

EHPS Annual National Delegate Report 2016

Country: Greece

National Delegate: Antonia Paschali

Continuing education. The Division of Clinical and Health Greek Psychology Society (<http://elpse.com/klinikh-psychologia/o-klados-2/>) organized this year two 5-hours each, brief educational seminars, in Athens, addressed to University students and mental health care professionals.

The first was on Mindfulness technique and its applications to enhance psychological difficulties. The division invited two certified therapist, Dr. M. Iliopoulou and Dr. M. Kolliri from the Athens Mindfulness Center. The second was on Acceptance and Commitment Therapy and its use in physical health problems. The Division invited Dr. M. Karekla, Associate Professor of Clinical Psychology at the Department of Psychology, University of Cyprus.

A similar but more extended (one week) training program on ACT, also took place at the Department of Psychology at the University of Crete and it was addressed to post-graduate health psychology students.

Research Activity. Two large ongoing research programs run by Prof. Evangelos Karademas have been completed this year at the Department of Psychology of the University of Crete. One project examined issues related to chronic pain (in collaboration with the University of Cyprus that coordinated the program, and funded by EU and national resources). The second project investigated the long-term psychosocial and neuropsychological adaptation of patients suffering from an autoimmune disease (also funded by EU and national resources). The first results of the latter project have already been published in three major international health psychology and neuropsychology journals.

Dr Fotios Anagnostopoulos, Professor of Health Psychology, Department of Psychology, Panteion University, Athens. Funded Research Project (2012-2015): "Building health care workers' capacity in health promotion", co-financed by the European Union (European Social Fund) and Greek national fund; coordinating institution: National and Kapodistrian University of Athens. During last year, Dr Anagnostopoulos was also involved in research on doctors' attachment orientations, the mental health status of medical residents, as well as the posttraumatic growth, cognitive processes and social constraints in breast cancer patients.

Dr. Antonia Paschali, Assistant Professor in Health Psychology at the Faculty of Nursing, National & Kapodistrian University of Athens, completed (in collaboration

with Prof. E. Karademas, at the University of Crete), a 2 year research project examining, patients adaptation to cancer in relation to the amount of information provided by their physicians, (the project was funded by national resources). The present results were presented in one international conference and published in the international journal of Psycho-Oncology.

Dr. Cleo Protogerou, Health Psychologist, whilst at Liverpool University, UK, conducted a systematic review and meta-analysis investigating factors influencing the efficacy of distress reduction interventions in cardiac surgery patients. A systematic review on depression and anxiety in cardiac surgery patients was published in the international journal of Behaviour Research and Therapy.

Applied developments. The National School of Public Health (Departments of Sociology & Child Health) participated in a consortium of 15 institutions from Italy, Greece, Slovenia, Malta, and Croatia, which received funding (EUR 1,689,045.11) for the project titled «Common Approach for REfugees and other migrants' health (CARE)» GA number -717317 from the Consumers, Health, Agriculture and Food Executive Agency (CHAFEA) of the European Commission. The project aims to promote and sustain the good health of migrants and populations in Member States experiencing strong migration pressure. It targets migrants and refugees in Hotspots, migrants' Centres and at arrival points. The project will start on April 1st 2016. Dr G. Koulterakis, Health Psychologist at the Department of Sociology of the National School of Public Health, is the directing coordinator of the NSPH team.

Conferences. The Division of Clinical and Health Greek Psychology Society in collaboration with the National School of Public Health, announced the 5th National Congress of Clinical and Health Psychology, for 2016. The conference's title is: "Redefining the person the family and the group: The role of Clinical and Health Psychology".