

## Curriculum Vitae of Aristea Gioxari



### Personal Information

**Current position:** Assisant Professor in the Departemnt of Nutritonal Science and Dietetics, School of Health Sicences, University of the Peloponnese

**Email:** [a.gioxari@uop.gr](mailto:a.gioxari@uop.gr)

**Address:** University of the Peloponnese, 24100 Antikalamos (Kalamata), Greece

**Academic website:** <http://nds.uop.gr/meli-dep/>

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### Academic Position

19/01/2022 -  
**present**

**Assistant Professor**  
**Faculty: School of Health Sciences**  
**Department: Nutritional Science & Dietetics**  
**Institution: University of the Peloponnese**  
*(Antikalamos-Kalamata, Greece)*

Academic field:  
*"Clinical Nutrition with Emphasis on Macronutrient Metabolism"*

### Research Experience in Funded Research Projects

22/11/2007 -  
22/12/2007

**Research Associate**  
**Faculty: School of Health Science**  
**Department: Dietetics & Nutrition**  
**Laboratory of Chemistry, Biochemistry and Physical Chemistry of Foods**  
**Institution: Harokopio University**  
*(Athens, Greece)*

Research programme:  
*"Identification of microconstituents and pesticide residues in Corinthian raisin Vostitsa"*

29/06/2009 -  
22/08/2009

**Research Associate**  
**Faculty: School of Health Science**  
**Department: Dietetics & Nutrition**  
**Laboratory of Chemistry, Biochemistry and Physical Chemistry of Foods**  
**Institution: Harokopio University**  
*(Athens, Greece)*

Research programme:  
*"Nutritional composition of Corinthian Raisins. In vitro effects on human colon cancer cell lines. Effects on cardiovascular disease-related biomarkers in patients with type 2 diabetes"*

<p><b>01/12/2009 - 30/11/2011</b></p>	<p><b>Research Associate</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Laboratory of Chemistry, Biochemistry and Physical Chemistry of Foods</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:  <i>"Study of the antioxidant and anti-inflammatory properties of Chios Mastiha on animal models with inflammatory bowel disease (IBD), Part 2"</i></p>
<p><b>16/03/2010 - 25/08/2010</b></p>	<p><b>Research Associate</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Laboratory of Chemistry, Biochemistry and Physical Chemistry of Foods</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:  <i>"Nutritional composition of Corinthian Raisins. In vitro effects on human colon cancer cell lines. Effects on cardiovascular disease-related biomarkers in patients with type 2 diabetes"</i></p>
<p><b>02/11/2011 - 01/03/2014</b></p>	<p><b>Research Associate</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Laboratory of Chemistry, Biochemistry and Physical Chemistry of Foods</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:  <i>"Nutritional composition of Corinthian Raisins and beneficial health effects on human health"</i></p>
<p><b>01/03/2014 - 31/12/2014</b></p>	<p><b>Research Associate</b>  <b>Faculty: School of Medicine</b>  <b>Institution: National and Kapodistrian University of Athens</b>  <i>(Athens, Greece)</i></p> <p>Research programme funded by the European Regional Development Fund "E.T.Π.A." and by national resources in the context of the enterprise programme Competitiveness and Entrepreneurship "ΔΡΑΣΗ ΣΥΝΕΡΓΑΣΙΑ":  <i>"Obesity &amp; metabolic syndrome: nutritional intervention with Corinthian Raisins in patients with Non-alcoholic Fatty Liver Disease (NAFLD/NASH) - Investigation of molecular mechanisms"</i></p>
<p><b>01/09/2014 - 31/08/2016</b></p>	<p><b>Principal Investigator (fund raising and research leading position) granted by National Scholarships Foundation (I.K.Y. - Siemens Programme)</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:</p>

	<i>"Study on the absorbance and bioavailability of phytochemicals found in Chios Mastiha and Mastic Oil"</i>
<b>08/06/2016 - 08/01/2018</b>	<p><b>Research Associate</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:  <i>"Absorption and bioavailability of microconstituents found in natural Chios Mastiha capsules. Clinical trial on investigating the effectiveness of Chios Mastiha capsules in patients with inflammatory bowel disease"</i></p>
<b>10/01/2017 - 15/01/2018</b>	<p><b>Secondee as an "Experienced Researcher" for Marie Skłodowska-Curie grant, European Union's Horizon 2020 RISE</b>  <b>Seconded to:</b></p> <ul style="list-style-type: none"> <li>• <b>PERSPECTUM-DIAGNOSTICS</b>  <i>(10/01/2017 - 10/09/2017, Oxford, UK)</i></li> <li>• <b>RANDOX</b>  <i>(15/09/2017 - 15/01/2018, Crumlin, UK)</i></li> </ul> <p>Research programme:  <i>"An interventional study with a natural product to examine safety and efficacy in NAFLD, MAST4HEALTH, H2020-MSCA-RISE-2015"</i></p>
<b>01/12/2021 - 10/09/2022</b>	<p><b>Research Associate</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:  <i>"Effects of Mastic Oil on metabolic syndrome"</i></p>
<b>18/06/2021 - 17/06/2023</b>	<p><b>Research Associate</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Research programme:  <i>"Beneficial propertis of Chios Mastiha products"</i></p>
<b>01/08/2022 - 31/07/2023</b>	<p><b>Research partner in VC CF 2022-23 award</b>  <b>Faculty: Faculty of Health and Applied Sciences</b>  <b>University: UWE Bristol</b>  <i>(Bristol, UK)</i></p> <p>Research programme:  VC CF 2022-23 award for <i>"Digitally designed 3D printed foods for dysphagia patients"</i></p>
<b>Teaching Experience</b>	

13/06/2012 - 30/09/2013	<p><b>Placement supervisor</b>  <b>Faculty: Nutrition and Dietetics</b>  <b>University: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Programme title:  <i>"Placement of Harokopio University by Education &amp; Lifelong-Learning programme ΕΣΠΑ"</i></p>
17/10/2016	<p><b>Invited lecturer in MSc studies of "Applied Human Nutrition and Dietetics"</b>  <b>Faculty: School of Health Science</b>  <b>Department: Dietetics &amp; Nutrition</b>  <b>Institution: Harokopio University</b>  <i>(Athens, Greece)</i></p> <p>Topic:  <i>Foods of the Mediterranean basin: "Mastiha"</i></p>
19/01/2022 - <b>present</b>	<p><b>Assistant Professor</b>  <b>Faculty: School of Health Sciences</b>  <b>Department: Nutritional Science &amp; Dietetics</b>  <b>Institution: University of the Peloponnese</b>  <i>(Antikalamos-Kalamata, Greece)</i></p> <p>Modules:</p> <ul style="list-style-type: none"> <li>• Food Law (Module Leader, 2 ECTS)</li> <li>• Clinical Nutrition I (Module Leader, 6 ECTS)</li> <li>• Nutrition &amp; Macronutrient Metabolism (Module Leader, 6 ECTS)</li> <li>• Placement in field of Nutrition-Dietetics II (Module Leader 22 ECTS)</li> <li>• Placement II (Module Leader, 22 ECTS)</li> <li>• Sports Nutrition (Co-module Leader, 5 ECTS)</li> <li>• Student Counselor assignment to a group of students</li> </ul> <p>Thesis supervision:</p> <ul style="list-style-type: none"> <li>• Supervisor of PhD candidates (n=1)</li> <li>• Member of Advisory Board of PhD candidates (n=1)</li> <li>• Member of Examination Board of PhD candidates (n=2)</li> <li>• Supervisor of graduate students (n=18)</li> </ul> <p>Administrative assignments:</p> <ul style="list-style-type: none"> <li>• Principal and Regular Member of Department's committees that coordinate academic studies</li> <li>• Responsible for students' ΕΣΠΑ funded Placement</li> <li>• Representative of the Gender Equality Committee of the Department</li> </ul>
<b>Education</b>	
07/2004	<p><b>Degree: BSc in the Science of Nutrition and Dietetics (4 years programme)</b>  <b>Faculty: Nutrition and Dietetics</b>  <b>University: Harokopio University</b>  <b>Location: Athens, Greece</b></p>
06/2006	<p><b>Degree: MSc in Applied Nutrition and Dietetics (2 years programme)</b></p>

	<b>Faculty: Nutrition and Dietetics</b> <b>University: Harokopio University</b> <b>Location: Athens, Greece</b>
10/2012	<b>Degree: PhD</b> <b>Faculty: Nutrition and Dietetics</b> <b>University: Harokopio University</b> <b>Location: Athens, Greece</b>  PhD Thesis: <i>"Nutritional intervention with Chios mastic resin in animal experimental model of inflammatory bowel disease"</i>

#### Published Work in International Refereed Scientific Journals

1. Sodium replacement and plasma sodium drop during exercise in the heat when fluid intake matches fluid loss. Anastasiou CA, Kavouras SA, Arnaoutis G, Gioxari A, Kollia M, Botoula E, Sidossis LS. J Athl Train. 2009; 44(2):117-123. **IF 2.860 (2021)**
2. Polyphenol characterization and encapsulation in  $\beta$ -cyclodextrin of a flavonoid-rich Hypericum perforatum (St John's wort) extract. Kalogeropoulos N, Yannakopoulou K, Gioxari A, Chiou A, Makris DP. LWT-Food Sci Technol. 2010; 43(6):882-889. **IF 6.056 (2021)**
3. Pistacia lentiscus resin regulates intestinal damage and inflammation in TNBS-induced colitis. Gioxari A, Kaliora AC, Papalois A, Agrogiannis G, Triantafillidis JK, Andrikopoulos NK. J Med Food. 2011; 14(11):1403-1411. **IF 2.542 (2021)**
4. Chios mastic fractions in experimental colitis: implication of the nuclear factor  $\kappa$ B pathway in cultured HT29 Cells. Papalois A, Gioxari A, Kaliora AC, Lympelopoulou A, Agrogiannis G, Papada E, Andrikopoulos NK. J Med Food. 2012; 15(11):974-983. **IF 2.542 (2021)**
5. Reliability and criterion validity of the Self-Administered Physical Activity Checklist in Greek children. Gioxari A, Kavouras SA, Tambalis KD, Maraki M, Kollia M, Sidossis LS. Eur J Sport Sc. 2013; 13(1):105-111. **IF 3.980 (2021)**
6. Chemopreventive properties of raisins originating from Greece in colon cancer cells. Kountouri AM, Gioxari A, Karvela E, Kaliora AC, Karvelas M, Karathanos VT. Food Funct. 2013; 4(3):366-372. **IF 6.317 (2021)**
7. Absorption and bioavailability of antioxidant phytochemicals and increase of serum oxidation resistance in healthy subjects following supplementation with raisins. Kanellos PT, Kaliora AC, Gioxari A, Christopoulou GO, Kalogeropoulos N, Karathanos VT. Plant Foods Hum Nutr. 2013; 68(4):411-415. **IF 4.124 (2021)**
8. Anti-inflammatory effect of elemental diets with different fat composition in experimental colitis. Papada E, Kaliora AC, Gioxari A, Papalois A, Forbes A. Br J Nutr. 2014; 111(7):1213-1220. **IF 4.125 (2021)**
9. Effects of lazaroid U-74389G on intestinal ischemia and reperfusion injury in porcine experimental model. Flessas I, Bramis I, Menenakos E, Toutouzas K, Agrogiannis G, Patsouris E, Nonni A, Chrysikos D, Korontzi M, Gioxari A, Zografos G, Papalois A. Int J Surg. 2015; 13:42-48. **IF 13.400 (2021)**
10. Development, reliability and validity of a physical activity questionnaire for estimating energy expenditure in Greek adults. Kavouras SA, Maraki MI, Kollia M, Gioxari A, Jansen LT, Sidossis LS. Science & Sports. 2016; 31(3):47-53. **IF 0.987 (2021)**
11. The effect of minimal dietary changes with raisins in NAFLD patients with non-significant fibrosis: a randomized

- controlled intervention. Kaliora AC, Kokkinos A, Diolintzi A, Stoupaki M, Gioxari A, Kanellos PT, Dedoussis GVZ, Vlachogiannakos J, Revenas C, Ladas SD, Karathanos VT. *Food Funct.* 2016; 7(11):4533-4544. **IF 6.317 (2021)**
12. Regulation of GIP and ghrelin in healthy subjects fed on sun dried raisins; a pilot study with a cross-over trial design. Kaliora AC, Kanellos PT, Gioxari A, Karathanos VT. *J Med Food.* 2017; 20(3):301-308. **IF 2.542 (2021)**
  13. A modified response of NAFLD patients with non-significant fibrosis in nutritional counseling according to GCKR rs1260326. Kaliora AC, Kalafati IP, Gioxari A, Diolintzi A, Kokkinos A, Dedoussis GV. *Eur J Nutr.* 2018; 57(6):2227-2235. **IF 4.865 (2021)**
  14. Intake of  $\omega$ -3 polyunsaturated fatty acids in patients with rheumatoid arthritis: a systematic review and meta-analysis. Gioxari A, Kaliora AC, Marantidou F, Panagiotakos DP. *Nutrition.* 2018; 45:114-124.e4. **IF 4.344 (2021)**
  15. Bioavailability of terpenes and postprandial effect on human antioxidant potential. An open-label study in healthy subjects. Papada E, Gioxari A, Brieudes V, Amerikanou C, Halabalaki M, Skaltsounis AL, Smyrnioudis I, Kaliora AC. *Mol Nutr Food Res.* 2018; 62(3). **IF 6.575 (2021)**
  16. Regulation of faecal biomarkers in inflammatory bowel disease patients treated with oral mastiha (*Pistacia lentiscus*) supplement: a double blind and placebo-controlled randomised trial. Papada E, Gioxari A, Amerikanou C, Forbes A, Tzavara C, Smyrnioudis I, Kaliora AC. *Phytother Res.* 2019; 33(2):360-369. **IF 6.388 (2021)**
  17. Lazaroid U-74389G in liver ischemia-reperfusion injury: a swine model. Korontzi MI, Theodoropoulos G, Agrogiannis G, Flessas I, Chrysikos D, Gioxari A, Sergentanis TN, Patsouris E, Zografos GC, Papalois A. *Exp Ther Med.* 2019; 18(1):230-236. **IF 2.751 (2021)**
  18. The effectiveness of Mediterranean diet in nonalcoholic fatty liver disease clinical course: an intervention study. Kaliora AC, Gioxari A, Kalafati IP, Diolintzi A, Kokkinos A, Dedoussis GV. *J Med Food.* 2019; 22(7):729-740. **IF 2.542 (2021)**
  19. An absorption and plasma kinetics study of monoterpenes present in Mastiha Oil in humans. Papada E, Gioxari A, Amerikanou C, Galanis N, Kaliora AC. *Foods.* 2020; 9(8):E1019. **IF 5.561 (2021)**
  20. The association of plasma-free branched-chain amino acids with disease related parameters in ulcerative colitis. Papada E, Amerikanou C, Gioxari A<sup>†</sup> (shared first co-authorship), Kalogeropoulos N, Kaliora AC. *Diagnostics (Basel).* 2020; 10(10):798. **IF 3.992 (2021)**
  21. Administration of an intravenous fat emulsion enriched with medium-chain triglyceride/ $\omega$ -3 fatty acids is beneficial towards anti-inflammatory related fatty acid profile in preterm neonates: a randomized, double-blind clinical trial. Papandreou P, Gioxari A, Ntountaniotis D, Korda ON, Skouroliakou M, Sihanidou T. *Nutrients.* 2020; 12(11):3526. **IF 6.706 (2021)**
  22. Serum vitamins D, B9 and B12 in Greek patients with inflammatory bowel diseases. Gioxari A, Amerikanou C, Papada E, Zioga E, Georgoulis AD, Bamias G, Kaliora AC. *Nutrients.* 2020; 12(12):3734. **IF 6.706 (2021)**
  23. Effect of Mastiha supplementation on NAFLD: the MAST4HEALTH randomised, controlled trial. Amerikanou C, Kanoni S, Kaliora AC, Barone A, Bjelan M, D'Auria G, Gioxari A, José Gosalbes A, Mouchti S, Stathopoulou MG, Beatriz Soriano B, Stojanoski S, Banerjee R, Halabalaki M, Mikropoulou EV, Kannt A, Lamont J, Llorens C, Marascio F, Marascio M, Roig FJ, Smyrnioudis I, Varlamis I, Visvikis-Siest S, Vukic M, Milic N, Stojanoska MM, Cesarini L, Campolo J, Gastaldelli A, Deloukas P, Giovanna Trivella M, Francino MP, Dedoussis GV on behalf of MAST4HEALTH consortium. *Mol Nutr Food Res.* 2021; 65(10):e2001178. **IF 6.575 (2021)**

24. Linking the IL-17A immune response with NMR-based faecal metabolic profile in IBD patients treated with Mastiha. Amerikanou C, Dimitropoulou E, Gioxari A, Papada E, Tanaini A, Fotakis C, Zoumpoulakis P, Kaliora AC. *Biomed Pharmacother.* 2021; 138:111535. **IF 7.419 (2021)**
25. Mediterranean diet implementation to protect against advanced lung cancer index (ALI) rise: study design and preliminary results of a randomised controlled trial. Gioxari A\* (correspondence), Tzanos D, Kostara C, Papandreou P, Skouroliahou M. *IJERPH.* 2021; 18(7):3700. **IF 4.614 (2021)**
26. Dietary interventions with polyphenols in osteoarthritis; a systematic review directed from the preclinical data to randomized clinical studies. Valsamidou E, Gioxari A, Amerikanou C, Zoumpoulakis P, George Skarpas G, Kaliora AC. *Nutrients.* 2021; 13(5):1420. **IF 6.706 (2021)**
27. Application of Clinical Decision Support System to assist breast cancer patients with lifestyle modifications during the COVID-19 pandemic: a randomised controlled trial. Papandreou P, Gioxari A\*† (correspondence and shared first co-authorship), Nimee F, Skouroliahou M. *Nutrients.* 2021; 13(6):2115. **IF 6.706 (2021)**
28. Mastiha has efficacy in immune-mediated diseases through a microRNA-155 Th17 dependent action. Amerikanou C, Papada E, Gioxari A, and Smyrnioudis I, Kleftaki SA, Valsamidou E, Bruns V, Banerjee R, Trivella MG, Milic N, Medić-Stojanoska M, Gastaldelli A, Kannt A, Dedoussis GV, Kaliora AC. *Pharmacol Res.* 2021; 171:105753. **IF 10.334(2021)**
29. The efficacy of Panax ginseng in obesity and the related metabolic disorders. Amerikanou C, Kaliora AC, Gioxari A\* (correspondence). *Pharmacol Res - Modern Chinese Med.* 2021; 1:10013. **New journal of ELSEVIER- companion journal of Pharmacol Res**
30. Bridging the gap: community pharmacists' burgeoning role as point-of-care providers during the COVID-19 pandemic through the integration of emerging technologies. Nimee F, Gioxari A† (shared first co-authorship), Steier J, Skouroliahou M. *J Nutr Health Food Sci.* 2021; 9(2):1-9. **IF 2.600 (2021)**
31. Pleurotus eryngii improves postprandial glycaemia, hunger and fullness perception, and enhances ghrelin suppression in people with metabolically unhealthy obesity. Kleftaki SA, Simati S, Amerikanou C, Gioxari A, Tzavara C, Zervakis GI, Kalogeropoulos N, Kokkinos A, Kaliora AC. *Pharmacol Res.* 2022; 175:105979. **IF 10.334 (2021)**
32. Personalized nutritional intervention to improve Mediterranean diet adherence in female patients with multiple sclerosis: a randomized controlled study. Papandreou P, Gioxari A\*† (correspondence and shared first co-authorship), Daskalou E, Vasilopoulou A, M Skouroliahou M. *Dietetics.* 2022; 1(1):25-38. **New journal of MDPI - companion journal of Nutrients**
33. Carob: a sustainable opportunity for metabolic health. Gioxari A, Amerikanou C, Nestoridi I, Gourgari E, Pratsinis H, Kalogeropoulos N, Andrikopoulos NK, Kaliora AC. *Foods.* 2022; 11(14):2154. **IF 5.561 (2021)**
34. Supplementation with Crocus Sativus L. (saffron) in Multiple Sclerosis: a systematic review and synthesis without meta-analysis of randomized controlled trials. Grammatikopoulou MG, Tsiogkas SG, Gkiouras K, Gioxari A, Daskalou E, Maraki MI, Dardiotis E, Bogdanos DP. *Dietetics.* 2022; 1(3): 227-241. **New journal of MDPI - companion journal of Nutrients**
35. A modified Mediterranean diet improves fasting and postprandial glucoregulation in adults with overweight and obesity: a pilot study. Gioxari A, Grammatikopoulou MG, Katsarou C, Panagiotakos DB, Toutouza M, Kavouras SA, Sidossis LS, Maraki MI. *IJERPH.* 2022; 19(22):15347. **IF 4.614 (2021)**

36. Dietary patterns, cardiometabolic and lifestyle variables in Greeks with obesity and metabolic disorders. Amerikanou C, Kleftaki SA, Valsamidou E, Tzavara C, Gioxari A\* (correspondence), Kaliora AC. *Nutrients*. 2022; 14(23):5064. **IF 6.706 (2021)**
37. Ketogenic Diet and vitamin D metabolism: a review of evidence. Detopoulou P, Papadopoulou SK, Voulgaridou G, Dedes V, Tsoumana D, Gioxari A, Gerostergios G, Detopoulou M, Panoutsopoulos GI. *Metabolites*. 2022; 12(12):1288. **IF 5.581 (2021)**
38. Clinical and inflammatory biomarkers of inflammatory bowel diseases are linked to plasma trace elements and toxic metals; new insights into an old concept. Amerikanou C, Karavoltzos S, Gioxari A, Tagkouli D, Sakellari A, Papada E, Kalogeropoulos N, Forbes A, Kaliora AC. *Front Nutr*. 2022; 9:997356. **IF 6.590 (2021)**
39. A randomized controlled trial on *Pleurotus eryngii* mushrooms with antioxidant compounds and vitamin D2 in managing metabolic disorders. Kleftaki SA, Amerikanou C, Gioxari A, Lantzouraki DZ, Sotiroudis G, Tsiantas K, Tsiaka T, Tzavara C, Lachouvaris L, Zervakis GI, Kalogeropoulos N, Zoumpoulakis P, Kaliora AC. *Antioxidants*. 2022; 11(11):2113. **IF 7.675 (2021)**
40. Improving adherence to the Mediterranean diet in early pregnancy using a clinical decision support system; a randomised controlled clinical trial. Papandreou P, Amerikanou C, Vezou C, Gioxari A, Kaliora AC, Skouroliakou M. *Nutrients*. 2023; 15(2):432. **IF 6.706 (2021)**
41. Mediterranean diet and physical activity nudges versus usual care in women with rheumatoid arthritis: results from the MADEIRA randomized controlled trial. Papandreou P, Gioxari A, Daskalou E, Grammatikopoulou MG, Skouroliakou M, Bogdanos DP. *Nutrients*. 2023; 15(3):676. **IF 6.706 (2021)**
42. Association of serum calcium levels of preterm neonates at birth with calcium intake from foods and supplements by bedridden women during pregnancy. Papandreou P., Gioxari A\* (correspondence), Daskalou E, Ntountaniotis D, Skouroliakou M. *J Matern Fetal Neonatal Med*. **under review of minor revision. IF 2.323 (2021)**

#### Abstract Publications in Peer-Reviewed Journals of International/World Conferences

1. "American College of Sports Medicine", May 2006, USA. Sodium intake during prolonged exercise in the heat may prevent hyponatremia. Kavouras SA, Arnaoutis G, Gioxari A, Kollia M, Anastasiou CA, Sidossis LS, Ekkekakis P. *Medicine & Science in Sports & Exercise*. 2006; 38(5):S217. **IF 6.289 (2021)**
2. "7th Joint Meeting of GA, AFERP, ASP, PSI & SIF", August 2008, Athens-Greece. Encapsulation of *Hypericum perforatum* (St John's wort) methanolic extract in  $\beta$ -cyclodextrin. Kalogeropoulos N, Mourtzinis I, Yannakopoulou K, Gioxari A, Chiou A, Karathanos VT. *Planta Medica*. 2008; 74(09):PC37. **IF 3.007 (2021)**
3. "32nd ESPEN Congress", December 2010, Nice-France. PP146 development, reliability and validity of the Athens Physical Activity Questionnaire. Maraki M, Kollia M, Gioxari A, Sidossis LS, Kavouras S. *Clinical Nutrition Supplements*. 2010; 5(2):80. **IF 7.643 (2021)**
4. "12th World Congress on Gastrointestinal Cancer", July 2010, Barcelona-Spain. Regulation of intestinal inflammation in TNBS-treated rats by *Pistacia lentiscus*. Gioxari A, Kaliora AC, Papalois A, Agrogiannis G, Triantafyllidis J, Andrikopoulos N. *Annals of Oncology*. 2010; 21(6):vi56. **IF 51.769 (2021)**
5. "20th International Congress of Nutrition", September 2013, Granada-Spain. Elemental diets with different fat composition in experimental colitis. Papada E, Gioxari A, Kaliora AC, Papalois A, Forbes A. *Annals of Nutrition and*



Metabolism. 2013; 63:339. **IF 5.923 (2021)**

6. "12th European Nutrition Conference (FENS)", October 2015, Berlin-Germany. Beneficial effects of raisin consumption in patients with non-alcoholic fatty liver disease (NAFLD): 149/1353. Stoupaki M, Diolintzi A, Kokkinos A, Kaliora AC, Gioxari A, Kanellos PT, Revenas C, Tentolouris N, Ladas SD, Karathanos VT. Annals of Nutrition and Metabolism. 2015; 67(1):466. **IF 5.923 (2021)**
7. "8th Santorini Conference, Systems Medicine & Personalised Health & Therapy", October 2016, Santorini-Greece. The effect of acute Mastiha supplementation on the metabolites profile and oxidative stress in healthy humans. Papada E, Gioxari A, Brieudes V, Lemonakis N, Stuppner H, Halabalaki M, Mikros E, Skaltsounis L, Kaliora AC. Clinical Chemistry and Laboratory Medicine. 2016; 54(11):eA523. **IF 8.490 (2021)**
8. "65th International Congress and Annual Meeting of the Society for Medical Plant and Natural Product Research (GA 2017)", September 2017, Basel-Switzerland. Bioavailability study and impact of Chios mastic supplementation on oxidative stress in healthy humans. Brieudes V, Kallergis E, Papada E, Gioxari A, Kaliora AC, Mitakou S, Skaltsounis L and Halabalaki M. Planta Medica. 2017; 4(1):S158. **IF 3.007 (2021)**
9. "40th ESPEN Congress on Clinical Nutrition & Metabolism", September 2018, Madrid-Spain. Metabolomic analysis of amino acids in inflammatory bowel disease (IBD): The role in disease management. Papada E, Torović L, Amerikanou C, Gioxari A, Kalogeropoulos N, Kaliora AC. Clinical nutrition ESPEN. 2018; 24:183. **Will receive its first journal impact factor in 2023**
10. "87th EAS Congress", May 2019, Maastricht-Netherlands. Increased cardiovascular risk in patients with Crohn's disease and ulcerative colitis. Amerikanou C, Papada E, Tanaini A, Valsamidou E, Dimas I, Gioxari A, Forbes A, Kaliora AC. Atherosclerosis. 2019; 287:e162. **IF 6.847 (2021)**
11. "1st International Conference of Nutritional Sciences and Dietetics (ICONSD)", May 2022, Thessaloniki-Greece. Debate: Pros and cons of being a vegetarian - Cons. Gioxari A. Public Health Toxicol. 2022; 2(1):A63. **Newly launched journal**

### Book Chapters

1. Phenolic Compounds: bioavailability and health effects. Gioxari A, Kogiannou DAA, Kalogeropoulos N, Kaliora AC (2015). In: Caballero B, Finglas P and Toldrá F (eds.) "The Encyclopedia of Food and Health", vol. 4, pp. 339-345. Oxford: Academic Press. ISBN: 9780123849472
2. Genetic predisposition and body weight. Kafyra M, Gioxari A (2022). In: Dedoussis G (ed.) "Human Molecular Genetics" - 1<sup>st</sup> ed. Utopia. ISBN-13: 9786185173531

<b>Citation Indices</b>	<b>All</b>
<b>Citations</b>	<b>941</b>
<b>h-index</b>	<b>15</b>
8th of February 2022 Sources Google Scholar	

<b>Citation Indices</b>	<b>All</b>
<b>Citations</b>	<b>592</b>
<b>h-index</b>	<b>13</b>
8th of February 2022 Scopus	

## Presentations in International Conferences

1. Encapsulation of *Hypericum perforatum* (St John's wort) methanolic extract in  $\beta$ -cyclodextrin. Kalogeropoulos N, Mourtzinis I, Yannakopoulou K, Gioxari A, Chiou A, Karathanos VT. At: "7<sup>th</sup> Joint Meeting of the Association Francophone pour l'Enseignement et la Recherche en Pharmacognosie (AFERP), American Society of Pharmacognosy (ASP), Society for Medicinal Plant Research (GA), Phytochemical Society of Europe (PSE), and Societa' Italiana Di Fitochimica (SIF)", August 2008, Athens-Greece.
2. Oleuropein in French fries during the successive deep-frying in sunflower oil enriched with olive leaf extract. Chiou A, Karpathiou V, Gioxari A, Andrikopoulos NK. At: "6<sup>th</sup> Euro Fed Lipid Congress: Oils, Fats and Lipids in the 3<sup>rd</sup> Millennium: Challenges, Achievements and Perspectives", September 2008, Athens-Greece.
3. Regulation of intestinal inflammation in TNBS-treated rats by *Pistacia lentiscus*. Gioxari A, Kaliora AC, Papalois A, Agrogiannis G, Triantafillidis J, Andrikopoulos NK. At: "European Society for Medical Oncology (ESMO) Conference: 12<sup>th</sup> World Congress on Gastrointestinal Cancer", June 2010, Barcelona-Spain.
4. A Terpene-rich resin regulates inflammation and oxidative stress in TNBS-colitis. Gioxari A, Kaliora AC, Papada E, Lymperopoulou K, Papalois A, Andrikopoulos NK. At: "International PSE Symposium on Terpenes", September 2010, Istanbul-Turkey.
5. Natural mastic (*Pistacia lentiscus*) vs anti TNF-alpha treatment in TNBS colitic rats; a future complementary treatment? Svolos VG, Gioxari A, Papalois A, Kaliora AC. At: "International Congress on Naturopathic Medicine", July 2013, Paris-France.
6. Elemental diets with different fat composition in experimental colitis. Papada E, Gioxari A, Kaliora AC, Papalois A, Forbes A. At: "20<sup>th</sup> International Congress of Nutrition", September 2013, Granada-Spain.
7. Phenolic compounds in plasma after supplementation with raisins - a bioavailability study. Kanellos PT, Kaliora AC, Gioxari A, Christopoulou GO, Kalogeropoulos N, Karathanos VT. At: "8<sup>th</sup> World Congress on Polyphenols Applications, International Society of Antioxidants in Nutrition and Health (ISANH)", June 2014, Lisbon-Portugal.
8. Effect of a 3-month intervention with Corinthian Raisins in Greek males and females with non alcoholic fatty liver disease; a mid-term evaluation". Kaliora AC, Stoupaki M, Gioxari A, Kanellos PT, Kokkinos A, Dedoussis GVZ, Karathanos VT, Ladas S. At: "7<sup>th</sup> Santorini International Conference, Biologie Perspective", September 2014, Santorini-Greece.
9. The effect of acute Mastiha supplementation on the metabolites profile and oxidative stress in healthy humans". Papada E, Gioxari A, Brieudes V, Lemonakis N, Hermann S, Halabalaki M, Mikros E, Skaltsounis LA, Kaliora AC. At: "8<sup>th</sup> Santorini Conference, Systems Medicine & Personalised Health & Therapy", October 2016, Santorini-Greece.
10. "Debate: pros and cons of being a vegetarian – Cons". Gioxari A. At: "1<sup>st</sup> International Conference of Nutritional Sciences and Dietetics (ICONSD)", May 2022, Thessaloniki-Greece.

11. "8th International Conference on Food Chemistry and Technology", October 2022, Rome-Italy. Vitamin D2 and phytochemicals enhanced King Oyster mushrooms (*Pleurotus Eryngii*) decrease plasma oxLDL in metabolically unhealthy overweight/obese adults: a randomized controlled trial. Kleftaki SA, Amerikanou C, Gioxari A, Tsiantas K, Lantzouraki DZ, Sotiroidis G, Tzavara C, Zoumpoulakis P, Zervakis GI, Kalogeropoulos N, Kaliora AC.

### Presentations in National Conferences

1. Physical activity assessment in Greek children. Gioxari A, Kavouras SA, Kollia M, Maraki M and Sidossis LS. At: "8<sup>th</sup> National Conference of Nutrition and Dietetics", December 2005, Athens.
2. Physical activity assessment in Greek adults. Kollia M, Kavouras SA, Gioxari A, Maraki M and Sidossis LS. At: "8<sup>th</sup> National Conference of Nutrition and Dietetics", December 2005, Athens.
3. Polyphenols in potatoes dip fried in oils enriched with olive leaf extracts. Karpathiou V, Chiou A, Gioxari A, Andrikopoulos NK. At: "9<sup>th</sup> National Conference of Nutrition and Dietetics", December 2007, Athens.
4. Elemental diets with different fat composition in experimental colitis. Papada E, Kaliora AC, Gioxari A, Papalois A, Forbes A. At: "12<sup>th</sup> National Conference of Nutrition and Dietetics", December 2013, Athens.
5. Nutritional intervention with Corinthian raisins in patients with non-alcoholic liver disease (NAFLD). Stoupaki M, Diolintzi A, Kaliora AC, Kokkinos A, Revenas K, Kanellos PT, Gioxari A, Tentolouris N, Ladas S, Karathanos VT. At: "14<sup>th</sup> National Liver Conference", May 2015, Kos.
6. Chios Mastiha: antioxidant and anti-inflammatory effects. Gioxari A. At: "13th Makedoniko Conference of Nutrition & Dietetics", September 2020, Thessaloniki.
7. Clinical, biochemical and nutritional profile of enrolled patients at the newly established nutritional office of "G. Gennimatas" Thessaloniki General Hospital. Gioxari A, Vasilopoulou A, Matsoukidou R, Galitsianos I, Andreopoulou D. At: "35th North-Hellenic Medical Conference, October 2020, Thessaloniki.

### Research Field Interests

The study of the effects of human nutrition, including dietary patterns (such as the Mediterranean Diet), foods and food components on chronic diseases, and in particular:

- on nutritional status of patients,
- on disease-related biomarkers
- on the metabolism of nutrients related to the disease,
- on inflammation and oxidative stress
- on the clinical outcome of the disease
- on patients' quality of life

### Grants – Scholarships - Awards

<b>2005 - 2008</b>	Scholarship for Post Graduate studies from State Scholarships Foundation (I.K.Y.)
<b>2014 - 2016</b>	Grant for post-doctoral research by I.K.Y. - Siemens Programme
<b>2017 - 2018</b>	Seconded as an "Experienced Researcher" for Marie Skłodowska-Curie grant, European Union's Horizon 2020 RISE
<b>2018</b>	Honorary selection of the article "Bioavailability of terpenes and postprandial effect on human antioxidant potential. An open-label study in healthy subjects", as front cover in issue 62(3), 2018 of the journal "Molecular Nutrition and Food Research".

<b>2018</b>	Award "INC 2018 Call for Open Access Studies" for the published paper "The effect of minimal dietary changes with raisins in NAFLD patients with non-significant fibrosis: a randomized controlled intervention" (Food Funct. 2016; 7: 4533-4544), from the "International Nut and Dried Fruit Council World Forum of Nutrition Research & Dissemination".
<b>2022 - 2023</b>	Research partner in VC CF 2022-23 award by UWE Bristol
<b>Additional Information</b>	
<p><b>ICT skills:</b></p> <ul style="list-style-type: none"> <li>• Highly competent with Microsoft Office and Windows</li> <li>• Working knowledge of the statistic software SPSS.</li> <li>• Current training in open source programming language R</li> <li>• Current training in high-level programming language Python</li> </ul> <p><b>Additional academic training:</b></p> <ul style="list-style-type: none"> <li>• 03/2007: "IP Food and Health" of European Commission, Socrates Intensive Programme at Cluj-Napoca University, Romania</li> <li>• 07/2007: "IP Food and Consumer" of European Commission, Socrates Intensive Programme at Burgos University, Spain</li> <li>• 09/2009: "FELASA, CATEGORY C - Course of Laboratory Animal Science" at Alexander Fleming Biomedical Sciences Research Center, Vari-Attica</li> <li>• 05/2017: "GCP (Good Clinical Practice) Full Course" at Queen Mary University, London</li> <li>• 06/2017: "RD014 Project Management for Researchers" at Queen Mary University, London</li> <li>• 2001 to present: Attended 50 International, World and National Conferences</li> </ul> <p><b>Languages:</b></p> <ul style="list-style-type: none"> <li>• Greek – Native</li> <li>• English – Fluent</li> <li>• German – Well</li> </ul>	
<b>Personal Skills and Competences</b>	
<ul style="list-style-type: none"> <li>• Capable of working in project teams with set targets and time frames;</li> <li>• Comfortable working in a dynamic organization, with various functional disciplines at several locations;</li> <li>• Excellent communication and presentation skills;</li> <li>• Personal skills: self-motivated, result driven, ownership, analytic and creative mind, convincing, enthusiastic and team player.</li> </ul>	
<b>References</b>	Available upon request