



## **Elena Constantinou, PhD**

### **Short bio**

Elena Constantinou is a post-doctoral researcher with a research background in areas of clinical and health psychology. Her research focuses on the psychophysiology of emotion, specifically on aberrant emotional responding as manifested in emotion-related disorders, like anxiety and depression. She is also interested in the interaction between emotion and cognition: how emotions can bias cognitive and perceptual processes, e.g. the perception of bodily signals, but also how cognition (emotion regulation strategies) can influence emotional experiences.

Dr. Constantinou has a BA in Psychology and MA in Educational/Cognitive Psychology from the University of Cyprus. She obtained her PhD in Psychology in 2014 from the University of Leuven (Belgium). Her doctoral work examined how emotions can bias the perception of physical symptoms, leading to functional somatic symptoms as seen in conditions like Irritable Bowel Syndrome, fibromyalgia or Chronic Fatigue Syndrome. Dr. Constantinou is currently working on an internally funded post-doctoral research project at the Clinical Psychology and Psychophysiology lab, which explores the coherence among multiple emotional responses and its link to psychopathology, e.g. anxiety disorders.

[Link](#) to Google Scholar for publication list.