

Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Veloudi
Name:	Panagiota
Rank/Position:	Assistant Professor
Faculty:	Medical School
Department:	Basic and Clinical Sciences
Scientific Domain: *	Research Methods and Epidemiology

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2017	University of Tasmania, Australia	Menzies Institute for Medical Research	Blood pressure variability: measurement and clinical implications
MRes	2009	Nottingham Trent University, UK	School of Science and Technology	The effect of intense exercise and hypoxic environment on ghrelin and growth hormone levels.
MA	2008	University of Derby, UK	NA	Towards a competitive schools' sports scheme. Is the UK's education system able to develop highly competitive schools in sports?
BExSc	2004	Aristotle University of Thessaloniki, GR	Department of Physical Activity and Sport Science	NA

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			
02/2026	Present	University of Nicosia	Nicosia, Cyprus	Assistant Professor / Research Development Lead

01/2023	01/2026	University of Cyprus	Nicosia, Cyprus	Postdoctoral Fellow & Research Project Officer
01/2017	06/2020	European University Cyprus	Nicosia, Cyprus	Scientific Collaborator

Key <u>refereed</u> 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	The case for primary prevention of obesity in the era of GLP-1 therapies	Holm S, Tena-Sempere M, Koutsouris D, Dedoussis GV, Wagner K-H, Arranz S, Froguel P, Bohn T, Oliveira PJ, Lakerveld J; OBEClust.	Lancet Reg Health Eur	66	101679
2	2026	Are There Any Effective Behavior Change Strategies for Communicating Genetic Risk in Obesity Prevention and Body Weight Reduction Interventions?	Szczuka Z, Krzywicka P, Kornafel A, Misiakowska J, Zaleskiewicz H, Kafyra M, Kalafati IP, Dedoussis G, Luszczyńska A; BETTER4U Project Consortium.	Obes Rev (online first); DOI: 10.1111/obr.70132		e70132
3	2026	Lifestyle Intervention for Healthy Vascular Aging in Young Adults (LifeEVA): Protocol for a Randomized Controlled Trial	Loizidou EM, Kyriacou A, Bargiotas P, Antoniadou A, Ioannides M, Bagourdis A, Dipla K, Zafeiridis A, Karaglani E, Kafyra M, Triantafyllou A, Manios Y, Dedousis G, Deltas C.	Transl J Am Coll Sports Med	11(2)	e000361
4	2025	Data-driven consideration of genetic disorders for global genomic newborn screening programs	Minten T, Bick S, Adelson S, Gehlenborg N, et al.; ICoNS Gene List Contributors; International Consortium on Newborn Sequencing (ICoNS).	Genet Med	27(7)	101443

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5	2024	biobank.cy: the Biobank of Cyprus past, present and future	Loizidou EM, Kyratzi M, Tsiarli MA, Kakouri AC, Charalambidou G, Antoniou S, Pieri S, Mayrhofer MT, Wutte A, Kozera L, et al.	Sci Rep	14(1)	28517
6	2018	Methodological Factors Affecting Quantification of Blood Pressure Variability: A Scoping Review	Sharman JE.	J Hypertens	36	711-719
7	2018	Influence of blood pressure level and age on within-visit blood pressure variability in children and adolescents	Blizzard CL, Srikanth VK, Schultz MG, Breslin M, Sharman JE.	Eur J Pediatr	177	205-210
8	2018	Misclassification of blood pressure of Vietnamese adults when only a single measurement is used	Tran TTN, Blizzard CL, Khue LN, Ngoc TLV, Bao TQ, Otahal P, Nelson MR, Gall S, et al.	J Am Soc Hypertens	12(9)	671-680
9	2017	Age-dependent changes in blood pressure over consecutive office measurements: impact on hypertension diagnosis and implications for international guidelines	Blizzard CL, Srikanth VK, Breslin M, Schultz MG, Sharman JE.	J Hypertens	35	753-760
10	2016	Blood pressure level and variability in the prediction of organ damage in patients with uncomplicated hypertension: a follow-up study	Blizzard CL, Head GA, Abhayaratna WP, Stowasser M, Sharman JE.	Am J Hypertens	29	1046-1054

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	2017	Aortic stiffness and orthostatic changes in blood pressure.	International	Taipei, Taiwan	Moderated poster presentation

2	2016	Prevalence of pre-hypertension in children and adolescents using simplified versus complex assessment criteria	International	Seoul Korea	Poster presentation
3	2016	Influence of blood pressure level and age on within-visit blood pressure variability in children and adolescents: Results from the 2011/2013 Australian Health Survey	International	Seoul, Korea	Oral presentation
4	2015	Effect of vitamin D supplementation on peripheral and central BP, visit-to-visit BPV and arterial stiffness in older individuals with vitamin D deficiency.	National	Adelaide, AU	Oral presentation
5	2014	Effect of vitamin D supplementation on aortic stiffness and central haemodynamics in older individuals with vitamin D deficiency: promising observational data are not supported when tested by double-blind, placebo-controlled, randomised trial design	International	Maastricht, The Netherlands	Oral presentation
6	2014	Blood pressure variability and target organ damage in patients with uncomplicated hypertension: average 24-hour ambulatory BP is more relevant to changes in left ventricular mass index	International	Maastricht, The Netherlands	Poster presentation
7	2014	In-clinic blood pressure reactivity is associated with preserved endothelial function among patients with diabetes	International	Athens, GR	Oral presentation
8	2014	Antihypertensive combination-therapy may have benefits on left ventricular mass beyond blood pressure maintenance using monotherapy.	International	Athens, GR	Poster presentation
9	2013	Blood pressure variation and end	National	Melbourne, AU	Oral presentation

		organ damage in patients with uncomplicated hypertension: Influence of antihypertensive medication titration			
10	2013	Higher day time rate of systolic blood pressure variation is associated with reduced retinal arteriolar diameter in non-diabetic, but not in diabetic, individuals.	International	London, UK	Poster 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	2023-2026	BETTER4U: Preventing obesity through biologically and behaviourally tailored interventions for you	EU Horizon Europe	Research Team Member
2	2014-2015	The Menzies Blood Pressure Clinic	UTAS, Australia	Research Team Member; study coordinator
3	2013-2015	Targeted LOWering of Central Blood Pressure in patients with hypertension: a randomized controlled trial	NHMRC, Australia	Research Team Member; study coordinator
4	2019-2024	VascAgeNet: COST Action 18216 - Network for Research in Vascular Ageing	EU – COST Action	Writing group & Committee Member
5	2021-2025	PhysAgeNet: COST Action 20104 - Network on Evidence-Based Physical Activity in Old age	EU – COST Action	Working group member

**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	2025-2026	Artery Research (BMC / Springer Nature)	Guest Editor	Editorial for the collection "Arterial health and lipoprotein levels in individuals with metabolic syndrome"
2	2025-2026	ARTERY Society	Training School Committee Member	Contributed to the planning of ARTERY Society Training Schools

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	2016	Asian Pacific Society of Hypertension Young Investigator Award	International Society of Hypertension
2	2015	HBPRCA Student Travel Award to attend the HBPRCA meeting in Melbourne	High Blood Pressure Research Council Australia
3	2014	HBPRCA Student Travel Award to attend the HBPRCA meeting in Adelaide	High Blood Pressure Research Council Australia
4	2014	Poster Presentation Award	Pulse of Asia International, International Society of Hypertension
5	2014	HBPRCA Young Investigator Travel Award to attend the Joint Meetings of European and International Societies of Hypertension in Athens	High Blood Pressure Research Council Australia
6	2014	Tasmanian Graduate Research Scholarship for a PhD in Medicine	University of Tasmania, Australia