

Professor Evmorfia Koukia

Current positions

**Professor of Psychiatric Nursing, FACULTY OF NURSING, School of Health Sciences,
National and Kapodistrian University of Athens (NKUA), Greece**

Mental Health Consultant at the 1st Psychiatric Clinic, Aiginiteio University Hospital,
MEDICAL SCHOOL, NKUA

Director of the Division of Mental Health and Behavioral Sciences, Nursing Department, NKUA

Director of the Laboratory of "Nursing Counseling Support and Psychoeducation for Patients with
Mental Illness and Caregivers," School of Health Sciences, Nursing Department, NKUA

Director of the Postgraduate Program in Mental Health, Faculty of Nursing, NKUA

Mental Health Counsellor of Students

Scientific Supervisor of the Day Center for Children, Adolescent, and Young Adult with
Neoplastic Diseases, Hellenic Cancer Society, Attica Region

Contact

ekoukia@nurs.uoa.gr

Nursing School

School of Health Sciences - NKUA

Papdiamantopoulou

Athens, Greece

+30 7461467 +307461508

Media

http://www.linkedin.com/in/evmorfia_koukia-2876a31a

Short CV

Evmorfia Koukia is the **Professor of Psychiatric Nursing at the Faculty of Nursing, NKUA.**

Evmorfia is **the Director of the Mental Health Sector** comprising 4 academics, 1 administrative staff and researchers working across various themes.

Evmorfia is the **Director of the Laboratory** of "Counseling Nursing Support and Psychoeducation for Patients with Mental Illness and Caregivers,".

In addition, Evmorfia is the **Director of the master's degree program** of "Mental Health, a 2-year program of studies. And the **Director of the master's degree program** of "Geriatrics and Rehabilitation" in cooperation with the University of Neapolis Pafou, Cyprus.

Evmorfia has worked as a Health care professional and Academic staff for over 25 years in Children's Hospital P&A Kyriakou, Aiginiteio Psychiatric Hospital, Agioi Anargiroi Oncological Hospital and at the Community Mental Health Center of the Faculty of Nursing University of Athens. She is currently working as a university staff and **Mental Health Consultant** in the Medical School at the University Hospital "Aeginiteio" (1st Psychiatric Clinic) at the Rehabilitation Unit for patients with psychosis. Evmorfia is a **Mental Health Consultant and Psychotherapist** (CBT, Systemic Psychotherapy, Counselling and Psychoeducation of patients and carers) and **Co-therapist** on Art therapy and Play therapy.

Currently she is also the **Scientific Supervisor** of the Day Center for Children, Adolescent, and Young Adult with Neoplastic Diseases and member of the Scientific Comity of the Hellenic Cancer Society, Attica Region. The therapeutic team comprises of 10 health care professionals and 1 administrative staff.

She is the supervisor of numerous postgraduate and Phd Students. She is cooperating as academic staff with the Open University in Greece. Evmorfia is a member of numerous scientific and administrative committees. She is also the **President** of the Three-Member Examining Committee of the "Mental Health" Nursing Specialty of the Ministry of Health and Welfare

COURSES

Undergraduate Programme of Studies (PPA)

1. Psychiatric Nursing - 7th semester
2. Liaison Mental Health Nursing - 7th semester

Postgraduate Studies Programme "Mental Health" (MSc)

1. Special Topics in Psychiatric Nursing - 2nd semester
2. Psychopathology and Nursing Care of Children and Adolescents - 3rd semester

Laboratory:

"Counseling Nursing Support and Psychoeducation for Patients with Mental Illness and Caregivers"

FEK B' 2693/01.06.2022

Director: Dr. Evmorfia Koukia, Professor in Psychiatric Mental Health Nursing

Address 123 Papadiamantopoulou str., 157 73 Athens, Greece

Evmorfia is the **Director of the Laboratory** of "Counseling Nursing Support and Psychoeducation for Patients with Mental Illness and Caregivers,". The goal of the lab is counselling, researching and creating new tools providing game-changing capabilities and counselling support techniques to the health care of students, mental health staff, patients and caregivers.

The therapeutic team of the laboratory comprises from University staff (Polyxeni Mangoulia Assistant Professor), licensed psychiatrist, psychologist and psychiatric/palliative nurse and a team of therapists under her supervision. Also Phd students, and Health care staff with a doctorate degree from Faculty of Nursing.

Projects include Stress related techniques, Smoking cessation techniques, Internet (Role playing games) addiction, Sports, Physical Activities and Mental Health, Students mental health, Oncological themes and Caregivers counselling and Psychoeducation.

Research Interest

Evmorfia's research focuses on counselling, prevention and support in various mental health areas

1. Design of e-learning methods to train health care professionals in smoking cessation techniques
2. Design of e-learning methods to train health care professionals in stress-related techniques
3. Design of a platform to identify and provide guidelines for anxiety disorders for young people
4. Participate in programs to design learning capabilities concerning sports, physical activity and mental health
5. Translate and evaluate questionnaires and provide guidelines for internet addiction
6. Design e-learning methods for training teaching staff in various themes like bullying, addictions etc.

Research and Educational Projects (2024 – 2025)

1. **2022 – 2025** Participation in BIP 1 (Greece) and BIP 2 (Switzerland) in the HUB Health of CIVIS programs on Sports, Physical activity and Mental Health
2. **2020-up to now** Design of studies and implementation of educational programs about the Training of Health Professionals in Smoking Cessation Techniques
3. **2024 – up to now** Design of studies and implementation of educational programs about the Training of Health Professionals in Stress Related Techniques
4. **2025 – up to now** Design and implementation of a research program concerning cancer patients and caregivers
5. **2024 – up to now** Implementation of an educational program for parents at the community with the cooperation of the Municipalities of Athens region
6. **2023 – now to now** Design and implementation of a research program for drug addiction for adults

Books/Monographs

Greek language

1. **Koukia E. Counseling Support in the Mental Health Community and the Elderly**
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 PK. **Koukia E.** Stathopoulos Th. **SMOKING A NURSING APPROACH** 229 pages ISBN : 978-618-00-0303-1 Foundation of Medical Biological Research - 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.**, Igoumenu A. **Zografou Community Mental Health Center: The first three years 2000-2003.** University of Athens, Department of Nursing, 56 pages, Athens 2003

Foreign language

1. **Koukia E. (2023) “Counselling Older Adults in the Community Mental Health”**
Kindle edition ASIN: B0CMPKNJBM Amazon.In (in English)
2. **Koukia E. (2024) Counselling in Community Mental Health,** Kindle edition Amazon In (in English)

Research Papers

1. **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*)
2. **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*)
3. **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*)
4. 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*)
5. 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

6. **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*)
7. Galanis P., Katsitroumpa A., Mangoulia P., Gallos., Moisoglou I., **Koukia E.** (2024) Impact of Problematic TIK TOK Use on Mental Health: A systematic review and meta-analysis DOI 10.20944/preprints202411.0266.v1