

# CV

## KALLIOPI GEORGAKOULI, Ph.D.

---

### *Education*

Kalliopi Georgakouli received her BSc in Nutrition and Dietetics from Alexander Technological Educational Institution of Thessaloniki - Greece in 2009. She continued her postgraduate studies at University of Thessaly - Greece where she obtained her MSc in “Biotechnology - Quality Assessment in Nutrition and the Environment” majoring in Nutritional Biochemistry (2012). In 2015 she defended her PhD thesis, entitled “The effect of exercise on alcohol use”, obtaining her PhD in Exercise Biochemistry from University of Thessaly - Greece.

### *Professional Experience/Background*

She has worked as a PhD researcher at Research Funding Program THALES (2012-2015), entitled “Exercise, smoking, & alcohol: investigation of mechanisms, & interventions for prevention, cessation & awareness”. She has been teaching courses and supervising thesis for undergraduate students at Technological Educational Institute of Thessaly - Greece (2015-2018) and University of Thessaly - Greece (2018- to date). She is a Research Associate at the Laboratory of Exercise Biochemistry, Physiology and Nutrition (SmArT Lab) - University of Thessaly - Greece since 2015, with main activities and responsibilities being conducting research, scientific writing, nutritional evaluation and occasional teaching at undergraduate and postgraduate level.

### *Research Interests*

Her research interests focus on the effects of functional foods, food supplements and exercise on various health aspects in both healthy and clinical populations. Furthermore, she has a strong interest on the potential use of exercise as an adjunct strategy in the treatment of alcohol use disorders, and the underlying mechanisms involved.

---

### *Articles in Refereed Scientific Journals*

**Georgakouli K**, Deli CK, Zalavras A, Fatouros IG, Kouretas D, Koutedakis Y, Jamurtas AZ. (2013). a-Lipoic acid supplementation up-regulates antioxidant capacity in adults with G6PD deficiency. *Food and Chemical Toxicology*, 2013, 61:69-73.

Jamurtas AZ, Zourbanos N, **Georgakouli K**, Georgoulas P, Manthou E, Fatouros IG, Goudas M, Koutentakis Y, Theodorakis Y. The effects of acute aerobic exercise on beta endorphin and alcohol urge responses in alcoholic patients following an acute bout of exercise. *Journal of Addiction Research & Therapy*, 2014, 5(4):194.

Manthou E, Kanaki M, **Georgakouli K**, Deli DK, Kouretas D, Koutedakis Y, Jamurtas AZ. Glycemic Response of a Carbohydrate-Protein Bar with Ewe-Goat Whey. *Nutrients*, 2014 6:2240-2250.

**Georgakouli K**, Manthou E, Fatouros IG, Deli CK, Spandidos DA, Tsatsakis AM, Kouretas D, Koutedakis Y, Theodorakis Y, Jamurtas AZ. Effects of acute exercise on liver function and blood redox status in heavy drinkers. *Experimental and therapeutic medicine*, 2015, 10:2015-2022.

Hatzigeorgiadis A, Pappa V, Tsiami A, Tzatzaki T, **Georgakouli K**, Zourbanos N, Goudas M, Chatzisarantis N, Theodorakis Y. Self-regulation strategies may enhance the acute effect of exercise on smoking delay. *Addictive Behaviors*, 2016, 57:35-37.

Zourbanos N, Hatzigeorgiadis A, Tsiami A, Tzatzaki T, **Georgakouli K**, Manthou E, Goudas M, Jamurtas AZ, Hatzoglou C, Chatzisarantis N, Hassandra M, Theodorakis Y. An initial investigation of smokers' urges to smoke and their exercise intensity preference: A mixed-methods approach. *Cogent Medicine*, 2016, 3:1149043.

Manthou E, **Georgakouli K**, Fatouros IG, Gianoulakis C, Theodorakis Y, Jamurtas AZ. Role of exercise in the treatment of alcohol use disorders (Review). *Biomedical Reports*, 2016, 4:535-545.

**Georgakouli K**, Mpesios A, Kouretas D, Petrotos K, Mitsagga C, Giavasis I, Jamurtas AZ. The Effects of an Olive Fruit Polyphenol-Enriched Yogurt on Body Composition, Blood Redox Status, Physiological and Metabolic Parameters and Yogurt Microflora. *Nutrients*, 2016, 8(6):344.

Deli CK, Fatouros IG, Paschalis P, **Georgakouli K**, Zalavras A, Avloniti A, Koutedakis Y, Jamurtas AZ. A Comparison of Exercise-Induced Muscle Damage Following Maximal Eccentric Contractions in Men and Boys. *Pediatric Exercise Science*, 2017, 6:1-26.

Deli CK, Fatouros IG, Paschalis P, Tsiokanos A, **Georgakouli K**, Zalavras A, Avloniti A, Koutedakis Y, Jamurtas AZ. Iron supplementation effects on redox status following aseptic skeletal muscle trauma in adults and children. *Oxidative Medicine and Cellular Longevity*, 2017, 4120421.

Manthou E, **Georgakouli K**, Deli CK, Sotiropoulos A, Fatouros IG, Kouretas D, Matthaiou C, Koutedakis Y, Jamurtas AZ. Effects of Pomegranate Juice consumption on Biochemical Parameters and Complete Blood Count. *Experimental and Therapeutic Medicine*, 2017, 14(2):1756-1762.

**Georgakouli K**, Manthou E, Georgoulas P, Ziaka A, Fatouros IG, Mastorakos G, Koutedakis Y, Theodorakis Y, Jamurtas AZ. Exercise training reduces alcohol consumption but does not affect HPA-axis activity in heavy drinkers. *Physiology & Behavior*, 2017, 179:276-283.

Deli CK, Poullos A, **Georgakouli K**, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, Draganidis D, Tsiokanos A, Koutedakis Y, Fatouros IG, Jamurtas AZ. The effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. *Journal of Sports Sciences*, 2018, 22:1-9.

**Georgakouli K**, Manthou E, Fatouros IG, Georgoulas P, Deli CK, Koutedakis Y, Theodorakis Y, Jamurtas AZ. Enhanced erythrocyte antioxidant status following an 8-week aerobic exercise training program in heavy drinkers. *Alcohol*, 2018, 69:57-62.

Batrakoulis A, Jamurtas AZ, **Georgakouli K**, Draganidis D, Deli CK, Papanikolaou K, Avloniti A, Chatzinikolaou A, Leontsini D, Tsimeas P, Comoutos N, Bouglas V, Michalopoulou M, Fatouros IG. High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS One*, 2018, 13(8):e0202390.

Poullos A, Fatouros IG, Mohr M, Draganidis DK, Deli C, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou VC, **Georgakouli K**, Koulouris A, Tsimeas P, Chatzinikolaou A, Karagounis LG, Batsilas D, Krstrup P, Jamurtas AZ. Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. *Nutrients*, 2018, 10(4):E494.

Draganidis D, Jamurtas AZ, Stampoulis T, Laschou V, Deli CK, **Georgakouli K**, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, Tsimeas P, Chondrogianni N, Karagounis LG, Fatouros IG. Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. *Nutrients*, 2018, 10:566.

Jamurtas AZ, Fatouros IG, Deli CK, **Georgakouli K**, Poullos A, Draganidis D, Papanikolaou K, Tsimeas P, Chatzinikolaou A, Avloniti A, Tsiokanos A, Koutedakis Y. The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. *Journal of Sports Science and Medicine*, 2018, 17:501-508.

**Georgakouli K**, Fatouros IG, Fragkos A, Tzatzakis T, Deli CK, Papanikolaou K, Koutedakis Y, Jamurtas AZ. Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. *Antioxidants (Basel)*, 2018, 7(11):162.

## ***Book Chapters***

Jamurtas AZ, Deli CK, **Georgakouli K**, Fatouros IG. Glycemic Index, Food Exchange Values and Exercise Performance (Book ISBN 978-0-12-396454-0). In B. Debasis, Sreejayan N, Sen CK. (Eds), Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (pp. 9-27), London, UK: Elsevier Inc., 2013.

## ***Membership of Professional Bodies/Associations***

---

Member of the Hellenic Society of Biochemistry and Physiology of Exercise since 2012.

---