

CURRICULUM VITAE

PERSONAL INFORMATION

Eleni Vousoura

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EDUCATION

2014 **Columbia University, New York, NY**

Ph.D. in Clinical Psychology (APA accredited)

Dissertation: Psychological distress among mothers of young children in rural Ghana and Uganda and its association with child health and nutritional status

Advisor: Helen Verdeli, Ph.D.

2014 **Columbia University, New York, NY**

M.Phil. in Clinical Psychology

2011 **Teachers College, Columbia University, New York, NY**

M.S. in Clinical Psychology

Master's Thesis: Parental divorce, familial risk for depression, and psychopathology in offspring: A three-generation study

2009 **Teachers College, Columbia University, New York, NY**

M.A. in Psychology in Education (Personality and Psychopathology Track)

2007 **National Kapodistrian University of Athens, Greece**

B.Sc. in Psychology

Thesis: Parent-adolescent conflict and adolescents' adaptation: A longitudinal study of immigrant youth living in Greece

ACADEMIC APPOINTMENTS

2022-present Associate Professor of Clinical Psychopathology, Department of Psychology, **National and Kapodistrian University of Athens, Greece**

2014-present Scientific Collaborator, Medical School, Dept. of Psychiatry, **National and Kapodistrian University of Athens, Greece**

2020-2021 Assistant Professor, Program Coordinator of the MS in Counseling Psychology and Psychotherapy, **American College of Greece** (Deree University), Athens Greece

2016-2019 Scientific Collaborator, Dept. of Psychology, **University of Athens, Greece**

2015-2020 Associate Lecturer I, Dept. Psychology, **American College of Greece** (Deree University), Athens Greece

TEACHING EXPERIENCE

2015-2021 **American College of Greece**

Undergraduate courses: *Abnormal Psychology; Child and Adolescence Psychopathology; Theories of Personality; Schools of Psychotherapy; Tests and Measurement*

Graduate School courses: *Principles of Counseling and personal development; Practicum I, II, & III; Short-term approaches to counseling & psychotherapy; Child and Adolescent Interventions, Diversity Workshop; Crisis Intervention Workshop*

Advisor in MSc and MA research theses (7 theses since 2017)

Advisor in Honors theses (8 theses since 2016)

- 2016-present **University of Athens**
Department of Psychology
Athens University Medical School, MSc in Mental health promotion – Prevention of Mental Disorders. Lecture on *Introduction to research in prevention of mental disorders* (3 hour-lecture/year)
- Athens University Medical School**, MSc in Research on Female Reproduction. Lecture on *Introduction to research in reproductive mental health* (5 hour-lecture/year)
- Athens University Medical School**, Department of Child and Adolescent Psychiatry, Athens University Medical School: Lecture on *Psychotherapeutic Interventions for Child and Adolescent Mental Disorders* (8-hour lecture/year)
- Athens University Medical School**, MSc in Consultation Liaison Psychiatry: Lecture on *The Female Psychiatric Patient* (5-hour lecture/year)
- 2016-2019 **University of Athens**
Department of Psychology, MSc in Clinical Psychology. Courses: *Community Clinical Psychology* (12 2-hour lectures/year); *DSM-5 Seminar* (8-hour lecture/year)

RESEARCH EXPERIENCE AND GRANTS

- 2021-present
- 2020-present Impact of COVID-19 Pandemic in Perinatal Mental Health (**RISEUP-PPD-COVID-19**). ClinicalTrials.gov Identifier: NCT04595123
- 2019-present **COST Action** “CA18138 - Research Innovation and Sustainable Pan-European Network in Peripartum Depression Disorder”
Role: Science Communication Manager; Leader of WG6 “Inclusiveness, Dissemination and Public Engagement”; Management committee member for Greece
- 2017-present **COST Action** “European Network on Individualized Psychotherapy Treatment of Young People with mental Disorders (TREATME)”
Role: Management Committee Member for Greece and *Vice-leader* for the Working Group 1 (Treatment Moderators)
- 2007-present **Women’s Mental Health Clinic**, University of Athens, Greece. PI: Yannis Zervas, MD.
Role: Scientific Collaborator in a clinic specializing in the evaluation and treatment of psychiatric disorders across the female reproductive cycle, conducting research on women mental health during pregnancy, postpartum, and menopause; managing, analyzing and interpreting data; co-authoring research articles; supervising doctoral and master’s-level students research projects; managing dissemination of research lab information.
- 2012-2014 **Millennium Villages Project**, Earth Institute, Columbia University, Principal-investigator (PI): Jeffrey Sachs, PhD.
Role: Doctoral Researcher.
- 2011-2014 **Teachers College Provost’s Investment Fund** (\$20,000), “Training the global academic clinical psychologist,” Global Mental Health Lab, Teachers College, PI: Lena Verdeli, PhD.
Role: Research Coordinator.

- 2010-2014 **Navy Bureau of Medicine and Surgery** (\$27,000), "Pilot Study on the Effects of Group Interpersonal Psychotherapy on the Depressed Spouses of Service Members with a History of Global War on Terror Deployment," PI: Gail Manos, MD.
Role: Research Assistant.
- 2010-2011 **Teachers College Provost's Investment Fund** (\$20,000), "Sustainable Mental Health Capacity in Haiti," Global Mental Health Lab, Teachers College, NY, PI: Lena Verdeli, Ph.D.
Role: Research Coordinator.
- 2008-2010 **New York State Psychiatric Institute**, Columbia College of Physicians and Surgeons, Division of Epidemiology, PI: Myrna Weissman, PhD.
Role: Research Assistant.
- 2009-2014 **Global Mental Health Lab at Teachers College**, Teachers College, Columbia University (New York, NY) Principal-investigator: Lena Verdeli, Ph.D.
Role: Lab Coordinator and Research Assistant

EDITORIAL SCIENTIFIC ACTIVITIES

Editorial Board Member

Review Editor, <i>Frontiers in Psychology, Psychology for Clinical Settings</i>	2020-present
Review Editor, <i>Frontiers in Global Women's Health, Women's Mental Health</i>	2020-present
Senior Editor in Chief, <i>Graduate Student Journal of Psychology</i>	2012
Junior Editor in Chief, <i>Graduate Student Journal of Psychology</i>	2011

Ad Hoc Reviewer: [PUBLONS](#)

- *African Health Sciences* (since 2015, 1 review)
- *American Journal of Orthopsychiatry* (since 2010, 1 review)
- *Annals of General Psychiatry*, (since 2015, 16 reviews)
- *BMC Psychology* (since 2020, 1 review)
- *Climacteric* (since 2019, 1 review)
- *Clinical Obesity* (since 2017, 1 review)
- *Frontiers in Psychology in Clinical Settings* (since 2020, 4 reviews)
- *Frontiers in Global Women's Health* (since 2020, 2 reviews)
- *Frontiers in Psychiatry* (since 2021, 1 review)
- *Global Mental Health (GMH)* (since 2015, 2 reviews)
- *Graduate Student Journal of Psychology* (2009-2014, 6 reviews)
- *Gynecological Endocrinology* (since 2019, 1 review)
- *International Journal of Environmental Research and Public Health* (since 2020, 3 reviews)
- *Military Psychology* (since 2019, 3 reviews)
- *Journal of Clinical Child and Adolescent Psychology* (since 2011, 1 review)
- *Journal of Consulting and Clinical Psychology* (since 2012, 2 reviews)
- *International Journal of Mental Health* (since 2011, 3 reviews)
- *International Journal of Group Psychotherapy* (since 2019, 1 review)
- *International Journal of Psychotherapy* (since 2014, 1 review)
- *Psychological Trauma: Theory, Research, Practice, and Policy* (since 2020, 3 reviews)
- *Ψυχολογία* (since 2019, 1 review)

SCHOLARSHIPS AND AWARDS

- 2016 2nd Zaousi Award, Hellenic Psychiatric Association
- 2013 Grant-in-Aid, Teachers College, Columbia University
- 2010 Rosalea Schonbar Excellence in Research Award, Teachers College, Columbia University
- 2010 Gerondelis Scholarship, Gerondelis Foundation

- 2010 Counseling and Clinical Psychology Scholarship, Teachers College, Columbia University
 2009 Gladys Schweisting Scholarship, Teachers College, Columbia University
 2009 Katcher Scholarship, Teachers College, Columbia University
 2009 Lynn Tishman Scholarship, Teachers College, Columbia University

CLINICAL EXPERIENCE

- 2020-present **International Rescue Committee (IRC) Ελλάδας**, clinical supervisor of Interpersonal Psychotherapy Training of 10 psychologists working with refugees and immigrants in Lesvos, Chios, and Samos.
- 2015-present **Private Practice**
- 2014-present **Eginition Hospital**, First Department of Psychiatry, Athens Medical School, Department of Interpersonal Psychotherapy, *IPT therapist in training (Trainer level)*.
- 2013-2014 **North Bronx Healthcare Network (NBHN)**, Bronx, NY, *Psychology Intern*
- 2012-2013 **Jacobi Medical Center**, Bronx, NY, *Psychology Extern*
- 2010-2013 **Dean-Hope Center for Educational and Psychological Services**, Columbia University, New York, NY, *Student Therapist*
- 2011-2012 **St. Luke's Roosevelt Hospital**, Child and Family Institute [Parent-Infant Center], New York, NY, *Psychology Extern*
- 2007-2008 **Eginition Hospital**, First Department of Psychiatry, Athens Medical School, Women's Mental Health Clinic, University of Athens, Athens, Greece, *Supervised Student Therapist*
- 2006-2007 **Sinouiri Psychiatric Hospital**, Athens, Greece, *Psychologist Trainee*
- 2006 **Dromokaition Psychiatric Hospital of Attika**, Athens, Greece, *University Practicum*
- 2005 **Psychiatric Hospital of Athens (Dafni)**, Athens, Greece, *University Practicum*

PROFESSIONAL MEMBERSHIP

- Hellenic Association for Women's Mental Health**, *Founding Member, Treasurer*
- Greek Interpersonal Psychotherapy**, *Founding Member*
- Society for Psychotherapy Research (SPR)**, *Country Coordinator*
- International Society for Interpersonal Psychotherapy**, *Full Member*
- American Psychological Association**, *Full Member*
- United Nations**, Research Working Group, Family Committee, Member 2009-2010
- New York State Psychological Association (NYSPA)**, Student Member 2009-2014
- NYSPA's Organization for Future Psychologists (NOFP)** 2010-2014

LEADERSHIP AND ORGANIZATIONAL EXPERIENCE

- COST Action "European Network on Individualized Psychotherapy Treatment of Young People with mental Disorders (TREATME)"** 2018
 Training School in Meta-analyses and Systematic Reviews
 Alba, American College of Greece
Πόλος: Leader of the Local Planning Committee
- Conference titled "Transitions into Motherhood"** 2017
 Hellenic Association for Women's Mental Health

Hellenic American Union

Role: Planning Committee Member

First Summit of the Hellenic Association for Women's Mental Health 2017

Institute of Public Health, American College of Greece

Role: Planning Committee Member

Brooklyn Mind Body Health Fair 2011

New York State Psychological Association, Brooklyn, NY

Role: Planning Committee Member

3rd International Society for Interpersonal Psychotherapy (ISIPT) 2008-2009

Teachers College, Columbia University

Role: Conference planning committee member

PEER-REVIEWED PUBLICATIONS

h-index: 10 | i10-index: 10 | Citations: Google Scholar: 474

- (1) Eleftheriades, M., **Vousoura, E.**, Eleftheriades, A., Pervanidou, P., Zervas, I.M., Chrousos, G., Vlahos, N., & Sotiriadis, A. (under review). Physical Health, Media Use, Stress and Mental Health in Pregnant Women During the COVID-19 Pandemic
- (2) **Vousoura, E.**, Makrygiorgos, N., Tsarpalis, A., & Nega, C. (*in press*). Intolerance to Uncertainty and Resilience Associated with Anxiety during the COVID-19 Pandemic: An Online Survey in Adults Residing in Greece. *Psychologia*.
- (3) Branquinho, M., Rodriguez-Muñoz, M., Rodrigues Maia, B., Marques, M., Matos, M., Osmá, J., Moreno-Peral, P., Conejo-Ceron, S., Fonseca, A., **Vousoura, E.** (2021). Effectiveness of psychological interventions in the treatment of perinatal depression: A systematic review of systematic reviews and meta-analyses. *Journal of Affective Disorders*. [IF= 4.084]
- (4) Konstantakou, P., Chalarakis, N., Valsamakis, G., Sakkas, E. G., **Vousoura, E.**, Gryparis, G., Sakkas, E., Papadimitriou, G., Zervas, I., & Mastorakos, G. (2021). Associations of thyroid hormones profile during normal pregnancy and postpartum with profiles of anxiety, depression and obsessive/compulsive disorder in euthyroid women. *Frontiers in Neuroscience, section Neuroendocrine Science*.
- (5) Motrico, E., Bina, R., Domínguez-Salas, S., Mateus, V., Contreras-García, Y., Carrasco-Portiño, M., Ajaz, E., Apter, G., Christoforou, A., Dikmen-Yildiz, P., Felice, E., Hancheva, C., **Vousoura, E.**, Wilson, W., Buhagiar, R., Cardoso, C., Costa, R., Devouche, E., Gahno, A., Gómez-Baya, D., Gude, F., Hadjigeorgiou, E., Levy, D., Osorio, A., Fe Rodriguez, M., Saldivia, S., Fernanda González, M., Mattioli, M., Riseup-PPD-COVID-19 Group, & Mesquita, A. (2021). Impact of the Covid-19 pandemic on 3 perinatal mental health (Riseup-PPD-COVID-19): Protocol for an international prospective cohort study. *BMC Public Health*, 21, 368 (2021). <https://doi.org/10.1186/s12889-021-10330-w>
- (6) Kandaraki, A., **Vousoura, E.**, Argyropoulos, S., Coccossis, M. G., Papadimitriou, G. N. Papageorgiou, C., & Zervas, I. M. (2020). Psychological differences between Greek artists with and without history of major psychopathology. *Journal of Creativity in Mental Health*, <https://doi.org/10.1080/15401383.2020.1757005>
- (7) Spyropoulou, A. C., * Katsouli, A., & **Vousoura, E.** (*In press*). Postpartum Psychosis: A distinct nosological entity? *Psychiatriki*.
- (8) Zoogman, S., Goldberg, S. B., **Vousoura, E.**, Diamond, M. C., & Miller, L. (2019). Effect of yoga-based interventions for anxiety symptoms: A meta-analysis of randomized controlled trials. *Spirituality in Clinical Practice*, 6(4), 256–278.

- (9) Alevizou, F., **Vousoura, E.**, & Leonardou, A. (2018). Premenstrual Dysphoric Disorder: A Critical Review of Its Phenomenology, Etiology, Treatment and Clinical Status. *Current Women's Health Reviews*, 14(1), 59-66.
- (10) Bacopoulou, F., Foskolos, E., Stefanaki, C., Tsitsami, E., & **Vousoura, E.** (2017). Disordered eating attitudes and emotional/behavioral adjustment in Greek adolescents. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*.
- (11) Varela, P., Spyropoulou, A. C., Kalogerakis, Z., **Vousoura, E.**, Moraitou, M., Zervas, I. M. (2017). Association between gestational diabetes and perinatal depressive symptoms: Evidence from a Greek cohort study. *Primary Health Care Research & Development*.
- (12) Gomes, M. F., Chowdhary, N., **Vousoura, E.**, & Verdeli, H. (2016). When grief breaks your heart": A case study of IPT delivered in a primary care setting. *J Clin Psychol.*, 72(8), 807-17. doi: 10.1002/jclp.22362
- (13) Karamanolaki, Spyropoulou, A. C., H., Iliadou, A., **Vousoura, E.**, Vondikaki, S., Pantazis, N., & Vaslamatzis, G. (2016). Birth order and memories of traumatic and family experiences in Greek patients with borderline personality disorder versus patients with other personality disorders. *Bulletin of the Menninger Clinic*, 80(3), 234-54. doi: 10.1521/bumc.2016.80.3.234
- (14) Janikian, M., Beratis, I., Syngelaki, E. M., **Vousoura, E.**, & Apergi, F. S. (2016). OR-45: adolescent internet gambling and related internalizing and externalizing symptoms. *Journal of Behavioral Addictions*, 5, 20-21.
- (15) Sherman, B. J., **Vousoura, E.**, Wickramaratne, P., Warner, V., & Verdeli, H. (2016). Temperament and major depression: How does difficult temperament affect frequency, severity, and duration of major depressive episodes among offspring of parents with or without depression? *Journal of Affective Disorders*, 200, 82–88. doi:10.1016/j.jad.2016.04.033
- (16) Mourikis, I., Antoniou, M., Matsouka, E., **Vousoura, E.**, Tzavara, C., Ekizoglou, C., ... & Zervas, I. M. (2015). Anxiety and depression among Greek men with primary erectile dysfunction and premature ejaculation. *Annals of General Psychiatry*, 14(1), 34. Doi: 10.1186/s12991-015-0074-y
- (17) Shoum Teel, K., Verdeli, H., Wickramaratne, P., Warner, V., **Vousoura, E.**, Haroz, E. E., & Talati, A. (2015). Impact of a father figure's presence in the household on children's psychiatric diagnoses and functioning in families at high risk for depression. *Journal of Child and Family Studies*, 25(2), 588-597. doi: 10.1007/s10826-015-0239-y
- (18) **Vousoura, E.**, Spyropoulou, A. C., Koundi, K. L., Tzavara, C., Verdeli, H., Paparrigopoulos, T., Augoulea, A., Lambrinouadaki, I., & Zervas, I. M. (2015). Vasomotor, depression and anxiety symptoms may associate with different sleep disturbance patterns in menopausal women [published online ahead of print]. *Menopause*, 22(10).
- (19) Kennedy, R., Verdeli, H., **Vousoura, E.**, Vidair, H., Gameroff, M. J., & Zeng, R. R. (2014). Incorporating evidence-based practices into psychotherapy training in clinical psychology Ph.D. programs. *International Journal of Psychotherapy*, 18(2), 21-38.
- (20) **Vousoura, E.**, Verdeli, H., Wickramaratne, P., Warner, V., & Baily, C. D. R. (2012). Parental Divorce, Familial Risk for Depression, and Offspring Psychopathology. *Journal of Child and Family Studies*, 21, 718-725. doi:10.1007/s10826-011-9523-7
- (21) Mitsonis, C.I., **Voussoura, E.**, Dimopoulos, N. P., Psarra, V.V., Kararizou, E. G., Latzouraki, E.C., Zervas, I.M., & Katsanou, M.E. (2012). Factors associated with caregiver psychological distress in chronic schizophrenia. *Journal of Social Psychiatry and Psychiatric Epidemiology*, 47(2), 331-337.
- (22) Verdeli, H., **Vousoura, E.**, Baily, C., Belser, A., D., Van De Wal, E., & Manos, G. (2011). Adaptation and testing of Interpersonal Psychotherapy for military spouses. *Journal of Educational and Developmental Psychology*, 1, 118-126.
- (23) Keith, J. A., Verdeli, H., & **Vousoura, E.** (2011). Evaluating the Clinical Significance of Depression Treatment. *International Journal of Mental Health*, 40, 3-28. doi:10.2753/IMH0020-7411400301

- (24) Mitsonis, C., Dimopoulos, N., Zavrou, M., Psarra V., Giofkos, C., Fiorakis, C., Dimitriadis, A., Valavanis, D., **Vousoura, E.**, Zervas, I., & Papavassiliou, E. (2011). Panic Attack during Elective Gastrointestinal Endoscopy. *Gastroenterology Research and Practice*, 2011, 162574. doi:10.1155/2011/162574
- (25) Verdeli, H., Baily, C., **Vousoura, E.**, Belser, A., Singla, D., & Manos, G. (2011). The case for treating depression in military spouses. *J Fam Psychol*, 25(4), 488-96.
- (26) **Vousoura, E.** (2010). Onset or exacerbation of OCD during pregnancy: Clinical characteristics and etiological considerations. *Graduate Student Journal of Psychology*, 12, 37-44.
- (27) Zervas, I. M., Lambrinouadaki, I., Spyropoulou, A. C., Kounti, K. L., **Voussoura, E.**, Tzavara, H., Verdeli, H., Aravantinos, L., Creatsa, M., Paparrigopoulos, T. (2009). Additive effect of depressed mood and vasomotor symptoms on postmenopausal insomnia. *Menopause*, 16(4), 837-42.
- (28) Lambrinouadaki, Spyropoulou, A., E., Zervas, I. M., Kounti, K., **Voussoura, E.**, Tzavara, C., Antoniou, M., Tsitoura, A., Dimitraki, E., Paparrigopoulos, T. (2009). The significance of Depression for Menopause-related insomnia. *Maturitas*, 63(Suppl. 1), S101.
- (29) Spyropoulou, A. C., Zervas, I. M., Christodoulakos, G., Lambrinouadaki, I., Rizos, D., Koundi, K., Sanida, E., Creatsas, G., **Vousoura, E.**, Soldatos, C. R. (2008). Irritability in menopause. An investigation of its relation to menopausal, hormonal and physical factors. *Psychiatriki*, 19(2), 115–123 (in Greek).

ORAL & POSTER PRESENTATIONS IN INTERNATIONAL CONFERENCES

- (1) Saliba, A. Markovska-Simoska, S. Camilleri, N., Löffler-Stastka, H., Prevendar, T. **Vousoura, E.**, Tudor Tulbure, B., Poulsen, S., Ulberg, R., Chiarenza, G., Gergov, V. (March, 2020). *Evidence-based psychotherapeutic interventions for young people with Autism Spectrum Disorder: A systematic literature review*. Poster presented at the 28th European Congress of Psychiatry, 28-31 March, Madrid, Spain.
- (2) Vella Fondacaro, **Vousoura, E.**, Hochgerner, D., Poulsen, S., Torres, S., Cosmiou, A., Camilleri, N., Saliba, A., Sacco, R., Saliba, E., Ulberg, R., Gergov, V., Tudor Tulbure, B., Löffler Stastka, H., Prevendar, T., Markovska Simoska, S., Chiarenza, G., & Garcia-Lopez, L.J. (March, 2020). *Evidence-based psychotherapeutic interventions for young people with mood disorders: A systematic review*. Poster presented at the 28th European Congress of Psychiatry, 28-31 March, Madrid, Spain.
- (3) Sacco, R., Camilleri, N., Saliba, E., **Vousoura, E.**, Saliba, A., Vella Fondcaro, D., Löffler-Stastka, H., Poulsen, S., Chiarenza, G., Ulberg, R., Gergov, V., Prevender, T., Torres, S., Tudor Tulbure, B., Garcia-Lopez, L-J, Hochgerner, D., Markovska-Simoska, S. (March, 2020). *Evidence-based psychotherapeutic interventions for young people with substance use disorders: a systematic literature review*. Poster presented at the 28th European Congress of Psychiatry, 28-31 March, Madrid, Spain.
- (4) Camilleri, N., Saliba, A., Vousoura, E., Prevendar, T., Löffler-Statska, H., Vella Fondcar, D., Sacco, R., Markovska-Simoska, S., Hochgerner, M., Tulbure, B., Garcia-Lopez, L. J., Ulberg, R., Poulsen, S. B., & Gergov, V. (2020). *Evidence-based psychotherapeutic interventions for young people with mental disorders: A systematic review*. Poster presentation at the 28th European Congress of Psychiatry, 4-7 July 2020 [virtual conference].
- (5) Gergov, V., Milic, B., Poulsen, S., Tulbure, B., **Vousoura, E.**, Podina, I., Prevendar, T., Löffler-Stastka, H. (2019, September). *Moderators and Mediators in Psychotherapy with young psychotic patients*. Panel discussion at the 5th Joint UK & European SPR Chapters Conference, Krakow, Poland.
- (6) Gergov, V., **Vousoura, E.**, Poulsen, S., & Prevendar, T. (2019, July). *From a systematic review on evidence-based psychotherapeutic interventions for young people to identifying the moderators of the outcome*. Panel discussion at the 50th Annual International Meeting for the Society for Psychotherapy Research: 3-6 July, Buenos Aires, Argentina.

- (7) **Vousoura, E.**, Heinonen, E., Falkenström, F., Sales, CMD, Schmidt, S., & Kanellopoulou, E., (2018). *Advances in Individualized Psychotherapy Treatment of Young People with Mental Disorders: Specific markers (moderators) in youth psychotherapy*. Structured Discussion at the 49th Annual International Meeting for the Society for Psychotherapy Research: 27-30 June, Amsterdam, Netherlands.
- (8) Tallberg, P., Ness, E., Lovgren, A., & **Vousoura, E.** (2017). *Dynamic mechanism, dynamic change, and the depressed adolescents' experience of change in psychodynamic therapy*. Panel discussion at the Society for Psychotherapy Research UK & European Chapters 4th joint conference, 20-22 September, Oxford, UK.
- (9) Von Stieglitz Gallis, S., **Vousoura, E.**, & Janikian, M. (2018, November). *A study of dispositional mindfulness and overall school well-being in a middle school in Athens, Greece*. Poster presentation at the 4th International Congress of Clinical and Health Psychology on Children and Adolescents, 15-17 November, Palma de Mallorca, Spain.
- (10) Janikian, M., & Vousoura, E. (2017). *Gender differences in mental health characteristics and online gambling among Greek adolescents*. Poster presented at the 3rd International Congress of Clinical and Health Psychology on Children and Adolescents, 16-18 November, Seville, Spain.
- (11) Foskolos, E., Stefanaki, C., Vousoura, E., Tsitsami, E., Apostolaki, D., & Mpakopoulou, F. (February, 2017). *Disordered eating attitudes and emotional/behavioral adjustment in Greek adolescents*. Oral presentation at the 5^o Panhellenic Conference of the UNESCO Chair on Adolescent Health Care, 3-4 February 2017, Athens, Greece.
- (12) **Vousoura, E.**, Janikian, M., Syngelaki, E.M., Beratis, I., Apergi, T. (November 2016). *Adolescent exposure to internet pornography: Prevalence and related emotional and behavioral problems*. Poster presented at the 2nd International Congress of Clinical and Health Psychology on Children and Adolescents, 17-19 November, Barcelona, Spain.
- (13) Spyropoulou, A. C., **Vousoura, E.**, Koundi, K. L. Tzavara, Ch., Paparrigopoulos, T., Lambrinouadaki, I., Zervas, I. M. (2016). *The differential role of vasomotor and depression symptoms on sleep disturbances among menopausal women*. Poster presented at the 1st Balkan / South European Congress on Sleep Research & 6th Panhellenic Interdisciplinary Congress on Sleep Research, 30 June - 3 July, Athens, Greece.
- (14) Janikian, M., Beratis, I. N., Syngelaki, E. M., **Vousoura, E.**, & Apergi, F. S. (March 2016). *Adolescent internet gambling and related internalizing and externalizing symptoms*. Oral presentation at the 3rd International Conference on Behavioral Addictions, Geneva, Switzerland.
- (15) Varela, P., Spyropoulou A., **Vousoura, E.**, Kalogerakis, Z., Moraitou, M., & Zervas, I. M. (April 2016). *Gestational Diabetes and Postpartum Depression*. Poster presented at the 24th National Conference of the Hellenic Psychiatric Association, Alexandroupolis, 14-17 April 2016.
- (16) Spyropoulou, A. * Katsouli, A. & **Vousoura, E.** (April 2016). *Postpartum Psychosis: A distinct nosological entity?* Oral presentation at the 24th National Conference of the Hellenic Psychiatric Association, Alexandroupolis, 14-17 April 2016.
- (17) Zervas, I., Leonardou, A., & **Vousoura, E.** (May 2015). *Interpersonal Psychotherapy*. Oral presentation at Psychiatry Ground Rounds, Eginition Hospital, Athens, Greece: University of Athens.
- (18) **Vousoura, E.** (2014, February). *Setting sail on the sea of pluralism: Personal reflections on the challenges encountered during graduate psychotherapy training*. Oral presentation at "Choice and Abundance: Training as a psychotherapist in a world of too many psychotherapies." New York, NY: William Alanson White Institute.
- (19) Greenan, D. E., Baily, C. D. R., Chang, J. J., Laitner, C., Sant-Barket, S. M., Skolnik, A. A., & **Vousoura, E.** (2012, February). *Multisystemic structural model for therapists working with marginalized families*. Workshop at the 29th Annual Winter Roundtable, New York, NY: Teachers College, Columbia University.

- (20) **Vousoura, E.** (2011, April). *E-tools for Effective and Feasible Psychotherapy Training: Developing a Pilot Web-Assisted Training in Interpersonal Psychotherapy for Depression*. Poster presentation at Dean's Grant for Student Research, New York, NY: Teachers College, Columbia University.
- (21) Thomas, M. T., Athan, A., **Vousoura, E.**, & Ali, A. (2011, February). *Weaving Women's Voices: Contemporary Narratives in the Lived Female Experience*. Roundtable discussion at the 28th Annual Winter Roundtable on Cultural Psychology and Education, New York, NY: Teachers College, Columbia University.

ORAL & POSTER PRESENTATIONS (IN GREEK CONFERENCES)

- (1) **Βούσουρα, Ε.** (2019). *Ψυχοθεραπευτικές παρεμβάσεις στην περιγεννητική περίοδο*. 2^ο Κλινικό Φροντιστήριο, 20^ο Πανελλήνιο Συνέδριο Περιγεννητικής Ιατρικής, 18-20 Οκτωβρίου, Αθήνα.
- (2) Καλιακάτσου, Ε. Α., & Βούσουρα, Ε. (2018) Ο ρόλος της ενσυνειδητότητας και του προσανατολισμού στην αντιμετώπιση προβλημάτων στη χρήση παιχνιδιών στο διαδίκτυο. Προφορική ανακοίνωση στο 7^ο Πανελλήνιο Συνέδριο Συμβουλευτικής Ψυχολογίας, Βόλος, 8-11 Νοεμβρίου 2018.
- (3) Τζέγκα, Μ., Λιακέα, Η., & Βούσουρα, Ε. (2018). Τεκμηριωμένες ψυχοθεραπευτικές παρεμβάσεις σε εφήβους με οριακή διαταραχή προσωπικότητας με συμπτώματα αυτοτραυματισμού ή/και αυτοκτονικότητας. Προφορική ανακοίνωση στο 7^ο Πανελλήνιο Συνέδριο Συμβουλευτικής Ψυχολογίας, Βόλος, 8-11 Νοεμβρίου 2018.
- (4) Λιακέα, Η., **Βούσουρα, Ε.**, & Καρακίτσου Χ. (2018). *Συστηματική ανασκόπηση μελετών περιστατικού (case studies) μητρικής βρεφοκτονίας*. 7^ο Πανελλήνιο Συνέδριο Συμβουλευτικής Ψυχολογίας, Βόλος, 8-11 Νοεμβρίου 2018.
- (5) Gallis von Stieglitz, S., Βούσουρα, Ε., & Τζανικιάν, Μ. (2018). *Ο ρόλος της ενσυνειδητότητας στην κοινωνικο-συναισθηματική προσαρμογή σε ένα δείγμα μαθητών Γυμνασίου*. 7^ο Πανελλήνιο Συνέδριο Συμβουλευτικής Ψυχολογίας, Βόλος, 8-11 Νοεμβρίου 2018.
- (6) Φώσκολου, Ε., Στεφανάκη, Χ., **Βούσουρα, Ε.**, Τσιτσάμη, Ε., Αποστολάκη, Δ., & Μπακοπούλου, Φ. (Φεβρουάριος, 2017). *Διατροφικές Συμπεριφορές και Συναισθηματική/ Συμπεριφορική Προσαρμοστικότητα στους Εφήβους*. 5^ο Πανελλήνιο Συνέδριο της Έδρας UNESCO Εφηβικής Υγείας και Ιατρικής, Αθήνα, 3-4 Φεβρουαρίου 2017.
- (7) Κανδαράκη, Α., **Βούσουρα, Ε.**, & Ζέρβας, Ι. (Μάιος, 2017). *Διερεύνηση της σχέσης δημιουργικότητας και ψυχοπαθολογίας σε Έλληνες εν ζωή καλλιτέχνες*. 16^ο Πανελλήνιο Συνέδριο Ψυχολογικής Έρευνας, Θεσσαλονίκη, 10-14 Μαΐου 2017.
- (8) Κωνσταντάκου, Π., Χαλαράκης, Ν., Σακκάς, Ε. Γ., **Βούσουρα, Ε.**, Σακκάς, Γ. Ε., Παπαδημητρίου, Γ., Ζέρβας, Ι., Βαλσαμάκης, & Γ., Μαστοράκος, Γ. (2017, Απρίλιος). Σχέση των Θυρεοειδικών ορμονών κατά την κύηση και τη λοχεία με αγχώδη διαταραχή, κατάθλιψη, και ιδεοψυχαναγκαστική διαταραχή σε ευθυρεοειδικές γυναίκες. 46^ο Πανελλήνιο Συνέδριο Ενδοκρινολογίας, Μεταβολισμού, & Σακχαρώδη Διαβήτη, Αθήνα, 17-20 Απριλίου.
- (9) Σπυροπούλου, Α., Κατσούλη, Α., & **Βούσουρα, Ε.** (Απρίλιος, 2016). *Επιλόχεια ψύχωση: Μια ξεχωριστή νοσολογική οντότητα*. 24^ο Πανελλήνιο Συνέδριο Ψυχιατρικής της Ελληνικής Ψυχιατρικής Εταιρείας, Αλεξανδρούπολη, 14-17 Απριλίου 2016. (**Β' Βραβείο Ζαούση**)
- (10) **Βούσουρα, Ε.** (Απρίλιος, 2016). *Διαπροσωπική Ψυχοθεραπεία για τη Μείζονα Κατάθλιψη*. 24^ο Πανελλήνιο Συνέδριο Ψυχιατρικής της Ελληνικής Ψυχιατρικής Εταιρείας, Αλεξανδρούπολη, 14-17 Απριλίου 2016.

OTHER SCIENTIFIC PUBLICATIONS

Chapters in Edited Volumes

- (1) **Βούσουρα, Ε.** & Χουλιάρη Ν. (2021). Το άγχος στην εγκυμοσύνη. Περιοδικό Σύναψις.

- (2) **Βούσουρα, Ε.** (2020). *Διαπροσωπική ψυχοθεραπεία για την κατάθλιψη των εφήβων*. Στο Σύγχρονη Ψυχιατρική Παιδιού και Εφήβου (Επιμ. Γ. Α. Κολαΐτης). Εκδόσεις Βήτα.
- (3) Zoogman, S., **Vousoura, E.**, & Janikian, M. (2019). *State of the research on mindfulness with youth and clinical practice*. In J. P. Rettger & V. Carrion (Eds.), *Empirically-Supported Approaches for Youth in the Clinic, Community, and Beyond*. American Psychiatric Association.
- (4) Kolici, E. & **Vousoura, E.** (2018). *Effectiveness of virtual reality exposure therapy (VRET) for anxiety and stress-related disorders: A systematic review*. In W. Alhalabi (ed.), *Virtual reality implementation in healthcare settings*. Hershey, PA.
- (5) Zoogman, S., Foskolos, E., & **Vousoura, E.** (2016). *Mindfulness as an Intervention in the Treatment of Psychopathology*. In E. Zerbo, A. Schlechter, S. Desai, & P. Levounis (Eds.), *Becoming Mindful: How to Use Mindfulness for Yourself and Your Patients*. American Psychiatric Association.

Dissertation

Vousoura, E. (2014). *Psychological distress among mothers of young children in rural Ghana and Uganda and its association with child health and nutritional status*. Doctoral dissertation, Counseling and Clinical Psychology, Columbia University, New York: NY. 10.7916/D8CJ8BZP

OTHER PRESENTATIONS

- (1) Vousoura, E. (2021). The mental health toll of the COVID-19 pandemic: Who is more at risk and what factors are associated with psychological resilience? What character traits make us more vulnerable to COVID-19? Invited speaker at Columbia Alumni Association Greece.
- (2) Ανδριτσάνου, Ε., **Βούσουρα, Ε.**, Εκίζογλου, Χ., Ζέρβας, Γ., Ζέρβα, Ε., Κανδαράκη, Α., Φέξη, Γ., Φραγκιαδάκη, Ε. (2019). *Η γυναίκα στη σύγχρονη ελληνική κοινωνία: Πολυάριθμοι ρόλοι, πολύπλοκες σχέσεις, πολυσύνθετη καθημερινότητα*. Εσπερίδα της Εταιρείας Ψυχικής Υγείας της Γυναίκας και του Hellenic American College, 8 Μαρτίου 2019.
- (3) Motti-Stefanidi, F., Anagnostaki, L., Pomini, V., **Vousoura, E.**, Papathanasiou, N. (2017). *Emerging Psychological and Social Identities. Gender & Identity: Understanding Sexuality and LGBTQ+ Intersections of Diversity*. Invited Speaker at Onassis Cultural Center, 29 May, Athens.
- (4) **Βούσουρα, Ε.**, Γιωτσίδη, Β., & Φραγκιαδάκη, Ε. (Ιούνιος, 2018). *Ημερίδα Ευαισθητοποίησης στην Ποιοτική Έρευνα στην Ψυχοθεραπεία*. Κλάδος Ψυχοθεραπείας της Ελληνικής Ψυχιατρικής Εταιρείας, Αθήνα.
- (5) Ζέρβας, Γ., Λεονάρδου, Α., & **Βούσουρα, Ε.** (Μάιος, 2015). *Διαπροσωπική Ψυχοθεραπεία*. Παρουσίαση στις Εκπαιδευτικές Συγκεντρώσεις, Αιγινήτειο Νοσοκομείο, Αθήνα.
- (6) **Vousoura, E.** (2014). *Setting sail on the sea of pluralism: Personal reflections on the challenges encountered during graduate psychotherapy training*. «Choice and Abundance: Training as a psychotherapist in a world of too many psychotherapies», William Alanson White Institute, 14 Φεβρουαρίου, Νέα Υόρκη.

CERTIFICATIONS

<i>HIPAA Privacy and Security Rules Training</i> , Jacobi Medical Center	2014
<i>Social & Behavioral Researcher Certification</i> , Teachers College, Columbia University	2012
<i>Responsible Conduct of Research Curriculum</i> , Teachers College, Columbia University	2012
<i>Identification and Reporting of Child Abuse Certification</i> , State of New York	2009

FOREIGN LANGUAGES

English: Full professional proficiency
 Greek: Native or bilingual proficiency
 French: Professional working proficiency

COMPUTER SKILLS

Statistical Package for Social Sciences (SPSS; data management and coding, charts and figures, multiple regression, hierarchical regression, logistic regression, non-parametric statistics, mediation/moderation, linear models, longitudinal data analysis, treatment studies, exploratory factor analysis, cluster analysis); MPLUS (confirmatory and exploratory factor analysis, structural equation modeling); AMOS; HLM; Reference Managers (Endnote, Mendeley, Diigo); Social Media; Microsoft Office (Word, Excel, Powerpoint, Outlook Express).