

Antonia PASCHALI

Professor in Health Psychology

Department of Mental Health and Behavioral Sciences

Director of the Laboratory for the Mental Health of Health Professionals (2022- today).

Clinical Duties: Department of Psychiatry, General Oncology Hospital Kifisia- “Agioi Anargyroi” (2012-2019)

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TEACHING

Undergraduate

1. Introduction to Psychology 1st semester (2012-2021)
2. Health Psychology 4th semester
3. Communication Skills 4th semester
4. Liaison Mental Health Nursing 7th semester (2014-2022)

Postgraduate

1. Brief Psychosocial interventions, (2nd semester)
2. Communication – Interpersonal Relationships (Core Course), MSc: Joint Study Program (1st Semester)
3. Strategies of Interdisciplinary Collaboration and Communication with Children and Parents (1st Semester)

EDUCATION

Post-Doctoral training, Primal Inc., Seattle, WA, USA (2001-2003).

Ph.D. in Health Psychology, Department of Psychology, National and Kapodistrian University of Athens, Greece. Research in collaboration with the Behavioral Medicine Research Center, Baylor College of Medicine, Houston, Texas, U.S.A. (2001).

M. Phil. in Health Psychology, University of Surrey, U.K. M.Sc. in Medical Psychology, University of Surrey, U.K.

Bachelor Degree in Psychology, Department of Psychology, School of Social Sciences, University of Crete, Greece.

RESEARCH INTERESTS

- Health Psychology
- Impact of stress and adaptation to chronic illness
- Psychosocial interventions for chronic sufferers

RESEARCH GRANTS

- Paschali, A. (P.I.). The representations of illness and the ways of coping with illness, in a sample of cancer patients and their physicians: a dyadic relationship. Special Account for Research Grants, National and Kapodistrian University of Athens (2012- 2013).
- Paschali, A. (Co-P.I.), “Professional Burnout and Its Association with Empathy, Emotion Regulation, and Personality Traits in a Sample of Medical and Nursing Staff.” Special Account for Research Funds, National and Kapodistrian University of Athens (2012–2013).
- Paschali, A. (P.I.), “The role of patient-physician communication illness representations and coping behaviors with chronic patients suffering from diabetes mellitus. . Special Account for Research Grants, National and Kapodistrian University of Athens (2013-2014).
- Paschali, A. (P.I.), The effect of chronic and serious mental illness on the patient's family amid the economic crisis. Special Account for Research Grants, National and Kapodistrian University of Athens (2016-2018).
- Paschali, A. (Co-P.I.), “Dyadic Representations and Stress Management Strategies: A Pilot Study on Their Relationship with Quality of Life in Women with Neoplasia and Their Partners.” Funded within the framework of the project: “Support for Researchers with Emphasis on Early-Career Researchers – Phase B” (2019–2021).
- Paschali, A. (P.I.): “Dyadic Representations and Coping Strategies: A Prospective Study of their Relationship to Quality of Life in Women Diagnosed with Cancer and their Partners”, Funding: Stavros Niarchos Foundation (SNF) Health Initiative, (2021-2023).
- Paschali, A. (P.I.): “Digital Stress Self-Management Program for Frontline Healthcare Professionals: Nurses, Paramedics, Physicians.” Funding: Stavros Niarchos Foundation (SNF) Health Initiative, (2025-2027).

RECENT PUBLICATIONS

1. Karademas, E., Paschali, (2025). A. Unpacking COVID-19 Vaccine Hesitancy: A Network Analysis Perspective on Related Beliefs and Responses. *Int.J. Behav. Med.* <https://doi.org/10.1007/s12529-025-10378-7>
2. Brannon, L., Updegraff, J. A., & Feist, J. (2024). *Health Psychology*. Scientific Editing: Antonia Paschali, George Koulterakis, Maria Karekla. 10th Edition. Tziola Publications S.A. ISBN: 9786182210833
3. Antonia Paschali & Evangelos C. Karademas. (2024). Immunity, self-regulation, and COVID-related distress two years following the outburst of the pandemic. Special issue “Contemporary challenges in Clinical and Health Psychology”. *Psychology*, the Journal of the Hellenic Psychological Society.
4. Aglaia Katsiouroumpa, Ioannis Moisoglou, Athanasios Mitropoulos, Antonia Paschali, Olympia Konstantakopoulou, Zoe Katsiouroumpa, Petros Galanis (2025). Association between social media addiction and mental health among Greek young adults. *International Journal of Caring Sciences*. Volume 18 (1), 459-466.
5. Giannousi Z, Thomadakis C, Karademas EC & Paschali A (2023) The dyadic regulation approach of coping and illness representations in female cancer patients and their partners. *Front. Psychol.* 14:1194900. doi: 10.3389/fpsyg.2023.1194900
6. Gamvrouli M, Karanikola MN, Paschali A, Giannakopoulou M. (2023). Reliability of Moral Distress Scale, Secondary Traumatic Stress Scale, and Jefferson Scale of Empathy Among Greek Nurses: A Pilot Study. *J Nurs Meas.* doi: 10.1891/JNM-2022-0007. Epub ahead of print. PMID: 37348889

7. Paschali, A., Palli, A., Thomadakis, C., & Karademas, E. C. (2021). The interplay between individual and dyadic/common coping in female patients with cancer. *European Journal of Psychology Open*, 80(4), 143–151. <https://doi.org/10.1024/2673-8627/a000012>
8. Souliotis, K., Peppou, L. E., Economou, M., Marioli, A., Nikolaidi, S., Saridi, M., Varvaras, D., Paschali, A., & Syrigos, K. N. (2021). Treatment Adherence in Patients with Lung Cancer from Prospects of Patients and Physicians. *Asian Pacific journal of cancer prevention : APJCP*, 22(6), 1891–1898. <https://doi.org/10.31557/APJCP.2021.22.6.1891>
9. Giannakopoulou, M., Vouzavali, F., Paikopoulou, D., Paschali, A., Mpouzika, M., & Karanikola, M. (2021). Attitudes, beliefs and knowledge towards Medical Cannabis of Greek undergraduate and postgraduate university nursing students. *Complementary therapies in medicine*, 58, 102703. <https://doi.org/10.1016/j.ctim.2021.102703>
10. Palli, A., Peppou, L. E., Economou, M., Kontoangelos, K., Souliotis, K., & Paschali, A. (2021). Economic Distress in Families with a Member Suffering from Severe Mental Illness: Illness Burden or Financial Crisis? Evidence from Greece. *Community mental health journal*, 57(3), 512–521. <https://doi.org/10.1007/s10597-020-00674-9>.
11. Research Patent: Smith, R.G. (inventor) and Paschali, A. (inventor). Use of growth hormone secretagogues for anxiety and neurodegenerative diseases including Alzheimer's disease. United States Patent, 2002.

ORGANIZATIONAL AND ADMINISTRATIVE ACTIVITIES

1. Academic Advisor for the Department of Mental Health & Behavioral Sciences, (2017-2025)
2. Co-coordinator Division of Clinical & Health Psychology, Hellenic Psychological Society (HPS), (2013-2015).
3. National Delegate for Greece at the European Health Psychology Society (EHPS) (2015- today).
4. Member of the EHPS Task Force Committee for the professional training, guidelines and regulations of Health Psychology in Europe and other countries represented in the EHPS (2018- 2022).

MEMBERSHIP IN SCIENTIFIC AND PROFESSIONAL ASSOCIATIONS

1. Founding Member – Institute for Research and Behavioral Therapy (2004-today).
2. Full Member, Association of Greek Psychologists.
3. Full Member, European Health Psychology Society- EHPS- (2012-today).
4. Full Member, Hellenic Psychological Society for the Divisions of: “Clinical & Health Psychology” and “Counseling Psychology” (2004-today).