Form 500.1.3

Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Andreou
Name:	Eleni
Rank/Position:	Professor / Head of Department
Faculty:	Life and Health Sciences
Department:	Life Sciences
Scientific Domain: *	Nutrition and Dietetics

** Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
Doctorate in Professional Studies (DProf), "Clinical Dietetics, Nutrition Sciences and Health Education"	2006-2011	Middlesex University, UK	Department of Professional and Social Sciences	The Use and Effectiveness of Behavioural Modification Techniques in Achieving and Maintaining Normal Weight and Fitness-The lifestyle changes for Adults in Cyprus
Pg Cert in Continuing Professional Academic Development Programme in Learning and Teaching in Higher Education (CPAD)	2012	University of Hertfordshire, UK	Education	

CPD/RD (postgraduate), "Clinical Dietetics",	1990-1992	Youngstown State University (YSU), Ohio & CDR, USA (Honoured-internship/academic program started from sophomore year)	Department of Human Ecology	Aspartame: Review of Experimental and Observational Data to Determine The Effects of Aspartame to Health
BSc "Food & Nutrition Dietetics"*(Summa Cum Laude)*	1986-1990	Youngstown State University, OH, USA	Department of Human Ecology	
Postgraduate Certificates: Renal Dietitian Course Diet, Weight Control and Eating Disorders Diet, Exercise and Fitness Cholesterol, Diet and Heart Disease Diet, Addiction and Recovery Herbal Supplements Nutrition For Young Athletes M.23 "Nutrition in Obesity", Course Certificate	 1992 1993 1994 1995 1996 2002 2002 2016	Accreditation Council for Education in Nutrition and Dietetics (ACEND), USA	CDR, Commission on Dietetic Registration	

M. 12 “Nutritional Support in the GI Diseases”, Course Certificate Certification for Insulin Pump for Diabetes M.37 “Nutrition and Sport”, Course Certificate M.24 “Nutritional Support in Metabolic Syndrome” Course Certificate	2016 2016 2017 2017			

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		**Employer**	**Location**	**Position**
From	**To**			
7/2018	Present	University of Nicosia	Cyprus	Head of Department, Professor, Programmes Coordinator (BSc, MScs, PhD)
2012	2018	University of Nicosia	Cyprus	Assistant Professor, Programmes Coordinator (BSc, MScs, PhD)
1992	Present	Self Employed Nicosia	Cyprus	Private Consultant, Clinical Dietitian

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	2021	"A Systematic Review, Meta-Analysis and Meta-Regression on the Effects of Carbohydrates on Sleep".	Angelos Vlahoyiannis, Christoforos D. Giannaki, Giorgos K. Sakkas , George Aphamis, Eleni Andreou	Nutrients 2021, https://doi.org/10.3390/nu13041283	13,	1283
2	2020	Facilitators and barriers to the provision of type 1 diabetes inpatient care: An interpretive phenomenological analysis.	Nikitara, M, Constantinou, CS, Andreou, E, Latzourakis, E, Diomidous, M.	Nursing Open doi: 10.1002/nop2.699	8(2)	pp. 908-919
3	2020	Eating habits, anthropometric and lifestyle changes during COVID-19 lockdown: a Cypriot and Greek survey.	Eleni Andreou, Elli Matheou, Vasiliki Giannopoulou, Philippos Philippou, Christoforos Giannaki, George Aphamis, Evelina Charidemou, Evridiki Georgaki	J Transl Med. 2020 October (accepted)	8;22 (1):229	
4	2020	Views of People with Diabetes Regarding Their Experiences of the Facilitators and Barriers in Type 1 Diabetes Inpatient Care: An Interpretative Phenomenological Analysis.	Monica Nikitara,Costas S. Constantinou, Eleni Andreou, Evangelos Latzourakis Marianna Diomidous.	Behav. Sci. https://doi.org/10.3390/bs10080120	10(8), 120;	
5	2020	“Personality, Chrono-nutrition and Cardiometabolic Health:	Tamara Al Abdi, Eleni Andreou, Alexia	Adv Nutr 2020;1-10; doi:https://doi.org/10.		

		A Narrative Review of the Evidence",	Papageorgiou, Alexandros Heraclides, Elena Philippou	1093/advances/nmaa051.		
6	2020	"Deconstructing athletes' sleep: A systematic review of the influence of age, sex, athletic expertise, sport type, and season on sleep characteristics"	Angelos Vlahoyiannis , George Aphamis , Gregory C. Bogdanis , Giorgos K. Sakkas, Eleni Andreou , Christoforos D. Giannaki	Journal of Sport and Health Science, doi: https://doi.org/10.1016/j.jshs.2020.03.006		
7	2020	The effects of a 6-month high dose omega-3 and omega-6 polyunsaturated fatty acids and antioxidant vitamins supplementation on functional capacity and cognitive function in older adults with mild cognitive impairment.	Stavrinou P, Andreou E, Aphamis G, Pantzaris M, Ioannou M, Patrikios IS, Giannaki CD	Nutrients, Jan 26; 12 (2):325. doi: 10.3390/nu12020325 , PMID: 31991898 (Impact Factor 2018: 4.171)		
8	2020	Prevalence of hypohydration in adolescents during the school day in Cyprus: seasonal variations. Eastern Mediterranean	Pinelopi S Stavrinou, Christoforos D Giannaki, Eleni Andreou, George Aphamis	Health Journal,	26(9),	pp. 1034-1041.
9	2020	Acknowledgement to Reviewers of European Journal of Investigation in Health, Psychology and Education in 2019.	Azhar Abbas, Stephanie L Martin, Faris Al-Lami, John McCamley, Sarah Allred, Jane McClinchy, Eleni Andreou, Sandra McFadden, Vivi Antonopoulou, Janice McMillan, Juan Manuel Arribas Marín, Inmaculada Méndez Mateo, Yolanda	Eur. J. Investig. Health Psychol. Educ.	Vol 10	,p 406

			Baez, José Joaquín Mira, David Perez Barbosa, Koh Mizuno, Richard Barcham, Ivan K Mugabi, Sorana D Bolboacă, Soumyadeep Mukherjee, Timothy Bungum, In Seop Na, Harvey Burnett, María Napal, Brandon Burr, Nabil Natafgi, C de la Torre-Montero, Julio Ng, Qin Xiang, Vânia Marilande Ceccatto, Olegas Niakšu, Jennifer Cori, Joyce Olushola, Marcos Cupani, Rachel R Ouellette, Daniel Dibaba, Fabrizio Pecoraro, Robert Didham, Alberto Pérez-Lopez, Spyros Doukakis, Eva Podovšovnik, Athanasios S Drigas, Oto Potluka, Szymon Dziuba, Thomas G Power			
10	2017	“Type 2 Diabetes and Obesity and its correlates in a First Nationwide Study among Cypriot Adults”.	E. Andreou, D. Papandreou, P. Hadjigeorgiou, C. Giannaki, G. Aphamis, C. Philippou, C. Christoforou, R. Kokkinofta, C. Dioghenous, C. E. Georgaki, E. Charidemou, A. Zampelas	*Journal of Pancreatic Disorders & Therary,*DOI: 10.4172/2165-7092-C1-008, ISSN: 2165-7092.	7(4)	p. 41.

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	2000	1st International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Forum Hotel Nicosia	Organizer, Chair of the Conference
2	2002	2nd International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Forum Hotel, Nicosia	Organizer, Chair of the Conference
3	2004	3rd International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Holliday Inn, Nicosia	Organizer, Chair of the Conference
4	2006	4th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
5	2008	5th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
6	2010	6th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Cyprus, Nicosia	Organizer, Chair of the Conference

7	2012	7th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
8	2014	8th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
9	2016	9th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Cyprus, Nicosia	Organizer, Chair of the Conference
10	2018	10th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Filoxenia Conference Centre, Nicosia	Organizer, Chair of the Conference

**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	2020	COVID-19 and Nutritional Habits of the Cypriot Consumers COVID-19 και αλλαγή στις διατροφικές συνήθειες και αγοραστικές συνήθειες στην Ελλάδα και Κύπρο ΕΒΚΕΠ 2020.0162		Project Coordinator
2	2020	MindFull Eating, ΕΕΒΚΕΠ2020.01.66		Project Coordinator
3	2020	Eating Disorder-EAT-26 «Διερεύνηση των διατροφικών τάσεων και συμπεριφορών Κυπρίων ενήλικων στην πρόσληψη τροφής με την χρήση του ερωτηματολογίου EAT-26 για την διαπίστωση του κινδύνου για διατροφικές διαταραχές»., ΕΕΒΚ ΕΠ2020.01.65		Project Coordinator
4	2020	«Χρήση συμπληρωμάτων διατροφής και εργογόνων βοηθημάτων από αθλητές και μη αθλητές» - ‘’Use of nutritional supplements and ergogenic aids by athletes and non-athletes’’		
5	2019-2020	“The anthropometrics of the Cypriot soldiers and their Eating Habits”	Cyprus Ministry of Defence and CyDNA	**Project Coordinator and Researcher (PI)**

6	2018-2019	*"Eating Disorders in adolescence"*	The G C School of Careers and ΚΟΥΛΤΟΥΡΑ/ΜΕΡΑ/0918/33 Competition of the Research Promotion Foundation (CyRPF)	*Project Coordinator and Researcher*
7	2017-present	"Mediterranean Diet in Mediterranean Countries and the compliance to MED nutritional principles". Participants: Cyprus, Greece, France, Egypt, Slovenia, Italy **In collaboration with**: The Mediterranean League of Angiology and Vascular Surgery.	No funding	Cy Coordinator, Main Researcher
8	2017-present	"NCD-RisC- Non-Communicable Disease Risk Factor Collaborating Group" **In Collaboration with:** Imperial College London	WHO, other funds	Cyprus Leader/Collaborator, Member of the research team
9	2016-2017 2017-2018 Ongoing	"Effects of orange and natural orange juices to plasma glucose, HbA1c, TG, Chol and insulin responses. An Acute postprandial study".	Food companies in Cyprus, CyDNA, University of Nicosia, Biochemical Laboratory-Yiannoukas	Main Researcher,PI
10	2005-2008	"1st Epidemiological Study of Obesity and Dietetary Habits of Cypriot Adults"	Cy RPF	Researcher-primary investigator, coordinator of the dietitians team

**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	6/12/2020	MDPI Journal,	Article Reviewer	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
2	28/9/2019	Targets and Therapy	Article Reviewer	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
3	25/9/2019	Clinical Interventions in Aging, EJIHPE (ISSN 2254-9625),	Article Reviewer	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
4	21/8/2019	JCM (ISSN 2077-0383)	Article Reviewer	Assessment of manuscripts for adherence to editorial policies, selecting and inviting appropriate peer reviewers, assessing decisions

				on manuscripts in conjunction with the Editor and suggesting potential new members of the Editorial Board
5	2020-2021	Committee on Public Health of the Parallel Parliament, House Of Representatives	Member of the Committee	Position appointed by the Cyprus House of Parliament

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	19/10/2018	Honorary member	Association of Patients and Friends of inherited metabolic disorders "Shield Life"- Σωματείο Ασθενών και Φίλων Κληρονομικών Μεταβολικών Νοσημάτων "Ασπίδα Ζωής",
2	2016	Honor, Memory, Gratitude and Recognition Award, 2016,	The Cyprus Police Association as acknowledgment for professional achievement for offspring of men in Cyprus Police Force.
3	2007	Outstanding Dietitian of the Year for 2007	The American Overseas Dietetic Association and American Dietetic Association

Other Achievements. List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	**Date**	**Title**	**Key Activities:**
1	1999-present	President of Cyprus Dietetic and Nutrition Association (elected position)	Management, Promoting, Leadership
2	2020-2023 (President) 1996-2020 (Vice President)	President of Cyprus Registration Board for Food Scientists/Technologists and Dietitians (position appointed by the Cyprus President/ Ministers Council)	Appointed position by the President of the Republic of Cyprus
3	2016-present	President of Charity/Educational Board “MAZI” (Eating Disorder Foundation)	Management, Promoting, Leadership
4	2014-present	President of CySPEN (Cyprus Association of Clinical Nutrition and Metabolism)	Management, Promoting, Leadership
5	2019	Member of Departmental Postgraduate Programs Committee (DPPC), UNIC	Reviewing and approving the doctorate applications
6	2019	Member of the Ad Hoc Committee for research study and nutrition service to the soldier (position appointed by Ministry of Defence)	Member of the Committee
7	2016-2021	Member of the National Committee for Diabetes of the Cyprus Ministry of Health (position appointed by Cyprus Minister of Health)	Member of the Committee, Author of the Diabetes FoodExchange System for Cyprus.

8	14/10/2018	Active member at the World Rheumatopathy Day 2018: “This year's theme is "Do not be late, Connect Now" and the slogan: "Come in my place." By Cyprus League Against Rheumatism, Mall of Cyprus	Organizer
9	19/9/2018	Continuing Professional Academic Development Programme in Learning and Teaching in Higher Education (CPAD)- This programme was taught by myself to all the full time and part time of Intercollege	Speaker
10	November 2018	Chair of the Scientific and organizing committee of the 10th International Dietetic Conference of the Cyprus Dietetic and Nutrition Association	Chair