



Short C.V.
Dr. Argyroula E. Kalaitzaki
(August 2023)

PERSONAL INFORMATION

Name/Surname: Argyroula Kalaitzaki

Marital situation: Married with two children.

Date / Place of Birth: 25/09/1970 / Chania, Crete, Greece

Tel.: 6944-630891 & 2810-379551 (off.) / **Fax:** 2810-379504 / **E-mail:** akalaitzaki@hmu.gr

License: Chartered Psychologist (129/17-01-1994).

CURRENT POSITION: Associate Professor of Clinical Psychology, School of Health Sciences, Hellenic Mediterranean University, Greece (December 2021-currently).

Profile:

- **Google Scholar:** <https://scholar.google.com/citations?hl=en&user=CmYhEE4AAAAJ>
- **ResearchGate:** https://www.researchgate.net/profile/Argyroula_Kalaitzaki
- **LinkedIn:** <https://www.linkedin.com/in/kalaitzaki-argyroula-93425641/>
- **Academia Edu:** <https://teicrete.academia.edu/ArgyroulaKalaitzaki>
- **SSRN:** <https://ssrn.com/author=4374025>
- **Quality of Life Lab:** <https://qualityoflifelab.hmu.gr>
- **AgriFood and Life Sciences Institute:** <https://agro-health.hmu.gr/prosopiko/members-health/>

EDUCATION

STUDIES - DEGREES:

- Bachelor's degree in psychology (1992), Department of Psychology, University of Crete, Greece.
- M.Sc. degree in Clinical Psychology (1996), Department of Psychology, University of Crete, Greece.
- Ph.D. degree in Clinical Psychology (2000), Department of Psychology, University of Crete, Greece.
- Ph.D. degree in Psychology (2005), School of Health, Natural and Social Science, University of Sunderland, U.K.

POSTGRADUATE STUDIES / SEMINARS:

- European Diploma in the Psychological Therapies (2001), European Institute of Psychotherapy, U.K.
- Psychotherapy methods and techniques

- Psychometric tests and projective techniques

SCHOLARSHIPS

Eleven (11) scholarships at the undergraduate and postgraduate level of studies.

PROFESSIONAL LICENSE

License to Practice the Profession of Psychologist in Greece (129 / 17-01-1994).

RESEARCH EXPERIENCE / PUBLICATIONS

PUBLICATIONS (see Appendix for indicative recent publications):

- Two (2) Ph.D. theses (unpublished)
- Sixty (60) papers in peer-reviewed journals (seven papers in Greek journals)
- Four (4) papers accepted/provisional accepted in peer-reviewed journals
- Seven (7) papers submitted/under review in peer-reviewed journals
- Eighteen (18) chapters in books (six chapters in Greek books)
- Three (3) conference proceedings
- Eleven (11) abstracts published in peer-reviewed journals as supplements
- Nine (9) short articles in an edited volume [Stalikas, A., Triliva, S., & Roussi, P., (2012) (Edts). *The psychometric instruments in Greece*. Athens: Pedio Books].
- One (1) co-edited book in English [Birtchnell, J., Newberry, M., & Kalaitzaki, A. (Eds:). *Relating Theory – Clinical and Forensic Applications*. Palgrave & Macmillan].
- Three (3) co-edited books in Greek

QUEST EDITOR

- *Healthcare* (IF: 2.8). Special Issue "Mental Health in Times of Crisis: New Trends in Diagnosis and Treatment" (https://www.mdpi.com/journal/healthcare/special_issues/44XL12AZL4)
- *Frontiers in Psychology* - Health Psychology section (IF: 2.183). Special issue: "The War in Ukraine: Impact on Mental Health on a Global Level" (<https://www.frontiersin.org/research-topics/40304/the-war-in-ukraine-impact-on-mental-health-on-a-global-level>)
- *Healthcare* (IF: 2.8). Special issue: "Dementia Caregivers' Wellbeing—Challenges and Opportunities" (https://www.mdpi.com/journal/healthcare/special_issues/KPWHHORK97)

UNPUBLISHED SCIENTIFIC WORK

Fourteen (14) unpublished hand notes for the university courses.

Three (3) Infographics

CITATION INDEX

Google Scholar : 780 Citations / h-index: 13 / i10-index: 20

PRESENTATIONS AT SCIENTIFIC CONFERENCES:

- National conferences: 115 oral or poster presentations
- International conferences: 41 oral or poster presentations

QUESTIONNAIRES & SCALES (DEVELOPMENT – TRANSLATION)

Development or translation of 17 questionnaires/scales, nine of which have been published in the revised version of the book by Stalikas, A., Triliva, S., & Roussi, P., (2012) (Edts). *The psychometric instruments in Greece*. Athens: Pedio Books.

PARTICIPATION IN NATIONAL AND INTERNATIONAL RESEARCH PROJECTS

- "Contribution of urban green to the mental health of citizens during the COVID-19 pandemic", supervised by Panagiotis Nektarios and Argyroula Kalaitzaki
- "Virtual Physical Therapist for Upper Extremity Motor Control in Parkinson's Disease Patients" (VR-MIRROR) (ATHENA Joint Project)
- "Cross-cultural Internet and mobile phone uses" supervised by Stephanie Laconi (CERPPS, Université Toulouse 2, France) (2018-).
- "The impact of caring for a person with MCI/Alzheimer's disease on the family caregiver's quality of life in rural Crete". Collaboration with the University of Haifa, Hebrew University of Jerusalem and local bodies (private and public). https://www.funka.com/projekt/_rscn/issue-marchapril-2019/factors-influencing-the-quality-of-life-of-family-caregivers-of-persons-with-dementia-alzheimers-disease-in-crete-greece/ (2017-2019)
- Two (2) national research projects (WHO/ HBSC) "Panhellenic survey on health-related behaviours of adolescents" (HBSC/WHO survey) in 2014 and in 2017. (<http://www.epipsi.gr/index.php/research/97-ereuna-hbsc-who>)
- Leader of two (2) international research projects at the national level in Greece (International Parenting Study and International Dating Violence Study), supervised by Angèle Fauchier and Murray A. Straus, Family Research Laboratory, University of New Hampshire, Durham.

RESEARCH EXPERIENCE:

- Coordinator /leader of nine (9) projects:
 - "Programme of integrated interventions to update the knowledge of workers in Day Care Centers for the Elderly" (04/10/2022 – 04/02/2023), funded by the Region of Crete.
 - "Programme of integrated interventions to enhance social cohesion and improve quality of life of older people who live in care homes "NOT LONELY ANY MORE", funded by the Region of Crete (05/02/2021 – 31/12/2022) (<https://futurium.ec.europa.eu/en/search/node?keys=NOT+LONELY+ANY+MORE>)
 - Supervision of research projects implemented within the framework of the "Institutionalized Laboratory of Interdisciplinary Approach for the Enhancement of the

Quality of Life - Quality of Life Lab" (21/03/2016 - 31/08/2022).

- "Consulting Services to the company "European Employment Training Center – EKKA" (03/04/2017 - 31/12/2017 and 11/05/2018 - 31/12/2018).
- "Improving university students' well-being through an online and an offline intervention program", funded by the 1st Internal Program of Research Enhancement of the Special Account for Research Funds, TEI of Crete (2016).
- two (2) life-long learning seminars (Lifelong Learning School, TEI of Crete) entitled "Happiness is our Choice: a program of self-help activities" (offline: 07/03/2016 - 15/04/2016 and online: 29/05/2017 - 23/07/2017).
- one life-long learning seminar (Lifelong Learning Center, TEI of Crete), entitled "Knowledge update seminar for social workers working in health and social care services" (17/10/2017 έως 31/12/2017).
- Participation (paid work) in twenty-three (23) projects funded from European funds (from 1999 to present) at the University of Crete (8 projects), TEI of Crete/Hellenic Mediterranean University (13 projects), and other Universities (2: University of Thrace and Aristotle University of Thessaloniki).

SUPERVISION OF THESIS (undergraduate/ postgraduate/ PhDs)

- Forty-five (45) undergraduate theses (TEI of Crete/HMU)
- Eleven (11) postgraduate theses (University of Crete and TEI of Crete/HMU)
- Three (3) Ph.D. theses (HMU)
- One (1) postdoc research thesis (HMU)
- Supervising in the three-member committee of eight (8) Ph.D. theses (HMU, University of West Attica, University of Crete, Aristotle University of Thessaloniki)

REVIEWER IN SCIENTIFIC JOURNALS (Indicative): Journal of Social and Personal Relationships, American Journal of Alzheimer's Disease and Other Dementias, Addictive Behavior, Psychiatry Research, Communication Research, Clinical Psychologist, The Primary Care Companion, Clinical Psychologist, Frontiers, Psychological Trauma: Theory, research, and policy etc.

EDITORIAL BOARD MEMBER

Journal of Psychology and Psychotherapy Research' (<http://savvysciencepublisher.com/ebm-jppr/>)

RESEARCH INTERESTS:

- Interpersonal relating/interrelating within the families of persons with psychotic symptoms
- Psychotherapy interventions and effectiveness of the Greek integrative psychotherapy model
- Dating violence and abuse (perpetration and victimization)
- Parent-child relationships (e.g., parenting, discipline methods)
- Social networks (e.g., facebook) and problems of misuse (internet addiction, cyberstalking)

- Elders, Alzheimer's disease, dementia
- Positive psychology (e.g., well-being, resilience, positive emotions)
- Impact of COVID-19 on mental health

OTHER SCIENTIFIC ACTIVITY

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- Organization of the 1st Scientific Seminar of the Laboratory of Interdisciplinary Approach for the Enhancement of the Quality of Life entitled "Holistic and Interdisciplinary Approach of the Quality of Life in Health and Illness" on January 13th, 2018, at the Chamber of Heraklion.
 - Round table organization in scientific conferences, scientific and/or organizational committee in national and international conferences (e.g., EFPC Conference "Vulnerability and Compassion: The role of Primary Care in Europe" How to overcome the austerity period?).
 - Organization of the 2nd Scientific Seminar of the Laboratory of Interdisciplinary Approach for the Enhancement of the Quality of Life entitled "Modern scientific data on the prevention, diagnosis and treatment of dementia: An interdisciplinary approach". 01 October 2022 (online).

EDUCATIONAL AND WORK EXPERIENCE

CURRENT POSTS / ADMINISTRATIVE POSTS:

- Associate Professor of Clinical Psychology (permanent staff), Social Work Department, School of Health, Hellenic Mediterranean University (03/12/2021-).
- Head of the Department of Social Work, School of Health, Hellenic Mediterranean University (February 18, 2022- August 31, 2023 and September 1m 2923 - August 31, 2025).
- Head of the Postgraduate Program "Interdisciplinary Management of Chronic Diseases, Disability and Aging" (August 2022 -).
- Head of the Research Laboratory of Interdisciplinary Approach for the Enhancement of the Quality of Life (30/08/2016-15/04/2019. FEK 2461/16-11-2015 and 22/03/2019-31/08/2022. FEK 127/15-3-2019).
- Deputy head of the Postgraduate Program entitled: "Cross-methodical social interventions in Crisis Situations" (October 2021 – December 2022).
- Member of the Committee on Gender Equality (EIF) of the Hellenic Mediterranean University (21-09-2021 to 21-09-2024).
- Deputy head of the Research Ethics and Ethics Committee (E.H.D.E.) of the Hellenic Mediterranean University (18-10-2021 to 17-10-2024).
- Affiliated Researcher of the University Research Centre entitled 'Institute of AgriFood and Life Sciences' of the Hellenic Mediterranean University (2020 -).

- Representative of the School of Health Sciences in the Training and Lifelong Learning Center (KEDIVIM) of ELMEPA (former TEI of Crete) (08/10/2018 - 08/10/2021) and (23-02- 2023 - 31-08-2025).

EDUCATIONAL EXPERIENCE (2000- current):

Postgraduate level:

- Teaching at the Postgraduate Program "Bioethics" (for 6 acad. Years), which is co-organized by the Departments of Philosophy and Social Studies, Sociology, Biology, and the School of Medicine of the University of Crete.
- Teaching at the Postgraduate Program "Interdisciplinary social intervention methods in crisis situations» of the Higher Technological Educational Institute of Crete.
- Teaching at the Postgraduate Program "Treatment and care of wounds and ulcers" of the West Attica University
- Teaching at the Postgraduate Program ""Interdisciplinary Management of Chronic Diseases, Disability and Aging" of the Hellenic Mediterranean University. Course "Multidisciplinary approach to active and healthy aging" and "Interpersonal Communication & Counselling Skills"

Undergraduate level:

- Associate Professor of Clinical Psychology at the Social Work Department, School of Health Sciences, Hellenic Mediterranean University (03/12/2021-)
- Assistant Professor of Clinical Psychology at the Social Work Department, School of Health Sciences, Hellenic Mediterranean University (09/09/2016 - 02/12/2021)
- Assistant Professor of Clinical Psychology (temporary staff) at 1) the Social Work Department, School of Health and Social Welfare, Higher Technological Educational Institute of Crete (2002-2011) and 2) the Nursing Department, School of Health and Social Welfare, Higher Technological Educational Institute of Crete (2002-2009)
- Adjunct Professor of Clinical Psychology at 1) the Department of Psychology, School of Social Sciences, University of Crete (2000-2002 and 2010-2011) and 2) the Department of Preschool Education, School of Education, University of Crete (2007-2008 until 2010-2011).
- Adjunct Professor, Department of Music Technology and Acoustics, Higher Technological Educational Institute of Crete (2003-2004).
- Adjunct Professor, School of Police Officers (2003-2004).

WORK EXPERIENCE (1997-):

- Participation (paid work) in the project "Development of digital lessons, support of the institute's platform and other actions", of the action entitled "Open Academic Courses of the Technological Educational Institution of Crete" (6/3/2015 - 6/6/2015)
- Vocational Development Center (01/08/1999 to 06/10/2001)
- Vocational Training Center of the Prefecture of Rethymno (1997-1998)

- Psychologist in the Specialized Center for Vocational Training "AGAPI" (Rethymnon) in 1998.
- Vocational Training programs and seminars (Prefecture of Rethymnon and Vocational Training Centers)

CLINICAL EXPERIENCE:

- Certified clinical experience of 3.172 hours
- Additional clinical experience in various psychiatric hospitals, clinics etc.

SCIENTIFIC SOCIETIES, ASSOCIATIONS, NETWORKS (Indicative)

1. Register of Certified Reviewers of the General Secretariat for Research and Technology (GSRT) of Greece
2. Specialized Advisor at SchoolAids (Teacher and Advice Consultant Network) - <http://www.schoolsaid.gr/>
3. Association of Domestic Violence Intervention Programs
4. Panhellenic Association of Psychologists (Member ID: 128)
5. Association for Psychological Science (Member ID: 93505)

VOLUNTARY OR OTHER WORK TO THE COMMUNITY

- Numerous lectures, workshops etc to parents of schoolchildren, teachers/professors, healthcare professionals on relevant to psychology topics (violence and aggression, self-esteem, discipline methods, Alzheimer and dementia, happiness/positive psychology, anxiety, and depression symptoms).
- Newspaper articles, interviews in radio shows etc
- Volunteer work - counseling support to vulnerable groups of the population due to COVID-19 – local level / Social Service of the Municipality of Rethymnon
- Volunteer for the treatment of Covid-19 disease in the national level (<https://ethelontes.gov.gr/>)

APPENDIX

Recent publications in peer-reviewed journals (INDICATIVE):

1. **Kalaitzaki, A.E.**, Tsouvelas, G., & Koukouli, S. (2021). Social capital, social support and perceived stress in college students: The role of resilience and life satisfaction. *Stress & Health*, 37(3), 454-465. doi:10.1002/smi.3008. Epub 2020 Nov 27.
2. **Kalaitzaki, A.** (2021). Posttraumatic symptoms, posttraumatic growth, and internal resources among the general population in Greece: A nation-wide survey amid the first COVID-19 lockdown. *International Journal of Psychology*. First published: 03 March 2021 <https://doi.org/10.1002/ijop.12750>
3. **Kalaitzaki, A.** & Rovithis, M. (2021). Secondary traumatic stress and vicarious posttraumatic

growth in healthcare workers during the first COVID-19 lockdown in Greece: The role of resilience and coping strategies. *Psychiatrike = Psychiatriki*, 32(1), 19-25. <https://doi.org/10.22365/jpsych.2021.001>

4. Koukouli, S., **Kalaitzaki, A.E.**, Panagiotakis, S., Markakis, G., Werner, P., & Tziraki, Ch. (2022). Factors associated with the perception of services by dementia informal caregivers in Greece: the role of familism. *Aging and Mental Health*, 26(2), 305-313. <https://doi.org/10.1080/13607863.2020.1857694>
5. **Kalaitzaki, A.**, Tamiolaki, A., & Tsouvelas, G. (2022). From secondary traumatic stress to vicarious posttraumatic growth amid COVID-19 lockdown in Greece: the role of health care workers' coping strategies. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 273-280. <https://doi.org/10.1037/tra0001078>
6. **Kalaitzaki, A.**, Koukouli, S., Foukaki, M.-E., & Tziraki, Ch. (2022). Dementia family carers' quality of life and their perceptions about care-receivers' dementia symptoms: the role of resilience. *Journal of Aging and Health*, 34(4-5), 581-590. First Published October 19, 2021. <https://doi.org/10.1177/08982643211050206>
7. **Kalaitzaki, A.**, Tsouvelas, G., Tamiolaki, A., & Konstanatakopoulos, G. (2022). Post-traumatic stress symptoms during the first and second COVID-19 lockdown in Greece: Rates, risk, and protective factors. *International Journal of Mental Health Nursing*, 31, 153-166. <https://doi.org/10.1111/inm.12945>
8. **Kalaitzaki, A.**, Tamiolaki, A., & Vintila, M. (2022). The compounding effect of COVID-19 and war in Ukraine on mental health: A global time bomb soon to explode? *Journal of Loss and Trauma*. <https://doi.org/10.1080/15325024.2022.2114654>
9. **Kalaitzaki, A.**, Koukouli, S., Panagiotakis, S., & Tziraki, Ch. (2022). Resilience in informal dementia carers: Familism as a culture-specific factor. *The journal of frailty and aging*, 11(3), 299-301. Published online April 22, 2022, <http://dx.doi.org/10.14283/jfa.2022.31>
10. **Kalaitzaki, A.**, Laconi, S., Spritzer, D., Hauck, S., Gnisci, A., Sergi, I., Vally, Z., Tudorel, O., Vintila, M., Malik, S., Ramos-Diaz, J., Männikkö, N., Cikrikci, O., Salas, G., Ardila, R., Zambrano, D., Lopez-Calle, C., & Sahlan, R.N. (2022). The prevalence and predictors of problematic mobile phone use: A 14-country empirical survey. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-022-00901-2> [Impact factor: 11.555]
11. Tsouvelas, G., Tamiolaki, A., & **Kalaitzaki, A.E.** (2022). Secondary Traumatic Stress and dissociative coping strategies in nurses during the COVID-19 pandemic: The protective role of resilience. *Archives of Psychiatric Nursing*, 41, 264-270.
12. **Kalaitzaki, A.**, Tsouvelas, G., & Tamiolaki, A. (2022). Perceived posttraumatic growth and its psychosocial predictors during two consecutive COVID-19 lockdowns. *International Journal of Stress Management*. Advance online publication. <https://doi.org/10.1037/str0000273>
13. **Kalaitzaki, A.**, & Tamiolaki, A. (2022). Russia-Ukraine War: Jeopardizing the mental health gains already been obtained globally. *Asian Journal of Psychiatry*. [10.1016/j.ajp.2022.103285](https://doi.org/10.1016/j.ajp.2022.103285)

14. Laconi, S., Kalaitzaki, A.E., Spritzer, D.T., Hauck, S., Gnisci, A., Sergi, I., Vally, Z., Tudorel, O.I., Vintilă, M., Malik, S., Ramos-Diaz, J., Männikkö, N., Çıkrıkçı, O., Salas, G., Ardila, R., Zambrano, D., López-Calle, C., & Sahlan, R.N. (2022). A Cross-cultural exploration of problematic Internet use, pathological personality traits, defense mechanisms, coping strategies, and self-esteem in 14 countries. *Annales Médico-psychologiques, revue psychiatrique*.
15. Efthymiou, A., **Kalaitzaki, A.**, Kondylis, B., & Rovithis, M. (2022). Health literacy continuing education courses and tools for healthcare professionals: a scoping review. *Gerontology and Geriatric Education*.
16. Kalaitzaki, A., Laconi, S., Tsouvelas, G. (2022). Problematic use of the internet, smartphone, and SMS among adults: shared and unique predictors. *Journal of Research in Health Sciences*, 22(4), 1-7. <https://doi.org/10.34172/jrhs.2022.97>
17. **Kalaitzaki, A.**, Tamiolaki, A., & Vintila, M. (2022). The compounding effect of COVID-19 and war in Ukraine on mental health: A global time bomb soon to explode? *Journal of Loss and Trauma*. <https://doi.org/10.1080/15325024.2022.2114654> [Impact factor: **4.775**]
18. Efthymiou, A., Kalaitzaki, A., Rovithis, M. (2023). Cultural adaptation of a Health Literacy toolkit for healthcare professionals working in the primary care setting with older adults. *Healthcare (Special Issue "Health and Social Care Policy")*, 11(5), 776; <https://doi.org/10.3390/healthcare11050776>
19. Kurapov, A., Danyliuk, I., Loboda, A., **Kalaitzaki, A.**, Kowatsch, T., Klimash, T., & Predko, V. (2023). Six months into the war: a first-wave study of stress, anxiety, and depression among in Ukraine. *Frontiers in psychiatry*, 14, 1190465. <https://doi.org/10.3389/fpsy.2023.1190465>
20. Kurapov, A., **Kalaitzaki, A.**, Keller, V., Danyliuk I., Kowatsch, T. (2023). The mental health impact of the ongoing Russian-Ukrainian war six months after the Russian Invasion of Ukraine. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsy.2023.1134780>
21. Vintilă, M., Lăzărescu, G.-M., **Kalaitzaki, A.**, Tudorel, O., & Goian, C. (2023). Fake news during the war in Ukraine. Coping strategies and fear of war in the general population and aid workers. *Frontiers in Psychology, section Health Psychology*. 14: 1151794. Published online May 12. <https://doi.org/10.3389/fpsyg.2023.1151794>
22. Mottola, F., Gnisci, A., **Kalaitzaki, A.**, Vintila, M., & Sergi, I., (2023). The impact of the Russian-Ukrainian war on the mental health of Italian people after 2 years of pandemic: Risk and protective factors as moderators. *Frontiers in Psychology, section Health Psychology*, 14: 1154502. Published online 2023 May 26. <https://doi.org/10.3389/fpsyg.2023.1154502>
23. Vintilă, M., **Kalaitzaki, A.**, Turliuc, M.N., Goian C., & Tudorel O. I. (2023). The War in Ukraine: Impact on Mental Health on a Global Level (Editorial). *Frontiers in Psychology, section Health Psychology*. <https://doi.org/10.3389/fpsyg.2023.1226184>
24. Kurapov, A., Pivorienė J., Krasilova, Y., Proskurnia, A., Balashevych, O., Dubynskyi, O., **Kalaitzaki, A.** (2023). From trauma to transformation: Predictors of post-traumatic growth in Ukrainians affected by war in ongoing conflict setting. *Social Inquiry into Well-Being*. <https://doi.org/10.13165/SD-23-21-1-04>