



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

<b>Item</b>	<b>Number</b>
Books	
Book Chapters	4
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	38
Articles not Indexed in Bibliographical Databases	1
Refereed International Conference Presentations	66
Invited Presentations	4
Google Scholar/Scopus Citation Index (including self-citations)	2326/1192
Google Scholar/Scopus h-index	18/15
Involved in Successful Grant Applications	5 / €1.440.000,00 & UK £340.000,00. TOTAL: ≈ €1.800.000,00

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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 Eginition, 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 AGTlgraph 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. Training

1. Behavioral Medicine (2025). Certified in Good Clinical Practice Training for Social and Behavioral Research. Society of Behavioral Medicine, National Institute of Behavioral Medicine, Miliwaukee, WI\*53292, United States of America.
2. Medical Classifier in sitting/standing-volleyball for people with disabilities (2003). World Federation Volleyball for the Disabled. Succesfull attendance of three educational clinics in Hungary, the Netherlands, Sweden.
3. Adapted Sports (2000). Succesfull attendance of a 7day Summer School, Nottinghamshire County, Nottingham, United Kingdom.
4. 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.
5. Clinical Practice (1996). Supervised implementation of physical activity programs and successful 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 29th 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-panelliniou-synedriou-psihiatrikis-tis-ellinikis-psihiatrikis-etaireias/>
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 by «WILEY» as the:
  - a. «top article of the volume».
  - b. «top downloaded article » for 2018-2019.
  - c. «top cited article» 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

#### Modules

##### A. Undergraduate Modules at the University of Thessaly

- 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:
  - Research Methodology*
  - Ethics and Deontology*
  - Health Education*
  - Nutrition Education*
  - Counselling in Eating Behavior and Interpersonal Relationships*
  - Physical Activity, Mental Health and Quality of Life*
- 03/10/2016 – 31/01/2020. Dept of Physical Education and Sport Science:  
Modules:
  - Exercise, Health and Quality of Life*
  - Statistics in Physical Education and Sport with the use of the SPSS*
  - Effective Coach*
  - Lab of Teaching and Pedagogy*
  - Psychological Support in Sport*

##### B. Postgraduate Module Leader, University of Thessaly

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

##### G. English Speaking Postgraduate Module Leader, University of Thessaly

- 15/09/2022 – 26/01/2023.  
Postgraduate Program «European Master in Sport & Exercise Psychology-Erasmus 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.*
- 21/09/2023 – 28/01/2024.  
Postgraduate Program «European Master in Sport & Exercise Psychology-Erasmus 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.*

##### H. Doctoral Module Co-leader, University of Thessaly

«*International Centre of Doctoral Studies in Physical Education, Sport Science and Dietetics, University of Thessaly*»

Winter Semester Module:

Research Methodology

Co-teaching with Professor Antonis Hatzigeorgiadis, Professor Nikos Comoutos.

- Systematic literature review.*
- Clinical significance analysis.*
- Design of pragmatic randomized control trial.*
- meta-analytic techniques.*

<https://www.uth.gr/en/news/international-doctoral-program-physical-education-sport-science-and-dietetics>

## Erasmus+ Teaching Mobility

English Speaking Doctoral (PhD) Program & Postgraduate (MSc) Program, Leipzig University (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.*

23/06/2025 – 27/06/2025

i) *Clinical Exercise Psychology (Κλινική ψυχολογία της Άσκησης). Modeling of Behavioral Modification (Μοντελοποίηση Συμπεριφορικής Τροποποίησης), Meta-analytic Techniques (Μετα-αναλυτικές Τεχνικές).*

## English Speaking Lectures, Postgraduate Programme, University of Thessaly

1. 2015 – 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 ad 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, 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>

Lectures, Institution of Life-long Learning, University of Thessaly

1. 15/12/2022 to 28/01/2023 (8 teaching hours / winter semester).

Clinical Ergophysiology. 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)

## 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 Projects

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/teaching 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/teaching 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. €404.875,00. Erasmus+ (01/01/2025 – 31/12/2026.)  
Tackling the mEntal heAlth stigMa in youth football-TEAM. ERASMUS-SPORT-2024-SCP, Ref Number 101184222. PI: Stelios Stylianou, University of Nicosia, Cyprus. Institution UTH. Nikos Diggelidis.  
<https://www.tacklingmentalhealth.eu/>
2. 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/>
3. €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>
4. £241.000,00 National Institute of Health Research Patient Benefit Programme (NIHR), 2011-2014, London, United Kingdom (2010).  
*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>
5. £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. Comoutos, N. Karamitrou, A., Krommidas, C., Violatzi, A., Aggeli, M., Hassandra, M., **Morres, I.D.**, Theodorakis, Y. (in preparation). Sustainable eating mediates the relationship between physical activity and love and care for nature.
6. Comoutos, N. Karamitrou, A., Krommidas, C., **Morres, I.D.**, Violatzi, A., Dimitriou, E., Hassandra, M., Papaioannou, A., Theodorakis, Y. (2025). Exploring the relationship between physical activity, flood experience, eco-anxiety, and youth well-being in a changing climate. *Scientific Reports*, 15 (1), 38713.  
<https://doi.org/10.1038/s41598-025-23046-3>  
Impact Factor: 3.09 (Nature).
7. Filippou, K., Knappe, F., **Morres, I.D.**, Tzormpatzakis, E., Proskinitopoulos, T., Theodorakis, Y., Gerber, M., & Hatzigeorgiadis, A. (2025). Objectively measured physical activity and mental health among asylum seekers residing in a camp.  
*Psychology of Sport and Exercise*, 77, 102794  
<https://doi.org/10.1016/j.psychsport.2024.102794>  
Official Journal of FEPSCA <http://fepsac.com>  
Impact Factor: 3.10 (ScienceDirect).
8. Filippou, K., Knappe, F., Hatzigeorgiadis, A., **Morres, I. D.**, Tzormpatzakis, E., Proskinitopoulos, T., Meier, M., Seelig, H., Ludyga, S., Pühse, U. Känel, R., Theodorakis, Y., & Gerber, M. (2025). Effects of an exercise and sport intervention on symptoms of post-traumatic stress disorder and other mental health indices among asylum seekers in a camp. A pragmatic randomized controlled trial.  
*Mental Health and Physical Activity*, 28, 100676  
<https://doi.org/10.1016/j.mhpa.2025.100676>  
Impact Factor: 2.30 (Elsevier).

9. Gerber, M., Filippou, K., Knappe, F., **Morres, I. D.**, Tzormpatzakis, E., Havas, E., Seelig, H., Colledge, F., Ludyga, S., Meier, M., Theodorakis, Y., von Känel, R., Pühse, U., & Hatzigeorgiadis, A. (2024). Does cardiorespiratory fitness moderate the relationship between overweight, cardiovascular risk markers and mental health among forcibly displaced individuals living in a Greek refugee camp? *Frontiers in Sport and Active Living*, 6: 1334230.  
<http://doi.org/10.3389/fspor.2024.1334230>  
*Impact Factor: 2.30 (Frontiers).*
10. Knappe, F., Filippou, K., Hatzigeorgiadis, A., **Morres, I. D.**, Ludyga, S., Seelig, H., Tzormpatzakis, E., Havas, E., Colledge, F., Meier, M., Theodorakis, Y., von Känel, R., Pühse, U., & Gerber, M. (2024). The impact of an exercise and sport intervention on cognitive function and pain among forcibly displaced individuals at risk for PTSD: A secondary analysis of the SALEEM randomized controlled trial. *BMC Medicine*, 22(1):387.  
<https://doi.org/10.1186/s12916-024-03601-x>  
*Impact Factor: 9.30 (Springer Nature).*
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## 16. Brief Papers presented in Greek peer-reviewed 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.

## 17. Presentations in Greek peer-reviewed Congresses

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6. **Μωρρές, Ι.Δ.**, Χατζηγεωργιάδης, Α., Κρομμύδας, Χ., Ζακζάγκη, Μ., Βάγια, Χ., Γκουλιώνης, Ν., Γρατσάνη, Σ., Παπαγεωργίου Ε., Θεοδωράκης Γ. (2025). Ενδοατομική μεταβλητότητα καταθλιπτικής συμπτωματολογίας σε ενήλικες εξωτερικούς ασθενείς με καταθλιπτικές διαταραχές μετά από συνταγογραφημένη άσκηση. Φαινόμενα επιδείνωσης ή βελτίωσης; Στο 33<sup>ο</sup> Πανελλήνιο Συνέδριο της Ελληνικής Ψυχιατρικής Εταιρείας (σελίδα 46), 15-18 Μαΐου, 2025, Ιωάννινα. [https://elpse2025.gr/images/book\\_of\\_abstracts.pdf](https://elpse2025.gr/images/book_of_abstracts.pdf)
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8. Τζούμα, Ν., **Μωρρές, Ι.**, Κρομμύδας, Χ., Θεοδωράκης, Γ., Παπαιωάννου, Α., Γούδας, Μ., Κοτρώνης, Κ., Κομούτος, Ν. (2025). Η αποτελεσματικότητα μίας συμβουλευτικής παρέμβασης άσκησης στα συμπτώματα περιγεννητικής κατάθλιψης. Μια μελέτη με μεικτή μεθοδολογία προσέγγισης. Στο 19<sup>ο</sup> Πανελλήνιο Συνέδριο Ψυχολογικής Έρευνας, Ελληνική Ψυχολογική Εταιρεία (σελ.28), 07-11 Μαΐου 2025, Ιωάννινα. [https://elpse2025.gr/images/book\\_of\\_abstracts.pdf](https://elpse2025.gr/images/book_of_abstracts.pdf)

9. Ασημώνη, Μ., Ζακζάγκη, Μ., Παπαδοπούλου, Χ., Κρομμύδας, Χ., Καλαβρού, Χ., Χατζηγεωργιάδης, Α., Ανδρούτσος, Ο., Θεοδωράκης, Γ., Μέτσιος, Γ., **Μωρρές, Ι.Δ.** (2025). Διατροφική συμπεριφορά και επιταχυνσιομετρία φυσικής δραστηριότητας σε μη ασκούμενους ενήλικες με παχυσαρκία. Στα Πρακτικά (Eds.) του 19<sup>ου</sup> Πανελληνίου Ιατρικού Συνεδρίου Παχυσαρκίας της Ελληνικής Ιατρικής Εταιρείας Παχυσαρκίας (σελ. 8), 06-08 Μαρτίου 2025, Αθήνα.  
[https://profile.convin.gr/files/Obesity25/FINAL\\_PROGRAMME\\_Web\\_version\\_f.pdf](https://profile.convin.gr/files/Obesity25/FINAL_PROGRAMME_Web_version_f.pdf)
10. Ασημώνη, Μ., Κρομμύδας, Χ., Καλαβρού, Χ., Παπαδοπούλου, Χ., Χατζηγεωργιάδης, Α., Ανδρούτσος, Ο., Θεοδωράκης, Γ., Μέτσιος, Γ., **Μωρρές, Ι.Δ.** (2024). Αντικειμενικά καταγεγραμμένη καθημερινή φυσική δραστηριότητα και ποιότητα ζωής σε ενήλικες με παχυσαρκία. Προκαταρκτικά ευρήματα επιταχυνσιογραφικής μελέτης. Στα Πρακτικά του Επτελειικού Συνεδρίου 30 χρόνων ίδρυσης ΤΕΦΑΑ, Πανεπιστημίου Θεσσαλίας και του 1ου Συνεδρίου του Πανελληνίου Συλλόγου Επαγγελματιών Αθλητισμού και Άσκησης (σελ. 40), 01-02 Νοεμβρίου, 2024, Τρίκαλα. <https://pseaac.pe.uth.gr/docs/praktika.pdf>
11. Ζακζάγκη, Μ., Καλαβρού, Χ., Κρομμύδας, Χ., Χατζηγεωργιάδης, Α., Θεοδωράκης, Γ., & **Μωρρές, Ι.Δ.** (2023). Αντικειμενικά καταγεγραμμένη καθημερινή φυσική δραστηριότητα και ποιότητα ζωής 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> Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας (σελ. 41), 26-28 Μαΐου Τρίκαλα.  
[http://www.sportpsychology.org.gr/images/Abstract\\_Book\\_HSSEP\\_conference\\_2023.pdf](http://www.sportpsychology.org.gr/images/Abstract_Book_HSSEP_conference_2023.pdf)
12. 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> Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας (σελ. 42), 26-28 Μαΐου, Τρίκαλα.  
[http://www.sportpsychology.org.gr/images/Abstract\\_Book\\_HSSEP\\_conference\\_2023.pdf](http://www.sportpsychology.org.gr/images/Abstract_Book_HSSEP_conference_2023.pdf)
13. Δασκαλάκη, Α., Μουλλίρι, Β., Γεωργακούλη, Κ., Μέτσιος, Γ., & **Μωρρές, Ι.Δ.** (2023). Μεσογειακή δίαιτα και δείκτης μάζας σώματος σε παχύσαρκους ενήλικες. Συστηματική βιβλιογραφική ανασκόπηση και μετα-ανάλυση. Στο συμπόσιο «Φυσική δραστηριότητα, ψυχική υγεία, ποιότητα ζωής και διατροφική συμπεριφορά» Πρόεδρος **Ιωάννης Δ. Μωρρές**. Στα Πρακτικά (Eds.) του 16<sup>ου</sup> Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας (σελ. 43), 26-28 Μαΐου, Τρίκαλα.  
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14. Μουλλίρι, Β., Δασκαλάκη, Α., Γεωργακούλη, Κ., Μέτσιος, Γ., & **Μωρρές, Ι.Δ.** (2023). Συστηματική βιβλιογραφική ανασκόπηση και μετα-ανάλυση της επίδρασης της μεσογειακής δίαιτας με συμπεριφορικές τεχνικές στο δείκτη μάζας σώματος ενηλίκων με παχυσαρκία. Στο συμπόσιο «Φυσική δραστηριότητα, ψυχική υγεία, ποιότητα ζωής και διατροφική συμπεριφορά» Πρόεδρος **Ιωάννης Δ. Μωρρές**. Στα Πρακτικά (Eds.) του 16<sup>ου</sup> Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας (σελ. 43), 26-28 Μαΐου, 2023 Τρίκαλα.  
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15. Ασημώνη, Μ., Κρομμύδας, Χ., Καλαβρού, Χ., Χατζηγεωργιάδης, Α., Ανδρούτσος, Ο., Θεοδωράκης, Γ., Μέτσιος, Γ., & **Μωρρές, Ι.Δ.** (2023). Επιταχυνσιογραφική καταγραφή συνήθους φυσικής δραστηριότητας, ψυχομετρία συμπτωμάτων άγχους και κατάθλιψης, αξιολόγηση μεσογειακής δίαιτας σε ενήλικες με παχυσαρκία: Εξελισσόμενη μελέτη. Αναρτημένη παρουσίαση. Στα Πρακτικά (Eds.) του 16<sup>ου</sup> Διεθνούς Συνεδρίου Αθλητικής Ψυχολογίας (σελ. 94), 26-28 Μαΐου, Τρίκαλα.  
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16. **Μωρρές, Ι.Δ.**, Παπαγεωργίου, Ε., Χατζηγεωργιάδης, Α., Κρομμύδας, Χ., Βάγια, Χ., Γκουλιώνης, Ν., Γρατσάνη, Σ., & Θεοδωράκης, Γ. (2023) Άσκηση αυτοεπιλεγόμενης έντασης σε ενήλικες με κλινική σημαντικότητα συμπτωμάτων κατάθλιψης. Ποιοτικά αποτελέσματα από πραγματιστική παρεμβατική μελέτη με ομάδα ελέγχου. Στα Πρακτικά (Eds.) 16<sup>ο</sup> Διεθνές Συνέδριο Αθλητικής Ψυχολογίας (σελ.56), 26-28 Μαΐου, Τρίκαλα.  
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17. **Μωρρές, Ι.Δ.**, Γαλάνης, Ε., Χατζηγεωργιάδης, Α., Ανδρούτσος, Ο., Θεοδωράκης, Γ. (2021). Ψυχολογική ευεξία, φυσική δραστηριότητα διατροφική συμπεριφορά σε εφήβους κατά τα μέτρα κοινωνικής αποστασιοποίησης λόγω COVID-19. Στα πρακτικά (Eds.) του 29<sup>ου</sup> Πανελληνίου Συνεδρίου της Ελληνικής Ψυχιατρικής Εταιρείας (σελ.314), Θεσσαλονίκη 10-13 Ιουνίου 2021.  
*3<sup>ο</sup> Βραβείο καλύτερης Αναρτημένης Ανακοίνωσης – Ελληνική Ψυχιατρική Εταιρεία*  
<https://psych.gr/vraveysi-anartimenon-anakoineseon-e-posters-sto-plaisio-toy-29oy-panelliniou-synedriou-psihiatrikis-tis-ellinikis-psihiatrikis-etairias/>
18. **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.
19. **Μωρρές, Ι.Δ.**, Gallagher, 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.

## 18. 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.

## 19. Supervision of Theses

1. MSc: 8 Theses
2. PHD: 3 Theses
3. Undergraduate: 11 Theses.

## 20. 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-analyst.

## 21. Member of Scientific Organizations

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

## 22. Member of Scientific Committees in Peer-reviewed Congresses

1. 18<sup>th</sup> FEPSAC European Congress of Sport and Exercise Psychology Ideas in sport psychology: from health to performance, 13–17 July 2026, Timisoara, Romania. <https://congress2026.fepsac.com/committees/>
2. 20th Conference of the European Network of Young Specialists in Sport Psychology», 05-07 June, 2025, Trikala, Greece.
3. TEFAA Congress, UTH, 01-02 November, 2024, Trikala. <https://pseaac.pe.uth.gr/docs/praktika.pdf>
4. 16<sup>o</sup> International conference of Sport Psychology 26-28 May 2023. [http://www.sportpsychology.org.gr/images/Abstract\\_Book\\_HSSEP\\_conference\\_2023.pdf](http://www.sportpsychology.org.gr/images/Abstract_Book_HSSEP_conference_2023.pdf)

## 23. Speaker and Leader of English-Speaking Symposiums:

1. Pre-Conference Workshop: “Basics to understand and perform a meta-analysis for RCTs”, 27 May 2026. Στο 8<sup>th</sup> SFPS International Conference 28-20 May 2026, Orleans, France <https://sfps-int26.sciencesconf.org/resource/page/id/24>
2. Physical Activity, Sport and Mental Health. TEFAA UTH Gongress, 01-02 November, 2024, Trikala. <https://pseaac.pe.uth.gr/docs/praktika.pdf>

## 24. Scientific Volunteering (selective).

1. Lecturing “Exercise on prescription” in the Community Mental Health Centre, Trikala. 14/02/2025.
2. Lecturing “Accelerometers” Lab of Exercise Ergophysiology and Nutrition, Dept of Nutrition and Dietetics, UTH, Open Doors Program, Ministry of Education, Greece. 26/02/2025.
3. Lecturing «Studying Nutrition and Dietetics», Elementary 4<sup>th</sup> School visit, Lab of Exercise Ergophysiology and Nutrition, Dept of Nutrition and Dietetics, UTH. 03/02/2025.
4. Lecturing «Physical and Nutrition Education» 33<sup>o</sup> Elementary School visit, Trikala. 10/12/2024.
5. Podcast «Ράδιο Ζυγός FM 100», Τρίκαλα. Θέμα: «Mediterranean Diet and Physical Activity». 07/04/2024. <https://www.facebook.com/share/p/KMFdE86cU7Dv7ops/>
6. Newspaper article, Mediterranean diet 10/02/2024. <https://www.larissanet.gr/2024/02/10/mesogeiki-diatrofi-gia-na-veltistopoiisoume-tin-zoi-mas/>
7. Lecturing “Eating Behavior » στο Food Street Festival, Trikala. 17/06/2023. <https://trikala365.gr/diatrofi-ygeia-kai-pragmatikotita-se-simantiki-ekdilosi-sta-trikala/>
8. Lecturing «Physical Activity and Nutrition» Elementary School. 28/04/2023 & 11/05/2023. <https://blogs.sch.gr/dimmkefaltri/?p=996>
9. Lecturing “Physical Activity and Eating Behavior” Lab of Exercise Ergophysiology and Nutrition, Dept of Nutrition and Dietetics, UTH, Open Doors Program, Ministry of Education, Greece. 07/03/2023.
10. Podcast Radio 1 (102.5), Volos. 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)
11. Social Volunteering 03/05/2022 <https://www.thessaliatv.gr/news/122167/egkainia-gumnastiriou-sti-domi-filoksenias-aitounton-asulo-kai-prosfugon-koutsoxerou-larissas/>

12. Lecture «Eating Behavior» Food Street Festival. 17/06/2023.  
Trikala  
<https://trikala365.gr/diatrofi-ygeia-kai-pragmatikotita-se-simantiki-ekdilosi-sta-trikala/>
13. Lecture «Exercise and Eating Behaviors» «Eating Behavior» Primary School in Megalo Kefalovrsyo (Μεγάλου Κεφαλόβρυσου). 28/04/2023 και 11/05/2023.  
<https://blogs.sch.gr/dimmkefaltri/?p=996>
14. Lecture «Physical Activity» an Educational Programe «Open Doors» organized by the University of Thessaly. 07/03/2023.
15. 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)

## 25. 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=IwAR3qfm3duyw3EXc47LMPqb5faiyhx44CV8ZC2BwRbehHBgpxuC\\_u5xdN1Yw](https://www.amna.gr/home/article/335302/Megalo-to-antikathliptiko-ofelos-tis-aerobias-askisis?fbclid=IwAR3qfm3duyw3EXc47LMPqb5faiyhx44CV8ZC2BwRbehHBgpxuC_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>