

KALLIOPI GEORGAKOULI

Item	Number
Books	0
Book Chapters	2
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	41
Articles not Indexed in Bibliographical Databases	0
Refereed International Conference Presentations	26
Invited Presentations	4
Google Scholar/Scopus Citation Index (including self-citations)	1516/922
Google Scholar/Scopus h-index	22/20
Involved in Successful Grant Applications	2 (870.000 €)

1. EDUCATION

- Doctor of Philosophy (Exercise Biochemistry), Department of Physical Education and Sport Science, University of Thessaly (2015)
- Master of Science in «Biotechnology – Quality Assessment in Nutrition and the Environment», Department of Biochemistry and Biotechnology, University of Thessaly (2012)
- Bachelor of Science in Nutrition and Dietetics, Department of Nutrition and Dietetics, Alexander Technological Educational Institution of Thessaloniki (2009)

2. EMPLOYMENT HISTORY

- Teaching in the Online Educational Program of Centre of Training and Lifelong Learning at the University of Thessaly "Prescription of exercise and physical activity for individuals with non-communicable diseases" (2021)
- Assistant professor «Clinical nutrition and exercise in addictive disorders», Department of Dietetics and Nutrition, University of Thessaly (2020-)
- Academic scholar, Department of Dietetics and Nutrition, University of Thessaly (11/2019-06/2020, 10/2020 - 11/2020)
- Academic scholar, Department of Physical Education and Sport Science, University of Thessaly (10/2018-06/2019)
- Academic scholar, Department of Nutrition and Dietetics, Technological Educational Institution of Thessaly (11/2015-06/2016, 11/2016-06/2017, 10/2017-06/2018)

- Researcher, Thales project: «Exercise, smoking, & alcohol: Investigation of mechanisms, & interventions for prevention, cessation & awareness» Department of Physical Education and Sport Science, University of Thessaly (09/2012-11/2012, 05/2013-09/2015)

3. ACADEMIC AND SCIENTEFIC EXPERIENCE

3.1 Ερευνητικά και άλλα προγράμματα

- (2026) Deputy Principal Investigator on the project entitled: "Actions to improve the school meal program and promote healthy nutrition among students of the American College of Greece and their families", Principal Investigator: Professor Odysseas Androutsos.
- (2026) Deputy Principal Investigator on the project entitled: "Acceptability and adherence to different administration regimens of the multi-strain probiotic Vivomixx® 460 Neo 9 in adults under antibiotic treatment: a randomized, open-label clinical trial" Principal Investigator: Professor Odysseas Androutsos.
- (2025) Principal Investigator on the project entitled: "Funding for internship programs of the Departments of the University of Thessaly - Department of Nutrition and Dietetics".
- (2023-2024) Scientific associate in the holistic physical and mental empowerment program "BE COOL" of the Hellenic Society for Multiple Sclerosis.
- (2023-2024) Researcher on the project: "Investigation of different forms of exercise on muscular and cardiovascular function and the immune response in healthy individuals and clinical populations", Principal Investigator: Professor Athanasios Jamurtas.
- (2022) Principal Investigator on the project entitled: "Funding for internship programs of the Departments of the University of Thessaly - Department of Nutrition and Dietetics".
- (2012-2015) Researcher in the Thales program: "Exercise, smoking and alcohol: investigation of mechanisms and interventions for cessation, prevention and awareness", Department of Physical Education and Sport Science, University of Thessaly, Principal Investigator: Professor Ioannis Theodorakis.

3.2 Undergraduate Teaching

- Department of Dietetics and Nutrition, University of Thessaly:
Course Leader: "Clinical Nutrition II" (Theory and Laboratory) (2021-), "Sports Nutrition" (Theory and Laboratory) (2021-), "Research Applications of Body Composition" (2021-2022), "Current Topics in Nutrition and Exercise" (2022-2024), "Macronutrient Metabolism" (2020), "Professional Ethics" (2019), "Body Composition: Physiology and Measurement Methods" (2019), "Artificial Nutrition" (2019).
Co-teaching: "Principles of Clinical Dietetics" (Course Leader Dr. Odysseas Androutsos) (2022-2023), "Nutrition in Life Stages" (Course Leader Dr. Rena

Kostis) (2022-2024)

- Department of Physical Education and Sport Science, University of Thessaly (2018-2019):
Co-teaching: Exercise in clinical populations», «Exercise and health I», «Clinical nutrition», «Exercise and nutrition»
- Department of Nutrition and Dietetics, Technological Educational Institution of Thessaly (2015-2018):
Course Leader: «Nutritional Counselling», «Dietary and Consumption Patterns», «Sports Nutrition», «History and Geography of Nutrition»

3.3 Postgraduate Teaching

- (2023-) Module Leader "MB03: Substance Use, Addictions and Relative Behaviours" in the International Master of Science in Lifestyle Medicine, Interdepartmental MSc of the University of Thessaly, between the Department of Medicine, the Department of Dietetics and Nutrition and the Department of Physical Education and Sports Science.
- (2023-2026) Lecture entitled " Sport Nutrition Basics", in the module " Nutritional behaviour and education", in the European Master in Sport and Exercise Psychology, Department of Physical Education and Sport Science, University of Thessaly, Greece
- (2023-2025) Lecture entitled "Osteoporosis and Nutrition", in the module "Nutritional Problems and Nutritional Support in Older Adults", in the Interdepartmental MSc of the Aristotle University of Thessaloniki "Applied Gerontology and Geriatrics", between the Department of Medicine, the Department of Biomedical Sciences and the International Hellenic University, Greece
- (2023-2025) Lecture entitled "Nutrition and Bone Health", in the module "MA04: Nutrition for Health and Wellbeing" in the International Master of Science in Lifestyle Medicine, Interdepartmental MSc of the University of Thessaly, between the Department of Medicine, the Department of Dietetics and Nutrition and the Department of Physical Education and Sports Science, Greece
- (2021-) Lecture at the MSc program "Diagnostic and therapeutic approach of the Diabetic Foot", Department of Medicine, University of Thessaly. Lecture title "The role of nutrition in Diabetes Mellitus", in the module "MB01: Diabetes Mellitus - Epidemiology, Pathophysiology - Systemic complications - Treatment".
- (2016-) Teaching at the MSc "Exercise and Health" in the module " Exercise and Obesity", Department of Physical Education and Sport Science, University of Thessaly, Greece

3.4 Supervisions/Co-supervision of Theses

3.4.1 Completed

- Undergraduate theses - Technological Educational Institution of Thessaly:
 - “Nutrigenetics and metabolic diseases” - Kalagkias Nikolaos
 - «Review of the effect of functional nutrients on mental health» - Mpakopanou Mirto
 - «The management of obesity in patients with diabetes mellitus» - Nikolopoulou Georgia - Charikleia, Petousaki Maria

- «Autism and nutritional recommendations» - Christopoulos Ilias
- “Assessment and evaluation of body composition, physical fitness and hematological indices in soccer players after religious fasting” - Mpozinis Konstantinos
- “Dietary recommendations for the management of irritable bowel syndrome” - Tsakona Paraskeui
- “Prevention and treatment of the athletic triad syndrome: The role of the dietitian” - Kyriakou-Tziamtzi Eleni, Marinou Kyriaki
- “Nutritional assessment of patients with end-stage chronic renal disease and its correlation with the level of physical activity and quality of life” - Mpeza Elena, Syrpa Styliani
- “Nutrition for prevention and treatment of osteoporosis” - Kroustali Zoi
- “A holistic approach to the effects of dietary supplements during exercise” - Ntoumos Athanasios, Parlapani Niki
- “Eating habits of pediatric patients with Type I Diabetes Mellitus” - Kantarou Eutichia
- «The correlation between body mass index and breakfast intake in university students» - Kontini Ioanna
- "The effect of beetroot juice intake in patients with chronic diseases" - Stampolidou Anastasia
- “Causes, prevention and treatment of eating disorders” - Mpalasi Eleutheria
- “Vegetarianism: possible beneficial and negative effects” - Sinioraki Eupraxia
- “Crohn’s disease and diet” - Douka Vaia, Papachristou Anna

- “Investigation of a possible correlation among dietary habits, physical activity level and body mass index of men in military aviation” - Marmagkioli Argiroula
- “Nutritional supplements and the characteristics of their consumers in the region of Thessaly” - Kontopoulou Stergiani-Paraskeui, Nikou Maria
- "The role of protein and amino acid supplements in sports" - Ligounaki Despina
- "Vegetarianism and pregnancy" - Arfani Angeliki, Chronopoulou Panagiota
- "Nutrition and celiac disease" - Vrantza Athanasia-Elisavet, Kika Georgia
- "Eating Disorders, a Cross-Cultural Comparison Between Students from Italy, Spain, Poland and Greece" - Michelaki Despina, Diska Eugenia
- "Nutrition of pregnant woman in special conditions" - Xintari Irini, Hatzopoulou Kalliopi
- Undergraduate theses - Technological Educational Institution of Thessaly:
 - “Investigation of the association between caffeine intake and dietary and other lifestyle habits in young amateur athletes” - Maria Rahanioti, Lili-Anna Tsenempi
 - “Investigation of the association between nutrient and alcohol intake with student academic performance” - Miranda Tsitouridou, Nikolina Tsitsirika
 - “Effect of antioxidant supplementation on resistance exercise performance” - Dimitrios Gkaniaris
 - “The effects of a low-glycaemic-index hypocaloric diet and behavioural change intervention in overweight/obese adults” - Paraskevi Apostolou, Anastasia-Foteini Banti
 - “Investigation of the association of nutrition literacy with Mediterranean dietary pattern adherence in patients with type II diabetes mellitus” - Georgia Tsakalou
 - “The effect of nitrates in health and physical performance” - Maria-Niki Daniil, Stamatina Matiatou
 - “The role of lipoic acid in weight management and physical performance” - Despoina Pantazelou, Dorina Chotza
 - “Association between nutrition knowledge and dietary behaviour in patients with type 2 diabetes” - Marianna Grigoriadi, Andriana Machaira
 - “The role of micronutrient deficiencies in obesity” - Theodora Parpa, Anastasia Strantzia
 - “Investigation of the contribution of supplemental administration of N-acetylcysteine in health and physical performance” - Thomais Karanika, Argyri Nerantzoglou
 - “Effects of postprandial exercise on metabolic responses in patients with type 2 diabetes mellitus” - Filippas Papatthemistokleous, Claudio Demai
 - “Comparison of the effects of whey protein and soy protein supplementation in athletes” - Orestis Tolloumi, Dimitrios Fragkos
 - “Effects of branched-chain amino acid supplements on athletic populations” - Dimitrios Koromilas

- Postgraduate theses - MSc program "Nutrition in Health and Disease", Department of Medicine, University of Thessaly:
 - "Changes in dietary habits during the COVID-19 pandemic" - Paraskevi Mpompori
 - "Changes in diet and lifestyle behaviors of children and their parents during the covid-19 lockdown in Greece" - Niki Demertzi
 - "Energy drinks in adolescence and their effect on health" - Dimitra Lefa
 - "Design and validity testing of the resting metabolic rate equations in the greek population", Irini-Paraskevi Papageorgopoulou
- Postgraduate theses from other MSc programs
 - MSc "Toxicology", University of Thessaly: "The effect of kefir consumption on oxidative stress in adults" - Marianna Chyta
 - Interdepartmental MSc "Exercise, Ergospirometry and Rehabilitation", University of Thessaly: "Determining the energy expenditure of a bodyweight muscle-strengthening exercise program" - Christos Fotiou
 - International Interdepartmental MSc "Lifestyle Medicine", University of Thessaly: "Innovating postnatal care in India: a business plan integrating traditional practices with lifestyle medicine" - Dr. Monika Kodeboina

3.4.2 In progress

- Undergraduate Theses - Department of Dietetics and Nutrition, University of Thessaly
 - "The association between food addiction, and anxiety and depression" - Zoe Malaki
 - • "Diet and exercise in the management of obesity: recent evidence" - Georgia Kotoumpa, Efterpi Sideropoulou
 - • "The effect of strict vegetarianism on body weight loss" - Vasiliki Vythoulka

3.5 Funding

3.5.1 Competitive National

- (2023-) Project "Investigation of different types of exercise on muscular and cardiovascular function and immune response of healthy individuals and clinical populations", funded by the Thessaly Regional Operational Programme 2014-2020 (345.000 €)
- (2012-2015) Thales project: «Exercise, smoking, & alcohol: Investigation of mechanisms, & interventions for prevention, cessation & awareness», funded by European and national resources (NSRF) (525.000 €)

4. PUBLICATIONS

4.1 Book Chapters

1. Jamurtas, A. Z., Deli, C. K., **Georgakouli, K.**, Fatouros, I. G. (2013). Glycemic Index, Food Exchange Values and Exercise Performance. In Bagchi, D., Nair, S., & Sen, C. K. (Eds.), Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (1st ed.). USA: Academic Press, Elsevier Inc.
2. Jamurtas, A. Z., Deli, C. K., **Georgakouli, K.**, Fatouros, I. G. (2018). Glycemic Index, Food Exchange Values and Exercise Performance. In Bagchi, D., Nair, S., & Sen, C. K. (Eds.), Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (2nd ed.). USA: Academic Press, Elsevier Inc.

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

1. **Georgakouli, K.**, Deli, C. K., Zalavras, A., Fatouros, I. G., Kouretas, D., Koutedakis, Y., Jamurtas, A. Z. (2013). α-Lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency. Food and Chemical Toxicology, 61:69-73.
2. Jamurtas, A. Z., Zourbanos, N., **Georgakouli, K.**, Georgoulas, P., Manthou, E., Fatouros, I. G., Goudas, M., Koutentakis, Y., & Theodorakis, Y. (2014). The effects of acute aerobic exercise on beta endorphin and alcohol urge responses in alcoholic patients following an acute bout of exercise. Journal of Addiction Research & Therapy, 5(4), 194.
3. Manthou, E., Kanaki, M., **Georgakouli, K.**, Deli, D. K., Kouretas, D., Koutedakis, Y., Jamurtas, A. Z. (2014). Glycemic Response of a Carbohydrate-Protein Bar with Ewe-Goat Whey. Nutrients, 6, 2240-2250.
4. **Georgakouli, K.**, Manthou, E., Fatouros, I. G., Zourbanos, N., Theodorakis, Y., Gianoulakis, C., & Jamurtas, A. (2015). The Effect of Exercise on Alcohol Use Disorders. (Article in Greek). Inquiries in Sport & Physical Education, 13(1), 76-88.
5. **Georgakouli, K.**, Manthou, E., Fatouros, I. G., Deli, C. K., Spandidos, D. A., Tsatsakis, A. M., Kouretas, D., Koutedakis, Y., Theodorakis, Y., & Jamurtas, A. Z. (2015). Effects of acute exercise on liver function and blood redox status in heavy drinkers. Experimental and therapeutic medicine, 10, 2015-2022.
6. Zourbanos, N., Hatzigeorgiadis, A., Tsiami, A., Tzatzaki, T., **Georgakouli, K.**, Manthou, E., Goudas, M., Jamurtas, A. Z., Hatzoglou, C., Chatzisarantis, N., Hassandra, M., & Theodorakis, Y. (2016). An initial investigation of smokers' urges

- to smoke and their exercise intensity preference: A mixed-methods approach. *Cogent Medicine*, 3, 1149043.
7. Hatzigeorgiadis, A., Pappa, V., Tsiami, A., Tzatzaki, T., **Georgakouli, K.**, Zourbanos, N., Goudas, M., Chatzisarantis, N., & Theodorakis, Y. (2016). Self-regulation strategies may enhance the acute effect of exercise on smoking delay. *Addictive Behaviors*, 57, 35-37.
 8. Manthou, E., **Georgakouli, K.**, Fatouros, I. G., Gianoulakis, C., Theodorakis, Y., & Jamurtas, A. Z. (2016). Role of exercise in the treatment of alcohol use disorders (Review). *Biomedical Reports*, 4, 535-545.
 9. **Georgakouli, K.**, Mpesios, A., Kouretas, D., Petrotos, K., Mitsagga, C., Giavasis, I., & Jamurtas, A. Z. (2016). The Effects of an Olive Fruit Polyphenol-Enriched Yogurt on Body Composition, Blood Redox Status, Physiological and Metabolic Parameters and Yogurt Microflora. *Nutrients*, 8(6), 344.
 10. Deli, C. K., Fatouros, I. G., Paschalis, P., **Georgakouli, K.**, Zalavras, A., Avloniti, A., Koutedakis, Y., & Jamurtas, A. Z. (2017). A Comparison of Exercise-Induced Muscle Damage Following Maximal Eccentric Contractions in Men and Boys. *Pediatric Exercise Science*, 6, 1-26.
 11. Deli, C. K., Fatouros, I. G., Paschalis, P., Tsiokanos, A., **Georgakouli, K.**, Zalavras, A., Avloniti, A., Koutedakis, Y., & Jamurtas, A. Z. (2017). Iron supplementation effects on redox status following aseptic skeletal muscle trauma in adults and children. *Oxidative Medicine and Cellular Longevity*, 2017, 4120421.
 12. **Georgakouli, K.**, Manthou, E., Georgoulas, P., Ziaka, A., Fatouros, I. G., Mastorakos, G., Koutedakis, Y., Theodorakis, Y., & Jamurtas, A. Z. (2017). Exercise training reduces alcohol consumption but does not affect HPA-axis activity in heavy drinkers. *Physiology & Behavior*, 179, 276-283.
 13. Manthou, E., **Georgakouli, K.**, Deli, C. K., Sotiropoulos, A., Fatouros, I. G., Kouretas, D., Matthaiou, C., Koutedakis, Y., & Jamurtas, A. Z. (2017). Effects of Pomegranate Juice consumption on Biochemical Parameters and Complete Blood Count. *Experimental and Therapeutic Medicine*, 14(2), 1756-1762.
 14. Deli, C. K., Poullos, A., **Georgakouli, K.**, Papanikolaou, K., Papoutsis, A., Selemekou, M., Karathanos, V. T., Draganidis, D., Tsiokanos, A., Koutedakis, Y., Fatouros, I. G., & Jamurtas, A. Z. (2018). The effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. *Journal of Sports Sciences*, 22, 1-9.
 15. **Georgakouli, K.**, Manthou, E., Fatouros, I. G., Georgoulas, P., Deli, C. K., Koutedakis, Y., Theodorakis, Y., & Jamurtas, A. Z. (2018). Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. *Alcohol*, 69, 57-62.
 16. Poullos, A., Fatouros, I. G., Mohr, M., Draganidis, D. K., Deli, C., Papanikolaou, K., Sovatzidis, A., Nakopoulou, T., Ermidis, G., Tzatzakis, T., Laschou, V. C., **Georgakouli, K.**, Koulouris, A., Tsimeas, P., Chatzinikolaou, A., Karagounis, L. G., Batsilas, D., Krstrup, P., & Jamurtas, A. Z. (2018). Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. *Nutrients*, 10(4), E494.

17. Draganidis, D., Jamurtas, A. Z., Stampoulis, T., Laschou, V., Deli, C. K., **Georgakouli, K.**, Papanikolaou, K., Chatzinikolaou, A., Michalopoulou, M., Papadopoulos, C., Tsimeas, P., Chondrogianni, N., Karagounis, L. G., Fatouros, I. G. (2018). Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients*, 10, 566.
18. Jamurtas, A. Z., Fatouros, I. G., Deli, C. K., **Georgakouli, K.**, Poullos, A., Draganidis, D., Papanikolaou, K., Tsimeas, P., Chatzinikolaou, A., Avloniti, A., Tsiokanos, A., Koutedakis, Y. (2018). The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. *Journal of Sports Science and Medicine*, 17, 501-508.
19. Batrakoulis, A., Jamurtas, A. Z., **Georgakouli, K.**, Draganidis, D., Deli, C. K., Papanikolaou, K., Avloniti, A., Chatzinikolaou, A., Leontsini, D., Tsimeas, P., Comoutos, N., Bouglas, V., Michalopoulou, M., Fatouros, I. G. 2018. High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS One*, 13(8), e0202390.
20. **Georgakouli, K.**, Fatouros, I. G., Fragkos, A, Tzatzakis, T., Deli, C. K., Papanikolaou, K., Koutedakis, Y., Jamurtas, A. Z. (2018). Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. *Antioxidants (Basel)*, 7(11), 162.
21. Yfanti, C., Deli, C. K. **Georgakouli, K.**, Fatouros, I. G., Jamurtas, A. Z. (2019). Nutrition, redox homeostasis and toxicity in sport performance. *Current Opinion in Toxicology*, 13, 45-67.
22. **Georgakouli, K.**, Fatouros, I. G., Draganidis, D., Papanikolaou, K., Tsimeas, P., Deli, C. K., Jamurtas, A. Z. (2019). Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? a Narrative Review. *Oxidative Medicine and Cellular Longevity*, 2019, 8060193.
23. Batrakoulis, A., Fatouros, I. G., Chatzinikolaou, A., Draganidis, D., **Georgakouli, K.**, Papanikolaou, K., Deli, C. K., Tsimeas, P., Avloniti, A., Syrou, N., Jamurtas, A. Z. (2019). Dose-response effects of high-intensity interval neuromuscular exercise training on weight loss, performance, health and quality of life in inactive obese adults: Study rationale, design and methods of the DoIT trial. *Contemporary Clinical Trials Communications*, 15, 100386.
24. Papanikolaou, K. Draganidis, D., Chatzinikolaou, A., Laschou, V. C., **Georgakouli, K.**, Tsimeas, P., Batrakoulis, A., Deli, C. K., Jamurtas, A. Z., Fatouros, I. G. (2019). The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): Study protocol for a randomized controlled trial. *Trials*, 20(1), 469.
25. Poullos, A., **Georgakouli, K.**, Draganidis, D., Deli, C. K., Tsimeas, P. D., Chatzinikolaou, A., Papanikolaou, K., Batrakoulis, A., Mohr, M., Jamurtas, A. Z., Fatouros, I. G. (2019). Protein-based supplementation to enhance recovery in team sports: what is the evidence? *Journal of Sports Science and Medicine*, 18, 523-536.
26. Batrakoulis, A., Loules, G., **Georgakouli, K.**, Tsimeas, P., Draganidis, D., Chatzinikolaou, A., Papanikolaou, K., Deli, C. K., Syrou, N., Comoutos, N.,

- Theodorakis, Y., Jamurtas, A. Z., Fatouros, I. G. (2020). High-Intensity Interval Neuromuscular Training Promotes Exercise Behavioral Regulation, Adherence and Weight Loss in Inactive Obese Women. *European Journal of Sport Sciences*, 20(6):783-792.
27. Tofas, T., Draganidis, D., Deli, C., **Georgakouli, K.**, Fatouros, I., Jamurtas, A. (2020). Exercise-induced regulation of redox status in cardiovascular diseases: The role of exercise training and detraining. *Antioxidants*, 9(1), pii: E13.
 28. **Georgakouli, K.**, Stamperna, A., Deli, C. K., Syrou, N., Draganidis, D., Fatouros, I. G., Jamurtas, A. Z. (2020). The Effects of Postprandial Resistance Exercise on Blood Glucose and Lipids in Prediabetic, Beta-Thalassemia Major Patients. *Sports (Basel, Switzerland)*, 8(5), 57.
 29. Batrakoulis, A., Tsimeas, P., Deli, C.K., Vlachopoulos, D., Ubago-Guisado, E., Poullos, A., Chatzinikolaou, A., Draganidis, D., Papanikolaou, K., **Georgakouli, K.**, Batsilas, D., Gracia-Marco, L., Jamurtas, A.Z., Fatouros, I. (2021). Hybrid neuromuscular training promotes musculoskeletal adaptations in inactive overweight and obese women: A training-detraining randomized controlled trial. *Journal of Sports Science*, 39(5): 503-512.
 30. **Georgakouli, K.**, Manthou, E., Georgoulis, P., Ziaka, A., Deli, C.K., Draganidis, D., Batrakoulis, A., Papanikolaou, K., Tsimeas, P., Mastorakos, G., Fatouros, I.G., Koutedakis, Y., Theodorakis, Y., Jamurtas, A.Z. (2021). HPA axis responses to acute exercise differ in smokers and non-smokers. *Physiology & Behavior*, 229: 113258.
 31. Kritikos, S., Papanikolaou, K., Draganidis, D., Poullos, A., **Georgakouli, K.**, Tsimeas, P., Tzatzakis, T., Batsilas, D., Batrakoulis, A., Deli, C. K., Chatzinikolaou, A., Mohr, M., Jamurtas, A. Z., Fatouros, I. G. (2021). Effect of whey vs. soy protein supplementation on recovery kinetics following speed endurance training in competitive male soccer players: a randomized controlled trial. *Journal of the International Society of Sports Nutrition*, 18(1), 23.
 32. Batrakoulis, A., Jamurtas A. Z., Draganidis, D., Georgakouli, K., Tsimeas, P., Poullos, A., Syrou, N., Deli, C.K., Papanikolaou, K., Tournis, S., Fatouros, I. G. (2021). Hybrid Neuromuscular Training Improves Cardiometabolic Health and Alters Redox Status in Inactive Overweight and Obese Women: A Randomized Controlled Trial. *Antioxidants*, 10, 1601.
 33. Draganidis, D., Jamurtas, A. Z., Chondrogianni, N., Mastorakos, G., Jung, T., Grune, T., Papadopoulos, C., Papanikolaou, K., Papassotiriou, I., Papaevgeniou, N., Poullos, A., Batrakoulis, A., Deli, C. K., Georgakouli, K., Chatzinikolaou, A., Karagounis, L. G., Fatouros, I. G. (2021). Low-Grade Systemic Inflammation Interferes with Anabolic and Catabolic Characteristics of the Aged Human Skeletal Muscle. *Oxidative medicine and cellular longevity*, 2021, 8376915.
 34. **Georgakouli, K.**, Manthou, E., Fatouros, I. G., Deli, C. K., Koutedakis, Y., Theodorakis, Y., & Jamurtas, A. Z. (2022). HPA-Axis Activity and Nutritional Status Correlation in Individuals with Alcohol Use Disorder. *Nutrients*, 14(23), 4978.
 35. **Georgakouli, K.**, Siamata, F., Draganidis, D., Tsimeas, P., Papanikolaou, K., Batrakoulis, A., Gatsas, A., Poullos, A., Syrou, N., Deli, C. K., Fatouros, I. G., & Jamurtas, A. Z. (2022). The Effects of Greek Orthodox Christian Fasting during Holy

- Week on Body Composition and Cardiometabolic Parameters in Overweight Adults. *Diseases (Basel, Switzerland)*, 10(4), 120.
36. Papanikolaou, K., Jamurtas, A.Z., Poullos, A., Tsimeas, P., Draganidis, D., Margaritelis, N.V., Baloyiannis, I., Papadopoulos, C., Sovatzidis, A., Deli, C.K., Rosvoglou, A., **Georgakouli, K.**, Tzatzakis, T., Nikolaidis, M.G., Fatouros, I.G. (2023). Skeletal Muscle and Erythrocyte Redox Status is Associated with Dietary Cysteine Intake and Physical Fitness in Healthy Young Physically Active Men. *European Journal of Nutrition*, 62(4), 1767-1782.
 37. Papanikolaou, K., Koulouridas, K., Rosvoglou, A., Gatsas, A., **Georgakouli, K.**, Deli, C.K., Draganidis, D., Argyropoulou, A., Michailidis, D., Fatouros, I.G., Jamurtas, A. Z. (2024). Characterization of the Sideritis scardica Extract SidTea+TM and Its Effect on Physiological Profile, Metabolic Health and Redox Biomarkers in Healthy Adults: A Randomized, Double-Blind, Placebo-Controlled Study. *Molecules*, 29(5), 1113.
 38. Ermidis, G., Mohr, M., Jamurtas, A.Z., Draganidis, D., Poullos, A., Papanikolaou, K., Vigh-Larsen, J.F., Loules, G., Sovatzidis, A., Nakopoulou, T., Tsimeas, P., Douroudos, I.I., Papadopoulos, C., Papadimas, G., Rosvoglou, A., Liakou, C., Deli, C.K., **Georgakouli, K.**, Chatzinikolaou, A., Krstrup, P., Fatouros, I.G. (2024). Recovery during Successive 120-min Football Games: Results from the 120-min Placebo/Carbohydrate Randomized Controlled Trial. *Medicine and science in sports and exercise*, 56(6), 1094-1107.
 39. Dinas, P.C., on behalf of the Students of Module 5104 (Introduction to Systematic Reviews), Karaventza, M., Liakou, C., **Georgakouli, K.**, Bogdanos, D., & Metsios, G.S. (2024). Combined Effects of Physical Activity and Diet on Cancer Patients: A Systematic Review and Meta-Analysis. *Nutrients*, 16(11), 1749.
 40. Deli, C.K., Fatouros, I. G., Poullos, A., Liakou, C.A., Draganidis, D., Papanikolaou, K., Rosvoglou, A., Gatsas, A., **Georgakouli, K.**, Tsimeas, P., Jamurtas, A.Z. (2024). Gut Microbiota in the Progression of Type 2 Diabetes and the Potential Role of Exercise: A Critical Review. *Life*, 14(8), 1016.
 41. Theofilidis, G., Bogdanis, G.C., Kaltsatou, A., Pouljaniti, K. P., Mitrou, G.I., Rosa, C.S.d.C., Georgakouli, K., Stavropoulos-Kalinoglou, A., Krase, A.A., Chasioti-Fourli, F., Syrmos, N., Sakkas, G. K., Koutedakis, Y., Karatzaferi, C. (2025). Physiological, Performance, and Oxidative Stress Responses to High-Intensity Uphill and Downhill Interval Training. *Journal of Functional Morphology and Kinesiology*, 10(4), 460.

5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

- Tzatzaki, T., Tsiami, A., **Georgakouli, K.**, Manthou, I., Zourbanos, N., Goudas, M., Jamurtas, A. Z., Theodorakis, Y., Hatzigeorgiadis A. (2013). Piloting exercise protocols for smoking cessation interventions. *Proceedings of the 14th European Congress of Sport Psychology – FEPSAC* (p. 33). Paris, France.
- Deli, C. K., Paschalis, V., **Georgakouli, K.**, Zalavras, A., Fatouros, I. G., Koutedakis, Y., Jamurtas, A. Z. (2013). The effects of iron supplementation on complete blood count following an acute eccentric exercise bout. *18th Annual Congress of the European College of Sport Science*. Barcelona, Spain.
- Stavropoulos-Kalinoglou, A., Bourokosta, Z., **Georgakouli, K.**, Kitas, G. D., Jamurtas, A. Z. (2013). Effects of hospitalization on oxidative stress and body

composition in patients with rheumatoid arthritis. 18th Annual Congress of the European College of Sport Science. Barcelona, Spain.

- Jamurtas, A. Z., **Georgakouli, K.**, Zourbanos, N., Georgoulas, P., Kremeti, D., Manthou, E., Fatouros, I. G., Goudas, M., Koutedakis, Y., & Theodorakis, Y. (2014). The effects of an acute bout of exercise on complete blood count in alcoholic patients. 61th American College of Sports Medicine Annual Meeting. Orlando, Florida, USA.
- **Georgakouli, K.**, Manthou, E., Tsiami, A., Tzatzaki, T., Zourbanos, N., Goudas, M., Jamurtas, A. Z., Hatzigeorgiadis, A., Theodorakis, Y. (2014). Preliminary evidence on the acute effects of moderate intensity exercise on smoking delay. 19th Annual Congress of the European College of Sport Science. Amsterdam, The Netherlands.
- Manthou, E., **Georgakouli, K.**, Zourbanos, N., Georgoulas, P., Fatouros, I. G., Theodorakis, Y., Jamurtas, A. Z. (2014). The effects of an acute aerobic exercise bout on beta endorphin and lactic acid in alcoholic patients. 19th Annual Congress of the European College of Sport Science. Amsterdam, The Netherlands.
- Deli, C. K., Paschalis, V., **Georgakouli, K.**, Zalavras, A., Fatouros, I. G., Koutedakis, Y., Jamurtas, A. Z. (2014). The effects of iron supplementation on antioxidant activity following an acute eccentric exercise bout. 19th Annual Congress of the European College of Sport Science. Amsterdam, The Netherlands.
- Jamurtas, A. Z., Sakellariou, V., Apostolopoulos, A., Deli, C. K., **Georgakouli, K.**, Fatouros, I. G., Koutedakis, Y. (2014). The effects of low-volume HIIT and aerobic

- exercise on redox status parameters. 19th Annual Congress of the European College of Sport Science. Amsterdam, The Netherlands.
- Gousopoulos, S., **Georgakouli, K.**, Manthou, E., Theodorakis, Y., Koutendakis, Y., Jamurtas, A. Z. (2015). The effect of acute exercise on indices of antioxidant status in heavy drinkers. 23rd International Congress of Physical Education and Sport. Komotini, Greece.
 - Zourbanos, N., Tzatzaki, T., Tsiami, A., Manthou, E., **Georgakouli, K.**, Theodorakis, Y., Hatzigeorgiadis, A. (2015). Acute effects of a short bout of moderate versus vigorous intensity of exercise on smoking behaviour. 14th European Congress of Sport Psychology. Bern, Switzerland.
 - Chatzisarantis, N., Zourbanos, N., Tzatzaki, T., Tsiami, A., Manthou, E., **Georgakouli, K.**, Hatzigeorgiadis, A., Theodorakis, Y. (2015). Acute effect of exercise on smoking urge and preferences for assigned versus self-selected aerobic exercise intensity. 14th European Congress of Sport Psychology. Bern, Switzerland.
 - Batrakoulis, A., **Georgakouli, K.**, Zourbanos, N., Papanikolaou, K., Draganidis, D., Chatzinikolaou, A., Deli, C. K., Michalopoulou, M., Jamurtas, A. Z., & Fatouros, I. G. (2016). A 4-month circuit functional high-intensity training program improves body composition and performance of overweight women. 39th Annual NSCA National Conference. New Orleans, LA, USA.
 - Jamurtas, A. Z., **Georgakouli, K.**, Manthou, E., Theodorakis, Y. (2016). Redox status in response to exercise training in heavy drinkers. SFRR-E 2016 Annual Meeting of the Society for Free Radical Research Europe. Budapest, Hungary.
 - Batrakoulis, A., Draganidis, D., **Georgakouli, K.**, Papanikolaou, K., Jamurtas, A., & Fatouros, I. (2016). Effects of circuit functional high intensity training on physical fitness in sedentary overweight or obese women. NSCA Japan Strength and Conditioning Conference 2016.
 - Stavropoulos, A., Manthou, E., Nakopoulou, T., **Georgakouli, K.**, Jamurtas, A. (2017). Effects of beetroot juice supplementation in endothelial function and markers of inflammation among patients with rheumatoid arthritis. EULAR Annual European Congress of Rheumatology. Madrid, Spain.
 - Batrakoulis, A., **Georgakouli, K.**, Papanikolaou, K., Zourbanos, N., Draganidis, D., Deli, C. K., Michalopoulou, A., Avloniti, A., Chatzinikolaou, A., Jamurtas, A. Z., & Fatouros, I. G. (2017). An 8-month small-group circuit functional training program improves body composition and performance of overweight/obese women. ACSM's 64th Annual Meeting. Denver, CO, USA.
 - Jamurtas, A. Z., **Georgakouli, K.**, Manthou, E., Georgoulas, P., Deli, C., Koutedakis, Y., Theodorakis, Y., Fatouros, I. (2018). Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. ACSM's 65th Annual Meeting. Minneapolis, MN, USA.
 - Batrakoulis, D., Draganidis, D., **Georgakouli, K.**, Papanikolaou, K., Deli, C., Tsimeas, P., Chatzinikolaou, A., Jamurtas, A., Fatouros, I. A 10-month high-intensity interval

- neuromuscular training improves fundamental movement patterns in previously inactive obese women. (20019). NSCA National Conference. Washington, DC, USA.
- Batrakoulis, D., **Georgakouli, K.**, Draganidis, D., Deli, C. K., Papanikolaou, K., Tsimeas, P., Syrou, N., Chatzinikolaou, A., Avloniti, A., Jamurtas, A. Z., Fatouros, I. G. (2020). A 5-month high-intensity interval neuromuscular training program improves cardiometabolic health in obese women. ACSM's 67th Annual Meeting. San Francisco, CA, USA.
 - Jamurtas, A. Z., **Georgakouli, K.**, Stamperna, A., Deli, C. K., Draganidis, D., Gatsas, A., Poullos, A., Papanikolaou, K., Kaloudi, D., Kourkouliotis, V., Koutedakis, I., Fatouros, I. G. (2020). Post breakfast resistance exercise and redox status responses in patients with beta thalassemia major exhibiting insulin resistance. ACSM's 67th Annual Meeting. San Francisco, CA, USA.
 - Papoutsaki, A.E., **Georgakouli, K.**, Veskoukis, A., Metsios, G., & Morres, I.D. (2023). Elite athletes' performance, sport nutrition knowledge and affective states. 16th International Conference of Sport Psychology. Trikala, Greece.
 - Kaltsatou, A., Theodorou, S., **Georgakouli, K.**, Orologas, A. (2024). Effects of an Integrated Multidisciplinary Rehabilitation Program on Symptom Management in Multiple Sclerosis: A Blinded Randomized Controlled Trial. ECTRIMS 2024. Copenhagen, Denmark.
 - Vonofakos, D., Papageorgiou, E., Daskalaki, A., Mulliri, V., Kaziani, K., Nurcja, R., Asimoni, M., Draganidis, D., Hatzigerorgiadis, A., Theodorakis, Y., Fatouros, I., Chatziioannidis, V., Metsios, G., **Georgakouli, K.**, Morres, I.D. (2025). Experiences of adults with obesity from a weight loss mediterranean diet and physical activity program. A qualitative study. 20th Conference of the European Network of Young Specialists in Sport Psychology. Trikala, Greece.
 - Papageorgiou, E., Vonofakos, D., Mulliri, V., Daskalaki, A., Kaziani, K., Nurcja, R., Asimoni, M., Draganidis, D., Asimoni, M., Hatzigerorgiadis, A., Theodorakis, Y., Fatouros, I., Chatziioannidis, V., Metsios, G., **Georgakouli, K.**, Morres, I.D. (2025). Prior experiences from diet programs and outcome expectations from a prospective participation in a weight loss program comprising hypocaloric mediterranean diet and promotion of physical activity. A qualitative study with adults with obesity. 20th Conference of the European Network of Young Specialists in Sport Psychology. Trikala, Greece.

6. INVITED PRESENTATIONS

- (2017) "Physical exercise as an adjunctive therapy in the treatment of alcohol use disorders" (Round table). 7th Annual Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. Athens, Greece.
- (2023) "Phytotherapeutic and nutritional interventions in chronic kidney disease". Nephrology Symposium 2023, Larissa.
- (2025) "The Role of Nutrition in Cancer Prevention". Oncology Meeting 2025, Portaria Pelion.
- (2026) "Social and Environmental Determinants of Nutrition in Obesity and Type 2 Diabetes Mellitus". Scientific seminar "Nutrition and Metabolism - Targeting adipose tissue in obesity and type 2 diabetes mellitus". Trikala, Greece.

- (2026) “Diets, fads, and truths: how to eat right for our weight.” 4th Hippocratic Medical Congress. Larissa, Greece.

7. VARIOUS

- *Research Laboratories:*
 - (2026-present) Member of the laboratory of “Nutrition and Clinical Dietetics”, Department of Nutrition and Dietetics, University of Thessaly
 - (2011-present) Scientific associate at the laboratory of “Exercise Biochemistry, Physiology and Nutrition (SmArT Lab)”, Department of Physical Education and Sport Science, University of Thessaly
- *Member of scientific associations/organizations:*
 - International Society of Sports Nutrition
 - Hellenic Society of Medical/Clinical Nutrition and Metabolism (GrESPEN)
 - Hellenic Society of Biochemistry and Physiology of Exercise (E.E.B.Φ.A.) (2013-)

- *Peer reviewer for:* BMC Endocrine Disorders (Springer Nature) with 5-year Impact Factor 2.412, BMC Supplements (Springer Nature), European Journal of Applied Physiology with Impact Factor 2.580, Journal of Sports Science & Medicine with Impact Factor 1.774, Journal of Diabetes Research (Hindawi) with Impact Factor 3.040, Nutrients with Impact Factor 6.706, Oxidative Medicine and Cellular Longevity (Hindawi) with Impact Factor 4.936, PLOS One (Joerg Heber) with Impact Factor 2.740, Scientific Reports (Springer Nature) with Impact Factor 3.998
- *Guest editor:*
 - Special issue: “Effect of Calorie Restriction with Exercise on Body Composition” of Nutrients (Impact Factor 6.706)
 - Special issue: “The effects of alcohol drinking patterns on health and disease” of Nutrients (Impact Factor 6.706)
- Presentations at various workshops to inform the public on issues related to health, nutrition and exercise
- Attendance at various conferences and workshops related to health, nutrition and exercise