# Curriculum vitae

# Dr Tigani Xanthi

# Personal

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| **Residence:** Athens, Greece |
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| **Date and Degree:** 03/2013, PhD |
| **Institution:** Medical School of Athens, National Kapodistrian University of Athens, Grecce |

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| **Date and Degree:** 11/2004, MSc and Diploma |
| **Institution:** Department of Public Health and Policy, London School Of Hygiene and Tropical Medicine, University of London UK. |

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| **Date and Degree:** 05/2001, BSc |
| **Institution:** Unit of Community Health, Department of Public Health and Community Health, Higher Technological Educational Institute of Athens Greece |

**Professional Experience:**

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| 01-05.07-present:  **Research Associate**, National and Kapodestrian University of Athens, Medical School. Coordinator of the Postgraduate program “Stress Science and Health Promotion”. National and Kapodestrian University of Athens, Medical School. |
| 01-05.07-present:  **Assistant teaching** at on the subject Health Promotion. National and Kapodestrian University of Athens, Medical School. |
| 01.08.17- present  **Educator**, National and Kapodestrian University of Athens, The Centre of Continuous Education and Training, E-learning program entitle “Stress and Health” |
| 01.01.14-02-2019:  **Post doctorate fellow** Clinical, Experimental Surgery & Translational Research The Biomedical Research Foundation of the Academy of Athens (BRFAA) |
| 24.09.2001-15.03.2002  **Assistant Teaching** in the Health Promotion Sector, Unit of Community Health, Department of Public Health and Community Health, Higher Technological Educational Institute of Athens Greece |
| 04.10.2002-05.07.2003  **Assistant Teaching** in the Health Promotion Sector, Unit of Community Health, Department of Public Health and Community Health, Higher Technological Educational Institute of Athens Greece |
| 04.10.06-30.04.07  **Assistant Teaching** in the Health Promotion Sector, Unit of Community Health, Department of Public Health and Community Health, Higher Technological Educational Institute of Athens Greece |

# Research Experience

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| 01.01.2014-present:  Research Associate, National and Kapodestrian University of Athens, Medical School. -Coordinator of the research conducted by the Postgraduate course “Stress Science and Health Promotion”. |
| 02.01.06-31.08.06:  Research assistant in the project “Investigating health needs and the epidemiological profile of residents in the providence of Attica Greece”. The Project was sponsored by the program “Athina 2004” |
| 01.02.04-31.12.04 & 10.01.05-31.12.05:  Research assistant in the pilot study, ‘Healthy longevity in Greece’. Program “Archimedes”, co-founded by the European Union and the Hellenic Ministry of Education |
| 08.09.03-31.12.03  Research assistant in the research program “Reforming higher education undergraduate programs” [Operational Programme for Education and Initial Professional Training ΕΠΕΑΕΚ ΙΙ - /ΕΚΤ/MIS 75448bb ( Health Visitors Department)] |
| 01.03.03- 31.05.03:  Research assistant in the project ‘Identification of the Health needs of a rural population in Tegea municipality’, founded by the ‘Georgouli Institute’ |

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| **Publications in peered reviewed journals and conferences**: 27  **Master thesis:** 16  **Languages:**  English fluent  **Software** Windows, Microsoft Office, SPSS, STATA (statistics software)  **Scholarships:**  -01.10.03-30.09.04 State Scholarship of the Hellenic Scholarship Foundation (IKY) for postgraduate studies abroad  - 23.01.06-31.02.08 State Scholarship of the Hellenic Scholarship Foundation (IKY) for conducting PhD in Greece |

**Selected Publications**

1. Papapanou TK, Darviri C, Kanaka-Gantenbein C, Tigani X**,** Michou M, Vlachakis D, Chrousos GP, Bacopoulou F. Strong Correlations between Social Appearance Anxiety, Use of Social Media, and Feelings of Loneliness in Adolescents and Young Adults. Int J Environ Res Public Health. 2023 Feb 28;20(5):4296. doi: 10.3390/ijerph20054296. PMID: 36901307; PMCID: PMC1000167

2.Markomanolaki ZS, Tigani X, Siamatras T, Bacopoulou F, Tsartsalis A, Artemiadis A, Megalooikonomou V, Vlachakis D, Chrousos GP, Darviri C. Stress Management in Women with Hashimoto's thyroiditis: A Randomized Controlled Trial. J Mol Biochem. 2019; 8(1):3-12.

3. Tsoli S, Vasdekis S, Tigani X, Artemiadis A, Chrousos G, Darviri C. A novel cognitive behavioral treatment for patients with chronic insomnia: A pilot experimental study. Complement Ther Med. 2018 Apr;37:61-63. doi: 10.1016/j.ctim.2018.01.015

4. Darviri C, Artemiadis A., Tigani X, Darvyri P., Gnardellis C. (2016). Religiosity as a predictor of mortality: A retrospective cohort study in 1519 rural citizens in Greece.Psychol Health,9:1-11

5. Christina Darviri, Peristera-Eleni Legaki, Panagiota Chatzioannidou, Charalambos Gnardellis, Christina Kraniotou, Xanthi Tigani, Evangelos C. Alexopoulos. Adolescent Stress Questionnaire: Reliability and validity of the Greek version and its description in a sample of high school (lyceum) students. Journal of Adolescence 2014; 37 1373-1377

6. Christina Darviri, Evangelos C Alexopoulos, Artemios K Artemiadis, Xanthi Tigani, Christina Kraniotou, Panagiota Darvyri, George P Chrousos. The Healthy Lifestyle and Personal Control Questionnaire (HLPCQ): a novel tool for assessing self-empowerment through a constellation of daily activities. BMC Public Health 2014, 14:995

7. Tigani X, Artemiadis AK, Alexopoulos EC, Chrousos GP, Darviri C. (2012). Self-rated health in centenarians: A nation-wide cross-sectional Greek study. Arch Gerontol Geriatr. 2012 Feb 21. doi:10.1016/j.archger.2012.01.012

8. Darviri C., Fouka G., Gnardellis C., Artemiadis A.K., Tigani X., Alexopoulos

E.C (2012). Determinants of Self-Rated Health in a Representative Sample of a Rural Population: A Cross-Sectional Study in Greece. International Journal of Environmental Research and Public Health.; 9(3):943-954.

9. Darviri C, Artemiadis AK, Tigani X, Alexopoulos EC. (2011). Lifestyle and self-rated health: a cross-sectional study of 3,601 citizens of Athens, Greece. BMC Public Health. 2011 Aug 4;11:619.

10. Tigani X, Artemiadis AK, Alexopoulos EC, Chrousos GP, Darviri C. (2011). Gender differences in Greek centenarians. A cross-sectional nation-wide study, examining multiple socio-demographic and personality factors and health locus of control. BMC Geriatr. Dec 21;11(1):87.

11. Darviri C., Demakakos P, Tigani, X. Chliaoutakis J. Charizani F., Tsiou C., Tsagkari C., Monos D., (2009). Psychosocial dimensions of exceptional longevity: A qualitative exploration of centenarians experiences, personality and life strategies. International Journal of Aging and Human Development. 69 (4):327