

Curriculum Vitae Katerina Micheli

Assistant Professor Clinical Social Work

Member of the SoRSoW Laboratory

Department of Social Work

Hellenic Mediterranean University

Personal Information

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Current Position

Assistant Professor in Clinical Social Work, Department of Social Work, Hellenic Mediterranean University
From March 2025 until now

1. Education

PhD in Social Medicine -2019

Department of Medicine, University of Crete, Greece

"Assessment of Functional Disability in Individuals Aged 50+ in Europe: Identification of Causal Factors and the Role of Social Variables as Risk Factors"

Master of Public Health (MPH) 2010

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

"Sleep Disorders During Pregnancy and Their Impact on Birth Outcomes and Neonatal Health"

First Degree (BSc) in Social Work 2003

Social Work Department, TEI of Crete, Greece

2. Teaching at Higher Education Institutions

2023-2024	University Fellow – Independent Teaching
2022-2023	Hellenic Mediterranean University, Department of Social Work. Course: Disability and Social Work
2022-2023	University Fellow – Independent Teaching Hellenic Mediterranean University, Department of Social Work. Courses: Active Ageing and Social Work, Bioethics Issues
2021-2022	University Fellow – Independent Teaching Hellenic Mediterranean University, Department of Social Work. Courses: Active Ageing and Social Work, Bioethics Issues, Field Practice Supervision III
2020-2021	University Fellow – Independent Teaching Hellenic Mediterranean University, Department of Social Work. Courses: Active Ageing and Social Work, Disability and Social Work, Field Practice – Supervision III
2019-2020	University Fellow – Independent Teaching Hellenic Mediterranean University, Department of Social Work. Courses: Active Ageing and Social Work, Disability and Social Work, Field Practice – Supervision II
2019-2020	Lecturer (Presidential Decree 407/80), Part-time Hellenic Mediterranean University, Department of Social Work. Course: Field Practice –

	Supervision I
2018 -2019 2015-2016 2012-2013	Technological Educational Institute of Crete (now Hellenic Mediterranean University), Department of Social Work. Courses: Field Practice – Supervision I & II

3.2 Graduate-Level Teaching

2024-2025 2023-2024	<ol style="list-style-type: none"> Hellenic Mediterranean University, Interdepartmental Postgraduate Program (M.Sc.): "Interdisciplinary Management of Chronic Diseases, Disability, and Ageing". Course: Quantitative and Qualitative Research Methodology Teaching Unit: Ethics and Deontology in Health Sciences Hellenic Mediterranean University, Postgraduate Program (M.Sc.): Multi – Method Social Interventions in Crisis Situation. Course: Theoretical Approaches to Crisis. Family Policy in Crisis Management Teaching Units: a) Disability in the Family Context b) Family and the Elderly
2022-2023	Hellenic Mediterranean University, Interdepartmental Postgraduate Program (M.Sc.): "Interdisciplinary Management of Chronic Diseases, Disability, and Ageing" Course: Chronic Diseases, Disability and Empowerment Teaching Unit: Family Burden in Caring for Elderly Patients with Chronic Illnesses

Guest Lecturer

2020-2024	Postgraduate Program: "Bioethics" University of Crete Lecture Title: Active Ageing – Elderly Care Units Course: Bioethics and End of Life Academic Coordinators: Prof. Anastasios Filalithis, Dr. Theodoros Konstantinidis
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2. Professional (Non-Teaching) Experience

2021-2025	Social Worker (permanent position) at the Heraklion Male Juvenile Shelter, supervised by the Ministry of Justice.
2018-2021	Social Worker (project-based contract) at the University of Crete, under project code KA 10073: "Support of Social Welfare Interventions for University of Crete Students "
2015-2018	Social Worker at the Elder Care Unit "Panagia i Gorgoepikoos".
2010-2015	Paid Collaborator with a private psychiatrist, performing Social Worker duties.
2013-2015	Research Associate Project Title: Development of an Integrated Health Services Proposal Funding: Development project funded by ESPA (NSRF)
2007-2009	Social Worker - Senior Citizens' Day Care Center (K.A.P.H.), Municipality of Hersonissos, Crete
2005-2007	Social Worker Municipal Organization for Preschool Education and Care, Heraklion, Crete

2003-2004	Social Worker (Volunteer) Hellenic Center for Mental Health and Research, Heraklion.
2002-2003	Social Work Internship Hellenic Center for Mental Health and Research, Heraklion (Adult Services and Medical-Pedagogical Service departments).

5. Academic Teaching & Participation in Training Programs

Instructor – Continuing Medical Education Seminars
University Hospital of Heraklion – Training Program for General Practice Residents

Academic Year: 2011–2012

Topic: Social Support for Caregivers of Patients with Dementia

Duration: 3 teaching hours

Academic Year: 2010–2011

Topic: Use of Screening Tools for Cognitive Decline and Dementia in Primary Health Care

Duration: 6 teaching hours

6 Publications in internationally recognized peer-reviewed scientific journals) <https://orcid.org/0000-0002-5556-2989> Scopus Author ID: 42161959400

Citations: 396 (20/3/2025), h-index=8

1. Kleio Koutra, Katerina Micheli, Vasileios Kilintzis, Haridimos Kondylakis, Aristeidis Petrakis, Liselot Hudders, Lia Lombardi, Emma Beuckels, Steffi De Jans, Chiara Pilotti, Eunata Arana Arrie, Dienneke Van de Sompel, Justine Fluer Van der Feef, Severin Haug, Nikolai Kiselev, Delia Nicoara, Nikolaos Boumparis, Teresa de Pablo Pardo, Polonca Serrano, Maria Krini, Laura Maria Del Campod, Sofia Segkoulil, Katrina Champion, Chariklia Tziraki, Andreas Triantafyllidis, Emmanouil Tsiknakis (2025). **The Role of Social Support in Shaping Adolescent Cancer Prevention: A Cross-Sectional Multinational Study Across Eight European Countries.** (under review Children and Youth Services Review)
2. **Micheli, K.,** Koutra, K., Pelekidou, L., & Smyrni, I. (2024). Ageism and attitudes towards older people in the field of social work. A systematic review of operational definitions. *European Journal of Social Work*, 1–14.
3. Mimarakis D., Soldatou, A., Panos, A., Plevriti, **Micheli K** (2022). **Children hospitalized for suspected maltreatment in Greece: who, why and what for?** *Journal of Public Child Welfare*, 17 (4), 879-893
4. Basta, M., **Micheli, K.,** Koutra, K., Fountoulaki, M., Dafermos, V., Drakaki, M., Faloutsos, K., Soumaki, E., Anagnostopoulos D., Vgontzas, A. N., Papadakis, N. (2022). **Depression and Anxiety Symptoms in Adolescents and Young Adults in Greece: prevalence and associated factors.** *Journal of Affective Disorders Reports*, volume 8
5. Basta, M., **Micheli, K.,** Simos, P., Zaganas, I., Panagiotakis, S., Koutra, K., Krasanaki, C., Lionis, C., Vgontzas, A. (2021). **Frequency and risk factors associated with depression in elderly visiting Primary Health Care (PHC) settings: Findings from the Cretan Aging Cohort.** *Journal of Affective Disorders Reports*, Volume 4,
6. Basta, M., **Micheli, K.,** Karakonstantis, S., Koutra, K., Dafermos, V., Drakaki, M., Soumaki, E., Simos, P., Anagnostopoulos, D., Vgontzas, A.N., Papadakis, N. (2021). **Suicidal ideation in adolescents and young adults in Greece: prevalence and association with sociodemographic variables, mental health and substance use.** *Eur Child Adolesc Psychiatr*, 30(7), 1129–1136.
7. **Micheli, K.,** Ratsika, N., Vozikaki, M., Chlouverakis, G., & Philalithis, A. (2018). **Family ties and functional limitation in the elderly: Results from the Survey of Health Ageing and Retirement in**

Europe (SHARE). *Archives of gerontology and geriatrics*, 78, 23–29.

8. Vozikaki, M., Linardakis, M., **Micheli, K.**, Philalithis, A. (2016). **“Activity Participation and well- Being Among European Adults Aged 65 years and older?”** *Social Indicators Research*, 131 (2) pp 769–795
9. Linardakis, M., Papadaki, A., Smpokos, E., **Micheli, K.**, Vozikaki, M., Philalithis, A. (2015). **«Relationship of behavioral risk factors for chronic diseases and preventive health services utilization among adults, aged 50+from eleven European countries».** *Journal of public health. vol 23 (5), p 257-265*
10. Linardakis, M., Papadaki, A., Smpokos, E., Micheli, K., Vozikaki, M., & Philalithis, A. (2015). **Association of Behavioral Risk Factors for Chronic Diseases With Physical and Mental Health in European Adults Aged 50 Years or Older, 2004-2005.** *Preventing chronic disease*, 12, E149.
11. Komninos, D., **Micheli, K.**, Roumeliotaki, T., Horne, R. (2013). **‘Adaptation and validation of the Beliefs about Medicines Questionnaire (BMQ) in primary care patients in Greece’.** *European Journal of person Centered Health care*, 1 (1)
12. Bouloukaki, I., Komninos, D., Mermigkis, C., **Micheli K.**, et all. (2013) **“Translation and validation of Berlin questionnaire in primary health care in Greece.** *BMCPulm Med*, 3(6).
<https://bmcpulmed.biomedcentral.com/articles/10.1186/1471-2466-13-6>
13. **Micheli, K.**, Komninos, I., Bagkeris, E., Roumeliotaki, T., Koutis, A., Kogevinas, M., & Chatzi, L. (2011). **Sleep patterns in late pregnancy and risk of preterm birth and fetal growth restriction.** *Epidemiology (Cambridge, Mass.)*, 22(5), 738–744.

7. Conference Presentations (National and International)

1. Koukouli, S., Micheli, K. (January 2023). Work experiences of people with early dementia and intervention programs to support them. Interdisciplinary workshop of the Alzheimer Day Center (PAGNI) "Nefeli", Cultural Center, Heraklion Crete, Heraklion, January 27, 2023
2. Katerina Micheli (September 2022). Work and Dementia in young people. 8th Pan-Cretan Interdisciplinary Conference on Alzheimer’s Disease and Related Disorders, Commercial and Industrial Chamber of Heraklion Crete, September 22-24, 2022
3. Micheli, K., Koutra, K., Tziraki, Ch. (October 2021). A positive approach to aging. Adaptive strategies in daily life as sources of healthy and active aging. 10th Panhellenic Conference of Social Welfare Units, Modern Trends in Social Protection, Heraklion October 2021
4. Basta, M., Vgontzas, A., Simos, P., Karakonstantis, S., Micheli, K., Li, Y., Dafermos, V., Papadakis, N. (May 2021). Associations Between Sleep Complaints, Suicidal Ideation and Depression Among Adolescents and Young Adults in Greece. 35th Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS), virtually June 10-13.
5. Basta, M., Koutra, A., Micheli, A., Karakonstantis, S., Dafermos, V., Drakaki, M., Soumaki, E., Simos, P., Vgontzas, A., Papadakis, N. (October 2020). Depression in adolescents and young adults in Greece: prevalence and associated factors. 28th Panhellenic Psychiatric Conference, October 29 - November 1, 2020
6. **Micheli, K.**, Filalithis, A. (October 2017). "Family bonds, Functional Disability and the impact of the Family: Results from the Survey of Health, Aging and Retirement in Europe (SHARE)". 7th Panhellenic Conference of Social Welfare Units, Modern Trends in Social Protection, Chania October 2017
7. **Micheli, K.**, Jildeh, C., Vozikaki M., Tsafantakis, B., Filalithis, A. (February 2017). "Family bonds, Functional Disability and the impact of the Family: Results from the Survey of Health, Aging and Retirement in Europe (SHARE)". 10th Panhellenic Conference on Alzheimer’s Disease and Related Disorders and 2nd Mediterranean Conference on Neurodegenerative Diseases, Thessaloniki, February 2-5, 2017
8. Katerina **Micheli**. (March 2012). Beliefs about medication and adherence to pharmaceutical treatment. 2nd Regional Symposium of General Medicine of Thessaly and Central Greece, Round Table on: Why patients do not take their medications? Adherence in hyperlipidemia and diabetes

mellitus. Larissa, March 16-18, 2012

9. Komninos, I., **Micheli**, K., Georgoulaki, E. (October 2011). Round Table on: Treatment for hyperlipidemia and diabetes mellitus in Primary Health Care and patient adherence in Greece 2011: Findings from the adherence study in Crete and Thessaly. 11th Pan-Cretan Regional Symposium of General Medicine, Heraklion October 7-9, 2011

10. **Micheli**, K., Komninos, I., Bagkeris, E., Roumeliotaki, T., Koutis, A., Kogevinas M., and Chatzi, L. (October 2010). *Sleeping habits during pregnancy and adverse birth outcomes in the mother-child cohort (Rhea Study) in Crete, Greece*. 5th Conference of Epidemiological Longitudinal Studies in Europe (CELSE 2010) Cyprus 13-15 October 2010, Longitudinal and Life Course Studies (LLCS) Journal,

11. Komninos, I., **Micheli**, A., Tsiligiani, I., Bastas, Ch. (June 2010). Tools for detecting depressive symptoms in Primary Health Care: The importance of systematic use - correlation with comorbidity and polypharmacy. 2nd Panhellenic Psychiatric Conference in Primary Health Care, Kyllini, Ilia, June 4-6, 2010

12. Komninos, I., **Micheli**, A., Fountakis, G., Bounialetos, E., Bastas, Ch. (June 2010). Deviations from the rational use of Benzodiazepines in Primary Health Care: Points and concerns. 2nd Panhellenic Psychiatric Conference in Primary Health Care, Kyllini, Ilia, June 4-6, 2010

13. Erimaki, S., **Micheli**, A., Komninos, I. (October 2010). Round Table on: From cognitive decline to dementia: Detection and Management in Primary Health Care. 10th Pan-Cretan Regional Symposium of General Medicine, Rethymno October 23-24, 2010.

14. Bastas, C., Savvaki, A., Chnaraki, E., **Micheli**, A., Prokopiadou, D., Basta, M., Petraki, E., Veisaki, I., Samiotaki, A. (March 2010). *The role of Home care programs in Patients with Dementia in Rural Areas of Crete*. 25th International Conference of Alzheimer Disease International (ADI), Thessaloniki, 10-13th 2010

15. Bastas, C., Savvaki, A., **Micheli**, A., Basta, M., Petraki, E., Prokopiadou, D. (June 2010). *Home Care Programmes: Epidemiologic data from the community of Zaros Crete*. 9th Wonca Rural World Conference, Chersonisos Crete, 12-14th June 2009,

16. Bastas, D., Chnaraki, E., Prokopiadou, D., **Micheli**, A., Basta, M. (June 2010). *Evaluation of the Home Care Programmes in the district of Heraklion*. 9th Wonca Rural World Conference, Chersonisos Crete, 12-14th June 2009.

17. Basta, M., **Micheli**, A., Prokopiadou, D., Bastas, Ch., Pantelidaki, A., Priniotaki, E. (February 2009). Sleep disorders in patients with Alzheimer's disease. 6th Panhellenic Interdisciplinary Conference on Alzheimer's Disease and Related Disorders, Thessaloniki, February 19-22, 2009

18. Bastas C., Pantelidaki A., **Micheli** A., Athanatoi, D., Basta M., Prokopiadou D, Michelarakis, E, Makaronas, N. (September 2009). *Epidemiologic characteristics of the adult outpatient clinic of the Hellenic center for mental health and research, Heraklion, Crete*. World Congress 2009 of the world federation for Mental Health, 2-6th September 2009, (πρακτικά σελ 75).

19. Basta, M., Prokopiadou, **Micheli**, A., Basta, Ch., Pantelidaki, A., Papamastorakis, E. (October 2008). Sleep disorders in the elderly. 14th Pan-Cretan Medical Conference, Georgioupoli Crete, October 29 - November 1, 2008.

7.1 Conference proceedings

1. Micheli, K., Koutra, K., Tziraki, Ch. (October 2021). A positive approach to aging. Adaptive strategies in daily life as sources of healthy and active aging. 10th Panhellenic Conference of Social Welfare Units, Modern Trends in Social Protection,

2. Basta, M., Vgontzas, A., Simos, P., Karakostas, S., **Micheli**, K., Li, Y., Dafermos, V., Papadakis, N. (May 2021). *757 Associations Between Sleep Complaints, Suicidal Ideation and Depression Among Adolescents and Young Adults in Greece* 35th Annual Meeting of the Associated Professional Sleep Societies, LLC

(APSS), virtually on June 10-13. (Sleep, Volume 44, Issue Supplement_2, May 2021, Page A295, <https://doi.org/10.1093/sleep/zsab072.754>)

3. Basta, M., Koutra, A., Micheli, A., Karakonstantis, S., Dafermos, V., Drakaki, M., Soumaki, E., Simos, P., Vgontzas, A., Papadakis, N. (November 2020). Depression in adolescents and young adults in Greece: prevalence and associated factors. 28th Panhellenic Psychiatric Conference, October 29 to November 2020
4. Micheli, K., Komninos, I., Bagkeris, E., Roumeliotaki, T., Koutis, A., Kogevinas M., Chatzi, L. (October 2010). *Sleeping habits during pregnancy and adverse birth outcomes in the mother-child cohort (Rhea Study) in Crete, Greece*. 5th Conference of Epidemiological Longitudinal Studies in Europe (CELSE 2010) Cyprus 13-15 October 2010, Longitudinal and Life Course Studies (LLCS) Journal.
5. 11. Komninos, I., Micheli, A., Tsigiliani, I., Bastas, Ch. (June 2010). Tools for detecting depressive symptoms in Primary Health Care: The importance of systematic use - correlation with comorbidity and polypharmacy. 2nd Panhellenic Psychiatric Conference in Primary Health Care, Kyllini, Ilia, June 4-6, 2010
6. Komninos, I., Micheli, A., Fountakis, G., Bounialetos, E., Bastas, Ch. (June 2010). Deviations from the rational use of Benzodiazepines in Primary Health Care: Points and concerns. 2nd Panhellenic Psychiatric Conference in Primary Health Care, Kyllini, Ilia, June 4-6, 2010
7. Bastas, C., A Savvaki, A., Chnaraki, E., Micheli, A., Prokopiadou, D., Basta, M., Petraki, E., Veisaki, I., Samiotaki, A. (March 2010). *The role of Home care programs in Patients with Dementia in Rural Areas of Crete*. 25th International Conference of Alzheimer Disease International (ADI), Thessaloniki, 10- 13th March 2010.
8. Bastas, C., Pantelidaki, A., **Micheli, A.**, Athanatou, D., Basta, M, Prokopiadou, D, Michelarakis, E, Makaronas, N. (September 2009). *Epidemiologic characteristics of the adult outpatient clinic of the Hellenic center for mental health and research, Heraklion, Crete*. World Congress 2009 of the world federation for Mental Health, 2-6th September 2009.

8. Greek and European Research Projects

2024	<p>Title: SUSTAINable interVENTions and healthy behaviours for adolesCENT primary prEVENTion of cancer with digital tools (SUNRISE)</p> <p>Proposal Number: 101136829</p> <p>Project Coordinator: K. Koutra, Laboratory of Applied Research and Social Work, Department of Social Work</p> <p>Funding: HORIZON-MISS-2023-CANCER-01</p>
2013-2015	<p>Title: Development of an integrated health services proposal</p> <p>Program: Developmental Program of the University of Crete (NSRF – ESPA)</p> <p>Study Objective: Creation of a unified primary health care services area, based on the geographical and demographic data of the “Kallikratis” plan, and development of an integrated care model for the Aegean islands.</p> <p>Scientific Supervisor: Anastasios Filalithis</p> <p>Project Code (ELKE): 403-05/7/2013</p>

9. Non-funded Research Projects / Voluntary Participation in Research

2023	<p>Study on ageism among social work students and professionals</p> <p>In collaboration with the Laboratory of Applied Social Research and Social Work, Department of Social Work, Hellenic Mediterranean University,</p> <p>Protocol Number: 108-8/5/2023</p>
2023	Member of the Greek research team in the non-funded international research program

	<p>"Multicultural Study of Trauma Recovery (MiStory)" Focus: Cross-cultural trauma recovery in women survivors of gender-based violence Coordinator: Denise Saint Arnault, PhD, RN, Associate Professor, University of Michigan, School of Nursing</p>
2021-2022	<p>Scientific collaborator (unpaid), responsible for data analysis, interpretation, and co-authorship in the following projects:</p> <ol style="list-style-type: none"> 1. Research and integrated intervention for the social inclusion of a highly vulnerable group (NEETs) Study title: Psychological profile/psychopathology, skills profiling, needs assessment, and development of training/reskilling and psychosocial support programs for the reintegration of "Young people Not in Education, Employment or Training (NEETs)" Principal Investigator: Prof. Nikos Papadakis, Department of Political Science, University of Crete Funding: EEA Grants & GSRT (Action 3757 – GR07/EEA Grants) 2. "Multidisciplinary Network for the Study of Alzheimer's Disease" Program: THALIS (MIS 377299) Principal Investigator: A. Vgontzas (2013–2015)
2011	<p>Coordinator and researcher Study title: Assessment of treatment compliance among patients with diabetes or hyperlipidemia in primary health care in Crete – The role of technology in improving adherence Principal Investigator: Prof. A. Filalithis, Department of Social Medicine, University of Crete Duration: April 2010 – April 2011</p>
2010-2019	<p>Member of the Greek research team of the European Study on Health, Ageing and Retirement in Europe (SHARE Project, www.share-project.org) Responsibilities: Data processing, interpretation, and authorship of original publications Affiliation: SHARE Research Unit, Department of Social Medicine, Medical School, University of Crete Relevance: Doctoral dissertation field & peer-reviewed publications</p>

10 Professional Training & Specialization Programs

2023....	<p>Therapeutic assessment of trauma from gender-based violence using the ethnographic narrative interview method Instructor: Denise Saint Arnault, University of Michigan, USA</p>
2020	<p>Certificate of Theoretical Training in Cognitive Behavioral Psychotherapy Two-year Postgraduate Seminar organized by the Center for Lifelong Learning, University of Crete</p>
2019	<p>Certificate of Pedagogical and Teaching Competence Awarded by the Higher School of Pedagogical and Technological Education (ASPETE), Greece</p>
2007	<p>Professional Training Program on "Dementia and the Elderly" Organized by the Alzheimer Hellas (Thessaloniki branch), including 90 hours of theoretical instruction and 90 hours of clinical practice in the organization's day centers</p>
2005	<p>Specialized Training Program for Unemployed Health and Welfare Professionals in Modern Psychosocial Support Services A 400-hour program aimed at preparing professionals for roles in emerging Social Support Service Structures Organized by: KEK INE GSEE Crete, Heraklion</p>

11. Continuing Education / Seminar Attendance

<u>2015</u>	TEI OF CRETE Edueval Training Course on the Evaluation of adult Education. Heraklion 8-22May 2015
<u>2014</u>	Workshop on the EVALUATION OF THE ADULT EDUCATION STAFF of the Life-Long Learning Program 'Evaluation for the Professional Development of Adult Education Staff- Edueval. 14-17 July 2014 Heraklion Crete
<u>2011</u>	Life Long Learning Program GRUNDTVIG 'Active Ageing& pre-Retirement Counseling" "Senior Career Project" Heraklion 16-17 June 2011
<u>2011</u>	10-hour Training Seminar on the Interpretation of the MMPI Diagnostic Test Organized by the Mental Health Promotion Society of Crete, 12-13 March 2011
<u>2011</u>	4th International Seminar on Preventive Geriatrics & 1st International Seminar on Geriatric Rehabilitation "Physical Activities, Nutrition and Quality of Aging", 1-3 April 2011 Athens Greece

12. Book Chapter and Book Translation Work

Translation of the chapter "Mental Test Score", in the book "Tests and Criteria for Assessing Brain Dysfunctions", by Magda Tsolaki & Fotini Kounti. Yachoudis Publications, Thessaloniki, 2010, p. 57.

Translation of the chapter "Activities of Daily Living (ADCS ADL Inventory)", in the same volume: "Tests and Criteria for Assessing Brain Dysfunctions", Yachoudis Publications, Thessaloniki, 2010, p. 285.

Co-translation of the educational children's book "The Magical Tape Recorder" by Joyce Simard, Greek edition published by the Alzheimer's Association of Heraklion, Crete (Solidarity).