



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Michailidou
Name:	Christina
Rank/Position:	Assistant Professor
Faculty:	School of Life and Health Sciences
Department:	Health Sciences
Scientific Domain: *	Program of Physiotherapy

** Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
MSc in Health Unit Management	2025	Greek Open University	School of Social Sciences	The Use of Artificial Intelligence in Physiotherapy
PhD in Health	2012	Brunel University, London, United Kingdom	School of Health Sciences and Social Care	Low back pain, quality of life and function in people with incomplete spinal cord injury in USA, UK and Greece
MSc in Neurorehabilitation	2001	Brunel University, London, United Kingdom	School of Health Sciences and Social Care	How the quality and the kind of care can be influenced by the Glasgow Coma Scale score (GCS) (in patients with acute traumatic brain injury).



BSc in Physiotherapy	1998	Technological Educational Institution (T.E.I.) Hellenic Republic, Faculty of Health and Welfare, Thessaloniki	Department of Physiotherapy	The control of the Pelvic Girdle in Paraplegia caused by incomplete Spinal Cord Injury
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Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
09/2017	Ongoing	University of Nicosia	Nicosia, Cyprus	Coordinator, Assistant Professor
10/14	06/2017	Public Institutional Educational Centres (IEK) and IEK OAEΔ, Post-secondary education level	Kavala, Greece	Physiotherapy Teacher
07/2006	08/2014	Research and Treatment Unit, South London and Maudsley, King's College Health Partners, NHS Foundation Trust	London, UK	Clinical Research Physiotherapist

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	2025	Effectiveness of respiratory proprioceptive neuromuscular facilitation techniques on pulmonary function and other health-related parameters in chronic obstructive pulmonary disease: A systematic review	Themistocleous, I. C., Andreou, A., Plaiti, C., Hadjisavvas, S., Papamichael, E., Efstathiou M., Stefanakis. M.	<i>Journal of Bodywork and Movement Therapies.</i>	45	83-92
2	2025	COVID-19 and health care professionals. A study in Greece and Cyprus	Themistocleous, IC., Hadjisavvas, S., Kellari.	Arch Hellen Med.	42(6)	788-798
3	2025	Effect of eccentric exercise-induced fatigue on proprioception, motor control and performance of the upper limb in handball players.	Hadjisavvas, S., Efstathiou, M. A., Themistocleous, I. C., Daskalaki, K., Papamichael, E., Rentzias, P., Pavlou, K., Savva, C., Stefanakis, M.	Sport Sciences for Health, 1-15.	21	1821-1835
4	2025	Greek and Cypriot Healthcare Professionals: Burned Out from the First	Themistocleous, I. C., Hadjisavvas, S., & Kellari, A	Cyprus Review	37(1)	109-132



		Year of the COVID-19 Pandemic?.				
5	2025	The efficacy of HIIT programs for the improvement of aerobic capacity and functionality for stroke survivors. Systematic Review and meta-analysis	Papamichael, E., Themistocleous, I. C., Hadjisavvas, S., Solou, D.	Neurology Research International,	2025(1)	1-14
6	2022	Online Education during Lockdowns: Comparing its Impact on Physical and Psychological Wellbeing, in University Faculty and Students.	Tsangari, H., Charalambous, L., King, C.	The Cyprus Review	34(2)	71-90
7	2022	Pain and stiffness resulting from an imposed sedentary lifestyle during lockdown, in the university community.	Charalambous, L., King, C., Tsangari, H.	Arch Hellen Med	39(6)	772-780
8	2021	Differences Between Exergaming Rehabilitation and Conventional Physiotherapy on Quality of Life in Parkinson's Disease: A Systematic Review and Meta-Analysis.	Elena Papamichael, Demetris Solou, Marios Papamichael	Frontiers in neurology	12:6833 85	doi: 10.3389 /fneur.2 021.683 385



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CYPRUS AGENCY OF QUALITY ASSURANCE AND ACCREDITATION IN HIGHER EDUCATION



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9	2016	Translation into Greek and initial validity and reliability testing of a modified version of the SCIM III, in both English and Greek, for self-use.	Marston L., De Souza L.H.	Disability and Rehabilitation	38:2	180-188
10	2014	A systematic review of the prevalence of musculoskeletal pain, back and low back pain in people with Spinal Cord Injury.	Marston L., DeSouza L.H., Sutherland I.	Disability & Rehabilitation	36(9)	705–715

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	Fatigue, stress, functioning and quality of life in people with Covid-19. The contribution of physical therapy in Greece and Cyprus.	Self-Funded	Primary Supervisor/Researcher
2	2022	Managing fatigue and improving quality of life of breast cancer survivors using mixed reality	Self-Funded	Primary Supervisor
3	2021	The impact of the COVID-19 pandemic on access to physiotherapy in Greece and Italy. Impact on quality of life and rehabilitation.	Self-Funded	Primary Supervisor/Researcher
4	2021	Translation into Greek and psychometric properties assessment of the CDC HRQOL-14 scale	Self-Funded	Primary Supervisor/Researcher
5	2021	Fatigue and pain in the general population of Cyprus and Greece during the SARS-CoV-2 pandemic. Validation of the Chalder Fatigue Questionnaire.	Self-Funded	Primary Supervisor/Researcher
6	2020 - ongoing	The effect of virtual/augmented reality on the quality of life of people with Parkinson's.	Self-Funded	Primary Supervisor

**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	Since September 2023	UNIC, SLHS	Member of Teaching and Assessment Committee	Review, update, create policies on teaching and assessment matters for the School
	Since April 2023	European Network of Physiotherapy in Higher Education (ENPHE)	ENPHE Member - Cyprus Coordinator for issues in Higher Education Physiotherapy	To align physiotherapy higher educational programmes and drive forward new developments, in Europe.
	Since September 2023	UNIC, SLHS	Member of School Council Meeting	
2	Since October 2018	UNIC, Physiotherapy program	Coordinator	
3	Since September 2017	University of Nicosia – Department Council	Member	



**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	2006	Selected as one of three PhD students who presented their work at HM. Queen of England Elisabeth II in May 2006, during the inauguration ceremony of the new building of the School of Health and Social Sciences, Brunel University, London, UK.	Brunel University
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