

## EYMORFIA KOUKIA

Date of Birth: 13/07/1971 **Nationality:** Greek **Gender:** Female

Tel. (+30) 6936817592

Email: [ekoukia@nurs.uoa.gr](mailto:ekoukia@nurs.uoa.gr)

Linkedin: <https://www.linkedin.com/in/evmorfia-koukia-2876a31a>

**PROFESSOR OF** Psychiatric Nursing, Department of Nursing, School of Health Sciences, National and Kapodistrian University of Athens, (NKUA), Greece

**DIRECTOR of the Laboratory** "Counselling Nursing Support and Psychoeducation for Patients with Mental Illness and Caregivers" Department of Nursing, School of Health Sciences, NKUA, Greece

**DIRECTOR** of the Postgraduate Programme in Mental Health, Department of Nursing, NKUA, Greece

**MENTAL HEALTH COUNSELLOR** at the 1st Psychiatric Clinic, Community and Preventive Psychiatric Structures Aeginiteio University Hospital, Medical School, NKUA, Greece

**SCIENTIFIC RESPONSIBLE** of the Day Centre for Neoplastic Diseases in Children, Adolescents and Young Adults, Hellenic Cancer Society, Attica region, Athens Greece

**SCIENTIFIC DIRECTOR** of the Psycho-Oncological Unit of the Hellenic Cancer Society, Athens, Greece

### HIGHER AND POSTGRADUATE STUDIES/TRAINING

#### Greek

- 1999-2003** **Doctorate** in Mental Health. Department of Nursing, National and Kapodistrian University of Athens.
- 1999-2000** **Bachelor's** degree in Education. Athens University of Economics and Business.  
Department of Higher Education Graduates.
- 1995** **Master's** Degree in Mental Health. Department of Nursing, National and Kapodistrian University of Athens.
- 1991-1995** **Bachelor's** Degree in Nursing. Department of Nursing, National and Kapodistrian University of Athens.
- .....
- 2002-2004** Training in **Cognitive Psychotherapy**, Research University Institute of Mental Health (Individual Clinical Supervision in Cognitive Psychotherapy in collaboration with Prof. M. Madianos and Prof. A. Pechlivanidis)
- 2002** Postgraduate Seminar "**Current Issues in Psychopathology and Mental Health**" Department of Nursing, University of Athens Zografou Community Mental Health Centre
- 2002** Training in **Systemic Psychotherapy**/Participation in the Clinical Supervision Programme of the Family Therapy Unit/ PSNA (Supervising Psychiatrist F. Kotsidas) 2001-2002
- 2002** Intensive Training Seminar in **Adolescent Medicine**  
Hellenic Society of Adolescent Medicine, Adolescent Medicine in Clinical Practice 2002  
Agia Sofia Children's Hospital
- 1999 – 2002** Training in **Counselling and Psychoeducational intervention in mental health patients and their families** (e.g schizophrenia) Support Groups (Scientific Director: Prof. Mar. Prof. Mar. Oikonomou)  
Panhellenic Association of Families for Mental Health (S.O.P.S.Y.) Athens
- 1999** **Introductory Training Programme**, National Centre for Public Administration  
Hellenic Republic Institute of Training, Introductory Training Department
- 1996-1997** **Clinical Training** (Specialisation in Eating Disorders) at the Child Psychiatry Department, Agia Sofia Children's Hospital (Scientific Director: Prof. I. Tsantis)
- 1996-1997** **Clinical Training and Volunteer work** at the Community Hospice "THETIS" for the deinstitutionalization of the psychiatric patients of Leros Psychiatric Hospital (Scientific Director: Prof. I. Tsantis)
- 1996-1997 T** Training in **Art Therapy** as part of the Master's Degree Program Mental Health of the Nursing Department, NKUA at the Centre for Art and Psychotherapy

## Training in Experiential Psychotherapy Workshops (Play Therapy – Drama Therapy)

- 2009** Experiential workshop on the theme: "Flowing through the human body" coordinated by Roger Arguile (as part of the 4<sup>th</sup> Art Therapy Symposium 31/10 – 1/11 2009)
- 2009** Experiential workshop on the theme: "Mandala: The parts and the whole" with coordinators Mary Charalambous and Alexandra Katsika (as part of the 4<sup>th</sup> Art Therapy Symposium 31/10 – 1/11 2009)
- 2007** Experiential workshop on the theme: "Journey to the Magical Place" coordinated by Sue Jennings (as part of the 1<sup>st</sup> Panhellenic Conference on Drama Therapy & Play Therapy, 12/5/2007)
- 2007** Experiential workshop on the theme: "A Thousand and One Nights: exploring the therapeutic dimension of fairy tales" coordinated by Ang. Foteinou, D. Tsilouna, M. Maglaris (as part of the 1<sup>st</sup> Panhellenic Conference on Drama Therapy & Play Therapy, 11/5/2007)

---

## International Training

- 1994 – 1995** “**Clinical research methods: Care of women with breast cancer and their families**”  
University of Athens, Department of Nursing  
Prof. Carol Hoskins, PhD RN, New York University, USA
- 1993 - 1994** “**Clinical Decision Making within the framework of Nursing Process**” Department of Nursing, NKUA  
Prof. Shirley Dooling, EdD, RN,  
Dean of the Department of Nursing, CREIGHTON University
- 1990-1991** Education in the **Business Administration Programme** at the Mediterranean  
College Athens Greece
- 

## PROFESSIONAL LICENCES

1. Licence to practise as a university-educated nurse in **Greece** (Athens Prefecture, Eastern Athens Division, Health and Public Hygiene Directorate, Health Services Department / licence no. 18742)
2. Licence to practise as a general nurse in **Cyprus** (Council and Midwifery/licence no. 56130)

## REGISTRATION IN THE REGISTER OF TRAINERS - EKEPIS

Inclusion in the General Sub-Register of Certified Adult Educators of E.O.P.P.E.P.

Registration Number: EB24778

## SCHOLARSHIPS - DISTINCTIONS - AWARDS

### Scholarships:

**2003** Postgraduate Scholarship from the Hellenic State Scholarships Foundation (IKY) for the completion of a doctoral thesis at the Department of Nursing of the University of Athens, lasting three (3) years from 2000 to 2003.

### Distinctions

**2003** Reading of doctoral oath during the swearing-in ceremony for the award of the doctoral degree " " at the University of Athens, due to outstanding performance.

### Awards

**2013** Patelou A., Dafermos V., Brokalaki H., Melas Chr., **Koukia E.** "Readiness for the implementation of evidence-based nursing practice – Can we measure it?" (1<sup>st</sup> Research Paper Award)<sup>24<sup>th</sup></sup> Panhellenic Conference on **Perioperative Nursing SY.D.NO.X.**, Porto Heli, 10-13/10/13.

**2023** Panagiotidou P., **Koukia E.** Abuse and maltreatment in old age: Attitudes and opinions of primary health care professionals regarding the detection and management of elderly people at risk. 1<sup>st</sup> Psychogeriatric Conference (1<sup>st</sup> prize for posted research paper) 24-26/11/23

**2026** Manta D., Katostaras Th., **Koukia E.**, Chatzoulis M., Mangoulia P. Coping strategies for stressful situations among healthcare professionals: a comparative study in psychiatric hospitals in Athens. 19<sup>th</sup> Panhellenic Scientific and Professional Nursing Conference (ENE) Heraklion, Crete, 13/5/26

---

## PROFESSIONAL EXPERIENCE (ACADEMIC EXPERIENCE – CLINICAL EXPERIENCE – ADMINISTRATIVE EXPERIENCE)

### ACADEMIC EXPERIENCE/PROJECT

#### DEPARTMENT OF NURSING SCHOOL OF HEALTH SCIENCES, NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS

2021 – present

**Professor** of Psychiatric Nursing at undergraduate, postgraduate and doctoral level - Department of Mental Health and Behavioural Sciences, Faculty of Nursing, National and Kapodistrian University of Athens. (Government Gazette: 808/05-4-2022τΓ)

2017 – 2021

**Associate Professor** in the field of "Psychiatric Nursing". Department of Mental Health and Behavioural Sciences, Faculty of Nursing, National and Kapodistrian University of Athens. (Government Gazette: τ.Γ'585/22.6.17 – online publication 7TO346ΨΖ2Ν-ΓΙ0)

2011-2017

**Assistant Professor** in the field of Psychiatric Nursing. Department of Mental Health and Behavioural Sciences, Nursing Department, National and Kapodistrian University of Athens. (Government Gazette: Vol. C 416/22.6.2011) (Government Gazette: Vol. C 594/25.6.2015)

2006-2011

**Lecturer** in the subject area of "Psychiatric Nursing". Department of Mental Health and Behavioural Sciences, Faculty of Nursing, National and Kapodistrian University of Athens.

### GREEK UNIVERSITIES CLINICAL AND SCIENTIFIC AREAS

2024 – present

**Scientific Advisor** to the Psychogology Unit of the Hellenic Cancer Society

2023 - 2025

**Collaborating Teaching Staff** in the Postgraduate Programme of Studies in Health Unit Management (DMY) of the School of Social Sciences at the Hellenic Open University in "Community Mental Health" (distance learning and supervision of postgraduate dissertations)

2020 – 2023

**Coordinator and Collaborating Teaching Staff** in the Postgraduate Programme GCHN12/52 Management of Ageing and Chronic Diseases in the thematic unit "Psychology – Counselling" at the Hellenic Open University (distance learning and supervision of postgraduate dissertations)

2004–2006

**Professor of Nursing** in Secondary Education

---

### 2006 – 2023 Teaching:

#### *EDUCATIONAL INSTITUTIONS GREECE*

##### **1. Medical School of the National and Kapodistrian University of Athens**

Participation in teaching the Postgraduate Programme  
"Psychiatric Law"

##### **2. School of Nursing Officers (SAN)**

One (1) academic year of independent teaching in the undergraduate programme of the Nursing Officers School (SAN)

### **3. University Research Institute of Mental Health**

Teaching in the postgraduate seminar "Psychoeducational interventions and behavioural family therapy in psychosis". Research University

Institute of Mental Health (EPIPSY) academic year 2009-2010

### ***Psychiatric specialty in hospitals***

#### **4. Psychiatric specialty in hospitals**

Teaching Health Professionals to obtain the Nursing Speciality of Hospitals: Aeginio and Psychiatric Hospital of Attica

Nursing Specialisation in Hospitals: Aeginio and Attica Psychiatric Hospital

#### **5. Vocational Training Centres**

Teaching Health Professionals within the framework of Vocational Training Centres (KEK) and ESPA

Experiential workshops in hospitals and conferences

#### **6. Experiential workshops in hospitals and conferences**

Teaching Health Professionals through experiential workshops

#### **7. Primary and Secondary Education**

Teaching at the Arsakeia Tositsia Schools in Psychiko and Ekali

## ***EDUCATIONAL INSTITUTIONS ABROAD***

2014 – 2016

**Research Associate, Course Coordinator and Lecturer** in the Postgraduate Programme of the Department of Psychiatric Nursing, Faculty of Health Sciences, School of Science, European University Cyprus

2009 – 2010

**Teaching** in the Nursing and Mental Health Nursing Degree Equivalence Programme of *the School of Health Sciences of the Cyprus University of Technology (TEPAK)* in the courses "Mental Health Nursing: Trends and Developments" and "Community Mental Health Nursing"

## **EXPERIENTIAL WORKSHOPS/ SUPPORT GROUPS/PSYCHOTHERAPY FOR STUDENTS/HEALTH PROFESSIONALS/THE GENERAL PUBLIC**

### **GREEK**

#### **1. 2006 – present**

**Experiential workshops** for postgraduate students (Play Therapy, Music Therapy, Dance Therapy, Drama Therapy) School of Health Sciences, Department of Nursing, National and Kapodistrian University of Athens, as part of the course "Special Topics in Psychiatric Nursing" experiential workshops on art therapy

#### **2. 2024 to present**

Responsible for organising support groups for medical and nursing staff at the Hippocrates, Alexandra, P&A Kyriakou Children's Hospital and Nikos Kourkoulos Oncology Hospital as part of the collaboration between the Nursing Support Counselling Laboratory of the Nursing Department of the National and Kapodistrian University of Athens and the Day Centre of the Hellenic Anti-Cancer Society (KIPEN-EAE)

### 3. **June 2024 – present**

Responsible for organising art therapy, music therapy and play therapy groups for children and adolescents with neoplastic diseases at the TAO Children's Hospital (KIPEN-EAE)

### 4. **October and November 2024**

Responsible for organising experiential parent groups in collaboration with KIPEN-EAE and the Deputy Mayor's Office for Family Policy, Equality & Preschool Age in the Municipality of Vrilissia

### 5. **2006 – 2018**

Psychotherapy and Counselling Support Groups within the framework of the Day Hospital of the Mental Health Centre of the Municipality of Zografou Nursing Department to patients and carers within the framework of voluntary work at the Mental Health Centre of the Nursing Department of the National and Kapodistrian University of Athens as a member of the of the Nursing Department

### 6. **Special tutorials/support groups for health professionals in Attica hospitals on the use of the internet** As a member of the Scientific Committee of the Mental Health Sector of the Hellenic Psychiatric Association: organisation of informative talks and support groups, held under the auspices of the Adolescent Health Unit (M.E.Y.), the Second Paediatric University Clinic of the Athens Children's Hospital "P&A Kyriakou" in hospitals in Attica, on the topic: "The phenomenon of adolescent internet addiction and the risks faced by children and adolescents from uncontrolled internet use". The briefing was aimed at nursing staff and was conducted by certified mental health nurses from the *"ARIADNE - Training programme for mental health professionals on the phenomenon of adolescent internet addiction and the risks faced by children and adolescents from uncontrolled use of the internet"*.

**21/4/2015** GNA "EVANGELISMOS" 13.00-15.00

**22/4/2015** EANP "METAXA" 12.00-14.00

**27/4/2015** NIKAIA PIRAEUS GENERAL HOSPITAL "AGIOS PANTELEIMON" 12.00-14.00

**30/4/2015** KAT General Hospital 11:00-13:00

**14/5/2015** GENERAL HOSPITAL OF NEA IONIA "KONSTANTOPOULIO" 10.00-12.00

**15/5/2015** PGN "ATTIKO" 10.00-12.00

### 7. **3/12/14 AKESO – ESPA - Training Programme for Nurses in Community Nursing in the form of experiential groups** Koukia E., Mangoulis P. Nursing Care for People with Mental Health Problems (guest of Prof. Athina Kalokairinou)

### 8. **9-12/3/11 Koukia E., Theofilou V. Experiential Play Therapy Seminar "The Journey of Emotions" at the 4<sup>th</sup> Panhellenic and 3<sup>rd</sup> Pan-European Scientific and Professional Nursing Conference of the Hellenic Nurses Association, Athens**

### 9. **10-13/5/12 Koukia E., Theofilou V. Experiential Play Therapy Seminar. Title: The show begins...)** 5<sup>th</sup> Panhellenic & 4<sup>th</sup> Pan-European Scientific & Professional Nursing Conference, Corfu

### 10. **5-9/9/12 Co-organiser of the Guided Imagery & Music (GIM) Music Therapy Specialisation Training Programme – First introductory specialisation cycle (Scientific Director Orestis Giotakos, Programme Coordinator-Assistant Trainer Evangelia Papanikolaou) – Trainer Dar Körlin.**

### 11. **23-25/11/12 Koukia E., Theofilou V. Experiential seminar on Play Therapy "Recipes... for life" at the 13<sup>th</sup> Panhellenic PASYNO-ESY Conference, Arachova**

### 12. **17/5/13 Organiser of the special tutorial on: "Communicating the diagnosis: revealing or concealing the truth?" at the G. Gennimatas General Hospital**

### 13. **13/6/13 Organiser of the special workshop on "Communicating the diagnosis: revealing or concealing the truth?" at the Pentelis Children's Hospital**

### 14. **11-13/10/13 Koukia E., Theofilou V. Experiential play therapy workshop "Recipes for Life" at the 3<sup>rd</sup> International Conference on Play Therapy & Drama Therapy, University of the Peloponnese, School of Fine Arts, Department of Theatre Studies, Nafplio**

### 15. **11/6/14 Organiser of the special tutorial on "Communicating the diagnosis: revealing or concealing the truth?" at the Sotiria General Hospital**

### 16. **17/5/14 Organiser of the special tutorial on: "Communicating the diagnosis: revealing or concealing the truth?" at the Evangelismos General Hospital**

17. **7-10/5/15 Koukia E.,** Mangoulia P. Experiential workshop "**Communicating the diagnosis: "Revealing a changing coexistence"**" at the 8th Panhellenic and 7th Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association, Thessaloniki
18. **7-10/5/15 Koukia E.,** Prodromou M. Experiential workshop "**Stress Management**" at <sup>8th</sup>Panhellenic and <sup>7th</sup>Pan-European Scientific & Professional Nursing Conference, Thessaloniki
19. **7-9/12/18 Koukia E.** Theofilou V. Experiential **Play Therapy** Workshop "Old Lost... New Gained". <sup>19th</sup>Panhellenic Nursing Conference, Lake Plastira

## INTERNATIONAL

**14-16/11/13 Koukia E.,** Theofilou P. Workshop in "Play Therapy and Health Care Professionals" in <sup>1st</sup>International Conference of Community & Public Health Nursing, Athens, Greece

**2-4/12/16 Koukia E.** Theofilou V. Experiential **Play Therapy** Workshop "Old Lost... New Gains". <sup>4th</sup>International Conference on Drama Therapy and Play Therapy, EDPA, Harokopio University

## CYPRUS

### Experiential workshops for specific populations

**4/5/18 Koukia E.** Theofilou V. Experiential workshop/Support group for **internet addiction for mothers** of children - Screen Free Week<sup>1</sup>° Pan-Cyprian Scientific Conference (Screen-Free Week Programme) Organiser: Baby Academy Co-organisers: Limassol Nautical Club, European University Cyprus

**5/5/18 Koukia E.** Theofilou. B. Experiential workshop/Support group for **internet addiction for mothers** of teenagers - Screen Free Week<sup>1</sup>° Pan-Cyprian Scientific Conference (Screen-Free Week Programme) Organiser: Baby Academy Co-organisers: Limassol Nautical Club, European University Cyprus

**9/10/16 Koukia E.** Experiential workshop "**Exercise and Mental Health**" at the Scientific Conference "Health - Fitness - Performance" Horizons of Sports Science. European University of Cyprus, Nicosia

### Experiential workshops for students

**European University Cyprus**, Nicosia, Cyprus, as part of specialisation courses in the Master's programme in Mental Health in the course "Group Dynamics and Family" , "Communication and Counselling in Health Care and Mental Health" (2013-2015)

---

## CLINICAL EXPERIENCE – SCIENTIFIC RESPONSIBILITY

## CLINICAL EXPERIENCE – SCIENTIFIC RESPONSIBILITY

### June 2026 – present

**Counselling** support for students at the Psychosocial Intervention Unit for Students and Employees FEPA at the A΄ Psychiatric Clinic of Medical School NKUA

### 2019–June 2026

**Counselling** support for patients and carers as Professor **at the A΄ Psychiatric Clinic** of the Medical School – National and Kapodistrian University of Athens in the Department of Social, Community and Preventive Psychiatry – Vocational Training Centre

### 2012–present

**Director of the Laboratory** for Nursing Support Counselling and Psychoeducation of Patients with Mental Illness and Caregivers

### 2006–present

**Clinical assessment** of nursing students in collaboration with the Psychosocial Intervention Unit for Students and Employees, National and Kapodistrian University of Athens

## 2024 – present

**Scientific Director** of the Day Centre for Children, Adolescents and Young Adults of the Hellenic Cancer Society

---

|           |                                                                                                                                                                                                              |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2011–2018 | <b>Clinical work</b> at the Psychiatric Clinic of GONK Ag. Anargyroi ( <b>Scientific Director</b> of the Counselling Support Office for adolescent and young adult patients and carers)                      |
| 2009-2018 | <b>Clinical work</b> (Counselling support and differential diagnosis of patients and carers) at the Community Mental Health Centre of the Municipality of Zografou, Nursing Department, University of Athens |
| 2006      | <b>Clinical work</b> at the Community Mental Health Centre of the Municipality of Zografou, Nursing Department, University of Athens, <b>as Scientific Director</b>                                          |
| 2003      | <b>Clinical work</b> at the Community Mental Health Centre of the Municipality of Zografou, Nursing Department, University of Athens, <b>as Scientific Associate</b>                                         |
| 1999      | <b>Clinical work</b> at the Community Mental Health Centre of the Municipality of Zografou, Nursing Department, University of Athens as a doctoral student                                                   |
| 1999-2004 | <b>Mental Health Nurse</b> at the "Skarpalezos Wing" Psychiatric Clinic of the "Aiginiteio" University Hospital and in "Home Care"                                                                           |
| 1996-1999 | <b>Nurse</b> in the Oncology and Pathology Clinic of the Pan. and Aglaia Kyriakou Children's Hospital                                                                                                        |
| 1996      | <b>Nurse</b> at the Pathology – Surgery Clinic of the Evgenides Hospital (terminal stage oncology patients)                                                                                                  |

---

## ADMINISTRATIVE EXPERIENCE

### DIRECTOR / SCIENTIFIC RESPONSIBLE AND MEMBER OF COMMITTEES AND SCIENTIFIC SOCIETIES

1. **Director of the Mental Health Department 2022 to January 2026**
  2. **Director of the Postgraduate Programme in Mental Health 2021-2022 & 2022-2023. (Ref. No. 103822, EKPA 29/11/21), 2024-2025, 2025-2026**
  3. **Director of the Laboratory "Counselling Nursing Support and Psychoeducation of Patients with Mental Illness and Caregivers" (Ref. No. 94028, 18/7/22)**
- 2024 – to date**
4. **Scientific Director** of the Day Centre for Children, Adolescents and Young Adults of the Hellenic Cancer Society (2024 to present)
  5. **Mental Health Counsellor** at the First Psychiatric Clinic in the Rehabilitation Department (Vocational Training Centre) of the Aeginition Hospital of the Medical School of the National and Kapodistrian University of Athens (2019 – present)
  7. **Scientific Director** of the Counselling Support Office for Adolescent and Young Adult Patients and Caregivers at GONK Agioi Anargyroi (2011-2018)
  8. **Scientific Director** at the Community Mental Health Centre of the Municipality of Zografou, Nursing Department, University of Athens (2006-2009)
  9. **Scientific Associate** at the Community Mental Health Centre of the Municipality of Zografou, Nursing Department, University of Athens (2003-2006)
  10. **Member** of the **EODY** expert committee for smoking control from 1/1/24 to present

### Member of Committees and Assemblies

1. Member of the **General Assembly** of the Nursing Department and the Special Composition General Assembly (from 31/9/06 to present).
2. Member of **the Mental Health and Behavioural Sciences Sector** (from 31/9/06 to present).
3. Member of **the Committee of Experts on Smoking Cessation** of the **EODY** Ministry of Health 1/1/24 to present
4. Member of the Undergraduate Studies Committee of the Nursing Department (2022 – present)
5. Member of the Curriculum Committee (2022 – present)
6. Member of the Clinical Practice Committee of the Nursing Department (2022-present)
7. Member of the Committee for the creation of an English-language Study Programme for the Department of Nursing (19-10-21)
8. Member of the Ethics and Deontology Committee (2020-2021)
9. Member of the Student Clinical Education/Training Committee (2020-2021)
10. Member of the Nursing Department Buildings Committee (2020-2021)
11. Supervisor of the Nursing Department's KKPSY Building Complex (2016-2017, 2017-2018, 2018-2019, 2019-2020, 2020-2021)
12. Member of the Undergraduate Studies Committee of the Nursing Department (2015-2016)
13. Alternate Member for the selection of MF in the Postgraduate Programme for the academic year 2014-2015 in the field of Public Health
14. Member of the Committee for the formulation of the skills framework for graduates of the Department (2013-2014).
15. Alternate member for the selection of postgraduate students for the Master's programme in Public Health (17/6/14-19/6/14)
16. Member of the Committee for the Selection of Postgraduate Students for the Interdepartmental Interuniversity Postgraduate Programme in Health Services Organisation and Management-Health Informatics (2013-2014)
17. Member of the Selection Committee for Postgraduate Candidates in the Postgraduate Programme in Intercultural Nursing (2012-2013)
18. Member of the Selection Committee for Postgraduate Candidates in the Intercultural Nursing Postgraduate Programme (2011-2012)
19. Member of the Coordinating Committee for the Master's Programme in Intercultural Nursing 21. (2010-2011, 2011-2012)
20. Member of the Coordinating Committee for the Master's Programme - Conventional of the Department of Nursing (academic years 2008-2009 and 2009-2010)
21. Member of the Coordinating Committee of the Postgraduate Programme entitled "Intercultural Nursing" (academic year **2009-2010**)
22. Member of the Committee for the Redesign of the Website and Electronic Presentation of the Nursing Department (**since 9/10/09**)
23. Member of the Committee for the Professional Orientation of Nursing Department Graduates (since **6/11/09**)

### **Other committees of the Nursing Department**

1. Member of the undergraduate student reception committee on 17/10/2007.
2. Supervisor for the 2006–2007 academic year entrance examinations for graduates of universities, technical colleges and higher education institutions offering two-year courses at the Department of Nursing, University of Athens, in the subject of 'Physiology' (10/12/08). Supervisor for the entrance examinations for the academic year 2008-2009 for graduates of universities, technical colleges and higher education institutions offering two-year courses
3. Supervisor for the 2008–2009 academic year entrance examinations for graduates of universities, technical colleges and higher education institutions offering two-year courses at the Department of Nursing, University of Athens, in the subject "Physiology" (18/12/08)
4. Member of the committee for the destruction and deletion of non-consumable material of the Postgraduate Studies Programme of the Department of Nursing (academic year 2008-2009)

5. Alternate member of the Election Committee for the election of the President and Vice-President of the Nursing Department (4/6/09)
6. Examiner – Marker for the Postgraduate Studies Programme, academic year 2009-2010, in English
7. Member of the committee for the selection of postgraduate students for the Postgraduate Programme entitled "Intercultural Nursing" for the academic year 2009-2010
8. Supervisor for the entrance examinations for the academic year 2009-2010 for graduates of universities, technical colleges and higher education institutions offering two-year courses at the Department of Nursing, University of Athens, in the subject "Physiology" (9/12/09) Member of the committee for the destruction and disposal of non-consumable materials, Mental Health and Behavioural Sciences Section, Department of Nursing, University of A
9. Member of the committee for the destruction and disposal of non-consumable materials, Mental Health and Behavioural Sciences Section, Department of Nursing (2010-2011, 2012-2013).
10. Member of the committee for the acceptance of cleaning work (2011-2012)
11. Supervisor for the 2010-2011 academic year entrance examinations for graduates of universities, technical colleges and higher education institutions offering two-year courses at the Nursing Department of the University of Athens in the subject "Cell Biology" (13/12/10) Member of the election committee for the election of the president and vice-president of the Department of Nursing (16/6/11)
12. Member of the electoral committee for the election of the president and vice-president of the Department of Nursing (16/6/11)
13. Member of the three-member committee for the receipt and delivery of supplies from the education funds of the regular budget (30/10/12)
14. Supervisor for the 2011-2012 academic year entrance examinations for graduates of universities, technical colleges and two-year higher education institutions at the Nursing Department of the University of Athens in the subject "Cell Biology" (13/12/10) Supervisor at the entrance examinations for the academic year 2012-2013 for graduates of universities, technical colleges and higher education institutions offering two-year course
15. Supervisor for the 2012–2013 academic year entrance examinations for graduates of universities, technical colleges and higher education institutions offering two-year courses at the Department of Nursing, University of Athens, in the subject "Cell Biology" (12/12/12)
16. Examiner in English for the admission of postgraduate students to the Postgraduate Programme – Intercultural Nursing (2012-2013)
17. Member of the Committee for the Procurement/Receipt of Consumables and Non-Consumables and Services of the Nursing Department (2013-2014)
18. Member of the Committee for the Receipt of Non-Consumable Materials for the Department of Mental Health and Behavioural Sciences (2014-2015)
19. Member of the Entrance Examination Committee (Supervisor for the Cell Biology course) (2013-2014)
20. Member of the Entrance Examination Committee (Supervisor for the Cell Biology course) (2014-2015)
21. Supervisor of the building in Davaki-Pindos (KKPSY) of the Nursing Department (2014-2015)
22. Alternate member of the committee for the procurement/receipt of consumables and non-consumables, hygiene products, and repair and maintenance services for the needs of the Nursing Department for the year 2016
23. Supervisor of the building at Davaki-Pindou (KKPSY) of the Nursing Department (2015-2016)
24. Member of the Central Election Committee for the election of the President and Vice-President (Government Gazette 114/2017 vol. A) (6/11/17)
25. Member of the three-member committee for non-consumable materials of the Department of Mental Health and Behavioural Sciences (ref. no. 1718022683/22-03-2018)
26. Member of the Election Committee for the election of the Director of the Department of Mental Health and Behavioural Sciences (ref. no. 2412, 5/6/19)
27. Member of the three-member committee for the handover and receipt of non-consumable materials of the Department of Mental Health and Behavioural Sciences (ref. no. 1920006529/23-10-2019)

## SCIENTIFIC/ACADEMIC COMMITTEES

### MEMBER OF THE THREE-MEMBER RECOMMENDATION COMMITTEE/ELECTION BODY FOR THE EVALUATION OF CANDIDATE FACULTY MEMBERS

#### Mental Health Sector

1. Member of the selection committee of the Nursing Department of the National and Kapodistrian University of Athens for the evaluation of candidates for the position of Lecturer in the field of "Psychiatry" (29/10/09)
2. Member of the selection committee of the Nursing Department of the National and Kapodistrian University of Athens for the evaluation of candidates for the position of Lecturer in the field of "Health Psychology" (1/12/09)
3. Member of the three-member advisory committee of the Nursing Department of the Technological Educational Institute of Athens for the evaluation of candidates for the position of Assistant Professor in the field of "Mental Health Nursing with Emphasis on Nursing of Addicted Individuals" (ARR2631 - 17/10/17)
4. Member of the selection committee of the Nursing Department of the University of Athens for the evaluation of candidates for the position of Assistant Professor in the field of "Mental Health Nursing with an emphasis on the management of mental disorders in hospitals and mental health centres" (APP12653)
5. Member of the three-member advisory committee of the Nursing Department of the National and Kapodistrian University of Athens for the evaluation of candidates for the position of Assistant Professor in the field of "Psychiatric Nursing and Psychopharmacology" (APP19525 - 28/5/21)
6. Member of the selection committee of the Medical School of the National and Kapodistrian University of Athens for the evaluation of candidates for the position of Assistant Professor in the field of "Child Psychiatry" (APP20923)

#### General

1. Member of the selection committee of the Nursing Department of the Technical Educational Institute of Crete for the evaluation of candidates for the position of Associate Professor in the field of "Clinical Nursing" (AP8767)
2. Member of the selection committee of the Nursing Department of the Technological Educational Institute of Athens for the evaluation of candidates for the position of Assistant Professor in the field of "Paediatric-Oncological Nursing" (APP4625)
3. Member of the selection committee of the Nursing Department of the University of the Peloponnese for the evaluation of candidates for the position of Assistant Professor in the field of "Basic Nursing-Family Nursing" (APP8803)
4. Member of the selection committee of the Nursing Department of the University of the Peloponnese for the position of Assistant Professor in the field of "Clinical Nursing with emphasis on Emergency Health Care" (APP6160)
5. Member of the electoral body of the Nursing Department of the Technical University of Crete at the rank of Associate Professor in the field of "Nursing and Social Determinants of Health with an emphasis on Social Capital" (APP4118)
6. Member of the electoral body of the Nursing Department of the National and Kapodistrian University of Athens at the rank of Associate Professor in the field of "Intensive Care Nursing and Vascular Access" (APP12452)
7. Member of the selection committee of the Nursing Department of the University of the Aegean at the rank of Assistant Professor in the field of "Gerontological Nursing with emphasis on the care of elderly people with dementia and their carers" (APP10115)
8. Member of the selection committee of the Nursing Department of the Technological Educational Institute of Thessaly at the rank of Assistant Professor in the field of "Clinical Nursing" (APP5995)
9. Member of the selection committee of the Nursing Department of the National and Kapodistrian University of Athens at the rank of Assistant Professor in the field of "Research Methodology and Evidence-Based Nursing" (APP5097)
10. Member of the selection committee of the Nursing Department of the University of the Aegean at the rank of Associate Professor in the field of "Pathological Nursing with emphasis on ICU patients with respiratory failure" (APP10113)

11. Member of the selection committee of the Nursing Department of the Hellenic Mediterranean University at the rank of Assistant Professor in the field of "Evidence-Based Clinical Nursing for Adults" (APP19079)
12. Member of the selection committee of the Nursing Department of the University of the Peloponnese at the rank of Associate Professor in the field of "Adult Nursing and Family Nursing" (APP16577)
13. Member of the electoral body of the Nursing Department of the University of the Peloponnese at the rank of Associate Professor in the field of "Community Nursing - Occupational Health Nursing" (APP11327)
14. Member of the selection committee of the Nursing Department of the National and Kapodistrian University of Athens at the rank of Assistant Professor in the field of "Pathological Nursing" (APP5016)
15. Member of the selection committee of the Nursing Department of the Hellenic Mediterranean University at the rank of Assistant Professor in the field of "Nursing with emphasis on the application of Nursing Information in the hospital environment" (APP13130)
16. Member of the electoral body of the Nursing Department of the Technical Educational Institute of Crete at the rank of Associate Professor in the field of "Community Nursing" (APP8769)
17. Member of the selection committee of the Nursing Department of the University of Athens at the rank of Associate Professor in the field of "Paediatric Nursing with emphasis on the education of children with diabetes mellitus and children with mental disorders" (APP7933)
18. Member of the electoral body of the Midwifery Department of the University of Patras at the rank of Associate Professor in the field of "Midwifery Nursing Care of the Newborn and Bioethical Approach" (APP19451)

## **MEMBER OF SPECIALISED EXAMINATION COMMITTEES**

**Chair of the Three-Member Examination Committee for the Nursing Speciality "Mental Health" of the Ministry of Health and Welfare (2008-2009, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2017-2018, 2018 – 2019, 2019 – 2020, 2020-2021, 2022-2023, 2023-2024)**

## **MEMBER OF DOCTORAL AND POSTGRADUATE THESIS COMMITTEES, DEPARTMENT OF NURSING – GREECE**

---

### **Participation in Mental Health Committees**

1. **Chair** of the Three-Member Examination Committee for the Mental Health Speciality (2008-present)
2. Participation in the 5<sup>th</sup> workshop of the Mental Health Directorate of the Ministry of Health as a member of the Mental Health Sector of the Hellenic Nursing Association (17/9/2014)
3. Participation in the organisation of a Pan-Hellenic Networking Meeting by the Society of Social Psychiatry and Mental Health, EKPS&PSY, in collaboration with EEDA, IPSYPE, ESAMEA, as President of the Mental Health Sector of the Hellenic Psychiatric Association. (31/31/4/16)
4. Member of the Committee of the Mental Health Sector of ENE since 2016

---

### **Responsible for organising and signing Memoranda of Cooperation**

1. **Memorandum of Cooperation between EAE – KIPEN and the General Hospitals of Elena Venizelou, Alexandra and P.N.A. Spiliopouleio "Agia Eleni" 13/3/25**
  2. **Memorandum of Cooperation between EAE – KIPEN and PARISYA 12/6/25**
  3. **Memorandum of Cooperation between EAE – KIPEN and Lanassa 10/10/25**
  4. **Memorandum and cooperation for Project Eleni with AMKE IASIS 11/11/25**
-

## WRITTEN RESEARCH PROJECT

### Master's Thesis and Doctoral Dissertation

1. **Koukia E. Psychosocial problems of adolescents with cancer.** Athens 1999, Master's Thesis. Department of Nursing, National and Kapodistrian University of Athens.
2. **Koukia E. Comparison of the family burden of patients with schizophrenia with or without psychosocial rehabilitation,** Athens 2002, Doctoral Thesis, Department of Nursing, National and Kapodistrian University of Athens.

### Authoring of books/monographs

#### Greek

1. **Koukia E. Counselling Support in the Mental Health Community and in Old Age** ISBN 978-9925-35-008-7 2023 Broken Hills Publishing
2. **Koukia E. PRINCIPLES OF PSYCHIATRIC NURSING MENTAL HEALTH NURSING** 491 pages ISBN: 978-9925-563-18-0 Broken Hills Publishing 2018
3. Behrakis P.K. **Koukia E.** Stathopoulos T. **SMOKING NURSING APPROACH** 229 pages ISBN: 978-618-00-0303-1 Biomedical Research Foundation - IIBEAA Academy of Athens 2018
4. **Koukia E. PSYCHIATRIC NURSING – MENTAL HEALTH NURSING** pages: 352 (ISBN: 978-960-452-188-3) Athens 2014, BETA Publications 2014
5. Madianos M.G., **Koukia E.**, Igoumenou A. **Community Mental Health Centre**
  - a. **Zografou: The first three years 2000-2003.** University of Athens, Department of Nursing, 56 pages, Athens 2003

#### Foreign languages

**Koukia E.** A Guide to Counselling Older Adults in the Community Mental Health Kindle publication 2023 (In English)

#### Writing educational notes

1. **Koukia E.** Psychiatric Nursing. Notes from university lectures, 2007, Department of Nursing, National and Kapodistrian University of Athens
2. **Koukia E.** Writing educational notes on the topic "**Empowering health service users**" in the training programme for nurses in the design and organisation of health prevention and promotion programmes in the context of Primary Health Care. "Dimitra" Information and Training Centre SA - ENE 2012 (ESPA - European Social Fund and National Resources within the framework of OP "Human Resources Development" Priority Axis 14)
3. **Koukia E.** Authoring of a chapter of educational notes on "**Home psychiatric nursing care for patients with mental illness**" within the framework of Continuing Professional Education organised by the Laboratory Community Nursing Laboratory and the KEK of the University of Athens, following an invitation from Professor and Laboratory Director Athina Kalokairinou. (2014-2015)

#### Authoring chapters in books (Greek and foreign languages) Greek

1. **Koukia E.** Authored the chapter entitled "Art therapy in the education of students at the University of Athens" The contribution of art therapy to psychiatric treatment, Beta Publications, First Psychiatric Clinic of the University of Athens Coordinator G.N. Papadimitriou, Athens, 2019

2. **Koukia E.**, Kourakos M. Authored a chapter on "Smoking and Nurses" in the book entitled/authors Behrakis **Koukia E.**, Stathopoulos Th. **Smoking and Nurses** Biomedical Research Foundation - IIBEAA Academy of Athens, 2018
3. Kourakos M., **Koukia E.** Authored a chapter on "Smoking and Psychiatric Disorders" in the book entitled/authors Behrakis **Koukia E.**, Stathopoulos Th. **Smoking and Nurses** Biomedical Research Foundation - IIBEAA Academy of Athens, 2018
4. Kourakos M., **Koukia E.** Authored a chapter on "Patients with psychiatric disorders and smoking" in the book entitled/authors Behrakis **Koukia E.**, Stathopoulos Th. **Smoking and Nurses** Biomedical Research Foundation - IIBEAA Academy of Athens 2018
5. **Koukia E.** Authored a chapter entitled "Research in Mental Health Nursing" in the book entitled "The Contribution of Nursing to Psychiatry Health" in the book entitled "The Contribution of Nursing to Psychiatric Therapy" published by BETA at the invitation of Professor of Psychiatry, Director of the First Psychiatric University Clinic, Aeginio Hospital, Mr. Georgios Papadimitriou, 2015
6. Zyga S., **Koukia E.**, Mitrousi S. Authored a chapter on "Anxiety and Professional Burnout of Nurses in the Workplace" in the book Introduction to Nursing Science. Assoc. Prof. Sofia Zygas, 13 pages.
7. **Koukia E.** Authored a chapter on "Psychosocial Problems of Children and Adolescents" in the book **Paediatric Nursing – Basic Principles in the Care of Children**. Assoc. Prof. Vasiliki Matzio-Megapanou, 18 pages.
8. **Koukia E.** Authored a chapter entitled "**Urgent child psychiatric cases – treatment**" at the invitation of Prof. Konstantinos Tsoumakas, of the book "Psychiatric disorders in children and adolescents

#### Foreign languages

1. **Koukia E. (2012)** Authored a chapter entitled "**Mental Health Services in Greece**" in the book *Mental Health Services in Europe: provision and practice* by Neil Brimblecombe and Peter Nolan, published by Radcliffe Publishing Ltd., 38 pages

#### Book editing

1. Misouridou Evgenia **Addiction Nursing** (Kallipos) July 2014
2. **Koukia, E.**, Stathopoulos, T. **Smoking and Nurses** - Biomedical Research Foundation – IIBEAA Academy of Athens, 2018

#### GREEK PUBLICATIONS A. SUMMARIES OF ANNOUNCEMENTS IN THE PROCEEDINGS OF GREEK CONFERENCES

---

PUBLICATIONS IN GREEK SCIENTIFIC JOURNALS Total 17 (1<sup>st</sup> Author in

9)

1. **Koukia E.** (1999). Children with cancer and school – the role of the nurse. *Nursing*, 38, July – September, 233-237.
2. **Koukia E.**, Plessas S. (1999). Genetics of schizophrenia. *Review of Clinical Pharmacology and Pharmacokinetics*, Greek edition, 17, 5-12.
3. **Koukia E.**, Stathopoulos T. (2002). Psychiatric nurses and cognitive psychotherapy. *Nursing*, 41(1), No. 1, 55-58.
4. **Koukia E.** (2002). Recognising depression in the elderly in primary health care. *Nursing* 41(2), 163-168.
5. **Koukia E.**, Madianos M. (2004). Family burden and mental illness: assessment methods. *Enkefalos*, 41, 119-127. —

6. **Koukia E.**, Madianos M. (2004). Family burden of patients with mental illness: a literature review. *Psychiatric Notebooks* 87, 114-128.
7. **Koukia E.** (2008) *Clinical Psychiatry* 2<sup>2</sup> Ed. M.G. Madianos, book review, *Greek Journal of Nursing Science*, 1, 49-50.
8. **Koukia E.**, Giannouli E., Gonis N., Douzenis A. (2009) Safety rules in short-stay wards in psychiatric hospitals in the wider Athens area. *Psychiatry*, 20, 162-170.
9. **Koukia E.**, Gonis N. (2010) Training needs and role limitations of nursing staff working in short-stay wards in psychiatric hospitals. *The Step of Asclepius*, 9(3), 344-358.
10. Patelarou A., Brokalaki H., Patelaru E., **Koukia E.** (2013) The role of management in the implementation of evidence-based practice and quality of care. *Archives of Greek Medicine*, 31(2), 165-171.
11. Patelarou A.E., Dafermos V., Brokalaki H., Melas C.D., **Koukia E.** (2014). Readiness for the implementation of evidence-based nursing practice – Can it be measured? *Perioperative Nursing*, 1(2), 98-116.
12. Kourakos M., Kaikias T., Saridis M., Souliotis K., **Koukia E.** (2016). Tool for measuring the attitudes and opinions of mental patients regarding their smoking habits. *Archives of Greek Medicine*, 33(4), 498-505.
13. Mantzourou M., Kalokairinou A., Oikonomou M., **Koukia E.** (2017). Stigma in dementia. *Interdisciplinary Health Care*, 9 (4) ,141-155,  
<http://www.inhealthcare.gr/manuscript/to-stigma-stin-anoia>
14. Alexiou T., **Koukia E.** (2018). Work Factors and Mental Health of Employees during a Period of Economic Crisis. *Nursing*, 57(1), 12-21
15. Mantzourou M., **Koukia E.** (2018) Professional burnout among geriatric nurses caring for elderly people with dementia. *Perioperative Nursing*, 7(1), 6-26,  
[https://www.spnj.gr/articlefiles/volume7\\_issue1/pn\\_jan\\_71\\_6-26.pdf](https://www.spnj.gr/articlefiles/volume7_issue1/pn_jan_71_6-26.pdf)
16. Mantzourou M., **Koukia E.** (2019) Burnout among family carers who care for elderly people with dementia at home. *Nursing and Research* 14 (55), 230-245
17. Politis A., Mouyias A., Petroulia I., Smyrni I., Tountas I., Ploubidis D., Mantzourou M., **Koukia E.**, Kiosses D., Papageorgiou C. (2020) European Joint Action: Dementia-Friendly Communities in Greece, the "Aeneas" programme. *Psychiatry* 31, 82-90.

#### FULL PUBLICATIONS IN PROCEEDINGS OF GREEK CONFERENCES

1. **Koukia E.** (1998). Psychosocial problems of adolescents with cancer. *Proceedings of the 10<sup>th</sup> cycle of seminars, Nursing Studies Society*, 6-7 November, 29-36
2. **Koukia E.** (2002). Depression in the elderly in primary health care – the role of the family. *Special Topics in Gerontology and Geriatrics, Conference*, 79-80
3. **Koukia E.** (2008). Eating Disorders. *9<sup>th</sup> Nursing Conference. Paediatric Hospital "P&A Kyriakou"*, 13/12/08, 17-18
4. **Koukia E.**, Giannouli E., Gonis N., Douzenis Th. (2010) Safety rules in short-stay wards in psychiatric hospitals in the wider Athens area. *Volume 2 Issue 2*, 10/6/10
5. **Koukia E.** (2011) "Online role-playing games and role-playing games using 'pen and paper'. Players' thoughts on their addiction". *Hellenic Society for the Study of Internet Addiction Disorder. Research Prevention and management of risks in internet use. Edited by K. Siomos - G. Floros - (from the 1<sup>st</sup> Panhellenic Conference on Addiction Disorders 2009)*

#### PUBLICATIONS IN THE FORM OF ABSTRACTS IN THE PROCEEDINGS OF GREEK CONFERENCES

1. **Koukia E.** Depression in the community. *1<sup>st</sup> Panhellenic Conference of Nursing Students*. **3-5/12/99**
2. **Koukia E.**, Stathopoulos T. The need for training psychiatric nurses in cognitive psychotherapy. *27<sup>th</sup> Panhellenic Nursing Conference, National Association of Registered Nurses of Greece*, **23-25/5/00**
3. **Koukia E.**, Giannoulis E., Gonis N., Douzenis A. "Safety rules in short-stay wards in psychiatric hospitals in the wider Athens area." (research paper) *8<sup>th</sup> Panhellenic Conference of PASYNO – ESU on "The Modern Nurse: Professional & Social Recognition from a European Perspective"*. Athens, **23/11/07**

4. **Koukia E.**, Gonis N. Nursing interventions by psychiatric nurses in dealing with critical incidents. 35th Panhellenic Nursing Conference ESNE, Athens **12-15/5/2008**
5. **Koukia E.** "The practices of administering psychotropic drugs by nurses working in psychiatric hospitals". (research paper)<sup>9th</sup>Panhellenic Conference of PASYNO – ESY, Thessaloniki, **29/11/08**
6. **Koukia, E.**, Papageorgiou, D., Mangoulis, P. & Katostaras, T., 2008. Incidents of violence experienced by healthcare professionals from colleagues per shift.<sup>9th</sup>Panhellenic PASYNO-ESY Conference. Thessaloniki, 27-29/11/08. (posted announcement).
7. Kallergis G. **Koukia E.** "Training programme for postgraduate mental health students in counselling-supportive psychotherapy" (posted announcement)<sup>36th</sup>Panhellenic Nursing Conference, National Association of Nurses of Greece, Mykonos, **4-7/5/09**
8. Hatzis S., **Koukia E.** "Comorbidity of acute myocardial infarction and depression" (posted announcement)<sup>2nd</sup>Panhellenic & <sup>1st</sup>Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, **12-15/5/09**
9. **Koukia E.** Kallergis G. "Presentation of a pilot training programme for postgraduate students of mental health nursing in counselling and supportive psychotherapy".<sup>2nd</sup>Panhellenic & <sup>1st</sup>Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, **12-15/5/09**
10. Mangoulis P., **Koukia E.**, Katostaras Th. "Secondary post-traumatic stress in nurses working in psychiatric clinics".<sup>3rd</sup>Panhellenic & 2nd Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30/4-3/5/10**.
11. Velissariou N., Parali O., **Koukia E.** "The use of complementary and alternative therapies in mental health."<sup>3rd</sup>Panhellenic & 2nd Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30/4-3/5/10**.
12. **Koukia E.** "Intercultural approach to families of patients with mental illness".<sup>3rd</sup>Panhellenic & 2nd Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30/4-3/5/10**.
13. Mafreda Chr. Paschou I., Kallergis G., **Koukia E.** "The therapeutic approach to post-traumatic stress disorder through psychodrama".<sup>2nd</sup>Panhellenic Psychiatric Conference "Art and Psychiatry", Chania, **20-23/5/10**.
14. **Koukia E.** Giannouli E. "Raising awareness among students of the postgraduate programme in Mental Health about art therapy through experiential workshops".<sup>2nd</sup>Panhellenic Psychiatric Conference "Art and Psychiatry", Chania, **20-23/5/10**.
15. Mangoulis, P., Fildisis, G., **Koukia, E.**, Alevizopoulos, G. & Katostaras, T., 2010. Secondary traumatic stress in ICU nurses.<sup>13th</sup>Panhellenic Conference on Intensive Care. Athens, **5-7 November 2010** (posted announcement).
16. **Koukias, E.**, Magoulis, P. & Katostaras, T., 2010. Violence by patients' relatives against healthcare professionals in general hospitals. <sup>11th</sup>Panhellenic Professional & Scientific Conference of PASYNO-ESY. Larissa, **25-27/11/10**. (posted announcement).
17. Mangoulis, P., **Koukia, E.** & Katostaras, T., 2011. Factors affecting compassion fatigue in ICU nurses.<sup>4th</sup>Panhellenic & <sup>3rd</sup>Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association. Athens, **9-12 March 2011**.
18. **Koukia E.** "Psychiatric Reform: The views of nurses"<sup>12th</sup>Panhellenic Professional & Scientific Nursing Conference PASYNO-ESY, Nafplio, **18-20/11/11**.
19. **Koukia E.**, Mangoulis P. "Experiential learning in postgraduate mental health education: students' experiences and opinions"<sup>5th</sup>Panhellenic & <sup>4th</sup>Pan-European Scientific & Professional Nursing Conference, Corfu, **10-13/5/12**.
20. Mangoulis, P. & **Koukia, E.**, 2012. Access to and use of mental health services by minorities.<sup>4th</sup>Panhellenic Psychiatric Conference on Primary Health Care. Kyllini, Elis, **1-4 June 2012**.
21. **Koukia E.** & Magoulis, P., 2012. Online role-playing games and pen-and-paper role-playing games: Comparison of players' views on their "addiction".<sup>4th</sup>Panhellenic Psychiatric Conference on Primary Health Care. Kyllini, Elis, **1-4 June 2012**.
22. Mitrousi S., Traulos A., **Koukia E.**, Zyga S. "The effect of stress on the physical and mental health of nurses in the Peloponnese region"<sup>6th</sup>Panhellenic Conference on Cardiometabolic Risk Factors, Kalamata, **27-29/6/13**.
23. **Koukia E.** "Continuing education in mental health nursing: a guarantee of quality services for adolescents"<sup>6th</sup>Intensive Seminar on Adolescent Medicine, Adolescent Health Unit, Athens, **12-13/4/13**

24. Mylonas S., **Koukia E.** "Cognitive-Behavioural Therapy in Obsessive-Compulsive Disorder: a literature review" 8<sup>th</sup> Panhellenic and 7<sup>th</sup> Pan-European Scientific & Professional Nursing Conference, Thessaloniki, 7-10/5/15
25. Sidiropoulou H., Dagla M., Galanis P., Bilali A., Antoniou A., **Koukia E.** "Frequency of breastfeeding in a population of premature newborns" 8<sup>th</sup> Panhellenic and 7<sup>th</sup> Pan-European Scientific & Professional Nursing Conference, Thessaloniki, 7-10/5/15
26. Mantzourou M., Kalokairinou A., Oikonomou M., **Koukia E.** Stigma in dementia. Interdisciplinary Health Care. 2017, volume 9, issue 4, 141-155.
27. Mantzourou M., **Koukia E.** "The stigmatisation of elderly people with dementia and its relationship to the professional burnout of nurses" Round table on New developments in nursing care for the elderly in the community, 14<sup>o</sup> Panhellenic Conference of the Hellenic Gerontological and Geriatric Society, 29-31/3/2018, Athens, Royal Olympic Hotel.

## FOREIGN PUBLICATIONS A. ABSTRACTS OF PRESENTATIONS IN INTERNATIONAL CONFERENCE PROCEEDINGS

---

**Total Impact Factor: 47.119 Total citations GOOGLE SCHOLAR: 1051, hindex: 22, i10-index:33**

1. Madianos M., Economou M., Dafni O., **Koukia E.**, Palli A., Rogakou E. (2004). Family disruption, economic hardship and psychological distress in schizophrenia: can they be measured? *European Psychiatry* 19, 408-414 (*Impact Factor: 4.464*)
2. Adali E., Evagelou E., Katostaras Th, **Koukia E.**, Priami M (2004). Attitudes of nursing students towards mental illness. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition* 18, 285-29 (*Impact factor: 0.25*)
3. **Koukia E.**, Madianos M. (2005). Does psychosocial rehabilitation of schizophrenic patients prevent family burden? A comparative study. *Journal of Psychiatric and Mental Health Nursing*, 12(4), 415-422 (*Impact Factor: 2.952*).
4. Evagelou E., Adali E., **Koukia E.**, Katostaras F., Priami M, Toulia G. (2005). The influence of education of nursing students on the formation of attitudes towards psychiatric illness. *ICUs and Nursing Web Journal*, issue 23 (July – September)
5. **Koukia E.**, Madianos M.G. (2005). The effect of rehabilitation of schizophrenic patients on their family atmosphere and the emotional wellbeing of caregivers. *European Journal of Psychiatry*, 19, 55-64 (*Impact Factor: 0.646*).
6. Madianos M., Priami M., Alevizopoulos G., **Koukia E.**, Rogakou E. (2005). Nursing students' attitude change towards mental illness and psychiatric case recognition after a clerkship in psychiatry. *Issues in Mental Health Nursing* 26, 169-183. (*Impact factor: 1.156*)
7. Madianos MG., Alevizopoulos G., Kallergis G., **Koukia E.**, Rouvali O. & Tomaras V. (2008). Changes in utilisation of community mental health services in three boroughs of Athens (1979/1983 – 2000/2004). *European Journal of Psychiatry*, 22(4), 225-234 (*Impact Factor: 0.646*).
8. **Koukia E.**, Madianos M., Katostaras Th. (2009). On-the spot Interventions by mental health nurses in Inpatient Psychiatric Wards. *Issues in Mental Health Nursing*, 30(5), 327-336. (*Impact factor: 1.156*)
9. Madianos MG., **Koukia E.** (2010). Trauma and natural disaster: the case of earthquakes in Greece. *Journal of Loss and Trauma*, 15, 138-150 (*Impact Factor: 0.769*).
10. **Koukia E.**, Giannouli E., Gonis N., Douzenis A. (2010). Security Rules and banned items on psychiatric acute admission wards in Athens-Greece: The role of the mental health nurse: a questionnaire survey. *International Journal of Mental Health Nursing* 19, 428-436 (*Impact factor: 3.503*)
11. Mangoulia P., **Koukia E.**, Alevizopoulos G., Fildissis G., Katostaras T. (2010). Compassion Fatigue, Burnout and Compassion Satisfaction among nurses in Greece. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition*, 24, 271-276. (*Impact factor: 0.25*)

12. Madianos M.G., Sarhan A.L., **Koukia E.** (2011) Posttraumatic stress disorders comorbid with major depression in West Bank Palestine: A general population cross-sectional study. *European Journal of Psychiatry* 25(1), 19 (*Impact factor: 0.646*)
13. Madianos M., Sarhan Adnan Lufti, **Koukia E.** (2011) Major Depression across West Bank: A cross-sectional general population study. *International Journal of Social Psychiatry*, 58(3), 315-322. (*Impact factor: 1.439*)
14. **Koukia E.**, Mangoulia P., Stathopoulos Th., Madianos M. (2013). Greek Mental Health Nurses' Practices and Attitudes in the management of acute cases. *Issues in Mental Health Nursing*, 34, 192-197. (*Impact factor: 1.156*)
15. Mitrousi St., Travlos A., **Koukia E.**, Zyga S. (2013). Theoretical Approaches to Coping. *International Journal of Caring Sciences*, 6(2), 131137.
16. **Koukia E.**, Zyga S. (2013). Critical cases faced by Mental Health Nurses and Assistant nurses in Psychiatric Hospitals in Greece. *International Journal of Caring Sciences*, 6(3), 465-471.
17. **Koukia E.**, Mangoulia P., Gonis N., Katostaras Th. (2013). Violence against health care staff by patient's visitor in general hospital in Greece: possible causes and economic crisis. *Open Journal of Nursing* 3, 21-27. (*impact factor: 1.05*)
18. Patelarou A.E., Patelarou E., Brokalaki H., Dafermos V., Thiel L., Melas C.D., **Koukia E.** (2013). Current Evidence on the Attitudes, Knowledge and Perceptions of Nurses Regarding Evidence-Based Practice Implementation in European Community Settings: a systematic Review. *Journal of Community Health Nursing*, 30(4), 230-244. (*Impact factor: 0.526*)
19. Kourakos M., **Koukia E.** (2014). A study of Patients' Smoking Habits in a Psychiatric Hospital. *International Journal of Caring Studies* 7(2), 592601.
20. Mitrousi S., Travlos A., **Koukia E.**, Zyga S. (2014) The experience of anxiety in nursing staff in public hospitals of Peloponnese, Greece. *International Journal of Caring Sciences* 7(1), 188-194.
21. Prodromou M., Ghobrial S., **Koukia E.** (2014). Evaluation of the qualitative and quantitative characteristics of dual diagnosis. *Medical and Health Science Journal* 15(1), 8-19.
22. **Koukia E.**, Mangoulia P., Papageorgiou D., Katostaras Th. (2014) Violence against health care staff by peers and managers in general hospital in Greece. *Australian Journal of Advanced Nursing*, 31(4). (*impact factor: 0.674*)
23. Kontoaggelos K., **Koukia E.**, Papanikolaou V., Chrysovergis A, Maillis A and Papadimitriou GN. (2014) Case Report. Suicidal behaviour in a patient with burning mouth syndrome. *Case Reports in Psychiatry Hindawi Publishing Corporation Article ID 405106*, <http://dx.doi.org/10.1155/2014/405106>. (*Impact factor: 0.78*)
24. **Koukia E.**, Mangoulia P., Alexiou E. (2014) Internet addiction and psychopathological symptoms in Greek University Students: an online survey. *Journal of Addictive Behaviour, Therapy & Rehabilitation* 3,3. (*impact factor: 3.639*)
25. Athanasiadou F., Tzotzi A., **Koukia E.**, Alevizopoulos G., Kallergis G. (2015) Relationship between depression and coronary artery disease risk in healthy Greek Military Population. *Balkan Military Medical Review* 18(1), 14 (*Impact factor: 1.533*)
26. Fradelos E., Tzavella F., **Koukia E.**, Zyga S. (2015) The effect of spirituality and quality of life of patients with chronic kidney disease and its correlation with mental health status and cognitive perception for their illness. Study protocol. *Open Access Library Journal*, 2: e1783 <http://dx.doi.org/10.4236/oalib.1101783> (*Impact factor: 0.57*)
27. Kotsia E., Attilakos A., Tsekoura G., Nyktari G., **Koukia E.**, Tsumakas K. (2015) Temperature assessment and accuracy of different thermometer devices in neonates. *International Journal of Nursing and Health Science*, 2(6), 64-69. (*Impact factor: 1.299*)
28. Fradelos E.C., Tzavella F., **Koukia E.**, Papathanassiou I., Alikari V., Stathoulis J., Panoutsopoulos G., Zyga S. (2015) Integrating chronic kidney disease patient's spirituality in their care: health benefits and research perspectives. *Materia Socio Medica* 27(5), 354-358.
29. Mangoulia P., **Koukia E.**, Alevizopoulos G., Fildissis G., Katostaras Th. (2015) Prevalence of Secondary Traumatic Stress Among Psychiatric Nurses. *Archives of Psychiatric Nursing* 29, 333-338. (*impact factor: 1.266*)
30. Christodouloy E., Kalokairinou A., **Koukia E.**, Intas G., Apostolara P., Daglas A., Zyga S. (2015) The Test-Retest reliability and pilot testing of the "New Technology and Nursing Students' Learning Styles" Questionnaire. *International Journal of Caring Studies* 8(3), 567-576

31. Kourakos M., Kalokairinou A., Zyga S., **Koukia E.** (2016) Views and Attitudes of Patients in Mental Health Facilities Regarding Smoking. *Global Journal of Health Science*, 8(8), 228-242
32. **Koukia E.**, Stathopoulos Th, Kourakos M, Gonis N. (2016) Psychiatric nurses' knowledge and practices towards patients' tobacco-related habits in Mental Health Hospitals in Greece *Tobacco Prevention and Cessation*, 2 March): 3, DOI:www.dx.doi.org/10.18332/tpc/61616
33. Prokofieva M. **Koukia E.**, Dikeos D. (2016) Mental Health Nursing in Greece: Nursing Diagnosis and Interventions in Major Depression. *Issues in Mental Health Nursing*, 37(8), 556-562 DOI: 10.3109/01612840.2016.1169466 (*Impact factor: 1.156*)
34. Prodromou M., **Koukia E.** (2016) Differences in psychopathology among patients with dual diagnosis receiving treatment in mental health services and substance use treatment programmes. *Dual Diagnosis: Open Access. Insight Medical Publishing Journals* 1(1): 3
35. Fradelos EC, Tzavella F, **Koukia E**, Tsaras K., Papathanasiou IV., Aroni A., Alikari V, Ralli M., Bredle J., Zyga S. (2016) The translation, validation and cultural adaptation of functional assessment of chronic illness therapy – spiritual well-being 12 (FACIT-SP12) Scale in Greek Language. *Materia Socio-Medica* 28(3), 229-234.
36. Kourakos M., Saridi M., Kafkia Th., Rekleiti M., Souliotis K., Brokalaki H., **Koukia E.** (2017). Factors Affecting Mental Patients' Behaviours and Attitudes Regarding Smoking. *Asian Pacific Journal of Cancer Prevention* 18(7). (*Impact factor: 1.583*)
37. Fradelos EC, Tsaras K, Tzavella F, **Koukia E**, Papathanasiou IV, Alikari V, Stathoulis J, Tsaloglidou A, Kourakos M, Zyga S (2017). Clinical, Social and Demographics factors associated with spiritual wellbeing in end stage renal disease. *Advances in Experimental Medicine and Biology* 987:77-88 (*Impact factor: 2.45*)
38. **Koukia E.** & Papatriantafyllou JD. (2018) Further Training, Educational Needs and Work Challenges of Mental Health Nurses in Greece before the Completion of the Psychiatric Reform. *Journal of Psychiatric and Mental Health Nursing* 3(2), 1-7 (*Impact factor: 2.952*)
39. **Koukia E.** (2018). Massive multiplayer online vs. tabletop playing games. Is there a difference in “game addiction”? *Mental Health and Addiction Research* 3(1), 1-6. doi: 10.15761/MHAR.1000154 (*Impact factor: 1.66*)
40. **Koukia E.** (2019) Creative arts therapies in a Masters' Degree Course in Mental Health Nursing. *International Journal of Psychiatric and Mental Health Nursing* (1), 1-6 (*Impact factor: 1.947*)
41. Mantzorou M., Economou Kalokairinou A., Sourtzi P., Zyga S., Politis A., **Koukia E.** (2020). Exploration of the relationship between stigma and burnout among Greek nurses in dementia care. *Journal of Nursing Management* doi: 10.1111/jonm.12964 (*Impact factor: 2.243*)
42. Mantzorou, M., Zyga, S., Mastrogiannis, D., **Koukia, E.** (2020) Psychometric properties of the Family Stigma in Alzheimer's Disease Scale (FS-ADS) in Greek professional caregivers. *Journal of Nursing Measurement*, 28(28), 259-282 (*Impact factor: 0.642*)
43. Adamopoulou P., **Koukia E.** (2020) The effect of personality traits on the roles of traditional bully-victim and cyberbully-cybervictim among Greek adolescents. *International Journal of Caring Studies*, 13(3), 1639
44. **Koukia E.** Mangoulia P. (2021) Mental health nurses' views and practices concerning pro re nata psychotropic medications in inpatient psychiatric wards. *American Journal of Nursing Studies*, 2(1), 1011 (*Impact factor: 1.838*)
45. **Koukia, E.** & Mangoulia, P., 2023. Online vs. in Vivo Workshops: a Master's degree Course in Mental Health Nursing: Students' Views and Opinions. *International Journal of Science, Engineering and Management*, 10 (11), 60-64. [ISSN (Online) 2456 -1304].
46. Topi, M., Mangoulia, P. & **Koukia, E.**, 2023. Adaptation and Construct Validity in the Greek Context of the Appraisal of Self-Care Agency Scale –Revised (ASAS–R scale). *International Journal of Caring Sciences*, 16(3), 1152-1164. [ISSN (Online) 1792-037X].
47. Topi, M., Mangoulia, P. & **Koukia, E.**, 2023. The effects of self-stigmatisation on the functionality and social distancing of people with mental illness. *International Journal of Nursing and Healthcare Research*, 7(2), 51-61. doi:10.36673/IJNHR.2023.v07.i02.A10 [ISSN: 2581-8015]. (*Impact factor: 2.55*).
48. **Koukia, E.**, Mangoulia, P. & Topi, M., 2024. Educational programme for nursing professionals of general and psychiatric hospitals in smoking cessation techniques. *Tobacco Prevention & Cessation*, 10 (Supplement 1), A39. doi: 10.18332/tpc/194264 (*Impact factor: 1.8*).
49. Seitaridi G., Mangoulia P., **Koukia E.** 2024 Navigating Defence Mechanisms in Alcohol Use Disorders: Implication for Psychiatric Mental Health Nursing. *GeNeDIS Genomics, Precision Medicine and Therapeutics, Advances in Experimental Medicine and Biology* 1490, 35-50

50. Mantzorou M., Kalokairinou A., Economou M., Sourtzi P., Politis A., Mougias AA., Mastrogiannis D., **Koukia E.** 2024 Factors affecting burnout of Greek gerontological nurses in Dementia care: a cross sectional study !9<sup>th</sup> Congress of the European Geriatric Medicine Society, Helsoncki, European Geriatric Medicine 14(Suppl 1\_ : S1-S387.
51. Galanis, P., Katsiroumpa, A., Katsiroumpa, Z., Mangoulia, P., Gallos, P., Moisoglou, I. & **Koukia, E.**, 2025. Impact of Problematic TikTok use on Mental Health: A systematic review and meta-analysis. *AIMS Public Health*, 12(2), 491–519. doi: 10.3934/publichealth.2025 (Impact factor: 2.7).
52. Mangoulia, P., Tsokas, N., **Koukia, E.**, Malli, F., Missouridou, E., Dafogianni, C., Kyranou, M. & Fradelos, E.C., 2025. Cultivating Self-Compassion to Improve Social Workers' Professional Quality of Life in Primary Healthcare. *Healthcare*, 13, 1313. doi:10.3390/healthcare13111313 (Impact factor: 2.7).
53. Katsiroumpa, A., Katsiroumpa, Z., **Koukia, E.**, Mangoulia, P., Gallos, P., Moisoglou, I. & Galanis, P., 2025. Irrational Procrastination Scale: Translation and Validation in Greek. *International Journal of Caring Sciences*, 18(1), 543550. [ISSN (Online) 1792-037X].
54. Katsiroumpa, A., Katsiroumpa, Z., **Koukia, E.**, Mangoulia, P., Gallos, P., Moisoglou, I. & Galanis, P., 2025. UCLA 3-Item Loneliness Scale: Translation and Validation in Greek. *International Journal of Caring Sciences*, 18(1), 534542. [ISSN (Online) 1792-037X].
55. Mangoulia, P., Topi, M. & **Koukia, E.**, 2025. Nurses' Smoking Cessation ELearning Programme: Pre- and Post-Training Outcomes. *International Journal of Caring Sciences*, 18(2), 646-660. [ISSN (Online) 1792-037X].
56. Katsiroumpa, A., Katsiroumpa, Z., **Koukia, E.**, Mangoulia, P., Gallos, P., Moisoglou, I. & Galanis, P., 2025. Bergen Social Media Addiction Scale: Translation and validation in Greek. *International Journal of Caring Sciences*, 18(2), 661-671. [ISSN (Online) 1792-037X].
57. Katsiroumpa, A., Katsiroumpa, Z., **Koukia, E.**, Mangoulia, P., Gallos, P., Moisoglou, I. & Galanis, P., 2025. The Single-Item Sleep Quality Scale is a Valid Tool to Measure Sleep Quality. *International Journal of Caring Sciences*, 18(2), 713-719. [ISSN (Online) 1792-037X].
58. Katsiroumpa, A., Katsiroumpa, Z., **Koukia, E.**, Mangoulia, P., Gallos, P., Moisoglou, I. & Galanis, P., 2025. Association between problematic TikTok use, and procrastination, loneliness and self-esteem: a stratification analysis by sex generation. *European Journal of Investigation in Health, Psychology and Education* [under publication] (Impact factor 2.6)
59. Seitaridi, G., Mangoulia, P. & **Koukia, E.**, 2025. Navigating Defence Mechanisms in Alcohol Use Disorders: Implications for Psychiatric Mental Health Nursing. *Advances in Experimental Medicine and Biology* GeNeDIS 2024, 1490, 35-51 (Impact factor 3.650)
60. Moisoglou I., **Koukia E.**, Mangoulia P., Katsiroumpa A., Galanis P., 2025. PROTECT: Provider Responses, Treatment and Care for Trafficked People instrument: Translation and Validation in Greek. *International Journal of Caring Sciences*, volume 18/Issue 3/1491
61. Mangoulia P., Katsiroumpa A., Katsiroumpa Z., **Koukia E.**, Gallos P., Moisoglou I. and Galanis P. 2025. A link between problematic social media use and mental health in Greece: Sex and generation differences. *AIMS Public Health*, 12 (4): 1172-1189.
62. Mangoulia P., Tsokas N., **Koukia E.**, Malli F., Misouridou E., Dafogianni Chr., Kyranou M., Fradelos E.C. 2025. Cultivating Self-Compassion to Improve Social Workers' Professional Quality of Life in Primary Healthcare. Preprints.org doi: 10.20944/preprints202504.0795.v1
63. Topi M., Tsioufi P., Fradelos E.C., Malli F. **Koukia E.** and Mangoulia P. 2026. The Impact of Compassion Fatigue on the Psychological Well-Being of Nurses Caring for Patients with Dementia: A cross-sectional Post-Covid-19 Data Analysis. *Healthcare* 14, 224
64. Katsiroumpa A., Katsiroumpa Z., **Koukia E.**, Gallos P., Moisoglou I. and Galanis P. 2026. Associations between problematic Tik Tok Use, Anxiety, Depression and Sleep Quality: Sex and Generation Differences *Psychiatry Int.*, 7,88
65. Merentiti VK., Galanis P., **Koukia E.**, Mangoulia P. 2026. Translation, Cultural Adaptation, and Validation of the Greek Version of the Shortened Happiness at Work Scale (SHAW). *International Journal of Caring Sciences*, 19,(2),609

## FULL PUBLICATIONS IN INTERNATIONAL CONFERENCE PROCEEDINGS

**1.Koukia E.**, Mangoulia P. (2014). Online vs pen and paper role playing games: a case of internet addiction. Proceedings of WPA-INA- HSAPRS congress in Athens, Greece. World Psychiatric Association Thematic

Conference on Intersectional Collaboration: “The Multidisciplinary Facets of Psychiatry” (4<sup>th</sup> European Congress of the International Neuropsychiatric Association: “Overlap and Integration in Neuropsychiatry”, the first Interdisciplinary Congress: “Psychiatry and Related Sciences”).

PLURALISM IN PSYCHIATRY I. Diverse approaches and converging goals P. 59-64 edimond, International proceedings. Athens Greece 2014

**2. Koukia E.,** Stathopoulos Th. (2014). Psychiatric nurses’ knowledge and practices towards patients’ tobacco-related habits in mental health hospitals in Greece. Tobacco Induced Diseases 12(Suppl 1): A27. (**Impact factor: 1.434**)

**3. Koukia E.,** Mangoulia P., Topi M. (2024). Educational programme for nursing professionals of general and psychiatric hospitals in smoking cessation techniques. Tob. Prev. Cessation 10 (Supplement 1: A38 DOI:10.18332/tpc/194261<sup>9th</sup> European Conference on Tobacco Control Athens Greece 2024

## PUBLICATIONS IN THE FORM OF ABSTRACTS IN INTERNATIONAL CONFERENCE PROCEEDINGS:

1. Madianos M., Economou M., Dafni O., **Koukia E.**, Palli A., Rogakou E. (2006) The family burden scale: its final version and validation. IV World Congress of Psychosocial Rehabilitation. Athens, 12-15/10/06
2. **Koukia E.** Madianos MG. (2006) Is psychosocial rehabilitation preventing family burden? A comparative study. IV World Congress of Psychosocial Rehabilitation. Athens, 12-15/10/06
3. **Koukia E.,** Mangoulia P., Papageorgiou D., Katostaras Th. (2008)<sup>4th</sup> World Congress on Quality in Medical Practice. (Thessaloniki) Title: Violence against health care staff in general hospitals in Greece, Athens, 2-4/10/08
4. **Koukia E.,** Giannouli E., Gonis N. (2009) WENR Symposium “Cultural Factors Influencing Patient Safety”. Title: Mental health nurses and nurses’ assistants’ safety and security practices in acute inpatient psychiatric wards. Athens, Greece, 8-10/10/09.
5. Mangoulia P. Fildissis G, **Koukia E.** Alevizopoulos G., Katostaras T. (2010) Secondary Traumatic Stress among ICU nurses in Greece. (poster) 23rd Annual Congress ESICM Barcelona, Spain. Official Journal of the European Society of Intensive Care Medicine and the European Society of Paediatric & Neonatal Intensive Care 36(2), 340 (1011). Barcelona, Spain, Intensive Care Medicine, 36(2), p. S340. (**Impact factor: 5.258 Citations: 1**)
6. Mangoulia, P., Fildissis, G., **Koukia, E.** Alevizopoulos, G. & Katostaras, T., (2011). Factors associated with compassion fatigue among ICU nurses in Greece. In: <sup>31st</sup>ISICEM (International Symposium on Intensive Care and Emergency Medicine). Brussels, Belgium 22-25/3/11. Critical Care, 15(1), p. S172. (P489) (**Impact factor: 4.720, citations: 5**)
7. Mangoulia, P. & **Koukia, E.** (2012). The role of music therapy in patient relaxation. In: 5th Pan-Hellenic & <sup>4th</sup> European Scientific and Professional nursing conference of the Hellenic Regulatory Body of Nurses. Corfu 1013/5/12. Conference proceedings, p. 396.
8. **Koukia E.,** Mangoulia P. (2012) Online vs pen and paper role playing games. A case of “internet addiction”? The 1st Interdisciplinary Congress “Psychiatry and Related Sciences” World Psychiatric Association Thematic Conference -<sup>4th</sup> European Congress of the International Neuropsychiatric Association, Athens, Greece 29-2/12/12 (e-book of abstracts)
9. Kourakos M. **Koukia E.** (2013) Patient smoking habits in community mental facilities. <sup>1st</sup> International Conference of Community & Public Health Nursing: Research, Education and Practice, Athens, Greece
10. Mantzorou M, Basina E., Milonopoulou S., Mastogiannis D., Aggelopoulou Z., **Koukia E.** (2013) Quality of life and nursing care of demented elderly people living in nursing homes <sup>1st</sup> International Conference of Community & Public Health Nursing: Research, Education and Practice, 1013/11/13, Athens, Greece.
11. **Koukia E.,** Stathopoulos Th. (2014) Psychiatric nurses’ knowledge and practices towards patients’ tobacco-related habits in mental health hospitals in Greece. Tobacco Induced Diseases, 12 (suppl) A27 from the <sup>11th</sup> Annual Conference of the International Society for the Prevention of Tobacco Induced Diseases, Athens Greece 9-11/12/13.
12. Patelarou A., Dafermos V., Brokalaki H., Ntzillepi P., Patelarou E., **Koukia E.** (2014) Do Greek nurses adapt positive attitude towards evidence-based practice? A nationwide cross-sectional study. Book of Abstracts Royal College of Nursing International Nursing Research Conference 2-4/4/14
13. **Koukia E.,** Prodromou M. (2015). Psychological violence towards nursing staff in general hospitals in Greece and the economic crisis Book of Abstracts. Royal College of Nurses – Mental Health Nurse Academics<sup>21st</sup>

International Network for Psychiatric Nursing Research- Manchester  
Conference Centre UK 17-18/9/15 (p54)

- 14 . Prodomou M., **Koukia E.** (2015). Differences in psychopathology among patients with dual diagnosis receiving treatment in mental health services and substance use treatment programmes. Book of Abstracts. 11th European Regional Conference of the Commonwealth Nurses and Midwives Federation  
*'Building Success – Nurses and Midwives hold the Future' 6th – 7th March 2015, San Antonio Hotel, Qawra, Malta*
  - 15 . Fradelos EC, Tzavella F, **Koukia E**, Tsaras K, Papathanasiou IV, Aroni A, Alikari V, Ralli M, Kleisiaris Ch, Bredle J, Zyga S.(2016) “Translation and Validation of the Facit Spiritual Wellbeing Scale (Facit-Sp12) for Greek Population”
    - a . International Journal of Health Administration and Education Congress
    - b . (Sanitas Magisterium) Venue: ELITE Hotels Darica Spa & Convention Center, Gebze, Turkey, 26-27/3/ 2016 (p90)
-

## PARTICIPATION IN GREEK AND INTERNATIONAL CLINICAL STUDIES/EDUCATIONAL PROGRAMMES

### FUNDED RESEARCH/EDUCATIONAL PROGRAMMES IN GREECE

**1.2026** Design and Implementation of an Educational Program (Center for Continuing Education and Lifelong Learning, EKPA), a cooperation between the Laboratory of Counselling Nursing Support and Psychoeducation for Patients with Mental Illness and Caregivers, Department of Nursing, School of Health Sciences, NKUA, Greece, and the Hellenic Cancer Society in “**Psycho-oncology**”, **Scientific supervisor Koukia E.**

**2.2020 – 2022** Design and implementation of an Educational (Center for Continuing Education and Lifelong Learning) and Research Programme by the Nursing Department of the National and Kapodistrian University of Athens entitled “**Training of nursing staff in general and psychiatric hospitals in smoking cessation techniques**”. Donation between the Stavros Niarchos Foundation, the Greek State and the Nursing Department of the National and Kapodistrian University of Athens. Law 4655/2020, Government Gazette 16/A/31-1/2020. **Scientific Director: Koukia E.**

**3.2014-2015** Design and implementation of a research protocol on “**Continuing education of mental health nurses in community psychiatric nursing**” **Scientific supervisor: Koukia E.** (ELKE code: 11367)

**4.2014-2015** Design and implementation of a research protocol on “**Continuing education of mental health nurses in community psychiatric nursing**” (ELKE code Prog. 11367) within the framework of the European Leonardo Programme with the participation of Greece (co-researchers Psychiatrist Mr. Giannis Papatriantafyllou, Nurse President of SYNOPSISNO Georgios Avramidis) **Scientific supervisor Koukia E**

**5.2012-2013** Design and implementation of a research protocol on “**Knowledge and attitudes of nurses in psychiatric clinics and psychiatric hospitals regarding active and passive smoking among healthcare professionals and patients**” **Scientific supervisor: Koukia E.** (ELKE code: 11103)

**6.2009 – 2011** “**Internet use and psychiatric symptomatology in students**” ELKE – Kapodistrias  
Translation and calibration of the Young Internet Addiction Scale  
Young Internet Addiction Scale in the Greek population (E. Koukia)

### UNFUNDED RESEARCH/EDUCATIONAL PROGRAMMES IN GREECE

**1. 2025 to present** Planning and collaboration on Project Eleni with AMKE IASIS, which concerns the reintegration of women aged 25-40 with neoplastic disease

**2. 2019-2020** Planning and implementation of an educational programme by the Nursing Department of the National and Kapodistrian University of Athens entitled “**Cyberbullying in adolescence. A threatening phenomenon,**” aimed at secondary school students in the Attica Region. Ref. No. F.2.1/SD/23236/D7. Ministry of Education and Religious Affairs. **Scientific Director Koukia E.**

**3.2013-2014** Design and implementation of an educational programme for healthcare professionals in hospitals in Attica on the topic: “**Communicating the diagnosis: Revealing or concealing the truth**” in collaboration with the of Nurses of Greece  
(From 17/5/2013 Koukia E., Mangoulis P. G.N.A. “G. Gennimatas” duration 1 month  
From 13/6/2013 Koukia E., Mangoulis P. Pentelis Children's Hospital, duration 1 month)  
**Scientific supervisor Koukia E.**

**4.2012-2013** Co-researcher in the study "Empathy and Theory of Mind in Bipolar Disorder. A family study" (Scientific supervisor M. Hatzoulis)

## **PARTICIPATION IN THE DESIGN AND IMPLEMENTATION OF RESEARCH PROTOCOLS IN GREECE**

**1.2015 – 2016** Member of the "Expert Group" of the "Facit Spiritual Wellbeing Scale for Greek Population" in the doctoral study by Evangelos Fradelos entitled: "The effect of spirituality on the quality of life of patients with chronic kidney disease and its correlation with mental health and cognitive perceptions" (Supervisor: Associate Professor Sofia Zyga – University of the Peloponnese, Department of Nursing)

**2013–2016** Member of the 'Expert Group' for the 'Family Stigma in Alzheimer's Disease Scale', to check the suitability of questions for interviews with professional carers regarding the types of knowledge used in the care of elderly people with dementia and the categorisation of data obtained from interviews in the doctoral thesis Marianna Mantzoru entitled "Effect of types of knowledge of stigma and burnout of nurses on the care of elderly people with anomic syndromes" (Supervisor: E. Koukia)

**3.2013-2015** Member of the "Expert Group" of the "Evidence-Based Practice Readiness Survey" scale in Athina Patelaru's doctoral study entitled: Investigation of the views and readiness of nursing staff towards the implementation of evidence-based nursing practice. (Supervisor: E. Koukia)

**4.2014 – 2015** Coordination of a group of experts for the translation and statistical reliability and validity in the Greek population of the "WPA/Vocational training community based Psychiatric Nursing" scale in the context of the European Leonardo Programme with the participation of Greece (co-researchers Psychiatrist Mr. Giannis Papatriantafyllou, Nurse President SYNOPSISNO Georgios Avramidis)

**Scientific supervisor Koukia E**

**5.2013-2014** Translation and weighting of the Internet Addiction Test (IAT) scale by Dr. Kimberly Young.

**Internet Addiction Test (IAT)** by Dr. Kimberly Young. Publication:

**Koukia E., Mangoulia P., Alexiou E. (2014)** Internet addiction and psychopathological symptoms in Greek University Students: an online survey. Journal of Addictive Behaviour, Therapy & Rehabilitation 3,3. **Scientific supervisor Koukia E.**

**6. 2008–2009** Participation in the research team - Implementation of a research protocol on the topic: "Forms of violence and the effects on healthcare professionals in hospitals" Scientific supervisor: Associate Professor Th. Katosaras

**7.2008–2009** Member of the "Expert Group" for the translation of the scale: The World Health Organization "Health and Work Performance Questionnaire"

(Kessler et al, 2003) for the doctoral thesis of candidate Polyxeni Mangoulis entitled "The effect of secondary stress on the productivity of nurses in ICUs and psychiatric clinics" Supervisor: Associate Professor Th. Katosaras. **8.2007–2008** Participation in the analysis of data for the doctoral thesis of candidate Polixeni Mangoulis entitled "The effect of secondary stress on the productivity of nurses in ICUs and psychiatric clinics"

**8.2007–2008** Participation in the analysis of data for the doctoral thesis by Adnan Sarhan on "Prevalence of post-traumatic stress disorder"

**9.2006–2007** Participation in the implementation of a research protocol entitled: A comparative study on the Psychiatric and Psychological Implications of hysterectomy. Scientific supervisor: Prof. G. Vaslamantzis – University of Athens Department of Psychiatric Medicine, Medical School

## **FUNDED AND NON-FUNDED INTERNATIONAL RESEARCH/EDUCATIONAL COLLABORATIONS**

**1. 2026 – 2028 Scientific Lead** in European Program of the Hellenic Cancer Society: European Youth Cancer Network (YARN): 28 European countries, 25 European Union Members States, 3 eligible non-EU countries The European Youth Cancer Network (YARN) HORIZON-MISS-2024-CANCER-01-05- weaves together & builds on the EU-CAYAS-NET and OACCUs projects to expand the EU Network of Young People Affected by Cancer, focusing on peer support, social

networking, and digital tools to improve access to information, particularly for those facing relapse, metastatic cancer, and treatment side effects.

**2.2026** Participation as a trainer and representative of the National and Kapodistrian University of Athens in the **Blended Intensive Programme (BIP 3) Mental Health "Sport & Physical Activity"** coordinated by Professor Gorden Sudeck from the University of Tübingen (**collaboration between 6 countries**). The MHSPA programme was aimed at students of Physical Education, Psychology, Medicine, Nursing and Physiotherapy. The BIP was organised in collaboration with the following universities: **University of Lausanne (Switzerland), National and Kapodistrian University of Athens (Greece), Sapienza Università di Roma (Italy), Universidad Autónoma de Madrid (Spain), University of Sfax (Tunisia), and Université Libre de Bruxelles (Belgium).** Tübingen 29/3-3/4/26

**3.2026** Participation as a trainer in the Study Visit of the **LEAN Programme** (<https://ambient-lean-eu/>) co-funded by the European Union and in collaboration with the Medical School of the National and Kapodistrian University of Athens and universities in Thailand and Vietnam, on the topic of Education in Psychogeriatric Care, with Professor Manos Pikoulis, Dean of the School of Health Sciences, as Scientific Director. **Athens 12/11/26**

**4.2025** Participation in the drafting and submission of a proposal within the framework of the **CIVIS Research Collaboration on Sport and Mental Health** programme of the CIVIS European University, for seed funding of African-European research collaborations. Collaboration between universities from 7 countries: Université Libre de Bruxelles (Belgium - Coordinator Professor Jennifer Foucart), Eberhard Karls Universität Tübingen (Germany), National and Kapodistrian University of Athens (Greece), Universidad Autónoma de Madrid (Spain), Université de Lausanne (Switzerland), Université Hassan II de Casablanca (Morocco), and University of Sfax (Tunisia). (accepted and implemented at the University of Tübingen, Germany)

**5.2025** Participation as a trainer and representative of the National and Kapodistrian University of Athens in the **Blended Intensive Programme (BIP 2) Mental Health "Sport & Physical Activity"** coordinated by Professor Yasser Khazaal from the University of Lausanne (**collaboration between 6 countries**). The MHSPA programme was aimed at students of Physical Education, Psychology, Medicine, Nursing and Physiotherapy. The BIP was organised in collaboration with the following universities: **University of Tübingen (Germany), National and Kapodistrian University of Athens (Greece), Sapienza Università di Roma (Italy), Universidad Autónoma de Madrid (Spain), University of Sfax (Tunisia), and Université Libre de Bruxelles (Belgium).**

**6. 2024** Participation as a trainer in the **Blended Intensive Programme (BIP 1) "Sport & Physical Activity and Mental Health"** coordinated by Professor Konstantinos Karteroliotis from the University of SEFA EKPA (**collaboration between 6 countries**). The MHSPA programme was aimed at students of Physical Education, Psychology, Medicine, Nursing and Physiotherapy. The BIP was organised in collaboration with the following universities: **University of Lausanne (Switzerland), University of Tübingen (Germany), Sapienza Università di Roma (Italy), Universidad Autónoma de Madrid (Spain), University of Sfax (Tunisia), and Université Libre de Bruxelles (Belgium).**

**7.2021 – 2022** Researcher in the ERASMUS PLUS programme "**ehealth Literacy Learning skills among Nurses working with older people**" with code K.E, 70131L724O in collaboration with 4 international universities. (Scientific supervisor: Prof. Athina Kalokairinou)

**8.2018-2019** Scientific collaborator in the interdisciplinary Erasmus+ programme "**GoFit Erasmus Project: A Transdisciplinary Approach for Exercise, Health and Tourism**" of the University of West Attica in collaboration with 6 International Universities and co-funded by the Greek State Scholarship Foundation (IKY), on the topic of "**Mental Health Tourism**". (Scientific Director: Associate Professor Vicky Katsoni, e-Tourism Marketing and New Technologies.)

**9.2017-2018** Scientific collaborator in the programme **"Joint Action on Dementia 2015-2018"** [DEM 2] [678481], which concerns friendly communities. Presentation and training of health professionals of the Municipality of Vyronas in the Prefecture of Attica on the stigma of dementia. (Scientific supervisors: Prof. Ioannis Tountas, Prof. Thomas Sfikopoulos, Prof. Antonios Politis. NKUA)

**10.2015 – 2016** Author and educational collaborator in the NSRF – NKUA Programme **"Development of an Integrated System of Post-Hospital Health Care for Patients from Vulnerable Social Groups. Networking of Primary Health Care Nursing Services and Greek Red Cross Nursing Volunteers with General Hospitals in Chora and Local Government"** with A/A 1 of the Act "Development of an Integrated System of Post-Hospital Health Care for Patients from Vulnerable Social Groups. Networking of Primary Health Care Nursing Services and Greek Red Cross Nursing Volunteers with General Hospitals in Athens and Thessaloniki" of the Operational Programme "Human Resources Development 2007-2013", code MIS: 374850. (Scientific Project Manager: Prof. Athina Kalokairinou)

**11.2009 – 2011 LifeLong Learning Programme - European Leonardo da Vinci Programme:** Supervision and coordination of the trial phase of the online educational material for training and creation of an e-course for psychiatric nurses in the community. (Scientific Director: Psychiatrist Mr. Yannis Papatriantafyllou).

**12.2007 – 2009** Scientific collaborator in the European Union research programme: **"Further training of outpatient Psychiatric Nursing-care providers in Greece" WPA2/Multilateral Transfer of Innovation. This project has been funded by the European Commission.** Three EEC member states are participating in the programme. (Scientific Director: Psychiatrist Mr. Yannis Papatriantafyllou).

## CONFERENCE ORGANISATION MEMBER OF THE ORGANISING COMMITTEE

### CONFERENCE PRESIDENCY – ORGANISATION OF ROUND TABLES

#### Greek

1. Coordinator of the round table entitled: "Psychiatric Nursing" at
  - a. 8<sup>th</sup> Panhellenic PASYNO-ESY Conference, 22-24 November 2007
2. Coordinator and organiser of the round table entitled: "Promotion
3. Nursing – Public Health Sector. Community Nursing Workshop. 10-11 October 2008.
4. Coordinator of the free presentations on the theme "Nursing education, Cardiology nursing" at the 35<sup>th</sup> Panhellenic Nursing Conference. 12-15 May 2008.
5. Coordinator of the round table of oral presentations in the section "Research-Prevention-Addressing the risks of internet use" at the 10<sup>th</sup> Panhellenic Interdisciplinary Conference, 27-29/11/09
6. Coordinator of free presentations in the section on Health Psychology at the 2<sup>nd</sup> Panhellenic & 1<sup>st</sup> Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, 12-15/5/09
7. Coordinator of open presentations in the thematic section Mental Health Nursing at the 11<sup>th</sup> Panhellenic Professional & Scientific Conference PASYNO-ESY, Larissa, 25-27/11/10.
8. Coordinator and organiser of open presentations in the section on Mental Health Nursing at the 3<sup>rd</sup> Panhellenic & 2<sup>nd</sup> Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, 30/4-3/5/10.
9. Coordinator and organiser of the round table on "The family of the mentally ill" at the 3<sup>rd</sup> Panhellenic & 2<sup>nd</sup> Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, 30/4-3/5/10.
10. Coordinator of the lecture by Prof. K. Tsoumakas on "The effects of mobile telephony on children's health" at the 4<sup>th</sup> Panhellenic and 3<sup>rd</sup> Pan-European Scientific and Professional Nursing Conference of the Hellenic Nurses Association, 9-12/3/11
11. Coordinator and organiser of the round table discussion on "Addictions and Mental Health" at the 4<sup>th</sup> Panhellenic and 3<sup>rd</sup> Pan-European Scientific and Professional Nursing Conference, ENE, Athens, 9-12/3/11.
12. Coordinator of the lecture by Prof. G. Alevizopoulos on "Doctors and nurses as prescribers: competitors or complementary in modern therapy" at the 5<sup>th</sup> Panhellenic & 4<sup>th</sup> Pan-European Scientific & Professional Nursing Conference, Corfu, 10-13/5/12. Pan-European Scientific & Professional Nursing Conference, Corfu, 10-13/5/12

13. Coordinator and organiser of the round table on "Intercultural Psychiatric Nursing" at the 13th Panhellenic Conference PASYNO-ESY, Arachova, 23-25/11/12
14. Coordinator and organiser of the round table on "Addiction Nursing" at the 8<sup>th</sup> Panhellenic and 7<sup>th</sup> Pan-European Scientific & Professional Nursing Conference ENE, Thessaloniki, **7-10/5/15**
15. Coordinator of the lecture by Associate Professor George Panayiotou (European University Cyprus) entitled "Contribution of physical activity to the primary and secondary prevention of chronic diseases" at the 8th Panhellenic and 7th Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association ( ), Thessaloniki, 7-10/5/15 Panhellenic and 7<sup>th</sup> Pan-European Scientific & Professional Nursing Conference, Thessaloniki, **7-10/5/15**
16. Coordinator of the interdisciplinary discussion "Physical and psychological violence against professional nurses" at the 3<sup>rd</sup> Panhellenic Conference on Revitalisation and Coping Emergency Incident, Greek Cardiopulmonary Resuscitation Cardiopulmonary Resuscitation, **7-8/10/16**
17. Coordinator at the lecture by Prof. Athanasios Douzenis at the Mental Health Conference - Provision of Quality Mental Health Services. Rights of People with Mental Illness – Priority of Mental Health Professionals, ENE, Stratos Vassilikos Hotel, **10-11/10/16**
18. Coordinator of the round table discussion "Chronic Diseases, Patient Fatigue and Holistic Care" Educational seminar<sup>13<sup>th</sup></sup> cycle, Haematology News Oncology News Modern Nursing, Kalamata, **14-15/9/18**
19. Coordinator at the lecture by Prof. Panagiotis Behrakis "European Strategy for Smoking Control"<sup>19<sup>th</sup></sup> Panhellenic Nursing Conference, Lake Plastira, **7-9/12/18**

## **International**

1. Coordinator of free communications entitled "Culture-Working Environment" at the 2<sup>nd</sup> WENR Symposium Cultural Factors Influencing Patient Safety. Athens, Greece, **8-10/10/09**
2. Chair of the round table at the 2<sup>nd</sup> Mental Health Conference, Aegli Zappeion, **3/11/16**
3. Coordinator (Chair) of poster presentations at the 1<sup>st</sup> International Conference of Community & Public Health Nursing: Research, Education and Practice, Athens, Greece, **14-16/11/13**
4. Chair of poster presentations at the 1<sup>st</sup> International Conference of Community & Public Health Nursing: Research, Education and Practice, Athens, Greece, **14-16/11/13**
5. Chair of the open presentations entitled "Community Psychiatric Nursing" at the 1<sup>st</sup> International Conference of Community & Public Health Nursing: Research, Education and Practice, Athens, Greece, **14-16/11/13**
6. Chair of the 4<sup>th</sup> International Congress of Dramatherapy and Playtherapy of HADP. "Eros and Psyche from myth to perspective", Horokopio University, Athens, Greece, **2-4/12/16**
7. Organisation and coordination of the opening ceremony of the 9<sup>th</sup> **European Conference on Tobacco Control** with the central theme "Europe 2040: less than 5% smokers". Co-organised by the European Network for Smoking and Tobacco Prevention (ENSP), National and Kapodistrian University of Athens, Hellenic Cancer Society (Smoke free Greece), **22-24/10/24**.

## **MEMBER OF SCIENTIFIC COMMITTEES AT INTERNATIONAL CONFERENCES**

1. Member of the International Scientific Committee of the 2<sup>nd</sup> Panhellenic and 1<sup>st</sup> European Scientific & Professional Congress of the Hellenic Nurses Association, Rhodes, **12-15/5/09**.
2. Member of the International Scientific Committee of the 1<sup>st</sup> International Conference of Community & Public Health Nursing: Research, Education & Practice, Athens, **14-16/11/13**.

## **MEMBER OF SCIENTIFIC/ORGANISATIONAL COMMITTEES AT GREEK CONFERENCES**

1. Two-day Mental Health Conference on the provision of quality mental health services. The rights of people with mental illness – Priority for mental health professionals, Athens, **10-11/10/2016**
2. 8<sup>th</sup> Panhellenic PASYNO-ESY Conference on "The Modern Nurse: Professional & Social Recognition, European Perspective", **27-29/11/07**

3. Panhellenic two-day conference. Local government Health promotion for the elderly. Municipality of Ag. Dimitrios and EKPA Department of Nursing – Public Health Sector. Community Nursing Laboratory, **10-11/10/08**
4. Member of the Scientific Committee at <sup>the 2nd</sup>Panhellenic & <sup>1st</sup>Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, **12-15/5/09**
5. Member of the Scientific Committee at <sup>the 1st</sup>Panhellenic Interdisciplinary Conference. Society for the Study of Internet Addiction Disorder. Larissa, **27-29/11/09**
6. Member of the Scientific Committee at <sup>the 3rd</sup>Panhellenic & <sup>2nd</sup>Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30-43 May 2010**
7. Member of the Scientific Committee at the 4th Panhellenic and <sup>3rd</sup>Pan-European Scientific and Professional Nursing Conference of the Hellenic Nursing Association, Athens, **9-12 March 2011**
8. Member of the Scientific Committee at <sup>the 5th</sup>Panhellenic and <sup>4th</sup>Pan-European Scientific and Professional Nursing Conference of the Hellenic Nursing Association (ENE), Corfu, **10-13/5/12**
9. Member of the Scientific Committee at the 13th Panhellenic Conference of PASYNO-ESY, Arachova, **23-25/11/12**
10. Member of the Scientific Committee at the 6th Panhellenic & <sup>5th</sup>Pan-European Scientific & Professional Nursing Conference, ENE, Lefkada, **23-26/5/13**
11. Member of the scientific committee at the <sup>3rd</sup>Panhellenic Interdisciplinary Conference with International Participation "e-life, Prevention and Treatment of High-Risk Online Behaviours", Athens, **1-2/11/13**
12. Member of the Scientific Committee at the 14th Panhellenic PASYNO-ESY Conference, Pelion, **6-8/12/13**
13. Member of the Scientific Committee at <sup>the 7th</sup>Panhellenic & <sup>6th</sup>Pan-European ENU, Ioannina, **8-11/5/14**
14. Member of the Scientific Committee at the <sup>5th</sup>Panhellenic Conference on Smoking Control. Biomedical Research Foundation, Academy of Athens, **10/12/2014**
15. Member of the Scientific Committee of the <sup>8th</sup>Panhellenic and <sup>7th</sup>Pan-European Scientific & Professional Nursing Conference, Thessaloniki, **7-10/5/15**
16. Member of the Scientific Committee <sup>of the 6th</sup>Panhellenic Conference of Scientists for the Care of the Chronically Ill, University of Thessaly, Lake Plastira, **22-24/10/15**
17. Member of the Honorary Scientific Committee <sup>of the 9th</sup>Panhellenic & <sup>8th</sup>Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association, **19-22/5/16**
18. Member of the Scientific Committee Two-day Mental Health Conference. Provision of quality mental health services. ENE, Stratos Vassilikos Hotel, **10-11/10/16**
19. Member of the Scientific Committee <sup>10th</sup>Panhellenic Conference on Cardiometabolic Risk Factors, Annual Community Nursing Conference, Health Promotion Issues in Patients with Chronic Cardiometabolic Diseases, Athens, **24/6/ 2017**

#### **MEMBER OF WORKSHOP EVALUATION COMMITTEES AT CONFERENCES**

1. <sup>8th</sup>Panhellenic PASYNO-ESY Conference on "The Modern Nurse: Professional & Social Recognition from a European Perspective", 27-29/9/2007.
2. <sup>34th</sup>Panhellenic Conference of the Hellenic Nursing Association on "Care: the heart of nursing", 7-10 May 2007.
3. <sup>35th</sup>Panhellenic Nursing Conference of the Hellenic Nursing Association on the topic: Nursing: Safety and Quality in the Workplace, 12-15 May 2008.
4. <sup>1st</sup>Panhellenic Scientific and Professional Conference of the Hellenic Nurses Association, Lefkada, 12-15/5/2008.
5. 2nd Panhellenic Scientific and Professional Conference of the Hellenic Nurses Association. Rhodes, 12-15 May 2009.
6. <sup>3rd</sup>Panhellenic & <sup>2nd</sup>Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, 30 April-3 May 2010.
7. 4th Panhellenic and <sup>3rd</sup>Pan-European Scientific and Professional Nursing Conference of the Hellenic Nurses Association, Athens, 9-12 March 2011
8. <sup>5th</sup>Panhellenic & <sup>4th</sup>Pan-European Scientific & Professional Nursing Conference, ENE, Corfu, 10-13/5/12

9. 6th Panhellenic & 5<sup>th</sup>Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association, Lefkada, 23-26/5/13
10. 14th Panhellenic PASYNO-ESY Conference, Pelion, 6-8 December 2013

#### MEMBER OF THE HONORARY SCIENTIFIC COMMITTEE OF CONFERENCES

1. 8<sup>th</sup> Panhellenic Conference on Cardiometabolic Risk Factors, Society for the Study of Risk Factors for Vascular Diseases, Kalamata, 25-27/6/15
2. 9<sup>th</sup> Panhellenic and 8<sup>th</sup>Pan-European Conference of the Hellenic Society of Nephrology, Kalamata, 19-22/5/16

#### PARTICIPATION WITH PRESENTATIONS IN GREEK AND INTERNATIONAL SCIENTIFIC CONFERENCES

#### LECTURES-PRESENTATIONS UPON INVITATION TO INTERNATIONAL CONFERENCES-SEMINARS (Total 5)

1. **Koukia E.**, Giannouli E., Gonis N., Douzenis A. & Lykouras L. 4<sup>th</sup>European Congress on Violence in Clinical Psychiatry (Vienna, Austria). Title: Security rules and banned items on psychiatric acute admission wards in Athens – Greece: The role of the nurse, Vienna – Austria, **20/10/05**
2. **Koukia E.** Madianos MG. IX World Congress of Psychosocial Rehabilitation. Title: Is psychosocial rehabilitation preventing family burden? A comparative study, Athens, **12-15/10/06**
3. **Koukia E.**, Mangoulia P., Papageorgiou D., Katostaras Th. 4<sup>th</sup>World Congress on Quality in Medical Practice. Title: Violence against health care staff in general hospitals in Greece, Thessaloniki, **2-4/10/08**
4. **Koukia E.** Giannouli E. Gonis N. 2<sup>nd</sup>WENR Symposium. Cultural Factors Influencing Patient Safety. Title: Mental Health Nurses and nurses' assistants' safety and security practices in acute inpatient psychiatric wards, Athens, Greece, **8-10/10/09**
5. **Koukia E.** 1<sup>st</sup> Pan-Cyprian Scientific Conference "Week without screens" speech entitled "Addiction to the internet and electronic games. Prevention and treatment", Limassol Nautical Club, **30/5-6/5/18**

#### LECTURES-PRESENTATIONS BY INVITATION AT GREEK SEMINARS-ROUND TABLES (Total 35)

1. **Koukia E.** "Children and radiotherapy – Nursing approach" (review paper) 4<sup>th</sup>Panhellenic Conference on Radiology and Radiotherapy on the topic: "Quality of Nursing Care" Metaxa Hospital, Piraeus **9-12/10/1997**
- Koukia E.** "Paediatric Oncology: The Role of the Nurse" (review paper) 1<sup>st</sup> Panhellenic Conference on Paediatric Oncology
2. **Koukia E.** "Paediatric Oncology: The role of the nurse" (review paper) 1<sup>st</sup>Panhellenic Conference on: "Quality in healthcare" P & A Kyriakou Hospital, Athens **16-17/10/1997**
3. **Koukia E.** "Communication and children with chronic diseases" (review paper) Psycho-oncology workshop on: "Communicating with patients: problems and difficulties" Metaxa Hospital, Piraeus, **7 November 1997**
- Koukia E.** "Nursing and Quality" (review paper) 1<sup>st</sup> Panhellenic Conference on: "Quality in Healthcare"
4. **Koukia E.** "Nursing and Quality" (review paper) 1<sup>st</sup>Panhellenic Conference on "Quality Interventions in Health" Holiday Inn Hotel, Athens, **14 November 1997**
- Koukia E.**
5. **Koukia E.** "Nursing and Quality" (review paper) 1<sup>o</sup> Panhellenic Conference on: "Quality Interventions in Health" Holiday Inn Hotel, Athens **14/11/1997**
6. **Koukia E.** "Children with Cancer in Hospital" (review paper) Two-day conference on: "Mental Health Nursing - Current Issues - New Approaches" Nursing Studies Society P & A Kyriakou Children's Hospital, Athens **6/11/1998**
- Koukia E.** "Depression in the community" (review paper) 1<sup>st</sup> Panhellenic Conference of Nursing Students on: "Nursing and Quality" (review paper)
7. **Koukia E.** "Depression in the community" (review paper) 1<sup>st</sup>Panhellenic Conference of Nursing Students on: "The Contribution of Nursing to Primary Health Care" Holiday Inn, Athens **3-5/12/1999**

8. **Koukia E.**, Stathopoulos Th. "The need for training psychiatric nurses in cognitive psychotherapy".(review paper)<sup>27th</sup>Panhellenic Nursing Conference on: "The<sup>21st</sup>Century: A New Beginning for Nursing" Athens, **23-25/6/2000**
9. **Koukias E.** "Approaching the family" (review paper) Hellenic Gerontological and Geriatric Society. Seminar on "Care of the elderly". Xen. Karavel, Athens, 24-26/1/2002 Koukia E. "Family and Schizophrenia: Family atmosphere and therapeutic approaches" (review paper) Workshop on: "Schizophrenia: Latest developments in the treatment of acute psychotic disorders" Xen. Karavel, Athens, 9 June 2001
10. **Koukia E.** "The burden on families with a member suffering from schizophrenia" (review paper). Postgraduate Seminar 2002 – 2003 Current Issues in Psychopathology and Mental Health K.K.P.S.Y. Zografou, Athens, 14/11/2002
11. **Koukia E.**, Adali E., Evangelou E. "The attitude of TEI students towards mental illness." (research paper)<sup>1st</sup>Mental Health Sector Workshop Topic: "Mental Health Nursing: Developments and Prospects in the Context of Psychiatric Reform" ESDNE, Athens, **23/11/2002**
13. **Koukia E.** Giannoulis E. Gonis N. Douzenis A. "Safety rules in short-stay wards in psychiatric hospitals in the wider Athens area." (research paper)<sup>8th</sup>Panhellenic Conference of PASYN0 – ESY on "The Modern Nurse: Professional & Social Recognition from a European Perspective". Athens, **3/12/07**
14. **Koukia E.** Gonis N. "Nursing interventions by psychiatric nurses in dealing with critical incidents". (research paper)<sup>35th</sup>Panhellenic Nursing Conference on Nursing: Safety and Quality in the Workplace. ESDNE, Athens, **12/5/08**
15. **Koukia E.** "The practices of administering psychotropic drugs by nurses working in psychiatric hospitals". (research paper)<sup>9th</sup>Panhellenic PASYN0 – ESY Conference, Thessaloniki, **27-29/11/08**
16. **Koukia E.** Contemporary problems in paediatric nursing. "Psychogenic eating disorders Anorexia nervosa – Bulimia".<sup>9th</sup> Nursing Workshop Children's Hospital "Pan. & Aglaia Kyriakou", Athens **13/12/08**
17. **Koukia E.** Kallergis G. "Presentation of a pilot training programme for postgraduate students of mental health nursing in counselling – supportive psychotherapy". <sup>2nd</sup> Panhellenic & <sup>1st</sup> Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, **12-15/5/09**
18. **Koukias E.** Gonis N. "Online role-playing games and role-playing games using 'pen and paper'. Players' thoughts on their addiction." <sup>1st</sup>Panhellenic Interdisciplinary Conference. Society for the Study of Internet Addiction Disorder. Larissa, **27-29/11/09**
19. **Koukia E.** "Safety rules and nursing practices in short-stay psychiatric wards". Department of Inpatient Care, Ag. Sofia Children's Hospital, Athens, **22/2/10**
20. **Koukia E.** "Presentation of diaries of experiential experiences on the theme of art therapy, by students of the postgraduate programme in Mental Health". **2010**
21. **Koukia E.** "Presentation of diaries of experiential experiences on the theme of art therapy by students of the postgraduate programme in Mental Health at the Nursing Department of the University of Athens". Hellenic Counselling Association – Two-day conference on "Art as a tool in contemporary therapeutic approaches", Harokopio University, Athens, **24-25/4/10.**
22. **Koukia E.** "Intercultural approach to families of patients with mental illness". <sup>3rd</sup>Panhellenic & 2nd Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30/4-3/5/10.**
23. **Koukia E.** "The culture of the nursing profession". Event for International Nurses Day at 251 General Air Force Hospital, Athens, **17/5/10.**
24. **Koukias E.** "Training nurses in mental health"<sup>10th</sup>Panhellenic Nursing Students' Conference, Athens, **8-10/4/11**
25. **Koukias E.** Special event of the Equal Cooperation Group for Mental Health "Myths and reality about psychotropic drugs" Intervention in the presentations.<sup>2nd</sup>Panhellenic Conference on Clinical Neuropsychopharmacology, Athens, **13-15/10/11**
26. **Koukia E.** Keynote speech at the round table "The crisis in mental health. A self-fulfilling prophecy entitled "Psychiatric Reform: The views of nurses"<sup>12th</sup> Panhellenic Professional & Scientific Nursing Conference PASYN0-ESY, Nafplio, **18-20/11/11.**
27. **Koukia E.** "GIM music therapy in education: The experience of postgraduate students in the Department of Mental Health, National and Kapodistrian University of Athens, in Music and Creativity in Psychiatry – Clinical Applications of Music Therapy, Interdisciplinary Society for Psychological Intervention (Hellenic Psychiatric Association – Hellenic Association of Certified Professional Music Therapists, Athens, **23/3/12**

28. **Koukia E.**, Mangoulis P. Speech at the round table "Psychiatric nursing education in the clinical setting" entitled "Experiential learning in postgraduate mental health education: student experiences and opinions" 5<sup>th</sup>Panhellenic & 4<sup>th</sup>Pan-European Scientific & Professional Nursing Conference, Corfu, **10-13/5/12**.
29. **Koukia E.** speech at the round table "Specialised knowledge: a necessity for the quality provision of mental health nursing services" entitled "Experiential learning in postgraduate nursing education". SY.NO.PSY.NO ESY Attica Prefecture – PASYNO – ESY workshop at the Dromokaitio Psychiatric Hospital, **27/10/12**
30. **Koukia E.** Keynote speech at the round table "Nursing Concerns and Adolescents" entitled "Continuing education in Mental Health Nursing: a guarantee for the quality of services provided to adolescents" 6<sup>th</sup>Intensive Seminar on Adolescent Medicine, Athens, **12-13/4/13**.
31. **Koukia E.**, Theofilou V. Speech at the round table discussion entitled "Drama Therapy and Play Therapy. Influences and Effects" entitled "Play Therapy as an experiential experience for mental health professionals", 3<sup>th</sup> International Conference on Drama Therapy & Play Therapy, Nafplio, **11-13/10/13**.
32. **Koukia E.** speech at the Interdisciplinary discussion "Physical and Psychological Violence against Professional Nurses" at the 3<sup>rd</sup> Panhellenic Conference on Resuscitation and Emergency Response, Hellenic Society of Cardiopulmonary Resuscitation, **7-8 October 2016**
33. **Koukia E.** Speech at the Round Table: Professional developments in the field of nursing and mental health nursing. Two-day Mental Health Conference. Provision of quality mental health services. ENE, Stratos Vassilikos Hotel, **10-11/10/16**
34. Kouroupaki N., Fotos N., Oikonomou A., **Koukia E.**, Brokalaki H. 23<sup>rd</sup>Panhellenic Cardiology Nursing Conference: The heart in our hands. "Psychosocial adaptation to disease in patients with heart failure" Panhellenic Cardiology Nursing Sector, Athens Hilton Hotel, **19-20/10/17**
35. **Koukia E.** Speech on "Internet addiction" 2<sup>nd</sup>Mental Health Day of the General Hospital of Athens "Tzaneio" **23/11/17**
36. **Koukia E.** Introductory speech on "Internet and electronic game addiction. Prevention and treatment, guidelines for children and parents" on World Mental Health Day Mental Health Department of the Hellenic Psychiatric Association, Amphitheatre of the General Hospital of Athens "Elpis" **10/10/18**
37. **Koukia E.** Guest speaker at the conference on "Contemporary Mental Health Nursing Practices" entitled "New forms of teaching mental health nursing" Aeginio Hospital, First Psychiatric Clinic, Medical School, University of Athens **6/4/19**
38. **Koukia E.** Online meeting and speech at Alma Zois Panhellenic Association of Women with Breast Cancer **21/3/24**
39. **Koukia E.** Online meeting and speech at KAPA3 **21/3/24**
40. **Koukia E.** Information about KIPEN and speech at the Elpida Hostel **4/24**
41. **Koukia E.** Online meeting and talk at Spiliopouleio Hospital **30/5/24**
42. **Koukia E.** Talk as part of experiential parent groups in collaboration with KIPEN-EAE and the Deputy Mayor's Office for Family Policy, Equality & Preschool Age in the Municipality of Vrilissia on the topic "Getting to know children and adolescents: Concerns and challenges. **16/10/24**
43. **Koukia E.** Online meeting and speech at the Secretariat for Children's Rights **4/12/24**
44. **Koukia E.** Greeting and speech at the event of the Hellenic Cancer Society at the Basil and Elise Goulondris Foundation on the topic: "World Cancer Day – 67 years of HCS" **3/2/25**
45. **Koukia E.** Online meeting and speech with the Ev Zo Association for Breast Cancer **1/9/25**
46. **Koukia E.** Online meeting and speech at the branches of the Hellenic Cancer Society on the operation of the Day Centre for Children and Adolescents with Neoplastic Diseases. **25/9/25**
47. **Koukia E.** Talk and guest of honour at the informative event of the Hellenic Cancer Society – Fokida Branch at the Amfissa Cultural Centre – Theatre Hall, at the informative event on: The rights of cancer patients **15/11/25**

## PRESENTATIONS OF WORK AT INTERNATIONAL CONFERENCES

1. Madianos M., Economou M., Dafni O., **Koukia E.**, Palli A., Rogakou E. (2006) The family burden scale: its final version and validation. (poster) IX World Congress of Psychosocial Rehabilitation. Athens, **12-15/10/06**
2. Mangoulia P. Fildissis G, **Koukia E.** Alevizopoulos G., Katostaras T. Secondary Traumatic Stress among ICU nurses in Greece. (poster) 23<sup>th</sup> Annual Congress ESICM Barcelona, Spain, **9-13/10/10**

3. Mangoulia P, Fildissis G, **Koukia E**, Alevizopoulos G., Katostaras T. (2011) Factors associated with compassion fatigue among ICU nurses in Greece. (oral presentation)<sup>31st</sup>International Symposium on Intensive Care and Emergency Medicine, Brussels, Belgium, **22-25/3/11**
4. **Koukia E**. Current role of nursing in mental health care reform programme in Greece: nurses' views. (oral presentation)<sup>10th</sup>ENDA congress "Health care changes in Europe – opportunities for breakthrough with nursing leadership" Rome, Italy, **10/11**
5. Mangoulia P., **Koukia E**. The role of Music Therapy in Patient Relaxation. (oral presentation)<sup>4th</sup>European Scientific & Professional Nursing Congress, Corfu, **10-13/5/12**.
6. **Koukia E.**, Mangoulia P. Online vs pen and paper role playing games. A case of "internet addiction"? (oral presentation) The 1st Interdisciplinary Congress "Psychiatry and Related Sciences" World Psychiatric Association Thematic Conference -<sup>4th</sup>European Congress of the International Neuropsychiatric Association, Athens, Greece, **29/11-2/12/12**.
7. **Koukia E**. "Three years follow up of violence towards mental health nurses by colleagues in psychiatric hospitals in Greece during economic crisis."  
<sup>32nd</sup>World Congress on Euro Nursing and Medicare Summit, Paris, France, **26-28/10/2017**
8. Prodromou M., **Koukia E**. Organisational culture ambiguity & role conflict in Cyprus Mental Health Services (oral presentation)<sup>4th</sup>European Scientific & Professional Nursing Congress, Lefkada, Greece, **23-26/5/13**
9. Mantzorou M, Basina E., Milonopoulou S., Mastrogiannis D., Aggelopoulou Z., **Koukia E**. Quality of life and nursing care of demented elderly people living in nursing homes (poster)<sup>1st</sup>International Conference of Community & Public Health Nursing: Research, Education and Practice, Athens, Greece, **14-16/11/13**
10. Kourakos M. **Koukia E**. Patient smoking habits in community mental facilities. (poster)<sup>1st</sup>International Conference of Community & Public Health Nursing: Research, Education and Practice, Athens, Greece, **14-16/11/13**
11. **Koukia E.**, Stathopoulos Th. Nurse's attitudes in relation to smoking among psychiatric patients. 4th Panhellenic Conference on Smoking Control within the framework of the Heart II programme. **9-11/12/13**.
12. Prodromou M., **Koukia E**. Psychiatric disorder and drug abuse among patients in Mental Health Services in Cyprus.<sup>10th</sup>European Conference of the Commonwealth Nurses' Federation. **15-16/4/13**.
13. Patelarou A., Dafermos V., Brokalaki H., Ntzillepi P., Patelarou E., **Koukia E**. Do Greek nurses adapt positive attitude towards evidence-based practice? A nationwide cross-sectional study. Royal College of Nursing International Nursing Research Conference **2-4/4/14**
14. Athanasiadou Major F., Serafim Major T., **Koukia E.**, Alevizopoulos G., Kallergis G. Relationship between anxiety and heart disease in healthy Greek population of the army. International Congress of the World Federation for Mental health and the Hellenic Psychiatric Association. Living with schizophrenia. **9-11/10/14**
15. Prodromou M., **Koukia E**. Dual Diagnosis.<sup>3rd</sup>Horatio European Festival of Psychiatric Nursing, Malta, **6-9/11/14**
16. Prodromou M., **Koukia E**. Differences in psychopathology among patients with dual diagnosis receiving treatment in mental health services and substance use treatment programmes (pilot study).<sup>11th</sup>European Commonwealth Conference, Estonian Midwives Association, Malta, **6-7/4/15**
17. **Koukia E.**, Prodromou M. Psychological violence towards nursing staff in general hospital in Greece and economic crisis Book of Abstracts. Royal College of Nurses – Mental health Nurse Academics<sup>21st</sup>International Network for Psychiatric Nursing Research- Manchester Conference Centre UK **17-18/9/15** (p54)
18. Fradelos EC, Tzavella F, **Koukia E**, Tsaras K, Papathanasiou IV, Aroni A, Alikari V, Ralli M, Kleisiaris Ch, Bredle J, Zyga S. "Translation and Validation of the Facit Spiritual Wellbeing Scale (Facit-Sp12) for Greek Population" International Journal of Health Administration and Education Congress (Sanitas Magisterium) Venue: ELITE Hotels Darica Spa & Convention Centre, Gebze, Turkey, **26-27/3/ 2016**
19. **Koukia E**. "Further training of outpatient psychiatric nurses in Greece before psychiatric reform"<sup>13th</sup>International Conference on Psychiatric – Mental Health Nursing, London UK, **3-4 October 2016**
20. **Koukia E**. "Three years follow up of violence towards mental health nurses by colleagues in psychiatric hospitals in Greece during economic crisis", Euro Nursing 2017, Paris, France, **26-28/10/17**

21. Fradelos E., Lekka D., Tsaras K., Papathanasiou I., Tzavella F., **Koukia E.**, Zyga S. The effect of spirituality on illness representation of Greek haemodialysis patients.<sup>7th</sup>International Congress on Interpersonal Acceptance and Rejection, ISIPAR Congress, Panteion University, **15-18/5/18**
22. Mantzorou M., Mastrogiannis D., **Koukia E.** EuGMS e-Congress 2020 – Covid 19- Lessons and challenges for health care for older adults, “Comparative study of stigma and burnout among Professional and family caregivers in dementia care” European Geriatric Medical Society, **7-9/10/20**
23. Mantzorou M., Mastrogiannis D., **Koukia E.** EuGMS e-Congress 2020 – Covid 19- Lessons and challenges for health care for older adults, “The influence of neuropsychiatric symptoms of elderly with dementia, on stigma and burnout of family caregivers”, European Geriatric Medical Society, **7-9/10/20**
24. Mantzorou M., Kalokairinou A., Economou M., Sourtzi P., Politis A., Mougias AA., Mastrogiannis D., **and Koukia E.** “A cross-sectional study on burnout of family carers of older adults with dementia in Greece.”<sup>19th</sup>Congress of the European Geriatric Medicine Society, Helsinki, **20-22 September 2023**

### 16.3 PRESENTATIONS OF WORK AT GREEK CONFERENCES (total 37)

1. **Koukia E.**, Papageorgiou D., Mangoulis P., Katostaras Th. "Incidents of violence experienced by healthcare professionals from colleagues during shifts" (posted announcement)<sup>9th</sup>Panhellenic Conference of PASYNO – ESU Thessaloniki **27-29/11/08**
2. Kallergis G. **Koukia E.** "Training programme for postgraduate mental health students in counselling-supportive psychotherapy" (posted announcement)<sup>36th</sup>Panhellenic Nursing Conference, National Association of Nurses of Greece, Mykonos **4-7/5/09**
3. Marinaki D., **Koukia E.** "Programme for the prevention of eating disorders applied in educational institutions during the period 1997-2007" (oral presentation)<sup>2nd</sup>Panhellenic & <sup>1st</sup>Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, **12-15/5/09**
4. Hatzis S., **Koukia E.** "Comorbidity of acute myocardial infarction and depression" (posted announcement)<sup>2nd</sup>Panhellenic & <sup>1st</sup>Pan-European Scientific & Professional Nursing Conference. Hellenic Nurses Association, Rhodes, **12-15/5/09**
5. Mangoulis P., **Koukia E.**, Katostaras T. "Secondary post-traumatic stress in nurses working in psychiatric clinics".<sup>3rd</sup>Panhellenic & <sup>2nd</sup>Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30 April-3 May 2010**.
6. Velissariou N., Parali O., **Koukia E.** "The use of complementary and alternative therapies in mental health." <sup>3rd</sup>Panhellenic & 2nd Pan-European Scientific & Professional Nursing Conference, ENE, Ioannina, **30/4-3/5/10**.
7. Mafreda Chr., Paschou I., Kallergis G., **Koukia E.** "The therapeutic approach to post-traumatic stress disorder through psychodrama." <sup>2nd</sup>Panhellenic Psychiatric Conference "Art and Psychiatry," Chania, **20-23/5/10**.
8. Mangoulis P., Fildisis G., **Koukia E.**, Alevizopoulos G., Katostaras Th. "Secondary traumatic stress in nurses in intensive care units." <sup>13th</sup>Panhellenic Conference on Intensive Care, **5-7 November 2010**.
9. **Koukia E.** Giannouli E. "Raising awareness among students of the postgraduate programme in Mental Health about art therapy through experiential workshops" (posted announcement). <sup>2nd</sup>Panhellenic Psychiatric Conference "Art and Psychiatry", Chania, **20-23/5/10**.
10. Mangoulis P., **Koukia E.**, Katostaras T. "Factors affecting compassion fatigue in ICU nurses" oral presentation at Research Forum 4<sup>o</sup> Panhellenic and 3rd Pan-European Scientific and Professional Nursing Conference of the Hellenic Nurses' Association, **9-12/3/11**
11. **Koukia E.**, Kalamoka V., Alexiou T. "Greek students' use of the internet" (posted announcement)<sup>4th</sup>Panhellenic and <sup>3rd</sup>Pan-European Scientific and Professional Nursing Conference of the Hellenic Nurses Association, **9-12/3/11**
12. **Koukia E.** "Violence by patients' relatives against health professionals in general hospitals" (posted announcement)<sup>11th</sup>Panhellenic Professional & Scientific Conference of PASYNO-ESY, **25-27/11/10**.
13. Kourakos M., **Koukias E.** Smoking habits of patients with mental illness.<sup>5th</sup>Panhellenic & <sup>4th</sup>Pan-European Scientific & Professional Nursing Conference, Corfu, **10-13/5/12**
14. Mangoulis P., **Koukia E.** "Access to and use of mental health services by minorities" 4th Panhellenic Psychiatric Conference on Primary Health Care, Kyllini, Ilia, **1-4/6/12**
15. **Koukia E.**, Magoulis P. "Online role-playing games and 'pen and paper' role-playing games: a comparison of players' views on their 'addiction'" 4th Panhellenic Psychiatric Conference at P.F.Y., Kyllini, Elis, **1-4/6/12**
16. Hatzikorios G., Michaila, Kelesi M., Faso G., Stathopoulos T., **Koukia E.**, Stroumouki T., Papageorgiou D. "Knowledge and training of nursing students regarding smoking control and cessation" <sup>40th</sup>Panhellenic Nursing Conference, Athens, **14-16/5/13**.

17. Mitrousi S., Traulos A., **Koukia E.**, Ziga S. "Investigation of transient and idiosyncratic anxiety among nurses in the region"<sup>40th</sup>Panhellenic Nursing Conference of the Hellenic Nursing Association, Athens, **14-16/5/13.**
18. Trasia S., **Koukia E.** "The effect of music therapy on depression" 6th Panhellenic & 5<sup>th</sup>Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association, Lefkada, **23-26/5/13**
19. Psomadeli D., **Koukia E.** "Unemployment and mental health – The bidirectional relationship between them" 6th Panhellenic & 5<sup>th</sup>Pan-European Scientific & Professional Nursing Conference ENE, Lefkada, **23-26/5/13**
20. Prodromou M., **Koukia E.** "Investigation of quantitative and qualitative characteristics of coexistence of psychiatric disorder with dependence on psychoactive substances: the case of the Pyxida therapeutic programme" 6th Panhellenic & 5<sup>th</sup>Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association, Lefkada, **23-26/5/13**
21. Mitrousi S., Traulos A., **Koukia E.**, Zyga S. "The effect of stress on the physical and mental health of nurses in the Peloponnese region"<sup>6th</sup>Panhellenic Conference on Cardiometabolic Risk Factors, Kalamata, **27-29/6/13**
22. Patelarou A., Dafermos V., Brokalaki H., Melas Chr., **Koukia E.**  
"Readiness for the implementation of evidence-based nursing practice  
– Can we measure it?" (**1<sup>st</sup>Research Paper Award**) 24<sup>th</sup> Panhellenic Conference on Perioperative Nursing SY.D.NO.X., Porto Heli, **10-13/10/13.**
23. Prodromou M., Koukia E. "Characteristicsof individuals with dual diagnosis in Mental Health Services in Cyprus"<sup>21st</sup>Pan-Cyprian Nursing and Midwifery Conference
24. **Koukia E.**, Stathopoulos T. "Knowledge and attitudes of psychiatric nurses regarding the implementation of the anti-smoking law in psychiatric hospitals" (poster)<sup>22nd</sup>Panhellenic Conference on Psychiatry, Ioannina, **10-13/4/14.**
25. Mantzorou M., Adamakidou T., Bampatsikou F., **Koukia E.** "Non-pharmacological nursing interventions for the treatment of neuropsychiatric symptoms in elderly people with dementia." <sup>13th</sup>Panhellenic Conference on Gerontology and Geriatrics, Hellenic Gerontological Geriatric Society, **26-28/2/15.**
26. Sidiropoulo, C., Dagla, M., Galanis, P., Bilali, A., Antoniou, A., **Koukia E.** "Frequency of breastfeeding in a population of premature newborns."<sup>8th</sup>Panhellenic and<sup>7th</sup>Pan-European Scientific & Professional Nursing Conference, Thessaloniki, **7-10/5/15**
27. Mylonas S., **Koukia E.** "Cognitive-Behavioural Therapy in Obsessive-Compulsive Disorder: a literature review"<sup>8th</sup>Panhellenic and<sup>7th</sup>Pan-European Scientific & Professional Nursing Conference, Thessaloniki, **7-10/5/15**
28. **Koukia E.**, Avramidis G., Papatriantafyllou I. "Continuing education of mental health nurses in community psychiatric nursing."<sup>9th</sup> Panhellenic and<sup>8th</sup>Pan-European Scientific & Professional Nursing Conference of the Hellenic Nursing Association, Kalamata, **19-22/5/16**
29. Kouroupaki N., Brokalaki H., Oikonomou A. **Koukia E.**, Fotos N. "Determinants of psychosocial adjustment to illness in patients with heart failure"<sup>44th</sup>Panhellenic Conference of the Hellenic Society of Nursing, Naxos, **10-13/5/17**
30. Kouroupaki N., Fotos N., Oikonomou A., **Koukia E.** Brokalaki H. "Psychosocial adjustment to disease in patients with heart failure"<sup>23rd</sup>Panhellenic Cardiology Nursing Conference, Panhellenic Cardiology Nursing Sector, Athens, **19-20 October 2017**
31. Mantzorou M., **Koukia E.** "The stigmatisation of elderly people with dementia and its relationship to the professional burnout of nurses." <sup>14th</sup>Panhellenic Conference of the Hellenic Gerontological and Geriatric Society, Athens, **29-31 March 2018.**
32. Topi, M., Mangoulis, P. & **Koukia, E.** The effect of self-stigmatisation on the functionality and social distance of individuals with mental illness. <sup>51st</sup>Panhellenic Conference of the Hellenic Society of Geriatrics and Gerontology, Naxos, 15-18 May 2024. (oral presentation)
33. Topi, M., Magoulis, P. & **Koukia, E.** The relationship between self-stigmatisation and self-care with attitudes towards mental illness among people with mental illness. <sup>32nd</sup>Panhellenic Conference on Psychiatry. Kalamata, 23-26 May 2024. (oral presentation)
34. Mangoulis, P., Topi, M. & **Koukia, E.**, Training of general nurses and psychiatric hospitals in Attica in smoking cessation techniques: Evaluation of results before and after the intervention. 1st Panhellenic Conference on Advanced Nursing Care and Research of the Hellenic Society for Nursing Studies and the Department of Nursing, National and Kapodistrian University of Athens. Athens, 16-18 January 2025. (oral presentation)
35. Seitaridi G., Magoulis, P. & **Koukia, E.**, Alcohol Use Disorder: Nursing Interventions in Addressing Problems within the Therapeutic Programme. 1st Panhellenic Conference on Advanced Nursing Care and Research of the Nursing Studies Society and the Nursing Department of the National and Kapodistrian University of Athens. Athens, 16-18 January 2025. (oral presentation)

36.Seitaridi, G., Magoulas, P. & **Koukia, E.** Recognising defence mechanisms in individuals with alcohol use disorder: Nursing approaches. 18th Panhellenic Scientific & Professional Nursing Conference of the Hellenic Nursing Association. Rhodes, 14-17 May 2025. (oral presentation)

37.Psomiadi, S., **Koukia, E.**, Paschali, A. & Mangoulas, P. The contribution of art therapies to substance use disorders. 13th Panhellenic Meeting on AIDS, Hepatitis, Emerging Diseases and Addictions: Prevention, Diagnosis and Treatment. Athens, 24-26 September 2025. (posted presentation)

DIGITAL SKILLS

Microsoft Word Microsoft Office  
Microsoft Excel  
Microsoft PowerPoint  
SPSS STATGRAPHICS

LANGUAGES

MOTHER TONGUE: GREEK

OTHER LANGUAGES:

|         | COMPREHENSION | SPEAKING | WRITING |
|---------|---------------|----------|---------|
| ENGLISH | C2            | C2       | C2      |
| FRENCH  | C1            | C1       | C1      |
| SPANISH | C2            | C2       | C2      |
| GERMAN  | A2            | A2       | A2      |