

Curriculum Vitae Maria Basta, M.D., Ph.D.

Last update: JAN 2024

Dr Maria Basta was born in Heraklion/Crete/Greece. She graduated the Medical School of Crete in 1997. She completed her residency in Psychiatry in the Department of Psychiatry / University Hospital of Crete in 2006. During her residency she was trained in Sleep Medicine for 6 months in the Sleep Research and Treatment Center, Pennsylvania State University, Hershey, PA. She acquired her PhD Diploma from the Medical School of Crete in 2003 in Sleep Medicine. Between 2006-2007 she did a 13 months postdoctoral fellowship in Sleep Medicine in the Sleep Research and Treatment Center, Pennsylvania State University, Hershey, PA, USA. She worked as Attending Psychiatrist in Venizeleio General Hospital/Heraklion/Crete/Greece, in the Mental Health Center of Heraklion/ Crete/Greece and in the Department of Psychiatry/University Hospital/Heraklion/Crete/Greece (2007-2012). Between 2013- 2018 Dr Basta became Assistant Professor of Psychiatry, University of Crete, Greece, School of Medicine (tenure since Jan 2017) and Professor of Psychiatry since Febr 2024. Since 2018 she is an Associate Professor of Psychiatry, University of Crete, Greece, School of Medicine (tenure). Since September 2020 Dr Basta is the Director of Department of Psychiatry and Child Psychiatry, University Hospital of Heraklion, Crete, Greece and Day Hospital for Alzheimer's Disease, University Hospital of Heraklion, Crete, Greece. Dr Basta has published over 100 original articles/review articles, most of them on field of Sleep Medicine and Clinical Psychiatry (citations: >4,400, h-index: 32). She is a reviewer in many distinguished international journals and is currently member of the Editorial Board of Frontiers in Aging Neuroscience (I.F.: 5.75). Also, Dr Basta is currently involved in the following research grants as a co-investigator/ Primary Investigator: (1)“Multidisciplinary Network for the study of Alzheimer's Disease”, Program THALIS, (as co-investigator), Principal Investigator: A.N. Vgontzas (accepted: 2012), (2)“Evaluation Center of the course and treatment of chronic psychiatric disorders in Crete”. Program : “ ESPA: 2007-2013”, Principal Investigator: A.N. Vgontzas , (3)“Research and Comprehensive Intervention for the social inclusion of a major socially vulnerable group: Psychological profile / psychopathology, skills' profile, needs assessment and programmes' development for training-reskilling and psychological support towards the re-inclusion of "young people not in education, employment of training" [EEA Grants GR07/3757 \(KA 4361\)](#), (4)Sleep Apnea (OSA) and poor sleep as Risk Factors for decreased cognitive performance in patients with Mild Cognitive Impairment: the Cretan Aging Cohort (CAC) Principal Investigator: M. Basta (Hellenic Foundation for Research and Innovation, #45971, 2020-2023). Finally, Dr Basta is member of the European Sleep Research Society (ESRS) and the American Association of Sleep Medicine (AASM) and since 2015 is qualified with the title of “European Somnologist, expert in Sleep Medicine”. She is also member of the Hellenic Initiative Against Alzheimer's (HIAAD). Dr Basta is also a Qualified Cognitive Behavioral Therapist, member of the Greek Society of Cognitive Therapies and has applied to become member of the European Association of Behavioural Cognitive Therapy (EABCT).