

Karen Steindorf

Division of Physical Activity, Prevention and Cancer

Website: [Link to the department](#)



Key Words

Physical activity, cancer prevention, cancer survivorship, epidemiology, randomized clinical trials, quality-of-life, patient-reported outcomes, fatigue, exercise, breast cancer

Education/ Degrees

Diploma in Statistics, University of Dortmund, Germany	1985 - 1991
PhD in Statistics/Epidemiology, University of Dortmund, Germany	1991 - 1994
Habilitation and Venia Legendi, Medical Faculty, Heidelberg University, Germany	2007
Associate Professor, Medical Faculty, University of Heidelberg, Germany	2011
Full Professor, Medical Faculty, University of Heidelberg, Germany	2020

Major previous and current appointments

Doctoral Researcher, Division of Epidemiology, DKFZ, Heidelberg	1992 - 1995
Visiting scientist (Fellowship), Epidemiologic Methods Section, NCI, USA	1993 - 1994
Postdoctoral research, Division of Epidemiology, DKFZ	1995 - 1997
Project Biometrician in Pharmaceutical Industry (BASF Pharma/Knoll)	1997 - 1999
Leader of the Research Group Physical Activity and Cancer, DKFZ	1999 - 2015
Head, Division of Physical Activity, Prevention and Cancer, DKFZ	since 2015

Selected peer-reviewed key publications in the career

- Schmidt ME, Maurer T, Behrens S, Seibold P, Obi N, Chang-Claude J, Steindorf K (2024). Cancer-related fatigue: Towards a more targeted approach based on classification by biomarkers and psychological factors. **Int J Cancer** 154:1011-1118 (2024). DOI: [10.1002/ijc.34791](#). #
- Hiensch AE, Depenbusch J, Schmidt AE,, Steindorf K, May AM (2024). Supervised, structured an individualized exercise in metastatic breast cancer: a randomized controlled trial. **Nature Med.** [doi.org/10.1038/s41591-024-03143-y](#). Online ahead of print #
- Kalager M, Adami HO, Dickman PW, Lagergren P, Steindorf K. Cancer outcome research – a European challenge. Part II: Opportunities and priorities. **Mol Oncol** 16:2300-2311 (2022). DOI: [10.1002/1878-0261.13169](#). #
- Steindorf K, Clauss D, Tjaden C, Hackert T, Herbolzheimer F, Bruckner T, Schneider L, Ulrich CM, Wiskemann J. Quality of life, fatigue, and sleep problems in pancreatic cancer patients: a randomized controlled trial on the effects of exercise. **Dtsch Arztebl Int** 116:471-478 (2019). DOI: [10.3238/arztebl.2019.0471](#). #
- Steindorf K, Schmidt ME, Klassen O, Ulrich CM, Oelmann J, Habermann N, Beckhove P, Owen R, Debus J, Wiskemann J, Potthoff K. Randomized controlled trial of resistance training in breast cancer patients receiving adjuvant radiotherapy: results on cancer-related fatigue and quality of life. **Ann Oncol** 25:2237-2243 (2014). DOI: [10.1093/annonc/mdu374](#). #

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Selected activities in the scientific community, honors and awards

• Consortium Member of Cancer Prevention Europe (CPE), DKFZ representative	since 2016
• Scientific Committee of the European Code Against Cancer, Version 5 (ECAC5)	since 2022
• Expert committee on Cancer Survivorship of the WCRF/AICR Global Cancer Update Program	since 2022
• Spokesperson for “Clinical Studies” of the German Research Foundation (DFG)	2020-2024
• Claudia-von-Schilling Award for Breast Cancer Research	2016
• Quality of Life Award of the Lilly Foundation	2015