

CURRICULUM VITAE

MARIA KAREKLA

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CURRENT POSITIONS

2019- Present Associate Professor, Department of Psychology, *University of Cyprus, Nicosia, Cyprus*
2009- 2019 Lecturer (2009-2013) & Assistant Professor (2014-2019), Department of Psychology, *University of Cyprus, Nicosia, Cyprus*
2007- Present Licensed Clinical Psychologist and Clinical Supervisor (License #: 0010)
Center for Cognitive-Behavioral Psychology, Nicosia, Cyprus

EDUCATIONAL HISTORY

2003- 2004 Pre-doctoral Clinical Psychology Resident,
University of Mississippi Medical Center/Veterans Affairs Medical Center, Jackson, Mississippi
Rotations: Health Psychology, Chemical Dependence Treatment Program, Psychophysiologic Disorders and Head Pain, Addictive Behaviors and Tobacco Cessation
Supervisors: *Pat Dubbert; Jefferson Parker; Donald Penzien; Randy Burke*

1999-2004 Doctoral program in Clinical Psychology, August 2004
University at Albany, State University of New York, Albany, NY 12222
Dissertation: *A Comparison Between Acceptance Enhanced Cognitive Behavioral Therapy and Panic Control Treatment for Panic Disorder*
Chair: *John P. Forsyth, Ph.D.*
Committee: *Edelgard Wulfert, Ph.D.; Kevin Williams, Ph.D.; James J. Jaccard, Ph.D.*

1999- 2001 Master of Arts in Clinical Psychology, August 2001
University at Albany, State University of New York (SUNY), Albany, NY 12222
Thesis: *Perceived Control vs. Uncontrollability in Relation to Fear Conditioning and Attentional Bias for Threat.*
Chair: *John P. Forsyth, PhD, Assistant Professor, University at Albany, SUNY*
Committee: *Robert Rosellini, PhD, Professor and Department Chair, University at Albany, SUNY*

1995-1999 Bachelor of Science in Psychology, May 1999 (Double Major; *Magna Cum Laude*)
Bachelor of Fine Arts in Art Education, May 1999
Valdosta State University, Valdosta, Georgia 31698

PAST POSITIONS

2009- 2013 Lecturer, *University of Cyprus, Nicosia, Cyprus*
2009- 2011 Researcher, *Cyprus Academic Research Institute, Nicosia, Cyprus*
2007- 2009 Visiting Lecturer, Department of Psychology,
University of Cyprus, Nicosia, Cyprus
2004- 2009 Assistant Professor, Department of Psychology,
University of Nicosia (formerly known as Intercollege), Nicosia, Cyprus
2004-Jan 2008 Director of Clinical Practical Training for the Masters program in Clinical Psychology,
University of Nicosia (formerly known as Intercollege), Nicosia, Cyprus
2004- 2007 Clinical Psychologist and Member of the Executive Committee at the Center for Therapy,
Training and Research (KESY), *Nicosia, Cyprus*

RESEARCH AND CLINICAL INTERESTS

- Acceptance and Commitment Therapy
- Individual difference factors (e.g. Experiential Avoidance, Emotional Coping) and development of Anxiety Disorders and problems associated with medical diagnosis (e.g., Chronic Pain, Asthma, Diabetes)
- Assessment and Treatment of Anxiety Disorders (especially in the use of innovative methods, e.g. Internet-based interventions, use of virtual reality technology)
- Enhancement of health behaviors and promotion of self-management of health-related conditions (including addictive behaviors such as smoking)
- Processes and Mechanisms of action in treatment
- Digital assessment and interventions

GRANTS (Total amount received to date: >3 million euros)

- 2019-2021** DEPRESS: A randomized controlled trial investigating the effectiveness, mechanisms of action, and moderators of mindfulness-based cognitive therapy combined with transcranial magnetic stimulation in preventing depressive relapse or recurrence. Funded by the Cyprus Research Promotion Foundation: Integrated Projects, INTEGRATED/0918/0030. PI: N. Konstantinou; Partner: M. Karekla. (Funded=€999,950; UCY= €150,432).
- 2019-2021** Guiding metastatic breast cancer women after diagnosis to meet unmet needs: An avatar-based web platform (GIFTED). Funded by the Union for International Cancer Control (UICC). CO-PIs: A. Kassianos & M. Karekla (Advisor). (Funded=€35 000).
- 2019-2021** *Tackling anti-vaccination: mapping the Social trAnsmiSSion oF bEliefS and aTtitudes (SAFEST)*. Funded by the Cyprus Research Promotion Foundation. CO-PIs: A. Kassianos & M. Karekla. (Funded=€247.024)
- 2019-2021** *A Scalable e-Health Smoking Cessation Intervention for Socioeconomically Disadvantaged Veterans*. Funded by the National Institute of Health, National Cancer Institute USA (R21 CA236980). Maria Karekla, Consultant (Funded=\$275,000)
- 2019-2021** *Testing and Evaluating the Collection of Patient Reported Outcomes In Cancer CarE Using Innovative Approaches: The ePROM Digital Health Tool (PRICE)*. Originally submitted to Horizon2020 MSCA Individual Fellowship. Received a high score & stamp of excellence but was not funded due to lack of budget and was instead funded by the Cyprus Research Foundation. PI: Angelos Kassianos; Supervisor: M. Karekla.
- 2018-2020** *Stay on Track: A web platform to help with adhering to prescribed medication*. Co-PI. Funded by the Cyprus Research Promotion Foundation (Funded=€99 900). SOCIALINNO/0617/0014.
- 2018-2019** *A Scalable e-Health Smoking Cessation Intervention for Sexual and Gender Minority Young Adults*. Funded by the Fred Hutchinson Cancer Research Center, Heffner & Karekla (Co-PIs) (Funded=\$96,000).
- 2018** *ERASMUS+ Exchange for Faculty* with Uppsala University, Sweden. Funded by the European Union.
- 2018** *Tele-education and tele-supervision of Clinical Psychology Trainees* in collaboration with McLean Hospital/Harvard Medical School as part of Clinical Practice Seminars. Co-PI, Funded by the Center for Teaching and Learning, University of Cyprus (Funded=€10000).
- 2018** Psychology and Health conference with Cyprus Psychologist Association and the European Federation of Psychologist Association Standing Committee on Psychology and Health. Funded by the Cyprus Licensing Board (Funded=€2500).
- 2017-2018** *Smoking cessation web-based intervention for adolescents and young adults*. Partially funded

by The Youth Board of Cyprus (Funded=€2010), award presented to MA student A.Theofanous.

- 2016-2017** *FlexiQuit: Smoking cessation digital program based on Acceptance and Commitment Therapy for Adolescents.* Partially funded by the Cyprus Antinarcotic Council (Funded=€3000) & EuroLife (Funded=€7000).
- 2016-2017** *Do tobacco product pictorial notifications have an impact on smokers' behavior change?* Funded by the Cyprus Ministry of Health (Funded=€500).
- 2016** *ERASMUS+ Exchange for Faculty* with Karolinska Institute, Stockholm, Sweden. Funded by the European Union.
- 2016-2020** Consultant on *Effects of Psychological Flexibility in Social Context: A Multi-Level Approach.* Swiss National Science Foundation [# PP00P1_163716/1 (CHF 1,597,802)]. PI: A.T. Gloster.
- 2015** *Pancyprian epidemiological research on the use of new illegal psychotropic substances among youth (ages 18-35).* Research commissioned by the Cyprus Antinarcotic Council (Funded=€18400) and was executed in association with CYMAR Market Research Inc.
- 2014-2015** *ACT to Prevent Eating Disorders: A computerized prevention game based on Acceptance and Commitment Therapy.* Partially funded by the University of Cyprus (€10 000) & the European Network for Health Promotion of the Cyprus Ministry of Education and Culture (€1500).
- 2012-2015** *Algea project- An innovative psychosocial intervention for the treatment of chronic pain patients and their families.* PI. European Commission (1851/24-04-2012 -C(2008)1132/28-03-2008) Territorial Bilateral Cooperation programme "Greece-Cyprus 2010-2015" and co-funded by the European Union Structural Funds. Partners: Cyprus Institute of Genetics and Neurology and the Department of Psychology, University of Crete-Greece. (Funded=€390 000).
- 2012-2014** *Thalassemia in Cyprus: Identifying psychosocial needs and examining the impact of an ACT intervention.* Partner, Cyprus Research Promotion Foundation Thematic Action Grant, ΑΝΘΡΩΠΙΣΤΙΚΕΣ/ΚΟΙΝΩ/0311(BIE). (Funded=€108 704).
- 2012-2013** *One session values intervention for motivating high school and technical students to quit smoking.* Project Investigator. Cyprus Ministry of Education and Culture (Funded = €2000).
- 2012** *The use of legal and illegal psychotropic substances in the general population.* The research was commissioned by the Cyprus Antinarcotic Council (Funded=€30 000) in association with CYMAR Market Research Inc.
- 2011-2012** *Start-up funding,* University of Cyprus (Funded=€85 000)
- 2011-2012** *Smoking Cessation Research Program for High Schools in Cyprus.* Funded by CYTA, the Cyprus Telecommunication Company (Funded in 2011=€1100 and in 2012=€1100).
- 2010** *Smoking Cessation Research Program for High Schools.* PI. Funded by the HELP campaign: For a life without tobacco, of the Health Commission of the European Union (Funded=€10000)
- 2010** Annual meeting of the EU Federation of Psychological Associations: Psychotherapy Special Interest Group, Larnaca, CY. Funded by the Cyprus Tourist Organization (Funded=€500).
- 2008-2011** *Psychosocial factors affecting asthma control: A cross cultural comparison.* Project Investigator, Cyprus Research Promotion Foundation Thematic Action Grant. (Funded=€99 969).
- 2008-2011** *Acceptance and Commitment Therapy vs. Wait-list Control in Smoking Cessation for High School Students.* Project Investigator. Funded by the Ministry of Education.
- 2008-2009** *ERASMUS Exchange for Faculty* with the University of Maastricht and professor Hein de Vries. Funded by the European Union.
- 2008-2011** *Desire to smoke during stressful cognitive tasks.* Project Investigator, Cyprus Research Promotion Foundation Thematic Action Grant. (Funded=€79 997).
- 2008-2011** *Psychosocial aspects of cancer in Cyprus.* Co-Investigator, Cyprus Research Promotion Foundation Thematic Action Grant. (Funded=€99 424).
- 2007-2008** *HELP campaign for a life without tobacco.* Responsible for data collection and administration and evaluation of findings. Funded by the Health Commission of the European Union.
- 2007** *Continuing education for members of the Police Force Responsible for Fighting Illegal Drugs.*

- 2006-2007** Agreement to offer 5 courses for a total of 90 class hours. Partner, Republic of Cyprus. *Social Rights for Asylum Seekers, Social Rights for All*. Partner, Responsible for the psychological aspect of the project and for offering psychological services to this population, Program EQUAL, European Social Fund and the Republic of Cyprus. (Funded=£20940).
- 2006-2007** *Free social services and psychological aid to asylum applicants*. Co-PI, Ministry of Interior in collaboration with the EU Refugee Fund, The Government of Cyprus. (Funded=£63337).
- 2006-2008** *Providing psychological services to patients suffering from Thalassemia in Cyprus*. Project manager, Novartis Pharmaceuticals and CY Thalassemia Association (Funded=£3000 in 2006 & renewed for another £3000 in 2007).
- 2006-2010** *Epidemiology, consequences, and related factors of Anxiety Disorders in Cyprus*. PI, Cyprus Research Promotion Foundation Thematic Action Grant. (Funded=£122 400).
- 2006-2007** *Psychosocial relation among exercise involvement and smoking in Adolescents and Young Adults in Cyprus*. Advisor and Co-Investigator. Cyprus Research Promotion Foundation PENEK (Young Researcher Award- Awarded to Marianna Charilaou). (Funded=£40 000).
- 2005-2010** *Cognitive and Physiological Reactions in Anxiety Disorders*. Project Director, Cyprus Research Promotion Foundation Infrastructure Grant. (Funded=£100 000).
- 2005-2007** *Smoking in Adolescents and Young Adults in Cyprus*. Primary Investigator, Cyprus Research Promotion Foundation Thematic Action Grant. (Funded=£40 000)
- 2005-2007** *Epidemiology and Psychosocial Factors of Type I and Type II Diabetes in Cyprus*. Co-investigator, Cyprus Research Promotion Foundation Thematic Action Grant (Funded=£40 000)
- 2004** *Evaluating the relative effects of two treatments for social anxiety in chemically dependent veterans*. Co-investigator on Mental Illness Research Education and Clinical Center (MIRECC) Pilot Study Grant (Direct costs=\$5000).
- 2002** *A Comparison Between Acceptance Enhanced Cognitive Behavioral and Panic Control Treatment for Panic Disorder*. University at Albany Benevolent Association Research Grant (Direct costs=\$500).
- 2002** *A Comparison Between Acceptance Enhanced Cognitive Behavioral and Panic Control Treatment for Panic Disorder*. Psychology Graduate Initiative, Department of Psychology, University at Albany, State University of New York (Direct costs = \$1350)
- 2002** *A Comparison Between Acceptance Enhanced Cognitive Behavioral and Panic Control Treatment for Panic Disorder*. Graduate Student Organization, Research Grant, University at Albany State University of New York (\$650).
- 2002** University at Albany, Graduate Student Organization Travel Grant, to attend and present at the Annual American Psychological Association Conference, Chicago, IL (\$650)
- 2000-2001** *Perceived Control vs. Uncontrollability in Relation to Fear Conditioning and Attentional Bias for Threat*. Graduate Initiative Grant from The Department of Psychology, University at Albany, State University of New York (Direct costs=\$700)
- 2000** *Perceived Control vs. Uncontrollability in the Learning Etiology of Anxiety Disorders*. Grant-in Aid of Research from Sigma-Xi, The Scientific Research Society (Direct costs = \$800)
- 2000** University at Albany, Graduate Student Organization Travel Grant, to present at the Annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA (\$350)
- 1998** Valdosta State University, Research Fund Grant for presenting a study at the Annual American Psychological Society conference, Washington DC (\$350)
- 1998** Valdosta State University, Research Fund Grant for presenting a study at the National Honors Convention in Chicago, IL. (\$350)

HONORS AND AWARDS

- 2019** ACBS Fellowship (nominators: Steven C. Hayes & Andrew Gloster)
- 2019** Nominated for the European Federation of Psychology Association Aristotle Award (nominator: Cyprus Psychologist Associations)
- 2019** Named "Super Reviewer" by the Association of Behavior and Cognitive Therapy for contributions as abstract reviewer.

- 2019** ACBS Junior Investigator Award to the student Noemi Walder for the paper “The meta-analytic evidence of Acceptance and Commitment Therapy: A review” presented at ACBS world congress, Dublin, Ireland.
- 2018-2021** Voted as “Secretary/treasurer” of the Executive committee of the Association for Contextual Behavioral Science
- 2018** Invited to give a Tedx talk, titled “The value of life” organized at the Technological University of Crete with the theme “Outcomes.”
- 2018-2020** Voted as “Convenor” of the Psychology and Health Board of the European Federation of Psychology Associations (EFPA).
- 2018** Awarded the EuroPsy certificate, EFPA
- 2017** Nominated for the Cyprus “Women of the Year Awards” in the area of “Researcher/Academic” hosted by “Madame Figaro” magazine.
- 2017** Citation Award, for “ACT vs. Waitlist Control Group for Primary Headaches: The Algea study.” Society of Behavioral Medicine conference, San Diego, California.
- 2016-2018** Voted as “Member at Large” of the Executive committee of the Association for Contextual Behavioral Science
- 2016-2019** Appointed by the Council of Ministers of Cyprus to the Cyprus Psychologist Licensing Board.
- 2016** Best Presentation Award, for “An Examination of Low Engagement in a Group-Based ACT Intervention for Chronic Pain Management: Highlighting the Need for User-Attainment Focused Digitalised Interventions.” *ICPCEBS 2016: 18th International Conference on Psychology, Cognitive, Education and Behavioral Sciences*. ISRED International Scientific Research and Experimental Development.
- 2015-2018** Voted as Chair of the National Bioethics Committee, Biomedical Committee.
- 2014-** Appointed as a member of the EuroPsy Cyprus Awarding Committee. Nominated by the Cyprus Psychological Association and appointed by the European Federation of Psychologists Association, under the presidency of Robert A. Roe.
- 2012** Awarded Peer-reviewed Acceptance and Commitment Therapy Trainer Status
- 2010** Appointed as a member of the EuroPsy Specialist European Awarding Committee for Psychotherapy. Nominated by the Cyprus Psychological Association and appointed by the European Federation of Psychologists Association, under the presidency of Robert A. Roe.
- 2010** European Drug Prevention Prize 2010, for innovative work in drug prevention with the active involvement of youth for the project “*Smoking prevention and cessation in High schools and Technical schools in Cyprus.*” Awarded by the Pompidou Group and the Council of Europe.
- 2007** Invited as Research Expert on Tobacco issues representing Cyprus to the EU Commission’s COMETS for the development of the EU HELP campaign “*For a life without tobacco.*”
- 2007- 2010** Appointed by the Minister of Health (Charis Charalambous), Cyprus Government as a member of the Task Force Against Smoking in Cyprus.
- 2003-2004** Co-Chief Resident for Clinical Psychology Residency Program, *University of Mississippi Medical Center/Veterans Affairs Medical Center, Jackson, Mississippi*
- 2001-2002** Best Student Poster Award, Anxiety Disorders Special Interest Group (Awarded \$500.00), for a presentation at the 35th annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- 2001** Psychological Services Center, Practicum Award, University at Albany.
- May 1999** Graduated Summa Cum Laude with Honors in Psychology and Art Education, Valdosta State

- University
- 1998** Phi Kappa Phi Honors Society
- 1998** Omicron Delta Kappa Honors Society (National Leadership & Honor Society)
- 1996-1999** Who's Who Among Students in American Colleges and Universities.
- 1997-1998** International Awareness Award, Awarded by the Office of International programs, at the 1998 Honors Award Ceremony at Valdosta State University
- 1997-1998** All-American Scholar Award. (*Nominator: Dr. S. Lahr, Valdosta State University*). Awarded by the United States Achievement Academy
- 1996-1997** United States Achievement Academy Award. (*Nominator: Student Government Association, Valdosta State University*). Awarded by the United States Achievement Academy.
- 1995-1999** Deans list (all semesters). *Valdosta State University*

SCHOLARSHIPS

- 1999-2001** Fulbright Scholarship for graduate studies in the United States
- 1995-1999** International Student's Fee-waiver Scholarship for Undergraduate Studies, *Valdosta State University, Valdosta, Georgia 31698*
- 1998** Clare Martin Philip Scholarship Award for Academic Excellence and Community involvement at Valdosta State University
- 1997** Cyprus Children's Fund Scholarship

EDITORIAL EXPERIENCE

EDITOR

- 2017** Guest editor for the Journal of Contextual Behavior Science special issue on "Acceptance and Commitment Therapy Process Measurement"
- 2016-** Executive Editor of The Health Psychology Bulletin
- 2014-2018** Anxiety Disorders Special Interest Group, Newsletter editor, Association for Behavioral and Cognitive Therapies.
- 2000-2001** Co-editor of the Student SIG Newsletter: Newsletter of the Student Special Interest Group (SIG) of the Association for the Advancement of Behavior Therapy

EDITORIAL BOARD

- 2019-** Quality of Life Research (Springer Nature)
- 2019-** Article Editor for SageOpen
- 2018-** Hellenic Journal of Cognitive Behavioral Research and Therapy
- 2018-** Clinical and Health Psychology, part of the journal(s) Frontiers in Psychology.
- 2016-** Journal of Contextual Behavioral Science
- 2015-** Cognitive and Behavioral Practice
- 2015- 2019** Behavior Modification
- 2007- 2012** *PsycCRITIQUES- Contemporary Psychology: APA Review of Books*

ABSTRACT JUDGE

- 2019** Society for Research on Nicotine and Tobacco conference in New Orleans
- 2016** Anxiety Disorders Special Interest Group for the SIG exposition of ABCT, NY
- 2015** Association for Behavior and Cognitive Therapies Conference, Anxiety Special Interest Group (abstract judge and poster award judge), Chicago, USA
- 2015** European Health Psychology Society Conference in Limassol, Cyprus
- 2015-Present** Association for Contextual Behavioral Science, Annual International Conference
- 2015** Hellenic Psychological Society annual conference in Nicosia, Cyprus
- 2014** European Health Psychology Society Conference in Innsbruck, Austria
- 2013** Pre-conference workshops abstract reviewer, European Health Psychology Society Conference in Bordeaux, France.
- 2010** Mindfulness and Spirituality Special Interest Group of ABCT
- 2010** International Psychiatric Conference "From Adolescence to Adulthood Normality and Psychopathology" organized by the Cyprus Psychiatric Association.

2005-Present Association for the Advancement of Cognitive and Behavioral Therapies (former AABT), Annual Convention

AD HOC REVIEWER

2019- Pain Medicine
2019- Journal of Paliative Medicine
2019- Περιοδικό Γνωσιακής-Συμπεριφοριστικής Έρευνας και Θεραπείας (Greek Journal of Cognitive Behavioral Research and Therapy).
2018- Psychology of Addictive Behaviors
2018- European Journal of Counseling Psychology
2018- Applied Psychology: Health and Well-being
2018- Hellenic Journal of Psychology
2017- Journal of General Psychiatry
2016- Psychology Learning and Teaching
2016- Psychology and Health
2015- Translational Behavior Medicine
2014- Journal of Happiness Studies
2013- Cognition and Emotion
2013- Cognitive and Behavioral Practice
2013- Psychophysiology
2013- Psychooncology
2012- Clinical Psychology Review
2012- Journal of Contextual Behavior Science
2012- Behavior Modification
2011- Nicotine and Tobacco Research
2011 The Open Communication Journal (TOCOMMJ)
2011 Health
2010- Annals of Behavioral Medicine
2005- *PsycCRITIQUES*
2005 Journal of Behavior Analysis in Health, Sports, Fitness and Medicine
2005 Cyprus Review
2004- Journal of Contemporary Psychology

GRANT REVIEWER

2019 European Health Psychology Society, Early Career Award reviewer
2018 Estonian Research Promotion Foundation reviewer
2018 European Research Council (ERC) grant reviewer
2016 Association for Contextual Behavioral Science (ACBS), Research development grant reviewer
2015 European Union, COST action grants (appointed as Rapporteur for reaching consensus)
2011- 2012 Association for Contextual Behavioral Science (ACBS), Research development grant reviewer
2009 Expert Reviewer for the second program of community action in the field of Health (2008-2013) of the European Executive Agency for Health and Consumers

STUDENT AD HOC REVIEWER

2003-2004 Journal of Pediatric Psychology
 Journal of the American Medical Association
2000-2003 Behavior Therapy
 Journal of Anxiety Disorders
 The Behavior Therapist
 Journal of Consulting and Clinical Psychology
1999-2001 Behavior Therapy
 Journal of Anxiety Disorders

CONFERENCE SCIENTIFIC COMMITTEES

- 2019** Member, World congress of the Association for Contextual Behavior Science, Dublin, Ireland
- 2019** Track chair for Track 8 “Coping with Pain and Psychosomatic Issues,” European Health Psychology Society 2019 Conference, Dubrovnik, Croatia
- 2018** Member, World congress of the Association for Contextual Behavior Science, Montreal, Canada
- 2017** Member, World congress of the Association for Contextual Behavior Science, Seville, Spain
- 2015** Co-chair, 29th European Health Psychology Society Conference, Limassol, Cyprus
- 2015** Member, World congress of the Association for Contextual Behavior Science, Berlin, Germany.
- 2014** Member, 28th European Health Psychology Society Conference in Innsbruck, Austria.
- 2010** Member, International Psychiatric Conference “*From Adolescence to Adulthood Normality and Psychopathology*,” Organized by the Cyprus Psychiatric Association.

PUBLICATIONS AND PRESENTATIONS

PUBLICATIONS-REFEREED ARTICLES

* indicates student first author and/or Karekla as author of correspondence when not first author

- 1) Gloster, A.T., Rinner, M. T. B., Ioannou, M., Villanueva, J., Firsching, V., Ferrari, G., Benoy, C., Bader, K., **Karekla, M.** (2020). Treating Treatment Non-Responders: A Meta-Analysis of Randomized Controlled Psychotherapy Trials. *Clinical Psychology Review*, 75. <https://doi.org/10.1016/j.cpr.2019.101810>
- 2) **Karekla, M.**, Christodoulidou, N., Michaelides, M. & Constantinou, M. (2020). Reasons for Consuming Energy Drinks: Validation and factor structure of a new scale. *Hellenic Journal of Psychology*, 16 (3).
- 3) *Koushiou, M., Nicolaou, P., & Karekla, M. (2019). Epidemiology of Eating Disorders in Cyprus. *European Journal of Counseling Psychology*, 8, 3–18. doi:10.5964/ejcop.v8i1.170.
- 4) **Karekla, M.**, Mavraki, E., Nicolaou, P., & Koushiou, M. (2019). Validation of the Greek version of the Body Image-Acceptance and Action Questionnaire. *European Journal of Counseling Psychology*, 8, 93–107. doi:10.5964/ejcop.v8i1.173
- 5) **Karekla, M.** & Savvides, S.N. (2019). Feasibility and Acceptability of an Avatar-led Acceptance and Commitment Therapy Digital Intervention for Smoking Cessation in Young Adults. *Translation Behavioral Medicine*. doi: 10.1093/tbm/ibz128.
- 6) **Karekla, M.**, Konstantinou, P., Ioannou, M., Kareklas, I. & Gloster, A. (2019). The phenomenon of treatment dropout, reasons and moderators in Acceptance and Commitment Therapy and other active treatments: A meta-analytic review. *Clinical Psychology in Europe*, 1(3), Article e33058. DOI: 10.32872/cpe.v1i3.33058.
- 7) *Koushiou, M., Merwin, R., & **Karekla, M.** (2019). An investigation of the affective experience of females at high risk for eating disorders in general and pathology-specific contexts. *Appetite*. <https://doi.org/10.1016/j.appet.2019.05.037>
- 8) *Vasiliou, V., Michaelides, M., Kasinopoulos, O., & **Karekla, M.** (2019). Psychological Inflexibility in Pain Scale: Greek adaptation, psychometric properties and invariance testing in chronic pain and headache samples. *Psychological Assessment*. DOI: 10.1037/pas0000705.
- 9) **Karekla, M.**, Kasinopoulos, O., Neto, D., Ebert, D.D., Van Daele T., Nordgreen, T., Höefer, S., Oeverland, S. & Jensen K.L. (2019). Best practices and recommendations for digital interventions to improve engagement and adherence in chronic illness sufferers. *European Psychologist*, 24, 49-67.
- 10) *Christodoulou, A., Michaelides, M. & **Karekla, M.** (2018). Network analysis: A new psychometric approach to examine the underlying ACT model components. *Journal of Contextual Behavioral Science*, DOI: 10.1016/j.jcbs.2018.10.002.
- 11) Collins, B.N., Nair, U.S., Komaroff, E., **Karekla, M.**, Panayiotou, G., & McCormick S. (2018). Trait Persistence Moderates the Association between Gender and Change in Smoking Urge Across Repeated Cue Exposure Trials. *The Journal of Smoking Cessation*, 14, 42-61. DOI:10.1017/jsc.2018.12.
- 12) *Christodoulou, A., Michaelides, M. P., & **Karekla, M.** (2018). Greek Version of the Avoidance and Fusion Questionnaire for Youth: Psychometric Evaluation and Gender Multigroup Invariance in Adolescents. *Journal of Psychoeducational Assessment*, 36(8), 844-849. DOI:0734282917713500.
- 13) *Vasiliou, V., **Karekla, M.**, Michaelides, M., & Kasinopoulos, O (2018). Construct validity of the G-CPAQ and its mediating role in pain interference and adjustment. *Psychological Assessment*, 30(2), 220-230. DOI:10.1037/pas0000467
- 14) *Kkeli, N., Michaelides, M.P., & **Karekla, M.** (2018). The Greek version of the Restraint Scale: Validation in

- a student sample in Cyprus. *Hellenic Journal of Psychology*, 15, 1-14.
- 15) **Karekla, M.**, Karademas, E. & Gloster, A. (2018). The Common Sense Model of self-regulation and Acceptance and Commitment Therapy: Integrating strategies to guide interventions for chronic illness. *Health Psychology Review*, 1-14. DOI: 10.1080/17437199.2018.1437550.
 - 16) *Koushiou, M. & **Karekla, M.** (2018). Inducing negative affect using film clips with general and Eating Disorders related content. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 23 (6), 775-784. DOI: 10.1007/s40519-018-0485-2.
 - 17) Hooper, N., Dack, C., **Karekla, M.**, Niyazi, A., & McHugh, L. (2018). Cognitive defusion versus experiential avoidance in the reduction of smoking behaviour: An experimental and preliminary investigation. *Addiction Research and Theory*, 26(5), 414-420. DOI: 10.1080/16066359.2018.1434156.
 - 18) Ebert, D.D., Daele, T., Nordgreen, T. **Karekla, M.**, Compare, T.A., Zarbo, C., Brugnera, A., Oeverland, S., Trebbi, G., Jensen, K.L. Kaehlke, F., on behalf of the EFPA E-Health Taskforce. & Harald Baumeister (2018). Internet and mobile-based psychological interventions: Applications, efficacy and potential for improving mental health. A report of the EFPA e-health taskforce. *European Psychologist*, 23(2), 167-187. DOI: 10.1027/1016-9040/a000318.
 - 19) Monestès, J.L., **Karekla, M.**, Jacobs, N., Michaelides, M., Hooper, N., Kleen, M., Ruiz, F.J., Miselli, G., Presti, G., Luciano, C., Villatte, M., Bond, F., Kishita, N. & Hayes, S.C. (2018). Experiential avoidance as a common process in European Cultures. *European Journal of Psychological Assessment*, 34 (4), 247-257, doi.org/10.1027/1015-5759/a000327.
 - 20) **Karekla, M.**, Panayiotou, G., & Collins, B. (2017). Predictors of Urge to Smoke Under Stressful Conditions: An Experimental Investigation Utilizing the PASAT-C Task to Induce Negative Affect in Smokers. *Psychology of Addictive Behaviors*. 31 (7), 735-743. DOI: 10.1037/adb0000309.
 - 21) Karademas, E. C., **Karekla, M.**, Flouri, M., Vasiliou, V. S., Kasinopoulos, O., & Papacostas, S. S. (2017). The impact of experiential avoidance on the relations between illness representations, pain catastrophising and pain interference in chronic pain. *Psychology & Health*, 32(12), 1469-1484.
 - 22) Panayiotou, G., **Karekla, M.**, Georgiou, D., Constantinou, E., & Paraskeva-Siamata, M. (2017). Psychophysiological and self-reported reactivity associated with social anxiety and public speaking fear symptoms: Effects of fear versus distress. *Psychiatry Research*, 255, 278-286.
 - 23) Panayiotou, G., **Karekla, M.**, & Leonidou, C. (2017). Coping through avoidance may explain gender disparities in anxiety. *Journal of Contextual Behavioral Science*, 6(2), 215-220.
 - 24) **Karekla, M.**, Karademas, E., Vasiliou, V., Kasinopoulos, O., Flouri, M., Christou, G., & Papacostas, S. (2017). In Search for Novel and More Effective Psychological Treatments for Chronic Pain: The "Algea" Research Project. *European Health Psychologist*, 19(1), 297-301.
 - 25) *Leonidou, C., Panayiotou, G., Bati, A., & **Karekla, M.** (2017). Coping with psychosomatic symptoms: The buffering role of psychological flexibility and impact on quality of life. *Journal of Health Psychology*, 24(2), 175-187. DOI:1359105316666657.
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- 56) *Kapsou, M., Perdikogianni, M., & **Karekla, M.** (November, 2007). Smoking Prevalence and Psychosocial Parameters of Soldiers in Cyprus. *Conference proceedings of the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of the Hellenic Psychological Organization (ELPSE)*, 163
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- 58) **Karekla, M.**, & Kapsou, M. (November, 2007). Anxiety and depression in first-year college students in Cyprus. *Conference proceedings of the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of the Hellenic Psychological Organization (ELPSE)*, 83.
- 59) **Karekla, M.**, & Pilipenko, N. (November, 2007). Prevalence of Social Anxiety in Cypriot College Students. *Conference proceedings of the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of the Hellenic Psychological Organization (ELPSE)*, 85

PUBLICATIONS-OTHER

- 1) EFPA Psychology and Health Task Force (2019). Psychological care and knowledge can save lives. October 10, 2019: World Mental Health Day 2019: Suicide is largely preventable. Media blog, <http://efpa.eu/news/world-mental-health-day-oct-10-2019suicide-is-largely-preventable>
- 2) Theofanous, A & **Karekla, M.** (2019). Flexiquit.com: A digital interactive program/game for smoking cessation (Ένα διαδικτυακό πρόγραμμα-παιχνίδι για την διακοπή του καπνίσματος). Eurolife Blog, <https://www.eurolife.com.cy/eurolifecy/blog/flexiquit/>
- 3) **Karekla, M.** & Theofanous, A (2018). 5 βασικοί λόγοι που οι νέοι ξεκινούν το κάπνισμα (5 reasons why youth smoke). Eurolife Blog, <https://www.eurolife.com.cy/eurolifecy/blog/5-logoi-gia-to-kapnisma/>
- 4) **Karekla, M.** & Theofanous, A (2018). Μια υγιής ιδέα: Σχολεία χωρίς καπνό (A healthy idea: Smoke free schools). Eurolife Blog, <https://www.eurolife.com.cy/eurolifecy/blog/sxoleio-xoris-kapno/>
- 5) **Karekla, M.** (2017). Πάρε Ανάσα: Δες τη ζωή χωρίς τσιγάρο (Take a breath: See a life without cigarettes). *Beautiful People Magazine*.
- 6) Benyamini, Y., & **Karekla, M.** (2015). 29th Conference of the EHPS-Cyprus 2015 Principles of Behaviour Change in Health and Illness Message from the Scientific Committee. *European Health Psychologist*, 17(4), 198-199.
- 7) Kalavana, T. & **Karekla, M.** (2015). Annual report-Cyprus. *The European Health Psychologist*, 17 (4), 220-221.
- 8) *Koushiou, M., Nicolaou, P., Christoudoulou, N., **Karekla, M.** (2015). Συνήθειες Ύπνου και Διατροφής στους Έφηβους Αποτελέσματα από παγκύπρια έρευνα στη μέση εκπαίδευση (Sleep and eating habits among adolescents: Results from a Pancyprian research project). Paideianews.com and Ygeianews.com, November 1, 2015; online edition.
- 9) **Karekla, M.**, & Benyamini, Y. (2014). Principles of behavior change in health and illness: What to expect from the upcoming EHPS conference. *The European Health Psychologist*, 16 (6), 287- 289, <http://www.ehps.net/ehp/index.php/contents/issue/view/21/showToc>.
- 10) Kalavana, T. & **Karekla, M.** (2014). Annual report-Cyprus. *The European Health Psychologist*, 16 (6), 269-270, <http://www.ehps.net/ehp/index.php/contents/issue/view/21/showToc>.
- 11) **Karekla, M.**, Vasiliou S.V. & Kassinopoulos, O. (2013). ACTHealthy and project Algea in Cyprus. *Pain Alliance Europe*, 2, 7.
- 12) **Karekla, M.**, Vasiliou S.V. & Kassinopoulos, O. (2013). Καλύτερευση στην επικοινωνία μεταξύ Ιατρού και Ασθενούς (Improvements in the communication between physicians and patients). *Πορεία Ζωής*, 19, Αντιρευματικός Σύνδεσμος Κύπρου (Newsletter of the Antireumatic Association of Cyprus).
- 13) **Karekla, M.** (2012). Anxiety in adolescence. *Life magazine*, November 2012.

- 14) **Karekla, M.** & Savides, S.N. (2012). Disadvantages but also advantages of the internet: Use of new technologies for the prevention and treatment of psychological and other health problems). *Οικογένεια και Σχολείο: Διμηνιαίο Παιδαγωγικό Περιοδικό (Family and School: Bimonthly Educational Magazine)*, 44 (212), 27-43 and 63-66.
- 15) **Karekla, M.** (2009). Μας ρωτήσατε: Η οικογένεια και η δημιουργία αξιών (You asked about it: Family and the development of values). *Life magazine, March 2009*, 71.
- 16) Peristianis, N., Phellas, C., **Karekla, M.**, Loizou, & Constantinou, C. (2009). Η Ψυχοκοινωνική Διάσταση του Σακχαρώδη Διαβήτη (The Psycho-Social Aspects of Diabetes Mellitus). *Υψιπετης*, 23, 24-25.
- 17) *Kapsou, M. & **Karekla, M.** (2009). Smoking, choices, and social inequality: Why the creation of “for smokers only places” is a bad idea (Κάπνισμα, επιλογές και κοινωνική ανισότητα: Γιατί η δημιουργία «χώρων καπνιστών» είναι κακή ιδέα). *Revma (Ρεύμα: Τριμηνιαίο Κοινωνικοπολιτικό Περιοδικό)*, 2, 108.
- 18) **Karekla, M.** & Symeou, A. (2008). Η συνήθεια του καπνίσματος στους εφήβους και νεαρούς ενήλικες στην Κύπρο. *Υψιπετης*, 20, 22-23.
- 19) **Karekla, M.** (2003). Proposing an Acceptance Enhanced Cognitive Behavioral Therapy for Panic Disorder. *Association for the Advancement of Behavior Therapy Student Special Interest Group Newsletter*.
- 20) **Karekla, M.**, Lundgren, J., & Benson, B. (2000). Student Special Interest Group. *The Behavior Therapist*, 23 (9).
- 21) Constantinou, M., & **Karekla, M.** (1998). Gender differences in mental rotation: Differences are shrinking. *National Honors Journal*.

TREATMENT PROTOCOLS DEVELOPED

- 1) *Stavrinaki, M., & **Karekla, M.** (2017). Self-help relapse prevention: A Cognitive-defusion approach. Unpublished protocol.
- 2) *Karatza, C., Roussi, P., & **Karekla, M.** (2016). ACT based intervention for psychological difficulties and stigma associated with unemployment.
- 3) **Karekla, M.**, & Vasiliou, V. (2015). ALGEA study treatment protocol for therapists to deal with headaches. Unpublished protocol.
- 4) **Karekla, M.**, & Savvides, S.N. (2014). Values based intervention for smoking cessation in adults. Unpublished protocol.
- 5) **Karekla, M.**, Vasiliou, V., & Karademas, E. (2013). ALGEA study treatment protocol for clients with headaches. Unpublished protocol.
- 6) **Karekla, M.**, Vasiliou, V., & Karademas, E. (2013). ALGEA study treatment protocol for therapists to deal with chronic pain. Unpublished protocol.
- 7) **Karekla, M.**, Vasiliou, V., & Karademas, E. (2013). ALGEA study treatment protocol for clients with chronic pain problems. Unpublished protocol.
- 8) **Karekla, M.** (2010). ACT based smoking cessation for adolescents and young adults: Group therapy protocol. Unpublished protocol.

PROFESSIONAL WORKSHOPS OFFERED

- 1) Dahl, J., **Karekla, M.**, & Gloster, A. (July 2019). Pain illusions: A workshop on understanding and responding to chronic pain from a CBS perspective. Workshop offered at the World Congress of ACBS, Dublin, Ireland.
- 2) Vasiliou, V. & **Karekla, M.** (Nov. 2018). Acceptance and Commitment Therapy: Clinical applications, 3 hour workshop offered at the 7th PanHellenic Counseling Psychology conference, Thessaloniki, Greece.
- 3) **Karekla, M.** (July 2018). Acceptance and Commitment Therapy, 2 day workshop offered to professional psychologists and students at the University of Cyprus.
- 4) **Karekla, M.** (May 2018). Third wave CBT: Introduction to Acceptance and Commitment Therapy, 1 day workshop offered to Master level Clinical Psychology students at the University of Athens, Greece.
- 5) **Karekla, M.** (2017). Acceptance and Commitment Therapy for Chronic Pain and Headache, 1 day workshop offered to health professionals at the European Health Psychology Conference, Padova, Italy.
- 6) **Karekla, M.** (2017). Accept pain for a vital life: Acceptance and Commitment Therapy for the Treatment of Chronic Pain, workshop offered to health professionals at the 38th Society of Behavioral Medicine conference, San Diego, California.
- 7) **Karekla, M.** (2016). Modern approaches in smoking cessation: Personal values, acceptance techniques

- and committed action, 1 day workshop offered to health professionals working in smoking cessation at the Cyprus Ministry of Health, Nicosia, Cyprus.
- 8) **Karekla, M.** (2016). Acceptance and Commitment Therapy: From Functional Analysis to Treatment, 1 day workshop offered to graduate students and staff at Neapolis University, Paphos, Cyprus.
 - 9) **Karekla, M.** (2016). Mindfulness and Acceptance and Commitment Therapy for dealing with psychological problems, 2 day workshop sponsored and offered to members of the Portuguese Cognitive Behavioral Therapy Association, Lisbon, Portugal.
 - 10) **Karekla, M.** (2016). Acceptance and Commitment Therapy: How do we proceed from functional behavior analysis to an effective intervention, 4 hour workshop offered to the 5th Clinical and Health Psychology Conference, Athens, Greece.
 - 11) **Karekla, M.** (2015). Principles and Mechanisms of Acceptance and Commitment Therapy, 4 hour workshop offered to the North Greek Psychological Association and the Aristoteleion University of Thessaloniki, Greece.
 - 12) **Karekla, M.** (2015). Acceptance and Commitment Therapy for achieving well-being in individuals suffering from post-traumatic stress disorder, 1½ day workshop offered at the University of Cyprus, Cyprus.
 - 13) **Karekla, M. & Dahl, J.** (2015). *The New ACT for Chronic Pain and Headache Treatment Approach*, 3 hour workshop offered at the 13th Annual Association for Contextual Behavior Science Conference, Berlin.
 - 14) **Karekla, M.** (2015). *Introduction to Acceptance and Commitment Therapy*, 5 hour workshop offered to the Hellenic Psychological Society, Division of Clinical and Health Psychology, Athens, Greece.
 - 15) **Karekla, M.** (2015). *Acceptance and Commitment Therapy: How to develop psychological flexibility and well-being*. 3 hour workshop offered at the 15th Hellenic Psychological Society Conference, Nicosia, CY.
 - 16) **Karekla, M.** (2014). *Mindfulness and Acceptance and Commitment Therapy for Achieving Well-being in Individuals with health related problems*. 3.5 hour workshop offered at the 28th Conference of the European Health Psychology Society, Innsbruck, Austria.
 - 17) **Karekla, M.** (2014). *Acceptance and Commitment Therapy for the treatment of Chronic Pain*. 4 day training offered to faculty and students (University of Cyprus, University of Krete and Institute of Neurology and Genetics) as part of the ALGEA project kick-off meeting, Nicosia, Cyprus.
 - 18) **Karekla, M.** (2012). *Acceptance and Commitment Therapy for the treatment of Chronic Pain*. 5 hour training workshop offered to faculty and students (University of Cyprus, University of Krete and Institute of Neurology and Genetics) as part of the ALGEA project kick-off meeting, Nicosia, Cyprus.
 - 19) **Karekla, M.** (2012). *Acceptance and Commitment Therapy for Anxiety Problems*. 3.5 hour workshop offered at the 42nd Annual Congress of the European Association for Behavior and Cognitive Therapies, Geneva, Switzerland.
 - 20) **Karekla, M.** (2012). *Introduction to Acceptance and Commitment Therapy*. 3 hour workshop offered to health and mental health professionals at the Positive Psychology and Health conference of the Cyprus Psychological Association, Nicosia, Cyprus.
 - 21) **Karekla, M. & Vasiliou V.** (2012). Third wave Cognitive Behavioral Therapies: Introduction to Acceptance and Commitment Therapy. 2 hour workshop at the 3rd Panhellenic Conference of Cognitive Psychotherapies, Thessaloniki, Greece.
 - 22) **Karekla, M.** (2011). *Introduction to Acceptance and Commitment Therapy*. 3 hour workshop offered to M.A. in School Psychology and Ph.D. in Clinical Psychology students at the University of Cyprus, Nicosia, Cyprus.
 - 23) **Karekla, M.** (2011). New approaches in psychotherapy: Acceptance and Commitment Therapy (intermediate level workshop). One day (8 hour) workshop offered to the Psychiatric Services, Nurse division of the Ministry of Health, Cyprus
 - 24) **Karekla, M.** (2011). *Basic clinical skills for psychiatric mental health practitioners*. One day (8 hour) workshop offered to the Psychiatric Services, Nurse division of the Ministry of Health, Cyprus
 - 25) **Karekla, M.** (2011). *Acceptance and commitment therapy for health related problems*. 3 hour workshop offered at the Society of Behavioral Medicine conference, Washington DC, USA.
 - 26) **Karekla, M.** (2010). *Acceptance and commitment therapy for health related problems*. 3 hour workshop offered at the Annual Meeting of the European Health Psychology Society, Cluj-Napoca, Romania.
 - 27) **Karekla, M.** (2010). *Introduction to Acceptance and Commitment Therapy*. 3 hour workshop offered to M.A. in School Psychology and Ph.D. in Clinical Psychology students at the University of Cyprus, Nicosia, Cyprus.

- 28) **Karekla, M.** (2010). *Acceptance and Commitment Therapy for Smoking Cessation*. 30 hour training and clinical supervision offered to M.A. in School Psychology and Ph.D. in Clinical Psychology students at the University of Cyprus, Nicosia, Cyprus.
- 29) **Karekla, M.** (2010). *Introduction to Acceptance and Commitment Therapy for Psychiatric Nurses*. Two day (16-hour) workshop offered to the Psychiatric Services, Nurse division of the Ministry of Health, Cyprus.
- 30) **Karekla, M.** (2009). *Introduction to Acceptance and Commitment Therapy*. 3 hour workshop offered to M.A. in School Psychology and Ph.D. in Clinical Psychology students at the University of Cyprus, Nicosia, Cyprus.
- 31) **Karekla, M.** (2009). *Acceptance and Commitment Therapy for Smoking Cessation*. 30 hour training and clinical supervision offered to M.A. in School Psychology and Ph.D. in Clinical Psychology students at the University of Cyprus, Nicosia, Cyprus.

CONFERENCE PRESENTATIONS

Keynote Lectures/Addresses/Invited Talks

- 1) **Karekla, M.** (November 2019). *Behavior health digital interventions: New opportunities and developments*. Invited talk at the International congress of the European Association of Clinical Psychology and Psychological Treatment (EACLIPT), Dresden, Germany.
- 2) **Karekla, M.** (September 2019). *The modern landscape of nicotine dependence and effective smoking cessation interventions*. Invited talk at the “First Scientific Conference on Addictions,” Cyprus National Addictions Authority, Nicosia, Cyprus.
- 3) **Karekla, M. & Zacharia, M.** (June 2019). *Management of Fear of Cancer Recurrence (Διαχείριση του φόβου της υποτροπής του καρκίνου)*. Invited talk at the 2nd Cyprus Breast Health Forum, Nicosia, CY.
- 4) **Karekla, M.** (May 2019). *Understanding and improving health promotion and disease preventive research: Interdisciplinary approaches* at the 1st Multidisciplinary Forum, School of Graduate Studies, UCY, CY
- 5) **Karekla, M.** (April 2019). *The situation of alcohol related conditions and interventions in Cyprus* at the “Prevention and early intervention for alcohol-related harm: Learning from best-practice examples in Europe” symposium of the German Federal Chamber of Psychotherapists (BPtK), Berlin, Germany.
- 6) **Karekla, M.** (December 2018). *Smoking cessation strategies*. Invited talk at the 1st Educational Conference on Smoking and Smoking Cessation, Cyprus National Addictions Authority, Nicosia, CY.
- 7) **Karekla, M.** (December 2018). *EFPA Standing Committee on Psychology and Health*. Invited talk at the Convenors meeting, Brussels, Belgium.
- 8) **Karekla, M.** (December 2018). *EFPA Task Force on e-health*. Invited talk at the Convenors meeting, Brussels, Belgium.
- 9) **Karekla, M.** (November 2018). *The healing power of digital interventions: Applications for physical and mental health*. Invited talk at the «Mental e-Health Treatment Interventions» organized by the Cyprus Psychologist Associations and the EFPA e-health Task Force, Nicosia, Cyprus.
- 10) **Karekla, M.** (October 2018). *ACThealthy: Utilizing a contextual behavioral approach to improve functioning in individuals struggling with health-related behaviors*. Invited talk at the Psychology and Health conference organized by the Cyprus Psychologist Associations and the EFPA Standing Committee on Psychology and Health, Nicosia, Cyprus.
- 11) **Karekla, M.** (October 2018). *EFPA Standing Committee on Psychology and Health*. Invited talk at the Psychology and Health conference organized by the Cyprus Psychologist Associations and the EFPA Standing Committee on Psychology and Health, Nicosia, Cyprus.
- 12) **Karekla, M.** (2018). *Review of activities and experiences and recommendations for changes*. Invited talk at the Educational day conference for bioethics committees organized by the National Committee on Bioethics, Nicosia, Cyprus.
- 13) **Karekla, M.** (2017). *Digital applications for health behavior change: #FlexiQuit #AcceptMe #Algea*. Invited talk at the Computer Vision Methods for Health & Psychiatry Applications Conference, University of Cyprus.
- 14) **Karekla, M.** (2017). *Patient empowerment*. Invited talk at the Europa Donna conference at the “Cancer: A new way of life” session. Nicosia, Cyprus.
- 15) **Karekla, M., Siamata, M. & Panayiotou, G.** (2017). *Predictors of Urge to Smoke Under Stressful Conditions*. Invited lecture at the “Cognitive and Emotional Processes in Psychological Disorders,” Nicosia, Cyprus.

- 16) **Karekla, M.** (2017). *ACT-based digital applications for health behavior change: #FlexiQuit #AcceptMe #AlgeaApp*. Invited address at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- 17) **Karekla, M.** (2017). *Smoking cessation for youth*. Expert lecture at “Healthy minds for healthy Europe” Erasmus + conference, Aradippou Gymnasium, Larnaca, Cyprus.
- 18) **Karekla, M.** (2017). *Psychological aspects of Thalassaemia*. Invited lecture at the conference “Thalassaemia in Cyprus in the 21st century: Looking ahead,” Cyprus Anti-anemia Association & Thalassaemia International Federation, Nicosia, Cyprus.
- 19) **Karekla, M.** (2016). *Acceptance and Commitment Therapy for Coping with Psychological Challenges in Patients with Breast Cancer*. Invited lecture at the 2nd Breast Reconstruction Meeting, Nicosia, Cyprus.
- 20) **Karekla, M.** (2016). *Accept Pain for a Vital Life: Acceptance and Commitment Therapy for the Treatment of Chronic pain*. Invited lecture at the “Somatization, Health Anxiety and other Psychosomatic Difficulties: Case Formulation and Treatment from Psychodynamic and Cognitive-Behavioral Perspectives,” Nicosia, Cyprus.
- 21) **Karekla, M.** (2015). *The Healing Power of Digital Interventions: Applications to Mental Health & Addictions*. EU Semester of the European Federation of Psychological Associations Conference. Lisbon, Portugal.

Symposia and Panel Discussions

- 1) **Karekla, M.** & Vasiliou, V. (Nov. 2019). Acceptance and Commitment Therapy for primary headache sufferers: A randomized controlled trial of efficacy. In C. Ong (Chair), *Using Acceptance and Commitment Therapy for Different Clinical Presentations: Evidence-Based Adaptations*. Symposium presented at the Association for Behavior and Cognitive Therapies (ABCT) conference, Atlanta, GA.
- 2) VanDaele, T., **Karekla, M.**, Haddouk, L., & Nordgreen, T. (Sept. 2019). Digital psychological interventions: Recommendations for practice by the EFPA TS on e-health. Oral presentation at the European Society for Research on Internet Interventions, Copenhagen, Denmark.
- 3) **Karekla, M.**, Geertsema, H., Ricou, M., Van Daele, T., & Neto, D. (July 2019). In **M. Karekla** (Chair), *Ethical digital healthcare*. Panel discussion at the European Congress of Psychology, Moscow, Russia.
- 4) Plantade-Gjoch, A., **Karekla, M.**, Van Broeck, N., Neto, D., & Lowet, K. (July 2019). *Reflecting on psychotherapy practice for psychologists: Towards guidelines for competences and practices*. Panel discussion at the European Congress of Psychology, Moscow, Russia.
- 5) Van Daele, T., Vidovic, C., **Karekla, M.**, Ebert, DD., & Salgado, J. (July 2019). *E-health: From dystopia to utopia. EFPA TF on e-health perspective on what we require to better use tech and improve care*. Panel discussion at the European Congress of Psychology, Moscow, Russia.
- 6) **Karekla, M.**, Trigeorgi, A., Georgiou, C. & Gloster, A. (June 2019). Using Machine Learning to Classify and Predict Avoidance vs. Acceptance in Individuals with Health Risk. In J. Villatte (Chair), *Health Behaviors in Context: Leveraging Technology for Contextually Sensitive Assessment and Intervention*. Symposium presented at the World Congress of the Association for Contextual Behavioral Science, Dublin, Ireland.
- 7) Fraser, C., Fraser, J.S., Hayes, S.C., Hoffman, S.G., Tirch, D., & **Karekla, M.** (June 2019). Beyond the DSM and ICD: Adopting a process-based view. Panel discussion at the Association of Contextual Behavior Science annual world conference, Dublin, Ireland.
- 8) Lillis, J., Levin, M., Villate, J., **Karekla, M.**, & Lappalainen, R., (June 2019). Designing, developing, implementing and evaluating digital health interventions from a CBS framework. Panel discussion at the Association of Contextual Behavior Science annual world conference, Dublin, Ireland.
- 9) Watson, N., **Karekla, M.**, Kelly, M., Gasser, M., Serfoso, E., & Heffner, J. (June 2019). Why unicorns don't make good therapists: Design of an avatar-led, ACT-based digital smoking cessation intervention targeted for sexual and gender minority young adults. In J. Bricker (Chair), *From human to robot therapists: How the functions of 'therapists' have evolved in the context of ACT for cigarette smoking cessation*. Symposium presented at the World Congress of the Association for Contextual Behavioral Science, Dublin, Ireland.
- 10) *Konstantinou, P., **Karekla, M.**, Trigeorgi, A., Georgiou, C. (June 2019). A comparison of wearable and stationary equipment in an experiment of pain induction. In A. Gloster (Chair), *Application of Modern Technology in Ambulatory Assessments in Clinical and Basic Research*. Symposium presented at the World Congress of the Association for Contextual Behavioral Science, Dublin, Ireland.

- 11) *Vasiliou, S.V., **Karekla, M.**, Karademas, E.V, Papacostas, S. & Christou, Y. (2018). An acceptance & commitment group intervention for primary headache sufferers- a randomized wait-list controlled trial. In Godfrey, E. (chair). Interventions for pain, fatigue, and arthritis. Paper presented at the 32nd EHPS Annual conference, NUI Galway, Ireland.
- 12) **Karekla, M.**, Paraskeva-Siamata, M., Vasileiou, V., Karademas, E., Christou, Y., & Papacostas, S. (2018). Valued living: How an ACT intervention for chronic pain affects chronic pain patients' values consistent living? In A. Gloster (chair), Importance of Values in Therapy: Empirical Evidence. Paper presented at the Association of Contextual Behavior Science annual world conference, Montreal, Canada.
- 13) **Karekla, M.** & Kasinopoulos, O. (2018). A review on best practices for digital interventions to improve engagement and adherence in users. In J. Palacios (chair), Adherence and Engagement. Presented at the 5th Conference of the EU Society for Research on Internet Interventions, Dublin, Ireland.
- 14) **Karekla, M.** & Nicolaou, P. (2017). AcceptME: Evaluation of a digital gamified prevention program based on Acceptance and Commitment Therapy. In H. de Vries (chair), Tailored eHealth methods: Innovations and cost-effectiveness. Presented at the EU Health Psychology Society conference, Padova, Italy.
- 15) **Karekla, M.** & Papageorgiou, A. (2017). ACTmind: A mindfulness and Acceptance and Commitment Therapy program for cultivating emotional health in elementary school children. In L.W. Coyne (chair), ACT and Mindfulness Based Interventions for Youth. Paper presented at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- 16) Christodoulou, V., **Karekla, M.** & Frangou, G. (2017). Could experiential avoidance mediate the relationship between stress and tobacco smoking? In D. Lamb (chair), Research on the negative effects of experiential avoidance. Paper presented at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- 17) Rodriguez-Valverde, M., McHugh, L., **Karekla, M.**, Gillanders, D., & Gloster, A. (2017). Starting a contextual behavioral science (CBS) lab. Panel discussion at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- 18) *Kasinopoulos O. & **Karekla, M.** (2017). Designing a digital intervention: Things I have learned. Ignite presentation presented at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- 19) **Karekla, M.** & Vasiliou, S.V. (2017). Acceptance and Commitment Therapy versus waitlist control for primary headaches: The Algea study. In F.J. Keefe & L. Dhingra (chairs), Interventions for Pain Management. Paper presented at the 38th Annual meeting of the Society of Behavioral Medicine, San Diego, CA. (citation award).
- 20) Vasiliou, S.V. & **Karekla, M.** (2017). The Psychotherapeutic care of refugees in Cyprus: Findings from a field study of practices and needs. Presented at a two-day round-table on the topic of mental health care for refugees in the hosting countries, organized by the German Chamber of Psychotherapists (BPTK), Berlin, Germany.
- 21) **Karekla, M.**, Hayes, S., Forman, E., Forsyth, J., Rosellini, A., & Farchione, T. (2016). Beyond the DSM, envisioning a dimensional future of empirically supported processes to understand and treat psychopathology. In **M. Karekla** & G. Panayiotou (moderators), Panel discussion at the 50th Conference of the Association for Behavioral and Cognitive Therapies, NY, USA.
- 22) **Karekla, M.**, Vasiliou, S.V., Michaelides, M., & Kasinopoulos, O. (2016). The "open response style" as a process of change in chronic pain adjustment. In J. Shaver (chair), Acceptance as change: Evidence for distancing and validation as change mechanisms in mindfulness and acceptance-based therapies. Symposium presented at the 50th ABCT conference, NY, USA.
- 23) **Karekla, M.** & Savvides, S., (2016). Evaluating an internet based, avatar-led, ACT intervention for smoking cessation in youth. In **M. Karekla** (chair), You can't stop smoking?: New therapeutic approaches in smoking cessation. Symposium presented at the 50th ABCT conference, NY, USA.
- 24) *Paraskeva-Siamata, M. & **Karekla, M.** (2016). ACT for smoking cessation: Do reasons for smoking play a role in treatment effectiveness? In **M. Karekla** (chair), You can't stop smoking?: New therapeutic approaches in smoking cessation. Symposium presented at the 50th ABCT conference, NY, USA.
- 25) Collins, B., Nair, U., Godfrey, M., Hunt-Johnson, A., Lepore, S., & **Karekla, M.** (2016). Linking pediatric system and individual level tobacco interventions: Multilevel approach to addressing parental smoking in a vulnerable population. In **M. Karekla** (chair), You can't stop smoking?: New therapeutic approaches in smoking cessation. Symposium presented at the 50th ABCT conference, NY, USA.hn

- 26) **Karekla, M.**, Vasiliou, S.V., & Kasinopoulos, O (2016). Mediating effects of psychological inflexibility in pain interference and pain adjustment. In **M. Karekla** (chair), Examining the Interaction of Processes and Outcomes of Suffering in Acceptance and Commitment Therapy (ACT). Symposium presented at the European Association for Behavioral & Cognitive Therapies (EABCT), Stockholm, Sweden.
- 27) *Vasiliou, S.V., & **Karekla, M.** (2016). Acceptance and Commitment Therapy vs. medical treatment as usual wait-list control group for primary headache sufferers: The ALGEA study. In **M. Karekla** (chair), Contextually Based Cognitive-Behavioral Therapy for Pain and Suffering: Acceptance and Commitment Therapy (ACT) for Various Pain Related Conditions. Symposium presented at the European Association for Behavioral & Cognitive Therapies (EABCT), Stockholm, Sweden.
- 28) **Karekla, M.** & Savvide, S. (2016). Can an internet-based avatar-led Acceptance and Commitment Therapy program influence youth to quit smoking? Paper presented at the International Congress of Psychology, Yokohama, Japan.
- 29) Karayianni, E., **Karekla, M.**, & Panayiotou, G. (2016). Developing professional training for Psychologists: Challenges, opportunities, and possibilities from Cyprus. Paper presented at the International Congress of Psychology, Yokohama, Japan.
- 30) Michaelides, M. P., Christodoulou, A., Kkeli, N., **Karekla, M.**, & Panayiotou, G. (2016). *Dimensionality of the Perceived Stress Scale and implications for scoring*. Paper presented at the VII European Congress of Methodology, Palma de Mallorca, Spain.
- 31) **Karekla, M.** & Christodoulou, A. (2016). *Does the use of treatment content text message reminders enhance the utilization of ACT techniques and improve smoking cessation outcomes?* In A. Gloster (chair), Improving outcomes and better understanding processes: Using smartphone technologies in clinical research. Paper presented at the 14th ACBS conference, Seattle, Washington, USA.
- 32) **Karekla, M.** (2016). *Internet based intervention for smoking cessation among youth smokers*. Paper presented at the Health Promotion Day Conference organized by the Ministry of Education and Culture in association with the Cyprus Institute of Biomedical Sciences, under the auspices of the Minister of Education.
- 33) **Karekla, M.** & Savvide, S. (2016). *Internet based intervention based on Acceptance and Commitment Therapy for smoking cessation among youth smokers*. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 34) **Karekla, M.**, Panayiotou, G. & Vasiliou, V. (2016). Multivariate latent factor model of anxiety problems: Clarifying the role of social anxiety in relation to the other anxiety disorders. In G. Panayiotou (chair), Modern research in psychopathology and treatment of social anxiety. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 35) *Naziri, S., Theodorou, C., Georgiou, D., Panayiotou, G., & **Karekla, M.** (2016). *Using virtual reality as an intervention for Public Speaking anxiety*. In G. Panayiotou (chair), Modern research in psychopathology and treatment of social anxiety. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 36) Panayiotou, G., **Karekla, M.**, Georgiou, D., & Siamata, M. (2016). *Somatic and Subjective Responses to Fearful Social and Non-social Context Cues in Individuals with Social Anxiety Symptoms*. In G. Panayiotou (chair), Modern research in psychopathology and treatment of social anxiety. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 37) *Loizou, M., Vasiliou, S.V., Karademas, E., Papacostas, S., & **Karekla, M.** (2016). *Differences in the levels of anxiety, depressions and avoidance experiences among patients with chronic pain and patients without chronic pain*. In Charila, D. (chair), Illness and Quality of Life. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 38) **Karekla, M.**, Constantinou, M., Papacostas, S., & Karademas, E. (2016). *Observing pain behaviors in patients with chronic pain: The role of psychological flexibility and mindfulness in their prediction*. In **M. Karekla** & E. Karademas (chairs), Chronic pain and quality of life: Mediating and Moderating variables in the process of adjusting to chronic pain. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 39) *Flouri, M., Nikiforou, P., Karademas, E., Vasiliou, V., Kasinopoulos, O., & **Karekla, M.** (2016). *Adjusting to chronic pain: Psychological flexibility and the self-regulation mechanism*. In **M. Karekla** & E. Karademas (chairs), Chronic pain and quality of life: Mediating and Moderating variables in the process of adjusting to chronic pain. Presented at the 5th Clinical and Health Psych Conference, Athens, GR.

- 40) *Flouri, M., Nikiforou, P., Karademas, E., Vasiliou, V., Kasinopoulos, O., & **Karekla, M.** (2016). *Chronic patients with and without pain: Differences in quality of life and illness representations*. In **M. Karekla & E. Karademas** (chairs), *Chronic pain and quality of life: Mediating and Moderating variables in the process of adjusting to chronic pain*. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 41) *Vasiliou, S.V., **Karekla, M.**, Karademas, E., & Kassinopoulos, O. (2016). *The mediation of pain acceptance and cognitive defusion between pain interference and psychosocial pain outcomes*. In **M. Karekla & E. Karademas** (chairs), *Chronic pain and quality of life: Mediating and Moderating variables in the process of adjusting to chronic pain*. Paper presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- 42) *Christodoulou, A., & **Karekla, M.** (2015). *Acceptance and Commitment Therapy enhanced by text messages for smoking cessation for high school students*. In M.I. Argiropoulou (chair), *Therapeutic Interventions*. Paper presented at the 1st PanHellenic School Psychology Conference, Athens, Greece.
- 43) *Christodoulou, A., Michaelides, M., & **Karekla, M.** (2015). *Psychometric evaluation and gender invariance of the Acceptance and Fusion Questionnaire (AFQ-Y8)*. In G. Siderides (chair), *Psychodiagnosics I*. Paper presented at the 1st PanHellenic School Psychology Conference, Athens, Greece.
- 44) **Karekla, M.** & Vasiliou S. V. (2015). *Acceptance and Commitment Therapy for the Treatment of Borderline Personality Disorder*. In F. Gonidakis & I. Michopoulos (chairs), *Borderline Personality Disorder: Integrating Mainstream and Newer Psychotherapeutic Approaches*. Paper presented at the 4th East European Psychiatry & 3rd Preventive Psychiatry International Congress, Athens, Greece
- 45) **Karekla, M.**, Fisher, A.J., Hester, R.K., Larimer, M. (2015). *The healing power of web-based and mobile technologies*. In F.M. Bishop (moderator), *Panel discussion at the 49th Conference of the Association for Behavioral and Cognitive Therapies*, Chicago, IL, USA.
- 46) **Karekla, M.**, Stavriniaki, M., Siamata- Paraskeva, M., Constantinou, C., Loizou, C., Phellas, C. & Christou, S. (2015). *The effectiveness of an ACT protocol for improving well-being and medication adherence in Thalassaemia patients*. In J.J. Arch (chair), *Psychologists in Medicine: Applying core Act principles to meet the needs of diverse medical populations*. Paper presented at the 49th Conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
- 47) *Siamata- Paraskeva, M., Stavriniaki, M., **Karekla, M.**, Karademas, E., & Papacostas, S. (2015). *Chronic pain patients presenting with high values-consistent living before an intervention fair better in ACT treatment*. In C.R. Berghoff & T.R. Ritzert (Chairs), *Living life to the fullest: Leveraging personal value-directed behavior to enhance well-being and undermine psychological distress*. Paper presented at the 49th Conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
- 48) **Karekla, M.** (2015). *Acceptance and Commitment Therapy: Its application to trauma and PTSD*. Paper presented at the Conference on Resilience in Post-traumatic Urban Environments, Nicosia, Cyprus.
- 49) **Karekla, M.** & Savvides, S.N. (2015). *Innovative interventions using digital technologies for smoking cessation in youth*. In H. de Vries (Chair), *New innovations in eHealth for smoking cessation*. Paper presented at the Society for Nicotine and Tobacco- European conference, Maastricht, Netherlands.
- 50) **Karekla, M.** & Constantinou, M. (2015). *Can psychological inflexibility predict physical observation of pain signs in patients with chronic pain?* In **M. Karekla** (chair), *Psychological flexibility: Examining its components and their relation to functioning in chronic pain*. Paper presented at the 29th Conference of the European Health Psychology Society, Limassol.
- 51) **Karekla, M.**, Collins, B., & Panayiotou, G. (2015). *Differential gender effects on state frustration and urge to smoke among college regular smokers*. In G. Panayiotou (chair), *The influence of coping and coping beliefs on smoking behaviours and urge to smoke*. Paper presented at the 29th Conference of the European Health Psychology Society, Limassol.
- 52) *Savvides, S.N., & **Karekla, M.** (2015). *Evaluating an Acceptance and Commitment Therapy internet based intervention for smoking cessation in young adults*. In H. de Vries (Chair), *Innovative approaches in eHealth interventions*. Paper presented at the 29th Conference of the EHPS, Limassol.
- 53) **Karekla, M.**, Stavriniaki, M., Paraskeva-Siamata, M., Constantinou, C., Loizou, C., Phellas, C., Christou, S. (2015). *The effectiveness of an ACT protocol for improving well-being in Thalassaemia patients*. In C. Constantinou & **M. Karekla** (chairs), *Psychosocial parameters and effects of Thalassaemia*. Paper presented at the 29th Conference of the European Health Psychology Society, Limassol.

- 54) *Paraskeva-Siamata, M., Stavrinaki, M., **Karekla, M.**, Constantinou, C., Loizou, C., Phellas, C., Christou, S. (2015). *Which psychological aspects and individual difference factors affect quality of life of individuals with Thalassaemia?* In C. Constantinou & **M. Karekla** (chairs), Psychosocial parameters and effects of Thalassaemia. Paper presented at the 29th Conference of the EHPS, Limassol, Cyprus.
- 55) Karademas, E., **Karekla, M.**, Flouri, M., Vasileiou, V., Kasinopoulos, O., Papacostas, S. (2015). Adaptation to chronic pain: Psychological flexibility and the self-regulation mechanism. In **M. Karekla** (chair), Psychological flexibility: Examining its components and their relation to functioning in chronic pain. Paper presented at the 29th Conference of the European Health Psychology Society, Limassol.
- 56) *Vasiliou, S.V., **Karekla, M.**, Kassinopoulos, O. & Karademas, E. (2015). *Examining the role of acceptance and defusion processes in mediating pain interference and adjustments.* In **M. Karekla** (chair), Psychological flexibility: Examining its components and their relation to functioning in chronic pain. Paper presented at the 29th Conference of the European Health Psychology Society, Limassol.
- 57) Ferreira, N., **Karekla, M.**, Lundgren, T., & Chauan, D. (2015). *Values measurement: Clinically useful but (and) a research headache?* In N. Ferreira (Chair), panel discussion at the 13th Annual Association for Contextual Behavior Science Conference, Berlin.
- 58) *Kasinopoulos, O. Vasiliou, V., & **Karekla, M.**, (2015). Adaptation of an ACT Based Intervention to a Digital Intervention for Chronic Pain. In M. Karekla (chair), *From Computer Games to Avatar Led Treatments: Adapting ACT to Creative Internet Based Programs for the Prevention and Treatment of Various Problems.* Paper presented at the 13th Annual Association for Contextual Behavior Science Conference, Berlin.
- 59) **Karekla, M.** & Nicolaou, P. (2015). Gamifying an ACT treatment for the Prevention of Eating Disorders among Adolescent and Young Adult Females. In M. Karekla (chair), *From Computer Games to Avatar Led Treatments: Adapting ACT to Creative Internet Based Programs for the Prevention and Treatment of Various Problems.* Paper presented at the 13th Annual ACBS Conference, Berlin.
- 60) **Karekla, M.**, Savvides, S.N., & Leonidou, G. (2015). Evaluating an avatar led ACT internet-based intervention for smoking cessation in youth. In M.M. Kelly (chair), *ACTing for Global Smoking Cessation.* Paper presented at the 13th Annual ACBS Conference, Berlin.
- 61) Hooper, N., Dack, C., **Karekla, M.**, Niyazi, A., & McHugh L. (2015). The effect of cognitive defusion on smoking behavior. In M.M. Kelly (chair), *ACTing for Global Smoking Cessation.* Paper presented at the 13th Annual Association for Contextual Behavior Science Conference, Berlin.
- 62) *Vasiliou, V., **Karekla, M.**, & Kasinopoulos, O. (2015). Examining the “Open” responsive style of acceptance and defusion processes in mediating pain Interference and psychosocial adjustment to pain. In J.C. Lopez (chair), *A path from psychological inflexibility to psychological flexibility: Analyses of the components involved.* Paper presented at the 13th Annual ACBS Conference, Berlin.
- 63) *Vasiliou, V., Flouri, M., Karademas, E., Kasinopoulos, O. & **Karekla, M.** (2015). Difference in quality of life and illness representations in patients with chronic pain vs. patients with a chronic illness without pain. In **M. Karekla** & E. Karademas (chairs), *Reconstructing chronic pain: The results of one experiment and one clinical trial for the treatment of chronic pain.* Division of Clinical and Health Psychology invited symposium presented at the 15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 64) Karademas, E., **Karekla, M.**, Flouri, M., Vasiliou, V., Kasinopoulos, O. & Papacostas, S. (2015). Reconstructing chronic pain: The role of self-management, psychological flexibility and mindfulness. In **M. Karekla** & E. Karademas (chairs), *Reconstructing chronic pain: The results of one experiment and one clinical trial for the treatment of chronic pain.* Division of Clinical and Health Psychology invited symposium presented at the the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 65) *Kasinopoulos, O., **Karekla, M.**, Vasiliou, V., & Karademas, E. (2015). Adaptation of Acceptance and Commitment Therapy for Chronic Pain to a digital application. In **M. Karekla** & E. Karademas (chairs), *Reconstructing chronic pain: The results of one experiment and one clinical trial for the treatment of chronic pain.* Division of Clinical and Health Psychology invited symposium presented at the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 66) *Paraskeva- Siamata, M., Stavrinaki, M., Hadjikyriakou, D., **Karekla, M.**, Karademas, E., & Papacostas, S. (2015). Initial findings from the randomized clinical trial of the ACT treatment in patients with chronic pain. In **M. Karekla** & E. Karademas (chairs), *Reconstructing chronic pain: The results of one experiment and one clinical trial for the treatment of chronic pain.* Division of Clinical and Health Psychology invited symposium presented at the 15th Hellenic Psych Society Conference, Nicosia, CY.

- 67) *Christodoulou, A. & **Karekla, M.** (2015). Acceptance and commitment therapy enhanced by new technologies such as text messaging for smoking cessation in adolescence. In **M. Karekla** (chair), *Psychology for the Promotion of Health*. Symposium presented at the the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 68) *Mavraki, E.Z., Nicolaou, P., & **Karekla, M.** (2015). Psychometric validation of the BI-AAQ in a college sample. In **M. Karekla** (chair), *Psychology for the Promotion of Health*. Symposium presented at the the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 69) Panayiotou, G, **Karekla, M.** & Georgiou, D. (2015). Psychophysiological responses of individuals with Social Anxiety in fear stimuli with social vs. non social content. In G. Panayiotou (chair), *The role of attention and emotion in psychogenesis and treatment of social anxiety disorder*. Invited symposium presented at the the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 70) *Kelli, N., Michaelides, M., Christodoulou, A., & **Karekla, M.** (2015). Psychometric examination of the adaptation of the Perceived Stress Scale (PSS-10) in adolescents and young adults. In I. Tsaousis (chair), *Personality and psychopathology: Evaluation issues*. Symposium presented at the the15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- 71) **Karekla, M.** & Savvides, S. N. (November 2014). *Can a one session values intervention increase young smokers' self-efficacy and intention to quit smoking? The role of gender*. In M.P. Twohig (chair), *Recent contextual behavioral research targeting psychological inflexibility*. Symposium presented at the 48th Annual conference of the Association of Behavioral and Cognitive Therapies, PA, USA.
- 72) **Karekla, M.** & Georgiou, N. (November 2014). *Dealing with food cravings: Cognitive restructuring vs. cognitive defusion*. In M.P. Twohig (chair), *Recent contextual behavioral research targeting psychological inflexibility*. Symposium presented at the 48th Annual conference of the Association of Behavioral and Cognitive Therapies, PA, USA.
- 73) *Vasiliou, V., Kasinopoulos, O. & **Karekla, M.**, (November 2014). *The importance of using well-validated measures to assess the psychological flexibility model in chronic pain patients*. In M.P. Twohig (chair), *Recent contextual behavioral research targeting psychological inflexibility*. Symposium presented at the 48th Annual conference of the Association of Behavioral and Cognitive Therapies, PA, USA.
- 74) **Karekla, M.**, Vasiliou, V., Kasinopoulos, O., Hadjikyriacou, D., Karademas, E., Flouri, M., Papacostas, S., & Christou, Y. (November 2014). In **M. Karekla** (chair), *ALGEA- Innovative psychosocial intervention program for the treatment of chronic pain in patients and their families*. Symposium presented at the 5th Panhellenic conference of counseling psychology, Patra, Greece.
- 75) **Karekla, M.**, Siamata, M., Stavrinaki, M., Hadjikyriacou, D., Vasiliou, V., Kasinopoulos, O., & Karademas, E., (November 2014). In **M. Karekla** (chair), *Development of an Acceptance and Commitment Therapeutic protocol for chronic pain*. Symposium presented at the 5th Panhellenic conference of counseling psychology, Patra, Greece.
- 76) Kasinopoulos, O., Vasiliou, V., Stavrinaki, M., Hadjikyriacou, D., Siamata, M., **Karekla, M.**, & Karademas, E., (November 2014). In **M. Karekla** (chair), *Evaluation of the psychological flexibility model for chronic pain: Validation of assessment measures*. Symposium presented at the 5th Panhellenic conference of counseling psychology, Patra, Greece.
- 77) Karademas, E., **Karekla, M.**, Flouri, M., Vasiliou, V., Kasinopoulos, O., & Papacostas, S. (November 2014). In **M. Karekla** (chair), *Chronic patients with and without pain: Differences in quality of life and illness representations*. Symposium presented at the 5th Panhellenic conference of counseling psychology, Patra, Greece.
- 78) **Karekla, M.**, Stavrinaki, M., Paraskeva-Siamata, M., Vasiliou, V., Kasinopoulos, O., Hadjikyriacou, D., Karademas, E. (June 2014). Is the quality of life of chronic pain patients impacted by the presence of psychiatric symptoms, gender and experiential avoidance? In Guarna, J. (chair). *When the body hurts: Pain's many interACTing functions*. Symposium sponsored by the Pain & Contextual Medicine SIGs and presented at the *ACBS World Conference 12, Minneapolis, MN, USA*.
- 79) Panayiotou, G., & **Karekla, M.** (July 2014). A new self-report measure to assess perceived stress from important life events: The Perceived Impact of Events Questionnaires (PIE). Presented in Session 3 "Clinical and Community Psychology" DIV06-BOP03, at the 28th International Congress of Applied Psychology, Paris, France.
- 80) Michaelides, M. P., & **Karekla, M.** (July 2014). Multi-trait multi-method modeling to examine reverse wording effects on the Acceptance and Action Questionnaire II. Presented in "Psychological

- Assessment Evaluation, Test Development, Division 02” BO-020020, at the 28th *International Congress of Applied Psychology, Paris, France.*
- 81) Constantinou, C., Phellias, C., Loizou, C., **Karekla, M.**, Talias, M., Christou, S. & Michaelidou, N. Living with Thalassaemia and Stigma. Presented at the European Association of Social Anthropologists Conference, Tallinn, Estonia.
 - 82) Kasinopoulos, O., Vasileiou, V., Hadjikyriakou, D., Constantinou, M., & **Karekla, M.** (April 2014). “ALGEA” Contextually based psychological intervention for chronic pain. Presented at the COST Spring School on Pain Assessment in Patients with Impaired Cognition (Action TD-1005), Amsterdam, Netherlands.
 - 83) **Karekla, M.**, Panayiotou, G., & Constantinou, M. (July 2013). Increasing willingness to engage in exposure as a way to combat treatment drop out in social anxiety. In G.W. Bates (chair). Complexities and advances in the treatment of Social Anxiety Disorder. Symposium presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia.*
 - 84) Panayiotou, G., & **Karekla, M.** (July 2013). Experiential Avoidance Mediates the Effects of Anxiety Sensitivity in Social Anxiety, but Behavioral Inhibition Remains its Strongest Predictor. In G.W. Bates (chair). Complexities and advances in the treatment of Social Anxiety Disorder. Symposium presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia.*
 - 85) **Karekla, M.**, & Karayianni, E. (July 2013). ACT as a “weapon of choice” for health-related problems. In **M. Karekla** (chair), How well does ACT work? Results from recent reviews and meta-analysis. Symposium presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia.*
 - 86) *Savvides, S.N., & **Karekla, M.** (July 2013). How mobile text-messages and the Internet can be of service in delivering an ACT-intervention for achieving smoking cessation. In C. Horan (chair), ACTing with technology: Intervention trials incorporating the use of mobile and internet technology. Symposium presented at the *ACBS World Conference 11, Sydney, Australia.*
 - 87) **Karekla, M.**, Stavrinaki, M., Hanna, E., Adamide, T., Georgiades, G., & Pilipenko, N., (July 2013). Individual differences influence quality of life in asthma patients: The role of anxiety, experiential avoidance, and gender. In A.T. Gloster (chair), Contextual Medicine Special Interest Group Symposium 2: Cutting edge data, current directions toward coherent clinical care. Symposium presented at the Association for Behavior Analysis International Annual conference in Minnesota, USA.
 - 88) **Karekla, M.**, Konikkou, K. & Hooper, N. (May 2013). A brief values intervention improves self-efficacy and smoking cessation intent. In E. LeBleu (chair), *The value of valuing: Effects of contact with values.* Symposium presented at the Association for Behavior Analysis International Annual conference in Minnesota, USA.
 - 89) **Karekla, M.** (2012). New intervention approaches for Smoking Cessation. Talk presented at the Ministry of Defense scientific conference «Contemporary challenges regarding addictions in youth,» Nicosia, Cyprus.
 - 90) **Karekla, M.** (2012). Applying Acceptance and Commitment Therapy to Anxiety Disorders. Presentation presented at the “Psychoanalytic and Cognitive-Behavioral Approaches to the Understanding and Treatment of Anxiety,” University of Cyprus, Nicosia, Cyprus.
 - 91) **Karekla, M.**, Panayiotou, G., & Panayiotou, M. (2012). Maintaining mechanisms in Social Anxiety: The predictive role of Anxiety Sensitivity is mediated by experiential avoidance. In G. Panayiotou (chair). *Anxiety Disorders in the Real World: Correlates of Anxiety that can Enlighten Treatment.* Symposium presented at the 42nd Annual Congress of the European Association for Behavior and Cognitive Therapies, Geneva, Switzerland.
 - 92) **Karekla, M.**, & Panayiotou, G. (2012). Perceived social support helps, but does not buffer the negative impact of Anxiety Disorders on quality of life and perceived stress. In G. Panayiotou (chair), *Anxiety Disorders in the Real World: Correlates of Anxiety that can Enlighten Treatment.* Symposium presented at the 42nd Annual Congress of the European Association for Behavior and Cognitive Therapies, Geneva, Switzerland.
 - 93) Panayiotou, G., Mete, I. & **Karekla, M.**, (2012). Preferred dispositional coping styles in Anxiety Disorders. In G. Panayiotou (chair), *Anxiety Disorders in the Real World: Correlates of Anxiety that can Enlighten Treatment.* Symposium presented at the 42nd Annual Congress of the European Association for Behavior and Cognitive Therapies, Geneva, Switzerland.

- 94) **Karekla, M.**, Savvides, S. & Vasileiou, S. V. (2012). *Acceptance and commitment therapy for smoking cessation in adolescent regular smokers*. In Andreou, E. (Chair), Symposium presented at the 13th Biennial Conference of the European Association for Research on Adolescence (EARA), Island of Spetses, Greece.
- 95) **Karekla, M.**, Vasiliou, V., & Savvides, S. (2012). Can high-risk adolescents change their smoking behaviors? The Application of Acceptance and Commitment Therapy. In M. Kamani (chair), *ACT as Behavior Medicine to Improve Health: Pain Management and Smoking Cessation*. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 96) *Koushiou, M., Loutsiou-Ladd, A., Christodoulou, A., Demetriou, C., Kapetanidou, I., & **Karekla, M.** (2012). Psychological inflexibility as a risk factor for the development of eating disorders in adolescents. In **M. Karekla** (chair), *Unearthing the Development of Eating Disorders: From Conceptualization to Intervention*. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 97) *Savvides, S. N. & **Karekla, M.** (2012). *Evaluating the adaptation of an ACT smoking cessation manual to internet-based format*. Oral presentation in Innovative Treatment Technologies Forum: Research and Program Development Forum at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 98) *Nicolaou, P. & **Karekla, M.** (2012). *ACT to prevent eating disorders*. Oral presentation in Body Image and Eating Disorders Forum: Research and Program Development Forum at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 99) Codd III, R.T., **Karekla, M.**, Luoma, J. B., Koerner, K. (2012). *How to conduct meaningful research in clinical practice settings*. In J. Villatte (chair), panel discussion presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 100) Nicolaou, P. & **Karekla, M.** (2012). Treating marijuana users with ACT group therapy. In J. Bricker (chair), *Approaches to Addicted Behaviors*. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 101) *Savvides, S. N., Nicolaou, P., & **Karekla, M.** (2012). Adapting ACT manual based intervention to internet based interventions: Methodology. In S.N. Savvide (chair), *Adapting ACT to new technologies: Methodology and outcomes*. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 102) *Christodoulou, A., Demetriou, C. & **Karekla, M.** (2012). Acceptance and commitment therapy enhanced by text messaging for smoking cessation in adolescence. In S.N. Savvide (chair), *Adapting ACT to new technologies: Methodology and outcomes*. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- 103) **Karekla, M.** (June 2012). *The value of values work in health behavior change*. In M. Adonis (chair). Symposium presented at the Positive Psychology and Health conference of the Cyprus Psychological Association, Nicosia, Cyprus.
- 104) **Karekla, M.** & Vasiliou, V. (January 2012). *Can high risk groups of adolescents change their smoking behaviour? The case of Acceptance and Commitment Therapy (Μπορούν υψηλά ευάλωτες ομάδες εφήβων να αλλάξουν τη συμπεριφορά τους σε σχέση με το κάπνισμα; Η περίπτωση της Θεραπείας Αποδοχής και Δέσμευσης)*. In V. Vasiliou & M. Karataraki (Chairs). Symposium presented at the 3rd Panhellenic Conference of Cognitive Psychotherapies, Thessaloniki, Greece.
- 105) *Vasiliou, V., McHugh L. & **Karekla, M.** (January 2012). *Can experiential avoidance be influenced through values work? The case of Acceptance and Commitment Therapy. (Παρεμβάλλονται οι εμπειρίες αποφυγής στην κατεύθυνση των προσωπικών αξιών και της ψυχολογικής μας ευημερίας; Δουλεύοντας με τη Θεραπεία Αποδοχής και Δέσμευσης)*. In L. Constantinides & V. Vasiliou (Chairs). Symposium presented at the 3rd Panhellenic Conference of Cognitive Psychotherapies, Thessaloniki, Greece.
- 106) **Karekla, M.**, Feldman, J., & Pilipenko, N. (October 2011). *Is there a connection between asthmatic's beliefs and their illness control?* In J. Feldman (Chair). Behavioral Mechanisms and Co-Morbid Conditions. Symposium presented at the 18th Annual Meeting of the International Society for the Advancement of Respiratory Psychophysiology, Athens, Greece.
- 107) **Karekla, M.** (July 2011). *Acceptance and Commitment Therapy for smoking cessation with high-risk adolescents: Lessons learned from a randomized clinical control trial*. In Ferreira, N (Chair). ACT

- research in Health contexts. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Parma, Italy.
- 108) **Karekla, M.**, & Pilipenko, N. (July 2011). *What is the link between asthma patients' psychological acceptance and their illness control?* In Ferreira, N (Chair). ACT research in Health contexts. Symposium presented at the Annual Convention of the ACBS, Parma, Italy.
- 109) *Stavrinaki, M., Charalambous, E., Karayianni, E., & **Karekla, M.** (July 2011). *Does ACT increase commitment to valued activity in relation to work related stress?* In **Karekla, M.** (Chair). Can ACT remedy work-related stress and burn out in various settings? Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Parma, Italy.
- 110) *Mete, I., Panayiotou, G., & **Karekla, M.** (July 2011). *A Comparison in Coping Among four Anxiety Disorders' Symptoms.* Oral presentation at the 12th EU Congress of Psychology, Istanbul, Turkey.
- 111) **Karekla, M.** (July 2011). *Emotional Avoidance and its Relation to Reasons for Smoking in Adolescents.* Oral presentation at the 12th European Congress of Psychology, Istanbul, Turkey.
- 112) **Karekla, M.** (February, 2011). *Psychotherapy in Cyprus.* In R. Richter (Convenor). National Concepts of Psychotherapeutic Care. Paper presented at the Psychotherapy in Europe: Disease management Strategies for Depression Conference, Berlin, Germany.
- 113) **Karekla, M.**, & Panayiotou G., (November, 2010). *Religious coping in the context of illness and stress: Results from a community sample.* In **Karekla, M.** & Brown, L. F. (Chairs). Innovative Acceptance-Based Approaches to the Assessment, Conceptualization, and Treatment of Complex Medical and Mental Health Problems. Symposium presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, USA.
- 114) **Karekla, M.** & Kapsou, M. (September 2010). *Predictors of nicotine dependence and motivation to quit smoking among adolescent and young adult smokers in Cyprus.* In Argyriou, A. (Chair). Drug Addiction in Cyprus. Symposium presented at the International Psychiatric Conference "From Adolescence to Adulthood Normality and Psychopathology," Larnaca, Cyprus.
- 115) **Karekla, M.**, Karayianni, E., Panayiotou, G., Constantinou, M. (September 2010). *Clinical training in Psychology.* In Mavrolefteros, G. (Chair). Roundtable discussion at the International Psychiatric Conference "From Adolescence to Adulthood Normality and Psychopathology," Larnaca, Cyprus.
- 116) **Karekla, M.**, Kapsou, M., Ioannou, V.A., Gregoriou, I., Christodoulou, A., & Gkλιαou, M.A. (September 2010). *Emotional avoidance and its relation to reasons for smoking in adolescents.* Open paper presented at the Annual Conference of the EU Health Psychology Society, Cluj-Napoca, Romania.
- 117) Monestis, J.L., Jacobs, N., Miselli, G., **Karekla, M.**, Kleen, M., De Groot, F., A-Tjak, J., Villatte, M., Presti, G., Ruiz, F., Luciano, C., & Bond, F. (2010). *Measuring psychological flexibility across languages: AAQII cross cultural validation project.* In Basic Processes (Information processing, neuropsychological, neuroimaging). Open paper presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA, USA.
- 118) **Karekla, M.**, Panayiotou G., Kapsou, M., & Giovanni G. (May, 2010). *Ways of coping in individuals high vs. Low in experiential avoidance.* In **Karekla, M.** & Panayiotou G. (Chairs). The Role of Emotional Avoidance in Risky Behaviours, Psychopathic Tendencies and Coping. Symposium presented at the 4th World Congress of the Association of Psychology and Psychiatry for Adults and Children, Athens, GR.
- 119) *Kapsou, M., **Karekla, M.**, Constantinou, M. & Anderson, D. (May, 2010). *Are individuals high in experiential avoidance more likely to develop eating pathology compared to those low in experiential avoidance?* In **Karekla, M.** & Panayiotou G. (Chairs). The Role of Emotional Avoidance in Risky Behaviours, Psychopathic Tendencies and Coping. Symposium presented at the 4th World Congress of the Association of Psychology and Psychiatry for Adults and Children (APPAC), Athens, Greece.
- 120) **Karekla, M.** & Kalavana, T. (September, 2009). *Health psychology in Cyprus.* In Cicognani, E. & Holger, S.(Chairs). Health Psychology Across Europe: Key Issues, Challenges and Prospects. Round table presented at the 23rd Annual Conference of the European Health Psychology Society, Pisa, Italy.
- 121) **Karekla, M.**, Kapsou, M., & Panayiotou, G. (July, 2009). *Psychological flexibility and anxiety: Preliminary data from an epidemiological study in Cyprus.* In **Karekla, M.** (Chair). ACT and Anxiety: Toward Flexibility with Fear and Worry. Symposium presented at the Association for Contextual Behavioral Sciences World Conference III, Enchede, The Netherlands.
- 122) **Karekla, M.** & Kapsou, M. (July, 2009). *Experiential avoidance and eating pathology in a sample of college students in Cyprus.* In Parling, T. (Chair) Psychological flexibility and disordered eating:

- Conceptualization and treatment. Symposium presented at the Association for Contextual Behavioral Sciences World Conference III, Enchede, The Netherlands.
- 123) Monestes, J.L., Jacobs, N., Kleen, M., De Groot, F., A-Tjak, J., **Karekla, M.**, Bond, F., Miselli, G., & Villatte, M. (July, 2009). *Babel's AAQ-II: Do Different Languages Result in Different Outcomes in Europe?* In Presti, G. (Chair) Welcome to the Functional Babel: Talking ACT in Non English-speaking Countries. Symposium presented at the Association for Contextual Behavioral Sciences World Conference III, Enchede, The Netherlands.
- 124) **Karekla, M.** & Kapsou, M. (April 2009). *Smoking and Nicotine Addiction among Young People in Cyprus.* In C. Panayiotopoulos (Chair). Psychology and Health. Symposium presented at the "Health and Society" conference organized by the Cyprus Sociological Association, Nicosia, Cyprus.
- 125) *Andreou, A., Panayiotou, G., **Karekla, M.** & Kapsou, M. (April 2009). Coping, Social Support and Gender as Moderators of the Relationship Between Perceived Stress and Health among Cypriot Adults. In M. Karekla (Chair). Psychology and Health. Symposium presented at the "Health and Society" conference organized by the Cyprus Sociological Association, Nicosia, Cyprus.
- 126) **Karekla, M.**, Forsyth, J.P. & Kelly, M. (November 2008). *Can experiential avoidance predict reported distress in individuals with panic disorder who watch an adverse reaction to a carbon dioxide challenge procedure?* In E. Moses & D.T. Acheson (Chairs). Unearthing the Role of Emotional Regulatory Processes in the Anxiety Disorders: Contributions from Experimental Psychopathology. Symposium presented at the 42nd Annual Convention of ABCT, Orlando, Florida.
- 127) **Karekla, M.** (July 2008). *What publication situation in Cyprus?* In M. Uhl (Chair). European Psychology Publication Issues. Symposium at the International Congress of Psychology, Berlin, Germany.
- 128) **Karekla, M.** & Kapsou, M. (July 2008). *Experiential avoidance and eating pathology in a sample of college students in Cyprus.* Symposium at the International Congress of Psychology, Berlin, Germany.
- 129) **Karekla, M.**, Phellas, C., Loizou, C., & Constantinou, C. (June 2008). *The psychosocial parameters of Type 2 diabetes in Cyprus.* In C. Bradley (Chair). How to measure quality of life? Symposium presented at the 5th World Congress on Prevention of Diabetes and its Complications, Helsinki, Finland.
- 130) **Karekla, M.**, Kapsou, M., Constantinou, M., Symeou A., Tsangari, H. (May 2008). Παράγοντες που συνδέονται με το κάπνισμα στην εφηβεία: Σύγκριση Κυπρίων μαθητών γυμνασίου και λυκείου. Paper presented at the 1st Panhellenic Developmental Psychology Conference, Athens, Greece.
- 131) **Karekla, M.** (March 2008). *The HELP campaign and CO measurements in Cyprus.* Presentation at the European Commission's General COMETS Meeting, Paris, France
- 132) **Karekla, M.**, Symeou, A., & Pilipenko, N. (November, 2007). *Psychosocial Parameters of Middle and High School Students in Cyprus.* In M. Karekla (Chair), Prevalence and psychosocial parameters of Smoking in Cyprus. Symposium at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of the Hellenic Psychological Organization (ELPSE), Thessalonica, Greece.
- 133) *Charilaou, M., Constantinou, M. & **Karekla, M.** (November, 2007). *The relation between physical activity and smoking.* In M. Karekla (Chair), Prevalence and psychosocial parameters of Smoking in Cyprus. Symposium at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of the Hellenic Psychological Organization (ELPSE), Thessalonica, Greece.
- 134) *Kapsou, M., Perdikogianni, M., & **Karekla, M.** (November, 2007). *Prevalence and Psychosocial Parameters of Smoking in Soldiers in Cyprus.* In M. Karekla (Chair), Prevalence and psychosocial parameters of smoking in Cyprus. Symposium presented at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of ELPSE, Thessalonica, Greece.
- 135) **Karekla, M.**, Constantinou, M., Perdikogianni, M., & Charilaou, M. (November, 2007). *Prevalence and Psychosocial Parameters of College Students in Cyprus.* In M. Karekla (Chair), Prevalence and psychosocial parameters of Smoking in Cyprus. Symposium presented at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of ELPSE, Thessalonica, Greece.
- 136) **Karekla, M.**, & Kapsou, M. (November, 2007). *Anxiety and depression in first-year college students in Cyprus.* In M. Karekla & G. Panayiotou (Chairs), Parameters of Social Anxiety and other Anxiety Disorders in College students and Adults in Cyprus. Symposium presented at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of ELPSE, Thessalonica, Greece.
- 137) **Karekla, M.**, & Pilipenko, N. (November, 2007). *Prevalence of Social Anxiety in Cypriot College Students.* In M. Karekla & G. Panayiotou (Chairs), Parameters of Social Anxiety and other Anxiety

- Disorders in College students and Adults in Cyprus. Symposium presented at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of ELPSE, Thessalonica, Greece.
- 138) **Karekla, M.** (September, 2007). *Research on Smoking related issues in Cyprus and the role of the Center for Therapy, Training and Research (KESY)*. Another Step Forward: Strengthening Research in Cyprus, University of Nicosia Research Week, Nicosia, Cyprus.
- 139) **Karekla, M.** (July 2007). *Psychotherapy in Cyprus*. In D. Lane (Chair), Prospects and Progress for Psychologists in Psychotherapy in Europe. 10th EU Congress of Psychology, Prague, Czech Republic.
- 140) **Karekla, M.**, Anderson, D. A., Symeou, A, Kapsou, M., & Stavrinaki, M. (2006, October). *The Freshman Year of College as a Critical Period for Weight Gain: Does this Occur in the Case of Cyprus Freshmen?* 6th Conference European Chapter of the American College of Nutrition, Larnaca, Cyprus.
- 141) **Karekla, M.** (2006, April). *The Psychopathology of Gambling: What is the case in Cyprus?* Symposium Presented at the 1st Cyprus Conference on Gambling, Nicosia, Cyprus.
- 142) **Karekla, M.** (2005, March). *Acceptance and Commitment Therapy in the Treatment of Anxiety Disorders*. In M. Karekla (Chair), Psychology Symposium. Symposium presented at the 1st All Cyprus Social Sciences and Humanities Conference, Nicosia, Cyprus.
- 143) **Karekla, M.**, Forsyth, J. (2004, November). *A Comparison Between Acceptance Enhanced Cognitive Behavioral and Panic Control Treatment for Panic Disorder*. In S. M. Orsillo (Chair), Acceptance-Based Behavioral Therapies: New Directions in The Treatment Development Across the Diagnostic Spectrum. Symposium presented at the 38th annual meeting of ABCT, New Orleans, LA.
- 144) **Karekla, M.**, Forsyth, J. (2004, May). *A Comparison Between Acceptance Enhanced Cognitive Behavioral and Panic Control Treatment for Panic Disorder*. In M. Twohig (Chair), Acceptance and Commitment Therapy as a Treatment for Anxiety Disorders: Recent Findings. Symposium presented at the 30th annual meeting of the Association for Behavior Analysis, Boston, MA.
- 145) **Karekla, M.**, White, J. D., & Fuse, T. (2004, May). *Going beyond exposure: The unique contribution of Acceptance and Commitment Therapy in the treatment of anxiety disorders*. In J. H. Weinstein (Chair), Strategies for Staying Present: A Rationale for an Experimental Analysis of Acceptance and Commitment Therapy. Symposium presented at the 30th annual meeting of ABA, Boston, MA.
- 146) **Karekla, M.** & Kelly, M. M. (Chairs) (2003, November). *An evaluation of the mechanisms of action in the treatment of an OCD case*. Clinical Roundtable presented at the Student Special Interest Group annual meeting at the 37th annual meeting of Association for Advancement of Behavior Therapy, Boston, MA.
- 147) Forsyth, J. P., & **Karekla, M.** (2003, November). *On the road to acceptance: A mindful overview of some methodological and conceptual challenges that lie ahead*. In K. Salters & J. Block (Chairs), Mindfulness and Acceptance-based behavioral therapies: Methodologies and Mechanisms. Symposium presented at the 37th annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- 148) Fuse, T. M., Forsyth, J. P., Marx, B., **Karekla, M.**, & Gallup, G. G. (2003, November). *Psychometric properties of the Tonic Immobility Scale (TIS)*. In J. P. Forsyth (Chair), Tonic immobility in sexual assault survivors: Overview of assessment, prevalence, and impact, and relation with revictimization. Symposium presented at the 37th meeting of AABT, Boston, MA.
- 149) **Karekla, M.** (Chair) (2003, May). *Clinical roundtable - SUNY Albany*. Clinical roundtable and panel discussion presented at the 29th annual meeting of the Association for Behavior Analysis, San Francisco, CA. Discussants: Rainer Sonntag, Dave Greenway, Edelgard Wulfert, and John P. Forsyth.
- 150) Forsyth, J. P., Kelly, M. M., Finlay, C. G., Fuse, T., & **Karekla, M.** (2003, May). *Transfer of respondent aversive function and attentional bias for threat: Implications for a behavior analysis of language and cognition*. Symposium presented at the 29th meeting of ABA, San Francisco, CA.
- 151) Forsyth, J. P., **Karekla, M.**, Kelly, M. M., & Finlay, C. G. (2003, May). *Does a tendency toward experiential avoidance potentiate acute distress and psychological suffering? An experimental evaluation*. Symposium presented at the 29th meeting of ABA, San Francisco, CA.
- 152) **Karekla, M.** & Forsyth J. P. (2002, May). *Perceived Control vs. Uncontrollability in Relation to Fear Conditioning and Attentional Bias for Threat*. Symposium presented at the 28th annual meeting of the Association for Behavior Analysis, Toronto, Canada.
- 153) Forsyth, J. P., & **Karekla, M.** (2000, November). *From a normal to a disordered experience of anxiety and fear: A contextual analysis of psychological and experiential risk factors*. In J. P. Forsyth & M. J. Zvolensky (Chairs), Predictability and control in anxiety and its disorders: A new look at risk with

- implications for theory, etiology, and treatment. Symposium presented at the 34th annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- 154) Forsyth, J. P., & **Karekla, M.** (Moderators) (2000, November). *Values, goals, and standards, oh my!: Student-faculty perspectives on graduate-training in behavior therapy.* Panel chair and presentation at the 34th meeting of AABT, New Orleans, LA.
- 155) Forsyth, J.P., Finlay, C., **Karekla, M.**, & Limbird, C. (2000, May). *Where is the science behind acceptance?: A review and critical analysis of "supporting" data and methods.* In E. Wulfurt (Chair), *Acceptance and change: A conceptual and methodological critique.* Symposium presented at the 26th annual meeting of the Association for Behavior Analysis, Washington, D.C.
- 156) **Karekla, M.**, Constantinou, M., & Branncome J. (1999, March). *Undergraduate and Graduate Student Perceptions about Graduate Training in Psychology.* In C.R. Talor (Chair). Symposium presented at the annual meeting of the South-Eastern Psychological Association, Savannah, GA.
- 157) Constantinou, M., & **Karekla, M.** (1998, November). *Gender differences in mental rotation: Differences are shrinking.* Symposium presented at the annual National Honors Conference, Chicago, IL.
- 158) **Karekla, M.**, & Constantinou, M. (1998, March). *Comfort level of college students when having to talk to a counselor.* Symposium presented at the annual Georgia State Honors Convention, Atlanta, GA.
- 159) **Karekla, M.** (Chair) (1998, May). *Workshop for student and faculty research collaborations.* Symposium presented at the 6th Applied Psychology Conference, Valdosta, GA.
Presenters included: Karekla, M., Constantinou, M., Morgan, J., & Talor, C. R.

Paper Presentations:

- *Papageorgiou, D., Orfanidou, M., & Karekla, M. (2019 November). Psychological Flexibility as a Moderator of the Negative Impact of Different Fears on Quality of Life. Poster presented at the ABCT conference, Atlanta, GA.
- *Constantinou, E., Gergiou, D., **Karekla, M.** & Panayiotou, G (2019 October). Emotional Concordance during anxiety evoking imagery in socially anxious individuals. Poster presented at Emotions Conference, Tilburg, Netherlands.
- *Christodoulou, A., Michaelides, M., & **Karekla, M.** (2019 July). Using network analysis to examine the psychological inflexibility/psychological flexibility model components. Datablitz presentation & Poster presented at the 9th Annual Scientific Conference, Center for Applied Neuroscience, Nicosia, CY.
- *Konstantinou, P., **Karekla, M.**, Trigeorgi, A., Georgiou, C., & Gloster, A. (2019 October). Apples and Oranges or different types of citrus fruit?: Wearable devices vs. Stationary equipment. Poster presented at the 9th Annual Scientific Conference, Center for Applied Neuroscience, Nicosia, CY.
- Karekla, M.** (2019 September). An avatar-led intervention promotes smoking cessation in young adults: A pilot randomized clinical trial. Poster presented at the European Society for Research on Internet Interventions, Copenhagen, Denmark.
- *Konstantinou, P., Trigeorgi, A., Georgiou, C. Gloster, A., Panayiotou, G., & **Karekla, M.** (2019 September). Wearable devices vs. Stationary equipment: Similar or different psychophysiological signals? Poster presented at the European Society for Research on Internet Interventions, Copenhagen, Denmark.
- *Kasinopoulos, O. & **Karekla, M.** (2019 September). Evaluation of a Brief Avatar-Guided ACT-based Intervention for Chronic Pain Management. Poster presented at the European Society for Research on Internet Interventions, Copenhagen, Denmark.
- *Iosif, D., Ioannou, M., Theofanous, A., Nikolaou, P., & **Karekla, M.** (2019 July). Self-Compassion Scale (SCS) in Greek-Cypriot youth: A validation study. Poster presented at the International School Psychology Association conference, Basel, Switzerland.
- *Theofanous, A., Ioannou, M., Zacharia, M., Georgiou, S., **Karekla, M.** (2019 July). Gender, age, and time invariance of the Child and Adolescent Mindfulness measure and psychometric properties in three Greek-speaking youth samples. Poster presented at the International School Psychology Association conference, Basel, Switzerland.
- *Christodoulou, A., Michaelides, M., & **Karekla, M.** (2019 July). Examining the underlying psychological inflexibility/psychological flexibility model components by using network analysis. Poster presented at the ACBS World Conference, Dublin, Ireland.
- *Demosthenous, S., Zacharia, M. & **Karekla, M.** (2019 July). Psychometric properties of the Fagerstrom Test for Nicotine Dependence (FTND) in a Greek-Cypriot sample of young adults. Poster presented at the

ACBS World Conference, Dublin, Ireland.

- *Papageorgiou, D., Orphanidou, M., & **Karekla, M.** (2019 July). The epidemiology of fears in Cyprus and the potential role of psychological flexibility in improving quality of life. Poster presented at the ACBS World Conference, Dublin, Ireland.
- *Zacharia, M. & **Karekla, M.** (2019 July). Psychometric properties of the Smoking Self-efficacy Questionnaire (SEQ-12) in a Greek-Cypriot sample of young adults. Poster presented at the ACBS World Conference, Dublin, Ireland.
- *Walder, N., Levin, M., Twhig, M., **Karekla, M.**, & Gloster, A. (2019 July). The meta-analytic evidence of Acceptance and Commitment Therapy: A review. Poster presented at the ACBS World Conference, Dublin, Ireland. This poster won the ACBS Junior investigator award.
- Karekla, M.**, Vasiliou, S.V., Papacostas, S., Christou, Y., Constantinou, M., Gloster, A., Konstantinou, N. (2019 July). Psychological flexibility's impact on altered grey matter density & resting state functional connectivity among headache sufferers vs. matched controls. Poster presented at the ACBS World Conference, Dublin, Ireland.
- *Morrioni, D., Vasiliou, S.V., & **Karekla, M.** (2019 July). Validation of the Greek version of the Commitment Action Questionnaire (CAQ). Poster presented at the ACBS world congress, Dublin, Ireland.
- Karekla, M.**, Vasileiou, V. Papacostas, S., Christou, G., Constantinidou, F., Eracleous, E., Seimenis, I., Constantinou, M., Gloster, A. & Constantinou, N. (2019, March). Altered grey matter density and resting state functional connectivity among headache sufferers vs. matched controls. Poster accepted for publication at the Society for Behavioral Medicine conference, Washington DC, USA.
- Eracleous, E., Voulgaris, K.N., Demetriou, S., Vasiliou, V., **Karekla, M.**, & Seimenis, I. (2018, Oct.). Abnormal brain MRI findings in migraine. Paper presented at EPOS™, Electronic Presentation Online System of the European Radiological Society ECR 2018/ C-1434.
- *Constantinou, P., Vasiliou, S.V., & **Karekla, M.** (2018, Aug.). Mediating role of psychological flexibility parameters between head pain interference and headache-related disability. Interactive poster presented at the 32nd EHPS Annual conference, NUI Galway, Ireland.
- Karekla, M.** (2018, Aug.). A review on best practices for digital interventions to improve engagement and adherence in users. Interactive poster presented at the 32nd EHPS conference, NUI Galway, Ireland.
- *Paraskeva-Siamata, M., Spyridou, G., Gloster, A., & **Karekla, M.**, (2018, July). Psyflex: Validation of a new psychological flexibility measure in a Greek-Cypriot sample. Poster presented at the Association of Contextual Behavior Science annual world conference, Montreal, Canada.
- *Zacharia, M., Theofanous, A., & **Karekla, M.** (2018, July). Psychometric Properties of the Cognitive Fusion Questionnaire (CFQ) in a Greek-Cypriot Sample of University Students. Poster presented at the Association of Contextual Behavior Science annual world conference, Montreal, Canada.
- * Theofanous, A., Zacharia, M., & **Karekla, M.** (2018, July). Psychometric Properties of the Child and Adolescent Mindfulness Measure (CAMM) in a Sample of Greek-Cypriot Youth. Poster presented at the Association of Contextual Behavior Science annual world conference, Montreal, Canada.
- *Papageorgiou, D., Zacharia, M., & **Karekla, M.** (2018, July). An Evaluation of Psychometric Properties of the Weight Concerns Scale in a Greek-Cypriot Sample. Poster presented at the Association of Contextual Behavior Science annual world conference, Montreal, Canada.
- *Iosif, D., Ioannou, M., Theofanous, A., Nicolaou, P., & **Karekla, M.** (2018, July). Psychometric properties of the Self-Compassion Scale (SCS) in a sample of Greek-Cypriot Youth. Poster presented at the Association of Contextual Behavior Science annual world conference, Montreal, Canada.
- Karekla, M.**, Savvide, S., & Theofanous, A. (2018, February). Flexiquit: Digitalized intervention for smoking cessation in adolescents and young adults. Poster presented at the Society for Research on Nicotine and Tobacco conference, Baltimore, MD, USA.
- *Paraskeva-Siamata, M., **Karekla, M.**, Vasiliou, S.V., Kasinopoulos, O., Stavrinaki, M., Karademas, E., Chatzikyriakou, Christou, Y., & Papacostas, S. (2017, June). Does an ACT-based group intervention for chronic pain affect sleep disturbance and depressive symptoms? Poster presented at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- *Karatza, C., **Karekla, M.**, & Roussi, P. (2017, June). Prevention and treatment of psychosomatic and psychosocial symptoms among unemployed individuals at times of socioeconomic crisis: A pilot study of an ACT-based group intervention. Poster presented at the Association of Contextual Behavior Science annual world conference, Seville, Spain.

- *Constantinou, P., Kasinopoulos, O., & **Karekla, M.** (2017, June). Best Practices and Guidelines for Utilizing Digital Interventions to Improve Engagement and Adherence in Chronic Illness Sufferers. Poster presented at the Association of Contextual Behavior Science annual world conference, Seville, Spain.
- *Zacharia, M., Vasileiou, V., & **Karekla, M.** (2017, March). Psychometric properties of the Mindfulness Attention Awareness Scale (MAAS) in a Greek-Cypriot sample of chronic pain patients. Poster presented at the 38th Annual Society of Behavioral Medicine conference, San Diego, CA.
- *Kkeli, N., Michaelides, M. P., & **Karekla, M.** (2017, May). Factorial Structure and Construct Validity of the Restraint Scale (RS-10) in Greek. Poster presented at the 16th Panhellenic Conference in Psychological Research (ELPSE), Thessaloniki, Greece.
- *Paraskeva-Siamata, M., Christodoulou, A., & **Karekla, M.** (2016). Family environment, self-efficacy, intention to stop smoking, and previous attempts: Are they important for the effectiveness of smoking cessation interventions for adolescents? Poster presented at the the 50th ABCT conference, NY, USA.
- *Paraskeva-Siamata, M., Christodoulou, A., & **Karekla, M.** (2016). Text messages included in ACT treatment for smoking cessation in adolescents: Does it make any difference? Poster presented at the the 50th ABCT conference, NY, USA.
- Karekla, M.**, & Leonidou, C. (2016). ACTmind: a mindfulness and acceptance and commitment therapy program for cultivating emotional health in children. In N. Hankonen (chair) "Promoting Health Behaviour" interactive poster session. Interactive poster presented at the *Annual Conference of the European Health Psychology Society*, Aberdeen, Scotland.
- *Kasinopoulos, O., **Karekla, M.**, Vasiliou, S., V., Karademas, C., E., (May 2016). An examination of Low Engagement in a Group-Based ACT Intervention for Chronic Pain Management: Highlighting the need for User-Attainment Focused Digitalised Interventions. E-Poster Presentation in the 18th International Conference on Psychology, Cognitive, Education and Behavioral Sciences. Montreal, Canada. **This presentation won the best paper award.**
- *Christodoulidou, N., Constantinou, Ch. & **Karekla, M.** (2016). Energy drinks and their impact on sleep. Poster presented at the 5th Clinical and Health Psychology Conference, Athens, Greece.
- *Christodoulou, A., Kkeli, N., Michaelides, M., **Karekla, M.** & Panayiotou, G. (2015). *Factor structure of the Perceived Stress Scale in a Cypriot sample.* Poster presented at the Annual Center for Applied Neuroscience Conference, University of Cyprus, Nicosia, Cyprus.
- *Theodorou, C., Panayiotou, G., & Karekla, M. (2015). *Coping skills and Depressive Symptoms: are they correlated?* Poster presented at the 29th Conference of the European Health Psychology Society, Limassol.
- *Leonidou, C., Panayiotou, G., Batti, A. & **Karekla, M.** (2015). *Coping with somatic symptom disorders: The impact on quality of life and the moderating role of psychological flexibility.* Poster presented at the 13th Annual Association for Contextual Behavior Science Conference, Berlin
- *Leonidou, G., Savvides, S. N. & **Karekla, M.** (2015). *Can undergoing an ACT internet based intervention change the impact of predictors thought to lead to substance use?* Poster presented at the 13th Annual Association for Contextual Behavior Science Conference, Berlin
- *Savvides, S. N. & **Karekla, M.** (2015). *Evaluation of a digital intervention for a smoking cessation Acceptance and Commitment Therapy based intervention in young adults.* Poster presented at the 15th Hellenic Psychological Society Conference, Nicosia, Cyprus.
- *Paraskeva-Siamata, M., Stavrinaki, M., **Karekla, M.**, Vasiliou, V., Kasinopoulos, O., Karademas, E., & Papacostas, S. (November 2014). *Mindfulness and its relationship to pain acceptance in a sample of Greek-Cypriot chronic pain patients.* Poster presented at the *Association for Behavioral and Cognitive Therapies*, PA, USA.
- *Paraskeva-Siamata, M., Stavrinaki, M., Vasiliou, V., Kasinopoulos, O., **Karekla, M.**, Karademas, E., & Papacostas, S. (November 2014). *Chronic pain patient's quality of life and the impact of perceived pain severity and interference, gender and experiential avoidance.* Poster presented at the *Association for Behavioral and Cognitive Therapies*, PA, USA.
- * Vasiliou, V., Kasinopoulos, O. & **Karekla, M.** (November 2014). Validation of the Chronic Pain Acceptance Questionnaire in a Greek-speaking Chronic pain patients sample. Poster presented at the *Association for Behavioral and Cognitive Therapies*, PA, USA.
- *Koushiou, M., Georgiou, N. & **Karekla, M.** (November 2014). When dieting can become risky: The role of depression, stress and eating behavior. Poster presented at the *Association for Behavioral and*

Cognitive Therapies, PA, USA.

- *Paraskeva-Siamata, M., Stavrinaki, M., **Karekla, M.**, Constantinou, C., Loizou, C., Phellas, C. & Christou, S. (November 2014). *The role of experiential avoidance and locus of control in relation to the quality of life in Thalassaemia*. Paper at the 5th Panhellenic conference of counseling psychology, Patra, Greece.
- Panayiotou, G., **Karekla, M.** & Champi, S. C. (September 2014). Smoking urges after a stressor task are mediated by negative emotion. Paper presented at the 54th Annual meeting of the Society for Psychophysiological Research, Atlanta, GA.
- *Kkeli, N., Michaelides, M., & Karekla, M. (September 2014). Evidence regarding the factorial structure of the restraint scale. Paper presented at the 4th Scientific Conference of the Center for Applied Neuroscience, Nicosia, Cyprus.
- *Leonidou, C., Panayiotou, G., Bati, A., & **Karekla, M.** (September 2014). Correlates and Predictors of Severe Health Anxiety. Paper presented at the 4th Scientific Conference of the Center for Applied Neuroscience, Nicosia, Cyprus.
- *Leonidou, C., Panayiotou, G., Bati, A., & **Karekla, M.** (September 2014). Factors associated with the clinical levels of somatization and hypochondriasis: The role of anxiety and panic symptoms. Paper at the 44th European Association for Behavioural and Cognitive Therapies Congress, The Hague, Netherlands.
- *Theodorou, C., Panayiotou, G., & **Karekla, M.** (September 2014). The Epidemiological Profile of Individuals with Anxiety Symptoms. Poster presented at the 44th Congress of the European Association for Behavioural & Cognitive Therapies, The Hague, Netherlands.
- Karekla, M.** & Savvides, S.N. (August 2014). Evaluation of an ACT internet based intervention on smoking cessation for adolescents. In S. Ginja (chair) "Behaviour change in children, adolescents and families," interactive poster session. Presented at the 28th Conference of EHPS, Innsbruck, Austria.
- *Paraskeva-Siamata, M., Stavrinaki, M., **Karekla, M.**, Constantinou, C.S., Loizou, C., Phellas, C., & Christou, S. (August 2014). Is thalassaemia patient's well being impacted by locus of control, gender and experiential avoidance? In M. Karekla (chair) "Personality traits related to well-being and quality of life" interactive poster session. Presented at the 28th Conference of EHPS, Innsbruck, Austria.
- Karademas, E., Vasiliou, V., Flouri, M., Kasinopoulos, O., Stavrinaki, M., Siamata, M., Hadjikyriakou, D., Papacostas, S., & **Karekla, M.** (August 2014). Illness representations and quality of life in patients suffering from a chronic pain condition and chronic patients without pain: Similarities and differences. In E. Oberje (chair) "Predictors of well-being in patients with chronic conditions," interactive poster session. Presented at the 28th Conference of EHPS, Innsbruck, Austria.
- *Stavrinaki, M., Siamata, M., Vasiliou, V., Flouri, M., Kasinopoulos, O. & **Karekla, M.** (August 2014). The value of valued living questionnaire for chronic illnesses: The case of thalassaemia. In M., Jagla (chair) "Measurement in medical conditions," interactive poster session. Presented at the 28th Annual Conference of the European Health Psychology Society, Innsbruck, Austria
- Loizou, C., Constantinou, C., Phellas, C., **Karekla, M.**, Talias, M., Christou, S. & Michaelidou, N. (August 2014) Stigma Experience of Thalassaemia Patients in Cyprus. Interactive Poster Presentation, 15th European Society of Health and Medical Sociology Conference, Helsinki, Finland
- *Theodorou, C., Panayiotou, G., & **Karekla, M.** (July 2014). Examining the factors of the Psychiatric Diagnostic Screening Questionnaire (PDSQ). Datablitz presentation at the 11th Neuropsychological Rehabilitation Special Interest Group of the WFNR Conference, Limassol, Cyprus.
- Michaelides, M.P. & **Karekla, M.** (July 2014). Multi-trait multi-method modeling to examine reverse wording effects on the Acceptance and Action Questionnaire-II. Brief oral presentation at the *International Congress of Applied Psychology* conference, Paris, France.
- Panayiotou, G., & **Karekla, M.** (July 2014). A new self-report measure to assess perceived stress from important life events: The Perceived Impact of Events questionnaire (PIE). Brief oral presentation at the *International Congress of Applied Psychology* conference, Paris, France.
- Constantinou, C., Phellas, C., Loizou, C., **Karekla, M.**, Talias, M., Christou, S. & Michaelidou, N. (July 2014). Living with Thalassaemia. Interactive Poster Presentation at the 2nd European Conference on the Social Sciences, Brighton, UK.
- *Vasiliou S.V., Kasinopoulos, O, **Karekla, M.** & Koliandri, I. (July 2014). Validation of the Chronic pain Acceptance Questionnaire (CPAQ) in a Greek- speaking chronic pain patient sample. Interactive poster presented at the ACBS World conference XII, Marriott City Center Hotel, Minneapolis, Minnesota, USA.
- *Georgiou, N. & **Karekla, M.** (June 2014). Dealing with food cravings: Cognitive restructuring vs. cognitive

defusion. Poster presented at the *ACBS World Conference 12, Minneapolis, MN, USA*.

- *Kasinopoulos, O., Vasiliou, V., Paraskeva-Siamata, M., Stavrinaki, M., Hadjikyriacou, D., **Karekla, M.**, Karademas, E., Flouri, M., & Papacostas, S. (June 2014). Validation of the Psychological Inflexibility in Pain Scale in a Greek-speaking chronic pain sample. Poster presented at the *Association for Contextual Behavioral Science World Conference 12, Minneapolis, MN, USA*.
- Karekla, M.**, Panayiotou, G., & Lejuez, C. W. (February 2014). Mediators of stress and urge to smoke: An experimental investigation utilizing the PASAT-C task to induce negative affect in smokers. Poster presented at the Society for Research on Nicotine and Tobacco, Seattle, WA.
- Karekla, M.**, Konikkou, K., & Savvides, S. N. (February 2014). A brief values intervention improves self-efficacy and smoking cessation intent: A pilot study. Poster presented at the Society for Research on Nicotine and Tobacco, Seattle, WA.
- *Savvides, S. N., **Karekla, M.**, Platriti, Z., Perikleous, I., Adamide, T., & Georgiou, A. (2013). Comparing the effects of Champix on smoking cessation when combined with either an ACT-based intervention or a Psychoeducation workshop. Paper presented at the *Association for Behavioral and Cognitive Therapies Annual conference, Nashville, TN*.
- *Vasiliou, V.S., **Karekla, M.**, & Savvides, S. N. (2013). Exploring psychological inflexibility, future intention to smoke and its relation to objective and subjective smoking related measures. Paper presented at the *Association for Behavioral and Cognitive Therapies Annual conference, Nashville, TN*.
- *Kasinopoulos, O. & **Karekla, M.** (2013). Investigating the predictors of panic attacks in a student non-clinical sample in Cyprus. Paper presented at the *Association for Behavioral and Cognitive Therapies Annual conference, Nashville, TN*.
- *Vasiliou, V.S., **Karekla, M.**, Karademas C.E., Kasinopoulos, O., & Flouri, M. (July 2013). Introducing "ALGEA", Interdisciplinary Approaches for Treating Chronic Pain Patients and Their Families Using ACT Based Therapeutic Modalities. Paper presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia*.
- *Konstantinou, P., Nikolaou, P. & **Karekla, M.** (July 2013). Treatment drop out in third wave cognitive-behavioral therapies: A systematic review and meta-analysis. Paper presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia*.
- *Vasiliou, V.S., Savvides, S.N., & **Karekla, M.** (July 2013). Validation of the Avoidance and Inflexibility Scale in a Greek Speaking Adolescent Population. Paper presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia*.
- *Siamata, M., **Karekla, M.**, Yiagkou, F., Loizou, C., Constantinou, C., & Phellas, C. (July 2013). *Gender differences in cancer patients' quality of life, perceived social support, anxiety and depression*. Interactive poster presented at the 27th Conference of EHPS, Bordeaux, France.
- Karekla, M.**, Karademas C.E., Vasiliou, V., Flouri, M., & Kasinopoulos, O. (July 2013). *Introducing "ALGEA" an Interdisciplinary Approach for Understanding and Treating Chronic Pain*. Interactive poster presented at the 27th Annual Conference of the European Health Psychology Society, Bordeaux, France.
- *Kasinopoulos, O., Christodoulou, A., & **Karekla, M.** (July 2013). *Interactive health promotion programs: The case of Acceptance and commitment therapy (ACT) enhanced by text messaging for smoking cessation in adolescence*. Interactive poster presented at the 27th Annual Conference of the European Health Psychology Society, Bordeaux, France.
- *Kasinopoulos, O., Vasileiou, V.S., Savvides, S.N., & **Karekla, M.** (July 2013). Validation of the Child and Adolescent Mindfulness Measure in a Greek-Speaking Adolescent Population. Paper presented at the *Association for Contextual Behavioral Science World Conference 11, Sydney, Australia*.
- Michaelides, M. & **Karekla, M.** (July 2013). Psychometric properties of the Acceptance and Action Questionnaire in a Cypriot sample. Paper presented at the *European Conference on Psychological Assessment, San Sebastian, Spain*.
- Karekla, M.**, Pilipenko, N. & Feldman, J.M. (2012). Panic disorder in asthma patients: Cross-cultural and psychological considerations for improved illness control. Paper presented at the 46th Annual Convention of the *Association for Behavioral and Cognitive Therapies, National Harbor, MD*.
- *Vasileiou, V.S., Koushiou, M., **Karekla, M.**, & Loutsiou-Ladd, A. (2012). AFQ-Y8 Validation in Greek-speaking Adolescents. Paper presented at the 46th Annual Convention of the *Association for Behavioral and Cognitive Therapies, National Harbor, MD*.
- Constantinou, M., & **Karekla, M.**, (2012). Cognitive Behavioral Therapy (CBT) Appears to Improve Cognitive

- and Psychological Functioning in Mild Cognitive Impairment (MCI). Paper presented at the *Annual National Academy of Neuropsychology Meeting, Nashville, Tennessee, USA*.
- *Pavli, V., & **Karekla, M.** (2012). *Experiential avoidance, anxiety sensitivity, coping and smoking*. Paper presented at the Convention of ACBS, Washington DC, USA.
- *Nathanail, G., Koushiou, M. & **Karekla, M.** (2012). *Psychological inflexibility and smoking in a sample of adolescents*. Paper presented at the Annual Convention of ACBS, Washington DC, USA.
- *Georgiou, N., Lundgren, J.D. & **Karekla, M.** (2012). *Psychosocial Factors Influencing Eating Habits: The Night Eating Syndrome*. Presented at the International Conference on Eating Disorders, Austin, Texas, USA.
- Karekla, M.**, Kapsou, M., Pavli, V., Gregoriou, I., & Panayiotou, G. (September 2011). *Craving to smoke during cognitive stress in the laboratory: An adaptation of the Paced Auditory Serial Addition Task*. Interactive poster at the 25th Conference of the European Health Psychology Society, Hersonissos, Crete, Greece.
- Karekla, M.**, Pilipenko, N., Feldman, J., & de Vries, H. (September 2011). *What affects asthma control? Psychosocial factors in a cross cultural context*. Interactive poster presented at the 25th Annual Conference of the European Health Psychology Society, Hersonissos, Crete, Greece.
- Karekla, M.**, & Michaelides, M. (September 2011). *Validation of the Acceptance and Action Questionnaire in a clinical and non-clinical population in Cyprus*. Interactive poster presented at the 25th Annual Conference of the European Health Psychology Society, Hersonissos, Crete, Greece.
- *Constantinou, M. & **Karekla, M.** (September 2011). *Pediatric epilepsy: CBT improves health, psychological well-being, and cognition*. Interactive poster presented at the 25th Annual Conference of the European Health Psychology Society, Hersonissos, Crete, Greece.
- Karekla, M.**, & Panayiotou, G. (September 2011). *Coping and experiential avoidance: Unique or overlapping constructs?* Interactive poster presented at the 25th Annual Conference of the European Health Psychology Society, Hersonissos, Crete, Greece.
- *Koumi, E., Miltiadou, E., Charalambous, E., Stavrinaki, M., Karayianni, E., & **Karekla, M.** (September 2011). *Individual differences contributing to treatment effectiveness in work-related stress*. Interactive poster presented at the 25th Conference of European Health Psychology Society, Hersonissos, Crete, Greece.
- *Charalambous, E., Stavrinaki, M., Koumi, E., Miltiadou, E., Karayianni, E., & **Karekla, M.** (September 2011). *Measuring the treatment effectiveness of CBT and ACT in work related stress: A comparison study*. Interactive poster presented at the 25th Conference of EHPS, Hersonissos, Crete, Greece.
- *Leonidou, C., Georgiou, D., **Karekla, M.**, & Panayiotou, G. (September 2011). *Relation of exercise to stress and quality of life*. Interactive poster at the 25th Conference of EHPS, Hersonissos, Crete.
- *Panayiotou, G., **Karekla, M.**, Kapsou, M., & Georgiou, D. (September 2011). *Anxiety disorders revisited: Differences in physiology and self-report*. Paper presented at the Annual Convention of the Society for Psychophysiological Research, Boston, USA
- Karekla, M.**, Konikkou, K., & Pavli, V. (July 2011). *The values piece of ACT in smoking cessation*. Paper presented at the Annual Convention of the Association for Contextual Behavioral Science, Parma, Italy.
- Karekla, M.** & Nicolaou, P. (July 2011). *A Visual Representation Measure of Defusion*. Paper presented at the Annual Convention of the Association for Contextual Behavioral Science, Parma, Italy.
- Karekla, M.**, Michaelides, M.P., Monestes, J.L., Jacobs, N., Hooper, N., Kleen, M., Luciano, C., Miselli, G., Presti, G., Jimenez, F.J.R., Villatte, M., & Bond, F. (July 2011). *Examining the Invariance of the Factor Structure of the Acceptance and Action Questionnaire-II Across 7 Languages and Between Clinical and Nonclinical Samples*. Paper presented at the Convention of ACBS, Parma, Italy.
- *Panayiotou, M., Georgiou, D., Panayiotou, G., & **Karekla, M.** (July 2011). *Experiential Avoidance, Anxiety Sensitivity and Social Anxiety*. Presented at the Convention of ACBS, Parma, Italy.
- Karekla, M.**, Pilipenko, N., Stavrinaki, M., Hanna, E., Leonidou, C., & Feldman, J. (July 2011). *Greek Language Validation of the Patient Health Questionnaire (PHQ)*. Paper presentation at the 12th European Congress of Psychology, Istanbul, Turkey.
- Karekla, M.** (July 2011). *Pilot Results from an Acceptance and Commitment Therapy-enhanced Smoking Cessation Intervention for Adolescents in Cyprus*. Paper presentation at the 12th European Congress of Psychology, Istanbul, Turkey.
- Karekla, M.**, Pilipenko, N., Stavrinaki, M., Hanna, E., Leonidou, C., & Siamata, M. (July 2011). *Factors Affecting Asthma Psychomorbidity, Control, and Illness-Related Quality of Life: What is the Interaction?* Paper presentation at the 12th European Congress of Psychology, Istanbul, Turkey.
- *Gregoriou, I., Pavli V.G., **Karekla M.**, Lejuez C., Panayiotou G. & Kapsou M. (May 2011). *Craving to smoke*

- during cognitive stress in the lab: An adaptation of the PASAT task. Presented at the Convention of the Association for Psychology and Psychiatry for Adults and Children, Athens, Greece.
- Karekla, M.**, Pilipenko, N., Georgiou, A. (2011, April). *Factors Affecting Asthma Psychomorbidity, Control, and Illness-Related Quality of Life: What is the Interaction?* Poster presented at the annual meeting of the Association of Behavioral Medicine, Washington DC, USA.
- Karekla, M.**, Pilipenko, N., Feldman, J.M. (2011, April). *Greek Language Validation of the Patient Health Questionnaire*. Poster presented at the meeting of SBM, Washington DC, USA.
- Karekla, M.**, & Panayiotou, G. (2011, April). *Coping and Experiential Avoidance: Unique or Overlapping Constructs?* Poster presented at the meeting of SBM, Washington DC, USA.
- *Pavli, V.G., Kapsou, M. & **Karekla, M.** (2011, April). *Anxiety sensitivity and smoking: A matter of gender?* Poster presented at the meeting of the Society of Behavioral Medicine, Washington DC, USA.
- *Souroulla-Kay, F., Kapsou, M., Gregoriou, I., & **Karekla, M.** (2011, April). Happy or sad, lonely or social: Cypriot college smokers- Why do they smoke and when? Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington DC, USA.
- Karekla, M.**, Pilipenko, N., Georgiou, A. (2011, March). *The Interaction between Factors Affecting Asthma Psychomorbidity and Control*. Poster presented at the annual meeting of the European Congress of Psychiatry, Vienna, Austria.
- Karekla, M.**, Pilipenko, N., Feldman, J.M. (2011, March). *Validation of the Patient Health Questionnaire: Can it be used with Greek speaking populations*. Poster presented at the annual meeting of the European Congress of Psychiatry, Vienna, Austria.
- Karekla, M.**, Kapsou, M., Ioannou, V.A., Gregoriou, I., Christodoulou, A., & Gkλιαou, M.A. (November 2010). *Emotional avoidance and its relation to reasons for smoking in adolescents*. Paper presented at the Convention of Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, USA.
- Karekla, M.**, Kapsou, M., Ioannou, V.A., Gregoriou, I., Christodoulou, A., & Gkλιαou, M.A. (November 2010). *Pilot results from an Acceptance and Commitment therapy-enhanced smoking cessation intervention for adolescents*. Paper presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, USA.
- Karekla, M.**, Constantinou, M. & Charilaou, M. (November 2010). *Levels of physical activity and their relation to health risk behaviours among adolescents in Cyprus*. Paper presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, USA.
- *Lourou, A.M., **Karekla, M.**, & Panayiotou, G. (November 2010). *Experiential avoidance: An individual difference factor to specific phobias*. Paper presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, USA.
- Constantinou, S.C., Phellas, N.C., Loizou, C. & **Karekla, M.** (November 2010). *Cancer Patients in Cyprus and Quality of Life*. Conference International Multidisciplinary Forum on Palliative Care, Budapest, Hungary.
- Constantinou, S.C., Phellas, N.C., Loizou, C. & **Karekla, M.** (October 2010). *Male Cancer Patients in Cyprus and Quality of Life*. Men's Health World Congress 2010, Nice, France.
- Panayiotou, G., Kapsou, M., **Karekla, M.**, Constantinou, E. & Metaxas, G. (October 2010). *Specificity of Physiological and self report responses of anxious subjects to own vs. other phobic scenes*. Paper presented at the Society of Psychophysiological Research conference, Oregon, USA
- *Georgiou, D., **Karekla, M.**, & Panayiotou, G. (September 2010). *Psychotic males and panic ridden females? Paper presented at the International Psychiatric Conference "From Adolescence to Adulthood Normality and Psychopathology," Larnaca, Cyprus.*
- Karekla, M.**, Kapsou, M., Ioannou, V.A., Gregoriou, I., Christodoulou, A., & Gkλιαou, M.A. (September 2010). *Pilot results from an acceptance and commitment therapy-enhanced smoking cessation intervention for adolescents*. Paper presented at the Annual Conference of the European Health Psychology Society, Cluj-Napoca, Romania.
- Karekla, M.**, Constantinou, M., & Charilaou, M. (September 2010). *Levels of physical activity and their relation to health risk behaviours among adolescents in Cyprus*. Paper presented at the Annual Conference of the European Health Psychology Society, Cluj-Napoca, Romania.
- *Kapsou, M., Pavli, V., & **Karekla, M.** (September 2010). *Anxiety Sensitivity and Smoking: A matter of gender?* Paper presented at the Society for the Research on Nicotine and Tobacco, Bath, UK.
- Karekla, M.**, Kapsou, M., Ioannou, V.A., Christodoulou, A., & Gkλιαou, M. (2010, June). *Pilot results from an Acceptance and Commitment Therapy- enhanced smoking cessation intervention for adolescents*.

- Paper presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA, USA.
- *Kapsou, M., Kyriacou, A., **Karekla, M.**, & Panayiotou, G. (2010, June). *Utility of the Fagerstrom Test for Nicotine Dependence (FTND): Evidence from a sample of young people in Cyprus*. Paper presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA, USA.
- Karekla, M.**, Kapsou, M., Panayiotou, G. (2010, June). *Experiential avoidance and anxiety: Preliminary data from an epidemiological study in Cyprus*. Paper presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA, USA.
- *Gregoriou, I., Kapsou, M., & **Karekla, M.** (2010, May). Exploring the relationship between motivation for smoking, nicotine addiction, and psychological parameters in Cypriot students. Paper presented at the 2nd Greek National Conference on Developmental Psychology, Alexandroupolis, Greece.
- *Michaelides, C., Neofytou, M., **Karekla, M.**, & Papacostas, S. (2009, December). *A first epidemiological study of psychogenic Non-epileptic seizures (PNES) in Cyprus*. Paper presented at the American Epilepsy Society Conference, Boston, MA, USA.
- *Nikola, I., Panayiotou, G., **Karekla, M.**, & Kapsou, M. (2009, November). *Anxiety symptoms and quality of life in Cyprus: A preliminary report*. Paper presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, USA.
- Karekla, M.**, Forsyth, J. P., & Kelly, M. (2009, September). *Can experiential avoidance predict reported distress in individuals with panic disorder?* Paper presented at EHPS, Pisa, Italy.
- Karekla, M.**, & Kapsou, M. (2009, September). *Smoking in Cypriot adolescents: Gender-specific patterns*. Paper presented at the European Health Psychology Society Conference, Pisa, Italy.
- *Kapsou, M., **Karekla, M.**, Symeou, A. (2009, September). *Which smoking related attitudes and knowledge matter most when it comes to smoking status?* Paper presented at EHPS, Pisa, Italy.
- Karekla, M.**, & Kapsou, M. (2009, July). *Greek-Cypriot Smokers in College: Who are motivated to quit?* Paper presented at the 11th European Congress of Psychology, Oslo, Norway.
- Karekla, M.**, & Kapsou, M. (2009, July). *Nicotine Addiction: Levels and Associated Factors among Groups of Greek-Cypriot Youth*. Paper presented at the 11th European Congress of Psychology, Oslo, Norway.
- Karekla, M.**, Kapsou, M., & Anderson, D. A. (2009, July) *Three Factor Eating Questionnaire: Factor Structure in a Greek-Cypriot College Sample*. Paper presented at the 11th ECP conference, Oslo, Norway.
- Karekla, M.**, & Kapsou, M. (2009, April). *Are Greek-Cypriot Adolescent Smokers Motivated to Quit?* Paper presented at the Society for Research on Nicotine and Tobacco Conference, Dublin, Ireland
- Karekla, M.**, Kapsou, M., & Anderson, D. A. (2008, November). *Experiential avoidance and eating pathology in a sample of college students in Cyprus*. Paper presented at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, Florida.
- *Kapsou, M., **Karekla, M.**, & Symeou, A. (2008, September). *Greek-Cypriot Adolescent Smokers and Non smokers: A Comparison of Smoking Patterns and Attitudes*. Paper presented at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, Florida.
- Karekla, M.**, Kapsou, M., & Anderson, D. A. (2008, September). *Psychological Correlates of Disordered Eating in Greek-Cypriots: Depressed Restrainers and Stressed Overeaters*. Paper presented at the European Health Psychology Society Conference, Bath, UK.
- *Kapsou, M., **Karekla, M.**, & Symeou, A. (2008, September). *Greek-Cypriot Adolescent Smokers and Non smokers: A Comparison of Smoking-related Attitudes and Behaviors in their Families*. Paper presented at the European Health Psychology Society Conference, Bath, UK.
- Karekla, M.**, Kapsou, M., Constantinou, M., & Adonis, M. (2008, July). *Anxiety and Depression in an Outpatient Sample*. Paper presented at the International Congress of Psychology, Berlin, Germany.
- Karekla, M.**, Symeou, A., Charilaou, N., & Pilipenko, N. (2007, November). *Prevalence and psychosocial parameters of smoking in Cypriot college students*. Paper presented at the 41st annual meeting of the Association for Cognitive and Behavior Therapies, Philadelphia, PA.
- *Kapsou, M., **Karekla, M.**, Lundgren, J. D., & Anderson, D. A. (2007, November). *Night eating among first-year college students in Cyprus*. Paper presented at the 41st annual meeting of the Association for Cognitive and Behavior Therapies, Philadelphia, PA.
- Karekla, M.**, Phellas, C., Loizou, C., & Constantinou, C. (2007, November). *The psychosocial parameters of Type II Diabetes in Cyprus*. Paper presented at the 41st annual meeting of the Association for Cognitive and Behavior Therapies, Philadelphia, PA.
- *Charilaou, M., **Karekla, M.**, & Constantinou, M. (2007, September). *The psychosocial relation of smoking and*

physical activity among adolescents. Paper presented at the Towards a Smokefree Society conference, Edinburgh, Scotland.

- Karekla, M.**, Symeou, A., Kapsou, M. & Anderson, D. (2007, August). *The freshman year of college: Critical period for weight gain?* Paper presented at the 21st Annual conference of the European Health Psychology Society, Maastricht, Netherlands.
- Karekla, M.**, Symeou, A., Charilaou, N., & Pilipenko, N. (2007, August). *Prevalence and psychosocial parameters of smoking in Cypriot college students*. Paper presented at the 21st Annual conference of the European Health Psychology Society, Maastricht, Netherlands.
- Karekla, M.**, Anderson, D., Symeou, A., & Kapsou, M. (2007, July). *Alarming Rates of Reported Eating Pathology in Cypriot College Students*. Paper presented at the 10th European Congress of Psychology, Prague, Czech Republic.
- Karekla, M.**, Symeou, A., & Pilipenko, N. (2007, July). *Psychosocial Parameters of Smoking in Cypriot Middle & High School Students*. Paper presented at the 10th ECP conference, Prague, Czech Republic.
- Karekla, M.**, Anderson, D., Symeou, A., & Kapsou, M. (2007, March). *Alarming Rates of Reported Eating Pathology in Cypriot College Students*. Paper presented at the 28th annual meeting of the Society for Behavioral Medicine, Washington DC.
- Karekla, M.**, Symeou, A., & Pilipenko, N. (2007, March). *Prevalence and Psychosocial Parameters of Smoking in Cypriot Middle & High School Students*. Paper presented at the 28th annual meeting of the Society for Behavioral Medicine, Washington DC.
- Hunt, Y. M., **Karekla, M.**, Burke, R.S., Parker, J.D., & Beddingfield, J.J. (2005, November). *Acceptance-based Treatment for Comorbid Substance Abuse and Social Anxiety: A Case Study*. Paper presented at the 39th annual meeting of the Association for Cognitive and Behavioral Therapies, Washington DC.
- Karekla, M.** (2005, July). *A Comparison Between Acceptance Enhanced Cognitive Behavioral and Panic Control Treatment for Panic Disorder*. Paper presented at the 9th European Congress of Psychology meeting of the European Federation of Psychology Associations, Granada, Spain.
- Karekla, M.**, Higa, C. K., Hunt, Y. M., Onyango, A. N., & Elkin, D. T. (2004, August). *Quality of Life in Caregivers of Children with Asthma*. Paper presented at the Annual meeting of the American Psychological Association, Hawaii.
- Higa, C. K., Onyango, A. N., Hunt, Y. M., **Karekla, M.**, & Elkin, D. T. (2004, August). *Predicting Medical Regimen Adherence in Caregivers of Children with Diabetes*. Paper presented at the Annual meeting of the American Psychological Association, Hawaii.
- Moore, S., Onyango, A. N., **Karekla, M.**, Hunt, Y., Friedenber, B., & Elkin, D. T. (2004, April). *Parental Response to Child's Cardiology Referral*. Paper presented at the National Conference on Child Health Psychology, Charleston, SC.
- Higa, C. K., Elkin, D. T., Bissette G, **Karekla, M.** & Pullen, J. (2004, April). *Longitudinal Analysis of Depression in Children with Leukemia*. Paper presented at the National Conference on Child Health Psychology, Charleston, SC.
- Karekla, M.**, White, J. D., & Dubbert, P. M. (2004, March). *Past year physical activity and quality of life in elderly primary care patients*. Paper presented at the 25th SBM meeting, Baltimore, MD.
- White, J. D., Dubbert, P. M., **Karekla, M.**, & Lyons, J. (2004, March). *Physical activity in veterans with post traumatic stress disorder symptoms*. Paper presented at the 25th SBM meeting, Baltimore, MD.
- Karekla, M.**, Fuse, M. K., Forsyth, J. P., DeGraw, J. & Cole, R. (2003 November). *An exploratory factor analysis of the quality of life inventory: Is it a multidimensional or a global index of quality of life?* Paper presented at the 37th meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Karekla, M.**, Forsyth, J. P., Kelly, M. M., & Jackson, T. K. (2003, November). *Experiential Avoidance in Response to a Biological Challenge*. Paper presented at the 37th annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Kelly, M. M., **Karekla, M.**, Fuse, T. M. K., & Forsyth, J. P. (2003, November). *Predictors of DSM-IV panic symptoms following a biological challenge procedure*. Paper presented at the 37th annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Fuse, T. M. K., **Karekla, M.**, Kelly, M. M., & Forsyth, J. P. (2003, November). *A confirmatory factor analysis and the identification of subscales of the quality of life inventory (QOLI)*. Paper presented at the 37th annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Karekla, M.**, & Forsyth, J. P. (2002, November). *Analogue Subtypes of Panic Attacks and Their Relation to*

- Fear Conditioning and Attentional Bias to Threat*. Paper presented at the 36th annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.
- Karekla, M.**, & Forsyth, J. P. (2002, November). *Clinical vs. Non-clinical Panic Attacks and their Relation to Psychological Risk-Factors Known to Covary with Panic Disorder*. Paper presented at the 36th annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.
- Karekla, M.**, Fusé, T. M., Forsyth, J. P., Jackson, T., & Kelly, M. M. (2002, November). *An evaluation of the Pathoplastic Model of Cigarette Smoking and Marijuana use in Relation to Challenge Induced Panic*. Paper presented at the 36th meeting of Association for Advancement of Behavior Therapy, Reno, NV.
- Fusé, T. M., Forsyth, J. P., Marx, B., **Karekla, M.**, & Gallup, G. G. Jr. (2002, November). *Tonic Immobility in Sexual Assault Survivors: Prevalence, Impact, and Psychological Correlates*. Paper presented at the 36th annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.
- Fusé, T. M., Forsyth, J. P., Marx, B., **Karekla, M.**, & Gallup, G. G. Jr. (2002, November). *Convergent Validity and the Identification of Subscales of the Tonic Immobility Scale (TIS)*. Paper presented at the 36th annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.
- Karekla, M.** & Forsyth, J. P. (2002, August). *Definition of nonclinical panic attacks and their relation to psychological risk-factors*. Paper presented at the annual meeting of APA, Chicago, IL.
- Karekla, M.** & Forsyth, J. P. (2002, May). *The Role of Controllability Parameters and Aversive learning in the Development and Maintenance of Anxiety Disorders*. Paper presented at the annual meeting of the Association for Behavior Analysis, Toronto, Canada.
- Karekla, M.**, & Forsyth, J. P. (2001, November). *Perceived control vs. uncontrollability as moderators of fear conditioning and cognitive processing*. Paper presented at the 35th annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Kelly, M.M., Sabsevitz, J.C., **Karekla, M.**, & Forsyth, J.P. (2001, November). *Does verbal awareness of the contingency matter in producing fear conditioning and conditioning-induced attentional bias for threat?* Paper presented at the 35th meeting of AABT, Philadelphia, PA.
- Kelly, M.M., Forsyth, J.P., **Karekla, M.**, Gonzalez, C., & Sabsevitz, J.C. (2001, November). *Repeated exposure to high dose carbon dioxide challenge and acute risk for developing panic attacks: A controlled 6 and 12-month follow-up in a non-clinical sample*. Paper presented at the 35th annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Sabsevitz, J.C., Kelly, M.M., **Karekla, M.**, & Forsyth, J.P. (2001, November). *Individual differences in color naming latency for neutral and conditioned threat words on a modified stroop task*. Paper presented at the 35th annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Karekla, M.**, Kelly, M. M., Sabsevitz, J., & Forsyth, J. P. (2001, July). *Repeated exposure to high dose carbon dioxide challenge and acute risk for developing panic attacks: A controlled 6-month follow-up in a non-clinical sample*. Paper presented at the 2001 World Congress of Behavioral and Cognitive Therapies.
- Karekla, M.**, Lundgren, J., & Forsyth, J. P. (2001, July). *A national survey of graduate training in empirically supported and manualized treatments: Are we doing enough?* Paper presented at the 2001 World Congress of Behavioral and Cognitive Therapies, Vancouver, BC, Canada.
- Kelly, M. M., Sabsevitz, J., **Karekla, M.**, & Forsyth, J. P. (2001, July). *Women overreact, myth or fact?: Gender differences in response to biological challenge procedures with implications for the assessment of anxiety disorders*. Paper presented at the 2001 World Congress of Behavioral and Cognitive Therapies, Vancouver, BC, Canada.
- Karekla, M.**, Finlay, C. G., Limbird, C., Hutchison, K., & Forsyth, J. P. (2000, November). *Increasing the complexity of differential fear conditioning and its effects on threat-biased processing: Unearthing the causes of Stroop interference*. Paper presented at the 34th annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- Karekla, M.**, Finlay, C. G., Limbird, C., Hutchison, K., & Forsyth, J. P. (2000, November). *Effects of differential fear conditioning on threat-biased processing*. Paper presented at the 34th annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- Karekla, M.**, Nurge, E., Siegel, Taeyoung, H., Zvolensky, M. J., & Forsyth, J. P. (2000, November). *Relations among predictability, controllability, and avoidance of anxiety-related aversive events in a non-clinical sample*. Paper presented at the 34th meeting of AABT, New Orleans, LA.
- Karekla, M.**, Nurge, E., Spano, A., Gabrione, D., & Forsyth, J. P. (2000, November). *Relations among anxiety-relevant individual difference factors, sex, and quality of life in infrequent panickers and*

normals. Paper presented at the 34th meeting of AABT, New Orleans, LA.

Finlay, C. G., **Karekla, M.**, Limbird, C. K., & Forsyth, J. P. (2000, November). *Investigating the role of anxiety sensitivity on threat-based emotional Stroop performance following fear conditioning*. Paper presented at the 34th annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Limbird, C. K., **Karekla, M.**, Finlay, C.G., & Forsyth, J.P. (2000, May). *Are delayed tacts on the Stroop "cognitive" task a reflection of information processing bias or learning history?* Paper presented at the annual meeting of the Association for Behavior Analysis, Washington, DC.

Talor, C.R., **Karekla, M.**, Zeigler, E., & Constantinou, M. (1999, August). *Impact of disabilities and gender on perceived appropriateness of college major by college students*. Paper presented at the annual National Conference of the American Psychological Association, Boston, MA.

Karekla, M., Constantinou, M., Talor, C. R., & Wimbush, M. (1998, May). *Characteristics of Students who participate in research*. Paper presented at the annual National Conference of the American Psychological Society, Washington DC.

Karekla, M. (1998, March). *Perceived success of a relationship as a function of race and age differences*. Paper presented at the annual conference of the South-Eastern Psychological Association, Mobile, AL

Talor, C.R., **Karekla, M.**, Constantinou, M., & Zeigler, E. (1997, May). *Perceptions of college students with disabilities*. Paper presented at the 5th Applied Psychological Conference, Valdosta, GA.

DISCUSSANT

July 2019

In N. Ferreira (chair), Using ACT to better understand and intervene in Gastrointestinal (GI) disorders. Symposium presented at the ACBS world congress, Dublin, Ireland.

October 2017

Psychological, Sociological and Theological Approach in Terminal Cancer Care. Symposium presented at the Terminal Cancer meeting organized by the Cyprus Bioethics Committee and the Cyprus Medical Association.

June 2017

In J. T. Cederberg (chair), WorkACTive: ACTing on Sickness Absence and Return to Work. Symposium presented at the Association for Contextual Behavior Science, Seville, Spain.

Oct 2016

Facing the social-psychological challenges of the Illness, Symposium presented at the 2nd Breast Reconstruction Meeting, Nicosia, Cyprus.

July 2015

In P. Lappalainen (chair), Healthier lifestyle and better wellbeing by using ACT: Affecting Intuitive Eating, Physical Activity and Self-Stigma. Symposium presented at the 13th Annual Association for Contextual Behavior Science Conference, Berlin.

July 2015

In N. Ferreira (chair), The Assessment of the six core processes: Development, Optimization and Validation of new Instruments. Symposium presented at the 13th Annual Association for Contextual Behavior Science Conference, Berlin.

July 2015

In M.M. Kelly (chair), ACTing for Global Smoking Cessation. Symposium presented at the 13th Annual Convention of the Association for Contextual Behavioral Science, Berlin

July 2012

In S.N. Savvide (chair), Adapting ACT to new technologies: Methodology and outcomes. Symposium presented at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.

May 2011

Invited Conference. Better Life for Agricultural Areas Using Information Technology and Communication. Conference organized by CYTA to celebrate the International Day of Telecommunications.

November 2007

In M. Kosmidis, Invited Symposium. Clinical Neuropsychological Assessment and Basic Research in Neuropsychology: Clinical extensions. Symposium presented at the 3rd Scientific Conference of the Sub-specialties of Clinical and Health Psychology of the Hellenic Psychological Organization (ELPSE), Thessalonica, Greece.

INTERACTIVE POSTER SESSION CHAIR

August 2016

Chair of interactive poster session "Parental health behaviour." European Health Psychology Association annual meeting, Aberdeen, Scotland.

August 2014

Chair of interactive poster session "Personality traits related to well-being and quality of life." European Health Psychology Association annual meeting, Innsbruck, Austria.

CONSULTATION AND TENDERS

- 2018** **Thalassemia International Federation.** Consultant in a research project on clinical needs of patients internationally.
- 2017** **Smoking Cessation groups for University of Cyprus employees.**

CLINICAL EXPERIENCE

- 2007- Present** **Clinical Psychologist at the Center for Cognitive Behavioral Psychology, Nicosia, Cyprus**
- Duties: Co-founded the Center for Cognitive Behavioral Psychology. Responsible for helping coordinate the every-day runnings of the center; provide individual and group outpatient psychological services to both adults and children; conduct treatment, intake assessments (formulate diagnoses, case conceptualizations, and treatment plans), and testing evaluations (administer and score standardized tests); conduct research projects; attend supervision and executive committee meetings. Supervision of other colleagues (Marianna Charilaou, Patrisia Nicolaou, Despina Hadjikyriakou, Vasilis Vasileiou, Maria Koushiou, Vera Floridou, Anthoula Papageorgiou, Orestis Kassinosopoulos).
- 2006- 2009** **Clinical Psychologist at the Center for Thalassemia, Makarios Hospital, Nicosia, Cyprus**
- Duties: Funded by the Thalassemia Association of Cyprus. Responsible for the development and execution of treatment programs for this population. Provided assessment, individual and group therapy to the patient population served by the clinic and supervised Master level students providing similar services to the clinic. Also offered a support group for the staff.
- 2004- Jan 2008** **Director of Clinical Practical Training for the Masters Program in Clinical Psychology Intercollege, Nicosia, Cyprus**
- Duties: Responsible for developing the clinical practical training component of the Clinical Psychology Program at Intercollege. Established quality practical training sites. Supervised Masters' level students in their practical training.
- 2004- 2007** **Clinical Psychologist and Member of Executive Committee, Center for Therapy, Training and Research (KESY), Nicosia, Cyprus**
- Duties: Co-founded the Center for Therapy, Training and Research (KESY). Responsible for helping coordinate the every-day runnings of the center; provided individual and group outpatient psychological services to both adults and children; conducted treatment, intake assessments, and testing evaluations; conducted and coordinated the center's research projects; attended weekly supervision, case presentations, and executive committee meetings; led the orientation of new practicum students; and provided direct supervision to Masters' level students doing their practical training.
- 2003-2004** **Pre-doctoral Clinical Psychology Resident University of Mississippi Medical Center/Veterans Affairs Medical Center, Jackson, Mississippi**
- Duties: Provided therapy, conducted research, attended weekly supervision meetings, participated in continuing education seminars and grand rounds.
Specific rotations included:
- Rotations: Health Psychology, Chemical Dependence Treatment Program, Psychophysiologic Disorders and Head Pain, and Addictive Behaviors and Tobacco Cessation
- Supervisors: *Patricia M. Dubbert, Ph.D., Jefferson Parker, Ph.D., Donald Penzien, Ph.D., Randy Burke, Ph.D., University of Medical Center and G.V. (Sonny) Montgomery VA Medical Center, Jackson, MS*

2002- 2003

**Assistant Director,
Psychological Services Center, University at Albany, State University of New York,
Albany, NY**

Duties: Served as an assistant to the director of the Psychological Services Center (PSC) at the University at Albany.

Clinical Duties

Provided individual outpatient psychological services to both adults and children; conducted treatment, intake assessments (formulated DSM-IV diagnoses, case conceptualizations, and treatment plans), and testing evaluations (administered and scored standardized tests); conducted court ordered family evaluations through the Samaritan Shelters, Inc of Albany, New York; participated in weekly individual and group supervision, and case presentation meetings.

Teaching Duties

Supervised second and third year Graduate Assistants from the clinical and counseling psychology programs; served as a resource for Practicum Students, Graduate Assistants, and Supervisors; led the orientation of new students to the center; attended numerous in-service and presented several seminars on various topics including, "Assessment issues to treatment approaches and methods," and "Introduction to Dialectical Behavior Therapy"; and presented workshops on various clinical conditions to numerous agencies and organizations around the Albany area.

Supervisor: *George Litchford, PhD, ABPP-CI, Director of Psychological Services Center, University at Albany, SUNY*

2001-2002

**Clinical Practicum Placement,
St. Mary's Hospital, Child and Adult Mental Health Clinics, Amsterdam, NY**

Duties: Provided individual and group outpatient psychological services to both adults and children; conducted treatment, intake assessments (formulated DSM-IV diagnoses, case conceptualizations, and treatment plans), and testing evaluations; participated in weekly individual and group supervision, and case presentation meetings; consulted in the development of research projects at the hospital; helped in the National Depression Screening day; worked closely with case workers (Social Workers) from the Intensive Case Management Unit and the Department of Social Services regarding different patients, especially children and their families; attended meetings and rounds at the inpatient unit and the emergency room, and participated in discharge evaluations and meetings of inpatients.

Supervisors: *Jose Rossy-Millan, PsyD, Community Mental Health Specialist, St. Mary's Hospital, Amsterdam, NY*
Terry Spencer, PhD, Licensed Psychologist, St. Mary's Hospital, Amsterdam, NY
Fall 2001 Leslie Halpern, PhD, Associate Professor, University at Albany, SUNY
Spring 2002 Allen Israel, PhD, Associate Professor, University at Albany, SUNY

Fall 2000-Summer 2001

**Clinical Trainee,
Psychological Services Center, University at Albany, SUNY**

Duties: Provided individual outpatient psychological services (case load of 5-6 clients); conducted treatment, intake assessments, and testing evaluations; participated in weekly group supervision and case presentation meetings; attended a series of clinical seminars

Supervisors: *Fall 2000 Sharon Danoff-Burg, PhD, Assistant Professor, University at Albany*
Spring 2001 John P. Forsyth, PhD, Assistant Professor, University at Albany, SUNY
Summer 2001 Edelgard Wulfert, PhD, Associate Professor and Director of Clinical Training, University at Albany, SUNY

George Litchford, PhD, ABPP-CI, Director of Psychological Services Center, University at Albany, SUNY (supervised testing cases)

1999-2003

Assistant Director, Anxiety Disorders Research Program, University at Albany, State University of New York

Duties: Responsible for ongoing development of comprehensive diagnostic and psychophysiological assessment research in persons suffering from anxiety-related disorders, including conducting and training of graduate students in the use of the Anxiety Disorders Interview Schedule (ADIS-IV), psychophysiological assessments, diagnostic assessment reports, clinical treatment referrals, and administration of manualized treatments for panic disorder. Also, served as the primary therapist in providing group treatment to individuals with panic disorder.

Supervisor: *John P. Forsyth, PhD, Director of the Anxiety Disorders Research Program, Assistant Professor, University at Albany, SUNY*

1998-1999

Clinical Internship at The HAVEN (Shelter and counseling services for abused women and children) Valdosta, GA

Duties: Answered the hotline. Provided counseling and support to abused women and children and co-lead group therapy sessions, under the direct supervision of licensed psychologists.

Supervisor: *David Wasieleski, PhD, Assistant Professor, Valdosta State University, GA*

The Georgia Department of Family and Children Services

Duties: Observed counselors visit families and provide counseling. Learned how the welfare system works and assisted with counseling the people on welfare.

Supervisor: *David Wasieleski, PhD, Assistant Professor, Valdosta State University, GA*

Family Connections

Duties: Volunteered to offer counseling and support to teenagers with family problems, drug related problems, teenage pregnancies, aggressive behaviors, and adjustment difficulties.

Supervisor: *David Wasieleski, PhD, Assistant Professor, Valdosta State University, GA*

CLIENT WORKSHOPS OFFERED

Zacharia, M. & Karekla, M. (July 2019). Managing the fear of cancer recurrence. Two-hour workshop for cancer patients at the Cyprus Breast Center, Nicosia, Cyprus.

Zacharia, M. & Karekla, M. (March 2019). Psychological aspects related to Lymphedema: Patient empowerment. One-hour workshop for cancer patients at the Cyprus Breast Center, Nicosia, Cyprus.

Karekla, M. (December 2017). Accepting all thoughts and emotions for a valued life. Two hour workshop for parents and book presentation at "Stochothetw Learning Center", Nicosia, Cyprus.

Karekla, M. (March 2016). Dealing with the aftermath of the Mari explosion in Cyprus. Three hour experiential workshop offered to firefighters at EMAK (special unit for disasters), Kofinou, Larnaca.

Karekla, M. (March 2015). Introduction to mindfulness and acceptance of thoughts and emotions. Two hour experiential workshop offered to parents of elementary school children at Peukios Georgiades Elementary School, Strovolos, Nicosia, Cyprus.

Karekla, M. (February 2015). Cultivating psychological flexibility for a life full of meaning (Ανάπτυξη Ψυχολογικής Ευελιξίας για μια Ζωή Γεμάτη Νόημα). Two 2 hour experiential workshops offered to elementary school children at A' Nisou Elementary School, Nicosia, Cyprus.

Karekla, M. (April 2014). Cultivating psychological flexibility for a life full of meaning (Ανάπτυξη Ψυχολογικής Ευελιξίας για μια Ζωή Γεμάτη Νόημα). Two 2 hour experiential workshops offered to elementary school children at Peukios Georgiades Elementary School, Strovolos, Nicosia, Cyprus

Karekla, M. (November 2013, April 2014, & March 2015). Cultivating psychological flexibility for a life full of meaning (Ανάπτυξη Ψυχολογικής Ευελιξίας για μια Ζωή Γεμάτη Νόημα). Two 2 hour experiential workshops offered to elementary school children at Peukios Georgiades Elementary School, Strovolos, Nicosia, Cyprus

Karekla, M., Vasileiou, SV, & Kasinopoulos, O. (April 2013). Ending the war with pain, re-vitalizing our life (Σταματώντας το πόλεμο με το πόνο, ξανα-ζωντανεύοντας τη ζωή μας). Three 2 hour workshops offered to patients of the Antirheumatic Cyprus Association in Nicosia, Limassol and Larnaca.

Karekla, M. & Vasileiou, SV (December 2012). Acceptance and Commitment Therapy for Chronic Pain. 2 hour workshop offered to patients at the Antirheumatic Cyprus Association, Limassol, Cyprus.

RESEARCH EXPERIENCE

- 2018** **Expert researcher and consultant** for a MERA project (Students in Research), submitted to the Research Promotion Foundation by *Neapolis Gymnasium, Limassol*
- 2017** **Expert researcher and consultant** for a MERA project (Students in Research), submitted to the Research Promotion Foundation by *Drosia Middle School, Larnaca*
- 2016** **Expert researcher and consultant** for a MERA project (Students in Research) «Continuous involvement in internet based games and the consequences on physical and mental health of students at the Lyceum Ethnomartiras Kyprianos», submitted to the Research Promotion Foundation by the *Ethnomartiras Kyprianos Lyceum, Nicosia*
- 2016** **Expert researcher and consultant** for a MERA project (Students in Research), «Adolescents' eating habits and their relation to sleeping habits» submitted to the Research Promotion Foundation by *Drosia Middle school, Larnaca*
- 2009-** **Laboratory Director, ACTHealthy: Anxiety disorders and Behavioral Medicine Clinical Psychology research laboratory, Department of Psychology, University of Cyprus.**
- 2004- 2009** **Assistant Professor, University of Nicosia & Intercollege, Nicosia, Cyprus**
- 2004- 2009** **Research Coordinator, Center for Therapy, Training and Research (KESY), Nicosia, Cyprus**
- 2004- 2009** **Member of the Research Unit for Behavioural and Social Issues (RUBSI), Nicosia, Cyprus**
- 2003-2004** **Pre-doctoral Clinical Psychology Resident, University of Mississippi Medical Center/ Veterans Affairs Medical Center, Jackson, Mississippi**
- 1999-2003** **Graduate Research Assistant, Anxiety Disorders and Psychophysiology Research Laboratory, University at Albany, SUNY. (Supervisor: John P. Forsyth, PhD)**
- Summer 2000** **Graduate Research Assistant, Neuropsychology Laboratory, University at Albany, SUNY (Supervisor: Robert J. McCaffrey, PhD)**
- 1999-2000** **Obesity Treatment Group Co-Leader, Albany Medical Center, Albany, NY (Supervisor: Drew A. Anderson, Ph.D.)**

RANDOMIZED CLINICAL TRIALS REGISTERED

- 2018** Karekla, M. ACT to Prevent Eating Disorders: Evaluating a Gamified Prevention Program (AcceptME). ClinicalTrials.gov. NCT03693911.
- 2018** Karekla, M. Avatar-led Acceptance and Commitment Therapy Smoking Cessation (Flexiquit). ClinicalTrials.gov. NCT03631212.
- 2018** Karekla, M. Internet-based Acceptance and Commitment Therapy for Chronic Pain (ALGEApp). ClinicalTrials.gov. NCT03409302.
- 2016** Karekla, M. Acceptance and Commitment Therapy and Cognitive Behavioral Therapy for

- 2016 Chronic Pain (ALGEA). ClinicalTrials.gov. NCT02778737.
Karekla, M. Acceptance and Commitment Therapy vs Medical Treatment as Usual Wait-list Control for Primary Headache Sufferers (ALGEA). ClinicalTrials.gov. NCT02734992.

SYSTEMATIC REVIEWS/METAANALYSIS REGISTERED

- 2018 Karekla, M. The effectiveness of Acceptance and Commitment Therapy for chronic health and related conditions: A systematic review and meta-analysis. PROSPERO CRD42018102037.
2018 Gloster, A., & Karekla, M. Treating the Treatment Resistant: A Systematic Review and Meta-Analysis of Randomized Controlled Psychotherapy Trials. PROSPERO CRD42018094064.
2017 Karekla, M. The phenomenon of treatment dropout, reasons and moderators in Acceptance and Commitment Therapy and other active treatments: A meta-analytic review. PROSPERO CRD42017068456.

TEACHING EXPERIENCE

- 2018 *ERASMUS+ Exchange for Faculty* with Uppsala University, Sweden.
2016 *ERASMUS+ Exchange for Faculty* with Karolinska Institute, Stockholm, Sweden.
2015 & 2016 **Lecturer, Medical School University of Cyprus, Nicosia, Cyprus**
Taught "Psychology of Mourning" for Funeral directors as part of their certification course. Supervised the teaching of different modules for Medical School Students on Chronic pain, Respiratory problems, HIV/AIDS, Addictions.
2013 **Single Case Intervention Research: A Design Practicum for Therapists, Association for Contextual Behavioral Science Practice-Research SIG**
Co-taught with Kelly Koerner, Jennifer Villatte, Amanda Adcock Vaner Lugt, John Baranoff, Trend Codd, Nanni Presti & Jonathan Weinstein
2010-Present **Assistant Professor, Department of Psychology, (2007-2010 Visiting Lecturer; 2010-2015 Lecturer), University of Cyprus, Nicosia, Cyprus**
Undergraduate Level Courses:
ΨΥΧ 208- Ψυχολογία Υγείας (Health Psychology)
ΨΥΧ 220- Κλινική Ψυχολογία II (Abnormal Psychology)
ΨΥΧ 305- Ανάλυση και Τροποποίηση της Συμπεριφοράς (Behavior analysis and modification)
ΨΥΧ 342- Ψυχολογία της Τοξικοεξάρτησης (Psychology of Addictions)
ΨΥΧ 350- Ερευνητική Εμπειρία I (Research Experience I)
ΨΥΧ 401- Διαγνωστικές Μέθοδοι στην Ψυχολογία (Diagnostic methods in Psychology)
ΨΥΧ 450- Ερευνητική Εμπειρία II (Research Experience II)
ΨΥΧ 490- Διπλωματική Εργασία I (Undergraduate Thesis I)
ΨΥΧ 491- Διπλωματική Εργασία II (Undergraduate Thesis II)
Masters' & Ph.D. Level Courses:
ΨΥΧ 600- Διατριβή Μάστερ (Master's Thesis)
ΨΥΧ 605- Ψυχομετρία (Psychometrics)
ΨΥΧ 622- Μεταπτυχιακή Έρευνα I (Master's Research Experience I)
ΨΥΧ 623- Μεταπτυχιακή Έρευνα II (Master's Research Experience II)
ΨΥΧ 624- Μεταπτυχιακή Έρευνα III (Master's Research Experience III)
ΨΥΧ 614- Ψυχολογικές Παρεμβάσεις στα Σχολεία I (School-based Interventions I)
ΨΥΧ 723- Εξειδικευμένο Σεμινάριο: Γνωστικό Συμπεριφοριστική Θεραπεία (Specialized Seminar: Cognitive Behavior Therapy)
ΨΥΧ 714- Ψυχολογικές Παρεμβάσεις στα Σχολεία II (School-based Interventions II)
ΨΥΧ 735- Σεμινάριο Εποπτευόμενης Κλινικής Απασχόλησης-II (Clinical Practicum Seminar II)
ΨΥΧ 736- Σεμινάριο Εποπτευόμενης Κλινικής Απασχόλησης-III (Clinical Practicum Seminar III)
2010 **Guest lecturer, Health Sociology (Undergraduate Level), University of Nicosia**
Overview: Instructed a lecture section on Research Methodology in Clinical Health Psychology

- Instructor: Constantinos Phellas, Ph.D., *University of Nicosia*
- 2008- 2011** **Lecturer, Educational Program of Driving Educators offered by the Department of Transportation. Funded by the Ministry of Transportation (Υπουργείο Συγκοινωνιών και Έργων).**
- 2004- 2009** Psychosocial parameters of driving behavior and educating the driving educator
Assistant Professor, Department of Psychology, University of Nicosia (formerly called Intercollege), Nicosia, Cyprus
- Undergraduate Level Courses:
 PSY 110- General Psychology I
 PSY 111- General Psychology II
 PSY 240- Abnormal Psychology
 PSY 270- Health Psychology
 PSY 270- Health Psychology for Nurses (Greek course)
 PSY 330- Human Sexuality and Psychology of Gender
 PSY 460- Practicum in Psychology
 PSY 470- Experimental Psychology
- Masters' Level Courses:
 PSY 542- Cognitive and Cognitive Behavioral Approaches
 PSY 550- Practical Training in Clinical Psychology I
 PSY 555- Practical Training in Clinical Psychology II
 PSY 563- Practical Training in Clinical Psychology III
 PSY 565- Advanced Psychopathology
 PSY 591- Case conceptualization and Treatment Plan I
 PSY 592- Case conceptualization and Treatment Plan II
 PSY 685- Psychology and Prevention
- Fall 2004** **Visiting Lecturer, Department of Psychology, University of Cyprus, Nicosia, CY**
 Introduction to Clinical Skills (Graduate Course).
- 2004** **Guest Instructor and Clinical Supervisor, University of Mississippi Medical Center, Jackson, MS.**
 Introduction to Cognitive Behavior Therapy for Psychiatry Residents
- Overview: Instructed lectures on functional analysis, cognitive behavioral treatment for a variety of disorders, co-lead demonstrative case presentations, and aided in supervision of cases carried by Psychiatry Residents
- Instructor: Don Penzien, Ph.D., *University of Mississippi Medical Center*
Guest lecturer, Jackson State University, Jackson, MS.
Research Methods (Graduate Level)
- Overview: Instructed a lecture section on Single Case Design: Methodology and Application
- Instructor: Yvonne A.M. Hunt, M.A., *University of Mississippi Medical Center*
- 2002- 2003** **Assistant Director, Psychological Services Center, University at Albany, State University of New York**
- Overview: Lead and co-lead lectures of Senior Graduate Student Assistants (Ph.D. level) in the assessment and treatment of a variety of psychological problems. Presented lectures on the administration, scoring, and clinical usage of standardized assessment instruments, such as intelligence, memory, and achievement inventories (e.g. the Wechsler series tests, the Woodcock-Johnson series); personality inventories (e.g. the MMPI). Also provided instruction on various empirically supported treatments, and other extant treatments (e.g. DBT) for a multitude of psychological problem presentations.
- Supervisor: *George Litchford, PhD, ABPP-CI, Director of Psychological Services Center, University at Albany, SUNY*
- 2003** **Guest lecturer, University at Albany, State University of New York**
Human Sexuality (Undergraduate Level)
- Overview: Instructed a lecture section on the effects of stress on sexuality.
- Instructor: Megan M. Kelly, M.A., *University at Albany, SUNY*
Guest lecturer, University at Albany, State University of New York

- Child Psychopathology (Undergraduate Level)**
 Overview: Instructed one lecture section on internalizing disorders in children and adolescents.
 Instructor: Marios Constantinou, M.A., *University at Albany, SUNY*
Summer 2002 Instructor, *University at Albany, State University of New York*
- Abnormal Psychology (Undergraduate Level)**
Graduate Teaching Assistant, University at Albany, State University of New York
Abnormal Psychology (Undergraduate Level)
 1999-2002
 Duties: Instructed full multimedia lecture sections; graded article summary reports and other assigned projects.
 Supervisor: *John P. Forsyth, PhD, Assistant Professor, University at Albany, SUNY*
- 2000-2002**
Tutor, University at Albany, State University of New York
Research design and Statistical Methods
 Duties: Served as a tutor for undergraduate students enrolled in upper level research design and statistical methods classes
- 1999**
Summer school Art and Swimming teacher, Falcon School, Nicosia, Cyprus
 Duties: Taught art & introductory swimming classes to kindergarten, 1st, 2nd grade & middle school level students.
 Principle: *Nikos Ierides, PhD, Principle of Falcon School, Nicosia, Cyprus*
Student Teaching, Valdosta High School, Valdosta, Georgia, USA
 Duties: Taught different art classes at the high school level. The classes included: Introductory and Intermediate Drawing, Painting, Arts and Crafts, Ceramics, Art History, Art Services, Mixed Media and Sculpture.
 Supervisors: *Stephen Lahr, PhD, Chair of the Art Department and Professor, Valdosta State University* *Teresa Rozier, M.A., Art Teacher, Valdosta High School.*

ADMINISTRATIVE AND SUPERVISORY EXPERIENCE

ACADEMIC SUPERVISION

CURRENT ADVISEES

Ph.D. Clinical Psychology Students

1. Marianna Koutsantoni. Body Image in Women with Breast Cancer (Registration date: 2013)- Department assigned student
2. Pinelopi Constantinou. An experimental comparison of acceptance versus avoidance strategies for dealing with pain and precision evaluation of ambulatory psychophysiological equipment. (Registration date: 2015; Proposal approved: 10/1/2019)
3. Danae Papageorgiou. Can values-based interventions lead to exposure therapy engagement in flying phobics? (Registration date: 2015; Proposal approved: 14/11/2018)
4. Marianna Zacharia. A Brief Intervention for female breast **CAN**cer based on **A**cceptance and **C**ommitment **T**herapy (**I-CAN-ACT**) for depression and physical pain in Female Breast Cancer (Registration date: 2016)
5. Dafne Moroni (Registration date: 2017). A contextual science approach in aid of refugee unaccompanied minors.
6. Spyridonas Demosthenous (Registration date: 2018)

M.A. in School Psychology Students

1. Artemis Theophanous. Flexiquit: New digitalized ACT-based adolescent smoking cessation program. (Registration date: 2017; Proposal approved: 13/11/2018).
2. Despoina Iosif. Valued enhanced virtual reality exposure therapy to body image among individuals at high-risk for developing an Eating disorder (Registration date: 2017).

B.S. in Psychology (Undergraduate Thesis)

1. Theognosia Kakkoufa. Cognitive restructuring vs. defusion in drug addictions.
2. Michaela Michael. Distress tolerance in smokers.

3. Athina Zavou. Attentional bias in smokers.
4. Panayiotis Loizou. IRAP task pre and post a self-help intervention for drug addiction.
5. Dionisia Marti. Can values impact exposure acceptance?
6. Kalliopi Anagnostopoulou. Validation and factor structure of the Valuing Questionnaire.
7. Katerina Georgiou. Emotion regulation in smokers.

PAST ADVISEES

Ph.D. Clinical Psychology Students (all with Grade of "Excellent")

1. Stella Savvides. Evaluating an internet-based, avatar led, Acceptance and Commitment Therapy intervention for smoking cessation in youth (Graduated 2015)
2. Maria Koushiou. Eating disorder risk: The role of sensitivity to negative affect and body-image inflexibility. (Graduated 2016)
3. Vasilis Vasiliou. Randomized Clinical Trial examining the efficacy of Acceptance and Commitment Therapy compared to a wait-list control group in the treatment of head pain (Graduated 2017)
4. Patricia Nicolaou. ACT to prevent eating disorders: Evaluation of the AcceptME digital gamified prevention program based on Acceptance and Commitment Therapy (Graduated 2017)
5. Michaela Siamata. Emotion regulation in smokers: How cognitive reappraisal and acceptance affect subjective, physiological, cognitive and behavioural correlates of craving (Graduated 2019)
6. Orestis Kasinopoulos. AlgeaApp: ACT based digitalized program for the treatment of chronic pain. (Graduated 2019)
7. Maria Stavrinaki. Internal cues and drug dependency: Cognitive Reappraisal and Cognitive Defusion as potential processes of change and the role of individual difference factors. (Expected graduation June 2019)

M.A. in School Psychology Students- University of Cyprus

1. Georgia Leonidou. Factors affecting the relation between physical activity and smoking among adolescents who exercise. June 2017.
2. Anthoula Papageorgiou. Mindfulness program for teaching emotion regulation skills in school age children. June 2017.
3. Natasa Georgiou. Dealing with food cravings: Cognitive Restructuring vs. Cognitive Defusion. June 2014.
4. Vasos Pavli. The mediating role of experiential avoidance in smoking. June 2013.
5. Andria Christodoulou. Acceptance and Commitment Therapy enhanced by text messaging for smoking cessation in adolescence. June 2012.
6. Irene Gregoriou. Smoking cues during a cognitive frustration induction task. June 2011.
7. Vasilisa - Aphrodite Ioannou. Experiential Avoidance and its Relation to Reasons for Smoking in Adolescents. June 2011.
8. Christina Shiamounki. Standardization of the Three-Factor Eating Questionnaire (TFEQ) in Greek. June 2010.

M.A. in Educational Psychology Students

1. Argiro Kazella. Coping responses in adolescents presenting with anxiety and somatic disorder symptoms. February 2019.

M.S. in Clinical Psychology Students- University of Nicosia

1. Natalie Pilipenko. Acceptance and Commitment Therapy for Social Anxiety in College Students. June 2009
2. Marianna Charilaou. Psychosocial relation among exercise involvement and smoking in Adolescents and Young Adults in Cyprus. June 2009.

B.S. in Psychology (Undergraduate Thesis)- University of Cyprus

1. Kyproula Papandreou. Intolerance of emotional, somatic and cognitive drug cues as measured by experiential avoidance, anxiety sensitivity and distress tolerance can predict drug of choice. June 2018.
2. Nafsika Christodoulou. Development of a measure to assess reasons for consuming energy drinks in adolescents. June 2016.

3. Rafaella Panayiotou- Evaluating the impact of an ACT based workshop for individuals with Thalassemia. June 2016.
4. Panagiota Michael- IRAP for smoking. June 2016.
5. Evangelia Zoi Mavraki. The psychometric properties of the Greek version of the BIAAQ. June 2015.
6. Charikleia Constantinou. The impact of energy drinks on quality of life among adolescents. June 2015
7. Natasa P. Georgiou. Differential use of Cognitive Reappraisal and Expressive Suppression strategies influence the level of drug craving experienced by people with a Substance Dependence diagnosis. June 2015.
8. Sofia Loizou. Emotion regulation in Addictive Disorders. June 2015.
9. Kalia Nikolaou. Risk for Eating Disorders in Greek-speaking youth: The Role of Negative Emotion as induced via Film-clips. June 2015.
10. Marios Sialos. The predictive role of core Acceptance and Commitment Therapy principles on smoking behaviors among youth. June 2015
11. Sofia Hadjianastasi. Review of mindfulness programs for children and adolescents. June 2015.
12. Androula Eleftheriou. Greek validation of the CPAQ measure. June 2014
13. Ioanna Koliandri. Greek validation of the PIPS measure. June 2014
14. Georgia Christou. Validation of a cognitive defusion measure. June 2014.
15. Georgia Alexandrou. The impact of Self-efficacy in asthma control. June 2013
16. Anthoula Papageorgiou. Emotional dysregulation and facial expressions: The role of social anxiety, alexithymia and experiential avoidance. June 2013.
17. Penelope Constantinou. What influences a client's decision to prematurely drop out of treatment? Meta-analysis of third wave therapies. June 2013.
18. Christos Xiouroupas. Individual difference parameters related to Panic Attacks in college students. June 2013.
19. Maria Theodorou. Does a one-session values intervention impact self-efficacy and intention to quit smoking among college students? June 2013.
20. Nasia Dimiotou. Comparing a values intervention to a psychoeducational intervention for smoking cessation among college smokers. June 2013.
21. Florentia Yiangou. Inpatient vs. outpatient cancer patient anxiety, depression and quality of life: Does it affect satisfaction with the services of the oncology center of Cyprus. June 2013.
22. Haris Touliatos. Willingness to quit smoking in adolescents and young adults. June 2012.
23. Nayia Solea. Risk factors and Physical Activity in adolescents and young adults. June 2012
24. Virginia Georgiou. Social anxiety in relation to smoking in adolescents. June 2012
25. Stavria Kamperi. Pre and peri-natal problems and maternal habits in relation to learning disabilities in children. June 2012
26. Froso Iakovou. A review of VR technology as it is used for experimental investigations in clinical psychology and the study of anxiety disorders. June 2012
27. Georgia Constantinou. Validation of the ASI16 and 36 scales in Greek. June 2012
28. Antigoni Vasou. Psychosocial parameters related to Type I diabetes in children and their mothers. June 2012)
29. Chrysanthi Leonidou. The Impact of Disclosing an Asthma Diagnosis at Work. June 2011
30. Elena Shiakou. Smoking and other environmental factors and their effect on asthma. June 2011
31. Elena Hanna. Anxiety and Gender Differences in Health-Related Quality of Life Among Asthma Patients. June 2011
32. Margarita Panayiotou. Perfectionism, self-esteem, body image and reading beauty magazines as predictors of disordered eating behaviors: A comparison between BMI groups. June 2011
33. Natasa Georgiou. Psychosocial factors affecting the presentation of Night Eating Syndrome. June 2011
34. Zafeiro Mavroudi. Sex difference in relation to reasons for smoking. June 2011
35. Katerina Konikou. The values piece of ACT: Is it valuable in improving self-efficacy and smoking cessation intent? June 2011
36. Anthi Lourou, Experiential Avoidance: An Individual Difference Factor to Specific Phobias. June 2010.
37. Froso Souroula-Keu. Reasons for Smoking in Cypriot College Students. Are there Gender or Major Differences. June 2010.
38. Vasos Pavli. Differences in Anxiety Sensitivity Levels between Male and Female Smokers and Non

Smokers. June 2010.

39. Ioanna Hadjiharalambous. End-Stage Renal Disease Patients: General Health, Quality of Life, Anxiety, Depression and Coping Techniques in patients receiving chronic dialysis treatment in Cyprus. June 2010.

B.S. in Psychology (Undergraduate Research)- University of Nicosia

1. Natalia Savchenko. Prevalence of Panic Attacks in a Non-Clinical Population of College Students. June 2008. This **Thesis won the ΦΟΙΤΩ price** (1500 euro) for research excellence from the Cyprus Research Promotion Foundation.
2. Andri Kyriakou and Eleni Georgiou. Anxiety Increases Smoking Desire Among Young Adult Smokers. June 2008.
3. Tasos Anastasiou and Ethon Kokkalos. The association of Panic symptoms avoidance and the contribution of emotional avoidance in anxiety disorders. June 2008.
4. Louiza Christodoulou. A method of collecting sensitive data in research: The unmatched count technique. June 2008.
5. Milena Sergeeva. Sexism in Response to Stereotyped Versus Neutral Media Representation of Women among University Students in Cyprus: An Experimental Study. June 2008.
6. Stavria Karafoka. The impact of seeing a video portraying the nature of anorexia nervosa on the body esteem of participants. June 2008.
7. Andreas Pempetsios.

Ph.D. DISSERTATION COMMITTEES (serve(d) on but not the chair)

Victoria J. Firsching. University of Basel.

Andria Christodoulou. (Proposal date 14/02/2019). Examining the underlying PI/PF model components using innovative psychometric methods. University of Cyprus

Christiana Theodorou. (Proposal date 15/09/2019). University of Cyprus.

Natalie Kkeli. (Proposal date 20/06/2018). The bias between self-reports and measurements of height and weight: Detection, examination and manipulation.

Maria Panteli. Alexithymia's emotional deficits and experimental applications of mindfulness, and attention focus modification to improve emotional functioning.

Elena Charalambous. The investigation of attentional biases in Social Anxiety Disorder using the Startle Eyeblink Modification paradigm

Charoula Karantzia (Defense date 18/07/2019). Applying an Acceptance and Commitment Therapy for dealing with stress in immigrants in Greece. Aristotle University of Thessaloniki, Greece.

Klavdya Neofytou. (Defense date 25/05/2019) Attention bias modification treatment in social anxiety: the role of pre-existing attention bias and state anxiety. University of Cyprus

Derya Harman Cobanoglu (unsuccessful defense 2019). Levels of Stress among Medical Students Studying in Turkish-Speaking Universities in Cyprus: The Relation of Stress with Anxiety, Depression, Burnout, and Quality of Life. External examiner- University of Nicosia.

Chrysanthi Leonidou (Defense date 03/05/20). Cognitive and affective mechanisms of illness anxiety: How do illness-anxious individuals process health-threatening interoceptive and exteroceptive cues?

Natalyia Pilipenko (Defense date 12/9/2012). Psychiatric Comorbidity, Illness Management, and Psychological Factors in Cypriot Asthma Patients. Ferkauf Graduate School of Psychology, Yeshiva University, New York, USA.

MASTER THESIS COMMITTEES (served on but not the chair)

Iris Ilarionos (pending). Do Cypriot's parental style predict body image? Adolescent's beliefs and attitudes towards sexuality as a mediator.

Despoina Christodoulou (pending). ACT-based training for parents of children with autism. University of Athens.

George Demosthenous (graduated June 2019). Machine learning for the prediction of emotional coping using psychophysiological signals. This **Thesis won the ΦΟΙΤΩ price** (1500 euro) for research excellence from the Cyprus Research Promotion Foundation.

Tonia Fleri Artemi (graduated June 2019). Predictors of smoking craving under stressful conditions using the PASAT-C: HRV assessment in smokers.

Andrea Pisiotta (graduated June 2018). Psychophysiological Indices of Internalizing and Externalizing

Problems in School Bullies and Victims. School Psychology program, University of Cyprus.
 Kyriaki Christodoulou (graduated June 2018). Σχεδιασμός και Ανάπτυξη Λογισμικού για την Μέθοδο IRAP. Computer Science program,UCY.
 Andrea Trigiorgi (graduated June 2018). Data mining from psychophysiological and comparative evaluation of machine learning algorithms (Εξορυξη γνώσης απο ψυχοφυσιολογικά δεδομένα και συγκριτική αξιολογήση αλγορίθμων μηχανικής μαθησης). Computer Science program,UCY.
 Stephani Naziri (graduated June 2017). School Psychology program. University of Cyprus.
 Michaela Iacovou (graduated June 2015). Career Counseling program, University of Cyprus.
 Ioanna Mete (graduated June 2013). Cognitive Psychology program, University of Cyprus.
 Chryso Kouzapa (graduated June 2012). School Psychology program. University of Cyprus.
 Maria Hadjitheoharou (graduated August 2011). Public Health program, University of Maastricht, NE.
 Andri Anastasiou (graduated June 2011). School Psychology program. University of Cyprus.
 Eleni Papachristou (graduated June 2011). School Psychology program. University of Cyprus.

BACHELOR THESIS COMMITTEES (served on but not the chair)

Christoforos Galazis (graduated June 2017). Machine learning in the classification of acceptance vs. avoidance. Computer Science program. University of Cyprus.
 Anastasia Neophytou (graduated June 2015). Smoking Prevalence in Cyprus. Human Biology program, University of Nicosia.
 Andria Trigiorgi (graduated June 2016). Study of mechanical and deep learning methods applied to psychophysiological data.

ERASMUS EXCHANGE RESEARCH INTERNSHIP STUDENTS

Johanna-Julie Susanne Freiin Hofer von Lobenstein (2018)- Home institution: Maastricht University
 Lisa Jaqueline Ninnemann (2018)- Home institution: Maastricht University
 Marta Raquel Martinez Lledo (Spring 2011)- Home institution: University of Granada

POST DOCTORAL FELLOWS

Orestis Kassinopoulos (2019-2020). Project: Stay on Track: Web platform for adhering to prescribed medication.
 Angelos Kassianos (2018-2020). Project: Testing and Evaluating the Collection of Patient Reported Outcomes In Cancer CarE Using Innovative Approaches: The ePROM Digital Health Tool (PRICE).
 Despina Hadjikiakou (2014-2015). Project ALGEA.

ACADEMIC SUPERVISION/MENTORING OF TEACHING FACULTY

Fall 2019	Michaela Paraskeva-Siamata for ΨΥΧ 208 (Health Psychology) Andri Vrahimi-Souroula for ΨΥΧ 614 (School-based Interventions I)
Summer 2019	Christiana Theodorou for ΨΥΧ 132 (Psychology of Adjustment and Happiness)
Spring 2019	Marianna Zacharia for ΨΥΧ 220 (Clinical Psychology II- Abnormal Psychology)
Fall 2018	Fani Papayianni for ΨΥΧ 716 (Basic Clinical Skills) Maria Stavrinaki for ΨΥΧ 342 (Psychology of Addictions) Andri Vrahimi-Souroula for ΨΥΧ 614 (School-based Interventions I)
Fall 2017	Christiana Theodorou for ΨΥΧ 342 (Psychology of Addictions) Zoi Apostolidou for ΨΥΧ 716 (Basic Clinical Skills) Andri Vrahimi-Souroula for ΨΥΧ 614 (School-based Interventions I)
Spring 2017	Christiana Theodorou for ΨΥΧ 401 (Diagnostic methods in Psychology) Melina-Nicole Kiranides for ΨΥΧ 132 (Psychology of Adjustment and Happiness) Zoe Apostolidou for ΨΥΧ 131 (Psychology of Mourning) Andri Vrahimi-Souroula for ΨΥΧ 700 (Clinical Practice Seminar III)
Fall 2016	Alexandros Lordos for ΨΥΧ 342 (Psychology of Addictions) Andri Vrahimi-Souroula for ΨΥΧ 614 (School-based Interventions I) Zoe Apostolidou for ΨΥΧ 617 (Counseling Psychology) Zoe Apostolidou for ΨΥΧ 716 (Basic Clinical Skills) Xenia Georgiadou for ΨΥΧ 720 (Specialized Psychotherapy Seminar: Couples and

	Families)
Spring 2016	Mary Kosmides for ΨYX 700 (Clinical Practicum Seminar III) Christiana Theodorou for ΨYX 401 (Diagnostic methods in Psychology)
Fall 2015	Michaela Paraskeva-Siamata for ΨYX 131 (Psychology of Mourning) Michaela Paraskeva-Siamata for Lectures offered to Medical School Students Melina-Nicole Kiranides for ΨYX 614 (School-based Interventions I) Vasilis Vasileiou for ΨYX 342 (Psychology of Addictions)
Spring 2014	Eleni Miltiadous for ΨYX 132 (Psychology of Happiness and Adjustment) Alexandros Lordos for ΨYX 342 (Psychology of Addictions) Despina Hadjikyriakou for ΨYX 305 (Behavior analysis and modification) Panayiota Dimitropoulou for ΨYX 401- (Diagnostic methods in Psychology) Filia-Anna Christodoulou for ΨYX 220 (Abnormal Psychology)
Fall 2014	Panayiota Dimitropoulou for ΨYX 614 (School-based Interventions I) Zoe Giannousi for ΨYX 728 (Specialized Seminar IV: Interventions in the area of health)
Spring 2013	Panayiota Dimitropoulou for ΨYX 401- (Diagnostic methods in Psychology) Alexandros Lordos for ΨYX 342 (Psychology of Addictions) Theano Kalvana for ΨYX 208 (Health Psychology)
Fall 2012	Panayiota Dimitropoulou for ΨYX 614 (School-based Interventions I) Vasias Vasileiades for ΨYX 342 (Psychology of Addictions)
Spring 2012	Anastasios Stalikas for ΨYX 747 (Assessment II- Personality Assessment) Panayiota Dimitropoulou for ΨYX 605 (Psychometrics)
Fall 2011	Panayiota Dimitropoulou for ΨYX 401 (Diagnostic methods in Psychology) Christos Serbezis for ΨYX 307 (Counseling Psychology) Christos Serbezis for ΨYX 305 (Behavior analysis and modification) Xenia Georgiadiou for ΨYX 132 (Psychology of Happiness and Adaptation) Xenia Georgiadiou for ΨYX 720 (Specialized Psychotherapy Seminar: Couples and Families)
Since 2009	Mentoring of 1 Teaching Assistant (graduate student) per year for the classes I teach

CLINICAL SUPERVISORY EXPERIENCE

2019-	Supervise Orestis Kasinopoulos in offering clinical psychology services to clients at the Center for Cognitive Behavioral Psychology.
2017-	Supervise Eleni Myltiadous in offering clinical ACT-based services in private practice. Supervise Marianna Zacharia in offering clinical services at the “The Cyprus Breast Cancer Center”
2017-	Supervise Anthoula Papageorgiou in offering school psychology services to clients at the Center for Cognitive Behavioral Psychology.
2016-	Supervise Vera Floridou in offering school psychology services and Vasilis Vasileiou in offering clinical services to clients at the Center for Cognitive Behavioral Psychology.
2015-2019	Supervised Ph.D. level Clinical Psychology Students in conducting a group ACT intervention for unemployed individuals at the Aristotle University of Thessaloniki, Greece.
2015-	Supervise Dr. Maria Koushiou in offering clinical services at the Medical Center for Children, “Paidi.”
2015-	Supervise Orestis Kasinopoulos in offering clinical services at the non-governmental Organization of Paraplegia.
2014-2016	Supervised Ph.D. level Clinical Psychology Students in conducting ACT for chronic pain and head pain group intervention (as part of the Algea project) at the Institute of Neurology and Genetics and the University of Cyprus.
2014-2016	Supervised Masters level Health Psychology Students in conducting ACT for chronic pain group and head pain group intervention (as part of the Algea project) at the University of Crete, Greece.
2014-2017	Supervised MA level School Psychology and Ph.D. level Clinical Psychology Students in conducting Mindfulness workshops for Elementary school students at various schools in

Cyprus (e.g., Pefkios Georgiades Elementary school, A' Nisou Elementary school, Stavros Ementary school).

- 2010-2013** Supervised Ph.D. level Clinical Psychology Students in providing smoking cessation and clinical services at the Pneumonological Clinic of the Nicosia General Hospital, in partnership with Dr. Andreas Georgiou (head of clinic).
- 2008-2014** Supervised Master's level School Psychology and Ph.D. level Clinical Psychology Students in providing smoking cessation services for High-school and Technical School students, as part of a research project evaluating the effectiveness of Acceptance and Commitment Therapy for smoking cessation in adolescents, funded by the Ministry of Education.
- 2008- Present** **Co-founder and Administrator of the Center for Cognitive Behavioral Psychology, Nicosia, Cyprus**
- 2006- 2008** **Supervisor & Consultant to the Cyprus Thalassemia Association, Nicosia, Cyprus**
Supervised psychology trainees in providing individual and group psychological services to individuals with Thalassemia at the Nicosia, Larnaka, Limassol and Paphos General hospitals. Managed the project funded by Novarties and the Cyprus Thalassemia Association.
- 2004- June 2008** **Clinical Supervisor, Center for Therapy, Training and Research (KESY), Nicosia, Cyprus**
Duties: Supervised psychology trainees and Master's level students in Clinical Psychology in providing individual and group psychological services.
- 2004- Jan 2008** **Director of Clinical Practical Training for the Masters Program in Clinical Psychology, Intercollege, Nicosia, Cyprus**
Duties: Responsible for developing the clinical practical training component of the Clinical Psychology Program at Intercollege. Established quality practical training sites. Supervised Masters' level students in their practical training.
- 2003-2004** **Co-chief Resident, University of Mississippi Medical Center/Veterans Affairs Medical Center, Jackson, MS**
Duties: Responsible for the coordination of incoming class resident interviews, resident orientation, research seminars and clinical rounds, public relations and the assignment of outpatient clinical cases to the residency class.
- 2002-2003** **Assistant Director, Psychological Services Center, University at Albany, State University of New York, Albany, NY**
Duties: Served as an assistant to the director (George Litchford, Ph.D.) of the Psychological Services Center (PSC) at the University at Albany. Supervised second and third year Ph.D. level Graduate Assistants from the Clinical and Counseling Psychology programs; served as a resource for Practicum Students, Graduate Assistants, and Supervisors; reviewed and modified PSC policies and procedures; organized orientation procedures and led the orientation of new students to the center; coordinated the review of charts of practicum students by Graduate Assistants, and reviewed the Graduate Assistants' charts; presented numerous seminars on various topics ranging from assessment issues to treatment approaches and methods; maintained a referral database; scheduled and conducted workshops on various clinical conditions for a variety of agencies and organizations around the Albany area; served as a liaison to community agencies; coordinated community outreach and client recruitment; aided in the update and maintenance of test and book libraries, computer scoring programs, and brochure areas.
Supervisor: *George Litchford, PhD, ABPP-CI, Director of Psychological Services Center, University at Albany, SUNY*
- 2003** **Organized an Anxiety Screening Day for the Albany community, Albany, NY**
Duties: Recruited and trained screeners, organized materials to be used at the screening, advertised to the community, and supervised screeners.
- 1999- 2003** **Assistant Director, Anxiety Disorders Research Program, University at Albany, State University of New York, Albany, NY**
Duties: Served as an assistant to the director (John P. Forsyth, Ph.D.) of the Anxiety Disorders

Research Program (ADRP) at the University at Albany. Helped oversee the clinical research branch of the program; coordinated public relations, advertising, and participant recruitment efforts; coordinated in the programming of workshops for medical health professionals and community outreach; supervised Graduate Assistants in the assessment of anxiety disorders (Anxiety Disorders Interview Schedule training and administration); supervised Graduate and Undergraduate Assistants in the administration of client phone screens, scheduling, and follow-up; maintained a referral database; served as the primary therapist in providing group treatment to individuals with panic disorder and trained and supervised Graduate Assistants in the administration of manualized treatments for panic disorder.

Supervisor: *John P. Forsyth, PhD, Assistant Professor, University at Albany, SUNY*
1999-2003 Senior Graduate Research Assistant, Anxiety Disorders and Psychophysiology Research Laboratory, University at Albany, SUNY

Duties: Supervised and trained undergraduate and graduate students in research activities, including, use of the psychophysiological equipment in the laboratory, conducting screening and follow-up interviews on the phone with participants, writing Institutional Review Board (IRB) proposals, and writing papers for presentation. Additionally, aided in initiating the Anxiety Disorders Research Program (ADRP) which provides workshops and training in the assessment and treatment of anxiety-related disorders for physicians and other mental health professionals, as well as extensive diagnostic and psychophysiological assessments and treatment referrals for individuals suffering from anxiety-related problems.

Supervisor: *John P. Forsyth, PhD, Assistant Professor, University at Albany, SUNY*

ACCEPTANCE AND COMMITMENT THERAPY TRAINER PEER REVIEWER

- 2016 ACT Trainer Peer-Reviewer, assigned by the Association of Contextual Behavioral Science.**
 Reviewed the application of the following members to become ACT trainers: Michelle Woidneck, Ph.D., Staci Martin, Ph.D.
- 2013 ACT Trainer Peer-Reviewer, assigned by the Association of Contextual Behavioral Science.**
 Reviewed the application of the following members to become ACT trainers: Matthew D. Skinta, Ph.D.

MEMORANDA OF COLLABORATION ESTABLISHED

- 2018 The Breast Center of Cyprus
- 2018 Agora- Umbrella platform representing patient organizations of people with Rheumatic and Musculoskeletal Diseases in Europe.
- 2013 Cyprus Antireumatism Association

SELECTED QUESTIONNAIRES DEVELOPED and/or VALIDATED IN GREEK

Developed: Reasons for Consuming Energy Drinks Scale (RCEDS); Cognitive Defusion Stamp; The Perceived Impact of Events questionnaire (PIE).

Published: Acceptance and Action Questionnaire (AAQ-II); Avoidance and Fusion Questionnaire (AFQ) and AFQ-Youth; Body Image-Acceptance and Action Questionnaire; Chronic Pain Acceptance Questionnaire (G-CPAQ); Paced Auditory Serial Addition Test (PASAT- computerized version); Patient Health Questionnaire (PHQ); Perceived Stress Scale (PSS); Psychological Inflexibility in Pain Scale (PIPS); Restraint Scale.

In preparation or validation under submission: Reasons for Smoking Scale in Adolescents and Young Adults, Psychiatric Diagnostic Screening Questionnaire (PDSQ), Anxiety Disorders Interview Schedule for Adults (ADIS) and brief version, Spielberger State and Trait Questionnaire (STAI-S-T), Anxiety Sensitivity Index (ASI 16 and 36 item versions), Cognitive Fusion Questionnaire (CFQ), Mindfulness Attention Awareness Scale (MAAS), White Bear Suppression Inventory (WBSI), Childhood Depression Inventory (CDI), Stages of change Ladder, Positive and Negative Affect Scale (PANAS), Self-Consciousness Scale (SCS), Self-efficacy Scale

(SES), Values Living Questionnaire (VLQ), Revised Restraint Scale (RRS), Eating Attitudes Test (EAT-26), Weight goals, Three Factor Eating Questionnaire (TFEQ), Health Problems Severity Scale, Social Support Questionnaire (SSQ), Stressful Life Events Scale (SLES), Asthma Control Questionnaire, Asthma Knowledge Test, Asthma Medication Beliefs (Adapted from the Beliefs About Medication Questionnaire), Asthma Quality of Life Questionnaire (AQLQ), Asthma Action Plans, Asthma and Panic Disorder Differential Questionnaire, Center for Epidemiological Studies Depression Scale (CES-D), UPPS-P Impulsive Behavior Scale, Smoking Consequences Questionnaire (SCQ), Test of Diabetes Knowledge (TDK), Quality of Life of Parents with Children with Diabetes, Impact of diabetes on spouses of individuals with diabetes, Social Anxiety Inventory Scale, Liebowitz Social Anxiety Scale (LSAS), Self-statements During Public Speaking, Believability of Anxious Feelings & thoughts (BAFT), Anxiety Control Questionnaire (ACQ), Satisfaction w/ life scale (SLS), Smoking Intentions Questionnaire, Avoidance and Inflexibility Scale (AIS), Tobacco Withdrawal Scale (TWS), Treatment Outcome Rating Scale, Session Rating Scale, Treatment Expectations Questionnaire, Children Acceptance and Mindfulness Scale, Profile of Mood States (POMS), Schedule for Smoking Cessation, PsyFlex, Night Eating Questionnaire (NEQ), Power of Food Scale, Food Craving Questionnaire.

ADDITIONAL CLINICAL AND OTHER TRAINING SPECIALTIES

- 2018** **GDPR applications for Psychology.** Participated in a 5 hour training organized by the Cyprus Psychological Association.
- Mindful Yoga-Based ACT: Incorporating yoga into therapy.** Attended a 1 hour workshop presented by T. Gordon & J. Borushok at the ACBS World Congress, Montreal, Canada.
- Bringing Values to Life in ACT: Moving from the conceptual to the experiential.** Attended a 1.5 hour workshop presented by J. LeJeune & J. Luoma at the ACBS World Congress, Montreal, Canada.
- The stance of the ACT therapist.** Attended a 3 hour workshop presented by R. Walser & M. O'Connell at the ACBS World Congress, Montreal, Canada.
- Learning to Fail in ACT.** Attended a 1.5 hour workshop presented by R. Merwin at the ACBS World Congress, Montreal, Canada.
- The compassionate and flexible therapist.** Attended a 1.5 hour workshop presented by R. Kjelgaard at the ACBS World Congress, Montreal, Canada.
- ACT: Developing exposure/acceptance practice for people with Chronic Pain.** Attended a 1.5 hour workshop presented by J. Dahl at the ACBS World Congress, Montreal, Canada.
- 2017** **Elsevier's EES Training for Journal Editor Functional Analytic Psychotherapy.** Organized and participated in a 4 hour workshop presented by S. Sanida, University of Cyprus.
- Σύστημα Πληροφόρησης IMI Εκπαίδευση Αρμοδίων Αρχών.** Participated in an 8-hour training organized by the Ministry of Labor.
- Sessions with IMPACT: Interpersonal Mindfulness Processes in Acceptance & Commitment Therapy.** Attended a 1.5 hour workshop presented by R. Harris at the ACBS World Congress, Seville, Spain
- Mastering the Clinical Conversation with RFT.** Attended a 3 hour workshop presented by M. Villatte & J. Villatte, at the ACBS World Congress, Montreal, Canada.
- DNA-V in a Group Setting with Adolescents.** Attended a 1.5 hour workshop presented by L. Hayes at the ACBS World Congress, Seville, Spain
- Metaphor in Practice.** Attended a 3 hour workshop presented by N. Törneke & J. Villatte at the ACBS World Congress, Seville, Spain
- Fear and Flexibility: ACT and Inhibitory Learning for Anxious Children and Teens.** Attended a 3 hour workshop presented by Coyne, Egan Stack at the ACBS World Congress, Seville, Spain
- Harnessing the Power of the Present Moment in ACT.** Attended a 3 hour workshop presented by Strosahl & Robinson at the ACBS World Congress, Seville, Spain
- 2016** **Behavioral Activation.** Attended a 3 hour workshop presented by C. Lejuez, ABCT, NY, NY, USA.
- ACT for Parents and Children.** Attended a 3 hour workshop presented by S. Rombouts & C. McCurry at the ACBS World Congress, Seattle, Washington, USA
- Innovations in ACT for Pain.** Attended a 3 hour workshop presented by Guarna & S. Martin at the ACBS World Congress, Seattle, Washington, USA
- Creating the context to provide ACT-based contextual behavioral supervision: Reinforcing**

- fundamentals and overcoming barriers.** Attended a 3 hour workshop presented by S. Batten & R. Walser at the ACBS World Congress , Seattle, Washington
- Using ACT to increase psychological flexibility in cancer patients and survivors.** Attended a 3 hour workshop presented by Rost, Shumay & Gregg at the ACBS World Congress , Seattle, Washington, USA
- Thriving adolescents: Introducing the DNA-V model for youth.** Attended a 3 hour workshop presented by L. Hayes at the ACBS World Congress , Seattle, Washington
- 2015 Brief interventions for Primary care.** Attended a 3 hour workshop presented by K.Strosahl & P. Robinson, at ABCT, Chicago, USA.
- 2014 Relational Frame Theory & Acceptance and Commitment Therapy.** Organized and participated in a 2 day training presented by Ian Steward, sponsored by the ALGEA project at the University of Cyprus
- Synergy Expert meeting on “Implementation Intention and Action Planning Interventions in Health Psychology”** Attended a 2 day workshop facilitated by M. Hagger & A. Luszczynska at the annual meeting of the European Health Psychology Society, Innsbruck, Austria
- Acceptance and Commitment Therapy for Chronic Pain** Organized and participated in a 5 day training presented by J.Dahl, sponsored by the ALGEA project at the University of Cyprus
- 2012 The reality slap.** Attended a ½ day workshop presented by R. Harris at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- Acceptance and values in behavioral medicine.** Attended a ½ day workshop presented by J. Dahl, J. Gregg, & J. Lillis at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- Providing supervision in ACT: Fundamentals and practice.** Attended a ½ day workshop presented by Robyn Walser, Ph.D. and Sonja Batten, Ph. D. at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- ACT and yoga: Using yoga to optimize your clinical practice.** Attended a 1 hour workshop offered by C. Ehrnstrom & K. Morrissey at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- Mindful moving.** Attended a 1 hour workshop offered by N. Martin at the Annual Convention of the Association for Contextual Behavioral Science, Washington DC, USA.
- Clinical supervision within the Cognitive Behavioral model.** Attended a 2 hour workshop offered by D. Charila at the 3rd Panhellenic Cognitive Psychotherapy conference
- ‘Treasure Hunt’: The first electronic CBT based treatment game for children.** Attended a 2 hour workshop offered by A. Kalantzi-Azizi, A. Sofianopoulou, G. Vasilou, P. Takopoulou at the 3rd Panhellenic Cognitive Psychotherapy conference
- 2011 TailorBuilder workshop.** Attended a 1 day workshop by Matthisjs Eggers and Daniela Schulz on the use of the TailorBuilder software for developing on-line research and treatments.
- Testing theory and interventions within individuals: Theoretical issues and the use of n-of-1 and related methods of data analysis.** Attended a 3 day Synergy workshop by Derek Johnston, Marie Johnston, and Diane Dixon
- ACT-based Contextual Behavioral Supervision.** Attended a ½ day workshop presented by Robyn Walser, Ph.D. and Sonja Batten, PhD
- ACT with love.** Attended a ½ day workshop on using ACT for relationship issues presented by Russ Harris, M.D.
- Using ACT in Health Contexts.** Attended a ½ day workshop presented by Jennifer Gregg, Ph.D., Nuno Ferreira, & David Gillanders.
- 2010 Mindfulness Based Cognitive Therapy for Prevention of Relapse in Mood Disorders.** Attended a 1 day workshop presented by Zindel Segal, Ph.D.
- Brief Behavioral Activation for Depression.** Attended a ½ day workshop on Brief Behavioral Activation for Depression, presented by Carl Lejuez, Ph.D.
- 2009 Acceptance and Commitment Therapy.** Attended a 2-day workshop on ACT, presented by Kelly Wilson, Ph.D.
- Acceptance and Commitment Therapy.** Attended a 3 hour workshop on ACT, presented by Kelly Wilson, Ph.D.
- 2004 Certified as a Psychotherapist and Supervisor in Acceptance and Commitment Therapy**

- 2003 Acceptance and Commitment Therapy.** Attended a 2-day workshop on ACT, presented by Kelly Wilson, Ph.D.
- 2002 Acceptance and Commitment Therapy.** Attended a 2-day workshop on ACT, presented by Steven Hayes, Ph.D., at the Annual conference of the Association for the Advancement of Behavior Therapy.
- 2002 Dialectical Behavior Therapy for Borderline Personality Disorders.** Attended: 1) A one-day workshop on Dialectical Behavior Therapy for Borderline Personality Disorders, presented by Marsha Linehan, Ph.D., at the Annual meeting of the American Psychological Association.
2) A half-day workshop on Dialectical Behavior Therapy for Borderline Personality Disorders, presented by Marsha Linehan, Ph.D., at the Association for the Advancement of Behavior Therapy.
- 2001 Certified as a rape-crisis counselor.** Attended a 40-hour training in rape-crisis intervention, prevention, advocacy, and on providing family support.
- 2000 Certified in Child Abuse identification and prevention.** Attended a two-hour seminar, which covered how to identify and report child abuse and neglect.

PROFESSIONAL MEMBERSHIPS

- Cyprus Psychological Association
 - Presently hold the following posts: Member of the National Europsy awarding committee (2014-, Representative to EFPA Board on Psychology and Health (2014-, Representative to EFPA Task force on E-health (2016-
 - Past posts: member of the Executive Committee and treasurer (2005-2009); Representative to the European Federation of Psychology Association committee on Psychotherapy (2009-2015)
- European Health Psychology Society
 - 2018- Member, UN committee
 - Past posts: Cyprus delegate (2006-2015), member of Synergy board (2011-2015)
- Association for Contextual Behavioral Science (Chartered member)
 - Secretary/Treasurer (2018-2021)
 - Executive Committee Member-at-large (2016-2018)
 - Member-at-large for the Contextual Medicine SIG (2013-2016)
- Association for Behavioral and Cognitive Therapies;
 - Member of the Anxiety Disorders Special Interest Group (2016-
 - Member of the list-serve committee (2010-2014)
- American Psychological Association (past member)
 - Member of the Society of Clinical Psychology (Division 12)
 - Member of the Division of Health Psychology (Division 38)
- Society of Behavioral Medicine (2000-
- Society for Nicotine and Tobacco Research (2005-
- International Academy of Eating Disorders (2008-
- International Society for the Advancement of Respiratory Psychophysiology (2008-
- Society for a Science of Clinical Psychology (SSCP)
- European Society for Research on Internet Interventions (2017-
- European Association of Clinical Psychology and Psychological Treatment (2018-
- Association of Behavior Analysis (past member)
- American Psychological Society (past member)

CONFERENCES, PROFESSIONAL MEETINGS or WORKSHOPS ORGANIZED

- November 2018** Organized with the Cyprus Psychologist Associations and the EFPA e-Health Task Force, a half-day conference titled “Mental e-health Treatment Interventions,” Nicosia, Cyprus.
- October 2018** Organized with the Cyprus Psychologist Associations and the EFPA Standing Committee on Psychology and Health, a day conference on Psychology and Health, Nicosia, Cyprus.
- February 2017** Organized (as ACT*healthy* laboratory) a Functional Analytic Psychotherapy introductory

- seminar, presented by S. Sanida, at the University of Cyprus.
- December 2016** Organized (as ACT*healthy* laboratory) a clinical symposium in collaboration with the Cyprus Psychologist Association on “Behavioral and Cognitive-Behavioral therapeutic waves: Are they all the same?” Chair: V. Vasiliou; Panelists: M. Karekla, E. Karademas, G. Panayiotou, & A. Loutsiou.
- November 2016** Organized a day sensitization event in collaboration with the Cyprus Ministry of Health, titled “Do you still smoke? Think differently!” at the University of Cyprus.
- March 2016** Co-organized a scientific conference with the Ministry of Education and Culture and the Cyprus Institute of Biomedical Sciences, titled “Prevention of Smoking Among Youth.” (sponsored by EuroLife insurance company).
- December 2014** Organized a 2 day training on Relational Frame Theory & Acceptance and Commitment Therapy, presented by Ian Steward, sponsored by the ALGEA project at the University of Cyprus, Nicosia, Cyprus
- April 2014** Organized a 5 day training on “Acceptance and Commitment Therapy for Chronic Pain” presented by J.Dahl, sponsored by the ALGEA project at the University of Cyprus, Nicosia, Cyprus
- March 2013** Organized a workshop on “Empirically support treatments: Real world applications” presented by Loretta Brady, Ph.D., Fulbright Scholar, St. Anselm College.
- December 2012** Organized a day conference and kick-off meeting of the grant funded research project «ALGEA project: An innovative program for the treatment of chronic pain in patients and their families.»
- January 2012** Organized the semi-annual meeting of the Synergy board of the European Health Psychology Society, in Nicosia, Cyprus.
- May 2010** Organized the annual meeting of the European Federation of Psychological Associations: Psychotherapy Special Interest Group, in Larnaca, Cyprus. I was able to receive funding from the Cyprus Tourist Organization to fund this meeting.
- March 2010** Organized a workshop on “Behavioral Activation: Principles, Procedures, and Applications” presented by Carl Lejuez, Ph.D., Associate Professor and Director of the Center for Addictions, Personality and Emotion Research, University of Maryland.
- October 2009** Organized a 2-day workshop on Acceptance and Commitment Therapy presented by Dr. Kelly Wilson and co-funded by Ayia Skepi and the University of Nicosia
- May 2008** Organized the 1st University of Nicosia, Psychology Student Research Conference
- December 2007** Organized the 1st Cyprus (one-day) conference on “Dealing with the Smoking Epidemic in Cyprus.” Guest speaker was Professor Hein de Vries from the University of Maastricht. Additional presenters included: Dr. Andri Aristotelous from the Ministry of Health, Dr. Stavros Martoudis from the Anticancer Association and Anti-smokers League. This also served as a discussion forum for all interested parties attended. At the conclusion of the conference, the members who participated decided to start the “Cyprus Partnership against Tobacco.”

PRESS CONFERENCES or OTHER RESEARCH DAY CONFERENCES

- December 2017** Organized a day conference in collaboration with the Cyprus Ministry of Education and Culture, titled “Smoke Free Schools!” at the University of Cyprus for middle and high school principles, counselors and students (sponsored by EuroLife).
- November 2016** Participated in a press conference to announce EuroLifes’ new social responsibility program for 2017 titled “Prevention is not just a word. It is a way of life!”
- March 2016** Co-organized a press conference with the Ministry of Education and Culture and the Cyprus Institute of Biomedical Sciences, titled “Prevention of Smoking Among Youth” at EuroLife central offices, Nicosia, CY
- October 2015** Organized a day conference in association with the Ministry of Education and Culture and the European Network of Schools for Health Promotion, titled “Eating and Sleep Related Behaviors among Adolescents,” at Cyprus Pedagogical Institute, Nicosia, CY
- March 2015** Participated in a press and scientific conference, “The psychosocial parameters of

- Thalassemia in Cyprus,” organized by RUBSI in order to present the findings from the Research Promotion Foundation Thalassemia project.
- March 2015** Participated in a press and scientific conference, “The significant role of the psychologist in dealing with Chronic pain: The Algea project as an example,” organized by the Cyprus Archbishop, the Ministry of Health, the Cyprus Medical Association, and the Cyprus Nursing Association, on “The management of Somatic, spiritual and social pain.”
- March 2015** Co-organized a press conference to announce the first results of the ALGEA project on Chronic Pain at the University of Crete, Rethymnon, Greece.
- December 2014** Organized a press conference to announce the first results of the ALGEA project on Chronic Pain at the University of Cyprus
- May 2013** Participated with presentations in the Cyprus Antireumatism Association and The Ministry of Health’s day conference regarding the International week of rheumatoid diseases (May 11-19, 2013).
Presented findings from the asthma projects carried in association with the Nicosia General Hospital Pneumonological Clinic, as part of the activities of the Ministry of Health for the International Asthma week (May 6-11, 2013).
- June 2011** Organized a press conference to announce the results of the Research Promotion Foundation funded project titled “Psychosocial factors affecting asthma control: A cross cultural comparison.” This press conference led to numerous mentions in Cypriot newspapers, radio, and TV shows and invitations to attend a variety of TV and radio shows.
- November 2010** Organized a press conference to announce the results of our two Research Promotion Foundation funded projects dealing with the issue of Anxiety disorders in Cyprus. Title of the press conference “Anxiety disorders in Cyprus: Epidemiological and Experimental Findings.” This also served as a discussion forum for the representatives from the Ministry of Health and the Psychiatric Services of the Ministry, Ministry of Education, other mental health professionals and the researchers of the study. This press conference led to numerous mentions in Cypriot newspapers, radio, and TV shows and invitations to attend a variety of TV and radio shows to discuss the issue of Anxiety and Anxiety disorders in Cyprus.
- November 2008** Invited to participate and present the findings of the European Union’s HELP campaign as the Cyprus research expert on smoking. The press conference was conducted at the Nicosia Municipality under the auspices of the European Commissioner of Health, Mrs. Androula Vasilioiu. This press conference led to numerous mentions in Cypriot newspapers, radio, and TV news casts.
- November 2007** Organized a press conference to announce the results of the study “*The relation between Smoking and Physical Activity in Adolescents and Young Adults in Cyprus.*” This also served as a discussion forum for the representatives from the Ministry of Health, Ministry of Education, Cyprus Middle and High School Parent Association, Anti-cancer Society and the researchers of the study. This press conference led to numerous mentions in Cypriot newspapers, radio, and TV shows and invitations to attend a variety of TV and radio shows to discuss the issue of smoking in Cyprus.
- May 2007** Organized a press conference to announce the results of the study “*Smoking in Adolescents and Young Adults in Cyprus.*” This also served as a discussion forum for the representatives from the Ministry of Health, Ministry of Education, Cyprus Middle and High School Parent Association, Anti-cancer Society and the researchers of the study. This press conference led to numerous mentions in Cypriot newspapers, radio, and TV shows and invitations to attend a variety of TV and radio shows to discuss the issue of smoking in Cyprus.
- May 2007** Participated at a press conference organized by the Cyprus Minister of Health, Mr. Charis Charalambous, in light of the World Anti-smoking Day.
- February 2006** Organized a press conference to announce the initiation of the study “*Smoking in Adolescents and Young Adults in Cyprus.*” This also served as a discussion forum for the representatives from the Ministry of Health, Ministry of Education, Cyprus Middle and

High School Parent Association, Anti-cancer Society and the researchers of the study.

DEPARTMENTAL RESEARCH COLLOQUIA ORGANIZED

- May 2019** Ian Steward, Ph.D., University College Dublin (UCD), Ireland. «*Teaching Key Cognitive Skills to Young Children Using Relational Frame Theory*»
- November 2018** Tom Van Daele, Thomas Moore University & KU Leuven University, Belgium «*Carewear: How wearable technology can be used to improve current approaches to burn-out prevention and depression treatment*»
- November 2018** Lise Haddouk, Rouen University, France, «*Telepsychotherapy in videoconference framework*»
- November 2018** Megan M. Kelly, Ph.D., University of Massachusetts Medical School and Bedford VA, Boston, USA, «*The Phenomenology and Treatment of Body Dysmorphic Disorder*»
- November 2018** Jaimee Heffner, Ph.D., Fred Hutchinson Cancer Research Center, Seattle, USA, «*Using Digital Technologies to Deliver Targeted Interventions for Smokers with Mood Disorders*»
- March 2017** Andrew T. Gloster, Ph.D., University of Basil, «*Get off the couch and into life: Expanding research target to promote meaningful change*»
- February 2017** Rhonda Merwin, Ph.D., Duke University Medical Center, «*New directions in the treatment of Eating Disorders*»
- December 2016** Clinical symposium. Chair: Vasilis Vasiliou; Panelists: Evangelos Karademas, Georgia Panayiotou, Maria Karekla, and Anthi Loutsiou. «*Behavioral and Cognitive-behavioral therapeutic waves: Are they all the same?*»
- March 2016** Mary Kosmides, Ph.D., Aristotle University, Greece. «*Schema Therapy in Children and Adults*»
- December 2014** Ian Steward, Ph.D., University College Dublin (UCD), Ireland. «*Relational Frame Theory & ACT: Theory and Research*»
- April 2014** JoAnne Dahl, Ph.D., University of Uppsala, Sweden. «Looking at health issues from an ACT perspective».
- January 2014** Bradley Collin, Ph.D., Assistant Professor of Public Health and Pediatrics, Temple University, PA, USA. «*Multilevel Intervention to Reduce Child Secondhand Smoke Exposure.*»
- November 2013** Raimo Lappalainen, Ph.D., Head of the Department, Professor in Clinical Psychology and Psychotherapy, University of Jyväskylä, Finland. «*Developing Acceptance, Mindfulness and Value-based Brief Treatments (web and face-to-face): Combining teaching and research at the University Clinic.*»
- March 2013** Loretta Brady, Ph.D., Fulbright Scholar, St. Anselm College. «*Trauma, Addiction, and Recovery.*»
- December 2012** Evangelos Karademas, Ph.D., Associate Professor, University Krete, «Οι παρεμβάσεις γνωσιακού-συμπεριφοριστικού τύπου για την ενίσχυση της προσαρμογής σε χρόνια ασθένεια.»
- June 2012** Hein de Vries, Ph.D., Professor in Cancer Prevention and Health Promotion Maastricht University. «*Computer tailored technology for changing health behaviors.*»
- December 2011** Nic Hooper, Ph.D., Swansea University «*Thought Suppression: The Return of the White Bear*»
- October 2011** Nuno Ferreira, Ph.D., University of Edinburgh. «*Acceptance and Commitment Therapy in Health Contexts.*»
- June 2011** Jonathan Feldman, Ph.D., Associate Professor of Psychology, Ferkauf Graduate School of Psychology of Yeshiva University & Clinical Assistant Professor in the Department of Epidemiology & Population Health at Albert Einstein College of Medicine. «*Asthma and Panic Disorder.*»
- April 2011** Jennifer D. Lundgren, Ph.D., Assistant Director and Director of Clinical Training, University of Missouri- Kansas City. «*Night Eating Syndrome: When the Midnight Snack becomes an Eating Disorder*»

- March 2010** Carl Lejuez, Ph.D., Associate Professor and Director of the Center for Addictions, Personality and Emotion Research, University of Maryland. *“Using the Laboratory to Understand Adolescent Risk Taking Behavior.”*
- March 2010** Brad Collins, Ph.D., Assistant Professor of Public Health and Pediatrics, Temple University, PA, USA. *“Family Rules for Establishing Smoke-free Homes: The FRESH Behavioral Counseling Trial to Reduce Infant Exposure to Tobacco Smoke”*
- October 2009** Kelly Wilson, Ph.D., University of Mississippi. *“Experiential Case Conceptualization.”*

INVITED SPEAKER/SEMINARS OFFERED/INVITED SYMPOSIA/COLLOQUIAL SERIES

- 2019** **Invited Speaker, Cyprus Breast Center, Nicosia**
 Presentation: Psychological perspective in Lemphedema and Patient empowerment
- 2018** **Invited Speaker, Department of Psychology, Uppsala University, Sweden**
 Presentation: Best practices and recommendations to improve engagement and adherence in digital health behaviour change interventions.
- Invited Speaker, Department of Psychology, University of Athens, Greece**
 Presentation: Acceptance and Commitment Therapy.
Invited Speaker, launching event for MyHabeats organized by The Athens Business Incubator, Athens, Greece.
- Presentation: Digital ACT interventions for health behavior change.
Invited Speaker, Athienou municipality for Mothers’ day (13/05/2018)
- Presentation: Self-compassion: How mothers can deal with their many roles
Invited Speaker, University of Basel, Switzerland
- Presentation: Women in Psychological Science: My personal experiences
Invited Speaker, University of Basel, Switzerland
- Presentation: Digitalized psychotherapy: Have we created the perfect therapist?
Invited Speaker, Junior and Senior School of Nicosia, Nicosia, Cyprus
- Presentation: Social Media and Adolescents’ Mental Health
Invited Speaker, Department of Veterans Affairs, New England Mental Illness Research, Education, and Clinical Center (VISN 1 MIRECC), Bedford, MA
- Presentation: Guidelines for the development of digital applications for health behavior change
Invited Speaker, Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine
- Presentation: Digital applications for health behavior change: Research from the ACThealthy laboratory
Invited Speaker, Youth Organisation of Cyprus (ONEK), Nicosia, CY
- Presentation: Ethical use of new technologies in providers of psychological and counseling services (Η Ηθική και Δεοντολογία στη Χρήση Νέων Τεχνολογιών Παροχής Συμβουλευτικής και Ψυχολογικής Στήριξης)
Invited Speaker, Evening High School, Dasoupoli, Nicosia, CY
- Presentation: Flexiquit: How to quit smoking effectively.
Invited Speaker, Zinonio Free University, Larnaca, CY
- Presentation: Cultivating Emotional Health: Mindfulness, Acceptance and Valued Action
Invited Speaker, Junior School, Nicosia, CY
- 2017**
 Presentation: Loving our emotions
Invited Speaker, Technological University of Cyprus (TEPAK), Limassol, CY
- Presentation: Accept pain for a vital life: ALGEA project findings
Invited Speaker, Virginia Lyceum, Larnaca, Cyprus
- Presentation: Learning about smoking: Introducing a prevention and intervention program for adolescents.
Invited Speaker, Virginia Lyceum, Larnaca, Cyprus
- Presentation: Establishing a smoke-free school: How teachers can aid in promoting smoking prevention and intervention programs.
Invited Speaker at Karolinska Institute, Danderyd University Hospital, Stockholm,
- 2016**

Sweden.

- Presentation: ALGEA project: Acceptance and Commitment Therapy new protocol for the treatment of chronic pain including headache conditions.
Invited Speaker, Makareios Lyceum, Larnaca, Cyprus
- Presentation: Eating disorders: What are they and how we can prevent them.
Invited Speaker at a 2-day Scientific Conference “Establishing an HPV vaccination program in schools” of the Department of Medical and Public Health Services and Nursing Services Department of the Cyprus Ministry of Health
- Presentation: Psychological reactions to mass vaccinations in schools and practical skills for their prevention and intervention.
Invited Speaker at the Cyprus Psychological Association and EuroPsy National Awarding Committee, Nicosia, Cyprus
- Presentation: EuroPsy Specialist Certificate in Psychotherapy
Invited Speaker at a Round Table Discussion, Cyprus Ministry of Education and Culture, Nicosia, Cyprus
- Presentation: Position statement and Suggestions for the Prevention and Smoking Cessation among Youth
Invited Speaker, Drosia Gymnasium, Larnaca, Cyprus
- Presentation: Eating, drinking and sleeping habits of adolescents in Cyprus
Invited Speaker, Pancyprian Lyceum, Larnaca, Cyprus
- Presentation: Smoking: A pleasure or a problem?
Invited Speaker, Latsia Lyceum, Nicosia, Cyprus
- Presentation: Smoking: A pleasure or a problem?
Invited Speaker, Neapolis Middle School, Limassol, Cyprus
- Presentation: Smoking prevention
Invited Speaker, Polemidia Lyceum, Limassol, Cyprus
- 2015** Presentation: Smoking: A pleasure or a problem?
Invited Speaker, Aristotle University of Thessaloniki & North Greek Psychological Association, Thessaloniki, Greece
- Presentation: How to achieve psychological flexibility: Acceptance and Commitment Therapy
Invited Speaker, Zinoneio Open University, Larnaca
- Presentation: The entrapment of addiction: How to quit smoking.
 Presentation directly broadcasted via RIK1 radio program.
Invited Speaker, Zinoneio Open University, Larnaca
- Presentation: Managing Chronic Pain.
 Presentation directly broadcasted via RIK1 radio program.
Invited Speaker, University of Crete, Department of Psychology, Greece
- Presentation1: The “Algea” project: Goals and project description.
 Presentation2: Acceptance and Commitment Therapy: The third wave of Cognitive-Behavioral Treatment
Invited Speaker, Peukios Georgiades Elementary School, Strovolos, Nicosia
- 2014** Presentation: School bullying: What can parents do to prevent and intervene?
Invited Speaker, University of Cyprus, Association for Administrative Staff
- Presentation: Anger- What it is and how to effectively manage it.
Invited Speaker, Cleveland Clinic as part of the Health Psychology Didactics, USA
- Presentation: Acceptance and Commitment Therapy for Chronic Pain: A Contextual Cognitive Behavioral protocol based on the ALGEA project. Presented by Vasilis Vasilidou.
Invited Speaker and open discussion with parents, Peukios Georgiades Elementary School, Strovolos, Nicosia
- Presentation: Raising psychologically healthy kids.
Invited Speaker, Cyprus Multiple Sclerosis Association, Ajax Hotel, Limassol, CY
- 2013** Presentation: Chronic Pain and Multiple Sclerosis. Presented by Despina Hadjikyriakou
Invited Speaker, the Cyprus School for Parents (Σχολή Γονέων), Phrenaros
- Presentation: 10 Parental Practices for a More Relaxed Relationship with our Children.

- 2012**
- Presentation: **Invited Speaker, Peukios Georgiades Elementary School, Strovolos, Nicosia**
Effective Techniques for Managing Anger
- Presentation: **Invited Speaker, E-motion Dance and Health Studio, Nicosia**
How to change unhealthy behaviors and habits.
- Presentation: **Invited Speaker, Archangelos (Apostolos Markos) Lyceum, Strovolos**
Stress in the era of an economic crisis (information presented was published in student newspaper)
- Presentation: **Invited Speaker, Conference «Safety in the digital world» organized by the Cyprus School for Parents (Σχολή Γονέων), Limassol**
Use of new technologies and the internet for the prevention and treatment of psychological and other health problems.
- Presentation: **Invited Speaker, Akropolis Gymnasium, Strovolos**
Smoking: What can we do to prevent it?
- Presentation: **Invited Speaker, Pernera Elementary School, Strovolos**
School bullying: What can parents do to prevent and intervene?
- Presentation: **Invited Speaker, KENTHEA 17th PanCyprian Conference, Nicosia**
Acceptance and Commitment Therapy for Smoking cessation program for high school and technical school students.
- Presentation: **Invited Speaker, School of Social Sciences, University of Cyprus, Nicosia, Cyprus**
Reasons for smoking in adolescents in Cyprus. *Presentation with Vasilis Vasiliou.*
- 2011**
- Presentation: **Invited Speaker, Home of Journalism (Δημοσιογραφική Εστία), Nicosia, Cyprus**
Individual Difference Factors: How do they affect our psychological and physical health and how can deal with them.
- Presentation: **Invited Speaker, Γυμνάσιο Στροβόλου, Nicosia, Cyprus**
Acceptance and Commitment Therapy: Smoking Cessation program for high school and vocational schools. Press conference organized by the Ministry of Education and Culture and the Ministry of Health for the International Non-smoking Day (31 Μαΐου 2011).
- Presentation: **Invited Speaker, Γυμνάσιο Στροβόλου, Nicosia, Cyprus**
Substances of abuse: What are they, how do they affect us, what can we do about prevention or dealing with related problems?
- 2010**
- Presentation: **Invited Speaker, Panel discussion of the Pancyprian Coalition of Women Organizations (POGO) against the Sexual abuse of minors, Nicosia, Cyprus**
The importance and ways of dealing with the problem of child sexual abuse and the recent study of the University of Cyprus (principal investigator: Eleni Karayianni) about the shame and stigma associated with child sexual abuse in a cohort of teachers.
- Presentation: **Invited Speaker, Aradipou Middle School, Larnaca, Cyprus**
Recent smoking research in Cyprus and the implications of the recent law banning smoking in public places.
- Presentation: **Invited Speaker, Acropolis Middle School, Nicosia, Cyprus**
Eating disorders: How parents can recognize them and intervene
- Presentation: **Invited Speaker, Nicosia Municipality, Nicosia, Cyprus**
Heart disease: Prevention and Rehabilitation
- 2009**
- Presentation: **Guest speaker, Center for the Information on Drug Abuse and Treatment of Drug Dependent Individuals (KENΘEA), Nicosia, Cyprus**
Post traumatic experiences and how to handle them
- Presentation: **Guest speaker, Teddy Land Nursery, Nicosia, Cyprus**
Parenting skills: Rewards and Punishments.
- Presentation: **Invited Speaker, Ministry of Health, Continuing Education Unit, Nursing Services, Mental Health, Limassol, Cyprus**
Negative emotions (Anxiety and Anger): Ways to manage them **2008**
- Presentation: **Guest speaker, University of Nicosia Open University for the People, Nicosia, CY**
Anxiety in our lives: How can we manage it
- Presentation: **Guest Speaker, Parent's Association of Elementary School Students, Althienou District, Athienou, Larnaca.**

- 2007 Presentation: Sex Education for Parents of Children and Teenagers
Invited Speaker, Cyprus Research Promotion Foundation, Presentations of Research Projects for High School Students, Nicosia
 Presentation: The habit of smoking amongst teenagers and young adults in Cyprus.
Invited Presenter, Cyprus Research Promotion Foundation (Researchers night) Nicosia
 Presentation: Smoking in Cyprus (Followed by measurements of Carbon Monoxide levels in interested participants).
Guest Speaker, Cyprus Diabetic Association, Vrisoules, Larnaca
- Presentation: The Psychosocial Parameters of Type I and II Diabetes
Invited Speaker, Department of Public Health, Temple University.
- Presentation: Prevalence and the psychosocial parameters of Smoking.
Invited Speaker, Department of Public Health, Temple University.
- Presentation: Global Public Policy regarding Tobacco.
Invited Speaker, Cyprus Police Department, Substance Abuse Unit (YKAN)
- 2006 Presentation: Stress & Anger Management and Problem solving & Communication Skills
Invited Speaker, Ministry of Health, Continuing Education Unit, Nursing Services, Mental Health, Nicosia, Cyprus
- Presentation: Anger Management
Invited Speaker, Ministry of Health, Continuing Education Unit, Nursing Services, Mental Health, Nicosia, Cyprus
- Presentation: Stress Management
Invited Speaker, Pancyprian Coalition of Women Organizations (POGO), Athienou
- Presentation: Drugs: What can women do to help in the prevention, recognition and treatment
Invited Speaker, Athienou Association for the Blind, their Families and Friends
- 2005 Presentation: Stress: What it is and how to handle it
Invited Speaker, Cyprus Dentist Association, Nicosia, Cyprus
- Presentation: Dental phobia: How a psychologist can be of help to dentists
Invited Speaker, Parents Association of Deftera Primary Schools, Nicosia, Cyprus
- Presentation: Sex Education for Parents of Children and Teenagers
Invited Speaker, Intercollege, Open University for the People, Nicosia, Cyprus
- Presentation: Sex Education for Parents of Adolescents
Invited Speaker, Pancyprian Coalition of Women Organizations (POGO), Athienou
- Presentation: Stress in our Lives
Invited Speaker, Intercollege, Open University for the People, Nicosia, Cyprus
- Presentation: Post traumatic symptoms following the recent deadly airplane accident and how to handle them.
Invited Speaker, Pancyprian Coalition of Women Organizations (POGO), Pervolia, Cyprus
- Presentation: Stress Management
Invited Speaker, Parents Association of Paphos' Middle Schools, Paphos, Cyprus
- Presentation: Sex Education for Parents of Children and Teenagers
Invited Speaker, Intercollege, Open University for the People, Nicosia, Cyprus
- 2003 Presentation: Smoking: Its effects and solutions
Guest speaker, G.V. (Sonny) Montgomery VA Medical Center, Jackson, MS,
- Presentation: Acceptance and Commitment Therapy
 Presented to the social work staff at the G.V. (Sonny) Montgomery VA Medical Center
Guest speaker, University of Mississippi Medical Center, Jackson, MS.
- Presentation: Obesity: Risk, Consequences, and Treatment
 Presented to Physical Education students at the University of Mississippi Medical Center
Guest speaker, G.V. (Sonny) Montgomery VA Medical Center, Jackson, MS,
- Presentation: The Behavioral Assessment and Management of Stress.
 Presented to the nursing staff at the G.V. (Sonny) Montgomery VA Medical Center
Guest speaker, G.V. (Sonny) Montgomery VA Medical Center, Jackson, MS,

- Presentation: Stress Management and Psychological Adjustment for Diabetes Patients
Presented as part of the Group Diabetic Education Classes offered by the
Diabetes Education Project at the G.V. (Sonny) Montgomery VA Medical Center
- 2002** **Guest speaker on Seasonal Affective Disorder, at the State University of New York
Tax Department Employee Assistance Program, Albany, NY**
**Guest speaker on Anxiety and Depression, at the Wellness Day, at Bishop Maginn
High School, Albany, NY**
- 2000** **Colloquium presenter (Anxiety Disorders: Their Etiology and Treatment), Subject-
Pool Office Colloquium Series, Dept of Psychology, University at Albany, SUNY**

UNIVERSITY SERVICE

- 2019-** **Member of the University Research Committee**
- 2016- Present** **Chair of the Clinical Psychology Doctoral Committee, Department of Psychology**
- 2016- Present** **Member of the University Publication Policy Committee**
- 2016- 2017** **Member Psychology Department Ad-hoc committee revising the psychologists'
practice law as per the request of the Minister of Health**
- 2011, 2015, 2016, 2019** **Examiner of the School Psychology M.A. Program final Professional Adequacy
Oral Examination.**
- 2013** **Interview committee member, Medical School, University of Cyprus**
- 2012- Present** **Member of the Administrative committee of KENTHEA appointed via the
University of Cyprus**
- 2011- 2017** **Department representative at the Cyprus Antinarcotic Council**
- 2011- 2017** **Member of the Scientific committee of KENTHEA appointed via the University of
Cyprus**
- 2011-2012** **Member of the Psychology Department's Career Counseling M.A. Program
Development Committee in conjunction with the University of Athens, Department
of Education**
- 2011-Present** **Member of the School Psychology M.A. Program Development Committee at the
Department of Psychology, University of Cyprus, Nicosia, Cyprus**
- 2010- 2016** **Member of the Clinical Psychology PhD Program Development Committee at the
Department of Psychology, University of Cyprus, Nicosia, Cyprus**
- 2007- 2009** **Member of the Environmental, Health & Safety Committee at University of Nicosia,
Nicosia, Cyprus**
- 2007- 2009** **Member of the Ad-hoc committee to create an Anti-smoking Campaign at the
University of Nicosia, Nicosia, Cyprus**

PROFESSIONAL SERVICE ACTIVITIES

- 2019** **Cyprus Representative to the General Assembly, EFPA, Moscow, Russia**
- 2019** **Abstract Reviewer, ABCT, Atlanta, GA**
- 2019** **Abstract Reviewer, ACBS, Dublin, Ireland**
- 2019** **Abstract Reviewer and Track Chair, EHPS, Dubrovnic, Croatia**
- 2019** **Early Career Award Reviewer, EHPS**
- 2018-2021** **Secretary/Treasurer, ACBS**
- 2018-** **Appointed by the Cyprus Minister of Health to serve in the National Advisory
Committee for Tobacco Control**
- 2018-** **Convenor, Psychology and Health Standing Committee, EFPA**
- 2018-** **United Nations Subcommittee Strategy, EHPS**
- 2018** **Abstract Reviewer, ACBS, Montreal, Canada**
- 2018** **Ad Hoc Reviewer, Abstract Judge, ABCT**
- 2017-** **Consultant, The Cyprus Breast Cancer Center**
- 2017** **Poster award judge, EHPS conference, Padova, Italy**
- 2017-** **Member Advisory Board, European University Cyprus, Laureate International**

Universities

- 2017 **Abstract Reviewer**, ACBS, Seville, Spain
- 2016- **Member-at-large**, Association for Contextual Behavioral Science
- 2016- **Appointed by the Cyprus Council of Ministers to serve in the Cyprus Licensing Board of Professional Psychologists.**
- 2016 **Abstract Reviewer**, ABCT, New York, NY
- 2016-2018 **Research Development Grant committee member**, ACBS
- 2015-2018 **Member of the board of the Anxiety Disorders Special Interest Group**, ABCT
- 2015-2018 **Chair of the National Bioethics Committee, Biopsychosocial committee**
- 2015- **Member, e-Health standing committee**, EFPA
- September 2015 **Ad Hoc Reviewer, Abstract Judge & Research award judge**, ABCT, Anxiety Special Interest Group, Chicago, IL.
- 2014- **President of the Cyprus-Greece Chapter**, ACBS
- 2013-2015 **Member of the National Bioethics Committee, Pharmaceutical research committee**
- 2013- 2015 **Communications chair, Technology Special Interest Group**, ABCT
- 2012-2015 **Member of the board of Contextual Medicine Special Interest Group**, Association for Contextual Behavioral Science (ACBS)
- 2012- **Psychology and Health Task force**, EFPA, nominated by CYPASA
- 2012 **Appointed to serve in the Ethics and Disciplinary board of the Cyprus Licensure Committee.**
- 2012- **Appointed by the Cyprus Psychological Association to serve as member for establishing the local Europsy awarding committee.**
- 2011- 2015 **Board of Prevention and Intervention**, EFPA, nominated by CYPASA
- 2011- 2015 **Synergy Board member**, European Health Psychology Society (EHPS)
- 2011 **Appointed by the Ministry of Education to serve in an evaluation committee for registering a Masters program in Psychotherapy for accreditation.**
- 2010- 2016 **Member of Specialized European Awarding Committee of Psychotherapy**, EFPA
- March 2008 **Research Representative of Cyprus on Smoking-related Issues to COMETS meeting**, Paris, to discuss the future of the EU anti-smoking HELP campaign.
- 2007- **President, Cyprus Partnership Against Tobacco**
- 2007- 2010 **Treasurer of Executive Committee**, CYPASA
- 2007- 2015 **Representative of the Cyprus Psychological Association to the European Health Psychology Society**
- October 2006 **Research Representative of Cyprus on Smoking-related Issues** (Nominated by the Cyprus Anticancer Association) **to the European Network for Smoking Prevention**
- 2006 **Member of Executive Committee and Research Consultant**, Research Unit in Behavioral and Social Issues (RUBSI).
- 2005-2007 **Member of Executive Committee**, Cyprus Psychological Association (CYPASA)
- 2005-2007 **Representative of CYPASA to the European Federation of Psychology Associations**
- 2005- 2010 **Cyprus Representative and Member of the Standing Committee on Psychotherapy**, European Federation of Psychology Associations (EFPA)
- 2003-2004 **Co-chief Resident**, *University of MS Medical Center/VA Medical Center, Jackson, MS*
- Student Membership Committee member**, Association for Advancement of Behavior Therapy, Student Special Interest Group, *Boston, MA*
- 2002 **Chair, Clinical Interview Weekend Planning and Scheduling Committee**, Doctoral Program in Clinical Psychology, *University at Albany, SUNY.*
- Student Membership Committee member**, Association for Advancement of Behavior Therapy, Student Special Interest Group, *Reno, NV*
- 2001-2002 **Member of the Graduate Student Organization Grant Review Committee**, *University at Albany, SUNY.*
- 2001 **Ad Hoc Reviewer and Abstract Judge**, Association for Advancement of Behavior Therapy, Student Special Interest Group, *Philadelphia, PA*
- Student Membership Committee member**, Association for Advancement of Behavior Therapy, Student Special Interest Group, *Philadelphia, PA*

- 2000** **Co-Chair, Clinical Interview Weekend Planning and Scheduling Committee,** Doctoral Program in Clinical Psychology, *University at Albany, SUNY.*
Ad Hoc Reviewer and Abstract Judge, Association for Advancement of Behavior Therapy, Student Special Interest Group, New Orleans, LA
Student Membership Committee member, Association for Advancement of Behavior Therapy, Student Special Interest Group, Philadelphia, PA
- 1999-2000** **International Student Orientation Assistant,** *University at Albany, SUNY*
President, Student Special Interest Group of the Association for the Advancement of Behavior Therapy (AABT).
- 1995-1999** **Orientation Leader,** *Valdosta State University, GA*
Honor Students Association, Member, *Valdosta State University, GA*
Senator of the Student Government Association and Chairperson of the Public Relations and Philanthropy Committees, *Valdosta State University, GA*
- 1997-1998** **Student Government Association and Communications Board, Secretary,** *Valdosta State University, GA*
Chair of the Valdosta State University Student Health Advisory Committee *Valdosta State University, GA*
- 1995-1997** **Psychology Club, President,** *Valdosta State University, GA*
- 1996-1997** **Art Students League, Vice President,** *Valdosta State University, GA*
Society of International Students, Secretary, *Valdosta State University, GA*
- 1995-1996** **Society of International Students, President,** *Valdosta State University, GA*

CONFERENCE ORGANIZING COMMITTEES

- 2015** Member, 29th European Health Psychology Society Conference in Limassol, Cyprus
2015 Member, 15th PanHellenic Psychological Science Conference of ELPSE (ΕΛ.Ψ.Ε.) in Nicosia, Cyprus

COMMUNITY SERVICE

- Sept28-29 2019** Participated as ACThealthy at the Researchers' Night organized by the Cyprus Foundation for Research and Innovation.
- 2019** Proposed and aided in the creation of a video for the National Antismoking Campaign 2019 in Cyprus (sponsored by the Antinarcotics Council)
- 2008-Present** Caseload of 2-3 pro-bono clients at the Center for Cognitive Behavioral Psychology
- 2006-Present** Member of the Cyprus Anticancer Association
- 2006-Present** Member of the Cyprus Non-smokers league
- 2004-Present** Consultant with the Center for the Prevention of Violence against Women and Children, *Nicosia, Cyprus*
- 2003** Mississippi Methodist Rehabilitation Center Reunion 5K Race, *Jackson, MS*
- 2001-2003** Crime Victim and Sexual Violence Center, *Albany County, Albany, NY*
- 1998-1999** The HAVEN (Shelter, counseling services, and rape-crisis center for abused women and children) *Valdosta, GA*
- 1995-1999** International Fair, *Valdosta State University*
- 1996-1998** Diversity Week, *Valdosta State University*
- 1997** AIDS Memorial Quilt, *Valdosta State University*
Valdosta International Club, Guest speaker
- 1995-1997** International Awareness Program, *Valdosta State University*

PARTICIPATION IN CULTURAL EVENTS

- November 2018** Tilemahos Kanther Art Competition and Exhibit with art work titled «Flourishing»
December 2014 1st Art Exhibit: Art creation at the University of Cyprus with 4 pieces of art work

EDUCATIONAL MEDIA PRESENTATIONS, PUBLICATIONS & APPEARANCES

- May 2019** Addictions and Smoking cessation in adolescents and young adults. Radio Interview by Neophytos Neophytou on Astra FM.
- May 2019** Smoking cessation in adolescents and young adults. Television presentation at “Ev Zin” for RIK TV (Cyprus Broadcasting Cooperation).
- January 2019** Newspaper article. European Research on attitudes and stigma related to Chronic Pain. <http://ygeia-news.com/index.php?id=109&hid=529851>; <http://www.paideia-news.com/index.php?id=109&hid=33614>.
- January 2018** Smoking cessation: University of Cyprus programs. Radio interview at «Healthy Living» (Ζήσε με Υγεία) for Politis 107,6 radio station.
- January 2018** Live broadcast of the lecture to Zinonio Free University from the RIK1 radio station (Cyprus Broadcasting Cooperation).
- May 2016** Research on the Use of Energy Drinks among Adolescents in Cyprus. Television presentation at “Kali sas mera” for RIK TV (Cyprus Broadcasting Cooperation). http://82.102.78.226/Ucy/20160516095410_RIK1_UCY_MARIA_KAREKLA.wmv
- March 2015** Appearance in several TV stations in Crete, in the news sections discussing the Algea Project and the day conference held at the University of Rethymnon.
- March 2015** Panel discussion on Chronic pain: Psychological and Religious perspectives. Radio presentation for RIK1 radio Cyprus Broadcasting Cooperation).
- February 2015** New advances in smoking cessation for youth: The new on-line program from the ACT *healthy* laboratory. Television presentation at “Kali sas mera” for RIK TV (Cyprus Broadcasting Cooperation) http://82.102.78.226/Ucy/20150205094510_RIK1_MARIA_KAREKLA_UCY.wmv
- November 2014** The ALGEA project for the treatment of chronic pain. Television presentation at “Kali sas mera” for RIK TV (Cyprus Broadcasting Cooperation)
- September 2014** Eating disorders and the latest ACT *healthy* laboratory research. Television presentation at “Kali sas mera” for RIK TV (Cyprus Broadcasting Cooperation). http://www.cybc-media.com/vod2/index.php/component/jmsmusic/?view=playlist&playlist_id=12
- February 2014** Stress management in parents and their children. Radio presentation at “Ο Λόγος στους Γονείς” of Logos radio with Elena Hadjikakou, sponsored by the Cyprus Parents School.
- January 2014** ACT: Taking Hurt to Hope: Struggling with Asthma. Radio presentation at “Taking hurt to hope” with JoAnne Dahl, Ph.D.
- July 2012** Anxiety related to summer camps and after-school activities in families. Radio presentation at the morning show of Logos radio with Afrodite Chistinaki.
- June 2012** International anti-drug day: A chance to discuss drug prevention with our children. Radio presentation at the morning show of Logos radio with Afrodite Chistinaki.
- May 2012** Anxiety during the economic crisis. Radio presentation at the morning show of Logos radio with Afrodite Chistinaki.
- Communication difficulties. Television presentation at “Syn-plyn” for RIK TV (Cyprus Broadcasting Cooperation). http://www.cybc.com.cy/video-on-demand/index.php?option=com_videoflow&task=play&id=4187
- Smoking cessation. Television presentation at “Syn-plyn” for RIK TV (Cyprus Broadcasting Cooperation). http://www.cybc.com.cy/video-on-demand/index.php?option=com_videoflow&task=play&id=4056
- Values and their impact in our daily life and well being. Radio presentation at the morning show of Logos radio with Afrodite Chistinaki.
- April 2012** Participated in the Famelab preliminaries, voted in the top 10 and went to the finals.
- January 2012** Anxiety. Television presentation at “Syn-plyn” for RIK TV (Cyprus Broadcasting Cooperation). [http://www.blade.com.cy/TV/2012-01-27 - M. Karekla k.a. - RIK1 - Sun Plin \[1.10.19\] --20120128082306828.wmv](http://www.blade.com.cy/TV/2012-01-27 - M. Karekla k.a. - RIK1 - Sun Plin [1.10.19] --20120128082306828.wmv)
- July 2011** Psychosocial factors affecting asthma control in Cypriot asthma patients. Radio interview at 107.6 FM, “Zoom sta Gegonota” Educational and Medical program with Marilena Evaggelou.
- July 2011** Psychosocial factors affecting asthma control in Cypriot asthma patients. Radio interview

- at RIK 1 Radio, "Entos- Ektos" Educational and Medical program with Costas Michaelides.
- June 2011** Psychosocial factors affecting asthma control in Cypriot asthma patients. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- March 2011** Anxiety disorders research in Cyprus. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- May 2010** Anxiety disorders research in Cyprus. Radio interview at University of Cyprus Radio as the "Wednesday evening guest."
- February 2010** Anxiety and eating behaviors. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- December 2009** Television interview presented at "Syn & Plyn" for RIK TV (Cyprus Broadcasting Cooperation) regarding the stress association with hair loss and psychological reasons related with the condition of Trichotillomania.
- December 2009** Διαπαιδαγώγηση παιδιών και εφήβων. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- October 2009** Eating disorders. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- September 2009** Binge eating disorder: its link with obesity. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- May 2009** What needs to be done regarding the smoking situation in Cyprus. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- May 2009** Smoke-free schools: How can we get there. Presentation for the Ministry of Education.
- April 2009** The importance of physical exercise and how it relates to psychological well being. Television presentation at "Syn&Plyn" for RIK TV (Cyprus Broadcasting Cooperation).
- April 2009** Balancing studying and playing in children's lives. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- December 2008** How to deal with Stress. Television presentation at "Syn&Plyn" for RIK TV (Cyprus Broadcasting Cooperation).
- December 2008** Interview with a scientist regarding the proposed law for banning smoking in enclosed places. Radio interview at "Entos-Ektos" for RIK radio(Cyprus Broadcasting Cooperation).
- November 2008** Methods to quit smoking. Television presentation at "Syn&Plyn" for RIK TV (Cyprus Broadcasting Cooperation).
- October 2008** Is our children's behavior linked to their birth order? Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- September 2008** Why our children lie and what can we do about it. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- June 2008** Eating disorders: How to recognize them and then take action. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- May 2008** Sexual education: What can parents tell their children. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- April 2008** Ergasiomania. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- March 2008** How can we deal with anxiety. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- February 2008** Phobias- What are they and how do we deal with them. Television presentation at "Epta-deka" for RIK TV (Cyprus Broadcasting Cooperation).
- December 2008** The relation between smoking and physical activity. Television presentation at RIK TV (Cyprus Broadcasting Cooperation).
- December 2008** The relation between smoking and physical activity. Television presentation at "Kalimera" for Sigma TV.
- May 2007** Smoking in Adolescents and Young Adults in Cyprus. Television presentation and interview at "Teleoikonomia" for RIK TV (Cyprus Broadcasting Cooperation)
- May 2006** Sexual education in adolescence. Television panel discussion at "To Sizitame" for RIK

- February 2006** TV (Cyprus Broadcasting Cooperation).
Pregnancy and Post-partum depression. Television panel discussion at “To Sizitame” for RIK TV (Cyprus Broadcasting Cooperation)..
- March 2006** Women’s health- The case of Osteoporosis. Television panel discussion at “To Sizitame” for RIK TV (Cyprus Broadcasting Cooperation)..
- January 2006** Serial killers and rapists. Television panel discussion at “Tolmo” for Sigma TV, Cyprus.
- August 2005** Traumatic experiences and ways to handle them, following the tragic plane accident in Cyprus. Radio panel discussion at RIK radio station.
- 2005** Homosexuality. Television panel discussion at “Tolmo” for Sigma TV, Cyprus.

LANGUAGES

Fluent in Greek and English

Basic in French