

Πέτρος Ντίνας, NCO, BSc, MSc, SSP, PhD

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1. ΣΠΟΥΔΕΣ

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

Εποπτική επιτροπή: Καθηγητής Γιώργος Μέτσιος (Φυσιολογία Κλινικής Άσκησης), Αναπληρωτής Καθηγητής Ανδρέας Φλούρης (Φυσιολογία Περιβάλλοντος), Καθηγητής Γιάννης Κουτεδάκης (Εφαρμοσμένη φυσιολογία).

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 •

Πανεπιστήμιο Θεσσαλίας, Ελλάδα.

Μεταπτυχιακό στην Άσκηση και Υγεία (Βαθμός: 94.4%)

Τίτλος διατριβής: Η σχέση μεταξύ φυσικής δραστηριότητας και καφέ λιπώδους ιστού στους ανθρώπους, Εποπτική επιτροπή: Καθηγητής Γιάννης Κουτεδάκης (Εφαρμοσμένη φυσιολογία), Επίκουρος Καθηγητής Παναγιώτης Γεωργουλίας (Πυρηνική Ιατρική), Επίκουρος Καθηγητής Αθανάσιος Τζαμούρτας (Exercise Biochemistry), Επιστημονικός Σύμβουλος: Δρ Ανδρέας Φλούρης (Φυσιολογία Περιβάλλοντος).

2006 – 2010 •

Πανεπιστήμιο Θεσσαλίας, Ελλάδα.

Προπτυχιακό στη Φυσική Αγωγή και Αθλητισμό (Βαθμός: 91.10%)

Κύρια ειδικότητα: Άσκηση και υγεία, Βαθμός: 100%. Πανεπιστήμιο Θεσσαλίας, Ελλάδα. Τίτλος εργασίας: Οξείες επιδράσεις του παθητικού καπνίσματος στη διακύμανση των καρδιακών παλμών, Επιβλέπων: Επίκουρος Καθηγητής Αθανάσιος Τζαμούρτας (Βιοχημεία άσκησης), Επιστημονικός Σύμβουλος: Δρ. Ανδρέας Φλουρής (Φυσιολογία Περιβάλλοντος).

- 1986 – 1988 • **Σχολή Μονίμων Υπαξιωματικών
Στρατιωτική Ακαδημία (Βαθμός: 77.5%)**

2. ΕΠΑΓΓΕΛΜΑΤΙΚΟ ΙΣΤΟΡΙΚΟ

- 2016 – present • **Εργαστήριο Περιβαλλοντικής Φυσιολογίας, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, Τρίκαλα, Ελλάδα**
Ερευνητής στην φυσιολογία του ανθρώπου
 - Τεχνικός διευθυντής για το έργο «Αξιολόγηση του κινδύνου μετάδοσης μυκητιακών και παρασιτικών ασθενειών από ουσίες ανθρώπινης προέλευσης μέσω συστηματικής ανασκόπησης και μετα-ανάλυσης και εκτίμησης κινδύνου». Χρηματοδότηση από το Ευρωπαϊκό Κέντρο Πρόληψης και Ελέγχου Νοσημάτων
 - Τεχνικός διευθυντής για το έργο «Umbrella Systematic Review-Επίδραση της έκθεσης στη θερμότητα από οποιαδήποτε πηγή στον πόνο, εγκαύματα, καταρράκτη και ασθένειες που σχετίζονται με τη θερμότητα». Χρηματοδότηση από τον Παγκόσμιο Οργανισμό Υγείας
- 2019 • **Διεθνής Οργανισμός Εργασίας, Υπουργείο Διοικητικής Ανάπτυξης, Εργασίας και Κοινωνικών Υποθέσεων του Κατάρ και η Ανώτατη Επιτροπή Παράδοσης και Κληρονομιάς μέσω του Εργαστηρίου Περιβαλλοντικής Φυσιολογίας, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, Τρίκαλα, Ελλάδα**
Ερευνητής για το έργο: Occupational heat strain assessment and mitigation in Qatar.
- 2017 – 2018 • **Εργαστήριο Περιβαλλοντικής Φυσιολογίας, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, Τρίκαλα, Ελλάδα**
Ερευνητής για το έργο 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.**
Βοηθός ερευνητή (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.**
Ερευνητής (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.**
Ερευνητής (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 • **Εργαστήριο Περιβαλλοντικής Φυσιολογίας, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, Τρίκαλα, Ελλάδα**
Επισκέπτης ερευνητής
- 1988-2007 • **Ελληνικός Στρατός**
Διαχειριστής υλικών πυρομαχικών και Αξιωματικός ειδικών δυνάμεων

3. ΑΚΑΔΗΜΑΪΚΗ ΚΑΙ ΕΠΙΣΤΗΜΟΝΙΚΗ ΕΜΠΕΙΡΙΑ

3.1 Διδασκαλία σε Προπτυχιακά Προγράμματα Σπουδών

- 2021 – 2022 • **Τμήμα Διατροφής και Διαιτολογίας, Πανεπιστήμιο Θεσσαλίας,**
Επισκέπτης αναπληρωτής καθηγητής
Εργογυσιολογία εργαστήριο 4ο εξάμηνο)
- 2021 – 2022 • **Τμήμα Διατροφής και Διαιτολογίας, Πανεπιστήμιο Θεσσαλίας,**
Επισκέπτης αναπληρωτής καθηγητής
Βιοστατιστική (1ο εξάμηνο)
- 2014 – 2016 • **Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK**
Επισκέπτης λέκτορας
 - 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 • **Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, Τρίκαλα, Ελλάδα**
Επίτιμος διδάσκοντας
 - *Φυσιολογία του ανθρώπου (2 εξάμηνα)*

3.2. Διδασκαλία σε Προγράμματα Μεταπτυχιακών Σπουδών

- 2021 • **Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Δημοκρίτειο Πανεπιστήμιο Θράκης, Κομοτηνή, Ελλάδα**
Επισκέπτης λέκτορας
 - MSc «Κλινική Άσκηση και Εφαρμογές της Τεχνολογίας στην Υγεία» module: Statistics, Session: “Systematic review and meta-analysis. A step by step approach” (One session-June 2021).
- 2021 • **Σχολή Ιατρικής Σχολής, Πνευμονολογική κλινική, Πανεπιστήμιο Θεσσαλίας, Λάρισα, Ελλάδα**
Επισκέπτης λέκτορας
 - “Systematic review and meta-analysis. A step by step approach” (Three 2-hour sessions-March and April 2021).
- 2021 • **Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Καποδιστριακό Πανεπιστήμιο Αθηνών, Αθήνα, Ελλάδα**
Επισκέπτης λέκτορας
 - MSc “Research Methodology” module: Statistics, Session: “Systematic review and meta-analysis. A step by step approach” (One session-March 2021).
- 2021 • **Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Δημοκρίτειο Πανεπιστήμιο Θράκης, Κομοτηνή, Ελλάδα**
Επισκέπτης λέκτορας
 - “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**
Επισκέπτης λέκτορας
 - “Systematic review and meta-analysis. A step by step approach” (12-11-2018).

3.3.Επίβλεψη/Συνεπίβλεψη Διδακτορικών Διατριβών

3.3.1. Επιβλέψεις που ολοκληρώθηκαν

3.3.2. Επιβλέψεις Εν εξελίξει

- 2020 • **Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.**
Επιστημονικός σύμβουλος για την Κλαίρη Καρποδίνη
 - The effects of rhythm, movement and fitness training on motor and non-motor parameters in patients with Parkinson disease.

3.4.Επίβλεψη/Συνεπίβλεψη Μεταπτυχιακών Διατριβών

3.4.1. Επιβλέψεις που ολοκληρώθηκαν

- 2018 • **Ιατρική Σχολή, Καποδιστριακό Πανεπιστήμιο Αθηνών, Αθήνα, Ελλάδα**
Επιστημονικός σύμβουλος για τον Κωνσταντίνο Ντάλλα
 - Exercise induced changes in heart failure patients considering VO₂peak, quality of life and hospitalization: A systematic review and meta-analysis.

3.4.2. Επιβλέψεις Εν εξελίξει

3.5.Επιτυχείς Διεκδικήσεις Χρηματοδοτούμενων Προγραμμάτων

3.5.1. Ανταγωνιστική Διεθνής Χρηματοδότηση

- 2021 • **Παγκόσμιος Οργανισμός Υγείας**
Τεχνικός Διευθυντής
 - €28,770, Umbrella Systematic Review – Effect of exposure to heat from any source on pain, burns, cataract and heat-related illnesses.

- 2019-2021 • **Ευρωπαϊκό Κέντρο Πρόληψης και Ελέγχου Νοσημάτων; Tender OJ/2018/SRS/10021**
Τεχνικός Διευθυντής
 - €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. Ανταγωνιστική Εθνική Χρηματοδότηση

3.5.3. Άλλη Χρηματοδότηση

- 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-1α 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. Συμμετοχή σε Διεθνείς Επιστημονικές και Διοικητικές Επιτροπές

3.7. Συμμετοχή ως Μέλος σε Διεθνείς Επαγγελματικούς Οργανισμούς

4. ΔΗΜΟΣΙΕΥΣΕΙΣ

4.1. Βιβλία

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. Κεφάλαια σε Βιβλία

4.3. Άρθρα σε Διεθνή Περιοδικά με Σύστημα Κριτών Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων

- **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. Youssef, 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 Alkushail, 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. Tsitoglou, 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)**.
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4.5. Άρθρα σε Περιοδικά μη Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων

5. ΠΑΡΟΥΣΙΑΣΕΙΣ ΣΕ ΔΙΕΘΝΗ ΣΥΝΕΔΡΙΑ ΜΕ ΚΡΙΤΕΣ

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- **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., Gourgoulianis, 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.

ΠΑΡΟΥΣΙΑΣΕΙΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ

- 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. ΔΙΟΙΚΗΤΙΚΗ ΕΜΠΕΙΡΙΑ

7. ΔΙΑΦΟΡΑ

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**

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- Hellenic Journal of Biochemistry and Physiology of Exercise