

Evaggelia Fappa

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Dietitian - Nutritionist, PhD

Evaggelia Fappa obtained a bachelor's degree in Dietetics and Nutrition, in 2004 and a master's degree in Nutrition (Direction: Clinical Nutrition) in 2006 from the Department of Nutrition and Dietetics, of the Harokopio University of Athens, Greece. Thereafter, she continued her studies under a scholarship from the States Scholarship Foundation and she obtained a PhD on the study of factors affecting dietary adherence of patients with chronic diseases. Since then, she has worked as a researcher and/ or scientific associate in 10 research studies, while she has, also, been teaching, in higher education departments related to dietetics, nutrition and/ or food. She has co-authored published work in peer-reviewed international journals and has participated as an invited speaker in several national and international congresses. For the last 2 years, she is a visiting lecturer in the Department of Nutrition and Dietetics, of the University of Peloponnese and she is the pathway leader of the department of BSc (Hons) Dietetics, offered by Mitropolitiko College, located in Athens, Greece, in collaboration with the Queen Margaret University, located in UK, while continuing her research on dietary adherence through dietary counseling methods aiming at the improvement of the dietary behavior.

Research interests:

improvement of dietary behavior, factors affecting adherence to dietary guidelines, theoretical frameworks, methods, and techniques of dietary counseling.

Published work

- Mitsopoulou AV, Magriplis E, Michas G, Micha R, Chourdakis M, Chrousos GP, Roma E, Panagiotakos DB, Zampelas A, Karageorgou D, Bakogianni I, Dimakopoulos I, Ntourophi T, Tsaniklidou SM, Argyri K, Fappa E, Theodoraki EM, Trichia E, Sialvera TE, Varytimiadi A, Spyreli E, Koutelidakis A, Karlis G, Zacharia S, Papageorgiou A, Dedoussis G, Dimitriadis G, Manios I. Micronutrient dietary intakes and their food sources in adults: the Hellenic National Nutrition and Health Survey (HNNHS). *Journal of Human Nutrition and Dietetics* 2021 Jun;34(3):616-628.
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- Dimakopoulos I, Magriplis E, Mitsopoulou AV, Karageorgou D, Bakogianni I, Micha R, Michas G, Chourdakis M, Ntouroupi T, Tsaniklidou SM, Argyri K, Panagiotakos DB, Zampelas A; HNNHS Contributors; HNNHS Advisory Committee. (HNNHS Contributors: Fappa E, Theodoraki EM, Trichia E, Sialvera TE, Varytimiadi A, Spyrelli E, Koutelidakis A, Karlis G, Zacharia S, Papageorgiou A, Chrousos GP, Dedoussis G, Dimitriadis G, Manios Y, Roma E). Association of serum vitamin D status with dietary intake and sun exposure in adults. *Clinical Nutrition ESPEN* 2019;34:23-31
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- Fappa E, Efthymiou V, Landis G, Rentoumis A, Doupis J. Validation of the Greek Version of the Diabetes Management Self-Efficacy Scale (GR-DMSES). *Advances in Therapy* 2016;33(1):82-95.

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Academic Books/ Chapters in Books

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- Kontogianni M, Yannakoulia M, Karatzi K, Fappa E. *Manual of Clinical Nutrition*. *Hellenic Academic Electronic Books and manuals* (www.kallipos.gr).
- Fappa E. Diet in menopause. In: Moros M, Liekridou A. *Menopause*. BHTA medical publications, 2019.
- Yannakoulia M, Fappa E, Hwang JJ, Mantzoros CM. 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, pp. 149 – 160.