

Tanja Fredensborg Holm  
PhD Fellow  
Department of Health Science and Technology  
The Faculty of Medicine  
Medical Informatics and Image Analysis  
**Type of address: Visiting address.**  
Selma Lagerløfs Vej 249  
9260  
Gistrup  
Denmark  
Email: tfh@hst.aau.dk



## Qualifications

Clinical Science and Technology , Master of Science (MSc)  
1 Sept 2020 → 30 Jun 2022  
Award Date: 30 Jun 2022  
Biomedical Laboratory Science, Bachelor  
1 Feb 2017 → 30 Jun 2020  
Award Date: 30 Jun 2020

## Employment

**PhD Fellow**  
PhD Fellow  
Department of Health Science and Technology  
The Faculty of Medicine  
Gistrup, Denmark  
1 Aug 2022 → 31 Dec 4712

**PhD Fellow**  
PhD Fellow  
The Faculty of Medicine  
Gistrup, Denmark  
1 Aug 2022 → 31 Dec 4712

**PhD Fellow**  
PhD Fellow  
Medical Informatics and Image Analysis  
The Faculty of Medicine  
Gistrup, Denmark  
1 Aug 2022 → 31 Dec 4712

## Research outputs

**Developing a Simple Non-Laboratory-Based Machine Learning Tool for Prediabetes Screening in a Target Population: A Proof-of-Concept Study**  
Holm, T. F., Kronborg, T., Jensen, M. H. & Hangaard, S., 22 Sept 2025, (E-pub ahead of print) In: Journal of Diabetes Science and Technology.

**Developing a Simple Non-Laboratory Based Machine Learning Tool for Prediabetes Screening: Preliminary Results**  
Holm, T. F., Kronborg, T., Jensen, M. H. & Hangaard, S., 2025, In: Obesity Facts. 18, Suppl. 1, p. 390

**The Effectiveness of Digital Health Lifestyle Interventions on Weight Loss in People With Prediabetes: A Systematic Review, Meta-Analysis, and Meta-Regression**  
Fredensborg Holm, T., Udsen, F. W., Giese, I. E., Færch, K., Jensen, M. H., von Scholten, B. J. & Hangaard, S., 7 Nov 2024, (E-pub ahead of print) In: Journal of Diabetes Science and Technology.

**Prediction of Poor Glycemic Control in Children with Type 1 Diabetes**

Holm, T. F., Jensen, M. H., Hejlesen, O. K., Hagstrøm, S., Madsen, M. & Hangaard, S., 22 Aug 2024, *Digital Health and Informatics Innovations for Sustainable Health Care Systems*. IOS Press, Vol. 316. p. 1759-1760 2 p. (Studies in Health Technology and Informatics , Vol. 316).

**The Effectiveness of Digital Health Lifestyle Interventions on People With Prediabetes: Protocol for a Systematic Review, Meta-Analysis, and Meta-Regression**

Holm, T. F., Udsen, F. W., Færch, K., Jensen, M. H., von Scholten, B. J., Hejlesen, O. K. & Hangaard, S., 9 Feb 2024, In: JMIR Research Protocols. 13, 1, e50340.

**Exploring the user-friendliness of a contactless monitoring system used for sleep monitoring: A usability study**

Sørensen, K. H., Holm, T. F., Egmore, J., Hejlesen, O., Jensen, M. H. & Hangaard, S., Aug 2022, *Proceedings of the 18th Scandinavian Conference on Health Informatics*. Linköping University Electronic Press, p. 220-221 2 p. (Scandinavian conference on health informatics).

**Exploring the validity of a contactless monitor used to measure vital parameters during sleep: A pilot study**

Holm, T. F., Egmore, J., Sørensen, K. H., Hejlesen, O., Jensen, M. H. & Hangaard, S., Aug 2022, *Proceedings of the 18th Scandinavian Conference on Health Informatics*. Linköping University Electronic Press, p. 214-215 (Scandinavian conference on health informatics).

**The Perceived Usefulness of a Contactless Sleep Monitor for Adults with Type 1 Diabetes: A Qualitative Study**

Egmore, J., Sørensen, K. H., Holm, T. F., Hejlesen, O., Jensen, M. H. & Hangaard, S., Aug 2022, *Proceedings of the 18th Scandinavian Conference on Health Informatics*. Linköping University Electronic Press, p. 59-63 (Scandinavian conference on health informatics).

**Which Diabetes App Features Improve Glycemic Control in Type 2 Diabetes? A Scoping Review**

Egmore, J., Holm, T. F., Londorf, L., Hansen, M., Caspersen, L. K., Almskov, S. & Hangaard, S., Apr 2022, In: Diabetes Technology & Therapeutics. 24, Suppl. 1, p. 156