

Short C.V.
Dr. Argyroula E. Kalaitzaki
(May 2026)

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.) / **E-mail:** akalaitzaki@hmu.gr

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

CURRENT POSITION: Professor of Clinical Psychology, School of Health Sciences, Hellenic Mediterranean University, Greece (September 2025-).

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 levels of study.

PROFESSIONAL LICENSE

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

RESEARCH EXPERIENCE / PUBLICATIONS

PUBLICATIONS

- Two (2) Ph.D. theses (unpublished)
- Eighty-five (85) papers in peer-reviewed journals (seven papers in Greek journals)
- Two (2) papers accepted/provisionally accepted in peer-reviewed journals
- Twenty-one (21) chapters in books (six chapters in Greek books)
- Two (2) papers in conference proceedings
- One (1) co-edited book in English [Birtchnell, J., Newberry, M., & Kalaitzaki, A. (Eds:). *Relating Theory – Clinical and Forensic Applications*. Palgrave & Macmillan].
- Two (2) co-edited chapters in Greek books
- Five (5) papers submitted/under review in peer-reviewed journals
- Nine (9) papers under preparation
- Three (3) co-edited books in Greek
- Twelve (12) 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].

EDITORIAL BOARD MEMBER

Editorial Board member of the **Scientific Reports** (Journal Impact Factor: 3.8).
<https://www.nature.com/srep/about/editors>

GUEST 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)
- *Medicina* (IF: 2.4). Special Issue "Coping Strategies Across the Lifespan: Psychological and Neuropsychological Perspectives" (https://www.mdpi.com/journal/medicina/special_issues/65D7VM1CM8)
- *Healthcare* (IF: 2.7). Special Issue "Advancing Population Health Literacy: Validated Tools, Innovative Measures, and Digital Approaches for Empowering Public Health" (https://www.mdpi.com/journal/healthcare/special_issues/7646L41D8R)

CITATIONS

Google Scholar: 2036 (Citations, h-index: 22, i10-index: 44 (Retrieved: 18/05/2026))

Scopus: 1095, h-index=18 (Retrieved: 18/05/2026)

PRESENTATIONS AT SCIENTIFIC CONFERENCES:

- National conferences: 133 oral or poster presentations
- International conferences: 54 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 (indicative)

- «Understanding Trauma Responses among Adults in Low- and Middle-Income Countries: A Multilingual Systematic Review of Qualitative Studies» (Ateka Contractor, Priya Johal, Ling Jin, Safa Kemal Kaptan, Bruno Messina Coimbra, Dan Jenkins, Leyla Solakoglu, O Jiaqing, Stéfanie Fréel, Janne L. Punski-Hoogervorst, Xenia Anastassiou-Hadjicharalambous, Mohsen Rajabi, Argyroula Kalaitzaki, Gwendoline LARICI, Rahel Bachem, Deniz Ceylan, Buket Yesiloglu, Maria Bragesjö, Sarah Halligan, & Vaitza Giannouli). DOI: [10.17605/OSF.IO/A35GV](https://doi.org/10.17605/OSF.IO/A35GV)
- Expert consultant in the evaluation of items of the psychometric tool for detecting psychopathology in the military context (Tsaousis I).
- COST Action CA21122 (PROmoting GeRiAtric Medicine IN countries where it is still eMerGing (PROGRAMMING)). <https://cost-programming.eu/>
- "The war in Ukraine: impact on mental health on a global level", supervised by Mona Vintilă & Argyroula Kalaitzaki
- "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-hbhc-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 twelve (12) funded projects

- Participation (paid work) in twenty-eight (28) projects funded from European funds (from 1999 to present) at the University of Crete (8 projects), TEI of Crete/Hellenic Mediterranean University (18 projects), and other Universities (2: University of Thrace and Aristotle University of Thessaloniki, Greece).

SUPERVISION OF THESES (undergraduate/ postgraduate/ PhDs)

- Thirteen (13) postgraduate diploma theses (TEI of Crete/HMU)
- Co-supervision (member of the three-member committee) of eight (8) diploma theses
- Forty-seven (46) undergraduate theses (TEI of Crete/HMU) - Completed
- Three (3) Ph.D. theses (HMU) – One completed
- Co-supervision (member of the three-member committee) of seven (7) Ph.D. theses
- Two (2) postdoc research theses (HMU) - Completed

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.

RESEARCH INTERESTS:

- Interpersonal relating/interrelating
- People and families of people with psychotic symptoms
- Dating violence and abuse (perpetration and victimization)
- 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)
- Traumatic experiences and posttraumatic growth

OTHER SCIENTIFIC ACTIVITY

- 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 committees 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).
- Organization of the online meeting of the Laboratory of Interdisciplinary Approach for the Enhancement of the Quality of Life entitled "Day Care Centres for the Elderly: Challenges, Trends and Perspectives". 4 December 2023
- Co-organization of the Scientific Meeting on the topic «Real-life challenges in the continuity of care for older adults» (16-17 June 2025). https://cost-programming.eu/wp-content/uploads/2025/06/PROGRAMMING-CA21122-Heraklion_conference-programme-F2.pdf?fbclid=IwY2xjawK7TQZleHRuA2FlbQIxMABicmlkETFHR05UU0FlUzRaT2xBMTNVAR6aAYlonEPM0tuWD04GpuF7VCyuJcg7CVxjJBVuhYmemVEEcL-2I90UfyDuLQ_aem_HyM2orNFXITXpfW6JVP0Iw
- Organization of the hybrid symposium "Introducing the New Era of Aging Healthcare in a Digital World: Cutting-edge Technologies and Inclusive Innovations for Healthy Longevity" as part of the dissemination activities of the Joint Master's Programme 'Innovative Technologies and Contemporary, Integrated Healthcare in Aging'. May 5, 2026.

EDUCATIONAL AND WORK EXPERIENCE

CURRENT POSTS / ADMINISTRATIVE POSTS:

- Professor of Clinical Psychology (permanent staff), Social Work Department, School of Health, Hellenic Mediterranean University (18-09 2025-).
- Head of the Department of Social Work, School of Health, Hellenic Mediterranean University (February 18, 2022- August 31, 2023 and September 1, 2023 - February 26, 2024).

- Director of the Postgraduate Program “Interdisciplinary Management of Chronic Diseases, Disability and Aging” (August 2022 – September 2025).
- Deputy Director of the Postgraduate Program “Interdisciplinary Management of Chronic Diseases, Disability and Aging” (September 2025 -)
- Director 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 director of the Postgraduate Program entitled: "Cross-methodical social interventions in Crisis Situations" (October 2021 – December 2022).
- Head of the Gender Equality and Combating Discrimination Committee of the Hellenic Mediterranean University (26-09-2024 - 08-02-2025 and 24-07-2025 -) and member of the EIF (21-09-2021 - 18-02-2022 and 24-02-2022 - 25-09-2024)
- Deputy president 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 and member 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” which is co-organized by the Departments of Philosophy and Social Studies, Sociology, Biology, and the School of Medicine of the University of Crete. (6 acad. years),
- Teaching at the Postgraduate Program “Interdisciplinary social intervention methods in crisis situations» of the Higher Technological Educational Institute of Crete. (2 acad. years),
- Teaching at the Postgraduate Program “Treatment and care of wounds and ulcers” of the West Attica University (2 semester),
- 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” (2,5 acad. years),

Undergraduate level:

- Professor of Clinical Psychology (permanent staff), Social Work Department, School of Health, Hellenic Mediterranean University (18-09 2025-).
- Associate Professor of Clinical Psychology at the Social Work Department, School of Health Sciences, Hellenic Mediterranean University (03/12/2021-17/09/2025)
- 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)

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

VOLUNTARY OR OTHER WORK IN THE COMMUNITY

- Numerous lectures, workshops etc to parents of schoolchildren, teachers/professors, and healthcare professionals on relevant psychology topics (violence and aggression, self-esteem, discipline methods, Alzheimer's and dementia, happiness/positive psychology, anxiety, and depression symptoms).
- Newspaper articles, interviews on 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/>)