



Curriculum Vitae

Petros C. Ntinas (Dinas)

Publications and PubMed name: Dinas PC

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SCIENTIFIC OUTPUT	
Publications	
Published technical reports, guidelines	3
Publications in peer-reviewed scientific journals (systematic reviews)	61 (33*)
Conference abstract publications in peer-reviewed scientific journals (systematic reviews)	12 (7*)
Peer-reviewed conference proceedings	68
Published books	1
*Some publications contain systematic reviews, which may not be mentioned in the title, and some publications contain >1 systematic reviews	
Reviewer services	
External evaluator for funding proposals	4
Reviewer services in peer-reviewed journals	91
Reviewer services in conferences	4
Supervision	
Supervisor scientific committee and advisor for students	28
Metrics	
Cumulative impact factor	183.47
Total citations google scholar	3013
h-index Google Scholar	23
i10-index Google Scholar	36
Total citations Scopus	1758
h-index Scopus	18
Peer-reviewed publications in top 25% journals by CiteScore percentile (Scopus)	61.9%
Peer-reviewed publications in top 25% journals by (Scopus)	48.8%
Field-Weighted Citation Impact (Scopus)	1.28
Funding	
Total research funding	€ 661,802
Awards-scholarships	€ 28,685
Editor	
Editorial board in peer-reviewed journals	1
Guest editor in peer-reviewed journals	1

EDUCATION-TRAINING

1. **Post-Doctoral research (2023-current):** Comparative effectiveness of physical activity and pharmacological interventions on inflammatory joint diseases and osteoarthritis. A network meta-analysis. Department of Nutrition and Dietetics, University of Thessaly. Supervisor: Professor George Metsios (Clinical Exercise Physiology).
2. **Post-Doctoral research (2019):** Technical Coordinator of the project: Occupational heat strain assessment and mitigation in Qatar. A research work by the FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly for the International Labor Organization, the Qatar Ministry of Administrative Development, Labor and Social Affairs, and the Supreme Committee for Delivery and Legacy. Supervisor/Principal Investigator: Associate Professor Andreas Flouris (Environmental Physiology).
3. **Post-Doctoral research (2017-2018):** Investigator on ICI-THROUGH Marie Skłodowska-Curie grant no 645710 H2020 EU, on non-invasive techniques to estimate human brown adipose tissue activity, FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece & Biomedical Research Foundation of Academy of Athens, Greece. Supervisor/Principal Investigator: Associate Professor Andreas Flouris (Environmental Physiology).
4. **Doctor of Philosophy (2013-2017).** Molecular Exercise Physiology. University of Wolverhampton, United Kingdom. Dissertation title: Function and activation of human adipose tissue: The role of genes in the link between physical activity and brown adipose-like phenotype, Supervising committee: Professor George Metsios (Clinical Exercise Physiology), Associate Professor Andreas Flouris (Environmental Physiology), Professor Yiannis Koutedakis (Applied physiology).
5. **Diploma certification (2014, distinction, GPA: 86%).** Space Life Sciences, Space Studies Program. International Space University, Strasbourg, France. Project titles: 1. Space for Health, 2. Human Performance under Lunar Lighting Conditions, Supervisors: 1. Dr. Farhan Asrar (Space Medicine), 2. Tricia Larose (Medicine).
6. **Master of science (2011-2012, distinction, GPA: 94.4%).** Exercise and Health. University of Thessaly, Greece. Thesis title: The relationship between physical activity and brown adipose tissue in humans, Supervising committee: Professor Yiannis Koutedakis (Applied physiology), Assistant Professor Panagiotis Georgoulas (Nuclear Medicine), Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).
7. **Bachelor of science (2006-2010, Honours 1st class, GPA: 91.10%).** Physical Education and Sport Science / Main: Exercise and Health, GPA: 100%. University of Thessaly, Greece. Thesis title: Acute effects of passive tobacco smoking on heart rate variability, Supervisor: Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).
8. **Bachelor of science (1986-1988, GPA: 77.5%).** Military Academy. School of Non-commissioned Officers, Greece.

RESEARCH FUNDING

1. **2025: (Competitive) European Commission; ERASMUS-SPORT-2025-SNCESE. €450,000** Mountain Games: A Celebration of Sport, Culture, and Inclusion. Coordinator: Mount Med institute, Cyprus.
2. **2021-2023: (Competitive) World Health Organization; Reference 2021/1090712; €28,770,** Systematic Reviews – Effect of exposure to heat from any source on pain, burns, cataract, and heat-related illnesses. Coordinator: University of Thessaly, Greece.
3. **2019–2023: (Competitive) European Centre for Disease Prevention and Control; Tender OJ/2018/SRS/10021; €164,000** Assessing the Risk of Fungal and Parasitic Diseases Transmission by Substances of Human Origin via a systematic review and meta-analysis and a risk assessment. Coordinator: University of Thessaly, Greece.

4. **Jan.–July 2016: (Nominated)** Personal grant **€10,362** offered from the University of Wolverhampton, UK (FUEGO/FP7/IRSES project) to participate in the research collaboration with the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
5. **Feb.–Aug. 2015: (Nominated)** Personal grant **€8,670** offered from the University of Wolverhampton, UK (U-GENE/FP7/IRSES project) to participate in the research collaboration with the Institute of Gene Biology, Russian Academy of Sciences.

EXTERNAL EVALUATOR FOR FUNDING PROPOSALS

1. **2026:** Consultant funding proposal evaluator for the European Commission, program ERASMUS-SPORT-2026.
2. **2025:** Consultant funding proposal evaluator for the European Commission, program ERASMUS-SPORT-2025.
3. **2024:** Consultant funding proposal evaluator for the European Commission, program ERASMUS-SPORT-2024.
4. **2024:** Consultant funding proposal evaluator for the Netherlands Organization for Health Research and Development (ZonMw), P.O. Box 93245, NL-2509 AE The Hague The Netherlands.
5. **2023:** Consultant funding proposal evaluator for the Worldwide Cancer Research, Registered in Scotland, No SC152991, Charity No SC022918.

PUBLISHED TECHNICAL REPORTS, GUIDELINES

1. Flouris A.D., Ioannou L.G., **Dinas P.C.**, Mantzios K., Gkiata P., Gkikas G., Vliora M., Amorim T., Tsoutsoubi L., Kapnia A., Dallas K., Nintou E., Testa D.J., Sfakianakis K., Agaliotis G. (2019). Assessment of occupational heat strain and mitigation strategies in Qatar – Key Findings. *International Labour Organization. United Nations*. Link: https://www.ilo.org/beirut/projects/qatar-office/WCMS_723545/lang--en/index.htm
2. Anastasios Philipou, Kostas Chrysanthopoulos, **Petros Dinas**. Physical Activity in Obesity Management (Chapter, Greek version). <https://www.action4obesity.gr/guidelines/>
3. Anastasios Philipou, **Petros Dinas**, Kostas Chrysanthopoulos. Enabling Participation in Activities of Daily Living for People Living with Obesity (Chapter, Greek version). <https://www.action4obesity.gr/guidelines/>

PUBLISHED BOOKS

1. Takahasi A., Nasser A., Blanc A., Michallet A., Zuo C., Mueller C., Bolles D., Yaffe E., Erinfolami F., Jazebizadeh H., Huang J., Liu J., Kljajic J., Li J., Muto M., Czapski M., Moroz M., Sarkar M., Clark N. **Ntinis (Dinas) P.**, Thangamani S., Jewell S., Black T., Folliard T., Hou T., Elgin T., Shen Y., Okada Y. Space for Health (2014). *International Space University Publications. Strasbourg, France*; published by Illkirch-Graffenstaden (France) **(Diploma work)**. https://isulibrary.isunet.edu/index.php?lvl=notice_display&id=9175

PUBLICATIONS IN PEER-REVIEWED JOURNALS

Google Scholar link: <https://scholar.google.com/citations?user=aLAMJooAAAAJ&hl=en>

1. **Petros C. Dinas**, students of module 5104 (Introduction to Systematic Reviews),# Constantine Zalagkitis,# Marianthi Karaventza,# Nikolaos Ntelis,# Maria Papagianni, and George S. Metsios (#Equal contribution). Combined effects of exercise and diet interventions in patients with coronary artery disease. A systematic review and meta-analysis. *Advanced Exercise and Health Science*, 2026 (in press). **IF: NA**

2. Chrysovalantis Stachteas, Nikolaos Georgogiannis, George G Nastos, Panagiotis N Chatzinikolaou, **Petros C Dinas**, Anastasios A Theodorou, Vassilis Paschalis, Ioannis S Vrabas, Antonios Kyparos, Athanasios Z Jamurtas, Ioannis G Fatouros, Michalis G Nikolaidis, Nikos V Margaritelis. Optimal timing to assess exercise-induced oxidative stress: a systematic review and meta-analysis. *Experimental Physiology*, 2025 (in press) Nov 29. doi: 10.1113/EP092963. **IF: 2.8**
3. Yioukka Marietta, **Petros C. Dinas**, Ilias Ntoumas, Christina Karatzaferi, Giorgos K. Sakkas. Effects of smartphone-based-interventions on health related quality of life of adults with type 2 diabetes mellitus. A systematic review and meta-analysis. *Clinical Epidemiology and Global Health*, 2025 (in press). **IF: 1.7**
4. Constantine Zalagkitis, Anastasios Philippou, Eleftherios Karatzanos, George Metsios, **Petros C. Dinas**. Combined effects of physical activity and diet on chronic inflammation of overweight/obese children and adolescents: A systematic review and meta-analysis. *Journal of Sports Sciences*, 2025, Volume 43, No. 22, 2841–2857 <https://doi.org/10.1080/02640414.2025.2561349>. **IF: 2.5**
5. Andres E. Carrillo, **Petros C. Dinas**, Paraskevi Gkiata, Alexa R. Ferri, Glen P. Kenny, Yiannis Koutedakis, Athanasios Z. Jamurtas, George S. Metsios and Andreas D. Flouris. An Exploratory Investigation of Heart Rate Variability in Response to Exercise Training and Detraining in Young and Middle-Aged Men. *Biology*, 2025, 14 (7), 794; <https://doi.org/10.3390/biology14070794>. **IF: 3.5**
6. Davide J. Testa, João P. Vale, Leonidas G. Ioannou, **Petros C. Dinas**, Tiago S. Mayor, Kristine H. Onarheim, Zahra R Babar, Sally Hargreaves, Andreas D. Flouris. Health Outcomes of Construction Workers Building Infra-structure for Mega-Sporting Events: A Systematic Review of the Literature. *International Journal of Environmental Research and Public Health*, 2024, 22(1), 4; <https://doi.org/10.3390/ijerph22010004>. **IF: NA**
7. Andres E Carrillo, **Petros C Dinas**, Argyro Kruse, Eleni Nintou, Alexandros Georgakopoulos, Marinos Metaxas, Edward J Ryan, Maria Vilora, Panagiotis Georgoulas, Sofia Chatziioannou, Andreas D Flouris. Dietary intake is similar among adult males with different levels of cold-induced brown adipose tissue activation. *Nutrients*, 2024 Oct 30;16(21):3697. doi: 10.3390/nu16213697. **IF: 4.8**
8. Konstantinos Mantzios, Leonidas G. Ioannou, Eftihia Nikolaki, Paraskevi Gkiata, Georgia Harahousou, Lydia Tsoutsoubi, **Petros C. Dinas**, Andreas D. Flouris. Validation of core, rectal and skin temperature predictions of a free web based predictive heat strain software based on the ISO 7933:2023 standard in recreational athletes. *Journal of Science in Sport and Exercise*, 2024, in press. **IF: 1.1**
9. Reena Patel, Sophie Lane, **Petros C. Dinas**, Ian M. Lahart, and George S. Metsios. Physical activity implementation in the curricula of healthcare professions: a systematic review. *F1000 Research*, 2024, in press. **IF: NA**
10. **Petros C. Dinas**, on behalf of the students of module 5104 (Introduction to Systematic Reviews), Marianthi Karaventza, Christina Liakou, Kalliopi Georgakouli, Dimitrios Bogdanos, George S. Metsios. Combined effects of diet and physical activity on cancer patients. A systematic review and meta-analysis. *Nutrients*, 2024 Jun 2;16(11): 1749. doi: 10.3390/nu16111749. **IF: 5.9**
11. Anna Pravednikova, Antonina Nikitich; Agata Witkowicz; Lidia Karabon; Andreas D. Flouris; Maria Vliora; Eleni Nintou; **Petros C. Dinas**; Monika Szulińska; Paweł Bogdański; George S. Metsios; Victor V. Kerchev; Levon Yepiskoposyan; Oleg V. Bylino; Svetlana N. Larina; Boris Shulgin; Yulii V. Shidlovskii. Genotypes of the UCP1 gene polymorphisms and cardiometabolic diseases: a multifactorial study of association with disease probability. *Biochimie*, 2024, 218, p162-173; doi.org/10.1016/j.biochi.2023.10.012. **IF: 3.9**
12. Spyridon Hadjispyrou, **Petros Dinas**, Spyridon Marios Delitheos, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in overweight and obese adults: A Systematic Review

- and Meta-analysis. *Frontiers in Bioscience-Landmark* 2023, 28(11), 281; <https://doi.org/10.31083/j.fbl2811281>. **IF: 3.1**
13. Sophia M. Brady, Jet J.C.S. Veldhuijzen van Zanten, **Petros C. Dinas**, Tom E. Nightingale, George S. Metsios, Saleh M.A. Elmsmari, Joan L. Duda, George D. Kitas, Sally A.M. Fenton. Effects of lifestyle physical activity and sedentary behaviour interventions on disease activity and patient- and clinician- important health outcomes in rheumatoid arthritis: A systematic review with meta-analysis. *BMC Rheumatology*, 2023, 7 (1), 1-26, doi: 10.1186/s41927-023-00352-9. **IF: 2.2**
 14. Claire Chyrsanthi Karpodini, Themistoklis Tsatalas, Ioannis Giannakopoulos, Mattias Romare, Giannis Giakas, Panagiotis V Tsaklis, **Petros C. Dinas**, Aline Nogueira Haas, Sokratis G Papageorgiou, Efthalia Angelopoulou, Matthew A. Wyon, Yiannis Koutedakis. The effects of a single session of rhythmic movement program on selected biopsychological parameters in PD patients: a methodological approach. *Medicina*, 2023, 59(8), 1408; <https://doi.org/10.3390/medicina59081408>. **IF: 2.6**
 15. Konstantinos Kamposioras, **Petros C. Dinas**, Jorge Barrioso, Varvara Trachana, Konstantinos Dimas. Caveolin-1 protein expression as a prognostic biomarker of gastrointestinal tumours: A Systematic Review and Meta-Analysis, *European Journal of Clinical Investigation*, 2023 Jul 27:e14065. doi: 10.1111/eci.14065. **IF: 5.72**
 16. Ioli Panidi, Olyvia Donti, Andreas Konrad, **Petros C. Dinas**, Gerasimos Terzis, Athanasios Mouratidis, Vasiliki Gaspari, Anastasia Donti, Gregory C. Bogdanis. Muscle architecture adaptations to static stretching training: a systematic review with meta-analysis, *Sports Medicine – Open* Jun 15;9 (1):47. doi: 10.1186/s40798-023-00591-7. **IF: 6.76**
 17. **Petros C. Dinas**, On behalf of students of module 5104 (Introduction to Systematic Reviews), Rikke Helene Moe, Carina Boström, Rena I. Kosti, George D. Kitas, George Metsios. Combined effects of diet and physical activity on inflammatory joint disease: A Systematic Review and Meta-Analysis. *Healthcare*, 2023, 11 (10), 1427; <https://doi.org/10.3390/healthcare11101427>. **IF: 3.16**
 18. Elena Vakali, Dimitrios Rigopoulos, **Petros C. Dinas**, Ioannis-Alexandros Drosatos, Aikaterini G. Theodosiadi, Andriani Vazeou, George Stergiou, Anastasios Kollias. Relationship of short- and mid-term glucose variability with blood pressure profile parameters: a scoping review. *Journal of Clinical Medicine*, 2023, 12(6), 2362; <https://doi.org/10.3390/jcm12062362>. **IF: 4.96**
 19. Christina Rapti, **Petros C. Dinas**, Costas Chryssanthopoulos, Alexandra Mila, Anastassios Philippou. Effects of exercise and physical activity levels on childhood cancer: an umbrella review. *Healthcare*, 2023, 11(6), 820; <https://doi.org/10.3390/healthcare11060820>. **IF: 3.16**
 20. Georgios Mitsiou, Savvas P. Tokmakidis, **Petros C. Dinas**, Ilias Smilios, Serafeim Nanas, Endothelial progenitor cell mobilization based on exercise volume in patients with cardiovascular disease and healthy individuals: a systematic review and meta-analysis. *European Heart Journal Open*, 2022, Dec 21;2(6):oeac078. doi: 10.1093/ehjopen/oeac078. eCollection 2022 Nov. PMID: 36583078. **IF: NA**
 21. Areti K. Kapnia, Styliani Ziaka, Leonidas G. Ioannou, Irini Flouri, **Petros C. Dinas**, Andreas D. Flouris. Population characteristics, symptoms, and risk factors of idiopathic chilblains: a systematic review, meta-analysis, and meta-regression. *Biology (Basel)*, 2022 Nov 11;11(11):1651. doi: 10.3390/biology11111651. PMID: 36421364. **IF: 5.16**
 22. Claire C.C. Karpodini, **Petros C. Dinas**, Efthalia Angelopoulou, Matt Wyon, Aline Hass, Maria Bougiesi, Sokratis G. Papageorgiou, Yiannis Koutedakis. Rhythmic cueing, Dance, Resistance Training and Parkinson disease: A systematic Review and Meta-Analysis. *Frontiers in neurology*, 2022;13:875178. doi: 10.3389/fneur.2022.875178. **IF: 4.08**
 23. Olyvia Donti, Andreas Konrad, Ioli Panidi, **Petros C. Dinas**, Gregory C. Bogdanis. Is there a “window of opportunity” for flexibility development in youth? A systematic review with meta-analysis. *Sports Medicine – Open*, (2022) 8 (1), 1-24. <https://doi.org/10.1186/s40798-022-00476-1>; **IF: 6.76**

24. **Petros C. Dinas**, Yiannis Koutedakis, Leonidas Ioannou, George Metsios, George D Kitas. Effects of exercise and physical activity levels on vaccination efficacy: A systematic review and meta-analysis. *Vaccines*, 2022, 10 (5), 769, <https://doi.org/10.3390/vaccines10050769>. **IF: 4.42**
25. **Petros C. Dinas**, Athanasios Daveronas, Costas Chryssanthopoulos, Serafim Nanas, Anastassios Philippou. Effects of exercise interventions on respiratory drive (Emgdi%max) in patients with chronic obstructive pulmonary disease: A Systematic Review and Meta-Analysis. *Exploratory Research and Hypothesis in Medicine*, 8 (1), 5-13, 2023, DOI: 10.14218/ERHM.2021.00077: **IF: NA**
26. **Petros C. Dinas**, Eleni Nintou, Maria Vliora, Anna E. Pravednikova, Paraskevi Sakellariou, Agata Witkowicz, Zaur M. Kachaev, Victor V. Kerchev, Svetlana N. Larina, James Cotton, Anna Kowalska, Paraskevi Gkiata, Alexandra Bargiota, Zaruhi A. Khachatryan, Anahit A. Hovhannisyan, Mariya A. Antonosyan, Sona Margaryan, Anna Partyka, Pawel Bogdanski, Monika Szulinska, Matylda Kregielska-Narozna, Rafał Czepczyński, Marek Ruchała, Anna Tomkiewicz, Levon Yepiskoposyan, Lidia Karabon, Yulii Shidlovskii, George S. Metsios, Andreas D. Flouris. Prevalence of uncoupling protein one genetic polymorphisms and their relationship with cardiovascular and metabolic health. *Plos One*, 2022, 17 (4), e0266386: **IF: 3.24**
27. Panagiota Kalatzi, **Petros C. Dinas**, Costas Chryssanthopoulos, Eleftherios Karatzanos, Serafim Nanas, Anastassios Philippou. Impact of supervised aerobic exercise on clinical physiological and mental parameters of people living with HIV: a systematic review and meta-analyses of randomized controlled trials. *HIV Research & Clinical Practice*, 2022, 1-13: **IF: 1.20**
28. Leonidas G. Ioannou, Lydia Tsoutsoubi, Konstantinos Mantzios, Maria Vliora, Eleni Nintou, Jacob F. Piil, Sean R. Notley, **Petros C. Dinas**, George A. Gourzoulidis, Matt Brearley, Igor B. Mekjavic, Glen P. Kenny, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat strain – Part 3: Multi-country field evaluation and consensus recommendations. *Temperature*, 2022, 1-18: DOI: 10.1080/23328940.2022.2044739. **IF: NA**
29. Leonidas G. Ioannou, **Petros C. Dinas**, Sean R. Notley, Flora Gofa, George A. Gourzoulidis, Matt Brearley, Yoram Epstein, George Havenith, Michael N. Sawka, Peter Bröde, Igor B. Mekjavic, Glen P. Kenny, Thomas E. Bernard, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat stress – Part 2: Delphi exercise. *Temperature*, 2022, 1-11: DOI: 10.1080/23328940.2022.2044738. **IF: NA**
30. Leonidas G. Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Sean R. Notley, **Petros C. Dinas**, Matt Brearley, Yoram Epstein, George Havenith, Michael N. Sawka, Peter Bröde, Igor B. Mekjavic, Glen P. Kenny, Thomas E. Bernard, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat strain – Part 1: Systematic review. *Temperature*, 2022: DOI: 10.1080/23328940.2022.2037376. **IF: NA**
31. Elena Vakali, Dimitrios Rigopoulos, Andres E. Carrillo, Andreas D. Flouris and **Petros C. Dinas**. Effects of alpha-lipoic acid supplementation on human diabetic nephropathy: A systematic review and meta-analysis. *Current Diabetes Reviews*, 2022; 17 (6), 43-50, e140921196457, doi: 10.2174/1573399817666210914103329. **IF: 1.95**
32. Maria Bougiesi, **Petros C. Dinas**, Elizana Pollatou, Yiannis Theodorakis and Vasiliki Zisi. Emotional intelligence levels of adult Hellenic traditional dancers and group exercisers. *Inquiries in Sport & Physical Education*, Volume 19 (3), 134 – 144, Released: November 2021. **IF: NA**
33. Leonidas G. Ioannou, Lydia Tsoutsoubi, Konstantinos Mantzios, Giorgos Gkikas, Jacob F. Piil, **Petros C. Dinas**, Sean R. Notley, Glen P. Kenny, Lars Nybo and Andreas D. Flouris. The impacts of sun exposure on worker physiology and cognition: multi-country evidence and interventions. *International Journal of Environmental Research and Public Health*, 2021, 18, 7698. <https://doi.org/10.3390/ijerph18147698>. **IF: 3.39**
34. Leonidas G. Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Eleni Nintou, Maria Vliora, Paraskevi Gkiata, Constantinos N. Dallas, Giorgos Gkikas, Gerasimos Agaliotis, Kostas Sfakianakis, Areti K. Kapnia, Davide J. Testa, Tânia Amorim, **Petros C. Dinas**, Tiago S. Mayor, Chuansi Gao, Lars Nybo and Andreas D. Flouris. Occupational heat stress: multi-country

- observations and interventions. *International Journal of Environmental Research and Public Health*, 2021, 18, 6303. <https://doi.org/10.3390/ijerph18126303>. **IF: 3.39**
35. **Petros C. Dinas**, Dragoslav Domanovic, Yiannis Koutedakis, Christos Hadjichristodoulou, Ioannis Stefanidis, Kalliope Papadopoulou, Konstantinos Dimas, Konstantinos Perivoliotis, Konstantinos Tepetes, Andreas D. Flouris. The presence of fungal and parasitic infections in substances of human origin and their transmission via transfusions and transplantations: A protocol of two systematic reviews. *JMIR Research Protocols*, 2021, June 10;10 (6): e25674. doi: 10.2196/25674. **IF: NA**
 36. Nico Kolokythas, George S. Metsios, **Petros C. Dinas**, Shaun M. Galloway, Nick Allen, Matthew A. Wyon. Growth, maturation and overuse injuries in dance and aesthetic sports: a systematic review. *Research in Dance Education*, 2021, Jan. 24, 1-23. DOI: 10.1080/14647893.2021.1874902. **IF: NA**
 37. Konstantinos Dallas, **Petros C. Dinas**, Costas Chryssanthopoulos, George Dallas, Maria Maridaki, Michael Koutsilieris, Anastassios Philippou. The effects of exercise on VO₂peak, Quality of Life and Hospitalization in heart failure patients: A Systematic Review with Meta-analyses. *European Journal of Sport Science*, 2021, Sep;21(9):1337-1350. doi: 10.1080/17461391.2020.1846081. **IF: 4.05**
 38. Kelsey A. Heenan, Andres E. Carrillo, Jacob L. Fulton, Edward J. Ryan, Jason R. Edsall, Dimitrios Rigopoulos, Melissa M. Markofski, Andreas D. Flouris and **Petros C. Dinas**. Effects of nutrition/diet on brown adipose tissue in humans: A systematic review and meta-analysis. *Nutrients*, 2020,12 (9), 2752; doi:10.3390/nu12092752: **IF: 5.71**
 39. **Petros C. Dinas**, Argyro Kruse, Eleni Nintou, Alexandros Georgakopoulos, Marnie Granzotto, Marinou Metaxas, Elena Karachaliou, Marco Rossato, Roberto Vettor, Panagiotis Georgoulas, Tiago S. Mayor, John Koutsikos, Konstantinos Athanasiou, Leonidas G. Ioannou, Paraskevi Gkiata, Andres E. Carrillo, Yiannis Koutedakis, George S. Metsios, Athanasios Z. Jamurtas, Sofia Chatziioannou, Andreas D. Flouris. Human white-fat thermogenesis: Experimental and meta-analytic findings. *Temperature*, 2021;8;1; p. 39-52, <https://doi.org/10.1080/23328940.2020.1769530>: **IF: NA (partly PhD work)**
 40. Amin Daoulah, Salem M. Al-Faifi, Ahmad S Hersi, **Petros C. Dinas**, Ali A. Youssef, Mohammed Alshehri, Fahad Baslaib, Mohamed Maghrabi, Mushabab Al-Murayeh, Muhammad Adil Adil Soofi, Abdulaziz Alasmari, Mirvat Alasnag, Adel Khalifa Hamad, Mamdouh Morshid, Yosri M. A. Morsi, Ziad Dahdouh, Nader Alasousi, Khalid Tammam, Mohammed Almansori, Abdullah Alkushail, Jairam K. Aithal, Abdulrahman H. Alqahtani, Amir Lotfi. Spontaneous coronary artery dissection in relation to physical and emotional stress: A retrospective study in four Arab gulf countries. *Current Problems in Cardiology*, 46 (3), 100484. 2021: doi: 10.1016/j.cpcardiol.2019.100484. **IF: 3.33**
 41. Andreas D. Flouris, **Petros C. Dinas**, Leonidas G. Ioannou, Lars Nybo, George Havenith, Glen P. Kenny, Tord Kjellstrom. Workers' health and productivity under occupational heat strain: a systematic review and meta-analysis. *The Lancet Planetary Health*, 2018; Dec, 2: e521-31. doi: 10.1016/S2542-5196(18)30237-7. **IF: NA**
 42. Farhan M. Asrar+, Annie Hui Wen+, S. Ali Nasser+, **Petros C. Dinas+**, Cory Newman+, Angie Bukley, Kevin Crist and Dennis Irwin. Space technologies for Monitoring Health and Environmental Impacts of Hydraulic Fracturing. *The Lancet Planetary Health*, 2018, Nov; Vol 2 (11) e469-e470. doi: 10.1016/S2542-5196(18)30223-7. + Shared first authorship. **IF: NA**
 43. Jacob L. Fulton, **Petros C. Dinas**, Andres E. Carrillo, Jason R. Edsall, Emily J. Ryan, Edward J. Ryan. Impact of Genetic Variability on Physiological Responses to Caffeine in Humans: A Systematic Review. *Nutrients*, 2018, 10 (10), 1373. doi: 10.3390/nu10101373. **IF: 4.19**
 44. Kyriakos I. Tsitoglou, Yiannis Koutedakis and **Petros C. Dinas**. Validation of the Polar RS800CX for assessing heart rate variability during rest, moderate cycling and post-exercise recovery. *F1000Research*, 2018, 7:1501, <https://doi.org/10.12688/f1000research.16130.1>. **IF: NA**

45. **Petros C. Dinas**, Eleni Nintou, Dimitra Psychou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Association of fat mass profile with natriuretic peptide receptor alpha in subcutaneous adipose tissue of medication-free healthy men – A cross-sectional study. *F1000Research*, 2018 Mar 15 [revised 2018 Jan 1];7:327. doi: 10.12688/f1000research.14198.2. eCollection 2018. **IF: NA (PhD work)**.
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48. **Petros C. Dinas**, Ian M. Lahart, James A. Timmons, Per-Arne Svensson, Yiannis Koutedakis, Andreas D. Flouris, George S. Metsios. Effects of physical activity on the link between PGC-1a and FNDC5 in muscle, circulating Irisin and UCP1 of white adipocytes in humans: A systematic review. *F1000Research* 2017, 6:286, doi: 10.12688/f1000research.11107.1. **IF: NA (PhD work)**.
49. Andreas D. Flouris, **Petros C. Dinas**, Angelica Valente, Cláudia Marlise Balbinotti Andrade, Nair Honda Kawashita and Paraskevi Sakellariou. Exercise-induced effects on UCP1 expression in classical brown adipose tissue: a systematic review. *Hormone Molecular Biology and Clinical Investigation*, 2017 Jan 13;31(2), doi: 10.1515/hmbci-2016-0048. **IF: NA**.
50. **Petros C. Dinas**, Sreerekha Suresh, Subbananthan Thangamani, and Alan Zide. Human physical performance under simulated lunar lighting conditions. Is it possible to walk on the Moon? *Hypothesis*, 2016, 14(1): e2, doi:10.5779/hypothesis. v14i1.472. **IF: NA (Diploma work)**.
51. Andreas D. Flouris, **Petros C. Dinas**, Kiriakos Tsitoglou, Ioanna Patramani, Koutedakis Yiannis, Glen P. Kenny. Non-invasive measurements of tibialis anterior muscle temperature during rest, cycling exercise, and post-exercise recovery. *Physiological Measurements*, 2015 May 27; 36 (7): N103-N113, doi: 10.1088/0967-3334/36/7/N103. **IF: 1.61**.
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53. Andreas D. Flouris and **Petros C. Dinas**. Impact of regular exercise on classical brown adipose tissue. *Clinical Endocrinology*, 2015 Oct;83(4):591-3. doi: 10.1111/cen.12716. **IF: 3.35**.
54. **Petros C. Dinas**, Alexandra Nikaki, Athanasios Z. Jamurtas, Vassilios Prassopoulos, Roxani Efthymiadou, Yiannis Koutedakis, Panagiotis Georgoulas, and Andreas D. Flouris. Association between habitual physical activity and brown adipose tissue activity in individuals undergoing PET-CT scan. *Clinical Endocrinology*, 2015 Jan; 82(1):147-54, doi: 10.1111/cen.12620. **IF: 3.35 (MSc Thesis work)**.
55. **Petros C. Dinas**, Aleksandra S. Markati, and Andres E. Carrillo. Exercise-Induced Biological and Psychological Changes in Overweight and Obese Individuals: A Review of Recent Evidence, *ISRN Physiology*, vol. 2014, Article ID 964627, 11 pages, 2014. doi:10.1155/2014/964627. **IF: NA (PhD work)**.
56. Andreas D. Flouris, **Petros C. Dinas**, Manolis N. Tzatzarakis, Giorgos S. Metsios, Konstantinos Kostikas, Athanasios Z. Jamurtas, Aristidis M. Tsatsakis, and Yiannis Koutedakis. Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia. *International Journal of Environmental Health Research*, 2014 Jun; 24(3):189-94, doi: 10.1080/09603123.2013.800966. **IF: 1.20 (BSc Thesis work)**.

57. **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Manolis N. Tzatzarakis, A. Wallace Hayes, Yiannis Koutedakis, Aristidis M. Tsatsakis, and Andreas D. Flouris. Acute effects of secondhand smoke on complete blood count. *International Journal of Environmental Health Research*, 2014 Feb; 24(1):56-62, doi: 10.1080/09603123.2013.782603. **IF: 1.20**.
 58. Konstantinos Kostikas, Markos Minas, Eftyxia Nikolaou, Papaioannou Andriana, Panayiotis Liakos, Sofia Gougoura, Konstantinos I. Gourgoulis, **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Andreas D. Flouris, Yiannis Koutedakis. Secondhand smoke induces acute acidification and oxidative stress. *Respiratory Medicine*, 2013, Feb; 107(2):172-9, doi: 10.1016/j.rmed.2012.10.017. **IF: 2.58**.
 59. **Petros C. Dinas**, Yiannis Koutedakis, and Andreas D. Flouris. Effects of active and passive tobacco cigarette smoking on heart rate variability. *International Journal of Cardiology*, 2013 Feb 20;163(2):109-15. doi: 10.1016/j.ijcard.2011.10.140. **IF: 6.80 (BSc Thesis work)**.
 60. Mania Vafeiadou, **Petros C. Dinas**. Effects of colostrum supplementation on humans. *Hellenic Journal of Nutrition and Dietetics*, 2012, 3(2), 107–115. **IF: NA**.
 61. **Petros C. Dinas**, Yiannis Koutedakis and Andreas D. Flouris. Effects of exercise and physical activity on depression. *Irish Journal of Medical Science*, 2011 Jun; 180(2):319-25, doi: 10.1007/s11845-010-0633-9. **IF: 0.69**.
- (IF: Impact factor at the time of acceptance; NA: Not applicable)

CONFERENCE ABSTRACTS PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Reena Patel, Sophie Lane, **Petros C. Dinas**, Ian M. Lahart, and George S. Metsios. Physical activity implementation in the curricula of healthcare professions: a systematic review. *Physiotherapy*, Volume 126, Supplement 1101545, April 2025, DOI: 10.1016/j.physio.2025.101545. **IF: 3.1**
2. Nikos V Margaritelis, Nikos Georgogiannis, Chrysovalantis Stachteas, George G Nastos, Panagiotis N Chatzinikolaou, **Petros C Dinas**. Optimal timing for assessing oxidative stress after acute exercise in humans: a systematic review and meta-analysis. *Free Radical Biology and Medicine*; 218; 39; 2024. **IF: 7.1**
3. Karas S. Flouris A. **Dinas P.** Eat, Move, improve: Using nutrition to lessen inflammation and complement PT management of CLBP. American Academy of Manual Therapy Annual conference 2023. *Journal of Manual and Manipulative Therapy*, volume 32, 2024-Issue sup. 1: <https://doi.org/10.1080/10669817.2024.2350260>. **IF: 1.6**
4. Andreas Flouris, Leonidas Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Maria Vliora, Eleni Nintou, Jacob Piil, Sean Notley, **Petros Dinas**, Flora Gofa, George Gourzoulidis, Matt Brearley, Yoram Epstein, George Havenith, Michael Sawka, Peter Bröde, Igor Mekjavic, Glen Kenny, Thomas Bernard, and Lars Nybo. Establishing heat stress indicators for work in a warming world: multi-country field evaluation and consensus recommendations. *Environmental Health Perspectives* 2022/9/18. ISEE Conference Abstracts. **IF: 11.03**
5. Giorgos Paradisis, Costas Chryssanthopoulos, **Petros Dinas**, Konstantinos Dallas, Athanasios Moustogianis, Maria Maridaki, Anastassios Philippou. Carbohydrate Mouth Rinsing In Human Capacity And Performance Of RCT Studies: A Meta-analysis, 2022. *Medicine & Science in Sports & Exercise*. 54; 9S; page 116. **IF: 6.28**
6. Mitsiou G., **Dinas P.**, Smilios I., Nanas S., Tokmakidis S. Exercise promotes endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. *The Journal of Sports Medicine and Physical Fitness* 2021, 74; suppl. 1-3, Sept. 2021. **IF: 1.63**
7. Spyridon Hadjispyrou, Spyridon-Marios Delitheos, Ioannis Kapetanios, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, **Petros Dinas**, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in obese/overweight adults. A Systematic Review and Meta-analysis. *The Journal of Sports Medicine and Physical Fitness* 2021, 74; suppl. 1-3, Sept. 2021. **IF: 1.63**

8. **P.C. Dinas**, A. Krase+, E. Nintou+, A. Georgakopoulos+, M. Granzotto+, M. Metaxas,+ E. Karachaliou+, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of Human White-Fat: The Actual Picture, *Multidisciplinary Digital Publishing Institute Proceedings 2019*, 25(1), 2. + Shared second authorship. **IF: NA (partly PhD work)**
9. A. Georgakopoulos, J. Koutsikos, A. Krase, E. Nintou, M. Metaxas, K. Athanasiou, P. Georgoulas, P. Gkiata, Y. Koutedakis, **P. Dinas**, A. Flouris, S. Chatziioannou. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. *European Journal of Nuclear Medicine and Molecular Imaging*, 2018/10/1, (45) S691-S69. **IF: 7.7**
10. Carrillo A.E., **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. Assessment of the Relationship Between Macronutrient Intake and Browning of White Fat in Adult Males. *Medicine & Science in Sports & Exercise*, Volume 49, Issues 5S, page 990, May 2017. **IF: 4.14 (PhD work)**
11. N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine & Science in Sports & Exercise*, Volume 47, Issues 5S, May 2015, P684. **IF: 3.98 (PhD work)**
12. **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to secondhand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder, *Toxicology Letters*, Volume 196, Supplement 1, 17 July 2010, Page S88. **IF: 3.4.**

(IF: Impact factor at the time of acceptance; NA: Not applicable)

STUDENT SUPERVISION

1. 2024-2025 (completed): **Supervisor** for Zinovia Mperberi, **BSc** thesis entitled "Effects of nutritional counselling on fat mass, calorie intake and blood pressure in overweight and obese children and adolescents". Department of Nutrition and Dietetics, University of Thessaly, Greece.
2. 2024-2025 (completed): **Supervisor** for Katerina Methasa, **BSc** thesis entitled "Effects of nutritional counselling on fat mass, calorie intake and blood pressure in overweight and obese children and adolescents". Department of Nutrition and Dietetics, University of Thessaly, Greece.
3. 2023-2024 (completed): **Supervisor** for Styliani Ferentinou, **BSc** thesis entitled "The effects of physical and cognitive stress on eating habits of athletes". Department of Nutrition and Dietetics, University of Thessaly, Greece.
4. 2023-2024 (completed): **Supervisor** for Dimitra Theodorou, **BSc** thesis entitled "The effects of physical and cognitive stress on eating habits of athletes". Department of Nutrition and Dietetics, University of Thessaly, Greece.
5. 2023-2024 (completed): **Supervisor** for Aggelos Mpaltos, **BSc** thesis entitled "The role of intermittent fasting in depression". Department of Nutrition and Dietetics, University of Thessaly, Greece.
6. 2023-2024 (completed): **Supervisor** for Maria Ntalouka, **BSc** thesis entitled "The role of intermittent fasting in depression". Department of Nutrition and Dietetics, University of Thessaly, Greece.
7. 2023-2024 (completed): **Supervisor** for Sofia Chatzivasileiou, **BSc** thesis entitled "The effect of vitamin D supplementation on depression of adult patients". Department of Nutrition and Dietetics, University of Thessaly, Greece.
8. 2023-2024 (completed): **Supervisor** for Theodora Fragista, **BSc** thesis entitled "The effect of vitamin D supplementation on depression of adult patients". Department of Nutrition and Dietetics, University of Thessaly, Greece.

9. 2023-2024 (completed): **Supervisor** for Vaia Ntinti, **BSc** thesis entitled “The effect of vitamin D supplementation on depression of adult patients”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
10. 2023-2024 (completed): **Supervisor** for Evaggelia-Tsampika Athanasa, **BSc** thesis entitled “The effects of the Mediterranean diet on lung cancer”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
11. 2023-2024 (completed): **Supervisor** for Anna Daskalaki, **BSc** thesis entitled “The effects of the Mediterranean diet on lung cancer”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
12. 2023-2024 (completed): **Supervisor** for Evaggelia Kountoura, **BSc** thesis entitled “The role of creatine and vitamin D in performance of long-distance runners”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
13. 2023-2024 (completed): **Supervisor** for Dimitra-Evdokia Kelepouri, **BSc** thesis entitled “The role of creatine and vitamin D in performance of long-distance runners”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
14. 2023-2024 (completed): **Scientific committee** for Dr Marietta Yioukka **MSc** thesis in Lifestyle Medicine, School of Physical Education, Sport Science and Dietetics & School of Health Sciences, Department of Medicine, for the study: The effect of smartphone-based-interventions on health-related quality of life of adults with type 2 diabetes mellitus - A systematic review.
15. 2022-2023 (completed): **Supervisor** for Anastasia Kefalidou, **BSc** thesis entitled “How protein supplementation in a healthy population affects strength recovery and recovery in combination with resistance training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
16. 2022-2023 (completed): **Supervisor** for Dimitrios Giannousis, **BSc** thesis entitled “How protein supplementation in a healthy population affects strength recovery and recovery in combination with resistance training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
17. 2022-2023 (completed): **Supervisor** for Alexandros Chatzis, **BSc** thesis entitled “Effects of protein supplementation on strength improvement in adolescents”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
18. 2022-2023 (completed): **Supervisor** for Stilian Paschalidou, **BSc** thesis entitled “The effects of vegetarian diets on strength training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
19. 2022-2023 (completed): **Supervisor** for Panagiota Vardaska, **BSc** thesis entitled “The effects of vegetarian diets on strength training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
20. 2022-2023 (completed): **Scientific committee** for Konstantinos Zalagitis, **MSc** thesis in clinical ergo-spirometry, exercise, advanced technology and rehabilitation, Medical School of Athens, Greece, for the study: Effects of the combination of diet/nutrition and exercise/physical activity on chronic inflammation of overweight/obese children and adolescences: A systematic review and meta-analysis.
21. 2022 (completed): **Scientific advisor** for Ioli Panidi (**PhD** studies) in the School of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece, for the study: Muscle architecture adaptations to static stretching training: a systematic review with meta-analysis.
22. 2022 (completed): **Scientific advisor** for Georgios Mitsiou (**PhD** studies) in the School of Physical Education and Sport Science, Democritus University of Thrace, Komotini, Greece, for the study: Endothelial progenitor cell mobilization during exercise in healthy individuals and patients with cardiovascular disease. A systematic review and meta-analysis.
23. 2022 (completed): **Scientific advisor** for Christina Rapti, **MSc** thesis in the Medical School of Athens, Greece, for the study: The effects of exercise and physical activity during and after childhood cancer: an umbrella review.

24. 2022 (completed): **Scientific advisor** for Panagiota Kalatzi (**PhD** studies) in the Medical School of Athens, Greece, for the study: Impact of supervised aerobic exercise on clinical physiological and mental parameters of people living with HIV: a systematic review and meta-analyses of randomized controlled trials.
25. 2022 (completed): **Scientific advisor** for Athanasios Daveronas, **MSc** thesis in the Medical School of Athens, Greece, for the study: Effect of Exercise on Respiratory Drive in Chronic Obstructive Pulmonary Disease Patients: A Systematic Review and Meta-Analysis.
26. 2020-present: **Scientific advisor** for Claire Karpodini (**PhD** studies), Faculty of Education Health and Wellbeing, University of Wolverhampton, UK. Thesis title: The effects of rhythm, movement and fitness training on motor and non-motor parameters in patients with Parkinson disease.
27. 2020 (completed): **Supervisor** for Kelsey Heenan, in the Chatham University, USA (agreement ID: ABBDC9E6-5814-47B5-9E81-3FAEFDA19A88). Internship **BSc** thesis for the a) systematic review investigating dietary factors that stimulate changes in brown and/or white adipose tissue thermogenic activity and b) dietary analysis and management for a study investigated brown adipose tissue in humans. 27-4-2020 to 8-7-2020 in FAME Laboratory, University of Thessaly, Trikala, Greece.
28. 2018 (completed): **Scientific advisor** for Konstantinos Ntallas, **MSc** thesis in molecular and applied physiology in the Medical School of Athens, Greece, for the study: Exercise induced changes in heart failure patients considering VO_2 peak, quality of life and hospitalization: A systematic review and meta-analysis.