

MARY YANNAKOULIA

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DATE OF BIRTH: 11 July 1972
PLACE OF BIRTH: Athens
NATIONALITY Greek
CURRENT POSITION: Assistant Professor in Nutrition and Eating Behavior
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EDUCATION AND QUALIFICATIONS

1993 B.Sc. in Dietetics, Department of Nutrition and Dietetics, Harokopio University, Athens, Greece
 1994 M.Sc. in Nutrition, Department of Nutrition and Dietetics, King's College - University of London, UK.
 1997 - 2002 PhD in Nutrition, Department of Nutrition and Dietetics, Harokopio University, Athens, Greece (Title: "Eating behavior and body composition in ballet dancers: design, implementation and evaluation of a nutrition intervention program").

TRAINING - SEMINAR ATTENDANCE - SCIENTIFIC EXCHANGES - SCHOLARSHIPS

- Training (theory and practice) on body composition methods at the Department of Nutrition and Epidemiology, Wageningen Agricultural University, under the supervision of Dr. P. Deurenberg (7-14 September 1997).
- Intensive Course in Nutritional Medicine. In collaboration with the University of Surrey. Harokopio University, Athens (28 May - 1 June 1999).
- Seminar "Dietitians' Training Track", during the 5th London International Conference on Eating Disorders (2-4 April 2001)
- Post-Registration course in Eating Disorders for Dietitians with special emphasis on nutrition counseling techniques. Organized by British Dietetic Association, Wokingham, UK (17 - 20 September 2001).
- Educational and Research Visit to the Department of Development, Personality and Social Psychology, University of Ghent, and more specifically to Dr. Caroline Braet, using a grant from the Educational Exchange Program Greece - Belgium (Flemish Community) (15 - 20 November 2005).
- Educational visit to the Endocrine Division of the Department of Medicine, and more specifically to the Laboratory of Dr. C. Mantzoros (February 2008).

- Fulbright Research Scholarship 2009-2010 – Project Title: Mediterranean Diet and the Metabolic Syndrome; Host Institution: Laboratory of Dr. C. Mantzoros, Beth Israel Deaconess Medical Center, Harvard Medical School, US.

POSITIONS

1995-1996:	Research Fellow, Department of Nutrition and Biochemistry, National School of Public Health, Athens, Greece
1996-2000:	Teaching Associate in the Department of Basic Medical Sciences in the Faculty of Health and Caring Professions in the Technological Educational Institute (TEI) of Athens.
1997-1998	Research Fellow, Department of Nutrition and Dietetics, Harokopio University, Athens, Greece
1998-2004	Teaching assistant, Department of Nutrition and Dietetics, Harokopio University, Athens, Greece
2004-2010:	Lecturer of Nutrition and Eating behavior, Dept. of Nutrition and Dietetics, Harokopio University, Athens, Greece.
2010-to date:	Assistant Professor of Nutrition and Eating behavior, Dept. of Nutrition and Dietetics, Harokopio University, Athens, Greece

CURRENT TEACHING ACTIVITY

- *Undergraduate courses:*
 - Fall semester: Introduction to Nutrition
Clinical Pediatric Nutrition
 - Spring semester: Introduction to Clinical Nutrition
Nutrition counseling and eating behavior
- *Postgraduate courses:*
 - Fall semester: Diet and Physical Activity in the Management of body weight
 - Spring semester: Advanced Clinical Pediatric Nutrition

RESEARCH ACTIVITIES

- Researcher in the Greek part of the EPIC project (European Prospective Investigation into Cancer and Nutrition), funded by the European Union. National School of Public Health, Athens [Principal Investigator (PI): Prof. Antonia Trichopoulou], May 1995 - July 1995.
- Researcher in the DAFNE project (DATA Food NETWORK), funded by the European Union. National School of Public Health, Athens (PI: Prof. Antonia Trichopoulou), July - Oct. 1996.
- Researcher in the SPARTATHLON project (study on the body composition of ultra-marathon runners), Harokopio University (PI: Dr. Antonia Matalas), 1997-1999.
- Senior Researcher in the project "Nutritional status and behavior of young dancers: implementation of an intervention program", funded by the Ministry of Culture and the "IASO" Maternity Clinic. Harokopio University (PI: Dr. Antonia Matalas), 1997-2000.
- Researcher in the project "The Nutritional Status of Greek adolescents", funded by the Harokopio University (PI: Prof. Dorothea Klimis-Zacas), 1998.

- Researcher in the project “Nutritional assessment of athletes”, funded by the Hellenic Swimming Federation. Harokopio University (PI: Dr. Labros Sidossis), 2001-2003.
- Researcher in the project “Educational intervention for the diet and physical activity”, funded by the Ministry of National Education and Religious Affairs. Harokopio University (PI: Dr. Labros Sidossis), 2003.
- Researcher within the working group for the assessment of the dietary habits of Greek adolescents, based on the results of the multinational investigation *Health and Behavior in School Aged-Children (HBSC study)*, funded by the World Health Organization and the Ministry of Health and Welfare. University Research Institute of Mental Health (PI: Prof. A. Kokkevi), 2001-2003.
- Research Associate in the project “Management of overweight in children and adolescents” in collaboration with the Department of Child Psychiatry, University of Athens Medical School, “Agia Sophia” Children's Hospital, Athens, Greece and the ⁴Unit of Endocrinology, Metabolism and Diabetes, First Department of Pediatrics, University of Athens Medical School, “Agia Sophia” Children's Hospital, Athens, Greece. Harokopio University (PIs: Prof. G. Chrousos, Dr. J. Tsiantis, and Dr. L. Sidossis), 2003-2008.
- Co-investigator in the “ATTICA” epidemiological prospective investigation, funded by the Hellenic Cardiological Society (PIs: Prof. C. Stefanadis, Prof. C. Pitsavos, Dr. D. Panagiotakos), 2001 – to date.
- Co-investigator in the project “The Gene - Diet Attica Investigation on childhood obesity (GENDAI)” project, funded by Coca-Cola Europe. Harokopio University (PI: Dr. G. Dedoussis), 2005 – to date.
- Principal Investigator in the “Dietary Assessment of Greek Children”, epidemiological study, funded by the “Aristides Daskalopoulos Foundation”, Harokopio University, 2007-2009.
- Co-investigator in the research project “Effect of banana consumption on body weight, biochemical markers and intestinal microflora of overweight women”, funded by Chiquita Hellas (PI: Dr. Tz. Nomikos), 2009-2010.
- Co-investigator in the project “Mediterranean diet and Alzheimer’s Disease in the Mediterranean region”, funded by the Alzheimer’s Association (PI: Dr. N. Scarmeas), 2009-2012.

OTHER ACTIVITIES AND APPOINTMENTS

Within Harokopio University

- 2004 – to date: Director (with Dr. M. Kontogianni) of the Internship/Practical Placement Program of the Department of Nutrition and Dietetics.
- 2005 – to date Representative of the Department of Nutrition and Dietetics to the ERASMUS Thematic Networks DIETS1 and DIETS2.
- 2006 2009: Ex-member of the Executive Committee of the Master’s Program in Applied Nutrition and Dietetics in the Department of Nutrition and Dietetics.
- 2004 – to date: Supervisor in 2 PhD theses, member of the supervising committee in 3 PhD theses, supervisor in 20 postgraduate and > 20 undergraduate theses.

External activities

- Member of the examination committee for the State Scholarships Foundation (IKY) grants for postgraduate studies.
- External partner for several educational projects of the Pedagogical Institute of Greece.
- Member of the Expert Committee for the evaluation of Dietary Guidelines for Greeks for the Prevention of Osteoporosis, issued by the Hellenic Institute of Osteoporosis.
- Scientific collaborator of the “Aristides Daskalopoulos Foundation”, an independent, non-profit, charitable organization, with the aim to contribute to the improvement of the eating habits of the Greek people through the promotion of research, the acquisition of knowledge, the dissemination of information and the education of both public and experts (www.iad.gr).
- Reviewer in international scientific journals (*Journal of Nutrition, European Journal of Clinical Nutrition, Appetite, Nutrition, International Journal of Pediatric Obesity, BMC Public Health, Nutrition Journal, International Journal of Sports Medicine, The Review of Diabetic Studies*). Top reviewer for the *Appetite* journal for the year 2007.
- Reviewer for CRC Press (potential publication of future books).
- Reviewer of grant applications for ZonMw’s Healthy Nutrition Programme, the Netherlands (2009).

PUBLICATIONS

Full papers

1. Choi KM, Yannakoulia M, Park MS, Cho GJ, Kim JH, Lee SH, Hwang TG, Yang SJ, Kim TN, Yoo HJ, Baik SH, Kim SM, Mantzoros CS. Serum adipocyte-fatty acid binding protein, retinol binding protein 4, and adiponectin levels in relation to the development of metabolic syndrome in Korean boys: A 3-year 3 long prospective cohort study. *Am J Clin Nutr* (in press).
2. Dedoussis GV, Manios Y, Kourlaba G, Kanoni S, Lagou V, Butler J, Papoutsakis C, Scott RA, Yannakoulia M, Pitsiladis YP, Hirschhorn JN, Lyon HN. An Age Dependent Diet Modified Effect of the PPAR gamma Pro12Ala Polymorphism in children. *Metabolism* (in press)
3. Dedoussis CVZ, Yannakoulia M, Timpson NJ, Manios Y, Kanoni S, Scott RA, Papoutsakis C, Deloukas P, Pitsiladis YP, Davey-Smith G, Hirschhorn JN, Lyon HN. Does a short breastfeeding period protect from *FTO*-induced adiposity in children? *Int J Pediatr Obes* (in press)
4. Yannakoulia M, Klimis-Zacas D, Drichoutis A, Brussee SE, Kalea AZ, Yiannakouris N, Matalas AL. Food consumption patterns in Mediterranean adolescents: Are there differences between overweight and normal weight adolescents? *J Nutr Educ Behavior* (in press).
5. Smart SM, Dedoussis G, Yiannakouris N, Grisoni ML, Dror GK, Yannakoulia M, Papoutsakis C, Louizou E, Mantzoros CS, Melistas L, Kontogianni MD, Cooper JA, Humphries SE, Talmud PJ, on behalf of the EARSII Consortium. Genetic variation within *IL18* is associated with insulin levels, estimates of insulin resistance and postprandial measures. *Nutr Metab Cardiovasc Dis* (in press)

6. Yannakoulia M, Ntalla I, Papoutsakis C, Farmaki A-E, Dedoussis GV, PhD Yannakoulia M, Consumption of vegetables, cooked meals and eating dinner is negatively associated with overweight status in children. *J Pediatr* 2010;157:815-20
7. Yannakoulia M, Tyrovolas S, Bountziouka V, Papairakleous N, Zeimbekis A, Antonopoulou M, Gotsis E, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos D. The mediating effect of physical activity and smoking on the relationship between coffee drinking and body weight in elderly individuals: the MEDIS study. *J Am Geriatr Soc* 2010;58:1208-10.
8. Yannakoulia M, Drichoutis AC, Kontogianni MD, Magkanari F. Season-related variation in dietary recalls used in a paediatric population. *J Hum Nutr Diet* 2010;23:489-93.
9. Papalazarou A, Yannakoulia M, Kavouras SA, Komesidou V, Dimitriadis G, Papakonstantinou A, Sidossis LS. Lifestyle Intervention Favorably Affects Weight Loss and Maintenance Following Obesity Surgery. *Obesity* 2010; 18: 1348-1353.
10. Anastasiou CA, Yannakoulia M, Pirogianni V, Rapti G, Sidossis LS, Kavouras S. Fitness and weight cycling in relation to body fat and insulin sensitivity in normal weight young females. *J Amer Diet Assoc* 2010;110:280-284.
11. Kontogianni MD, Farmaki A-E, Vidra N, Sofrona S, Magkanari F, Yannakoulia M. Associations between lifestyle patterns and BMI in a sample of Greek children and adolescents. *J Amer Diet Assoc* 2010;110:215-221.
12. Bathrellou E, Yannakoulia M, Papanikolaou K, Pehlivanidis A, Pervanidou P, Kanaka-Gantenbein C, Tokou I, Tsiantis J, Chrousos GP, Sidossis LS. Parental involvement does not augment the effectiveness of an intense behavioral program for the treatment of childhood obesity. *Hormones* 2010; 9:171-175.
13. Dedoussis GVZ, Yannakoulia M, Smart M, Louizou E, Papoutsakis C, Alexandrou I, Humphries S, Talmud P. Dairy intake associates with the IGF2 rs680 polymorphism to height variation in peri-adolescent children. *Eur J Clin Nutr* 2010;64:253-8
14. Dedoussis GV, Vidra N, Butler J, Papoutsakis C, Yannakoulia M, Hirschhorn JN, Lyon HN. PPAR γ Pro12Ala polymorphism and risk for pediatric obesity. *Clin Chem Lab Med* 2009;47:1047-50.
15. Ntalla I, Yannakoulia M, Smart MC, Louizou E, Sakka SD, Papoutsakis C, Talmud PJ. ADIPOQ gene polymorphism rs1501299 interacts with fibre intake to affect adiponectin concentration in children: The GENE Diet Attica Investigation (GENDAI) on childhood obesity. *Eur J Nutr* 2009; 48: 493-7
16. Magkos F, Yannakoulia M, Mantzoros CM. Management of the metabolic syndrome and type 2 diabetes through lifestyle modification. *Ann Rev Nutr* 2009; 29: 223-56.
17. Bathrellou E, Yannakoulia M, Papanikolaou K, Pehlivanidis A, Pervanidou P, Kanaka-Gantenbein C, Tsiantis J, Chrousos G, Sidossis LS. Development of a multidisciplinary intervention for the treatment of childhood obesity based on Cognitive Behavioral Therapy. *Child and Family Behavior Therapy* 2010; 32:34-50
18. Tsiodras S, Poulia KA, Yannakoulia M, Chimienti SN, Wadhwa S, Karchmer AW, Mantzoros CS. Adherence to Mediterranean Diet is favorably associated with metabolic

- parameters in HIV positive patients with the HAART- induced metabolic syndrome and lipodystrophy. *Metabolism* 2009; 58: 854-859.
19. Kontogianni MD, Melistas L, Yannakoulia M, Malagaris I, Panagiotakos DB, Yiannakouris N. Association between dietary patterns and indices of bone mass in a sample of Mediterranean women. *Nutrition* 2009;25(2):165-71.
 20. Kontogianni MD, Vidra N, Farmaki A-E, Koinaki S, Belogianni K, Sofrona S, Magkanari F, Yannakoulia M. Adherence rates to the Mediterranean diet are low in a representative sample of Greek children and adolescents. *J Nutr* 2008; 138: 1951-6.
 21. Yannakoulia M, Yiannakouris N, Melistas L, Fappa E, Vidra N, Kontogianni MD, Mantzoros CS. Dietary factors associated with plasma high molecular and total adiponectin levels in apparently healthy women. *Eur J Endocrinol* 2008; 159: R5-10.
 22. Yannakoulia M, Panagiotakos DB, Pitsavos C, Tsetsekou E, Fappa E, Papageorgiou C, Stefanadis C. Eating habits in relations to anxiety symptoms among apparently healthy adults: a pattern analysis from the ATTICA Study. *Appetite* 2008; 51: 519-25.
 23. Yannakoulia M, Papanikolaou K, Hatzopoulou I, Efstathiou E, Papoutsakis C, Dedoussis GV. Association between marital status and children's BMI and meal patterns: results from the Gene-Diet Attica Investigation (GENDAI). *Obesity* 2008; 16: 1382-7.
 24. Yannakoulia M, Yiannakouris N, Melistas L, Kontogianni DM, Malagaris I, Mantzoros CSM. A dietary pattern characterized by high consumption of whole-grain cereals and low-fat dairy products and low consumption of refined cereals is positively associated with plasma adiponectin levels in healthy women. *Metabolism* 2008; 57 : 824-30.
 25. Yannakoulia M, Panagiotakos DB, Pitsavos C, Skoumas I, Stefanadis C. Eating patterns moderate the association between marital status and cardiovascular risk factors in apparently healthy men and women from the ATTICA study; a classification analysis. *Social Science and Medicine* 2008; 66: 2230-9.
 26. Yannakoulia M, Panagiotakos DB, Pitsavos C, Lentzas Y, Chrysohoou C, Skoumas I, Stefanadis C. Five - year incidence of obesity and its determinants: the ATTICA Study. *Public Health Nutrition* 2008; 7: 1-8.
 27. Fappa E, Yannakoulia M, Pitsavos C, Skoumas I, Valourdou S, Stefanadis C. Lifestyle intervention in the management of metabolic syndrome: could we improve adherence issues? *Nutrition* 2008; 24: 286-91.
 28. Yannakoulia M, Poulia K-A, Mylona E, Kontogianni MD. Intensive dietetic intervention in patients with type 2 diabetes mellitus: a pilot study. *Rev Diabetic Stud* 2007; 4:226-30.
 29. Magkos F, Yannakoulia M, Kavouras SA, Sidossis LS. The Type and Intensity of Exercise Have Independent and Additive Effects on Bone Mineral Density. *Int J Sports Med* 2007; 28: 773-9.
 30. Magkos F, Kavouras SA, Yannakoulia M, Karipidou M, Sidossi S, Sidossis LS. The bone response to non-weight-bearing exercise is sport-, site-, and sex-specific. *Clin J Sport Med* 2007; 17: 123-8.
 31. Klimis-Zacas DJ, Kalea AZ, Yannakoulia M, Matalas A-L, Vassilakou T, Papoutsakis-Tsarouhas C, Yiannakouris N, Polychronopoulos E, Passos M. Dietary intakes of Greek urban adolescents do not meet the recommendations. *Nutr Res* 2007; 27: 18-26.
 32. Yannakoulia M, Panagiotakos DB, Pitsavos C, Bathrellou E, Chrysohoou C, Skoumas Y, Stefanadis C. Low energy reporting related to lifestyle, clinical, and psychosocial

- factors in a randomly selected population sample of Greek adults: the ATTICA study. *J Am Coll Nutr* 2007; 26: 327-333.
33. Papoutsakis C, Vidra NV, Hatzopoulou I, Tzirkalli M, Farmaki A-E, Evagelidaki E, Kapravelou G, Kontele IG, Skenderi KP, Yannakoulia M, Dedoussis GV. The Gene - Diet Attica Investigation on childhood obesity (GENDAI): Overview of the Study Design. *Clin Chem Lab Med* 2007; 45: 309-15.
 34. Yannakoulia M, Melistas L, Solomou E, Yiannakouris N. Association of eating frequency with body fatness in pre- and postmenopausal women. *Obes Res* 2007; 15: 100-6.
 35. Yannakoulia M. Eating behavior in type 2 diabetic patients: a poorly recognized area in a poorly controlled population. *Rev Diabetic Stud* 2006; 3: 11-16.
 36. Yannakoulia M, Panagiotakos D, Pitsavos C, Stefanadis C. Correlates of BMI misreporting among apparently healthy individuals: the ATTICA study. *Obes Res* 2006; 14: 894-901.
 37. Bathrellou E, Yannakoulia M, Voutzourakis N, Zisis P, Matalas A-L, Sidossis A-L. Food adverts during the childrens' programme on TV. *Pediatrici* 2006; 69:127-133 (in Greek).
 38. Kavouras SA, Magkos F, Yannakoulia M, Perraki M, Karipidou M, Sidossis LS. Water polo is associated with an apparent redistribution of bone mass and density from the lower to the upper limbs. *Eur J Appl Physiol* 2006; 97: 316-21.
 39. Nassis GP, Papantakou K, Skenderi K, Triandafillopoulou M, Kavouras SA, Yannakoulia M, Chrousos GP, Sidossis LS. Aerobic exercise training improves insulin sensitivity without changes in body weight, body fat, adiponectin, and inflammatory markers in overweight and obese girls. *Metabolism* 2005; 54(11): 1472-1479.
 40. Panagiotakos DB, Pitsavos C, Yannakoulia M, Chrysohoou C, Stefanadis C. The implication of Obesity and Central Fat on markers of Chronic Inflammation: the ATTICA study. *Atherosclerosis* 2005; 183 :308-15.
 41. Farajian P, Kavouras SA, Yannakoulia M, Sidossis LS. Dietary Intake and Nutritional Practices of Elite Greek Aquatic Athletes. *Int J Sports Nutr* 2004; 14: 574-585.
 42. Yiannakouris N, Melistas L, Yannakoulia M, Mungal K, Mantzoros CS. The G-2548A polymorphism in the promoter region of the human leptin gene is associated with plasma free leptin levels; interaction with adiposity and gender in healthy subjects. *Hormones* 2003; 2: 229-236.
 43. Yannakoulia M, Matalas A-L, Yiannakouris N, Papoutsakis C, Passos M, Klimis-Zacas D. Disordered eating attitudes: an emerging health problem among Mediterranean adolescents. *Eat Weight Disord* 2004; 9: 126-133.
 44. Yannakoulia M, Keramopoulos A, Matalas A-L. Bone Mineral Density in Young Active Females: The case of dancers. *Int J Sports Nutr* 2004; 14: 279-291.
 45. Yannakoulia M, Karayiannis D, Terzidou M, Kokkevi A, Sidossis L. Nutrition related habits of Greek adolescents. *Eur J Clin Nutr* 2004; 58: 580-6.
 46. Magkos F, Yannakoulia M. Methodology of dietary assessment in athletes: concepts and pitfalls. *Curr Opin Clin Nutr Metab Care* 2003; 6: 539-549.
 47. Karayiannis D, Yannakoulia M, Terzidou M, Sidossis LS, and Kokkevi A. Prevalence of overweight and obesity in Greek school-aged children and adolescents. *Eur J Clin Nutr* 2003; 57: 1189-92.
 48. Yannakoulia M, Yiannakouris N, Blüher S, Matalas A-L, Klimis-Zacas D, Mantzoros CS. Body fat mass and macronutrient intake in relation to circulating soluble leptin

- receptor (sOB-R), free leptin index, adiponectin and resistin concentrations in healthy humans. *J Clin Endocrinol Metab* 2003; 88: 1730-1736.
49. Yannakoulia M, Sitara M, Matalas A-L. Reported eating behavior and attitudes improvement after a nutrition intervention program in a group of young female dancers. *Int J Sports Nutr* 2002; 12: 24-32.
 50. Yannakouris N, Yannakoulia M, Melistas M, Chen JL, Klimis-Zacas D, Mantzoros CS. The Q223R polymorphism of the leptin receptor (LEPR) gene is significantly associated with obesity and predicts a small percentage of body weight and body composition variability. *J Clin Endocrinol Metab* 2001; 86: 4434-4439.
 51. Yannakoulia M, Matalas A-L. Nutrition Intervention in dancers. *J Dance Med Sci* 2000; 4: 1-6.
 52. Yannakoulia M, Keramopoulos A, Tsakalakos N, Matalas A-L. Body Composition in dancers: the BIA method. *Med Sci Sports Exerc* 2000; 32: 228-234.
 53. Matalas A-L, Yannakoulia M. Food Street Vending: an old habit turned new. *World Rev Nutr Diet* 2000; 86: 1-24.

Book chapters

1. Yannakoulia M, Fappa E, Hwang JJ, Mantzoros CS. Diet and exercise in the prevention and management of the metabolic syndrome. In Mantzoros CS (Ed), *Nutrition and Metabolism*. Totowa, NJ: Humana Press Inc, 2009.
2. Kontogianni M, Yannakoulia M, Kuhn L, Shah S, Day K, Mantzoros CS. Nutrition recommendations and interventions for subjects with cardiovascular disease. In Mantzoros CS (Ed), *Nutrition and Metabolism*. Totowa, NJ: Humana Press Inc, 2009.
3. Bathrellou E, Yannakoulia M. Targeting childhood obesity through lifestyle modification. In Mantzoros CS (Ed), *Nutrition and Metabolism*. Totowa, NJ: Humana Press Inc, 2009.
4. Yannakoulia M, Papoutsakis C. Eating behavior change: nutrition counseling in dietary practice. In Zampelas A (Ed). *Clinical Nutrition and Dietetics*. Athens: Pasxalides, 2007 (in Greek).
5. Yannakoulia M. Women and food. In Matalas A-L, Houliaras A (Eds). *The Geography of eating*. Athens: Papazisis, 2005 (in Greek).
6. Yannakoulia M, Morigiannis F. Nutrition in adolescence. In Zampelas A (Ed). *Nutrition in the stages of life*. Athens, Pasxalides, 2003 (in Greek).
7. Yannakoulia M, Matalas A-L, Grivetti LE. From Frugality to Disordered Eating Behavior. The Case of Greece. In Ruggiero GM (Ed). *Eating Disorders in the Mediterranean World: Cognitive and Sociocultural Correlates*. Huntington, New York: NOVA Publisher, 2003.
8. Yannakoulia M, Vassilakou T. Constituents of the Mediterranean Diet: Alcoholic Beverages. In Matalas A-L, Zampelas A, Stavrinou V, Wolinsky I (Eds). *The Mediterranean Diet: Constituents and Health Disease*. Boca Raton, CRC Press, 2001.

Notes for the University courses (in Greek).

1. Karatzi K, Kontogianni M, Papoutsaki C, Bathrellou E, Yannakoulia M. *Case studies for the Clinical Nutrition* Athens: Harokopio University, 2008.
2. Yannakoulia M. *Introduction to Clinical Nutrition*. Athens: Harokopio University, 2005.

3. Yannakoulia M. *Nutrition counseling and Behavior*. Athens: Harokopio University, 2004 (Revised version, 2008).

Editing of Scientific Handbook

Gibney MJ, Vorster HH, Kok FJ. *Introduction to Human Nutrition*. Editors for the Greek Edition: A-L Matalas, M. Yannakoulia. Athens: Parisianos Medical Editions, 2007.

Abstracts published in scientific journals

More than 20 abstracts published in International journals.

IMPACT OF THE RESEARCH WORK

- Total number of citations: 636 (October 2010)
- H-index: 10

PARTICIPATION IN CONGRESSES

- As an invited speaker in 28 national and international congresses, among others in the 6th European Forum for Dietitians, the XXXV Annual Congress of the EACBT, the 17th Annual Meeting of the European Childhood Obesity Group, the national congresses of Nutrition and Dietetics.
- As a participant in many national and international congresses in the field of Nutrition, Dietetics, Obesity and Diabetes.

MEMBER of SCIENTIFIC SOCIETIES

- Nutrition Society (UK)
- Hellenic Dietetic Association
- Hellenic Atherosclerosis Society

LANGUAGES

English, very good command

French, very good command