

## AGORASTOS AGORASTOS MD, PhD, MSc, CCBT

Assistant Professor of Psychiatry - School of Medicine - Aristotle University of Thessaloniki, Greece  
II. Department of Psychiatry - „G. Papanicolaou“ General Hospital - Psychiatric Hospital of Thessaloniki  
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### EDUCATION

since 2019 **PhD** - *Dept. of Psychiatry, University of Maastricht (ongoing)*  
2015 - 2016 **MSc in Affective Neuroscience** - *University of Maastricht & University of Florence*  
2015 **Professorial Thesis** - *University of Hamburg*  
2012 - 2014 **Postdoc** - *Biological Psychiatry Lab, University Medical Center Hamburg*  
2011 - 2012 **Postdoc** - *VA Center of Excellence for Stress and Mental Health, USCD, San Diego*  
2007 - 2010 **PhD** - *Dept. of Psychiatry, University Medical Center Hamburg*  
1999 - 2016 **MD** - *Medical University of Vienna*

### ACADEMIC APPOINTMENTS

since 2022 **Assist. Professor of Psychiatry** - *Aristotle University of Thessaloniki (tenure track)*  
2018 - 2022 **Assist. Professor of Psychiatry** - *Aristotle University of Thessaloniki (non-tenured)*  
2015 - 2017 **Adj. Assoc. Professor of Psychiatry and Psychotherapy** - *University of Hamburg*

### RESEARCH APPOINTMENTS

since 2019 **International Partner** - *VA Center of Excellence for Stress and Mental Health, San Diego*  
2015 - 2017 **Working Group Leader** - *HPA axis & ANS, University Medical Center Hamburg*  
2015 - 2017 **Senior Research Associate** - *Biological Psychiatry Lab, University of Hamburg*  
2012 - 2018 **Adj. Research Fellow** - *VA Center of Excellence for Stress and Mental Health, San Diego*

### CLINICAL APPOINTMENTS

since 2018 **Senior Physician** - *II. Dept. of Psychiatry, „G. Papanicolaou“ General Hospital, Thessaloniki*  
2015 - 2017 **Head** - *Psychiatric Outpatient Services Unit, University Medical Center Hamburg*  
2015 - 2017 **Senior Physician** - *Dept. of Psychiatry, University Medical Center Hamburg*  
2014 - 2015 **Clinical Coordinator** - *Depression Programme, University Medical Center Hamburg*  
2012 - 2013 **Medical Psychotherapist** - *Outpatient Care Center, University Medical Center Hamburg*  
2011 - 2017 **Attending & Liaison Psychiatrist** - *Dept. of Psychiatry, University Medical Center Hamburg*

### POSTGRADUATE CLINICAL TRAINING

2011 **Board Certification** - *Psychiatry and Psychotherapy (CBT), Hamburg Medical Chamber*  
2006 - 2010 **Training & Certification in CBT** - *Hamburg Institute for Cognitive Behavioral Therapy*  
2006 - 2011 **Clinical Residency** - *Dept. of Psychiatry, University Medical Center Hamburg*

### GRANTS, AWARDS & SCHOLARSHIPS

Since 2008 **Travel Awards & Scholarships** - *WFSBP, SOBP, EPA, ECNP, APS, King's College*  
2015 **Research Grant (Co-PI)** - *Werner-Otto Foundation, Germany (\$50,000)*  
2014 **Excellent Young Investigator Research Scholarship** - *University of Hamburg (\$140,000)*  
2013 **Young Investigator Award** - *International Society of Neuropsychopharmacology (ISPNE)*  
2011 **Excellent Young Investigator Grant** - *University of Hamburg (\$50,000)*  
2009 **Young Researcher Award** - *European Psychiatric Association (EPA)*  
2008 **Research Grant (PI)** - *Bial Foundation, Portugal (\$50,000)*

### CERTIFICATIONS

2017 **EABCT Accreditation for CBT** - *European Association for Behavioral & Cognitive Therapies*  
2016 **ECNP Certificate** - *European College of Neuropsychopharmacology*  
2016 **European Certificate in Anxiety and Depression** - *University of Maastricht*  
2015 **European Certificate for Psychotherapy** - *European Association for Psychotherapy (EAP)*  
2012 **CITI Human Subjects Protection / GCP Training** - *University of California, San Diego*  
2011 **GCP Clinical Trial Investigator Training** - *Medical Faculty, University of Hamburg*  
2008 **Medical Education Teaching Certificate** - *Medical Faculty, University of Hamburg*

### REVIEWER ACTIVITY

*Lancet Psychiatry, JAMA Psychiatry, Mol Psychiatry, Br J Psychiatry, Schizophrenia Res, Brain Behav Immun, Transl Psychiatry, Psychosom Med, Psychol Med, Psychoneuroendocrinology, Compr Psychoneuroendocrinology, Eur Neuropsychopharmacol, World J Biol Psychiatry, Neurol Neurosurg Psychiatry, Neurobiol Stress, Sleep Health, Curr Neuropharmacol, Front Psychiatry, Front Neuroscience, Front Neurol, Front Behav Neurosci, Front Public Health, Sleep Med, Psychol Rep, Pharmacol Res, Eur J Psychotraumatol, Adv Biol, Int J Psychol Relig, Sci Rep, Brain Sci, J Clin Psychopharmacol, Int J Mol Sci, etc.*

**EDITORIAL ACTIVITY****Section Editor** - *Curr Neuropsychopharmacol (Psychopharmacology Special Section)***Associate Editor** - *Transl Psychiatry, Front Psychiatry***Executive Guest Editor** - *Curr Neuropsychopharmacol, Eur J Psychotraumatol, Front Neurosci, Brain Sci***Review Editor & Editorial Board Member** - *Curr Neuropsychopharmacol, Transl Psychiatry, Eur J Psychotraumatol, Front Neurology, Front Neuroscience, Front Psychiatry, Brain Sci, Front Behav Neurosci***PUBLICATION STATISTICS**

Total Impact Factor	PubMed listed Publications	First/Last Authorships	Total Nr. Of Citations	h-Index / i10-index
298.1	70	45	2338	26 / 42

**MOST IMPORTANT PUBLICATIONS**

- Patas K, [...] **Agorastos A**. Inflammation in posttraumatic stress disorder: Dysregulation or recalibration? *Curr Neuropsychopharmacol* 2023 (*accepted*). (IF 2021: **7.71**)
- Dragioti E, [...] **Agorastos A**, et al. A large scale meta-analytic atlas of mental health problems prevalence during the COVID-19 early pandemic. *J Med Virol* 2022; 94(5): 1935-1949. (IF 2021: **20.69**)
- Ramien C, [...] **Agorastos A**, et al. Immune signature of multiple sclerosis-associated depression. *Brain Behav Immun* 2022; 100: 174-182. (IF 2021: **19.23**)
- Solmi M, [...] **Agorastos A**, et al. The Collaborative Outcomes study on Health and Functioning during Infection Times in adults (COH-FIT): Design and methods of an international survey on physical and mental health effects of COVID-19. *J Affect Dis* 2022; 299: 393-407. (IF 2020: **6.53**)
- **Agorastos A**, Chrousos GP. The neuroendocrinology of stress: The stress-related continuum of chronic disease development. *Mol Psychiatry* 2022; 27(1): 502-513. (IF 2020: **13.43**)
- Karanikas E, Daskalakis NP, **Agorastos A**. Oxidative dysregulation in early life stress and posttraumatic stress disorder: A comprehensive review. *Brain Sci* 2021; 11(6): 723. (IF 2020: **3.39**)
- **Agorastos A**, Olf M. Traumatic stress and the circadian system: Neurobiology, timing and treatment of posttraumatic chronodisruption. *Eur J Psychotraumatol* 2020; 11(1): 1833644. (IF 2019: **4.21**)
- **Agorastos A**, et al. Inverse autonomic stress reactivity in depressed patients with and without prior history of depression. *J Psychiatr Res* 2020; 131: 114-118. (IF 2019: **3.74**)
- **Agorastos A**, et al. Copeptin as a potential novel endocrine biomarker for antidepressant treatment response in major depression: A pilot study. *Front Psychiatry* 2020; 11: 453. (IF 2019: **3.52**)
- **Agorastos A**, et al. Multilevel interactions of stress and circadian system: Implications for traumatic stress. *Front Psychiatry* 2020; 10: 1003. (IF 2019: **3.52**)
- **Agorastos A**, et al. Developmental trajectories of early life stress and trauma: A narrative review on neurobiological aspects beyond stress system dysregulation. *Front Psychiatry* 2019; 10: 118. (IF 2017: **2.86**)
- **Agorastos A**, et al. Vagal effects of endocrine HPA axis challenges on autonomic activity assessed by heart rate variability measures in healthy humans. *Psychoneuroendocrinology* 2019; 102: 196-203. (IF 2017: **4.73**)
- **Agorastos A**, et al. Relations of posttraumatic stress disorder to 24-h plasma and cerebrospinal fluid interleukin-6 levels and circadian rhythmicity. *Psychoneuroendocrinology* 2019; 100: 237-45. (IF 2017: **4.73**)
- Patas K, [...] **Agorastos A**. T cell phenotype and T cell receptor repertoire in patients with major depressive disorder. *Front Immunol* 2018; 9: 291. (IF 2017: **5.51**)
- **Agorastos A**, Linthorst ACE. Potential pleiotropic beneficial effects of adjuvant melatonergic treatment in posttraumatic stress disorder. *J Pineal Res* 2016; 61(1): 3-26. (IF 2015: **9.31**)
- **Agorastos A**, et al. Metabotropic glutamate2/3 receptor agonism facilitates autonomic recovery after panic challenge in healthy humans. *Int Clin Psychopharmacol* 2016;31(3):176-8. (IF 2015: **2.41**)
- **Agorastos A**, et al. The cumulative effect of multiple childhood trauma types on self-reported symptoms of adult depression, PTSD, substance abuse and health-related quality of life in a large active-duty military cohort. *J Psychiatr Res* 2014; 58: 46-54. (IF 2013: **4.09**)
- **Agorastos A**, et al. Long-term escitalopram administration moderates autonomic reactivity to pharmacologic panic challenge in men. *Int J Neuropsychopharmacol* 2014; 18(5). pii:pyu053 (IF 2013: **5.26**)
- Eraly SA, [...] **Agorastos A**, et al. Pre-deployment plasma C-reactive protein concentration: Marker of PTSD risk and resilience? *JAMA Psychiatry* 2014; 71(4): 423-431. (IF 2013: **13.75**)
- **Agorastos A**, et al. Circadian rhythmicity, variability and correlation of interleukin-6 levels in plasma and CSF of healthy humans. *Psychoneuroendocrinology* 2014; 44: 71-82. (IF 2013: **5.59**)
- **Agorastos A**, et al. The 5-HTTLPR genotype modulates heart rate variability and its adjustment by pharmacological panic challenge in healthy men. *J Psychiatr Res* 2014; 50: 51-8. (IF 2013: **4.09**)
- **Agorastos A**, et al. Depression, anxiety and disturbed sleep in patients with progressed glaucoma. *J Neuropsychiatry Clin Neurosci* 2013; 25: 205-13. (IF 2012: **2.40**)
- Hinkelmann K, [...] **Agorastos A**, et al. Association between childhood trauma and low hair cortisol in depressed patients and healthy controls. *Biol Psychiatry* 2013; 74(9): e15-7. (IF 2012: **9.24**)
- **Agorastos A**, et al. Diminished vagal activity and blunted circadian changes of heart rate dynamics in posttraumatic stress disorder. *Stress* 2013; 16(3): 300-10. (IF 2012: **3.25**)