

### **Dr. Karagiannis Antonia Dimitra**

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### **Education**

### **Studies**

**4/2021-** Today: Post Doctoral researcher, University of Thessaly, Department of Special Education

**1/2012 - 02/2019:** Ph.D University of Thessaly, Department of Special Education

**10/2006 – 10/2008:** Master's Degree in Applied Dietetics - Nutrition, specialization  
Clinical Nutrition at Harokopion University. (Gr : 8.2)

**9/2001 – 9/2005:** TEI of Crete (Sitia) – Department of Nutrition & Dietetics (Gr: 8.6)

**9/1996 – 6/1999:** 3rd G.High School of Volos

## **Foreign Languages**

Greek: mother language

German: mother language

German: Goethe Institut Zentrale Mittelstufenprüfung

English: Certificate of Proficiency in English – The University of Michigan

First Certificate in English Language (Lower) - University of Cambridge  
(Grade B)

Certificate of Competency in English – The University of Michigan

Italian: Level B2 State Language Certificate

## **Teaching Experience - Higher Education**

### **Lectures/Workshops in Master's Degree Programs**

**15/12/2018:** Master's Program: Primary Health Care.Department of Medicine, School  
of Health Sciences. University of Thessaly.

Presentation: "Peculiarities of the feeding and nutrition of People with Special Needs:  
the role of the dietician", Volos.

## **Lectures and Workshops in Higher Education**

**2022-2023 (Winter Semester):** Academic Fellowship (Lecturer), Lesson 'Hygiene and Management of Nutrition Units, Department of Dietetics & Nutrition, University of Thessaly, Trikala

**2022-2023 (Winter Semester):** Academic Fellowship (Lecturer), Lesson "Clinical Nutrition II (T)' '&' Clinical Nutrition II (W), Study Program, Department Of Nutrition And Dietetics Of The TEI Of Thessaly Karditsa

**2021-2022 (Spring Semester):** Academic Fellowship (Lecturer), Lesson " Introduction to Human Nutrition ", Department of Food Science And Nutrition, University of Thessaly, Karditsa

**2021-2022 (Spring Semester):** Academic Fellowship (Lecturer), Lesson "Clinical Nutrition I (T), Clinical Nutrition I (W), Nutrition Epidemiology (T) and Nutrition Epidemiology (W)", Study Program, Department Of Nutrition And Dietetics Of The TEI Of Thessaly Karditsa

**2021-2022 (Winter Semester):** Academic Fellowship (Lecturer), Lesson "Nutrition in life stages", Department of Food Science And Nutrition, University of Thessaly, Karditsa

**2021-2022 (Winter Semester):** Academic Fellowship (Lecturer), Lessons "Clinical Nutrition II (T) & Clinical Nutrition II (W)", Study Program, Department Of Nutrition And Dietetics Of The TEI Of Thessaly Karditsa

**2020-2021 (Spring Semester):** Academic Fellowship (Lecturer), Lessons "Introduction to Human Nutrition & Nutrition and Metabolism", Study Program Of The Department Of Foods Technology Of The TEI Of Thessaly, Karditsa

**2020-2021 (Spring Semester):** Academic Fellowship (Lecturer), Lesson ‘‘Nutrition in life stages I (W), Study Program of The Department Of Foods Technology Of The TEI Of Thessaly, Karditsa

**2020-2021 (Winter Semester):** Academic Fellowship (Lecturer), Lessons ‘Public Health and Nutrition (W)’ & ‘Clinical Nutrition II (W)’’, Study Program, Department of Nutrition And Dietetics Of The TEI of Thessaly Karditsa

**2020 (Spring Semester):** Academic Fellowship (Lecturer), Lesson ‘‘Nutrition in life stages I (W), Study Program of The Department of Foods Technology of The TEI Of Thessaly, Karditsa

**2019-2020 2021 (Winter Semester):** Academic Fellowship (Lecturer), Lessons ‘Introduction to Nutrition’ & Nutrition Counseling’ Study Program, Department of Nutrition and Dietetics of The TEI Of Thessaly Karditsa

**2016-17:** Presentation of the section «Nutrition of infant and child, nutrition for children with disabilities » & «childhood obesity », in the second semester, Department of Special Education, University of Thessaly, in the framework of the "Health Production" course.

**2015-16:** Presentation of the section «Nutrition of infant and child, nutrition for children with disabilities » & «childhood obesity », in the second semester, Department of Special Education, University of Thessaly, in the framework of the "Health Production" course.

**2014-15:** Presentation of the section «Nutrition of infant and child, nutrition for children with disabilities » & «childhood obesity », in the second semester, Department of Special Education, University of Thessaly, in the framework of the "Health Production" course.

**2013-14:** Presentation of the section «Nutrition of infant and child, nutrition for children with disabilities » & «childhood obesity », in the second semester, Department of Special Education, University of Thessaly, in the framework of the "Health Production" course.

**2012-13:** Presentation of the section «Nutrition of infant and child, nutrition for children with disabilities » & «childhood obesity », in the second semester, Department of Special Education, University of Thessaly, in the framework of the "Health Production" course.

**2015-16:** Presentation and editing of educational material entitled "Childhood Nutrition, Diabetes, Obesity", of the lesson Health Production ", in the framework of the Program "Instituted Academic Courses of the University of Thessaly" (Platform Editing).

**28/07-01/08/2014:** Trainer in the weekly educational program: "Traveling with Julius Verne". Athanasakeio Archaeological Museum of Volos

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### **Lectures and Laboratories in Public and Private Vocational Training Institutes**

**01/04/2021 – 14/12/2021:** Drafting and presenting educational material for beneficiaries of the program "Food and/ or Basic Material Subscription, which is funded by the European Aid Fund for the Apoptos Magnesia/Sporades.

**31/10/2016-30/06/2107:** Teacher of the Courses: ‘‘Nutrition Principles I & II, Application to Practice, Hygiene and Nutrition’’. Sections of Dietary, food technologist and aesthetics at the private IEK DIMITRA.

**17/10/2007 – 30/6/2008:** Teacher of the course ‘‘Dietetics’’ at Le Monde private school (IEK)

**2/11/2006 – 28/2/2007:** Teacher of the course ‘‘Hygiene’’ at IEK

Anavissou ( O.T.E.K) / ( N.Π.Δ.Δ.)

### **Participation in conferences/workshops as an organizing committee**

**08/04/2019:** IAAS Committee seminar (Volos) with the Department of Agriculture of Crop Production and Rural Environment of the University of Thessaly, under the auspices of the Magnesia Chamber, on the "Mediterranean Diet". Subject Theme: << Benefits of Vinegar Use in the Mediterrenian Diet >>

**08/12/2018:** Conference Organizing Committee: "Children with Sensory and Multiple Disabilities: Evaluation and Intervention Issues", Department of Special Education, University of Thessaly and Elepap Volos, Volos.

**06/05/2018:** Conference Organizing Committee: "Early Intervention: Applications and Expectations", Department of Special Education, University of Thessaly and Elepap Volos, Volos.

### **Teaching Experience Primary & Secondary Education**

#### **Secondary Education**

**1 & 3/11/2022:** Speaker. Theme: ‘‘The value of breakfast and Eating Disorders’’. First and third grade, 3rd High School of Volos

**3/10/2016** Speaker: Nutrition, Adolescence and Sport. 6th General High School of Volos.

## **Research-scientific experience.**

### **Doctoral research**

**17/01/2012- 27/02/2019:** Doctoral thesis: “Children and Adolescents with cerebral palsy in Greece: Evaluation of somatometric characteristics and levels of vitamin D and investigating ways to intervene to restore vitamin D levels”.

### **Postgraduate**

**2008:** Postgraduate dissertation: “Measurement of anti-inflammatory intrigue-10 (IL10) in seemingly healthy population (Attica study) and association with nutritional indicators”.

### **Thesis**

**2005:** Graduate work: “Rare Eating Disorders, Pica”.

## **Publications - Announcements**

### **Doctoral research**

Doctoral thesis: “Children and Adolescents with cerebral palsy in Greece: Evaluation of somatometric characteristics and levels of vitamin D and investigating ways to intervene to restore vitamin D levels”.

## **Publications in international and Greek scientific journals**

### **Publications in international scientific journals**

**Karagiannis, A., Nisiotou J., Challa A., & Moulas A. (2021).** Use of vitamin D bolus in fortified juice for improving vitamin D status in children with Cerebral Palsy. Accepted for publication, *Advances in Experimental Medicine and Biology*, Springer Edts.

**Karagiannis, A., Nisiotou J., Challa A., & Moulas A. (2018).** Use of vitamin D fortified juice for addressing deficiency in children with Cerebral Palsy. *Journal of Biotechnology*, 280, S63.

**Karagiannis, A., Nisiotou, J., Moulas, A., & Challa, A. (2016).** Enrichment of foods with Vitamin D in Greece: Needs and Recommendations. *Proceedings of Clin. Nutr Espen*, 13, e56.

### **Publications in Greek scientific journals**

Karagianni, A., Nisiotou-Mandelou I., Moulas, A. (2021). Nutrition disorders in children with cerebral palsy. Publication in the *Archives of Greek Medicine*.

## **Announcements at international and Greek conferences**

### **Announcements at international conferences**

**Karagiannis, A., Nisiotou J., Challa A., & Moulas, A. (2020).** Use of vitamin D bolus in fortified juice for improving vitamin D status in children with Cerebral Palsy.



GeNeDis 2020 (Genetics, Geriatrics and Neurodegenerative diseases 2020). 8-11 Νοεμβρίου 2020, ONLINE.

**Karagiannis, A., Nisiotou J., Challa A., & Moulas, A. (2018).** “Use of vitamin D fortified juice for addressing deficiency in children with Cerebral Palsy”. (Αναρτημένη ανακοίνωση) European Biotechnology Congress, Athens, Greece, 26-28 Απριλίου 2018.

### **Announcements at Greek conferences**

**Karagianni, A., Nisiotou, I. (2016).** Recording of child and adolescent body elements with cerebral palsy and comparison with the development standards of the Greek population. 28th Congress of the Hellenic Society of Social Pediatrics and Health Promotion, Trikala, 7-9 October 2016.

**Karagianni, A., Nisiotou, I., Moulas, A., Challa, A. (2015).** "Enriching food with vitamin D in Greece: needs and suggestions". 13th Panhellenic Congress of Nutrition & Dietetics -2nd Panhellenic Congress of Clinical Nutrition. Athens, November 27-29, 2015

### **Speeches**

**1/4/2021:** Speech - Writing of Handbook: “ Hygiene Living Consultants”

Magnesia/Sporades' Social Partnership Conspiracy.

**4/11/2015:** “Nutrition and Diabetes”, Diabetes Guide, Larisa

**25/10/2015:** Nutrition in chronic diseases and the role of the pharmacist. Pharmacy Management Conference, Larissa.

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**10/10/2015:** Uric acid and cardiovascular risk: nutritional treatment. EMBAKAN: 1st Nutrition Day: Nutritional interventions in Prevention and treatment of heart -wide risk factors.

**26/09/2009:** 3rd scientific workshop: Dementia in Alzheimer disease - dementia in Parkinson, Volos