

URŠKA KOŠIR, PHD

dr.urska.kosir@gmail.com

EDUCATION

University of Oxford, Oxford, UK

Oct. 2017 - Feb. 2021

DPhil (PhD) Dept. of Experimental Psychology

Thesis: Psychological adaptation to cancer in youth: An investigation into the mechanisms of resilience and psychopathology

Yale University, New Haven, CT, USA

Aug. 2011 - Dec. 2015

B.Sc. in Psychology

Thesis: Symptom-specific pharmacological efficacy in Major Depressive Disorder: Application of machine learning approaches

United World College of the Adriatic

Sept. 2009 - May 2011

International Baccalaureate (IB) Diploma

PROFESSIONAL EXPERIENCE

McGill University Health Centre (Surgical oncology)

Jul. 2018 – Present

Graduate Research Trainee & collaborator

Montreal, Qc, Canada

- Part of an Expert Panel for a multi-phase project on development of a novel tool for patients with sarcoma
- Coordinated the team of medical oncologists, researchers, patients, and hospital personnel

Youth Cancer Europe

Jul. 2019 – Present

Scientific adviser & Patient advocate

Brussels, Belgium

- Advise and advocate for research agenda development for fertility preservation in youth with cancer

Montreal Behavioural Medicine Centre/Concordia University

Feb. 2021 - Apr. 2022

Postdoctoral Research Fellow

Montréal, Qc, Canada

- Worked on analyses and evidence syntheses of the data on COVID-19 impacts on patients with chronic health conditions in Canada

University of Basel

May 2021

Guest Lecturer

Basel, Switzerland (Online)

- Developed and taught a syllabus on managing projects, data analysis, evidence summaries, open science

European Cancer Leagues

Apr. 2019 – Present

Research team manager

Brussels, Belgium

- Working on adaptation of the EU code against cancer for cancer survivors

European Health Parliament*Chair of the Committee for Health Literacy and Self-care*

Sept. 2018 – Apr. 2019

Brussels, Belgium

- Led the development of a policy proposal for the EU commission
- First author, white paper: [Making Europe Health Literate by 2025: Seven actions to promote health literacy and self-care in the digital era](#)

Yale School of Medicine*Postgraduate Associate*

Jun. 2017 – Mar. 2017

New Haven, CT, US

- Managed organization of a clinical trial on weight-loss for populations with severe mental illness

PAST CLINICAL & RESEARCH EXPERIENCE

Yale-Smilow Cancer Center*Volunteer & student*

Sept. 2013 – Dec. 2015

New Haven, CT, USA

- Assisted and shadowed work at pediatric and adult neuro-oncology clinics (pre-medical training)

Yale University*Research Assistant (Human Neuroscience Lab)*

Sept. 2011 – Dec. 2015

New Haven, CT, USA

- Application of machine learning in studying outcomes of depression from 3 major clinical trials

AWARDS & SCHOLARSHIPS (LAST 5 YEARS)

Postdoctoral Fellowship Performance Top-up Award*Concordia University award (\$5,000)*

Apr. 2021

ESRC Internship Scheme*Living expenses and travel (£2,500)*

Jul. 2019

EORTC: Quality of Life Travel Grant*Conference fees, living expenses, and travel (€300)*

Dec. 2018

MQ: Transforming Mental Health Travel Grant*Conference fees, living expenses, and travel (£200)*

Dec. 2018

ESRC Overseas International Visit*Living expenses and travel (£1,750)*

Jun. 2018

ESRC Grand Union DTP Scholarship*Complete Oxford Dphil tuition (cca£30,000)*

Oct. 2017

Ad Futura Scholarship*Merit-based scholarship for graduate studies (€36,000)*

Oct. 2017

SKILLS & TECHNICAL STRENGTHS

Languages

Native Slovenian, Fluent English, Italian, French, Croatian

Computer Languages

R/R Studio, MPlus, SPSS, Microsoft Office, LaTeX, NVivo

Software development[minvariance R package](#), [iCARE Study](#)**Other**

Peer-Review, Skiing & Sailing Instructor

Peer-reviewed publications

1. Ben-Porat, T., **Košir, U.**, Peretz, S., Sherf-Dagan, S., Stojanovic, J., Sakran, N. (2022). Food addiction and binge eating impact on weight loss outcomes two years following sleeve gastrectomy surgery. *Obesity surgery*. <https://doi.org/10.1007/s11695-022-05917-0>
2. Bonanno, M., Bourque, C. J., Aramideh, J., Cloutier, N., Dumont, E., Gomez-Tyo, M, Julien-Lacoste, A, **Kosir, U.**, Provost, C., Laverdiere, C., Sultan, S. (2021). Articulating viewpoints to better define and respond to the needs of adolescents and young adult survivors of brain tumors. *J Psychosocial Oncol*. <https://doi.org/10.1080/07347332.2021.2004291>
3. **Košir, U.**, Bowes, L., Taylor, R., Gerrand, C., Windsor, R., Onasanya, M., Martins, A. (2020). Psychological adaptation and recovery in youth with sarcoma: A qualitative study with practical implications for clinical care and research. *BMJ Open*. <http://dx.doi.org/10.1136/bmjopen-2020-038799>
4. **Košir, U.**, Roškar, S., Wild, J., Bowes, L. (2020). Mapping the needs and psychological outcomes of Slovenian adolescent and young adult cancer patients: An exploratory mixed-methods study. *European Journal of Cancer Care*. <https://doi.org/10.1111/ecc.13326>
5. **Košir, U.**, Loades, M., Wild, K., Wiedemann, M., Krajnc, A., Roškar, S., Bowes, L. (2020). What was the impact of COVID-19 on Adolescent and Young Adult cancer care and their well-being? Results from an online survey conducted in the early stages of the pandemic. *Cancer*. <https://doi.org/10.1002/cncr.33098>
6. **Košir, U.** Sørensen, K. (2020). COVID-19: The key to flattening the curve is health literacy. *Perspectives in Public Health*. <https://doi.org/10.1177/1757913920936717>
7. **Kosir, U.**, Denis Larocque, G., Tsimicalis, A., Freeman, C., Turcotte, R., Cury, F., Alcindor, T., Goulding, K. (2020). Psychological functioning, coping styles and their relationship to appraisal of physical limitations following invasive surgical procedures for soft tissue sarcoma: A qualitative study. *J Surg Oncol* 2020; 1-10. <https://doi.org/10.1002/jso.25915>
8. **Kosir, U.** Wiedemann M., Wild, J., Bowes, L. (2019). Cognitive and coping mechanisms in adolescent and young adult cancer patients and survivors: Feasibility and preliminary insights from the Cognitions and Affect in Cancer Resiliency Study. *J Adolesc Young Adult Oncol*. <https://doi.org/10.1089/jayao.2019.0127>
9. Sørensen, K., Trezona, A., Levin-Zamir, D., **Kosir, U.**, Nutbeam, D. (2019). Transforming health systems and societies by investing in health literacy policy and strategy. *WHO Panorama* (5)2-3, p259-263. [\[link\]](#)
10. **Kosir, U.** (2019). Methodological issues in psychosocial research in adolescent and young adult (AYA) cancer populations. *J Adolesc Young Adult Oncol*. <https://doi.org/10.1089/jayao.2019.0034>
11. **Kosir, U.**, Wiedemann M., Wild, J., Bowes, L. (2019). Psychiatric disorders in adolescent cancer survivors: A systematic review of prevalence and predictors. *Cancer Reports*. <https://doi.org/10.1002/cnr2.1168>
12. Kucukgoncu S., **Kosir U.**, Zhou E., Sullivan E., Srihari V.H., Tek C. Glucose metabolism dysregulation at the onset of mental illness is not limited to first episode psychosis: A systematic review and met-analysis. *Early Intervention in Psychiatry*. 2018;1-11. <https://doi.org/10.1111/eip.12749>
13. Annamalai, A., **Kosir, U.**, Tek, C. (2017). Prevalence of obesity and diabetes in patients with schizophrenia. *World J Diabetes*, 8(8), 390–396. <https://doi.org/10.4239/wjd.v8.i8.390>

14. Zhou, E. K., **Kosir, U.**, Kucukgoncu, S., Reutenauer Sullivan, E. L., Tek, C. (2017). How accurate are self-reported height and weight in the seriously mentally ill? *Psychiatry Research*, 257. <https://doi.org/10.1016/j.psychres.2017.07.015>

Invited talks & lectures

1. **39. Teden boja proti raku: Ne čakajte na konec pandemije, proti raku ukrepajte takoj:** Ljubljana, Slovenia & Online, Mar. 7, 2022. [[YouTube recording](#)]
2. **Projekt Zapis: STROKOVNO SREČANJE PROJEKTA s predstavitevijo rezultatov Nacionalne raziskave zdravstvene pismenosti v Sloveniji:** Zdravstvena pismenost in pandemija: Kako naprej? Ljubljana, Slovenia Online, Nov. 25, 2021.
3. **ESMO 2021: SARS-CoV-2 and cancer (EONS-ECPC):** Delays in screening and diagnosis of cancer during COVID: What can we expect for the next years? Paris, France Online, Sept. 22, 2021.
4. **University of Bath, Child Mental Health and Development Group:** Understanding psychological adaptation in Adolescents and Young adults (AYA) with cancer. Online, Nov. 3, 2020.
5. **European Health Forum, Gastein, Health Literacy Coalition, supported by MSD:** Evening workshop and panel discussion: Cancer care, health literacy COVID-19. Panelists: **Kosir, U.**, Sorensen, K., Gunther, C., Immonen, K., Bakke, O. J., Schuppe, M., Ryll, B. Online, Sept. 30, 2020. [[Brief](#)]
6. **iPAAC Innovative Partnership For Action Against Cancer: Workshop and panel discussion:** Cancer prevention the European Code Against Cancer. Online Conference, Apr. 28-29, 2020.
7. **Université de Montréal & Sainte-Justine Hospital, Department of Psychology** (Prof. Serge Sultan Lab): Survivorship in AYA cancer: What constitutes IT? Montreal, QC, Canada, Nov. 7, 2019
8. **McGill University Health Centre, Department of Oncology: Oncology Ground Rounds:** Psychosocial adaptation to life with cancer: Trajectories, Risk and Protective Factors. Montreal, QC, Canada, Sept. 30, 2019.
9. **Princess Margaret Cancer Hospital: Internal Ground Rounds:** Psychosocial adaptation to life with cancer: Trajectories, Risk and Protective Factors. Toronto, ON, Canada, Sept. 6, 2019.
10. **University of Porto & LACLIS Think Tank:** Concluding talk, European policy on Health Literacy: What steps can we take? Porto, Portugal, May. 2019.
11. **Slovenian Association for Leukemia and Lymphoma: Public lecture:** Življenje z rakom se lahko nadaljuje (Life with cancer can continue). Ljubljana, Slovenia, Apr. 2019.
12. **POLITICO Global Policy Lab: Decoding Cancer:** Concluding panel discussion. Panelists: Cardone, A., **Košir, U.**, Liese, P., Woolmore, A. Innovation and Regulation in Europe. Brussels, Belgium, Apr. 2019. [[Link to video](#)]

Conference presentations

1. *14th European Public Health Conference*, Poster presentation: Mayer, A., **Kosir, U.**, Feliu Josa, A., Stojanovska, M., Mehmetbeyli, L., van Egmond, S., Miotto, E., Rotberga, L., Margaryan, Y., Chierigo, F. Secondary cancer prevention among the youth: research status and policy recommendations for the EU. Online, 20 October 2021 [link](#).

2. *COVID-19 and Public Health Forum (CPHA)*, Oral Presentation: **Košir, U.** Lavoie, K., Bacon, S. Canadian university students' attitudes and concerns about returning to school during a pandemic. Online, Apr. 21-22, 2021.
3. *AYA Canada – Spring 2020 Community Call*: **Košir, U.** COVID-19 impact on youth with cancer. Online, Jun. 22, 2020.
4. *Dept. of Experimental Psychology DPhil Talks*: **Košir, U.** Understanding psychological adaptation in young cancer survivors. Oxford, UK, Jan. 30, 2019.
5. *21st World Congress of Psycho-Oncology*: **Košir, U.**, Wiedemann M., Wild, J., Bowes, L. Cognitive and coping mechanisms in adolescent and young adult (AYA) cancer patients and survivors: Feasibility and preliminary insights from the Cognitions and Affect in Cancer Resiliency (CAnCR) Study. Banff, AL, Canada, Sept. 2019.
6. *4th European Health Literacy Conference*: **Košir, U.**, Lubbes, E., Harrington, L., Paccoud, I. EHP Committee on Health Literacy and Self care. European policy on health literacy its effect on peoplecentred health. Dublin, Ireland, Mar. 2019.
7. *MQ Science Meeting*: **Košir, U.**, Tsimicalis, A., Turrcotte, R., T., Mayo, N, Goulding, K. Relationship between physical symptoms and psychological well-being in adults with soft tissue sarcoma (STS). London, UK, Feb. 2019.
8. *11th European Public Health Conference*: **Košir, U.**, Wiedemann M., Wild, J., Bowes, L. Psychiatric disorders in adolescent cancer survivors: A systematic review of prevalence and predictors. Ljubljana, Slovenia, Dec. 2018.
9. *Rossey Cancer Network Poster Presentation*: **Košir, U.**, Denis-Larocque, G., Tsimicalis, A., Freeman, C., Turcotte, R., Cury, F., Alcindor, T., Goulding, K. A qualitative study of psychological functioning and coping styles in adult extremity soft tissue sarcoma patients. Montreal, Canada, Nov. 2018.

PATIENT ADVOCACY & KNOWLEDGE TRANSLATION

1. **Society: COVID-19 SOCIAL IMPACTS NETWORK**: International COVID-19 Awareness and Responses Evaluation Study (The iCARE Study): Leveraging an international perspective to better understand COVID-19. Košir, U., Stojanovic, J., Bacon, S. Online, June 5, 2021. [\[link\]](#)
2. **European Health Forum, Gastein, Health Literacy Coalition, supported by MSD**: Young Forum Gastein Interview with Urška Košir. Online, Feb. 9, 2021. [\[link\]](#)
3. **Elephants Tea: Magazine for Young Adults with Cancer**: Blog contribution: Studying resilience among AYAs with cancer: What do we know? Košir, U. Online, June 5, 2020. [\[link\]](#)
4. **Elephants Tea: Magazine for Young Adults with Cancer**: Blog contribution: 5 Phases of grieving for the loss of my early twenties, Košir, U. Online, Sept. 12, 2019. [\[link\]](#)
5. **Elephants Tea: Magazine for Young Adults with Cancer**: Blog contribution: Delayed Graduation, Košir, U.. Online, May 21, 2019. [\[link\]](#)
6. **Elephants Tea: Magazine for Young Adults with Cancer**: Blog contribution: It is OK to allow yourself to feel, Košir, U.. Online, May 10, 2019. [\[link\]](#)
7. **Elephants Tea: Magazine for Young Adults with Cancer**: Blog contribution: Life just seemed too hard for a 22-year old, Košir, U.. Online, May 2, 2019. [\[link\]](#)
8. **Sharing our science - Video abstract**: Psychiatric disorders in adolescent cancer survivors: A systematic review of prevalence and predictors., Košir, U. Milan Wiedemann, Oxford, UK, Mar. 2019 [\[link\]](#)

9. **MQ Transforming Mental Health: Blog post:** We broke a few silos at the Mental Health Science Meeting this year, Košir, U., London, UK, Feb. 2019 [[link](#)]
10. **POLITICO Global Policy Lab: Decoding Cancer**, Newsletter 16: When cancer comes back - Passport for survival - Urska 2.0, Feb. 2019 [[link](#)]