FORM NUM: 500.1.03

Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Pavlou
Name:	Achilleas
Rank/Position:	Assistant Professor
Faculty:	Medical School
Department:	Basic and Clinical Sciences
Scientific Domain:	Neuroscience/Cognitive Psychology

Academic qualifications

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD Cognitive Science/Neuropsychology	2021	University of Essex	Psychology	Empirical investigations of lucid dream induction methods and individual differences in lucid dream frequency
MSc Cognitive Neuroscience	2016	University of Essex	Psychology	
BSc Psychology	2015	University of Essex	Psychology	
BSc Computing Science, Imaging & Multimedia	2012	University of East Anglia	Computer Science	

Employment history in Academic Institutions/Research Centers

Period of employment		Employer	Location	Position
From	To			
09/2021	Present	University of Nicosia, Medical School	Nicosia, Cyprus	Faculty member
1/2021	6/2021	University of East Anglia	Norwich, UK	Research Associate

Key *refereed* journal papers, monographs, books, conference publications etc.						
Ref. Number	**Year**	**Title**	**Other authors**	**Journal and Publisher / Conference**	**Vol.**	**Pages**
1	2019	Portable Devices to Induce Lucid Dreams – Are They Reliable?	Sérgio A. Mota-Rolim, George C. Nascimento, John Fontenele-Araujo, Sidarta Ribeiro	Frontiers in Neuroscience	13	428
2	2023	Laparoscopic myomectomy complications: META analysis on RCTs and review of large cohort studies	Tanos, V., Lee, S. Y. C., Alexander, K., Pavlou, A., Balanos, I., & Sandhu, A.	European Journal of Obstetrics & Gynecology and Reproductive Biology	287	109-118
3	2024	Introduction of PBL in the First Year of Traditional Medical Curriculum	Loizou, S., Pavlou, A., Cory, O. A., & Ireland, D. T.	Health Professions Education	10(1)	12
4	2025	Let's chat! Integrating ChatGPT in medical student assignments to enhance critical analysis.	Antoniou, C., Pavlou, A., & Ikossi, D. G.	*Medical Teacher*	47(5)	791-793

Research Projects				
Ref. Number	**Date**	**Title**	**Funded by**	**Project Role***
1	2021	Investigating a common developmental origin for sensory issues and disturbed sleep, in Autism	Wellcome Trust	Research Associate
2	2025-ongoing	Machine Learning Approaches for Predicting Dream Emotions and Investigating the Impact of Forgotten Dreams in Healthy and PTSD Populations	Tuition fee waver from UNIC Medical School	PhD Supervisor
3	2025-2027	ViR-MEd: Virtual Realities in Medical Education: Transforming Clinical Communication Skills through AI and VR Technologies	Erasmus+	Principal Investigator

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees				
Ref. Number	**Period**	**Organization**	**Title of Position or Service**	**Key Activities**
1	2018 - current	DavidHugh LTD	Consultant	1) Researched and run studies to investigate the health benefits of Elysium technology. 2) Analysis of behavioral, EEG, ECG/HRV and salivary cortisol data 3) R&D into future products and direction of the company.
2	Jan 2020 – May 2020	Keep Fit Eat Fit LTD	Consultant	1) Industry partnership through EIRA grant-funded project with University of Essex 2) R&D of the sleep health-related module for KFEF digital HR platform which includes various sleep-health promoting strategies such as an online Cognitive Behavioural Therapy for Insomnia (CBT-I) programme.
3	2017	Inteliclinic LTD	Project Coordinator & Consultant	1) Project Coordinator for the development of their product, Neuroon Open, working under the Horizon 2020 fund (NEUROON-MED, Project ID: 767198). 2) Research and consulting for the development of Neuroon Open sleep wearable.

Other Achievements			
Ref. Number	**Date**	**Title**	**Key Activities:**

1	2025	Awarded 400,000 euro KA220-HED Erasmus+ project titled Virtual Realities in Medical Education: Transforming Clinical Communication Skills through AI and VR Technologies	Develop a VR Clinical Communication Skills training mobile and PC app with virtual patients powered by ChatGPT
2	2017 - 2019	PhD Scholarship awarded by the A. G. Leventis Foundation	N/A
3	2016	MSc Scholarship awarded by the University of Essex	As part of the MSc scholarship I was trained to be a certified coach (Institute of Leadership and Management) for undergraduate students.