



Academic Personnel Short Profile / Short CV

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| University: | University of Nicosia |
| Surname: | Philippou |
| Name: | Elena |
| Rank/Position: | Associate Professor |
| Faculty: | Sciences and Engineering |
| Department: | Life and Health Sciences |
| Scientific Domain: * | Nutrition and Dietetics |

** Field of Specialization*

| Academic qualifications (list by highest qualification) | | | | |
|--|------|---------------------------------|----------------------------------|---|
| Qualification | Year | Awarding Institution | Department | Thesis title (Optional Entry) |
| PhD in Dietetics | 2008 | Imperial College London, UK | | Dietary Carbohydrate manipulation and its effect on coronary heart disease risk factors and body weight maintenance |
| Postgraduate Diploma in Dietetics with Distinction | 2002 | King's College London, UK | Division of Nutritional Sciences | |
| BSc Nutrition | 2001 | King's College London, UK | Division of Nutritional Sciences | |
| Pg Cert in Continuing Professional Academic Development | 2012 | University of Hertfordshire, UK | Education | |



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| Programme in Learning and Teaching in Higher Education (CPAD) | | | | |
| Postgraduate Certificate in Behavioural Management of Adult Obesity | 2003 | University of Central Lancashire, UK | | |

Employment history in Academic Institutions/Research Centers–List by the three (3) most recent

| Period of employment | | Employer | Location | Position |
|-------------------------|---------|-----------------------|-----------------|---|
| From | To | | | |
| 2019 | now | University of Nicosia | Nicosia, Cyprus | Associate Professor Nutrition-Dietetics, BSc Nutrition and Dietetics Co-ordinator |
| 2012 (except 1/15-8/15) | now | University of Nicosia | Nicosia, Cyprus | Assistant Professor |
| 2015 | now | King's College London | London, UK | Visiting Lecturer |
| 01/2015 | 05/2015 | King's College London | London, UK | Lecturer |
| 2007 | now | Self-employed | Nicosia, Cyprus | Consultant 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 | 2020 | Exploring the Validity of the 14-Item Mediterranean Diet Adherence Screener (MEDAS): A Cross-National Study in Seven European Countries around the Mediterranean Region | García-Conesa MT, Pafilas C, Massaro M, Quarta S, Andrade V, Jorge R, Chervenkov M, Ivanova T, Dimitrova D, Maksimova V, Smilkov K, Ackova DG, Miloseva L, Ruskovska T, Deligiannidou GE, Kontogiorgis CA, Pinto P. | Nutrients | 12(10) | 2960 |
| 2 | 2020 | Brain iron concentrations in the pathophysiology of children with attention deficit/hyperactivity disorder: a systematic review | Degremont A, Jain R, Latunde-Dada GO. | Nutrition Reviews | Sep 24; nuaa065. | doi: 10.1093/nutrit/nuaa065 Online ahead of print. |
| 3 | 2020 | Rheumatoid arthritis and dietary interventions: systematic review of clinical trials. | Petersson SD, Rodomar C, Nikiphorou E | Nutrition Reviews | Jun 25; nuaa033. | doi: 10.1093/nutrit/nuaa033. Online ahead of |



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|---|------|---|---|--|---------|---|
| | | | | | | print. |
| 4 | 2020 | Personality, Chrono-nutrition and Cardiometabolic Health: A Narrative Review of the Evidence | Al Abdi T, Andreou E, Papageorgiou A, Heraclides A | Advances in Nutrition | 11(5) | 1201-1210 |
| 5 | 2020 | Nutrition in RMDs: is it really food for thought? Focus on rheumatoid arthritis. | Alunno A, Nikiphorou E, Daien C, Wiek D, Kouloumas M, Cutolo M. | BMC Rheumatology | 4:10 | doi: 10.1186/s41927-020-0113-4. eCollection 2020 |
| 6 | 2019 | Dietary patterns and cognition: Food for thought or ... still more thought necessary? | | American Journal of Clinical Nutrition | 110 (4) | 801-2 |
| 7 | 2019 | Food For Thought: Public Health-Based Nutrition Recommendations for the Mature Brain. | Polak R, Michunovich A, York A, Faieta J.M., Hirsch M.A., Heyn, P.C | Archives of Physical Medicine and Rehabilitation | 100 (8) | 1581-3 |
| 8 | 2018 | Prospective association between dietary glycaemic index at age 53y and cognitive function at age 69 years in adults of the 1946 British birth cohort. | Philippou E, Pot GK, Heraclides A, Richards M and Bendayan R | Public Health Nutrition | 22 (8) | 1-10 |
| 9 | 2018 | The role of metabolic | Michaelides MP, | Journal of Clinical | 40(10) | 1030- |



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| | | syndrome factors on cognition using latent variable modeling: The neurocognitive study on aging | Constantinidou F | and Experimental Neuropsychology | | 43 |
| 10 | 2017 | The Glycemic Index: Applications in Practice (book) | | CRC Press | N/A | |



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-ongoing | Gastrointestinal symptoms of Sars-Cov-2 infection: a prospective multicenter study-GI COVID-19. Study PI: Prof Barbara Giovanni, at the University of Bologna. | No funding | Principal Investigator for Cyprus |
| 1 | 2019-2022 | The Neurocognitive Study for the Aging-Expanded (in association with the Centre for Applied Neuroscience at University of Cyprus) | Research Promotion Foundation | Research team member |
| 2 | 2019-ongoing | Collaboration on the MeDiWeb study, a collaboration between (currently) 7 European countries: Spain, Italy, Bulgaria, Greece, Republic of Macedonia, Cyprus, Portugal to assess associations between adherence to the Mediterranean diet and wellbeing. | No funding | Research team member |
| 3 | 2017-ongoing | Nutrition for the Ageing brain and Cochrane review on nutrition and exercise interventions (in association with the American Congress of Rehabilitation Medicine's Neurodegenerative disease group) | No funding | Research team member |
| 4 | 2015-2018 | BrEaST start in life project | Iceland, Liechtenstein and Norway through the EEA | Research team member |



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| | | | Financial Mechanism and the Republic of Cyprus (but no funding received for own contribution) | |
| 5 | 2015-2019 | Study of dietary factors and cognitive function in the University of London's 1946 birth cohort study | No funding | Research team member |
| 6 | 2010-ongoing | Validation of a food frequency questionnaire developed for the dietary assessment of the Cypriot population (in association with the Cyprus Institute of Neurology) | Partly funded by industry | Project coordinator |
| 7 | 2010-2014 | Epidemiological research on the diet of Cypriot children and adolescents (in association with the Research and Education Institute of Child Health) | No funding | Research team member |
| 8 | 2012-2015 | The impact of nutritional workshop on the haematological, biochemical and antioxidant parameters of young swimmers | University of Nicosia internal funding | Project coordinator |
| 9 | 2010-11 | 5-day Grundtvig workshop | EU Life Long Learning Programme | Project coordinator |
| 10 | 2008-ongoing | Ramadan fasting and health (in collaboration with the Department of Nutrition, Mashad Medical School, Iran) | No funding | Research team 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 | 2018-2020 | UNIC | Member of the Internal Committee of Evaluation of BSc Nutrition-Dietetics | Internal and evaluation of Program and production of report |
| 2 | 2018-2020 | UNIC | Chair of the Internal Committee of Evaluation of PhD Dietetics | Internal and evaluation of Program and production of report |
| 3 | 2017-ongoing | COST Action CA 16112 | Project title: Personalised nutrition in agingsociety: redox control of major age-related diseases: NutRedOx. | Member of management committee |
| 4 | 2017-ongoing | American Congress of Rehabilitation Medicine Neurodegenerative Diseases Networking Group and Elderly Group | Active member | Production of information education pages for patients |
| 5 | 2013-2016 | EU COST Action BM1106 | Project title: The Genes in Irritable Bowel Syndrome Research Network Europe (GENIEUR) | Member of management committee |
| 6 | 2011-2015 | Cyprus National Bioethics Committee | Secretary of the Cyprus Review Bioethics Committee for Biomedicine and Clinical Research | Secretarial assistance |



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| | | | (two terms) | |
| 7 | 2010-2013 | Cyprus Dietetic and Nutrition Association | Assistant Secretary | Secretarial assistance |

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 | 2011 | Award of excellence for the organisation of the 5-day Grundtvig workshop titled 'Understanding Nutritional Recommendations' on 29.5.11-3.6.11. | Life Long Learning Agency |

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 | 2015-ongoing | Visiting Lecturer Nutritional Sciences King's College London | BSc and MSc final year student project supervision |