Doctoral Researcher, Faculty of Health, Social Care and Education, Kingston University & St. George's, University of London, London, United Kingdom
- 2014 to 2016, Research Fellow, Bridges Self-Management Ltd., London, United Kingdom
- 2012 to 2014, Research Worker, Department for Clinical Neuroscience, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, United Kingdom
- 2008 to 2012, Senior Rehabilitation Physiotherapist, Imperial College Healthcare NHS Trust, London, United Kingdom
- 2007 to 2008, Physical Therapy Resident, Kaiser Permanente Rehabilitation Center, Vallejo, CA, United States
- 2005 to 2007, Senior Physiotherapist, The Whittington Hospital NHS Trust, London, United Kingdom
- 2001 to 2003, Physiotherapist, Herzzentrum Leipzig GmbH, Leipzig, Germany

Research Grants

- 2023, World Heart Federation Salim Yusuf Emerging Leaders Seed Grant, *ACHIEVE-Digital: A Strategy for Optimizing Uptake of Coronary Heart Disease Digital Health Interventions for PrEVEntion,* $25,000 (Co-PI)
- 2023, Ludwig Boltzmann Gesellschaft Open Innovation in Science (OIS) Center: PPIE Exploration Grant, *Ganz Salzburg Bewegen [All of Salzburg moving]* €12,500 (Co-PI with Dr. Melanie Roth)
- 2022, Ludwig Boltzmann Gesellschaft Open Innovation in Science (OIS) Center: OIS Research Enrichment Fund, *Ganz Salzburg Bewegen [All of Salzburg moving]* €79,992 (Co-PI with Dr. Melanie Roth)
- 2020, Ludwig Boltzmann Gesellschaft Open Innovation in Science (OIS) Center COVID-19 Support Measure: OIS Research Enrichment Fund, *Co-production of home-based digital support for cardiac patients to continue with rehabilitation during COVID-19 social isolation restrictions*, €76,520 (Principal Investigator)
- 2019, Ludwig Boltzmann Gesellschaft, Austria, *Ludwig Boltzmann Institute for Digital Health and Prevention: Programme Lines 1 & 5*, €1,755,983 (Principal Investigator)
- 2019, National Institute for Health Research (NIHR) Research for Patient Benefit, *Chin tuck against resistance with feedback: swallowing rehabilitation in frail older people (CTAR-Swift), a feasibility study*, £247,049 (Co-Investigator, PI Dr. David Smithard)
- 2018, Anglo-Austrian Society Otto Harpner Fund, *Experiences and attitudes toward scientific research among physiotherapists in Austria*, £500 (Principal Investigator)
- 2017, St. George's Hospital Charity Research Grant, *Experiences of visitors to a regional major trauma intensive care unit*, £7,913 (Principal Investigator)
- 2017, Kingston University First Grants Scheme, *Managing the severely affected arm following stroke*, £9,117 (Principal Investigator)

Professional and Academic Associations

- 2023, World Heart Federation Emerging Leader
- 2023, Coordinator of the Austrian Physiotherapy Research Network (APRN)
- 2022, European Society of Cardiology, Association of Cardiovascular Nursing & Allied Professions (Registration 1167913)
- 2021, Honorary Research Fellow, Faculty of Health, Social Care and Education, Kingston University and St. George's, University of London, London, United Kingdom
- 2019, Honorary Research Fellow, Queen Square Institute of Neurology, University College London, London, United Kingdom
- 2019, Health Professions Registry Austria [Gesundheitsberuferegister Österreich] (Registration 19-GBR-172542)
- 2018, Anglo-Austrian Society, United Kingdom
- 2016, Physio Austria, Austria (Registration p8254)
- 2005, Health and Care Professions Council, United Kingdom (Registration PH70137)
- 2005, Chartered Society of Physiotherapy, United Kingdom (Registration 072515)

Publications

Five recent publications are listed here. For a full list of publications please refer to Google Scholar https://scholar.google.com/citations?user=tUHIxbEAAAAJ&hl=en.
h-index 17 (Google Scholar).

- Talevski, J., **Kulnik, S. T.**, Jessup, R. L., Falls, R., Cvetanovska, N., & Beauchamp, A. (2023). Use of co-design methodology in the development of cardiovascular disease secondary prevention interventions: A scoping review. *Health expectations : an international journal of public participation in health care and health policy*, *26*(1), 16–29. https://doi.org/10.1111/hex.13633
- Yeung, A. W. K., **Kulnik, S. T.**, Parvanov, E. D., Fassl, A., Eibensteiner, F., Völkl-Kernstock, S., Kletecka-Pulker, M., Crutzen, R., Gutenberg, J., Höppchen, I., Niebauer, J., Smeddinck, J. D., Willschke, H., & Atanasov, A. G. (2022). Research on Digital Technology Use in Cardiology: Bibliometric Analysis. *Journal of medical Internet research*, *24*(5), e36086. https://doi.org/10.2196/36086
- **Kulnik, S. T.**, Sareban, M., Höppchen, I., Droese, S., Egger, A., Gutenberg, J., Mayr, B., Reich, B., Wurhofer, D., & Niebauer, J. (2022). Outpatient Cardiac Rehabilitation Closure and Home-Based Exercise Training During the First COVID-19 Lockdown in Austria: A Mixed-Methods Study. *Frontiers in psychology*, *13*, 817912. https://doi.org/10.3389/fpsyg.2022.817912
- Beauchamp, A., Talevski, J., Niebauer, J., Gutenberg, J., Kefalianos, E., Mayr, B., Sareban, M., & **Kulnik, S. T.** (2022). Health literacy interventions for secondary prevention of coronary artery disease: a scoping review. *Open heart*, *9*(1), e001895. https://doi.org/10.1136/openhrt-2021-001895
- Kaisler, R. E., **Kulnik, S. T.**, Klager, E., Kletecka-Pulker, M., Schaden, E., & Stainer-Hochgatterer, A. (2021). Introducing patient and public involvement practices to healthcare research in Austria: strategies to promote change at multiple levels. *BMJ open*, *11*(8), e045618. https://doi.org/10.1136/bmjopen-2020-045618

Teaching Experience

Delivered undergraduate-level and postgraduate-level teaching on research methods at Kingston & St. George's, University of London (KUSGUL), Kingston University (KU), FH Campus Wien – University of Applied Science (FHCW), and Ludwig Boltzmann Institute for Digital Health and Prevention (LBI-DHP).

- Evidence-based practice (undergraduate, FHCW)
- Survey design (undergraduate, KUSGUL)
- Qualitative research methods (master module, FHCW)
- Advanced qualitative research methods (master module, FHCW)
- Research in clinical settings (postgraduate, FHCW)
- Systematic review design (postgraduate, KUSGUL, LBI-DHP)
- Co-design for health (postgraduate, KU)
- Qualitative data analysis (postgraduate, FHCW, LBI-DHP)
- Survey design (postgraduate, LBI-DHP)
- Patient and Public Involvement in research (postgraduate, LBI-DHP)

Additional Activities

- Peer review of conference abstract submissions (e.g., dHealth Austria, Physiotherapy UK, European Region World Congress of Physiotherapy), manuscript submissions to scientific journals (https://www.webofscience.com/wos/author/record/620737) and international scientific grant proposals
- Committee work (Research Ethics Committee and Research, Business and Innovation Committee) 2016 to 2019, Faculty of Health, Social Care and Education, Kingston University & St. George's, University of London, London, United Kingdom
- Academic supervision of master and PhD students
- Current PhD co-supervision
  - Louie Lee, Queen Square Institute of Neurology, University College London, London, United Kingdom (First Supervisor Assoc. Prof. Gita Ramdharry)
  - Michael Neudorfer, University Institute of Sports Medicine, Prevention and Rehabilitation, Salzburg, Austria, and Paracelsus Medical University, Salzburg, Austria (First Supervisor Prof. Josef Niebauer)
  - Isabel Höppchen, Ludwig Boltzmann Institute for Digital Health and Prevention, Salzburg, Austria, and Paris Lodron University of Salzburg, Salzburg, Austria (First Supervisor Assoc. Prof. Alexander Meschtscherjakov)
  - Dirk Leysen, Ludwig Boltzmann Institute for Digital Health and Prevention, Salzburg, Austria, and Care and Public Health Research Institute (CAPHRI), Maastricht University, Maastricht, Netherlands (First Supervisor Prof. Rik Crutzen)

Languages

- Slovenian (mother tongue)
- German (mother tongue)
- English (fluent)
- French (intermediate)

Online

- ORCiD – https://orcid.org/0000-0001-5419-6713
- Google Scholar – https://scholar.google.com/citations?user=tUHIxbEAAAAJ&hl=en
- ResearchGate – https://www.researchgate.net/profile/Stefan-Kulnik
- LinkedIn – https://www.linkedin.com/in/stefan-tino-kulnik-765b2b138/