

HASSANDRA MARY

Associate Professor | Physical Education & Health | Exercise Behavior

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1. EDUCATION & DEGREES AWARDED

2000 - 2004	Doctor of Philosophy - University of Thessaly, Dept. of Physical Education & Sport Sciences, Greece. Area of Specialization: Sport Pedagogy. Dissertation: Programs of sociomoral development through physical education
1998 - 2000	Master of Science in Human Performance and Health - Aristotle University of Thessaloniki, Dept. of Physical Education & Sport Sciences. Area of Specialization: School Physical Education
1984 - 1988	Bachelor of Science in Physical Education & Sport Sciences - Aristotle University of Thessaloniki. Coaching: Track & Field (Throwing events). Supporting Area: Adapted Physical Education
1977 - 1983	Secondary School Leaving Certificate - Ralleio Gymnasium-Lyceum, Piraeus

2. OTHER EDUCATION, TRAINING & QUALIFICATIONS

Certifications / Training

- Advanced course using Structural Equation Modeling (MPlus), 5-9 September 2016, Methodology Center for Human Sciences, Prof. Asko Tolvanen, University of Jyväskylä
- Certification of coding competence in use of BCTv1 - BCTv1 Project team and UCL Center for Behaviour Change (October 2015)
- Certificate TACE: Teaching Academic Content through English - Language Center, University of Jyväskylä (2013)

4. Commercialization Clinic (September 2013 - May 2014) - Training on Commercialization of Research, JyU Agora Research and Innovation Centre
5. Certificate of attendance: Measuring Causal Effects in the Social Sciences - Coursera online course
6. Certificate of attendance: Social Epidemiology - Coursera online course

Software Skills

Familiar with: SPSS, N-Vivo, Atlas, MPlus, Review Manager, Ryann

Languages

Greek	Mother tongue
English	Excellent written and spoken - First Certificate in English
French	Good written, satisfactory spoken
Italian	Good written, satisfactory spoken
Finnish	Basic written and spoken

3. CURRENT POSITION

2019 - Present	Associate Professor, Dept. of Physical Education & Sport Sciences, University of Thessaly, Karies, Trikala 42100, Greece. Teaching: Undergraduate and postgraduate courses in Health Education, Exercise Psychology. Research: PI and member of funded research programmes Docent Professor, University of Jyväskylä Faculty of Sport and Health Sciences Jyväskylä, Finland
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4. PREVIOUS WORK EXPERIENCE

2011 - 2018	Senior Lecturer in Sports and Exercise Psychology, University of Jyväskylä, Faculty of Sport and Health Sciences, Department of Sport Sciences, Finland. Responsibilities: Teaching at master level, supervision and consulting. Acting as leading and/or independent researcher.
2007 - 2011	Lecturer - Dept. of Physical Education & Sport Sciences, University of Thessaly, Karies, Trikala, Greece
2000 - 2007	Adjunct Faculty - Dept. of Physical Education & Sport Sciences, University of Thessaly, Greece

1996 - 1998	Physical Education Teacher (permanent appointment) - Elementary and Secondary public schools. Ministry of Education & Religious Affairs. Athens, Thessaloniki, Syros island, Salamina island.
1994 - 1996	Teaching recreational classes & Events Organiser - Aerobics, modern dance, pre-school movement & music classes. Municipality of Sykies, Thessaloniki (Awarded for services)
1989 - 1992	Aerobic and Fitness Instructor - Chic Studio, Piraeus and Thessaloniki
1985 - 1988	Fitness & Track and Field Coaching candidates for university entrance exams; Track and Field children & adolescents, Sport Club Aris, Thessaloniki

5. RESEARCH FUNDING / LEADERSHIP / SUPERVISION

As Principal Investigator or Coordinator: Total €1,336,993

Period	Budget	Funder	Project Title
01.07.2022 - 30.06.2025 (COO+PI)	400.000€ 57,850€ (UTH share)	Erasmus+ Sport - No. 101049322	CICEE-T: Culturally Informed Safe Sport Coach Education e-Toolbox. https://ciceet.infoproject.eu
1/10/2014 - 30/6/2016 (PI)	€60,000	Kelan tutkimusosasto, FIN	A Systematic Review of the Effectiveness of Motivational Methods Used to Change Physical Activity Behavior of Sedentary Adults in Rehabilitation Settings
1/1/2014 - 30/6/2016 (PI)	€160,000	Finnish National Institute of Health and Welfare, Project No: 201410037	"Physical over Smoking" - A mobile healthcare smartphone application to help people who have recently quit smoking manage cigarette cravings through physical activity
2010 - 2012 (COO)	€123,064	University of Thessaly internal grant	Physical Education undergraduate students' practicum
2009 - 2010 (PI)	€3,929	University of Thessaly Research Committee	Effectiveness of two forms of self-talk for the enhancement of athletic performance on two different motor skills in physical education

As Member of the Research Group: TOTAL €5.194.168

Period	Budget	Funder	Project Title
01.02.2026 - 31.01.2028 (BEN) In progress	400.000€ €49,000 (UTH share)	Erasmus+ Sport 2025 - No. 101243685	ProPEDeAMCI: Promoting the effects of Physical Exercise on cognitive, behavioral, physical and functional symptoms of people diagnosed with MCI, Alzheimer's Disease or other Dementias
01.12.2022 - 31.05.2025 (BEN)	400.000€ €60,000 (UTH share)	Erasmus+ Sport - No. 101090041	CISCA: Curricular Innovation for Synergy between Community Sport and Activism. https://cisca-project.eu
01.07.2022 - 30.06.2025 (BEN)	400.000€ €46,320 (UTH share)	Erasmus+ Sport - No. 101049549	RACE4LIFE: RACE for LIFE - Enhance motivation for behavioral change in addiction treatment through sport. https://race4life.rtsport.eu
01.01.2020 - 30.06.2022 (BEN)	400.000€ €37,713 (UTH share)	Erasmus+ Sport - No. 613127-EPP-1-2019-BE-SPO-SCP	InALMH: Inter-Active Living for Mental Health. https://enalmh.eu
01.01.2020 - 31.12.2022 (BEN)	400.000€ €36,135 (UTH share)	Erasmus+ Sport - No. 613034-EPP-1-2019-1-EL-SPO-SCP	RTS+: Reintegration Through Sport Plus. https://www.rtsport.eu
2022 - 2025	€130,000	Finnish Ministry of Education	ProAct study: A collaborative theory-based intervention to promote physical activity among sedentary parents and their children
6/2018 - 6/2021	€430,000	NSRF 2014-2020 / General Secretariat for Research & Technology	VRADA: A virtual reality application for the exercise of dementia and Alzheimer's patients
2017 - 2020	€2,000,000	ERC Advanced Grant	AGNES project: Promoting active aging - A cohort and intervention study. PI: Taina Rantanen. Role: Senior research fellow, intervention design

2017 - 2020	€360,000	Finnish Ministry of Education	Using Physical Education to Promote out-of-School Physical Activity in Lower Secondary School Students (PETALS Project). PI: Martin Hagger
2015 - 2020	€1,000,000	TEKES FiDiPro	Motivation: Theory- and Evidence-Based Interventions to Increase Physical Activity (IMPACT Project). https://www.fidiproimpact.com
2015 - 2018	€150,000	Finnish Ministry of Education	Development, implementation and evaluation of a training program for novice instructors to apply Hellison's TPSR model in after-school sports. PI: Taru Lintunen
2012 - 2015	€535,000	NSRF 2007-2013	Exercise, smoking & alcohol: investigation of mechanisms & interventions for prevention, cessation & awareness (ESCAPEE)
2008 - 2010	€60,000	External grant	Physical activity and dietary behaviors of West Thessaly students. PI: V. Gerodimos
2007 - 2008	—	University of Thessaly Research Committee	Interdepartmental undergraduate program on gender and equity issues - Women's participation in Sports
2006	€250,000	Hellenic Ministry of Education	The Kalipateira project: From sport to daily life. All equal - all different
2005 - 2007	€50,000	Hellenic Ministry of Education - Pythagoras II	Walking, physical activity, mobility, functional and mental health in the elderly
2001	—	University of Thessaly Research Committee	Investigation of the factors affecting intrinsic motivation of physical education students using a qualitative methodology

6. TEACHING AND PEDAGOGICAL COMPETENCE

During bachelor studies, completed the pedagogical education requirements for teaching. Also completed a training course for JyU staff (TACE: 3 semesters, 10 credits) combining various teaching methods in a multicultural and multilingual group.

Courses Taught

Subject	Hours / Week	Level	Duration
School Physical Education / Specialization	6h/week	BSc	4 semesters
Olympic education / Optional	2h/week	BSc	1 semester
Sport Pedagogy	2h/week	BSc	1 semester
Health education	3h/week	BSc	1 semester
Exercise, Health and Quality of Life	3h/week	BSc	1 semester
Physical activity and health education	2h/week	MSc	1 semester
Exercise Psychology	2h/week	MSc	1 semester
Qualitative research methods	2h/week	MSc	1 semester
Physical activity and Psychological Well-Being	Book exam	MSc	1 semester
Advanced Research Methods	Book exam	MSc	1 semester
Master thesis seminars	Seminars	MSc	4 semesters
Advanced Knowledge of SEP II	Seminars	MSc	1 semester
Professional Development	Seminars	MSc	3 semesters
Promotion of physical activity / Optional	2h/week	MSc	1 semester
Olympic Pedagogy I: Development and implementation of Olympic education programs in school	2h/week	MSc	1 semester
Olympic Pedagogy II: Development and Implementation of Olympic education programmes for schools	2h/week	MSc	1 semester

Supervision

PhD Supervision - Main Supervisor (Ongoing)

1. Koutsoukou Aggeliki - "Women in substance abuse treatment programs who have suffered abusive behavior in their lives and the role of sports activity as a supportive factor in the treatment process" (UTH, ongoing)
2. Skourti Ismini - "Individualized counseling program for promoting physical activity as an antidepressant in patients with rheumatic diseases" (UTH, ongoing)
3. Vasileiadis Panagiotis - "The Effect of Virtual Reality on Long-Term Exercise Adherence: A Randomized Crossover Study in Overweight Adolescents" (UTH, ongoing)

PhD Co-supervision

4. JyU/Finland: Hanna-Mari Toivonen - "Development, implementation and evaluation of a training program for novice instructors to apply Hellison's TPSR model in after-school sports"
5. UTH/Greece: Psouni Stavroula - "Exercise and dietary habits: Applications of the Theory of Planned Behavior"

External Evaluator - Doctoral Defence Committees

6. DUTH/Greece: Iraklis Kellis - "The cultural diversity's approach for first degree students through the Physical Education's course"
7. UTH/Greece: Magotsiou D. Evmorfia - "Development, application and evaluation of a social skills enhancing program in physical education"
8. UTH/Greece: Georgios Giannoudis - "The Effectiveness of Teaching a Life Skills Program in a Physical Education context"
9. UTH/Greece: Eleni Dimitriou - "Exercise and health education in school"
10. University of Cyprus, Dept. of Psychology - Adamos Papantoniou: "Cultivating Personal and Systemic Resilience in the Elite Football Context" - External Evaluator (2023)
11. UTH/Greece - Evangelos Brisimis: "The content and shaping factors of students' self-talk in Physical Education" (7-member committee, 2025)
12. UTH/Greece - Eleftheria G. Papageorgiou: "Intercultural Education and the Development of Responsibility: From Physical Education to the School Classroom", Dept. of Physical Education & Sport Science (7-member committee)
13. UTH/Greece - Evlalia Touloudi: "Applications of Virtual Reality-Based Exercise in Physical, Cognitive, and Psychological Health: Exploring Usability, Acceptance, and Effectiveness Across Diverse Populations" (3-member supervisory committee)
14. UTH/Greece - Fotios Panagiotounis: "The Role of Exercise as a Complementary Therapeutic Method in Substance-Dependent Individuals: The Impact of Physical Exercise as a Complementary Health Approach on Substance Abuse Treatment" (7-member committee)
15. UTH/Greece - Achillios A. Koutelidas: "Teaching Personal and Social Responsibility Through Physical Education in Elementary School" (7-member committee)

16. UTH/Greece - Eudoxia Samara: "Development of Executive Functions and Self-Regulated Learning in Physical Education" (7-member committee)
17. UTH/Greece - Anastasia Karageorgou: "The Effect of Physical Activity and Nutritional Counseling on Quality of Life in Patients with Multiple Sclerosis" (7-member committee)

Master Thesis Supervision - University of Jyväskylä (2011-2018)

1. Papantoniou, A. (2016) - Heart rate variability as a physiological indicator of mental toughness
2. Castro Serrano, O. (2016) - A scoping review on interventions to promote physical activity among adults with disabilities
3. Loosveldt, J. (2015) - Increasing non-exercise physical activity: Extended TPB model testing and the role of stress within sedentary parents
4. Rietdijk, Y. (2014) - Modelling the influence of automaticity of behaviour on physical activity motivation, intention and actual behaviour
5. Kivinukk, E. (2014) - Coaching strategies while teaching life skills: Multiple case study of Estonian youth coaches
6. Kok, C.L. (2014) - Behavioural regulation, mental toughness, and achievement goals: A cross-cultural comparison between Singaporean and Finnish youth athletes
7. Rajkovic, I. (2014) - Translation and validation of Brunel Mood Scale for Serbian athlete population
8. Huang, H. (2014) - Behavior regulations and motives to participate in physical activity of Finnish team sports athletes
9. Ho, S. (2013) - Implementation of a social and emotional learning programme in physical education: a teacher's action research study
10. Khan, B.A. (2013) - Interaction of physical activity, mental health, health locus of control and quality of life: a study on university students in Pakistan
11. Deksnyte, R. (2013) - Ladies in armour: a phenomenological investigation of experiences of highly skilled Finnish female kendo athletes
12. Minhas, M. (2013) - Interaction of physical activity, diet, health locus of control and quality of life among Finnish university students
13. Bervoets, J. (2013) - Exploring the relationships between flow, mindfulness, & self-talk: a correlational study
14. Wieclaw, G. (2013) - Early involvement and pathway specialization: A dropout track in cross-country skiing?
15. Heckmann, P. - Adaptation and validation of the German version of the basic psychological needs in physical education scale
16. Aulin, V. - Balancing between identities: a gay athlete's experiences in sport and exercise domains in Finland
17. Cagas, J. (2013) - The basic psychological needs in physical education scale in Filipino

18. Pattanaik, D. - Application of the CASEL framework in sport and physical education: A narrative review

Master Thesis Supervision - University of Thessaly (2001-2026)

19. Skampardonis, S. (2022) - Psychological consequences and attitudes of indoor sports participants regarding restarting sports activities during Covid-19
20. Taylor, G.S. (2022) - Leveraging the TEAM Assessment to Optimize Team Building Interventions with Low-Cohesive Youth Sport Teams
21. Morrison Vinson, M. (2022) - Conducting Narrative Research on Hypnotherapy Sessions for Treatment of Acrophobia in Military
22. Kougioumt, N. (2022) - Investigating the relationship between mental health and intentions of adult orthopaedic patients in Greece for physiotherapy during the Covid-19 pandemic
23. Baramacheva, E. (2022) - Vaccination in athletes during the Covid-19 crisis: A qualitative approach
24. Paras, X. (2021) - Sport and exercise as health behaviour in individuals undergoing substance use disorder detoxification
25. Tsiami, A. - Exercise, mood and smoking in people with symptoms of depression
26. Vraka, A. - Healthy/unhealthy behaviors, mental health and health locus of control
27. Pouliou, D. - Measuring attitudes, expectations and intrinsic motivation of secondary school students in Physical Education
28. Magouritsa, G. - Sport orientations of wheelchair basketball athletes
29. Valotasiou, C. - Health behaviors: diet, exercise, smoking, alcohol and emotional intelligence in 5th and 6th grade primary students
30. Adamidou, E. - Body image, general mental health, health locus of control and risk of eating disorders in 13-17 year olds
31. Katsarou, D. - The effect of self-talk on reading comprehension in students with mild intellectual disability
32. Michmisos, G. - Parents in the development of young track and field athletes from coaches' perspective
33. Dialetara, V. - Attitudes and intentions of adolescent students in sports facilitation departments regarding doping
34. Dolma, D. - Fair play in young football players: The role of empathy and moral climate
35. Gkolia, A. - Motivation for learning in physical education: Adaptation of the DLMPET for the Greek population
36. Mavromatidou, M. - Physical activity habits, alcohol consumption and mobile phone use among TEI Athens students
37. Tsiaousi, E. - Health behaviors and quality of life in adult learners in Trikala Adult Education Centres

38. Tsiaami, A. - *General mental health, health behavior profiles in Greek traditional dance performers*
39. Magginas, I. - *Understanding mathematics in children with mild intellectual disability through a combined intervention program*

Invited Lectures / Workshops

2021	Invited lecture: <i>Autonomy-supportive techniques for students in Physical Education. PECES Western Greece, September 9, 2021 (online)</i>
2019	Symposium presentation: <i>PETALS project - Autonomy-Supportive PE Teacher Training. 15th FEPSAC Congress, Münster, Germany, July 15-20, 2019</i>
2016	Intensive Course EMSEP, University of Thessaly - <i>"Applications of behaviour change techniques for physical activity"</i>
2014	Intensive Course EMSEP, University of Rome Foro Italico - <i>"Promotion of Physical Activity"</i>
2013	Intensive Course EMSEP, University of Lund, Sweden - <i>"Exercise and Smoking"</i>
2011	7th ENYSSP Workshop, Jyväskylä - <i>"Quantitative, Qualitative and Mixed Research Methods"</i>
2010	European Conference 'Active Cities - Active Children', Stuttgart - <i>Workshop & Panel Discussion on sport culture for children</i>
2010	7th Pan-Cretan Conference of Physical Education and Sport, Rethymno - <i>"School PE as a factor of adopting healthy lifestyles"</i>
2010	3rd Pan-Hellenic Conference of Early Childhood Educators, Athens - <i>"Creating a sport culture for children of big cities"</i>
2020-2021	Expert Supervisor - Institute of Educational Policy (IEP): <i>Upgrade of Study Programmes and Creation of Educational Material for Primary and Secondary Education</i>

In-Service PE Teacher Training Seminars

1. Training PE teachers of Olympic education as coordinator of Working Groups of the University of Thessaly: Athens & Thessaloniki (2001-2003), Patras (2003), London (2003), Heraklion Crete (2003), Trikala (2004), Thessaloniki (2004)
2. Training PE teachers for the "Kallipateira" programme - Ministry of Education, Thessaloniki (2006)
3. Training PE teachers on new National Curriculum PE Books - Ministry of Education, Athens (2008)

4. Participation in Hellenic National Educational TV (ET1) - acted as model teacher for educational video "Exercise is for all" demonstrating research-based teaching methods and promoting physical activity for all students

7. SCIENTIFIC PUBLICATIONS

Full list of publications in international and Greek peer-reviewed journals, conference proceedings, book chapters and professional publications.

A. Peer-Reviewed Journal Articles

2026

1. Chroni, S. A., Hassandra, M., Verhelle, H., Alexopoulos, A., de Dios Benítez-Sillero, J., Calmaestra, J., Hansen, P. Ø., Kerr-Cumbo, R., Lara-Bercial, S., Navarro, A., Nery, M., Nicolini, C., Santos, T., Skille, E. Å., Vivirito, S., & Vertommen, T. (2026). Coach-perpetrated interpersonal violence: Witnessing, perceived harmfulness and the role of coaching motivational climate. *European Journal of Sport Science*, 26(1), e70113. <https://doi.org/10.1002/ejsc.70113>
2. Theodorakis, Y., Karamitrou, A., Krommidas, C., Violatzi, A., Angeli, M., Hassandra, M., & Comoutos, N. (2026). Exploring the pathways between physical activity, love for nature and eco-friendly behavior in children. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2025.1710555>

2025

3. Comoutos, N., Karamitrou, A., Krommidas, C., Morres, I. D., Violatzi, A., Dimitriou, E., Hassandra, M., Papaioannou, A., & Theodorakis, Y. (2025). Exploring the relationship between physical activity, flood experience, eco-anxiety, and youth well-being in a changing climate. *Scientific Reports*, 15(1), Article 38713. <https://doi.org/10.1038/s41598-025-23046-3>
4. Geelen, S. J. G., Kekäläinen, T., Hassandra, M., Feyen, K., Arnadottir, S. A., Bar Shalom, S., Netz, Y., Portegijs, E., & Beckwée, D. (2025). Staying engaged: A scoping review of psychological and motivational drivers of adherence to technology-supported physical activity in older adults. *European Review of Aging and Physical Activity*, 22(1), Article 21. <https://doi.org/10.1186/s11556-025-00387-6>
5. Ruiz, M. C., Hassandra, M., Aypar, E., Knittle, K., Tolvanen, A., & Robazza, C. (2025). Validation of the 21-item Physical Activity and Leisure Motivation Scale (PALMS) among Finnish late adolescents. *Psychology & Health*, 40, 1-24. <https://doi.org/10.1080/08870446.2025.2476625>
6. Touloudi, E., Hassandra, M., Galanis, E., Pinnas, G., Krommidas, C., Goudas, M., & Theodorakis, Y. (2025). Effectiveness and acceptance of virtual reality vs. traditional exercise in obese adults: A pilot randomized trial. *Frontiers in Sports and Active Living*, 7, Article 1520068. <https://doi.org/10.3389/fspor.2025.1520068>

7. Touloudi, E., Stavrou, V. T., Galanis, E., Bargiota, A., Goudas, M., Dafoulas, G. E., Hassandra, M., & Theodorakis, Y. (2025). Virtual reality versus conventional exercise in patients with type 1 diabetes: A feasibility randomized crossover trial. *Virtual Worlds*, 4(3), Article 32. <https://doi.org/10.3390/virtualworlds4030032>
8. Touloudi, E., Stavrou, V. T., Bargiota, A., Goudas, M., Dafoulas, G. E., Hassandra, M., & Theodorakis, Y. (2025). Exploring the impact of virtual reality exercise on psychobiological indicators in patients with type 1 diabetes mellitus [Preprint]. *Preprints.org*. <https://doi.org/10.20944/preprints202501.2165.v1>
9. Angeli, M., Hassandra, M., Krommidas, C., Brisimis, E., Trikalis, C., & others. (2025). A study to evaluate the impact of a TPB educational program "Be a HERO" to prevent bullying among early adolescents. *Psychological Reports*. <https://doi.org/10.1177/00332941251347248>
10. Skampardonis, S., Angeli, M., Krommidas, C., Hassandra, M., Galanis, E., & Theodorakis, Y. (2025). Physical activity and psychological well-being in gym exercisers during COVID-19 lockdowns. *International Journal of Physical Education, Fitness and Sports*, 14(4), 27-45. <https://doi.org/10.54392/ijpefs2544>

2024

11. Angeli, M., Hassandra, M., Krommidas, C., Morres, I., & Theodorakis, Y. (2024). Assessing the impact of a health education anti-smoking program for students: A follow-up investigation. *Children*, 11(4), Article 387. <https://doi.org/10.3390/children11040387>
12. Angeli, M., Hassandra, M., Krommidas, C., Goudas, M., Hatzigeorgiadis, A., & Theodorakis, Y. (2024). The effectiveness of a TPB educational program for preventing alcohol use among adolescents. *Alcoholism Treatment Quarterly*, 42(4), 451-469.
13. Phipps, D., Green, W. T., Aho, R., Kettunen, E., Biddle, S., Hamilton, K., & others. (2024). A web-based physical activity promotion intervention for inactive parent-child dyads: Protocol for a randomized controlled trial. *JMIR Research Protocols*, 13(1), e55960. <https://doi.org/10.2196/55960>
14. Theodorakis, Y., Georgiadis, K., & Hassandra, M. (2024). Evolution of the Olympic movement: Adapting to contemporary global challenges. *Social Sciences*, 13(7), Article 326. <https://doi.org/10.3390/socsci13070326>
15. Theodorakis, Y., Hassandra, M., & Panagiotounis, F. (2024). Enhancing substance use disorder recovery through integrated physical activity and behavioral interventions. *Brain Sciences*, 14(6), Article 534. <https://doi.org/10.3390/brainsci14060534>
16. Touloudi, E., Hassandra, M., Stavrou, V. T., Panagiotounis, F., Galanis, E., Goudas, M., & Theodorakis, Y. (2024). Exploring the acute effects of immersive virtual reality biking on self-efficacy and attention in individuals in substance use disorder treatment: A feasibility study. *Brain Sciences*, 14(7), Article 724. <https://doi.org/10.3390/brainsci14070724>

17. Katsipis, G., Tzekaki, E. E., Andreadou, E. G., Mouzakidis, C., Baldimtsi, E. N., & others. (2024). The effect of physical exercise with cognitive training on inflammation and Alzheimer's disease biomarkers of mild cognitive impairment patients. *Neuroscience Applied*, 3, 104085. <https://doi.org/10.1016/j.nsa.2024.104085>

2023

18. Angeli, M., Hassandra, M., Krommidas, C., Psouni, L., & Theodorakis, Y. (2023). Implementation and evaluation of a school-based educational anti-doping program for Greek high school students. *Exartiseis*, 40, 3-30. <https://doi.org/10.57160/ACPH5367>
19. Baldimtsi, E., Mouzakidis, C., Karathanasi, E. M., Verykouki, E., Hassandra, M., Galanis, E., Hatzigeorgiadis, A., Goudas, M., Zikas, P., Evangelou, G., & others. (2023). Effects of virtual reality physical and cognitive training intervention on cognitive abilities of elders with mild cognitive impairment. *Journal of Alzheimer's Disease Reports*, 7(1), 1475-1490. <https://doi.org/10.3233/ADR-230334>
20. Pynnönen, K., Hassandra, M., Tolvanen, A., Siltanen, S., Portegijs, E., & others. (2023). Do the integrated theories of self-determination and planned behavior explain the change in active life engagement following a motivational counseling intervention among older adults? *Social Science & Medicine*, 339, 116409. <https://doi.org/10.1016/j.socscimed.2023.116409>
21. Tzekaki, E. E., Katsipis, G., Andreadou, E. G., Mouzakidis, C., Baldimtsi, E. N., & others. (2023). VRADA training system as a non-pharmacological dual intervention to alleviate symptoms of the pathophysiology of mild cognitive impairment. *Brain Disorders*, 11, 100090. <https://doi.org/10.1016/j.dsc.2023.100090>
22. Stavrou, V. T., Vavougiou, G. D., Kalogiannis, P., Tachoulas, K., Touloudi, E., & others. (2023). Breathlessness and exercise with virtual reality system in long-post-COVID-19 patients. *Frontiers in Public Health*, 11, 1115393. <https://doi.org/10.3389/fpubh.2023.1115393>

2022

23. Angeli, M., Hassandra, M., Krommidas, C., Kolovelonis, A., Bouglas, V., & Theodorakis, Y. (2022). Implementation and Evaluation of a School-Based Educational Program Targeting Healthy Diet and Exercise (DIEX) for Greek High School Students. *Sports*, 10(12), 196. <https://doi.org/10.3390/sports10120196>
24. Panagiotounis, F., Hassandra, M., Krommidas, C., & Theodorakis, Y. (2022). Effects of an exercise theory-based intervention program on craving during the early stage of adults' SUD treatment. *Mental Health and Physical Activity*, 23, 100463. <https://doi.org/10.1016/j.mhpa.2022.100463>
25. Krommidas C., Galanis E., Tzormpatzakis E., Hassandra M., Hatzigeorgiadis A., Morres I., Comoutos N., Theodorakis Y. (2022). The Effects of Acute Exercise and Virtual Reality Tasks on Children's Memory Function and Exercise Preference. *International Journal of Kinesiology & Sport Science*, 10(3), 7-17.

2021

26. Panagiotounis F., Hassandra M., Goudas M., Theodorakis, Y. (2021). Application of a theory-based exercise promotion program (RACE) for adults in therapy for substance use disorders. *Exartiseis (Addiction)*, 36, 57-75.
27. Toivonen HM., Hassandra M., Wright PM., Hagger MS., Hankonen N., Laine K., Lintunen T. (2021). Feasibility of a Responsibility-Based Leadership Training Program for Novice Physical Activity Instructors. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.648235>
28. Polet J., Schneider J., Hassandra M., Lintunen T., Laukkanen A., Hankonen N., et al. (2021). Predictors of school students' leisure-time physical activity: An extended trans-contextual model using Bayesian path analysis. *PLoS ONE*, 16(11): e0258829. <https://doi.org/10.1371/journal.pone.0258829>
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34. Hassandra M., Panagiotounis F., Theodorakis, Y. (2020). Empowering substance use disorders treatment through physical exercise. An overview of studies. *Exartiseis (Addiction)*, 35, 63-93.

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school physical activity in lower secondary school students - a randomized controlled trial protocol. *BMC Public Health*, 19, 157.
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Papacharisis, V., Hassandra, M., & Goudas, M. (2000). The role of intrinsic motivation in school physical education. *Physical Activity and Quality of Life*, 1, 1-18.

B. Book Chapters & Research Books

- B1. Goudas, M., Hassandra, M., & Kosmidou, E. (2007). Social inequities and social exclusion. "The Kallipateira program." Ministry of National Education and Religious Affairs, Athens.
- B2. Chroni, S. & Hassandra, M. (2007). Gender and equity: Student's handbook. "The Kallipateira program." Ministry of National Education and Religious Affairs, Athens.
- B3. Hassandra, M., Pynnönen, K., Siltanen, S., Saajanaho, M., Portegijs, E., Karavirta, L., Rantanen, T. (2017). Promotion of active aging and wellbeing. *Gerontology Research Center (GEREC)*, University of Jyväskylä.

C. Textbooks / Educational Material

- T1. Theodorakis, Y. & Hassandra, M. (2006). Designing health education programs. Thessaloniki: Xristodoulidis publications. ISBN: 960-8183-55-3
- T2. Goudas, M., Hassandra M., Papaharisis, V., & Gerodimos, V. (2006). Physical education 7th grade: Teachers' Book. Pedagogical Institute. Ministry of National Education and Religious Affairs, Athens.
- T3. Theodorakis, Y., Avgerinos, A., Kellis, H., Papaharisis, V., & Hassandra M. (2001). Olympic Education: From theory to practice. Athens: Livanis Publications. ISBN 960-14-0479-1

D. Conference Proceedings (with peer review)

- C1. Hassandra, M. & Goudas M. (2001). A qualitative investigation of environmental factors affecting intrinsic motivation in physical education. Proceedings 10th World Congress of Sport Psychology, Skiathos, Greece, June 2, vol. 5, pp. 107-109.
- C2. Agathangelou, A., Hassandra, M., Goudas, M., & Theodorakis, Y. (2003). Evaluation of an intervention program aiming at the development of fair play in elementary school children. Proceedings Forum E.A.P.E., Physical Education: Redefining its role, pp. 49-51.

- C3. Simou K., Hassandra M., & Papacharisis V. (2003). Evaluation of three applications of the Sport Education Model in Greek schools. *Proceedings Forum Physical Education: Redefining its role.*
- C4. Hassandra, M., Goudas M., & Hatzigeorgiadis A. (2003). Attitudes towards fair play in physical education: The role of intrinsic motivation and gender. *Proceedings XIth European Congress of Sport Psychology, Copenhagen, p. 72.*
- C5. Hassandra, M., Hatzigeorgiadis, A., Goudas, M., & Theodorakis, Y. (2005). Comparison of two questionnaires measuring sociomoral behaviors in physical education. *Proceedings of the 46th ICHPER-SD Anniversary World Congress, Istanbul.*
- C6. Hassandra, M., Hatzigeorgiadis, A., & Goudas, M. (2005). Confirmatory Factor Analysis of the Fair Play in Physical Education Questionnaire. *8th European Conference of Psychological Assessment, Budapest, p. 82.*
- C7. Kosmidou, E., Desli, E., Hassandra, M., & Theodorakis, Y. (2007). Effectiveness of the anti-smoking intervention program "I don't smoke - I exercise" in 5th & 6th grade elementary students. *Proceedings 3rd Forum E.A.P.E., Komotini.*
- C8. Papachatzis A., Chroni S., Hassandra M. (2007). Expectations and barriers for postgraduate studies in physical education and sport. *Proceedings 3rd Forum E.A.P.E., Komotini.*
- C9. Hassandra, M., Hatzigeorgiadis, A., Theodorakis, Y., & Goudas, M. (2007). Fair-play in physical education classes: A preliminary investigation on the role of demographic and motivational variables. *12th European Congress of Sport Psychology, Halkidiki, p. 213.*
- C10. Hassandra, M. & Hatzigeorgiadis, A. (2009). Prediction of prosocial and antisocial behaviours from dispositional goal orientations and motivational climate in physical education. *ISSP 12th World Congress, Marrakesh.*
- C11. Chroni, S., Hassandra, M., Hatzigeorgiadis, A., & Fasting, K. (2009). Female athlete & male coach relationship: How does it work in Greece? *ISSP 12th World Congress, Marrakesh.*
- C12. Ng, K.W., Ryba, T.V., Hassandra, M. & Rintala, P. (2011). A qualitative approach to coach efficacy levels through sitting volleyball training. *International Congress on Enhancement of Physical Activity of Children and Youth, Vuokatti, Finland.*
- C13. Vari T. & Hassandra M. (2011). Relationships of healthy/unhealthy behaviors with general mental health of adults in Chios. *19th International Congress of Physical Education and Sport, Komotini.*
- C14. Hassandra, M., Tsiaousi, L., & Theodorakis, Y. (2012). Relationships between Lifestyle Behaviors and Quality of Life of Greek Adult Middle-Aged Students. *International Convention on Science, Education and Medicine in Sport, Glasgow.*
- C15. Chroni, S., Diakaki, E., Perkos, S., & Hassandra, M. (2012). Coach stressors: Do more- and less-experienced ones come across stress differently in games and practices? *International Convention on Science Education and Medicine in Sport, Glasgow.*

- C16. Hassandra, M., Toivonen, H., Loosveldt, J., Lintunen, T., Kettunen T. (2015). Managing cigarette cravings using the Physical over Smoking (PoS) App: a randomized control trial. 29th EHPS Conference, Limassol, Cyprus.
- C17. Hassandra, M., Ng, K., Villberg, J., & Välimaa, R. (2015). Intention to be physically active in the future for 15-year-old school students. 14th European Congress of Sport Psychology, Bern, Switzerland.
- C18. Hassandra M., Toivonen H.M., Lintunen T., Kettunen T. (2015). Managing cravings with physical activities: A mobile App. 14th European Congress of Sport Psychology, Bern, Switzerland.
- C19. Castro O., Hassandra M., & Ng K. (2016). Interventions to promote physical activity among adults with disabilities: A scoping review. European Congress of Adapted Physical Activity, Olomouc, Czech Republic.
- C20. Hassandra M., Heikkinen R., Kettunen T. and Lintunen T (2016). An mHealth intervention: Associations between TPB constructs for physical activity and longitudinal smoking data. 2nd Behaviour Change Conference: Digital Health and Wellbeing. doi: 10.3389/conf.FPUBH.2016.01.00105
- C21. Hassandra M., Heikkinen R., Lintunen T., Kettunen T., Vanhala M. (2016). Managing cravings after quit smoking: Pharmacological support and mHealth Applications. 8th Nordic Health Promotion Research Conference, Jyväskylä.
- C22. Castro O., Hassandra M., Novoradovskaya E., Ng K. (2017). Using the BCT Taxonomy V1 to Identify Active Ingredients within Physical Activity Promotion Interventions among Adults with Disabilities. ENYSSP 14th Annual Conference, Zagreb.
- C23. Hassandra M., Laukkanen A., Lintunen T., Polet J., Hankonen N., Hirvensalo M., Hagger M.S. (2019). Description of the Development of the Autonomy-Supportive PE Teacher Training Program (PETALS). 15th FEPSAC Congress, Münster, Germany.
- C24. Hassandra M., Hatzigeorgiadis A., Verhelle H., Vertommen T., Chroni S., Alexopoulos A., Nicolini C., Vivirito S., Lara-Bercial S., Kerr-Cumbo R., Navarro A., Calmaestra J., Benítez-Sillero J.D., & Nery M. (2024). Motivational climate and perceived harmfulness of interpersonal violence behaviours: Data from coaches of Mediterranean countries - European programme CICEE-T. Oral presentation (Π3.4) at the 1st PSEAA Conference / 30 Years TEFAA University of Thessaly, Trikala, Greece, 1-2 November 2024.
- C25. Panagiotounis F. & Hassandra M. (2024). "Reintegration Through Sport": A best practice in addiction treatment. Symposium presentation (Σ2.2) in: Symposium "Reintegration Through Sport" (Σ2). 1st PSEAA Conference / 30 Years TEFAA University of Thessaly, Trikala, Greece, 1 November 2024.

E. Publications for Professional Communities

- P1. Hassandra M., Kettunen, T., Lintunen, T. (2016). Effectiveness of the Smartphone App in the Management of Adult Smoking Cravings [in Finnish]. Best Practice Keuhkosairaudet, 12(4), 8-9.

- P2. Kivisto, H., Novoradovskaya, E., Hassandra, M., & Sjogren, T. (2017). Motivational interviewing effect on increasing physical activity of overweight individuals [in Finnish]. *Fysioterapia*, 64(1), 30-34.
- P3. Sjogren, T., Novoradovskaya, E., Lintunen, T., Karvanen, J., Immonen, J., Ruiz, M. C., & Hassandra, M. (2017). Effectiveness of motivational behavior change techniques for sedentary adults in rehabilitation settings [in Finnish]. *Fysioterapia*, 64(1), 24-29.

8. AWARDS, PRIZES AND HONOURS

2012: Winner of the 'Fly your idea' competition - Tutkimus- ja innovaatiopalvelut, University of Jyväskylä, Finland (best idea for commercialization of research, Agora Center)

9. OTHER ACADEMIC MERITS

Membership in Professional Societies

1. European Health Psychology Society (EHPS)
2. European Federation for Sport Psychology (FEPSAC)
3. International Society for Sport Psychology (ISSP)
4. Hellenic Academy of Physical Education (HAPE / EAFA)
5. Hellenic Society for Sport Psychology (HSSP / EAP)
6. Psychological Society of Northern Greece (PSEVE)

Referee for Scientific Journals

1. Health Psychology Review
2. Psychology and Health
3. Journal of Medical Internet Research
4. Journal of Medical Internet Research - Protocols
5. BMC Medical Informatics and Decision Making
6. American Journal of Health Promotion
7. Scandinavian Journal of Public Health
8. Qualitative Research in Sport, Exercise and Health
9. Applied Psychology: Health and Well-Being
10. Depression and Anxiety
11. BMJ Open
12. Addictive Behaviors
13. Science of Gymnastics Journal
14. European Physical Education Review
15. Swedish Journal of Sport Research
16. Psychological Reports
17. Hellenic Journal of Psychology

18. Hellenic Journal of Physical Education and Sport Science
19. Inquiries in Sport and Physical Education
20. Athlitiki Psychologia
21. Asian Journal of Sport and Exercise Psychology
22. International Journal of Business, Humanities and Technology
23. Behavioral Medicine
24. 30th Bled eConference - Digital Transformation

Evaluator / Reviewer for Research Funding Programmes

1. Evaluator of research proposals for Erasmus+ Sport - European Commission
2. Evaluator of research proposals for COST (European Cooperation in Science and Technology) - European Commission
3. Evaluator of research proposals for Horizon Europe - Health - European Commission
4. Rating Reviewer of research output - National Research Foundation (NRF), South Africa

University Committees & Administrative Appointments

University of Jyväskylä, Finland

1. Applicants entrance selection - interviews and evaluation of research proposals and motivational letters for EMSEP programme
2. Students, Teachers and Scholars Feedback data collection, analyses and presentations

University of Thessaly, Greece

3. Committee of Bioethics (Internal Ethics Committee), Member
4. Committee of the Library, Member
5. Committee of Entrance Exams
6. Committee of Study Programme and Quality of Teaching
7. Committee of Timetable and Examinations

10. MERITS RELATED TO APPLICATION OF RESEARCH RESULTS

1. Developed a mobile phone application ("Physical over Smoking") to support people who have recently quit smoking by providing short physical activity solutions for managing cigarette cravings. Funded by the Finnish National Institute of Health and Welfare.
2. As member of the FiDiPro TEKES project (IMPACT), participated in a team of three researchers (Lintunen, Hagger, Hassandra) consulting Wellness and Fitness

Technology companies to improve their products and services based on lifestyle behavior change theories (e.g., FirstBeat, firstbeat.com).

11. POSITIONS OF TRUST IN SOCIETY & OTHER SOCIETAL MERITS

1. Served as expert on "Sociomoral development of students through physical activity" for the Olympic Games 2004 Education sector, coordinated by the Athens 2004 Olympic Committee in cooperation with the Hellenic Ministry of Education. Contributed to planning Olympic education material for schools and training PE teachers for 4 years in 2,000 public and private schools in Greece. Two PE Teachers' Books and training seminars in Greece and UK were outcomes of this cooperation.
2. Served as expert on "School Physical Education" for the Hellenic Ministry of Education to plan and develop School Books for PE teachers based on the national curriculum and to train PE teachers on the new material. Co-authored the book for 9th grade and consulted on additional books for other grades (6th to 9th grade).

12. OTHER MERITS

Volunteering

1. Athens 2004 Olympic Games (Track and Field venue)
2. World Master Athletics 2012, Jyväskylä, Finland (Judge: High Jump)
3. Official Track and Field Judge in local championships of Central Finland, and local & national championships in Greece