



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens
— EST. 1837 —



Psychosocial and Transcultural Aspects of Health and Illness
<http://pathresearchgroup.com/>

Scientific Program

Friday 31 March, 2023

- **13.30-14.00 h: Opening Session**

Chair: Nikolaos Patsantaras, *Professor, National and Kapodistrian University of Athens*

Kostas Karteroliotis, *Dean, National and Kapodistrian University of Athens*

Francisco Cruz Quintana, *Professor, University of Granada, Director of PATH Research Group*

- **14.00-16.00 h: Plenary Session. Mental Health and Well-being**

Chairs: Dimitra Koutsouki, *National and Kapodistrian University of Athens*

Maria Psychountaki, *National and Kapodistrian University of Athens*

1. **Risk factors that compromise well-being in childhood and adolescence**

Francisco Cruz Quintana, *Director of PATH Research Group. University of Granada*

2. **Physical activity, well-being and neurodiversity**

Antonis Kambas, *University of Thrace*

3. **Cognitive functions: self awareness, quality of life or/and well-being**

Dimitra Koutsouki, *National and Kapodistrian University of Athens*

4. **Evolution of Jorm's concept of mental health literacy: Implications for well-being**

Celia Marti-Garcia, *University of Malaga*

5. **The importance of exercise for health and well-being of older adults with dementia**

Komanthi Kouloutbani, *National and Kapodistrian University of Athens*

- **16.00-16.30 h: Coffee Break**

- **16.30-18.30 h: Plenary Session. Chronic Diseases and Well-being**

Chairs: Carmen Flores Navarro-Pérez, *University of Sevilla*

Antonis Kambas, *University of Thrace*

1. **Nutrition and autoimmune diseases**

María Correa-Rodríguez, *University of Granada*

2. **Mediterranean diet and neurodegenerative diseases**

Maria Maraki, *Hellenic Mediterranean University, Crete*

3. **Effects of an Intervention with EVOO and physical activity in patients with systemic lupus erythematosus: EFINUTRILES project.**

Rocío Gil-Gutiérrez, *University of Granada*

4. **Physical exercise in patients with neuromuscular diseases**

Gerasimos Terzis, *National and Kapodistrian University of Athens*

5. **Health and longevity: Fitness testing suggestions**

Maria Koskolou, *National and Kapodistrian University of Athens*

- **18.30-18.45 h: Break**



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens
— EST. 1837 —



Psychosocial and Transcultural Aspects of Health and Illness
<http://pathresearchgroup.com/>

- **18.45-20.00 h: Plenary Session. COVID Pandemic and Well-being**

Chairs: Celia Marti-García, *University of Malaga*

Aspasia Dania, *National and Kapodistrian University of Athens*

1. **COVID-19 lockdown and its consequences on dietary habits and physical activity in residents of Andalusia**
Carmen Flores Navarro-Pérez, *University of Sevilla*
2. **COVID-19 impact in nursing professionals coping with death**
Daniel Puente-Fernandez, *University of Granada*
3. **Dimensions of higher education students' meta-Covid wellbeing. Priorities for academic teaching and learning**
Aspasia Dania, *National and Kapodistrian University of Athens*
4. **Exploring physical activity and wellbeing in a sample of Irish employees during COVID-19**
Emmanouil Adamakis, *National and Kapodistrian University of Athens*

Saturday 1 April, 2023

- **9.30-11.00 h: Plenary Session. Exercise and Well-being**

Chairs: Maria Koskolou, *National and Kapodistrian University of Athens*

Dimitris Mandalidis, *National and Kapodistrian University of Athens*

1. **Exercise is Medicine: A proposal for establishing physical exercise as an integral part of health care**
Anastasios Philippou, *National and Kapodistrian University of Athens*
2. **Geriatric rehabilitation for well-being**
Dimitris Mandalidis, *National and Kapodistrian University of Athens*
3. **Quality of life and physical activity: Associations and effects of various factors**
Eleni Theodoropoulou, *National and Kapodistrian University of Athens*
4. **Sport Mega events and well-being**
Athanasios Pappous, *University of Bologna*

- **11.00-12.00 h: Coffee-Break – Poster exhibition**

- **12.00-13.30 h: Plenary Session. End-of-Life, grief, and loss**

Chairs: María Correa-Rodríguez, *University of Granada*

Carmen Flores Navarro-Pérez, *University of Sevilla*

1. **Quality of end-of-life processes in older people**
Rafael Montoya-Juarez, *University of Granada*
2. **Identification of Palliative Needs and other clinical conditions in elderly advanced chronic patients**
Ana A. Esteban-Burgos, *University of Jaén*
3. **Complicated and disenfranchised grief**
Nieves Pérez-Marfil, *University of Granada*
4. **Obstacles and complexities in the process of grief and loss**
Manuel Fernández-Alcantara, *University of Alicante*

- **13.30 h: Conclusion and Closing Session**

Kostas Karteroliotis, *Dean of the School of Physical Education and Sport Science, NKUA*

Francisco Cruz Quintana, *Director of PATH Research Group*