



Prof Linda Skaal

Board Member

Profession & Current Position

Public Health Specialist – Acting Head of Department

Area of Expertise

Social & Behavioural Studies: Addictive behaviours and Obesity Prevention

Awards

- Best female researcher at university of Limpopo in 2015.
- Researcher with largest external funding in 2012 and 2015

Qualification & Designation/s

Doctor of Public Health (DrPH); Master of Public Health (MPH); BSc Physiotherapy; Assessment and Moderation Certificate

Top Publications

1. Skaal L, Pengpid S. Physical Activity, Fitness Level and Health Problems Of Health Care Workers In South Africa: The Transtheoretical Model As An Explanatory Framework. *AJPHERD*; 2011;17(4):612-623 (IF: 4.03; Cited: 2).
2. Supa Pengpid^{1*}, Linda Skaal¹, Hendry van der Heever¹, Karl Peltzer^{3,2} and Guido Van Hal⁴. Screening and brief intervention for alcohol problems in Dr George Mukhari Hospital out-patients in Gauteng, South Africa: a single-blinded randomized controlled trial protocol. *BMC Public Health* 2012;12:127 (IF: 2.08; Cited: 4)
3. Skaal L, Pengpid S. The Predictive Validity And Effects Of Using The Transtheoretical Model To Increase The Physical Activity Of Healthcare Workers In A Public Hospital In South Africa. *Journal of Translational Behavioral Medicine*. 2012;1:1-8 (IF: 0.33; Cited: 3)
4. Linda Skaal, Heidi Sinclair, Dan J. Stein, Bronwyn Myers. (2015). Problem Gambling Among Urban and Rural Gamblers in Limpopo Province, South Africa: Associations with Hazardous and Harmful Alcohol Use and Psychological Distress. *Journal of Gambling Studies*. DOI10.1007/510899-15-9522-5. (IF; 2.702)
5. Pengpid, S., Peltzer, K., Skaal, L. (2014) Efficacy of a church-based lifestyle intervention programme to control high normal blood pressure and/or high normal blood glucose in church members: a randomized controlled trial in Pretoria, South Africa. *BMC Public Health* 2014, 14(1):568 doi:10.1186/1471-2458-14-568. (IF: 2.08; Citation:0)
6. Huis D Veld DH., Skaal L., Peltzer K., Hanappe M., Colenbunders R., Pengpid S. (2012). The use of alcohol and related health-risks in patients with HIV infection in South Africa, *International Journal of Infectious Diseases*. 16.e183

Featured in the Media

Obesity prevention Strategies, South Africa.

Association to the SAMRC

Prof Skaal received a SAMRC-Swedish Forte grant in 2016

