

ΑΝΑΛΥΤΙΚΟ ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

ΛΥΡΑΚΟΥ ΓΕΩΡΓΙΟΥ

Περιεχόμενα

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1. ΠΡΟΣΩΠΙΚΑ ΣΤΟΙΧΕΙΑ

Όνοματεπώνυμο: Λυράκος Γεώργιος

Ημερομηνία γέννησης: 15/09/1971

Τόπος γέννησης: Νίκαια

Υπηκοότητα: Ελληνική

Διεύθυνση οικίας: Οφρυνίου 46, Νίκαια, 18454, Πειραιάς

Τηλέφωνα οικίας: 210 4915426

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Ηλεκτρονικό ταχυδρομείο: geolyr@hotmail.com

Άλλα: Παντρεμένος με τη MSc διπλωματούχο νοσηλεύτρια Ασλάνη Ελένη και πατέρας 3 παιδιών

2. ΠΑΡΟΥΣΑ ΘΕΣΗ

- Ψυχολόγος Υγείας, Γενικό Νοσοκομείο Νίκαιας «Αγ. Παντελεήμων» και
- Επ. Συνεργάτης Ιατρική Σχολή, Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών, Β' Πανεπιστημιακή Κλινική Αναισθησιολογίας, ΠΓΝ «Αττικόν»
- Ενταγμένο μέλος του μητρώου εκπαιδευτών της Εθνικής Σχολής Δημόσιας Διοίκησης (αρ απόφασης: 3209-15/03/2013)
- Program Director in MSc Health Psychology in Cardiff MU-City U

3. ΣΤΡΑΤΙΩΤΙΚΗ ΘΗΤΕΙΑ

Κλάση 1992 ΑΣΜ:4725. 1994/21/11 Κατετάγη 11ο Σύνταγμα Πεζικού ΕΔΥΕΘΑ
104/94 1996/21/04 Απολύθηκε από Λόχο Διοίκησης 51ο σύνταγμα Πεζικού

4. ΕΚΠΑΙΔΕΥΣΗ – ΜΕΤΕΚΠΑΙΔΕΥΣΗ – ΔΙΠΛΩΜΑΤΑ

Προπτυχιακή εκπαίδευση:

- **2002-2006:** Τμήμα Ψυχολογίας, Σχολή Κοινωνικών Επιστημών του Πανεπιστημίου Κρήτης κατόπιν κατατακτηρίων εξετάσεων. Βαθμός "Λίαν Καλώς"
- Άδεια ασκήσεων ψυχολόγου 31/03/2006. Νομαρχία Πειραιά Αρ. πρωτ: Υ.5835

- **1990-1994:** Νοσηλευτική Σχολή Α, ΤΕΙ Αθηνών κατόπιν πανελλαδικών εξετάσεων. Βαθμός "Λίαν Καλώς"
- Άδεια ασκήσεων νοσηλευτικού επαγγέλματος 8/11/1994, Νομαρχία Πειραιά
Αρ. πρ: Χ.Γ.47019

Μεταπτυχιακή εκπαίδευση:

- **Πρόγραμμα εισαγωγικής εκπαίδευσης** του εθνικού Κέντρου Δημόσιας Διοίκησης από 19-10-1998 έως και 30-10-1998, γενική βαθμολογία «Άριστα»
- **Μεταπτυχιακός τίτλος:** 2006-2009: Master of Science (MSc) στη Διαχείριση του πόνου. Εργαστήριο Ιατρικής Ψυχολογίας, Ιατρική Σχολή Πανεπιστημίου Ιωαννίνων. Αποφοίτησε με την μεταπτυχιακή εργασία με τίτλο: «Η ποιότητα της υγείας στο νοσηλευτικό προσωπικό με χρόνια μυοσκελετικό πόνο υπό το πρίσμα της αισιόδοξης στάσης απέναντι στη ζωή». Βαθμός: «Άριστα»
- **Εξειδίκευση Ψυχοθεραπείας:** 2008-2010: Πρόγραμμα εκπαίδευσης «Γνωσιακής Ψυχοθεραπείας», Α Ψυχιατρική Κλινική Πανεπιστημίου Αθηνών, Αιγινήτειο Νοσοκομείο και Ερευνητικό Πανεπιστημιακό Ινστιτούτο Ψυχικής Υγιεινής «Ε.Π.ΨΥ». Αποφοίτησε με την μεταπτυχιακή εργασία με τίτλο: «Γνωσιακά μοντέλα αντιμετώπισης του χρόνιου πόνου. Ανασκόπηση της πρόσφατης βιβλιογραφίας για την αποτελεσματικότητα των παρεμβάσεων»
- **Διδακτορική Διατριβή:** 2009-2013: «Μελέτη της επίπτωσης της κόπωσης σε ασθενείς με διαβητική νευροπάθεια» Ιατρική Σχολή Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών, Β΄ Πανεπιστημιακή Κλινική Αναισθησιολογίας, Β΄ Προπαιδευτική Παθολογική Κλινική & Μονάδα Έρευνας, Πανεπιστημιακό Γενικό Νοσοκομείο «Αττικόν». Βαθμός: «Άριστα» Αρ. Πρωτ:2161
- **Μεταπτυχιακό στη Δημόσια Υγεία:** 2015-16: Μεταπτυχιακό πρόγραμμα σπουδών της Εθνικής Σχολής Δημόσιας Υγείας με κατεύθυνση τα χρόνια νοσήματα. Βαθμός: «Άριστα».

Άλλα μεταπτυχιακά προγράμματα – Σεμινάρια:

- **2002:** Μετεκπαιδευτικό σεμινάριο με θέμα «Χρόνιες Ιογενείς Ηπατίτιδες» ΓΝΝΠ Αγ. Παντελεήμων, 20/06/2002.
- **2004:** Εκπαιδευτικό πρόγραμμα 20 ωρών με πιστοποίηση CORE LEVEL στην οργάνωση ιατρικού γραφείου με τη χρήση Η/Υ. Αθήνα, 21/07/2003.

- 2006:** Μετεκπαίδευση στην Ψυχοκοινωνική Ογκολογία από την Ελληνική Αντικαρκινική Εταιρία και την Εταιρία Νοσηλευτικών Σπουδών από τις 3-Μαΐου 2006 έως 22 Μαΐου 2006 με θέμα την Ψυχοκοινωνική Υποστήριξη Ασθενών με καρκίνο και του Νοσηλευτικού Προσωπικού.
- 2006:** Σεμινάριο διάρκειας 10 ωρών με θέμα: «Συμβουλευτική γονέων και εκπαιδευτικών για παιδιά με σωματική αναπηρία». Ινστιτούτο Έρευνας & Θεραπείας της Συμπεριφοράς, 24-25 Ιουνίου 2006.
- 2006:** Ενέργεια κατάργησης με κωδικό 3Α7 και τίτλο: Πολιτικές για Ανάπτυξη και Προαγωγή της Δημόσιας Υγείας σε Εθνικό και Διεθνές Επίπεδο συνολικής διάρκειας 150 ωρών της Εθνικής Σχολής Δημόσιας Υγείας. Το πρόγραμμα υλοποιήθηκε από 4-9-2006 έως 6-10-2006 στο πλαίσιο του επιχειρησιακού προγράμματος Υγεία Πρόνοια 2000-2006, Μέτρο 1.4 -Ανάπτυξη της Δημόσιας Υγείας, Έργο επένδυση στην υγεία, υπό την συγχρηματοδότηση του Ευρωπαϊκού Κοινοτικού Ταμείου.
- 2007:** Μετεκπαίδευση στο Εθνικό Καποδιστριακό Πανεπιστήμιο Αθηνών, Τμήμα Φιλοσοφίας Παιδαγωγικής και Ψυχολογίας, Φιλοσοφική Σχολή-Εργαστήριο Πειραματικής Παιδαγωγικής σε επιμορφωτικό σεμινάριο για ειδικούς συμβουλευτικής διάρκειας 9 ωρών με θέμα: Διαγνωστική συνέντευξη -Λήψη ιστορικών σε παιδιά και εφήβους: 02/02/2007-16/02/2007.
- 2007:** Μετεκπαίδευση στο Εθνικό Καποδιστριακό Πανεπιστήμιο Αθηνών, Τμήμα Φιλοσοφίας Παιδαγωγικής και Ψυχολογίας, Φιλοσοφική Σχολή, Εργαστήριο Πειραματικής Παιδαγωγικής σε επιμορφωτικό σεμινάριο για εκπαιδευτικούς με διάρκεια 24 ώρες και θέμα: «Μαθησιακές δυσκολίες και προγράμματα παρέμβασης σε παιδιά πρωτοβάθμιας εκπαίδευσης». 07/02/2007 -28/03/2007.
- 2006-7:** Πρώτος κύκλος εκπαίδευσης στη Συστημική προσέγγιση ως μέθοδο οικογενειακής θεραπείας, σύνολο 160 ωρών στο Θεραπευτικό και Εκπαιδευτικό Ινστιτούτο Υπαρξιακής Συστημικής Προσέγγισης. (ΣΕ20)
- 2007:** Σεμινάριο στο Ινστιτούτο Γνωσιακής Αναλυτικής Ψυχοθεραπείας με θέμα Γνωσιακή αναλυτική Ψυχοθεραπεία. 20/10/2007.
- 2008:** Μεταπτυχιακό σεμινάριο HOSPICE (Κέντρο Περίθαλψης Ασθενών σε Τελικό Στάδιο) που οργάνωσε η Επιτροπή Βιοηθικής της Ιεράς Συνόδου της Εκκλησίας της Ελλάδας από 15-01-2008_έως_26-02-2008.

- 2008:** Εκπαιδευτικό εργαστήριο με θέμα: «τιμωρία και δικαίωση στο δίπολο θεραπευτή και θεραπευομένου» στα πλαίσια του 12ου Πανελληνίου Συνεδρίου Ψυχοκοινωνικής Ογκολογίας. Αθήνα 17/10/2008.
- 2009:** Επιδοτούμενο Πρόγραμμα 180 ωρών, με τίτλο «Κατάρτιση ψυχολόγων στα διαγνωστικά μέσα: Νοομετρικές ψυχομετρικές και νευροψυχολογικές δοκιμασίες» στο πλαίσιο του Επιχειρησιακού Προγράμματος «Υγεία-Πρόνοια» 2000-2008, Μέτρο 2.4. «Κατάρτιση του προσωπικού για τη στήριξη της αποασυλοποίησης, της κοινωνικοοικονομικής επανένταξης και της συνεχούς υποστήριξης των ψυχικά ασθενών» (06/07/2009-24/09/2009)
- 2010:** Εκπαιδευτικό πρόγραμμα με τίτλο «Πρόγραμμα διαπολιτισμικής εκπαίδευσης των δημοσίων υπαλλήλων που ασχολούνται με θέματα νοσοκομειακής περίθαλψης των υπηκόων τρίτων χωρών σε Νοσοκομεία Αττικής και Θεσσαλονίκης» συνολικής διάρκειας 40 ωρών στο πλαίσιο δράσης 3.2 /2008 του Ευρωπαϊκού Ταμείου Ένταξης Υπηκόων Τρίτων Χωρών από 16-22 Φεβρουαρίου 2010.
- 2012:** Σεμινάριο με θέμα: «Ο ρόλος των επαγγελματιών Υγείας στην Πρωτοβάθμια Φροντίδα Υγείας» στα πλαίσια των Εκπαιδευτικών Ημερίδων Πρωτοβάθμιας Φροντίδας Υγείας Γ. Παπαδάκη, Αθήνα 10/02/2012.
- 2012:** Διήμερο διεθνές εκπαιδευτικό σεμινάριο υποχρεωτικής παρακολούθησης με θέμα την Ιατρική Εκπαίδευση: (Key themes in Medical Education: The Conduct of Clinical Trials in Conformity with the Rules of Good Clinical Practice) 30 και 31 Μαρτίου 2012 Αττικό Νοσοκομείο.
- 2013:** Σεμινάριο με θέμα: Ο ρόλος των επαγγελματιών Υγείας στην Πρωτοβάθμια Φροντίδα Υγείας (διαβήτης) στα πλαίσια των Εκπαιδευτικών Ημερίδων Πρωτοβάθμιας Φροντίδας Υγείας Γ. Παπαδάκη, Αθήνα 12/02/2013. (ΣΕ28)
- 2013:** Κλινικό φροντιστήριο με θέμα «Δημιουργική διαδικασία και Ψυχική Υγεία» 6ο Παν. & 5ο Πανευρωπαϊκό Επιστημονικό και Επαγγελματικό Συνέδριο. 23-26/05/13
- 2013:** Επιμορφωτικό πρόγραμμα του Ινστιτούτου Επιμόρφωσης (INEΠ) με κωδικό 80053T13 και τίτλο εκπαίδευση εκπαιδευτών στην ηλεκτρονική μάθηση, από 10/06/2013 έως 21/06/2013, (70 ώρες) ,Αθήνα.¹ (ΑΣ1)

2013: Εκπαιδευτικό Σεμινάριο με θέμα "Οι σύγχρονες εξελίξεις στη διάγνωση και αντιμετώπιση μεταβολικών νοσημάτων και συνοδών παθολογικών καταστάσεων" 12 μόρια Συνεχιζόμενης Ιατρικής Εκπαίδευσης, 11-13/10/13, Αγριά Βόλου.

2014: Εκπαιδευτικό πρόγραμμα με θέμα: «Επιμόρφωση στην παροχή υπηρεσιών ανακουφιστικής φροντίδας για ενήλικες και εφήβους με απειλητικό για τη ζωή νόσημα» διάρκειας 100 ωρών, που διεξήχθη στο Π.Γ.Ν. «Αττικόν 27/1-21/3

Μετεκπαίδευση στο εξωτερικό:

2006: Μετεκπαίδευση στον Παγκόσμιο Οργανισμό Υγείας (ΠΟΥ) στην Κοπεγχάγη στο Ευρωπαϊκό περιφερειακό Γραφείο της Δανίας σε θέματα πολιτικής υγείας στις χώρες της Ευρωπαϊκής Ένωσης (10ος 2006)

2010: Εκπαίδευση στο Centre for Medical Education, University of Dundee, με θέμα "Key Themes in Medical Education" (26-27 Μαρτίου 2010)

2010: Εκπαίδευση και πιστοποίηση στην Διαχείριση κρίσεων από το International Critical Incident Stress Foundation, Inc. (ICISF) της Βαλτιμόρης (ΗΠΑ) (24-25 Σεπτεμβρίου 2010)

2012. Εκπαίδευση από τον εκπαιδευτικό οργανισμό Medineo με θέμα «Diagnosis and Treatment of Psychopathy» στο Λονδίνο, Ηνωμένο Βασίλειο. (3 Μαΐου, 2012)

2014: •On the job training στην γηριο-ψυχιατρική στο νοσοκομείο HUG Hospital, στη Γενεύη από τις 31/8/14 to 15/09/14

Ξένες Γλώσσες:

Αγγλικά (άριστα)

Ηλεκτρονικοί Υπολογιστές:

Πιστοποίηση από τον Οργανισμό Επαγγελματικής Εκπαίδευσης και Κατάρτισης στο IC3 basic στις ενότητες: λειτουργικά συστήματα, λογισμικό υπολογιστή, υλικό υπολογιστή, κοινές λειτουργίες προγραμμάτων, λειτουργίες επεξεργασίας κειμένου, λειτουργίες παρουσίασης, λειτουργίες υπολογιστικών φύλλων, δίκτυα και Internet, ηλεκτρονικό ταχυδρομείο, πληροφορική και κοινωνία, χρήση του Internet. (ΣΕ37-38)

5. ΔΙΔΑΚΤΙΚΟ ΕΡΓΟ

Προπτυχιακή εκπαίδευση

Κατ' επιλογήν υποχρεωτικά μαθήματα

- 2009-2010:** Συμμετοχή στο κατ' επιλογήν μάθημα της Ιατρικής Σχολής «Επείγουσα Προνοσοκομειακή Ιατρική» (Αμφιθέατρο ΠΓΝ «Αττικών», Β'ΠΚ Αναισθησιολογίας) ως λέκτορας (ΠΔ 407)
- 2012-2013:** Συμμετοχή στο κατ' επιλογήν μάθημα της Ιατρικής Σχολής «Επείγουσα Προνοσοκομειακή Ιατρική» (Αμφιθέατρο ΠΓΝ «Αττικών», Β'ΠΚ Αναισθησιολογίας) ως λέκτορας (ΠΔ 407)
- 2012-2013:** Εργαστηριακός συνεργάτης της Νοσηλευτικής Σχολής Α του ΑΤΕΙ Αθήνας στο μάθημα «Νοσηλευτική ψυχικής υγείας»
- 2011-2012:** Υπεύθυνος Φορέα ΓΝΝ Αγ. Παντελεήμων για την πρακτική άσκηση των φοιτητών ψυχολογίας του Πάντειου Πανεπιστημίου (ΕΛΚΕ)
- 2012-2013:** Υπεύθυνος Φορέα ΓΝΝ Αγ. Παντελεήμων για την πρακτική άσκηση των φοιτητών ψυχολογίας του Πάντειου Πανεπιστημίου (ΕΛΚΕ) Εκπαίδευση φοιτητών στην ψυχιατρική κλινική, στο γραφείο ψυχολόγων, στη διασυνδεδετική ψυχιατρική και στο εργαστήριο ψυχομετρίας.
- 2013-2014:** Επιστημονικός συνεργάτης του ΤΕΙ Υπεύθυνος καθηγητής στο μάθημα ψυχολογία υγείας στο τμήμα Φυσικοθεραπείας

Μεταπτυχιακά προγράμματα

- 2012-2014:** Διδασκαλία σε φοιτητές του μεταπτυχιακού προγράμματος της Νοσηλευτικής Σχολής του Πανεπιστημίου Πελοποννήσου «Διοίκησης Μονάδων υγείας» της Νοσηλευτικής Σχολής στο μάθημα Ψυχική Υγεία Επιστημόνων Υγείας. (15 ώρες/έτος)
- 2014-16:** Διδασκαλία σε φοιτητές του μεταπτυχιακού προγράμματος Αντιμετώπιση του Πόνου της Ιατρικής Σχολής Ιωαννίνων με θέμα «Οι ψυχομετρικές κλίμακες στον χρόνιο πόνο».
- 2014** Διδασκαλία σε φοιτητές του μεταπτυχιακού προγράμματος Διεθνής Ιατρική- Διαχείριση της Ιατρικής Σχολής ΕΚΠΑ με θέμα «η ψυχολογία των ατόμων στις καταστροφές και η επίδραση στους διασώστες».(2 ώρες)

2014 Διδασκαλία σε φοιτητές του μεταπτυχιακού προγράμματος Μεταπτυχιακό πρόγραμμα Στοματοπροσωπικού Πόνου της Ιατρικής Σχολής ΕΚΠΑ με θέμα «Οι ψυχολογικές συνιστώσες του στοματοπροσωπικού πόνου» (1 ώρα)

2013-σήμερα Υπεύθυνος μαθήματος και διδασκαλία σε φοιτητές του μεταπτυχιακού προγράμματος Psychology of Health του Cardiff Metropolitan University που πραγματοποιούνται στην Ελλάδα από το City Unity στα εξής μαθήματα:

- Health psychology and the health psychologist
- Biopsychosocial issues in health
- Research Methods and Design
- Chronic Illness Stress and Pain

6. ΒΡΑΒΕΙΑ

1. 2010: 1st Award for the oral presentation with the title “Greek validation of the Self Reporting Questionnaire-F scale”, at the 2nd Panhellenic Psychiatric Conference in Primary Health Care, 4-6 June 2010, Grecotel, Ileia, Greece.
2. 2010: Awarded with Merit (1st Place) for the poster presentation with the title “Epidemiological study of the characteristics in attempted suicides which were referred to liaison psychiatry in the General Hospital of Nikaia ‘Ag. Panteleimon’”, at the 4th Panhellenic Psychiatric Conference in Primary Health Care, 2-5 June 2010, Grecotel, Ileia, Greece.
3. 2011: Awarded with Merit (3rd Place) for the poster presentation with the title “Greek validation of the Multidimensional Fatigue Inventory MFI 20”, at the 3rd Panhellenic Psychiatric Conference in Primary Health Care, 2-5 June 2011, Grecotel, Ileia, Greece.
4. 2011: ‘Best Research Presentation Award’ and Monetary Reward for the oral presentation with the title “Construction and validation of the specific Thalassaemia Quality Of Life Instrument (STQOLI)”, at the «Iron Overload Workshop», 16-18 September 2011, Prague.
5. 2012: 1st award for the oral presentation with the title “Greek validation of the 4 Dimension Symptoms Questionnaire (4DSQ)”, at the 4th Panhellenic Psychiatric Conference in Primary Health Care, 1-4 June 2012, Grecotel, Ileia, Greece.

6. 2012: 1st award for the oral presentation with the title “Electromyographic confirmation of the clinical efficacy of epidural injection of corticosteroid in patients with back pain”, at the 9th Panhellenic Conference in Algology, 11-13 May 2012, Athens, Greece.
7. 2012: 2nd Award for the oral presentation with the title “Greek validation of the Michigan Neuropathy Screening Instrument (MNSI) in patients with diabetes”, at the 8th Scientific Symposium of General Medicine, 27-30 September 2012, Athens, Greece.
8. 2013: Awarded with Merit (1st place) for the oral presentation with the title ‘Measurement of the psychometric properties of the Montreal Cognitive Assessment scale’, at the 1st Panhellenic Conference of Mental Health in Primary Health Care, 10-13 October 2013, Athens, Greece.
9. 2014: 1st Award for the best oral presentation with the title “Translation, cultural adaptation and validation of the scales LANSS and S-LANSS in the Greek language”, at the 10th Panhellenic Conference in Algology, 15-17 May 2014, Lake Plastira, Greece.
10. 2015: Honorary Merit Award for the completion of the research with the title “Correlation between optimism, health, eating habits and the overall quality of life in adults”, at the 5th Panhellenic Conference in Psychiatry in Primary Health Care, 22-25 January 2015, Nauplio, Greece.
11. 2017: 1st award in the 22nd PanHellenic Conference in Anesthesiology for the published clinical trial “ Translation, Cultural Adaptation and Validation of Leeds Assessment of Neuropathic Symptoms and Signs (LANSS) and Self – Complete Leeds Assessment of Neuropathic Symptoms and Signs (S-LANSS Questionnaires into the Greek Language

7. ΕΡΕΥΝΗΤΙΚΑ ΠΡΟΓΡΑΜΜΑΤΑ

Συμμετοχή σε χρηματοδοτούμενα ερευνητικά προγράμματα

2010-2011: Participation in the multicenter research study with the title

“CONVENIENCE” and code CICL670AGR04, which was conducted by the pharmaceutical company “Novartis” for the measurement of the quality of life of patients with thalassemia.

2013: Participation in the field study of the World health Organization with the title

“ICD-11Mental and Behavioral Disorders: Feeding and Eating Disorders.”

Συμμετοχή σε ευρωπαϊκές επιτροπές

2011. (Associated Group) of “EAPC Taskforce on Education for Psychologists in Palliative Care» that aims at creating guidelines for the training of psychologists in Europe in the palliative care.”

Συμμετοχή σε κλινικά πρωτόκολλα

2009-2013: Participation in research protocols which were conducted in the 2nd University Clinic of Anesthesiology, in the General Hospital ‘Attikon’. More specifically, participation in the following protocols:

1. “A study of the effects of fatigue on patients with diabetic neuropathy – Doctoral Thesis” (Scientific director: Kostopanagiotou G., Main researcher: Lyrakos G.).
2. “Comparative evaluation of post-surgical cognitive function of sugammadex versus neostigmine/atropine combination (Scientific director: Batistaki, Ch., Main researcher: Riga M. – Doctoral Thesis. Director for psychometric scales: Lyrakos G.)
3. “Translation, adaptation and validation of the scales for the assessment of neuropathic pain ‘Self-complete Leeds Assessment of Neuropathic Symptoms and Signs (S-LANSS)’ and ‘Leeds Assessment of Neuropathic Symptoms and Signs (LANSS)’ in the Greek language.” (Scientific director: Kostopanagiotou G., Main researchers: Batistaki Ch., Stamatiou G., Lyrakos G.)
4. “The effect of the financial crisis on coping with chronic pain” (Scientific Director: Kostopanagiotou G., Main researcher: Stamatiou G., Co-researchers: Batistaki Ch., Lyrakos G.).

2010-2013: Participation in research protocols which were conducted in the General Hospital of Nikaia “Ag. Panteleimon”. More specifically, participation in the following protocols:

1. “Translation and validation in Greek of the Maastricht Upper Extremity Questionnaire (MUEQ)” (Scientific Director: Lyrakos, G.).
2. “Satisfaction of patients with the quality of care in a Transfusion Unit of a Greek hospital” (Scientific Director: Lyrakos G.)

3. “Financial crisis and blood donation” (Scientific Director: Fountoulaki L., Main researcher: Lyrakos G.)

2015-2017: Participation in research protocols which were conducted in the General Hospital of Nikaia “Ag. Panteleimon”. More specifically, participation in the following protocols:

1. “Investigating treatment adherence in patients with Type 2 Diabetes Mellitus using a biopsychosocial approach. A comparative study between British and Greek patients.(Scientific Director: Lyrakos, G., Limbert, C., Main researcher: Menti, D.).

Συνέδρια συμμετοχή ως προσκεκλημένος ομιλητής

2008: 1st Symposium with the title “The role of the Pain Unit in managing the pain of an orthopedic patient with oncologic disease”. Speech with the title “The role of the psychologist in pain therapy and the rehabilitation of the patient and the family (Keynote speaker)” – 21st Annual Conference of the Orthopedic Oncology Department, 26-28 November 2008, Loutraki, Greece.

2010: Speech with the title “Chronic illnesses in the organizational context – the role of the EAP Case Manager (Keynote speaker)” – 2nd meeting of members of the Hellenic chapter of the EAP, 22 September 2010, Athens, Greece.

2010: Speech with the title "Psychometric challenges in the Forensic-Psychiatry of children and adolescents (Keynote speaker) – Seminar in the Forensic-Psychiatry of children and adolescents, 4 December 2010, Athens, Greece.

2011: Participation in the round table at the 2nd Panhellenic conference of the forum of public health and social medicine with the title “Translation and validation in Greek of the Anesthetic Theatre Education Environment Measure (ATEEM)”.

2013: Speech with the title “The contribution of Diabetes Mellitus in the onset of symptomatology of depression” – Training sessions of Primary Health Care “G. Papadakis”, 11-15 February 2013, Athens, Greece.

2013: Participation in an interactive seminar with the title “The effect of stress on the quality of life of individuals, during the modern financial situation”, 15 April 2013, Athens, Greece.

2013: Speech with the title “Managing orofacial pain due to psychiatric disorders” – Attica Dental Association’s scientific sessions, 1 June 2013, Athens, Greece.

- 2013: Participation in a Clinical Tutorial with the title “The General Practitioner and the use of psychometric instruments as a tool for detection and prediction of somatization and mental disorder” - 9th Scientific Symposium of General Medicine, 28 September 2013, Divani Caravel Hotel, Athens, Greece.
- 2013: Participation in a Clinical Tutorial with the title “Loss – mourning and the role of the health professional” – 1st Panhellenic Conference of Mental Health in the Primary health Care, 12 October 2013, Athens, Greece.
- 2013: Speech with the title “Managing stress in hemoglobinopathies” - Panhellenic Informative Event for Thalassemia, 29-30 November 2013, Divani Palace Hotel, Athens, Greece.
- 2014: Speech with the title “Diabetes management during a period of financial crisis” – Panhellenic Training Sessions of Primary Health Care “G. Papadakis”, 17-21 February 2014, Divani Caravel Hotel, Athens, Greece.
- 2014: Speech with the title “Behavioural style in the medical and nursing environment” – 13th Nursing session of the Department of Nursing Services Management, 28 March 2014, Athens, Greece.
- 2016: Reducing Occupational Stress among Nurses. Seminars in the General Hospital of Nikaia, 31st of August, 2016.
- 2016: Pain management in the Greek Health Care System. MSc in Health Psychology Seminars, School of Health Sciences, Cardiff Metropolitan University, 11 November 2016, Cardiff, Wales.
- 2017: Gender and Human Rights. School-based series of educational seminars. 6th Secondary School of Nikaia and General Hospital of Nikaia ‘Ag. Panteleimon’ 23-05-2017.
- 2017: Acceptance and Diversity. School-based series of educational seminars. 6th Secondary School of Nikaia and General Hospital of Nikaia ‘Ag. Panteleimon’ 24-05-2017.

Συνέδρια συμμετοχή ως προεδρείο

- 2010: Participation in the round table with the title ‘Musculoskeletal problems in patients and nurses: Can the psychological factor affect the illness?’ Coordinator: Lyrakos Georgios, Dragioti Eleni – 3rd University & 2nd University Scientific and Professional Nursing, 2 May 2010, Ioannina, Greece.

2013: Presidium with the title «The role of the Psychologist in the formation of the Primary Health Care and the collaboration with other health professionals” – 1st Panhellenic Conference of Mental Health in Primary Health Care, 10-13 October 2013, Megaron International Conference Centre, Athens, Greece.

8. ΔΗΜΟΣΙΕΥΣΕΙΣ

Ερευνητικά άρθρα

1. Z Morou, GN Lyrakos, NG Papadopoulou, N Douladiris, A Tatsioni, et al. (2016) Translation, adaptation and initial validation of Food Allergy Quality of Life Questionnaire: child form in Greek. *Health Psychology Research* 4 (1)
2. C Batistaki, G Lyrakos, K Drachtidi, G Stamatiou, MC Kitsou, G Kostopanagiotou. (2016) Translation, Cultural Adaptation, and Validation of Leeds Assessment of Neuropathic Symptoms and Signs (LANSS) and Self-Complete Leeds Assessment of Neuropathic Symptoms and Signs (S-LANSS) Questionnaires into the Greek Language. *Pain practice: the official journal of World Institute of Pain* 16 (5), 552-564 (**cited by 3**)
3. G Lyrakos, D Menti, I Spyropoulos, V Spinaris (2016) The effect of relaxation techniques and trigger points therapy on stress reduction of patients with mental health disorders in a Greek hospital. *European Psychiatry* 33, S615
4. G Lyrakos, G Tetorou, D Sittas, A Dimitriou, M Ypofanti, V Spinaris, I spyropoulos (2016) Perceptions of treatment and adherence during hospitalization in psychiatric patients. *European Psychiatry* 33, S482-S483
5. G Lyrakos, N Tsioumas, V Spinaris, E Margioti, P Sakka, I Spyropoulos (2016) Depressive pseudodementia in Greek patients: How differential diagnosis can lead to early diagnosis. *European Psychiatry* 33, S140
6. G Lyrakos, M Grigoriadou, T Zacharis, M Grigoraki, D Menti, N Tsioumas, A Georgiadis, I Spyropoulos, V Spinaris (2016) The effect of the reductions in social interactions due to the economic crisis on the subjective well-being of non-insurance health care seekers in Greece. *European Psychiatry* 33, S194
7. D Menti, V Fanioudaki, G Lyrakos (2016) The effect of the financial crisis in Greece on the health habits of young adults. *European Psychiatry* 33, S283
8. EM Vlachou, D Damigos, G Lyrakos, K Chanopoulos, G Kosmidis, M Karavis (2016) The Relationship between Burnout Syndrome and Emotional Intelligence in Healthcare Professionals. *Health Science Journal*

9. G Gkavela, A Kossioni, G Lyrakos, H Karkazis, K Volikas (2015) Translation and preliminary validation of the Greek version of the Xerostomia Inventory in older people, *European Geriatric Medicine*, 6 (3), 237-240
10. M Ypofanti, G Lyrakos, B Mouchtouri, P Tzanne, M Panidou, et al (2015) Cognition, physical activity, sociodemographic characteristics and "emotional stability": Their connection with smoking cessation. *Archives of Hellenic Medicine/Arheia Ellenikes Iatrikes* 32 (4)
11. G Lyrakos, N Fragkos, C Favios, N Moschos, I Spyropoulos, V Spinaris (2015) The Effect of Economic Crisis in Coping with Medication Among Psychiatric Patients in a Greek Psychiatric Department. *European Psychiatry* 30, 1840
12. G Gkavela, A Kossioni, G Lyrakos, H Karkazis, K Volikas. (2015) Oral health related quality of life in older people: Preliminary validation of the Greek version of the Geriatric Oral Health Assessment Index (GOHAI), *European Geriatric Medicine* (**1 citation**)
13. G Lyrakos, M Grigoriadou, P Kampisioulis, A Dimitriou, I Spyropoulos, et al. (2015) Social Support Network and Rehabilitation Referrals Through Hospital Social Workers Network in Greece in Time of Crisis, *European Psychiatry* 30, 1368
14. D Menti, G Lyrakos, A Soureti (2015) The Effect of Gender On Drinking Patterns of Greek Young Adults. *European Psychiatry* 30, 520
15. G Lyrakos, A Morochliadis, D Gerogianni, M Ypofanti, N Fragkos, et al. (2015) Epidemiological Study of Loss Management in a Greek Hospital. the Difference Between Grief Management and Critical Incidence Stress Management (CISM). *European Psychiatry* 30, 1259
16. G Lyrakos, M Grigoriadou, P Kampisioulis, A Dimitriou, I Spyropoulos, V Spinaris. (2015) Social Support Network and Rehabilitation Referrals through Hospital Social Workers Network in Greece in Time of Crisis. *European Psychiatry* 30, 1368
17. V Riga, A Kossioni, G Lyrakos (2015). Can DREEM Instrument (Dundee Ready Education Environment Measure) measure the learning environment in a School of Education? *Educational Journal of the University of Patras UNESCO Chair. *Online first**
18. M Ypofanti, V Zisi, N Zourbanos, B Mouchtouri, P Tzanne, Y Theodorakis, G Lyrakos (2015). Psychometric properties of the IPIP Big-Five personality

- questionnaire for the Greek population, *Health Psychology Research*, 3(2) **(cited 3 times)**
19. G Lyrakos, D Vini, M Drossou-Servou, E Aslani, V Spinaris (2014). EPA-1592-Factors affecting wellbeing in patients with thalassemia major, *European Psychiatry* 29, 1
 20. G Lyrakos, M Ypofandi, A Chasapis, E Aslani, V Spinaris (2014). EPA-1595-Factors affecting negative emotions of depression, anxiety and stress in online social networking services, *European Psychiatry* 29, 1
 21. G Lyrakos, I Spyropoulos, V Spinaris (2014) EPA-0849–Factors affecting compliance with therapy in psychiatric inpatients during treatment. *European Psychiatry* 29, 1
 22. G Lyrakos, M Ypofandi, P Tzanne (2014) EPA-1593-Psychometric and clinometric properties of the montreal cognitive assessment (moca) in a greek sample, *European Psychiatry* 29, 1
 23. G Lyrakos, D Damigos, E Chatziaggelaki, AK Papazafiropoulou, et al. (2014). EPA-1594-Regression model for subjective well being in patients with diabetes mellitus. *European Psychiatry* 29, 1
 24. M Riga, C Batistaki, P Matsota, G Lyrakos, F Zafeiropoulou, et al. (2014). Effect of sugammadex versus neostigmine/atropine combination on cognitive function of adult patients after elective surgery: preliminary results: 9AP5-9. *European Journal of Anaesthesiology (EJA)* 31, 157-158
 25. IDK Dimoliatis, GN Lyrakos, X Tseretopoulou, T Tzamalis, G Bazoukis, et al. (2014). Development and Validation of the ‘iCAN!’-A Self-administered Questionnaire Measuring Outcomes/Competences and Professionalism of Medical Graduates. *Universal Journal of Educational Research* 2 (1), 19-36 **(3 citations)**
 26. AE Kossioni, G Lyrakos, I Ntinalexi, R Varela, I Economu. (2014) The development and validation of a questionnaire to measure the clinical learning environment for undergraduate dental students (DECLEI), *European Journal of Dental Education* 18 (2), 71-79 **(8 citations)**
 27. I Markakis, H Alexopoulos, C Pouloupoulou, S Akrivou, A Papathanasiou, V Katsiva, G Lyrakos, G Gekas, M C Dalakas. (2014) Immunotherapy-responsive limbic encephalitis with antibodies to glutamic acid decarboxylase, *Journal of the neurological sciences* 343 (1), 192-194 **(9 citations)**

28. I Ntinalexi, R Varela, I Economu, A Kossioni, G Lyrakos (2013) P15-the Development Of An Instrument To Measure The Clinical Learning Environment For Undergraduate Dental Students. *European Journal of Dental Education* 17 (2), e193
29. P Tzannes, GN Lyrakos. (2013). 2140–Epidemiological study of the characteristics in suicide attempts referred to liaison psychiatry service in GNH st. Panteleimon. *European Psychiatry* 28, 1
30. GN Lyrakos, D Vini, V Spinaris, H Aslani, M Drossou-Servou. (2013). 1475–Chelation therapy impact and its correlation with the psychological parameters in patients with thalassaemia. *European Psychiatry* 28, 1
31. GN Lyrakos, M Drossou-Servou, D Vini, H Aslani, V Spinaris. (2013). 1467–Symptoms of depression, anxiety and stress in patients with thalassaemia in a Greek transfusion center. *European Psychiatry* 28, 1
32. GN Lyrakos, AK Papazafiropoulou, C Batistaki, E Xatziagelaki, et al. (2013). 1412–Differences in depression anxiety and stress among men and women with diabetes mellitus. *European Psychiatry* 28, 1 (*5 citations*)
33. GN Lyrakos, H Aslani, A Catopodi, D Papastavrou, S Kouvari, C Batistaki, et al. (2013) 2823–Stress-related psychological symptoms among health care professionals in a Greek hospital. *European Psychiatry* 28, 1
34. GN Lyrakos, I Spyropoulos, E Xatziagelaki, C Tinas, G Kostopanagiotou, et al. (2013) 1428–Predictors of multidimensional fatigue in general population in Greece. *European Psychiatry* 28, 1
35. GN Lyrakos, H Dragioti, C Batistaki, V Spinaris. (2013) Translation and validation study of the subjective happiness scale (shs) in Greek general population, diabetes mellitus and patients with emotional disorders. *European Psychiatry* 28 (*3 citations*)
36. AE Kossioni, R Varela, I Ekonomu, G Lyrakos, IDK Dimoliatis. (2012) Students’ perceptions of the educational environment in a Greek Dental School, as measured by DREEM. *European Journal of Dental Education* 16 (1), e73-e78 (*51 citations*)
37. GN Lyrakos, D Vini, H Aslani, M Drosou-Servou. (2012) Psychometric properties of the Specific Thalassaemia Quality of Life Instrument for adults, Patient preference and adherence 6, 477 (*12 citations*)

38. G Lyrakos, E Hatziagelaki, B Spinaris, D Damigos, I Spyropoulos et al. (2012) P-232-The comparison of fatigue between patients with diabetes mellitus, psychiatric outpatients and general population in Greece, *European Psychiatry* 27, 1 (**3 citations**)
39. G Lyrakos, E Hatziagelaki, I Spyropoulos, A Goundella, M Karachalios, et al. (2012) P-611-Differences in emotional states of anxiety, depression and stress between patients with diabetes mellitus and psychiatric outpatients to the general population in Greece, *European Psychiatry* 27, 1
40. GN Lyrakos, I Spyropoulos, E Papamichail, C Tinas, N Fragkos, et al. (2012) P-231-Differences in quality of life and well-being among men and women with psychiatric disorder in a greek psychiatric department, *European Psychiatry* 27, 1
41. GN Lyrakos, I Spyropoulos, A Goundella, G Emmanouilidou, B Spinaris. (2012) P-689-Gender differences in compliance with the psychiatric therapy in patients and outpatients of a Greek psychiatric ward one year study. *European Psychiatry* 27, 1
42. Z Tsakogia, GN Lyrakos, D Damigos, V Mayreas, IDK Dimoliatis. (2011) The effect of dispositional optimism in HRQOL in patients with chronic musculoskeletal pain conditions in Greece, *Applied Research in Quality of Life* 6 (1), 53-70 (**6 citations**)
43. GN Lyrakos, C Batistaki, B Spinaris, MC Kitsou. (2011) T428 TREATMENT OF CHRONIC PHANTOM LIMB PAIN USING A CBT-FOCUSED PSYCHOLOGICAL APPROACH, A CASE STUDY, *European Journal of Pain Supplements* 5 (1), 72-73 (**1 citation**)
44. GN Lyrakos, C Arvaniti, M Smyrnioti, G Kostopanagiotou. (2011) P03-561- Translation and validation study of the depression anxiety stress scale in the Greek general population and in a psychiatric patient's sample, *European Psychiatry* 26, 1731 (**13 citations**)
45. EI Bekiari, GN Lyrakos, D Damigos, V Mavreas, K Chanopoulos, et al. (2011). A validation study and psychometrical evaluation of the Maastricht Upper Extremity Questionnaire (MUEQ) for the Greek-speaking population, *J Musculoskelet Neuronal Interact* 11 (1), 52-76 (**9 citations**)

46. G Lyrakos, MC Kitsiou, A Goudella, B Spinaris. (2011) P01-461-Adapting the SRQ for greek populations: a culturally-sensitive psychiatric screening instrument, *European Psychiatry* 26, 465 (*1 citation*)
47. GN Lyrakos, M Karachalios, B Spinaris. (2011) P02-437-Health Related Quality of Life in Psychiatric Inpatients and ITS Correlation with the Personality Characteristic of Dispositional Optimism, *European Psychiatry* 26, 1033
48. GN Lyrakos, A Goudella, B Spinaris. (2011) P01-548-Factors that affect compliance in psychiatric therapy in patients and outpatients in a Greek psychiatric department, *European Psychiatry* 26, 552
49. G Lyrakos, Z Tsakogia, D Damigos, I Dimoliatis. (2011) P02-401- Dispositional optimism as a predictor of health related quality of life in patients with chronic musculoskeletal disorders, *European Psychiatry* 26, 997.
50. I Markakis, H Alexopoulos, V Katsiva, G Lyrakos, G Gkekas, M Dalakas. (2011) Non-paraneoplastic limbic encephalitis with antibodies to glutamic acid decarboxylase. Long-term treatment with plasma exchange and steroids. *European journal of neurology* 18, 578-578I
51. DK Dimoliatis, T Tzamalis, G Bazoukis, X Tseretopoulou, G Lyrakos, et al. (2011) I CAN! A graduate self-completion questionnaire for evaluating medical curriculum outcomes: How to use it, and preliminary findings on Greek medical education outcomes. *Archives of Hellenic Medicine/Arheia Ellenikes Iatrikes* 28.
52. X Tseretopoulou, T Tzamalis, G Bazoukis, G Lyrakos, C Gogos, et al. (2011) If you could change one thing in your school, what would this be? 469 suggestions of 429 medical graduates, *Archives of Hellenic Medicine* 28 (3), 369-379 (*1 citation*)
53. Lyrakos, G. N. (2010). Role of dispositional optimism in Health related quality of life among health care professionals with musculoskeletal pain. *Nova Science*.
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55. GN Lyrakos, D Damigos, V Mavreas, K Georgia, IDK Dimoliatis. (2010) A translation and validation study of the Life Orientation Test Revised in the Greek speaking population of nurses among three hospitals in Athens and Ioannina, *Social indicators research* 95 (1), 129-142 (**20 citations**)
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57. V Fakitsa, K Kourenti, M Papakonstantinou, J Chaniotis, A Flangini, G Lyrakos, et al. (2006) Sero-prevalence of anti-HBc and anti-HBs in economic immigrants blood donors in a blood transfusion center, *VOX SANGUINIS* 91, 48-49
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column agglutination technology fully automated system (auto-vue). Vox Sanguinis Supplement 89, 189

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Παρουσιάσεις σε διεθνή συνέδρια

1. D. Menti, G. Lyrakos, C. Limbert. Investigating The Effectiveness Of Theory-Based Interventions On Improving Treatment Adherence Of Patients With Type 2 Diabetes Mellitus: A Systematic Review. British Psychological Society Dhp, 6-8 September 2017, Mercure Cardiff Holland House Hotel, Cardiff, Wales
2. D. Menti, G. Lyrakos, C. Limbert. Investigating Treatment Adherence In Patients With Type 2 Diabetes Mellitus Using A Biopsychosocial Approach. Cardiff School Of Health Sciences Postgraduate Research Student Conference, 15 May, 2017, Cardiff, Wales.
3. D. Menti, **G. Lyrakos**, C. Limbert. Investigating Treatment Adherence In Patients With Type 2 Diabetes Mellitus Using A Biopsychosocial Approach. A Comparative Study Between British And Greek Patients. 2nd Health Psychology Symposium In Greece, 27 May 2016, Athens.
4. D. Menti, V. Fanioudaki, **G. Lyrakos**. The Effect Of The Financial Crisis In Greece On The Health Habits Of Young Adults. 24th European Congress Of Psychiatry, 12-15 March 2016, Madrid, Spain.
5. **G. Lyrakos**, D. Menti. The Effect Of Relaxations Techniques And Trigger Points Therapy On Stress Reduction Of Patients With Mental Health Disorders In A Greek Hospital. 24th European Congress Of Psychiatry, 12-15 March 2016, Madrid, Spain.
6. **G. Lyrakos**, G. Teterou, D. Sittas, A. Dimitriou, M. Ypofanti, V. Spinaris, I. Spiropoulos. Perceptions Of Treatment And Adherence During Hospitalization In Psychiatric Patients. 24th European Congress Of Psychiatry, 12-15 March 2016, Madrid, Spain.
7. **G. Lyrakos**, M. Grigoriadou, T. Zacharis, M. Grigoraki, D. Menti, N. Tsioumas, A. Georgiadis, I. Spyropoulos. The Effect Of The Reductions In Social Interactions Due To The Economic Crisis On The Subjective Well-Being Of Non-Insurance Health Care Seekers In Greece. 24th European Congress Of Psychiatry, 12-15 March 2016, Madrid, Spain.

8. **G. Lyrakos**, N. Tsioumas, V. Spinaris, E. Margioti, P. Sakka, I. Spiropoulos. Depressive Pseudodementia In Greek Patients: How Differential Diagnosis Can Lead To Early Diagnosis. 24th European Congress Of Psychiatry, 12-15 March 2016, Madrid, Spain.
9. M. Grigoriadou, M. Grigoraki , I. Spyropoulos, V. Spinaris, **G.Lyrakos** . Differences Between Immigrants And Native Residences In Social Support Network And Rehabilitation Referrals In Greece, 1st Health Psychology Symposium In Greece, 11/06/2015, Athens, Greece
10. **G. Lyrakos**, A. Dimitriou, F. Diakoumakou, N. Fragkos, I. Spuropoulos , V. Spinaris, Interaction Between Adherence To Medication And Beliefs In Psychiatric Patients, 1st Health Psychology Symposium In Greece, 11/06/2015, Athens, Greece
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