

CURRICULUM VITAE

ZOE GIANNOUSI, MSc, PhD

Health Psychologist, Systemic Psychotherapist

Website: www.zoegiannousi.com email: zgiannousi@gmail.com

PERSONAL INFORMATION:

Name: Zoe Giannousi

Address: Boniali 11-19, Building A, 3rd floor

Date of Birth: 8th June, 1975

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Email: zgiannousi@gmail.com

Website: www.zoegiannousi.com

1. EDUCATION

1. HIGHER EDUCATION

- 1.1. **Doctor of Philosophy (PhD):** “Illness Perceptions and Levels of Depression in Cancer Patients” Faculty of Medicine, University of Crete, Greece, 2010
- 1.2. **MSc in Health Psychology,** School of Social Sciences, Department of Psychology, University of Surrey, UK, 2000.
- 1.3. **BSc in Psychology,** Department of Psychology, University of Crete, 1998.

2. TRAINING IN SYSTEMIC PSYCHOTHERAPY

- 2.1 **Training in Systemic Therapy and Counseling** (300 hours) Systemic Institute of Thessaloniki, accredited by the European Family Therapy Association (EFTA), trainer Dr. Tasos Zisis, Clinical Psychologist, Clinical Psychologist and Systemic Psychotherapist, Thessaloniki, 2013-2015.
- 2.2 **Training in Systemic Psychotherapy** (700 hours) Institute of Family Systemic Counselling and Therapy, accredited by the European Family Therapy Association (EFTA) trainer Dr. Achilleas Prokopiou, Chania, 2005-2011.
- 2.3 Systemic Psychotherapy Workshops on specific issues such as Trauma, Psychosomatic Symptoms, Depression, Anxiety and Panic Attacks, Obsessive Compulsive Disorder, Couple Therapy, Development of Systemic Skills (2016 until now)
- 2.4 Systemic Psychotherapist Accreditation - European Family Therapy Association (2018 until now)

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3. FURTHER QUALIFICATIONS

- 3.1 Vocational Training Instructor- Level 5 (CyQF/EQF) (EΠ004979)
- 3.2 Licensed Psychologist, 1998, Prefecture of Thessaloniki, Department of Public Health and Hygiene (ΦΕΚ 278/20-10-98).

2. PROFESSIONAL AFFILIATIONS

1. Member of the European Family Therapy Association. (EFTA)
2. Member of the Hellenic Psychological Society (ELPSE)
3. Member of the Association of Greek Psychologists (SEPS)
4. Member of the Systemic Association of Northern Greece (SEVE)

3. EXPERIENCE IN CLINICAL AND THERAPEUTIC SETTINGS

3.1 2011-2019: Psychologist at the Bank of Cyprus Oncology Centre (BOCOC), Nicosia, Cyprus

Main Duties:

- Psychological support for cancer patients and caregivers.
- Collaboration with consultants and participation in multidimensional teams with other health care providers.
- Collaboration with patients' associations.
- Supervision of students during their clinical placement for the PhD program in Clinical Psychology of the University of Cyprus
- Research participation (see publications)

3.2 2005 – 2011: Psychologist at the Cretan Association for Biomedical Research (C.A.B.R.) at the Department of Medical Oncology, University Hospital of Heraklion, Crete.

Main Duties:

- Psychological Support for cancer patients and their families.
- Facilitator in psycho-educational seminars for patients and families.
- Facilitator in psychosocial support groups for hospitalised patients and their caregivers.
- Completing psychological assessments as part of clinical trials (i.e. multidimensional geriatric assessments, depression and assessments of nutritional condition)
- Supervision of students during their clinical placement, for the Postgraduate program in Health Psychology, of the University of Crete.

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- Research participation (see publications)

3.3 CONTRIBUTION TO SOCIETY-PARTICIPATION IN SOCIAL AGENCIES

2005-2011: Volunteer Work at the “Live Well With Cancer” Association for cancer patients and their families, Heraklion, Crete, with main duties:

- Facilitator in psycho-educational groups for breast cancer patients.
- Participation in conference organisation on cancer adaptation and prevention.
- Participation in advocacy groups as member of the association.
- Public talks (municipalities in Heraklion Prefecture) on psychological adaptation and cancer prevention.

4. TEACHING EXPERIENCE IN HIGHER EDUCATION

2019-2023: Medical School, University of Nicosia

Assistant Professor in Clinical Communication

Sessions: Communication Skills sessions on information gathering on specific clinical histories, communication of risk, breaking bad news, giving information, shared decision making and motivational interviewing, cultural competence, communicating with adolescents, communicating with the elderly, health behavioral change, etc.

Also, lectures on psychology of aging, physical exercise, survival (Kaplan Meier) curves and screening.

2014-2019 : Department of Psychology, Neapolis University, Paphos, Cyprus

Special Scientist

Subject: “Counselling in Health Care Settings” in the postgraduate program of Counselling Psychology (6 semesters)

2018-2019: Department of Psychology, University of Cyprus, Cyprus

Special Scientist

Subject: “Psychology of Grief” (one semester)

2016-2017: Medical School, University of Cyprus

Special Scientist

Subject: “Basic Principles of Psychology in Medicine” (one semester)

2014-2015: Department of Psychology, University of Cyprus, Cyprus

Special Scientist

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Subject: “Psychological Interventions in Medical Settings” at the PhD program of Clinical Psychology (one semester)

4.2. Other academic activity:

- Member of the Organisation Committee of the *29th European Health Psychology* conference, Limassol 1-5 Sept 2015 <http://ehps2015.org/committees/>

5. PUBLICATIONS

1. PEER-REVIEWED JOURNALS

1. **Z. Giannousi**, C. Thomadakis, E.C. Karademas & A.E.C. Karademas, G. Dimitraki, C. T. Paschali (2023) The Dyadic Regulation Approach of Coping and Illness Representations in Female Cancer Patients and their Partners. *Frontiers in Psychology*. 14: 1194900 DOI: [10.389/fpsyg.2023.1194900](https://doi.org/10.3389/fpsyg.2023.1194900)
2. E.C. Karademas, G. Dimitraki, C. Thomadakis & **Z. Giannousi** (2019) The relation of spouse illness representations to patient representations and coping behaviour: A study in couples dealing with a newly diagnosed cancer *Journal of Psychosocial Oncology* 29:1-15. DOI: [10.1080/07347332.2018.1508534](https://doi.org/10.1080/07347332.2018.1508534)
3. C. Leonidou & **Z. Giannousi** (2018) Experiences of Caregivers of Patients with metastatic cancer: What can we learn from them to better support them? *European Journal of Oncology Nursing* 32:25-32. DOI: [10.1016/j.ejon.2017.11.002](https://doi.org/10.1016/j.ejon.2017.11.002)
4. **Z. Giannousi**, E.C. Karademas & G. Dimitraki (2016) Illness Representation and psychological adjustment of Greek couples dealing with a recently diagnosed cancer: Dyadic interaction and perception dissimilarity effects. *Journal of Behavioral Medicine*, 39(1): 85-93. DOI: [10.1007/s10865-015-9664-z](https://doi.org/10.1007/s10865-015-9664-z)
5. E.C. Karademas & **Z. Giannousi** (2012) Representations of control and psychological symptoms in couples dealing with cancer: A dyadic -regulation approach. *Psychology and Health*, 28 (1): 67-83. DOI: [10.1080/08870446.2012.713954](https://doi.org/10.1080/08870446.2012.713954)
6. I. Gioulbasanis, A.G. Pallis, P.J. Vlachostergios, A. Xyrafas, **Z. Giannousi**, I.E. Perdikouri, M. Makridou, D. Kakalou & V. Georgoulis (2012) The Glasgow Prognostic Score (GPS) predicts toxicity and efficacy in platinum – based treated patients with metastatic lung cancer. *Lung Cancer*, 77 (2): 383-388. DOI: [10.1016/j.lungcan.2012.04.008](https://doi.org/10.1016/j.lungcan.2012.04.008)
7. **Z. Giannousi**, I. Gioulbasanis, A.G. Pallis, A. Xyrafas, D. Dalliani, K. Kalbakis, V. Papadopoulos, D. Mavroudis, V. Georgoulis & C.N. Papandreou (2012) Nutritional status, acute

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phase response and depression in metastatic lung cancer patients: Correlations and association prognosis *Supportive Care in Cancer*, 20 (8): 1823-9. DOI: [10.1016/j.lungcan.2012.04.008](https://doi.org/10.1016/j.lungcan.2012.04.008)

8. I. Gioulbasanis, P. Georgoulis, P.J. Vlachostergios, V. Baracos, S. Ghosh, **Z. Giannousi**, C.N. Papandreou, D. Mavrudis & V. Georgoulis (2011) Mini Nutritional Assessment (MNA) and biochemical markers of cachexia in metastatic lung cancer patients: interrelations and associations with prognosis. *Lung Cancer*, 74 (3): 516-20. DOI: [10.1016/j.lungcan.2011.05.009](https://doi.org/10.1016/j.lungcan.2011.05.009)
9. I. Gioulbasanis, V.E. Baracos, **Z. Giannousi**, A. Xyrafas, I. Martin, V. Georgoulis & D. Mavrudis (2011): Baseline nutritional evaluation in metastatic lung cancer patients: Mini Nutritional Assessment versus weight loss history. *Annals of Oncology*, 22 (4), pp.835-41. DOI: [10.1093/annonc/mdq440](https://doi.org/10.1093/annonc/mdq440)
10. **Z. Giannousi**, I. Manaras, V. Georgoulis, G. Samonis (2010). Illness perceptions in Greek patients with cancer: a validation of the Revised-Illness Perception Questionnaire. *Psychooncology*, 19 (1): 85-92. DOI: [10.1002/pon.1538](https://doi.org/10.1002/pon.1538)
11. G. Samonis, **Z. Giannousi**, I.C. Varbobitis, T. A. Sardi, M.E. Falagas (2009) Family support of elderly patients hospitalised in a public tertiary hospital in Greece: a prospective study. *Journal of the American Geriatric Society*, 57 (7): 1302-4. DOI: [10.1111/j.1532-5415.2009.02302.x](https://doi.org/10.1111/j.1532-5415.2009.02302.x)

6. CONFERENCES PARTICIPATION, WORKSHOPS FACILITATION AND INVITED TALKS

6.1 International Conferences:

1. **Z. Giannousi**, C. Thomadakis, E. Karademas & A. Paschali (2023) Dyadic Regulation Approach of Coping and Illness Representations in Female Cancer Patients and their Partners. Symposium Presentation at the 37th Annual Conference of the European Health Psychology Society, September 4- 8, Bremen, Germany.
1. M. Loizou, M. Marcou & **Z. Giannousi** (2019) Psychological Assessment and treatment expectations of cancer patients admitted for their first chemotherapy treatment. Poster presented at the European Health Psychology Conference, September 3-7, Dubrovnic, Croatia
2. **Z. Giannousi**, M. Theodorou, P. Vogazianos, E. Karayianni, D. Vomvas, E. Kakouri & H. Charalambous (2016) Assessing the Validity and reliability of the Greek translation of Cancer Rehabilitation Evaluation System (CARES) in Greek-Cypriot cancer patients. Poster presented at the 18th World Congress of Psycho-Oncology (IPOS), October 17-20, Dublin, Ireland
3. **Z. Giannousi** (2015) Chair at poster session at the 29th European Health Psychology Conference, Sept 1-5, Limassol, Cyprus

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4. **Z. Giannousi**, M. Theodorou, E. Karayianni & H.Charalambous (2014) Chemotherapy: how does it affect cancer patients' functioning, psychological distress, perceptions of social support and coping. Poster presented at the 16th World Congress of Psycho-Oncology (IPOS), October 20-24, Lisbon, Portugal
5. M. Theodorou, E. Karayianni, **Z. Giannousi** & H. Charalambous (2014) Relationships between cancer patients' functioning, psychological distress, perceived social support, and coping strategies employed. Poster presented at the 28th Conference of the European Health Psychology Society (EHPS), August 26-30, Innsbruck, Austria.
6. **Z. Giannousi**, I. Gioulbasanis, A.G. Pallis, A. Xyrafas, D. Dalliani, K. Kalbakis, V. Papadopoulos, D. Mavrudis, V. Georgoulis, C.N. Papandreou (2011). Nutritional status, acute phase response and depression in metastatic lung cancer patients: Do they correlate? Poster presented at the 25th Conference of the European Health Psychology Society (EHPS), September 20-24, Crete, Greece
7. A. Karampeazis, L. Vamvakas, S. Aggelaki, A. Xyrafas, A. Pallis, E. Saloustros, **Z. Giannousi**, K. Kalbakis, D. Mavrudis, V. Georgoulis (2011). Baseline comprehensive geriatric assessment (CGA) and prediction of toxicity in elderly non-small cell lung cancer (NSCLC) patients receiving chemotherapy. Poster presented at the ASCO Annual Meeting, June 3-7, Chicago, USA.
8. I. Gioulbasanis, **Z. Giannousi**, P. Georgoulis, P. Vlachostergios, S. Ghosh, E. Maragouli, M. Siagouli, C. Papandreou, D. Mavroudis, V. Georgoulis (2010). Correlations of the Mini Nutritional Assessment (MNA) with laboratory markers of cachexia in metastatic lung cancer patients. Poster presented at the 3rd International Congress on Nutrition and Cancer, October 20-24 2010, Bodrum, Turkey.
9. I. Manaras, **Z. Giannousi**, K. Kastamonitis, V. Georgoulis & G. Samonis (2009). The role of medical specialties in doctors' quality of life: A focus group study. Poster presented at the 23rd Conference of the European Health Psychology Society (EHPS), September 23-26, Pisa, Italy.
10. I. Gioulbasanis, VE. Baracos, S. Ghosh, **Z. Giannousi**, L. Vamvakas, V. Georgoulis, D. Mavdouris (2009) The importance of nutrition assessment on prognostication in newly diagnosed lung cancer patients. Oral presentation at the ESMO Symposium on Cancer Nutrition, March 20-21, Zurich, Switzerland.
11. **Z. Giannousi**, L. Vamvakas, E. Saloustros, A. Karampeazis, I. Gioulbasanis, G. Sfakiotaki, E. Kontopodis, Z. Saridaki, V. Bozionelou, V. Georgoulis (2008) The Relationship between measures of nutritional status and comprehensive geriatric assessment. Poster presented at the 9th Meeting of the International Society of Geriatric Oncology (SCIOG), October 16-18, Montreal, Canada.
12. A. Karampeazis, L. Vamvakas, E. Saloustros, **Z. Giannousi**, I. Gioulbasanis, I. Souglakos, S. Agelaki, G. Milaki, V. Markos, D. Mavroudis (2008) Results of the comprehensive geriatric assessment (CGA) of elderly cancer patients in an academic medical oncology clinic. Poster

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presented at the 9th Meeting of the International Society of Geriatric Oncology (SCIOG), October 16-18, Montreal, Canada.

13. I. Gioulbasanis, **Z. Giannousi**, E. Saloustros, L. Vamvakas, A. Karampeazis, N. Androulakis, K. Kalbakis, A. Kotsakis, A. Kalykaki, N. Vardakis (2008) Prognostic value of Mini Nutritional Assessment (MNA) score in elderly lung-cancer patients. Poster presented at the 9th Meeting of the International Society of Geriatric Oncology (SCIOG), October 16-18, Montreal, Canada.
14. S. Agelaki, A. Karampeazis, L. Vamvakas, X. Tsiafaki, A. Kalykaki, Ch. Christophyllakis, V. Bozionelou, I. Gioulbasanis, V. Markos, **Z. Giannousi**, N. Androulakis (2008) Docetaxel compared with vinorelbine in elderly or poor performance status (PS) patients with advanced non-small-cell lung cancer (NSCLC): A randomized phase II Hellenic Oncology Research Group trial. Poster presented at the 1st European Lung Cancer Conference of the International Association for the study of Lung Cancer (IASLC). April, 24-29, Geneva, Switzerland.
15. A. Karampeazis, L. Vamvakas, X. Tsiafaki, A. Kalykaki, Ch. Christofyllakis, V. Bozionelou, J. Gioulbasanis, V. Markos, **Z. Giannousi**, N. Androulakis (2008) Docetaxel compared with vinorelbine in elderly patients with advanced non-small-cell lung cancer (NSCLC): A preliminary report of a randomised phase III trial. Poster presented at the 19th ICACT International Congress on Anti Cancer Treatment, February 5-8, Paris France.
16. A. Karampeazis, L. Vamvakas, X. Tsiafaki, A. Kalykaki, Ch. Christophyllakis, V. Bozionelou, J. Gkioulbasanis, V. Markos, **Z. Giannousi**, N. Androulakis (2007). Docetaxel compared with vinorelbine in elderly patients with advanced non-small-cell lung cancer (NSCLC): A preliminary report of a randomized phase III trial. Poster presented at the 8th Meeting of the International Society of Geriatric Oncology, November 8-11, Madrid, Spain
17. **Z. Giannousi**, I. Manaras, V. Georgoulis & G. Samonis (2006) Illness Perceptions of cancer patients and their carers: qualitative and quantitative comparisons. Oral presentation at the 20th Conference of the European Health Psychology Society (EHPS), August 30 – September 2, Warsaw, Poland
18. **Z. Giannousi**, I. Manaras, V. Georgoulis & G. Samonis (2005). Differences in illness perceptions between cancer patients and their caregivers. Poster presented at the 19th Conference of the European Health Psychology Society (EHPS), 31 August – 3rd September 2005, Galway, Ireland
19. **Z. Giannousi**, I. Manaras, V. Georgoulis & G. Samonis (2003) Illness representations in Greek patients with cancer: Preliminary validation results of the IPQ – R. Poster presented at the 17th Conference of the European Health Psychology Society (EHPS), September 24 – 27, 2003, Kos, Greece.

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6.2 National Conferences

1. Experiential Workshop to oncology residents: Difficult Emotions, News and Stress in Doctor-Patient Communication in Oncology. Facilitators: **Zoe Giannousi** & Emmanouil Saloustros, Heraklion, Clinical and Translational Conference of Medical Oncology, 16-19 of November 2023, Heraklion, Crete.
2. Experiential Workshop to medical students: Breaking Bad News Facilitator: **Zoe Giannousi** Clinical and Translational Conference of Medical Oncology, 16-19 of November 2023, Heraklion, Crete.
3. **Zoe Giannousi** (2023) Psychological approaches for cancer patients. 8th Educational Seminar of the “Supportive and Palliative Oncology-Quality of Life in Oncology, Hellenic Academy of Medical Oncology, Hellenic Society of Medical Oncology, 16-18 of June, Athens
4. Experiential Seminar to medical students: Breaking bad News Facilitator: **Zoe Giannousi** Clinical and Translational Oncology Conference, 17 – 20 of November 2022, Heraklion, Crete
5. Workshop to Medical Oncology residents: Communication Skills for breaking bad news and communicating risk - Taking part into tough conversations. Facilitator: **Zoe Giannousi** Clinical and Translational Conference of Oncology, 17 – 20 of November 2022, Heraklion, Crete.
6. **Z. Giannousi**, C. Thomadakis, E. Constantouraki, E. Karademas, A. Paschali (2022) Dyadic regulation approach of coping mechanisms and illness representations in female cancer patients and their partners. Oral presentation at the 18th conference of psychological research of the Hellenic Psychological Society (ELPSE), October 5-9, Athens.
7. Skills and Challenges of the role of the psychologist in the health care system (2015) Coordinator: **Z. Giannousi** Workshop at the 15th National conference of psychological research of the Hellenic Psychological Society (ΕΛΨΕ), May 27-31, Nicosia, Cyprus.
8. E. C. Karademas, **Z. Giannousi**, G. Dimitraki (2013). The meaning of research on dyadic regulation and adaptation in chronic illness, for the development of more effective intervention programmes. Oral presentation at the 14th Hellenic Conference of Psychological Research of the Hellenic Psychological Society (ELPSE), May 15-19, Alexandroupolis.
9. **Z. Giannousi** (2011). Psychiatric disorders and their meaning in treating cancer cachexia. Oral presentation at the meeting of Central Greece “Cancer and Diet”, May 7, Portaria, Pilio.
10. **Z. Giannousi** (2011). Psychological effects of cancer on cancer patients and caregivers. Oral presentation at the 2nd meeting of the association for the support of cancer patients «Ευ-Ζώ με τον καρκίνο», “Palliative care for cancer patients”, April 9, Heraklion
11. **Z. Giannousi** (2009). Psychological effects of cancer on cancer patients and caregivers. Oral presentation at the 17th Educational Conference in Clinical Oncology, November, 4-8 2009, Heraklion.
12. I Gioulbasanis, **Z. Giannousi**, E. Saloustros, L. Vamvakas, A. Karampeazis, N. Androulakis, K. Kalbakis, A. Kotsakis, A. Kalikaki, N. Vardakis (2008) Prognostic Value of Mini Nutritional

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Assessment (MNA) –score in Elderly Patients. Poster presented at the 14th Conference of the Hellenic Society of Medical Oncology, May 8-11, Athens..

13. L. Vamvakas, A. Karampeazis, E. Saloustris, I. Gioulbasanis, **Z. Giannousi**, N. Vardakis G. Sfakiotaki, G. Milaki, K. Kalbakis, V. Bozionelou (2008). Multidimensional geriatric assessment of elderly cancer patients in the Department of Medical Oncology of the University Hospital of Heraklion. Poster presented at the 14th Conference of the Hellenic Society of Medical Oncology, May 8-11, Athens.
14. I. Gioulbasanis, A. Karampeazis, A. Kalikaki, E.Saloustris, V. Markos, **Z. Giannousi**, G. Sfakiotaki, A. Pallis, N. Androulakis, L. Vamvakas (2007) Application of the Mini Nutritional Assessment (MNA) - score protocol in elderly cancer patients. Oral presentation at the 3rd Meeting of the Hellenic Association of Geriatric Oncology, December 7-8, Thessaloniki.
15. I. Gioulbasanis, L. Vamvakas, A. Karampeazis, E. Saloustris, **Z. Giannousi**, V. Bozionelou, K. Kalbakis, G. Milaki, I. Souglakos, D. Mavrudis (2007) Application of the Mini Nutritional Assessment (MNA)-score protocol in elderly lung cancer patients. Correlations with clinical-laboratory parameters. Poster presented at the 3rd Meeting of the Hellenic Association of Geriatric Oncology, December 7-8, Thessaloniki.
16. I. Manara, **Z. Giannousi**, K. Kastamonitis, V. Georgoulis, G. Samonis (2007). The relationship between medical specialties and quality of life. Oral presentation at the 3rd Hellenic Conference of the Division of Clinical and Health Psychology of the Hellenic Psychological Society (ELPSE), November 9-11, Thessaloniki.
17. Workshop for Health Professionals entitled “Human communication: The contact with the patient- experiential discussion” Coordinators: Achilleas Prokopiou, Errika Vassilaki, **Zoe Giannousi**, at the 13th Educational Conference of Clinical Oncology, November 9-13, 2005, Heraklion.
18. **Z. Giannousi**, I. Manara, V. Georgoulis & G. Samonis (2004). Illness Perceptions and Levels of Depression in Cancer Patients: Preliminary Results. Oral presentation at the 1st Panhellenic Conference of the Division of Clinical and Health Psychology of the Hellenic Psychological Society, October 21-24, Athens.
19. Z. Giannousi (2004). “The need for psychosocial support groups in departments of medical oncology”. Oral presentation at the pre-conference meeting of the 3rd Educational Seminar of the 2nd Department of “Theageneio” Hospital of Thessaloniki, entitled “Breast Cancer and Art” , Thessaloniki.

7. REVIEWER IN JOURNALS

- Supportive Care in Cancer <https://www.springer.com/journal/520>

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8. LANGUAGES

- English : Excellent

9. COMPUTER LITERACY AND SOCIAL MEDIA

Microsoft Windows, WWW, SPSS

Excellent use of hybrid and remote tools for teaching

Excellent use of social media