


**DR. ELIDA SINA**
*Wissenschaftliche Mitarbeiterin*

**E-Mail:** *Elida.Sina@uniklinik-freiburg.de*  
**Tel.:** +49 (0)761 270-85340  
**Adresse:** Institut für Evidenz in der Medizin  
 (für Cochrane Deutschland Stiftung)  
 Universitätsklinikum Freiburg  
 Breisacher Straße 86, 79110 Freiburg

**PROFIL**

<i>Seit 12/2024</i>	Wissenschaftliche Mitarbeiterin am Institut für Evidenz in der Medizin, Universitätsklinikum Freiburg
<i>07/2023 – 11/2024</i>	Post-doc Wissenschaftliche Mitarbeiterin am Leibniz-Institut für Präventionsforschung und Epidemiologie (BIPS), Bremen
<i>07//2019 - 07/2023</i>	Promotion in Epidemiologie (Dr.rer.nat) Universität Bremen, Deutschland
<i>09/2016 – 09/2018</i>	Erasmus Mundus, Master of Excellence, verliehen mit einem MSc. Diplom in Ernährung und Lebensmittelwissenschaft Universität Montpellier, Frankreich
<i>01/2015 – 01/2021</i>	Master of Science in Public Health (Schwerpunkt – Epidemiologie), Universität für Medizin, Tirana, Albanien
<i>10/2011- 07/2014</i>	Bachelor in Public Health Universität für Medizin, Tirana, Albanien

## Ausgewählte Publikationen:

- **Sina E.**, Mildner T., Freye M., Diethei D. (2025). Social media in digital public health (in) Handbook Digital Public Health, Springer.
- Loganathan, G., Buck, C., Williams, G., Veidebaum, T., Tornaritis, M., Molnár, D., ... **Sina E.** & I. Family consortium. (2026). Associations between time spent with digital media and body image among European adolescents. *BMC pediatrics*.
- Wallerer S, Stadelmaier J, Petropoulou M, Kiesswetter E, Beck J, **Sina E**, Meier T, Sedlmaier K, Kussmann M, Hauner H, Schwingshackl L. Impact of plant-based drinks on cardiometabolic outcomes: a systematic review and network meta-analysis. *Advances in Nutrition*. 2026 Feb 4;17(3):100595.
- Hebestreit, A., **Sina, E.** Wirkungen digitaler Medien auf die Gesundheit von Kindern und Jugendlichen mit Schwerpunkt auf dem Verzehr ungesunder Lebensmittel. *Bundesgesundheitsbl* (2024). <https://doi.org/10.1007/s00103-024-03834-4>
- **Sina, E.**, Buck, C., Ahrens, W. *et al.* Digital media exposure and cognitive functioning in European children and adolescents of the I.Family study. *Sci Rep* **13**, 18855 (2023). <https://doi.org/10.1038/s41598-023-45944-0>
- **Sina, E.**, Boakye, D., Christianson, L., Ahrens, W., & Hebestreit, A. (2022). Social Media and Children's and Adolescents' Diets - A Systematic Review of the Underlying Social and Physiological Mechanisms. *Advances in nutrition (Bethesda, Md.)*, nmac018. Advance online publication. <https://doi.org/10.1093/advances/nmac018>
- **Sina, E.**, Buck, C., Veidebaum, T., Siani, A., Reisch, L., Pohlabein, H., Pala, V., Moreno, L. A., Molnar, D., Lissner, L., Kourides, Y., De Henauw, S., Eiben, G., Ahrens, W., Hebestreit, A., & IDEFICS, I.Family consortia (2021). Media use trajectories and risk of metabolic syndrome in European children and adolescents: the IDEFICS/I.Family cohort. *The international journal of behavioral nutrition and physical activity*, 18(1), 134. <https://doi.org/10.1186/s12966-021-01186-9>
- Schreuder A., Börnhorst C., Wolters M., Veidebaum T., Tornaritis M., **Sina E.**, et al Population trajectories and age- dependent associations of obesity risk factors with body mass index from childhood to adolescence across European regions: A two-cohort study. *Pediatric Obesity*. 2024; 19(2):e13088. doi:[10.1111/ijpo.13088](https://doi.org/10.1111/ijpo.13088)
- Börnhorst C., Ahrens W., De Henauw S., Hunsberger M., Molnár D., Moreno LA., Russo P., Schreuder A., **Sina E**, Tornaritis M., Vandevijvere S., Veidebaum T., Vrijkotte T., Wijnant K. and Wolters M. (2023) Age-Specific Quantification of Overweight/Obesity Risk Factors From Infancy to Adolescence and Differences by Educational Level of Parents. *Int J Public Health* 68:1605798. <https://doi.org/10.3389/ijph.2023.1605798>
- De Santis, K. K., Jahnel, T., **Sina, E.**, Wienert, J., & Zeeb, H. (2021). Digitization and Health in Germany: Cross- sectional Nationwide Survey. *JMIR public health and surveillance*, 7(11), e32951. <https://doi.org/10.2196/32951>
- **Sina, E.**, Buck, C., Ahrens, W., De Henauw, S., Jilani, H., Lissner, L., Molnár, D., Moreno, L. A., Pala, V., Reisch, L., Siani, A., Solea, A., Veidebaum, T., Hebestreit, A., & On Behalf Of The I Family Consortia (2021). Digital Media Use in Association with Sensory Taste Preferences in European Children and Adolescents-Results from the I.Family Study. *Foods (Basel, Switzerland)*, 10(2), 377. <https://doi.org/10.3390/foods10020377>
- **Sina, E.**, Buck, C., Jilani, H., Tornaritis, M., Veidebaum, T., Russo, P., Moreno, L. A., Molnar, D., Eiben, G., Marild, S., Pala, V., Ahrens, W., & Hebestreit, A. (2019). Association of Infant Feeding Patterns with Taste Preferences in European Children and Adolescents: A Retrospective Latent Profile Analysis. *Nutrients*, 11(5), 1040. <https://doi.org/10.3390/nu11051040>