

<b>Curriculum vitae</b>	<b>Zartaloudi Afroditi</b>
<p><b>Current Position:</b> Assistant Professor</p> <p><b>Scientific Domain:</b> Mental Health Nursing with emphasis on treatment care of mental disorders in the hospital and the community mental health center - (<b>Code APELLA</b>): APP12653</p> <p><b>Sector:</b> Pediatric Nursing &amp; Mental Health Nursing</p> <p><b>Laboratory:</b> "Rehabilitation of the chronically ill" Lab</p> <p><b>Tel:</b> 210 5385270</p> <p><b>Email:</b> azarta@uniwa.gr</p> <p><b>Research Gate id:</b> <a href="https://www.researchgate.net/profile/Afroditi-Zartaloudi">https://www.researchgate.net/profile/Afroditi-Zartaloudi</a></p> <p><b>Google Scholar Profile:</b> <a href="https://scholar.google.com/citations?user=waOjh2sAAAAJ&amp;hl=el">https://scholar.google.com/citations?user=waOjh2sAAAAJ&amp;hl=el</a></p> <p><b>ORCID ID:</b> <a href="https://orcid.org/0000-0003-3892-675X">https://orcid.org/0000-0003-3892-675X</a></p> <p><b>Pubmed:</b> <a href="https://pubmed.ncbi.nlm.nih.gov/?term=Zartaloudi+A%5BAuthor%5D&amp;sort">https://pubmed.ncbi.nlm.nih.gov/?term=Zartaloudi+A%5BAuthor%5D&amp;sort</a></p>	
<b>Education</b>	
<ul style="list-style-type: none"> <li>• Doctoral degree (Ph.D.) in Mental Health Nursing. University of Athens, Department of Nursing, Greece. (Topic: Factors affecting the first contact with a Community Mental Health Center).</li> <li>• Master of Science (MSc) in Mental Health. University of Athens, Department of Nursing, Greece</li> <li>• Master of Science (MSc) in Mental Health Promotion and Prevention of Psychiatric Disorders. University of Athens, Faculty of Medicine, Greece.</li> <li>• Bachelor of Science (BSc) in Nursing. University of Athens, Greece</li> <li>• 3 years' training in Systemic Family &amp; Couple Counselling during academic years 2015-18 (A and B Psychiatric Clinics and Department of Child Psychiatry, National and Kapodistrian University of Athens)</li> <li>• 2 years' training in Clinical Psychopathology (clinical examination, differential diagnosis and therapeutic planning in the practice of clinical psychopathology) during academic years 2015-16 and 2016-17 (A Psychiatric Clinic of National and Kapodistrian University of Athens)</li> <li>• Certified program "Development of more effective Human Resources Management and training skills in the public sector". National and Kapodistrian University of Athens. Certified by the National Centre for Public Administration and Local Government</li> </ul>	
<b>Academic Appointments</b>	
2020 – Assistant Professor of Mental Health Nursing of University of West Attica	
2018 – 20 Lecturer of University of West Attica	

2015-18 Lecturer, Technological Educational Institute of Athens, Department of Nursing

### Professional Experience

"Sismanoglio" General Hospital of Athens

- Psychiatric Clinic
- Intensive Care Unit

### Research Interests

Psychiatric Nursing / Mental Health Nursing

Community Mental Health Nursing

Psychosocial rehabilitation / psychoeducation

Mental Health Promotion / resilience and psychological well-being / quality of life in different population groups (family, employees, students, health professionals, patients with chronic disease and patients with acute condition).

Mental Health and physical illness

Family – patient relationship

Quality of Life in patients with chronic disease (mental and physical)

Health moral issues and ethics in mental health

### Teaching Areas

Liaison Mental Health Nursing (Theory), Teaching methods in nursing (Theory), Mental Health Nursing (Theory and Laboratory), Trauma and Psychosocial Support (Theory), Paediatric Nursing (Laboratory)

### Recent Publications

- **Zartaloudi A**, Koutelekos I, Polikandrioti M, Stefanidou S, Koukoularis D, Kyritsi E. Anxiety and depression in primary care patients suffering of rheumatoid diseases. *Psychiatriki*. 2020 Apr-Jun;31(2):140-150. doi: 10.22365/jpsych.2020.312.140.
- **Zartaloudi A**, Koutelekos I, Polikandrioti M, Stefanidou S, Koukoularis D, Kyritsi E. (2017). Sociodemographic, Psychological and Clinical Profile of Greek Patients with Rheumatic Disease3s Undergoing Treatment in Primary Care. *Hellenic Journal of Nursing*, 56(3): 264–275.
- Polikandrioti M, Vasilopoulos G, Koutelekos I, Panoutsopoulos G, Gerogianni G, Alikari V, Dousis E, **Zartaloudi A**. Depression in diabetic foot ulcer: Associated factors and the impact of perceived social support and anxiety on depression. *Int Wound J*. 2020 Aug;17(4):900-909. doi: 10.1111/iwj.13348.
- Katsantoni K, **Zartaloudi A**, Papageorgiou D, Drakopoulou M, Misouridou E. Prevalence of Compassion Fatigue, Burn-Out and Compassion Satisfaction Among Maternity and Gynecology Care Providers in Greece. *Mater Sociomed*. 2019 Sep;31(3):172-176. doi: 10.5455/msm.2019.31.172-176.
- **Zartaloudi, A.** (2019). Depressive disorders: conceptions and mental health

- promotion. *Perioperative nursing*, 8(4), 223–237. <http://doi.org/10.5281/ze>
- Karanikola MNK, **Zartaloudi A**. Depressive symptoms and professional satisfaction in Greek nursing personnel in the realm of European financial crisis. *Appl Nurs Res*. 2021 Aug 11;151486. doi: 10.1016/j.apnr.2021.151486.
  - **Zartaloudi A**, Madianos MG. Mental health treatment fearfulness and help-seeking. *Issues Ment Health Nurs*. 2010 Oct;31(10):662-9. doi: 10.3109/01612840.2010.490929.
  - Karvouni, L., Adamakidou, T., Mantzorou, M., Fasoi, G., **Zartaloudi, A** (2020) Sociodemographic and professional profile of nurses in psychosocial rehabilitation services of the Psychiatric Hospital of Athens "DAFNI". *Perioperative Nursing*, 10(2), 177–192. <https://doi.org/10.5281/zenodo.5651581>
  - Karanikola MNK, **Zartaloudi A**, Nystazaki M, Zavrou R, Papathanassoglou EDE. Is there any association among depressive symptoms, job satisfaction and self-assessed empathy? A correlational study in Greek Psychiatric/Mental Health Nurses. *Arch Psychiatr Nurs*. 2020 Aug;34(4):230-236. doi: 10.1016/j.apnu.2020.04.006.
  - Missouriidou E, **Zartaloudi A**, Dafogianni C, Koutelekos J, Dousis E, Vlachou E, Evagelou E, Papageorgiou E. Researching Nursing Students' Attitudes toward Mental Health Practice: Cultural Adaptation and Validation of the Greek Version of the Acceptability of Locking the Door Questionnaire in Acute Psychiatric Care. *Adv Exp Med Biol*. 2021; 1337:107-115. doi: 10.1007/978-3-030-78771-4\_13.
  - **Zartaloudi A**. (2019). Compulsive Hoarding Syndrome: Clinical Aspects and Therapeutic Implications for Nursing Practice in Community. *Perioperative Nursing*, 8(3): 180–192.
  - Aggeli P, Fasoi G, **Zartaloudi A**, Kontzoglou K, Kontos M, Konstantinidis T, Kalemikerakis I, Govina O. Posttreatment Anxiety, Depression, Sleep Disorders, and Associated Factors in Women Who Survive Breast Cancer. *Asia Pac J Oncol Nurs*. 2021 Jan 29;8(2):147-155. doi: 10.4103/apjon.apjon\_65\_20.
  - Missouriidou E, **Zartaloudi A**, Dafogianni C, Koutelekos J, Dousis E, Vlachou E, Evagelou E. Locked versus open ward environments and restrictive measures in acute psychiatry in Greece: Nursing students' attitudes and experiences. *Perspect Psychiatr Care*. 2021 Jul;57(3):1365-1375. doi: 10.1111/ppc.12699.
  - Stoantziki, A., **Zartaloudi, A.**, Mantzorou, M., Kampa, E. (2020) Research on the perceptions of high school students after the application of Emotional Release Techniques (EFT). *Scientific Chronicles*, 25(2), 371-383
  - Simou, O, Orfanou, E, **Zartaloudi, A**, Toulia, G, & Koutelekos, I. (2021). Evaluation of the expected benefits of liaison psychiatry in the general hospital. *Perioperative*

Nursing, 10(1), 62–73. <https://doi.org/10.5281/zenodo.5501830>

- Polikandrioti M, Koutelekos I, Panoutsopoulos G, Gerogianni G, **Zartaloudi A**, Dousis E, Babatsikou F, Toulia G. Hospitalized patients with heart failure: the impact of anxiety, fatigue, and therapy adherence on quality of life. *Arch Med Sci Atheroscler Dis.* 2019 Dec 2;4: e268-e279. doi: 10.5114/amsad.2019.90257.
- Polikandrioti M, Vasilopoulos G, Koutelekos I, Panoutsopoulos G, Gerogianni G, Babatsikou F, **Zartaloudi A**, Toulia G. Quality of Life in Diabetic Foot Ulcer: Associated Factors and the Impact of Anxiety/Depression and Adherence to Self-Care. *Int J Low Extrem Wounds.* 2020 Jun;19(2):165-179. doi: 10.1177/1534734619900415.
- Gerogianni G, Polikandrioti M, Alikari V, Vasilopoulos G, **Zartaloudi A**, Koutelekos I, Kalafatakis F, Babatsikou F. Factors Affecting Anxiety and Depression in Caregivers of Hemodialysis Patients. *Adv Exp Med Biol.* 2021; 1337:47-58. doi: 10.1007/978-3-030-78771-4\_6.
- Koutelekos, I., **Zartaloudi, A.**, & Athanasiadi, V. (2019). Psychological Approach to Children And Adolescents With Cystic Fibrosis. *Perioperative Nursing*, 7(3), 206–216. <http://doi.org/10.5281/zenodo.2553521>
- **Zartaloudi A**, Koutelekos I. Depressive Symptomatology in Patients with Rheumatic Diseases. *Hellenic Journal of Nursing* 2018, 57(1): 22–32
- **Zartaloudi A**, Koutelekos I. Anxiety and Quality of Life in Patients with Rheumatic Diseases. *Hellenic Journal of Nursing* 2017, 56(4): 305–314
- **Zartaloudi A**. Social Cognitions, Negative Cognitive Triad and Appearance of Depressive Symptomatology. *Hellenic Journal of Nursing*, 2016, 55(2): 139–148
- Benetou, S., Tsirigotis, S., Dousis, E., Alikari, V., Evangelou, E., Koutelekos, I., **Zartaloudi, A.**, & Gerogianni, G. (2020). Concerns of hemodialysis patients. *Health & Research Journal*, 6(2), 56-65.
- Koutelekos IG, **Zartaloudi A**, Vassalos CM, Dousis E, Polikandrioti M, Vassalou E, Chaliasos N. (2018). Investigation of depression in Greek thalassaemic teenagers. *Perioperative Nursing*, 7 (2): 133-144.
- **Zartaloudi A**, Madianos M. Help-seeking from a Community Mental Health Centre. *Psychiatriki.* 2010 Apr;21(2):126-35.
- Madianos MG, **Zartaloudi A**, Alevizopoulos G, Katostaras T. Attitudes toward help-seeking and duration of untreated mental disorders in a sectorized Athens area of Greece. *Community Ment Health J.* 2011 Oct;47(5):583-93. doi: 10.1007/s10597-011-9404-y.
- Frounta M. & **Zartaloudi A**. (2016). Applying effective health education programs in

Greek schools: Exploring the role of teachers training. *Journal of Education and Human Development*, 5(2): 207-214.

- Madianos M.G., **Zartaloudi A.**, Kallergis, G., Alevizopoulos, G. (2008). Duration of untreated mental disorders and help-seeking in a sectorized Athens area. *Primary Care and Community Psychiatry*, 13(4): 148-154.
- **Zartaloudi A.** (2011). Cognitive approach of Social Phobia. *Interscientific Health Care*, 3(1):1-9.
- **Zartaloudi, A.** (2011). What is men's experience of depression? *Health Science Journal*, 5(3): 182-187.
- **Zartaloudi A.** & Madianos M (2011). Demographic characteristics and help-seeking from a mental health professional. *Hellenic Journal of Nursing*, 50(4): 375–383.
- **Zartaloudi A.** & Madianos M. (2011). Culture Diversity and Help-Seeking from Mental Health Services. *Nursing Care and Research*, 29: 31-40.
- **Zartaloudi A.** & Madianos M. (2010). Stigma related to help-seeking from a mental health professional. *Health Science Journal*, 4(2): 77-83.
- **Zartaloudi A.** & Madianos M. (2010). The importance of early detection and therapeutic intervention of mental health problems. *Encephalos*, 47(3):131-143.
- **Zartaloudi A.** (2010). Transcultural exploration of bereavement and grief. *Interscientific Health Care*, 2(2): 55-63.
- **Zartaloudi A.** (2010). Help-seeking as a threat to self-reliance and self-esteem of an individual with mental health problems: a questionnaire survey. *Hellenic Journal of Nursing Science*, 3(3):76-84.
- **Zartaloudi A.** (2009). Restraints and patients with mental disorders and aggressive behavior. *Interscientific Health Care*, 1(3): 85-92.
- **Zartaloudi A.** (2009). Exploration of factors affecting duration of untreated psychosis. *Cyprus Nursing Chronicles*, 10(3): 29-40.

#### **Conferences-Other Activities**

- More than 140 presentations in International and Greek conferences
- More than 130 papers in peer-reviewed International and National conference proceedings.
- Participation in more than 150 International and National conferences.
- Participation in postgraduate seminars, certified educational programs, training in psychotherapeutic interventions (group, cognitive behavioral, psychoeducational and family psychotherapeutic interventions)