

Dr Vaios Svolos, PhD, MSc (Med Sci), BSc, RD

Academic Instructor, Specialist Gastroenterology Dietitian, Clinical Researcher and Freelance Dietitian.

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Research Gate: <https://www.researchgate.net/profile/Vaios-Svolos>

Item	Number
Article Publications (peer-reviewed journals)	17
Article Publications (non-peer-reviewed journals)	1
Conference communications	39
Invited talks for National and International Conferences	10
Google Scholar Citations	453
Google Scholar h-index	8
Reviewer for international peer-reviewed journals	3
Awards	11
Scholarships	6
Competitive Funding	4

Employment

A. Freelance Specialist Dietitian, Owner of Private Dietetic Practice (December 2022 - Present)

Dr Vaios Svolos, Gastro Diet Clinic, Larisa

Dietetic and Clinical Nutrition Services, with specialisation in Gastroenterology

www.gastrodietclinic.com

B. Lecturer (September 2022 - Present)

Metropolitan College, Larisa Campus

Programme Leader & Lecturer for BSc (Hons) Dietetics, Queen Margaret University

Lecturer for BSc (Hons) Psychology, University of East London

(October 2021 - May 2022)

Aegean College, Larisa Campus

Lecturer for:

- BSc (Hons) Dietetics (Applied) Coventry University
- BSc (Hons) Occupational Therapy (Applied) University of Essex

C. Honorary Research Fellow

(October 2022 – Present)

School of Medicine, University of Glasgow

<https://www.gla.ac.uk/subjects/medicine/staff/index.html/staffcontact/person/4edde8e68397>

D. Seminar instructor

(January 2023 – Present)

Life Academy

Delivering training courses for dietitians as an expert in Paediatric Gastroenterology, Hepatology and Nutrition

https://lifeacademy.gr/our_team/δρ-βάιος-σβώλος/

E. Clinical Manager

(January 2022 – December 2022)

Chronicles Health, Dover, US & Larisa, Greece

- clinical lead of a US/Greece based startup company, which designs novel digital health solutions to augment diagnosis, monitoring, and management of autoimmune conditions
- developed clinical study protocols, to ensure accurate data collection and GCP
- liaised with clinical partners to assess feasibility of clinical trials in Greek and US sites

F. Lead Post-Doctoral Researcher in multicentre Gastroenterology clinical trial

(December 2018 – October 2021)

School of Medicine, University of Glasgow

NHS Greater Glasgow & Clyde (NHS GG&C)

- developed study-related material (information sheets, consent/assent, case report forms), acquired NHS research ethics permission
- managed a cross-disciplinary team and liaised with academic staff, gastroenterologists, specialist, and research nurses during study start-up, conduct and close-out

- performed study initiation visits (5 sites), study protocol training for local research staff, weekly site visits, patient eligibility screening, recruitment, informed consent and clinical follow-ups per-protocol
- maintained a trial master file and site-specific files according to the GCP/NHS policies and established SOPs, documented adverse events and protocol deviations, stored anonymous data databases

**G. Post-Graduate Researcher in Rheumatology clinical trial
(October 2013 – July 2014)**

School of Medicine, University of Glasgow

NHS Greater Glasgow & Clyde (NHS GG&C)

- maintained study site file, performed patient eligibility screening, recruitment, informed consent and clinical follow-ups per-protocol

Education

- **October 2014-January 2019:** PhD, School of Medicine, Dentistry and Nursing, University of Glasgow
- **September 2012-August 2013:** MSc (Med Sci) Human Nutrition with specialisation in Clinical Nutrition, School of Medicine, Dentistry and Nursing, University of Glasgow
- **September 2008-June 2012:** BSc Human Nutrition and Dietetics, Harokopio University of Athens

Good Clinical Practice (GCP) & Good Laboratory Practice (GLP) Training

- **2019:** Good Clinical Practice (GCP) Refresher: eLearning, Glasgow, UK
- **2017:** Certificate “Good Clinical Practice Non-Drug Trials”, NHS Greater Glasgow and Clyde, UK
- **2015:** British Home Office Personal License & Training Course for animal work, Glasgow, UK
- **2013:** Certificate “Introduction to Good Clinical Practice”, NHS Greater Glasgow and Clyde, UK

Additional skills

- Expert user of MS Office, SPSS Statistics, Minitab and MedCalc
- Fluent in Greek and English (dual citizenship)
- Driving license (B category)
- Highly competent in biological specimen collection and processing under GLP (full list in Appendix)

APPENDICES

I. Article Publications (peer-reviewed journal)

1. Jatkowska A, White B, Nichols B, **Svolos V**, Gkikas K, Hansen R, Russell RK, Gaya D, Brownson E, Seenan JP, Milling S, MacDonald J, Gerasimidis K. Development and Validation of the Glasgow Exclusive Enteral Nutrition Index of Compliance. *J Crohns Colitis*. 2023 Apr 2;:jjad063. <https://doi.org/10.1093/ecco-icc/jjad063>
2. Godny L, **Svolos V**, Williams AJ, Czuber-Dochan W, Aloï M, Ibarra A, O'Hanlon DV, Dragoni G, Biron IA, Campmans-Kuijpers M, Collins P, Eder P, Pfeffer-Gik T, Jäghult S, Wall CL. Multidisciplinary Perinatal Care in IBD. *J Crohns Colitis*. 2022 Dec 20;:jjac189. <https://doi.org/10.1093/ecco-icc/jjac189>
3. Verburgt CM, Dunn KA, Ghiboub M, Lewis JD, Wine E, Sigall Boneh R, Gerasimidis K, Shamir R, Penny S, Pinto DM, Cohen A, Bjorndahl P, **Svolos V**, Bielawski JP, Benninga MA, J de Jonge W, Van Limbergen JE. Successful Dietary Therapy in Paediatric Crohn's Disease is Associated with Shifts in Bacterial Dysbiosis and Inflammatory Metabotype Towards Healthy Controls. *J Crohns Colitis*. 2022; Sep 15;:jjac105. <https://doi.org/10.1093/ecco-icc/jjac105>
4. Gerasimidis K, Nichols B, McGowan M, **Svolos V**, Papadopoulou R, Kokkorou M, Rebull M, Bello Gonzalez T, Hansen R, Russell RK, Gaya DR. The Effects of Commonly Consumed Dietary Fibres on the Gut Microbiome and Its Fibre Fermentative Capacity in Adults with Inflammatory Bowel Disease in Remission. *Nutrients*. 2022; Mar 2;14(5):1053. <https://doi.org/10.3390/nu14051053>
5. Mckirdy S, Russell RK, **Svolos V**, Gkikas K, Logan M, Hansen R, Gerasimidis K. The Impact of Compliance During Exclusive Enteral Nutrition on Faecal Calprotectin in Children with Crohn's Disease. *Journal of Pediatric Gastroenterology and Nutrition*. 2022; Feb 22. <https://doi.org/10.1097/MPG.0000000000003425>
6. Gkikas K, Logan M, Nichols B, Ijaz UZ, Clark CM, **Svolos V**, Gervais L, Duncan H, Garrick V, Curtis L, Buchanan E, Cardigan T, Armstrong L, Delahunty C, Flynn DM, Barclay AR, Tayler R, Milling S, Hansen R, Russell RK, Gerasimidis K. Dietary Triggers of Gut Inflammation Following Exclusive Enteral Nutrition in Children with Crohn's Disease: A Pilot Study. *BMC Gastroenterology*. 2021; 21:454. <https://doi.org/10.1186/s12876-021-02029-4>
7. Gerasimidis K, Gkikas K, Stewart C, Neelis E, **Svolos V**. Microbiome and paediatric gut diseases. *Archives of disease in childhood*. 2021; Oct 29;archdischild-2020-320875. <https://doi.org/10.1136/archdischild-2020-320875>
8. **Svolos V**, Gkikas K, Gerasimidis K. Diet and gut microbiota manipulation for the management of Crohn's disease and ulcerative colitis. *Proceedings of the Nutrition Society*. 2021 Sep 23;1-27. <https://doi.org/10.1017/S0029665121002846>
9. Gerasimidis K, Godny L, Sigall-Boneh R, **Svolos V**, Wall C, Halmos E. Current recommendations on the role of diet in the aetiology and management of IBD. *Frontline Gastroenterology*. 2021; 0:1–8. <https://doi.org/10.1136/flgastro-2020-101429>
10. Sagar NM, Duboc H, Kay GL, Alam MT, Wicaksono AN, Covington JA, Quince C, Kokkorou M, **Svolos V**, Palmieri LJ, Gerasimidis K, Walters JRF, Arasaradnam RP. The pathophysiology of bile acid diarrhoea: differences in the colonic microbiome, metabolome and bile acids. *Scientific Reports*. 2020 Nov 24;10(1):20436. <https://doi.org/10.1038/s41598-020-77374-7>
11. Logan M, Gkikas K, **Svolos V**, Nichols B, Milling S, Gaya DR, Seenan JP, Macdonald J, Hansen R, Ijaz UZ, Russell RK, Gerasimidis K. Analysis of 61 exclusive enteral nutrition formulas used in the management of active Crohn's disease-new insights into dietary disease triggers. *Alimentary Pharmacology and Therapeutics*. 2020 May;51(10):935-947. <https://doi.org/10.1111/apt.15695>
12. Gerasimidis K, **Svolos V**, Nichols B, Papadopoulou R, Quince C, Ijaz UZ, Milling S, Gaya DR, Russell RK, Hansen R. Reply to GASTRO-D-18-02688. *Gastroenterology*. 2019 Oct;157(4):1161-1162. <https://doi.org/10.1053/j.gastro.2019.08.015>
13. **Svolos V**, Hansen R, Nichols B, Quince C, Ijaz UZ, Papadopoulou RT, Edwards CA, Watson D, Alghamdi A, Brejnrod A, Ansalone C, Duncan H, Gervais L, Tayler R, Salmond J, Bolognini D, Klopffleisch R, Gaya DR, Milling S, Russell RK, Gerasimidis K. Treatment of Active Crohn's Disease With an Ordinary Food-based

- Diet That Replicates Exclusive Enteral Nutrition. *Gastroenterology*. 2019 Apr;156(5):1354-1367.e6. <https://doi.org/10.1053/j.gastro.2018.12.002>
14. Koci O, Logan M, **Svolos V**, Russell RK, Gerasimidis K, Ijaz UZ. An automated identification and analysis of ontological terms in gastrointestinal diseases and nutrition-related literature provides useful insights. *PeerJ*. 2018 Jul 26;6:e5047. <https://doi.org/10.7717/peerj.5047>
 15. **Svolos V**, Gerasimidis K, Buchanan E, Curtis L, Garrick V, Hay J, Laird S, Munro J, Gaya DR, Russell RK, Hansen R. Dietary treatment of Crohn's disease: perceptions of families with children treated by exclusive enteral nutrition, a questionnaire survey. *BMC Gastroenterology*. 2017 Jan 19;17(1):14. <https://doi.org/10.1186/s12876-016-0564-7>
 16. Biskou O, Gardner-Medwin J, Mackinder M, Bertz M, Clark C, **Svolos V**, Russell RK, Edwards CA, McGrogan P, Gerasimidis K. Faecal Calprotectin in Treated and Untreated Children With Coeliac Disease and Juvenile Idiopathic Arthritis. *Journal of Pediatric Gastroenterology and Nutrition*. 2016 Nov;63(5):e112-e115. <https://doi.org/10.1097/MPG.0000000000001384>
 17. Mackinder M, Allison G, **Svolos V**, Buchanan E, Johnston A, Cardigan T, Laird N, Duncan H, Fraser K, Edwards C, Craigie I, McGrogan P and Gerasimidis K. Nutritional Status, Growth and Disease Management in Children with Single and Dual diagnosis of Type 1 Diabetes Mellitus and Coeliac Disease. *BMC Gastroenterology*. 2014 May 28;14:99. <https://doi.org/10.1186/1471-230X-14-99>

II. Article Publications (non peer-reviewed journals)

1. Gerasimidis K, Gkikas K, **Svolos V**. Food-Based Dietary Management of Crohn's Disease; Are We There Yet? *Kompass Nutrition & Dietetics*. 2022;2:34-35. <https://doi.org/10.1159/000524465>

III. Conference communications

1. **Svolos V**, Hansen R, Russell RK, Gaya DG, Seenan JP, Macdonald J, Wilson D, Henderson P, Din S, Ho GT, Quince C, Ijaz UZ, Milling S, Nichols B, Papadopoulou R, McKirdy S, Gervais L, Shields S, Gerasimidis K. P380 Changes in faecal microbiome and metabolome are more pronounced in Crohn's disease patients who adhered to the CD-TREAT diet and responded by calprotectin. *Journal of Crohn's and Colitis*. February 2023; Volume 17; Supplement1; i513–i515. <https://doi.org/10.1093/ecco-jcc/jjac190.0510>
2. Gerasimidis K, Nichols B, Briola A, Havlik J, Mascellani A, Milling S, Ijaz U, Quince C, **Svolos V**, Russell RK, Hansen R. DOP31 Gut metabolomic and compositional signatures predict response to treatment with exclusive enteral nutrition in children with active Crohn's disease. *Journal of Crohn's and Colitis*. February 2023; Volume 17; Supplement 1; i96. <https://doi.org/10.1093/ecco-jcc/jjac190.0071>
3. Jatkowska A, White B, Nichols B, **Svolos V**, Gkikas K, Hansen R, Russell RK, Gaya D, Brownson E, Seenan JP, Milling S, MacDonald J, Gerasimidis K. P804 Development and Validation of the Glasgow Exclusive Enteral Nutrition Index of Compliance (GENIE). *Journal of Crohn's and Colitis*. February 2023; Volume 17; Supplement 1; i937–i938. <https://doi.org/10.1093/ecco-jcc/jjac190.0934>
4. Nichols B, Briola A, Logan M, Havlik J, Mascellani A, Milling S, Ijaz U, Quince C, **Svolos V**, Russell R, Hansen R, Gerasimidis K. P-009 Gut metabolomic and compositional signatures predict response to treatment with exclusive enteral nutrition in children with active Crohn's disease. *JPGN reports*. September 2022; Volume 3; Supplement 1; P27. <https://doi.org/10.1097/pg9.0000000000000244>
5. Jatkowska A, White B, Nichols B, Gkikas K, **Svolos V**, Brownson E, Hansen R, Russell R, Gaya D, Seenan JP, MacDonald J, Gerasimidis K. P-016 Faecal pH and short-chain fatty acids are objective and discriminatory biomarkers of compliance to exclusive enteral nutrition. *JPGN reports*. September 2022; Volume 3; Supplement 1; P33-P34. <https://doi.org/10.1097/pg9.0000000000000244>
6. **Svolos V**, Hansen R, Russell RK, Gaya DR, Seenan JP, Macdonald J, Nichols B, Papadopoulou RT, Logan M, McKirdy S, Gervais L, Ijaz UZ, Milling S, Shields S, Wilson D, Henderson P, Din S, Ho GT, Gerasimidis K. P-024 CD-TREAT diet induces remission and improves quality of life in an open label trial in children and adults with active Crohn's disease. *JPGN reports*. September 2022; Volume 3; Supplement 1; P45. <https://doi.org/10.1097/pg9.0000000000000244>
7. White B, Logan M, **Svolos V**, MacDonald J, Seenan JP, Russell R, Milling S, Gerasimidis K. P-026 The effect of exclusive enteral nutrition on inflammation related proteins in paediatric patients with crohn's

- disease. *JPGN reports*. September 2022; Volume 3; Supplement 1; P48-P49. <https://doi.org/10.1097/pg9.0000000000000244>
8. Gkikas K, **Svolos V**, Ijaz UZ, Milling S, Hansen R, Russell RK, Gerasimidis K. P-136 YouTube as a source of Food, Diet-Related Items and Advisory Comments for the management of Inflammatory bowel disease. *JPGN reports*. September 2022; Volume 3; Supplement 1; P196-P197. <https://doi.org/10.1097/pg9.0000000000000244>
 9. White B, Logan M, **Svolos V**, MacDonald J, Seenan JP, Russell R, Milling S, Gerasimidis K. G-O-015 The effect of exclusive enteral nutrition on inflammation related proteins in paediatric patients with Crohn's Disease. *Journal of Pediatric Gastroenterology and Nutrition*. June 2022; Volume 74; Supplement 2; P22-P23. <http://doi.org/10.1097/MPG.0000000000003446>
 10. Mckirdy S, Russell R, **Svolos V**, Gkikas K, Logan M, Hansen R, Gerasimidis K. G-O-020 The effect of compliance during exclusive enteral nutrition on faecal calprotectin in children with Crohn's disease. *Journal of Pediatric Gastroenterology and Nutrition*. June 2022; Volume 74; Supplement 2; P31. <http://doi.org/10.1097/MPG.0000000000003446>
 11. **Svolos V**, Hansen R, Russell RK, Gaya DR, Seenan JP, Macdonald J, Wilson D, Henderson P, Din S, Ho GT, Ijaz UZ, Milling S, Nichols B, Papadopoulou R, Logan M, Mckirdy S, Gervais L, Shields S, Gerasimidis K. G-O-048 CD-TREAT diet induces remission and improves quality of life in active Crohn's disease; an open label trial in paediatric and adult patients. *Journal of Pediatric Gastroenterology and Nutrition*. June 2022; Volume 74; Supplement 2; P70-P71. <http://doi.org/10.1097/MPG.0000000000003446>
 12. Gkikas K, **Svolos V**, Ijaz UZ, Milling S, Hansen R, Russell RK, Gerasimidis K. G-P-344 YouTube as a source for food, diet-related items and advisory comments for the management of inflammatory bowel disease. *Journal of Pediatric Gastroenterology and Nutrition*. June 2022; Volume 74; Supplement 2; P529-P530. <http://doi.org/10.1097/MPG.0000000000003446>
 13. Jatkowska A, White B, Nichols B, **Svolos V**, Gkikas K, Hansen R, Russell RK, Gaya D, Seenan JP, MacDonald J, Gerasimidis K. N-P-034 Faecal pH and short chain fatty acids are objective and discriminatory biomarkers of compliance to exclusive enteral nutrition. *Journal of Pediatric Gastroenterology and Nutrition*. June 2022; Volume 74; Supplement 2; P1020-P1021. <http://doi.org/10.1097/MPG.0000000000003446>
 14. **Svolos V**, Hansen R, Russell R, Gaya DR, Seenan JP, Macdonald J, Nichols B, Papadopoulou R, Logan M, Mckirdy S, Gervais L, Ijaz U, Milling S, Shields S, Wilson D, Henderson P, Din S, Ho GT, Gerasimidis K. DOP68 CD-TREAT diet induces remission and improves quality of life in an open label trial in children and adults with active Crohn's Disease. *Journal of Crohn's and Colitis*. January 2022; Volume 16; Supplement 1; i112. <https://doi.org/10.1093/ecco-jcc/ijab232.107>
 15. Gerasimidis K, Nichols B, McGowan M, **Svolos V**, Papadopoulou R, Kokkorou M, Rebull M, Bello Gonzalez T, Hansen R, Russell RK, Gaya DR. P705 The effects of commonly consumed dietary fibres on the gut microbiome and its fibre fermentative capacity in adults with inflammatory bowel disease in remission. *Journal of Crohn's and Colitis*. January 2022; Volume 16; Supplement 1; i602. <https://doi.org/10.1093/ecco-jcc/ijab232.826>
 16. Mckirdy S, Russell R, Hansen R, **Svolos V**, Gkikas K, Logan M, Gerasimidis K. P326 The effect of compliance during exclusive enteral nutrition on faecal calprotectin levels in children with Crohn's disease. *Journal of Crohn's and Colitis*. January 2022; Volume 16; Supplement 1; i347. <https://doi.org/10.1093/ecco-jcc/ijab232.453>
 17. Verburgt CM, Dunn KA, Ghiboub M, Lewis JD, Wine E, Sigall Boneh R, Gerasimidis K, Shamir R, Penny S, Pinto D, Cohen A, Bjorndahl P, **Svolos V**, Bielawski J, Benninga MA, de Jonge WJ, Van Limbergen J, Levine A. OP104 Successful dietary therapy in pediatric Crohn's disease corrects compositional dysbiosis by reducing proteobacteria. *United European Gastroenterology Journal*. October 2021; Volume 9; Issue 8 (Supplement); P80. <https://doi.org/10.1002/ueg2.12142>
 18. Shields S, Gerasimidis K, Macdonald J, Dunlop A, Galloway P, **Svolos V**, Gkikas K, Hansen R, Seenan JP. PMO-40 Comparison of the Partial Mayo and PUCAI severity scores in Ulcerative Colitis. *Gut*. November 2021; Volume 70; Supplement 4; A97. <http://dx.doi.org/10.1136/gutjnl-2021-BSG.179>
 19. **Svolos V**, Gkikas K, Rizou V, Christina E, Kapranos P, Gunnewiek J, Seenan JP, Macdonald J, Gaya DR, Hansen R, Russell RK, Gerasimidis K. N-O-032 The dose-dependent effect of enteral nutrition on faecal microbial metabolites of healthy volunteers. *Journal of Pediatric Gastroenterology and Nutrition*. May 2021; Volume 72; Supplement 1; P1078-P1079. <http://doi.org/10.1097/MPG.0000000000003177>

20. **Svolos V**, Gkikas K, Rizou V, Christina E, Kapranos P, Kleingunnewiek J, Seenan JP, Macdonald J, Gaya DR, Hansen R, Russell RK, Gerasimidis K. O47 The dose-dependent effect of enteral nutrition on faecal microbial metabolites of healthy volunteers. *Gut*. January 2021; Volume 70; Supplement 1; A26-A27. <http://dx.doi.org/10.1136/gutjnl-2020-bsgcampus.47>
21. Logan M, Gkikas K, **Svolos V**, Nichols B, Milling S, Ijaz U, Hansen R, Russell RK, Gerasimidis K. P275 Analysis of exclusive enteral nutrition formulas in Crohn's disease – new insights into dietary triggers. *Gut*. January 2021; Volume 70; Supplement 1; A183-A184. <http://dx.doi.org/10.1136/gutjnl-2020-bsgcampus.349>
22. **Svolos V**, Gkikas K, Rizou V, Christina E, Kapranos P, Kleingunnewiek J, Seenan JP, Macdonald J, Gaya DR, Hansen R, Russell RK, Gerasimidis K. DOP02 The dose-dependent effect of enteral nutrition on faecal microbial metabolites of healthy volunteers. *Journal of Crohn's and Colitis*. January 2020; Volume 14; Supplement 1; S041-S042. <https://doi.org/10.1093/ecco-icc/ijz203.041>
23. Logan M, Gkikas K, **Svolos V**, Nichols B, Milling S, Ijaz U, Hansen R, Russell RK, Gerasimidis K. P050 Analysis of 61 exclusive enteral nutrition formulas used for induction of remission in Crohn's disease: new insights on dietary disease triggers. *Journal of Crohn's and Colitis*. January 2020; Volume 14; Supplement 1; S157-S158. <https://doi.org/10.1093/ecco-icc/ijz203.179>
24. **Svolos V**, Hansen R, Ijaz UZ, Gervais L, Duncan H, Tayler R, Barclay A, Flynn D, Garrick V, Curtis L, Buchanan E, Cardigan T, Gaya DR, Milling S, Russell RK, Gerasimidis K. G-O-034 CD-TREAT a novel dietary therapy of active Crohn's disease using the exclusive enteral nutrition paradigm. *Journal of Pediatric Gastroenterology and Nutrition*. May 2019; Volume 68; Supplement 1; P46. <https://doi.org/10.1097/MPG.0000000000002403>
25. **Svolos V**, Hansen R, Ijaz UZ, Gervais L, Duncan H, Tayler R, Barclay A, Flynn D, Garrick V, Curtis L, Buchanan E, Cardigan T, Gaya DR, Milling S, Russell RK, Gerasimidis K. P602 CD-TREAT a novel dietary therapy of active Crohn's disease using the exclusive enteral nutrition paradigm. *Journal of Crohn's and Colitis*. January 2019; Volume 13; Supplement 1; S416–S417. <https://doi.org/10.1093/ecco-icc/ijy222.726>
26. Levine A, Dunn K, Gerasimidis K, Bjorndahl P, **Svolos V**, Bielawski J, Sigall Boneh R, Wine E, Van Limbergen J. OP-331 Fecal SCFA measurement and microbiome metatype shifts in nutritional therapy of Pediatric Crohn's disease. *United European Gastroenterology Journal*. October 2019; Volume 7; Issue 8 (Supplement); P171. <https://doi.org/10.1177/2050640619854670>
27. Levine A, Dunn K, Gerasimidis K, Bjorndahl P, **Svolos V**, Bielawski J, Sigall Boneh R, Wine E, Van Limbergen J. O-006 Fecal Short Chain Fatty Acids (SCFA) measurement and microbiome metatype shifts in nutritional therapy of paediatric Crohn's disease. *Journal of Pediatric Gastroenterology and Nutrition*. September 2019; Volume 69; Supplement 1; P10. <http://doi.org/10.1097/MPG.0000000000002485>
28. **Svolos V**, Nichols B, Bolognini D, Quince C, Ijaz UZ, Papadopoulou RT, Ansalone C, Salmond J, Klopffleisch R, Gaya DR, Russell RK, Hansen R, Gerasimidis K, Milling S. P856 The gut microbiota composition and metabolic activity of HLA-B27 transgenic rats with gut inflammation resembles the dysbiotic characteristics of human inflammatory bowel disease. *Journal of Crohn's and Colitis*. January 2018; Volume 12; Supplement 1; S549-S550. <https://doi.org/10.1093/ecco-icc/ijx180.983>
29. Sagar N, Duboc H, Kay G, Gerasimidis K, **Svolos V**, Wicaksono A, Quince C, Covington J, O'Connell N, Wurie S, Arasaradnam R. OWE-021 Describing the gut microbiome and metabolomic changes in bile acid diarrhoea. *Gut*. June 2018; Volume 67; Supplement 1; A160. <http://dx.doi.org/10.1136/gutjnl-2018-BSGAbstracts.317>
30. **Svolos V**, Nichols B, Bolognini D, Quince C, Ijaz UZ, Papadopoulou RT, Ansalone C, Salmond J, Klopffleisch R, Gaya DR, Russell RK, Hansen R, Gerasimidis K, Milling S. G-O-016 The gut microbiota composition and metabolic activity of HLA-B27 transgenic rats with gut inflammation resembles the dysbiotic characteristics of human inflammatory bowel disease. *Journal of Pediatric Gastroenterology and Nutrition*. April 2018; Volume 66; Supplement 2; P21. <http://dx.doi.org/10.1097/MPG.0000000000002005>
31. **Svolos V**, Hansen R, Ijaz UZ, Quince C, Watson D, Alghamdi A, Brejnrod A, Ansalone C, Klopffleisch R, Milling S, Gaya DR, Russell RK, Gerasimidis K. AODTH-007 Dietary manipulation of the healthy human and colitic rat gut microbiome by cd-treat diet and exclusive enteral nutrition. *Gut*. June 2017; Volume 66; Supplement 2; A202. <http://dx.doi.org/10.1136/gutjnl-2017-314472.394>

32. **Svolos V**, Hansen R, Ijaz UZ, Quince C, Watson D, Alghamdi A, Brejnrod A, Ansalone C, Milling S, Gaya DR, Russell RK, Gerasimidis K. N-O-011 Dietary manipulation of the healthy human and colitic murine gut microbiome by CD-TREAT diet and exclusive enteral nutrition; a proof of concept study. *Journal of Pediatric Gastroenterology and Nutrition*. April 2017; Volume 64; Supplement 1; P741-P742. <https://doi.org/10.1097/01.mpg.0000516381.25680.b4>
33. **Svolos V**, Hansen R, Ijaz UZ, Quince C, Watson D, Alghamdi A, Brejnrod A, Ansalone C, Milling S, Gaya DR, Russell RK, Gerasimidis K. DOP008 Dietary manipulation of the healthy human and colitic murine gut microbiome by CD-TREAT diet and exclusive enteral nutrition; a proof of concept study. *Journal of Crohn's and Colitis*. January 2017; Volume 11; Supplement 1; S29-S30. <https://doi.org/10.1093/ecco-jcc/jjx002.045>
34. **Svolos V**, Gerasimidis K, Garrick V, Curtis L, Hay J, Buchanan E, Russell RK, Hansen R. G-P-205 Patient perceptions of food-based dietary treatment of Crohn's Disease; A survey of paediatric patients previously treated with exclusive enteral nutrition *Journal of Pediatric Gastroenterology and Nutrition*. May 2016; Volume 62; Supplement 1; P398. <https://doi.org/10.1097/01.mpg.0000484500.48517.e7>
35. **Svolos V**, Hansen R, Hughes K, Ijaz UZ, Quince C, Gaya DR, Russell RK, Gerasimidis K. G-O-007 The Impact of "Crohn's Disease-Treatment-with-EATing" Diet (CD-TREAT Diet) and Exclusive Enteral Nutrition on Healthy Gut Bacteria. *Journal of Pediatric Gastroenterology and Nutrition*. May 2016; Volume 62; Supplement 1; P12. <https://doi.org/10.1097/01.mpg.0000484500.48517.e7>
36. **Svolos V**, Hansen R, Hughes K, Ijaz UZ, Quince C, Gaya DR, Russell RK, Gerasimidis K. OP018 The impact of 'Crohn's Disease-Treatment-with-EATing' diet (CD-TREAT diet) and exclusive enteral nutrition on healthy gut bacteria metabolism. *Journal of Crohn's and Colitis*. February 2016; Volume 10; Supplement 1; S14-S15. <https://doi.org/10.1093/ecco-jcc/jjw019.017>
37. **Svolos V**, Gerasimidis K, Garrick V, Curtis L, Hay J, Buchanan E, Russell RK, Hansen R. P650 Patient perceptions of food-based dietary treatment of Crohn's disease: a survey of paediatric patients previously treated with exclusive enteral nutrition. *Journal of Crohn's and Colitis*. February 2016; Volume 10; Supplement 1; S430-S430. <https://doi.org/10.1093/ecco-jcc/jjw019.769>
38. Tsopelela N, **Svolos V**, Russell RK, Gerasimidis K. MON-PP124: Youtube's Food, Diet-Related Items & Advisory Comments (FODRIACS) for Inflammatory Bowel Disease (IBD) Management. *Clinical Nutrition*. September 2015; Volume 34; Supplement 1; S174. [https://doi.org/10.1016/S0261-5614\(15\)30556-2](https://doi.org/10.1016/S0261-5614(15)30556-2)
39. Khan MJ, **Svolos V**, Cheng S, Shaikh GM, Quince C, Edwards CA, Gerasimidis K. Unraveling the role of the gut microbiota in obesity; cause or effect? *Proceedings of the Nutrition Society*. May 2014; Volume 73; OCE1; E18. <https://doi.org/10.1017/S0029665114000329>

IV. Invited talks for National and International Conferences

1. Invited talk as part of a round table at the **2nd International Rehabilitation Conference "From Disability to Person and Quality of life"** hosted by Metropolitan College, Athens, Greece, **2022**. Title of invited round table: "Breast Cancer and Quality of Life: An Interdisciplinary Approach".
2. Invited plenary speaker "Multidisciplinary approach to clinical cases" session of the **17th Panhellenic Education meeting of the Hellenic Foundation of Gastroenterology and Nutrition**, Athens, Greece, **2022**. Title of invited talk: "Crohn's disease".
3. Invited plenary speaker at the "Inflammatory Bowel Diseases" session of the **19th Panhellenic Scientific Event of the Professional Association of Gastroenterologists of Greece**, Athens, Greece, **2022**. Title of invited talk: "Management of high-output stoma".
4. Invited plenary speaker at the "Patients with a stoma" session of the **20th Panhellenic Conference on Inflammatory Bowel Diseases**, Corfu, Greece, **2022**. Title of invited talk: "Dietary approaches for the management of Inflammatory Bowel Diseases: updates and new data".
5. Invited plenary speaker at the "Gastroenterology-Hepatology" session of the **16th Hellenic Congress of Nutrition & Dietetics**, Athens, Greece, **2021**. Title of invited talk: "CD-TREAT diet: Can a food-based diet replace exclusive enteral nutrition in the dietary management of active Crohn's disease".
6. Invited plenary speaker at the **Advanced Course in Inflammatory Bowel Diseases and Digestive Immune Disorders**, Athens, Greece, **2019**. Title of invited talk: "What is new in dietary treatment for Crohn's disease".

7. Invited plenary speaker at the “Emerging aspects in Rheumatology and Autoimmunity” session of the **3rd Panhellenic Congress of Autoimmune Diseases, Rheumatology and Clinical Immunology**, Nafplion, Greece, **2021**. Title of invited talk: “Dietary strategies for the management of Inflammatory Bowel Diseases: Are we there yet?”
8. Invited plenary speaker at “The human microbiota in health and disease” session organised by the Microbiology Society for the **Federation of Infection Societies Conference 2019 (FIS 2019)**, Edinburgh, UK. Title of invited talk: “Novel management of Crohn's disease by dietary manipulation of the gut microbiome: The CD-TREAT diet”.
9. Invited plenary speaker at the “Joint Symposium: Nutrition and IBD” of the **52nd annual meeting of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN)**, Glasgow, UK, **2019**. Title of invited talk: “Exclusion diets in the management of IBD: how much and how good is the evidence?”
10. Invited plenary speaker at the first ever **International Family IBD Education Day** scheduled during the **52nd annual meeting of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN)**, Glasgow, UK, **2019**. In this event, an international panel of experts in paediatric Inflammatory Bowel Diseases presented the latest updates in IBD research.

V. Reviewer for international peer-reviewed journals

1. British Journal of Nutrition
2. Annals of Nutrition and Metabolism
3. Journal of Crohn's and Colitis

VI. Awards

1. Elected as 1 of the 5 faculty members of the Dietetic Working Group of the European Crohn's and Colitis Organisation, D-ECCO (<https://ecco-ibd.eu/>)
2. **Young investigator award** at the 6th World Congress of Pediatric Gastroenterology, Hepatology and Nutrition (WCPGHAN) online meeting, 2021
3. **2019 Yorkhill Prize for Postgraduate Research** in the field of paediatrics, Glasgow, UK, 2019. 1st prize awarded to Dr Vaios Svolos for his paper entitled, "Treatment of active Crohn's disease with an ordinary food-based diet that replicates exclusive enteral nutrition" *Gastroenterology* 2019; 156: 1354-1367. (<https://www.gla.ac.uk/schools/medicine/research/childhealth/childhealthprizes/2019prizeandawardwinners/>)
4. Prize of **best poster presentation** at the Scottish Society of Paediatric Gastroenterology, Hepatology and Nutrition (SSPGHAN) annual meeting, Stirling, UK, 2019
5. Nominated for the **Joseph Black Medal and Hird Prize 2018/2019** (awarded annually by the University of Glasgow for the best theses submitted for the PhD degree). Nominees for this award fall within the top 5% of thesis examined within the year.
6. **Young investigator award** at the 50th annual European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) meeting, Prague, Czech Republic, 2017
7. Prize of **best poster presentation** in the category Inflammatory Bowel Disease (IBD) at the British Society of Gastroenterology (BSG) annual meeting, Manchester, UK, 2017
8. Prize of **best oral presentation** at Scottish Society of Paediatric Gastroenterology, Hepatology and Nutrition (SSPGHAN) annual meeting, Stirling, UK, 2016
9. Award for the **Best Investigator Initiated Study** at the 11th Congress of European Crohn's Colitis Organisation (ECCO), Amsterdam, Netherlands, 2016
10. **Young investigator award** at 49th annual European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) meeting, Athens, Greece, 2016
11. 2nd prize of **best oral presentation** at Pan-Celtic Paediatric Gastroenterology, Hepatology and Nutrition (PGHAN) meeting, Dublin, Ireland, 2016
12. Prize of **best oral presentation** at Scottish Society of Paediatric Gastroenterology, Hepatology and Nutrition (SSPGHAN) annual meeting, Stirling, UK, 2015

VII. Scholarships

1. **CICRA Educational Bursary** in order to attend the 13th Congress of ECCO, Vienna, Austria, 2018. Awarded by Crohn's in Childhood Research Association.
2. **CICRA Educational Bursary** in order to attend the 11th Congress of ECCO, Amsterdam, Netherlands, 2016. Awarded by Crohn's in Childhood Research Association.
3. **The Yorkhill Research Support Scheme PhD Studentship**, Glasgow, UK, 2014. Awarded by the Glasgow Children's Hospital Charity.
4. **BSc Thesis Support Scholarship**, Athens, Greece, 2012. Awarded by the Experimental-Research Centre of ELPEN Pharmaceuticals.
5. **Scholarship for outstanding performance in high school**, Athens, Greece, 2008. Awarded by the Greek State Scholarships Foundation (I.K.Y.).
6. **Scholarship for outstanding performance in final high school exams**, Athens, Greece, 2008. Awarded by the Eurobank EFG.

VIII. Competitive Funding

1. **2020-2022.** "Unravelling the dietary triggers of Crohn's disease and their interplay with the microbiome and host". Precision Nutrition in IBD Grant, Crohn's & Colitis Foundation (Early Career Researcher & Co-Investigator). **\$750.000 (USD)**
2. **2019-2021.** "A multicentre study to assess the efficacy and associated mechanisms of action of CD-TREAT". Leona M and Harry B Helmsley Charitable Trust (Named Post-Doctoral Researcher). CICRA Educational Bursary in order to attend the 14th Congress of ECCO, Copenhagen, Denmark, 2019. Awarded by Crohn's in Childhood Research Association. **\$1.143.065 (USD)**
3. **2018-2020.** "A pilot clinical trial to assess the clinical efficacy of the novel CD-TREAT". Core & Guts UK (Named Post-Doctoral Researcher). **£49.916 (GBP)**
4. **2016-2018.** "An open label trial to test the clinical efficacy of CD-TREAT". Catherine McEwan Foundation & Cure Crohn's Colitis (C³) (Named PhD student). **£61.081 (GBP)**

IX. Laboratory Skills and Techniques

1. Medical & veterinary: Patient sample handling techniques (including stool, urine and blood), PBMCs isolation, FACS flow cytometry, ELISA testing methods (i.e. TNF-a, lipocalin, calprotectin, iFABP, gluten immunogenic peptide), breed and maintain a population of transgenic rodents.
2. Molecular biology & microbiology: genomic DNA extraction, agarose gel electrophoresis, use of PCR machines, library preparation for 16s rRNA sequencing, bacterial cell culture.
3. Biochemistry: Short chain fatty acids and other metabolomics extraction using organic solvents, gas chromatography coupled with flame ionization detector (for the determination of short chain fatty acids), spectrophotometry (for the determination of starch, ammonia, hydrogen sulfide, lactate and other compounds).
4. Gut function simulation: in-vitro food digestion, batch faecal culture in-vitro fermentations.