

DEPARTMENT OF SOCIAL WORK
SCHOOL OF HEALTH SCIENCES
CURRICULUM VITAE

DIMITRIOS MIMARAKIS

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ACADEMIC PROFILE

Assistant Professor of Social Work with Family, Children and Young People.

Hellenic Mediterranean University.

Personal Information

Surname: **Mimarakis**

First name: **Dimitrios**

Place of birth: Athens, Attica, Greece

Work address: Department of Social Work, School of Health Sciences, Hellenic Mediterranean University, Estavromenos, P.O. Box 1939, Heraklion 71410, Greece

Telephone: Office / +30 2810 379536, -37 (Department of Social Work Secretariat)

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Online profiles:

Google Scholar: <https://scholar.google.gr/citations?hl=el&hl=el&pli=1&user=RKnvDrQAAAAJ>

ORCID: <https://orcid.org/0000-0001-7334-0821>

ResearchGate: <https://www.researchgate.net/profile/Dimitrios-Mimarakis-2>

Academia.edu: <https://hmu-gr.academia.edu/DimitriosMimarakis>

SciProfiles: <https://sciprofiles.com/profile/mimarakisdimitrios>

A. EDUCATIONAL BACKGROUND AND STUDIES

A.1. Short Biographical Note

Dimitrios Mimarakis is an Assistant Professor of Social Work with Family, Children and Young People in the Department of Social Work at Hellenic Mediterranean University. He graduated from the Department in 2008 and subsequently completed his postgraduate education in 2010 in Public Health and Health Services Management (MPH) at the School of Medicine, University of Crete, following an entrance process involving written examinations and an interview.

In 2019, he was awarded a PhD in Social Medicine (Division of Psychiatry and Behavioral Sciences), School of Medicine, University of Crete. His doctoral research focused on the association between risk factors, including social stress, migration and urban living, and schizotypy in an adolescent population.

In 2026, he completed his postdoctoral research in the Department of Social Work at Hellenic Mediterranean University, focusing on empathy in health and social care, end-of-life care and euthanasia.

He has professional experience in adoption and special education. He has also worked in child protection in Accommodation Facilities (Domes) for populations on the move, in collaboration with Network for Children's Rights and international organizations (UNHCR, SolidarityNow and Save the Children), as well as in the Social Service of the Panagiotis & Aglaia Kyriakou Children's Hospital. In 2021, following participation in an ASEP recruitment procedure, he was appointed as a permanent employee of the Athens Juvenile Protection Society (Ministry of Justice). Following successful participation in a previous public recruitment procedure, he served from 2022 to 2026 in the Social Service of the General Hospital of Athens "Pammakaristos", where he served as Head of Department.

He has teaching experience at undergraduate and postgraduate levels in university Social Work departments in Greece (Hellenic Mediterranean University and University of West Attica), a published research record, and serves as a reviewer for international and Greek scientific journals. He is a founding member of the Hellenic Society of Psychosocial Oncology and a member of other scientific associations.

A.2. Professional License

Professional license number: 2281 / 25 April 2013

A.3. Scholarships

State Scholarship Foundation (IKY), with EU funding

01/03/2007 – 31/08/2007 — SOCRATES / ERASMUS mobility scholarship for practical training at Umeå University, Sweden (www.umu.se), Day Centre for people with mental health disorders "Kärnhuset" – Swedish National Association for Social and Mental Health (RSMH).

A.4. Languages and Computer Skills

English: Fluent

ACTA Certified Computer User, SYLLABUS 1.0; Microsoft Office applications.

B. CURRENT AND PREVIOUS EMPLOYMENT

Current Position

April 2026 – present: Assistant Professor, subject area:

"Social Work with Family, Children and Young People",

Department of Social Work, School of Health Sciences, Hellenic Mediterranean University.

Government Gazette: Γ' 1881/07.04.2026.

B.1. Professional Experience / Clinical Work

08/2022 – 06/2026

General Hospital of Divine Providence "Pammakaristos"

Head of Social Service; Ministry of Health / Permanent Public Servant

12/2021 – 07/2022

Athens Juvenile Protection Society (EPAA), Supreme Court of Greece

Ministry of Justice / Permanent Public Servant

01/2020 – 11/2021

Panagiotis & Aglaia Kyriakou General Children's Hospital of Athens

National Public Health Organization (EODY) / Social Service

06/2019 – 12/2019

Network for Children's Rights, in cooperation with the Municipality of Athens, Directorate of Social Solidarity and Health

Social Service – Head of the “Centre for the Child” and Psychosocial Support and Counseling Team; based at the 5th Multipurpose Municipal Clinic of the Municipality of Athens

01/2018 – 06/2019

Network for Children's Rights, in cooperation with the Municipality of Athens

Social Service – Programme Coordinator of the “Centre for the Child”; EaSi–Esti@ European Programme (Programme for Employment and Social Innovation); based at the 5th Multipurpose Municipal Clinic

05/2017 – 01/2018

Network for Children's Rights, in cooperation with the Municipality of Athens and SolidarityNow

Coordinator of two “Centres for the Child”; EaSi–Esti@ European Programme; 5th Multipurpose Municipal Clinic of Patissia and Athens Municipality Solidarity Centre

02/2017 – 05/2017

Network for Children's Rights, in cooperation with UNHCR and Save the Children

Head of the Psychosocial Child Protection Unit of the Accommodation Facilities (Domes) of Schisto and Elliniko I & III

12/2016 – 02/2017

Department of Social Care and Public Health, Municipality of Keratsini–Drapetsona

Social Service

08/2015 – 12/2015

UNESCO Group of Piraeus and Islands

Poverty Alleviation Programme; Social Service / Homeless Reception Department

09/2014 – 06/2015

Ministry of National Defence

Head of the Psychosocial Care Team; military service

01/2014 – 06/2014

Ministry of Education, Research and Religious Affairs; 1st Special Primary School and Kindergarten of Drapetsona

Social Service

03/2013 – 08/2013

Department of Social Solidarity, General Directorate of Public Health and Social Care, Regional Unit of Piraeus and Islands

Social Service / “Young Horizons of Friendship” Group

C. ACADEMIC TEACHING EXPERIENCE

C.1. Academic Teaching Experience as Assistant Professor

C.1.1. Undergraduate Level

Autumn semester

Disability & Social Work [Course Code: 0804.6.015.0] (7th semester)

Internship – Supervision in Social Work I

Spring semester

Family Social Work [Course Code: YK60Γ3] (6th semester)

C.1.2. Postgraduate Programmes

Hellenic Mediterranean University - Interdepartmental Postgraduate Programme

“Interdisciplinary Management of Chronic Diseases, Disability and Ageing”.

C.2. Contract-Based Academic Teaching Experience

C.2.1. Higher Education Institutions

22/02/2021 – 30/09/2021 - University of West Attica, School of Administrative, Economic and Social Sciences, Department of Social Work, Spring semester of academic year 2020–2021. Special Account for Research Funds (ELKE) — independent teaching.

Course: **Social Work in Health**; 3 teaching hours per week (6 credits); 8th semester.

C.2.2. Postgraduate Programmes

24/02/2025 – 30/06/2025 - Hellenic Mediterranean University, Interdepartmental Postgraduate Programme “Interdisciplinary Management of Chronic Diseases, Disability and Ageing”, Spring semester 2024–2025. ELKE - independent teaching.

Within the course “*Gender and Health*” (16/05/2025):

- ▶ “Inequalities and biases in the approach and management of chronic pain and the healthcare provided”
- ▶ “Gender and health in childhood and adolescence”

Within the course “*Chronic Diseases, Disability and Empowerment*” (17/05/2025):

- ▶ “Social dimensions of ageing and disability in health. Exploring the concepts of empowerment and euthanasia”

(24/05/2025)

- ▶ “Psychosis and community intervention”
- ▶ “Psychosis: support and empowerment of caregivers in the community”

D. ACADEMIC TEACHING EXPERIENCE

D.1. Higher Education Institutions

Department of Social Work, School of Health Sciences, Hellenic Mediterranean University.

Distinct three-hour invited lectures delivered on 18/05/2026, 30/05/2025, 24/05/2024, 16/06/2022 and 19/05/2021.

Topic: “Child Protection in Healthcare: Prosecutorial Intervention and Procedure”, delivered as an invited lecturer in Professor Sofia Koukoulis’s second-semester course “Family Policy”.

D.2. Other Educational Institutions

Undergraduate level - 08/01/2024, 09/01/2024 and 11/01/2024: SCG – Scientific College of Greece / University of Strasbourg, Department of Psychology. Four separate two-hour lectures on “Social Dimensions of Ageing in Health”.

Postgraduate level - 09/01/2024: SCG - Scientific College of Greece / University of Strasbourg, Department of Psychology, postgraduate programme in Clinical Cognitive Behavioural Therapy. Two-hour lecture on "Social Dimensions of Ageing in Health".

E. TRAINING PROGRAMMES AND OTHER EDUCATION

2017–2018

Annual training programme in Cognitive Behavioural Therapy (CBT), University of the Aegean, Mental and Community Health Programmes.

08/06/2026

"Mental Health Literacy", Panhellenic Scientific Association for Health Literacy.

11/03/2026

Model Community Centre for the Prevention and Management of Youth Self-Harm, Family and Child Health Promotion Programme, within the National Public Health Prevention Programme "Spyros Doxiadis", Ministry of Health.

24/09/2025 – 30/09/2025

"Violation of Children's Rights: Phenomenology and the Child Protection Framework", Ministry of Interior / National Centre for Public Administration and Local Government (EKDDA), Institute of Training.

02/07/2024 – 04/07/2024

"Prevention and Combating Human Trafficking: Identification and Protection of Victims of Human Trafficking", Ministry of Interior / EKDDA, Institute of Training.

F. RESEARCH WORK – POSTDOCTORAL RESEARCH

Postdoctoral Research (Postdoc), April 2023 - April 2026, Department of Social Work, Hellenic Mediterranean University; subject area: "End-of-Life and Euthanasia". Protocol No. 12196/25-04-2023. Completed after election to the rank of Assistant Professor.

F.1. Research Experience

Research experience in academic institutions - paid appointments. The original CV does not provide additional entries under this heading.

F.2. Participation in National and International Research Projects

The original CV does not provide additional entries under this heading.

F.3. Supervision of Undergraduate, Postgraduate and Doctoral Dissertations

Undergraduate dissertations: section listed in the original CV.

Postgraduate dissertations - since election to the rank of Assistant Professor (07/10/2025):

11/2025 – present: Postgraduate dissertation in the Interdepartmental Postgraduate Programme "Interdisciplinary Management of Chronic Diseases, Disability and Ageing". Title: "Experiential Learning in Social Work Education". Researcher: Nikolaos Kourtis. Supervisor: Prof. Maria Moudatsou. Co-supervisors: Prof. Sofia Koukouli and Prof. Dimitrios Mimarakis.

Doctoral dissertations: section listed in the original CV.

G. SCHOLARLY AND PUBLICATION WORK

G.1. Academic Theses and Postdoctoral Research

Undergraduate thesis (2008): “The Institution of Adoption in Sweden: Views and Experiences of Professional Social Workers.”

Master’s thesis, MSc in Public Health and Health Services Management (2010): “The Contribution of Migration and Refugee Status to the Development of Mental Disorders.”

Doctoral dissertation (2019): “The Role of Social Stress in the Formation of Personality at Risk for the Development of Severe Mental Disorders.”

Postdoctoral research (2026): “End-of-Life and Euthanasia” (Protocol No. 12196/25-04-2023).

G.2. Articles in International Peer-Reviewed Journals

1. **Mimarakis, D.**, Kolokotroni, P., Plevriti, E., Moudatsou, M., & Koukouli, S. (2026). Occupational Stress, Coping Strategies, and Resilience Among Health and Social Care Professionals Working with Children and Families in Greece: A Cross-Sectional Study. *Healthcare*, 14(14), 2184. <https://doi.org/10.3390/healthcare14142184>
2. **Mimarakis, D.**, Moudatsou, M. & Koukouli, S. (2026). Individual, Professional Characteristics and Religiosity Predict Attitudes of Health Professionals Toward Euthanasia in Greece. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-026-02636-z>
3. Arvaniti, Amalia & **Mimarakis, Dimitrios**. Supporting Individuals and Families in Community Centers in Greece: Social Workers’ Perspectives on Roles, Challenges, and Effectiveness. *Journal of Evidence-Based Social Work* (revised 10/2026).
4. **Mimarakis, D.**; Moudatsou, M.; Kolokotroni, P.; Alegakis, A.; Koukouli, S. Health Professionals’ Views on Euthanasia: Impact of Traits, Religiosity, Death Perceptions, and Empathy. *Healthcare* 2025, 13, 1731. <https://doi.org/10.3390/healthcare13141731>
5. Moudatsou, M., Stavropoulou, A., Rovithis, M., **Mimarakis, D.**, & Koukouli, S. (2025). Promoting Women’s Mental Health and Resilience in Times of Health Crisis and Adversity via Personal Development Groups. *Healthcare*, 13(9), 1035. <https://doi.org/10.3390/healthcare13091035>
6. **Mimarakis, D.**, Providaki, E. & Kolokotroni, P. Socioeconomic, health status and hospitalization aspects of adult patients referred to the social service of a tertiary hospital. *Discover Health Systems*, 3, 103 (2024). <https://doi.org/10.1007/s44250-024-00159-6>
7. **Mimarakis, D.**, Alegakis, A., & Koukouli, S. (2024). Evaluating the effect of individual characteristics and COVID-19 pandemic on people living under extreme poverty conditions in Greece. *Poverty & Public Policy*, 1–17. <https://doi.org/10.1002/pop4.395>
8. **Mimarakis, D.**, Soldatou, A., Panos, A., Plevriti, E. & Micheli, K. (2022). Children hospitalized for suspected maltreatment in Greece: who, why and what for? *Journal of Public Child Welfare*. <https://doi.org/10.1080/15548732.2022.2118930>
9. **Mimarakis, D.**, Roumeliotaki, T., Roussos, P., Giakoumaki, S.G., & Bitsios, P. (2018). Winter birth, urbanicity and immigrant status predict psychometric schizotypy dimensions in adolescents. *European Psychiatry*, 47, 9–18. <https://doi.org/10.1016/j.eurpsy.2017.07.014>

10. von Elm, E., Altman, D.G., Egger, M., et al. STROBE Statement: Strengthening the Reporting of Observational Studies in Epidemiology. Official Greek translation; member of the author/translator team. *Elegia*, 22(1), January–March 2010. www.strobe-statement.org

G.3. Articles in Greek Peer-Reviewed Journals

1. **D. Mimarakis**, P. Kolokotroni, G. Markakis, S. Koukouli. Validation of the Greek Version of the Attitude Towards Euthanasia Scale (ATE) in Health Professionals. *Archives of Hellenic Medicine* (article in English).
2. Giannaraki, I., Koukouli, S., **Mimarakis, D.**, & Moudatsou, M. (2025). Mental health professionals' views on the effects of the COVID-19 pandemic on patients with psychosis and their families. *Social Work – Review of Social Sciences*, 39(1).
3. Pentarvani, S. & **Mimarakis, D.** Mental health dimensions of primary education students and teachers during the transition from distance to face-to-face education and the long-term effects of distance education. *Review of Counselling and Guidance (ELESYP)*, Field 2024, Issues 138-139.
4. **Mimarakis, D.**, Soldatou, A., Panos, A., Plevriti, E. & Micheli, K. (2024). Minors referred by prosecutorial order for investigation of neglect and abuse in Greece: Evidence from the Social Service of the Panagiotis & Aglaia Kyriakou General Children's Hospital. *Archives of Hellenic Medicine*, 41(5), 670-679.

G.4. Book Chapters

1. **Mimarakis, D.** & Kolokotroni, P. “Dimensions of Vulnerability of Children and Adolescents with Neoplastic Diseases and Their Families: The Role of Psychosocial Oncology and Social Care”, in *Vulnerable Groups and Social Protection in Greece*. Eds. Sofia Koukouli & Maria Moudatsou. Thessaloniki: Disigma. ISBN 9786182023266.
2. Koukouli, S. & **Mimarakis, D.** “Interprofessional Collaboration in Health and Social Care Settings”, in *Vulnerable Groups and Social Protection in Greece*. Eds. Sofia Koukouli & Maria Moudatsou. Thessaloniki: Disigma. ISBN 9786182023266.
3. **Mimarakis, D.** & Plevriti, E. “Child Protection in Healthcare: Presentation of the Social Service of the Panagiotis & Aglaia Kyriakou General Children's Hospital”, in Ignatia Farmakopoulou et al., *The Practice of Social Work in Child Psychiatric Clinics*. Athens: Pedio (in completion).

G.5. Book

No entry listed in the original CV.

G.6. Academic Editing

No entry listed in the original CV.

H. ORAL PRESENTATIONS AT CONFERENCES AND SCIENTIFIC MEETINGS

1. **Dimitrios Mimarakis** (presenter), Philippa Kolokotroni, Eleni Plevriti, Maria Moudatsou, Sofia Koukouli. “Investigating the resilience of paediatric care professionals: The role of stress and coping mechanisms.” 6th Panhellenic Conference of Clinical Psychology and Health Psychology, School of Public Health, University of West Attica, Athens, 29/10-01/11/2026.
2. **Dimitrios Mimarakis** (presenter), Maria Moudatsou, Sofia Koukouli. “Factors shaping the attitudes of health and social care professionals towards euthanasia in Greece.” 52nd Annual Panhellenic Medical Congress, Megaron Athens International Conference Centre, Athens, 02-04/04/2026.

3. **D. Mimarakis** (presenter), P. Kolokotroni, G. Markakis, S. Koukouli. "Investigation of the views of physicians and other health professionals in Greece regarding euthanasia: Translation and validation of the ATE scale into Greek." 51st Annual Panhellenic Medical Congress, Megaron Athens International Conference Centre, Athens, 22-24/05/2025.
4. **D. Mimarakis** (presenter) & E. Providaki. "Social Work in Health – from practice to research. A study of the social profile and specific needs of patients referred to a General Hospital Social Service." Conference with international participation: Social Work in the Era of "Fluid Certainties": Connecting Practice Experience with Research. University of West Attica, Ancient Olive Grove Conference Centre, Athens, 22-23/11/2024.
5. Amalia Arvaniti & **Dimitrios Mimarakis**. "Social Policy in Local Government. Assessment of the role of social workers in Community Centres in Greece by the professionals themselves." Same conference, Athens, 22-23/11/2024.
6. **D. Mimarakis** (presenter), A. Alegakis, S. Koukouli. "Investigation of quality-of-life and stress dimensions among adult municipal beneficiaries of FEAD/TEBA before and during the COVID-19 pandemic." Scientific Meeting: Social Work and Municipal Social Services: A Necessity, Not a Luxury. War Museum, Athens, 25/09/2024.
7. **D. Mimarakis** (presenter), A. Soldatou, A. Panos, E. Plevriti & K. Micheli. "Children hospitalised with suspected neglect and abuse in Greece: Evidence from the Panagiotis & Aglaia Kyriakou General Children's Hospital." 11th Panhellenic Conference of Developmental and Behavioural Paediatrics, Athens, 19-20/11/2022.
8. **Dimitrios Mimarakis** (presenter). "Every Child Has a Right": The experience of the Network for Children's Rights at the 5th Multipurpose Municipal Clinic of Patissia. 3rd Meeting of the National Coordination Network of FEAD/TEBA Implementing Bodies, Divani Caravel, Athens, 22/01/2020.
9. **Dimitrios Mimarakis** (presenter). Network for Children's Rights: From Social Solidarity to Labour Integration. The innovative ESTI@ project of the Municipality of Athens. Scientific meeting, Athens, 18/05/2018.
10. **Dimitrios Mimarakis** (presenter), O. Pop, S. Linardou, E. Mansali, G. Triantafyllos. "Family and child empowerment practices in the Schisto Open Refugee Accommodation Centre: The intervention of the Network for Children's Rights." 7th Panhellenic Conference on Health Promotion and Health Education, Athens, 25-26/11/2017.
11. S. Tsitoura, M. Papantonopoulos & **D. Mimarakis**. "Adolescents in the Schisto camp: The experience of the Network for Children's Rights." 10th Intensive Seminar in Adolescent Medicine, Zappeion Megaron, Athens, 17-18/03/2017. Award for Topic Innovation.

H.1. POSTERS AT SCIENTIFIC CONFERENCES

1. **Dimitrios Mimarakis** (presenter), Maria Moudatsou, Philippa Kolokotroni, Athanasios Alegakis, Sofia Koukouli. "Euthanasia as a pathway for patients: Healthcare professionals' characteristics which may form their attitude towards euthanasia in Greece." 1st International Online Conference on Healthcare, 25-26/03/2026.

2. S. Pentarvani & **D. Mimarakis**. “The effects of the transition from distance to face-to-face education on learning and teaching, and on the mental health of students, parents and teachers.” 4th Panhellenic Conference of School Psychology, National and Kapodistrian University of Athens, 19-22/03/2026.
3. M. Moudatsou, A. Stavropoulou, M. Rovithis, **D. Mimarakis**, S. Kyrmizaki, S. Koukouli. “Women’s mental health and personal development groups: A qualitative study.” 2nd Panhellenic Conference on Women’s Mental Health, War Museum, Athens, 28-30/11/2025.
4. M. Moudatsou, A. Stavropoulou, M. Rovithis, **D. Mimarakis**, S. Kyrmizaki, S. Koukouli. “Remote counselling during periods of health crisis: A qualitative study.” Conference with international participation, University of West Attica, Athens, 22-23/11/2024.
5. M. Moudatsou, A. Stavropoulou, M. Rovithis, **D. Mimarakis**, S. Kyrmizaki, S. Koukouli. “Art as a means of training health and social care professionals on disability issues.” Conference with international participation, University of West Attica, Athens, 22-23/11/2024.
6. **D. Mimarakis**, S. Giakoumaki, P. Roussos, S. Koukouli, A. Filalithis, P. Bitsios. “Social determinants of current psychopathology in adolescents and the specific role of migration.” 3rd Panhellenic Conference of the Public Health and Social Medicine Forum, Athens, 30/11-02/12/2012. Poster Commendation.
7. **D. Mimarakis**, S. Giakoumaki, P. Roussos, S. Koukouli, A. Filalithis, P. Bitsios. “Migration-related social stress is associated with the development of paranoid personality features in adolescents.” 3rd Panhellenic Conference of the Public Health and Social Medicine Forum, Athens, 30/11-02/12/2012.

I. OTHER RESEARCH AND ACADEMIC ACTIVITIES

I.1. Conference Scientific Committees

Member of the Scientific Committee, Panhellenic Conference “The Future of Social Work: From Advocacy to Self-Representation”, organised by the Association of Social Workers of Greece (SKLE) in cooperation with the Board and Regional Council of the Central Macedonia Department, Thessaloniki, 11-12/10/2024.

I.2. Organisation / Co-organisation of Scientific Meetings

The original CV lists this section but does not provide additional entries.

I.3. Peer Review

Assistant Guest Editor, Healthcare (MDPI), Special Issue “Psychosocial Aspects of Childhood and Adolescent Health”, 15/07/2025 - 31/07/2027. Impact Factor: 3.4; indexed in PubMed; CiteScore: 5.5.

Journal of Public Policy and Administration (JPPA), 10/2022–10/2024 and 08/2025-08/2028. Impact Factor: 3.4. Science Publishing Group, New York, NY, USA.

Social Work – Review of Social Sciences / National Documentation Centre (EKT), 2024-2025.

I.4. Memberships in Scientific Societies, Networks and Laboratories

2022 – present: Member, Interdisciplinary Approach Laboratory for Quality of Life Improvement (QoLab), Department of Social Work, School of Health Sciences, Hellenic Mediterranean University.
<https://qualityoflifelab.hmu.gr>

2025 – present: Founding Member, Hellenic Society of Psychosocial Oncology.

10/2022 – 06/2026: Member, Scientific Council, General Hospital of Divine Providence “Pammakaristos”.

2010 – 2019: Member, The Bitsios Lab, Division of Psychiatry and Behavioral Sciences, School of Medicine, University of Crete. <http://bitsioslab.med.uoc.gr/team.html>

J. ADMINISTRATIVE AND OTHER WORK

J.1. Administrative Positions

The original CV lists this section but does not provide additional entries.

J.2. Committee Membership

Academic Year 2026-2027: Alternate member of the evaluation committee for Academic Fellow applications, Department of Social Work, Hellenic Mediterranean University (HMU).

J.3. Membership of Electoral Bodies

The original CV lists this section but does not provide additional entries.

J.4. Awareness-Raising Activities, Talks and Voluntary Activities

The original CV lists this section but does not provide additional entries.