Curriculum Vitae

Konstantinia (Nadia) Filippou

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EDUCATION

1/26	Doctor of Philosophy PhD Thesis: “Physical activity and mental health among asylum seekers residing in a refugee camp”. Department of Physical Education and Sport Science, University of Thessaly, Department of Sport, Exercise and Health, University of Basil
7/13	Master's degree in Exercise & Quality of Life (2-year program) Department of Physical Education and Sport Science Democritus University of Thrace & University of Thessaly, Greece Thesis Title: “The role of camp participation in the development of social skills”
6/98	Bachelor of Science (4-year degree program) Faculty of Management and Economics Department of Commerce and Advertising (Marketing) Technological Institute of Thessaloniki.

EMPLOYMENT HISTORY

8/14 – present	Teaching Laboratory Staff Lab of Exercise Psychology & Quality of Life Department of Physical Education and Sport Sciences University of Thessaly
10/02 – 7/14	Technical Laboratory Staff Department of Physical Education and Sport Sciences University of Thessaly
06/00 – 9/02	Account Supervisor Point Zero S.A. Advertising Company Thessaloniki, Greece

ARTICLES IN PEER-REVIEWED JOURNALS

13. **Filippou, K.,** Knappe, F., Hatzigeorgiadis, A., Morres, I. D., Tzormpatzakis, E., Proskinitopoulos, T., Meier, M., Seelig, H., Ludyga, S., Pühse, U., Von Känel, R., Theodorakis, Y., & Gerber, M. (2025). Effects of an exercise and sport intervention on symptoms of post-traumatic stress disorder and other mental health indices among asylum seekers in a camp. A pragmatic randomized controlled trial. *Mental Health and Physical Activity, 28*, 100676. https://doi.org/10.1016/j.mhpa.2025.100676

12. **Filippou, K.,** Knappe, F., Morres, I. D., Tzormpatzakis, E., Proskinitopoulos, T., Theodorakis, Y., Gerber, M., & Hatzigeorgiadis, A. (2024). Objectively measured physical activity and mental health among asylum seekers residing in a camp. *Psychology of Sport and Exercise,* 102794. https://doi.org/10.1016/j.psychsport.2024.102794

11 Knappe, F., **Filippou, K**., Hatzigeorgiadis, A., Seelig, H., Meier, M., Pieters, L. A., Zollino, C., Pühse, U., & Gerber, M. (2025). 'A spark to start': Experiences of forcibly displaced individuals participating in a co-designed exercise and sport intervention. *Mental Health and Physical Activity, 28*, 100681. https://doi.org/10.1016/j.mhpa.2025.100681

10. **Filippou, K.,** Knappe, F., Hatzigeorgiadis, A., Morres, I. D., Tzormpatzakis, E., Havas, E., Pühse, U., Theodorakis, Y., & Gerber, M. (2024). Self-reported physical activity and mental health among asylum seekers in a refugee camp. Journal of Physical Activity and Health, 21(7), 657-667. https://doi.org/10.1123/jpah.2023-0325. [Shortlisted for the 2025 Journal of Physical Activity and Health Article of the Year Award for Best Article from an Emerging Researcher].

9. Gerber, M., **Filippou, K.,** Knappe, F., Morres, I. D., Tzormpatzakis, E., Havas, E., Seelig, H., Colledge, F., Ludyga, S., Meier, M., Theodorakis, Y., von Känel, R., Pühse, U., & Hatzegeorgiadis, A. (2024). Does cardiorespiratory fitness moderate the relationship between overweight, cardiovascular risk markers and mental health among forcibly displaced individuals living in a Greek refugee camp. *Frontiers in Sports and Active Living 6*, 1334230. https://doi.org/10.3389/fspor.2024.1334230

8. Knappe, F., **Filippou, K.,** Hatzigeorgiadis, A., Morres, I. D., Ludyga, S., Seelig, H., Tzormpatzakis, E., Havas, E., Theodorakis, Y., von Känel, R., Pühse, U., & Gerber, M. (2024). The impact of an exercise and sport intervention on cognitive function and pain among forcibly displaced individuals at risk for PTSD: A secondary analysis of the SALEEM randomized controlled trial. *BMC Medicine 22*, 387. https://doi.org/10.1186/s12916-024-03601-x

7. Knappe, F., **Filippou, K.**, Hatzigeorgiadis, A., Morres, I. D., Tzormpatzakis, E., Havas, E., Seelig, H., Ludyga, S., Colledge, F., Meier, M., Theodorakis, Y., von Känel, R., Pühse, U., & Gerber, M. (2024). Effects of a co-designed exercise and sport intervention on cardiorespiratory fitness and metabolic syndrome components among individuals living in a refugee camp in Greece: A randomized controlled trial. *Journal of Migration and Health 9*, 100227. https://doi.org/10.1016/j.jmh.2024.100227 2023

6. Gerber, M., **Filippou, K.,** Knappe, F., Morres, I. D., Tzormpatzakis, E., Havas, E., Seelig, H., Colledge, F., Ludyga, S., Meier, M., Theodorakis, Y., von Känel, R., Pühse, U., & Hatzegeorgiadis, A. (2023). Associations between grip strength, cardiorespiratory fitness, cardiovascular risk and mental health in forcibly displaced people from a Greek refugee camp. *Scientific Reports 13*, 20970. https://doi.org/10.1038/s41598-023-48032-

5. Knappe, F., **Filippou, K.,** Hatzigeorgiadis, A., Morres, I. D., Tzormpatzakis, E., Havas, E., Seelig, H., Colledge, F., Ludyga, S., Meier, M., De Quervain, D., Theodorakis, Y., von Känel, R., Pühse, U., & Gerber, M. (2023). Psychological well-being, mental distress, metabolic syndrome, and associated factors among adults living in a refugee camp in Greece: A cross-sectional study. Front. Public Health, 11. https://doi.org/10.3389/fpubh.2023.1179756

4. Gerber, M., Colledge, F., de Quervain, D., **Filippou, K.**, Havas, E., Knappe, F., Ludyga, S., Meier, M., Morres, I.D., Panagos, A., Pühse, U., Ramadan, K., Seelig, H., Theodorakis, Y., Kanel, R., Hatzigeorgiadis, A. Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness and cardiovascular risk markers: study protocol for the SALEEM pragmatic randomized controlled trial. Trials 22, 827 (2021). https://doi.org/10.1186/s13063-021-05808-2

3. Morela E., Papageorgiou E., **Filippou K.**, Theodorakis Y., Hatzigeorgiadis A. (2021). Pro Social and Antisocial Sport Environment and Attitudes towards Refugees' Acculturation among Young Greek Football Players. International Journal of Research in Humanities and Social Studies, Volume 8 (7), 1-10. DOI: https://doi.org/10.22259/2694-6296.0807001

2. **Filippou, K.**, Kouthouris, H., & Bounova, A. (2012). The role of camp participation in the development of social skills. Inquiries in Sport & Physical Education, 35, 238-240

1. Gourzi, M., **Filippou, K.**, Kagiorgi, E., & Zourbanos, N. (2007). The relationship between competitive state anxiety and self-talk during performance in swimmers. Inquiries in Sport & Physical Education, 5(1), 173-178.

BOOK CHAPTER

1. **Filippou, K.** (1999). Alternative tourism ways to increase overnight stays per person, in the tourist area of Kalambaka of Trikala. In D. Karapistolis (Eds.), *Data Analysis and Market Research* (pp. 253-264). Thessaloniki: Anikoula Publications.

ORAL & POSTER PRESENTATIONS AT CONFERENCES

23 Gerber, M., **Filippou, K.,** Knappe, F., Morres, I. D., Hatzegeorgiadis A. (2024). *Auswirkungen einer Bewegungsintervention auf die psychische Gesundheitsindizes bei Flüchtlingen. Eine pragmatische randomisierte Kontrollgruppenstudie (SALEEM)* . IASP, Gerlin, Germany.

22 **Filippou K.,** Tzormpatzakis E., Katsinoula F., Knappe F., Hatzigeorgiadis A., Gerber M. (2023). *Objectively measured physical activity and mental health in asylum seekers in a Greek refugee camp*. ECSS Congress, Paris, France

21 Knappe, F., **Filippou, K.,** Hatzigeorgiadis, A., Morres, I.D., Gerber, M. (2023). Evaluating a sport and exercise intervention on metabolic syndrome, pain, cognitive function, and cardiorespiratory fitness among forcibly displaced adults. A randomized controlled trial. ECSS Congress, Paris, France

20 **Filippou, K**., Knappe, F., Tzormpatzakis, E., Morres, I.D., Nikitidou, S., Gerber, M., & Hatzigeorgiadis, A. (2023). *Objectively measured physical activity and mental health among asylum seekers residing in a camp in Greece.* 16th International Conference of Sport Psychology, Trikala, Greece.

19 Knappe, F., **Filippou, K.,** Proskinitopoulos, T., Sarantaris, L., Kalavrou, C., Morres, I.D., Hatzigeorgiadis, A., Tzormpatzakis, E., Havas, E., Theodorakis, Y., & Gerber, M. (2023). *Examining psychological and physiological health in a refugee camp: Implications for Public Health.* 16th International Conference of Sport Psychology, Trikala, Greece.

18 Morres, I.D., **Filippou, K.,** Knappe, F., Havas, E., Tzormpatzakis, E., Zehnder, C., Lahmici, D., Zakzagki, M., Tzachristos, E., Gerber, M., & Hatzigeorgiadis, A. (2023). *Perceived exertion and heart rate during an exercise intervention for adults living in a refugee camp in Greece.* 16th International Conference of Sport Psychology, Trikala, Greece

17 Knappe, F., **Filippou, K.,** Ghiami, Z., Ramadan, K., Meier, M., Hatzigeorgiadis, A.,

Morres, I.D., Theodorakis, Y., & Gerber, M. (2023). *Voices from the camp: experiences from forcibly displaced adults with organized sport and exercise*. 16th International Conference of Sport Psychology, Trikala, Greece.

16 Morela, E., Papageorgiou, E., **Filippou, K.,** Kouli, O., Theodorakis, Y., & Hatzigeorgiadis, A (2023). *Sociomoral environment in youth sport and multiculturalism attitudes toward refugees: the role of coach-promoted values*. 16th International Conference of Sport Psychology, Trikala, Greece.

15 Knappe F., **Filippou K.,** Ghiami Z., Meier M., Pieters L., Quadri N., Ramadan K., Morres D.I., Hatzigeorgiadis A., Gerber M. (2023). *Perceived advantages and disadvantages of organized sport and exercise activities in a Greek refugee camp: A qualitative approach.* Proceedings, 14th Annual meeting of the Swiss Society of sport science (SGS), Vol 8, No2, Bern, Switzerland.

14 Gerber, M., **Filippou, K**., Knappe, F., Havas E., Morres, I. D., Hatzegeorgiadis (2022). *Perceived fitness, grip strength, post-traumatic stress disorder symptoms, mental health, and cardiovascular risk in refugee camp residents*. NASPSPA, Hawaii, USA.

13 Knappe F., Ghiami Z., **Filippou K.,** Ramadan K., Meier M., Pieters L.A., Lahmici D., Quadri N., Morres I.D., Hatzigeorgiadis A., Gerber M., (2022). *Potential and limitations of a physical activity intervention among people living in a Greek refugee camp: A qualitative approach.* Proceedings, 16th European Congress of Sport & Exercise Psychology (FEPSAC) (p.151), Padova, Italy.

12 **Filippou K**., Knappe, F., Morres, I.D., Havas, E.I., Tzormpatzakis, E., Kalavrou, C., Zehnder, C., Pieters, L., Theodorakis, Y., Hatzigeorgiadis, A., Gerber, M. (2022). *Effects of an exercise intervention on mental health in refugee camp residents. A pragmatic randomized trial.* Proceedings, 16th European Congress of Sport & Exercise Psychology (FEPSAC) (p.150), Padova, Italy.

11. **Filippou K**., Morres D.I., Knappe F., Havas E., Kalavrou C., Tzachristos E., Zakzagki M., Quadri, N., Theodorakis Y., Hatzigeorgiadis A., Markus G. (2022). *Self-reported physical activity and mental health among refugee-camp residents in Greece*. Proceedings, 16th European Congress of Sport & Exercise Psychology (FEPSAC) (p.544), Padova, Italy.

10 Morres I.D., Hatzigeorgiadis A., Havas E., Knappe F., **Filippou K.,** Tzormpatzakis E., Zehnder C., Lahmici D., Zakzagki M., Tzachristos E., Gerber M. (2022). *Perceived exertion and heart rate during an exercise intervention for adults living in a refugee camp in Greece*. Proceedings, 16th European Congress of

Sport & Exercise Psychology (FEPSAC) (p.151), Padova, Italy.

9. **Filippou K**, Papageorgiou E., Morela E., Theodorakis Y. and Hatzigeorgiadis A. (2020). *Exploring acculturation perspectives of young refugees and the role of sport*. Proceedings, 28th International e-Congress on Physical Education & Sport Science (p. 200), Komotini, Greece.

8. Papageorgiou E., Morela E., **Filippou K.,** Theodorakis Y., Hatzigeorgiadis A. *Exploring Greek adolescents' perspectives on refugees' acculturation and the role of physical education and sport*. Proceedings, 28th International e-Congress on Physical Education & Sport Science (p. 200), Komotini, Greece.

7. Morela E., Papageorgiou E., **Filippou K**., Theodorakis Y., Hatzigeorgiadis A. *Coach-promoted prosocial/ antisocial behavior and attitudes towards refugees' acculturation in team sport athletes*. Proceedings, 28th International e-Congress on Physical Education & Sport Science (p. 200), Komotini, Greece.

6. **Filippou K.,** Hatzigeorgiadis A., Costa C., Vihar L., Corrao G. and Caci L. (2019). *Solidarity network for migrants and refugees: a project towards integration through sport*. Proceedings, 15th European Congress of Sport Psychology (p.146), Muenster, Germany.

5. **Filippou, K.,** Hatzigeorgiadis, A., Theodorakis, Y. (2018). *Solidarity Network for Young Migrants and Refugees Through Sport - So.Net. Erasmus+ project*. 15th Congress of Sport Psychology, Hellenic Society of Sport Psychology, Athens, Greece.

4. **Filippou, K.,** Bounova, A., & Kouthouris, H. (2012). *The role of camp participation in the development of social skills.* 5th Forum of the Hellenic Academy of Physical Education, HAPE, Thessaloniki, Greece.

3. **Filippou, K.,** Zafeiroudi, A., & Spontis, A. (2006*). Investigation of persistence adult participation in free exercise activities.* 9th Congress in Physical Education & Sport Sciences, Northern Union of Physical Education Teachers, Thessaloniki, Greece.

2. **Filippou, K.,** Spontis, A., & Kouthouris, H. (2006). *Limitations on exercise participation of the civil servants of the Prefecture of Trikala*. 14th Congress in Physical Education & Sport Sciences, Komotini, Greece.

1. **Filippou, K**., Spontis, A., & Kouthouris, H. (2006). *Self-Regulation exercise in relation to sex and age*. 14th Congress in Physical Education & Sport Sciences,

Komotini, Greece.

PARTICIPATION IN FUNDED PROJECTS

9. Project Title: Effects of an exercise and sport intervention among refugees living in a Greek refugee camp on mental health, physical fitness, and cardiovascular risk markers: A randomized controlled trial (2020-2022).
   Granting Institute: Swiss Network of International Studies (SNIS)
   Role: Investigator

8. Project Title: Enhancing Health and Physical Activity Rates through Pentathlon (2020-2022).
   Granting Institute: European Union – ERASMUS+ (Collaborative Partnerships);
   Role: Investigator

7. Project Title: Sportspeople Education & Training for Dual Career (2020-2022).
   Granting Institute: European Union – ERASMUS+ (Collaborative Partnerships);
   Role: Investigator

6. Project Title: FutbolNet Programme Methodology by Barca Foundation (2019).
   Granting Institute: Asylum, Migration and Integration Fund of the European Union With the Danish Refugee Council in Greece (DRC Greece), implemented by the Department of Physical Education and Sport Science of the University of Thessaly. With the support of e-trikala.
   Role: Investigator

5. Project Title: Solidarity Network for Young Migrant and Sport (2018-2019).
   Granting Institute: European Union – ERASMUS+
   Principal Investigator: Cinzia Costa
   Role: Investigator

4. Project Title: From research to application: An evidence-based psychosocial intervention for doping prevention in young athletes (2015-2018).
   Granting Institute: WADA.
   Principal Investigator: Maria Kavussanu, University of Birmingham
   Role: Investigator

3. Project Title: The Kalipatira Project. From sport to daily life. All equal – all differed (2005-2007).

Granting Institute: European Union & National funds.
Project Leader: Yannis Theodorakis
Role: Administration

2. Project Title: Curriculum Development in Sport and Exercise Psychology CDSEP (2005 – 2008)
Coordinator: Papaioannou Athanasios, Professor
Role: Administration

1. Project Title: Entrepreneurship in the Sports Sector (2004 – 2005).
Principal Investigator: Koustelios Athanasios, Professor
Role: Administration

LABORATORY WORKS
LAB OF EXERCISE PSYCHOLOGY AND QUALITY OF LIFE
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE, UNIVERSITY OF THESSALY

4. Project Title: "Hip-hop style dance training program. Promoting the health of High School students and the integration of their refugee classmates" (2020).
Role: Coordinator

3. Project Title: "Football for All" (2020).
Role: Coordinator

2. Project Title: 'We welcome refugees through football' (2017-2019)
Coordinator: Theodorakis Yannis, Professor & Konstantinia Filippou, Teaching staff
Role: Investigator

1. Project Title: "Exercise for refugees" (2016).
United Nations High Commissioner for Refugees (UNHCR) & Department of Physical Education and Sport Science, University of Thessaly
Investigator: Theodorakis Yannis, Professor
Role: Investigator

MOBILITY

2008: ERASMUS

"Intensive Course of the European Master in Exercise and Sport Psychology ERASMUS Program", Lisbon, Portugal

MEMBERSHIP

Member of the European Federation of Sport Psychology (FEPSAC)

Member of the Hellenic Society of Sport Psychology