

## **Brief CV: Thomas Paparrigopoulos**

Thomas Paparrigopoulos is a Professor of Psychiatry at the First Department of Psychiatry, Medical School, National and Kapodistrian University of Athens (NKUAMS). He has served as a Staff Psychiatrist and Research Assistant in the same department since 1994. He further specialized in Neuropsychiatry at the National Hospital for Neurology and Neurosurgery and the Institute of Psychiatry at the Maudsley, UK (2005–2006). His clinical and research interests focus primarily on alcoholism and addiction, sleep medicine, psychoneuroendocrinology, neuropsychiatry, disaster psychiatry, the development and validation of psychiatric rating scales, and clinical studies in psychiatry. He has participated in numerous national, European, and international research programs and clinical trials. He is or has been a member of several international scientific organizations, including the European Sleep Research Society, the European College of Neuropsychopharmacology, the International Neuropsychiatric Association, and the World Federation of Societies of Biological Psychiatry. He has also served as Co-Chair of the World Psychiatric Association (WPA) Section on Psychiatry and Sleep/Wakefulness Disorders, and is a member of several Greek medical societies. He serves as the Greek delegate to the European Region technical consultation for the development of the WHO Action Plan (2022–2030) for the effective implementation of the Global Strategy to Reduce the Harmful Use of Alcohol. He currently heads the “ATHENA” Outpatient Detoxification Service and the Neuropsychiatry Unit at the First Psychiatric Clinic of NKUAMS, and is Co-Director of the Sleep Study Unit at the same hospital. He previously led the Inpatient Alcohol Detoxification Clinic at Eginition Hospital for a decade. He is the author or co-author of more than 120 articles in peer-reviewed international journals and over 100 publications in international conference proceedings and has contributed chapters to several edited volumes. His work has received more than 7,900 citations (h-index: 42; i10-index: 86).