

Stavros stathopoulos

**Professor Stavros Stathopoulos**

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**Short Curriculum Vitae**

**Personal Information:**

- Name: STAVROS STATHOPOULOS
- Nationality: Greek
- Date of Birth: 03 March 1964
- Gender: Male

**Education:**

- Greek Open University: M.A. in Open and Distance Learning
- 2nd University of Rome: Dott. in Sporting Neuro-traumatological Rehabilitation
- 2nd University of Rome: Basic Studies in Rehabilitation with Specialisation in Neurology and Neuropsychology, graduated with highest honors (100/100)

**Current Professional Activities:**

- Mental and Physical Wellness Consultant (1989 – present)
- Adult Trainer (1993 – present)
- SEO / Chief Knowledge Officer, “Bioagoghi”, USA (1994 – present)
- Member of the Research Board of Advisors, American Biographical Institute, USA (1998 – present)
- Physiotherapist, Physical Therapy Department, “Evangelismos” General Hospital, Athens, Greece (1999 – present)
- Consultant in Open and Distance Education (2001 – present)
- Director and Professor in Postgraduate Programmes in “Pedagogic and Didactic for Children with Movement Disabilities”, “G. Marconi” University, Rome, Italy (2012 – present)
- Teaching Staff, Medical School, National and Kapodistrian University of Athens, Greece, MSc in Molecular and Applied Physiology, Specialisation: Therapeutic – Medical Exercise, teaching modules: “Therapeutic Exercise Protocols in Chronic Psychiatric Diseases” and “Sleep-Related Breathing Disorders – Laboratory and Clinical Sleep Medicine”, including a module on the importance of ergonomics in sleep (2019 – present)
- WHO Rehabilitation Programme / Package of Interventions for Rehabilitation – Member, Development Group for Schizophrenia (2020 – 2030)
- Teaching Staff, Medical School, Aristotle University of Thessaloniki, Greece, MSc: “Neuroscience and Neurodegeneration”, teaching module: “Parkinson’s disease: Fitness Improvement Programme at Home – The Contribution of Physiotherapy” (2021 – present)
- Europe Region / World Physiotherapy Member at the Mental Health & Physiotherapy Working Group (2024 – 2026)

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- Specialist in Mental Health / Health – Quality of Care and Patient Safety Project, WHO European Region (2024 –)
- Member of the International External Evaluation & Accreditation Committee of the Physiotherapy Undergraduate Programme, UNIWA, Greece

**Current Management Activities:**

- Founder / SEO, Scientific Society for Health Education “BIOAGOGHI”, USA (1994 – present)
- Founding Member / Coordinator of the Specialty Group “Physiotherapy in Mental Health” of the Pan-Hellenic Physiotherapist Association, Greece (2014 – present)
- Founding Member of the Specialty Group “Neurological Physiotherapy” of the Pan-Hellenic Physiotherapist Association, Greece (2016 – present)
- Member, Executive Committee, Pan-Hellenic Physiotherapist Association (Organizational Secretary for the Attica Region and Cyclades; Central Administration: Member), Greece (2024 – 2027)
- Founding Member / Secretary, Temporary Coordinating Committee of the Specialty Group “Therapeutic Exercise” of the Pan-Hellenic Physiotherapist Association, Greece (2023)
- Vice President, Managing Board of the European Network of Active Living for Mental Health (2023 – 2026)
- President, American Hellenic Educational Progressive Association (AHEPA) – Athens Chapter HJ001 (2023 – present)

**Delegations:**

- Delegate of Greece to the International Organisation of Physiotherapy in Mental Health and Member of the Committee for Communication & Institutional Relations (2014 – present)
- Delegate of Greece to the European Network on Health Enhancing Physical Activity (WHO / Europe, 2020 – present)
- Delegate of Greece to the European Network of Active Living for Mental Health (2020 – present)

**Editorial and Review Activities:**

- Chief Editor, Journal of Physiotherapy in Mental Health
- Editorial Board Member of four international journals and one national journal
- Reviewer for five international scientific journals
- Reviewer for mental health abstracts, World Physiotherapy Congress 2021

**Speaking Engagements:**

Main Speaker at:

- Two World Congresses
- Ten International Congresses
- Over fifty National Congresses

**Publications:**

- Authored two books
- Contributed chapters to three books

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- Published various articles in Greek and international scientific journals
- Editor of one English book

### **Research:**

- Principal Investigator in seven research protocols
- Participation in EU programmes: Director of Studies in one; Instructor in four, focusing on the occupational integration of handicapped people

### **Professional Memberships:**

- Active member of over fifteen professional associations, including the special interest group for sleeping disorders of World Physiotherapy, and an individual member of the World Federation for Mental Health (WFMH)

### **Certifications:**

#### *Indicatively:*

National Centre for Public Administration and Local Government / Institute of Training (Hellenic Republic – Ministry of Interior)

- Total Quality Management in Health Services
- Human Resources Management in Health Services
- Health Services Management
- Corporate Social Responsibility and Public Administration

#### Physioplus

- Physical Activity as EBP in Mental Health
- Foundations of Mental Health
- The Impact of Trauma on Mental and Physical Health
- Mental Function Considerations in Rehabilitation
- Respiratory Management of People with COVID-19
- Role of Physiotherapy in COVID-19
- Infection Prevention and Control
- Leadership Skills in Balancing Time and Workload
- Factors Impacting Mental Health
- Basic Principles of Physical Activity
- Fall Prevention Through Exercise
- Pharmacology in Pain Management
- Mental Health Programme
- Principles of Exercise Rehabilitation
- Pharmacology and Physiotherapy

#### Sport England

- Mental Health Awareness for Sport and Physical Activity

#### Cambridge International Qualifications

- Basics in Applications of Neuromarketing

### **Language Skills:**

- Greek: Native

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- Italian: Teaching License
- English: B2 Level
- French: B1 Level

**Digital Skills:**

Excellent proficiency in Microsoft Office (Word, Excel, Outlook, PowerPoint), Google Drive, and social media platforms (Instagram, LinkedIn, Facebook); as well as Skype, Zoom, Google Docs and Microsoft Teams

**Scientific Interests:**

- Physiotherapy in mental health since 1988
- Clinical applications of biofeedback in psychiatric diseases
- Parameterization of therapeutic exercise in mental health
- Repetitive Transcranial Magnetic Stimulation (rTMS)
- App development for mental health

**Honors:**

- Journalistic Identity Card "Honoris Causa" (1993 – present)
- Listed in the Greek "Who is Who" (1998 – present)
- Nominated AHEPA of the Year for 2018 and 2019
- Award for many years of service to the Panhellenic Association of Physiotherapists, 2024