

Curriculum Vitae

EMMANOUIL K.
SYMVOULAKIS

2025

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BIOGRAPHICAL NOTE

Name:	Emmanouil
Surname:	Symvoulakis
Date of birth:	01/10/1972
Place of birth:	Heraklion, Crete
Address:	Lilis Zografou 21, 71307, Heraklion, Crete
Telephone number:	6937253288, 2810394623
e-mail:	symvouman@yahoo.com , esymvoulakis@uoc.gr
Marital status:	Married with two children
Military service :	Hellenic Air Force 9/2000-5/2002
Current Position:	Assistant Professor, School of Medicine, University of Crete.

Education – Academic Studies

1990	Graduated from the 1st Lyceum of Heraklion with distinction (overall grade: “Excellent,” 19 & 6/11).
1991-1999	Doctor of Medicine (MD), School of Medicine, University of Naples Federico II, Italy. Final grade: 105/110.
March 2004 - May 2007	Doctoral thesis on: « Study of the Role of RAF and RAS genes in malignant neoplasms of the colon ». Supervisor: Professor D. Spantidos. Co-supervisors: Professor O. Zoras, Associate Professor C. Tsatsanis (2004-2007)
November 2005 - March 2006	Educational leave from 1.11.2005 to 31.03.2006 at the Department of General Practice and Primary Care, King’s College London, under the supervision of Professor Roger Jones, in accordance with Decision No. Y.10d/oik.103003/30.09.2005 of the Ministry of Health & Social Solidarity.

LICENSES FOR PROFESSIONAL PRACTICE

July 2000

License to practice medicine

September 2006

Title of specialty in General Medicine

COOPERATION WITH FOREIGN UNIVERSITIES

Honorary Research Fellow in the Department of Primary Care and Public Health Sciences, School of Medicine at King's College London, UK, from 1st of July 2010 to 30th of June 2015.

PARTICIPATION IN RESEARCH PROGRAMS OF THE CLINICAL SOCIAL AND FAMILY MEDICINE (CSFM) DEPARTMENT RELATED TO PRIMARY HEALTH CARE

1. Employment contract as a researcher on the project "Diagnosis and correlation of comorbidity with smoking habits among primary healthcare visitors. Therapeutic recommendation and promotion of smoking cessation" (ELKE P.K. KA, 4194).
2. Employment contract as Researcher in the project: "Metabolic Syndrome, Cardiovascular Risk, and Comorbidity in General Practitioner Patients in Crete" (ELKE P.K., KA 4324).
3. Employment contract as a researcher in the project "THALIS-UNIVERSITY OF CRETE - Interdisciplinary network for the study of Alzheimer's disease" (ELKE P.K., KA 3564). Participation in the scientific team and in writing.
4. Employment contract as a researcher on the project "Development of model primary healthcare services at municipal level in collaboration with the University and the University Hospital" (ELKE P.K., KA 2992). Participation in the scientific team and in the writing of the project..
5. Employment contract as a researcher on the project "OTC SOCIOMED 223654" (ELKE P.K., KA 2857). European program. Participation in the scientific team and in writing..

6. Employment contract as a researcher on the project "Study assessing the needs and implementation of open health protection centers for local government" (ELKE P.K., KA 2925). Participation in the scientific team and in the writing of the study.
7. Contribution to the project "Biological, Psychological, and Social Determinants of Coronary Heart Disease in a Low-Risk Population in Rural Crete" (ELKE P.K., K.A. 2649).
8. Epidemiological study of Herpes Zoster. Participation in the scientific team and authorship (ELKE P.K., K.A. 2555).

SPECIAL QUALIFICATIONS

Laboratory skills

- DNA and RNA extraction
- PCR, RT-PCR
- Agarose Gel Electrophoresis, Acrylamide Gel Electrophoresis

Computer experience

Certificate of attendance for the 78-hour seminar "Windows 98-Word 97-Excel 97-Internet."

Foreign languages

English, First Certificate in English, Cambridge

Italian, Doctor of Medicine, *Naples, Italy*

CLINICAL WORK

CLINICAL EXPERIENCE

Post MD

July 2000

Successful completion of the required examinations (State Examination Office of the University of Naples Federico II, Italy) for licensing to practice medicine with a grade of 84/90 (Esame di Stato).

September 2000-May 2002

Service in the Hellenic Air Force, as a unit physician. Short training exercise at the 251 General Air Force Hospital (October-December 2000).

May 2002- May 2006

Commencement of specialization in General Medicine at the University General Hospital of Heraklion, PA.G.N.I., from 24.05.2002. Completion date 23.05.2006.

Specialty examinations (first examination period, September 4-5, 2006) and awarding of the title of General Medicine specialty.

November 2005 – March 2006

Registered with the General Medical Council (GMC, UK). Clinical experience at Lambeth Walk Group Practice in collaboration with Dr James May.

18 January 2007 –
25 February 2009

Assistant Curator II, General
Medicine, Blood Donation Unit, PA.G.N.I..

1 March 2009	Scientific associate of the Clinic of Social and Family Medicine, Medical School of the University of Crete, with research and educational work at the Primary Health Care Unit in the Municipality of Heraklion. Volunteer clinical work at the Primary Health Care Unit in the Municipality of Heraklion from 2009 to 2010.
February 2011 - March 2019	Private General Medical Practice (clinical work).
September 2018	Elected to the position of Assistant Professor of Primary Health Care at the Medical School of the University of Crete.
March 2019	Appointment as Assistant Professor of Primary Health Care at the Medical School of the University of Crete (Department of Social and Family Medicine, University of Crete). Clinical work at the 4th T.O.M.Y. Heraklion (Academic unit Primary Healthcare.).
January 2021	Contribution to the operation of PA.G.N.I. vaccination centers (services and operational support work). Responsible for the vaccination line in the current phase.
April 2021	Appointment by election of the Director of Clinical Occupational Medicine, PA.G.N.I.
November 2021	Activation of regular morning medical clinic for PA.G.N.I. employees.
June 2022	Appointment to the position of Permanent Assistant Professor of Primary Health Care at the Medical School of the University of Crete (Permanent appointment published in Government Gazette 2032/22.08.2022, vol. C).
December 2022	Appointed Head of Clinical Preventive Medicine in the

Department of Social Medicine at the School of Medicine.

September 2023

Election to the position of Associate Professor of Primary Health Care at the Medical School of the University of Crete (Government Gazette 2437/21-09-2023, vol. C).

September 2024

Assumption of duties as Director of the Department of Social Medicine of the Faculty of Medicine of the University of Crete (Act No. 14892 of the Dean's Office of the Faculty of Medicine of the University of Crete, ADA: 977Ω469B7Γ-ΓΕ8).

LABORATORY EXPERIENCE

March 2004 – May 2007

Post MD

Doctoral thesis at the University of Crete, Department of Medicine. Virology Laboratory (Professor Spantidos).
Doctoral thesis on: "Study of the role of RAF and RAS genes in malignant neoplasms of the colon."

EDUCATIONAL WORK

1. Co-responsible for the training program for residents at Pa.G.N.I. 2021-2022, 2022-2023.
 2. Member of the Ministry of Health Working Group on General Medicine, KeSY, A1b/GP: ref. 28218, 11-04-2017.
 3. Lectures from the Master's Program "Primary Health Care: Social Medicine and Pharmaceutical Care" (online). Democritus University of Thrace. Department of Medicine. May 21-23, 2021. Lecture entitled: "The need for evidence-based practice and its benefits in primary health care."
 4. Program of the Ministry of Health of the Republic of Cyprus on May 29-30, 2019, June 14, 2019, and July 9, 2019, on the topic: "Coordination of oral examinations within the framework of the special training program with the aim of involving doctors without specialization in the institution of personal physicians within the framework of the General Healthcare System (GESY)".
 5. Lecturer in the educational program of the Laboratory of Hygiene and Epidemiology of the Medical Department of the University of Thessaly on the topic "Organ donation in Greece in 2013. Research initiatives and reform," 2012-2013.
 6. Lecturer in the Master's Program "Public Health, Primary Health Care, and Health Services." Medical School, University of Crete, 2012-present.
 7. Lecturer at the SEMINAR ON SOCIAL MEDICINE (every two years) for General Medicine residents (subject: research methodology), 2010, 2012, 2014, 2016.
 8. Lecturer in the Postgraduate Program "General/Family Medicine and Primary Health Care." Clinic of Social and Family Medicine, Medical School of the University of Crete, 2010-2011.
 9. Participation in the training program for General Medicine residents at the University General Hospital of Heraklion (PaGNI) 2002-2006.
 10. Participation in the educational program of the Pathology Clinic of the University General Hospital of Heraklion (P.A.G.N.I.) 2002.
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SCIENTIFIC WORK

MEMBERSHIP IN SCIENTIFIC ASSOCIATIONS:

- Registration with the General Medical Council (GMC)
- Member of the Heraklion Medical Association
- Member of the Forum of Public Health and Social Medicine

ASSOCIATE EDITOR IN INTERNATIONAL SCIENTIFIC JOURNALS

1. Rural and Remote Health <https://www.rrh.org.au>
2. Guest editor in special topic (2022): Healthcare (MDPI)

REVIEWER IN SCIENTIFIC JOURNALS

- **Journal Healthcare**
- **International Journal of Family Medicine**
- **Medical Science Monitoring**
- **Supportive Care in Cancer**
- **BMC Public Health**
- **Family Practice**
- **BMC Nephrology**
- **Journal of the European Academy of Dermatology and Venereology**
- **BMJ OPEN**
- **BJGP OPEN**
- **JOURNAL OF ETHNOPHARMACOLOGY**
- **JOURNAL OF MULTIDISCIPLINARY HEALTHCARE**
- **TRANSPLANT RESEARCH AND RISK MANAGEMENT**
- **FRONTIERS IN PUBLIC HEALTH (editorial management of submissions)**
- **JOURNAL OF AFFECTIVE DISORDERS**

RESEARCH PROGRAMME REVIEWER

Reviewer (2017), at the request of the Dutch Heart Foundation, in the research proposal entitled: HFpAFstudy: Early recognition for early lifestyle modification in heart failure with preserved ejection fraction in general practice patients with atrial fibrillation.

RESEARCH PROGRAMS FUNDED OR COMPETITIVE

1. Scientific coordinator of the program entitled: Promotion of organizational, operational, educational, and scientific activities to support the "Rea" study. Project duration: 91 months, 01/06/2025-31/12/2032. K.A.: 12217
2. Scientific coordinator of the program entitled: Training of EODY Mobile Health Teams Staff within the framework of Sub-project 2 "Training of Mobile Health Teams (K.O.M.Y.)" of the Action "Expansion of the work and activities of the Special Purpose Mobile Health Teams (K.O.M.Y.) of the National Public Health Organization (K.O.M.Y. EODY). Project duration: 18 months, 01/01/2025-30/06/2026. K.A.: 12076
3. Scientific director of the program entitled: Development of Clinical Occupational Medicine and Health Promotion Services in the Regional Unit of Heraklion. Project duration: 25 months, 28/08/2024-29/09/2026. K.A.: 11993
4. Scientific coordinator of the program entitled: Support for research, educational, and clinical work in Preventive Medicine, Primary Health Care, and Occupational Medicine services. Project duration: 69 and ½ months, 15/03/2024-21/12/2029. K.A.: 11647
5. Scientific coordinator of the program entitled: Internet addiction and health habits among students in the Region of Crete. Project duration: 30 months, 05/09/2023-05/03/2026. K.A.: 11480
6. Scientific coordinator of the program entitled: Investigating the feasibility of timely and targeted referral of patients for the detection of new cases of idiopathic pulmonary fibrosis by primary healthcare providers. Project duration: 36 months, 22/12/2020-31/12/2023. K.A.: 10775

REVIEWER AT INTERNATIONAL CONFERENCES

7th World Conference of the International Primary Care Respiratory Group (IPCRG), 21-24 May 2014, Hilton, Athens.

PUBLICATIONS IN FOREIGN-LANGUAGE BIOMEDICAL JOURNALS

Foreign language publications (indexed in PubMed)

1. Papadopoulos N, Prokopakis E, Linardakis M, Karatzanis A, Mourellou E, **Symvoulakis E**. *Annual epidemiologic trends of 6000 ENT cases in the Emergency Department in the post-pandemic era: a cross-sectional study from Crete, Greece*. Otolaryngol Pol. 2025 Aug 22;79(5):1-8. doi: 10.5604/01.3001.0055.2374. PMID: 40844190.
2. Spanakis M, Stamou M, Boultadaki S, Liantis E, Lionis C, Marinos G, Mariolis A, Matthaïou AM, Mihas C, Mouchtouri V, Nena E, Skliros EA, Smyrnakis E, Tatsioni A, Dellis G, Hadjichristodoulou C, **Symvoulakis EK**. *Enhancing Competencies and Professional Upskilling of Mobile Healthcare Unit Personnel at the Hellenic National Public Health Organization*. Healthcare (Basel). 2025 Jul 15;13(14):1706. doi: 10.3390/healthcare13141706. PMID: 40724731; PMCID: PMC12296029.
3. Athanasaki MT, Volkos P, Linardakis M, **Symvoulakis EK**. *Blood Donation Attitudes and Knowledge of Medical School Students at the University of Crete, Greece: An Intra-Institutional Exploration*. Curr Health Sci J. 2025 Jan-Mar;51(1):53-61. doi: 10.12865/CHSJ.51.01.05. Epub 2025 Mar 31. PMID: 40678302; PMCID: PMC12265000.
4. Volkos P, Linardakis M, **Symvoulakis EK**. *Relating Biopsychosocial Meanings to Semi-Quantitative CRP Readings Among Primary Healthcare Users: Trends from a Cross-Sectional Study Analysis*. J Clin Med. 2025 Jun 14;14(12):4236. doi: 10.3390/jcm14124236. PMID: 40565981; PMCID: PMC12194338.
5. **Symvoulakis EK**, Bouloukaki I, Christodoulakis A, Aravantinou-Karlatou A, Tsiligianni I. *Optimal Pathways to Lung Cancer Screening in Primary Care Settings: A Scoping Review*. Curr Oncol. 2024 Dec 26;32(1):8. doi: 10.3390/currencol32010008. PMID: 39851924; PMCID: PMC11764254.
6. Kefalogianni M, Dimitriou H, Bertsias A, Marinos G, Kofteridis D, **Symvoulakis EK**. *Latest vaccination trends against herpes zoster within two primary care settings in Crete, Greece: Rates and perception driven determinants*. Semergen. 2025 Apr;51(3):102394. doi:

- 10.1016/j.semerg.2024.102394. Epub 2024 Dec 9. PMID: 39657569.
7. Kantidakis EE, **Symvoulakis EK**, Basta M, Chourdaki E, Dimitriou H. *Vaccination coverage of persons using hospital outpatient mental health services at Heraklion, Crete, Greece: A cross-sectional study during pandemic*. Psychiatriki. 2024 Dec 27;35(4):282-292. doi: 10.22365/jpsych.2024.019. Epub 2024 Dec 3. PMID: 39637421.
 8. Tomos I, Papaioannou AI, Daniil ZI, Dimeas IE, Kirgou P, Gogali A, Tatsis K, Papanikolaou I, Tzilas V, Tzouvelekis A, Tsiri P, Steiropoulos P, Ntolios P, Xyfteri A, Antoniou K, **Symvoulakis E**, Haritou A, Maniati M, Kolilekas L, Antonogiannaki EM, Apollonatou V, Kallieri M, Samaras K, Loukides S, Karakatsani A, Bouros D, Manali E, Papiris S. *Beneficial Impact of Vaccination Against SARS-CoV-2 on the Mental Health of IPF Patients*. Adv Respir Med. 2024 Nov 6;92(6):466-471. doi: 10.3390/arm92060042. PMID: 39584853; PMCID: PMC11586964.
 9. Anyfantakis D, Tsoucalas G, Karelis A, Papazoglou N, Spandidos DA, Krasagakis K, **Symvoulakis E**. *Diapedesis leading to hematomatosis due to abrupt emotional suffering (Review)*. Exp Ther Med. 2024 Oct 11;28(6):453. doi: 10.3892/etm.2024.12743. PMID: 39478740; PMCID: PMC11523038.
 10. Antoniou M, Fradelos EC, Roumeliotaki T, Malli F, **Symvoulakis EK**, Papagiannis D. *Assessing mental resilience with individual and lifestyle determinants among nursing students: An observational study from Greece*. AIMS Public Health. 2024 Aug 21;11(3):947-962. doi: 10.3934/publichealth.2024049. PMID: 39416894; PMCID: PMC11474322.
 11. Mantadaki AE, Baliou S, Linardakis M, Vakonaki E, Tzatzarakis MN, Tsatsakis A, **Symvoulakis EK**. *Quercetin Intake and Absolute Telomere Length in Patients with Type 2 Diabetes Mellitus: Novel Findings from a Randomized Controlled Before-and-After Study*. Pharmaceuticals (Basel). 2024 Aug 29;17(9):1136. doi: 10.3390/ph17091136. PMID: 39338301; PMCID: PMC11434860.
 12. Vova-Chatzi C, **Symvoulakis E**, Parpoula C, Lionis CD. *Towards the new primary care reform in Greece: a focus on patients' expectations, views and perceptions from rural healthcare centres*. Rural Remote Health. 2024 Sep;24(3):8816. doi: 10.22605/RRH8816. Epub 2024 Sep 10. PMID: 39252450.
 13. Vlachopoulos N, Kontogiannis G, Papageorgiou DI, **Symvoulakis E**, Haidich AB, Smyrnakis E. *Effectiveness and Feasibility of Home-Based Palliative Care Interventions for Geriatric Oncology Patients: A Systematic Review Using Narrative Synthesis*. Am J Hosp Palliat Care. 2025 Aug;42(8):826-839. doi: 10.1177/10499091241277882. Epub 2024 Aug 28. PMID: 39197821.

14. Lionis C, Papadakis S, Anastasaki M, Aligizakis E, Anastasiou F, Francque S, Gergianaki I, Mendive JM, Marketou M, Muris J, Manolakopoulos S, Papatheodoridis G, Samonakis D, Symvoulakis E, Tsiligianni I. ***Practice Recommendations for the Management of MASLD in Primary Care: Consensus Results***. Diseases. 2024 Aug 10;12(8):180. doi: 10.3390/diseases12080180. PMID: 39195179; PMCID: PMC11353634.
15. Papadopoulos N, Karatzanis AD, Prokopakis EP, Linardakis M, Galanos I, Liva G, Tsamandouras I, Mourellou E, Symvoulakis EK. ***The Feasibility of an Educational Course for General Practitioners on Otolaryngologic Morbidity***. Cureus. 2024 Jul 23;16(7):e65171. doi: 10.7759/cureus.65171. PMID: 39176327; PMCID: PMC11339663.
16. Rikos N, Linardakis M, Smpokos E, Spiridaki E, Symvoulakis EK, Tsiligianni I, Philalithis A. ***Assessment of Cognitive Function in European Adults Aged 50+in Relation to Their Handgrip Strength and Physical Inactivity: The SHARE Study During 2019-2020***. J Res Health Sci. 2024 Jun 1;24(2):e00611. doi: 10.34172/jrhs.2024.146. Epub 2024 Jun 1. PMID: 39072547; PMCID: PMC11264452.
17. Mantadaki AE, Linardakis M, Tsakiri M, Baliou S, Fragkiadaki P, Vakonaki E, Tzatzarakis MN, Tsatsakis A, Symvoulakis EK. ***Benefits of Quercetin on Glycated Hemoglobin, Blood Pressure, PiKo-6 Readings, Night-Time Sleep, Anxiety, and Quality of Life in Patients with Type 2 Diabetes Mellitus: A Randomized Controlled Trial***. J Clin Med. 2024 Jun 15;13(12):3504. doi: 10.3390/jcm13123504. PMID: 38930033; PMCID: PMC11205103.
18. Volkos P, Linardakis M, Stamati M, Symvoulakis EK. ***Exploring Loneliness, Trust, and Psychosocial Meanings Among Primary Care Attendees: A Cross-Sectional Study From a General Practice Setting in Crete, Greece***. Cureus. 2024 May 24;16(5):e61019. doi: 10.7759/cureus.61019. PMID: 38910642; PMCID: PMC11194041.
19. Kazaki S, Christodoulakis A, Tsiligianni I, Linardakis M, Mantadaki AE, Kaffesakis T, Symvoulakis EK. ***Health-Related Issues of Users of Social Care Services for Elderly and Their Caregivers: A Cross-Sectional Study in a Day Care Center***. Curr Health Sci J. 2024 Jan-Mar;50(1):117-124. doi: 10.12865/CHSJ.50.01.15. Epub 2024 Mar 31. PMID: 38846480; PMCID: PMC11151951.
20. Mantadaki AE, Linardakis M, Vafeiadi M, Anastasiou F, Tsatsakis A, Symvoulakis EK. ***The Impact of Three-Month Quercetin Intake on Quality of Life and Anxiety in Patients With Type II Diabetes Mellitus: An Early Data Analysis From a Randomized Controlled Trial***. Cureus. 2024 Apr 14;16(4):e58219. doi: 10.7759/cureus.58219. PMID: 38745810; PMCID: PMC11091546.
21. Kefala AM, Triantafyllou A, Symvoulakis EK, Tzouganatou EM, Kapellas N, Smyrnakis E.

- Working as a Healthcare Professional at Island Primary Care: An Exploratory Qualitative Study on the Cyclades Islands, Greece.* Healthcare (Basel). 2024 Apr 24;12(9):882. doi: 10.3390/healthcare12090882. PMID: 38727439; PMCID: PMC11083941.
22. Papagiannis D, Thireos E, Mariolis A, Katsioulis A, Lampropoulos IC, Tsiaousi I, Gartzonika K, Malliaraki N, Malli F, Rouka EC, Marinos G, **Symvoulakis EK**, Rachiotis G, Gourgoulisianis KI. *Diphtheria and Tetanus Immunity Status among Greek Adults: Results from a Nationwide Seroprevalence Study.* Vaccines (Basel). 2024 Apr 2;12(4):378. doi: 10.3390/vaccines12040378. PMID: 38675760; PMCID: PMC11055123.
 23. Volkos P, Linardakis M, Stachteas P, Anastasiou F, Tatsioni A, Kampa M, **Symvoulakis EK**. *Association between Levels of Loneliness, Laboratory Measurements, and Behavioral Aspects in a Primary Care Setting in Crete, Greece.* Eur J Investig Health Psychol Educ. 2024 Apr 18;14(4):1055-1067. doi: 10.3390/ejihpe14040069. PMID: 38667824; PMCID: PMC11049108.
 24. **Symvoulakis EK**, Stachteas P, Smyrnakis E, Volkos P, Mantadaki AE, Karelis A, Petraki C, Nioti K, Mastronikolis S, Antoniou AM, Linardakis M. *Multiple Behavioral Risk Factors As Assets for Chronic Disease Prevention: Observations From Urban Primary Care Settings in Crete, Greece.* Cureus. 2024 Mar 22;16(3):e56711. doi: 10.7759/cureus.56711. PMID: 38646332; PMCID: PMC11032647.
 25. Volkos P, Kritsotakis EI, **Symvoulakis EK**. *Psychotropic medicine use without current or prior medical advice, storage at home and association with perceived stress in a primary health care setting in Greece.* Semergen. 2024 Apr;50(3):102150. doi: 10.1016/j.semerg.2023.102150. Epub 2023 Dec 7. PMID: 38064767.
 26. Dimitriou C, Alegakis A, Karageorgiou I, Mantadaki AE, **Symvoulakis EK**. *Stress and Prevalence of Musculoskeletal Disorders Among the Nursing Personnel of a Tertiary Hospital Unit in Greece: A Cross-Sectional Study.* Curr Health Sci J. 2023 Jan-Mar;49(1):45-53. doi: 10.12865/CHSJ.49.01.45. Epub 2023 Mar 31. PMID: 37780196; PMCID: PMC10541076.
 27. Lionis C, Petelos E, Linardakis M, Diamantakis A, **Symvoulakis E**, Karkana MN, Kampa M, Pirintzos SA, Sourvinos G, Castanas E. *A Mixture of Essential Oils from Three Cretan Aromatic Plants Inhibits SARS-CoV-2 Proliferation: A Proof-of-Concept Intervention Study in Ambulatory Patients.* Diseases. 2023 Aug 9;11(3):105. doi: 10.3390/diseases11030105. PMID: 37606476; PMCID: PMC10443288.
 28. Vardavas C, Nikitara K, Aslanoglou K, Lagou I, Marou V, Phalkey R, Leonardi-Bee J, Fernandez E, Vivilaki V, Kamekis A, **Symvoulakis E**, Noori T, Wuerz A, Suk JE, Deogan C.

- Social determinants of health and vaccine uptake during the first wave of the COVID-19 pandemic: A systematic review.* Prev Med Rep. 2023 Jul 16;35:102319. doi: 10.1016/j.pmedr.2023.102319. PMID: 37564118; PMCID: PMC10410576.
29. Papadopoulos N, Prokopakis EP, Karatzanis AD, Linardakis M, Mourellou E, **Symvoulakis EK.** *Features of ENT Cases in the Emergency Department of a Tertiary Hospital in Greece: A Prospectively Driven Data Collection Study.* Healthcare (Basel). 2023 Jul 5;11(13):1943. doi: 10.3390/healthcare11131943. PMID: 37444776; PMCID: PMC10341486.
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6. Anyfantakis D, Markaki A, **Symvoulakis EK**. *Financial crisis and suicide mortality in Greece: Do we need more evidence to be convinced?* BMJ Open. Rapid Response 04/2015; <http://bmjopen.bmj.com/content/5/3/e007295.full/reply#contentblock>. Rapid Response.
7. **Symvoulakis EK**, Anyfantakis D, Lionis C. RE: *Primary care research: a continuing challenge for countries with limited resources*. BJGP 2015 June. <http://bjgp.org/content/re-primary-care-research-continuing-challenge-countries-limited-resources>. Rapid Response.
8. Kakoliris N, Karagiannis K, **Symvoulakis EK**, Antoniou K, Tzanakis N, Lionis C. *Exploring to what extent an educational intervention regarding COPD primary care patients is feasible to impact life quality: a brief report from Greece*. GJMEDPH 2013; Vol. 2, issue 6.
9. Kakoliris N, **Symvoulakis E**, Antoniou K, Grammatikopoulos I, Tzanakis N, Siafakas N, Lionis C. *A snapshot of primary care physicians educational needs regarding COPD in Crete, Greece: an exploratory case study*. HealthMed 2012; 6(30): 781-786.
10. **Symvoulakis EK**, Markaki A, Morgan M, Jones P. *Organ donation during economic hardship: an untold end for Prometheus*. BMJ 2011; 342 doi: <https://doi.org/10.1136/bmj.d982> (e-published 11 February 2011). Rapid Response.
11. **Symvoulakis EK**, Lionis C. *Hypertension and compliance to treatment in the primary care setting: Key issues from the literature review*. Current Hypertension Reviews. 2009, 5 (4): 307-312.
12. Mazokopakis E, **Symvoulakis E**, Kazakou I, Papadakis J, Barbunakis E. *Aplastic anaemia induced by Epstein-Barr virus infection*. Haema 2005; 8(2): 314-315. Letter to the editor.

SELECTED PRESENTATIONS AT INTERNATIONAL CONFERENCES

1. 23rd WONCA World Conference of Family Doctors, Abu-Dhabi 22-27 November 2021. Routine Profile of a Geriatric Population Group with Type-2 Diabetes Attending a Primary Care Facility in Northern Greece. Klinis S, **Symvoulakis EK**, Stefanidou M, Bertsiyas A, Christodoulou N, Tsiouri I.
2. 87th EAS (European Atherosclerosis Society), Maastricht 26-29 May 2019. Association between behavioral risk factors and presence of cardiovascular disease in primary healthcare patients in Crete, Greece. Anastasaki M, Linardakis M, Katsiki N, Papadakis S, Vasilaki E,

- Duijker G, Anyfantakis D, **Symvoulakis E**, Lionis C.
3. European Forum for Primary Care, Crete Conference. Heraklion 23–25 September 2018. “Over the counter medicines use, among most vulnerable people in Greece: identifying the role for Primary Care”. Kamekis A, Petelos E, Papadakis N, Papadakaki M, **Symvoulakis E**, Zoras O, Lionis C.
 4. European Primary Care Cardiology Society Congress, Ireland, Dublin, 30-31 March 2017. Metabolic syndrome and cardiovascular risk in primary care patients in Greece. Anastasaki M, Linardakis M, Papadakis S, Vasilaki I, Duijker G, Anyfantakis D, **Symvoulakis EK**, Lionis C.
 5. 21st Conference of European Society of General Practice / Family Medicine, WONCA Europe 2016, Copenhagen, Denmark, 15-18 June 2016. Out-of-hours telephone consultations in a rural primary care setting of Northern Greece. Klinis S, **Symvoulakis E**.
 6. 21st WONCA World Conference of Family Doctors, Rio de Janeiro, Brazil, 2-6 November 2016. House calls in a rural primary care setting of Northern Greece: A two-year collection period. Klinis S, **Symvoulakis E**.
 7. 8th Annual scientific meeting of European Primary Care Cardiovascular Society, Cardiovascular Disease 2015 Clinical Master Class & Scientific Session, Prague, Czech Republic, 17-18 September 2015. Effects of Religiosity/Spirituality and Sense of Coherence on cardiovascular and mental health parameters: an overview of the Spili III study. Anyfantakis D, **Symvoulakis EK**, Lionis C.
 8. 13th WONCA World Rural Health Conference, Dubrovnik, Croatia, 15-18 April 2015. Medication adherence and economic crisis: A preliminary report from primary care settings in Greece. Klinis S, Galanakis C, Anyfantakis D, **Symvoulakis EK**.
 9. 19th WONCA Europe Conference, 2 - 5 July 2014, Lisbon. Home environments for mental health: an evidence-based approach for impatient care. Chrysikou E, **Symvoulakis E**, Lionis C.
 10. 19th Conference of European Society of General Practice / Family Medicine, WONCA Europe 2014, Lisbon, Portugal, 2-5 July 2014. Association between religiosity/spirituality and reductions in a depression scale: results from the SPILI III study on rural Crete. Lionis C, Anyfantakis D, Linardakis E, **Symvoulakis E**, Shea S, Panagiotakos D.
 11. 19th Conference of European Society of General Practice / Family Medicine WONCA Europe 2014, Lisbon, Portugal, 2-5 July 2014. Anal pain due to ingested pin. Galanakis C, Klinis S, **Symvoulakis E**.
 12. 1st joint meeting of The European General Practice Research Network and The European Rural and Isolated Practitioners Association, Attard – Malta; October 2013. Practice-Based Research Network in Primary Care: a lacking story and learning points from an empirical model on

- Crete. Lionis CD, Duijker G, Angelaki A, Tsiligianni IG, Anastasiou FS, Prokopiadou DP, Antonopoulou MD, Bertsias A, Chliveros K, Dimitrakopoulos SA, Galanakis C, Galenianos Myron, Klouva E, Komninos G, Koutis A, Kounalakis DK, Ladoukaki E, Lintovoi E, Makri KV, Papadakaki M, Papamastorakis E, Petraki CS, Psaroudaki C, Saridaki A, Stefanaki IN, **Symvoulakis EK**, Tsakountakis NA, Vasilaki A, Vasilaki E, Vasilopoulos TK, Vardavas CI, Vittorakis C.
13. 6th Annual scientific meeting of European Primary Care Cardiovascular Society, Cardiovascular disease 2013 clinical master class, London, United Kingdom, 5-6 September 2013. The impact of economic problems on tobacco use among primary care users in a rural area of Northern Greece. Klinis S, **Symvoulakis E**, Karamitrou D, Tzatzali K, Galanakis C, Lionis C.
 14. Rendez-vous Conference, 9-12 October 2012. Northern Ontario, Canada. Practice based research network in rural primary care on the island of Crete, Greece: reporting cross-sectional studies. Lionis C, Anastasiou F, Antonopoulou M, Bertsias A, Dimitrakopoulos S, Duyker G, Kounalakis D, Makri K, Petraki C, Prokopiadou D, Stefanaki I, **Symvoulakis E**, Tsakountakis N, Tsiligianni I, Vasilopoulos T.
 15. European Primary Care Cardiovascular Society Conference, 6 - 7 September 2012, Athens. Monitoring patients with diabetes mellitus type II and associated cardiovascular risk factors in an academic primary care unit on Crete, Greece. Duijker G, **Symvoulakis E**, Shea S, Bertsias A, Saridaki A, Chondrakis I, Lintovoi E, Almpantaki A, Titaki M, Koutis A, Lionis C.
 16. 18th Conference of European Society of General Practice / Family Medicine, WONCA Europe 2012, Wien, Austria, 4-7 July 2012. Reporting patients' views regarding antihypertensive treatment in a rural practice of Northern Greece. Klinis S, **Symvoulakis E**, Galanakis C, Dalabira A.
 17. 17th Conference of European Society of General Practice / Family Medicine, WONCA Europe 2011, Warsaw, Poland, 8-11 September 2011. Tabulation of the most common visits in a rural primary care setting in Northern Greece. Klinis S, **Symvoulakis E**, Kounalakis D.
 18. 18th Wonca Regional Conference for Asia Pacific and 18th Wonca Rural Health World Conference, CEBU, Philippines, 21-24 February 2011. Pneumococcal vaccination (PPV) coverage among high risk patients in primary health care centers and elderly care units in Greece. Makri K, Anastasiou F, Dimitrakopoulos S, Duiker G, Ladoukaki E, Lionis D, Papadakaki M, Petraki Ch, Prokopiadou D, Stefanaki I, **Symvoulakis E**, Vasilaki A, Lionis C.
 19. 16th Wonca Europe Conference, Malaga, Spain 6-9 October 2010. Stress levels in Primary Care patients with herpes zoster; results from a 2-year study in rural Crete, Greece. Papadaki M,

- Grammatikopoulos E, **Symvoulakis E**, Foteini A, Tsiaousi I, Lionis C.
20. 16th Wonca Europe Conference, Malaga, Spain 6-9 October 2010. The burden of herpes zoster in general practice: factors associated with the level of pain. Anastasiou F, Papadaki M, Vardavas C, **Symvoulakis E**, Tsiaousi I, Lionis C.
 21. 16th Wonca Europe Conference, 6-9 October 2010, Malaga, Spain. Most common medical diagnoses within a newly established University Primary Care Unit in Crete, Greece. **Symvoulakis E**, Daskalakis G, Kounalakis D, Mavrogiannaki M, Philalithis A, Lionis C.
 22. 16th Wonca European Conference, Malaga, Spain, 6-9 October 2010. Assessing pneumoniococcal vaccination coverage among patients with diabetes mellitus in primary and social care setting in Crete, Greece: Experiences gained from the Cretan general practice-based research network of Crete, Greece. Makri K, Prokopiadou D, Anastasiou F, Dimitakopoulos S, **Symvoulakis E**, Lionis C.
 23. Third annual scientific meeting Cardiovascular Disease 2010 Clinical Master Class. Lisbon, Portugal 23-24 September 2010. Sense of coherence, biometric characteristics, and co-morbidity among the participants of the Spili III project in Crete, Greece: reporting preliminary results. Anyfantakis D, **Symvoulakis E**, Lionis C.
 24. Third annual scientific meeting Cardiovascular Disease 2010 Clinical Master Class. Lisbon, Portugal 23-24 September 2010. The correlation between bio-social dynamics and cardiovascular well-being: 'revisiting the hypothesis of Crete'. Anyfantakis D, **Symvoulakis E**, Shea S, Panagiotakos D, Castanas E, Lionis C.
 25. Biannual International Conference on the Future of Primary Care in Europe. Pisa, 30-31 August 2010. Sense of coherence and carotid artery intima media thickness measurements: presenting four case reports from the Spili cohort in rural Crete, Greece. Anyfantakis D, **Symvoulakis E**, Lionis C.
 26. 19th WONCA (World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians) World Conference, 19-23 May 2010. Cancun, Mexico. Developing a rural practice-practice based research network in general practice on rural Crete Greece: reporting recent activities. Lionis C, Anastasiou F, Antonopoulou M, Antonakis N, Chliveros K, Dimitrakopoulos S, Galanakis C, Komninos J, Kounalakis D, Koutis A, Ladoukaki E, Makri K, Petraki C, Prokopiadou D, Stefanaki I, **Symvoulakis E**, Tsakountakis N, Tsiligianni I, Vittorakis C.
 27. 19th Wonca World Conference Cancun Mexico, 19-23 May 2010. Iron deficiency anemia among patients attending general practice settings in rural Crete, Greece: reporting preliminary results. Lionis C, Duijker G, **Symvoulakis E**, Anastasiou F, Chliveros K, Dimitrakopoulos S,

- Kladou C, Ladoukaki E, Makri k, Petraki C, Sasarolis S, Sivaropoulos N, Stefanaki A, Stefanaki I, Vasilaki A, Vasilopoulos T.
28. 15th Wonca Europe Conference. Basel, 16-19 September 2009, Switzerland. Measuring morbidity from herpes zoster in a primary care population in Crete, Greece. Papadaki M, Anastasiou F, Antonopoulou M, Apostolakis C, Chatziarsenis M, Chliveros K, Dimitrakopoulos S, Florakis D, Fountakis G, Komninos J, Kounalakis D, Ladoukaki E, Makri K, Petraki C, Pitelou E, Ploumis N, Prokopiadou D, Stefanaki I, **Symvoulakis E**, Tsakountakis N, Tsiligianni I, Tzortzis E, Vardavas C, Vasiliaki A, Vasilopoulos T, Vrentzos G, Lionis C.
 29. 9th WONCA (World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians) Rural Health World Conference, 12-14 June 2009. Heraklion, Crete, Greece. Reporting epidemiology, burden of herpes zoster and postherpetic neuralgia in general practice settings in rural Crete. **Symvoulakis E**, Papadakaki M, Anastasiou F, Antonopoulou M, Apostolakis C, Chatziarsenis M, Chliveros K, Dimitrakopoulos S, Florakis D, Fountakis G, Kalogirou A, Komninos J, Kounalakis D, Ladoukaki E, Makri K, Petraki C, Pitelou E, Ploumis N, Prokopiadou D, Stefanaki I, Tsakountakis N, Tsiaousi I, Tsiligianni I, Tzortzis E, Vardavas C, Vasilaki A, Vasilopoulos T, Vrentzos G, Chlouverakis G, Lionis C.
 30. Public Health and Health Care Conference in Greece and Bulgaria. “The challenge of the cross-border collaboration”, May 2009. Alexandroupolis, Greece. Creation of a rural practice-based research network in general practice in Crete, Greece. Lionis C, Anastasiou F, Antonopoulou M, Antonakis N, Chliveros C, Dimitrakopoulos S, Komninos G, Kounalakis D, Koutis A, Ladoukaki E, Makri K, Petraki C, Prokopiadou D, Stefanaki I, **Symvoulakis E**, Tsakountakis N, Tsiligianni I, Vasilopoulos T.
 31. 11th World Congress on Advances in Oncology and 9th International Symposium on Molecular Medicine. Hersonissos, 12-14 October 2006. Highly conserved exon 15 BRAF among Greek patients with colorectal cancer. **Symvoulakis E**, Panutsopoulos D, Sourvinos G, Zaravinos A, Zoras O, Papalambros E, Sigala F, Spandidos D.
 32. ERS Congress. Denmark, September 2005. Investigation of angiogenetic markers (ENA-78 and GRO- α) in patients with pulmonary sarcoidosis. Antoniou K, Tzanakis N, Tzortzaki G, Tsiligianni I, Sfiridaki K, Kandidaki E, **Symvoulakis E**, Bouros D, Siafakas N.
 33. 11th Conference of European Society of General Practice / Family Medicine, Kos Island, Greece 3-7 September 2005. Foreign body ingestion in childhood. A challenge for primary care physicians? Komninos I, **Symvoulakis E**, Vlachakis I, Sakellaris G, Panagouloupoulou E, Philalithis A, Charissis G.

34. 11th Conference of European Society of General Practice / Family Medicine, WONCA Europe 2005, Kos Island, Greece 3-7 September 2005. Common causes of visits in the Ear, Nose and Throat Emergency Department. Klinis S, **Symvoulakis E**, Braden H, Chimona T, Drivas E, Philalithis A, Velegrakis G.
35. 11th Conference of European Society of General Practice / Family Medicine, Kos Island, Greece 3-7 September 2005. Angioedema related to antihypertensive agents. Points of skepticism. **Symvoulakis E**, Drivas E, Kyrmizakis D, Velegrakis G, Bizakis J, Lionis C.
36. ERS (European Respiratory Society) Annual Congress, 17-21 September 2005. Copenhagen, Denmark. Investigation of angiogenetic markers (ENA-78 AND GRO- α) in patients with pulmonary sarcoidosis. Antoniou K, Tzanakis N, Tzortzaki E, Tsiligianni I, Sfridaki K, Kandidaki E, **Symvoulakis E**, Bouros D, Siafakas N.
37. Annual Congress of the EANM. Helsinki, 2004. Relationship Between HRCT Findings and Clearance of Technetium-99m-DTPA in the Evaluation of Patients with Interstitial Lung Diseases (ILD). Stathaki M, Antoniou K, Malagari K, Koukouraki S, Papadaki E, **Symvoulakis E**, Perisinakis K, Siafakas N, Bouros D, Karkavitsas N.
38. ATS 2004—Orlando 100th International Conference, Florida, USA May 21-26, 2004. Comparison of sputum induction with bronchoalveolar lavage fluid cytokine IL-12 and IL-18 levels in patients with Idiopathic Pulmonary Fibrosis (IPF/UIP). Antoniou K, Alexandrakis M, Sfridaki K, Tzanakis N, **Symvoulakis E**, Tsiligianni I, Bouros D, Siafakas N.

SPEAKER – PARTICIPATION IN CONFERENCES AND SCIENTIFIC MEETINGS (INTERNATIONAL)

1. Participation in a conference entitled: 27th World Organization of Family Doctors Europe Conference (27th WONCA Conference). June 28 – July 1 2022. London.
2. Cyprus Ministry of Health Seminar. Introduction to Primary Health Care and General/Family Medicine. November 1-30, 2021 (5 weeks). Cyprus. First year of specialization. 3rd Module: General Medicine and Research. Presentation title: **Methodology for writing scientific articles related to General Medicine and Primary Health Care. The importance of case reporting in General Medicine.**
3. Cyprus Ministry of Health Seminar. Introduction to Primary Health Care and General/Family Medicine. November 1-30, 2021 (5 weeks). Cyprus. First year of specialization. 4th Module: Training in General Medicine and Community Medicine. Presentation title: **Evidence-based medicine and clinical benefit in primary health care.**

Quality assessment of primary health care services.

4. Cyprus Ministry of Health Seminar. Introduction to Primary Health Care and General/Family Medicine. November 1-30, 2020 (5 weeks). Cyprus. First year of specialization. 3rd Module: General Medicine and Research. Presentation title: **Methodology for writing scientific articles related to General Medicine and Primary Health Care. The importance of case reporting in General Medicine.**
5. Cyprus Ministry of Health Seminar. Introduction to Primary Health Care and General/Family Medicine. November 1-30, 2020 (5 weeks). Cyprus. First year of specialization. 4th Module: Training in General Medicine and Community Medicine. Presentation title: **Evidence-based medicine and clinical benefit in primary health care. Quality assessment of primary health care services.**

SELECTED PRESENTATIONS AT NATIONAL CONFERENCES

1. 3rd Hippocratic Panhellenic Conference on General Medicine and Primary Health Care. Corfu, June 24–27, 2021. Stress, daily lifestyle habits, and glycemic control in an elderly population in a rural area with type 2 diabetes mellitus. Klinis S, **Symvoulakis E**, Stefanidou M, Bertsias A, Christodoulou N, Tsiouri I.
2. 18th Panhellenic Congress of the Hellenic Diabetes Association. Athens, September 16-19, 2020. Translating the effect of stress into a determinant of compliance in patients with diabetes mellitus: findings from an outpatient clinic in Crete. Anifantakis D, Linardakis M, Anifantakis A, Kaisidis A, Koumaki M, Pappas A, **Symvoulakis E**.
3. 2nd Hippocratic Panhellenic Conference on General Medicine and Primary Health Care, Ioannina, February 28–March 2, 2020. Migraines, "neurophobia," and the role of doctors in primary health care in the cost-benefit relationship. Anifantakis D, Katsanikaki F, **Symvoulakis E**.
4. Panhellenic Conference on Health Management, Economics, and Policy. Prioritizing choices in health and medical care. Athens, December 10-12, 2019. Impact of primary health care research on health policymakers: what we have learned and what is recommended. Lionis X, Angelaki A, Anastasaki M, Anastasiou F, Vassilopoulos T, Girvalaki X, Iatrakis E, Kamekis A, Markakis A, Bertsias A, Papadaki S, Papadakaki M, Pitelou E, Sifaki-Pistolla D, Sbarouni V, **Symvoulakis E**, Tsiligianni I, Hatzia V..
5. 33rd Panhellenic Annual Conference of the Hellenic Society for the Study and Education of Diabetes (ELEMED). Thessaloniki, November 14-17, 2019. Restless legs syndrome in a patient

with diabetes mellitus: can a chronic disease reduce our diagnostic acuity? Case report. Anifantakis D, Katsanikaki F, Anifantakis A, **Symvoulakis E**.

6. 31st Panhellenic Conference on General/Family Medicine, Corfu, May 2-5, 2019. Multiple myeloma in primary health care: from inductive reasoning to diagnosis. Anifantakis D, **Soumoulakis E**.
7. 14th Panhellenic Conference on Health Management, Economics, and Policy. Athens, December 11-13, 2018. Translating research and development program experiences into tools for improving the quality of primary health care services. Lionis X, Sifaki-Pistolla D, Anastasaki M, Angelaki A, Anastasiou F, Antonopoulou M, Anyfantakis D, Vasilaki E, Vasilopoulos T, Vivilaki V, Galenianos M, Girvalaki X, Gotsis M, Iatrakis E, Karelis A, Kamekis A, Kakoliris N, Markakis A, Mechili AE, Bertsas A, Daouker G, Papadaki S, Papadaki M, Pitelou E, Sialtsis M, Sbarouni V, Stefanaki I, Tsantou V, Hatzia V, Psaroudaki X, Tsiligianni I, **Symvoulakis E**.
8. 19th Pan-Cretan Medical Conference, Chania, November 9–11, 2018. What are the health needs and what needs should primary health care services cover? What we learned from research on health services and the population of Crete. **Symvoulakis E**, Anastasaki M, Sifaki D, Bertsias A, Angelaki A.
9. 18th Panhellenic Hypertension Conference, Athens, March 29-31, 2018. Beliefs, daily habits, and hypertension in rural residents. Klini S, **Symvoulakis E**.
10. 7th Panhellenic Symposium of Working Groups. Athens, December 1-2, 2017. The relationship between Greek Orthodox fasting and behavioral cardiovascular risk factors in primary health care. Anastasaki M, Linardakis M, Papadaki S, Vasilaki E, Daouker G, Anyfantakis D, **Symvoulakis EK**, Lionis X.
11. 18th Pan-Cretan Medical Conference, Rethymno, November 4–6, 2016. Cardiovascular risk assessment in primary healthcare service users in Crete. Anastasaki M, Linardakis M, Papadaki S, Vasilaki E, Daouker G, Anyfantakis D, **Symvoulakis EK**, Lionis X.
12. 13th Panhellenic Conference on Gerontology and Geriatrics, Athens, February 26-28, 2015. Assessment of polypharmacy and comorbidity in the geriatric population of a rural area in Western Macedonia. Klini S, **Symvoulakis EK**.
13. 26th Panhellenic Conference on General Medicine, Corfu, April 23-26, 2014. Recording of the most common symptoms and diagnoses in rural areas using electronic medical records. Five years of experience. Klini S, **Symvoulakis E**, Kounalakis D.
14. 22nd Panhellenic Conference on General Medicine. Corfu, April 7-11, 2010. Characteristics of patients with postherpetic neuralgia in rural areas of Crete. Anastasiou F, Antonopoulou M, Apostolakis X, Vardavas K, Vasilaki A, Vasilopoulos T, Vrentzos G, Dimitrakopoulos S,

- Kalogirou A, Komninos I, Kounalakis D, Ladoukaki E, Makri K, Papadakaki M, Petrakis X, Pitelou E, Ploumis N, Prokopiadou D, Stefanaki I, **Symvoulakis E**, Tzortzis E, Tsakountakis N, Tsiousi I, Tsiligianni I, Fountakis G, Hatzarsenis M, Hliberos K, Lionis X.
15. 4th Panhellenic Conference on Health Administration, Economics, and Policy. Major diseases and big questions in health and medical care. December 3-6, 2008, Athens. Evaluation of Greek anti-smoking advertisements on passive smoking by the Ministry of Health and Social Solidarity by adolescents in Crete. Vardavas K, Conelly G, Patelaru E, **Symvoulakis E**, Chochlidaki M, Lionis X.
 16. 20th Panhellenic Conference on General Medicine. April 30-May 4, 2008. Kyllini Castle, Elis. Study of herpes zoster and general medicine research network in rural Crete: Initial results. Lionis X, Vardavas K, **Symvoulakis E**, Papadakaki M, Anastasiou F, Antonopoulou M, Apostolakis K, Dimitrakopoulos S, Fountakis G, Grammatikopoulos I, Komninos I, Kounalakis D, Ladoukaki E, Makri K, Petrakis K, Ploumis N, Prokopiadou D, Stefanaki I, Tsakountakis N, Tsiligianni I, Tzortzis E, Vasilaki A, Vasilopoulos T, Vrentzos G.
 17. 18th Panhellenic Hematology Conference. November 16-17, 2007, Thessaloniki. Investigation of side effects related to blood donation. **Souvalakis E**, Koziraki M, Lydaki E, Nikoloudi E, Bolonaki E, Kounalakis D, Stavroulaki A, Fountouli K.
 18. 18th Panhellenic Hematology Conference. November 16-17, 2007, Thessaloniki. Frequency of detection of HTLV I-II virus in the blood donor population of the blood donation station of the University Hospital of Heraklion, Crete. Bolonaki E, Lydaki E, Nikoloudi E, **Symvoulakis E**, Kozyraki M, Vazakopoulou M, Fountouli K.
 19. 18th Panhellenic Hematology Conference. November 16-17, 2007, Thessaloniki. Incidence of hepatitis B markers and management of blood donors at the PAGNI blood donation station. Bolonaki E, Nikoloudi E, Lydaki E, Kozyraki M, **Symvoulakis E**, Pankalaki A, Fountouli K.
 20. 18th Panhellenic Conference on General Medicine. April 26-30, 2006, Corfu. Adult vaccinations and health promotion. The views of the population in a rural area of Crete. Kastrinakis I, Lyronis I, Klini S, **Symvoulakis E**, Alegakis A, Grinakis G, Rovithis E, Markakis E, Filalithis A.
 21. 18th Panhellenic Conference on General Medicine. April 26-30, 2006, Corfu. Closed abdominal injuries in children. Five years of experience. Klini S, **Symvoulakis E**, Michalakis M, Kastrinakis I, Lyronis I, Vlachakis I, Filalithis A, Charisis G.
 22. 18th Panhellenic Conference on General Medicine. April 26-30, 2006, Corfu. Epidemiological study of patients with inflammation of the facial sinuses. The role of the general practitioner in the diagnostic approach and treatment of these patients in primary health care. Klini S, **Symvoulakis E**, Galanakis X, Panagiotaki E, Filalithis A, Velegrakis G.

23. 14th Panhellenic Conference on Chest Diseases. December 1-4, 2005. Thessaloniki. Study of the expression of perforin and lymphocyte adhesion molecules in patients with pulmonary sarcoidosis. Antoniou KM, Tzouvelekis A, Tzanakis N, Tsiligianni I, Sfyridaki K, Alexandrakis M, **Symvoulakis E**, Siafakas N, Bouros D.
24. 12th Pan-Cretan Medical Conference. October 28-31, 2004, Crete. Investigation, diagnosis, and treatment of acute epididymitis in childhood. Sakellaris G, **Symvoulakis E**, Kalpadakis S, Charisis G.
25. 16th Panhellenic Conference on General Medicine. April 14-18, 2004, Kos. Common dermatological problems in the Emergency Department of the University General Hospital of Heraklion. A one-year retrospective study. **Symvoulakis E**, Komninos I, Lyronis I, Kastrinakis I, Krasagakis K, Toska A, Filalithis A.
26. 16th Panhellenic Conference on General Medicine. April 14-18, 2004, Kos. The prospect of improvement in the initial treatment of injured children in primary health care. Experience of the T.E.P. of the Pediatric Surgery Clinic, P.A.G.N.I. Komninos I, **Symvoulakis E**, Andreidakis M, Karantzali A, Mouzakis G, Velaoras K, Arbiros I, Sakellaris G, Vlachakis I, Filalithis A, Charisis G.
27. 16th Panhellenic Conference on General Medicine. April 14-18, 2004, Kos. The importance of initial treatment in the management of pediatric trauma and the possibility of its management by general practitioners in primary health care. Komninos I, **Symvoulakis E**, Kalpadakis S, Velaoras K, Arbiros I, Sakellaris G, Vlachakis I, Filalithis A, Charisis G.
28. 12th Panhellenic Conference on Chest Diseases. December 3-7, 2003, Athens. Correlation of HRCT findings and pulmonary clearance of Technetium-99m-Diethylenetriamine pentaacetate (Tc-99m-DTPA) in the assessment of patients with sarcoidosis and patients with idiopathic pulmonary fibrosis. Antoniou K, Malagari K, Maltezas G, Tzortzaki E, Tzanakis N, **Symvoulakis E**, Moraitaki D, Siafakas N, Bouros D.
29. 15th Panhellenic Conference on General Medicine. April 30-May 4, 2003, Sithonia. Theories of aging and the care of geriatric patients: The role of general medicine. Karakitsos D, Komninos I, Papachatzaki M, **Symvoulakis E**, Fthenakis A, Albanos D, Kyriakopoulos K, Filalithis A.
30. 15th Panhellenic Conference on General Medicine. April 30-May 4, 2003, Sithonia. Foreign body ingestion in children. The possibility of treatment in primary health care. A retrospective study covering a decade. Komninos I, Fthenakis A, **Symvoulakis E**, Vlachakis I, Filalithis A, Charisis G.

SPEAKER - PARTICIPATION IN CONFERENCES AND SCIENTIFIC MEETINGS (NATIONAL)

1. 8th Pan-Cretan Interdisciplinary Conference on Alzheimer's Disease and Related Disorders and 4th Pan-Hellenic Conference on Active and Healthy Aging, September 22-24, 2022. Heraklion Chamber of Commerce and Industry. Round table. «Comprehensive care for Alzheimer's disease and the health system: what we need».
2. Hippocrates Workshop on Cardiometabolic Risk Factors, November 5, 2022, Heraklion, Crete. Chair of the round table discussion on "Diabetes Mellitus, Latest Data".
3. Scientific Event on Adult Vaccination Against Pertussis. How, When, Why? October 7, 2022, Athens. «The burden of pertussis in patients with respiratory problems».
4. 29th Medical School Research Seminar - ITC – KEME, October 5, 2022, Heraklion, Crete. "Educational and research programs based on public health and primary care priorities".
5. Specialty training program for general practitioners/family doctors "Introduction to General/Family Medicine and Primary Health Care," May 9 to June 8, 2022, Athens. "Tools for assessing perceived risk, quality of life, patient satisfaction, and intervention effectiveness".
6. Lecture entitled "Empathy for cancer patients," held on July 4, 2022, as part of the continuing education program of the Radiotherapy Laboratory of the University General Hospital of Heraklion, in collaboration with the Medical School of the University of Crete.
7. Panhellenic Conference: Respiratory Failure from Primary Care to Intensive Care, June 23-26, 2022, in Syros. «Vaccinations, Inaction, and Collective Trust».
8. 4th Hippocratic Panhellenic Conference on General Medicine and Primary Health Care. April 7-10, 2022, Thessaloniki. Round Table: Management of patients with idiopathic pulmonary fibrosis in the community. "Exploring the feasibility of diagnostic access to idiopathic pulmonary fibrosis starting from primary care: Analysis of early research data".
9. Speaker at the online public presentation in the form of a debate on the topic "The COVID-19 pandemic and the pandemic of misinformation: Scientific discourse and counterarguments." Medical School of the University of Crete, December 15, 2021. Panhellenic Conference on Health Economics and Policy 2021 entitled "Covid-19 Pandemic: The Day After" (online). December 13-16, 2021. Oral Presentations VIII, Health Economics (Presiding Committee).
10. Conference entitled "Respiratory Failure from Primary Care to Intensive Care" organized by the Thoracic Foundation. November 19-21, 2021, Portaria, Magnesia (online). Satellite

- lecture entitled: "Denial, skepticism, or inertia regarding vaccination during the pandemic: the precarious step from persuasion to trust."
11. Tutorial on primary healthcare and COVID-19 management. December 2, 2021. Communicating with skeptical citizens, from the adoption of protective measures to caring for them as patients and their families at home. Lionis X, Soumoulakis E.
 12. Online Regional Conference on Primary Health Care. November 5-6, 2021 (online). «Psychosocial determinants of health, aging, and chronic diseases: the research challenge of General Family Medicine»
 13. Hippocratic Days P.F.Y. Regional Symposium of Crete. Ag. Nikolaos, October 1–3, 2021. Round Table: «Undergraduate Education and General Family Medicine».
 14. 3rd Online Conference of the Greek Fragility Fracture Network, October 16-17, 2021. «Addressing vulnerability in the community».
 15. Anniversary Conference - 200 Years of Modern Greek Medicine. September 23-24, 2021 Athens (Presidium). Highlights and personalities of Greek medicine in the 19th and 20th centuries.
 16. 3rd Hippocratic Panhellenic Conference on General Medicine and Primary Health Care, Corfu, June 24-27, 2021. Lecture entitled: "Dietary supplements, concepts of awareness and 'dispersion' of consumption in the community."
 17. 3rd Hippocratic Panhellenic Conference on General Medicine and Primary Health Care, Corfu, June 24-27, 2021. Lecture entitled: "Recording knowledge and behavioral trends among general practitioners regarding the pandemic."
 18. 7th Pan-Cretan Online Interdisciplinary Conference on Alzheimer's Disease and 3rd Pan-Hellenic Online Conference on Active and Healthy Aging. Heraklion, November 5-7, 2020. Round table: "Caring for vulnerable population groups during the pandemic. The role of primary health care services."
 19. Hippocrates Days P.F.Y. Regional Symposium of Crete. Heraklion, October 23-25, 2020. Lecture entitled: "Guidelines and mindlines" (Presidium).

20. 32nd Panhellenic Conference on General/Family Medicine. Ouranoupoli, Chalkidiki, September 10-13, 2020. Free communication: "Spontaneous intracerebral hemorrhage and its insidious manifestation: could the outcome be changed by turning back time?".
21. Evening event on the topic: "Undergraduate education in Primary Health Care." Larissa, March 5, 2020. Experience of Greek Medical Schools in Education and Research in Primary Health Care.
22. Panhellenic Conference on Health Management, Economics, and Policy 2019. Prioritizing choices in health and medical care. Athens, December 10-12, 2019. «Linking Public Health with Primary Health Care».
23. 29th Annual Meeting of the Hellenic Society of Atherosclerosis, "Reducing Cardiometabolic Risk in Daily Practice." Heraklion, September 27-29, 2019. Round table: Recognition and Management of Cardiovascular Risk and Metabolic Diseases in the Management of Multiple Morbidity in Primary Health Care. "The recognition and communication of cardiovascular risk in the context of primary health care.".
24. 7th Conference - Pharmacy in Health, Beauty, and Wellness. Heraklion, September 14-15, 2019. Round table: Asking and Learning about Cretan IAMA: From Theory to Practice.
25. 13th Panhellenic Conference on Health Management, Economics, and Policy, Athens, December 12-14, 2017. Lecture: 6th pre-conference workshop: Primary health care and chronic disease management: Overcoming fragmented medical care.
26. 13th Panhellenic Conference on Health Management, Economics, and Policy, Athens, December 12–14, 2017. Lecture: Is evidence-based medicine being applied in everyday practice?
27. Natural History Museum, July 19, 2017. "Cranberries and urinary tract infections." Event titled: Common urinary tract problems and best clinical practice.
28. 9th Panhellenic Conference of Hospital Pharmacists. Chania, April 27-30, 2017. Interactive seminar: The art of writing a scientific paper. "Common mistakes in writing and submitting a research paper and how we can avoid them.".

29. 9th Panhellenic Conference of Hospital Pharmacists. Chania, April 27-30, 2017. Round table: "Polypharmacy and patient compliance: Latest data from the simpathy program."
30. Osteoporosis Workshop. Heraklion, April 9, 2016. Round table: "The role of the general practitioner – diagnosis of osteoporosis in primary health care."
31. Lecture: Epidemiology and Risk Factors. Radiological Society of Crete, Medical Imaging Laboratory, University Hospital of Heraklion, entitled Osteoporosis. From correct and valid diagnosis to effective treatment, April 9, 2016, Heraklion.
32. Chair (panel member): What is the evidence base for the diagnosis and management of heart failure in the updated guidelines? What is the evidence base for modifying blood pressure in the updated guidelines? Panel/audience discussion on key issues in general practice. 8th Annual Scientific Meeting of the European Society of Cardiovascular Primary Care, Clinical Lecture & Scientific Session on Cardiovascular Diseases 2015, Prague, Czech Republic, September 17-18, 2015.
33. Chair: Interactive seminar. How primary care can help patients take responsibility and form patient groups. 7th World Conference of the International Primary Care Respiratory Group (IPCRG), May 21-24, 2014, Hilton, Athens.
34. 2nd Panhellenic Conference of the Forum on Public Health and Social Medicine. Larissa, November 25-27, 2011. Round table: "Evaluation of the quality of services provided by health centers in Greece: recording the daily work of health professionals."
35. 15th Pan-Cretan Medical Conference. October 29-31, 2010, Chania, Crete. Development of urban primary health care units and quality standards in primary health care: Experiences from the University Municipal Clinic of Heraklion.
36. 2nd Day of Continuing Education Seminars in Pulmonology. Intermediate Diseases. December 12, 2009, Nicosia, Cyprus. Lecture: Chronic Respiratory Diseases and Primary Health Care.
37. Lecture: Health systems and effective care for the elderly. Problems of old age. October 4, 2008, Hotel Atlantis, Heraklion.
38. 5th Panhellenic Conference on Health Management, Economics, and Policy. Athens, December 2009. Basic Principles of Writing and Publishing a Scientific Article in Biomedical Sciences. From the introduction and research questions to the purpose and objectives.

39. 4^ο Πανελλήνιο Συνέδριο για τη διοίκηση, τα οικονομικά και τις πολιτικές υγείας. Αθήνα, Δεκέμβριος 2008, Διάλεξη (κατά την έναρξη) του Συνεδρίου Διαχείριση χρόνιων νοσημάτων στην ΠΦΥ: από τη θεωρία στην πράξη. Η μέτρηση της κλινικής αποτελεσματικότητας. Εθνική Σχολή Δημόσιας Υγείας.

PARTICIPATION IN ORGANIZING COMMITTEES OF INTERNATIONAL AND GREEK SEMINARS, CONFERENCES, AND PROGRAMS

1. Member of the organizing committee of the conference: Public Health Congress on Maritime Transport and Ports 2024: Innovations in infectious diseases control and occupational health. Naples, October 18-19, 2024.
2. Member of the organizing committee and chair of the local organizing committee of the 9th Panhellenic Conference of the Forum of Public Health & Social Medicine entitled "Prevention and management of chronic diseases in the post-COVID-19 era. Heraklion, October 20-22, 2023.
3. Member of the research committee of the General/Family Medicine Society of Greece "Hippocrates".
4. Member of the conference program committee. 48th Annual Panhellenic Medical Conference. Athens, May 12-14, 2022.
5. Vice-chair of the evaluation and award committee. Panhellenic Conference on Health Economics and Policy 2021 entitled "Covid-19 Pandemic: The Day After" (online). December 13-16, 2021.
6. Member of the scientific committee at the Panhellenic Conference on Health Economics and Policy. (Online) December 7-10, 2020.
7. Member of the evaluation and award committee. Panhellenic Conference on Health Management, Economics, and Policy 2019. Prioritizing choices in health and medical care. Athens, December 10-12, 2019.
8. Member of the evaluation and award committee for research projects at the 13th Panhellenic Conference on Health Management, Economics, and Policy. Complementarity and synergies in healthcare: Overcoming fragmented medical care. December 12-14, 2017, Athens.
9. Member of the evaluation and award committee for research projects at the 12th Panhellenic Conference on Health Management, Economics, and Policy. Removing barriers to access and

- inequalities in health: The search for necessary structural changes. December 13-15, 2016, Athens.
10. Member of the evaluation and award committee for research projects at the 11th Panhellenic Conference on Health Management, Economics, and Policy. The search for a new plan for health and medical care. December 10-12, 2015, Athens.
 11. Vice-chair of the evaluation committee at the 10th Panhellenic Conference on Health Management, Economics, and Policy. From rhetoric to evidence for the future of the health sector. December 18-20, 2014, Athens.
 12. Member of the nominal consensus group in the European INTERREG III program for improving patient management in health centers through the use of new technologies.
 13. Member of the evaluation committee at the 7th Panhellenic Conference on Health Management, Economics, and Policy. Health and health services after the Memorandum. December 14-17, 2011, Athens.
 14. Member of the presidium at the 6th Panhellenic Conference on Health Management, Economics, and Policy. Control and evaluation policies in the health sector. December 15-18, 2010, Athens. "Standardization in health informatics, a prerequisite for the introduction of information systems".
 15. Member of the evaluation committee at the 6th Panhellenic Conference on Health Management, Economics, and Policy. Control and evaluation policies in the health sector. December 15-18, 2010, Athens.
 16. Member of the editorial board - Primary Health Care. April - December 2010, volume 22, issue 2.
 17. Member of the scientific committee at the 1st Panhellenic Conference of the Forum on Public Health & Social Medicine. November 25-27, 2010, Athens.
 18. Member of the evaluation committee at the 5th Panhellenic Conference on Health Management, Economics, and Policy. Innovation and Modernity in Health and Health Services. December 2-5, 2009, Athens.
 19. Vice-President of the Organizing Committee of the 9th WONCA Rural Health World 2009 Conference. 12-14 June 2009, Heraklion, Crete.
 20. Member of the editorial board - Primary Health Care. January-March 2009, volume 21, issue 1.
 21. Member of the Organizing Committee of the 11th World Congress on Advances in Oncology and the 9th International Symposium on Molecular Medicine. Hersonissos, October 12-14, 2006.

22. Member of the Organizing Committee of the Forum on Education in General Medicine for the academic years 2005-2006.

TEACHING - ACADEMIC WORK

UNDERGRADUATE TEACHING

2017-2018

Course participation: Doctor-Patient Relationship from 2012 to 2019.

1. Lesson: Doctor-Patient Relationship ("Patient-Centered Care")

Title: Welcoming and examining patients at the doctor's office – reference to communication skills (lecture), Winter Semester 2017-2018..

Title: The patient's narrative, Winter Semester 2017-2018.

2018-2019

1. Course: "Patient-centered care"

Title: Welcoming and examining patients at the doctor's office – reference to communication skills (lecture), Winter Semester 2018-2019.

Title: The patient's narrative (Lectures A and B), Winter Semester 2018-2019.

2. Course: Clinical Practice in Primary Health Care.

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

2019-2020

1. Course: "Patient-centered care"

Title: Welcoming and examining patients at the doctor's office – reference to communication skills (lecture), Winter Semester 2019-2020.

Title: The patient's narrative (Lectures A and B), Winter Semester 2019-2020.

2. Course: Clinical Practice in Primary Health Care.

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

Undergraduate teaching in Cyprus (Medical School – University of Cyprus)

- 1. Course:** Clinical Primary Health Care and Community Interventions: The Role of Community Representatives and Patients – Spring Semester 2019-2020.
- 2. Course:** Primary Health Care and Evaluation of Health Services Quality – Spring Semester

2019-2020.

2020-2021

- 1. Course: "Evidence-based – From searching for evidence to analysis and clinical decision-making" - Course coordinator.**

Title: Introduction–Purpose: from the clinical question to the literature search.

Title: From searching the literature to assessing its quality.

- 2. Course: "Nutrition" (Course Syllabus - 3rd Semester) - Course Coordinator**

Title: Introduction to Nutrition, Winter Semester 2020-2021.

Title: Cardiometabolic “burden” and preventive interventions, Winter Semester 2020-2021.

Title: Exercise Scenarios, Winter Semester 2020-2021.

- 3. Course: Clinical Practice in Primary Health Care.**

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

2021-2022

- 1. Course: "Evidence-based – From searching for evidence to analysis and clinical decision-making" - Course coordinator.**

Title: Introduction to the course, Spring Semester 2021-2022.

Title: Evidence-based medicine and clinical practice in primary health care, Spring Semester 2021-2022.

Title: Randomized double-blind studies: methodology overview and key concepts, Spring Semester 2021-2022.

Title: Assignment of educational work and instructions to students for conducting a systematic search with a pilot title and writing a summary, Spring Semester 2021-2022.

- 2. Course: "Nutrition" (Course Syllabus - 3rd Semester) - Course Coordinator**

Title: Introduction to Nutrition, Winter Semester 2021-2022.

Title: Cardiometabolic “burden” and preventive interventions, Winter Semester 2021-2022.

Title: Exercise Scenarios, Winter Semester 2021-2022.

- 3. Course: Clinical Practice in Primary Health Care.**

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

2022-2023

1. Course: "Nutrition" (Course Syllabus - 3rd Semester) - Course Coordinator

Title: Introduction to Nutrition, Winter Semester 2022-2023.

Title: Cardiometabolic “burden” and preventive interventions, Winter Semester 2022-2023.

Title: Exercise Scenarios, Winter Semester 2022-2023.

2. Course: Compassion in Clinical Care (Course Syllabus - 3rd Semester) - Course Coordinator

Title: a) Introductory concepts-definitions: "Compassion as a value and virtue." b) Course content and structure, Winter Semester 2022-2023.

Title: Epilogue - PRESENTATION OF ASSIGNMENTS, Winter Semester 2022-2023.

3. Course: Clinical Practice in Primary Health Care.

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

4. Course: "Evidence-based – From searching for evidence to analysis and clinical decision-making" - Course coordinator

Title: Evidence-based medicine and clinical practice in primary health care, Spring Semester 2022-2023.

Title: Randomized double-blind studies: methodology overview and key concepts, Spring Semester 2022-2023.

Title: Psychosocial determinants, chronic diseases, and research in General Medicine, Spring Semester 2022-2023.

2023-2024

1. Course: "Nutrition" (Course Syllabus - 3rd Semester) - Course Coordinator

Title: Introduction to Nutrition, Winter Semester 2023-2024.

Title: Cardiometabolic “burden” and preventive interventions, Winter Semester 2023-2024.

Title: Exercise Scenarios, Winter Semester 2023-2024.

2. Course: Compassion in Clinical Care (Course Syllabus - 3rd Semester) - Course Coordinator

Title: a) Introductory concepts-definitions: "Compassion as a value and virtue." b) Course content and structure, Winter Semester 2023-2024.

Title: Epilogue - PRESENTATION OF ASSIGNMENTS, Winter Semester 2023-2024.

3. Course: Clinical Practice in Primary Health Care (Co-course coordinator).

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

4. Course: "Evidence-based – From searching for evidence to analysis and clinical decision-making" - Course coordinator»

Title: Evidence-based medicine and clinical practice in primary health care, Spring Semester 2023-2024.

Title: Randomized double-blind studies: methodology overview and key concepts, Spring Semester 2023-2024.

Title: Psychosocial determinants, chronic diseases, and research in General Medicine, Spring Semester 2023-2024.

2024-2025

1. Course: "Nutrition" (Course Syllabus - 3rd Semester) - Course Coordinator

Title: Introduction to Nutrition, Winter Semester 2023-2024.

Title: Cardiometabolic “burden” and preventive interventions, Winter Semester 2023-2024.

Title: Exercise Scenarios, Winter Semester 2023-2024.

2. Course: Compassion in Clinical Care (Course Syllabus - 3rd Semester) - Course Coordinator

Title: a) Introductory concepts-definitions: "Compassion as a value and virtue." b) Course content and structure, Winter Semester 2023-2024.

Title: Epilogue - PRESENTATION OF ASSIGNMENTS, Winter Semester 2023-2024.

3. Course: Clinical Practice in Primary Health Care (Co-course coordinator).

Lectures on the approach to primary health care and the management of chronic diseases.

Clinical scenarios. Training of approximately 15-20 students per 4-week cycle.

4. Course: "Evidence-based – From searching for evidence to analysis and clinical decision-making" - Course coordinator»

Title: Evidence-based medicine and clinical practice in primary health care, Spring Semester 2023-2024.

Title: Randomized double-blind studies: methodology overview and key concepts, Spring Semester 2023-2024.

Title: Psychosocial determinants, chronic diseases, and research in General Medicine, Spring Semester 2023-2024.

ENGLISH LANGUAGE UNDERGRADUATE TEACHING

2024-2025

1. Course Title: Nutrition - Course Coordinator

Lecture Topic: Introducing and teaching nutrition, Winter Semester 2024-2025.

Lecture Topic: Cardiometabolic “burden”, Winter Semester 2024-2025.

Lecture Topic: DM type 2 and nutraceutical supplements, Winter Semester 2024-2025.

2. Course Title: Compassion within clinical care - Course Coordinator

Lecture Topic: a) Introduction and definitions: Compassion as a value and virtue. b) Content and structure: Compassion as clinical tool, Winter Semester 2024-2025.

Lecture Topic: Hidden behavioral and emotional descriptors in health and disease, Winter Semester 2024-2025.

Lecture Topic: Health inequalities and integrated health care services, Winter Semester 2024-2025.

3. Course Title: From evidence based search to the analysis and clinical decision making - Course Coordinator

Lecture Topic: Teaching evidence based practice, Summer Semester 2024-2025.

Lecture Topic: How to write a research abstract? Summer Semester 2024-2025.

POSTGRADUATE TEACHING

Master's program in Public Health - Primary Health Care - Health Services

2017-2018-2019-2020-2021-2022-2023-2024

1. Course: Research Methodology

LECTURES

- Formulation of the research question and design of the research protocol (2017-2018, 2018-2019, 2019-2020, first semester)
- Research protocol design - Quantitative and qualitative research methods (2017-2018, 2018-2019, 2019-2020, first semester)
- Basic principles of writing and publishing a research article in Biomedical Sciences-I (2018-2019, 2019-2020, first semester)
- Basic principles of writing and publishing a research article in Biomedical Sciences II (2018-2019, 2019-2020, first semester)
- From the research question to the research hypothesis and research design (2020-2021, 2021-2022, 2022-2023, 2023-2024, first semester)

2. Course: Introduction to Public Health and Primary Health Care.

LECTURES

- Cross-sectoral cooperation for Primary Health Care (2018-2019, 2019-2020, 2020-2021, 2021-2022, 2022-2023 first semester)
- From theory to practice: linking public health with primary health care in practice (2018-2019, 2019-2020 first semester)
- Review of teaching experience – discussion – conclusions (2020-2021, 2021-2022, 2022-2023, 2023-2024, first semester)

3. Course: Health services management - course coordinator (2019-2021)

LECTURE

- Evidence-based medicine and quality of services in primary health care (2019-2020, 2020-2021, 2022-2023, 2023-2024, second semester)

4. Course: Health services – course coordinator (2019-2023)

LECTURE

- Introduction to the course and the evidence-based approach (2020-2021, 2021-2022, 2022-2023 First semester)

5. Course: Economic evaluation of health services - course coordinator (2019-2024)

LECTURE

- Review of teaching experience – discussion – conclusions (2019-2020, 2020-2021, 2021-2022, 2022-2023, 2023-2024)

Master's program in Emergency and Intensive Care for Children, Adolescents, and Young Adults 2019-2020

1. Course: Introduction to Research Organization (FIRST SEMESTER 2019-2020)

LECTURES

- From observation to the formulation of the research question and theoretical reasoning
- Formulation of the research hypothesis and study design principles
- Publishing research data
- Design and completion of a research protocol.

Master's program in Surgical Sciences 2019-2023

1. Course: Professional Development in Surgical Sciences (2nd semester) 2019-2020, 2020-2021, 2021-2022, 2022-2023, 2023-2024)

LECTURE

- «Breaking Bad News»

Master's program "Primary Health Care: Social Medicine and Pharmaceutical Care" (Alexandroupolis)

LECTURE

- Need for evidence-based practice and benefits in primary health care (2020-2021, 2021-2022, 2022-2023, 2023-2024, second semester)

SUPERVISION OF DOCTORAL STUDENTS

Supervisor

1. Mr. Mixakis I., approved on November 27, 2024. Title: ***Study of the benefits of taking Prunus mume extract in combination with choline in diabetic patients: A randomized prospective two-arm study in Primary Health Care using ultrasonographic anatomical and elastographic markers of hepatic fatty infiltration. (In progress)***
2. Ms. Roumeliotaki Th., approved on December 20, 2023. Title: ***Psychosocial profile of the mother and its long-term effects on the physical development and cardiometabolic risk factors of the child. (In progress)***
3. Mr. Volkos P., approved on June 29, 2022. Title: ***Assessment of levels of trust, loneliness, and sociability with laboratory measurements of neurohormonal peptides in primary health care visitors: an intervention study with exposure to structured audiovisual stimuli and a control group. (In progress)***
4. Ms. Kyriakaki E., approved on December 5, 2019. Title: ***Assessment of the "burden" of eye injuries and damage due to occupational exposure, with a geo-epidemiological focus and evaluation of their impact on the demand for health services in Crete. (Completed)***
5. Ms. Mantadaki Aik. Approved on January 28, 2021. Title: ***Study of the benefits of taking quercetin in diabetic patients treated with antidiabetic tablets. A randomized prospective two-arm study (two-arm, prospective randomized control clinical trial) (interventional vs. observation arm). (Completed)***
6. Mr. Papadopoulos N., approved on March 22, 2021. Title: ***Recording the spectrum of morbidity associated with seeking care for otorhinolaryngological cases in the emergency department of a tertiary hospital: Intervention in education and skills development in the specialty of General Medicine. (Completed)***

Co-supervisor

1. Ms. Argyriou I., approved on April 30, 2025. Title: ***Study of the benefits of taking quercetin in patients with idiopathic pulmonary fibrosis and in patients with non-idiopathic pulmonary fibrosis. A randomized prospective two-arm study. (In progress)***
2. Mr. Vasilopoulos A., approved on February 23, 2023. Title: ***The representation of the breast: A journey from centuries of visual and cultural evidence to modern medical imaging. (In progress)***
3. Ms. Mourellou E., approved on December 6, 2022. Title: ***The island of Leppers: a collection of visual culture documents and archival material from five libraries in Crete. (In progress)***
4. Ms. Tziraki M., approved on March 23, 2022 (University of Thessaly). Title: ***Prospective assessment of quality of life in patients with pulmonary fibrosis.***
5. Ms. Chrysanthopoulou Chrysoula, approved on December 6, 2022. Title: ***Health, Illness, and Medicine through the Works of Ioannis Chrysostomos. (In progress)***
6. Ms. Hatzaki Arg., approved on July 14, 2021. Title: ***Influenza vaccination of nursing staff before and after the onset of the COVID-19 pandemic. (In progress)***
7. Ms. Moisaki M., approved on December 13, 2019. Title: ***Adequacy, quality, and safety of healthcare and social care services in elderly care units in the Region of Crete. (In progress)***
(Hellenic Mediterranean University - EL.ME.PA - School of Health Sciences - Department of Social Work).
8. Ms. Vova Hatzis, approved on January 21, 2008. Title: ***Evaluation of the responsiveness of Primary Health Care and General/Family Medicine Services in Greece: Reference to Patient Opinion (Completed)***

PARTICIPATION IN THE 7-MEMBER COMMITTEE FOR THE EVALUATION OF DOCTORAL THESES

1. Ms. Boura D., certified on December 18, 2024. Title: *Study of the effect of weather conditions on the respiratory system in children in Crete.*
2. Ms. Borboudaki E., certified on July 15, 2024. Title: *Health Assessment, Use of Health Services & Financial Burden. Comparative study of individuals aged 50+ in Greece & Europe from the "SHARE" survey 2004/05 & 2019/20.*
3. Mr. Drakoulakis E., ratified on June 26, 2024. Title: *The evolution of orthopedics since the founding of the Greek state.*
4. Doukas S., certified on June 26, 2024. Title: *The effect of cigarette smoke carcinogens on the expression of MicroRNA and DNA mismatch repair genes (MismatchDNA Repair): a patient-based study and mechanism approach.*
5. Mr. Stephanogiannis I. ratified on May 29, 2024. Title: *The practice of medicine and healthcare in Crete in the 19th century.*
6. Mr. Thiraios E., certified on March 27, 2024. Title: *Primary health care services for students at the University of Crete: Analysis of their type, use, and quality in the academic years 1999-2000 and 2000-2001.*
7. Mr. Kouris G., certified on October 25, 2023. Title: *Expert reports on health policy in Greece (1920-2004): Social conditions and political reality of health reforms.*
8. Mr. Christodoulakis A., certified on May 31, 2023. Title: *The effect of the educational environment and emotional intelligence on the development of critical thinking in health science students.*
9. Mr. Drogos Ach. certified on July 15, 2022. Title: *The therapeutic treatment of urinary tract disorders in the golden age of Arab-Islamic medicine (7th–15th centuries) and its impact on modern urology.*
10. Ms. Samaritaki Evag. certified on June 29, 2022. Title: *The consideration of psychological factors, quality of life, and intraoperative risk indicators as a means of preventing complications after cardiac surgery.*
11. Ms. Sbarouni V., certified on June 29, 2022. Title: *Evaluation of the performance and quality of health services provided by health centers in Greece..*
12. κ. Μπερτσιάς Αν. που επικυρώθηκε στις 2 Μαρτίου 2022. Τίτλος: *Η χρήση των πολυεπίπεδων μοντέλων στατιστικής ανάλυσης στην ανίχνευση της νόσου Alzheimer και*

συναφών γνωσιακών διαταραχών.

13. Ms. Adamichou Chr. certified on March 2, 2022. Title: *Comparative analysis of sensitivity and specificity of classification criteria and correlation with disease prognosis in patients with systemic lupus erythematosus.*
14. Mr. Nasikas D., certified on July 14, 2021. Title: *The role of Parvovirus B19 in thyroid cancer.*
15. Ms. Tsartsou Evag. ratified on July 31, 2020. Title: *Waste from olive mills and wineries as a source of high added-value products for human health (medicines and dietary supplements) – economic and environmental benefits.*
16. Ms. Chrysini M., certified on December 5, 2019. Title: *Comparative study of lifestyle factors affecting the health of preschool-aged children of native Greeks and economic migrants in our country.*

ADMINISTRATIVE WORK-COMMITTEES

1. Assumption of duties as Substitute Member of the Board of Directors of the Greek National Public Health Organization (EODY) in accordance with Decision No. Γ4β/οίκ.: 10060/28-02-2025 (Government Gazette 158/28-02-2025) Decision of the Minister and Deputy Minister of Health Amendment to No. Γ4β/οίκ.:47356/13-9-2023 (Government Gazette 945/τ.ΥΟΔΔ/13-9-2023, ΑΔΑ: 6Ω0Α465ΦΥΟ-ΠΔΔ) Decision of the Minister and Deputy Minister of Health regarding the appointment of members to the Board of Directors of the National Public Health Organization (EODY -NPID, Law 5157/2024).
2. Assumption of duties as Director of the Department of Social Medicine of the Faculty of Medicine of the University of Crete, in accordance with Act No. :14892 of the Dean's Office of the Medical School of the University of Crete following the election process held on July 4, 2024. Expected term of office: September 1, 2024, to August 31, 2026. ΑΔΑ: 977Ω469Β7Γ-ΓΕ8.
3. **Election to the rank of Associate Professor at the Medical School of the University of Crete in the Department of Social Medicine, with the field of expertise "Primary Health Care," pursuant to Act No. 18273/05-09-2023 of the Rector of the University of Crete, as published in the Government Gazette 2437/21-09-2023, vol. C..**
4. Assumption of duties as chair of the Working Group, whose main concern is the training of KoMY employees, in accordance with No. Prot. K.P. 4694/2024-05.03.2024 Decision

of the National Public Health Organization (E.O.D.Y.).

5. Appointed Head of the "Clinical Social Preventive Medicine" Department of Social Medicine at the Medical School of the University of Crete. EXCERPT FROM THE MINUTES OF THE 491st/20-10-2022 REGULAR MEETING OF THE UNIVERSITY OF CRETE SENATE and notification by the Rector's Office 15/12/2022.
6. **Appointment as permanent Assistant Professor of Primary Health Care at the Medical School of the University of Crete. June 2022. Tenure: Government Gazette 2032/22-08-2022, vol. C..**
7. Member of the Board of Directors of the Forum on Public Health and Social Medicine, which was established on May 23, 2022.
8. **Regular member of the General and Family Medicine Examination Committee, as chair, in accordance with Ref. No. Γ5α/Γ.ΙΙ.οικ. 52908/19-09-2022 decision of the Ministry of Health concerning: "The formation and appointment of members to the Examination Committees for Medical and Dental Specialties based in Athens under the pan-Hellenic examination system."**
9. Member of the Medical School Liaison Committee with Secondary Education for the academic year 2022-2023.
10. Member of the Infectious Diseases Committee of the Medical School for the academic year 2022-2023.
11. Coordinator of the Medical School's Health Support and Student Welfare Committee for the academic year 2022-2023.
12. Member of the Medical School's International Relations-Erasmus Subcommittee for the academic year 2022-2023.
13. Alternate Member of the Medical School's Academic Council for the academic year 2022-2023 (by virtue of the Dean's decision no. 11094/231/19-05-2022).
14. Member of the Subcommittee on International Study Programs of the School of Medicine for the academic year 2022-2023 (formed at the 1st/06.10.2022 meeting of the School).
15. Subject: "Scientific Responsibility and Accountability of Vaccination Centers" in accordance with Decision No. 21719 of the 7th Health Committee. Definition of the organizational and clinical responsibility of the Vaccination Center for the vaccination coverage of the booster dose of the coronavirus for the staff to be carried out within the Hospital.
16. Member of the Committee for the preparation of a recommendation-proposal within the framework of the National Public Health Prevention Program "Spyros Doxiadis," on the

topic of: "population-based screening for the prevention of colorectal cancer" in accordance with No.: A1b/G.P.69584/19-11-2021 of the Minister of Health (ADA: ΩΞΑΑΑ65ΦΥΟ-ΒΞ2).

17. Chair and Regular Member of the Committee No. Δ1α/Γ.Π. οικ. 64232/16-10- 2021 (Government Gazette 4766/τ. Β/16-10-2021) Joint Ministerial Decision "on exemption from the obligation to undergo diagnostic testing for coronavirus disease COVID-19, for a fee," for the evaluation of requests from private sector employees for exemption from the obligation to undergo diagnostic testing for coronavirus, COVID-19, for a fee. Ref. No. 44282/ 19-10-2021 Decision of the Administration of the 7th Regional Health Authority of Crete on the formation of a three-member committee to evaluate requests from private sector employees for exemption from the obligation to undergo diagnostic testing for coronavirus disease, COVID-19, for a fee.
18. Alternate member of General Family Medicine in the Examination Committees for Medical and Dental Specialties based in Athens with the pan-Hellenic examination system in accordance with Amendment (1) of No. Γ5α/ Γ.Π.οικ.53147/30.08.202.
19. Member of the Committee No. Δ1α/Γ.Π.οικ.55570 / 12-09-2021 (Government Gazette Β' 4207 / 12-09-2021) Joint Ministerial Decision "Implementation of the mandatory measure of diagnostic testing for COVID-19 in public sector employees who work in person at their workplace," for the submission of requests for exemption on health grounds from the mandatory vaccination requirement so that unvaccinated public sector employees can undergo free diagnostic testing at public health units without paying a fee. Ref. No. 38185/15-9-2021 Decision of the Administration of the 7th Regional Health Authority of Crete on the formation of a three-member committee to evaluate requests for exemption from mandatory vaccination on health grounds.
20. Member of the Committee with ref. no. 33622/11-8-2021 decision of the Administration of the 7th Regional Health Authority of Crete on the formation of three-member committees to evaluate requests for exemption on health grounds from the compulsory vaccination of staff in private, public and municipal health and social care units (ΑΔΑ: 9Ξ05469Η2Ι- ΙΑ1).
21. Election as Director of Occupational Medicine (3-year term) (Hygiene/Physiology/Psychology/Ergonomics) of the Department of Social Medicine of the Faculty of Medicine of the University of Crete, in accordance with the provisions of Law 4485/2017 (Α' 114), as amended by Law 4559/2018 (Α' 142) and Law 4692/2020 (Α' 111), with the subject area «Primary Health Care»

22. Alternate Member of the Examination Committee for the Medical Specialty of General/Family Medicine for one examination. SUBJECT: «Setting the date for the General/Family Medicine specialty examination based in Thessaloniki for the period of June 2021».
23. Member of the Three-Member Evaluation Committee (TEA) for the commencement of doctoral dissertations. Academic year: 2008 (n=1), 2019 (n=2), 2021 (n=3), 2022 (n=4), 2023 (n=2), 2024 (n=1), 2025 (n=1).
24. Member of the Subcommittee on International Study Programs of the School of Medicine, academic year 2021-2022. Undergraduate Studies Committee.
25. Member of the Erasmus International Relations Subcommittee of the Medical School, academic year 2021-2022. Medical Students-Alumni Liaison Committee.
26. Deputy coordinator of the Social Policy – Volunteering Committee of the Medical School, academic year 2021-2022.
27. Coordinator of the Medical School's Health Support and Student Welfare Subcommittee, academic year 2021-2022.
28. Member of the Medical School's Secondary Education Liaison Committee, academic year 2021-2022.
29. Member of the Undergraduate Studies Committee of the School of Medicine, academic year 2020-2021.
30. Member of the Health Support and Student Welfare Committee of the Medical School, academic year 2020-2021.
31. Member of the Covid-19 Committee of the Medical School, academic year 2020-2021.
32. Member of the Medical School's Secondary Education Liaison Committee, academic year 2020-2021.
33. Member of the Ke.Sy (Educational and Counseling Support Centers) General Medicine working group, March 2019.
34. Member of the Coordinating Committee and Head of Health Services for the Master's program in Public Health – Primary Health Care – Health Services.

HONORARY PARTICIPATION – AWARDS – PROMOTION

VISITING FELLOWSHIP IN INTERNATIONAL PROGRAMS

Donation, Transplantation and Ethnicity (DonaTE). Kings' College London.
<http://www.kcl.ac.uk/lsm/research/divisions/hscr/research/groups/Long-Term->

AWARDS

- 1st prize for Free Communications. 10th Panhellenic Conference of the Forum of Public Health & Social Medicine. Thessaloniki, November 1-3, 2024. Internet addiction and health habits among schoolchildren in the Region of Crete. ***Symvoulakis E***, Mantadaki A, Linardakis M, Papadakis A, Pitsoulis G, Koutentakis E.
- 1st prize for best oral presentation. 3rd Hippocratic Panhellenic Conference on General Medicine and Primary Health Care. Corfu, June 24–27, 2021. Stress, daily lifestyle habits, and glycemic control in an elderly population in a rural area with type 2 diabetes mellitus.
- 1st Prize for the best free communication. 14th Panhellenic Conference on Health Management, Economics, and Policy, December 10-12, 2019. Impact of primary health care research on health policymakers: what we have learned and what is recommended. Lionis X, Angelaki A, Anastasaki M, Anastasiou F, Vassilopoulos T, Girvalaki X, Iatrakis E, Kamekis A, Markakis A, Bertsias A, Papadaki S, Papadakaki M, Pitelou E, Sifaki-Pistolla D, Sbarouni V, Symvoulakis E, Tsiligianni I, Hatzia V.
- 1st Prize for Best Research Paper. 14th Panhellenic Conference 2018 on Health Management, Economics, and Policy. Title of Project: Translating experiences from research and development programs into tools for improving the quality of primary health care services. Lionis X, Sifaki-Pistolla D, Anastasaki M, Angelaki A, Anastasiou F, Antonopoulou M, Anyfantakis D, Vasilaki E, Vasilopoulos Th, Vivilaki V, Galenianos M, Girvalaki X, Gotsis M, Iatrakis E, Karelis A, Kamekis A, Kakoliris N, Markakis A, Mehili AE, Bertsias A, Daouker G, Papadaki S, Papadaki M, Pitelou E, Sialtsis M, Sbarouni V, Stefanaki I, Tsantou V, Hatzia V, Psaroudaki X, Tsiligianni I, ***Symvoulakis E***.
- Runner-up. Best case report from general practice. CaseNetwork Awards 2009.

INTERNATIONAL PUBLICATIONS FROM CONFERENCE PROCEEDINGS

1. ***Symvoulakis E***, Fountouli P, Vardavas C, Tzatzarakis M, Stavroulaki A, Sfiridaki K, Bolonaki E, Alegakis T, Tsatsakis A, Lionis C. Active and passive smoking of the blood donor in relation to markers of inflammation in transfused blood. Toxicology Letters 2009. 189; S158.
2. Papadakaki M, Anastasiou F, Antonopoulou M, Apostolakis C, Chatziarsenis M, Chliveros K, Dimitrakopoulos S, Florakis D, Fountakis G, Komninos J, Kounalakis D, Ladoukaki E, Makri

K, Petraki C, Pitelou E, Ploumis N, Prokopiadou D, Stefanaki I, *Symvoulakis E*, Tsakountakis N, Tsiligianni I, Tzortzis E, Vardavas C, Vasilaki A, Vasilopoulos T, Vrentzos G, Lionis C. Measuring morbidity from herpes zoster in a primary care population in Crete, Greece. Swiss Medical Weekly 139; 33-34:54S, 2009.

PARTICIPATION IN WRITING A CHAPTER IN A BOOK

Treatment of parapneumonic pleural effusions. Bouros D, Antoniou K, *Symvoulakis M*. Publications of the Hellenic Thoracic Society, Diseases of the pleura, Athens 2004.