

DANIEL VÄISÄNEN

PhD student in epidemiology

I am a Swedish Ph.D student with a background in Sociology and Sport Science with a passion for epidemiology, data science and reproducible research. My favorite topics are public health, complex data management and unraveling the mechanisms of complex outcomes.

EDUCATION

Current
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2019

- **Swedish School of Sport and Health Sciences**
Ph.D in Sport Science  Stockholm, Sweden

Thesis: Cardiorespiratory fitness, physical workload, and lifestyle-related factors in occupational groups – Associations with sickness absence and cardiovascular disease. Find the thesis [here](#).

2017
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2015

- **Swedish School of Sport and Health Sciences**
M.S. in Sport Science  Stockholm, Sweden

Thesis: Effect of 10 weeks of strength training on markers of hypertrophy, translation, and proteolysis. Find the thesis [here](#).

2015
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2012

- **Swedish School of Sport and Health Sciences**
B.S. in Sport Science "Health Educator"  Stockholm, Sweden

2008
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2004

- **Södertörn University**
B.S. in Sociology  Stockholm, Sweden

WORK EXPERIENCE

2019
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2017

- **Research assistant**
Swedish School of Sport and Health Sciences  Stockholm, Sweden
 - Working in different research projects involving cardiorespiratory fitness testing, device measured physical activity, and cognitive testing.

2018
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2014

- **Test leader**
Avonova Active  Stockholm, Sweden
 - 72 hour stress and recovery analyses where heart rate variability was measured with electrocardiogram. Additionally, performing VO2max and lactate/threshold tests.

2014

- **Test leader**
Swedish School of Sport and Health Sciences  Stockholm, Sweden
 - Performing physiological testing (sub-maximal and maximal VO2max tests, strength and flexibility tests).



CONTACT INFO

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For more information, please contact me via email.

SKILLS

Extensive experience with data visualization, data management, data analysis and epidemiological methods.

Highly skilled in R, some experience with Python and git.

This resume was made with the R package [pagedown](#).

Last updated on 2023-05-19.

TEACHING

- 2019 • **Swedish School of Sport and Health Sciences**
Taught within the course *Analytical statistics for sports scientists*
(Master level).  Stockholm, Sweden
- 2018 • **Försvarshälsan Skaraborgs Regemente**
Taught the methodology and execution of submaximal cycle
ergometer tests, specifically the Ekblom-Bak test and the Åstrand
test, which are utilized for the estimation of VO₂max.
 Skövde, Sweden
- 2018 • **Swedish School of Sport and Health Sciences**
Taught within the course *Analytical statistics for sports scientists*
(Master level).  Stockholm, Sweden

PUBLICATIONS

- NA • **Does cardiorespiratory fitness moderate the association between occupational physical workload and sickness absence in occupations with low educational demands?**
unpublished
Väistänen D, Johansson PJ, Kallings L, Hemmingsson E, Andersson G, Wallin P, Paulsson S, Nyman T, Stenling A, Svartengren M, Ekblom-Bak E.
- 2023 • **Revisiting the physical activity paradox: the role of cardiorespiratory fitness in workers with high aerobic demands.**
Scand J Public Health.
Ekblom-Bak E, Ekblom B, Paulsson S, Wallin P, **Väistänen D**.
- 2023 • **Mediation of lifestyle-associated variables on the association between occupation and incident cardiovascular disease.**
Prev Med.
Väistänen D, Kallings L, Andersson G, Wallin P, Hemmingsson E, Stenling A, Ekblom-Bak E.
- 2022 • **Correlates of cardiorespiratory fitness in a population-based sample of middle-aged adults: cross-sectional analyses in the SCAPIS study.**
BMJ open
Börjesson M, Ekblom Ö, Arvidsson D, Heiland EG, **Väistänen D**, Bergström G, Ekblom-Bak E.

- 2021
- **Cardiorespiratory fitness and lifestyle on severe COVID-19 risk in 279,455 adults: a case control study.**
Int J Behav Nutr Phys Act.
Ekblom-Bak E, **Väistönen D**, Ekblom B, Blom V, Kallings LV, Hemmingsson E, Andersson E, Wallin P, Eriksson JS, Holmlund T, Lindwall M, Stenling A, Lönn A.
- 2021
- **Combinations of BMI and cardiorespiratory fitness categories: trends between 1995 and 2020 and associations with CVD incidence and mortality and all-cause mortality in 471 216 adults.**
Eur J Prev Cardiol.
Hemmingsson E, **Väistönen D**, Andersson G, Wallin P, Ekblom-Bak E.
- 2021
- **Cardiorespiratory Fitness in Occupational Groups-Trends over 20 Years and Future Forecasts.**
Int J Environ Res Public Health.
Väistönen D, Kallings LV, Andersson G, Wallin P, Hemmingsson E, Ekblom-Bak E.
- 2021
- **Lifestyle Habits and Mental Health in Light of the Two COVID-19 Pandemic Waves in Sweden, 2020.**
Int J Environ Res Public Health.
Blom V, Lönn A, Ekblom B, Kallings LV, **Väistönen D**, Hemmingsson E, Andersson E, Wallin P, Stenling A, Ekblom Ö, Lindwall M, Eriksson JS, Holmlund T, Ekblom-Bak E.
- 2020
- **Lifestyle-associated health risk indicators across a wide range of occupational groups: a cross-sectional analysis in 72,855 workers.**
BMC Public Health.
Väistönen D, Kallings LV, Andersson G, Wallin P, Hemmingsson E, Ekblom-Bak E.
- 2020
- **Criterion validity of the Ekblom-Bak and the Åstrand submaximal test in an elderly population.**
Eur J Appl Physiol.
Väistönen D, Ekblom Ö, Ekblom-Bak E, Andersson E, Nilsson J, Ekblom M.