

## **Antonia PASCHALI**

Associate Professor in Health Psychology

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

Clinical Duties: Department of Psychiatry, General Oncology Hospital Kifisia-GOHK “Agiou Anargyroi” (2012-2018)

Sector: Department of Mental Health and Behavioral Sciences

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### **TEACHING**

#### **Undergraduate**

1. Introduction to Psychology
2. Health Psychology 4th semester
3. Communication Skills 4th semester
4. Liaison Mental Health Nursing 7th semester

#### **Postgraduate**

1. Brief Psychosocial interventions, 2nd semester
2. Communication Skills & Interpersonal Relationships, 1st semester, (common course for all postgraduate courses)
3. Psychotherapies
4. Strategies for Interdisciplinary Collaboration and Communication with Children and Parents

### **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 PROGRAMMES

1. 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, (2020-2023).
2. Paschali, A. (P.I.): “Stress Management training for EMS Rescuers” Funding: Stavros Niarchos Foundation (SNF) Health Initiative.
3. Karademas, E. & Paschali, A. Dyadic Representations and Stress Management Strategies: A Preliminary Study of Their Relationship with the Quality of Life in Women with Neoplasia and Their Partners." Funding under the Action: "Support for Researchers with an Emphasis on Young Researchers – Cycle B" (2019–2021).
4. 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).
5. 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).
6. 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).

## RECENT SCIENTIFIC PUBLICATIONS

- Brannon, L., Updegraff, J. A., Feist, J. (2024). *Psychology of Health*. Scientific Editing of Greek Edition: Antonia Paschali, Giorgos Koulierakis, Maria Karekla. 10th Edition, Tziola Publications. ISBN: 9786182210833.
- 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.
- 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*. 2023 Jun 22;JNM-2022-0007.R1. doi: 10.1891/JNM-2022-0007. Epub ahead of print. PMID: 37348889.
- 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*. 2023 Sep 6;14:1194900. doi: 10.3389/fpsyg.2023.1194900. PMID: 37744592; PMCID: PMC10512019.

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- 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>
  - 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>
  - 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>
- 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>.
  - Paschali, A., Peppou, L.E. & Benroubi, M. (2020). Relaxation Training Significantly Reduced Blood Glucose Levels in patients with Type 1 Diabetes Mellitus. *Hormones International Journal of Endocrinology and Metabolism*, 19(2):215-222.doi: 10.1007/s42000-020-00187-
  - 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. Study Counselor for the Mental Health Division, Department of Nursing (2017-2025)
2. Co-coordinator (2013-2015) Division of Clinical & Health Psychology, Hellenic Psychological Society (HPS).
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. Full Member, Greek Association of Behavioral Research (2004-today).
2. Elected Member, Institute for Research and Behavioral Therapy (2004-today).
3. Full Member, Association of Greek Psychologists.
4. Full Member, European Health Psychology Society- EHPS- (2012-today).
5. Full Member, Hellenic Psychological Society for the Divisions of: “Clinical & Health Psychology” and “Counseling Psychology” (2004-today).