

Assistant Professor Polyxeni Mangoulia

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Sector of Mental Health and Behavioral Sciences

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Short CV:

Dr. Polyxeni Mangoulia is **Assistant Professor of Psychiatric Nursing and Psychopharmacology** at the Faculty of Nursing, School of Health Sciences, National and Kapodistrian University of Athens (**Laboratory of "Nursing Counseling Support and Psychoeducation for Patients with Mental Illness and Caregivers," Sector of Mental Health and Behavioral Sciences, NKUA**).

Her **doctoral dissertation** was the first study in Greece on **secondary traumatic stress/compassion fatigue** and **compassion satisfaction**. She holds **two master's degrees**: (1) **MSc in Liaison Psychiatry: Integrated Care of Physical and Mental Health** from the **Medical School of NKUA**, and (2) **MSc in Management and Administration of Healthcare Services** from the **Faculty of Nursing, NKUA**. Additionally, she holds **two Nursing Specializations**: (1) **Mental Health Nursing** and (2) **Emergency and Intensive Care Nursing**.

Dr. Mangoulia teaches **five undergraduate courses** (**Psychiatric Nursing, Liaison Mental Health Nursing, Communication Skills, Gerontological Nursing, Clinical Nursing**) and **two postgraduate courses** in the Master's Program "Mental Health" (**Addictions, Substance Use, and Psychopathology, Special Topics in Psychiatric Nursing**). Furthermore, she teaches in postgraduate programs of other Departments and Universities, such as the Medical School of NKUA, the University of Thessaly, and the University of West Attica, as well as at the National Center for Public Administration and Local Government. She is a certified Trainer for Adults by the National Organization for the Certification of Qualifications and Vocational Guidance. Dr. Mangoulia has over 16 years of experience as a **Clinical Nurse** and **Mental Health Professional** at the "**Evangelismos**" **General Hospital of Athens**, where she held key positions in various clinical units, including the High Dependency Unit, Psychiatric Clinic, Community Mental Health Center of Pangrati, Liaison Psychiatry - Outpatient Psychiatric Clinic, and the Office of Education and Nursing Specialties. She has also served as an Academic Fellow at the Faculty of Nursing, University of West Attica.

As a **Mental Health Counselor - Psychotherapist**, she specializes in **Cognitive Behavioral Therapy** and **Psychoeducation for individuals, groups, and families** and she is also a **co-therapist on art therapy**. She has conducted and participated in numerous experiential workshops, seminars, and conferences. She is also a member of administrative and scientific committees and has supervised a significant number of master's and doctoral theses. Additionally, she serves on the three-member **Central**

Examination Committee for the Nursing Specialty "**Mental Health Nursing**" at the **Ministry of Health**.

Dr. Mangoulia is a member of various Scientific Societies and has served as **President of the Liaison Mental Health Nursing Sector** of the **Hellenic Regulatory Body of Nurses**. She participates in the **Editorial Board** of **five scientific journals** and serves on the **Reviewer Board** of scientific journals.

Research Interests

Dr. Polyxeni Mangoulia's research interests focus on mental health counseling, prevention, support and well-being, as well as the empowerment of individuals, groups, and families. Specifically, her areas of expertise include:

- Mental Health Nursing
- Secondary Traumatic Stress/Compassion Fatigue, PTSD, Psychological Trauma
- Liaison Psychiatry and Psychosomatics
- Psychopharmacology
- Stress Management and Resilience
- Addictions – Substance Abuse - Smoking
- Workplace Violence
- Suicidality and Aggression Management
- Spirituality
- Psychogeriatrics

Laboratory

"Nursing Counseling 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

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 (professor Eymorfia Koukia and 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 and Educational Programs

Selected Examples:

1. **2024–Present:** Design of the BIP 3 program in the HUB Health of CIVIS: Sports and Mental Health in Special Populations.
2. **2020–Present:** Design and implementation of an educational program for healthcare professionals on Smoking Cessation Techniques (Stavros Niarchos Foundation – Center for Continuing Education and Lifelong Learning, NKUA).
3. **2024–Present:** Design and implementation of an educational program for healthcare professionals on Stress Management Techniques (Center for Continuing Education and Lifelong Learning, NKUA).
4. **2024–Present:** Implementation of an English-language program on building mental resilience for professional women in healthcare (Resilience: A Comprehensive Program for Professional Women in Healthcare, Center for Continuing Education and Lifelong Learning, NKUA).
5. **2024–Present:** Design and implementation of an educational program for parents and teachers in collaboration with Directorate of Primary Education of Piraeus.
6. **2023–Present:** Implementation of an educational program on supporting individuals and families with addiction issues—Trauma-Informed Forensic Psychiatry (Center for Continuing Education and Lifelong Learning, University of West Attica).
7. **2021–2022:** Implementation of an educational program on diabetes management (Center for Continuing Education and Lifelong Learning, University of Thessaly).

8. **2017:** ERASMUS+ “Professional Training in Liaison Psychiatry”, Queens Medical Centre, Department of Psychological Medicine, Nottingham, England.

Books and Book Chapters

Books

1. Pana, A., **Mangoulia, P.**, Velonaki, V.S., & Sourtzis, P. 2024. Gerontological Nursing. Athens: Neon Medical Editions. ISBN: 9786185515447, 424 pages.
2. Fradelos, E.C., & **Mangoulia, P.** (in press). Psychological Resilience: Navigating Challenges and Building Strength. New York: Nova Science Publishers.

Book Chapters (Selected Examples)

1. **Mangoulia, P.** 2024. Psychosocial Problems of Older Adults: Nursing and Pharmaceutical Interventions. In: A. Pana, P. Mangoulia, V.S. Velonaki & P. Sourtzis (Eds.), Gerontological Nursing. Athens: Neon Medical Editions, pp. 355–398.
2. **Mangoulia, P.** 2022. Diabetes Mellitus and Mental Health. In: A. Melidonis (Ed.), Metabolic Issues 2022: From Evidence-Based Knowledge to Clinical Practice. Athens: Hellenic College of Metabolic Diseases (E.KO.ME.N.), pp. 170–174.
3. **Mangoulia, P.** 2018. Smoking and Women: Disorders Related to Fertility and Pregnancy. In: Smoking: A Nursing Perspective. Athens: Biomedical Research Foundation, Academy of Athens (IIBEAA), pp. 116–134.
4. **Mangoulia, P.** 2016. Psychiatric Complications of Endocrinopathies. In: Metabolic Issues 2016: From Evidence-Based Knowledge to Clinical Practice. Athens: Hellenic College of Metabolic Diseases (E.KO.ME.N.), pp. 264–265.
5. **Mangoulia, P.** 2013. Compassion Fatigue. In: Introduction to Nursing Science. Athens: VITA Medical Editions, pp. 299–312.

Peer-reviewed Scientific Journal Publications

(Selected Examples):

1. **Mangoulia, P.**, Kanellopoulou, A., Manta, G., Chrysochoou, G., Dimitriou, E., Kalogerakou, T. & Antoniadou, M. 2024. Exploring the Levels of Stress, Anxiety, Depression, Resilience, Hope, and Spiritual Well-Being Among Greek

- Dentistry and Nursing Students in Response to Academic Responsibilities Two Years After the COVID-19 Pandemic. *Healthcare MDPI*, 13, 54. <https://doi.org/10.3390/healthcare13010054> (Impact factor: 2.4)
2. Antoniadou, M., Manta, G., Kanellopoulou, A., Kalogerakou, T., Satta, A. & **Mangoulia, P.** 2024. Managing Stress and Somatization Symptoms Among Students in Demanding Academic Healthcare Environments. *Healthcare MDPI*, 12, 2522. <https://doi.org/10.3390/healthcare12242522> (Impact factor: 2.4)
 3. **Mangoulia, P.**, Milionis, C., Vlachou, E. & Ilias I. 2024. The Interrelationship between Diabetes Mellitus and Emotional Well-Being: Current Concepts and Future Prospects. *Healthcare MDPI*, 12, 1457. <https://doi.org/10.3390/healthcare12141457> (Impact factor: 2.4)
 4. Fradelos, E.C., Alikari, V. Artemi, S., Missouridou, E. Mangoulia, P., Kyranou, M. Saridi, M. Toska, A., Tsaras, K. & Tzavella, F. A Mixed-Method Study on the Assessment of Factors Influencing Nurses' Provision of Spiritual Care. *Healthcare MDPI*, 12, 854. <https://doi.org/10.3390/healthcare12080854> (Impact factor: 2.4)
 5. Antoniadou, M., **Mangoulia, P.** & Myriantsefs, P., 2023. Quality of Life and Wellbeing Parameters of Academic Dental and Nursing Personnel vs. Quality of Services. *Healthcare MDPI*, 11, 2792. <https://doi.org/10.3390/healthcare11202792> (Impact factor: 2.4)
 6. Koukia, E. & **Mangoulia, P.**, 2023. Online vs. in Vivo Workshops in a Master's Degree Course in Mental Health Nursing: Students' Views and Opinions. *International Journal of Science, Engineering and Management*, 10 (11), 60-64.
 7. Dafogianni, C., **Mangoulia, P.**, Pappa, D., Xanthopoulou, P., Koutelekos, I., Zografakis-Sfakianakis, M., Ferentinou, E., Fountouki, A., Drakopoulou, M., Giga, A., Anastasiou, N., Margari, N. & Fasoi, G., 2022. COVID-19 vaccination intention associated with behaviors towards protection and perceptions regarding the pandemic. *Journal of Personalized Medicine*, 12, 295. <https://doi.org/10.3390/jpm12020295> (Impact factor 3.508).
 8. Missouridou, E., **Mangoulia, P.**, Pavlou, V., Kritsiotakis, E., Stefanou, E., Bibou, P., Kelesi, M. & Fradelos, E., 2021. Wounded healers during the COVID pandemic: Compassion fatigue and compassion satisfaction among nursing care

- providers in Greece. *Perspectives in Psychiatric Care*, 1-12.
<https://doi.org/10.1111/ppc.12946> (Impact factor 2.186).
9. Misouridou, E., **Mangoulia, P.**, Pavlou, V., Kasidi, K., Stefanou, E., Mavridoglou, E., Kelesi, M. & Fradelos, E., 2021. Reliability and validity of the Greek version of the Professional Quality of Life Scale (ProQOL-V). *Materia Sociomedica*, 33(3), 185-189.
<https://doi.org/10.5455/msm.2021.33.185-189> (Impact factor 0.900).
 10. **Mangoulia P.**, Baizanis, N., Christodoulou, C., Kouzoupis, A. & Douzenis A., 2020. The Shame and Stigma Scale in Head and Neck Cancer (SSS): Translation and Validation in Greek. *Journal of Community Medicine* 3(1), 1020
 11. **Mangoulia, P.**, 2020. The psychopharmacological management of depression in patients with cancer. *International Journal of Nursing*, 72(2), 47-55,
<https://doi.org/10.15640/ijn.v7n2a6>
 12. **Mangoulia, P.**, Koukia, E., Alevizopoulos, G., Fildissis, G. & Katostaras, T., 2015. Prevalence of STS among psychiatric nurses in Greece. *Archives of Psychiatric Nursing*, 29(5), pp. 335-338.
<https://doi.org/10.1016/j.apnu.2015.06.001> (Impact factor 1.217).