

CURRICULUM VITAE

Panagiotis (Panos) BITSIOS
Professor of Psychiatry
Faculty of Medicine
University of Crete



March 2025

EDUCATION & PROFESSIONAL QUALIFICATIONS [GREECE]

BASIC & SECONDARY EDUCATION: Model Experimental School of the
Aristotle University of Thessaloniki

MEDICAL SCHOOL: Aristotle University of Thessaloniki

GRADUATION: 15 May 1985

MEDICAL LICENSURE: 5 Sep. 1985 – No: Γ1 / 39502

COMPLETION OF TRAINING EXAMS: 24 June 1993, Thessaloniki

SPECIALIST PSYCHIATRIST CERTIFICATE: 10/08/1993 (Γ2/22080, 23/6/93)

GREEK STATE SCHOLARSHIP: 25/05/1993

EDUCATION & PROFESSIONAL QUALIFICATIONS [UK]

PhD degree : University of Nottingham, 9/07/1997

GMC REGISTRATION: Full: 4068901, 22/12/1993

GMC SPECIALIST REGISTER: 21/03/1996

SECTION 12(2) & APPROVED CLINICIAN: August 1997-present

ANNUAL GMC APRAISALS Since 2005

GMC REVALIDATION October 2015, 2020, 2025

ROYAL COLLEGE OF PSYCHIATRISTS: International Affiliate Member: 13950

VISITING ACADEMIC 2006-2013: Visiting Senior Research Fellow,
Institute of Psychiatry, Section of
Neurobiology of Psychosis, King's
College, London

Nov-Dec 2006 Outreach And Support In South London
(OASIS). Early Intervention in Psychosis
Team, South London and Maudsley NHS
Trust, London.

CURRENT POST

2017-today Professor of Psychiatry, University of Crete.

SUMMARY OF ALL PREVIOUS APPOINTMENTS

1985-87	General practice - Greek Air Force Health Officer
1987-88	General Practice - Countryside Service, Rethymnon, Crete Greece
1989-90	Registrar in Neurology - St Paul's Hospital of Thessaloniki
1990-93	Registrar in Psychiatry - B University Psychiatric Clinic, Aristotle University of Thessaloniki
1993-96	Postgraduate PhD studies, University of Nottingham, UK
1996-97	Registrar in Psychiatry, Queens Medical Centre, Nottingham, UK
1997-98	Clinical Lecturer/Honorary Specialist Registrar, Psychiatric Day Hospital and Neuropsychiatric Assessment Unit, Queens Medical Centre, Department of Psychiatry, University of Nottingham, UK
1998-99	Consultant in General Adult Psychiatry (Locum), Brandon Mental Health Unit, Leicester General Hospital, Leicestershire Partnership NHS Trust, UK
1999-03	Lecturer in Psychiatry, University of Crete
2003-12	Assistant Professor of Psychiatry, University of Crete
2012-17	Associate Professor of Psychiatry, University of Crete
2013-17	Head of Child and Adolescent Services, University Gen Hospital, Heraklion
2003-24	Head of University Mental Health Consultation Centre for Students

TEACHING EXPERIENCE

UK: Medical School, University of Nottingham

Undergraduate Students

- | | |
|-----------|--|
| 1997-1998 | Lectures on “Psychopharmacology” & Clinical supervision to rotating medical students |
| 1997-1999 | Supervision of three PhD student projects |

Greece: Medical School, University of Crete

Undergraduate Medical Students

- | | |
|---------------|---|
| 1999-2009 | Main Lecturer in “Psychiatry” course to 4 th year medical students. |
| 2002-Feb 09 | Coordinator of clinical rotation of 6 th year medical students. |
| Feb 09-Feb 13 | Member of the coordinating team of students’ clinical rotation |
| 2014-16 | Responsible for the course “Psychiatry” to 4 th year medical students with excellent student feedback. |

Postgraduate Medical Students

- | | |
|----------------|---|
| Oct 2002 –2016 | MSc Neurosciences Course, Medical School: Responsible and main lecturer of the “Psychopharmacology” course, lectures in the “Molecular Basis of Neuropsychiatric Disorders” courses and since June 2010 responsible for the Core course B (“Systemic Neurosciences”). |
| 2004-2016 | MSc Public Health and Services Organisation, Medical School: Lectures in “Psychiatric Epidemiology and Psychiatric Services Organisation” |

2004-2016 MSc Optics and Vision, Medical School: Lectures in “Pupillometry”

2013-2016 MSc "The Molecular Basis of Human Disease” Medical School: Lectures in “Schizophrenia and Psychoses”

PhD students Direct supervisor of 11 PhD dissertations

Many of the MSc and PhD students I mentored, are today independent career scientists achieving excellence in Greece and high-ranking universities in the USA and UK.

Trainee Psychiatrists and GPs at University General Hospital

Oct 1999-2013 Clinical supervision of trainee psychiatrists

Oct 2002 -Feb 2005 Coordinator of educational activities for psychiatrists and GPs in training

Oct 2008 – 2013 Lectures in clinical and biological psychiatry to psychiatrists and GPs in training

Oct 2014-2016 Organiser, coordinator and main lecturer of the educational activities of Child and Adolescent Services

RESEARCH

BRIEF REVIEW OF RESEARCH ACTIVITY

I have been conducting translational research in psychiatry since 1996 with a particular focus on developing and exploring valid translational paradigms in humans for research in the psychoses, affective processing in mood disorders, anxiety and arousal. To this end, we study (endo)phenotypes such as the prepulse inhibition of the acoustic startle response, aspects of cognition and the modulation of startle and the pupillary light reflexes by affective states, threat, and arousal. We investigate the genetic architecture of these phenotypes, their association with cognitive functions, personality dimensions and their response to pharmacological and psychological interventions in healthy, high risk and patients. The central aim is to characterize these phenotypes, in the belief that learning about them will inform us on core pathophysiological dimensions and the neurobiology of psychosis and anxiety. Our hope is that this will aid psychiatric diagnosis, facilitate the development of customized treatments and ultimately improve patient care. A large part of this work is focused on the neurobiology and genetics of schizophrenia-spectrum disorders. I have initiated and have been the Principal Investigator in the LOGOS (Learning On Genetics Of Schizophrenia) which represents one of the best studied cohorts that focuses on schizophrenia endophenotypes. Data from this sample are included to international initiatives (e.g. COGENT consortium) on the genetic influence of cognitive and temperamental variation. I collaborated with the RHEA prospective, longitudinal mother and baby study team from the Department of Social Medicine on the early environmental determinants of child neurodevelopment that may ultimately increase risk for childhood or adult-onset mental illness. I also collaborated with the International CUPID Consortium for the investigation of the relationship between chronic pain, somatization/alexithymia and depression. Those that train in my laboratory are mainly psychologists and clinical psychiatrists, who have graduated from the MSc in Neuroscience of our Medical School and have a strong interest in clinical neuroscience and translational research. We have developed a unique combination of expertise in the phenomenology, psychophysiology, psychopharmacology and neurobiology of schizophrenia-spectrum disorders and serious mental illness. Strong experience in phenotyping healthy and high-risk individuals.

PUBLICATIONS

106 publications in International Peer Reviewed Journals

Scopus Citations 6007, h-index 45.

Google Scholar Citations 8798, h-index 51, i10-index 90

<https://pubmed.ncbi.nlm.nih.gov/?term=bitsios+p&sort=date&size=200>

CHAPTERS

Psychotropic Drugs. Clinical Pharmacology, Bouros & Kolios 2005 Ed Parisianos

BOOKS

Understanding Panic. Students' Mental Health Consultation Center, University of Crete

CONFERENCE POSTER PRESENTATIONS

Over a 150 poster presentations in international conferences

ORAL PRESENTATIONS AND INVITED TALKS IN CONFERENCES AND MEETINGS

1. The Greek LOGOS and PreMES cohorts. In the Symposium: Learning about psychosis from general population studies. 5th Panhellenic Conference of Clinical Psychopharmacology, Ermioni, May 2016
2. Neural mechanisms of risk and psychiatric treatments. In Symposium: "Recent developments in Psychiatric genetics: from basic research to clinical application". 5th Panhellenic Conference on Psychopharmacology, Ermione May 2016
3. Associations of Schizotypy with Prefrontal Function and Psychopathology in a Community Sample: "Positive" or "Negative"? Findings from the PreMES Study. 23rd European Congress of Psychiatry (EPA), Vienna, Austria, March 28-31, 2015.
4. Neuronal mechanisms of risk. 23rd Panhellenic Psychiatric Conference, Larissa 2015.

5. The impact of environmental risk factors for schizophrenia in the development of personality traits in adolescents from the general population. In the Symposium "The relevance of child and adolescent neurodevelopmental disorders to adult psychiatry". 23rd Panhellenic Psychiatric Conference, Larissa 2015
6. The LOGOS and PreMES studies: Their course, main findings and implications. In the Symposium "Functional Genotype-Phenotype Association Studies for Major Mental Illnesses in Greece: Past, Present and Future Perspectives" 22nd Panhellenic Psychiatric Conference, Ioannina Greece 2014
7. The Greek LOGOS and PreMES cohorts: Logic and Summary of Findings and Future Approaches. In the Symposium "Multilevel Endophenotype Analyses Across the Life Span for the Dissection of Schizophrenia Syndrome in the Post-GWAS Era" 5th INA European Congress, Athens 2014
8. Child and Adolescent Clinic of University General Hospital of Heraklion. Hosted in the Event «Brainstorming for Mental Health in Crete: Proposals and Perspectives» November 2013, 7th YIIE, Heraklion
9. Psychiatric Neurosciences. Hosted in the event «Neurosciences in Greece: Future Challenges», October 2012, Medical School, University of Crete
10. Prepulse inhibition: A promising intermediate phenotype for schizophrenia. In the Symposium "Using molecular and cognitive intermediate phenotypes in schizophrenia and spectrum disorders". Joint Congress by the WPA, INA and HSAPRS: "First Interdisciplinary Congress on Psychiatry and Related Sciences", November 2012, Athens
11. Human functional studies of ANK3 and CACNA1C from the Greek LOGOS cohort. In the Symposium "Elucidating the Functional Relevance of the ANK3 and CACNA1C Bipolar Disorder Risk Genes". XIXth World Congress of Psychiatric Genetics (WSPG), September 2011, Washington.
12. Prepulse inhibition of the acoustic startle reflex: Genetic associations and drug probes in healthy subjects. In the Symposium "Genetics of Major Psychiatric Disorders: Focus on Related Phenotypes". The 4th Dual Congress on Psychiatry and the Neurosciences, November 2010, Thessaloniki

13. Psychopharmacology in Schizophrenia. 2nd Pancretan Psychiatric Conference, Heraklion 2010
14. Prepulse inhibition as a marker of prefrontal function. In the Symposium “Neuropsychobiology of gating deficits in schizophrenia and related disorders: An update” 16th European Congress of Psychiatry, April 2008, Nice France.
15. The fear-inhibited light reflex: The pupil as a test system in Anxiety research. Special Interest Symposium, EVER meeting 2004, Vilamoura, Portugal
16. The physiology of the pupil response to light: 4th Aegean Retina Summer School 2005, Heraklion Crete
17. British Association for Psychopharmacology (BAP) guidelines for the treatment of Bipolar Disorder. 1st Pancretan Psychiatric Conference, Heraklion 2004
18. Psychiatry in 2020. In the event Crete 2020Health, University of Crete, Hania 2001.
19. The fear-inhibited light reflex. 1st Panhellenic Psychophysiology Conference, Thessaloniki 2001
20. Mechanism of action of drugs of abuse. In the Symposium «Adolescence and Health» Obstetrics and Gynecology Clinic, Heraklion 2001

DISTINCTIONS – AWARDS – SCHOLARSHIPS

1. **May 1993** Awarded scholarship for 3.5 years postgraduate research/studies in the UK
2. **May 2000** Greek Psychiatric Association, 16th Panhellenic Psychiatric Congress, Pafos Cyprus. Second best poster award and prize
3. **July 2000:** British Association for Psychopharmacology (BAP/ORGANON JOURNAL PRIZE). Best 1999 research publication in *Journal of Psychopharmacology*
4. **July 2002:** Hellenic Neuroscience Society. Best poster award and prize
5. **2003:** University of Crete Medical Students Award “One of Three Best Teachers”
6. **2008:** Tolcapone study (2008) was commended by Lachman HM in his *Perspective* article (2008) *Neuropsychopharmacology* 33, 3027-3029 “...most intriguing...sufficiently interesting and potentially of such clinical importance that further investigation must be carried out”

7. **2009:** Tolcapone study (2009) was commended by Insel TR & Cuthbert BN in their *Commentary* article Endophenotypes: Bridging Genomic Complexity and Disorder Heterogeneity *Biol Psychiatry* (2009); 66: 988-989. «...significant contribution to the genotype-behavior literature.... advance the science of endophenotypic genomics in a number of intriguing ways»
8. **2011:** The poster presentation on cognitive and personality analysis of startle reactivity entered the “Top Poster Award” competition (46 of 600 posters) in the 66th Annual Scientific Convention & Meeting of the Society of Biological Psychiatry, May 2011, San Fransisco, California USA
9. **Dec 2012:** 3rd Panhellenic Conference of the Forum for Public Health and Social Medicine. Best poster award.
10. **2015:** Best Poster Presentation Award in the 4th International Congress on Neurobiology, Psychopharmacology and Treatment Guidance, Agios Nikolaos, Crete

INVITED REVIEWER IN FUNDING BODIES AND SCIENTIFIC JOURNALS

National Swiss Foundation Grand Application • Basic Research Project «K. Karatheodori» University of Patras • Biological Psychiatry • Schizophrenia Bulletin • Journal of Neuroscience • Neuropsychopharmacology • Bipolar Disorders • Journal of Affective Disorders • The International Journal of Neuropsychopharmacology • Psychopharmacology • Journal of Psychopharmacology • European Psychiatry • Biological Psychology • Neuropsychologia • Cortex • Psychophysiology • Neuropharmacology • Pharmacogenomics • British Journal of Clinical Pharmacology • Sleep • Progress in Neuro-Psychopharmacology & Biol Psychiatry • European Archives of Psychiatry & Clinical Neuroscience • Personality and Individual Differences • Annals of General Psychiatry • Clinical Autonomic Research • Neuro-ophthalmology

ADMINISTRATIVE WORK/COMMITTEES

2000-2024 The Students’ Mental Health Consultation Centre (MHC) offers diagnostic and therapeutic services, prevention and early intervention services, consultation in studies-related issues and services to students with special needs. I have been a founding member of the Executive Committee for the MHC since its foundation in 2000 and I was

the director of the Heraklion site until the closure of the Centre in 2024. I co-wrote the “Principles and Procedures of Operation” for the MHC, provided seminarial education to the Centre’s psychologists, and wrote psychoeducational material for distribution to students and staff. I was supervising MHC staff for difficult cases or cases that required psychiatric inpatient or outpatient intervention.

2005-2006 Psychiatric Consultant- Member of the Oncology Committee, University General Hospital of Heraklion

2006. Member of the Undergraduate Studies Committee, Medical School UoC

2009-2017. Member of the Executive Committee of the MSc Neuroscience Course, Medical School UoC

2011-2012. Member of the Postgraduate Studies Committee, Medical School UoC

2014-2016 Alumni Committee, Medical School UoC

2014-2016 Committee of Research and Infrastructure, Medical School UoC

CONFERENCE ORGANISATION

1. Organiser and host of the 25th International Pupil Colloquium, September 2003, Kolimpari, Hania, Crete
2. Co-organiser of the 1st Pancretan Psychiatric Conference, Heraklion 2004

RESEARCH SUPPORT

EAK2 1348 Neurobiology of Psychosis €169,880.

ELKE 2310 The validity of a pupil test for the objective assessment of sleepiness €43,020 (General Secretariat of Research and Technology – GSRT).

ELKE 2220 Electronic Continuous Medical Education (eCME) €24,000 (Leonardo EU)

EAK2 2204 Clinical Trial RIS-SCH 3001 €19,038 (Janssen-Cilag). «A Randomised, Double Blind, Multicenter Trial for the evaluation of Relapse Prevention and Effectiveness of “Risperdal Consta” [code number: RIS-SCH-3001]».