

# Curriculum Vitae

## of

### Aikaterini G. Koutra

*Psychologist, Department of Psychology, School of Social Sciences, University of Crete,*

*Rethymnon, Greece*

*Member of Hellenic Psychological Society*

**Father's name:** Georgios

**Mother's name:** Aikaterini

**Marital status:** Married, two daughters

**Date of birth:** 16/07/1980

**Place of birth:** Lamia

**Psychologist License:** Prefecture of Fthiotida, Department of Health and Public Hygiene,  
Reference number 10353, 13/09/2002

**Current position:** Assistant Professor in Clinical Psychology, Director of Psychology Addiction Laboratory, Department of Psychology, School of Social Sciences, University of Crete, Rethymnon, Crete, Greece.

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**November 2022**

## EDUCATION

- June 2009 - March 2015**     **PhD**, Department of Psychiatry and Behavioral Sciences, Faculty of Medicine, University of Crete, Greece.
- Dissertation title: **«Study of intrafamilial relationships of patients with severe psychiatric disorders in the early stages of their illness».**
- Principal Supervisor: Alexandros N. Vgontzas, Professor of Psychiatry  
Advising committee: Christos Lionis, Professor of General Practice and Primary Health Care  
Sofia Triliva, Associate Professor of Clinical Psychology
- Grade:** «Excellent»
- November 2004 - April 2007**     **MSc in Social Psychiatry – Child Psychiatry**, Department of Social Medicine and Mental Health, Faculty of Medicine, University of Ioannina, Greece.
- Grade:** «Excellent»
- October 1998 - July 2002**     **Bachelor in Psychology**, Department of Psychology, School of Social Sciences, University of Crete, Greece.
- Grade:** «Excellent» (8.95/10)
- September 1995 - June 1998**     **High School Diploma**, 4<sup>o</sup> Lyceum of Lamia.
- Grade:** «Excellent» (19.5/20)

## TRAINING IN PSYCHOTHERAPY

- January 2020-present**     Clinical training in **Cognitive – Behavioural Psychotherapy**, Department of Psychiatry and Behavioral Sciences, Faculty of Medicine, University of Crete, Greece and 1<sup>st</sup> Psychiatric Clinic of University of Athens.
- April-June 2021**     Training in **Compassion Focused Therapy (CFT)**. Hellenic Society of Cognitive-Behavioural Studies, Athens, in collaboration with Compassionate Mind Foundation, UK.
- October 2005 - June 2008**     Training in **Family Systemic Psychotherapy**, Unit of Family Therapy, Psychiatric Hospital of Attica.
- October 2005 - June 2006**     Training in **Cognitive Psychotherapy**, Theoretical and practical course, 1<sup>st</sup> Psychiatric Clinic of the National and Kapodistrian University of Athens (University Mental Health Research Institute).
- October 2003 - June 2004**     Training in **Cognitive Psychotherapy** Theoretical course, 1<sup>st</sup> Psychiatric Clinic of the National and Kapodistrian University of Athens (University Mental Health Research Institute).
- November 2003 - June 2004**     Acquaintance Course in **Cognitive – Behavioural Psychotherapy**, Institute for Behaviour Research and Therapy (IBRT).
- January 2004 - June 2004**     Seminar in **Cognitive - Behavioural Psychotherapy**, Behaviour Treatment Unit, Community Mental Health Center of Athens.

## TRAINING IN CLINICAL PSYCHOPATHOLOGY

- July 2021**     Training in **“Structured Clinical Interview for DSM Disorders – SCID (DSM-5 Criteria)”**, especially for the SCID-5-CV (major psychiatric disorders. Urban Non-Profit Society "Advancement of Knowledge in Mental Disorders", Research University Institute of Mental Health (EPIPSY), 1st Psychiatric Clinic of National and Kapodistrian University of Athens, Eginition Hospital.
- September 2005- July 2006**     Training in **“Clinical Psychopathology, Diagnostics and Therapy”**, 1<sup>st</sup> Psychiatric Clinic of the National and Kapodistrian University of Athens, Eginition Hospital.

**March-July 2005** Training in “**Introduction in Philosophy of Psychiatry and Clinical Psychology**”, 1<sup>st</sup> Psychiatric Clinic of the National and Kapodistrian University of Athens, Eginition Hospital.

### **SCHOLARSHIPS AND AWARDS**

- March 2016** Young Investigator Award, University of Crete, Greece.
- July 2002** Drettaki Award, University of Crete, Greece.
- 2000-2001** Honorary under-graduate scholarship by the Greek State Scholarship Foundation (IKY).
- 1998-1999** Honorary under-graduate scholarship by the Greek State Scholarship Foundation (IKY).
- 1998-1999** Honorary under-graduate award by the Greek State Scholarship Foundation (IKY).

### **TEACHING ACTIVITIES**

#### **A. Undergraduate Studies Program**

**September 2017** **Assistant Professor in Clinical psychology** (ΦΕΚ 1090/3-11-2017 τ. Γ'' / 1294/7-06-2021, τ. Γ'),  
– present Department of Psychology, School of Social Sciences, University of Crete, Rethymnon, Crete, Greece.

- Teaching courses, winter semester:
  1. Adult Psychopathology (Compulsory course, 5<sup>th</sup> semester, 39 hours/semester)
  2. Family and Systemic Thinking (Seminar, 5<sup>th</sup> semester, 39 hours/semester)
- Teaching courses, spring semester:
  1. Personality theories (Compulsory course, 2<sup>nd</sup> semester, 39 hours/semester)
  2. Cognitive and Behavioural Theories (Elective course, 6<sup>th</sup> semester, 39 hours/semester)
  3. Psychosocial interventions in severe mental illness (Elective course, 6<sup>th</sup> semester, 39 hours/semester)
- Supervision of undergraduate theses: 34 theses successfully completed, 10 theses in progress)

**September 2016** Instructor, elective course (seminar) entitled “**Family and Systemic Thinking**” (independent  
– **February 2017** teaching, one-semester course), Department of Psychology, University of Crete, Greece via the program entitled “Acquiring academic experience for young PhD scientists at the University of Crete” (MIS 5001127) (39 hours/semester).

**November 2016 -** Co-instructor, required course entitled “**Psychiatry**” (independent teaching, four academic  
**present** semesters), Faculty of Medicine, University of Crete Greece. Instructors: Panagiotis Simos, Professor of Developmental Neuropsychology & Maria Basta, Associate Professor of Psychiatry.

Lectures:

“Community psychiatry” (2 hours/semester).

“Family-systemic psychotherapy” (2 hours/semester).

**November 2014 -** Co-instructor, elective course entitled “**Doctor-Patient Relationship**” (independent teaching,  
**present** six academic semesters) Faculty of Medicine, University of Crete Greece. Instructor: Christos Lionis, Professor of General Practice and Primary Health Care.

Lecture:

“Before visiting the doctor: Patient attitudes and expectations” (2 hours/semester).

#### **B. Postgraduate Studies Program**

**2020-2022** **MSc in Special Education**, Pedagogical Department of Primary Education (PTDE) &

Pedagogical Department of Preschool Education (PTPE) of the University of Crete. Scientific Director: Elias Kourkoutas.

- **Teaching Course:** Cognitive-Behavioural Therapy in Children and Adolescents with ADHD.
- Supervision of postgraduate theses.
  1. Mathioudaki E. (2021, completed). Relationship of family functioning with behavioral and emotional disorders in school-aged children. (Supervisor)
  2. Stouraiti E. (2022, completed). Perceptions and attitudes of primary school teachers about distance education during the COVID-19 pandemic (Supervisor)
  3. Sifaki, E.P. (2021, in progress). The association of internet use with internalizing and externalizing problems in adolescents (Supervisor)
  4. Kritsotaki, K. (2022, completed). Parental stress and burnout of families with a child on the autism spectrum and the state's contribution (Supervisor)
  5. Kounalaki E. (2022, completed). Parental beliefs about sexuality and sex education of children and adolescents with mental retardation (Member of a three-member advisory committee)

**2018-2022** **MSc in Clinical Interventions in Addictions**, Department of Psychology, School of Social Sciences, and Faculty of Medicine, University of Crete, Greece. Scientific Director: Georgios Panagis (up to 2022), Sofia Triliva (currently).

**Teaching Course:** Psychodiagnostic case formulation of addictions: clinical assessment, differential diagnosis, and clinical understanding of personality.

1. Supervision of postgraduate theses
  1. Barouxi M. (2022, completed). Depressive symptomatology and alcohol use in the general adult population: the mediating role of coping strategies (Supervisor)
  2. Miliatzopoulou F. (2021, in progress). Gender and sexual orientation as factors related to substance use and abuse (Supervisor)
  3. Zachariou M. (2022, completed). Emotional regulation and alcohol and nicotine use in young adults: the mediating role of resilience and self-esteem (Supervisor)
  4. Nyktari, M. (2021, in progress). Increased Internet Use as a point of friction between teens and parents in the 21st Century: Addictive disorder or social construction? (Member of advisory committee)
  5. Iosifidou A. (2022, completed). The role of gender and coping strategies as moderating factors in the relationship between stress and craving (Member of advisory committee)
  6. Anastasiou-Veneti, F. (2021, in progress). Self-help group membership social identity and addiction (Member of advisory committee)
  7. Balogianni, X. (2020, completed). Adolescent and post-adolescent substance use: the role of thrill-seeking as a risk factor (Supervisor)
  8. Charatsidis, G. (2020, completed). Family functioning and substance use in adolescence and post-adolescence (Supervisor)
  9. Ketikidou, Z. (2020, completed). Narratives of people in the phase of social reintegration: focusing on family relationships (Member of advisory committee)

**2019-2022** **MSc in "Oncology: From Oncogenesis to Therapy"**, Faculty of Medicine, University of Crete & National Hellenic Research Foundation, Scientific Director: Odysseas-Ioannis Zoras (up to 2020), Georgios Sourvinos (currently).

**Teaching Course:** Psycho-oncology (10 hours/semester)

**November 2018** **MSc in Methodological Interventions in Crisis Situations. Department of Social Work, School of Health and Welfare Services**, Technological Institution of Crete, Greece. Scientific

Director: Georgios Markakis.

Lectures:

1. "Mental health, institutionalization, and social stigma", Course entitled: "Social Work in health and mental health problems' management" (3 hours/semester).
2. "Evaluation and management of domestic violence: a case study". Course entitled: "Maltreatment: Social work interventions (3 hours/semester).

**April 2009 & June 2011** Co-instructor, required course entitled "**Family as a system**" (independent teaching, one-semester course), MSc in General/Family Practice and Primary Health Care, Faculty of Medicine, University of Crete, Greece. Scientific Director: Christos Lionis, Professor of General Practice and Primary Health Care.

Lectures:

1. "Family as a psychosocial system" (4 hours/semester).
2. "Application of systemic family therapy in health issues" (4 hours/semester).

**October 2018- today** **Cooperation with other MSc Programs for supervision of postgraduate theses:**

1. Karali, A. (2020, completed). Bioethics and Family Therapy - The Concept of Autonomy. **MSc in Bioethics**, Department of Philosophical and Social Studies, Department of Medicine, Department of Biology, Department of Sociology of the University of Crete and School of Law of the National and Kapodistrian University of Athens (EKPA). (Member of advisory committee).
2. Chalkiti, E. (2020, completed). Mapping of health education activities in general and special Secondary Education schools. The case of N. Heraklion in the last 5 years. **MSc in Public Health - Primary Health Care - Health Services**, School of Medicine, University of Crete. (Member of advisory committee).

### **C. Supervision and assessment of PhD theses**

1. **Supervisor**, Sofia Psoma, Psychologist, PhD thesis entitled: "The role of psychosocial factors and health behaviors in the developmental course of emotional and behavioral disorders from early childhood to adolescence." Department of Psychology, School of Social Sciences, University of Crete (February 2022-today).
2. **Supervisor**, Georgios Mavroeides, Psychologist, PhD thesis entitled: "Personality, early maladaptive schemas, and depression: The mediating role of illness representations and coping strategies". *Department of Psychology, School of Social Sciences, University of Crete* (November 2018 – present).
3. **Member of advisory committee**, Marina Kritikou, PhD thesis entitled: "The role of academic mental endurance in the mental adjustment and academic success of first-year students. Designing a predictive model and implementing a prevention program." Department of Psychology, School of Social Sciences, University of Crete (January 2021-present).
4. **Member of advisory committee**, Nektaria Pedioti, Social Worker, PhD thesis entitled: "Design, implementation and evaluation of an innovative pilot intervention to improve the quality of life of students with special learning difficulties". Department of Social Work, Hellenic Mediterranean University (January 2020 – present).
5. **Member of advisory committee**, Eleni Papachristodoulou, Psychologist, PhD thesis entitled: The effects of the "Samina" shipwreck on the lives of the survivors and their families". Department of Early Childhood Education and Training, National and Kapodistrian University of Athens (September 2021).
6. **Member of assessment committee**, Magdalini Flouri, Psychologist, PhD thesis entitled: "The relationship of dissociative symptoms with acute and chronic pain and the self-regulation of emotion." Department of Psychology, School of Social Sciences, University of Crete (July 2021).
7. **Member of assessment committee**, Chrysoula Baka, Psychologist, PhD thesis entitled: Psychologist,

entitled: "The psychological dimensions of autoimmune diseases: the case of patients with rheumatoid arthritis, multiple sclerosis and type 1 diabetes". Department of Psychology, School of Social Sciences, University of Crete (July 2021).

8. **Member of assessment committee**, Maria Kampouri, Psychologist, PhD thesis entitled: "The role of maternal thyroid hormones during pregnancy in the neuropsychological and physical development of the child, Prospective mother-child study of Crete, REA study". Department of Social Medicine, School of Medicine, University of Crete (December 2020).
9. **Member of assessment committee**, Aikaterini Micheli, Social Worker, PhD thesis entitled: "Evaluation of functional limitation in persons aged 50+ in Europe. Exploring causal factors and the significance of social variables as risk factors". Faculty of Medicine, University of Crete (April 2019).
10. **External Reviewer**, Charalambos Kosteris, Psychologist, PhD thesis entitled: "Psychosomatic findings in dermatological illnesses before and after dermatological therapy and predictive factors of medical outcomes". Department of Psychology, Faculty of Humanistic and Social Sciences, University of Nicosia. (December, 2018).

**April 2010-present** Trainer, required course entitled "Clinical Practice in Primary Health Care", Faculty of Medicine, University of Crete, Greece. Instructor: Christos Lionis, Professor of General Practice and Primary Health Care.

#### **CLINICAL AND RESEARCH ACTIVITIES**

- January 2009 - present** **Associate Scientist**, Department of Psychiatry and Behavioral Sciences and Department of Social Medicine, Faculty of medicine, University of Crete, Greece.
- Participation in educational and research activities of both Departments, trainer and supervisor of volunteer psychologists in the Psychiatric Clinic of the University Hospital of Heraklion, coordination of group psychosocial interventions in the Psychiatric Hostel of the University Hospital of Heraklion.
- June 2018-March 2019** **Research Associate**, Research program entitled H2020-EU.3.1.1. - Understanding health, wellbeing and disease, Early Life Stressors & Lifecycle Health (LIFECYCLE), 2017-2021.
- Coordination of the harmonization protocol for children's neurodevelopmental data (RHEA Study).
- March 2010 – November 2017** **Psychologist**, Primary Health Care Unit, Department of Social Services, Municipality of Heraklion, Crete, Greece (ΦΕΚ 226/22-03-2010). The unit emerged as the result of joint actions of the Municipality of Heraklion with the collaboration of the Department of Social Medicine, Faculty of Medicine, University of Crete and the Clinic of Social and Family Medicine of the University General Hospital of Heraklion, Greece.
- Psychological assessment, individual and group psychotherapy, systemic family therapy, social skills training, preventive interventions.
- September – November 2016** **Research Associate**, Research program entitled: «**EUropean Refugees- HUMAN Movement and Advisory Network (EUR-HUMAN)**».
- Online training in holistic health problems of migrants and refugees, face-to-face training from experts and participation in pilot intervention as advisors to Kara Tepe care center on Lesbos.
- November 2011-February 2013** **Research Scientist**, Research program entitled: «**Program of Prevention of obesity and neurodevelopmental disorders in preschool children, in Heraklion district, Crete, Greece: 2011-2014 – Subproject 2: Neurodevelopmental disorders in preschool age children: Prevention and early diagnosis program**». Department of Social Medicine, Faculty of Medicine, University of Crete, Greece.
- Coordination of the 4-year neurodevelopmental protocol by means of McCarthy Scales of Children's

Abilities, preparation and organization of neurodevelopmental assessment protocol, analysis and dissemination of research findings.

- January 2009- April 2010** Research Scientist, Research program entitled: «**European Study of Cohorts for Air Pollution Effects (ESCAPE)**», «**Genomics biomarkers of environmental health – ENVIROGENOMARKERS – 226756**» και «**National Participation KA 2319**». Department of Social Medicine, Faculty of Medicine, University of Crete, Greece.
- Neurodevelopmental assessment of 18-month old infants with the Bayley Scales of Infant and Toddler Development – Third Edition (Bayley-III), coordination of neurodevelopmental assessment protocol
- September 2005 – April 2010** **Psychologist**, private practice.
- Individual cognitive-behavioral psychotherapy and systemic family therapy.
- September 2005-July 2008** **Psychologist**, Counseling Center of the University of Piraeus, Greece.
- Individual and group psychological counseling to students and their families, social skills training programs, psychological counseling for individuals with special needs, development and coordination of research programs.
- March –May 2007** Research Scientist, Research program entitled: «**Evaluation of returning patients of Community Mental Health Center of Byron – Kaisariani**». National and Kapodistrian University of Athens.
- Interview, evaluation and diagnosis of returning patients, individual psychological support.
- January 2004- January 2007** **Associate Scientist** - Community Mental Health Center of Byron – Kaisariani and Outpatient Psychiatric Clinic of Eginition Hospital, 1<sup>st</sup> Psychiatric Clinic of the University of Athens.
- Clinical activities: Supervised psychological psychotherapy, coordination of group psychosocial interventions for patients with psychosis, participation in clinical and educational activities.  
Research activities: i) Study of returning patients of Community Mental Health Center of Byron-Kaisariani, ii) Statistical assessment of patients with dementia attended in the Clinic of Early Diagnosis of Dementia and Depression, iii) Standardization of «*Verona Service Satisfaction Scale (VSSS)*».
- July 2004 - August 2004** Psychologist, Spectator Services Sector, Olympic Hockey Centre, **Program STAGE O.E.O.A. – ATHENS 2004 A.E.**
- September 2002 – August 2003** Research Scientist, Research program entitled: «**Clinical and neurological assessment and treatment of individuals with mental disorders**». Laboratory of Clinical and Social Psychology, Department of Psychology, University of Crete, Greece.
- 18/02/2002 - 01/03/2002** Practicum in Clinical Psychology, 75 hours, **Inpatient Unit, State Mental Health Hospital of Chania.**
- March 2001 – April 2001** Practicum in psychology, 320 hours, “**Operational Program for Education and Initial Vocational Training**”, **Department of Physiotherapy - Playtherapy, Rethymnon General Hospital.**
- 15/05/2000 - 25/05/2000** Practicum in Social Psychology, 75 hours, **Artificial Kidney Unit, Rethymnon General Hospital.**

#### **PARTICIPATION IN FUNDED RESEARCH PROJECTS**

- 1. Developmental Trajectories of Internalising and Externalising Symptoms from Early Childhood to Adolescence: The Role of Psychosocial and Environmental Factors - IntExt Trajectories.** Applicant's role in the project: Principal Investigator. 2nd Announcement of Research Projects, Hellenic Foundation for Research and Innovation (HFRI) for the support of Faculty Members and Researchers. Total budget 135,000.00€ (April 2022-present).
- 2. Student Technostress in Undergraduate Distance Education: a Navigation Toolkit for WELLness - STUDENT**

**WELL.** Applicant's role in the project: Member of coordinating and research team. European Program Erasmus+ 2020 KA226 Digital Partnerships Outcome of Selection Notification for 2020-1-UK01-KA226-HE-094622. Coordinating Body: Birmingham City University. Total Budget: 211,520.00€. Total amount of funding for the University of Crete €36,835.00 (May 2021-present).

3. **Couples coping with depression: dyadic analysis of family functioning, illness perceptions and coping strategies among patients with depression and their intimate partners.** Applicant's role in the project: Principal Investigator. Large Type B Program, Special Account (ELKE) of the University of Crete. Total budget 10,000€ (April 2020 – present)
4. **Mental health professionals' attitudes toward mental illness: association with job satisfaction indicators.** Applicant's role in the project: Principal Investigator. Small Type II Program, Special Account (ELKE) of the University of Crete. Total budget 1300€ (May 2019 – October 2021).
5. **Digital Interventions in Greece: Teaching, research and professionalization in Clinical Psychology.** Applicant's role in the project: Member of coordinating and research team. German Foreign Office, granted by DAAD by Grant Agr. No. 575154/ Freie Universität Berlin. Total Budget: 181.355,00€. Total grant for the University of Crete: 30.771,56€ (September 2020-present).
6. **Evaluation of the course and treatment of chronic mental illnesses in Crete.** Applicant's role in the project: Member of research team. Funded by Region of Crete, 2018-2021. Total grant for the University of Crete: 60.000,00€ (November 2018-present).
7. **H2020-EU.3.1.1. - Understanding health, wellbeing and disease, Early Life Stressors & Lifecycle Health (LIFECYCLE), 2017-2021.** Applicant's role in the project: Coordinator of the harmonization protocol for children's neurodevelopmental data (RHEA Study). Total Budget: 9.957.602,50€. Total grant for the University of Crete: 401.500,00€.
8. **Program of Prevention of Obesity and Neurodevelopmental Disorders in preschool children.** Source of funding: Ministry of Health, Greece. Funding period: 2011-2014. Applicant's role in the project: Coordinator of neurodevelopmental assessment protocol at 4 years; Total grant for the University of Crete: 356.306,40€.
9. **EU FP7-2008-ENV-1.2.1.4: Genomics biomarkers of environmental health (EnviroGenomarkers): 2008-2013.** Applicant's role in the project: Coordinator of neurodevelopmental assessment protocol at 18 months, neuropsychological assessment of infants aged 18 months. Total grant: 3,500,000.00€; Total grant for the University of Crete: 260.000,40€.
10. **EU- FP7- ENV-2007-1: ESCAPE – European Study of Cohorts for Air Pollution effects: 2008- 2012.** Applicant's role in the project: Coordinator of neurodevelopmental assessment protocol at 18 months, neuropsychological assessment of infants aged 18 months. Total grant: 5,858,973.67€; Total grant for the University of Crete: 112,000.00€.

#### **PARTICIPATION IN FUNDED RESEARCH PROJECTS**

1. **European study on the impact of the SARS-CoV-2 pandemic on alcohol consumption** <https://www.covid19-and-alcohol.eu/partner/>. Coordinator: Institute of Clinical Psychology and Psychotherapy, Technische Universität Dresden. Participation as a member of the Psychology Addictions Laboratory, Department of Psychology, University of Crete, Greece (May 2020 – May 2022).
2. **Technostress, mental health and coping strategies in university students during the COVID-19 pandemic.** In collaboration with Departments of Psychology, Birmingham City University, England, UK., Cardiff University, Wales, UK., School of Humanities and Social Sciences, University of Technology, Kingston, Jamaica, School of Psychology, Newcastle University, England, UK., Department of Psychology, University of Crete, Rethymno 74100, Greece., Department of Political Sciences, University of Naples Federico II, Naples, Italy (April 2020 – January 2022).
3. **Factors involved in substance use and abuse, families and therapy: Παράγοντες που εμπλέκονται στη χρήση και κατάχρηση ψυχοτρόπων ουσιών, οικογένειες και θεραπεία: Searching for optimal treatment strategies.**



Participation as a member of the Psychology Addictions Laboratory, Department of Psychology, University of Crete, Greece in collaboration with Organisation Against Drugs (OKANA) (April 2019 – present).

### **PUBLICATIONS IN INTERNATIONAL PEER-REVIEWER JOURNALS**

1. **Koutra, K.**, Margetaki, K., Kampouri, M., Kyriklaki, A., Roumeliotaki, T., Vafeiadi, M., Bitsios, P., Kogevinas, M., & Chatzi, L. (2022). Maternal sleep disturbances during late pregnancy and child neuropsychological and behavioral development in early childhood. *European child & adolescent psychiatry*, 10.1007/s00787-022-02053-z. Advance online publication. <https://doi.org/10.1007/s00787-022-02053-z>
2. Leimonis, E. **Koutra, K.** (2020). Social media use and mental health in young adults of Greece: A cross-sectional study. *Clinical Psychology in Europe*, 4(2), <https://doi.org/10.32872/cpe.4621>
3. **Koutra, K.**, Paschalidou, A., Roumeliotaki, T. & Triliva, S. (2022). Main and interactive retrospective associations between parental rearing behavior and psychological adjustment in young adulthood. *Current Psychology*, <https://doi.org/10.1007/s12144-022-03011-3>
4. Basta, M., Micheli, K., **Koutra, K.**, Fountoulaki, M., Dafermos, V., Drakaki, M., Faloutsos, K., Soumaki, E., Anagnostopoulos, D., Papadakis, N., Vgontzas, A.N. (2021). Depression and anxiety symptoms in adolescents and young adults in Greece: prevalence and associated factors. *Journal of Affective Disorders Reports*, <https://doi.org/10.1016/j.jadr.2022.100334>.
5. Mavroeides, G., **Koutra, K.** (2022). Cross-cultural adaptation and validation of the Greek version of the illness perception questionnaire-mental health in individuals with major depressive disorder. *Psychiatry Research Communications*, <https://doi.org/10.1016/j.psychom.2022.100026>.
6. **Koutra, K.**, Mavroeides, G., Triliva, S. (2021). Mental health professionals' attitudes towards people with severe mental illness: Are they related to professional quality of life? *Community Mental Health Journal*, 58, 701–712 <https://doi.org/10.1007/s10597-021-00874-x> [Impact Factor 1.761]
7. Galvin, J., Evans, M., Nelson, K., Richards, G., Mavritsaki, E., Giovazolias, T., **Koutra, K.**, Mellor, B., Zurlo, M.C., Vallone, F. (2020). Technostress, coping, and anxious/depressive symptomatology in university students during the COVID-19 pandemic. *Europe's Journal of Psychology* <https://doi.org/10.23668/psycharchives.5108>
8. Basta, M., Micheli, K., Karakonstantis, S., **Koutra, K.**, Dafermos, V., Drakaki, M., Soumaki, E., Simos, P., Anagnostopoulos, D., Vgontzas, A.N., Papadakis, N. (2021). Suicidal ideation in adolescents and young adults in Greece: prevalence and association with sociodemographic variables, mental health and substance use. *European Child & Adolescent Psychiatry*, 30, 1129–1136, <https://doi.org/10.1007/s00787-021-01747-0>. [Impact Factor 3.941]
9. Koumarela, C., Kokkinaki, T., Giannakakis, G., **Koutra, K.**, Hatzidaki, E. (2021). Autonomic nervous system maturation and emotional coordination in interactions of preterm and full-term infants with their parents: Protocol for a multimethod study. *JMIR Research Protocols*, 10(4):e28089 doi: 10.2196/28089.
10. Mouatsou, C., **Koutra, K.** (2021). Emotion regulation in relation with resilience in emerging adults: the mediating role of self-esteem. *Current Psychology*, <https://doi.org/10.1007/s12144-021-01427-x> [Impact Factor 2.051].
11. Mavroeides, G., **Koutra, K.** (2020). Illness representations in depression and their association with clinical and treatment outcomes: a systematic review of the literature. *Journal of Affective Disorders Reports*, Volume 4, 2021, 100099, ISSN 2666-9153, <https://doi.org/10.1016/j.jadr.2021.100099>.
12. Basta, M., Micheli, K., Simos, P., Zaganas, I., Panagiotakis, S., **Koutra, K.**, Krasanaki, C., Lionis, C., Vgontzas, A.N. (2021). Frequency and risk factors associated with depression in elderly visiting Primary Health Care (PHC) settings: Findings from the Cretan Aging Cohort, *Journal of Affective Disorders Reports*, 4, 100109, ISSN 2666-9153, <https://doi.org/10.1016/j.jadr.2021.100109>.

13. Lertxundi, N., Molinuevo, A., Valvi, D., Gorostiaga, A., Balluerka, N., Shivappa, N., Hebert, J., Navarrete, E-M., Vioque, V., Tardón, A., Vrijheid, M., Roumeliotaki, T., **Koutra, K.**, Chatzi, L., Ibarluzea, J. (2021). Dietary Inflammatory Index of mothers during pregnancy and Attention Deficit-Hyperactivity Disorder symptoms in the child at preschool age: A prospective investigation in the INMA and RHEA cohorts. *European Child & Adolescent Psychiatry*, <https://doi.org/10.1007/s00787-020-01705-2>. [Impact Factor 3.941]
14. Kampouri, M., Margetaki, K., **Koutra, K.**, Kyriklaki, A., Karakosta, P., Anousaki, D., Chalkiadaki, G., Vafeiadi, M., Kogevinas, M., Chatzi, L. (2020). Maternal mild thyroid dysfunction and offspring cognitive and motor development from infancy to childhood: the Rhea mother–child cohort study in Crete, Greece. *Journal of Epidemiology and Community Health*, published Online First: 09 September 2020. doi: 10.1136/jech-2019-213309 [Impact Factor 3.342].
15. Koutentaki, E., Basta, M., Simos, P., **Koutra, K.**, Vgontzas, A. (2020). Physical and mental health burden of caregivers of patients with psychiatric disorders. *Psychiatry research*, 293, 113431-113431 [Impact Factor 2.118].
16. Kampouri, M., Margetaki, K., **Koutra, K.**, Kyriklaki, A., Karakosta, P., Sarri, K., Anousaki, D., Chalkiadaki, G., Vafeiadi, M., Kogevinas, M., Chatzi, L. (2019). Maternal mild thyroid dysfunction and child behavioral and emotional difficulties at 4 and 6 years of age: The Rhea mother-child cohort study, Crete, Greece. *Hormones and Behavior*, 116, 104585. doi: 10.1016/j.yhbeh.2019.104585. Epub 2019 Oct 24. [Impact Factor 3.949].
17. Karakosta, P., Margetaki, K., Fthenou, E., Kampouri, M., Kyriklaki, A., **Koutra, K.**, Chalkiadaki, G., Roumeliotaki, T., Vafeiadi, M., Kogevinas, M., Matzoros, C., Chatzi, L. (2019). Cord leptin is associated with neuropsychomotor development in childhood. *Obesity*, 27(10), 1693-1702. [Impact Factor 3.969].
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#### **PUBLICATIONS IN GREEK PEER-REVIEWER JOURNALS**

1. Mouatsou, C. & Koutra, K. (2020). The relationship of family functioning with eating attitudes in student population. Special issue of Eleftherna: Journal of Psychology and Behavioral Sciences entitled "Mental health issues - psychosocial adaptation of students during the period of emerging adulthood".
2. **Koutra, A.** (2009). Psychoeducational interventions in families of patients with severe psychiatric disorders. *Synopsis*, 14(5), 72-77 [in Greek].
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#### **BOOK CHAPTERS AND CONFERENCE PROCEEDINGS**

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2. **Koutra, A.**, Kounenou, K., Katsiadrami, A., Diakogiannis, G. (2010). *Assessment of group interventions of Counseling Center of University of Piraeus*. In G. Koulierakis, A. Paschali, V. Rotsika, & M. Tzinieri-Kokkosi (Eds.), *Clinical Psychology – Health Psychology: Theory and Practice* (pp. 227-240), Athens: Papazisis [in Greek].
3. Kounenou, K., **Koutra, A.** (2008). Self-esteem and academic achievement in university students. In T. Giovazolias, E. Karademas, & A. Kalantzi-Azizi (Eds.), *Crossing Internal and External Borders: Practices for an Effective Psychological Counseling in the European Higher Education* (pp.116-126). Athens: Ellinika Grammata-FEDORA PSYCHE.
4. Kounenou, K., Katsiadrami, A., **Koutra, A.**, Diakogiannis, G. (2006). Anxiety and psychosomatic problems in university students. In P. Roussi, E. Vassilaki, K. Kaniasty, & J.D. Barker (Eds.), *Electronic proceedings of the 27<sup>th</sup> Stress & Anxiety Research Society Conference* (pp. 81-89). University of Crete, Rethymnon.

#### **SCIENTIFIC IMPACT OF PUBLISHED WORK (CITATION INDEX)**

Total citations: 1.933 (Google Scholar Citations; H-index=26; i10-index= 33).

Total citations **during the last 5 years**: 1.566 (Google Scholar Citations; H-index=26; i10-index= 32).

#### **SCIENTIFIC EDITING OF BOOKS AND SPECIAL ISSUES IN SCIENTIFIC JOURNALS**

1. Special issue of Eleftherna: Journal of Psychology and Behavioral Sciences entitled "**Mental health issues - psychosocial adaptation of students during the period of emerging adulthood**". Co-editing with Theodoros Giovazolias, Professor of Counselling Psychology, 2020. [in Greek].
2. Hooley, J.M., Butcher, J.N., Nock, M.K., & Mineka, S.M. (2020). *Abnormal Psychology (Scientific co-editing: K. Koutra)*. Athens, Utopia Publishing.  
*Scientific co-editing of the following chapters:*  
Chapter 7. Mood Disorders and Suicidality

Chapter 10. Personality Disorders  
Chapter 11. Substance-use related Disorders  
Chapter 12. Psychological Treatment

3. Dryden, W. (ed.). (2020). *Cognitive-Behavioural Therapies*. (Scientific Editing: **K. Koutra**, translation: Ch. Kokkinou). Athens: Pedio.

#### **SCIENTIFIC EDITING OF HEALTH EDUCATION PUBLICATIONS**

1. Chatzi, L., Sarri, K., **Koutra, K.** (Editors, 2014). Health education form for preschool children. Program for the prevention and early diagnosis of obesity and neurodevelopmental disorders in preschool children in the prefecture of Heraklion, Crete. Laboratory of Nutrition & Disease Epidemiology, Department of Social Medicine, School of Medicine, University of Crete. [in Greek].
2. **Koutra, K.**, Kampouri, M., Kyriklaki, A., Chatzi, L. (Editors, 2014). Program for the prevention and early diagnosis of neurodevelopmental disorders in preschool children in the prefecture of Heraklion, Crete. Child neurodevelopment: the results (Issue 2). Laboratory of Nutrition & Disease Epidemiology, Department of Social Medicine, School of Medicine, University of Crete. [in Greek].
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#### **PRESENTATIONS IN SCIENTIFIC CONGRESSES AND WORKSHOPS**

1. C. Mouatsou, S. Psoma, **K. Koutra**. *The association of self-esteem with eating attitudes: the mediating role of self-esteem*. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
2. **K. Koutra**, A. Paschalidou, A. Tsapara, M. Mefsout. *The association of family functioning with dyadic coping and depressive symptomatology*. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
3. M. Alexiou, **K. Koutra**. *The association of self-esteem and self-efficacy with academic stress and academic burn-out in students*. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
4. M. Mefsout, K. Chatzi, Z. Fiotodimitraki, **K. Koutra**. *The association of recalled parenting and psychosocial adjustment in adulthood*. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
5. A. Paschalidou, **K. Koutra**. *The role of recalled parenting in the development of self-acceptance in emerging adulthood*. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
6. T. Kokkinaki, **K. Koutra**, O. Michopoulou, N. Anagnostatou, L. Chaziraki, P. Kokarida, E. Chatzidaki. Association between parents' COVID-19 related concerns and family functioning, dyadic coping, social support and depressive symptoms. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
7. T. Giovazolias, **K. Koutra**, M. Kritikou, M. Smargiannaki, E. Chamilaki, O., Kapellaki, K. Vlastou. Evaluation of effectiveness of psychological interventions at the Students' Counselling Center of the University of Crete: a qualitative study. 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens, 5-9/10/2022. [in Greek].
8. **K. Koutra**, G. Mavroeides, M. Basta, A.N. Vgontzas. The role of family functioning in clinical outcome of depression. 30th Panhellenic Congress of Psychiatry, Thessaloniki, 26-29/05/2022. [in Greek].
9. C. Kampisiou, A. Zacharelou, X. Katsoupaki, T. Kafantari, A. Soukouvelou, C. Papachristou, S. Triliva, E. Barouxi, P.

- Roussi, **K. Koutra**, C. Knaevelsrud. Cross-cultural adaptation of a guided transdiagnostic intervention for the management of emotional difficulties in Greece. 30th Panhellenic Congress of Psychiatry, Thessaloniki, 26-29/05/2022. [in Greek].
10. A.N. Vgontzas, T. Maniоти, C. Krasanaki, M. Anastasaki, M. Basta, **K. Koutra**. Domestic violence before and during the pandemic: Data from Heraklion, Crete. 30th Panhellenic Congress of Psychiatry, Thessaloniki, 26-29/05/2022. [in Greek].
  11. A. Paschalidou, **K. Koutra**. The role of gender in the association between self-esteem and anxious/depressive symptomatology in young adults. 30th Panhellenic Congress of Psychiatry, Thessaloniki, 26-29/05/2022. [in Greek].
  12. E. Mathioudaki, **K. Koutra**. Association of family functioning with emotional and behavioural disorders in school aged children. 30th Panhellenic Congress of Psychiatry, Thessaloniki, 26-29/05/2022. [in Greek].
  13. C. Mouatsou, S. Psoma, **K. Koutra**. Association of resilience and social physique anxiety: the mediating role of self-esteem. 7th Conference on Cognitive Psychotherapies, Heraklion, 13-15/05/2022. [in Greek].
  14. **K. Koutra**. Self-compassion, psychological distress, and alcohol abuse during emerging adulthood. 7th Conference on Cognitive Psychotherapies, Heraklion, 13-15/05/2022. [in Greek].
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  16. A. Paschalidou, **K. Koutra**. Perceived social support and its relationship with depressive symptomatology. 7th Conference on Cognitive Psychotherapies, Heraklion, 13-15/05/2022. [in Greek].
  17. G. Mavroeides, M. Basta, E. Karademas, P. Simos, A.N. Vgontzas, **K. Koutra**. Early traumatic experiences, illness severity and suicide risk in major depressive disorders: the mediating role of illness representations. 7th Conference on Cognitive Psychotherapies, Heraklion, 13-15/05/2022. [in Greek].
  18. **K. Koutra**. *Current research data about the effectiveness of cognitive-behavioural interventions*. Oral presentation as part of the roundtable entitled: "Cognitive-Behavioural Interventions for management of Emotional Disorders". Presidents: C. Kampisiou & **K. Koutra**. 7th Conference on Cognitive Psychotherapies, Heraklion, 13-15/05/2022. [in Greek].
  19. **K. Koutra**. *Impact of COVID-19 at mental health of children and adolescents*. 6<sup>o</sup> Panhellenic Conference "Biology in Education". 23/01/2022. [in Greek].
  20. G. Mavroeides, **K. Koutra**. *Association between personality traits and early maladaptive schema domains in clinically depressed individuals: a preliminary investigation*. 20<sup>th</sup> WPA World Congress of Psychiatry, 10-13/03/2021 (virtual congress).
  21. **K. Koutra**, G. Mavroeides, S. Triliva. Attitudes of mental health professionals towards mental illness: associations with job satisfaction indices. 28<sup>o</sup> Panhellenic Congress of Psychiatry, Thessaloniki, 30/10-01/11/2020. [in Greek].
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  23. V. Pantelaiou, **K. Koutra**. Mental health literacy, attitudes towards illness, and help-seeking. 28<sup>o</sup> Panhellenic Congress of Psychiatry, Thessaloniki, 30/10-01/11/2020. [in Greek].
  24. G. Balogianni, **K. Koutra**. Association between Facebook use and depression, loneliness and self-esteem. 28<sup>o</sup> Panhellenic Congress of Psychiatry, Thessaloniki, 30/10-01/11/2020. [in Greek].
  25. A. Paschalidou, **K. Koutra**. Association between recalled parenting practices and mental health in young adulthood. 28<sup>o</sup> Panhellenic Congress of Psychiatry, Thessaloniki, 30/10-01/11/2020.
  26. M. Basta, **K. Koutra**, A. Micheli, S. Karakonstantis, V. Dafermos, M. Drakaki, E. Soumaki, P. Simos, A.N.

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27. **K. Koutra**. Parenting nurture and psychosocial adjustment in early adulthood: the role of self-compassion. 6th Panhellenic Conference on Cognitive Psychotherapies, Thessaloniki, 11-13/10/2019. [in Greek].
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  29. G. Mavroeides, **K. Koutra**. *Illness representations in depression in relation to clinical outcomes: A systematic review*. 17<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Alexandroupolis, 15-19/05/2019 [in Greek].
  30. D-A. Fotara, M. Stathopoulou, **K. Koutra**. *Early traumatic experiences and psychological adjustment in young adulthood*. 17<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Alexandroupolis, 15-19/05/2019 [in Greek].
  31. E. Leimonis, **K. Koutra**. *The association of social media with depressive symptoms and self-esteem*. 17<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Alexandroupolis, 15-19/05/2019 [in Greek].
  32. M. Malliotaki, **K. Koutra**. *Attitudes of psychology students towards people with anorexia nervosa: association with self-esteem and social physique anxiety*. 17<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Alexandroupolis, 15-19/05/2019 [in Greek].
  33. C. Mouatsou, **K. Koutra**. *Association of family functioning with eating attitudes, emotion regulation and social physique anxiety in students*. 27<sup>o</sup> Panhellenic Conference of Psychiatry, Heraklion, 18-21/04/2019 [in Greek].
  34. V. Peppas, G., Mavroeidis, **K. Koutra**. *Association of family functioning with behavioural and emotional development in school-aged children*. 27<sup>o</sup> Panhellenic Conference of Psychiatry, Heraklion, 18-21/04/2019 [in Greek].
  35. **K. Koutra**. The profession of Psychologist and studies at the Department of Psychology of the University of Crete. Workshop on Professional Orientation, Association of Caregivers of the Prefecture of Heraklion, Chamber of Crete, 15/06/2018.
  36. A. Vgontzas, M. Basta, A. Kastanaki, M. Michalodimitrakis, A. Kanaki, **K. Koutra**, P. Simos. *Suicides in Crete during the economic crisis: the effect of age, gender, and mental health services*. Anniversary Conference on 30 years of operation of the School of Social Sciences entitled "Crete in the 21st Century: Issues, Challenges & Perspectives on Society, Economy, Politics and Health". University campus, Rethymnon, Crete, 1-2/12/2017 [in Greek].
  37. **K. Koutra**. *The role of the family in severe psychiatric disorders: psychoeducation as a necessity*. 2<sup>nd</sup> Workshop on Community Mental Health entitled "Journey to Human Experience", Conference center of the Municipality of Festos, 23/11/2017 [in Greek].
  38. **K. Koutra**, K. Margetaki, M. Kampouri, A. Kyriklaki, M. Vafeiadi, P. Simos, M. Kogevinas, L. Chatzi. *Sleep patterns during pregnancy and child neuropsychological and behavioral development: Mother-child cohort (Rhea Study) in Crete, Greece*. DOHaD 2017 Congress: Life Course Health and Disease, Rotterdam, the Netherlands, 15-18/10/2017.
  39. M. Karachaliou, D. Ierodiakonou, L. Chatzi, A. Michel, A. Kyriklaki, M. Kampouri, **K. Koutra**, T. Roumeliotaki, G. Chalkiadaki, E. Stiakaki, M. Pawlita, T. Waterboer, M. Kogevinas, S. Sanjose. *Helicobacter pylori infection and childhood neurodevelopment, the Rhea birth cohort in Crete, Greece*. DOHaD 2017 Congress: Life Course Health and Disease, Rotterdam, the Netherlands, 15-18/10/2017.
  40. V. Daraki, T. Roumeliotaki, G. Chalkiadaki, A. Margioris, **K. Koutra**, M. Katrinaki, A. Kyriklaki, M. Kampouri, S. Papavasiliou, M. Kogevinas, L. Chatzi. *Vitamin D deficiency in pregnancy associates with increased emotional and behavioral problems at preschool age: the Rhea pregnancy cohort, Crete, Greece*. 18<sup>th</sup> European Congress of Endocrinology, Munich, Germany, 28-31/05/2016.



41. V. Daraki, T. Roumeliotaki, S. Papavasiliou, G. Chalkiadaki, **K. Koutra**, M. Katrinaki, A. Kyriklaki, M. Kampouri, A. Margioris, M. Kogevinas, L. Chatzi. *Association of vitamin D deficiency in pregnancy with increased emotional and behavioral problems at 18 months and 4 years of age: the Rhea pregnancy cohort, Crete, Greece*. 43<sup>o</sup> Panhellenic Conference of Greek Endocrinology, Metabolism and Diabetes Mellitus, Athens, 20-23/04/2016 [in Greek].
42. **K. Koutra**. *Removal of the child from the family - institutionalization: Thoughts and feelings of mental health professional*. Workshop on "Alternative child protection solutions", Root Research Center NGO, Heraklion, Crete, Greece, 09/10/2015 [in Greek].
43. **K. Koutra**. *Management of child sexual abuse cases by the Social Services of the Municipality of Heraklion*. Workshop on "Child sexual abuse: What we have to do", Heraklion, Crete, Greece, 09/09/2015 [in Greek].
44. V. Daraki, V. Georgiou, **K. Koutra**, A. Kyriklaki, M. Kampouri, K. Sarri, M. Vassilaki, S. Papavasiliou, M. Kogevinas, L. Chatzi. *Parental obesity in association with offspring cognitive and psychomotor development at 4 years of age: the mother child 'Rhea' cohort in Crete, Greece*. 17<sup>th</sup> European Congress of Endocrinology, Ireland, Dublin, 16-20/05/2015.
45. V. Daraki, G. Georgiou, S. Papavasiliou, **K. Koutra**, A. Kyriklaki, M. Kampouri, G. Chalkiadaki, K. Sarri, M. Vassilaki, M. Kogevinas, L. Chatzi. *Association of parental obesity with offspring cognitive and psychomotor development at 4 years of age: the mother child 'Rhea' cohort in Crete, Greece*. 42<sup>o</sup> Panhellenic Conference of Greek Endocrinology, Metabolism and Diabetes Mellitus, Thessaloniki, 6-10/05/2015 [in Greek].
46. M. Kampouri, A. Kyriklaki, T. Roumeliotaki, **K. Koutra**, D. Anousaki, K. Sarri, M. Vassilaki, M. Kogevinas, L. Chatzi. *Early life determinants of child neurodevelopment at preschool years: the mother child 'Rhea' cohort in Crete, Greece*. 5<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Thessaloniki, 21-23/11/2014 [in Greek].
47. **K. Koutra**, T. Roumeliotaki, M. Kampouri, A. Kyriklaki, K. Sarri, M. Vassilaki, P. Bitsios, M. Kogevinas, L. Chatzi. *Maternal mental health and child neurodevelopment at preschool years*. 5<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Thessaloniki, 21-23/11/2014 [in Greek].
48. **K. Koutra**. *Management of suicidal patients by the Social Services of the Municipality of Heraklion*. Workshop on "Suicide: phenomenon of economic crisis? Alternative preventive and treatment strategies", Department of Social Welfare, Region of Crete, Greece, 24/10/2014 [in Greek].
49. M. Kampouri, A. Kyriklaki, T. Roumeliotaki, **K. Koutra**, K. Sarri, M. Vassilaki, M. Kogevinas, L. Chatzi. *Early life determinants of child cognitive and psychomotor development: RHEA Mother-child cohort in Crete, Greece*. 27th Annual Meeting of the Society for Pediatric and Perinatal Epidemiologic Research (SPER), Seattle, WA, 23-24/06/2014.
50. **K. Koutra**, M. Basta, T. Roumeliotaki, Z. Stefanakis, S. Triliva, C. Lionis, A.N. Vgontzas. *Family functioning in families of first-episode patients in comparison to chronic patients and healthy controls*. 22nd European Congress of Psychiatry, EPA 2014, Munich, Germany, 1-4/03/2014.
51. M. Vafeiadi, **K. Koutra**, T. Roumeliotaki, E. Fthenou, G. Chalkiadaki, M. Kampouri, A. Kyriklaki, P. Rantakokko, H. Kiviranta, M. Vassilaki, S. Kyrtopoulos, M. Kogevinas, L. Chatzi. *Early exposure to Persistent Organic Pollutants and child neurodevelopment at preschool years*. 4<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Athens, 22-24/11/2013 [in Greek].
52. M. Kampouri, A. Kyriklaki, T. Roumeliotaki, **K. Koutra**, K. Sarri, M. Vassilaki, M. Kogevinas, L. Chatzi. *Socio-demographic determinants of child neurodevelopment at preschool years*. 4<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Athens, 22-24/11/2013 [in Greek].
53. A. Kyriklaki, M. Kampouri, T. Roumeliotaki, **K. Koutra**, K. Sarri, M. Vassilaki, M. Kogevinas, L. Chatzi. *Effectiveness of an early intervention program focused on children of preschool age*. 4<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Athens, 22-24/11/2013 [in Greek].
54. M. Vafeiadi, **K. Koutra**, T. Roumeliotaki, E. Fthenou, G. Chalkiadaki, M. Kabouri, A. Kyriklaki, P. Rantakokko, H. Kiviranta, S.A. Kyrtopoulos, M. Kogevinas, L. Chatzi. *Prenatal exposure to persistent organic pollutants (POPs)*

and child neuropsychological development at 4 years of age. 8th World Congress on Developmental Origins of Health and Disease, SUNTEC Singapore, 17-20/11/2013.

55. M. Vassilaki, L. Chatzi, V. Georgiou, A. Xyrafas, T. Roumeliotaki, E. Bagkeris, **K. Koutra**, P. Bitsios, A. Koutis, M. Kogevinas (2013). Postpartum maternal depressive symptoms and weight gain in the first 18 months of life in the mother-child cohort in Crete (Rhea study), Greece. American Public Health Association 141st Annual Meeting and Exposition, 2-6/11/2013
56. **K. Koutra**, M. Basta, Θ. Roumeliotaki, Z. Stefanakis, S. Triliva, C. Lionis, A.N. Vgontzas. *The role of the family in mental illness: study of intrafamilial relationships of first-episode patients, chronic patients and healthy controls*. 22<sup>o</sup> Panhellenic Conference of Psychiatry, Ioannina, 10-14/04/2013 [in Greek].
57. **Koutra, K.**, Basta, M., Roumeliotaki, T., Stefanakis, Z., Triliva, S., Lionis, C., Vgontzas, A.N. *Family functioning, expressed emotion and family burden in relatives of first- episode and chronic patients with schizophrenia and bipolar disorder: preliminary findings*. 21th European Congress of Psychiatry EPA 2013, Nice, France, from 6-9/04/2013.
58. V. Leventakou, T. Roumeliotaki, **K. Koutra**, M. Vassilaki, E. Galanakis, E. Mantzourani, P. Bitsios, M. Kogevinas, L. Chatzi. *Breastfeeding duration and infant mental and psychomotor development: Rhea Mother-Child cohort in Crete, Greece*. DOHaD 2012 Satellite Meeting: New Developments in Developmental Epidemiology, Congress centre De Doelen, Rotterdam, the Netherlands, 6-7/12/2012.
59. **K. Koutra**, L. Chatzi, M. Bagkeris, M. Vassilaki, P. Bitsios, M. Kogevinas. *Maternal mental health and child neurodevelopment at 18 months of age*. 3<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Athens, 30/11/2012-02/12/2012 [in Greek].
60. **K. Koutra**. *Group psychological interventions*. Workshop entitled: «Psychosocial rehabilitation for chronic patients. Experiences from the Psychiatric hostel of PAGNI». Faculty of Medicine, University of Crete, Herakllion, Crete, Greece, 31/10/2012 [in Greek].
61. **K. Koutra**. *The role of the psychologist in Primary Health Care: Experiences from Primary Health Care Unit of the Municipality of Heraklion*. 3<sup>o</sup> Pagkritio Symposium for Mental Health on: «Psychiatric Reform and Primary Health Care», Faculty of Medicine, University of Crete, Herakllion, Ctrete, Greece, 14-15/10/2012 [in Greek].
62. K. Kounenou, **A. Koutra**, & G. Koumoundourou (2011). *Nurses' communication skills: Exploring their relationship with demographic variables and job satisfaction in a Greek sample*. World Conference on Psychology, Counselling and Guidance (WCPCG), Antalya, Turkey, 25-29/05/2011.
63. **K. Koutra**, L. Chatzi, V. Georgiou, A. Koutis, P. Bitsios, M. Kogevinas. *Antenatal maternal mental health as determinant of postpartum depression*. 4<sup>o</sup> Panhellenic Symposium of Clinical Psychology and Health Psychology, National School of Public Health, Athens, 4-7/11/2010 [in Greek].
64. **A. Koutra**, A. Katsiadrami, G. Diacogiannis. *Effectiveness of group psychological counseling for the management of anxiety and depressive symptoms and the strengthening of self-esteem..* 4<sup>o</sup> Panhellenic Symposium of Clinical Psychology and Health Psychology, National School of Public Health, Athens, 4-7/11/2010 [in Greek].
65. L. Chatzi, **A. Koutra**, A. Bardiampassis, V. Georgiou, A. Koutis, C. Lionis, P. Bitsios, M. Kogevinas. *Association of maternal psychosocial stress and personality traits with preterm birth and fetal growth restriction in the mother-child cohort (Rhea study), in Crete, Greece*. 5<sup>th</sup> Conference of Epidemiological Longitudinal Studies in Europe (CELSE 2010), Pafos, Cyprus, 13-15/10/2010.
66. C. Lionis, A. Koutra, K. Augoustis, A. Christopoulos, B. Paparoidami, K. Kagkellaris, X. Trikaliotis. *Approach to the chronic patients – the role of the family and the doctor*. 14<sup>o</sup> Scientific Conference of Greek Medical Students and 2<sup>o</sup> International Forum of Greek Medical Students and Young Doctors, Athens, 9-11/05/2008 [in Greek].
67. **A. Koutra**, K. Kounenou, A. Katsiadrami, G. Diakogiannis. *Effectiveness of group interventions at the Counseling Center of the University of Piraeus*. 3<sup>o</sup> Panhellenic Conference of Clinical Psychology and Health Psychology, Aristotelian University of Thessaloniki, 9-11/11/2007 [in Greek].
68. **A. Koutra**, D. Kolostoumpis, D. Ploumpidis, M. Ekonomou. *The role of psychoeducational nterventions in family relationships of individuals with severe psychiatric disorders*. 3<sup>o</sup> Panhellenic Conference of Clinical Psychology

and Health Psychology, Aristotelian University of Thessaloniki, 9-11/11/2007 [in Greek].

69. K. Kounenou, **A. Koutra**, A. Katsiadrami, G. Diakogiannis. *Epidemiological study of students' mental health: The case of the University of Piraeus*. 2007 FEDORA-PSYCHE Conference, University of Crete, Rethymno, 5-8/09/2007.
70. K. Kounenou, **A. Koutra**. *Self-esteem and academic achievement in university students*. 2007 FEDORA-PSYCHE Conference, University of Crete, Rethymno, 5-8/09/2007.
71. K. Kounenou, **A. Koutra**, A. Katsiadrami, G. Diakogiannis. *Stress management within the group counseling*. 11<sup>o</sup> Panhellenic Conference on Psychological research, Rethymnon, Crete, Greece, 18-22/04/2007 [in Greek].
72. **A. Koutra**, D. Ploumpidis. *Expressed emotion in clinical practice*. 11<sup>o</sup> Panhellenic Conference on Psychological research, Rethymnon, Crete, Greece, 18-22/04/2007 [in Greek].
73. K. Kounenou, **A. Koutra**. *Investigation of the expression of emotions in student population: diversity than gender: differentiation based on gender*. 2<sup>o</sup> Panhellenic Conference on Counseling Psychology, Athens, 23-26/11/2006 [in Greek].
74. E. Loukadakis, K. Kollias, **A. Koutra**, K. Pappa, S. Vourgana, A. Rigka, S. Panagiotopoulou, O. Kirka, E. Rogkakou, D. Ploumpidis, K. Soldatos. *Evaluation of coming back cases in a Community Mental Health Centre*. IX World Congress of Psychosocial Rehabilitation, Athens, 12-15/10/2006.
75. K. Kounenou, **A. Koutra**. *Self-esteem and academic achievement*. 13<sup>th</sup> European Conference on Personality, Athens, 22-26/07/2006.
76. K. Kounenou, A. Katsiadrami, **A. Koutra**, G. Diakogiannis. *Anxiety and psychosomatic problems in university students*. 27<sup>th</sup> Stress & Anxiety Research Society Conference, University of Crete, Rethymno, 13-15/07/2006.
77. E. Loukadakis, E. Kallinikou, D. Bletsas, **A. Koutra**, G. Mariakaki, C. Mitsi, S. Chartalou, V. Mavreas, D. Ploumpidis. *Assessment of users of Community Mental Health Center of Byron-Kaisariani by means of VSSS-54*. 19<sup>o</sup> Panhellenic Conference of Psychiatry, Athens, 4-7/05/2006 [in Greek].
78. E. Loukadakis, K. Kollias, K. Pappa, S. Vourgana, **A. Koutra**, A. Rigka, D. Ploumpidis. *Correlation of diagnosis with the disruption of treatment and the return at outpatient clinic of Community Mental Health Center of Byron-Kaisariani*. 19<sup>o</sup> Panhellenic Conference of Psychiatry, Athens, 4-7/05/2006 [in Greek].
79. E. Loukadakis, **A. Koutra**, S. Panagiotopoulou, K. Pappa, K. Kollias, D. Ploumpidis. *Evaluation of returning patients in a Community Mental Health Center*. 10<sup>o</sup> Panhellenic Conference on Psychological Research, Ioannina, 1-4/12/2005 [in Greek].
80. Nestoros, J.N., Zgantzouri, K.A., **Koutra, A.G.**, Mellon, R.C. *Therapist's verbal communication in Integrative (Synthetiki) psychotherapy process for the treatment of psychotic symptoms: A single case study*. 19<sup>th</sup> Annual Conference of the Society for the Exploration of Psychotherapy Integration (SEPI), New York City, 2-4/05/2003.

#### **PARTICIPATION IN EDUCATIONAL PROGRAMS**

1. **K. Koutra**. **Lecture on "Issues in Clinical Community Psychology"**. Educational seminar of the Committee of Psychologists and the Board of Directors. of the Panhellenic Association of Employees of Community and Attendance Centers PAN.SE.K.K. 19/02/2022.
2. **K. Koutra**. **Lecture on "Maternal mental health and its effect on the psychomotor development of the child"**. Educational seminar of the Neonatology Clinic PAGNI, 03/05/2022.
3. M. Karataraki, **K. Koutra**. **Lecture on "Communication/Motivation Skills and Techniques"** Training Program on non-pharmaceutical interventions with an emphasis on Cognitive Behavioral Therapy For General Practitioners, Post-Training Educational Program in Cognitive-Behavioral Therapy, Faculty of Medicine, University of Crete, March, 2020.
4. Koutra, M. Vafeiadi. **Lecture on "Neurodevelopment of Children in Crete - Results from the REA Study"** at the 2019-2020 Educational Program of the Community Center for Mental Health of Children and Adolescents of Heraklion (KOIKEPSYPE), General Hospital "Venizelio-Pananeio", 7th Health Region of Crete, February, 2020.

## **PARTICIPATION IN WORKSHOPS AND SEMINARS**

- June 2015** Seminar entitled: **“Education of Professionals in Application and Use of National System of Reporting Child Abuse and Neglect Protocol”**, 30 hours, within the context of the Program entitled **“Integrated Approach to Investigation, Diagnosis and Management of Incidents of Abuse and Neglect of Children”**, Department of Mental Health and Social Welfare, Institute of Child Health, Athens, Greece.
- June – August 2011** Training in **Administration and Scoring of McCarthy Scales of Children’s Abilities**, National School of Public Health, Athens, Greece.
- April 2011** **TENTS-TP Train-The-Trainers two-day workshop for Post-Traumatic Stress Disorder (PTSD)**, The European Network for Traumatic Stress – Training & Practice, EPIPSY, Athens, Greece.
- March 2011** **TENTS-TP Train-The-Trainers one-day workshop for Post-Traumatic Stress Disorder (PTSD)**, The European Network for Traumatic Stress – Training & Practice, Clinic of Social and Family Medicine, University of Crete, Greece.
- September 2010** **1<sup>o</sup> Interactive Symposium on Systemic Psychotherapy** entitled: **«Seeking Safety in Psychotherapy»**, Laboratory of Systemic Thought and Education, Heraklion, Crete, Greece.
- February 2009** Seminar entitled: **“Individual Systemic Therapy with Paolo Bertrando”**. National Hellenic Research Foundation, Athens, Greece.
- February 2009** Training in **Administration and Scoring of Bayley Scales of Infant and Toddler Development (Bayley - III)**. Pearson Assessment, London, UK.
- October-November 2007** **First Aid Seminar**, Hellenic Red Cross, 15 hours, Athens, Greece.
- October 2005- July 2006** **Seminar on Clinical Psychopathology, Diagnostics and Therapeutics**, Eginition Hospital, Athens, Greece.
- April-June 2005** **Educational Training in Addiction**, Hellenic red Cross, Athens, Greece.
- March - July 2005** Seminar entitled: **“Introduction to Philosophy of Psychiatry and Clinical Psychology”**, Eginition Hospital, Athens, Greece.
- Novemner 2004 - March 2005** Educational Training on **Psychological Assessment**, Open Psychotherapy Center, Athens Institute of Group Analysis.
- May 2003** Workshop on: **“Psychoanalytic Theory, Post-psychology, and Projective Psychological Techniques”**, 68 hours. (University of Crete – University Paris XIII).
- May 2003** Workshop on: **“Gestalt Therapy: Group and Individual Development”**, 20 hours. (University of Crete – University College Cork).
- September 2002 –August 2003** **Monitoring of psychotherapeutic sessions in Integrative (Synthetiki) Psychotherapy**, 320 hours, Laboratory of Clinical and Social Psychology, Department of Psychology, University of Crete, Greece.
- October 2001 – April 2002** **Seminar on Greek Sign Language**, Rethymnon Association for the Deaf, 127 hours.
- May 2001** Seminar on **“Clinical hypnosis: basic procedures and rationale”**. Rethymnon, University of Crete, Greece.

## **PARTICIPATION IN SCIENTIFIC CONGRESSES AND WORKSHOPS**

- 05-09/10/2022** 18<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Athens.

- 26-29/05/2022** 28<sup>th</sup> Panhellenic Conference of Psychiatry, Thessaloniki.
- 13-15/05/2022** 7<sup>th</sup> Panhellenic Congress on Cognitive Psychotherapies, Heraklion, Crete
- 30/10-01/11/2020** 28<sup>th</sup> Panhellenic Conference of Psychiatry, Thessaloniki.
- 11-13/10/2019** 6<sup>th</sup> Panhellenic Congress on Cognitive Psychotherapies, Thessaloniki.
- 15-19/05/2019** 17<sup>th</sup> Panhellenic Conference on Psychological Research of the Hellenic Psychological Society, Alexandroupolis.
- 18-21/04/2019** 27<sup>th</sup> Panhellenic Conference of Psychiatry, Heraklion, Crete, Greece.
- 23/11/2017** 2<sup>nd</sup> Workshop on Community Mental health entitled "*Journey to Human Experience*", Conference center of the Municipality of Festos.
- 06/11/2017** *Anniversary Conference on 30 years of operation of the Department of Psychology dedicated to Honorary President Maria Hourdaki*, Conservatory - Neratze mosque, Rethymnon, Crete, Greece.
- 29/09/2016** Workshop on "*School dropout*", Department of Social Welfare, Region of Crete, Greece.
- 09/10/2015** Workshop on "*Alternative child protection solutions*", Root Research Center NGO, Heraklion, Crete, Greece.
- 09/09/2015** Workshop on "*Child sexual abuse: What we have to do*", Heraklion, Crete, Greece.
- 21-23/11/2014** 5<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Thessaloniki, Greece.
- 24/10/2014** Workshop on "*Suicide: phenomenon of economic crisis? Alternative preventive and treatment strategies*", Department of Social Welfare, Region of Crete, Greece.
- 31/10/2012** Workshop on "*Psychosocial rehabilitation for chronic patients: Experiences from the Psychiatric hostel of PAGNI*", Faculty of Medicine, University of Crete, Heraklion, Crete, Greece.
- 05/09/2012** Workshop on "*Preventive interventions for child sexual abuse*", Municipality of Heraklion, Crete, Greece.
- 04-07-11/2010** 4<sup>o</sup> Panhellenic Conference of the Forum of Public Health and Social Medicine, Athens. Greece.
- 9-11/05/2008** 14<sup>o</sup> Scientific Conference of Greek Medical Students and 2<sup>o</sup> International Forum of Greek Medical Students and Young Doctors, Athens, Greece.
- 9-11/11/2007** 3<sup>o</sup> Panhellenic Conference of Clinical Psychology and Health Psychology, Aristotelian University of Thessaloniki, Greece.
- 08/05/2007** Workshop on "*Family and patient psychoeducation*", POSOPSY, DYPSA, Athens, Greece.
- 18-22/04/2007** 11<sup>o</sup> Panhellenic Conference of Psychiatry, University of Crete, Rethymnon, Greece.
- 13-15/07/2006** 27<sup>th</sup> International Conference of the Stress & Anxiety Research Society (STAR), University of Crete, Rethymnon, Greece.
- 9/05/2006** Workshop on: "*Autism and adulthood*", Encephalos Organization, Athens, Greece.
- 4-8/05/2006** 19<sup>o</sup> Panhellenic Conference of Psychiatry, Athens, Greece.
- 1-4/12/2005** 10<sup>o</sup> Panhellenic Conference of Psychological Research, University of Ioannina, Greece.
- 7-9/10/2005** 9<sup>o</sup> Panhellenic Congress on Psychosocial Oncology, Athens, Greece.
- 7 / 04 / 2005** Workshop on "*Early intervention program for social-emotional disorders in toddlerhood aiming at promoting mental health*", 1<sup>st</sup> Psychiatric Clinic of University of Athens, Greece.
- 1/04/2005** Workshop on "*Substance abuse: prevention and treatment*", National and Kapodistrian University of Athens, Greece.
- 15- 1 /10/2004** 8<sup>o</sup> Panhellenic Congress on Psychosocial Oncology, Athens, Greece.

- 7/05/2004** Workshop on *“Eating patterns and psychosomatic health”*, National and Kapodistrian University of Athens, Greece.
- 30-31/03/2004** Workshop on *“From asylum to community”*, Psychiatric Hospital of Attica, Athens, Greece.
- 23/01/2004** Workshop on *“Discrimination-foreclosures, social racism and social reintegration”*, Psychiatric Hospital of Attica, Greece.
- 17-19/10/2003** 7<sup>o</sup> *Panhellenic Congress on Psychosocial Oncology*, Athens, Greece.
- 17-19/10/2003** 18<sup>o</sup> *Panhellenic Meeting of Greek Society for Neurosciences*, Athens, Greece.
- 21-24/05/2003** 10<sup>o</sup> *Panhellenic Conference of Psychological Research*, Aegean University, Rhodes, Greece.
- 15-18/05/2003** Panhellenic Congress on Psychiatry entitled *“The contribution of art in psychiatric treatments”*, Mediterranean Agronomic Institute of Chania (MAICh), Crete, Greece.
- 4-6/10/2002** 17<sup>o</sup> Panhellenic Meeting of the Greek Society for Neurosciences entitled *“Brain, mind and behavior”*, University of Crete, Greece
- 19-21/10/2001** 16<sup>o</sup> Panhellenic Meeting of the Greek Society for Neurosciences entitled *“Brain and society: health, education, art and technology”*, Thessaloniki, Greece.
- 4-6/05/2001** 2<sup>o</sup> Panhellenic Congress on Systemic Therapy entitled *“Quality of assessment and systemic intervention”*, University of Crete, Heraklion, Greece.
- 7/03/2001** Lecture on *“Culture and social consciousness”*, University of Crete, Rethymnon, Greece.
- 6/03/2001** Lecture on *“Reflections and highlights in contemporary social problems”*, University of Crete, Rethymnon, Greece.
- 1-3/12/2000** European Meeting on *“The multi-cultural identity of the family: Immigrant families of the new millennium”*, University of Crete, Rethymnon, Greece.
- 9-10/12/1999** International Symposium on Social and Clinical Psychology entitled *“Social representations and education minorities - Identity and multi-cultural stereotypes”*, University of Crete, Rethymnon, Greece.

#### **INVITED REVIEWER IN SCIENTIFIC JOURNALS**

- Archives of Psychiatric Nursing
- BMC Family Practice
- BMC Nursing
- BMJ Open
- Clinical Schizophrenia & Related Psychoses
- Current Psychology
- Developmental Medicine and Child Neurology
- European Psychiatry
- Family Practice
- General Hospital Psychiatry
- Infant Behavior & Development
- Journal of Affective Disorders
- Journal of Family Issues
- Journal of Family Studies
- Journal of Mental Health
- Journal of Neurosciences in Rural Practice
- Journal of Psychosomatic Obstetrics & Gynaecology
- Journal of Psychosomatic Research
- Journal of Reproductive and Infant Psychology
- Maternal and Child Nutrition
- Paediatric and Perinatal Epidemiology
- Plos One
- Psychiatry Research
- Public Health Nutrition
- Social Psychiatry & Psychiatric Epidemiology
- Ψυχολογία

#### **ADMINISTRATIVE WORK**

- 2020-2021 and 2018-2019** Member of the Admissions Committee of the Department of Psychology. Alternate Member (2020-2021) and Regular Member (2018-2019).

- 2020-2021 and 2021-2022** Member of the Alumni Network Committee of the Department of Psychology.
- 2020-2021** Member of the Course Recognition Committee of the Department of Psychology.
- 2018-2019 and 2019-2020** Member of the Research Ethics Committee of the Department of Psychology.
- 2018-2019, 2019-2020 and 2021-2022** Member of the Committee of Undergraduate Students' Training, Department of Psychology, University of Crete, Greece.
- November 2017-September 2020** Member of the Internal Evaluation Committee (OMEA), Department of Psychology, University of Crete, Greece.
- February 2018-August 2019** Member of the Greek Citizenship Committee, Region of Crete, Greece. Αστικής Κατάστασης και Κοινωνικών Υποθέσεων, Αποκεντρωμένη Διοίκηση Κρήτης.

#### **MEMBER OF SCIENTIFIC COMMITTEES**

- September 2018-present** **Member of the Psychology Addiction Laboratory.** Department of Psychology, University of Crete.  
From September 2021, **Director of the Psychology Addiction Laboratory.** Department of Psychology, University of Crete.
- September 2020-present** **Member of the Special Interdepartmental Committee of the MSc Program "Clinical Interventions in Addictions".** Department of Psychology & Department of Medicine, University of Crete.  
From October 2022, **Deputy Director of the MSc Program and Member of the Study Committee.**
- January 2020-present** **Member of the Coordinating Committee of the Educational Program in Cognitive-Behavioral Therapies,** Department of Psychiatry and Behavioral Sciences, Faculty of Medicine, University of Crete and Psychiatric Clinic of University Hospital of Heraklion, Crete, Greece in collaboration with the 1<sup>st</sup> Psychiatric Clinic of the National and Kapodistrian University of Athens.
- November 2018-present** **Member of the Scientific Committee of the Counselling Center of the University of Crete, Greece.**
- September 2020-present** **Member of the Scientific Committee of the Primary Health Care Unit of the Hellenic Mediterranean University (HMU).**
- May 2018-present** **Member of the Hellenic Psychological Society (ELPSE).**  
**Member of the Departments of Clinical, Counseling and Positive Psychology of the Hellenic Psychological Society (ELPSE).**
- November 2019-present** **Member, European Association of Clinical Psychology and Psychological Treatment (EACLIPT).**
- September 2019-present** **Member, International Society for Affective Disorders (ISAD).**

#### **MEMBER OF SCIENTIFIC JOURNALS' COMMITTEE**

- September 2022-present** Academic Editor in **Healthcare** (IF. 3.160). Multidisciplinary Digital Publishing Institute (MDPI).
- November 2018-today** Member of the editorial team of the scientific journal **Eleftherna: Journal of Psychology and Behavioral Sciences**, Department of Psychology, University of Crete.

## MEMBER OF ORGANIZATIONAL COMMITTEES OF SCIENTIFIC CONFERENCES

- February 2021  
2021-present** Member of the Organizing Committee of the **7th Conference on Cognitive Psychotherapies** entitled: "Flexibility in the Challenge for Personalized Therapy", which took place on November 12-14, 2021 in Heraklion, Crete. In collaboration with the School of Medicine of the University of Crete.
- September 2015** Member of the Organizing Committee of the **Scientific Conference on: "Child sexual abuse: What we need to know"**, Department of Social Services, Municipality of Heraklion, Crete, Greece, 09/09/2015.
- September 2014** Member of the Organizing Committee of the Scientific Conference on: **"Child Neuro-Development: What we need to know. A scientific discussion on the effect of nutrition, environment and stress on the mental and behavioral development of the child"**. Clinic of Preventive Medicine and Nutrition, Department of Social Medicine, School of Medicine, University of Crete, 29/09/2014.

## TALKS FOR THE PUBLIC

- September 2014 –  
February 2020** Lectures series at the Primary Health Care Unit, Department of Social Services, Municipality of Heraklion entitled: **"Adaptation to chronic illness"**.
- February - July  
2012** Lectures series at the Community Care Centers of the Municipality of Heraklion of the 3<sup>rd</sup> Municipal Community entitled: **"School for grandparents"**.
- November 2011** Lecture at the Elementary School of Tylisos, Municipality of Malevizi, entitled: **"The consequences of economic crisis for the children"**.
- September -  
December 2011** Lectures series at the Community Care Centers of the Municipality of Heraklion of the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Municipal Communities entitled: **"Transition to the Third Age: Stress management"**.
- May 2011** Lecture at the Cultural Center of Agios Georgios Church entitled: **"Family and psychosis"**.
- May - December  
2010** Lectures series at the Community Care Centers of the Municipality of Heraklion of the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Municipal Communities entitled: **"Family and psychosomatic symptoms"**

## LANGUAGES

- English** Excellent - **Certificate of Proficiency in English**, University of Cambridge, 2005.  
Excellent - **Certificate of Proficiency in English**, University of Michigan, 2005.
- Spanish** Good - **Certificado Basico de Espanol (C.B.E.)**, Ministry of Education, 2006.

## COMPUTER SKILLS

- Computer skills** **European Computer Driving Licence – ECDL**, 2003.  
Statistical package for Social Sciences **SPSS** and **SPSS AMOS**.

## VOLUNTEERING

- September 2021-  
present** Volunteer at Arkalochori and Acharnes Municipalities in providing psychological support to the victims of the recent earthquakes. The Mobile Mental Health Unit of the University Hospital of Heraklion coordinates the action.
- Special Olympics  
(17-28/09/2004)** Volunteer at the Athens Special Olympics, Hellinikon Olympic Hockey Center (Football 7 on 7 of individuals with cerebral palsy and football 5 on 5 of individuals with vision problems).