



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Themistocleous
Name:	Irene-Chrysovalanto
Rank/Position:	Teaching Research Faculty
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



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ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
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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			
1/9/2023	Today	University of Nicosia (EDEX)	Nicosia, Cyprus	Teaching Research Faculty
2015	2023	University of Nicosia (EDEX)	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	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/10.29011/2688-8734.00063	
2	2023	Retrospective Comparison of Two Circuit Training Programs with Different Intensities in Obese and Overweight Individuals	Agathangelou, P, Stefanakis, M	International Journal of Sports and Exercise Medicine	DOI: 10.23937/2469-5718/1510240	
3	2022	Effects of High-Intensity Circuit Training in Obese and Overweight Population: A Randomized Clinical Trial	Agathangelou, P, Stefanakis, M	International Journal of Sports and Exercise Medicine	DOI: 10.23937/2469-5718/1510237	
4	2022	Effects of Moderate-Intensity Intermittent Circuit Training in	Agathangelou, P, Stefanakis, M	International Journal of Sports and Exercise Medicine	DOI: 10.23937/2469-5718/1	



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		Obese and Overweight Individuals			510194	
5	2017	High Intensity Interval Training or Moderate Intensity Continuous Exercise in Patients with Myocardial Infarction?	Stefanakis, M	Arab Journal of Nutrition and Exercise	DOI 10.18502/ajne.v2i2.1247	
6	2017	Coronary Heart Disease Part II: Role of Physiotherapy	Stefanakis, M, Douda, H	Journal of Physical Activity, Nutrition and Rehabilitation	https://www.panr.com.cy/?p=1547	
7	2017	Coronary Heart Disease Part I: Pathophysiology and Risk Factors	Stefanakis, M, Douda, H	Journal of Physical Activity, Nutrition and Rehabilitation	https://www.panr.com.cy/?p=1542	

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	2021	Effects of Moderate-Intensity Intermittent Circuit Training in Obese and Overweight Individuals	Local, 7th Pancyprrian Physiotherapy Conference	Nicosia, Cyprus	Presenter
2	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-Pancyprrian Physiotherapy Association	Online	Presenter
3	2018	High Intensity Interval Training in clinical populations: A systematic review and Meta-analysis	International, 28th Panhellenic Physiotherapy Conference	Athens, Greece	Presenter
4	2016	Physiotherapy in coronary heart disease	Local, 5th Pancyprrian 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