
ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

ΓΙΩΡΓΟΣ ΜΕΤΣΙΟΣ

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Περίληψη

Ο Δρ. Μέτσιος είναι μόνιμος Καθηγητής στην Κλινική Εργοφυσιολογία στο Faculty of Health, Education and Wellbeing του Πανεπιστημίου του Wolverhampton αλλά και Επισκέπτης Καθηγητής της Φυσιολογίας της Άσκησης στη Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Ο Δρ. Μέτσιος έχει δημοσιεύσει πλειάδα εργασιών σε επιστημονικά περιοδικά υψηλού κυρούς για θέματα που αφορούν την Φυσιολογία της Άσκησης σε άτομα με χρόνιες παθήσεις (καρδιοαγγειακά, καρκίνο και χρόνιες φλεγμονώδεις νόσους). Έχει διεκδικήσει με επιτυχία ερευνητικές χρηματοδοτήσεις στην Αγγλία και την Ευρώπη. Το καινοτόμο και υψηλής απήχησης επιστημονικό του έργο έχει επανειλημμένως χρησιμοποιηθεί για την διαμόρφωση κανόνων και νόμων για την υγεία ασθενών από διάφορους έγκριτους οργανισμούς, όπως το European League Against Rheumatism, τον Παγκόσμιο Οργανισμό Υγείας, το American Society of Clinical Oncology και το British Heart Foundation. Ο Δρ Μέτσιος είναι εκλεγμένο μέλος του European Alliance of Associations for Rheumatology (EULAR), τον μεγαλύτερο Οργανισμό σύνταξης κατευθυντήριων γραμμών υγείας για φλεγμονώδη και μυοσκελετικά νοσήματα.

Περιεχόμενα

| | |
|---------------------------------|---------|
| 1. PUBLICATIONS | Page 3 |
| 2. GRANTS | Page 18 |
| 3. RESEARCH STUDENT SUPERVISION | Page 20 |
| 4. RESEARCH IMPACT | Page 21 |
| 5. EDUCATION | Page 21 |
| 6. WORK EXPERIENCE | Page 22 |
| 7. PROFESSIONAL AFFILIATIONS | Page 22 |
| 8. REVIEWER | Page 23 |

1. PUBLICATIONS

JOURNAL ARTICLES (all peer-reviewed)

1. Dinas PC, On Behalf Of The Students Of Module Introduction To Systematic Reviews, Moe RH, Boström C, Kostı RI, Kıtas GD, **Metsios GS**. Combined Effects of Diet and Physical Activity on Inflammatory Joint Disease: A Systematic Review and Meta-Analysis. *Healthcare (Basel)*. 2023 May 15;11(10):1427. doi:10.3390/healthcare11101427.
2. van den Hoek J, Sobejana M, van Nes F, **Metsios G**, Kıtas G, van der Leeden M, Nurmohamed MT, van der Esch M. Patient perspective on exercise intervention in rheumatoid arthritis with high risk of cardiovascular disease: a pilot qualitative study. *Rheumatol Int*. 2023 Jul;43(7):1369-1376
3. Nordén KR, Semb AG, Dagfinrud H, Hisdal J, Ødegård S, Sexton J, Fongen C, Skandsen J, Blanck T, **Metsios GS**, Tvetter AT Associations between cardiovascular risk factors, disease activity and cardiorespiratory fitness in patients with inflammatory joint disease: a cross-sectional analysis. *BMC Sports Sci Med Rehabil*. 2023 Apr 21;15(1):63.
4. **Metsios GS**, Fenton SAM, Tzika K, Moe RH, Fragoulis GE, Vlieland TPMV, Nikiphorou E, Van den Ende CHM, Fatouros I, van der Esch M, Niedermann K, Stavropoulos-Kalinoglou A, van Zanten JJCSV, Brodin N, O'Brien CM, Koutedakis Y, Kennedy N, Swinnen TW, Bostrom C, Kıtas GD; IMPACT-RMD Consortium Barriers and facilitators for physical activity in rheumatic and musculoskeletal disease: a European-based survey. *Clin Rheumatol*. 2023 Mar 6. doi: 10.1007/s10067-023-06518-7.
5. Sobejana M, van der Esch M, van den Hoek J, Kıtas G, van der Leeden M, Nurmohamed MT, **Metsios GS**. Do Disease-Modifying Anti-rheumatic Drugs and Exercise Therapy Have a Combined Effect on Disease Activity in Patients with RA? A Scoping Review. *Curr Rheumatol Rep*. 2023 Apr;25(4):69-81.
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8. Sobejana M, van den Hoek J, **Metsios GS**, Kıtas GD, van der Leeden M, Verberne S, Jorstad HT, Pijnappels M, Lems WF, Nurmohamed MT, van der Esch M. Exercise intervention on cardiorespiratory fitness in rheumatoid arthritis patients with high cardiovascular disease risk: a single-arm pilot study. *Clin Rheumatol*. 2022 Dec;41(12):3725-3734
9. Gates AB, Zilinskiene R, Fatkulina N, Mieziene B, Jankauskas R, Gerulskiene I, **Metsios GS**, Promoting physical activity in patient populations through curriculum change in undergraduate Lithuanian medical schools and schools of health: the VANGUARD project. *Br J Sports Med*. 2022 Jul 7;bjsports-2022-106009.
10. Kolokythas N, **Metsios GS**, Galloway SM, Allen N, Wyon MA. Neuromuscular Training in Pre-Professional Ballet Dancers: A Feasibility Randomized Controlled Trial. *J Dance Med Sci*. 2022 Jun 15. doi: 10.12678/1089-313X.091522e.
11. Dinas PC, Koutedakis Y, Ioannou LG, **Metsios G**, Kıtas GD. Effects of Exercise and Physical Activity Levels on Vaccination Efficacy: A Systematic Review and Meta-Analysis. *Vaccines (Basel)*. 2022 May 12;10(5):769. doi: 10.3390/vaccines10050769.

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 26. **G.S. Metsios**, A. Stavropoulos-Kalinoglou, A.M. Nevill, Y. Koutedakis, G.D. Kitas 2008. Association of physical inactivity with cardiovascular risk profile in patients with rheumatoid arthritis. *Abstract Book-Proceedings: 13th Annual Congress of the European College of Sports Science*, 8-13 July 2008, Estoril, Portugal, p. 113, 2008.
 27. **G.S. Metsios**, A. Stavropoulos-Kalinoglou, V.F. Panoulas, K.M.J. Douglas, Koutedakis Y, Nevill AM, Kitas GD 2008. Medication and lifestyle modifications in rheumatoid arthritis patients do not positively affect thrombotic responses. *Annals of Rheumatic Diseases* 67(2), p 325.
 28. A. Stavropoulos-Kalinoglou, **G.S. Metsios**, V.F. Panoulas, K.M.J. Douglas, Koutedakis Y, Kitas GD 2008. Associations of body mass index with disease characteristics of patients with rheumatoid arthritis. *Annals of Rheumatic Diseases* 67(2), p 315.
 29. V.F. Panoulas, K.M.J. Douglas, J.P. Smith, **G.S. Metsios**, A. Stavropoulos-Kalinoglou, T.E. Toms, P. Nightgale, G.D. Kitas 2008. Transforming growth factor beta 868 T/C gene, but not interleukin-6 174 G/C gene, associated with hypertension in rheumatoid arthritis. *Annals of Rheumatic Diseases* 67(2), p 309.
 30. A. Stavropoulos-Kalinoglou, **G.S. Metsios**, K.M.J. Douglas, Koutedakis Y, Nevill AM, Kitas GD 2007. Calculation of body fat from body mass index in patients with rheumatoid arthritis. *Annals of Rheumatic Diseases* 66(2), p 374.
 31. **G.S. Metsios**, A. Stavropoulos-Kalinoglou, K.M.J. Douglas, Y. Koutedakis, A.M. Nevill, G.D. Kitas 2007. The effects of anti-TNF α treatment on rheumatoid cachexia. *Annals of Rheumatic Diseases* 66(11), p 196.
 32. Stavropoulos-Kalinoglou A, **Metsios GS**, Koutedakis Y, Nevill AM, Kitas GD. Redefining Overweight and Obesity in Rheumatoid Arthritis Patients: The Necessity for Disease Specific

- Measures of Adiposity. The ninth Great British Research and R&D Show. House of Commons, London, 19 March 2007 (p.302-303).
33. KM Douglas, V Panoulas, J Smith, **G Metsios**, A Stavropoulos-Kalinoglou, G Treharne, GD Kitas (2007). Methotrexate does not contribute to hyperhomocysteinaemia in patients with rheumatoid arthritis. *Rheumatology*, 46(1), p. 1
 34. **Giorgos S. Metsios**, Antonios Stavropoulos-Kalinoglou, Alan M. Nevill, Karen Douglas, Yiannis Koutedakis and George D. Kitas (2007). Smoking causes significant increases of basal metabolic rate in patients with rheumatoid arthritis. *Rheumatology*; 46(1), p.86.
 35. Sidorkewicz N., Carrillo A.E., Metsios G.S, Flouris A.D., Jamurtas A.Z., and Koutedakis Y. (2006). Resting energy expenditure response following environmental tobacco smoke exposure. *Medicine and Science in Sports and Exercise*; 38(5): S457-458.
 36. **Metsios G.S.**, Stavropoulos-Kalinoglou A., Flouris A.D., Koutedakis Y., Nevill A.M., and Kitas G.D. (2006). A new resting energy expenditure prediction equation for patients with rheumatoid arthritis. *Applied Physiology, Nutrition, and Metabolism*; 31: S60.
 37. E.D. Hale, G.J. Treharne, K.M.J. Douglas, **G. Metsios**, A. Stavropoulos-Kalinoglou, A. Haddon, M. Labib, G.D. Kitas (2006). An interpretative phenomenological analysis of patients receiving tertiary behavioral weight loss treatment: the role of self consciousness. *Annals of Rheumatic Diseases*, 65(11): p.658.
 38. K.M.J. Douglas, G.J. Treharne, J. Smith, **G. Metsios**, A. Stavropoulos-Kalinoglou, M. Labib, V. Panoulas, Y. Koutedakis, R. Klocke, G.D. Kitas (2006). The prevalence of the metabolic syndrome in patients with established rheumatoid arthritis. *Annals of Rheumatic Diseases*, 65(11): p.166.
 39. K.M.J. Douglas, J. Smith, A. Stavropoulos-Kalinoglou, **G. Metsios**, Y. Antonopoulos, Y. Koutedakis, G.J. Treharne, G.D. Kitas (2006). Prevalence and associations of insulin resistance in rheumatoid arthritis. *Annals of Rheumatic Diseases*, 65(11): p.166.
 40. **G. S. Metsios**, A. Stavropoulos-Kalinoglou, K. Douglas, J. Smith, Y. Koutedakis, G. D. Kitas (2006). Development and evaluation of predictive equations of resting energy expenditure for patients with rheumatoid arthritis. *Annals of Rheumatic Diseases*, 65(11): p.311.
 41. Sidorkewicz, Natalie; Carrillo, Andres E.; **Metsios, Giorgos S.**; Flouris, Andreas D.; Jamurtas, Athanasios Z.; Koutedakis, Yiannis. Resting Energy Expenditure Response Following Environmental Tobacco Smoke Exposure (2006). *Medicine and Science in Sports and Exercise*. May, 38(5) Supplement: S457-S458.
 42. Karen MJ Douglas, Gareth J Treharne, **George Metsios**, Antonis Stavropoulos-Kalinoglou, Jacqueline Smith, Mourad Labib, Yiannis Koutedakis and George D Kitas (2006). The prevalence of the metabolic syndrome in patients with established RA. *British Society of Rheumatology*, May, Glasgow, UK, *Rheumatology*, 45, Supp1, p. i98 (Publication: 223).
 43. Karen MJ Douglas, Jacqueline Smith, Antonis Stavropoulos-Kalinoglou, **George Metsios**, Yiannis Koutedakis, Gareth J Treharne, Mourad Labib and George D Kitas (2006). Prevalence and associations of insulin resistance in Rheumatoid Arthritis. *British Society of Rheumatology*, May, Glasgow, UK, *Rheumatology*, 45, Supp1, p. i98 (Publication: 222).
 44. Flouris A.D., **Metsios G.S.**, Carrillo A.E., Jamurtas A.Z., Koutedakis Y., Tzatzarakis M.N., and Tsatsakis A.M. (2005). Effects of passive smoking on resting and exercising humans. *Canadian Journal of Applied Physiology*; 30 (Suppl.): S28.
 45. C. Abrazi, **G.S. Metsios**, A.D. Flouris, Y. Koutedakis, A. Stavropoulos-Kalinoglou, A. Nevill (2005). Criterion-related validity and test-retest reliability of the 20m Square Shuttle Test. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. *Conference Proceedings*, 39, p. 296.
 46. C.S. Abrazi, **G.S. Metsios**, A.D. Flouris , Y. Koutedakis, A. Stavropoulos-Kalinoglou, K. Famisis (2005). Assessing agreement between proxy and laboratory estimates for the

- determination of bioenergetics. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 298.
47. P. Mavroidea, **G.S. Metsios**, A.D. Flouris , Y. Koutedakis, T. Tzamourtas (2005). Effects of carbon monoxide exposure on resting energy expenditure. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 135.
 48. **G.S. Metsios**, A. Stavropoulos-Kalinoglou, K. Douglas, G. Treharne, A. Saratzis, Y. Koutedakis, G.D. Kitas (2005). Redefining overweightness in individuals with chronic inflammation. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 249.
 49. **G.S. Metsios**, A. Stavropoulos-Kalinoglou, F. Theodorou, T. Tzamourtas, Y. Koutedakis (2005). Moderate aerobic exercise affects resting energy expenditure and respiratory quotient in young sedentary females. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 246.
 50. P. Klentrou, **G.S. Metsios**, J. Slack, B. Roy, G. DiGiovanni, A.D. Flouris (2005). Effects of a weight-vest exercise program on strength and bone biomarkers in postmenopausal women. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 134.
 51. **G.S. Metsios**, P. Klentrou, A.D. Flouris, J.G. Inglis, M. Plyley. (2005). Effects of dri-water® suits on humans exercising in hot environments. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 244.
 52. **G.S. Metsios**, A.D. Flouris. Design and implemenetation of an automated multi-loop liquid conditioning garment system for industrial use. (2005). 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, 39, p. 251.
 53. Antonis Stavropoulos-Kalinoglou, **Giorgos Metsios**, Karen Douglas, Gareth Treharne, Athanasios Saratzis, Yiannis Koutedakis and George D. Kitas. (2005).Redefining overweightness in Rheumatoid Arthritis patients. European League Against Rheumatism, June, Vienna, Austria. Conference Proceedings, 64(Suppl III):563.
 54. **Metsios Giorgos**, Stavropoulos-Kalinoglou Antonis, Douglas Karen, Treharne Gareth, Saratzis Athanasios, Koutedakis Yiannis, Kitas George D. (2005).Body mass index, total and segmental body fat in patients with Rheumatoid Arthritis. British Society of Rheumatology, April, Birmingham, UK. Rheumatology, 44:1, p. 106.
 55. Carrillo Andres E., **Metsios Giorgos S.**, Flouris Andreas D., Koutedakis Yiannis, and Theodorakis Yiannis (2004). The effect of performance feedback on predicting maximal oxygen uptake during field testing. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: p. 359-360.
 56. **Metsios Giorgos S.**, Carrillo Andres E., Flouris Andreas D., Koutedakis Yiannis, Stavropoulos Andonis and Famisis Konstantinos (2004). Assessing agreement between proxy and laboratory estimates for the determination of bioenergetics. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: p. 468.
 57. Carrillo A.E., Flouris A.D., **Metsios G.S.**, and Koutedakis Y. (2004). Examining the relationship between lower limb muscular strength and endurance performance. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: p. 469-470.
 58. Carrillo Andres, Flouris Andreas D., **Metsios Giorgos S.**, Koutedakis Yiannis, and Panagiota Klentrou (2004). Effects of increased muscular strength on performance during cardiorespiratory fitness tests in laboratory and field settings. 9th Annual Congress of the European College of Sports Science, Clermont-Ferrand, France; Conference Proceedings: p. 24.
 59. Stavropoulos- Kalinoglou A.K., **Metsios G.**, Koutedakis Y., Tzamourtas A., Chantzigeorgiadis A. (2004).Acute effects of a single bout aerobic exercise on resting energy expenditure and respiratory exchange ratio in sedentary females. Comparison between pre and post-menopausal

- women. 9th Annual Congress of the European College of Sports Science, Clermont- Ferrand; Conference Proceedings: p. 310.
60. **Metsios G.S.**, Flouris A.D., Koutedakis Y., Theodorakis Y. (2004). The impact of performance feedback in predicting field testing VO_{2max}. 9th Annual Congress of the European College of Sports Science, Clermont- Ferrand; Conference Proceedings: p. 312.
61. **Metsios G.S.**, Flouris A.D., Koutedakis Y, Abrazi C, Stavropoulos-Kalinoglou A. (2004). Effects of simulation of mechanical motion in predictive efficacy of selected cardiorespiratory fitness field tests. 9th Annual Congress of the European College of Sports Science, Clermont- Ferrand; Conference Proceedings: p. 313.
62. Flouris A.D., **Metsios G.S.**, Koutedakis Y., Famisis K., and Geladas N. (2003). Evaluation of Human Bioenergetics During Different Exercise Protocols. A New Approach Towards Designing Proxies. 8th Annual Congress of the European College of Sports Science, Salzburg, Austria; Conference Proceedings: p. 177.
63. Flouris A.D., **Metsios G.S.**, and Koutedakis Y. (2003). Attaining Energy Equilibrium in Proxies Assessing Human Bioenergetics. *European Heart Journal*; 24 (Suppl.), p. 183.
64. Flouris A.D., and **Metsios G.S.** (2003). Elite Performance in Relation to Specific Cortical Stimuli Across Diverse Sporting Disciplines. *British Journal of Sports Medicine*; 37:5, p. 468.
65. Flouris A.D., Carrillo A.E., **Metsios G.S.**, Koutedakis Y. (2003). Probing the Energy Equilibrium Approach for Enhanced Proxy Design in Bioenergetics. *Canadian Journal of Applied Physiology*; 28:5, S53.
66. Koutedakis Y., Zourbanos N., **Metsios G.S.**, Pashalis V. (1999). "Atmosphere pollution and the possible relations to endurance training", Round table (Abstracts). 5th International Congress of Athletic Medicine, p. 6.
67. Stavropoulos-Kalinoglou A, **Metsios GS**, Koutedakis Y, Nevill AM, Douglas KM, Jamurtas A, Kitas GD (2006). Predicting Body Fat from Body Mass Index in Healthy Individuals. 11th annual Congress of the European College of Sport Science (Abstract-ID: LAU-894); Lausanne, Switzerland.
68. A.D. Flouris, **G.S. Metsios**, A.E. Carrillo, A.Z. Jamurtas, and Y. Koutedakis (2005). Effects of passive smoking on active and resting humans 0, 1, and 3 hours following exposure. 10th Annual Congress of the European College of Sports Science; Belgrade, Serbia.
69. A.D. Flouris, **G.S. Metsios**, A.E. Carrillo, A.Z. Jamurtas, and Y. Koutedakis (2005). Effects of passive smoking on active and resting humans 0, 1, and 3 hours following exposure. Annual Meeting of the Canadian Federation of Biological Societies. Guelph, Ontario, Canada.
70. Carrillo Andres, **Metsios Giorgos S.**, Flouris Andreas D., Jamurtas Athanasios, Koutedakis Yiannis (2005). Effects of passive smoking on resting energy expenditure. Annual Meeting of the Canadian Federation of Biological Societies. Guelph, Ontario, Canada.
71. Flouris A.D., **Metsios G.S.**, Carrillo A.E., Jamurtas A.Z., Koutedakis Y., Tzatzarakis M.N., and Tsatsakis A.M. (2005). Effects of passive smoking on resting and exercising humans. Annual Conference of the Canadian Society of Exercise Physiology; Ottawa, Ontario, Canada.
72. Flouris A.D., **Metsios G.S.**, and Koutedakis Y. (2003). Attaining Energy Equilibrium in Proxies Assessing Human Bioenergetics. 25th Annual Congress of the European Society of Cardiology, Vienna, Austria.
73. Flouris A.D., and **Metsios G.S.** (2003). Elite Performance in Relation to Specific Cortical Stimuli Across Diverse Sporting Disciplines. Joint Conference of the British Association of Sport and Exercise Sciences and the British Association of Sport and Exercise Medicine, Sheffield, UK.

74. Flouris A.D., Carrillo A.E., **Metsios G.S.**, and Koutedakis Y. (2003). Enhanced Proxy Design for the Assessment of Bioenergetics. Australian Conference of Science and Medicine in Sport, Canberra, Australia.
75. Flouris A.D., Carrillo A.E., **Metsios G.S.**, and Koutedakis Y. (2003). Probing the Energy Equilibrium Approach for Enhanced Proxy Design in Bioenergetics. Annual Conference of the Canadian Society of Exercise Physiology, St. Catharines, Ontario, Canada.
76. **Metsios G.S.**, Blandi A., Marinoy L., Farantos G. (2001) The co-operation and positive feedback level between athletes and trainers in swimming. 9th International Congress on Physical Education and Sport, May, Komotini, Greece.
77. Blandi A., Sgaras K., **Metsios G.S.** (1999). The pedagogical part/role of the swimming trainer and the character specialties in young age swimmers. Pan Hellenic Congress of School Physical Education with national participation. November, Trikala, Greece.

| Items | Number |
|-------------------------------|--------|
| Book Chapters | 4 |
| Articles in Refereed Journals | 142 |
| | |
| Google Scholar Citations | 11519 |
| Google Scholar i10-index | 122 |
| Google Scholar h-Index | 57 |

2. GRANTS

- 05/20- to date **Metsios GS**, Lahart IM, Devonport T, Warr T et al. Exercise in Disease management and rEhabilitation (EDGE). **Principal Investigator**. University of Wolverhampton Grant. Amount: £450,000
- 01/20– to date **Metsios GS**, Gates A, Vuillemin A, Fatkulina N, Fatouros I, Maestru J, Mendes R. Virtual Advice, Nurturing, Guidance on Universal Action, Research and Development for physical activity and sport engagement: The VANGUARD project. **Principal Investigator**. Grant from ERASMUS+ Sport Collaborative Partnerships. Amount: €399,290.
- 03/19 – 2021. **Metsios GS**, Moe RH, van der Esch M, van Zanten JJCSV, Fenton SAM, Koutedakis Y, Vitalis P, Kennedy N, Brodin N, Bostrom C, Swinnen TW, Tzika K, Niedermann K, Nikiphorou E, Fragoulis GE, Vlieland TPVM, Van den Ende CHM, Kitas GD; IMPACT-RMD Consortium. Implementation of Physical Activity into routine Clinical practice in Rheumatic Musculoskeletal Disease: The IMPACT-RMD study. **Principal Investigator**. Grant from the European League Against Rheumatism (EULAR). Amount: €30,000.
- 2019 – 2021 Bosworth A, Nikiphorou E, Carmona L, Fragoulis G, Ferreira R, Zabalan C, Boehm P, Ryan S, de Thurah A, Moe R.H., Stamm T, Holmes P, **Metsios G**, et al., EULAR

- recommendations for the implementation of self-management strategies in patients with inflammatory arthritis. Collaborator. Grant from the European League Against Rheumatism (EULAR). Amount: €55,000.
- 2016 – 2022. Nybo L, Bogataj LK, Flouris AD, **Metsios GS**, Orlandini S, et al. Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming: the HEAT-SHIELD project. Collaborator. Grant from Horizon 2020, PHC-04-2015. Amount: ~€6,000,000.
- 06/14 – 07/17 **Metsios GS**. Research Investment Phase II – PhD Studentship. University of Wolverhampton grant. Physical activity and Rheumatoid Arthritis. Amount, £5,000.
Principal Investigator
- 11/14 – 11/15 **Metsios GS**, Panagiotou P. Sport and Exercise as Medicine. Awards for all-Big Lottery Fund. £10,000. Grant involving Wolverhampton student placements. Principal Investigator.
- 09/13 – 09/17 Flouris A, **Metsios GS**, Nadolnik L, Svensson PA, Kawashita NH. Seventh Framework Programme, People, IRSES. Global Network of Excellence for Research on Adipose Tissue Plasticity and Human Thermogenesis, the FUEGO project. Total amount of grant: €404,400.
- 09/13 – 09/17 Flouris A, **Metsios GS**, Bar-Shalom R, Nadolnik L, Khalangot M, Yepiskoposyan L. Seventh Framework Programme, People, IRSES. Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms, the U-GENE project. Total amount of grant: €410,400. Technical Project Director
- 09/10 – 09/12 **Metsios G**. Knowledge Exchange and Enterprise Network (KEEN). Collaboration with Action Heart (largest Cardiovascular Rehabilitation Centre in the UK). Amount of grant: ~£50,000. Principal Investigator.
- 10/12 – 10/14 Duda J, Kitas GD, van Zanten J, **Metsios GS**, Ntoumanis N, Koutedakis Y. Medical Research Council (NPRI). An intervention fostering autonomous motivation, physical activity and cardiovascular fitness in rheumatoid arthritis. A randomized controlled trial. Total amount of grant: £407,371.
- 05/10 – 04/14 Carmichael A, **Metsios G**. Dudley Educational Research Grant. The effects of physical activity on Breast Cancer outcomes. A randomized controlled trial. Total amount of grant: £15,000.
- 09/09 – 09/12 **Metsios G**, Stavropoulos-Kalinoglou A, Kitas GD. Research and Development, Dudley Group of Hospitals. The effects of exercise of cardiovascular outcomes in patients with Rheumatoid Arthritis. Total amount of grant: £250,000.
- 07/09 – 07/10 **Metsios G**. Early Research Award Scheme. University of Wolverhampton grant. Physical Activity in Breast Cancer patients. Amount, £5,000. Principal Investigator
- 06/08 **Metsios G**. Travel Award from the European League Against Rheumatism (~ £700).
- 09/08 **Metsios G**. Funding for travel expenses, presentation in scientific congresses (~ £1,500) from Research and Development Directorate, Dudley Group of Hospitals, NHS Trust.
- 09/04 – 09/07 **Metsios G**. Funding from the Greek State Scholarship Foundation for the best Greek student with knowledge in Exercise Physiologist (amount: £30,000) – PhD grant awarded via Exams.

3. RESEARCH STUDENT SUPERVISION

COMPLETED

1. **Dr Ian Lahart.** University of Wolverhampton. Physical activity and breast cancer. Doctor of Philosophy (PhD).
2. **Dr Nikos Apostolopoulos.** University of Wolverhampton. Muscle physiology and inflammation. Doctor of Philosophy (PhD).
3. **Dr Manuella Angioi.** University of Wolverhampton. Do increases in selected physical fitness parameters affect aesthetic components in contemporary dance? Doctor of Philosophy (PhD).
4. **Dr Ahmad Osailan.** University of Birmingham. Exercise and autonomic regulation in rheumatoid arthritis patients. Doctor of Philosophy (PhD).
5. **Dr Petros Ntinas.** University of Wolverhampton. Brown adipose tissue and exercise. Doctor of Philosophy (PhD).
6. **Dr Tania Amorim:** University of Wolverhampton. Genetic polymorphisms and bone health in dancers. Doctor of Philosophy (PhD).
7. **Nikos Kolokythas.** University of Wolverhampton. Injury prevalence in dancers. Doctor of Philosophy (PhD).
8. **Mr Panagiotis Vitalis** (Research Investment II grant). University of Wolverhampton. Physical activity in rheumatoid arthritis. Doctor of Philosophy (PhD).

IN PROGRESS

1. **Mr Athanasios Kehagias.** University of Wolverhampton. Genetic and physiological characteristic of elite water polo players. Doctor of Philosophy (PhD).
2. **Mrs Kerry Matthews,** University of Wolverhampton. Prevention of falls and frailty. Professional Doctorate (Prof Doc).

4. RESEARCH IMPACT

Led and written the REF 2014 and REF 2021 which were based on studies that Prof Metsios has led as the Principal Investigator

Publications have been used by the following bodies to develop health guidelines for health and public health.

NATIONAL

Scottish National Health Service (2011)

British Heart Foundation (2012)

INTERNATIONAL

European League Against Rheumatism (EULAR)

US Office of Environmental Health Hazard Assessment (2008)

European Commission, Health and Consumer Protection Directorate-General (2009)

European League Against Rheumatism (2009)

WHO Collaborating Centre for Housing and Health (2010)

South African Thoracic Society (2013)

US Department of Health - Surgeon's General Report (2014)

REGIONAL

Development of referral schemes for patients with a) Rheumatoid Arthritis and b) Cancer – Action Heart and Dudley Group of Hospitals

5. EDUCATION

| | |
|----------------------|---|
| 09/11-09/12 | Post Graduate Certificate (Full Time) University of Wolverhampton |
| 09/04 – 08/07 | PhD in Muscle Metabolism and Disease (Full Time). University of Wolverhampton. School of Sports, Performing Arts and Leisure. Thesis: Metabolism and body composition in chronic inflammatory arthritis: prevention and intervention through pharmaceutical and physical means. |
| 10/02-09/03 | MSc in Exercise Physiology (Full Time). University of Wolverhampton. School of Sports, Performing Arts and Leisure. Thesis: Assessing Agreement among Proxy and Laboratory Estimates for the determination of Bioenergetics. |
| 10/97 – 09/02 | BSc in Sports Science and Physical Education (Full Time). University of Thessaly, Department of Physical Education and Sports Science. Thesis: Criterion-related validity and test-retest repeatability of the 20m Square Shuttle Test. |

6. WORK EXPERIENCE

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|------------------------|--|
| 01/21 – To date | Professor in Clinical Exercise Physiology, University of Thessaly, Department of Nutrition and Dietetics, Thessaly, Greece |
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| 08/15 – 08/121 | Professor in Clinical Exercise Physiology, University of Wolverhampton, School of Sport Performing Arts and Leisure, Walsall, UK |
| 08/12 – 08/15 | Reader in Clinical Exercise Physiology, University of Wolverhampton, School of Sport Performing Arts and Leisure, Walsall, UK |
| 08/09 – 08/12 | Lecturer in Exercise Physiology, University of Wolverhampton, School of Sport Performing Arts and Leisure, Walsall, UK |
| 01/08 – Up to date | Chair of the Health Group Research Team, University of Wolverhampton, School of Sport Performing Arts and Leisure, Walsall, UK |
| 07/07 – 07/09 | Post-Doctoral Research Fellow University of Wolverhampton, School of Sport Performing Arts and Leisure, Walsall, UK. |
| 09/04 – Up to date | Researcher. Rheumatology Department, Russell’s Hall Hospital, National Health System Trust, Dudley, West Midlands, UK. |
| 03/06 – Up to date | Research Exercise Physiologist. Action Heart, Russell’s Hall Hospital, Dudley, West Midlands, UK. |
| 05/02 – 09/02 | Swimming pool Lifeguard, Trikala, Greece. |
| 1998- 2000 | Athens Sports Camp, Olympic Stadium, Athens, Greece. Three years part time work experience as a manager, program constructor and swimming trainer. <ul style="list-style-type: none"> • Overall management of the camp. • Organising, Programming and Supervising staff training. • Swimming Training in children aged 5 – 14 years. |
| 06/96- 09/96 06/97- 09/97 | Swimming and Water Polo Coach in Triton Amarousiou team, Marousi, Greece. Part time work experience as a water polo and swimming trainer. <ul style="list-style-type: none"> • Coach in the women water polo team. • Teaching swimming in beginners. |

7. PROFESSIONAL AFFILIATIONS

| | |
|---------------------------|---|
| 09/20 – To date | Elected Member in the Scientific Committee of the European Alliance of Associations for Rheumatology (EULAR) |
| 09/12 – Up to date | Member of Hellenic Hellenic Society of Biochemistry and Physiology of Exercise |
| 09/09 – Up to date | Member of West Midlands Lupus Medical Group |
| 12/06 – Up to date | Member of European Association for Cardiovascular Prevention and Rehabilitation (EACPR). |
| 12/06 – Up to date | Member of European College of Cardiology (ECS) |

8. REVIEWER

Act regularly as an expert reviewer in the following international funding bodies and peer-reviewed scientific journals:

FUNDING BODIES

- National Institute of Health Research (NIHR)
- Medical Research Council (MRC)
- Arthritis Research Campaign (ARC)
- Health Research Board (HRB)
- Biotechnology and Biological Sciences Research Council (BBSRC)
- FCT, Portugal

SCIENTIFIC JOURNALS

- Arthritis Care and Research
- Arthritis Research and Therapy
- BMC Research Notes
- Cochrane Reviews
- Cell Biochemistry and Function
- Chronobiology International
- Current Rheumatology Reviews
- Disability and Rehabilitation
- European Journal of Endocrinology
- Expert Opinion in Drug Safety
- International Journal of Sports Medicine
- International Journal of Advances in Rheumatology
- International Journal of Rheumatology
- International Journal of Clinical Rheumatology
- Journal of Clinical Rheumatology
- Journal of Obesity
- Journal of Sports Sciences
- Lupus UK
- Metabolism
- Medicine and Science in Sports And Exercise
- Nutrition and Metabolism
- Pharmacological Research
- Perceptual and Motor Skills
- Rheumatology International
- Scandinavian Journal of Rheumatology
- Seminars in Arthritis and Rheumatism