

Odysseas Androutsos

Item	Number
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	134
Refereed International Conference Presentations	133
Invited Presentations	35
Books (editing)	1
Google Scholar/Scopus Citation Index (including self-citations)	4533/2801
Google Scholar/Scopus h-index	40/30
Involved in Successful Grant Applications	2

1. EDUCATION

Harokopio University Athens, Greece
 Department of Nutrition-Dietetics
 Postdoctoral Research Associate

02/2015-12/2019

National and Kapodistrian University of Athens, Greece
 Faculty of Medicine, Department of Mother and Child Care
 1st Paediatric Clinic-"Aghia Sophia" Children's Hospital

2009-2014

Doctor of Philosophy (PhD) in Medicine

Dissertation title: "Effect of intrauterine and postnatal factors on the development of cardiovascular risk factors in later life and the role of early intervention in childhood"

University of Glasgow, Scotland, Great Britain
 Faculty of Medicine
 MSc (M.Med.Sci) in Human Nutrition

2005-2006

Higher Technological Education Institute of Crete, Greece
 Department of Nutrition and Dietetics
 BSc in Human Nutrition and Dietetics

2001-2005

2. EMPLOYMENT HISTORY

- **2008 – 2015:** Freelance dietitian-nutritionist.
- **01/04/2008 - 30/06/2010:** Research Assistant at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “Postmenopausal Health Study II” (The effect of vitamin K supplementation on bone mineral density of the spine and hip, and on markers of osteoblast and osteoclast activity).
- **15/12/2009 - 31/07/2012:** Research Associate at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “ENERGY-EuropeanN Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical activity” (FP7).
- **26/01/2010-30/04/2014:** Project manager and Research Associate at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “ToyBox (Multifactorial evidence based approach using behavioral models in understanding and promoting fun, healthy food, play and policy for the prevention of obesity in early childhood” (FP7).
- **01/02/2011 – 31/01/2016:** Research Associate at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “Full4Health”(Understanding food-gut-brain mechanisms across the lifespan in the regulation of hunger and satiety for health)” (FP7)
- **01/04/2011 – 31/03/2015:** Research Associate at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “Food4Me” (Personalized nutrition: An integrated analysis of opportunities and challenges)” (FP7).
- **01/11/2013 – 31/10/2017:** Research Assistant/Research Associate at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “ODIN” (Food-based solutions for optimal vitamin D nutrition and health through the life cycle) (FP7).
- **30/12/2014 – 31/05/2018:** Project manager/Research Associate at the Department of Nutrition and Dietetics, Harokopio University Athens on the project “Feel4Diabetes” (Developing and implementing a community-based intervention to create a more supportive social and physical environment for lifestyle changes to prevent diabetes in vulnerable families across Europe) (HORIZON2020).
- **2018-2019:** Univ. of Thessaly, Department of Nutrition and Dietetics (lecturer and researcher under contract)

3. ACADEMIC AND SCIENTEFIC EXPERIENCE

3.1 Undergraduate Teaching

- Universities/Departments:
 1. Department of Nutrition and Dietetics, University of Thessaly (2019-present).
 2. Department of Nutrition and Dietetics, Technological Institute of Thessaly (2018-2019).
 3. Department of Nutrition & Dietetics, Harokopio University, Athens, Greece (2015-2018).

- Courses:
 1. Nutritional assessment
 2. Nutrition education
 3. Clinical nutrition 1
 4. Clinical nutrition 2
 5. Clinical nutrition and dietetics 1
 6. Clinical nutrition and dietetics 2
 7. Pediatric nutrition
 8. Dietetic treatment of diseases in childhood
 9. Diet planning for medical conditions
 10. Diet planning in the life course
 11. Nutrition and prevention for non-communicable diseases
 12. Psychology and psychopathology of nutrition

3.2 Postgraduate Teaching

- Universities/Departments:
 1. Department of Nutrition & Dietetics, Harokopio University, Athens, Greece (2015-present).
 2. University of Athens, Greece (2016-2020)
 - Health promotion and health education”, Medical School and Department of Psychology
 - Diabetes and Obesity
 - Hypertension and cardiometabolic and renal diseases
 3. University of Thessaly
 - Medical School (2020-2022).
 - Department of Physical Education & Sports Science (2022-present)
 4. Medical School, Aristotle University of Thessaloniki (2020-present).
 5. European University Cyprus, Nicosia (2016-2017, 2021-2022)

- Courses:
 1. Nutritional behavior and education
 2. Prevention and treatment of obesity and its comorbidities
 3. New insights on nutrition and nutritional assessment

4. Nutrition, lifestyle and genetic predisposition
5. Design, implementation and evaluation of community-based prevention programs
6. Nutrition and nutritional assessment in the life course
7. Nutrition and exercise in the prevention of chronic diseases

3.3 Supervisions/Co-supervision of Master's Theses

3.3.1 Completed: 14

3.3.2 In Progress: 1

3.4 Funding

3.4.1 Competitive International: 2

3.4.1.1 Principal Investigator of Use Case 1 in Central Greece, «GATEKEEPER (Smart living homes – whole interventions demonstrator for people at health and social risks)» (HORIZON 2020).

3.4.1.2 2019 John M. Kinney Award in Pediatric Nutrition (USD 6,000).

3.5 Participation in International Scientific and Administrative Committees

- **2015 – 2019:** Scientific Committee Member (elected), Hellenic Union of Dietitians-Nutritionists
- **2015 – 2019:** Childhood Nutrition Expert Working Group (nominated), Hellenic Union of Dietitians-Nutritionists
- **2017 – present:** ESDN Obesity Committee Member (elected), EFAD
- **Editorial Board Member in in peer-reviewed scientific journals:**
 - **2017 – present:** International Journal of Clinical Nutrition & Dietetics
 - **2017 – present:** Nutrition & Dietetics Case Reports
 - **2019- present:** Behavioral Medicine
 - **2019- present:** BMC Endocrine Disorders
 - **2020:** Guest Editor in the special issue “Feel4Diabetes”, BMC Endocrine Disorders
 - **2020:** Guest Editor in the special issue “Childhood Obesity: Nutrition and Lifestyle Determinants, Prevention and Management”, Nutrients
 - **2020:** Guest Editor in the special issue “Nutrition and Endocrine Disorders”, Nutrients
 - **2020:** Guest Editor in the special issue “Body Composition in Children”, CHILDREN
 - **2022-2023:** CHILDREN
 - **2023:** Guest Editor in the special issue “Cancer and Nutrition: from epidemiology to medical nutrition therapy”, Nutrients
 - **2023:** Guest Editor in the special issue “Obesity in childhood and adolescence: etiology, prevention and treatment” Nutrients
 - **2023:** Topic Editor in the special issue “2022 in Review: Diabetes Clinical Epidemiology” Frontiers in Clinical Diabetes and Healthcare
 - **2022:** Guest Editor in the special issue “Research on nutrition and childhood and adolescent obesity” CHILDREN

- **2021 – 2022:** Co-editor in the special issue “Physical activity, sedentary behavior, sleep and nutrition in patients with type 2 diabetes mellitus” *Frontiers in Clinical Diabetes and Healthcare*

3.6 Membership in International Professional Organizations

- **2018-2020:** National Representative (elected) of the Hellenic Union of Dietitians-Nutritionists at the European Federation of the Associations of Dietitians (EFAD)
- **2009 - 2017:** Nutrition Society (UK)
- **2009 - present:** Hellenic Union of Dietitians-Nutritionists (Greece)
- **2011 - present:** European Federation of the Associations of Dietitians (EFAD)

4. PUBLICATIONS

4.1 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

- 1) Moschonis G, Tanagra S, Koutsikas K, Nikolaidou A, **Androutsos O**, Manios Y. (2009) Association between serum 25-Hydroxyvitamin D levels and body composition in postmenopausal women: The Postmenopausal Health Study. *Menopause* 16(4):701-717 (Erratum in: *Menopause*. 2010; 17 (5): 1091).
- 2) Moschonis G, Tanagra S, Vandorou A, Kyriakou AE, Dede V, Siatitsa PE, Koumpitski A, **Androutsos O**, Grammatikaki E, Kantilafti M, Naoumi A, Farmaki AE, Siopi A, Papadopoulou EZ, Voutsadaki E, Chlouveraki F, Maragkopoulou K, Argyri E, Giannopoulou A, Manios Y. (2010) Social, economic and demographic correlates of overweight and obesity in primary-school children: preliminary data from the Healthy Growth Study. *Public Health Nutr.* 13(10A):1693-1700.
- 3) Manios Y, Kourlaba G, Grammatikaki E, **Androutsos O**, Moschonis G, Roma-Giannikou E. (2010) Development of a diet-lifestyle quality index for young children and its relation to obesity: The Preschoolers Diet-Lifestyle Index. *Public Health Nutr.* 13 (12): 2000-2009.
- 4) Manios Y, Kourlaba G, Grammatikaki E, **Androutsos O**, Ioannou E, Roma-Giannikou E. (2010) Comparison of two methods for identifying dietary patterns associated with obesity in preschool children: the GENESIS study. *Eur J Clin Nutr.* 12:1407-14.
- 5) Yıldırım M, Verloigne M, de Bourdeaudhuij I, **Androutsos O**, Manios Y, Fels R, Kovács E, Doessegger A, Bringolf-Isler B, te Velde SJ, Brug J, Chinapaw MJM. (2011) Study protocol of physical activity and sedentary behaviour measurement

- among schoolchildren by accelerometry - Cross-sectional survey as part of the ENERGY-project. *BMC Public Health*. 25;11:182.
- 6) Manios Y, Grammatikaki E, **Androutsos O**, Chinapaw MJM, Gibson EL, Buijs G, Iotova V, Socha P, Annemans L, Wildgruber A, Mouratidou T, Yngve A, Duvinage K, De Bourdeaudhuij I, on behalf of the ToyBox-study group. (2012) A systematic approach for the development of a kindergarten-based intervention for the prevention of obesity in preschool age children: The ToyBox-study. *Obesity Reviews* 13 Suppl 1: 3-12.
 - 7) Verloigne M, Van Lippevelde W, Maes L, Yildirim M, Chinapaw M, Manios Y, **Androutsos O**, Kovács E, Bringolf-Isler B, Brug J, De Bourdeaudhuij I. (2012) Levels of physical activity and sedentary time among 10- to 12-year-old boys and girls across 5 European countries using accelerometers: an observational study within the ENERGY-project. *Int J Behav Nutr Phys Act*. 31;9:34.
 - 8) Manios Y, Kanellakis S, **Androutsos O**, Maragkopoulou K, Giannopoulou A, Argyri E, Moschonis G. (2012) Development and validation of a simple model based on anthropometry: estimating fat mass for white postmenopausal women. *Menopause*. 19(4):467-470.
 - 9) **Androutsos O**, Grammatikaki E, Moschonis G, Roma E, Chrousos G, Manios Y, Kanaka-Gantenbein C. (2012) Neck Circumference: A useful screening tool of cardiovascular risk in children. *Pediatr Obes*. 7(3):187-195.
 - 10) Jiménez-Pavón D, Fernández-Alvira JM, te Velde S, Brug J, Bere E, Jan N, Kovacs E, **Androutsos O**, Manios Y, De Bourdeaudhuij I, Moreno LA. (2012) Associations of parental education and parental physical activity (PA) with children's PA: The ENERGY cross sectional study. *Prev Med*. 55(4):310-314.
 - 11) Verloigne M, Lippevelde WV, Maes L, Yildirim M, Chinapaw M, Manios Y, **Androutsos O**, Kovács E, Bringolf-Isler B, Brug J, De Bourdeaudhuij I. (2013) Self-reported TV and computer time do not represent accelerometer-derived total sedentary time in 10 to 12-year-olds. *Eur J Public Health*. 23(1):30-32.
 - 12) Soriano-Maldonado A, Cuenca-García M, Moreno LA, González-Gross M, Leclercq C, **Androutsos O**, Guerra-Hernández EJ, Castillo MJ, Ruiz JR. (2013) Egg intake and cardiovascular risk egg intake and cardiovascular risk activity; the HELENA study. *Nutr Hosp*. 28(3):868-877.
 - 13) Vik FN, Bjørnara HB, Overby NC, Lien N, **Androutsos O**, Maes L, Jan N, Kovacs E, Moreno LA, Dössegger A, Manios Y, Brug J, Bere E. (2013) Associations between eating meals, watching TV while eating meals and weight status among children, ages 10--12 years in eight European countries: the ENERGY cross-sectional study. *Int J Behav Nutr Phys Act*. 15;10:58.

- 14) De Decker E, De Craemer M, De Bourdeaudhuij I, Wijndaele K, Duvinage K, **Androutsos O**, Iotova V, Lateva M, Alvira JM, Zych K, Manios Y, Cardon G. (2013) Influencing factors of sedentary behavior in European preschool settings: an exploration through focus groups with teachers. *J Sch Health*. 83(9):654-661.
- 15) Guibas GV, Moschonis G, Xepapadaki P, Roumpedaki E, **Androutsos O**, Manios Y, Papadopoulos NG. (2013) Conception via in vitro fertilization and delivery by Caesarean section are associated with paediatric asthma incidence. *Clin Exp Allergy*. 43(9):1058-1066.
- 16) De Bourdeaudhuij I, Verloigne M, Maes L, Van Lippevelde W, Chinapaw M, te Velde S, Manios Y, **Androutsos O**, Kovacs E, Dössegger A, Brug, J. (2013) Associations of physical activity and sedentary time with weight and weight status among school-aged girls and boys across five countries in Europe: a cluster analysis within the ENERGY-project. *Pediatr Obes*.8(5):367-375.
- 17) Manios Y, **Androutsos O**, Moschonis G, Birbilis M, Maragkopoulou K, Giannopoulou A, Argyri E, Kourlaba G. (2013) Criterion validity of the Physical Activity Questionnaire for Schoolchildren (PAQ-S) in assessing physical activity levels: the Healthy Growth Study. *J Sports Med Phys Fitness*. 53(5):502-508.
- 18) Jiménez-Pavón D, Sesé MA, Huybrechts I, Cuenca-García M, Palacios G, Ruiz JR, Breidenassel C, Leclercq C, Beghin L, Plada M, Manios Y, **Androutsos O**, Dallongeville J, Kafatos A, Widhalm K, Molnar D, Moreno LA. (2013) Dietary and lifestyle quality indices with/without physical activity and markers of insulin resistance in European adolescents: the HELENA study. *Br J Nutr*. 110(10):1919-1925.
- 19) **Androutsos O**, Moschonis G, Koumpitski A, Mantzou A, Roma-Giannikou E, Chrousos GP, Manios Y, Kanaka-Gantenbein C, on behalf of the “Healthy Growth Study” Group. (2014) The correlation of right 2D:4D finger length ratio to the low-grade inflammation marker IL-6 in children. *The Healthy Growth Study*. *Early Hum Dev*. 90(1):61-65.
- 20) Guibas GV, Moschonis G, Xepapadaki P, Roumpedaki E, **Androutsos O**, Manios Y, Papadopoulos NG. (2014) PD44 - In vitro fertilisation is positively associated with prevalence of asthma in childhood. *Clin Transl Allergy* [Epub ahead of print]
- 21) Van Stralen MM, Yıldırım M, Wulp A, Te Velde SJ, Verloigne M, Doessegger A, **Androutsos O**, Kovács E, Brug J, Chinapaw MJ. (2014) Measured sedentary time and physical activity during the school day of European 10- to 12-year-old children: The ENERGY project. *J Sci Med Sport*. 17(4):450.
- 22) **Androutsos O**, Moschonis G, Mavrogianni C, Roma-Giannikou E, Chrousos GP, Kanaka-Gantenbein C, Manios Y. (2014) Identification of lifestyle patterns,

- including sleep deprivation, associated with insulin resistance in children: the Healthy Growth Study. *Eur J Clin Nutr.* 68(3):344-349.
- 23) Manios Y, Moschonis G, **Androutsos O**, Filippou C, Van Lippevelde W, Vik FN, Te Velde SJ, Jan N, Dössegger A, Bere E, Molnar D, Moreno LA, Chinapaw MJ, De Bourdeaudhuij I, Brug J. (2015) Family sociodemographic characteristics as correlates of children's breakfast habits and weight status in eight European countries. The ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) project. *Public Health Nutr.* 18(5):774-783.
 - 24) Meulenijzer E, Vyncke K, Labayen I, Meirhaeghe A, Béghin L, Breidenassel C, España-Romero V, Manios U, Ferrari M, Moreno LA, Gottrand F, De Henauw S, González-Gross M, Kafatos A, Widhalm K, Molnár D, Sjöstrom M, Marcos A, **Androutsos O**, Wärnberg J, Gilbert CC, Huybrechts I. (2015) Associations of early life and sociodemographic factors with menarcheal age in European adolescents. *Eur J Pediatr.* 174(2):271-278.
 - 25) Manios Y, **Androutsos O**, Katsarou C, Iotova V, Socha P, Geyer C, Moreno L, Koletzko B, De Bourdeaudhuij I; ToyBox-study group. (2014) Designing and implementing a kindergarten-based, family-involved intervention to prevent obesity in early childhood: the ToyBox-study. *Obes Rev.* 15 Suppl 3:5-13.
 - 26) Duvinage K, Ibrügger S, Kreichauf S, Wildgruber A, De Craemer M, De Decker E, **Androutsos O**, Lateva M, Iotova V, Socha P, Zych K, Mouratidou T, Mesana Graffe MI, Manios Y, Koletzko B; ToyBox-study group. (2014) Developing the intervention material to increase physical activity levels of European preschool children: the ToyBox-study. *Obes Rev.* 15 Suppl 3:27-39.
 - 27) Payr A, Birnbaum J, Wildgruber A, Kreichauf S, **Androutsos O**, Lateva M, De Decker E, De Craemer M, Iotova V, Manios Y, Koletzko B; ToyBox-study group. (2014) Concepts and strategies on how to train and motivate teachers to implement a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:40-47.
 - 28) **Androutsos O**, Katsarou C, Payr A, Birnbaum J, Geyer C, Wildgruber A, Kreichauf S, Lateva M, De Decker E, De Craemer M, Socha P, Moreno L, Iotova V, Koletzko BV, Manios Y; ToyBox-study group. (2014) Designing and implementing teachers' training sessions in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:48-52.
 - 29) Mouratidou T, Miguel ML, **Androutsos O**, Manios Y, De Bourdeaudhuij I, Cardon G, Kulaga Z, Socha P, Galcheva S, Iotova V, Payr A, Koletzko B, Moreno LA; ToyBox-study group. (2014) Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based,

- family-involved intervention to prevent obesity in early childhood: the ToyBox-study. *Obes Rev.* 15 Suppl 3:53-60.
- 30) González-Gil EM, Mouratidou T, Cardon G, **Androutsos O**, De Bourdeaudhuij I, Gózdź M, Usheva N, Birnbaum J, Manios Y, Moreno LA; ToyBox-study group. (2014) Reliability of primary caregivers reports on lifestyle behaviours of European pre-school children: the ToyBox-study. *Obes Rev.* 15 Suppl 3:61-66.
 - 31) De Miguel-Etayo P, Mesana MI, Cardon G, De Bourdeaudhuij I, Gózdź M, Socha P, Lateva M, Iotova V, Koletzko BV, Duvinage K, **Androutsos O**, Manios Y, Moreno LA; ToyBox-study group. (2014) Reliability of anthropometric measurements in European preschool children: the ToyBox-study. *Obes Rev.* 15 Suppl 3:67-73.
 - 32) **Androutsos O**, Apostolidou E, Iotova V, Socha P, Birnbaum J, Moreno L, De Bourdeaudhuij I, Koletzko B, Manios Y; ToyBox-study group. (2014) Process evaluation design and tools used in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:74-80.
 - 33) Pil L, Putman K, Cardon G, De Bourdeaudhuij I, Manios Y, **Androutsos O**, Lateva M, Iotova V, Zych K, Gózdź M, González-Gil EM, De Miguel-Etayo P, Geyer C, Birnbaum J, Annemans L; ToyBox-study group. (2014) Establishing a method to estimate the cost-effectiveness of a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:81-89.
 - 34) **Androutsos O**, Gerasimidis K, Karanikolou A, Reilly JJ, Edwards CA. (2015) Impact of eating and drinking on body composition measurements by bioelectrical impedance. *J Hum Nutr Diet.* 28(3):165-171.
 - 35) Ferrari M, Cuenca-García M, Valtueña J, Moreno LA, Censi L, González-Gross M, **Androutsos O**, Gilbert CC, Huybrechts I, Dallongeville J, Sjöström M, Molnar D, De Henauw S, Gómez-Martínez S, de Moraes AC, Kafatos A, Widhalm K, Leclercq C. (2015) Inflammation profile in overweight/obese adolescents in Europe: an analysis in relation to iron status. *Eur J Clin Nutr.* 69(2):247-255.
 - 36) Pérez de Heredia F, Garaulet M, Gómez-Martínez S, Díaz LE, Wärnberg J, **Androutsos O**, Michels N, Breidenassel C, Cuenca-García M, Huybrechts I, Gottrand F, Ferrari M, Santaliestra-Pasías AM, Kafatos A, Molnár D, Sjöström M, Widhalm K, Moreno LA, Marcos A; HELENA Study Group. (2014) Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. *Sleep Med.* 15(10):1251-1258.
 - 37) Labayen I, Ruiz JR, Ortega FB, Huybrechts I, Rodríguez G, Jiménez-Pavón D, Roccaldò R, Nova E, Widhalm K, Kafatos A, Molnar D, **Androutsos O**, Moreno

- LA. (2014) High fat diets are associated with higher abdominal adiposity regardless of physical activity in adolescents; the HELENA study. *Clin Nutr.* 33(5):859-866.
- 38) de Moraes AC, Gracia-Marco L, Iglesia I, González-Gross M, Breidenassel C, Ferrari M, Molnar D, Gómez-Martínez S, **Androutsos O**, Kafatos A, Cuenca-García M, Sjöström M, Gottrand F, Widhalm K, Carvalho HB, Moreno LA. (2014) Vitamins and iron blood biomarkers are associated with blood pressure levels in European adolescents. The HELENA study. *Nutrition.* 30(11-12):1294-1300.
- 39) Lien N, van Stralen MM, **Androutsos O**, Bere E, Fernández-Alvira JM, Jan N, Kovacs E, van Lippevelde W, Manios Y, Te Velde SJ, Brug J. (2014) The school nutrition environment and its association with soft drink intakes in seven countries across Europe - the ENERGY project. *Health Place.* 30:28-35.
- 40) Altenburg TM, de Niet M, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Manios Y, Kovacs E, Bringolf-Isler B, Brug J, Chin A Paw M. (2015) Occurrence and duration of various operational definitions of sedentary bouts and cross-sectional associations with cardiometabolic health indicators: The ENERGY-project. *Prev Med.* 71:101-106
- 41) Manios Y, Moschonis G, Karatzi K, **Androutsos O**, Chinapaw M, Moreno LA, Bere E, Molnar D, Jan N, Dössegger A, De Bourdeaudhuij I, Singh A, Brug J. (2015) Large proportions of overweight and obese children, as well as their parents, underestimate children's weight status across Europe. The ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) project. *Public Health Nutr.* 18(12):2183-2190.
- 42) Pérez-de-Heredia F, Gómez-Martínez S, Díaz LE, Veses AM, Nova E, Wärnberg J, Huybrechts I, Vyncke K, **Androutsos O**, Ferrari M, Palacios G, Wastlund A, Kovács É, Gottrand F, González-Gross M, Castillo MJ, Sjöstrom M, Manios Y, Kafatos A, Molnár D, Widhalm K, Moreno LA, Marcos A; HELENA Study Group. (2015) Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescents-the HELENA study. *Eur J Pediatr.* 174(8):999-1014.
- 43) De Craemer M, Lateva M, Iotova V, De Decker E, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Socha P, Kulaga Z, Moreno L, Koletzko B, Manios Y, Cardon G; ToyBox-study group. (2015) Differences in energy balance-related behaviours in European preschool children: the ToyBox-study. *PLoS One.* 18; 10(3): e0118303.
- 44) de Moraes AC, Carvalho HB, Gomez-Martinez S, **Androutsos O**, Jiménez-Pavón D, Sjöström M, Kafatos A, Widhalm K, Cañada D, Martin-Matillas M, Beghin L, Gottrand F, Moreno LA. (2015) Family socioeconomic factors are negatively associated with blood pressure in European boys, but not girls, and Brazilian adolescents: Results from two observational studies. *Blood Press.* 24(4):250-257.

- 45) Moschonis G, Tsoutsouloupoulou K, Efstathopoulou E, Tsirigoti L, Lambrinou CP, Georgiou A, Filippou C, Lidoriki I, Reppas K, **Androutsos O**, Lionis C, Chrousos GP, Manios Y. (2015) Conceptual framework of a simplified multi-dimensional model presenting the environmental and personal determinants of cardiometabolic risk behaviors in childhood. *Expert Rev Cardiovasc Ther.* 13(6):673-692.
- 46) de Moraes AC, Cassenote AJ, Leclercq C, Dallongeville J, **Androutsos O**, Török K, González-Gross M, Widhalm K, Kafatos A, Carvalho HB, Moreno LA. (2015) Resting heart rate is not a good predictor of a clustered cardiovascular risk score in adolescents. *The HELENA Study PLoS One.* 26;10(5):e0127530.
- 47) Pinket AS, De Craemer M, Maes L, De Bourdeaudhuij I, Cardon G, **Androutsos O**, Koletzko B, Moreno L, Socha P, Iotova V, Manios Y, Van Lippevelde W. (2015) Water intake and beverage consumption of pre-schoolers from six European countries and associations with socio-economic status: the ToyBox-study. *Public Health Nutr.* 18:1-11.
- 48) Cardon G, De Bourdeaudhuij I, Iotova V, Latomme J, Socha P, Koletzko B, Moreno L, Manios Y, **Androutsos O**, De Craemer M; ToyBox-study group. (2016) Health related behaviours in normal weight and overweight preschoolers of a large pan-European sample: the ToyBox-study. *PLoS One.* 7;11(3):e0150580.
- 49) Pinket AS, Van Lippevelde W, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Koletzko B, Moreno LA, Socha P, Iotova V, Manios Y, De Craemer M; ToyBox-Study Group. (2016) Effect and process evaluation of a cluster randomized control trial on water intake and beverage consumption in preschoolers from six European countries: the ToyBox-study. *PLoS One.* 11;11(4):e0152928.
- 50) Pinket AS, De Craemer M, Huybrechts I, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Koletzko B, Moreno L, Socha P, Iotova V, Manios Y, Van Lippevelde W. (2016) Diet quality in European pre-schoolers: evaluation based on diet quality indices and association with gender, socio-economic status and overweight, the ToyBox-study. *Public Health Nutr.* 18:1-10.
- 51) Miguel-Berges ML, Santaliestra-Pasias AM, Mouratidou T, **Androutsos O**, de Craemer M, Pinket AS, Birnbaum J, Koletzko B, Iotova V, Usheva N, Kulaga Z, Gozdz M, Manios Y, Moreno LA; ToyBox-study group. (2016) Associations between food and beverage consumption and different types of sedentary behaviours in European preschoolers: the ToyBox-study. *Eur J Nutr.* 56(5):1939-1951
- 52) Pinket AS, De Craemer M, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Koletzko B, Moreno LA, Socha P, Iotova V, Manios Y, Van Lippevelde W. (2016) Can Parenting Practices Explain the Differences in Beverage

Intake According to Socio-Economic Status: The Toybox-Study. *Nutrients* 23;8(10) pii: E591. doi: 10.3390/nu8100591

- 53) Vanhelst J, Beghin L, Duhamel A, De Henauw S, Ruiz JR, Kafatos A, **Androutsos O**, Widhalm K, Mauro B, Sjostrom M, Kersting M, Gottrand F. (2016) Do adolescents accurately evaluate their diet quality? The HELENA study. *Clinical Nutrition* 36(6):1669-1673.
- 54) Mesana MI, Hilbig A, **Androutsos O**, Cuenca-García M, Dallongeville J, Huybrechts I, De Henauw S, Widhalm K, Kafatos A, Nova E, Marcos A, González-Gross M, Molnar D, Gottrand F, Moreno LA. (2016). Dietary sources of sugars in adolescents' diet: the HELENA study. *Eur J Nutr.* 57(2):629-641.
- 55) Karatzi P, Protogerou AD, Moschonis G, Tsirimiagou C, **Androutsos O**, Chrousos GP, Lionis C, Manios Y. (2017) Prevalence of hypertension and hypertension phenotypes by age and gender among schoolchildren in Greece: The Healthy Growth Study. *Atherosclerosis* 259:128-133.
- 56) Manios Y, Karatzi K, Protogerou AD, Moschonis G, Tsirimiagou C, **Androutsos O**, Lionis C, Chrousos GP. (2017) Prevalence of childhood hypertension and hypertension phenotypes by weight status and waist circumference: the Healthy Growth Study. *Eur J Nutr.* 57(3):1147-1155.
- 57) Latomme J, Cardon G, De Bourdeaudhuij I, Iotova V, Koletzko B, **Androutsos O**, Manios Y, Socha P, Moreno LA, De Craemer M, on behalf of the ToyBox-study group. (2017). Effect and process evaluation of a kindergarten-based, family-involved intervention with a randomized cluster design on sedentary behaviour in 4- to 6- year old European preschool children: The ToyBox-study. *PLOS ONE* 12(4):e0172730
- 58) Karatzi P, Protogerou AD, Moschonis G, Tsirimiagou C, **Androutsos O**, Chrousos GP, Lionis C, Manios Y. (2017) Prevalence of hypertension and hypertension phenotypes by age and gender among schoolchildren in Greece: The Healthy Growth Study. Letter to the Editor. *Atherosclerosis* 261:167-168.
- 59) Pinket AS, De Craemer M, Huybrechts I, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Koletzko B, Moreno LA, Socha P, Iotova V, Manios Y, Van Lippevelde W (2017) Multibehavioural interventions with a focus on specific energy balance-related behaviours can affect diet quality in preschoolers from six European countries: The ToyBox-study. *Nutrients* 10;9(5). pii: E479.
- 60) De Craemer M, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Iotova V, Moreno L, Koletzko B, Socha P, Manios Y, Cardon G; ToyBox-study group (2017) Effect and process evaluation of a kindergarten-based, family-involved cluster randomised controlled trial in six European countries on four- to six-year-old

- children's steps per day: the ToyBox-study. *Int J Behav Nutr Phys Act.* 29;14(1):116.
- 61) Moreira NF, da Veiga GV, Santaliestra-Pasías AM, **Androutsos O**, Cuenca-García M, de Oliveira ASD, Pereira RA, de Moraes ABV, Van den Bussche K, Censi L, González-Gross M, Cañada D, Gottrand F, Kafatos A, Marcos A, Widhalm K, Mólnar D, Moreno LA (2018) Clustering of multiple energy balance related behaviors is associated with body fat composition indicators in adolescents: Results from the HELENA and ELANA studies. *Appetite* 1;120:505-513.
 - 62) Miguel-Berges ML, Zachari K, Santaliestra-Pasias AM, Mouratidou T, **Androutsos O**, Iotova V, Galcheva S, De Craemer M, Cardon G, Koletzko B, Kulaga Z, Manios Y, Moreno LA (2017) Clustering of energy balance-related behaviours and parental education in European preschool children: the ToyBox study. *Br J Nutr.* 118(12):1089-1096.
 - 63) Barker AR, Gracia-Marco L, Ruiz JR, Castillo MJ, Aparicio-Ugarriza R, González-Gross M, Kafatos A, **Androutsos O**, Polito A, Molnar D, Widhalm K, Moreno LA (2018) Physical activity, sedentary time, TV viewing, physical fitness and cardiovascular disease risk in adolescents: The HELENA study. *Int J Cardiol* 1;254:303-309.
 - 64) **Androutsos O**, Moschonis G, Ierodiakonou D, Karatzi K, De Bourdeaudhuij I, Iotova V, Zych K, Moreno LA, Koletzko B, Manios Y; ToyBox study Group (2018) Perinatal and lifestyle factors mediate the association between maternal education and preschool children's weight status: the ToyBox study. *Nutrition* 48:6-12.
 - 65) Moschonis G, Karatzi K, **Androutsos O**, Lionis C, Chrousos GP, Manios Y. Anthropometric cut-off values identifying Greek children at risk of hypertension: the Healthy Growth Study (2018) *J Hum Hypertens.* 32(3):190-196.
 - 66) Charbonnier L, van Meer F, Johnstone AM, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Viergever MA, Smeets PAM; Full4Health consortium (2018) Effects of hunger state on the brain responses to food cues across the life span. *Neuroimage.* 1;171:246-255.
 - 67) Van Stappen V, Van Dyck D, Latomme J, De Bourdeaudhuij I, Moreno L, Socha P, Iotova V, Koletzko B, Manios Y, **Androutsos O**, Cardon G, De Craemer M. (2018) Daily Patterns of Preschoolers' Objectively Measured Step Counts in Six European Countries: Cross-Sectional Results from the ToyBox-Study. *Int J Environ Res Public Health.* 7;15(2)
 - 68) Lambrinou CP, van Stralen MM, **Androutsos O**, Moreno LA, Iotova V, Socha P, Koletzko B, De Bourdeaudhuij I, Manios Y, on behalf of the ToyBox-study group (2018) Mediators of the effectiveness of an intervention promoting water

- consumption in preschool children. The ToyBox-study. *Journal of School Health*. In press.
- 69) Moschonis G, **Androutsos O**, Hulshof T, Dracopoulou M, Chrousos GP, Manios Y (2018) Vitamin D insufficiency is associated with insulin resistance independently of obesity in primary schoolchildren. The healthy growth study. *Pediatr Diabetes*. 19(5):866-873.
- 70) Manios Y, **Androutsos O**, Katsarou C, Vampouli EA, Kulaga Z, Gurzkowska B, Iotova V, Usheva N, Cardon G, Koletzko B, Moreno LA, De Bourdeaudhuij I, on behalf of the ToyBox-study group (2018) Prevalence and sociodemographic correlates of overweight and obesity in a large Pan-European cohort of preschool children and their families. The ToyBox-study. *Nutrition*. In press.
- 71) Karatzi K, Moschonis G, Botelli S, **Androutsos O**, Chrousos GP, Lionis C, Manios Y (2018) Physical activity and sedentary behavior thresholds for identifying childhood hypertension and its phenotypes: The Healthy Growth Study. *JASH*. In press.
- 72) Manios Y, **Androutsos O**, Lambrinou CP, Cardon G, Lindström J, Annemans L, Mateo-Gallego R, De Sabata MS, Iotova V, Kivelä J, Martinez R, Moreno LA, Rurik I, Schwarz P, Tankova T, Liatis S, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) A school- and community-based intervention to promote healthy lifestyle and prevent type 2 diabetes in vulnerable families across Europe: design and implementation of the Feel4Diabetes-study. *PHN*. In press.
- 73) Wisnuwardani RW, De Henauw S, **Androutsos O**, Forsner M, Gottrand F, Huybrechts I, Knaze V, Kersting M, Le Donne C, Marcos A, Molnár D, Rothwell JA, Scalbert A, Sjöström M, Widhalm K, Moreno LA, Michels N (2018) Estimated dietary intake of polyphenols in European adolescents: the HELENA study. *EJN*. In press.
- 74) Lambrinou CP, van Stralen MM, **Androutsos O**, Cardon G, De Craemer M, Iotova V, Socha P, Koletzko B, Moreno LA, Manios Y. (2019) Mediators of the effectiveness of a kindergarten-based, family-involved intervention on preschoolers' snacking behaviour: the ToyBox-study. *Public Health Nutr*. 22(1):157-163.
- 75) Malden S, Hughes AR, Gibson AM, Bardid F, **Androutsos O**, De Craemer M, Manios Y, Summerbell C, Cardon G, Reilly JJ. (2018) Adapting the ToyBox obesity prevention intervention for use in Scottish preschools: protocol for a feasibility cluster randomised controlled trial. *BMJ Open*. 27;8(10):e023707. doi: 10.1136/bmjopen-2018-023707.
- 76) De Craemer M, McGregor D, **Androutsos O**, Manios Y, Cardon G. (2018) Compliance with 24-h Movement Behaviour Guidelines among Belgian Pre-

- School Children: The ToyBox-Study. *Int J Environ Res Public Health*. 15(10). pii: E2171. doi: 10.3390/ijerph15102171.
- 77) Manios Y, Karatzi K, Moschonis G, Ioannou G, **Androutsos O**, Lionis C, Chrousos G. (2018) Lifestyle, anthropometric, socio-demographic and perinatal correlates of early adolescence hypertension: The Healthy Growth Study. *Nutr Metab Cardiovasc Dis*. pii: S0939-4753(18)30304-1. doi: 10.1016/j.numecd.2018.10.007. [Epub ahead of print].
- 78) De Lepeleere S, De Bourdeaudhuij I, Van Stappen V, Huys N, Latomme J, **Androutsos O**, Manios Y, Cardon G, Verloigne M. (2018) Parenting Practices as a Mediator in the Association Between Family Socio-Economic Status and Screen-Time in Primary Schoolchildren: Feel4Diabetes Study. *Int J Environ Res Public Health*. 15(11). pii: E2553. doi: 10.3390/ijerph15112553.
- 79) Latomme J, Van Stappen V, Cardon G, Morgan PJ, Lateva M, Chakarova N, Kivelä J, Lindström J, **Androutsos O**, González-Gil EM, De Miguel-Etayo P, Nánási A, Kolozsvári LR, Manios Y, De Craemer M. (2018) The Association between Children's and Parents' Co-TV Viewing and Their Total Screen Time in Six European Countries: Cross-Sectional Data from the Feel4diabetes-Study. *Int J Environ Res Public Health*. 15(11). pii: E2599. doi: 10.3390/ijerph15112599.
- 80) Collese TS, De Moraes ACF, Fernández-Alvira JM, Michels N, De Henauw S, Manios Y, **Androutsos O**, Kafatos A, Widhalm K, Galfo M, Beghin L, Sjöström M, Pedrero-Chamizo R, Carvalho HB, Moreno LA; HELENA Study Group. (2018) How do energy balance-related behaviors cluster in adolescents? *Int J Public Health*. doi: 10.1007/s00038-018-1178-3. [Epub ahead of print]
- 81) Van Stappen V, Latomme J, Cardon G, De Bourdeaudhuij I, Lateva M, Chakarova N, Kivelä J, Lindström J, **Androutsos O**, González-Gil E, De Miguel-Etayo P, Nánási A, Kolozsvári LR, Manios Y, De Craemer M; Feel4Diabetes-Study Group. (2018) Barriers from Multiple Perspectives Towards Physical Activity, Sedentary Behaviour, Physical Activity and Dietary Habits When Living in Low Socio-Economic Areas in Europe. The Feel4Diabetes Study. *Int J Environ Res Public Health*. 13;15(12). pii: E2840. doi: 10.3390/ijerph15122840.
- 82) Béghin L, Vanhelst J, Drumez E, Migueles JH, **Androutsos O**, Widhalm K, Julian C, Moreno LA, De Henauw S, Gottrand F; HELENA study group. (2019) Gender influences physical activity changes during adolescence: The HELENA study. *Clin Nutr*. 25. pii: S0261-5614(18)32595-0. doi: 10.1016/j.clnu.2018.12.027.
- 83) Souza Santos TS, Julian C, de Andrade DF, Villar BS, Piccinelli R, González-Gross M, Gottrand F, **Androutsos O**, Kersting M, Michels N, Huybrechts I, Widhalm K, Molnár D, Marcos A, Castillo-Garzón MJ, Moreno LA. (2018) Measuring nutritional knowledge using Item Response Theory and its validity in European

- adolescents. *Public Health Nutr.* 3:1-12. doi: 10.1017/S1368980018003269. [Epub ahead of print]
- 84) Mouratidou T, Mesana Graffe MI, Huybrechts I, De Decker E, De Craemer M, **Androutsos O**, Manios Y, Galcheva S, Lateva M, Gurzkowska B, Kułaga Z, Birnbaum J, Koletzko B, Moreno LA; ToyBox-study group. (2019) Reproducibility and relative validity of a semiquantitative food frequency questionnaire in European preschoolers: The ToyBox study. *Nutrition.* 15;65:60-67.
- 85) Daivadanam M, Ingram M, Sidney Annerstedt K, Parker G, Bobrow K, Dolovich L, Gould G, Riddell M, Vedanthan R, Webster J, Absetz P, Mölsted Alvesson H, **Androutsos O**, Chavannes N, Cortez B, Devarasetty P, Fottrell E, Gonzalez-Salazar F, Goudge J, Herasme O, Jennings H, Kapoor D, Kamano J, Kasteleyn MJ, Kyriakos C, Manios Y, Mogulluru K, Owolabi M, Lazo-Porras M, Silva W, Thrift A, Uvere E, Webster R, van der Kleij R, van Olmen J, Vardavas C, Zhang P; GACD Concepts and Contexts working group. (2019) The role of context in implementation research for non-communicable diseases: Answering the 'how-to' dilemma. *PLoS One.* 8;14(4):e0214454. doi: 10.1371/journal.pone.0214454.
- 86) Mavrogianni C, Lambrinou CP, **Androutsos O**, Lindström J, Kivelä J, Cardon G, Huys N, Tsochev K, Iotova V, Chakarova N, Rurik I, Moreno LA, Liatis S, Makrilakis K, Manios Y; Feel4Diabetes-study group. (2019) Evaluation of the Finnish Diabetes Risk Score as a screening tool for undiagnosed type 2 diabetes and dysglycaemia among early middle-aged adults in a large-scale European cohort. The Feel4Diabetes-study. *Diabetes Res Clin Pract.* 150:99-110. doi: 10.1016/j.diabres.2019.02.017.
- 87) Miguel-Berges ML, Santaliestra-Pasias AM, Mouratidou T, De Miguel-Etayo P, **Androutsos O**, De Craemer M, Galcheva S, Koletzko B, Kulaga Z, Manios Y, Moreno LA, Group OBOTT. (2019) Combined Longitudinal Effect of Physical Activity and Screen Time on Food and Beverage Consumption in European Preschool Children: The ToyBox-Study. *Nutrients.* 11(5). pii: E1048. doi: 10.3390/nu11051048.
- 88) Malden S, Reilly JJ, Gibson AM, Bardid F, Summerbell C, De Craemer M, Cardon G, **Androutsos O**, Manios Y, Hughes A (2019) A feasibility cluster randomised controlled trial of a preschool obesity prevention intervention: ToyBox-Scotland. *Pilot and Feasibility Studies* 5:128.
- 89) Latomme J, Huys N, Cardon G, Morgan PJ, Lateva M, Chakarova N, Kivelä J, Lindström J, **Androutsos O**, González-Gil EM, De Miguel-Etayo P, Nánási A, Kolozsvári LR, Manios Y, De Craemer M; Feel4Diabetes-study group. (2019) Do physical activity and screen time mediate the association between European fathers' and their children's weight status? Cross-sectional data from the Feel4Diabetes-study. *Int J Behav Nutr Phys Act.* 16(1):100. doi: 10.1186/s12966-019-0864-8.

- 90) Van Stappen V, De Lepeleere S, Huys N, Latomme J, Verloigne M, Cardon G, **Androutsos O**, Manios Y, De Bourdeaudhuij I, De Craemer M (2019) Effect of integrating a video intervention on parenting practices and related parental self-efficacy regarding health behaviours within the Feel4Diabetes-study in Belgian primary schoolchildren from vulnerable families: A cluster randomized trial. *PLoS One*. 2019 Dec 11;14(12):e0226131. doi: 10.1371/journal.pone.0226131.
- 91) Malden S, Reilly JJ, Hughes A, Bardid F, Summerbell C, De Craemer M, Cardon G, **Androutsos O**, Manios Y, Gibson AM. (2020) Assessing the acceptability of an adapted preschool obesity prevention programme: ToyBox-Scotland. *Child Care Health Dev*. 46(2):213-222. doi: 10.1111/cch.12736.
- 92) Gibson EL, **Androutsos O**, Moreno LA, Flores-Barrantes P, Socha P, Iotova V, Cardon G, De Bourdeaudhuij I, Koletzko B, Skripkauskaitė S, Manios Y, Toybox-study Group (2020) Influences of Parental Snacking-Related Attitudes, Behaviours and Nutritional Knowledge on Young Children's Healthy and Unhealthy Snacking: The ToyBox Study. *Nutrients* 12, 432; doi:10.3390/nu12020432
- 93) Manios Y, Mavrogianni C, Lambrinou CP, Cardon G, Lindström J, Iotova V, Tankova T, Civeira F, Kivelä J, Jancsó Z, Shadid S, Tsochev K, Mateo-Gallego R, Radó S, Dafoulas G, Makrilakis K, **Androutsos O**; Feel4Diabetes-study group. (2020) Two-stage, school and community-based population screening successfully identifies individuals and families at high-risk for type 2 diabetes: the Feel4Diabetes-study. *BMC Endocr Disord*. 12;20(Suppl 1):12. doi: 10.1186/s12902-019-0478-9.
- 94) Lambrinou CP, **Androutsos O**, Karaglani E, Cardon G, Huys N, Wikström K, Kivelä J, Ko W, Karuranga E, Tsochev K, Iotova V, Dimova R, De Miguel-Etayo P, González-Gil E, Tamás H, Jancso Z, Liatis S, Makrilakis K, Manios Y, Feel4Diabetes-study group (2020) Effective strategies in childhood obesity prevention interventions at the primary-school setting with family involvement: a critical review for the development of the Feel4Diabetes-intervention *BMC Endocr Disord* (Epub of print)
- 95) **Androutsos O**, Anastasiou C, Lambrinou CP, Mavrogianni C, Cardon G, Van Stappen V, Kivelä J, Wikström K, Moreno LA, Iotova V, Tsochev K, Chakarova N, Ungvári T, Jancso Z, Makrilakis K, Manios Y; Feel4diabetes-study group. (2020) Intra- and inter- observer reliability of anthropometric measurements and blood pressure in primary schoolchildren and adults: the Feel4Diabetes-study. 1) *BMC Endocr Disord*. 12;20(Suppl 1):27. doi: 10.1186/s12902-020-0501-1.
- 96) Souza Santos TS, Julián C, Ligia Vincenzi S, Francisco de Andrade D, Slater B, Altenburg de Assis MA, Kafatos A, de Henauw S, Gottrand F, **Androutsos O**, Kersting M, Sjöström M, Forsner M, Moreno LA on behalf of the HELENA Study Group (2020) A new measure of health motivation influencing food choices and its

association with food intakes and nutritional biomarkers in European adolescents. *Public Health Nutrition*: doi:10.1017/S1368980019004658

- 97) Kondakis K, Kondakis M, **Androutsos O**, De Henauw S, González-Gross M, Moreno LA, Kafatos A, Manios Y (2020) Cardiorespiratory fitness is associated with body composition and insulin resistance and in European adolescents; HELENA study. *J Sports Med Phys Fitness*. 2020 Jun 29. doi: 10.23736/S0022-4707.20.10675-3. Online ahead of print. PMID: 32608216
- 98) Manios Y, Lambrinou CP, Mavrogianni C, Cardon G, Lindström J, Iotova V, Tankova T, Rurik I, Stappen VV, Kivelä J, Mateo-Gallego R, Moreno LA, Makrilakis K, **Androutsos O**. (2020) Lifestyle Changes Observed among Adults Participating in a Family- and Community-Based Intervention for Diabetes Prevention in Europe: The 1st Year Results of the Feel4Diabetes-Study. *Nutrients*. 30;12(7):1949. doi: 10.3390/nu12071949.
- 99) De Craemer M, Verbestel V, Cardon G, **Androutsos O**, Manios Y, Chastin S. (2020) Correlates of Meeting the Physical Activity, Sedentary Behavior, and Sleep Guidelines for the Early Years among Belgian Preschool Children: The ToyBox-Study. *Int J Environ Res Public Health*. 24;17(19):E7006. doi: 10.3390/ijerph17197006.
- 100) De Craemer M, Verbestel V, Verloigne M, **Androutsos O**, Moreno LA, Iotova V, Koletzko B, Socha P, Manios Y, Cardon G (2020) Combining effect and process evaluation on European preschool children's snacking behavior in a kindergarten-based, family-involved cluster randomized controlled trial: The ToyBox-study. *Int. J. Environ. Res. Public Health* 2020, 17, 7312; doi:10.3390/ijerph17197312
- 101) Aslam H, Jacka FN, Marx W, Karatzi K, Mavrogianni C, Karaglani E, Mohebbi M, Pasco JA, O'Neil A, Berk M, Nomikos T, Kanellakis S, Androutsos O, Manios Y, Moschonis G (2020) The associations between dairy product consumption and biomarkers of inflammation, adipocytokines and oxidative stress in children: a cross-sectional study. *Nutrients* 12, 3055; doi:10.3390/nu12103055
- 102) Vlassopoulos A, Govers E, Mulrooney H, **Androutsos O**, Hassapidou M (2020) Dietetic management of obesity in Europe: Gaps in current practice. *EJCN*. In press.
- 103) Crabtree DR, Buosi W, Fyfe CL, Horgan GW, Manios Y, **Androutsos O**, Giannopoulou A, Finlayson G, Beaulieu K, Meek CL, Holst JJ, Van Norren K, Mercer JG, Johnstone AM, on behalf of the Full4Health-study Group (2020) Appetite Control across the Lifecourse: The Acute Impact of Breakfast Drink Quantity and Protein Content. The Full4Health Project *Nutrients* 12, 3710; doi:10.3390/nu12123710

- 104) Moschonis G, **Androutsos O**, Hulshof T, Sarapi K, Dracopoulou M, Chrousos GP, Manios Y (2021) Development and validation of two risk evaluation scores for vitamin D deficiency and insufficiency in schoolchildren in Greece. The Healthy Growth Study. Nutrition Research. In press.
- 105) **Androutsos O**, Perperidi M, Georgiou C, Chouliaras G. (2021) Lifestyle Changes and Determinants of Children's and Adolescents' Body Weight Increase during the First COVID-19 Lockdown in Greece: The COV-EAT Study. Nutrients. 2021 Mar 13;13(3):930. doi: 10.3390/nu13030930.
- 106) Manios Y, Lambert KA, Karaglani E, Mavrogianni C, Moreno Aznar LA, Iotova V, Świąder-Leśniak A, Koletzko B, Cardon G, **Androutsos O**, Moschonis G; ToyBox Study Group. (2021) Prospective BMI changes in preschool children are associated with parental characteristics and body weight perceptions: the ToyBox-study. Public Health Nutr. 2021 Apr 12:1-11. doi: 10.1017/S1368980021001518.
- 107) Usheva N, Galcheva S, Cardon G, De Craemer M, **Androutsos O**, Kotowska A, Socha P, Koletzko BV, Moreno LA, Iotova V, Manios Y, On Behalf of The ToyBox-Study Group. (2021) Complementary Feeding and Overweight in European Preschoolers: The ToyBox-Study. Nutrients. 2021 Apr 5;13(4):1199. doi: 10.3390/nu13041199.
- 108) Morres ID, Galanis E, Hatzigeorgiadis A, **Androutsos O**, Theodorakis Y. (2021) Physical Activity, Sedentariness, Eating Behaviour and Well-Being during a COVID-19 Lockdown Period in Greek Adolescents. Nutrients. 2021 Apr 24;13(5):1449. doi: 10.3390/nu13051449.
- 109) Flores-Barrantes P, Cardon G, Iglesia I, Moreno LA, **Androutsos O**, Manios Y, Kivelä J, Lindström J, De Craemer M; Feel4Diabetes Study Group. (2021) Step Count Associations Between Adults at Risk of Developing Diabetes and Their Children: The Feel4Diabetes Study. J Phys Act Health. 2021 Mar 13;18(4):374-381. doi: 10.1123/jpah.2020-0123.
- 110) Wever MC, van Meer F, Charbonnier L, Crabtree DR, Buosi W, Giannopoulou A, **Androutsos O**, Johnstone AM, Manios Y, Meek CL, Holst JJ, Smeets PAM on behalf of the Full4Health consortium (2021) Associations between ghrelin and leptin and neural food cue reactivity in a fasted and sated state. Neuroimage. 15;240:118374. doi: 10.1016/j.neuroimage.2021.118374. Epub 2021 Jul 7.
- 111) Decraene M, Verbestel V, Cardon G, Iotova V, Koletzko B, Moreno LA, Miguel-Berges ML, Gurzkowska B, **Androutsos O**, Manios Y, De Craemer M. (2021) Compliance with the 24-Hour Movement Behavior Guidelines and Associations with Adiposity in European Preschoolers: Results from the ToyBox-Study. Int J Environ Res Public Health. 14;18(14):7499. doi: 10.3390/ijerph18147499.
- 112) Morres ID, Galanis E, Hatzigeorgiadis A, **Androutsos O**, Theodorakis Y. (2021) Physical Activity, Sedentariness, Eating Behaviour and Well-Being during a COVID-19 Lockdown Period in Greek Adolescents. Nutrients. 24;13(5):1449. doi: 10.3390/nu13051449.

- 113) Usheva N, Lateva M, Galcheva S, Koletzko BV, Cardon G, De Craemer M, **Androutsos O**, Kotowska A, Socha P, Moreno LA, Manios Y, Iotova V, On Behalf Of The ToyBox-Study Group. (2021) Breastfeeding and Overweight in European Preschoolers: The ToyBox Study. *Nutrients*. 21;13(8):2880. doi: 10.3390/nu13082880.
- 114) Cacau LT, De Miguel-Etayo P, Santaliestra-Pasías AM, Giménez-Legarre N, Marchioni DM, Molina-Hidalgo C, Censi L, González-Gross M, Grammatikaki E, Breidenassel C, De Ruyter T, Kersting M, Gottrand F, **Androutsos O**, Gómez-Martinez S, Kafatos A, Widhalm K, Stehle P, Molnár D, Manios Y, De Henauw S, Moreno LA (2021) Breakfast Dietary Pattern Is Inversely Associated with Overweight/Obesity in European Adolescents: The HELENA Study. *Children (Basel)*. 8(11):1044. doi: 10.3390/children8111044.
- 115) Georgiou A*, **Androutsos O***, Chouliaras G, Charmandari E (* equal contribution) (2022) Do children and adolescents with overweight or obesity adhere to the National food-based dietary guidelines in Greece? *Children* 9, 256. <https://doi.org/10.3390/children9020256>
- 116) Moradell A, Santaliestra-Pasías AM, Aparicio-Ugarriza R, Huybrechts I, Bertalanné Szommer A, Forsner M, González-Gross M, Kafatos A, **Androutsos O**, Michels N, Sjöström M, Vanhelst J, Widhalm K, Gutierrez A, Moreno LA, HELENA study group (2022) Are physical activity and sedentary screen time levels associated with food consumption in European Adolescents? The HELENA-study. *J Am Nutr Assoc*. 22;1-12. doi: 10.1080/07315724.2021.1978900
- 117) Koutsaki M, Saltaouras, Diamantopoulou E, Dardavessis T, **Androutsos O** (2022) Teachers' awareness and perceptions of Health Education Nutrition Programmes in Greece: A qualitative study. *Health Education Journal* (in press)
- 118) Kullmann S, Veit R, Crabtree DR, Buosi W, **Androutsos O**, Johnstone AM, Manios Y, Preissl H, Smeets PAM (2022) The effect of hunger state on hypothalamic functional connectivity in response to food cues. *Human Brain Mapping* (in press)
- 119) Dimopoulou M, Kolonas A, Mourtakos S, **Androutsos O**, Gortzi O (2022) Nutritional composition and biological properties of sixteen edible mushroom species. *Appl. Sci.* 12, 8074. <https://doi.org/10.3390/app12168074>
- 120) **Androutsos O** and Zampelas A (2022) Body Composition in Children: What Does It Tell Us So Far? *Children* 9, 1199. <https://doi.org/10.3390/children9081199>

- 121) **Androutsos O** and Charmandari E (2022) Determinants, screening, prevention and management of obesity in youth: new evidence and horizons. *Nutrients* 14, 3280. <https://doi.org/10.3390/nu14163280>
- 122) Hassapidou M, Shrewsbury V, Collins C, Ells L, Duncanson K, Mulrooney H, **Androutsos O**, Rito A, Farpourt N, Brown T, Woodward E (2022) European Association for the Study of Obesity (EASO) position statement on medical nutrition therapy for the management of overweight and obesity in children and adolescents developed in collaboration with the European Federation of the Associations of Dietitians (EFAD). *Obesity Facts*. doi: 10.1159/000527540.
- 123) Van Stappen V, Chastin S, Huys N, Cardon G, Stefanova T, Chakarova N, Kivelä J, Moreno LA, Istváné RS, **Androutsos O**, Manios Y, De Craemer M (2022) Effectiveness of the Feel4Diabetes-intervention on 24-hour physical behaviour composition in vulnerable Belgian families. *Health Promot Int*. doi: 10.1093/heapro/daac092.
- 124) Saltaouras G, Perperidi M, Georgiou C, **Androutsos O** (2022) Parental lifestyle changes and correlations with children's dietary changes during the first COVID-19 lockdown in Greece: The COV-EAT study. *CHILDREN*. In press.
- 125) Nogueira MDA, Bragaa RAM, Manios Y, **Androutsos O**, Molnár D, Polito A, Gómez-Martínez S, Béghin L, Widhalm K, Bueno G, Garzon MJC, Arum P, Moreno LA, Maia CSC (2023) New indices in predicting cardiometabolic risk and its relation to endothelial dysfunction in adolescents: the HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*. In press.
- 126) Belitsi V, Tsiampalis T, Kalantzi V, **Androutsos O**, Bonoti F, Panagiotakos DB, Kosti RI (2023) Test-retest repeatability; integrated assessment of adherence to treatment questionnaire for cardiometabolic diseases. *J Atherosclerosis Prev Treat*. 14(1):1–12.
- 127) Vamvakari K, Iliana E, Kalafati IP, Kipouros M, Kosti IR, Kasti NA, **Androutsos O** (2023) Assessment of Nutritional Status Using Objective and Subjective Methods in Greek Patients with Cancer memo - Magazine of European Medical Oncology. In press.
- 128) De Batle J, Benítez ID, Moncusí-Moix A, Angles Barbastro R, Antonini A, Arana E, Cea G, Dafoulas GE, Folkvord F, Fullaondo A, Huang HL, Innominato PF, Kardas P, Lou VWQ, Matsangidou M, Mercalli F, Mokhtari M, Pagliara S, Schellong J, Votis K, Gutierrez G, Pecchia L, Fico G, Barbé F, Torres G; on behalf of the GATEKEEPER project (2023) GATEKEEPER's Strategy for Implementing and Testing eHealth Platforms: Focus on Reference Use Cases.
- 129) Gketsios I, Tsiampalis T, Foscolou A, Kalafati IP, Vassilakou T, Kanellopoulou A, Notara V, Antonogeorgos G, Paola Rojas-Gil A, **Androutsos O**,

- Kornilaki EN, Lagiou A, Panagiotakos DB, Kosti RI (2023) Association between family and school pressures, consumption of ultra-processed beverages and obesity in preadolescents: a school-based epidemiological study. *Children* 10, 500.
- 130) NCD Risk Factor Collaboration (NCD-RisC) (2023) Diminishing benefits of urban living for growth and development of school-aged children and adolescents in the 21st century. *Nature*. 615(7954):874-883.
- 131) Perperidi M, Saliari D, Christakis C, Huybrechts I, Saloustros E, Theodorakis Y, **Androutsos O** (2023) Identifying the effective behaviour change techniques in nutrition and physical activity interventions for the treatment of overweight/obesity in post-treatment breast cancer survivors: a systematic review. *Cancer Causes Control*. doi: 10.1007/s10552-023-01707-w. Online ahead of print
- 132) Cacau LT, Hanley-Cook GT, Huybrechts I, De Henauw S, Kersting M, Gonzalez-Gross M, Gottrand F, Ferrari M, Nova E, Castillo MJ, Molnár D, Widhalm K, **Androutsos O**, Manios Y, Stehle P, Lachat C, Marchioni DM, Moreno LA. (2023) Relative validity of the Planetary Health Diet Index by comparison with usual nutrient intakes, plasma food consumption biomarkers, and adherence to the Mediterranean diet among European adolescents: the HELENA study. *Eur J Nutr*. doi: 10.1007/s00394-023-03171-3. Online ahead of print.
- 133) Kalantzi V, Kalafati IP, Belitsi V, Tsiampalis T, Koutsonasios I, **Androutsos O**, Bonoti F, Panagiotakos DB, Kosti RI. (2023) Cardiometabolic Patient-Related Factors Influencing the Adherence to Lifestyle Changes and Overall Treatment: A Review of the Recent Literature. *Life (Basel)*. 13(5):1153. doi: 10.3390/life13051153.
- 134) Kanellakis S, Skoufas E, Simitsopoulou E, Migdanis A, Migdanis I, Prelorentzou T, Louka A, Moschonis G, **Androutsos O** (2023) Changes in body weight and body composition during the menstrual cycle. *American Journal of Human Biology*. Accepted.

5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

A) Oral presentations

- 1) **Androutsos O**, Grammatikaki E, Moschonis G, Kurlaba G, Koumpitski A, Kyriakou AE, Vandorou A, Manios Y, Kanaka-Gantenbein C, Chrousos GP. (2011) The association between neck circumference and markers of insulin resistance in schoolchildren: The Healthy Growth Study. CIOI2011 (International Conference on Childhood Obesity), Lisbon, Portugal.
- 2) Perez De Heredia F, Gomez-Martinez S, Diaz LE, Veses AM, **Androutsos O**, Dallongeville J, De Henauw S, Censi L, Moreno LA, Palacios G, Marcons A, on behalf of the HELENA Study group. (2012) Lymphocyte subsets,

anthropometric measurements and body composition in European adolescents. The HELENA Study. 6th International Immunonutrition Workshop.

- 3) Perez De Heredia F, Diaz LE, Gomez-Martinez S, **Androutsos O**, Dallongeville J, De Henauw S, Ferrari M, Moreno LA, Palacios G, Marcos A, on behalf of the HELENA Study group. (2012) White blood cell count is associated with features of the metabolic syndrome in European adolescents. The HELENA Study. 6th International Immunonutrition Workshop.
- 4) Schraffl M, Sesé MA, Jiménez-Pavón D, Gilbert CC, González-Gross M, Gottrand F, de Henauw S, Breidenassel C, Wärnberg J, Molnar D, **Androutsos O**, Cuenca-García M, Kafatos A, Moreno LA, Widhalm K, HELENA-Team. (2012) Der zusammenhang von ungesunder ernahrung und insulinresistenz auf metabolische riskfaktoren bei europaishen jugendlichen daten der HELENA-studie. Austrian Diabetic Association.
- 5) Singh A, Te Velde S, Chin A Paw M, **Androutsos O**, Brug J. (2012) Differences in Personal and Social Environmental Correlates of Energy Balance Behaviors among Schoolchildren across Europe. International Congress of Behavioral Medicine.
- 6) Singh A, te Velde S, Chinapaw MJM, De Bourdeaudhuij I, Jan N, Kovacs E, Bere E, **Androutsos O**, Moreno L, Brug J. (2012) Differences in personal and social environmental correlates of sedentary behaviour, physical activity and active transport behaviour among schoolchildren across Europe: the ENERGY-project. 12th International Congress of Behavioural Medicine.
- 7) Bel-Serrat S, Mouratidou T, Jiménez-Pavón D, Huybrechts I, Cuenca-García M, Mistura L, Gottrand F, González-Gross M, Dallongeville J, Kafatos A, **Androutsos O**, Stehle P, Kersting M, De Henauw S, Castillo MJ, Hallstrom L, Molnár D, Widhalm K, Marcos A, Moreno LA. (2012) Consumo de leche y productos lácteos y factores de riesgo cardiovascular en adolescentes europeos: Estudio HELENA. XIV Congreso de la Sociedad Espanola de Nutricion.
- 8) Valtueña J, González-Gross M, Huybrechts I, Breidenassel C, Ferrari M, Mouratidou T, Gottrand F, Dallongeville J, Azzini E, Sioen I, **Androutsos O**, Cuenca-García M, Kersting M, Stehle P, Kafatos A, Gómez-Martínez S, Widhalm K, Moreno LA, on behalf of the HELENA Study group. (2012) Las concentraciones plasmáticas de 25-Hidroxivitamina D en adolescentes europeos se ven altamente afectadas por la estación del año, la latitud, la composición corporal, la condición física, las horas de sueño y la ingesta de suplementos. El estudio HELENA. XVI Congreso de la Sociedad Espanola de Nutricion.
- 9) Manios Y, **Androutsos O**, Katsarou C, De Bourdeaudhuij I, Koletzko B, Moreno LA, Summerbell C, Iotova V, Socha P, Lobstein T, on behalf of the

ToyBox-study group. (2013) Early prevention of childhood obesity: review of the literature and the first results of the ToyBox-study. 20th International Congress on Nutrition (ICN).

- 10) De Bourdeaudhuij I, Cardon G, De Craemer M, De Decker E, Moreno LA, Koletzko B, Iotova V, Kulaga Z, Lobstein T, **Androutsos O**, Manios Y, on behalf of the Toy-Box-study group. (2013) Preschool children's physical activity and sedentary behaviours. 20th International Congress on Nutrition (ICN).
- 11) Moreno LA, Mouratidou T, De Miguel-Etayo P, De Bourdeaudhuij I, Koletzko B, Lateva M, Socha P, Lobstein T, **Androutsos O**, Manios Y. (2013) Preschool children's food intake and snacking habits and their determinants. 20th International Congress on Nutrition (ICN).
- 12) Breidenassel C, Valtuena J, Spinneker A, Nova E, Cuenca-Garcia M, Benser J, De Henauw S, Kersting M, Kafatos A, **Androutsos O**, Nagy P, Moreno LA, Stehle P, Gonzalez-Gross M. (2013) An inadequate fruit and vegetable intake has only a small effect on vitamin status in European adolescents. The HELENA-study. 20th International Congress on Nutrition (ICN).
- 13) De Decker E, De Craemer M, De Bourdeaudhuij I, Wijndaele K, Duvinage K, **Androutsos O**, Lateva M, Usheva N, Fernandez-Alvira J. (2013) Influencing factors of preschoolers' sedentary behaviour in Europe: a qualitative study with opinions from teachers and parents. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 14) Mouratidou T, Mesana M, Manios Y, **Androutsos O**, Iotova V, Lateva M, Zych K, Birnbaum J. (2013) Kindergarten teachers' perceptions of children's energy balance related behaviours. The ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 15) Manios Y, **Androutsos O**, Grammatikaki E, on behalf of the ToyBox-study group. (2013) Interventions to prevent obesity in younger children: overview of existing data and the goals of the ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 16) De Craemer M, Lateva M, Iotova V, De Decker E, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Socha P, Kulaga Z, Moreno LA, Koletzko B, Manios Y, Cardon G, on behalf of the ToyBox-study group. (2014) Differences in energy-balance related behaviours in European preschool children. The ToyBox-study. 2nd European Congress on Physical Activity and Health Among Children.
- 17) Santaliestra-Pasías AM, Castillo M, **Androutsos O**, Grammatikaki E, Gottrand F, Dallongeville J, Kafatos A, Censi L, Sjostrom M, Wildham K, De Henauw

S, González-Gross M, Moreno LA. (2015) Identifying the dietary patterns linked with body composition indicators in European adolescents. The HELENA-study. XVII Congreso de la Sociedad Latinoamericana de Nutrición.

- 18) Pinket AS, Van Lippevelde W, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Koletzko B, De Craemer M. (2016) Effect and process evaluation of a kindergarten-based, family involved intervention on water intake and beverage consumption in preschoolers from six European countries: the ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 19) Schoeppe S, Vandelanotte C, Bere E, Bjelland M, Kovács E, **Androutsos O**, Vik F, Van Lippevelde W (2016) The influence of parental modelling on children's physical activity and screen time: Does it differ by gender? International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 20) Van Stappen V, De Craemer M, Latomme J, De Bourdeaudhuij I, Moreno LA, Socha P, Iotova V, Koletzko B, Manios Y, **Androutsos O**, Cardon G, Van Dyck D. (2017) Daily patterns of European preschoolers' objectively measured step counts: results from the ToyBox-study CIAPSE2.
- 21) Van Stappen V, Latomme J, De Craemer M, De Bourdeaudhuij I, Moreno LA, Iotova V, Lindström J, Rurik I, Manios Y, **Androutsos O**, Cardon G. (2017) Identification of barriers and facilitators related to physical activity and sedentary behaviours – results of focus group interviews with parents from elementary school children within the Feel4Diabetes study. CIAPSE2.
- 22) Latomme J, Cardon G, Lateva M, Chakarova N, Lindstrom J, **Androutsos O**, Gonzalez-Gil EM, De Miguel-Etayo P, Rurik E, Manios Y, De Creamer M, Van Stappen V (2017) Barriers and facilitators for healthy physical activity, sedentary behaviour and dietary habits in young European families at risk for type 2 diabetes: Focus groups with teachers and local community workers. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 23) Gibson EL, **Androutsos O**, Moreno L, Socha P, Iotova V, Cardon G, de Bourdeaudhuij I, Koletzko B, Manios Y; the Toybox-study Group (2018) Influences of parental attitudes to snacking, modelling behaviours and nutritional knowledge on young children's snacking preferences and intakes: the ToyBox-Study (ICCAP2018).
- 24) Charbonnier L, Van Meer F, Johnstone A, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Smeets PAM (2018) Effects of hunger state on the neural correlates of food choice across the lifespan (SSIB).
- 25) Wever MCM, Charbonnier L, Crabtree D, Buosi W, Giannopoulou A, Van Meer F, **Androutsos O**, Johnstone A, Manios Y, Smeets PAM Associations

between ghrelin and leptin and neural food-cue reactivity in a fasted and sated state (SSIB).

- 26) Latomme J, Van Stappen V, Huys N, Cardon G, Lateva M, Lindstrom J, Kivela J, González-Gil E, De Miguel-Etayo P, Nanasi A, **Androutsos O**, Kolozsvari LR, Manios Y, De Craemer M, Chakarova N (2018) The father's role in childhood obesity prevention: investigating the association between fathers' health status and the weight status and health behaviours of their young children. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 27) Cardon G, Van Stappen V, Huys N, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno LA, Rurik I, Manios Y, De Craemer M (2018) Targeting families at risk for Type 2 Diabetes: effects on objectively measured sedentary behaviours in Belgian elementary school children: The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 28) Huys N, Van Stappen V, Shadid S, De Craemer M, **Androutsos O**, Lindstrom J, De Miguel-Etayo P, Iotova V, Rurik I, Manios Y, Cardon G (2018) Psychosocial correlates of objectively measured physical activity in higher and lower educated Belgian adults at risk for type 2 diabetes. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 29) Van Stappen V, Huys N, Cardon G, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno LA, Rurik I (2018) Effect of a community-based, family-involved intervention on objectively measured physical activity in Belgian primary schoolchildren: The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 30) De Miguel-Etayo P, Summerbell C, **Androutsos O**, Cardon G, Usheva N, Socha P, Manios Y, Moreno LA (2018) Recruitment rate in a kindergarten-based, family-involved intervention to prevent childhood obesity across Europe by socio-economic status: The ToyBox-study. XVII Conference of the SEÑ and the X Meeting of the ACCA Spanish Nutrition Society (SEÑ) and the Catalan Association of Food Science (ACCA)
- 31) Huys N, Van Stappen V, Shadid S, De Craemer M, **Androutsos O**, Lindstrom J, De Miguel-Etayo P, Iotova V, Rurik I, Manios Y, Cardon G (2018) Psychosocial correlates of objectively measured physical activity in higher and lower educated Belgian adults at risk for type 2 diabetes. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

- 32) Van Stappen V, Huys N, Cardon G, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno L, Rurik I, Manios Y (2018) Effect of a community-based, family-involved intervention on objectively measured physical activity in Belgian primary schoolchildren. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 33) De Miguel-Etayo P, Summerbell C, **Androutsos O**, Cardon G, Usheva N, Socha P, Manios Y, Moreno LA (2018) Recruitment rate in a kindergarten-based, family-involved intervention to prevent childhood obesity across Europe by socio-economic status: The ToyBox study. Spanish Nutrition Society (SEÑ) and the Catalan Association of Food Science (ACCA)
- 34) Charbonnier L, Van Meer F, Johnstone AM, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 35) Wever MCM, Charbonnier L, Crabtree D, Buosi W, Giannopoulou A, Van Meer F, **Androutsos O**, Johnstone AM, Manios Y, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 36) Gibson, EL, Poh, BK, Essau CA, Cheah WL, Ruzita AT, Lee JA, Koh DC, Reeves S, Summerbell C, **Androutsos O**, Manios Y.T(2019) ransferring the ToyBox Study from Europe to Malaysia: Funding and Development of the ToyBox Malaysia Feasibility Study. 26th European Congress on Obesity. Glasgow, UK.
- 37) Morres ID, Galanis E, Chatzigeorgiadis A, **Androutsos O**, Theodorakis I (2021) Physical activity, dietary behaviour and wellness in adolescents during the period of social distancing due to the COVID-19 pandemic. 29th International Conference of Sports and Physical Education.
- 38) Huys N, Van Stappen V, Shadid S, De Craemer M, **Androutsos O**, Lindstrom J, De Miguel-Etayo P, Iotova V, Rurik I, Manios Y, Cardon G (2018) Psychosocial correlates of objectively measured physical activity in higher and lower educated Belgian adults at risk for type 2 diabetes. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 39) Van Stappen V, Huys N, Cardon G, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno L, Rurik I, Manios Y (2018) Effect of a community-based, family-involved intervention on objectively measured physical activity in Belgian primary schoolchildren. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 40) De Miguel-Etayo P, Summerbell C, **Androutsos O**, Cardon G, Usheva N, Socha P, Manios Y, Moreno LA (2018) Recruitment rate in a kindergarten-

based, family-involved intervention to prevent childhood obesity across Europe by socio-economic status: The ToyBox study. Spanish Nutrition Society (SEÑ) and the Catalan Association of Food Science (ACCA)

- 41) Charbonnier L, Van Meer F, Johnstone AM, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 42) Wever MCM, Charbonnier L, Crabtree D, Buosi W, Giannopoulou A, Van Meer F, **Androutsos O**, Johnstone AM, Manios Y, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 43) Gibson, EL, Poh, BK, Essau CA, Cheah WL, Ruzita AT, Lee JA, Koh DC, Reeves S, Summerbell C, **Androutsos O**, Manios Y. (2019) Transferring the ToyBox Study from Europe to Malaysia: Funding and Development of the ToyBox Malaysia Feasibility Study. 26th European Congress on Obesity. Glasgow, UK.
- 44) Simitopoulou E, Migdanis A, Migdanis I, Mouratidi M, Louka AS, Boudouvi E, **Androutsos O**, Kanellakis S (2020) Study on changes of body composition during menstrual cycle and its association with physical activity. 13th Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 45) Kipouros M, Evangellou I, Vamvakari K, Milona V, Kasti A, **Androutsos O**. (2020) Nutritional assessment of cancer patients: a prospective study. 13th Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 46) Perperidi M, Georgiou C, **Androutsos O**. (2020) Nutritional habits of parents with children 2-18 years old during the COVID-19 lockdown in Greece. 13th Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 47) Vamvakari K, Evangellou I, Milona V, Kasti A, **Androutsos O**. (2020) Nutritional assessment of cancer patients. 13th Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 48) Morres ID, Galanis E, Hatzigeorgiadis A, **Androutsos O**, Theodorakis Y (2021) Physical activity, eating behaviour and well-being in Greek adolescents during a Covid-19 lockdown period. 29th Panhellenic Conference on Psychiatry. Thessaloniki, Greece.
- 49) Kalliostra M, Vlassopoulos A, Eroglu Z, Govers E, Mulrooney H, **Androutsos O**, Hassapidou M (2021) Dietetic management of obesity in Europe: gaps of existing practice. 16th National Conference of Nutrition & Dietetics (online).
- 50) Koutsaki M, Saltaouras G, Diamantopouou E, Dardavesis T, **Androutsos O** (2021) Knowledge and attitudes of primary and secondary schoolteachers on

nutrition education programmes: a qualitative study. 16th National Conference of Nutrition & Dietetics (online).

- 51) Perperidi M, Saltaouras G, Konstantis A, Vantzou D, Vatsina K, Saloustris E, Theodorakis I, **Androutsos O** (2023) Determinants of weight management in breast cancer survivors. A qualitative study with focus groups. 1st Conference for Researchers in Physical Education, Sport Science and Dietetics. Trikala, Greece.
- 52) Kalafati IP, Evangelou I, Vamvakari K, Kipouros M, Vlachou A, Pavlopoulou A, Kosti RI, Bonoti F, Kasti A, **Androutsos O** (2023) Depression and stress as mediators of the effect of nutritional status on quality of life and functional capacity in cancer patients. 1st Conference for Researchers in Physical Education, Sport Science and Dietetics. Trikala, Greece.
- 53) Tsiampalis T, Artemiou E, Papadopoulou I, Polet L, Martens K, Dimopoulou M, Kosti RI, Charmandari E, **Androutsos O** (2023) Diet quality in children with overweight/obesity: assessment based on the “Diet Quality Index” and differences between genders and weight status. 1st Conference for Researchers in Physical Education, Sport Science and Dietetics. Trikala, Greece.
- 54) Morres ID, Hatzigeorgiadis A, Krommidas C, Comoutos N, **Androutsos O**, Theodorakis Y (2023) Physical activity interventions and depressive symptoms in obese adults. An ongoing systematic review and meta-analysis. 12th Conference of Health-enhancing Physical Activity (HEPA) Europe, Leuven, Belgium.

B) Posters

- 1) **Androutsos O**, Gerasimidis K, Reilly JJ, Edwards CA. (2008) Effect of acute food and drink consumption on body composition measurements by two methods of bioimpedance. 30th ESPEN Conference Florence.
- 2) Grammatikaki E, Moschonis G, Kantilafti M, Vandorou A, Dede V, Kyriakou AE, Siatitsa PE, Kubicki A, **Androutsos O**, Manios Y. (2009) Food advertisements in Greece: their role in food choices and obesity in schoolchildren. 17th European Congress on Obesity, Amsterdam.
- 3) Moschonis G, Kantilafti M, **Androutsos O**, Koumpitski A, Siatitsa PE, Vandorou A, Kyriakou AE, Dede V, Tanagra S, Birbilis E, Manios Y. (2010) The double burden of obesity and iron deficiency in prepubertal children. The Healthy Growth Study. XI International Congress on Obesity, Stockholm.
- 4) Moschonis G, **Androutsos O**, Koumpitski A, Siatitsa PE, Vandorou A, Kyriakou AE, Dede V, Tanagra S, Manios Y. (2010) Prevalence and correlates

of overweight and obesity in a representative sample of preadolescents in Athens. Preliminary data from the Healthy Growth Study. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.

- 5) Moschonis G, Tzotzola V, **Androutsos O**, Iatridi V, Mavrogianni C, Spyridonos M, Malandraki A, Kiorpe D, Maragkopoulou K, Argyri E, Giannopoulou A, Manios Y. (2010) Association between central adiposity, total and visceral fat mass with iron deficiency in prepubertal children. The Healthy Growth Study. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.
- 6) Moschonis G, **Androutsos O**, Drakopoulou-Vampouli M, Tanagra S, Koumpitski A, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) Increased risk of hypovitaminosis D in children with increased total and visceral fat mass: The Healthy Growth Study. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.
- 7) **Androutsos O**, Moschonis G, Drakopoulou-Vampouli M, Tanagra S, Siatitsa PE, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) Hypovitaminosis D is associated with metabolic syndrome risk factors in primary school-aged children. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.
- 8) Moschonis G, Meladaki D, Grammatikaki E, **Androutsos O**, Rousia P, Dede V, Kyriakou AE, Vandorou A, Manios Y. (2010) Association between breakfast consumption or skipping and obesity and levels of total and visceral body fat mass in preadolescents: The Healthy Growth Study. 4th Congress of the Hellenic Atherosclerosis Society.
- 9) Moschonis G, Grammatikaki E, Androutsos O, Tzotzola V, Mavrogianni C, Iatridi V, Spyridonos M, Tsikalaki E, Giannopoulou A, Manios Y. (2010) High risk for iron deficiency in children with increased total and visceral fat mass: The Healthy Growth Study. 4th Congress of the Hellenic Atherosclerosis Society.
- 10) Moschonis G, Kantilafti M, **Androutsos O**, Grammatikaki E, Koumpitski A, Giannopoulou A, Argyri E, Maragkopoulou K, Birbilis E, Manios Y. (2010) Obesity and iron deficiency coexist among preadolescents in Greece: The Healthy Growth Study. 4th Congress of the Hellenic Atherosclerosis Society.
- 11) Moschonis G, **Androutsos O**, Meladaki D, Grammatikaki E, Dede V, Kyriakou AE, Vandorou A, Christodoulou S, Konsta O, Manios Y. (2010) Association between food frequency, obesity and body composition in preadolescents: The Healthy Growth Study. 4th Congress of the Hellenic Atherosclerosis Society.

- 12) Moschonis G, **Androutsos O**, Drakopoulou-Vampouli M, Tanagra S, Koumpitski A, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) High risk for hypovitaminosis D in primary schoolchildren with increased levels of total and visceral body fat mass: The Healthy Growth Study. 4th Congress of the Hellenic Atherosclerosis Society.
- 13) **Androutsos O**, Moschonis G, Drakopoulou-Vampouli M, Tanagra S, Siatitsa PE, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) The coexistence of hypovitaminosis D and metabolic syndrome risk factors in primary schoolchildren. 4th Congress of the Hellenic Atherosclerosis Society.
- 14) Moschonis G, **Androutsos O**, Grammatikaki E, Malandraki A, Argyropoulou D, Dendrami F, Xristodoulou S, Mouzioura S, Siatitsa PE, Manios Y. (2010) Combination of body weight and fitness level on values of cardiovascular risk indices. The Healthy Growth Study. 4th Congress of the Hellenic Atherosclerosis Society.
- 15) Kantilafti M, Moschonis G, **Androutsos O**, Manios Y. (2010) Prevalence of iron deficiency and its relation to obesity in Greek children. 1st Conference of the Program of Postgraduate Studies, Harokopio University Athens.
- 16) Kyriakou AE, Kourlaba G, **Androutsos O**, Moschonis G, Manios Y. (2010) Development of an index to evaluate nutrition and physical activity levels in school-aged children and its association with insulin-resistance. Healthy Growth Study. 1st Conference of the Program of Postgraduate Studies, Harokopio University Athens.
- 17) Kanellakis S, Moschonis G, **Androutsos O**, Grammatikaki E, Argyri E, Gianopoulou A, Maragkopoulou K, Manios Y. (2010) Changes in diet quality score, macro- and micronutrients intake, and physical activity following a 12-month nutrition and life-style intervention in postmenopausal women. 1st Conference of the Program of Postgraduate Studies, Harokopio University Athens.
- 18) Koumpitski A, Moschonis G, **Androutsos O**, Bougioukas K, Karagkiozidis A, Maragkopoulou K, Gianopoulou A, Siopi K, Manios Y. (2011) Association between vitamin D, body composition and physical activity in Greek children. Healthy Growth Study. Hellenic Atherosclerosis Society 4th Working Groups Symposium.
- 19) Moschonis G, **Androutsos O**, Aggeli E, Margiola P, Gkakni D, Diossypoulou E, Karatsikaki-Vlami N, Skouli G, Lymperi M, Manios Y. (2011) The combination of higher levels of exercise and frequent meals is associated with lower levels of blood lipids. Healthy Growth Study. Hellenic Atherosclerosis Society 4th Working Groups Symposium.

- 20) Siatitsa PE, Nomikos T, Moschonis G, **Androutsos O**, Patikas D, Zlatinsti A, Aga X, Tanagra S, Argyri E, Manios Y. (2011) Association between dietary habits and activity of GPx3 in Greek children. Healthy Growth Study. Hellenic Atherosclerosis Society 4th Working Groups Symposium.
- 21) Schraffl M, Hallström L, Labayen I, Ruiz JR, Patterson E, Vereecken CA, Breidenassel C, Gottrand F, Huybrechts I, **Androutsos O**, Mistura L, Kondaki K, Moreno LA, Sjöström M, Widhalm K. (2012) Erhöhte kardiorespiratorische Leistungsfähigkeit, gesünderes kardiovaskuläres Profil und niedriger BMI durch regelmäßiges Frühstück bei männlichen Jugendlichen. Austrian Society for Obesity.
- 22) Valtueña J, Gracia-Marco L, Huybrechts I, Breidenassel C, **Androutsos O**, Gutierrez A, Roccaldo R, Moreno LA, González-Gross M, on behalf of the HELENA study group. (2012) Cardiorespiratory fitness in males, and upper limbs muscular strength in females are associated with 25(OH)D concentrations in European adolescents. The HELENA study. EXERNET.
- 23) Sese Sanchez MA, Jimenez-Pavon D, Huybrechts I, Cuenca-Garcia M, Palacios G, Ruiz JR, Gottrand F, **Androutsos O**, Dallongeville J, Kafatos A, Moreno LA. (2012) Indices de calidad de la dieta y marcadores de resistencia a la insulina en adolescentes europeos. Se debe incluirla actividad física? XIV Congreso de la Sociedad Española de Nutrición.
- 24) Ferreira De Moraes AC, Barbosa De Carvalho H, Rey-Lopez JP, Gracia-Marco L, Beghin L, Kafatos A, Jimenez-Pavon D, Molnar D, De Henauw S, **Androutsos O**, Widhalm K, Ruiz J, Ortega FB, Sjoström M, Polito A, Pedrero R, Marcos A, Gottrand F, Moreno LA. (2012) Efecto de la actividad física y del comportamiento sedentario sobre la presión arterial en adolescentes: diferencias de género. En dos estudios observacionales. XIV Congreso de la Sociedad Española de Nutrición
- 25) Iglesia I, Mouratidou T, González-Gross M, Novakovic R, Breidenassel C, Jiménez-Pavón D, Huybrechts I, De Henauw S, Geelen A, Gottrand F, Kafatos A, Mistura L, Pérez de Heredia F, Widhalm K, **Androutsos O**, Molnar D, Stehle P, Gurinovic M, Cavelaars AEJM, Van't Veer P, Moreno LA, on behalf of the HELENA study group. (2012) Asociación de factores socioeconómicos con las ingestas y niveles relacionados de biomarcadores de ácido fólico y vitamina B12 en adolescentes europeos: estudio HELENA. XIV Congreso de la Sociedad Española de Nutrición.
- 26) **Androutsos O**, Moschonis G, Mavrogianni C, Roma-Giannikou E, Mantzou E, Manios Y, Kanaka-Gantenbein C, Chrousos GP. (2013) Identification of Lifestyle Patterns Associated with High Sensitivity CRP Levels in Children.

The Healthy Growth Study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

- 27) Bel-Serrat S, Mouratidou T, Huybrechts I, **Androutsos O**, Gómez S, Molnár D, Kafatos A, Moreno L. (2013) Association between amino acids consumption and serum lipid profile in European adolescents participating in the HELENA Study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 28) Fernández-Alvira JM, te Velde SJ, Singh AS, Jiménez-Pavón D, **Androutsos O**, Moreno L, Brug J. (2013) Can ethnic background differences in children's body composition be explained by differences in energy balance-related behaviors? A mediation analysis within the ENERGY project. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 29) Gracia-Marco L, Ortega F, Ruiz JR, Williams CA, **Androutsos O**, Valtueña J, Moreno L, Sjöström M. (2013) Physical activity and sedentary time according to season in different European regions. The HELENA study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 30) Vik FN, Bjornara HB, Overby NC, Lien N, **Androutsos O**, Maes L, Jan N, Kovacs E, Moreno LA, Dossegger A, Manios Y, Brug J, Bere E. (2013) Associations between eating meals, eating meals while watching TV and weight status among children, 10-12 years: the ENERGY-cross sectional study. 20th International Congress on Nutrition (ICN).
- 31) Bel-Serrat S, Mouratidou T, Huybrechts I, García-Cuenca M, Palacios G, Breidenassel C, Molnár D, Roccaldo R, Widhalm K, Gottrand F, Kafatos A, **Androutsos O**, Vyncke C, Sjöstrom M, Libuda L, Marcos A, Moreno LA. (2013) Associations between dietary fat and serum lipid profile depend on body fat and gender in European adolescents: the HELENA study. 20th International Congress on Nutrition (ICN).
- 32) **Androutsos O**, Moschonis G, Mavrogianni C, Roma-Giannikou E, Mantzou E, Manios Y, Kanaka-Gantenbein C, Chrousos GP. (2014) The combination of higher levels of physical activity and more frequent meals is associated with lower levels of C-reactive protein. The Healthy Growth Study. 10th Panhellenic Medical Congress for Obesity.
- 33) Lambrinou CP, Polychronopoulou MC, Karatzi P, Moschonis G, **Androutsos O**, Manios Y. (2014) Cut-off points of body composition indices for the identification of insulin resistance and inflammation coexistence in children. The Healthy Growth Study. 10th Panhellenic Medical Congress for Obesity.

- 34) Tsigirigoti L, Kountoura M, Moschonis G, **Androutsos O**, Kanellakis S, Manios Y. (2014) The role of body composition in hypovitaminosis D in a Greek pediatric population. The Healthy Growth Study. 10th Panhellenic Medical Congress for Obesity.
- 35) Borges CA, Slater B, Santaliestra-Pasias AM, Wildhalm K, **Androutsos O**, Jimenez-Pavon D, Valtuena J, Gottrand F, Le Donne C, Marcos A, Molnar D, De Henauw S, Moreno LA. (2014) Socioeconomic status and dietary patterns: a comparison between European and Brazilian adolescents. XVI Congreso de la Sociedad Espanola de Nutricion.
- 36) Iglesia I, Mouratidou T, González-Gross M, Huybrechts I, Chajes V, Slimani N, Sadalla T, España V, **Androutsos O**, Breidenassel C, Palacios G, Libuda L, Ferrari M, Stehle P, De Henauw S, Gottrand F, Kafatos A, Widhalm K, Moreno L.A. (2014) Vitamin B6, folate and vitamin B12 may be associated with plasma n-3 and other fatty acids: implications in CVR in European adolescents. The HELENA study. XVI Congreso de la Sociedad Espanola de Nutricion.
- 37) Miguel ML, Santaliestra-Pasias AM, **Androutsos O**, De Bourdeaudhuij I, Gardon G, Kulaga Z, Socha P, Galcheva S, Iotova V, Mouratidou T, Manios Y, Moreno LA, on behalf of the ToyBox-study group. (2014) The association between food and beverage consumption and sedentary behaviours in European preschoolers: The ToyBox-study. XVI Congreso de la Sociedad Espanola de Nutricion.
- 38) Moreira NF, Da Veiga GV, Santaliestra AM, **Androutsos O**, Cuenca-García M, De Oliveira ASD, Pereira RA, De Moraes ABV, Van den Bussche K, Censi L, Cañada D, González M, Gottrand F, Kafatos A, Marcos A, Widhalm K, Molnar D, Moreno LA. (2014) Asociación entre comportamientos relacionados con el balance energético e indicadores de composición corporal en adolescentes: Resultados de los estudios HELENA y ELANA. Especial VI Congreso Fundación Española de Dietistas Nutricionistas.
- 39) De Oliveira Forkert EC, De Moraes ACF, Carvalho HB, Kafatos A, Jiménez-Pavón D, Widhalm K, Gottrand F, Gómez S, **Androutsos O**, Ferrari M, Cañada D, Moreno LA. (2014) La asociación entre la educación de los padres y la obesidad abdominal ¿Es diferente en los adolescentes europeos y brasileños? Análisis de dos estudios observacionales. XVI Reunión de la Sociedad Española de Nutrición (SEÑ).
- 40) De Souza WN, Valtuena J, **Androutsos O**, Ferrari M, Widhalm K, Kafatos A, Moreno LA, Martini LA, Gonzalez-Gross M, on behalf of the HELENA group (2015). Vitamin D and inflammatory profile are better in adolescents who eat lunch at school. The HELENA-study. 18th Workshop on Vitamin D.

- 41) Galcheva S, Lateva M, Iotova V, **Androutsos O**, Manios Y, De Bourdeaudhuij I, Cardon G, Socha P. (2015) Central obesity among European preschool children. The ToyBox-study. 54th Annual meeting of the European Society for Paediatric Endocrinology (ESPE).
- 42) Sadalla Collese T, De Moraes ACF, Fernández-Alvira JM, De Henauw S, Kafatos A, **Androutsos O**, España V, Galfo M, Beghin L, Sjöström M, Pedrero-Chamizo R, Moreno LA, De Carvalho HB. (2015) Clustering of lifestyle related behaviours in adolescents: differences between Europe and Brazil. European Congress of Epidemiology.
- 43) De Oliveira Forkert EC, De Moraes ACF, Carvalho HB, Kafatos A, De Henauw S, Cuenca-García M, **Androutsos O**, Censi L, Sjöström M, Beghin L, González-Gross M, Moreno LA. (2015) Clustering of lifestyle related behaviours and abdominal obesity in European and Brazilian adolescents. European Congress of Epidemiology.
- 44) Nascimento-Ferreira MV, Rendo-Urteaga T, De Moraes ACF, Jimenez-Pavón D, Kafatos A, De Henauw S, **Androutsos O**, Roccaldo R, Gottrand F. (2015) Socioeconomic status associations with body mass index in adolescents of Brazil and Europe: the mediation effect of energy balance related behaviours. European Congress of Epidemiology.
- 45) Rendo-Urteaga T, Nascimento-Ferreira MV, De Moraes ACF, Leal FLT, **Androutsos O**, Chantal G, Sjöström M, Kafatos A, Plada M, Widhalm K, Gottrand F, Leclercq C, Marcos A, González-Gross M, De Henauw S, Ferrari M, Castillo M, Ruiz JR, Ortega FB, Molnár D, Stehle P, Dallongeville J, Carvalho HB, Moreno LA, on behalf of the HELENA study group. (2015) Mediation effects of body composition on the association of early puberty and apolipoproteins A-I and B in adolescents: HELENA-study. European Congress of Epidemiology.
- 46) Almárcegui CJ, Vandevijvere S, Gottrand F, Dallongeville J, Leclercq C, **Androutsos O**, De Moraes ACF, Kafatos A, Moreno LA, Huybrechts I. Heart rate and blood pressure among European adolescents in relation to dietary patterns 12th European Nutrition Conference (FENS).
- 47) Mesana Graffe MI, Hilbig A, **Androutsos O**, Cuenca-García M, Dallongeville J, De Henauw S, Widhalm K, Kafatos A, Marcos A, González-Gross M. Dietary sources of sugars in adolescents' diet: the Helena study. 12th European Nutrition Conference (FENS).
- 48) Vanhelst J, Béghin L, Duhamel A, De Henauw S, Ruiz JR, Kafatos A, **Androutsos O**, Widhalm K, Mauro B, Sjöström M, Gottrand F. (2015) Physical activity awareness in European adolescents: The HELENA Study. Pediatric Work Physiology Meeting.

- 49) Vanhelst J, Béghin L, Duhamel A, **Androutsos O**, Molnar D, De Henauw S, Moreno LA, Ortega FB, Sjöström M, Widhalm K, Gottrand F, on behalf of the HELENA study group. (2015) Physical activity is associated with attention capacity in adolescents: The HELENA Study. Pediatric Work Physiology Meeting.
- 50) Vanhelst J, Béghin L, Duhamel A, De Henauw S, Molnar D, Vicente-Rodriguez G, **Androutsos O**, Widhalm K, Kersting M, Polito A, Moreno LA, Gottrand F, on behalf of the HELENA study group. (2015) Relationship between school rhythm and physical activity in adolescents: the HELENA study. Pediatric Work Physiology Meeting.
- 51) Pinket AS, De Craemer M, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Manios Y, Van Lippevelde W. (2016) Can parenting practices explain the differences in beverage intake according to the socio-economic status: the Toybox-study International Society for Behavioral Nutrition and Physical Activity. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 52) Vik FN, Te Velde S, Van Lippevelde W, **Androutsos O**, Brug J. (2016) Associations between family meals, weight status and parental education among 10-12 year olds in eight European countries. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 53) Miguel-Berges M, Santaliestra-Pasias AM, Mouratidou T, **Androutsos O**, De Craemer M, Pinket AS, Birnbaum J, Koletzko B, Iotova V, Usheva N, Socha P, Kulaga Z, Manios Y, Moreno LA, on behalf of the ToyBox-study group (2017) Food and beverage consumption and sedentary behaviours in European preschoolers: the ToyBox-study (ICDA)
- 54) Giménez-Legarre N, Santaliestra-Pasías AM, Béghin L, Castillo MJ, Dallongeville J, Gilbert C, González-Gross M, De Henauw S, Kafatos A, Kersting M, Leclercq C, **Androutsos O**, Molnar D, Sjöström M, Widhalm K, Moreno LA (2017) Preferences and perceptions of healthy eating related with the breakfast dietary patterns in European adolescents: the HELENA-study (ICDA)
- 55) Cerpa L, De Miguel-Etayo P, Santabárbara J, Miguel-Berges ML, González-Gil EM, De Craemer M, De Bourdeaudhuij I, Cardon G, Kulaga Z, Socha P, Galcheva S, Iotova V, Koletzko B, Birnbaum J, **Androutsos O**, Manios Y, Moreno LA, on behalf of the ToyBox-study group (2017) Association between food preferences and consumption in European preschoolers: the ToyBox-study (ICDA)

- 56) Socha P, Kulaga Z, Pinket AS, De Craemer M, Cardon G, **Androutsos O**, Szott K, Koletzko B, Moreno LA, Iotova V, Manios Y (2017) Parental and children's drinking behavior; results of the Toybox study (ESPGHAN)
- 57) Manios Y, **Androutsos O**, Lambrinou CP, Mavrogianni C, Cardon G, Lindstrom J, Iotova V, Tankova T, Annemans L, Mateo-Gallego R, Ko W, de Sabata MS, Martinez R, Moreno LA, Nanasi A, Schwarz P, Liatis S, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) Preliminary outcomes of the 1st year of an intervention aiming to promote healthy lifestyle in a large-scale European cohort: Feel4Diabetes-study (53rd Annual Meeting of the European Diabetes Epidemiology Group)
- 58) Manios Y, **Androutsos O**, Mavrogianni C, Lambrinou CP, Cardon G, Lindstrom J, Iotova V, Tankova T, Annemans L, Mateo-Gallego R, Ko W, de Sabata MS, Martinez R, Moreno LA, Semanova C, Schwarz P, Dafoulas GE, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) Undiagnosed diabetes and hypertension among young adults with increased diabetes risk in a large-scale European cohort: Feel4Diabetes-study (53rd Annual Meeting of the European Diabetes Epidemiology Group)
- 59) Manios Y, **Androutsos O**, Mavrogianni C, Lambrinou CP, Cardon G, Lindstrom J, Iotova V, Tankova T, Annemans L, Mateo-Gallego R, Ko W, de Sabata MS, Martinez R, Moreno LA, Semanova C, Schwarz P, Dafoulas GE, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) Prevalence of undiagnosed diabetes and hypertension in high risk adults across Europe: Feel4Diabetes study (54th EASD Annual Meeting)
- 60) Reppas K, Liatis S, **Androutsos O**, Lambrinou CP, Mavrogianni C, Dafoulas GE, Cardon G, Lindstrom J, Annemans L, Schwarz P, Ko W, Makrilakis K, Manios Y, on behalf of the Feel4Diabetes-study group (2018) Effectiveness of school- and community- based, lifestyle intervention to prevent diabetes. The Feel4Diabetes-study Greek cohort (54th EASD Annual Meeting)
- 61) De Craemer M, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Moreno L, Iotova V, Koletzko B, Socha P, Manios Y, Cardon G (2018) Linking effect to process in European preschool children's snacking behaviour in a kindergarten-based, cluster randomised controlled trial: the ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA)
- 62) Miguel-Berges ML, Santaliestra-Pasías AM, De Craemer M, **Androutsos O**, Koletzko B, Kulaga Z, Manios Y, Moreno LA (2018) Asociación entre la actividad física y el tiempo de ocio sedentario con el consumo de alimentos en Niños Europeos. Estudio TOYBOX. XIV Congreso Sociedad Española Para El Estudio De La Obesidad (SEEDO)

- 63) Migdanis T, Koukoulis G, Migdanis I, Mamaloudis I, Kanaki M, Kosti R, **Androutsos O**, Tzovaras G (2018) The effect of ileostomy formation on nutritional status markers. (ESPEN)
- 64) Malden S, Hughes A, Gibson AM, Bardid F, **Androutsos O**, De Craemer M, Manios Y, Summerbell C, Cardon G, Reilly J (2019) Testing the feasibility of the adapted ToyBox obesity prevention programme in Scottish Pre-schools: A cluster randomised controlled trial and process evaluation. (ECO)
- 65) Malden S, Hughes A, Gibson AM, Bardid F, **Androutsos O**, De Craemer M, Manios Y, Summerbell C, Cardon G, Reilly J (2019) The ToyBox preschool obesity prevention intervention for use in Scotland: Results of a feasibility cluster randomised controlled trial (cRCT) (ISBNPA)
- 66) Stappen V, De Lepeleere S, Huys N, Latomme J, Verloigne M, Cardon G, **Androutsos O**, Manios Y, De Bourdeaudhuij I (2019) Effect of integrating a video intervention on parenting practices and related parental self-efficacy regarding health behaviours within the Feel4Diabetes-study in Belgian primary schoolchildren from vulnerable families (ISBNPA)
- 67) Basdeki E, Karatzi K, **Androutsos O**, Cardon G, Moreno L, Iotova V, Rurik I, Civeira F, Tankova T, Lindstrom J, Liatis S, Makrilakis K, Manios Y (2015). Associations between diet and exercise with blood pressure levels in families at high-risk for developing type 2 diabetes in Europe: the Feel4Diabetes-study. 15th National Conference of Nutrition & Dietetics & 4th Panhellenic Congress of Clinical Nutrition, Athens, Greece.
- 68) De Miguel-Etayo P, Flores P, Santabarbara J, Iglesia I, Cardon G, Iotova V, Koletzko B, **Androutsos O**, Kotowska A, Manios Y, Chin A Paw M, Moreno LA (2020) Parental role modelling and fruits and vegetables intake in European preschoolers: ToyBox-study. Proceedings of the Nutrition Society (2020), 79 (OCE2), E706
- 69) Flores Barrantes P, Larruy A, Miguel-Berges ML, De Miguel-Etayo P, Iglesia-Altaba I, Cardon G, Iotova V, Koletzko B, **Androutsos O**, Socha P, Manios Y, Moreno LA (2020) Associations between beverage consumption of parents and their children. The ToyBox-study. Proceedings of the Nutrition Society (2020), 79 (OCE2), E708
- 70) **Androutsos O**, Georgiou A, Papadimitriou M, Skeparnakou E, Chouliaras G, Charmandari E (2021) High percent of children with overweight or obesity does not adhere to the Greek food-based recommendations. 16th National Conference of Nutrition & Dietetics (online).
- 71) Petsis K, Lambrinou S, **Androutsos O**, Kasti A (2021) Effectiveness of a Low FODMAP adapted to the Mediterranean dietary pattern on depression

symptoms and quality of life in patients with irritable bowel syndrome. 41st Panhellenic Conference of Gastroenterology. Athens, Greece.

- 72) Christakis C, Saliari D, **Androutsos O** (2021) Screening tools for the identification of adults at high risk for developing type 2 diabetes. 9th Panhellenic Conference of Thrombosis. Volos, Greece.
- 73) Morres ID, Galanis E, Chatzigeorgiadis A, **Androutsos O**, Theodorakis I (2021) Psychological wellbeing, physical activity and nutrition during the COVID-19 pandemic. 29th Conference of Psychiatry (Online).
- 74) Naeyaert, S., Verbestel, V., Cardon, G., Iotova, V., Koletzko, B., Moreno, L.A., Miguel-Berges, M.L., Gurzkowska, B., Androutsos, O., Manios, Y. & De Craemer, M. Changes in compliance with 24-hour movement behaviour guidelines in preschool children of low and high socioeconomic status: The toybox-study (2022) Changes in compliance with 24-hour movement behaviour guidelines in preschool children of low and high socioeconomic status: the ToyBox-study. 4th CIAPSE Congress, Luxembourg
- 75) Evangelou I, Vamvakari K, Kalafati IP, Kipouros M, Kasti A, **Androutsos O** (2022) Assessment of nutritional status using objective and subjective methods in Greek cancer patients. 1st International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- 76) Demertzi N, Perperidi M, Georgiou C, Kapsoritakis A, Potamianos S, **Androutsos O** (2022) Changes in nutrition of children/adolescents and their parents during the first COVID-19 lockdown in Greece. COVEAT-study. 1st International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- 77) Perperidi M, Huybrechts I, Saliari D, Christakis C, Kontou N, Saloustros E, Theodorakis Y, **Androutsos O** (2022) 1st International Conference of Nutritional Sciences & Dietetics. Defining the ideal characteristics of effective interventions for the weight management in breast cancer survivors. 1st International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- 78) Vraika A, Chrysostomou S, **Androutsos O** (2023) Nutritional habits of children with autism. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 79) Saltaouras G, Perperidi M, Konstantis A, **Androutsos O** (2023) Identification of factors influencing body weight status and the development of body weight loss programs in breast cancer survivors: a qualitative study with health care professionals. 6th Greek Society of Clinical Nutrition and Metabolism (GrESPEN) congress, Athens, Greece.

6. INVITED PRESENTATIONS

- 1) **Androutsos O** (2015). The role of energy balance in body weight control. 9th Scientific workshop on the “Implications of Obesity”, Athens, Greece (Hellenic Medical Association for Obesity)
- 2) **Androutsos O** (2015). Energy balance and weight management. 1st workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
- 3) **Androutsos O** (2015). Personalized, web-based intervention for the management of body weight and health indices in adults. 13th National Conference of Nutrition & Dietetics & 2nd Panhellenic Congress of Clinical Nutrition, Athens, Greece.
- 4) **Androutsos O** (2016). Effectiveness of obesity prevention programmes at preschool age. 1st workshop of the Department of Nutrition-Dietetics, TEI Thessaly, Karditsa, Greece
- 5) **Androutsos O** (2017). ToyBox-study: a kindergarten-based, family-involved intervention aiming to prevent obesity in early childhood. Workshop “Kindergartens as arena for promoting healthy dietary habits in Europe – lessons learned and what’s next?”, Porto, Portugal.
- 6) **Androutsos O** (2017). The role of nutrition in the management of hypertension. Workshop “Dietary advice for the elderly and in adults suffering from chronic diseases”. Trikala, Greece.
- 7) **Androutsos O** (2017) Feel4Diabetes: Designing and implementing interventions for the prevention of prediabetes and diabetes among high-risk families. 14th National Conference of Nutrition & Dietetics & 3rd Panhellenic Congress of Clinical Nutrition and Metabolism, Athens, Greece.
- 8) **Androutsos O** (2017) Results of EU-projects on childhood obesity: The ToyBox-study. 10th Conference of the European Federation of the Associations of Dietitians (EFAD), Rotterdam, Netherlands.
- 9) **Androutsos O** (2017) Nutrition in Adolescence. 10th Annual Pediatric Conference, Athens, Greece.
- 10) **Androutsos O** (2018) Prevention and treatment of childhood obesity. Workshop on “Child: Nutrition and Development” of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.

- 11) **Androutsos O** (2018) Childhood obesity: medical consequences in adulthood and current practices for its treatment: is food consumption the main cause? 12th Macedonian Conference on Nutrition-Dietetics, Thessaloniki, Greece.
- 12) **Androutsos O** (2019). The ToyBox kindergarten/nursery Intervention to Prevent Obesity in Pre-school Children: Impact, Experiences & Outcomes, and Translation across Europe, Malaysia and Scotland/ ToyBox-Europe. 26th European Congress on Obesity. Glasgow, UK.
- 13) **Androutsos O** (2019). Behavioral interventions for the treatment of hypertension. Workshop on Salt and the Consequences of its Overconsumption. Trikala, Greece.
- 14) **Androutsos O** (2019). Dietary Management Interventions for Obesity in Children. Pre-conference workshop organized by EFAD and EASO. Berlin, Germany.
- 15) **Androutsos O** (2019). Obesity Management in Europe: Interventions in Children. 11th Conference of the European Federation of the Associations of Dietitians (EFAD), Berlin, Germany
- 16) **Androutsos O** (2019). Childhood obesity: determinants and obesity prevention initiatives in Greece and Europe. 31st Congress of the Hellenic Society for Social Pediatrics and Health Promotion, Lefkada, Greece
- 17) **Androutsos O** (2019). Controlling obesity in Greece: role and dietary interventions. Think Tank of Trikala. Trikala, Greece
- 18) **Androutsos O** (2020). Primary prevention of cardiovascular disease: dietary, school-based interventions. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 19) **Androutsos O** (2020): Primary prevention programmes for childhood obesity targeting preschool and school-aged children. 13th Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 20) **Androutsos O** (2021): Nutritional needs and behaviours during the COVID-lockdown period, 5th Panhellenic Conference of Clinical Nutrition and Metabolism, Greek Society of Clinical Nutrition and Metabolism (GrESPEN), online
- 21) **Androutsos O** (2021) Behavioural interventions to treat obesity in breast cancer survivors. Webinar: Update on Nutritional Knowledge. European University Cyprus, online.

- 22) **Androutsos O** (2021) Treatment of childhood obesity. 2nd conference on diabetes mellitus in heart disease. Athens, Greece.
- 23) **Androutsos O** (2021) Is intermittent fasting effective in adolescence? What do we know about ketogenic diet in children? 15th Conference of the Greek College of Pediatricians. Online.
- 24) **Androutsos O** (2022) Interventions to prevent obesity in preschool and school aged children. 12th Conference of Pediatrics Sub-specializations. Online.
- 25) **Androutsos O** (2022) The role of clinical dietitian in pediatrics. 22nd Conference of Pediatrics Central Greece. Larissa, Greece.
- 26) **Androutsos O** (2022) The implementation of the European dietary guidelines for children. European Congress on Obesity. Maastricht, Netherlands.
- 27) **Androutsos O** (2022) European guidelines/ Recommendations on medical nutrition therapy for children with obesity. Webinar organized by the European Association for the study of Obesity (EASO). Online.
- 28) **Androutsos O** (2022) Strategies for weight loss maintenance. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 29) **Androutsos O** (2022) Nutritional habits and nutrition education in children and adolescents. 8th International Conference for the Promotion of Innovation in Education. Online.
- 30) **Androutsos O** (2022) Medical nutrition therapy for children with overweight and obesity. A position of EASO and EFAD. Webinar organized by the European Federation of the Associations of Dietitians (EFAD) and the International Sweeteners Association (ISA). Online.
- 31) **Androutsos O** (2022) Childhood obesity. Conference on Nutrition. Department of Nutrition-Dietetics, University of Thessaly. Trikala, Greece.
- 32) **Androutsos O** (2022) Vitamin D: trends and concerns for the Greek population. 3rd Webinar on Food Supplements. Greek Association of Food Supplements Enterpreneurs (SESDI). Online.
- 33) **Androutsos O** (2023) Obesity in children and adolescents: epidemiological trends and national food-based recommendations. Conference “Child and Health in post-COVID period”. Organized by Gerolymatos International. Athens, Greece.

34) **Androutsos O** (2023) Childhood obesity: epidemiology and dietetic management. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.

35) **Androutsos O** (2023) Investigating the views of practitioners and patients: A framework for medical nutrition therapy (MNT) guidelines implementation. European Congress on Obesity (ECO), Dublin, Ireland.

7. ADMINISTRATIVE EXPERIENCE

A) In research projects

- **06/12/2011-30/04/2014:** Harokopio University Athens, Department of Nutrition-Dietetics, Project manager of the EU-funded (FP7) research project ToyBox-study (www.toybox-study.eu)
- **30/12/2014 – 31/05/2018:** Harokopio University Athens, Department of Nutrition-Dietetics, Project manager of the EU-funded (HORIZON) research project Feel4Diabetes -study (www.feel4diabetes-study.eu)

B) University of Thessaly

Director of the Lab of Clinical Nutrition & Dietetics (2023-present).

Head or Member in various Committees in the University of Thessaly, e.g.:

- Head of the Department of Nutrition-Dietetics (Karditsa), University of Thessaly.
- Erasmus Departmental Coordinator and Head of ERASMUS Committee for undergraduate and postgraduate students, Department of Nutrition-Dietetics, University of Thessaly.
- Head of Bioethics Committee of the Department of Nutrition and Dietetics, Department of Nutrition-Dietetics, University of Thessaly.
- Member of Committee for students’ practical placement, Department of Nutrition-Dietetics, University of Thessaly.
- Substitute member of the “Committee for issues related to bullying, harassment and peer victimization”, University of Thessaly.

8. MISCELENAOUS

- **Awards**
 - 2019 John M. Kinney Award in Pediatric Nutrition (USD 6,000).
 - Project Manager of the “ToyBox-study”, which was voted as one of the top three «best practice interventions» for the prevention of chronic diseases in Europe by the Joint Action Chrodix (Conference «Joining forces in Health Promotion to tackle the burden of chronic diseases in Europe», Lithuania).

- Best oral presentation award: XIV Congreso de la Sociedad Espanola de Nutricion (2012)
- Best oral presentation award: XIV Congreso de la Sociedad Espanola de Nutricion (2012)
- Award for poster presentation (500€) (2021): 29th Panhellenic Conference of Psychiatry
- **Evaluation of research proposals**
 - 2019: Ministry of Health, Israel
 - 2019: The Fund for Scientific Research – FNRS, Belgium
 - 2020: Medical Research Center (MRC), G. Britain
 - 2020: World Cancer Research Fund International
 - 2020: The Fund for Scientific Research – FNRS, Belgium
 - 2021: World Cancer Research Fund International
 - 2021: Auckland Medical Research Foundation
 - 2021: World Cancer Research Fund International
 - 2022: The Qatar National Research Fund (QNRF), Κατάρ

(In 2022-2023 I acted as the evaluator in 4 proposals in Greece)
- **Reviewer in scientific conferences:**
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, 2016.
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Canada, 2017.
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), China, 2018.
 - European Federation of the Associations of Dietitians (EFAD), Rotterdam, 2018
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Czech-Republic, 2019.
 - European Federation of the Associations of Dietitians (EFAD), Berlin, 2019
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), New Zealand, 2020.
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Online, ISBNPA XChange 2021.
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Phoenix, AZ, USA, 2022.
 - International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Upsala, Sweden, 2023.
- **Reviewer in peer-reviewed scientific journals:**
 1. Acta Medica Hradec Kralove
 2. Aging
 3. Annals of Nutrition and Metabolism
 4. Appetite
 5. Biomolecules

6. British Journal of Nutrition
7. BMC Endocrine Disorders
8. BMC Pediatrics
9. BMC Public Health
10. Cardiovascular Diabetology
11. Child and Adolescent Obesity
12. Chronic Diseases and Translational Medicine
13. Clinical & Experimental Allergy
14. Clinical nutrition
15. Diabetes Research and Clinical Practice
16. Diabetology and metabolic syndrome
17. e-Clinical Medicine (Lancet)
18. Early Human Development
19. European Journal of Clinical Nutrition
20. European Journal of Pediatrics
21. European Journal of Public Health
22. Foods
23. Hellenic Journal of Atherosclerosis
24. Indian Heart Journal
25. International Journal of Adolescent Medicine and Health
26. International Journal of Environmental Research and Public Health
27. International Journal of Food Sciences and Nutrition
28. International Journal of Nursing and Health Care Research
29. International Journal of Pediatrics
30. Jornal de Pediatria
31. Journal of Immunoassay and Immunochemistry
32. Journal of Infection and Public Health
33. Journal of Nutrition and Health Sciences
34. Journal of Pediatric Endocrinology and Metabolism
35. Journal of Pediatric Nursing
36. Journal of Public Health Research
37. International Journal of the American College of Nutrition
38. Lancet Regional Health - Europe
39. Learning and Instruction
40. Nutrients
41. Nutrition and Health
42. Nutrition, Metabolism & Cardiovascular Diseases
43. Obesity Research & Clinical Practice
44. Obesity Reviews
45. Pediatric Diabetes
46. Pediatric Obesity
47. Pediatrics International
48. Preventive Medicine
49. Psychology Research and Behavior Management
50. Public Health Nutrition
51. Saudi Medical Journal

- 52. Toxicology Reports
- 53. UCMS
- 54. World Journal of Pediatrics

- **Chair/ Member of the Organizing Committee in conferences:**
 - **08/03/2013:** Chair in the plenary session: ‘Novel mechanisms underlying food intake modulation by the gut-brain axis’. Lille, France.
 - **29/03/2015:** Member of the organizing committee in the 1st workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
 - **29/03/2015:** Chair in the session “Current practices regarding nutritional assessment and the evaluation of health indices”, in the 1st workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
 - **12/02/2016:** Chair in the session “Nutrition in patients with IBD”, in the 11th workshop of the Hellenic Society for Gastroenterology and Nutrition-ELIGAST, Athens, Greece.
 - **27/02/2016:** Member of the organizing committee in the 2nd workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
 - **27/02/2016:** Chair in the session “Breastfeeding, perinatal factors and childhood obesity”, in the 2nd workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
 - **27-28/05/2017:** Vice president of the organizing committee in the 2nd conference of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
 - **22/04/2018:** Member of the organizing committee in the workshop “Child, Nutrition, Growth and Development” of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
 - **15/02/2019:** President of the round table “Nutrition I”, 14th conference ELIGAST, Athens.
 - **07/03/2020:** President of the round table “Nutrition II: Nutrition and Liver Disease”, 15th conference ELIGAST, Athens.
 - **25-27/09/2020:** Member of the organizing committee in the 13th Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
 - **18/09/2020:** President of the round table “Diabetes mellitus and nutrition II”, 18th Panhellenic Conference on Diabetes, Hellenic Diabetes Association.
 - **25-27/09/2020:** President of the round table “Nutrition Policy”, 13th Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
 - **25-27/09/2020:** President of the round table “Nutrition and Diseases of the Gastrointestinal Tract”, 13th Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)

- **25-27/09/2020:** President of the round table “Personalized Nutrition – Nutrigenetics”, 13th Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
- **16-18/05/2021:** President of the round table “Nutrition”, 26th Greek Conference for Helicobacter Pylori and Infections of the GI Tract.
- **11/12/2021:** President of the round table «Nutrition and Cancer in Adults», 16th Panhellenic Congress of Nutrition-Dietetics, Athens, Greece (Online).
- **29/05/2022:** President of the round table «Diet, nutrition and cancer: what do we know and what is the way forward», 1st International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- **09/10/2022:** President in the speech of Professor L. Sidossis «Mediterranean diet or Mediterranean lifestyle? What advice should be give to our petients/clients?» 7th Conference on Nutrition of the EMBAKAN & 5th Conference on Nutrition of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
- **09/10/2022:** President of the round table «Mediterranean diet – Sustainability», 7th Conference on Nutrition of the EMBAKAN & 5th Conference on Nutrition of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
- **15/10/2022:** President in the speech of Professor A. Trichopoulou «Mediterranean diet», Conference on Nutrition, Department of Nutrition-Dietetics University of Thessaly, Trikala, Greece
- **20/02/2023:** President of the round table «Obesity», Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece
- **18/03/2023:** President of the round table «Section VI», 1st Conference of New Researchers in the field of Physical Education, Sports Science and Dietetics, Trikala, Greece.