






PERSONAL INFORMATION

Dr Kleio Koutra



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 kkoutra@hmu.gr
 www.gr.linkedin.com/pub/kleio-koutra-mph-bsw/63/96a/14b/
 Sex Female | Date of birth 15/10/1973 | Nationality Greek

WORK EXPERIENCE Total time of working experience: 20years

- 27/03/2019** **today** **Associate Professor in Social Work Public Health,**
 Dep. of Social Work, Hellenic Mediterranean University (www.hmu.gr)
- 14/1/2015** **15/10/2018** **Lecturer in Social Work (3,5 years)**
 Dep. of Social Work, TEI of Crete (www.teicrete.gr)
- 21/9/1999** **13/1/2015** **Field Assistant in Community Social Work (13 years, 8 months)**
 Dep. of Social Work, TEI of Crete (www.teicrete.gr)
- 13/11/2017** **4/12/2017** **Educator, ‘Updating the knowledge of Professional Social Workers’,** Life Long Learning Program (1 month)
 ELKE, TEI of Crete
- 2019-2022** **DIGITISED EDUCATION OF PARENTS FOR CHILDREN PROTECTION (DEPCIP PROJECT),** Erasmus KA2 (3 years)
 ELKE, HMU
- 1/9/2015** **15/10/2015** **Educator, ‘PEGA-Social Work in Crisis Situations in Primary Social Welfare’,** EPEAEK Program (1 month)
 University of Thrace
- 2020** **2022** **Coordinator, “Stop doping - Swim Fare” (SDOP)**
 ERASMUS+ Sport (*No 613515-EPP-1-2019-1-BG-SPO-SCP*) (2 years)
 Naoussa Swim Club
- 1/05/2012** **30/11/2015** **Researcher, ‘The transition process from youth to adulthood. A study on the young people of Crete’,** Arximedes III (3 years, 6 months)
 ELKE, TEI of Crete
- 5/6/2003** **31/6/2004** **Councelling Services (ASS) in vulnerable populations- immigrants, women (1 year)**
 AKOMM PSILORITIS AE
- 15/7/2003** **30/6/2004** **Councelling Services (ASS) in vulnerable populations- immigrants, women (8 months)**
 ANAPTIKSIAKI IRAKLEIΟΥ AE
- 2016** **2018** **Coordinator, ‘Motivate Children from below EU average GDP countries to love swimming’**

(SWIMwin), ERASMUS+ Sport (n°579755-EPP-1-2016-1-EL-SPO-SSCP) (2 years)

Naoussa Swim Club

- 20/6/2012 27/6/2012 Trainer, intercultural training program for civil servants of the single decentralized units (2 days)**
DIMITRA Information & Training Center, LARISSA
- 2/10/2017 5/10/2017 Evaluator of the EDVM34, ΕΠΑΕΑΚ, 'Supporting researchers with an emphasis on young researchers'.**
ELKE, TEI of Crete (1 month)
- 2017 2019 ISSA - Improving Solutions for Student Absenteeism.** Erasmus+ KA2 (n 2016-1-EL01-KA203-023637) (3 years)
ELKE, TEI of Crete
- 10/4/2014 23/5/2014 Trainer, 'Training seminar on challenges for applicants and beneficiaries of International Protection and Good Practices in Migration Flow Management'(2 days)**
MARKETWAY, CYPRUS
- 12/5/2011 30/6/2011 Trainer, 'Program of Intercultural Training of Public Employees of Unified decentralized administrative units that deal with third-country nationals legally residing in Greece' (1 month)**
ELKE, TEI of Crete
- 01/01/2014 31/12/2015 Researcher, 'Evaluation of the Professional Development of Adult Education Staff' - Life-Long-Learning Program GRUNDTVIG Multilateral (No:538743-LLP-1-2013-1-IT-GRUNDTVIG-GMP) (2 years)**
ELKE, TEI of Crete
- 01/05/2012 15/10/2013 Researcher, 'Epidemiological Evidence of Health Problems, Exploration of Health Needs and Health Education Intervention in the Rural Population of Crete'- Arximedes III (1 year, 5 months)**
ELKE, TEI of Crete
- 01/05/2012 30/11/2015 Researcher, 'Social Capital and other social and environmental factors as predictors of health behaviour change in young adults: a 36 month cohort study'- Arximedes III (3 years, 5 months)**
ELKE, TEI of Crete
- 01/1/2010 31/12/2012 Researcher, 'Active ageing & Pre-retirement counseling', LLP GRUNDTVIG, (2010-1-DK-GRU06-01891 3) (2 years)**
ELKE, TEI of Crete
- 1/08/2013 31/07/2015 Principal Scientific Researcher, 'Innovations Mature Adult Learning', LLL GRUNDTVIG, (2013-1-PL1-GRU06-38771 3) (2 years)**
ELKE, TEI of Crete
- 23/5/2016 25/5/2016 Evaluator of KA2 Erasmus - ADULT EDUCATION (online expert evaluation tool) (1 month)**
National Agency of Greece
- 29/5/2017 1/6/2017 Evaluator of KA2 Erasmus - ADULT EDUCATION (online expert evaluation tool) (2 months)**

National Agency of Greece

2005 2006 Social Worker, Special Needs Education Unit (1 month & 23 days)

Secondary Education, Heraklion Prefecture

**1/09/2002 31/12/2004 Trainer, ‘Assessment and supervision of college students during their 6 months Practicum’,
EPEAEK II (2 years and 2 months)**

ELKE, TEI of Crete

1/08/2003 30/09/2003 Social Worker at ‘Care Seniors at Home Program’ (2 months)

Municipality of N. Alik/sos

EDUCATION AND TRAINING

2007-2014 PhD in Social Medicine

8 level of EQF

Department of Medicine, University of Crete, Greece

“Social capital and health behaviors in high school students at the Prefecture of Heraklion. Community Social Work interventional role”.

Replace with dates **Master of Public Health (MPH)**

7 level of EQF

(from - to)

Social Medicine, Department of Medicine, University of Crete, Greece

“The subjective perception of health and satisfaction of health services by immigrant mothers in a municipality of Crete”.

Replace with dates **First Degree (BSc) in Social Work**

6 level of EQF

(from - to)

Social Work Department, TEI of Crete, Greece

▪ Social work, social inclusion, social rights

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user

Communication skills

▪ very good communication skills, types and obstacles in the communication gained through my experience as a Social Work professor (I run the laboratory of the Social Work in Groups), as a Counselor (active listening, multicultural communication skills) and as a researcher (Interviewing Techniques, Interviewing Vulnerable Persons)

Organisational / managerial skills

- good leadership (responsible for a groups of college students in the laboratory of Center of community development and to two European funded projects , mainly because I am hard working and I stand near my colleagues)
- planning (I teach social planning and implementation. Also I work in a number of funded EU projects)
- evaluate (Evaluator to KA2 Erasmus+ project, member of the EduEval project funded from GRUNDTVIG Multilateral
- write reports
- monitoring ongoing projects

Job-related skills

- confidentiality is one of the core principals of social work profession
- plan, and provide workshops/seminars
- designing projects, preparing and drafting concept papers and project proposals for submission to EU
- reliability, trust and honesty suit my character
- team work, responsibility and hard work are highly valued

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
- Independent user	- Independent user	- Independent user	- Independent user	- Independent user

Levels: Basic user - Independent user - Proficient user/ [Digital competences - Self-assessment grid](#)

Internet and Computing Core Certification (IC3): 2010 Independent use of Microsoft office programs (word, excel, power point etc)

Other skills

- Volley ball, Photography, Yyoga, Pilates

Driving licence

B

**PUBLICATIONS
(19 in total)**

1. **Koutra, K.**, & Kokaliari, E. D. (2022). Affective Symptoms and Traumatic Stress Among College Students at Risk for ADHD During the Second Lockdown in Greece. *European Journal of Mental Health*, 17(2). <https://doi.org/10.5708/EJMH.17.2022.2.x>
2. **Koutra, K.**, Burns, C., Sinko, L., Kita, S., Bilgin, H., & Saint Arnault, D. (2022). Trauma Recovery Rubric: A Mixed-Method Analysis of Trauma Recovery Pathways in Four Countries. *International Journal Environmental Research & Public Health*, 19, 10310. <https://doi.org/10.3390/ijerph191610310>
3. Malatesta, S., Pepe, A., Kritsotakis, G., **Koutra K.**, Ratsika N., Biffi, E. (2022). We discovered places we never used before”. Home and parenting geographies during the 2020 lockdowns in Italy and Greece, *Children’s Geographies*, AHEAD-OF-PRINT, 1-14
4. <https://doi.org/10.1080/14733285.2022.2077092>
5. Rodelli, M., **Koutra, K.**, Thorvaldsdottir, K.B., Bilgin, H., Ratsika, N., Testoni, I., Saint Arnault, M.D. (2022). Conceptual Development and Content Validation of a Multicultural Instrument to assess the Normalization of Gender-Based Violence. *Sexuality & Culture*, 26, 26–47. <https://doi.org/10.1007/s12119-021-09877-y>
6. Katerina Lathiotaki, **Kleio Koutra**, Nikoleta Ratsika, Denise Saint Arnault, (2021). Trauma

- recovery of Greek women who have experienced GBV. A narrative research. *Sexes*, 2(3), 256-271; <https://doi.org/10.3390/sexes2030021>
7. **Kleio Koutra**, Ann W. Roy, & Efrosini D. Kokaliari (2020). The effect of social capital on NSSI and suicidal behaviors among college students in Greece following the economic crisis. *International Social Work Journal*, 63(1) 100–112. <https://doi.org/10.1177/0020872818776726>
 8. Ann W. Roy, Effrosyni D. Kokaliari, & **Kleio Koutra** (2022). Development and Validation of a Non-Suicidal Self-Injury International Measure (NSSI-I Check List): A Psychometric Study. *Measurement and Evaluation in Counseling and Development* (Under Review)
 9. **Koutra K.** & Ratsika N. (2020). *Social Work Practice with Older Adults. An Actively Aging Framework for Practice* (Book editing in Greek) of Chonody, Jill M., & Teater, Barbra (2018) Los Angeles: SAGE.
 10. Tatiana Iñiguez Berrozpe, Francesco Marcaletti, **Kleio Koutra** (2018). Overcoming Age Barriers. Motivation for Mature Adults' Engagement in Education. *International Journal of Lifelong Education*, 37(4)451-467.
 11. **Koutra K.** (2017). Social Capital as a Tool for Planning and Intervention in School Communities. In *Social Work and School - Applied Interdisciplinary Interventions-ION Publications*
 12. **Koutra K.** & Ratsika N. (2017). Case Study: Self Care Assistance Team for the Elderly in a small rural community in Crete. In: *Community Work. Strategies, Methods, Tactics, Pioneers of Community Work- Papazisis Publications*, ISBN13 9789600233537.
 13. Efrosini D. Kokaliari, Ann W. Roy & **Kleio Koutra** (2017). A cross-sectional study comparing predictors of non-suicidal self-injury among college students in the United States and Greece. *International Journal of Culture and Mental Health*, 10 (1).
 14. **Koutra K**, Kritsotakis G, Linardakis M, Ratsika N, Kokkevi A, Philalithis T. (2017). Social Capital, Perceived Economic Affluence and Smoking During Adolescence: A Cross-Sectional Study. *Substance Use & Misuse* 52(2), 240-250.
 15. Kalaitzaki A., **Koutra K.**, Kritsotakis G., Economou K., Ratsika N., (2015). "The process of transition from youth to adulthood. A study for the young people of Crete ". Sophia Koukouli (Editing). Archimedes Research Project, subproject 04. Technological Educational Institute of Crete. ISBN 978-618-5221-01-0.
 16. **Koutra, K**, Kritsotakis, G., Pelekidou, L., Ratsika, N., (2015). Aims of the evaluation: why to evaluate? In: *The Evaluation of Adult Education Staff. Edueval Handbook.- Pensa Multimedia* ISBN 978-88-6760-341-1
 17. **Koutra K.** (2015). Community development: A challenging strategy for Social Capital, Health Promotion and Community Social Work. In: *Social Capital: Global Perspectives, Management Strategies and Effectiveness*, USA: Nova Science Publishers, INC.
 18. **Koutra K.** (2015). The effect of social capital and social demographic characteristics on the risk behavior of secondary students in Irakleion Prefecture. *Social Work Journal*, 120, 50-73.
 19. **Koutra, K.**, Kritsotakis, G., Orfanos, P., Ratsika, N., Kokkevi, A., & Philalithis, T. (2014). Social capital and regular and binge alcohol use in adolescence: a cross sectional study in Greece. *Drugs: Education, Prevention & Policy Journal*, 21(4), 299-309.
 20. **Koutra K**, Orfanos P., Roumeliotaki Th., Kritsotakis G, Kokkevi A, Philalithis A. (2012). Psychometric validation of the Youth Social Capital scale in Greece. *Research on Social Work Practice*, 22(3):333 – 343.
 21. **Koutra K**, Papadobasilaki K, Kalpoutzaki P, Kargatzi M, Roumeliotaki T, Koukouli S. (2012).

- Adolescent drinking, academic achievement and leisure time use by Secondary Education students living in a rural region of Crete. *Health and Social Care in Community* 18(3):249-256
22. Papanikolaou M, Chatzikosma T., **Koutra K.** (2011) Bullying at School: The role of family. *Procedia - Social and Behavioral Sciences* 29, 433 – 442.
 23. Prokopakis, M., **Koutra K.**, Oikonomou, K. (2011). The social capital of immigrant pupils attending primary schools in the city of Heraklion. *Modern Society, Education and Mental Health Journal* 4: 129-154.
 24. **Koutra, K.**, Pelekidou, L., Kirou, J., Prokopakis, M., & Ratsika, N. (2010). The social work interventional role in the evaluation of home-care services for the elderly and their caregivers in a rural semi-mountainous community. Paralalis, S. (eds) *The Dimensions of Social Work in Greece and Cyprus*. Collective volume
 25. **Koutra K**, Eulampidou H, Roumeliotaki T, Koutis A, Philalithis A. (2010).The subjective perceptions of health of immigrant mothers. *Arch Hellen Med*, 27(1):78-87
 26. Kritsotakis G, Antoniadou E, **Koutra K**, Koutis A, Philalithis A. (2010). Cognitive Validation of the Social Capital Questionnaire in Greece. *Nosileftiki* 49(3): 274–285.
 27. **Koutra K.**, Z. Eulampidou, Th. Roumeliotaki, A. Koutis, A. Philalithis (2010). Immigrant mothers and subjective perception of health. *Greek Medical records* 27 (1): 78-87.
 28. **Koutra, K.**, Eulampidou, Z., Roumeliotaki, Th., Koutis, A., Philalithis A. (2008). Cultural competence in health and welfare services. *Pan Cretan Public Health Conference, Conference Proceedings*, pp. 286-294K.
 29. **K. Koutra**, K. Kaparounaki, K. Plakia, Th. Roumeliotaki, N. Ratsika (2008). Employers Attitudes Anonymous Companies of Heraklion for the vocational rehabilitation of persons with mental retardation. *Social Work*, 92, p. 155-180.
 30. Tsachaki C., Krassanaki A., **Koutra K.**, Tsialkouti M., Antonakis N. "The Seniors and primary health care services in a rural area of Crete" *Primary Health Care Journal*, Volume 16, Issue

**PRESENTATIONS
(in Greek and
International
Conferences &
research
meetings)**

- A. More than 15 invited papers – talks.
- B. More than 40 Contributed Papers/Talks.

**SELECTIVE
PRESENTATIONS**

- Efrosini D. Kokaliari, Ann W. Roy & **Kleio Koutra** (2016). A comparative study on self-harm among college students in USA and Greece. 62nd Annual Program Meeting, Atlanta, Georgia.
- Kritsotakis G., Ratsika N., **Koutra K.**, Pelekidou M., Prokopakis M., Konstantinidis T., Zografakis M., Androulaki Z. (2015). Social context and decision-making of permanent residents and immigrants with permanent resident status when accessing healthcare in rural Crete, Greece: a qualitative approach. 4th European Transcultural Nursing Association International Conference, Budapest, Hungary.
- Zacharenia Androulaki, G. Kritsotakis, N. Ratsika, **K. Koutra**, M. Pelekidou, Prokopakis, T. Konstantinidis, M. Zografakis (2015). Social context and decision-making of permanent residents and immigrants with permanent resident status when accessing healthcare in rural Crete, Greece: a

qualitative approach. 4th European Transcultural Nursing Association Conference and the 10th Anniversary of ETNA .

- G. Kritsotakis, N. Ratsika, **K. Koutra**, M. Pelekidou, Z. Androulaki, A.E. Philalithis (2015). Accessing healthcare in rural Crete, Greece: investigating the decision-making process using a qualitative approach. 2nd International Conference: Public Health Strategies & Priorities, Vlora, Albania.
- Kritsotakis G., Ratsika N., **Koutra K.**, Pelekidou M., Miroslaw Grewinski, Wojciech Duranowski, Roger Esteller Curto, Pilar Escuder Mollón, Gilberto Marzano, Velta Lubkina, Daniele Sartori, Elisabetta Biffi, Viviana Vinci, Loredana Perla, Maria Grazia Riva (2015). Presentation of the 'EDUEVAL-EVALUATION FOR THE PROFESSIONAL DEVELOPMENT OF ADULT EDUCATION STAFF'. ENNE, THESALONIKI.
- Chatzikosma T., Papanikolaou M, **Koutra K.** (2012). "Bullying in adolescence: The impact of parenting", 13th Biennial Conference of the European Association for Research on Adolescence, EARA, Spetses, Greece.
- Papanikolaou M, Chatzikosma T., **Koutra K.** (2011). «Bullying at School: The role of family». International Conference on Education and Educational Psychology, Istanbul – Turkey.
- Michail, K. Chouteri, Th. Roumeliotaki, N. Ratsika, **K. Koutra** (2010). "Culture and alcohol. Consumption. Survey of migrants arriving at the office of foreigners in the city of Heraklion, Crete". SKLE Social State: Social Work in the Regional and Local Network of Social Care Services.
- K. Economou, M. Prokopakis, **K. Koutra** (2009). "Local Government and Immigrants-Propositions". Social Needs Investigation and Counseling Policies Workshop, Technological Educational Institute of Crete-SEYP-Department of Social Work, Municipality of Heraklion.
- **K. Koutra**, M. Prokopakis, K. Economou (2009). "The social capital of migrant pupils of elementary schools in the city of Heraklion". Social Needs Investigation and Counseling Policies Workshop, Technological Educational Institute of Crete-SEYP-Department of Social Work, Municipality of Heraklion.
- **K. Koutra**, G. Elambidou, Th. Roumeliotaki, A. Koutis, A. Filalithis (2005). - "The state of health of reproductive age migrant women". 4th Panhellenic Conference on Health Promotion and Education, Athens.

FUNDING RESEARCH PROJECTS

- **Project Coordinator of the project** "Motivate Children from below EU average GDP countries to love swimming" (SWIMwin), under the ERASMUS+ Programme, Support for Collaborative Partnerships in the field of Sport (n°579755-EPP-1-2016-1-EL-SPO-SSCP) (2016-2018).
- **Member of the research team of the project** "Multicultural Study of Trauma RECOVERY (MiStory)" under National Science Foundation Cultural Anthropology award. Coordinator: Dr Denise M. Saint Arnault, University of Michigan (2018).
- **Member of the research team of the project** "ISSA - Improving Solutions for Student Absenteeism". Erasmus+ KA2 (n 2016-1-EL01-KA203-023637) (2017-2019).
- **Principal Scientific Researcher** for SKLE "Innovations in Mature Adult Learning" (1-08-2013 to 31-07-2015, No: 2013-1-PL1-GRU06-38771 3).

- **Member of the research team:** ‘Social Capital and other social and environmental factors as predictors of health behaviour change in young adults: a 36 month cohort study’. (01-05-2012 to 30-11-2015).
- **Member of the research team:** ‘The transition process from youth to adulthood. A study on the young people of Crete’. (01-05-2012 to 30-11-2015).
- **Member of the research team:** ‘Epidemiologic profiling, health needs assessment and health education intervention in the rural population of Crete, Greece’. (01-05-2012 to 30-11-2015).
- **Member of the research team** for TEI Crete, «Evaluation for the Professional Development of Adult Education Staff» (01-01-2014 to 31-12-2015, No 538743-LLP-1-2013-1-IT-GRUNDTVIG-GMP).
- **Member of the research team** for TEI Crete, “The Intercultural Training Program of the Public Employees Uniform decentralized administrative units dealing with third-country nationals legally residing in Greece” (2012).
- **Member of the research team** for TEI Crete, of the LLP GRUNDTVIG, ‘Active ageing & Pre-retirement counseling’ (No: 2010-1-DK-GRU06-01891 3). (01-01-2010 to 31-12-2012).

- Social Psychiatry and Psychiatric Epidemiology (SPPE)
- International Journal of Social Work
- International Journal of Preventive Medicine
- Substance Use and Abuse Journal
- Health Promotion International Journal
- International Journal of Social Work
- Drugs: Education, Prevention & Policy Journal
- Health and Social Work Journal

REVIEWER

EVALUATOR & EXPERT REGISTRY

- | | |
|------|--|
| 2018 | <p>External Experts Registry, Participant Portal, Research & Innovation, European Commission
 ID number: EX2017D317399
 Entity: ECAS, European Commission</p> |
| 2017 | <p>External Evaluator Call project : KA2“Adult Education” Erasmus+
 Entity: National Agency of Greece (IKY)</p> |

External Evaluator. Innovation and Research Information System (IRIS)

2017

ID number: IRID : 96652

Entity: Research Promotion Foundation's (RPF), Cyprus

Inclusion in the Evaluator's Registry**Evaluation of Research Proposals EDBM34**

2017

Registration Number: ID: 14640, Approval Number: 211946

Organization: Special Secretariat for the Management of Operational program of the European Social Fund

2016

External **Evaluator Call project : KA2“Adult Education” Erasmus+**

Entity: National Agency of Greece (IKY)