

**Cleo Protogerou, PhD**  
**Assistant Professor of Health Behaviours**  
**University of Crete, Greece**

Phone: +306936513315

Email: [cleoprotogerou@uoc.gr](mailto:cleoprotogerou@uoc.gr)

Websites: [www.cleoprotogerou.com](http://www.cleoprotogerou.com)

[Cleo Protogerou - Google Scholar Citations](#)

[Cleo Protogerou Research Gate](#)

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**FORMAL EDUCATION**

- 2007 PhD in Health Psychology, University of Bath, UK.
- 2003 BSc in Psychology, Panteion, University of Social and Political Sciences, Greece.
- 1997 MSc in Organizational Psychology, University of Manchester, UK.
- 1996 BA in Psychology, Deree, The American College of Greece.

**CONTINUED EDUCATION, CERTIFICATES, LICENCES, SKILLS**

- 2016 Certificate in teaching at postgraduate (MSc) level. The University of Roehampton, London Online.
- 2015 Diploma in Cognitive Behaviour Therapy (CBT). Institute of Counselling, UK.
- 2014 Diploma in Teaching and Supervision in Higher Education. Centre for Lifelong Learning, University of Liverpool, UK.
- 2015 Certificate in recognition of attainment against the UK Professional Standards Framework for teaching and learning support in higher education by the Higher Education Academy (HEA; Advance HE).
- 2010 Licence to teach in Higher Education Academic Institutions in Greece, The Hellenic Department of Education.

- 2009 Certificate in conducting student tutorials in the Humanities and Social Sciences. The Centre for Higher Education Development, University of Cape Town, South Africa.
- 2005 Psychologist's Practicing Licence, issued by the Hellenic Department of Health Services, Division of Public Health.
- 1992 English Language Teacher's Licence, issued by the Hellenic Department of Education, Division of Secondary Education.

### **Languages**

English (proficient); Greek (proficient, as native); French (basic).

### **Computer Programmes & Interfaces**

Microsoft Office; PASW/SPSS for Windows; Virtual class management and remote teaching with Canvas; Website development; Online survey development with Qualtrics.

## **PROFESSIONAL APPOINTMENTS**

- 2022-present Assistant Professor of Health Behaviours. Department of Psychology, University of Crete, Greece.
- 2021-2022 Senior Research Fellow. Institute of Health and Wellbeing, University of Suffolk, UK.
- 2019-2021 Lecturer in Psychology and Project Scientist. Department of Psychological Sciences, and Health Sciences Research Institute (HSRI), University of California, Merced, USA.
- 2016-2019 Lecturer in Psychology. Department of Psychology, University of Roehampton Online, London, UK.
- 2016-2017 Research Fellow. Center for Effective Global Action (CEGA), Social Science Meta-Analysis and Research Transparency (SSMART) Initiative, University of California, Berkeley, USA.
- 2013-2015 Senior Research Fellow and Instructor. Department of Health Services Research, Institute of Psychology, Health, and Society, University of Liverpool, UK.
- 2012-2012 Post-doctoral Research Fellow. Center for Health, Intervention & Prevention (CHIP) and Systematic Health Action Research Program (SHARP), University of Connecticut, USA.

- 2011-2012 Lecturer in Psychology. The University of Central Lancashire, UK, in collaboration with the Institution of Counselling and Psychological Studies (ICPS), Greece.
- 2008-2011 Post-doctoral Research Fellow. Department of Psychology and Department of Psychiatry and Mental Health, University of Cape Town, South Africa.
- 2006-2008 Health Psychologist. The Greek Organisation Against Drugs (OKANA: Prevention Centre), Athens, Greece.
- 2003-2005 Teaching Assistant. Department of Psychology, University of Bath, UK.
- 2000-2002 Psychology Instructor. Institute of Vocational Training (D-IEK) (tertiary academic institution), Greece.
- 1998-2000 Psychology Instructor. Department of Psychology, Campus Arts and Sciences (tertiary academic institution), Greece.

### **OTHER ACADEMIC APPOINTMENTS AND FELLOWSHIPS**

- 2021-present Instructor. The Center for Nutritional Psychology, USA:  
<https://www.nutritional-psychology.org/np110/>
- 2015-2022 Adjunct Lecturer. The Department of Psychology, University of Cape Town, Cape Town, South Africa.
- 2015-2019 Adjunct Research Fellow. Health Psychology & Behavioural Medicine Group, Curtin University, Australia.

### **AREAS OF RESEARCH EXPERTISE**

My research has a strong international and collaborative outlook, and spans the fields of health, social, and applied psychology, with a strong theoretical and conceptual basis. My key areas of expertise include: Health and risk-taking behaviours in young people; the development of theories to study health behaviours across settings, especially sub-Saharan Africa; the influence of the wider social environment in shaping young peoples' condom use; effectiveness evaluation of behaviour health interventions; the investigation of eating behaviours; evidence syntheses including systematic reviews, meta-analyses, and meta-reviews; quality appraisal; development of tools to appraise study quality of psychological research.

## GRANTS AND AWARDS

- 2024-present. Principal investigator. University of Crete Research Committee (ELKE) grant (11.840,00€). To investigate university students' attitudes towards intermittent fasting.
- 2024-present. Co-Investigator. INGENIUM Joint Research Group grant (20.000€). A collaboration with partners from the Universities of Oviedo, Skövde, and Sofia to investigate the phenomenon of social contagion and its impact on health behaviours.
- 2020-2025 Rated Researcher. The National Research Foundation (NRF) Incentive Fund for Rated Researchers (50,000 ZAR). This grant is awarded to NRF-rated researchers affiliated with South African universities. NRF ratings are assigned after an intensive peer-review evaluation of the researcher's research outputs and impact: <https://www.nrf.ac.za/rating>
- 2018 Primary Investigator. The University of Cape Town Research Committee (URC) conference grant award (12,000 ZAR). To cover conference costs for a primary investigator who is also the presenter of the research.
- 2016 Primary Investigator. The Social Science Meta-Analysis and Research Transparency (SSMART) grant, the University of Berkeley Initiative for Transparency in the Social Sciences, with support from the William and Flora Hewlett Foundation (30,000 USD). To support the development of an integrated theory of young people's condom use in Sub-Saharan Africa using Open Science principles.
- 2016 Primary Investigator. The University of Cape Town Research Committee (URC) research visit grant (16,000 ZAR). To fund University of Cape Town researchers to visit research groups abroad to conduct scholarly activity. This grant supported my visit to Curtin University, Australia.
- 2016 Primary Investigator. The University of Cape Town Research Committee (URC) conference grant award (13,798 ZAR). To cover conference costs for a primary investigator who is also the presenter of the research.
- 2015 Visiting Scholar. The Visiting Scholar Fund (VSF) of the University of Cape Town, South Africa (25,000 ZAR). To bring international scholars to the University of Cape Town to promote scholarly activity. While working at the University of Liverpool UK, I was brought the University of Cape

- Town's Department of Psychology to deliver seminars and lectures related to my research.
- 2014 Co-investigator/ co-applicant with the Liverpool Heart and Chest Hospital clinical research group in a National Institute for Health Research (NIHR) and the Policy Research Programme (PRP) funding scheme (100,000 GBR). To support the development of a pilot intervention to reduce distress in cardiac surgery patients.
- 2008-2011 Primary Investigator. The University of Cape Town Research Committee (URC) post-doctoral award. To conduct HIV-research at the University of Cape Town, South Africa (400,000 ZAR per annum).

## PUBLICATIONS

- Hagger, M. S., Hamilton, K., Phipps, D. J., **Protogerou, C.**, Zhang, C.-Q., Girelli, L., Mallia, L., & Lucidi, F. (2023). Effects of habit and intention on behavior: Meta-analysis and test of key moderators. *Motivation Science, 9*(2), 73–94.  
<https://doi.org/10.1037/mot0000294>
- Protogerou, C.**, & Gladwell, V. F. (2022). Healthcare guidelines in health behaviour change interventions: Quality appraisal and implementation. *European Health Psychologist, 22*(9). <file:///C:/Users/cprot/Downloads/protogerou-1.pdf>
- Protogerou, C.**, Gladwell, V. F., & Martin, C. R. (2022). Development of a self-report measure to assess sleep satisfaction: Protocol for the Suffolk Sleep Index (SuSI). *Frontiers in Psychology. <https://doi.org/10.3389/fpsyg.2022.1016229>*
- Protogerou, C.**, Leroy, F., & Hagger, M. S. (2021). Beliefs and experiences of individuals following a zero-carb diet. *Behavioral Sciences, 11*(12), 161.  
<https://doi.org/10.3390/bs11120161>
- Protogerou, C.**, & Hagger, M. S. (2020). A checklist to assess the quality of survey studies in psychology. *Methods in Psychology, 3*, 100031.  
<https://doi.org/10.1016/j.metip.2020.100031>
- Protogerou, C.**, McHugh, R. K., & Johnson, B. T. (2020). How best to reduce unhealthy risk-taking behaviours? A meta-review of evidence syntheses of interventions using self-regulation principles. *Health Psychology Review, 14*(1), 86-115.  
<https://doi.org/10.1080/17437199.2019.1707104>

- Hagger, M. S., & **Protogerou, C.** (2020). Self-determination theory and autonomy support to change healthcare behavior. In A. Hadler, S. Sutton, & L. Osterberg (Eds.), *Wiley handbook of healthcare treatment engagement: Theory, Research, and Clinical Practice*. Chichester, UK: Wiley.
- Protogerou, C.**, & Hagger, M. S. (2019). A case for a study quality appraisal in survey studies in psychology. *Frontiers in Psychology, 9*, 2788.  
<https://doi.org/10.3389/fpsyg.2018.02788>
- Protogerou, C.**, Johnson, B.T., & Hagger, M. S. (2018). An integrated model of condom use in sub-Saharan African youth: A meta-analysis. *Health Psychology, 37*, 586-602.  
<https://doi.org/10.1037/hea0000604>
- Hagger, M. S., & **Protogerou, C.** (2018). Affect in the context of self-determination theory. In D. M. Williams, R. E. Rhodes, & M. T. Conner (Eds.), *Affective determinants of health-related behavior*. Oxford, UK: Oxford University Press.
- Protogerou, C.**, & Hagger, M. S. (2017). Developing an integrated theoretical model of young peoples' condom use in sub-Saharan Africa. *Australian Journal of Psychology, 69*, 130-148. <https://doi.org/10.1111/ajpy.12127>
- Protogerou, C.**, & Hagger, M. S. (2016). An integrated theoretical model of young peoples' condom use in sub-Saharan Africa. *European Health Psychologist, 18*(S), 928.
- Hagger, M. S., Chan, D.K.C., **Protogerou, C.**, & Chatzisarantis, N.L.D. (2016). Using meta-analytic path analysis to test theoretical predictions in health behavior: An illustration based on meta-analyses of the theory of planned behavior. *Preventive Medicine, 89*, 154-161. <https://doi.org/10.1016/j.ypmed.2016.05.020>
- Protogerou, C.**, Fleeman, N., Dwan, K., Richardson, M., Dundar, Y., & Hagger, M.S. (2015). Moderators of psychological intervention efficacy on depression and anxiety in cardiac surgery patients: A systematic review and meta-analysis. *Behaviour Research and Therapy, 73*, 151-164. <https://doi.org/10.1016/j.brat.2015.08.004>
- Protogerou, C.**, Flisher, A. J., & Wild, L.G. (2014). Factors shaping condom use among South African university students: A thematic analysis. *Journal of Psychology in Africa, 24*, 215-224. <https://doi.org/10.1080/14330237.2014.906081>
- Protogerou, C.**, & Johnson, B.T. (2014). Factors underlying the success of behavioral HIV-prevention interventions for adolescents: A meta-review. *AIDS and Behavior, 18*, 1847-1863. <https://doi.org/10.1007/s10461-014-0807-y>
- Protogerou, C.**, Flisher, A. J., Wild, L.G., & Aarø, L. E. (2013). Predictors of condom use in South African university students: A prospective application of the theory of planned

behaviour. *Journal of Applied Social Psychology*, 43, E23-E36.

<https://doi.org/10.1111/jasp.12039>

**Protogerou, C., Flisher, A. J., Aarø, L. E., & Mathews, C.** (2012). The theory of planned behaviour as a framework for predicting sexual risk behaviour in sub-Saharan African youth: A critical review. *Journal of Child and Adolescent Mental Health*, 24, 15-35.

<https://doi.org/10.2989/17280583.2011.621067>

**Protogerou, C., & Flisher, A. J.** (2012). Bullying in schools. In A. van Niekerk, S. Suffla & M. Seedat (Eds.), *Crime, violence and injury in South Africa: 21<sup>st</sup> century solutions for child safety* (pp.119-133). Johannesburg, South Africa: PsySSA Press.

**Protogerou, C., Flisher, A. J., & Morojele, N. K.** (2012). Evaluated interventions to prevent substance abuse among young South Africans. In G. Ellis, D. Stein, E. Meintjies & K. Thomas (Eds.), *Substance use and abuse in South Africa. Insights from brain and behavioural sciences*. Cape Town: UCT Press.

**Protogerou, C., & Turner-Cobb, J.** (2011). Predictors of non-condom use intentions by university students in Britain and Greece: The impact of attitudes, time perspective, relationship status, and habit. *Journal of Child and Adolescent Mental Health*, 23, 91-106. <https://doi.org/10.2989/17280583.2011.634548>

### Work in progress

Martin, C. R. M., Gladwell, C. **Protogerou, C.**, Simons, N., Tyndale-Hardy, L., & Süsserott, A. (2024). *Validity and reliability of a modified version of the Emotional Needs Audit (ENA)*. [Manuscript submitted for publication].

**Protogerou, C.**, Gladwell, V., & Martin, C. R. (2024). *Conceptualizing sleep satisfaction: A rapid review*. [Manuscript in preparation].

Gibson, E., **Protogerou, C.**, Hagger, M. D., Al Lawati, A. I. M., & Al-Ghafri, T. (2023). *Factors associated with the decision to eat a low carbohydrate-high-fat diet in adults with type 2 diabetes attending a tertiary health care setting in Oman: A theory-based exploratory study*. [Research in progress].

## CONFERENCE PRESENTATIONS

**Protogerou, C.**, Martin, C., Gladwell, V. (2022, June). *Development of a self-report measure to assess sleep satisfaction through community-based participatory research: The*

*Suffolk Sleep Index (SuSI)* [Paper presentation]. Research and Knowledge Exchange Conference, University of Suffolk, Ipswich, UK.

- Protogerou, C.** (2020, March). *Psychology in diabetes* [Invited speaker]. The 7<sup>th</sup> International Gulf Group for Study of Diabetes (GGSD) Conference, Muscat, Sultanate of Oman.
- Protogerou, C.** (2020, March). *Sexual dysfunction: Psychological aspects and outcomes in diabetes* [Invited speaker]. The 7<sup>th</sup> International Gulf Group for Study of Diabetes (GGSD) Conference, Muscat, Sultanate of Oman.
- Protogerou, C., Hagger, M. S., & Johnson, B. T.** (2018, September). *An integrated theoretical model of condom use in Sub-Saharan African Youth: A meta-analysis* [Paper presentation]. 31<sup>st</sup> European Health Psychology Society Conference, Galway, Ireland.
- Protogerou, C., Hagger, M. S., & Johnson, B. T.** (2017, December). *An integrated theory of young peoples' condom use in Sub-Saharan Africa: A meta-analysis* [Paper presentation]. The 13<sup>th</sup> Annual Scientific Meeting of the UK Society for Behavioural Medicine, Liverpool, UK.
- Protogerou, C. & Hagger, M. S.** (2016, August). *Developing an integrated theory of young peoples' condom use in Sub-Saharan Africa* [Poster presentation]. The 30<sup>th</sup> European Health Psychology Society Conference, Aberdeen, UK.
- Protogerou, C., Mpofu, E., Nkomazana, F., Dube, M., & Nkomazana, O.** (2015, September). *Personal and parental religiosity influences on HIV prevention behaviour among Pentecostal Botswana youth* [Paper presentation]. The 29<sup>th</sup> European Health Psychology Society Conference, Limassol, Cyprus.
- Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dundar, Y.** (2014, August). *Moderating effects of intervention, study, and sample characteristics on distress-reduction interventions for cardiac patients: A meta-analysis of randomized controlled trials* [Paper presentation]. The 13<sup>th</sup> International Congress of Behavioral Medicine, Groningen, Holland.
- Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dundar, Y.** (2014, August). *Moderating effects of intervention, study, and sample characteristics on distress-reduction interventions for cardiac patients: A meta-analysis of randomized controlled trials* [Paper presentation]. The 28<sup>th</sup> European Health Psychology Society Conference, Innsbruck, Austria.



- Protogerou, C.,** Fleeman, N., Dwan, K., Richardson, M., & Dunder, Y. (2014, September). *Moderating effects of intervention, study, and sample characteristics on distress-reduction interventions for cardiac patients: A meta-analysis of randomized controlled trials* [Paper presentation]. The British Psychological Society-Division of Health Psychology Annual Conference, York, UK.
- Mougkridou, M. & **Protogerou, C.** (2014, August). *High fat snacking in Greek high-school students: A prospective application of the theory of planned behaviour* [Paper presentation]. The 28<sup>th</sup> European Health Psychology Society Conference, Innsbruck, Austria.
- Protogerou, C.,** Flisher, A. J., & Wild, L. G. (2013, August). *Factors shaping condom use among South African university students: A thematic analysis* [Paper presentation]. The 27<sup>th</sup> European Health Psychology Society Conference, Bordeaux, France.
- Protogerou, C.,** Johnson, B. T., Huedo-Medina, T. B., & Warren, M. R. (2012, August). *The impact of structural dimensions on adolescent HIV prevention intervention efficacy: A meta-analysis* [Paper presentation]. The 26<sup>th</sup> European Health Psychology Society Conference, Prague, Czech Republic.
- Protogerou, C.,** Flisher, A. J., Wild, L. G., & Aarø, L. E. (2012, August). *Using structural equation modelling to investigate condom use predictors in South African young adults* [Poster presentation]. The 26<sup>th</sup> European Health Psychology Society Conference, Prague, Czech Republic.
- Protogerou, C.,** Flisher, A., & Wild, L. (2011, September). *Condom use predictors in South African undergraduates: An application of the theory of planned behaviour* [Poster presentation]. The 25<sup>th</sup> European Health Psychology Society Conference, Crete, Greece.
- Protogerou, C.,** & Turner-Cobb, J. (2008, September). *The influence of time perspective (TP) on university students' non-condom use* [Poster presentation]. The 22<sup>nd</sup> European Health Psychology/British Psychological Society Conference, Bath, UK.
- Protogerou, C.,** & Turner-Cobb, J. (2007, August). *Relationship status and undergraduate non-condom use: A cross-cultural study* [Paper presentation]. The 21<sup>st</sup> European Health Psychology Conference, Maastricht, Holland.
- Protogerou, C.,** & Turner-Cobb, J. (2006, August). *A cross-cultural study of psychosocial factors influencing young peoples' intended non-condom use* [Poster presentation]. The 20<sup>th</sup> European Health Psychology Conference, Warsaw, Poland.

**Protogerou, C., & Turner-Cobb, J.** (2005, April). *A cross-cultural study of the psychological factors influencing young peoples' choices to use condoms* [Paper presentation]. The British Psychological Society – Southwest Convention, Bristol, UK.

**Protogerou, C., Turner-Cobb, J., & Russell, C. L.** (2005, March). *Reported unprotected sex in young adults: A cross-cultural study* [Poster presentation]. The annual conference of the British Psychological Society, Manchester, UK.

### **INVITED TALKS, SEMINARS, AND GUEST-LECTURES**

- 2023 University of Crete, Greece. Seminar Series in Translational and Clinical Medicine. Talk titled “Study quality assessment: What is it? Should we do it? How?”
- 2016 Department of Psychology, University of Sapienza, Rome, Italy. Cross-departmental talk titled “Sexual risk-taking behaviour in young at-risk populations”.
- 2015 Department of Psychology, University of Cape Town, South Africa. Departmental seminar titled “Explaining HIV-risk behaviour in sub-Saharan African youth using theories of social cognition”.
- 2015 Department of Psychology, University of Cape Town, South Africa. Postgraduate seminar titled “Career progress through soft money contracts”.
- 2015 Department of Psychology, University of Cape Town, South Africa. Health Psychology Curriculum lectures titled “The psychology of coronary heart disease”; and “Special topics in the psychology of heart disease: Congenital heart defects”.

### **FORMAL TEACHING AND SUPERVISION<sup>1</sup>**

- 2022-present Institution: University of Crete, Greece.  
 Programme: BSc in Psychology.  
 Courses: The psychology of eating behaviour; social cognition and health behaviours; ethics in psychology; popular dietary messages.  
 Roles: Professor.
- 2021-present Institution: The Centre for Nutritional Psychology.  
 Programme: Introduction to nutritional psychology methods.  
 Course: Introduction to research methods in nutritional psychology.  
 Roles: Course content development; primary instructor.
- 2019-2021 Institution: University of California, Merced, USA.

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<sup>1</sup> I use the terms *course* and *module* interchangeably.

- Programme: General education and BA in psychological sciences.  
 Courses: Cognition, affect, and health; the psychology of stereotype and prejudice; popular dietary messages.  
 Roles: Syllabus development; course leader and primary lecturer; supervision of teaching assistants.
- 2016-2018 Institution: University of Roehampton, London Online, UK.  
 Programme: MSc in Psychology.  
 Module: Self, identity, and culture.  
 Roles: Primary lecturer.
- 2014-2015 Institution: University of Liverpool, UK.  
 Programme: BSc/ honours in Medicine.  
 Modules: Health behaviour implementation science; stress and coping.  
 Roles: Course content development; primary instructor.
- 2011-2012 University of Central Lancashire, UK, in collaboration with the Institution of Counselling and Psychological Studies (ICPS), Greece.  
 Programme: MSc in Health Psychology.  
 Modules: Health psychology core intervention issues; measurement issues and outcomes in health psychology.  
 Roles: Course leader; primary lecturer; MSc thesis supervision.
- 2011-2012 MSc thesis supervisor of Ms Marina Mougkridou.  
 Mougkridou, M. (2012). *High fat snacking in Greek high-school students: A prospective application of the theory of planned behaviour* (master's thesis). University of Central Lancashire, UK.
- 2009 Institution: University of Cape Town, South Africa.  
 Programme: BA/ honours in Psychology.  
 Module: Developmental psychology.  
 Roles: Teaching assistant; delivery of tutorials/seminars.
- 2005 Institution: University of Bath, UK.  
 Programme: BSc/ honours in Psychology.  
 Module: Understanding gender relations.  
 Roles: Teaching assistant; delivery of tutorials/seminars.
- 2000-2003 Institution: Institute of Vocational Training (D-IEK), Greece.  
 Programme: Pre-school Special Needs Education.

Courses: Introduction to psychology; developmental psychology; psychopathology.

Roles: Course content development; primary instructor.

1998-2000 Institution: Campus Arts and Sciences, Greece.

Programme: BA in Psychology.

Courses: Introduction to psychology; social psychology.

Roles: Course content development; primary instructor.

## **PROFESSIONAL ACADEMIC ACTIVITY AND SERVICE**

### **Editorial Board Memberships**

Social Science and Medicine (Advisory Editor).

Behavioral Sciences – Health Psychology Section (Guest Editor, 2023-2024)

Frontiers in Psychology, Social and Personality Psychology section (Associate Editor, until 2019).

Journal of Psychology in Africa (Consulting Editor, until 2016).

### **Journal Reviewer**

BMJ Nutrition, Prevention and Health; British Journal of Health Psychology; Food, Culture & Society; Frontiers in Psychology; Journal of Health Psychology; Health Psychology; Health Psychology and Behavioral Medicine; Health Psychology Review; Journal of Applied Social Psychology; Journal of Child and Adolescent Mental Health; Journal of Social Aspects of HIV/AIDS (SAHARA-J); Psychology and Health; Social Science & Medicine; Journal of Psychology in Africa.

### **Research Grant Reviewer**

The Tryg Foundation (TrygFonden). Hummeltoftevej 49, Virum, Copenhagen, Denmark.

[TrygFonden - SDU](#)

### **Affiliations to Professional Organizations**

2007-present Member of the European Health Psychology Society (EHPS).

2013-present Chartered Psychologist (CPsychol), Associate Fellow (AFBPsS), and Member of the Division of Health Psychology (DHP) of the British Psychological Society (BPS).

2015-present Associate Fellow of the Higher Education Academy, UK (HEA; recognition reference # PR082243).

2017-2019 Associate Member of the UK Society for Behavioural Medicine (UKSBM).

2009-2011 Member of the South African Association for Child and Adolescent Psychiatry and Allied Professions (SAACAPAP).