



**Dr Ioannis D. Morres, BSc, MSc, PhD**  
**Assistant Professor**

Item	Number
Books	
Book Chapters	4
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	26
Articles not Indexed in Bibliographical Databases	2
Refereed International Conference Presentations	52
Invited Presentations	4
Google Scholar/Scopus Citation Index (including self-citations)	1328/642
Google Scholar/Scopus h-index	14/12
Involved in Successful Grant Applications	4 / €650.000,00 and UK£340.000,00.

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## 1. Education

1. Doctor of Philosophy (PhD), 2017.  
University of Thessaly, Dept of Physical Education & Sport Science, *Trikala*, Greece.  
*PhD Thesis: Physical Activity in Depressed Patients. A Self-Determination Approach.*  
*Supervisors: Professor Antonis Hatzigeorgiadis, Professor Nikos Comoutos Professor Yannis theodorakis*

In a sample of adult outpatients with a diagnosis of major depression, I collected data based on the Self-Determination theory to analyse toxic and facilitating factors towards the alleviation of depression and the participation in physical activity.

Data collection for 2 ½ years: Community Mental Health Centre Aeginition, Vyronas-Kaissariani, A' Psychiatric Clinic, National and Kapodistrian University of Athens. A total of 206 outpatients with major depression were evaluated with psychometric tools using SPSS-22 and with triaxial accelerometer devices (GTX-3) using AGTIgraph software.

2. Postgraduate Diploma Master of Science (MSc), European Master in Adapted Physical Activity, 2000.  
Katholieke Univeriteit Leuven, *Dept of Physical Education and Rehabilitation Sciences, Leuven, Belgium.*  
*Major: Physical Activity and Mental Health – Psychosocial Disorders.*  
*MSc Thesis: Physical Activity, Clinical Depression and Self-esteem in psychiatric patients. Supervisors:: Professor Herman Van Coppenolle και Dr Peter Van de Vliet.*

Data collection for 1½ years: Psychiatric University Hospital Sint-Josef Kortenberg, Kortenberg, Katholieke Universiteit Leuven, Belgium. A total of 48 adult outpatients with psychiatric disorders were referred to the study. Self-report data concerning self-esteem, physical activity and depression were collected and analysed.

3. «Ptychion» (BSc), Dept Physical Education & Sport Science, 1997.  
Aristotle University of Thessaloniki, Dept Physical Education & Sport Science.  
*Major: Volleyball.*

## 2. Traing

1. Medical Classifier in sitting-volleyball for people with disabilities (2003). World Federation Volleyball for the Disabled. Succesfull attendance of three educational clinics in Hungary, the Netherlands, Sweden.
2. Adapted Sports (2000). Succesfull attendance of a 7day Summer School, Nottinghamshire County, Nottingham, United Kingdom.
3. Clinical Practice (1998). Supervised implementation of physical activity programs and succesfull attendance of seminars related to mental health for one year in the Community Mental Health Services of the Århus County, Denmark.
4. Clinical Practice (1996). Supervised implementation of physical activity programs and succesfull attendance of the Educational program of the inpatient unit of the Hippokration University Hospital, Dept of Psychiatry, School of Medicine, Aristotle University of Thessaloniki

### 3. Scientific Distinctions

1. 20/06/2021. *The 3<sup>rd</sup> Award for the Poster Presentation at the 29th Hellenic Congress of Psychiatry*, 10-13 June, Thessaloniki, 2021 «**Μωρρές, Ι.Δ.**, Γαλάνης, Ε., Χατζηγεωργιάδης, Α., Ανδρούτσος, Ο., Θεοδωράκης, Γ. (2021). Ψυχολογική ευεξία, φυσική δραστηριότητα, διατροφική συμπεριφορά σε εφήβους κατά την περίοδο μέτρων κοινωνικής αποστασιοποίησης λόγω COVID-19». In the Proceeding (Eds.) of the 29<sup>th</sup> Hellenic Congress of Psychiatry, 10-13 June, Thessaloniki, 2021 (pp.314), Thessaloniki, 10-13 June, 2021.  
Hellenic Psychiatric Association  
<https://psych.gr/vraveysi-anartimenon-anakoinoseon-e-posters-sto-plaisio-toy-29oy-panellinioy-synedrioy-psihiatrikis-tis-ellinikis-psihiatrikis-etairias/>
2. 18/10/2018 έως 16/03/2021. The published study «**Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin-Cribbie, C., Krommidas, C., Theodorakis, Y. (2019). Aerobic exercise for adult patients with major depressive disorder in mental health services. A systematic review and meta-analysis, *Depression and Anxiety*, 36(1), 39-53, <https://doi.org/10.1002/da.22842>» has been evaluated as the top paper by «WILEY»
  - a. «top paper of the volume».
  - b. «top downloaded» for 2018-2019.
  - c. «top cited» for 2019-2020.The scientific journal «*Depression and Anxiety*» *Impact Factor: 6.505* («Wiley») was the official journal of the American Association of Depression and Anxiety at the time of publication.  
<https://onlinelibrary.wiley.com/journal/15206394>
3. 28/01/2019. The National Institute for Health Research [NIHR]) provided with a scientific signal *the published study* «**Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin-Cribbie, C., Krommidas, C., Theodorakis, Y. (2019). Aerobic exercise for adult patients with major depressive disorder in mental health services. A systematic review and meta-analysis, *Depression and Anxiety*, 36(1), 39-53. <https://doi.org/10.1002/da.22842>». <https://evidence.nihr.ac.uk/alert/aerobic-exercise-is-an-effective-treatment-for-depression/>
4. 07/02/2018. *Top Reviewer* in 2017 in the «*International Journal of Psychiatry in Clinical Practice*»,  
Impact Factor: 1.81, Taylor & Francis.  
<https://www.tandfonline.com/doi/full/10.1080/13651501.2018.1436246>
5. 24/01/2017. *Outstanding Reviewer* in 2016 in the «*Psychiatry Research*»,  
Impact Factor: 11.22, Elsevier.
6. 20/01/2017. *The Journal of Psychiatric and Mental Health Nursing* has evaluated as Paper of the Year 2016 the published study «Carter, T., **Morres, I.**, Repper, J. Callaghan, P. (2016). Exercise for adolescents with depression: valued aspects and perceived change, *Journal of Psychiatric and Mental Health Nursing*, 23, 37-44 <https://doi.org/10.1111/jpm.12261>»  
*Impact Factor: 2.952, Wiley.*

## 4. Professional Experience

### Teaching Undergraduate Modules at the University of Thessaly

1. 02/12/2021 - present. Elected Assistant Professor.  
Major: «*Mental Health, Physical Activity, Quality of Life-Eating Behavior* », Dept of Nutrition & Dietetics, University of Thessaly.  
**Modules:**
  - i) *Research Methodology*
  - ii) *Ethics and Deontology*
  - iii) *Health Education*
  - iv) *Eating Education*
  - v) *Counselling in Eating Behavior and Interpersonal Relationships*
  - vi) *Physical Activity, Mental Health and Quality of Life*
2. 03/10/2016 – 31/01/2020. Dept of Physical Education and Sport Science:  
**Modules:**
  - i) *Exercise, Health and Quality of Life*
  - ii) *Statistics in Physical Education and Sport with the use of the SPSS*
  - iii) *Effective Coach*
  - iv) *Lab of Teaching and Pedagogy*
  - v) *Psychological Support in Sport*

### Teaching Postgraduate Module, University of Thessaly

1. 20/05/2023 – present.  
Postgraduate Program «*Ergospirometry & Rehabilitation*»  
School of Medicine & Dept of Physical Education and Sport Science  
<https://www.med.uth.gr/pmsasa/>  
**Winter Semester Module:**  
*Psychology of Exercise*

### Teaching English Speaking Postgraduate Module, University of Thessaly

1. 15/09/2022 – 26/01/2023.  
Postgraduate Program «European Master in Sport & Exercise Psychology-Eramus Mundus»  
Dept of Physical Education and Sport Science <http://postgrad.pe.uth.gr/pse/index.php/en/>  
**Winter Semester Module:**  
*Clinical exercise psychology: State-of-the-art of exercise on prescription for mental health disorders.*
2. 21/09/2023 – 28/01/2024.  
Postgraduate Program «European Master in Sport & Exercise Psychology-Eramus Mundus»  
Dept of Physical Education and Sport Science <http://postgrad.pe.uth.gr/pse/index.php/en/>  
**Winter Semester Module:**  
*Clinical exercise psychology: State-of-the-art of exercise on prescription for mental health disorders.*

## Lectures English Speaking

### Doctoral (PhD) Educational Program, University of Leipzig (Germany)

1. School of Sport Science <https://www.spowi.uni-leipzig.de/en/sport-psychology/study/phd-course-2022>

9/09/2022 – 24/09/2022

**Lecture:** i) *Meta-analysis: random effect model and standardized mean difference in randomized controlled trials.*

05/06/2023 – 07/06/2023

**Lecture:** i) *The Pragmatic Design for intervention studies.*

**Lecture:** ii) *Preferred intensity exercise for adolescent outpatients with depression. A sequential mixed-methods evaluation.*

## Lectures English Speaking

### Postgraduate Programme University of Thessaly

1. 20/01/2015 – 20/05/2022.

Postgraduate Program «*European Master in Sport & Exercise Psychology*», Dept of Physical Education and Sport Science, <http://postgrad.pe.uth.gr/pse/index.php/en/>

**Lectures:** (selective):

i) *Behavioral modification.*

ii) *Methodology in intervention studies*

iii) *Mental health disorders - diagnostic Statistical Manual-5.*

iv) *Physical activity and psychotic spectrum disorders.*

2. 25/01/2019 – present (6 teaching hours annually).

A 5-day *Intensive Course of the «European Master in Sport & Exercise Psychology*», Dept of Physical Education and Sport Science

<http://postgrad.pe.uth.gr/pse/index.php/en/intensive-course-2022>

**Lectures** (selective):

i) *Research methodology and pragmatic trials.*

ii) *Clinical significance analysis of depression in exercise on prescription programmes.*

iii) *Early dropouts from exercise on prescription programmes in adult depressed outpatients.*

3. 12/05/2015 – 19/05/2023 (6 teaching hours in the winter semester).

Postgraduate Program «*Ergospirometry & Rehabilitation*», School of Medicine & Dept of Physical Education and Sport Science

<https://www.med.uth.gr/pmsasa/>

**Lectures** (selective):

i) *Exercise in clinical populations.*

ii) *Exercise and mental health in adults and adolescents.*

iii) *Exercise on prescription; Anxiolytic and antidepressant effects.*

iv) *Physical activity and depression in adults with obesity class II*

4. 31/05/2019 – present.

*Summer School (2 days) of the Postgraduate Program «European Master in Sport & Exercise Psychology*», Dept of Physical Education and Sport Science.

**Lectures** (selective):

i) *Accelerometry of the daily life physical activity in major depression.*

ii) *Meta-analytic evidence of exercise in perinatal depression.*

iii) *Daily life physical activity and affective disorders in adults with obesity.*

iv) *Pragmatic randomized controlled trial of preferred intensity exercise.*

## **Lectures in the Institution of Life long Learning, University of Thessaly**

1. 15/12/2022 to 28/01/2023 (8 teaching hours / winter semester).  
Clinical Ergophysiological. Exercise and Physical Activity.

### **Lectures:**

- i) Physical and functional evaluation of people with depression and anxiety.
- ii) Exercise and physical activity on prescription for people with depression and anxiety.
- iii) Practicum. Designing real-life exercise on prescription programs (case study).  
[https://learning.uth.gr/wp-content/uploads/2022/03/Enimerotikos-Odigos-epipedo\\_2\\_10\\_compressed.pdf](https://learning.uth.gr/wp-content/uploads/2022/03/Enimerotikos-Odigos-epipedo_2_10_compressed.pdf)

## **Lectures English Speaking**

### **International Centre for Doctoral Studies, School of Physical Education, Sport Science and Dietetics, University of Thessaly**

1. Contracts to be signed in.  
<https://www.uth.gr/en/news/international-doctoral-program-physical-education-sport-science-and-dietetics>

## **5. Professional experience abroad**

1. 2006-2014. Exercise Advisor in Mental Health, Nottinghamshire NHS Trust, Nottingham University Hospital «Queens Medical Centre», United Kingdom.
2. 2007-2009. Scientific Consultant, World Federation Volleyball for the Disabled, the Netherlands.
3. 2006-2014. Research Fellow, University of Nottingham, Duncan Macmillan House, Nottingham, United Kingdom.
4. 2000-2005. Scientific Collaborator and Exercise Advisor, Katholieke Universiteit Leuven, «Sint-Josef Kortenberg Hospital, Gasthuisberg Hospital, Leuven, Belgium.

## **6. Participation as a Researcher in Externally Funded Research Programmes**

1. 01/06/2022 – 31/12/2022. «Effects of an exercise and sport intervention among refugees living in Greek refugee camp on mental, physical fitness & cardiovascular risk markers. A randomized controlled trial» 6613.05.01. University of Basel.
2. 01/01/2021-30/06/2021. «InALMH – Inter-Active living Mental Health» κωδ. χρηματοδότησης 613127-EPP-1-2019-1-BE-SPO-SCP. 6334,.
3. 01/02/2020 - 31/12/2020. «InALMH – Inter-Active living for Mental Health». 6334, «InALMH – Inter-Active living Mental Health» 613127-EPP-1-2019-1-BE-SPO-SCP, European Commission.
4. 01/08/2019 – 31/12/2019. «Virtual reality for exercise in people with Alzheimer (VRADA) T1EΔK-01448» (MIS: 5030358).
5. 04/05/2018 - 30/06/2018.  
Short-term contracts as a research assistant for the University of Thessaly.  
«Πανεπιστημιακοί Υπότροφοι Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού (Κατανομή 2016)» Κ. Έργο 5558.08. Οι Συμβαλλόμενοι: Ο Πρόεδρος Επιτροπής Ερευνών Πανεπιστημίου Θεσσαλίας, Ζήσης Μανούρης, Καθηγητής Πανεπιστημίου Θεσσαλίας, Ο Κοσμήτορας της Σχολής Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας, Αθανάσιος Παπαϊωάννου, Καθηγητής, Πανεπιστήμιο Θεσσαλίας.

6. 01/09/2016 - 31/12/2016.  
Short-term contracts as a research assistant for the University of Thessaly.  
«ΠΜΣ Ψυχολογία της Άσκησης» Έργο 3785. Συμβαλλόμενοι: Πανεπιστήμιο Θεσσαλίας-Ειδικός Λογαριασμός Ερευνών Πανεπιστημίου Θεσσαλίας νομίμως εκπροσωπούμενου από τον Πρύτανη Καθηγητή Γεώργιο Πετράκο, Πρόεδρος Επιτροπής Ερευνών Πανεπιστημίου Θεσσαλίας, Ζήση Μανούρη, Καθηγητής Πανεπιστημίου Θεσσαλίας, Ο Κοσμήτορας της Σχολής Επιστήμης Φυσικής Αγωγής & Αθλητισμού Πανεπιστημίου Θεσσαλίας, Αθανάσιος Παπαϊωάννου, Καθηγητής, Τμήμα Επιστήμης Φυσικής Αγωγής & Αθλητισμού, Πανεπιστήμιο Θεσσαλίας.
7. 01/03/2012 - 28/02/2014. Physical exercise for young people. National Institute Health Research (NIHR), University of Nottingham, PB-PG-1208-18097. Professor Patrick Callaghan. United Kingdom
8. 24/10/2007 - 23/10/2009. Exercise for women with depression. University of Nottingham. Grant ref: 293/350. Professor Patrick Callaghan. United Kingdom

## 7. Co-applicant in Externally funded research programs (1.100.000,00 euros).

1. CHF249.455,00. “Effects of an exercise sport intervention among refugees in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers. A randomized controlled trial”. Swiss Network International Studies, Geneva, Switzerland. Completion: 12/2022.  
<https://snis.ch/projects/effects-of-an-exercise-and-sport-intervention-among-refugees-living-in-a-greek-refugee-camp-on-mental-health-physical-fitness-and-cardiovascular-risk-markers-a-randomized-controlled-trial/>
2. €404.875,00. Erasmus+ (2020-2021).  
Interactive Living for Mental Health. Erasmus+ funded by the European Union.  
<https://ee.uth.gr/browse/all/1?value=6334&page=214>
3. £241.000,00 National Institute of Health Research Patient Benefit Programme (NIHR), 2011-2014, London, United Kingdom.  
*H.E.A.L.T.H. Help Enabling Active Lifestyles Toward Health in young people with depression*). PB-PG-1208-18097. University of Nottingham, Nottingham, UK, Grant ref: PB-PG-1208-18097)  
<https://fundingawards.nihr.ac.uk/award/PB-PG-1208-18097>
4. £99.875,00 Burdett Trust, London, UK (2009).  
*Pragmatic randomized controlled trial of preferred intensity exercise in depressed women living in the community*, Queens Medical Centre University of Nottingham Hospital. University of Nottingham, Grant ref: 293/350)  
[https://www.nottingham.ac.uk/nursing/exercise\\_wellbeing/team.php](https://www.nottingham.ac.uk/nursing/exercise_wellbeing/team.php) (ερευνητική ομάδα).  
[https://www.nottingham.ac.uk/nursing/exercise\\_wellbeing/project-report.pdf](https://www.nottingham.ac.uk/nursing/exercise_wellbeing/project-report.pdf) (αναφορά έργου).



## 8. Reviewer - International Institutions for externally funded research programmes

1. Dutch Organisation for Research - NWO (Nederlandse Organisatie voor Wetenschappelijk Onderzoek).  
Ministry of Education, Culture and Sciences, Amsterdam, The Netherlands.  
<https://www.nwo.nl/en>

## 9. Reviewer - Scientific Journals (selective)

1. *Psychiatry Research* (Elsevier), IF: 11.22.
2. *Translational Psychiatry* (Nature), IF: 6.222.
3. *Journal of Affective Disorders* (Elsevier), IF: 4.839.
4. *Scientific Reports* (Nature), IF: 4.782.
5. *Nordic Journal of Psychiatry* (Taylor & Francis), IF: 1.90.
6. *International Journal of Psychiatry in Clinical Practice* (Taylor & Francis), IF: 1.81.
7. *Inquiries in Physical Education* (University of Thessaly).

## 10. Research interests

1. Behavioral Modification
2. Eating behavior and accelerometry.
3. Modelling behavioral change in relationship to eating and depression/anxiety.
4. Exercise on prescription in perinatal depression.
5. Physical activity and eating behavior in patients with mental health disorders.
6. Intra-individual analysis of clinical significance.
7. Ratings of perceived exertion.

## 11. Published Book Chapters

1. **Morres, I.D.**, Hatzigeorgiadis, A., Theodorakis, Y. (2021). Depression in obesity. In Martin C., Hunter, L.A., Preedy, V.R., Patel V. and Rajendram, R (Eds.), *The Neuroscience of Depression*, pp.115-119. University Academic Press, Elsevier, London, United Kingdom. <https://doi.org/10.1016/B978-0-12-817933-8.00041-4>
2. **Morres, I.D.**, Hatzigeorgiadis, A., Theodorakis, Y. (2021). Exercise for depression as a primary and comorbid with obesity disorder: A narrative. In Martin C., Hunter, L.A., Preedy, V.R., Patel V. and Rajendram, R. (Eds.), *The Neuroscience of Depression*, pp.477-486, University Academic Press, Elsevier, London, United Kingdom. <https://doi.org/10.1016/B978-0-12-817933-8.00028-1>
3. **Morres, I.D.**, Theodorakis, Y. (2019). Depression. In Hackfort D., Schinke R. and Strauss B (Eds.), *Dictionary of Sport Psychology: Sport, Exercise and Performing Arts*, pp.74-75, Elsevier, United Kingdom. <https://doi.org/10.1016/C2016-0-03935-9>
4. **Morres, I.D.**, Stathi, A., Martinsen, E.W., Sørensen, M. (2014). Physical exercise and major depressive disorder in adult patients. In Papaioannou A.G. and Hackfort D. (Eds.), *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts*, pp.822-834, Taylor & Francis, United Kingdom. <https://doi.org/10.4324/9781315880198>



## 12. Published Articles in peer-reviewed journals

### Meta-analytic studies

1. **Morres, I.D.**, Tzouma, N.A., Hatzigeorgiadis, A., Krommidas, A., Kotronis, K., Dafopoulos, K., Theodorakis, Y., Comoutos, N. (2022). Exercise for perinatal depressive symptoms. A systematic review and meta-analysis of randomized controlled trials in perinatal health services.  
*Journal of Affective Disorders*, 298, A, 26-42. <https://doi.org/10.1016/j.jad.2021.10.124>  
<https://www.isad.org.uk/default.asp> - Impact Factor: 4.839 (Elsevier)
2. Carter, T., Pascoe, M., Bastounis, A., **Morres, I.D.**, Callaghan, P., Parker, A. (2021). The effect of physical activity on anxiety in children and young people: A systematic review and meta-analysis.  
*Journal of Affective Disorders*, 285, 10-21. <https://doi.org/10.1016/j.jad.2021.02.026>  
<https://www.isad.org.uk/default.asp> Impact Factor: 4.839 (Elsevier).
3. **Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin-Cribbie, C., Krommidas, C., Theodorakis, Y. (2019). Aerobic exercise for adult patients with major depressive disorder in mental health services. A systematic review and meta-analysis.  
*Depression and Anxiety*, 36(1), 39-53. <https://doi.org/10.1002/da.22842>  
<https://newsroom.wiley.com/press-releases/press-release-details/2018/Aerobic-Exercise-Has-Antidepressant-Treatment-Effects/default.aspx>  
<https://adaa.org> - Impact Factor: 6.505 (Wiley).
4. Carter, T., **Morres, I.D.**, Meade, O., Callaghan, P. (2016). The effect of exercise on depressive symptoms in adolescents: A Systematic Review and Meta-Analysis.  
*Journal of the American Academy of Child and Adolescent Psychiatry*, 55,(7), 580-590.  
<https://doi.org/10.1016/j.jaac.2016.04.016>  
[https://journalinsights.elsevier.com/journals/0890-8567/impact\\_factor\\_5\\_year](https://journalinsights.elsevier.com/journals/0890-8567/impact_factor_5_year)  
Impact Factor: 10.660 (Elsevier)

### Other types of studies published

5. **Morres, I.D.**, Metsios, G.S. (submitted). Vigorous exercise in pragmatic settings leads to antidepressive, metabolic and cardiovascular health benefits in adult outpatients with major depression or anxiety disorders.  
*Evidence Based Nursing - Impact Factor: 0.638 (British Medical Journals Open)*.
6. Knappe, F., Filippou, K., Hatzigeorgiadis, D., **Morres, I.D.**, Tzormpatzakis, E., Havas, E., Seelig, H., Colledge, F., Ludyga, S., Meier, M., De Quervain, D., Theodorakis, Y., von Känel, R., Pühse, U., Gerber, M. (in press). Psychological well-being, mental distress, metabolic syndrome, and associated factors among people living in a refugee camp in Greece: A cross-sectional study.  
*Frontiers in Public Health*, 11.  
<https://www.frontiersin.org/articles/10.3389/fpubh.2023.1179756/abstract>  
Impact Factor: 6.461 (Frontiers Media S.A).
7. Tzouma, N. A., **Morres, I. D.**, Goudas, M., Krommidas, C., Kotronis, K. V., Papaioannou, A., Theodorakis, Y., & Comoutos, N. (2023). Women's views and experiences of a perinatal exercise counseling intervention: a qualitative study.  
*International Journal of Sport and Exercise Psychology*, 21(1), 70-89.  
<https://doi:10.1080/1612197X.2021.2019297>  
<https://www.issponline.org> - Impact Factor: 3.304 (Taylor & Francis).

8. Tzouma, N. A., **Morres, I.**, Comoutos, N., Krommidas, C., Kotronis, K., Papaioannou, A., & Theodorakis, Y. (2022). The effect of a perinatal exercise counseling intervention on depressive symptoms. *Hellenic Journal of Psychology*, 19(3), 276-308. <https://doi.org/10.26262/hjp.v19i3.8810> *Impact Factor: 0.60 (PROTHIKI Library AUTH, Scientific Publications Management, Aristotle University of Thessaloniki)*.
9. Krommidas, C., Galanis, E., Tzormpatzakis, E., Hasandra, M., Hatzigeorgiadis, A., **Morres, I.D.**, Comoutos, N., Theodorakis, Y. (2022). The Effects of Acute Exercise and Virtual Reality Tasks on Children's Memory Function and Exercise Preference. *International Journal of Kinesiology and Sports Science*, 10(3), 7-17. <https://doi.org/10.7575/aiac.ijkss.v.10n.3p.7> - *Impact Factor: 1.05 (Australian International Academy Centre)*.
10. **Morres, I.D.**, 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*, 13(5), 449. <https://doi.org/10.3390/nu13051449> *Impact Factor: 5.717 (Multidisciplinary Digital Publishing Institute)*.
11. **Morres, I.D.**, Touloudi, E., Hatzigeorgiadis, A., Jamurtas, A. Z., Androutsos, O., Theodorakis, Y. (2021). Daily life physical activity, quality of life and symptoms of depression and anxiety in adults with type 2 diabetes. A preliminary study. *Psychology*, 12, 1277-1286. <https://doi:10.4236/psych.2021.128080> - *Impact Factor:1.37 (Scientific Research Publishing)*
12. Galanis, E., Hatzigeorgiadis, A., Comoutos, N., Papaioannou, A., **Morres, I.D.**, Theodorakis, Y. (2021). Effects of a strategic self-talk intervention attention functions. *International Journal of Sport and Exercise Psychology*, 1-15. <https://doi:10.1080/1612197X.2021.1963304> - *Impact Factor: 3.304 (Taylor & Francis)*.
13. Gerber, M., Colledge, F., de Quervain, D., Filippou, K., Havas, E., Knappe, F., Ludyga, S., Meier, M., **Morres, I.D.**, Panagos, A., Pühse, U., Ramadan, K., Seelig, H., Theodorakis, Y., von Känel, R., & Hatzigeorgiadis, A. (2021). Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers: study protocol for the SALEEM pragmatic randomized controlled trial. *Trials*, 22(1), 827. <https://doi:10.1186/s13063-021-05808-2> *Impact Factor: 2.049 (Springer Nature)*.
14. Panagiotounis, F., Theodorakis, Y., Hassandra, M., **Morres, I.D.** (2020). Psychological effects of an adventure therapy program in the treatment of substance use disorders. A Greek pilot study. *Journal of Substance Use*, 26(2), 118-124. <https://doi.org/10.1080/14659891.2020.1807630> *Impact Factor: 1.000 (Taylor Francis)*.
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### 13. Published Articles in Greek Speaking Journals

1. Ζακζάγκη, Μ., Καλαβρού, Χ., Κρομμύδας, Χ., Γαλάνης, Ε., Χατζηγεωργιάδης, Α., Θεοδωράκης, Γ., **Μωρρές, Ι.Δ.** (2021). Η σχέση της αντικειμενικά καταγεγραμμένης καθημερινής φυσικής δραστηριότητας με τα συμπτώματα άγχους σε παχύσαρκους ενήλικες. *Αναζητήσεις στην Φυσική Αγωγή και τον Αθλητισμό (Inquiries of Physical Education)*, 19(2), 95-104.  
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### 14. Presentations in peer-reviewed Congresses

1. **Morres, I.D.**, Hatzigeorgiadis, A., Krommidas, C., Comoutos, N., Androutsos, O., Theodorakis, Y. (in press). Physical activity interventions and depressive symptoms in obese adults. An ongoing systematic literature review. Oral presentation in the 12th Congress of HEPA Europe, the European Network for the Promotion of Health-Enhancing Physical Activity, 11-13 September 2023, Leuven, Belgium.  
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3. Καλαβρού, Χ., Ζακζάγκη, Μ., Κρομμύδας, Χ., Χατζηγεωργιάδης Α., Θεοδωράκης, Γ., & **Μωρρές, Ι.Δ.** (2023). Η σχέση της αντικειμενικά καταγεγραμμένης φυσικής δραστηριότητας με τα συμπτώματα της διάθεσης σε παχύσαρκους ενήλικες. Στο συμπόσιο «Φυσική δραστηριότητα, ψυχική υγεία, ποιότητα ζωής και διατροφική συμπεριφορά» Πρόεδρος **Ιωάννης Δ. Μωρρές**. Στα Πρακτικά (Eds.) του 16<sup>ου</sup> Δειθνούς Συνεδρίου Αθλητικής Ψυχολογίας, 26-28 Μαΐου, Τρίκαλα.
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35. **Morres, I.D.**, Hatzigeorgiadis, A., Comoutos, N., Krommidas, C., Ploumpidis, D., Economou, M., Sideri, E., Maridakis, A., Stamouli, M., Pikouli, K., Loukadakis, M., Theodorakis, Y. (2019). Psychological needs for exercise and symptoms of anxiety in clinically diagnosed depressed outpatients. In the Proceeding (Eds.) 6<sup>th</sup> Congress on Neurobiology, Psychopharmacology & Treatment Guidance of the International Society of Neurobiology & Psychopharmacology (pp.169), June 27-30, Kallithea, Greece.
36. **Morres, I.D.**, Hatzigeorgiadis, A., Comoutos, N., Ploumpidis, D., Economou, M., Sideri, E., Maridakis, A., Stamouli, M., Pikouli, K., Loukadakis, M., Theodorakis, Y. (2017). Motivating adult outpatients with major depressive disorder towards physical activity: A self-determination approach. British Association Sport Exercise Sciences Conference & European Federation Sport Psychology, 27-29 November, 2017, Nottingham, United Kingdom.  
*Journal of Sports Sciences*, 35,1, s1-s113, s39-s40.  
<https://www.tandfonline.com/doi/full/10.1080/02640414.2017.1378421>
37. Carter, T., **Morres, I.D.**, Meade, O., Callaghan, P. (2017). Exercise for depression in adolescents: A meta-analysis of randomised controlled trials. In the Proceeding (Eds.) of the 25th European Congress of Psychiatry, 1-4 April, Florence, 2017, Italy.  
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38. **Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Theodorakis, Y. (2017). Aerobic exercise in the treatment of clinically diagnosed depressed adult patients. A systematic review and meta-analysis. In Proceeding (Eds.) 5<sup>th</sup> Congress on Neurobiology, Psychopharmacology & Treatment Guidance of the International Society of Neurobiology & Psychopharmacology (pp.130), May 25-28, Chalkidiki, Greece.
39. **Μωρρές, Ι.Δ.**, Χατζηγεωργιάδης, Α., Ζουρμπάνος, Ν., Θεοδωράκης, Γ. (2015). Η αντικαταθλιπτική δράση της άσκησης σε ασθενείς με κλινική κατάθλιψη. Συστηματική βιβλιογραφική ανασκόπηση και μετα-ανάλυση. **Συμπόσιο**, “Φυσική Άσκηση σε Υπηρεσίες Ψυχικής Υγείας. Προοπτικές Συνταγογράφησης. Προεδρείο: Καθηγητής Θεοδωράκης Ι. Στα Πρακτικά (Eds.) του 23<sup>ου</sup> Πανελληνίου Συνεδρίου της Ελληνικής Ψυχιατρικής Εταιρείας (σελ. 92), Λάρισα, 23-26 Απριλίου, 2015.
40. **Μωρρές, Ι.Δ.**, Callaghan, P., Hinton-Bayre, A., Khalil, E., Carter, T. (2015). Φυσική άσκηση και ανάλυση κλινικής σημαντικότητας της ενδο-ατομικής μεταβλητότητας στην ποιότητα ζωής ασθενών με κλινική κατάθλιψη. Πραγματιστικό πείραμα στο Ηνωμένο Βασίλειο. Συμπόσιο, “Άσκηση σε Υπηρεσίες Ψυχικής Υγείας. Προοπτικές Συνταγογράφησης. Προεδρείο: Καθηγητής Θεοδωράκης Ι. Στα Πρακτικά (Eds.) του 23<sup>ου</sup> Πανελληνίου Συνεδρίου της Ελληνικής Ψυχιατρικής Εταιρείας (σελ. 94), Λάρισα, 23-26 Απριλίου, 2015.
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42. **Morres, I.**, Mpassios A., Anastasiou, G., Zourbanos, N., Hatzigeorgiadis A., Theodorakis, Y. (2014). A preliminary examination of the construct validity of the patient health questionnaire-9 in the Greek population. In the Proceedings (Eds.) of the 12<sup>th</sup> Congress of Sport & Exercise Psychology in Education & Sports. Trikala (pp.89), 6-7 December, 2014, Greece.
43. **Morres, I.**, Callaghan, P., Hinton-Bayre A.D., Khalil, E., Carter, T. (2014). A pragmatic randomised controlled trial in female depressed outpatients in the United Kingdom. Intra-individual analysis of depression. In the Proceedings (Eds.) of the 5<sup>th</sup> European Congress of the International Neuropsychiatric Association (pp.126-127), 2<sup>nd</sup> Interdisciplinary Congress "Psychiatry and Related Sciences". October 30-November 2, 2014, Athens, Greece.
44. Carter, T., Callaghan, P., Khalil, E., **Morres, I.**, Guo, B. (2014). The Impact of an exercise programme on young people with depression. A mixed methods evaluation. In the Proceedings (Eds.) 20<sup>th</sup> International Network Psychiatric Nursing Research, "Celebrating Mental Health Nursing Research; Visions of Future" (pp.21-22), 18-19 September, Coventry, United Kingdom.
45. Carter, T. Callaghan, P., **Morres, I.**, Khalil, E. (2013). The effects of exercise programme on young people with depression. A mixed methods evaluation. Proceedings (Eds.) of European Psychiatric Nursing Congress (pp.92), Oct 31-Nov 2, 2013, Istanbul, Turkey.
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47. **Morres, I.**, Callaghan, P. (2011). Advances in the treatment of depression through physical exercise; a pragmatic randomized controlled trial in women living with depression. In the Proceedings (Eds.) of the 4th World Congress on Women's Mental Health of the International Association of Women's Mental Health (s137), March 16-19, 2011, Madrid, Spain.
48. **Morres, I.**, Stathi, A., Callaghan, P. Koupidis, A.S. (2010). Exercise on referral for people with depression in the United Kingdom. Symposium "Promoting Active Lifestyles in the Community: Challenges/Opportunities", Chair: Dr A. Stathi. Proceedings (Eds.) Sport Psychology, Hellenic Society of Sport Psychology (pp.26), November 4-7, Trikala, Greece.
49. **Morres, I.**, Van de Vliet, P., Koutsi, E., Van Coppenolle, H. (2006). Self-esteem and habitual physical activity in clinically depressed patients. In the Proceedings (Eds.) IX World Congress World Association Psychosocial Rehabilitation (pp.56-57), Oct 12-15, 2006, Athens, Greece.
50. **Morres, I.**, Martinsen, E.W., Koutsi, E., Callaghan, P. (2006). Physical exercise and clinical depression. In the Proceedings (Eds.), IX World Congress World Association Psychosocial Rehabilitation (pp.61-62), October 12-15, 2006, Athens, Greece.
51. **Morres, I.**, Mustafin, P., Katsis, C., Koutsi, E., Milanese, C. Papaioannou, G. (2006). Sitting-volleyball medical classification system. Contradictions and recommendations towards the sport specific-classification principles. In the Proceedings (Eds.) of the Vista 2006 Conference of the International Paralympic Committee "Classification-Solutions for the future" (pp.17-18), May 6-7, 2006, Bonn, Germany.
52. **Morres, I.**, Papaioannou, G., Mustafin, P., Fotiadis, ID. (2005). Sitting-volleyball: anthropometry, sport performance & classification status. A preliminary report. In the Proceedings of the 15th International Symposium Adapted Physical Activity, APA: a discipline, a profession, (Eds.), (pp.16-17), 5-9 July, 2005, Verona, Italy.

53. **Morres, I.**, Martinsen, E.W. (2005). Exercise as a complementary psychiatric treatment for clinically depressed patients. Review of the literature and research outlines. In the Proceedings (Eds.) of the International Congress of the World Psychiatric Association, "Advances in Psychiatry", Symposium of Exercise and Mental Health (Chair: Professor Egil W. Martinsen) Vol 1 (pp.142) March 12-15, 2005, Athens, Greece.
54. **Morres, I.**, Mustafin, P. (2004). Sitting-volleyball task analysis and the relationship between classification and performance amongst male elite sitting volleyball players with and without a disability: a pilot study. In V. Klisouras et al (Eds.), Proceedings Pre-Olympic Congress "Sport Science through Ages (pp.441-442), August 6-11, 2004, Thessaloniki, Greece.
55. **Morres, I.** (2003). Psychophysiological approaches to clinical depression; a way forward. In the Proceedings of E. Muller et al. (Eds.), 8th Congress of the European College Sport Sciences, (pp.115-116), July 9-12, 2003, Salzburg, Austria.
56. Van de Vliet, P., Knapen, J., David, A., **Morres, I.**, Van Coppenolle, H. (2001). Physical, global self-esteem and negative affect in Flemish adult psychiatric patients. Proceedings (Eds.), 13th International Symposium of Adapted Physical Activity, "Towards a Society for all-through Adapted Physical Activity" (pp.81), July 3-7, 2001, Vienna, Austria.
57. **Morres, I.**, Van de Vliet, P., Knapen, J., Van Coppenolle, H. (2002). Physical activity determinants in adult female psychiatric in-patients diagnosed with clinical depression. In the Proceedings (Eds.) 6th European Congress European Association Adapted Physical Activity (pp.45-51), Universite Picardie Jules Verne, Oct 30-Nov 02, 2002, Amiens, France.

## 15. Brief Papers presented in Congresses

1. **Μωρρές, Ι.Δ.**, Χατζηγεωργιάδης, Α., Κρομμύδας, Χ., Κομούτος, Ν., Σιδέρη, Ε., Πλουμπίδης, Δ., Οικονόμου, Μ., Θεοδωράκης, Γ. (2019). Η αντικειμενικά καταγεγραμμένη φυσική δραστηριότητα σε ενήλικες ασθενείς με διάγνωση μείζονος κατάθλιψης. Στα Πρακτικά (Eds.) του 15ου Πανελληνίου Συνεδρίου Αθλητικής Ψυχολογίας (σελ. 68-70), Αθήνα, 14-16 Δεκεμβρίου, 2018.

## 16. Lectures in non-peer-reviewed Congresses

1. **Morres, I.D.** (2021). Η επίδραση της άσκησης στην ψυχική υγεία. Διαδικτυακό Σεμινάριο «Το κόστος της Σωματικής Αδράνειας στην Ελληνική Κοινωνία» από τον Πανελλήνιο Σύλλογο Επαγγελματιών Αθλητισμού και Άσκησης (ΠΣΕΑΑ), 06 Μαΐου 2021.
2. **Morres, I.D.** (2018). Physical Exercise and Major Depressive Disorder. Towards Exercise on Prescription in Greece. In the 1st European Conference, 'Sport & Physical Activity for Mental Health: From theory to practice', Auditorium-Ministry of Digital Policy, Telecommunications & Media, October 23-24, 2018. Athens, Greece.  
[https://eventsproject.eu/images/article-images/loannis\\_D.\\_Morres\\_Athens\\_24\\_October\\_2018.pdf](https://eventsproject.eu/images/article-images/loannis_D._Morres_Athens_24_October_2018.pdf)
3. **Morres, I.D.** (2003). People with disabilities and athleticism. Sociological perspectives. Keynote Lecturing in the World Symposium "The Fine Art of Adapted Coaching", Netherlands National Paralympic Committee and Stichting Promotie Gnsptehandicapte Nederland, November 6-9, 2003, Roermond, The Netherlands.
4. **Morres, I.D.** (2003). Coaching-training athletes with disabilities. Psychophysiological considerations. Lecturing in the World Symposium "The Fine Art of Adapted Coaching", Netherlands National Paralympic Committee and Stichting Promotie Gnsptehandicapte Nederland, November 6-9, 2003, Roermond, The Netherlands.

## **17. Supervision of Theses**

1. MSc: 4 Theses
2. PHD: 1 Theses
3. PhD: 1 Thesis (Co-supervision).
4. Undergraduate: 4 Theses.

## **18. Program Computer Skills**

1. Statistical Package for Social Sciences-22 (SPSS-22).
2. Actigraph.
3. Review Manager (RevMan).
4. Comprehensive Meta-Analysis (CMA).
5. Meta-Essentials V1.
6. Open Meta-analysist.

## **19. Member of Scientific Organisations**

1. European Federation Sport Psychology-FEPSAC.
2. European Federation of Adapted Physical Activity-EUFAPA.
3. American Psychological Association.

## **20. Scientific Volunteering (selective).**

1. Lecture «Eating Behavior» Food Street Festival. 17/06/2023.  
Trikala  
<https://trikala365.gr/diatrofi-ygeia-kai-pragmatikotita-se-simantiki-ekdilosi-sta-trikala/>
2. Lecture «Exercise and Eating Behaviors» «Eating Behavior» Primary School in Megalo Kefalonrsyo (Μεγάλου Κεφαλόβρυσου). 28/04/2023 και 11/05/2023.  
<https://blogs.sch.gr/dimmkefaltri/?p=996>
3. Lecture «Physical Activity» an Educational Programe «Open Doors» organized by the University of Thessaly. 07/03/2023.
4. Podcast Radio-1, city of Volos (102.5), Volos, Greece.  
«Physical activity and mental health». 21/01/2023.  
[http://ekavi.pe.uth.gr/sound-files/morres\\_interview.mp4](http://ekavi.pe.uth.gr/sound-files/morres_interview.mp4)

## 21. International and Greek Media - Podcasts, Interviews, Media Coverage.

### Selective:

1. Forbes  
USA <https://www.forbes.com/sites/daviddisalvo/2018/10/23/moderate-exercise-is-effective-medicine-for-treating-major-depression-suggests-new-research/#1f34edb012f3>
2. PsyPost.org (interview)  
USA [https://www.psypost.org/2019/11/moderate-physical-activity-linked-to-lower-depression-in-adult-depressed-outpatients-54833?fbclid=IwAR2bvt8UbvH5LeHq0zFc4n56\\_Y20tC9oBMtK8KSaxRyEYW2ZJ4srI3DR2YQ](https://www.psypost.org/2019/11/moderate-physical-activity-linked-to-lower-depression-in-adult-depressed-outpatients-54833?fbclid=IwAR2bvt8UbvH5LeHq0zFc4n56_Y20tC9oBMtK8KSaxRyEYW2ZJ4srI3DR2YQ)
3. Kathimerini (interview)  
Greece  
*Physical activity and eating behavior in Greece*  
<https://www.kathimerini.gr/life/health/562426852/i-aktinografia-tis-ygeias-ton-ellinon/>
4. Psychology Today  
USA <https://www.psychologytoday.com/intl/blog/the-athletes-way/201810/the-newly-proven-antidepressant-powers-exercise>
5. Science Daily  
USA <https://www.sciencedaily.com/releases/2018/10/181018125207.htm>
6. Clean Eating (interview)  
USA <https://www.cleaneatingmag.com/clean-living/fitness/stop-working-out-to-lose-weight/>
7. Business Standard  
Ηνωμένο Βασίλειο  
[https://www.business-standard.com/article/news-ians/aerobic-exercises-may-help-reduce-depression-118101900614\\_1.html](https://www.business-standard.com/article/news-ians/aerobic-exercises-may-help-reduce-depression-118101900614_1.html)
8. EurekAlert!,  
United Kingdom  
[https://www.eurekalert.org/pub\\_releases/2018-10/w-ae101818.php](https://www.eurekalert.org/pub_releases/2018-10/w-ae101818.php)
9. Macedonian Athenian Press (interview)  
Greece  
[https://www.amna.gr/home/article/335302/Megalo-to-antikathliptiko-ofelos-tis-aerobias-askisis?fbclid=IwAR3qfm3duyw3EXc47LMPqb5faiyxh44CV8ZC2BwRbehHBgpxuC\\_u5xdN1Yw](https://www.amna.gr/home/article/335302/Megalo-to-antikathliptiko-ofelos-tis-aerobias-askisis?fbclid=IwAR3qfm3duyw3EXc47LMPqb5faiyxh44CV8ZC2BwRbehHBgpxuC_u5xdN1Yw)
10. European Master in Sport & Exercise Psychology, Press Room, Πανεπιστήμιο Θεσσαλίας,  
Greece  
<http://postgrad.pe.uth.gr/pse/index.php/en/component/k2/item/555-collaboration-between-our-laboratory-of-exercise-psychology-and-quality-of-life-and-the-department-of-nutritional-sciences-of-king-s-college-london-united-kingdom>
11. Macedonian Athenian Press  
Greece  
<https://www.amna.gr/mobile/articleen/653606/I-askisi-meionei-sumptomata-katathlipsis-kai-agchous-stin-egkumosuni-kai-sti-locheia>
12. European Master in Sport & Exercise Psychology, University of Thessaly,  
Greece  
<http://postgrad.pe.uth.gr/pse/index.php/en/component/k2/item/527-national-institute-for-health-research-nihr>