

Curriculum Vitae

PERSONAL INFORMATION

ANNA KALTSOUDA
PSYCHOLOGY MSc, PhD
LABORATORY TEACHING STAFF
DIVISION OF PSYCHOLOGY – DEPARTMENT OF PHILOSOPHY, EDUCATION AND PSYCHOLOGY – SCHOOL OF PHILOSOPHY – UNIVERSITY OF IOANNINA
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EDUCATION

UNDERGRADUATE

TITLE: Bachelor of Science (BSc) Honours Degree in Psychology
INSTITUTION: University of Essex – Department of Psychology – United Kingdom
YEAR OF AWARDED QUALIFICATION: 1998

POSTGRADUATE

TITLE: Master of Science (MSc) in Principles and Practice of Social Psychiatry for Mental Health Professions

INSTITUTION: University of Ioannina – Department of Medicine – Greece
YEAR OF AWARDED QUALIFICATION: 2002

PhD – THESIS

TITLE: Psychosocial Dimensions of Chronic Kidney Disease
INSTITUTION: University of Ioannina – Department of Medicine – Greece
YEAR OF AWARDED QUALIFICATION: 2012

CLINICAL TRAINING

PSYCHOTHERAPY

- 1. Theoretical and Clinical Seminar on Psychodynamic Psychotherapy – Supervision**
Psychiatric Department – University of Ioannina Hospital – Greece
2001
- 2. Basic Principles of Psychoanalysis**
Hellenic Institute of Classical Psychoanalysis – Athens, Greece
2008-2010
- 3. Psychoanalytic Theory and Clinical Supervision**
Hellenic Institute of Classical Psychoanalysis – Athens, Greece
2010-2014

PSYCHOMETRIC EVALUATION

- 1. Administration and interpretation of the psychometric test “Minnesota Multiphasic Personality Inventory (MMPI)”**
Psychiatric Department – University of Ioannina Hospital – Greece
2001
- 2. Administration and interpretation of the psychometric test “Wechsler Adult Intelligence Scale (WAIS)”**
Psychiatric Department – University of Ioannina Hospital – Greece
2001
- 3. Administration and interpretation of the “Thematic Apperception Test (TAT)”**
ISON PSYCHOMETRICA – Thessaloniki, Greece
2012

WORK EXPERIENCE

TEACHING EXPERIENCE IN HIGHER EDUCATION	<p>2014-2015 UNIVERSITY OF IOANNINA – DEPARTMENT OF PHILOSOPHY, EDUCATION AND PSYCHOLOGY – DIVISION OF PSYCHOLOGY <i>Academic Position / Laboratory Teaching Staff</i> Working groups: 1. Psychodynamic Principles of Counselling 2. Psychological Research</p> <p>2003 – 2009 2010 – 2011 TECHNOLOGICAL EDUCATIONAL INSTITUTE OF EPIRUS – DEPARTMENT OF SPEECH AND LANGUAGE THERAPY <i>Academic Position / Non-Tenured Teaching Associate</i> Course: Clinical Neuropsychology</p> <p>2004 – 2005 TECHNOLOGICAL EDUCATIONAL INSTITUTE OF EPIRUS – DEPARTMENT OF SPEECH AND LANGUAGE THERAPY <i>Academic Position / Non-Tenured Teaching Associate</i> Course: Cognitive Psychology</p>
CLINICAL / RESEARCH EXPERIENCE	<p>2002-2014 UNIVERSITY OF IOANNINA – COUNSELLING CENTRE <i>Professional Position / Psychologist</i> Students' counselling, mental health prevention programs, research.</p> <p>2003-2014 UNIVERSITY OF IOANNINA HOSPITAL – DEPARTMENT OF NEPHROLOGY – PSYCHONEPHROLOGY UNIT <i>Non-remunerated Associate</i> Counselling services to patients and relatives, supervision meetings with the staff on clinical cases.</p> <p>1999-2014 UNIVERSITY OF IOANNINA – DEPARTMENT OF MEDICINE – LABORATORY OF MEDICAL PSYCHOLOGY <i>Non-remunerated Associate</i> Clinical and research activities in collaboration with the Neonatal Intensive Care Unit and the departments of Haematology, Nephrology and Psychiatry of the University of Ioannina Hospital.</p>

PUBLICATIONS

INTERNATIONAL JOURNALS	<p>2011 Kaltsouda, A., Skapinakis, P., Damigos, D., Ikonou, M., Kalaitzidis, R., Mavreas, V., Siamopoulos, K.C. Defensive coping and health-related quality of life in chronic kidney disease. A cross-sectional study. <i>BMC Nephrology</i>, 12:28. Impact Factor (2012): 2.16 Citations (self-citations excluded): 11 (“Highly accessed” article)</p> <p>2011 Dragioti, E., Vitoratou, S., Kaltsouda, A., Tsartsalis, D., Gouva, M. Psychometric properties and factor structure of the Greek version of the Cardiac Anxiety Questionnaire (CAQ). <i>Psychological Reports</i>, 109(1): 1-16. Impact Factor (2012): 0.44 Citations (self-citations excluded): 1</p>
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	<p>2005 Hyphantis, T.N., Triantafillidis, J.K., Pappa, S., Mantas, C., Kaltsouda, A., Cherakakis, P., Alamanos, Y., Manousos, O.N., Mavreas, V.G. Defense mechanisms in inflammatory bowel disease. <i>Journal of Gastroenterology Vol. 40(1)</i>, p. 24-30.</p> <p>Impact Factor (2012): 4.16 Citations (self-citations excluded): 13</p> <p>2005 Hyphantis, T.N., Kaltsouda, A., Triantafillidis, J., Platis, O., Karadagi, S., Christou, K., Mantas, C., Argyropoulos, A., Mavreas, V.G. Personality correlates of adherence to type 2 diabetes regimens. <i>International Journal of Psychiatry in Medicine, 35(1)</i>, p. 103-107.</p> <p>Impact Factor (2012): 1.15 Citations (self-citations excluded): 7</p>
<p>NATIONAL JOURNALS</p>	<p>2012 Gouva, M.I., Kaltsouda, A.K., Paschou, A.I., Mavreas, V.G., Damigos, D.M. Psychometric evaluation of the Greek version of TOSCA-3 to measure shame and guilt. <i>Interscientific Health Care, 4(3)</i>, 105-113.</p> <p>2010 Damigos D., Kaltsouda A., Ikonomidou M., Siamopoulos K.C. A biopsychosocial approach of chronic kidney disease. The role of the psychonephrology unit. <i>Elliniki Nephrologia, 22(2)</i>, 120-129.</p> <p>2010 Gouva M., Damigos D., Tsaouri S., Kaltsouda A., Bouranta P., Mavreas V., Bourantas K.L. Anxiety in acute leukemia patients and their family. <i>Interscientific Health Care, 2</i>, 47-54.</p> <p>2009 Gouva M., Damigos D., Kaltsouda A., Bouranta P., Tsaouri S., Mavreas V., Bourantas K.L. Psychological risk factors in acute leukemia. <i>Interscientific Health Care, 1</i>, 16-20.</p> <p>2005 Papadioti-Athanasiou B., Kaltsouda A., Kagkalou A. Sources of school anxiety in relation with students' personality and family environment. <i>Nea Paideia, 115</i>, σελ.138-152.</p> <p>2002 Gouva M., Damigos D., Velikis I., Kaltsouda A. Psychological interaction and family health status. <i>Nosileftiki, 41(2)</i>, 217-230.</p>
<p>BOOK CHAPTERS</p>	<p>2009 Papadioti-Athanasiou B., Kaltsouda A. A multidimensional approach of students' adjustment to the university of Ioannina. In M. Malikiosi-Loizou & A. Papastyliaou, <i>Counselling Psychology for Men</i>, (pp. 317-332). Athens: Ellinika Grammata.</p> <p>2007 Kaltsouda A., Papadioti-Athanasiou B. Students' psychosocial health and adjustment to the university of Ioannina. In T. Giovazolias, E. Karademas, & A. Kalantzi-Azizi (Eds.), <i>Crossing Internal and External Borders. Practices for an Effective Psychological Counselling in the European Higher Education</i>, (pp. 91-98). Athens: Ellinika Grammata.</p> <p>2007 Papadioti-Athanasiou B., Kaltsouda A. Epidemiological study of students' mental health: The case of the University of Ioannina. In T. Giovazolias, E. Karademas, & A. Kalantzi-Azizi (Eds.), <i>Crossing Internal and External Borders. Practices for an Effective Psychological Counselling in the European Higher Education</i>, (pp. 81-90). Athens: Ellinika Grammata.</p>
<p>CONFERENCE PROCEEDINGS</p>	<p>2015 E. Karagiannopoulou, I. Efthimiadis, B. Karatzoglou, S. Papastathopoulou, M. Gaspari, A. Kaltsouda. Adaptation to college, psychological well-being and academic success: A cross-sectional study of university of Ioannina students. Ioannina: <i>3rd National Conference by the Psychological Society of Northern Greece.</i></p>

- 2015 **A. Kaltsouda**, G. Tsatsopoulou, E. Koutavelis, A. Gleridou, E. Karagiannopoulou. **Depression and anxiety as predictors of students' adaptation to college.** Ioannina: *3rd National Conference by the Psychological Society of Northern Greece.*
- 2015 **A. Kaltsouda**, M. Thomaidou, G. Dimomarkou, E. Tzoni, E. Ketzitidou-Argiri, E. Karagiannopoulou. **Students adaptation to college and experiences in close relationships.** Ioannina: *3rd National Conference by the Psychological Society of Northern Greece.*
- 2006 D. Damigos, **A. Kaltsouda**, D. Karetsou, E. Fili, K. Katopodis, M. Ikonomidou, E. Kolliousi, V. Mavreas, K.C. Siamopoulos. **Establishing a psychoneurology unit in a university hospital.** Larisa: *1st Conference of Professional Care for chronic patients.*
- 2005 D. Damigos, A. Dazord, **A. Kaltsouda**, P. Bouranta, M. Gouva, A. Chaidos, G. Αποστόλου, S. Bitsis, V. Mavreas, K.L. Bourantas. **Quality of life in beta thalassemia patients.** Ioannina: *10th National Conference of Psychological Research.*
- 2005 D. Damigos, **A. Kaltsouda**, D. Karetsou, M. Gouva, K. Siamopoulos. **A qualitative approach of the psychological characteristics of chronic kidney disease patients.** Ioannina: *10th National Conference of Psychological Research..*
- 2005 M. Gouva, D. Damigos, V. Mavreas, **A. Kaltsouda**, P.K. Bouranta, D. Karetsou, A. Chaidos, L.K. Bourantas, E. Tzouvara, B. Alimara, A. Vassiou, K.L. Bourantas. **Exploring alexithymia and hostility in acute leukemia patients.** Ioannina: *10th National Conference of Psychological Research.*
- 2005 D. Damigos, **A. Kaltsouda**, D. Karetsou, M. Gouva, V. Mavreas, K. Siamopoulos. **Urgent clinical intervention in chronic kidney disease patient.** Ioannina: *10th National Conference of Psychological Research.*
- 2005 M. Gouva, D. Damigos, V. Mavreas, **A. Kaltsouda**, P.K. Bouranta, A. Chaidos, St. Tsiara, D. Karetsou, B. Alymara, A. Vassiou, K.L. Bourantas. **Family environment in acute leukemia.** Ioannina: *10th National Conference of Psychological Research.*
- 2004 Th. Hyphantis, M. Bai, G. Kotsaftis, **A. Kaltsouda**, B. Peritogiannis, Ch. Mantas, V. Mavreas. **Establishing psychodynamic psychotherapy and counselling practice in a university hospital.** Kos: *18th National Conference of Psychiatry.*
- 2004 M. Gouva, D. Damigos, P. Bouranta, **A. Kaltsouda**, A. Chaidos, V. Alymara, V. Mavreas, K.L. Bourantas. **Family dynamics in acute leukemia.** *The Hematology Journal: Abstracts from the 9th Meeting of European Hematology Association, 5(2), p. S323.*
- 2002 D. Damigos, A. Dazord, **A. Kaltsouda**, P. Bouranta, M. Gouva, A. Chaidos, G. Apostolou, S. Mpitsis, V. Mavreas, K.L. Bourantas. **Evaluation of the subjective quality of life for Thalassemia Major patients.** *The Hematology Journal: Abstracts from the 7th Meeting of European Hematology Association, p. 380.*
- 2002 M. Gouva, D. Damigos, P. Bouranta, **A. Kaltsouda**, E. Tzouvara, V. Alymara, A. Chaidos, V. Mavreas, K.L. Bourantas. **Evaluation of adaptation mechanisms underlying behaviour of both acute leukemia patients and their relatives.** *The Hematology Journal: Abstracts from the 7th Meeting of European Hematology Association, p. 87.*

	<p>2002 M. Gouva, D. Damigos, P. Bouranta, A. Kaltsouda, M. Ziogou, K. Bourantas. Exploring behavior of acute leukemia patients and their relatives regarding measures of protection in leukopenia. Ioannina: <i>29th National Conference of Nursing.</i></p> <p>2002 M. Gouva, E. Griva, A. Καλτσούδα, E. Akrivi. The impact of a theory of adjustment on recalling an integrated experience. Ioannina: <i>29th National Conference of Nursing.</i></p>
CONFERENCE SPEAKER	<p>2014 On the psychological needs of chronic kidney disease patients. Therapeutic interventions. 2nd Educational Seminar on Psychonephrology: Limni Plastira.</p> <p>2012 Physical and mental well-being in chronic kidney disease: Exploring ego mechanisms of defense. 1st Educational Seminar on Psychonephrology: Syrrako, Tzoumerka.</p> <p>2011 The University of Ioannina Counselling Centre (part 1). A critical view on current situation and prospects: Filling the gap. FEDORA Summer University: Ioannina.</p> <p>2011 A girl that chose not to hear. A case study. 4th National & 3rd European Scientific & Professional Conference on Nursing: Athens.</p> <p>2010 The body as a narrator of an unconscious story. 4th National Conference of Professional Care for chronic patients: Larisa.</p> <p>2009 Psychosocial approach of chronic kidney disease. Empirical data and clinical considerations. 5th National Conference of Quality of Life in Chronic Kidney Disease: Thessaloniki.</p> <p>2008 Ego mechanisms of defense that manifest in cardiologic patients. ICE 2008 - Cardiovascular Education: Ioannina.</p> <p>2007 Students' psychosocial health and adjustment to the University of Ioannina, Greece. The 2007 FEDORA-PSYCHE Conference: Rethymnon, Crete.</p> <p>2007 Epidemiological study of students' mental health (The case of the University of Ioannina). The 2007 FEDORA-PSYCHE Conference: Rethymnon, Crete.</p> <p>2005 Psychosocial adjustment of the university of Ioannina students. 10th National Conference of Psychological Research: Ioannina.</p> <p>2005 Clinical research and the therapeutic relationship (Lab). 10th National Conference of Psychological Research: Ioannina.</p> <p>2004 Students' counselling and its implications on psychological well-being. 1st International Conference in Quality of Life and Psychology: Thessaloniki</p>

MEETINGS (Invited Speaker)	2013	Difficulties and challenges in students' life. A transitional period for a transitional age. Meeting of the Centre for Counselling & Vocational Guidance (KE.SY.P.) and the Youth Counselling Centre (S.S.N.): Kozani
	2012	Walking on the tracks of depression. YWCA (XEN): Ioannina
	2011	School anxiety and exams: The supporting role of family. Meeting of the Centre for Counselling & Vocational Guidance (KE.SY.P.): Metsovo
	2011	The art of communication: Seeking for balance in family relations. YWCA (XEN): Ioannina
	2005	A transitional context for a transitional age. Meeting of University Counselling Centres: Piraeus

ORGANISING COMMITTEES

2011	FEDORA Summer University 2011 "Modern Times. Counselling students in the 21 st Century": University of Ioannina
2008	Mental Health Prevention Program University of Ioannina Counselling Centre – Therapy Centre for Dependent Individuals (KE.TH.E.A.) A five-day on-campus intervention for the prevention of substance abuse: University of Ioannina
2007	6th Interscientific Symposium of Psycho-Oncology and Palliative Care "Coping with the somatic and psychic pain of the oncologic patient": Corfu
2003	5th Psycho-Oncology Symposium "Communication skills in the practice of oncology and pediatric oncology ": Ioannina
2001	4th Psycho-Oncology Symposium «The role of psychological factors in cancer process»: Ioannina

PROFESSIONAL COMPETENCE

	Qualified and licensed to practice psychology Division of Public Health and Social Welfare – Ministry of Health / 2002
	Qualified and licensed to teach English as a foreign language Division of Education-Private Domain – Ministry of Education, Research and Religious Affairs / 2002
	Qualified in adult education National Qualification Centre (E.KE.PIS.) – Adult Educators Register / 2005 • National Centre for Public Administration and Local Government (E.K.D.D.A.) – Teaching Staff Register / 2008, 2014

SCIENTIFIC ASSOCIATIONS

	Hellenic Psychological Society (EL.PS.E.) Institute of Classical Psychoanalysis
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