

Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Ierodiakonou
Name:	Despo
Rank/Position:	Associate Professor
Faculty:	Medical School
Department:	Department of Primary Care and Population Health
Scientific Domain: *	Family Medicine and Epidemiology

* Field of Specialization

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD in Medical Sciences (Epidemiology)	2014	University of Groningen, The Netherlands	Faculty of Medical Sciences	Genetic and Environmental Interplay in Asthma Severity and its Underlying Airway Pathology
MSc in Epidemiology	2012	Council of the Netherlands Epidemiological Society	Epidemiology	
MSc in Environmental Health	2009	Cyprus International Institute for the Environment and Public Health in association with Harvard School of Public Health	Environmental Health	
Doctor of Medicine (MD)	2007	University of Crete, Greece	School of Medicine	

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			
Nov 2020	Present	University of Nicosia Medical School	Nicosia, Cyprus	Associate Professor, Family Medicine & Epidemiology (since Jul 2021); Assistant Professor (provisional), Nov 2020-Jul 2021
Jan 2017	Jan 2021	University of Crete, School of	Heraklion, Greece	Family Medicine fellow

		Medicine		at the University Hospital and Honorary Researcher, Department of Social Medicine
Nov 2015	Mar 2016	European University Medical School	Nicosia, Cyprus	Lecturer in Epidemiology

Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2026	Treatment Dose Increase Versus Co-Medication in Allergic Rhinitis: Systematic Review With Dose-Response Network Meta-Analysis	Sousa-Pinto B, Vieira RJ, Gil-Mata S, et al.	Allergy		doi:10.1111/all.70372
2	2026	Risk of Autoimmune Rheumatic Diseases following COVID-19: A Systematic Review and Meta-Analysis	Agouridis AP, Makris A, Ellina D, et al.	Current Rheumatology Reviews	22(3)	1-10
3	2026	Methodology for the Development of the ARIA-EAACI 2024-2025 Guidelines	Bousquet J, Sousa-Pinto B, Vieira RJ, et al.	Allergy	81(2)	427-453
4	2026	Efficacy and safety of oral treatments for allergic rhinitis in children: A network meta-analysis	Thomander T, Gil-Mata S, Riera-Serra P, et al.	Pediatric Allergy and Immunology	37(8)	e70431
5	2026	Efficacy and Safety of Oral Antihistamines for Allergic Rhinitis: Network Meta-Analysis	Vieira RJ, Gil-Mata S, Ferreira A, et al.	J Allergy Clin Immunol Pract	14(5)	1175-1183
6	2023	Timing of Allergenic Food Introduction and Risk of IgE-Mediated Food Allergy: A Systematic Review and Meta-analysis	Scarpone R, Kimkool P, Leonardi-Bee J, et al.	JAMA Pediatrics	177(5)	489-497
7	2021	Food anaphylaxis in the United Kingdom: Analysis of national data, 1998-2018	Baseggio Conrado A, Gowland MH, Boyle RJ, Turner PJ	BMJ	372	n251
8	2018	Diet during pregnancy and infancy and risk of allergic or autoimmune disease: A systematic review and meta-	Garcia-Larsen V, Jarrold K, Cunha S, et al.	PLoS Medicine	15(2)	e1002507

		analysis				
9	2016	Timing of allergenic food introduction to the infant diet and risk of allergic or autoimmune disease: a systematic review and meta-analysis	Garcia-Larsen V, Logan A, Groome A, et al.	JAMA	316(11)	1181-1192
10	2016	Ambient air pollution and lung function and airway responsiveness in asthmatic children	Zanobetti A, Coull BA, Melly S, et al.	J Allergy Clin Immunol	137(2)	390-399

Exhibitions (where applicable). List the five (5) more recent and other five (5) selected. (max total 10)						
Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition	
1	June 2026	Real-world Patterns of Inhaled Medication, Adherence and Patient Knowledge in Asthma and COPD Management: Insights from a Pharmacy-based Community Survey in Crete and Cyprus	International	IPCRG World Conference	Conversation Cafe	
2	Sept 2025	Assessing Exposure to Scented Products in Indoor Environments and Respiratory Symptoms: A University Staff Survey	International	ERS European Respiratory Society Congress	Poster Presentation	
3	April 2025	Assessing Exposure to Scented Products in Indoor Environments and Respiratory Symptoms: A University Staff Survey	International	IPCRG 8th Scientific Meeting	Oral Presentation	
4	May 2021	<i>Clinical Characteristics And Outcomes Of Polypharmacy In COPD Patients: A Cross-sectional Study From Crete-Greece</i>	International	poster IPCRG World Congress (virtual)	E-poster	
5	Sept 2020	<i>Cretan Severe Asthma Registry</i>	International	European Respiratory	E-poster	

				Society Congress (virtual)	
6	June 2016	<i>Dietary exposures during pregnancy, lactation or infancy and risk of allergic diseases: a systematic review and meta-analysis</i>	International	European Academy of Allergy and Clinical Immunology Annual Congress	Oral presentation
7	Aug 2018	<i>Prenatal Air Pollution and Childhood Allergic Diseases: the Potential Modifying Effect of Adherence to Mediterranean Diet</i>	International	ISES-ISEE Joint Annual Meeting	Poster Presentation
8	May 2014	Pathway analysis of a genome-wide gene by air pollution interaction study in asthma (from the Childhood Asthma Management Program)	International	American Thoracic Society conference	Poster Presentation
9	Sept 2025	<i>Transforming Growth Factor beta-1 gene polymorphisms, smoking and the course of asthma</i>	International	European Respiratory Society Congress	Oral presentation
10	Sept 2010	E-cadherin (CDH1) gene polymorphisms and airway remodeling, inflammation and FEV1 decline in asthma patients using inhaled corticosteroids	International	European Respiratory Society Congress	Oral Presentation

**Specify venue, geographic location etc*

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)

Ref. Number	Date	Title	Funded by	Project Role*
1	2025-2026	Real-World Patterns of Inhaled Medication, Adherence, and Patient Knowledge in Asthma and COPD Management: Insights from a pharmacy-based community survey in the Eastern Mediterranean region	NA	Principal Investigator
2	2025-2026	Exposure to scented products in indoor environments and associated respiratory symptoms among university staff	NA	Principal Investigator
3	2025-2026	Life-course dietary exposures, interventions, and supplementation in the prevention of lung function impairment and COPD onset and progression	Pan American Health Organization/ WHO	PAHO consultant and principal investigator
4	2025-2028	HIVE: Enhancing MLTC management for HIV populations through implementation research, evidence-based interventions and integration of NCD care in LMICs	European Commission, Horizon Europe	Co-investigator at UNIC (coordinating institution)
5	2024-2026	AIRCOMM: Relationship of air pollution with cow microbiome and heavy metals in milk for human consumption	University of Nicosia Medical School Seed Grant	Principal Investigator
6	2019-2022	Role of epithelial barrier integrity in biologic treatment response of severe asthma	GSK-supported study programme	Co-Principal Investigator; later collaborating role
7	2019-2023	The Core Outcome Measures for Food Allergy	COST Action CA18227	Investigator

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees. List the five (5) more recent (Optional Entry)				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	Oct 2025-July 2026	Pan American Health	Consultant	Lead systematic review on diet,

		Organization		nutritional interventions, lung function and COPD using a life-course approach
2	2024-Present	University of Nicosia and University of Patras	Programme Director and Programme Joint Unit member for the Joint MSc in Family Medicine	Curriculum development, student and faculty guidance, accreditation and programme leadership
3	Nov 2022-Dec 2025	University of Nicosia Medical School	Associate Dean for Research	Research strategy, interdisciplinary collaboration, research budget and ethical governance
4	2024-2028	NEOLAiA European University Alliance	UNIC Delegate, Work Package 5	Increasing regional research impact across nine European universities
5	2015-2016	European University Cyprus, School of Medicine	Acting Chairperson	Academic leadership, student support and representation of the school

Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	Date	Title	Awarded by:
1	2018	Clinical Training Fellowship 2017-2018	European Respiratory Society
2	2014	Scholarship Award for genome-wide gene-by-air-pollution interaction research in asthma	American Thoracic Society