Form 500.1.3

Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Themistocleous
Name:	Irene-Chrysovalanto
Rank/Position:	Lecturer
Faculty:	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)
PhD in Physiotherapy	2022	University of Nicosia, Cyprus	Life and Health Sciences	The process of translating and culturally adapting the Sickness Impact Profile (SIP) questionnaire into Greek, specifically for the overweight and obese population, and its utilization in health management through circuit training
MSc in Cardiovascular Health and Rehabilitation	2015	University of Chester, United Kingdom	Clinical Sciences and Nutrition	The role of Tai Chi Chuan in health-related quality of life in chronic obstructive pulmonary disease and heart failure: A systematic review

BSc in Physiotherapy	2013	European University Cyprus, Cyprus	Physiotherapy	Cardiopulmonary physiotherapy post CABG surgery: A literature review

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		**Employer**	**Location**	**Position**
From	**To**			
23/7/24	Today	University of Nicosia	Nicosia, Cyprus	Lecturer
1/9/2023	23/7/24	University of Nicosia	Nicosia, Cyprus	Teaching Research Faculty
2015	2023	University of Nicosia	Nicosia, Cyprus	Adjunct faculty

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.	Andreou, A., Plaiti, C., Hadjisavvas, S., Papamichael, E., Michailidou, C., ... & Stefanakis, M.	Journal of Bodywork and Movement Therapies.		
2.	2025	Exploring Exercise Interventions for Obstructive Sleep Apnea: A Scoping Review.	Hadjisavvas, S., Papamichael, E., Michailidou, C., Efstathiou, M. A., & Stefanakis, M.	Journal of Functional Morphology and Kinesiology		
3.	2025	Greek and Cypriot Healthcare Professionals: Burned Out from the First Year of the COVID-19 Pandemic?	Michailidou, C., Hadjisavvas, S., & Kellari, A.	Cyprus Review	37(1)	109-132
4.	2025	The Effect of Fatigue on Shoulder Proprioception: A Literature Review.	Hadjisavvas, S., Papamichael, E., Michailidou, C., Efstathiou, M. A., & Stefanakis, M.	Reviews on Recent Clinical Trials		
5.	2024	Can resistance training improve throwing performance in handball players? A Systematic review and meta-analysis	Hadjisavvas S, Efstathiou MA, Daskalaki K, Malliou P, Lewis J, Stefanakis M.	BMC Sports Science, Medicine and Rehabilitation	10.1186/s13102-024-00872-y	

6.	2024	The Effects of High-Intensity Interval Training with Short Bursts of Work (≤30s) on Body Composition and Exercise Capacity in Overweight or Obese Adults: A Systematic Review	Hadjisavvas S, Efstathiou M A., Stefanakis M	International Journal of Cerebrovascular Disease and Stroke	10.29011/2688-8734.100177	
7.	2024	The Application of High Intensity Interval Training in Atrial Fibrillation: A Literature Review	Hadjisavvas S, Efstathiou M A., Stefanakis M	International Journal of Cerebrovascular Disease and Stroke	10.29011/2688-8734.100175	
8.	2023	Reliability and Validity of the Greek Version of Sickness Impact Profile Questionnaire	Lampropoulou Sofia, Papadopoulou-King Christina, Stefanakis Manos	International Journal of Cerebrovascular Disease and Stroke	www.doi.org/10.29011/2688-8734.000063	

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**
	2023	Effects of Hight-Intensity Intermittent Circuit Training in Obese and Overweight Individuals	Local, 8th Pancyprian Physiotherapy Conference	Nicosia, Cyprus	Presenter
	2021	Effects of Moderate-Intensity Intermittent Circuit Training in Obese and Overweight Individuals	Local, 7th Pancyprian Physiotherapy Conference	Nicosia, Cyprus	Presenter
	2020	Physiotherapy Assessment of Respiratory system and Treatment, Pathophysiology of Upper and Lower Respiratory tract Infections, Introduction in Pulmonary Rehabilitation	Local, Online Pulmonary Physiotherapy Seminar-Pancyprian Physiotherapy Association	Online	Presenter
	2018	High Intensity Interval Training in clinical populations: A systematic review and Meta-analysis	International, 28th Panhellenic Physiotherapy Conference	Athens, Greece	Presenter
	2016	Physiotherapy in coronary heart disease	Local, 5th Pancyprian Physiotherapy Conference	Nicosia, Cyprus	Presenter

**Specify venue, geographic location etc*

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	2022-until now	Ministry of Health	Diabetic foot Capacity Planning	Representative of the Pancyprian Physiotherapy Association, Provide guidelines for the management of diabetic foot
2	2021-until now	Health Insurance Organisation (HIO)	Physiotherapy subcommittee on cardiovascular diseases	Provide guidelines for the management of cardiorespiratory diseases Evaluate physiotherapy applications from health care professionals requesting from HIO to financially cover additional sessions for their patients