

### Professor Yannis Theodorakis



Yannis Theodorakis is a professor of Sport Psychology in the Department of Physical Education and Sport Science at the University of Thessaly, Greece. He was vice-rector (2008-2012 and 2018-2022), a member of the Managing Council of the European Society of Sport Psychology (1999-2003), head of his Department (2000-2004 & 2006-8), president of the Greek Society of Sport Psychology (2004-2006), member of the Editorial Board of "Psychology of Sport and Exercise" (1999-2013), president of the Hellenic Academy of Physical Education (2008-2012) and the editor of the open access journal "Inquiries in Sports and Physical Education" (2003-2018). He has a Bed in physical education and sport science and a PhD in sport and exercise psychology. He has published more than 34 books and chapters, and more than 270 articles in the areas of physical education, sport and exercise psychology, health psychology, Olympic education, health education, goals setting, self-talk, and attitude and behaviour relationships. He has been involved in several projects related to physical activity promotion, health education, exercise and smoking, exercise program in patients with dementia by using virtual reality, the role of sports in addiction recovery, and equality in society through sports.

For more information: <https://scholar.google.gr/citations?user=Sql62eAAAAA&hl=el>  
<https://research.com/scientists-rankings/psychology/gr>  
<http://www.pe.uth.gr/index.php/component/tlpteam/team/theodorakis?Itemid=195>

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- 112) Evangelos Galanis, Antonis Hatzigeorgiadis, Nikos Zourbanos, Athanasios Papaioannou, Yannis Theodorakis. The attentional function of self-talk: Testing the alertness and vigilance dimensions of attention through the Vienna Test System. *Proceedings of the 14 th European Congress of Sport Psychology – FEPSAC.(pp.316). Bern Switzerland.*
- 113) Aristeia Karamitrou, Nikos Zourbanos, Yannis Theodorakis, Antonis Hatzigeorgiadis. A self-determination approach to the understanding of athletes' self-talk *Proceedings of the 14 th European Congress of Sport Psychology – FEPSAC.(pp.374). Bern Switzerland.*
- 114) Karamitrou, A., Comoutos, N., Hatzigeorgiadis, A., & Theodorakis, Y. (2017). The mediational role of autonomous and controlled motivation in the relationships between basic psychological needs satisfaction and athletes' self-talk. *Proceedings of the 14th World Congress of Sport Psychology – ISSP* (p. 641). Sevilla, Spain.
- 115) Ένα Σύστημα Εικονικού Περιβάλλοντος για Σωματική Άσκηση Ατόμων με Άνοια και Άνοια Τύπου Alzheimer 11ο ΠΑΝΕΛΛΗΝΙΟ ΣΥΝΕΔΡΙΟ ΝΟΣΟΥ ALZHEIMER. 3ο ΜΕΣΟΓΕΙΑΚΟ ΣΥΝΕΔΡΙΟ ΝΕΥΡΟΕΚΦΥΛΙΣΤΙΚΩΝ ΝΟΣΗΜΑΤΩΝ Θεσσαλονίκη, 14-17/2/2019.
- 116) Morres, I., Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Chantal Arpin-Cribbie, Krommidas, C., & Theodorakis, Y. (2019). Aerobic exercise for major depressed adult patients in mental health services: a systematic review and meta-analysis. *European Congress on Sport Psychology, FEPSAC Munster, Germany.*
- 117) Morres, I., Hatzigeorgiadis, A., Krommidas, C., Comoutos, N., Sideri, E., Ploumpidis, D., Economou, E., Papaioannou, A., & Theodorakis, Y. (2019). Objectively measured physical activity in clinically diagnosed major depressed adult outpatients. *European Congress on Sport Psychology, FEPSAC Munster, Germany.*

- 118) TOULOUDI E., MORRES I., HATZIGEORGIADIS A., THEODORAKIS Y. (2021). THE PSYCHOLOGICAL EFFECTS OF PHYSICAL ACTIVITY DURING COVID 19 PERIOD ON TYPE 2 DIABETES MELLITUS PATIENT. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini, 14-16 May 2020.
- 119) VLACHOS D., KATSIANOS A., MORRES I., GALANIS E., THEODORAKIS Y. (2021). PHYSICAL ACTIVITY, MOOD, AND WELL-BEING IN ADOLESCENT FOOTBALL PLAYERS DURING THE COVID-19 QUARANTINE PERIOD. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini.
- 120) MORELA E., HATZIGEORGIADIS A., PAPAGEORGIU E., FILIPPOU K., THEODORAKIS Y. (2021). EVIDENCE ON THE VALIDITY OF AN INSTRUMENT ASSESSING ATTITUDES TOWARDS ACCULTURATION FOR YOUTH. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini.
- 121) ZAKZAGKI M., KALAVROU C., KROMMIDAS C., HATZIGEORGIADIS A., THEODORAKIS Y., MORRES I.D. (2021). OBJECTIVELY MEASURED DAILY LIFE PHYSICAL ACTIVITY AND ANXIETY SYMPTOMS IN OBESE ADULTS. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini.
- 122) ZAKZAGKI M., KALAVROU C., KROMMIDAS C., HATZIGEORGIADIS A., THEODORAKIS Y., MORRES I.D. (2021). OBJECTIVELY MEASURED DAILY LIFE PHYSICAL ACTIVITY AND ANXIETY SYMPTOMS IN OBESE ADULTS. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini.
- 123) MORRES I.D., GALANIS E., HATZIGEORGIADIS A., ANDROUTSOS O., THEODORAKIS Y. (2021). PHYSICAL ACTIVITY, EATING BEHAVIOUR AND WELL-BEING IN GREEK ADOLESCENTS DURING A COVID-19 LOCKDOWN PERIOD. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini.
- 124) MORRES I.D., GALANIS E., HATZIGEORGIADIS A., ANDROUTSOS O., THEODORAKIS Y. (2021). PHYSICAL ACTIVITY, EATING BEHAVIOUR AND WELL-BEING IN GREEK ADOLESCENTS DURING A COVID-19 LOCKDOWN PERIOD. 29<sup>th</sup> International Congress on Physical Education & Sport Science, Komotini.
- 125) What about sport and physical activity contribution in substance use disorder recovery: Life Skills Development Mary Hassandra1, Fotis Panagiotounis1,2, Aggeliki Koutsoukou2, Yiannis Theodorakis. FEPSAC, Padova, 2022.
- 126) What about sport and physical activity contribution in substance use disorder recovery: professionals' perceptions. Fotis Panagiotounis1,2, Mary Hassandra2, Aggeliki Koutsoukou1, Yannis Theodorakis. FEPSAC Padova, 2022.
- 127) Treating perinatal depressive symptoms with exercise. A systematic review and meta-analysis of randomized controlled trials. Ioannis D. Morres1, Natalia A. Tzouma1, Antonis Hatzigeorgiadis1, Charalampos Krommidas1, Konstantinos V. Kotronis2, Konstantinos Dafopoulos3, Yannis Theodorakis1, Nikolaos Comoutos. FEPSAC, Padova, 2022.
- 128) Effects of an exercise intervention on mental health indices in refugees. A pragmatic trial. Konstantina Filippou, Florian Knappe, Ioannis D. Morres, Elsa Havas, Emmanouil Tzormpatzakis, Christina Kalavrou, Chantal Zehnder, Luce Ann Pieters, Yannis Theodorakis, Antonis Hatzigeorgiadis, Markus Gerber. FEPSAC, Padova, 2022.

## 9. Project Coordinator

1. EPEYNΩ KAINOTOMΩ (2017). Project coordinator (2018-2022). A virtual reality application for the exercise of dementia and Alzheimer patients.
2. ELIDEK (2023). ENvironmentally LITerate youth to get to net zero emissions and solve climate crisis through physical education, ENLITE
3. Erasmus + (2022). Race for Life. Partner
4. Erasmus + (2022). Culturally Informed Safe Sport Coach Education e-Toolbox (CICEE-T). Partner
5. Erasmus + (2022). «CISCA: Curricular Innovation for Synergy between Community Sport and Activism». 101090041 Project coordinator
6. Erasmus + (2020). Enhancing Health and Physical Activity Rates through Pentathlon / EPHARP
7. Erasmus + (2019). Reintegration through Sport plus-RTS+ - 613034-EPP-1-2019-1-EL-SPO-SCP. Partner.
8. Erasmus + (2019). InALMH Inter-Active Living for Mental Health project Partner. [www.enalmh.eu](http://www.enalmh.eu).
9. Erasmus + (2019). Sportspeople Education and Training for Dual Career. Partner
10. Erasmus + Teaching Awareness of Ethical Governance in Sport (TAGS)
11. Erasmus + R.T.S.: Reintegration through Sports". Project partner in collaboration with KETHEA.
12. Erasmus + Identifying and Motivating youth who mostly need Physical ACTivity. [https://www.sportgoverno.it/media/101339/2esport2016\\_r2\\_collaborative\\_eu\\_guidelines.pdf](https://www.sportgoverno.it/media/101339/2esport2016_r2_collaborative_eu_guidelines.pdf)
13. Erasmus + SPace\_Supporting Policy and Action for Active Environments
14. Sportspeople Education and Training for Dual Career - SET4DC
15. THALIS PROJECT. National Strategic Reference Framework). Project coordinator (2012-2015) (560.000€). EXERCISE, SMOKING, & ALCOHOL: INVESTIGATION OF MECHANISMS, & INTERVENTIONS FOR PREVENTION, CESSATION & AWARENESS
16. The Kalipatira project. From sport to daily life. All equal – all differed. Hellenic Ministry of Education (2006). Project Coordinator.
17. Walking, physical activity, movement, and mental health in elderly people. General Secretariat for Research and Technology (2005). Project coordinator.
18. Walking and health (ENTER, General Secretariat for Research and Technology. (2003). Project coordinator.
19. Actions on Health Education. Public and private Schools (Primary and Secondary education). University of Thessaly. Project Coordinator. (2006-2015).
20. Quality Assurance at the University of Thessaly, (National Strategic Reference Framework). Project coordinator (2010-2013).
21. Bureau of Employment and Career, University of Thessaly,

- (National Strategic Reference Framework). Project coordinator (2010-2013).
22. Hellenic academic open courses of the University of Thessaly. (National Strategic Reference Framework). Project coordinator (2012-2015).
  23. KALLIPOS. ΕΛΛΗΝΙΚΑ ΑΚΑΔΗΜΑΙΚΑ ΣΥΤΤΡΑΜΑΤΑ. Project coordinator). (2015-2016).
  24. The effect of psychological techniques on physical exercise. Democritus University of Thrace (1997).
  25. Attitudes, perceptions and behaviors in different settings (physical education, exercise, healthy lifestyle). Hellenic Ministry of Education (1998).
  26. Internship in exercise and physical education, University of Thessaly, Project coordinator (2002, 2006).
  27. Curriculum development, University of Thessaly (Project coordinator (2003).
  28. Psychological support in injury rehabilitation, program development. General Secretariat of Research and Technology (1996).
  29. International seminars on Exercise Psychology, (European Committee EURATHLON. Project coordinator (1996).
  30. Exercise smoking and nutrition. Democritus University of Thrace, (1996). Project coordinator.
  31. The development of a model for the prediction of exercise behavior. Democritus University of Thrace (1994) Project coordinator.

#### **Editorial board**

Editor "Inquiries in Sports and Physical Activity" since (2001-)  
 Editorial Board "Psychology of Sport and Exercise" 1999-2012  
 Editorial Advisory Board "Journal of Sports Sciences", 1996-2000  
 Bulletin Board "International Journal of Sport Psychology".  
 Editorial Board "European Yearbook of Sport Psychology"  
 Editorial Board "Hellenic Journal of Psychology"  
 Editorial Board "Sport Psychology"

#### **Congress**

Congress director: Quality assurance in higher Education. Larissa Λάρισα, 28-29 September 2011.  
 Congress director of the "12<sup>th</sup> European Congress of Sport Psychology", FEPSAC, 2007 Halkidiki, Greece.  
 Congress co-director of 10<sup>th</sup> World Congress of Sport Psychology. ISSP, 2001, Skiathos, Greece.  
 Congress director 2<sup>nd</sup> International Congress of Sport Psychology, (1998) Trikala, Greece.  
 Congress director 1<sup>st</sup> International Congress of Sport Psychology, (1996) Komotini, Greece.