

Dr Ioanna-Panagiota Kalafati
Dietitian - Nutritionist
Assistant Professor | Genetic predisposition, nutrition and dietetics

| Item | Number |
|---|---------------------|
| Books | 1 |
| Book Chapters | 1 |
| Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases | 40 |
| Refereed International Conference Presentations | 18 |
| | |
| Google Scholar/Scopus Citation Index (including self-citations) | 4447 |
| Google Scholar/Scopus h-index | 17 |
| Orcid | 0000-0001-5572-7491 |

1. EDUCATION

- 2013-2019 **Harokopio University of Athens**, Athens, Greece
PhD in Gene-Diet/Lifestyle Interactions in non-alcoholic fatty liver disease
A hospital-based, case-control study for the investigation of gene-diet/lifestyle interactions in NAFLD.
- 2010-2011 **University College London (UCL)**, London, UK
MSc in “Clinical and Public Health Nutrition”, Division of Medicine
MSc thesis: “Role of microglia in iron homeostasis in the brain”
- 2006-2010 **Harokopio University of Athens**, Athens, Greece
BSc in Dietetics & Nutritional Sciences
BSc thesis: “Gene-zinc interactions in glycemic traits of adults”

2. EMPLOYMENT HISTORY

- 05/20-today **Research Associate, Harokopio University of Athens**

Key projects involved: Brain Precision, BETTER4U, GRIPonMASH, NASHPI, DIAPREPI, NADPRO, IMPROVE

- Recruitment of patients, nutritional assessment, statistical analysis of genetic, lifestyle and clinical data and results dissemination.

- 2022-2023 **Postdoctoral researcher, Department of Nutrition & Dietetics, University of Thessaly, Trikala**
- “Investigation of the nutritional status of Greek patients with cancer and its effect on their quality of life, functionality and mental health”
- Recruitment of patients, statistical analysis of the data and results dissemination.
- 2019-2020 **Postdoctoral researcher, WHRI, Queen Mary University of London, UK**
- Human Genetics (GWAS, gene expression) & cardiometabolic diseases
- 2018 **Dietitian - Nutritionist**
- Personalised nutritional counselling in pathological conditions
- 2015-2018 **Lecturer/Module leader, Aegean Omiros College / Coventry University, Athens**
- BSc (Hons) Dietetics (Applied)
- Modules: Clinical nutrition, Nutritional counselling, Professional practice and development, Biostatistics, Gene-diet interactions
 - Clinical Placement leader and tutor
 - Supervisor of dissertations on Nutritional epidemiology, Clinical nutrition, Gene-Diet interactions
- 2013-2015 **Research assistant, Harokopio University of Athens**
- “Obesity and metabolic syndrome: dietary intervention with Greek raisins in NAFLD/NASH. Investigation of molecular mechanisms” reviewed and approved by the Greek Secretariat for Research and Technology (Cooperation 890/2009).”
- Statistical analysis and dissemination of the results
- 2013-2014 **Dietitian - Nutritionist**
- Nutrition portal mednutrition.gr
- Food supplements/Nutrition-related project management, scientific advisor
- 2012-2013 **Statistical Genetics Intern, Wellcome Trust Sanger Institute,**

- Statistical analyses of large genetic and phenotypic datasets - Investigation of gene-diet/lifestyle interactions in cardio metabolic diseases

3. ACADEMIC AND SCIENTEFIC EXPERIENCE

3.1.Undergraduate Teaching

2021-2024 **Department of Nutrition and Dietetics, University of Thessaly, Trikala, Greece**

Adjunct Lecturer

- Nutrigenetics - Nutrigenomics - *Fully in charge*
- *Nutrition and Ageing - Fully in charge*
- Genetic Predisposition and Lifestyle - *Fully in charge*
- Public Health Nutrition - *Fully in charge*
- Marketing - *Fully in charge*

3.2.Postgraduate Teaching

2021-2022 **MSc in Nutrition, Well-being and Public Health, Aegean University, Limnos, Greece**

Adjunct Lecturer

- Lecturing for the module “Nutritional Epidemiology”
- Lecturing for the module “Nutrition and Prevention of Chronic diseases”

2017-2022 **MSc in Applied Dietetics - Nutrition, Harokopio University of Athens, Greece**

Adjunct Lecturer

- Lecturing for the module “Nutrigenetics”
- Lecturing for the module “Diet, Lifestyle and Genetic predisposition”

3.3. Co-supervision of Master’s Theses

3.3.1. Completed

3.3.2. In Progress

Co-supervision of MSc thesis: “Assessment of knowledge on the field of Nutrigenetics among Greek Dietitians-Nutritionists”, Department of Medicine, Aristotle University of Thessaloniki, MSc Student name: Theodora Alexandrou

4. PUBLICATIONS

4.1.Books

PhD Thesis

«[Non-alcoholic fatty liver disease: Role of genetic and environmental factors](#)» Ioanna-Panagiota Kalafati | Harokopio University of Athens

4.2. Book Chapters

Chapter: “Non-alcoholic fatty liver disease” in the book “Human Molecular Genetics”,
Pub: UTOPIA

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

Kafyra, M., Kalafati, I. P., Stefanou, G., Kourlaba, G., Moulos, P., Varlamis, I., Kaliora, A. C., & Dedoussis, G. V. (2024). A Dietary Intervention in Adults with Overweight or Obesity Leads to Weight Loss Irrespective of Macronutrient Composition. *Nutrients*, *16*(17), 2842. <https://doi.org/10.3390/nu16172842>

Tsota, M., Giardoglou, P., Mentsiou-Nikolaou, E., Symianakis, P., Kalafati, I. P., Kyriazopoulou-Korovesi, A. A., Angelidakis, L., Papaioannou, M., Konstantaki, C., Hyper-Mastic Consortium, Stamatelopoulos, K., & Dedoussis, G. V. (2024). Investigation of Antihypertensive Properties of Chios Mastic via Monitoring microRNA-21 Expression Levels in the Plasma of Well-Controlled Hypertensive Patients. *Non-coding RNA*, *10*(3), 33. <https://doi.org/10.3390/ncrna10030033>

Dimitriou, M., Moulos, P., Kalafati, I. P., Saranti, G., Rallidis, L. S., & Dedoussis, G. V. (2024). Evaluation of Polygenic Risk Scores for Prediction of Coronary Artery Disease in a Greek Case-Control Study. *Journal of personalized medicine*, *14*(6), 565. <https://doi.org/10.3390/jpm14060565>

Fotakis, C., Amanatidou, A. I., Kafyra, M., Andreou, V., Kalafati, I. P., Zervou, M., & Dedoussis, G. V. (2024). Circulatory Metabolite Ratios as Indicators of Lifestyle Risk Factors Based on a Greek NAFLD Case-Control Study. *Nutrients*, *16*(8), 1235. <https://doi.org/10.3390/nu16081235>

Mentsiou Nikolaou, E., Kalafati, I. P., & Dedoussis, G. V. (2024). The Interplay between Endocrine-Disrupting Chemicals and the Epigenome towards Metabolic Dysfunction-Associated Steatotic Liver Disease: A Comprehensive Review. *Nutrients*, *16*(8), 1124. <https://doi.org/10.3390/nu16081124>

Dimitriou, M.; Kalafati, I.P.; Rallidis, L.S.; Kolovou, G.; Dedoussis, G.V. A Posteriori Dietary Patterns and Coronary Artery Disease in a Greek Case–Control Study. *Nutrients* **2023**, *15*,4733. <https://doi.org/10.3390/nu15224733>

Fotakis C, Kalafati IP, Amanatidou AI, Andreou V, Matzapetakis M, Kafyra M, Varlamis I, Zervou M and Dedoussis GV (2023) Serum metabolomic profiling unveils distinct sex-related metabolic patterns in NAFLD. *Front. Endocrinol.* *14*:1230457. doi: 10.3389/fendo.2023.1230457

Kipouros, M.; Vamvakari, K.; Kalafati, I.P.; Evangelou, I.; Kasti, A.N.; Kosti, R.I.; Androutsos, O. The Level of Adherence to the ESPEN Guidelines for Energy and Protein Intake Prospectively Influences Weight Loss and Nutritional Status in Patients with Cancer. *Nutrients* **2023**, *15*,4232. <https://doi.org/10.3390/nu15194232>

Evangelou I†, Vamvakari K†, Kalafati IP et al. Depression and Anxiety as Mediators of the Effect of Nutritional Status on Quality of Life and Functional Capacity of Patients with Cancer. **Nutrition and Cancer** **2023** *75*:9, 1783-1794, doi: [10.1080/01635581.2023.2237688](https://doi.org/10.1080/01635581.2023.2237688)

Kalantzi V, [Kalafati IP](#), et al. Cardiometabolic Patient-Related Factors Influencing the Adherence to Lifestyle Changes and Overall Treatment: A Review of The Recent Literature. **Life**. 2023 May;**13(5):1153**. doi:**10.3390/life1305115**

Kafyra M, [Kalafati IP](#), et al. Associations of VEGF-A-Related Variants with Adolescent Cardiometabolic and Dietary Parameters. **Nutrients**. 2023 Apr;**15(8):1884**. doi: **10.3390/nu15081884**.

Amanatidou AI, [Kalafati IP](#), et al. Genetic predisposition to celiac disease in a Greek case-control study: a preliminary study. **Gastrointest Liver Dis**. 2023 Apr;**32(1):121-122**. doi: **10.15403/jgld-4797**.

Gketsios I, Tsiampalis T[†], Foscolou A[†], [Kalafati IP](#), et al. Association between Family and School Pressures, Consumption of Ultra-Processed Beverages, and Obesity in Preadolescents: A School-Based Epidemiological Study. **Children (Basel)** 2023 Mar;**10(3):500**. doi: **10.3390/children10030500**.

[Kalafati IP](#) et al. TM6SF2-rs58542926 Genetic Variant Modifies the Protective Effect of a "Prudent" Dietary Pattern on Serum Triglyceride Levels. **Nutrients** 2023 Feb;**15(5):1112**. doi: **10.3390/nu15051112**.

Kafyra M, [Kalafati IP](#) et al. Robust Bioinformatics Approaches Result in the First Polygenic Risk Score for BMI in Greek Adults. **J Pers Med** 2023 Feb;**13(2):327**. doi: **10.3390/jpm13020327**.

Vamvakari K[†], Evangelou I[†], [Kalafati IP](#) et al. Assessment of nutritional status using objective and subjective methods in Greek patients with cancer. **memo - Magazine of European Medical Oncology** 2023. doi: **10.1007/s12254-023-00877-2**.

Yengo L,....., [Kalafati IP](#) et al. A saturated map of common genetic variants associated with human height. **Nature** 2022 Oct;**610(7933):704-712**. doi: **10.1038/s41586-022-05275**

Amanatidou A., ..., [Kalafati IP](#) et al. Association of Dietary Patterns with MRI Markers of Hepatic Inflammation and Fibrosis in the MAST4HEALTH Study
Int J Environ Res Public Health 2022 Jan **16;19(2):971**. doi: **10.3390/ijerph19020971**

Kafyra M.⁺, [Kalafati IP](#)⁺ et al. The iMPROVE Study; Design, Dietary Patterns, and Development of a Lifestyle Index in Overweight and Obese Greek Adults. ⁺Equal contribution
Nutrients 2021 Oct **3;13(10):3495**. doi: **10.3390/nu13103495**.

Kafyra M., [Kalafati IP](#) et al. Dietary patterns, blood pressure and the glycaemic and lipidemic profile of two teenage, European populations.
Nutrients 2021 Jan;**13(1):E198**. doi: **10.3390/nu13010198**.

Kaliora AC, Gioxari A, [Kalafati IP](#) et al. The effectiveness of Mediterranean Diet in nonalcoholic fatty Liver disease clinical course: An Intervention Study.
J Med Food. 2019 Jul;**22(7):729-740**. doi: **10.1089/jmf.2018.0020**

[Kalafati IP](#) et al. Fish intake interacts with TM6SF2 gene variant to affect NAFLD risk: results of a case-control study. **European Journal of Nutrition** 2019 Jun;**58(4):1463-1473**. doi: **10.1007/ s00394-018-1675-4**

Kalafati IP et al. Dietary patterns and non-alcoholic fatty liver disease in a Greek case-control study.

Nutrition 2019 May;61:105-110. doi: 10.1016/j.nut.2018.10.032

Asprouli E, Kalafati IP et al. Evaluation of Plasma Trace Elements in Different Stages of Nonalcoholic Fatty Liver Disease.

Biological Trace Element Research 2019 Apr;188(2):326-333. doi: 10.1007/s12011-018-1432-9

Karlsson Linner R, ... , Kalafati IP et al. Genome-wide association analyses of risk tolerance and risky behaviors in over 1 million individuals identify hundreds of loci and shared genetic influences.

Nature Genetics 2019 Feb; 51(2): 245-257. doi: 10.1038/s41588-018-0309-3

Merino J ,..., Kalafati IP et al . Genome-wide meta-analysis of macronutrient intake of 91,114 European ancestry participants from the cohorts for heart and aging research in genomic epidemiology consortium.

Molecular Psychiatry 2019 Dec;24(12):1920-1932. doi: 10.1038/s41380-018-0079-4

Kaliora AC, Kalafati IP et al. A modified response of NAFLD patients with non-significant fibrosis in nutritional counseling according to GCKR rs1260326.

European Journal of Nutrition, 2018 Sep;57(6):2227-2235. doi: 10.1007/s00394-017-1499-7

Lee JJ, ... , Kalafati IP et al. Gene discovery and polygenic prediction from a genome-wide association study of educational attainment in 1.1 million individuals.

Nature Genetics 2018 Jul 23;50(8):1112-1121. doi: 10.1038/s41588-018-0147-3

Vezou C, Kalafati IP & Dedoussis GV. Nutrigenetics of Non-Alcoholic Fatty Liver Disease: What do we know so Far?

Journal of Clinical Nutrition & Metabolism 2017 Oct; 1: 2

Marioni RE,..., Kalafati IP et al. Genetic variants linked to education predict longevity.

Proceedings of the National Academy of Sciences of USA 2016 Nov; 113(47):13366-13371

Barban N,..., Kalafati IP et al . Genome-wide analysis identifies 12 loci influencing human reproductive behavior.

Nature Genetics 2016 Oct; 48: 1462-1472. doi: 10.1038/ng.3698

Okbay A,..., Kalafati IP et al . Genome-wide association study identifies 74 loci associated with educational attainment.

Nature 2016 May 26;533(7604):539-42. doi: 10.1038/nature17671

Dimitriou M,..., Kalafati IP et al . Exclusive olive oil consumption has a protective effect on coronary artery disease; overview of the THISEAS study.

Public Health Nutrition 2016 April; 19(6):1081-1087. doi: 10.1017/S1368980015002244

Fretts AM,..., Kalafati IP et al. Consumption of meat is associated with higher fasting glucose and insulin concentrations regardless of glucose and insulin genetic risk scores: a meta-analysis of 50,345 Caucasians.

American Journal of Clinical Nutrition 2015 Nov;102(5):1266-78. doi: 10.3945/ajcn.114.101238

Dashti HS,...., Kalafati IP et al. Gene-Environment Interactions of Circadian-Related Genes for Cardiometabolic Traits.
Diabetes Care. 2015 Aug;38(8):1456-66. doi: 10.2337/dc14-2709

Nettleton J.A,...., Kalafati IP et al . Gene × dietary pattern interactions in obesity: Analysis of up to 68 317 adults of European ancestry.
Human Molecular Genetics 2015 Aug; 24(16):4728-38. doi: 10.1093/hmg/ddv186

Shungin D,...., Kalafati IP et al. New genetic loci link adipose and insulin biology to body fat distribution.
Nature 2015 Feb;518(7538):187-96. doi: 10.1038/nature14132

Dashti HS,...., Kalafati IP et al. Habitual sleep duration is associated with BMI and macronutrient intake and may be modified by CLOCK genetic variants.
American Journal of Clinical Nutrition 2015 Jan;101(1):135-43. doi: 10.3945/ajcn.114.095026

Kalafati IP, Borsa D and Dedoussis GV. The Genetics of Nonalcoholic Fatty Liver Disease: Role of Diet as a Modifying Factor.
Current Nutrition Reports 2014 Sep; 3(3):223-232.

Tanaka T,...., Kalafati IP et al . Genome-Wide Meta-Analysis of Observational Studies Shows Common Genetic Variants Associated with Macronutrient Intake.
American Journal of Clinical Nutrition 2013; 97:1395–402. doi: 10.3945/ajcn.112.052183

5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

M Kafyra, IP Kalafati et al. Adherence To A Traditional Dietary Pattern Modifies The Genetic Predisposition For Bmi Levels In Greek Adults. 17 Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας 2023.

M Kafyra, IP Kalafati et al. The effects of a dietary intervention for weight loss and gene-diet interactions on body composition in adults. **European Society for Clinical Nutrition and Metabolism (ESPEN) 2023 (poster presentation)**

Kalafati IP, et al. Chios Mastic improves night-time diastolic pressure in well-controlled patients with hypertension; Preliminary results of the HYPER-MASTIC clinical trial. **European Society of Hypertension (ESH) 2023 (poster presentation)**

Kalafati IP, et al. TM6SF2-rs58542926 genetic variant modifies the protective effect of a “Prudent” dietary pattern on serum triglyceride levels. **European Human Genetics Conference (ECHG) 2023 (poster presentation)**

Kafyra M, Kalafati IP, et al. A dietary intervention for weight loss in Greek adults; preliminary results of the iMPROVE study. **30th European Congress of Obesity (ECO) 2023 (poster presentation)**

Καλαφάτη ΙΠ, και συν. Η κατάθλιψη και το άγχος ως διαμεσολαβητές της επίδρασης της κατάστασης θρέψης στην ποιότητα ζωής και στη λειτουργική ικανότητα ογκολογικών ασθενών. **1ο Συνέδριο Νέων Ερευνητών Επιστημών Φυσικής Αγωγής, Αθλητισμού και Διαιτολογίας 2023 (oral presentation)**

Amanatidou AI, Kalafati IP, et al. Physical activity alters the genetic predisposition of non-alcoholic fatty liver disease in a Greek case-control study. **THE 10th SANTORINI CONFERENCE The Odyssey from hope to Practice: Patient first 2022 (poster presentation)**

Manuel Romero-Gómez, ..., Kalafati IP, et al. NASH patient's itinerary: Comparison of strategies for screening, referring and management. **International Liver Congress 2022 (ILC) (poster presentation)**

Kalafati IP, et al. Gene-diet interactions in NAFLD highlight the need for personalised nutrition. **3rd International Congress for Fatty Liver (ICFL) 2022 (poster presentation)**

Evangelou I, Vamvakari K, Kalafati IP, et al. Assessment of nutritional status using objective and subjective methods in Greek cancer patients. **1st International Conference of Nutritional Sciences and Dietetics (ICNSD) 2022 (poster presentation)**

Amanatidou A, Kafyra M, Kalafati IP, et al. The association of Lifestyle Score and genetic polymorphisms in a Greek NAFLD case-control study. **14th Congress of the International Society of Nutrigenetics/Nutrigenomics (ISNN) 2021 (poster presentation)**

Kalafati IP, et al. Lower adherence to Mediterranean diet eliminates a hypolipidemic effect of FTO rs9939609 polymorphism in overweight/obese adults. **19th European Congress of Internal Medicine (ECIM) 2021 (oral presentation)**

Kalafati IP, et al. Dietary patterns and non-alcoholic fatty liver disease in a Greek case-control study. **54th European Association for the Study of Diabetes (EASD) 2018 (poster presentation)**

Kalafati IP, et al. Beneficial effect of fresh fruit juice and polyunsaturated fatty acids rich foods intake on genetically susceptible individuals as determined by 11 NAFLD-associated loci. **1st International Conference on Fatty Liver (ICFL) 2017 (poster presentation)**

Καλαφάτη IP και συν. Συχνότητα εμφάνισης πολυμορφισμών γονιδίων που σχετίζονται με τη μη-αλκοολική λιπώδη νόσο του ήπατος σε ενήλικο πληθυσμό. **15^ο Ελληνικό Ηπατολογικό Συνέδριο 2017 (poster presentation)**

Kalafati IP, et al. Evaluation of polyunsaturated fatty acids rich foods intake on genetically susceptible individuals: The Hellenic NAFLD study. **9th International Congress of Internal Medicine (ICIM) (oral presentation)**

Καλαφάτη IP και συν. Επίδραση της αλληλεπίδρασης του πολυμορφισμού του γονιδίου PNPLA3 με την κατανάλωση ψαριών στην εξέταση της μη-αλκοολικής λιπώδους νόσου του ήπατος **14^ο Πανελλήνιο Ηπατολογικό Συνέδριο 2015 (oral presentation)**

Dimitriou M, Rallidis L, Theodoraki EV, Kalafati IP, et al. Exclusive olive oil consumption has a protective effect on coronary artery disease; overview of the THISEAS study **83th European Atherosclerosis Society (EAS) Congress 2015 (poster presentation)**

Kalafati IP et al. The effect of food groups on NAFLD status in a Greek population.

European Congress of Obesity (ECO) 2014 (poster presentation)

Καλαφάτη ΙΠ και συν. Αρνητική συσχέτιση των επιπέδων αντιπυονεκτίνης με την πιθανότητα εμφάνισης καρδιαγγειακών νοσημάτων: Αποτελέσματα της μελέτης THISEAS.

34^ο Επιστημονικό Συνέδριο της Ελληνικής Εταιρείας Βιολογικών Επιστημών 2013 (oral presentation)

6. INVITED PRESENTATIONS

9th Congress of ELIGAST, Athens, Mar 2014 - Presenter - "Diet and Irritable Bowel Disease"

7. MISCELLANEOUS

CONTINUOUS PROFESSIONAL DEVELOPMENT

• **Article reviewer for:**

British Journal of Nutrition (IF 2018=3.319), Nutrition Journal (2-yr IF=3.592), Gastroenterology Research and Practice (IF 2019=1.890), Nutrition Research (IF 2019= 2.767), Nutrition, Metabolism & Cardiovascular Diseases (IF 2019= 1.111), iScience (IF 2020=5.08), Nutrients (IF 2019= 4.546)

• **Volos Summer School on Human Genetics, 2017**

Πρόκειται για έναν κύκλο μαθημάτων και εργαστηρίων σχετικό με τη γενετική των σύνθετων νοσημάτων του ανθρώπου, με έμφαση στην υπολογιστική και στατιστική ανάλυση μελετών σάρωσης γονιδιώματος.

ICH Good Clinical Practice E6 (R2)

It is an e-learning course που στόχο έχει να εμψυχήσει στον κλινικό ερευνητή τις βασικές αρχές της ορθής κλινικής πράξης καθώς και το πώς αυτές μπορούν να εφαρμοστούν πρακτικά σε ερευνητικό επίπεδο.

FOREIGN LANGUAGES SKILLS

English: fluent, Certificate of Proficiency of Michigan University & IELTS (Band Score:8)

French: fluent, Certificate of Sorbonne II

Spanish: basic

IT/ PROGRAMMING SKILLS

- ECDL certificate
- R programming language
- SPSS software
- Software for statistical genetics: PLINK, SNPTEST, SAIGE