

Dr. Petros C. Ntinas (Dinas), NCO, BSc, MSc, SSP, PhD

| Item | Number |
|---|----------|
| Books | 1 |
| Book Chapters | |
| Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases | 45 |
| Articles not Indexed in Bibliographical Databases | |
| Published technical reports for international organizations | 1 |
| Refereed International Conference Presentations | 55 |
| Invited Presentations | 4 |
| | |
| Google Scholar/Scopus Citation Index (including self-citations) | 1065/562 |
| Google Scholar/Scopus h-index | 13/10 |
| | |
| Involved in Successful Grant Applications | 2 |

1. EDUCATION

2013 – 2017 •

University of Wolverhampton, UK.

PhD in Function and activation of human adipose tissue: The role of genes in the link between physical activity and brown adipose-like phenotype

Supervising committee: Professor George Metsios (Clinical Exercise Physiology), Associate Professor Andreas Flouris (Environmental Physiology), Professor Yiannis Koutedakis (Applied physiology).

2014 •

International Space University, Canada/France

Diploma in Space Life Sciences, Space Studies Program (distinction, GPA: 86%)

Project titles: 1. Space for Health, 2. Human Performance under Lunar Lighting Conditions, Supervisors: 1. Dr. Farhan Asrar (Space Medicine), 2. Tricia Larose (Medicine).

2011 – 2012 •

University of Thessaly, Greece.

MSc in Exercise and Health (distinction, GPA: 94.4%)

Thesis title: The relationship between physical activity and brown adipose tissue in humans, Supervising committee: Professor Yiannis Koutedakis (Applied physiology), Assistant Professor Panagiotis Georgoulas (Nuclear Medicine), Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).

2006 – 2010 •

University of Thessaly, Greece.

BSc in Physical Education and Sport Science (Honors 1st class, GPA: 91.10%)

Main: Exercise and Health, GPA: 100%. University of Thessaly, Greece. Thesis title: Acute effects of passive tobacco smoking on heart rate variability,

Supervisor: Assistant Professor Athanasios Jamurtas (Exercise Biochemistry),
Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).

- 1986 – 1988 • **School of Non-commissioned Officers, Greece.**
BSc in Military Academy (GPA: 77.5%)

2. EMPLOYMENT HISTORY

- 2016 – present • **FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece**
Senior Researcher in human physiology
 - Technical coordinator for the project “Assessing the Risk of Fungal and Parasitic Diseases Transmission by Substances of Human Origin via a systematic review and meta-analysis and a risk assessment”. Funding from the European Centre for Disease Prevention and Control
 - Technical coordinator for the project “Umbrella Systematic Review – Effect of exposure to heat from any source on pain, burns, cataract and heat-related illnesses.” Funding from the World Health Organization
- 2019 • **International Labor Organization, the Qatar Ministry of Administrative Development, Labor and Social Affairs, and the Supreme Committee for Delivery and Legacy via the FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece**
Investigator on the project: Occupational heat strain assessment and mitigation in Qatar.
- 2017 – 2018 • **FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece**
Investigator on ICI-THROUGH Marie Skłodowska-Curie grant no 645710 H2020 EU, on non-invasive techniques to estimate human brown adipose tissue activity
- 2014 – 2016 • **Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.**
Research Assistant in human physiology (U-GENE grant no. 319010 FP7-PEOPLE-2013-IRSES, on cardiometabolic disorders and UCP1 gene polymorphisms)
- 2016 • **Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.**
Researcher (6-month secondment, FP7-PEOPLE-2012-IRSES, FUEGO grant no. 612547) in the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil
- 2015 • **Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.**
Researcher (6-month secondment, U-GENE grant no. 319010 FP7-PEOPLE-2013-IRSES, on cardiometabolic disorders and UCP1 gene polymorphisms) in the Institute of Gene Biology, Russian Academy of Sciences, Moscow, Russia.

2013-2016 • **FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece**
Adjunct Researcher

1988-2007 • **Greek Army**
Manager of military equipment systems and Special Forces Officer

3. ACADEMIC AND SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

2021 – 2022 • **Department of Nutrition and Dietetics, University of Thessaly, Trikala, Greece**
Adjunct Associate Professor
Exercise physiology (4th semester) Fully in charge of Laboratory sessions

2021 – 2022 • **Department of Nutrition and Dietetics, University of Thessaly, Trikala, Greece**
Adjunct Associate Professor
Biostatistics (1st semester) Fully in charge of Theory and Laboratory sessions

2014 – 2016 • **Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK**
Visiting lecturer

- Module: (6SR002-undergraduate) Applied Sport and Exercise Physiology (One semester)
- Module: (6SR004-undergraduate) Clinical Cardiopulmonary Exercise Testing (One semester)
- Module: (4SR026-undergraduate) Physical Activity, Sedentary Behaviour, and Health. (One semester)
- Module: (4SR027-undergraduate) Research Skills for Sport and Exercise Science

2013 – 2014 • **Department of Physical Education and Sport Science, University of Thessaly, Trikala, Thessaly, Greece**
Honorary teaching staff

- *Module: (MK045-undergraduate) Human Physiology (Two semesters)*

3.2 Postgraduate Teaching

2021 • **Department of Physical Education and Sport Science, Dimokriton University of Thrake, Comotini, Greece**
Visiting Lecturer

- MSc “Clinical Exercise and Applications of Technology to Health” module: Statistics, Session: “Systematic review and meta-analysis. A step by step approach” (One session-June 2021).

- 2021 • **Faculty of the Medical School, Pneumological clinic, University of Thessaly, Larissa, Greece**
Visiting Lecturer
 - “Systematic review and meta-analysis. A step by step approach” (Three 2-hour sessions-March and April 2021).
- 2021 • **Department of Physical Education and Sport Science, Kapodistrian University of Athens, Athens, Greece**
Visiting Lecturer
 - MSc “Research Methodology” module: Statistics, Session: “Systematic review and meta-analysis. A step by step approach” (One session-March 2021).
- 2021 • **Faculty of the Department of Physical Education and Sport Science, Dimokrition University of Thrake, Comotini, Greece**
Visiting Lecturer
 - “Systematic review and meta-analysis. A step by step approach” (30-1-2021).
- 2018 • **Faculty of the School of Health Sciences, Chatham University, Pittsburgh, USA**
Visiting Lecturer
 - “Systematic review and meta-analysis. A step by step approach” (12-11-2018).

3.3 Supervisions/Co-supervision of Doctoral Theses

3.3.1 Completed

3.3.2 In Progress

- 2020 • **Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.**
Scientific advisor for Claire Karpodini
 - The effects of rhythm, movement and fitness training on motor and non-motor parameters in patients with Parkinson disease.

3.4 Supervisions/Co-supervision of Master’s Theses

3.4.1 Completed

- 2018 • **Medical School of Athens.**
Scientific advisor for Konstantinos Ntallas
 - Exercise induced changes in heart failure patients considering VO₂peak, quality of life and hospitalization: A systematic review and meta-analysis.

3.4.2 In Progress

3.5 Funding

3.5.1 Competitive International

- 2021 • **World Health Organization**
Technical coordinator
 - €28,770, Umbrella Systematic Review – Effect of exposure to heat from any source on pain, burns, cataract and heat-related illnesses.

2019-2021 • **European Centre for Disease Prevention and Control; Tender OJ/2018/SRS/10021**

Technical coordinator

- €164,000 Assessing the Risk of Fungal and Parasitic Diseases Transmission by Substances of Human Origin via a systematic review and meta-analysis and a risk assessment.

3.5.2 Competitive National

3.5.3 Other

- Jan.–July 2016: (Nominated) Personal grant €10,362 offered from the University of Wolverhampton, UK (FUEGO/FP7/IRSES project) to participate in the research collaboration with the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
- Nov. 2015: (Competitive) Winner of the second prize of the poster competition €150 for the study “The effects of physical activity on PGC-1 α and FNDC5 in muscle, circulating Irisin, and UCP1 of white adipocytes in humans: A systematic review”. 5th Conference of Biochemistry and Physiology of Exercise, Hellenic Society of Biochemistry and Physiology of Exercise, 7th Nov 2015, Athens, Greece.
- Feb.–Aug. 2015: (Nominated) Personal grant €8,670 offered from the University of Wolverhampton, UK (U-GENE/FP7/IRSES project) to participate in the research collaboration with the Institute of Gene Biology, Russian Academy of Sciences.
- June 2015: (Competitive) Winner of the poster competition €135 for the study “A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters”. 2nd Annual Research Conference 16th June 2015, University of Wolverhampton, UK.
- Mar. 2014: (Competitive) Scholarship €13,000 offered from the “International Space University, Strasbourg, France” via the “European Space Agency” to attend the “Space Studies Program 2014” in Montreal Canada between 9 June to 9 Aug. 2014.
- Feb. 2013: (Nominated) Scholarship €11,000 as achievement of excellence offered from the “Functional Architecture of Mammals in their Environment Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Greece” towards my PhD tuition fees.
- Sep. 2011: (Nominated) Scholarship €3,000 as achievement of excellence to complete my MSc studies in “Exercise and Health” offered from the “Department of Physical Education and Sport Science, University of Thessaly, Greece”.
- Jan. 2011: (Competitive) Scholarship €1,000 due to the 2nd place in ranking (annually offered to the 1st and the 2nd candidate) for the entry in the MSc

program “Exercise and Health”, offered from the “Department of Physical Education and Sport Science, University of Thessaly, Greece”.

3.6 Participation in International Scientific and Administrative Committees

3.7 Membership in International Professional Organizations

4. PUBLICATIONS

4.1 Books

Takahasi A., Nasser A., Blanc A., Michallet A., Zuo C., Mueller C., Bolles D., Yaffe E., Erinfolami F., Jazebizadeh H., Huang J., Liu J., Kljajic J., Li J., Muto M., Czapski M., Moroz M., Sarkar M., Clark N. Ntinas (Dinas) P., Thangamani S., Jewell S., Black T., Folliard T., Hou T., Elgin T., Shen Y., Okada Y. Space for Health (2014). International Space University Publications. Strasbourg, France; published by Illkirch-Graffenstaden (France) (Diploma work).
https://isulibrary.isunet.edu/index.php?lvl=notice_display&id=9175 PhD Thesis

4.2 Book Chapters

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

- **Petros C. Dinas**, Athanasios Daveronas, Costas Chryssanthopoulos, Serafim Nanas, Anastassios Philippou. Effects of exercise interventions on respiratory drive (Emgdi%max) in patients with chronic obstructive pulmonary disease: A Systematic Review and Meta-Analysis. *Exploratory Research and Hypothesis in Medicine*, 2022 (in press-accepted 23-3-2022): IF*: NA
- **Petros C. Dinas**, Eleni Nintou, Maria Vliora, Anna E. Pravednikova, Paraskevi Sakellariou, Agata Witkowicz, Zaur M. Kachaev, Victor V. Kerchev, Svetlana N. Larina, James Cotton, Anna Kowalska, Paraskevi Gkiata, Alexandra Bargiota, Zaruhi A. Khachatryan, Anahit A. Hovhannisyan, Mariya A. Antonosyan, Sona Margaryan, Anna Partyka, Pawel Bogdanski, Monika Szulinska, Matylda Kregielska-Narozna, Rafał Czepczyński, Marek Ruchała, Anna Tomkiewicz, Levon Yepiskoposyan, Lidia Karabon, Yulii Shidlovskii, George S. Metsios, Andreas D. Flouris. Prevalence of uncoupling protein one genetic polymorphisms and their relationship with cardiovascular and metabolic health. *Plos One*, 2022 (in press-accepted 21-3-2022): IF*: 3.24
- Panagiota Kalatzi, **Petros C. Dinas**, Costas Chryssanthopoulos, Eleftherios Karatzanos, Serafim Nanas, Anastassios Philippou. Impact of supervised aerobic exercise on clinical physiological and mental parameters of HIV-infected individuals: a systematic review and meta-analyses of randomized controlled trials. *HIV Research & Clinical Practice*, 2022 (in press-accepted 12-3-2022): IF*: 1.20
- Leonidas G. Ioannou, Lydia Tsoutsoubi, Konstantinos Mantzios, Maria Vliora, Eleni Nintou, Jacob F. Piil, Sean R. Notley, **Petros C. Dinas**, George A. Gourzoulidis, Matt Brearley, Igor B. Mekjavic, Glen P. Kenny, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat strain – Part 3: Multi-country field evaluation and

- consensus recommendations. *Temperature*, 2022 (in press-accepted 16-2-2022): IF*: N/A
- Leonidas G. Ioannou, **Petros C. Dinas**, Sean R. Notley, Flora Gofa, George A. Gourzoulidis, Matt Brearley, Yoram Epstein, George Havenith, Michael N. Sawka, Peter Bröde, Igor B. Mekjavic, Glen P. Kenny, Thomas E. Bernard, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat stress – Part 2: Delphi exercise. *Temperature*, 2022 (in press-accepted 16-2-2022): IF*: N/A
 - Leonidas G. Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Sean R. Notley, **Petros C. Dinas**, Matt Brearley, Yoram Epstein, George Havenith, Michael N. Sawka, Peter Bröde, Igor B. Mekjavic, Glen P. Kenny, Thomas E. Bernard, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat strain – Part 1: Systematic review. *Temperature*, 2022 (in press-accepted 27-1-2022): IF*: N/A
 - Maria Bougiesi, **Petros C. Dinas**, Elizana Pollatou, Yiannis Theodorakis and Vasiliki Zisi. Emotional intelligence levels of adult Hellenic traditional dancers and group exercisers. *Inquiries in Sport & Physical Education*, Volume 19 (3), 134 – 144, Released: November 2021. IF*: N/A
 - Elena Vakali, Dimitrios Rigopoulos, Andres E. Carrillo, Andreas D. Flouris and **Petros C. Dinas**. Effects of alpha-lipoic acid supplementation on human diabetic nephropathy: A systematic review and meta-analysis. *Current Diabetes Reviews (in press)*. IF*: **1.95**
 - Leonidas G. Ioannou, Lydia Tsoutsoubi, Konstantinos Mantzios, Giorgos Gkikas, Jacob F. Piil, **Petros C. Dinas**, Sean R. Notley, Glen P. Kenny, Lars Nybo and Andreas D. Flouris. The impacts of sun exposure on worker physiology and cognition: multi-country evidence and interventions. *International Journal of Environmental Research and Public Health*, 2021, 18, 7698. <https://doi.org/10.3390/ijerph18147698>. IF*: **2.84**
 - Leonidas G. Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Eleni Nintou, Maria Vliora, Paraskevi Gkiata, Constantinos N. Dallas, Giorgos Gkikas, Gerasimos Agaliotis, Kostas Sfakianakis, Areti K. Kapnia, Davide J. Testa, Tânia Amorim, **Petros C. Dinas**, Tiago S. Mayor, Chuansi Gao, Lars Nybo and Andreas D. Flouris. Occupational heat stress: multi-country observations and interventions. *International Journal of Environmental Research and Public Health*, 2021, 18, 6303. <https://doi.org/10.3390/ijerph18126303>. IF*: **2.84**
 - **Petros C. Dinas**, Dragoslav Domanovic, Yiannis Koutedakis, Christos Hadjichristodoulou, Ioannis Stefanidis, Kalliope Papadopoulou, Konstantinos Dimas, Konstantinos Perivoliotis, Konstantinos Tepetes, Andreas D. Flouris. The presence of fungal and parasitic infections in substances of human origin and their transmission via transfusions and transplantations: A protocol of two systematic reviews. *JMIR Research Protocols*, 2021, June 10;10 (6) : e25674. doi: 10.2196/25674. IF*: **N/A**
 - Nico Kolokythas, George S. Metsios, **Petros C. Dinas**, Shaun M. Galloway, Nick Allen, Matthew A. Wyon. Growth, maturation and overuse injuries in dance and

- aesthetic sports: a systematic review. *Research in Dance Education*, 2021, Jan. 24, 1-23. **IF*: N/A**
- Konstantinos Dallas, **Petros C. Dinas**, Costas Chryssanthopoulos, George Dallas, Maria Maridaki, Michael Koutsilieris, Anastassios Philippou. The effects of exercise on VO2peak, Quality of Life and Hospitalization in heart failure patients: A Systematic Review with Meta-analyses. *European Journal of Sport Science*, 2020, 3:1-26: **IF*: 2.78**
 - Kelsey A. Heenan, Andres E. Carrillo, Jacob L. Fulton, Edward J. Ryan, Jason R. Edsall, Dimitrios Rigopoulos, Melissa M. Markofski, Andreas D. Flouris and **Petros C. Dinas**. Effects of nutrition/diet on brown adipose tissue in humans: A systematic review and meta-analysis. *Nutrients*, 2020,12 (9), 2752; doi:10.3390/nu12092752: **IF*: 4.54**
 - **Petros C. Dinas**, Argyro Krase, Eleni Nintou, Alexandros Georgakopoulos, Marnie Granzotto, Marinos Metaxas, Elena Karachaliou, Marco Rossato, Roberto Vettor, Panagiotis Georgoulas, Tiago S. Mayor, John Koutsikos, Konstantinos Athanasiou, Leonidas G. Ioannou, Paraskevi Gkiata, Andres E. Carrillo, Yiannis Koutedakis, George S. Metsios, Athanasios Z. Jamurtas, Sofia Chatziioannou, Andreas D. Flouris. Human white-fat thermogenesis: Experimental and meta-analytic findings. *Temperature*, 2021;8;1; p. 39-52, <https://doi.org/10.1080/23328940.2020.1769530>: **IF*: N/A (partly PhD work)**
 - Amin Daoulah, Salem M. Al-Faifi, Ahmad S Hersi, **Petros C. Dinas**, Ali A. Yousef, Mohammed Alshehri, Fahad Baslaib, Mohamed Maghrabi, Mushabab Al-Murayeh, Muhammad Adil Adil Soofi, Abdulaziz Alasmari, Mirvat Alasnag, Adel Khalifa Hamad, Mamdouh Morshid, Yosri M. A. Morsi, Ziad Dahdouh, Nader Alasousi, Khalid Tammam, Mohammed Almansori, Abdullah Alkhushail, Jairam K. Aithal, Abdulrahman H. Alqahtani, Amir Lotfi. Spontaneous coronary artery dissection in relation to physical and emotional stress: A retrospective study in four Arab gulf countries. *Current Problems in Cardiology*, 46 (3), 100484. 2021: **IF*: 3.33**
 - Andreas D. Flouris, **Petros C. Dinas**, Leonidas G. Ioannou, Lars Nybo, George Havenith, Glen P. Kenny, Tord Kjellstrom. Workers' health and productivity under occupational heat strain: a systematic review and meta-analysis. *The Lancet Planetary Health*, 2018; Dec, 2: e521-31. **IF*: N/A**
 - Farhan M. Asrar+, Annie Hui Wen+, S. Ali Nasser+, **Petros C. Dinas+**, Cory Newman+, Angie Bukley, Kevin Crist and Dennis Irwin. Space technologies for Monitoring Health and Environmental Impacts of Hydraulic Fracturing. *The Lancet Planetary Health*, 2018, Nov; Vol 2 (11) e469-e470. + Shared first authorship. **IF*: N/A**
 - Jacob L Fulton, **Petros C. Dinas**, Andres E. Carrillo, Jason R. Edsall, Emily J. Ryan, Edward J. Ryan. Impact of Genetic Variability on Physiological Responses to Caffeine in Humans: A Systematic Review. *Nutrients*, 2018, 10 (10), 1373. **IF*: 4.19**
 - Kyriakos I. Tsioglou, Yiannis Koutedakis and **Petros C. Dinas**. Validation of the Polar RS800CX for assessing heart rate variability during rest, moderate cycling

- and post-exercise recovery. *F1000Research*, 2018, 7:1501 (<https://doi.org/10.12688/f1000research.16130.1>). **IF*: N/A**
- **Petros C. Dinas**, Eleni Nintou, Dimitra Psychou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Association of fat mass profile with natriuretic peptide receptor alpha in subcutaneous adipose tissue of medication-free healthy men – A cross-sectional study. *F1000Research*, 2018 Mar 15 [revised 2018 Jan 1];7:327. **IF*: N/A (PhD work).**
 - Chachopoulos Vasileios+, **Dinas Petros C.+**, Chasioti Markella, Jamurtas Athanasios Z., Koutedakis Yiannis and Flouris Andreas D. A technique for subcutaneous abdominal adipose tissue biopsy via a non-diathermy method. *Journal of Visualized experiments*, 2017 Sep 30;(127). + Shared first authorship. **IF*: 1.23 (PhD work).**
 - **Petros C. Dinas**, Angelica Valente, Marnie Granzotto, Marco Rossato, Roberto Vettor, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Browning formation markers of subcutaneous adipose tissue in relation to resting energy expenditure, physical activity and diet in humans. *Hormone Molecular Biology and Clinical Investigation*, 2017, Jul 5;31(1). **IF*: N/A (PhD work).**
 - **Petros C. Dinas**, Ian M. Lahart, James A. Timmons, Per-Arne Svensson, Yiannis Koutedakis, Andreas D. Flouris, George S. Metsios. Effects of physical activity on the link between PGC-1a and FNDC5 in muscle, circulating Irisin and UCP1 of white adipocytes in humans: A systematic review. *F1000Research* 2017, 6:286 (doi: 10.12688/f1000research.11107.1). **IF*: N/A (PhD work).**
 - Andreas D. Flouris, **Petros C. Dinas**, Angelica Valente, Cláudia Marlise Balbinotti Andrade, Nair Honda Kawashita and Paraskevi Sakellariou. Exercise-induced effects on UCP1 expression in classical brown adipose tissue: a systematic review. *Hormone Molecular Biology and Clinical Investigation*, in press (accepted 11-11-2016). **IF*: N/A.**
 - **Petros C. Dinas**, Sreerekha Suresh, Subbananthan Thangamani, and Alan Zide. Human physical performance under simulated lunar lighting conditions. Is it possible to walk on the Moon? *Hypothesis*, 2016, 14(1): e2 (doi:10.5779/hypothesis.v14i1.472). **IF*: N/A (Diploma work).**
 - Andreas D. Flouris, **Petros C. Dinas**, Kiriakos Tsitoglou, Ioanna Patramani, Koutedakis Yiannis, Glen P. Kenny. Non-invasive measurements of tibialis anterior muscle temperature during rest, cycling exercise, and post-exercise recovery. *Physiological Measurements*, 2015 May 27; 36 (7): N103-N113 (PMID: 26012697). **IF*: 1.61.**
 - **Petros C. Dinas**, Christian Mueller, Nathan Clark, Tim Elgin, Seyed Ali Nasser, Etai Yaffe, Scott Madry, Jonathan B. Clark, and Farhan Asrar. Innovative methods to benefit public health using space technologies during disaster relief. *Disaster*

- Medicine and Public Health Preparedness*, 2015 Apr; 14:1-10 (PMID: 25869234). **IF*: 1.14. (Diploma work).**
- Andreas D. Flouris and **Petros C. Dinas**. Impact of regular exercise on classical brown adipose tissue. *Clinical Endocrinology*, Oct;83(4):591-3, 2015 (PMID: 25580858). **IF*: 3.35.**
 - **Petros C. Dinas**, Alexandra Nikaki, Athanasios Z. Jamurtas, Vassilios Prassopoulos, Roxani Efthymiadou, Yiannis Koutedakis, Panagiotis Georgoulas, and Andreas D. Flouris. Association between habitual physical activity and brown adipose tissue activity in individuals undergoing PET-CT scan. *Clinical Endocrinology*, 2015 Jan; 82(1):147-54 (PMID: 25262810). **IF*: 3.35 (MSc Thesis work).**
 - **Petros C. Dinas**, Aleksandra S. Markati, and Andres E. Carrillo. Exercise-Induced Biological and Psychological Changes in Overweight and Obese Individuals: A Review of Recent Evidence, *ISRN Physiology*, vol. 2014, Article ID 964627, 11 pages, 2014. doi:10.1155/2014/964627. **IF*: NA (PhD work).**
 - Andreas D. Flouris, **Petros C. Dinas**, Manolis N. Tzatzarakis, Giorgos S. Metsios, Konstantinos Kostikas, Athanasios Z. Jamurtas, Aristidis M. Tsatsakis, and Yiannis Koutedakis. Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia. *International Journal of Environmental Health Research*, 2014 Jun; 24(3):189-94 (PMID: 23802614). **IF*: 1.20 (BSc Thesis work).**
 - **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Manolis N. Tzatzarakis, A. Wallace Hayes, Yiannis Koutedakis, Aristidis M. Tsatsakis, and Andreas D. Flouris. Acute effects of secondhand smoke on complete blood count. *International Journal of Environmental Health Research*, 2014 Feb; 24(1):56-62 (PMID: 23544435). **IF*: 1.20.**
 - Konstantinos Kostikas, Markos Minas, Eftyxia Nikolaou, Papaioannou Andriana, Panayiotis Liakos, Sofia Gougoura, Konstantinos I. Gourgoulis, **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Andreas D. Flouris, Yiannis Koutedakis. Secondhand smoke induces acute acidification and oxidative stress. *Respiratory Medicine*, 2013, Feb; 107(2):172-9 (PMID: 23218453). **IF*: 2.58.**
 - **Petros C. Dinas**, Yiannis Koutedakis, and Andreas D. Flouris. Effects of active and passive tobacco cigarette smoking on heart rate variability. *International Journal of Cardiology*, 2013, Feb; 163 (2):109-115 (PMID: 22100604). **IF*: 6.80 (BSc Thesis work).**
 - Mania Vafeiadou, **Petros C. Dinas**. Effects of colostrum supplementation on humans. *Hellenic Journal of Nutrition and Dietetics*, 2012, 3(2), 107–115. **IF*: NA.**
 - **Petros C. Dinas**, Yiannis Koutedakis and Andreas D. Flouris. Effects of exercise and physical activity on depression. *Irish Journal of Medical Science*, 2011 Jun; 180(2):319-25 (PMID: 21076975). **IF*: 0.69.**
 - **P.C. Dinas**, A Krase+, E. Nintou+, A. Georgakopoulos+, M. Granzotto+, M. Metaxas+, E. Karachaliou+, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of

- Human White-Fat: The Actual Picture, Multidisciplinary Digital Publishing Institute Proceedings 2019, 25(1), 2. + Shared second authorship **IF*: NA** (partly PhD work)
- A. Georgakopoulos, J. Koutsikos, A. Krase, E. Nintou, M. Metaxas, K. Athanasiou, P. Georgoulas, P. Gkiata, Y. Koutedakis, **P. Dinas**, A. Flouris, S. Chatziioannou. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. *European Journal of Nuclear Medicine and Molecular Imaging*, 2018/10/1, (45) S691-S69. **IF*: 7.7**
 - Carrillo A.E., **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. Assessment of the Relationship Between Macronutrient Intake and Browning of White Fat in Adult Males. *Medicine & Science in Sports & Exercise*, Volume 49, Issues 5S, page 990, May 2017. **IF*: 4.14** (PhD work)
 - N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine & Science in Sports & Exercise*, Volume 47, Issues 5S, May 2015, P684. **IF*: 3.98** (PhD work)
 - **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to second hand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder, *Toxicology Letters*, Volume 196, Supplement 1, 17 July 2010, Page S88. **IF*: 3.4**.

(IF*: Impact factor at the time of acceptance, NA: Not applicable)

4.4 Abstract publications Indexed in Bibliographical Databases

- Giorgos Paradisis, Costas Chryssanthopoulos, **Petros Dinas**, Konstantinos Dallas, Athanasios Moustogianis, Maria Maridaki, Anastassios Philippou. Carbohydrate Mouth Rinsing in Human Capacity and Performance of RCT studies: A Meta-analysis.
- Mitsiou G., **Dinas P.**, Smilios I., Nanas S., Tokmakidis S. Exercise promotes endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. *The Journal of Sports Medicine and Physical Fitness* 2021, 74; suppl. 1-3, Sept. 2021. **IF*: 1.63**
- Spyridon Hadjispyrou, Spyridon-Marios Delitheos, Ioannis Kapetanios, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, **Petros Dinas**, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in obese/overweight adults. A Systematic Review and Meta-analysis. *The Journal of Sports Medicine and Physical Fitness* 2021, 74; suppl. 1-3, Sept. 2021. **IF*: 1.63**
- **P.C. Dinas**, A Krase+, E. Nintou+, A. Georgakopoulos+, M. Granzotto+, M. Metaxas+, E. Karachaliou+, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris.

Thermogenic Capacity of Human White-Fat: The Actual Picture, Multidisciplinary Digital Publishing Institute Proceedings 2019, 25(1), 2. + Shared second authorship IF*: NA (partly PhD work)

- A. Georgakopoulos, J. Koutsikos, A. Krase, E. Nintou, M. Metaxas, K. Athanasiou, P. Georgoulas, P. Gkiata, Y. Koutedakis, **P. Dinas**, A. Flouris, S. Chatziioannou. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. *European Journal of Nuclear Medicine and Molecular Imaging*, 2018/10/1, (45) S691-S69. IF*: 7.7
- Carrillo A.E., **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. Assessment of the Relationship Between Macronutrient Intake and Browning of White Fat in Adult Males. *Medicine & Science in Sports & Exercise*, Volume 49, Issues 5S, page 990, May 2017. IF*: 4.14 (PhD work)
- N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine & Science in Sports & Exercise*, Volume 47, Issues 5S, May 2015, P684. IF*: 3.98 (PhD work)
- **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to secondhand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder, *Toxicology Letters*, Volume 196, Supplement 1, 17 July 2010, Page S88. IF*: 3.4.

(IF*: Impact factor at the time of acceptance)

4.5 Articles not Indexed in Bibliographical Databases

5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

- Giorgos Paradisis, Costas Chryssanthopoulos, Petros Dinas, Konstantinos Dallas, Athanasios Moustogianis, Maria Maridaki, Anastassios Philippou. Carbohydrate Mouth Rinsing in Human Capacity and Performance of RCT studies: A Meta-analysis. ASCM, 69th Annual Meeting, May 31-June 4, 2022, San Diego, California USA.
- Mitsiou G., Dinas P., Smilios I., Nanas S., Tokmakidis S. Exercise promotes endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. 36th FIMS World Congress of Sports Medicine, Athens, Greece, 23-26 September 2021.
- Spyridon Hadjispyrou, Spyridon-Marios Delitheos, Ioannis Kapetanios, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, **Petros Dinas**, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in obese/overweight adults. A Systematic Review and Meta-analysis. 36th FIMS World Congress of Sports Medicine, Athens, Greece, 23-26 September 2021.

- **P.C. Dinas**, A. Krase, E. Nintou, A. Georgakopoulos, M. Granzotto, M. Metaxas, E. Karachaliou, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of Human White-Fat: The Actual Picture. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki, Greece, 18–20 Oct. 2019.
- **P. Dinas**; A. Krase; E. Nintou; A. Georgakopoulos; M. Granzotto; M. Metaxas; E. Karachaliou; M. Rossato; R. Vettor; P. Georgoulas; A. Jamurtas; J. Koutsikos; K. Athanasiou; L. Ioannou; P. Gkiata; A. Carrillo; Y. Koutedakis; G. Metsios; T. Mayor; S. Chatziioannou; A. Flouris. Human white-fat thermogenic capacity evaluation via experimental and meta-analysis studies. International Conference on Environmental Ergonomics, July 7th - 12th 2019, Amsterdam, The Netherlands.
- Nintou E., Chatziioannou S., Krase A., Georgakopoulos A., Metaxas M., Koutsikos J., Athanasiou K., Georgoulas P., Vliora M., Gkiata P., Koutedakis Y., **Dinas P.** and Flouris A.D. Association of human brown and white adipose tissue thermogenic activity with daily environmental temperature exposure. 7th International Conference on the Physiology and Pharmacology of Temperature Regulation, October 7-12, 2018, Split, Croatia.
- **P. Dinas**, A. Georgakopoulos, E. Nintou, A. Krase, M. Metaxas, K. Athanasiou, J. Koutsikos, P. Georgoulas, Y. Koutedakis, S. Chatziioannou, and A.D. Flouris. Human white adipose tissue activity assessed via positron emission tomography/computed tomography is positively associated with habitual physical activity. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
- E. Nintou, **P. Dinas**, D. Phychou, M. Granzotto, M. Rossato, R. Vettor, A. Jamurtas, Y. Koutedakis, G. Metsios, and A.D. Flouris. Associations of fat mass and physical activity with natriuretic peptide receptor alpha in subcutaneous adipose tissue in healthy men. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
- M. Vliora, E. Nintou, P. Sakellariou, P. Gkiata, L. Ioannou, **P. Dinas**, A. Flouris. Association of A-3826G polymorphism of UCP1 with physical activity levels in patients with cardiovascular syndrome. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
- K. Ntallas, L. Ioannou, E. Nintou, **P. Dinas**, Y. Koutedakis, A. Flouris. Effects of physical inactivity on body and muscle temperatures following a pre-heating protocol. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
- Georgakopoulos A., Koutsikos J., Krase A., Nintou E., Metaxas M., Athanasiou K., Georgoulas P., Gkiata P., Koutedakis Y., **Dinas P.**, Flouris A.D. and Chatziioannou S. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. Annual Congress of the European Association of Nuclear Medicine 13 – 17 October, 2018, Düsseldorf, Germany.

- Maria Vliora, **Petros C. Dinas**, Leonidas Ioannou, Eleni Nintou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Seasonal changes in environmental temperature increase UCP1 in subcutaneous white adipocytes. 17th International conference on Environmental Ergonomics, Kobe, Japan, 12th-17th Nov 2017.
- Carrillo A.E., Krase A., Nintou E., Georgakopoulos A., Pianou N., Metaxas M., Chatziioannou S., Georgoulas P., Athanasiou K., Koutsikos J., Amorim T., Moldovan O., Stasinopoulos Y., Koutedakis Y., **Dinas P.**, and Flouris A.D. Sympathetic nervous system activation during cold exposure is related to body mass index. 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct 2017, Athens, Greece.
- Nintou E., Krase A., Metaxas M., Pianou N., Georgakopoulos A., Chatziioannou S., Georgoulas P., Koutsikos J., Athanasiou K., Amorim T., Vliora M., Moldovan O., Stasinopoulos Y., Koutedakis Y., **Dinas P.** and Flouris A.D. Brown adipose tissue activity is associated with the environmental temperature of the last week independently of physical activity levels in healthy men: preliminary evidence. 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct 2017, Athens, Greece.
- Carrillo A.E., **Dinas P.**, Valante A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. (Accepted). Assessment of the relationship between macronutrient intake and browning of white fat in adult males. Annual Meeting of the American College of Sports Medicine. May 30 – June 3, Denver, Colorado.
- **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Carrillo A., Davies N., Jamurtas A., Koutedakis Y., Metsios G., and Flouris A. Seasonal variations in browning formation indices of subcutaneous white adipose tissue in humans: a cross sectional study. 6th Conference of Exercise Biochemistry and Exercise Physiology, 4-6th Nov 2016, Athens, Greece.
- Eleni Nintou, **Petros C. Dinas**, Maria Vliora, Marnie Granzotto, Marco Rossato, Roberto Vettor, Angelica Valente, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Chronic exercise and detraining on browning formation of subcutaneous adipose tissue in humans: a randomized controlled trial. 6th International Conference on the Physiology and Pharmacology of Temperature Regulation 5-9th Dec, 2016, Ljubljana, Slovenia.
- Maria Vliora, **Petros C. Dinas**, Eleni Nintou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Angelica Valente, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Physical activity levels and browning formation indices of subcutaneous adipose tissue in humans: a cross sectional study. 6th International Conference on the Physiology and Pharmacology of Temperature Regulation 5-9th Dec, 2016, Ljubljana, Slovenia.

- T.Subbananthan, Mohanchur Sarkar, Dr. Farhan Asrar, **Petros C.Dinas**, Masanuri Muto. An Integrated Innovative Systems Approach for Disaster Relief Using Space Technology. LAMSYS-2016 conference, Indian Society of Systems for Science and Engineering, Satish Dhawan Space Centre, 24-25 June 2016, Sriharikota, India.
- **Dinas P.**, Metsios G., Zacharopoulou K., Phychou D., Gkiata P., Granzotto M., Rossato M., Vettor R., Valente A., Jamurtas A., Koutedakis Y., Flouris A.D. The effects of different types of exercise on mRNA expression of UCP1 and PPARα of subcutaneous adipose tissue in humans: Preliminary evidence from a randomized controlled trial. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
- **Dinas P.**, Metsios G., Zacharopoulou K., Gkiata P., Phychou D., Jamurtas A., Koutedakis Y., Flouris A.D. Equations to predict resting metabolic rate in adult men: Sensitivity during exercise programs and de-training. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
- **Dinas P.**, Lahart I., Flouris A.D., Koutedakis Y., Svensson P., Boguszewski C., and Metsios G. The effects of physical activity on PGC-1α and FNDC5 in muscle, circulating irisin, and UCP1 of white adipocytes in humans: A systematic review. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
- Gkiata P., **Dinas P.**, Carrillo A., Jamurtas A., Zacharopoulou K., Phychou D., Metsios G., Fatouros I., Koutedakis Y., Flouris A.D. The influence of different exercise programs on health indicators: A randomized controlled trial. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
- **P. Dinas**, The “Space for Health Team” of the Space Studies Program 2014. A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters. University of Wolverhampton, 2nd Annual Research Conference 2015, 16th June 2015, Wolverhampton, UK.
- N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. ACSM's 62nd Annual Meeting, 6th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise Fatigue, May 26-30, 2015, San Diego, California.
- **P. Dinas**, P. Vitalis. Human Physical Performance Under Simulated Lunar Lighting Conditions. 4th Conference of Exercise Biochemistry and Exercise Physiology, 24-26 Oct 2014, Trikala, Greece.
- M. Chasioti, **P. Dinas**, K. Tsitoglou, I. Patramani, Y. Koutedakis, and A. Flouris. Prediction of core temperature during rest, exercise and recovery. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
- M. Chasioti, **P. Dinas**, A. Jamurtas, Y. Koutedakis, and A. Flouris. A new prediction of resting metabolic rate. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.

- M. Chasioti, **P. Dinas**, A. Jamurtas, Y. Koutedakis, P. Georgoulas, and A. Flouris. The relationship between physical activity levels and human brown adipose tissue. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
- **P. Dinas**, K. Zacharopoulou, E. Vogiatzis, E. Dinas, P. Gkiata, A. Jamurtas, Y. Koutedakis, and A. Flouris. A new equation to predict resting metabolic rate in adult men. 3rd Conference of Exercise Biochemistry and Exercise Physiology, 8-9th Nov 2013, Athens, Greece.
- E. Tsigaras, K. Tsitoglou, **P. Dinas**, Y. Koutedakis, and A. D. Flouris. Temperature variability: A Novel physiological indicator. 3rd Conference of Exercise Biochemistry and Exercise Physiology, 8-9th Nov 2013, Athens, Greece.
- A. Flouris, **P. Dinas**, A. Nikaki, A. Jamurtas, V. Prassopoulos, R. Efthymiadou, Y. Koutedakis, and P. Georgoulas. Link between habitual physical activity and brown adipose tissue activity: First human evidence. "Metabolic syndrome: Experiment, clinics and therapy". International Scientific Meeting, Grodno, the Republic of Belarus, October 23–25th, 2013, pages: 103-107.
- **P. Dinas**, A. Nikaki, P. Georgoulas, V. Prassopoulos, Y. Koutedakis, A. Jamurtas and A. Flouris. The effects of physical activity on brown adipose tissue in human. 2nd Conference of Exercise Biochemistry and Exercise Physiology, Oct 12-13th 2012, Athens, Greece.
- A. Flouris, **P. Dinas**, K. Tsitoglou, I. Patramani, and Y. Koutedakis. Non-invasive prediction of muscle temperature in humans during rest, moderate exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, Oct 12-13th 2012, Athens, Greece.
- **P. Dinas**, K. Tsitoglou, I. Patramani, Y. Koutedakis and A. Flouris. Non-invasive prediction of core temperature in humans during rest, moderate exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, 12-13th Oct 2012, Athens, Greece.
- K. Tsitoglou, **P. Dinas**, Y. Koutedakis, A. Flouris. Examination of the validity of Polar RS800CX for assessing heart rate variability during rest, exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, 12-13th Oct 2012, Athens, Greece.
- A. Flouris, **P. Dinas**, Y. Koutedakis, A. Carrillo. Effect of Environmental Temperature on Mortality in Greece between 1999 and 2008. XIV International Conference on Environmental Ergonomics, July 10-15th, 2011, Nafplio, Greece.
- **P. Dinas**, A. Carrillo, Y. Koutedakis, A. Flouris. Effects of Environmental Temperature on the Occurrence of Vehicle Accidents in Greece. XIV International Conference on Environmental Ergonomics, July 10-15th, 2011, Nafplio, Greece.
- A. Carrillo, **P. Dinas**, D. Oikonomou, G. Metsios, A. Jamurtas, Y. Koutedakis and A. Flouris. Influence of environmental tobacco smoke exposure on the complete blood count of adult humans. Third International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference, June 19-24th, 2011, Skiathos Island, Greece.

- **P. Dinas**, Carrillo, A., Oikonomou, D., Metsios, G., Jamurtas, A., Koutedakis, Y., Flouris, A. Acute effects of passive smoking on complete blood count. 1st conference of Exercise Biochemistry and Exercise Physiology, May 20-21st 2011, Komotini, Greece.
- **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to second hand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder. XII International Congress of Toxicology, July 19-23rd 2010, Barcelona, Spain.
- **P. Dinas**, Oikonomou, D., Metsios, G., Jamurtas, A., Koutedakis, Y., Flouris, A. Effects on Heart Rate Variability during passive smoking exposure. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
- **P. Dinas**, Christodoulou, V., Oikonomou, D., Minas, M., Metsios, G., Kostikas, K., Jamurtas, A., Koutedakis, Y., Flouris, A. Passive smoking is accompanied by endogenous lung acidosis and obstructive pulmonary disorder. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
- Christodoulou, V., **P. Dinas**, Koutedakis, Y., Flouris, A. Validity of the Polar RS800CX for assessing Heart Rate Variability during rest and exercise. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
- Christodoulou, V., **P. Dinas**, Baliamis, N., Flouris, A. Changes in Heart Rate Variability during archery competition. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
- **P. Dinas**, D. Oikonomou, G. Metsios, A. Tziamourtas, Y. Koutedakis, A. Flouris (2010). Effects of passive smoking on Heart Rate Variability. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
- **P. Dinas**, D. Oikonomou, M. Minas, E. Nikolaou, E. Tagtalianidou, K. Kostikas, K., Gourgoulialis, A. Tziamourtas, G. Metsios, Y. Koutedakis, A. Flouris. Acute respiratory effects of passive smoking. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
- V. Christodoulou, **P. Dinas**, Y. Koutedakis, A. Flouris. Validity coefficients for the polar RS800CX for heart rate variability measurements. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
- V. Christodoulou, **P. Dinas**, N. Mpaliamis, Y. Koutedakis, A. Flouris. Fluctuations of Heart Rate Variability during an archery competition and links with performance. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.

INVITED PRESENTATIONS

- P. Dinas. The role of physical activity/exercise in brown adipose tissue and brown adipose-like phenotype (round table). 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct. 2017, Athens, Greece.
- P. Dinas. Can brown and brown-like adipose tissue benefit human health? The role of exercise. Functional Architecture of Mammals in Their Environment Laboratory,

- Science Innovation Forum 2016, May 11–13th, 2016, School of Exercise Science, University of Thessaly, Trikala, Greece.
- P. Dinas and A. Flouris. Acute and intermittent effects of secondhand smoke. 11th Conference of the International Society for the Prevention of Tobacco Induced Diseases, Dec 9-11th, 2013, Athens, Greece.
 - P. Dinas. The role of the exercise expert in improving quality of life in special and clinical populations: collaboration with Physicians (round table). April 2010, 16th Conference of Greek Medical Students and young Physicians, Athens, Greece.

6. ADMINISTRATIVE EXPERIENCE

7. MISCELENAOUS

REVIEWER SERVICES IN PEER-REVIEWED JOURNALS AND CONFERENCES

- International Journal of Molecular Sciences (2022): **IF: 5.92**
- International Journal of Environmental Research and Public Health (2022): **IF: 3.39**
- European Journal of Sport Science (2021): **IF: 4.05**
- Nutrients (2021-two papers): **IF: 5.71**
- Journal of adolescent health (2021): **IF: 3.94**
- International Journal of Environmental Research and Public Health (2021-two papers): **IF: 2.85**
- Journal of Sport Sciences (2021): **IF: 2.59**
- Critical Reviews in Food Science and Nutrition (2021): **IF: 7.86**
- International Journal of Environmental Research and Public Health (2020-two papers): **IF: 2.85**
- Physiological measurement (2020): **IF: 2.24**
- Nutrients (2020): **IF: 4.54**
- Disaster Medicine and Public Health Preparedness (2020): **IF: 1.03**
- BMC Pulmonary Medicine (2020): **IF: 2.18**
- Member of the scientific committee of the 9th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 18-20th Oct 2019, Thessaloniki, Greece.
- Journal of adolescent health (2019): **IF: 4.02**
- European Journal of Sport Science (2019): **IF: 2.89**
- Journal of Heart Failure (2019): **IF: 3.94**
- Scandinavian Journal of Medicine & Science in Sports (2019): **IF: 3.33**
- Member of the scientific committee of the 8th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 19-21st Oct 2018, Thessaloniki, Greece.
- Frontiers in Physiology (2018): **IF: 3.39**
- Archives of Women's Mental Health (2018): **IF: 3.39**
- Journal of Applied Biomedicine (2017): **IF: 1.43**
- AIDS care (2017): **IF: 2.09**
- European Journal of Sport Science (2017): **IF: 1.78**
- Member of the scientific committee of the 7th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 22-24th Oct 2017, Athens, Greece.

- Clinical Chemistry and Laboratory Medicine (2017): **IF: 3.43**
- Disaster Medicine and Public Health Preparedness (2017, two papers): **IF: 0.92**
- International Journal of Disaster Risk Reduction (2017, two papers): **IF: 1.24**
- Member of the scientific committee of the 6th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 4-6th Nov 2016, Athens, Greece.
- Environmental Toxicology and Pharmacology (2016): **IF: 2.18**
- BMC Research Notes (2016): **IF: NA**
- Irish Journal of Medical Science (2016): **IF: 0.83**
- Environmental Science and Pollution Research (2016): **IF: 2.83**
- Stress & Health (2016): **IF: 1.81**
- International Journal of Environmental Research and Public Health (2015), **IF: 2.06**
- Respiration (2015), **IF: 2.94**
- Tobacco Induced Diseases (2015), **IF: 1.50**
- Clinical Endocrinology (2014), **IF: 3.35**
- PLOS One (2014), **IF: 3.53**
- Disability and Rehabilitation (2014), **IF: 1.83**
- Vascular Medicine (2014), **IF: 1.61**
- American Journal of Preventive Medicine (2014), **IF: 3.94**
- Frontiers in Psychiatry (2013), **IF: NA**
- BMC Research Notes (2011), **IF: NA**
- BMC Research Notes (2012, two papers), **IF: NA**
- Child and Adolescent Psychiatry and Mental Health (2010), **IF: NA**
- Depression Research and Treatment (2010), **IF: NA**

EDITORIAL BOARD

- Hellenic Journal of Biochemistry and Physiology of Exercise