

**PARASKEVI KATSAOUNOU**  
**CURRICULUM VITAE**

**PERSONAL DATA**

**NAME:** Paraskevi Katsaounou

**BIRTHPLACE:** Athens, Greece

**NATIONALITY:** Greek

**LANGUAGES:** English, Greek, French

**ADDRESS: Office:** Pulmonary and Critical Care Dept, **Evangelismos Hospital**, 45-47 Ipsilandou St.,  
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**PRESENT POSITION:** Lecturer of Pulmonary Medicine, Medical School, University of Athens, Evangelismos Hospital.

Chair of Smoking Cessation Group of Hellenic Thoracic Society

**QUALIFICATIONS:**

**DEGREE:**

Medical Doctor (M.D.)

University of Ioannina Medical School [1993]

Specialisation in Pulmonary and Critical Care Medicine [2001]

**PhD:** University of Athens Medical School- A (2001)

**PROFESSIONAL EXPERIENCE:**

**CLINICAL EXPERIENCE**

- Primary care physician (compulsory service) Ipati province, Lamia, Greece (1994-6)
- Specialisation at the Department of Pulmonary and Critical Care Medicine, University of Athens Medical School, Evangelismos Hospital, Athens, Greece 1996-2001
- Consultant of Chest Medicine (September 2004-April 2006). Agios Savvas General Hospital of Athens
- Lecturer of Pulmonary Medicine, Medical School, University of Athens, Evangelismos Hospital (April 2006-until now).
- Responsible of outpatient clinics (Smoking cessation-Asthma -COPD- Pulmonary) 2005-until now.

**RESEARCH EXPERIENCE**

- Jan 1998- present: doctorate thesis "The role of oxidative stress in the production of proinflammatory cytokines from respiratory and skeletal muscles".
- 1997-2002: worked at G.P. Livanos laboratory destined to the conduction of research at the cellular and molecular level and on the pathophysiological mechanisms of inflammation. I have conducted my Ph.D. thesis on "the role of oxidative stress in the production of proinflammatory cytokines from the skeletal and respiratory muscles".
- Postdoctoral research fellow (1-4-02 /30-3-03) with an ERS fellowship. Department of Thoracic Medicine of National Heart and Lung Institute of Imperial College of Science, Technology and Medicine.
- Clinical Research Fellow Department of Thoracic Medicine-Royal Brompton & Harefield Hospital-London (1-4-04/20-8-04- Measurement of inflammation markers in sputum in smokers and COPD).
- Research in the University of Athens as a lecturer of Medical School.
- Supervisor of six PhD students.

**CHAPTER IN BOOKS**

Severe asthma exacerbation. Paraskevi Katsaounou and Theodoros Vassilakopoulos. Critical Care. Fourth Edition. Civetta, Taylor, Kirby's. Lippincott Williams & Wilkins 2009.

**PARTICIPATIONS IN INTERNATIONAL CONFERENCES:**

**50 internationals and 70 Nationals**

**TRANSLATIONS** (from English to Greek)

1. Griffith's 5 Minute Clinical Consult -Mark.R.Dambro-Williams & Wilking-1997
2. A pocket Guide to Clinical Examination and History Taking- B.Bates-J.B.Lippincott Company-1992
3. Color Atlas and Text of Emergencies-K.Mills,R.Morton,G. Page -Mosby/Wolfe-1998

**PUBLICATION LIST**

1. Nogueira S., Driezen P., Fu M., Hitchman S., Tigova O., Castellano Y., Kyriakos C., Zatoński M., Mons U., Quah A., Demjén T., Trofor A., Przewoźniak K., Katsaounou P., Fong G., Vardavas C., Fernández E. Support for tobacco control measures among European smokers and recent quitters (2016-2018): Findings from the EUREST-PLUS ITC Europe Surveys. *Tob Control*. 2021 Mar 16:tobaccocontrol-2020-056177. doi: 10.1136/tobaccocontrol-2020-056177.
  
2. Katsaounou P, Buhl R, Brusselle G, Pfister P, Martínez R, Wahn U, Bousquet J. Omalizumab as alternative to chronic use of oral corticosteroids in severe asthma. *Respir Med*. 2019 Apr;150:51-62. doi: 10.1016/j.rmed.2019.02.003. Epub 2019 Feb 7. PMID: 30961951.
  
3. Damianaki A, Vagiakis E, Sigala I, Pataka A, Rovina N, Vlachou A, Krietsepi V, Zakyntinos S, Katsaounou P. The Co-Existence of Obstructive Sleep Apnea and Bronchial Asthma: Revelation of a New Asthma Phenotype? *J Clin Med*. 2019 Sep 16;8(9):1476. doi: 10.3390/jcm8091476. PMID: 31527545; PMCID: PMC6780801.
  
4. Kahnert S, Driezen P, Balmford J, Kyriakos CN, Demjén T, Fernández E, Katsaounou PA, Trofor AC, Przewoźniak K, Zatoński WA, Fong GT, Vardavas CI, Mons U; EUREST-PLUS Consortium. Impact of the Tobacco Products Directive on self-reported exposure to e-cigarette advertising, promotion and sponsorship in smokers-findings from the EUREST-PLUS ITC Europe Surveys. *Eur J Public Health*. 2020 Jul 1;30(Supplement\_3):iii55-iii61. doi: 10.1093/eurpub/ckaa055. PMID: 32918820; PMCID: PMC7526780.
  
5. Nogueira SO, Tigova O, Driezen P, Fu M, Kyriakos CN, Zatoński M, Mons U, Quah ACK, Demjén T, Trofor AC, Przewoźniak K, Katsaounou PA, Fong GT, Vardavas CI, Fernández E; EUREST-PLUS Consortium. Do smokers want to protect non-smokers from the harms of second-hand smoke in cars? Findings from the EUREST-PLUS ITC Europe Surveys. *Eur J Public Health*. 2020 Jul 1;30(Supplement\_3):iii108-iii112. doi: 10.1093/eurpub/ckaa056. PMID: 32918821.
  
6. Kahnert S, Driezen P, Balmford J, Kyriakos CN, Aleyan S, Hitchman SC, Nogueira S, Demjén T, Fernández E, Katsaounou PA, Trofor AC, Przewoźniak K, Zatoński WA, Fong GT, Vardavas CI, Mons U; EUREST-PLUS Consortium. Effectiveness of tobacco warning labels before and after implementation of the European Tobacco Products Directive-findings from the longitudinal EUREST-PLUS ITC Europe surveys. *Eur J Public Health*. 2020 Jul 1;30(Supplement\_3):iii84-iii90. doi: 10.1093/eurpub/ckaa039. PMID: 32918822; PMCID: PMC7526774.
  
7. Pappa S, Ntella V, Giannakas T, Giannakoulis VG, Papoutsis E, Katsaounou P. Corrigendum to "Prevalence of depression, anxiety, and insomnia among healthcare workers during the COVID-19 pandemic: A systematic review and meta-analysis" [*Brain Behav Immun*. 88 (2020) 901-907]. *Brain Behav Immun*. 2020 Dec 9:S0889-1591(20)32399-0. doi: 10.1016/j.bbi.2020.11.023. Epub ahead of print.
  
8. Diamanti A., Raftopoulos V., Lykeridou K., Katsaounou P. Smoking and Pregnancy: Where are we now? An Update of the Situation in Greece. *International Journal of Caring Sciences* 12 (1), 79-91 2019
  
9. Chung-Hall J, Fong GT, Meng G, Craig LV, McNeill A, Hitchman SC, Fernández E, Mons U, Trofor AC, Przewoźniak K, Zatoński WA, Demjén T, Katsaounou PA, Kyriakos CN, Vardavas CI; EUREST-PLUS Consortium. Support for e-cigarette policies among smokers in seven European countries: longitudinal findings from the 2016-18 EUREST-PLUS ITC Europe Surveys. *Eur J Public Health*. 2020 Jul 1;30(Supplement\_3):iii68-iii77. doi: 10.1093/eurpub/ckaa085. PMID: 32918824; PMCID: PMC7526782.
  
10. Papadakis S, Katsaounou P, Kyriakos CN, Balmford J, Tzavara C, Girvalaki C, Driezen P, Filippidis FT, Herbec A, Hummel K, McNeill A, Mons U, Fernández E, Fu M, Trofor AC, Demjén T, Zatoński WA,

- Willemsen M, Fong GT, Vardavas CI; EUREST- PLUS consortium. Quitting behaviours and cessation methods used in eight European Countries in 2018: findings from the EUREST-PLUS ITC Europe Surveys. *Eur J Public Health*. 2020 Jul 1;30(Supplement\_3):iii26- iii33. doi:10.1093/eurpub/ckaa082. PMID: 32918825; PMCID: PMC7526775.
11. Maria Lotrean L, Trofor A, Radu-Loghin C, Eremia M, Mihaltan F, Driezen P, Kyriakos CN, Mons U, Demjén T, Fernández E, Katsaounou PA, Przewoźniak K, Filippidis FT, Gravely S, Fong GT, Vardavas CI; EUREST-PLUS Consortium. Awareness and use of heated tobacco products among adult smokers in six European countries: findings from the EUREST-PLUS ITC Europe Surveys. *Eur J Public Health*. 2020 Jul 1;30(Supplement\_3):iii78-iii83. doi: 10.1093/eurpub/ckz228. PMID: 32918826; PMCID: PMC7526786.
  12. Papoutsis E, Giannakoulis VG, Ntella V, Pappa S, Katsaounou P. Global burden of COVID-19 pandemic on healthcare workers. *ERJ Open Res*. 2020 Jul 6;6(2):00195-2020. doi: 10.1183/23120541.00195-2020. PMID: 32665948; PMCID: PMC7335838.
  13. Girvalaki C, Filippidis FT, Kyriakos CN, Driezen P, Herbec A, Mons U, Papadakis S, Mechili EA, Katsaounou PA, Przewoźniak K, Fernández E, Trofor AC, Demjén T, Fong GT, Vardavas CI, The Eurest-Plus Consortium OBO. Perceptions, Predictors of and Motivation for Quitting among Smokers from Six European Countries from 2016 to 2018: Findings from EUREST-PLUS ITC Europe Surveys. *Int J Environ Res Public Health*. 2020 Aug 28;17(17):6263. doi: 10.3390/ijerph17176263. PMID: 32872132; PMCID: PMC7504326.
  14. Katsaounou PA. Electronic cigarettes for smoking cessation: an opportunity to readdress smoking cessation treatment. *Eur Respir J*. 2020 Oct 29;56(4):2000098. doi: 10.1183/13993003.00098-2020. PMID: 33122291.
  15. Pappa S, Giannakoulis VG, Papoutsis E, Katsaounou P. Letter to the editor "The challenges of quantifying the psychological burden of COVID-19 on healthcare workers". *Brain Behav Immun*. 2020 Nov 23:S0889-1591(20)32401-6. doi: 10.1016/j.bbi.2020.11.025. Epub ahead of print. PMID: 33242650.
  16. Pappa S., Athanasiou N, Sakkas N., Patrinos S., Sakka E., Barmparessou Z., Tsirikra S., Adraktas A., Pataka A., Migdalis I., Gida S., Katsaounou P. From Recession to Depression? Prevalence and correlates of depression, anxiety, traumatic stress and burnout in healthcare workers during the COVID-19 pandemic in Greece: a multi-center, cross-sectional study. Accepted at International Journal of Environmental Research and Public Health /Manuscript ID: ijerph-1118914
  17. D. Mpousiou,N. Sakkas, E. Soteriades, A. Karakatsani, M. Toumbis, S. Patrinos, A. Karathanassi, C. Gratziou, P. Katsaounou. Experiential-Learning Smoking Prevention Programme in Promoting Attitude Change in Adolescents. (Accepted TID).
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  19. Katsaounou P. Achieving asthma control: A focus on poor perceivers (2020) *Open J Asthma* 4(1): 011-012.DOI: <https://dx.doi.org/10.17352/oja.000012OJA-4-112>
  20. P. Katsaounou, M.Ioannou, M.Hyland, M.Odemyr, O. Spranger, A.Lindberg, M.Gasser, L.Garcia Conde, X. Jaumont, I. Kasujee. Smoking asthmatics, a neglected large phenotype of asthmatic patients.*OJA* 3-

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36. Gianniou N, Katsaounou P, Dima E, Giannakopoulou CE, Kardara M, Saltagianni V, Trigidou R, Kokkini A, Bakakos P, Markozannes E, Litsiou E, Tsakatikas A, Papadopoulos C, Roussos C, Koulouris N, Rovina N. Prolonged occupational exposure leads to allergic airway sensitization and chronic airway and systemic inflammation in professional firefighters. *Respir Med*. 2016 Sep;118:7-14. doi: 10.1016/j.rmed.2016.07.006. Epub 2016 Jul 13. PMID: 27578465.
37. Palamidas A, Tsikrika S, Katsaounou PA, Vakali S, Gennimata SA, Kaltsakas G, Gratziou C, Koulouris N. Acute effects of short term use of ecigarettes on Airways Physiology and Respiratory Symptoms in Smokers with and without Airway Obstructive Diseases and in Healthy non smokers. *Tob Prev Cessat*. 2017 Mar1;3:5. doi: 10.18332/tpc/67799. PMID: 32432180; PMCID: PMC7232825.
38. Van Schayck OCP, Williams S, Barchilon V, Baxter N, Jawad M, Katsaounou PA, Kirenga BJ, Panaitescu C, Tsiligianni IG, Zwar N, Ostrem A. Treating tobacco dependence: guidance for primary care on life-saving interventions. Position statement of the IPCRG. *NPJ Prim Care Respir Med*. 2017 Jun 9;27(1):38. doi: 10.1038/s41533-017-0039-5. Erratum in: *NPJ Prim Care Respir Med*. 2017 Sep 5;27(1):52. PMID: 28600490; PMCID: PMC5466643.
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41. Gianniou N, Giannakopoulou C, Dima E, Kardara M, Katsaounou P, Tsakatikas A, Roussos C, Koulouris N, Rovina N. Acute effects of smoke exposure on airway and systemic inflammation in forest firefighters. *J Asthma Allergy*. 2018 Apr 23;11:81-88. doi: 10.2147/JAA.S136417. PMID: 29719412; PMCID: PMC5922237.
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Smoking cessation in pregnancy: An update for maternity care practitioners. *Tob Induc Dis.* 2019 Aug 2;17:57. doi: 10.18332/tid/109906. PMID: 31582946; PMCID: PMC6770622.

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## II. ABSTRACTS

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**FELLOWSHIPS:** Onassis Foundation 2001.

European Respiratory Society Fellowship 2002.

ERS COPD Travel Grant for Best Posters 2007.

**Paraskevi Katsaounou** is a lecturer of the Medical school and works at the department of Respiratory and Critical Care. She is highly involved in teaching medical students and academic research. The outpatient respiratory clinics of the department are also, highly reputable and have a pooling of thousands of patients. A smoking cessation clinic was founded four years ago, which is receiving more than 400 smokers yearly. Evangelismos Smoking Cessation Team consists of highly qualified personnel of 3 respiratory physicians, psychologist, dietician and a respiratory nurse that are giving a combination of medical, psychological and dietary instructions. The Smoking Cessation clinic has an increasing patient inclusion rate, while the success rate in SC reaches 60%. It is the first clinic in Greece with established dietary support, especially for women that are afraid of gaining weight with SC. She is in charge of the smoking cessation clinic. She is running a model SC clinic, with full support for the smokers, and has managed to cooperate closely with other internal clinics for supporting hospitalized patients in quitting smoking i.e. the Cardiology, Oncology, Urology and many other departments of Evangelismos Hospital and Obstetrics in Elena Athens Hospital. The Clinic welcomes new protocols exploring smoking cessation. She supervises three Doctoral theses relevant with smoking cessation, with the first results announced last year in the American Thoracic Society's Congress 2010 in New Orleans<sup>45-46</sup>, the European Respiratory Society's Congress 2010 in Barcelona<sup>47</sup> and the 15th State of the Art Interdisciplinary Review Course on Thoracic & Critical Care Medicine Athens 2011<sup>48</sup>. A relative review has also, been published. She is a frequent speaker on smoking cessation at several national (Smoking Asthmatic, 13<sup>th</sup> State of the Art Interdisciplinary Review Course on Thoracic & Critical Care Medicine Athens 2009 etc) scientific meetings, including Pfizer meetings and international ("Smoking interventions in asthma"- World Congress of Asthma Athens 2010, "The smoking asthmatic"- ERS school seminar. 18<sup>th</sup> Hellenic Respiratory Society 2009, "Coronary Artery Disease, Nicotine Addiction, and Depression: The Tragic Triad"- Athens Cardiology Update 2010) ones. She also gave many talks in various towns of Greece regarding smoking cessation (12-5-2010 Kalamata, quitting smoking for pharmacologists; "Smoking related diseases", Lamia 17-4-2010; "Mechanisms of nicotine addiction", Corfu June 2010). She participates in smoking cessation seminars in the recent years: In April 2008, in Nicosia participated in a seminar regarding the treatment of Nicotine Addiction. On November 2009, she participated on the Global Healthcare Alliance for the Treatment of Tobacco Dependence. In May 2010, she presented the differences on the implementation level of the smoking ban between Cyprus & Greece to representatives of the Media, initiating collaboration between the Hellenic and the Cypriot Respiratory Societies. In June 2010, she participated to "train the trainer" meeting in Paris, organized by Pfizer. In September 2010, at the HTS's meeting in Rhodes, talked about Smoking in Women and particularly in pregnancy, starting a research collaboration with the largest public Obstetrics specialized hospital in Greece regarding firstly, the Smoking cessation of women during pregnancy and secondly, the effects of smoking during pregnancy on childhood allergies. She is a member of the smoking cessation group of Hellenic Thoracic Society (HTS) and a qualified trainer of chest physicians in Greece. Annually, the smoking cessation group of the Hellenic Thoracic Society is organizing training seminars for respiratory professionals in order to qualify them in smoking cessation. In these seminars the applicant is a giving many talks and participates to all respiratory physicians training. Last year, Greek government passed a law banning smoking in all public places in Greece. On this occasion people that decided quitting smoking increased and the applicant gave many informative talks on TV and radio which also advertised Smoking Cessation Clinic of Evangelismos hospital and increased smoker's recruitment. She reveals a high interest in research and CME. Working in close collaboration with

the Professor of Pulmonary Medicine of Athens, she has been involved in the publication of medical books authored by Prof. Roussos and Prof. Barnes (Imperial College, London). Her interest involves Smoking Cessation, COPD and asthma. She has published in several peer reviewed journals (11 publications). She has a growing number of publications in International and local congresses (33 posters in Int'l congresses and 22 in local congresses). Having a strong interest in clinical and biomedical research, she is digging into deep understanding of Smoking cessation mechanisms, in cooperation with Thorax Foundation in Athens and the research centre of the National Heart and Lung Institute of Imperial College, London. Lately, she is researching smoking on asthmatics and inflammation after smoking cessation in COPD patients. Namely the applicant is conducting research related to smoking related oxidative stress since 1999 at G.P. Livanos laboratory in Athens. Her research was related with pathophysiological mechanisms of inflammation on a molecular level. Her Ph.D. thesis was on “the role of oxidative stress in the production of proinflammatory cytokines from the skeletal and respiratory muscles”. Later she worked as a Postdoctoral research fellow with an ERS fellowship at the Department of Thoracic Medicine of National Heart and Lung Institute of Imperial College of Science, Technology and Medicine in London and as a Clinical Research Fellow in the Department of Thoracic Medicine-Royal Brompton & Harefield Hospital-London having as research topic: the measurement of inflammation markers in sputum in smokers and COPD patients. She also, won two fellowships from Onassis and Propontis Foundation in Greece. After returning in Greece as a lecturer of Medical School in Athens, she continues her Research in the University of Athens. She also has experience of International Clinical studies. She was a member of Evangelismos Ethics Committee for two years.

- **Chairman Of Smoking Cessation Group of Hellenic Thoracic Society since December 2012.**
- **Organiser of a European respiratory Society Course on Smoking Cessation in 2015.**
- **Trainer for smoking cessation professionals on behalf of Hellenic Thoracic Society for the past six years.**
- **Principal Investigator of Excellence 2012 grand from the European union for**  
**“ WEB-BASED SMOKING CESSATION IN UNIVERSITY STUDENTS USING PEER GROUP SUPPORT THROUGH A SOCIAL MEDIA APPLICATION”.**