



ARISTOTLE UNIVERSITY OF THESSALONIKI

Curriculum Vitae

AGORASTOS AGORASTOS

MD, MSc, PhD, CCBT

Assistant Professor of Psychiatry

II. University Department of Psychiatry

Division of Neurosciences

School of Medicine

Faculty of Health Sciences

Dec 2021, Thessaloniki, Greece

AGORASTOS AGORASTOS MD, MSc, PhD
Assistant Professor of Psychiatry - Aristotle University of Thessaloniki, Greece

SHORT BIOSKETCH

Dr. Agorastos is Assist. Professor of Psychiatry at the Aristotle University of Thessaloniki and Consultant Physician in the II. University Dept. of Psychiatry at the Psychiatric Hospital of Thessaloniki, Greece, as well as International Partner of the VA Center of Excellence for Stress and Mental Health (CESAMH) at the University of California, San Diego (USCD), La Jolla, USA. He previously served as Assoc. Professor of Psychiatry and Psychotherapy at the University of Hamburg, Head of the Outpatient Psychiatric Services of the University Department of Psychiatry and Psychotherapy in Hamburg, and Team Leader of the Psychoneuroimmunology and Psychoneurophysiology Research Group of the Laboratory of Biological Psychiatry in the Hamburg University Medical Center. He received his MD at the Medical University of Vienna, completed his doctorate, clinical and psychotherapeutic training (Board Approval for CBT) and professorial thesis at the University of Hamburg, his MSc in Affective Neuroscience at the Universities of Maastricht and Florence and his Postdoc Fellowship at the Posttraumatic Stress Disorder (PTSD) research group of the CESAMH at USCD.

Fields of clinical expertise include stress- and trauma-related disorders, anxiety disorders, OCD and treatment-resistant/post-partum depression, while his current research focus centers in the neurobiology of stress and stress-related disorders with particular emphasis on psychoneuroendocrinology, -immunology and -physiology of stress, PTSD and depression and their neuropsychological correlates, as well as on the circadian system and chronodisruption as vital components of neuropsychiatric disease development. He has participated in EU twinning projects on public health policies resulting in national recommendations and has also experience in large-scale cross-sectional surveys, as well as questionnaire development and validation. Dr. Agorastos holds a central role in the International COH-FIT Survey (one of the largest international projects assessing mental health during the covid-19 pandemic) as one of the National Project Directors and Member of the International Steering Committee.

Dr. Agorastos has received a large number of international scholarships (e.g. by EPA, ISPNE, SOBP, APS, ECNP, WFSBP, King's College, University of Hamburg), research grants (Werner-Otto Foundation, Bial Foundation, University of Hamburg), awards (EPA, ISPNE, University of Hamburg), honors and certifications (e.g., by EABCT, ECNO, University of Maastricht, EAP), is active member of >10 international, European and national professional societies, has served as ad hoc reviewer in >30 international scientific journals and associate editor and/or editorial board member in several international scientific Journals. Since 2010, he has published 65 PubMed listed articles in high-rank international journals (e.g., *Mol Psychiatry*, *JAMA Psychiatry*, *Am J Psychiatry*, *Biol Psychiatry*, *Psychiatry Res*, *Psychoneuroendocrinology*, *Front Immunol*, *Neuropsychopharmacol*, *J Psychiatr Res*, *Psychol Med*, *Front Psychiatry*, etc., 45 of them as first/last author) with a total impact factor of 197.55 and holds an i10-index of 26. According to Expertscape (2019), Dr. Agorastos has been listed as Expert among the top 1% cited scientists of the world in all four categories of his research focus: Posttraumatic Stress Disorder, Autonomic Nervous System, Hypothalamus-Pituitary-Adrenal Axis and Circadian Rhythms.

CLINICAL SPECIALIZATION

- CBT in depression, anxiety disorders & OCD
- Trauma-focused therapy in PTSD
- Treatment-resistant and post-partum depression
- Stress & Time Management Strategies
- Psychopharmacology and guideline treatment
- Emergency psychiatry and neuropsychiatry

RESEARCH FOCUS

- Neurobiology of stress-related disorders
- Psychoneuroendocrinology and -immunology
- Circadian rhythms and chronodisruption
- Autonomic nervous system & HPA interaction
- Heart rate variability
- Objective stress challenges
- Panic provocation paradigms

PUBLICATION STATISTICS

Total Impact Factor	PubMed listed Publications	First/Last Authorships	Total Nr. Of Citations	i10-Index	h-Index
255.27	65	45	1813	33	23

EDUCATION

- since 2018 **Doctoral Degree (PhD)**
Dept. of Psychiatry, University of Maastricht, Netherlands (*ongoing*)
- 2015 - 2016 **International Master in Affective Neuroscience (MSc)**
University of Maastricht, Netherlands & University of Florence, Italy. Master Thesis: „Soldier’s heart revisited: Diurnal autonomic dysregulation in battle-related PTSD“
- 2015 **Professorial Thesis (Habilitation)**
University of Hamburg, Germany. Professorial Thesis: „The role of the serotonergic system and traumatic stress in autonomic (re)activity: Findings on heart rate variability“
- 2012 - 2014 **Postdoctoral Research Fellowship (Postdoc)**
Laboratory for Biological Psychiatry, University Medical Center Hamburg, Germany
- 2011 - 2012 **Postdoctoral Research Fellowship (Postdoc)**
VA Center of Excellence for Stress and Mental Health, UCSD, La Jolla, CA, USA
- 2007 - 2010 **Doctoral Degree (PhD)**
Dept. of Psychiatry & Center of Interdisciplinary Addiction Research, University of Hamburg, Germany. Thesis: „Evaluation of addiction services in Cyprus“ (*magna cum laude*)
- 1999 - 2006 **Medical Degree (MD)**
Medical University of Vienna, Austria

ACADEMIC APPOINTMENTS

- since 2018 **Assist. Professor of Psychiatry**
School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki (AUTH), Greece
- 2015 - 2017 **Assoc. Professor of Psychiatry and Psychotherapy**
Medical Faculty, University of Hamburg, Germany
- 2013 - 2015 **Lector of Psychiatry**
Dept. of Psychiatry, University Medical Center Hamburg, Germany

RESEARCH APPOINTMENTS

- since 2021 **Adjunct Faculty Member**
Institute of Agri-Food and Life Sciences Agro-Health, Hellenic Mediterranean University, Greece
- since 2019 **International Partner**
VA Center of Excellence for Stress and Mental Health, UCSD, La Jolla, CA, USA
- 2015 - 2017 **Working Group Leader - Psychoneuroimmunology & Psychoneurophysiology**
Laboratory for Biological Psychiatry, University Medical Center Hamburg, Germany
- 2013 - 2015 **Depression Research Program Director**
Depression Outpatient Programme, University Medical Center Hamburg, Germany
- 2012 - 2018 **Adj. Research Fellow**
VA Center of Excellence for Stress and Mental Health, UCSD, La Jolla, CA, USA

CLINICAL APPOINTMENTS

- since 2018 **Senior Physician - Consulting Psychiatrist**
II. University Dept. of Psychiatry, Psychiatric Hospital of Thessaloniki, Greece
- 2015 - 2017 **Head of Unit**
Psychiatric Outpatient Services, University Medical Center Hamburg, Germany
- 2015 - 2017 **Senior Physician - Consulting Psychiatrist**
Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2013 - 2015 **Clinical Coordinator**
Depression Outpatient Programme, University Medical Center Hamburg, Germany
- 2012 - 2013 **Medical Psychotherapist (CBT)**
Outpatient Care Center, University Medical Center Hamburg, Germany
- 2011 - 2015 **Attending & Liaison Psychiatrist**
Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2011 **Board Approval & Certification**
Psychiatry and Psychotherapy (CBT), Hamburg Medical Chamber, Germany
- 2006 - 2011 **Clinical Residency**
(PGY 1-4) Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2006 - 2010 **Clinical Training & Certification in Cognitive-Behavioral Therapy (CBT)**
Hamburg Institute for Cognitive Behavioral Therapy (IVA), Germany

AWARDS

- 2015 **Travel Award** - World Federation of Societies of Biological Psychiatry (WFSBP)
- 2015 **International Travel Award** - Society of Biological Psychiatry (SOBP)
- 2014 **Travel Award** - European Psychiatric Association (EPA)
- 2013 **Young Investigator Award** - International Society of Neuropsychopharmacology (ISPNE)
- 2012 **Travel Award** - American Psychosomatic Society (APS)
- 2009 **Young Researcher Award** - European Psychiatric Association (EPA)

EDUCATIONAL SCHOLARSHIPS

- 2015 **Educational Scholarship** - B. Braun Foundation, Germany
- 2013 **ECNP School of Neuropsychopharmacology** - ECNP, Oxford, UK
- 2012 **EPA 2012 Summer School** - European Psychiatric Association, Strasbourg, France
- 2008 **The Maudsley Forum** - Dept. of Psychiatry, King's College, London, UK

RESEARCH GRANTS & SCHOLARSHIPS

- 2015 **Research Grant (Co-PI)**
Werner-Otto Foundation, Germany. Project: „The role of reduced adaptive immune function in the pathobiology of major depression“ (\$50,000)
- 2014 **Excellent Young Investigator Annual Research Scholarship (PI)**
Excellent Young Investigator Funds, Medical Faculty, University of Hamburg, Germany. Project: „Endocrine and autonomic predictors of antidepressant efficacy“ (\$140,000)
- 2011 **Excellent Young Investigator Research Grant (PI)**
Excellent Young Investigator Funds, Medical Faculty, University of Hamburg, Germany. Project: „Evaluation of meta-cognitive training as add-on cognitive intervention in borderline personality disorder“. (\$50,000)
- 2009 **Complementary Scientific Grant (PI)**
Research Funds, Medical Faculty, University of Hamburg, Germany. Apparative upgrade of research group (\$7,000)
- 2008 **Research Grant (PI)**
Bial Fellowship Programme 66/08, Bial Foundation, Portugal. Project: „Spirituality, religious coping and paranormal beliefs in OCD and anxiety disorders“. (\$50,000)

CERTIFICATIONS

- 2017 **EABCT Certificate for CBT** - European Association for Behavioral & Cognitive Therapies (EABCT)
- 2017 **Seal of Excellence** - Marie-Sklódowska-Curie Actions, European Commission (EC)
- 2016 **ECNP Certificate** - European College of Neuropsychopharmacology (ECNP)
- 2016 **European Certificate in Anxiety and Depression** - University of Maastricht, Netherlands
- 2016 **CBT Certificate** - Greek Association for Behavioral Research (ΕΕΕΣ), CBT16-095, Athens
- 2015 **European Certificate for Psychotherapy (ECP)** - European Association for Psychotherapy (EAP)
- 2012 **CITI Human Subjects Protection / GCP Training** - University of California, San Diego, CA, USA
- 2011 **GCP Clinical Trial Investigator Training** - Medical Faculty, University of Hamburg, Germany
- 2008 **Medical Education Teaching Certificate** - Medical Faculty, University of Hamburg, Germany

REVIEWER ACTIVITY

Journals

JAMA Psychiatry, Lancet Psychiatry, Br J Psychiatry, Schizophrenia Res, Brain Behav Immun, Psychosom Med, Psychol Med, Psychoneuroendocrinology, Eur Neuropsychopharmacol, World J Biol Psychiatry, Neurol Neurosurg Psychiatry, Front Psychiatry, Front Neuroscience, Sleep Med, Psychol Rep, Pharmacol Res, Eur J Psychotraumatol, Int J Psychol Relig, Sci Rep, Brain Sci, J Clin Psychopharmacol, Int J Mol Sci, Compr Psychiatry, Hormones, J Nerv Ment Dis, Ann Gen Psychiatry, Arch Depress Anxiety, Ment Health Relig Cult, Psychiatriki, etc.

Institutions (Grants)

Dunhill Medical Trust, London, U.K.

EDITORIAL ACTIVITY

- since 2019 **Editorial Board Member - Associate Editor**
Front Psychiatry - Mood and Anxiety Disorders Special Section (IF: 3.5)
- since 2019 **Editorial Board Member - Review Editor**
Front Neurology (IF: 3.5), Front Neuroscience (IF: 3.6), Front Psychiatry - Neurodegeneration Special Section (IF: 3.5), Brain Sci (IF: 3.3), Front Behav Neurosci - Behavioral Endocrinology Special Section (IF: 2.6), Front Psychiatry - Psychosomatic Medicine (IF: 2.8)
- 2020 **Guest Associate-Editor**
Front Neuroscience (IF: 3.6) - Neuroendocrine Science Special Section: Special Issue: „Stress and Neurodevelopment“
- 2019 **Guest Editor**
Eur J Psychotraumatol (IF: 3.1) - Special Issue: „Sleep, Circadian System and Traumatic Stress“
- 2018 **Guest Editor**
Brain Sci (IF: 3.3) - Special Issue: „Neurobiological Trajectories of Psychological Trauma - Implications for Posttraumatic Stress Disorder (PTSD)“
- Since 2017 **Editorial Board Member**
Front Psychiatry (IF: 3.5), Front Neuroscience (IF: 3.6), Front Neurology (IF:2.7), Arch Depress Anxiety, Brain Sci (IF: 3.3).

MEMBERSHIPS**Scientific Societies**

- International Society of Psychoneuroendocrinology (ISPNE)
- American Psychosomatic Society (APS)
- European College of Neuropsychopharmacology (ECNP)
- German Society of Biological Psychiatry (DGBP)
- German Association of Psychiatry and Psychotherapy
- European Association for Psychotherapy (EPA)
- World Assoc. of Stress and Anxiety Disorders (WASAD)
- German National Psychotherapy Organization
- Thessaloniki Medical Association
- Hellenic Association of Psychiatry
- German-Greek Association for Psychiatry
- Institute of Biology and Medicine of Stress
- Hellenic Association for Behavioral Research

Congress Organizing & Scientific Committees

- 28th Panhellenic Psychiatry Congress, 2020, Thessaloniki, Greece
- 9th Conference of Biopsychosocial Approach in Medical Care, 2019, Thessaloniki, Greece
- 3rd Panhellenic Congress on ADHD, 2019, Thessaloniki, Greece
- 6th Int. Congress on Neurobiology, Psychopharmacology & Treatment Guidance, 2019, Chalkidiki, Greece
- 2nd Int. Congress of Evidence Based Mental Health, 2018, Kavala, Greece
- 1st and 2nd Eppendorf Conference on Depression, 2014/2016, Hamburg, Germany

Academic Committees

- 2020 - Postgraduate Studies Committee, Aristotle University of Thessaloniki, Greece
- 2020 - International Relations Committee, Aristotle University of Thessaloniki, Greece
- 2020 - Ranking Committee, Aristotle University of Thessaloniki, Greece
- 2014 - 2017 Publications & Funding Committee, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2014 - 2017 Ranking Committee, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2014 - 2017 Psychiatric Outpatient Restructuring & QM Committee, University Medical Center Hamburg, Germany
- 2014 - 2017 CME Committee, Dept. of Psychiatry, University Medical Center Hamburg, Germany

TEACHING**Undergraduate Teaching**

2018	Full Lecturer Teaching Approval in Psychiatry, Aristotle University of Thessaloniki, Greece
2015	Full Lecturer Teaching Approval in Psychiatry and Psychotherapy, University of Hamburg, Germany
2011 - 2014	Lecturer proxy: Psychiatry Core Lectures, University of Hamburg, Germany
2011 - 2017	Course Instructor: Psychiatry Seminars for Medical students, University of Hamburg, Germany
2006 - 2017	Clinical Instructor: Medical Clerkship, University Medical Center Hamburg, Germany
2006 - 2017	Course Instructor: Psychiatry Course for Med students, University Medical Center Hamburg, Germany

Postgraduate Teaching

Since 2020	Lecturer in the MSc Programme „Stress and Health Promotion“, National and Kapodestrian University of Athens, Greece
Since 2019	Lecturer in the MSc Programme „Clinical Mental Health“, Aristotle University of Thessaloniki, Greece
since 2018	Full Doctoral Supervisor approval in Psychiatry, Aristotle University of Thessaloniki, Greece
since 2018	Full Clinical Supervision approval for Attending Psychiatrists, Psychiatric Residents and board-approved Psychologists, Dept. of Psychiatry, Aristotle University of Thessaloniki, Greece
2015 - 2017	Full Doctoral Supervisor approval in Psychiatry, University of Hamburg, Germany (3 completed Doctoral Dissertations between 2015-2017)
2015 - 2017	Full Clinical Supervision approval for Attending Psychiatrists, Residents and board approved Psychologists, University Medical Center Hamburg, Germany
2011- 2017	Clinical Instructor and Supervisor, Psychiatric Interns and Psychologists in Training, University Medical Center Hamburg, Germany

CBT Psychotherapy Training

since 2017	Lecturer & Course Instructor for CBT, Greek Association for Behavioral Research (EEEEΣ), Greece
2014 - 2016	Lecturer & Course Instructor, German Association for CBT (DGVT), Germany

CONTINUOUS MEDICAL EDUCATION (CME)

2008	Training in Medical Teaching, Medical Faculty, University of Hamburg, Germany
2008	Neurobiology & Psychopharmacology of mental disorders, Dept. of Psychiatry, Maudsley Hospital, King's College, London, UK
2009	Crisis & Violence Management Training, Hamburg Medical Association, Hamburg, Germany
2009	Progressive Muscle Relaxation Advanced Course, Hamburg Medical Association, Germany (3 d)
2010	Autogenic Training Advanced Course, Hamburg Medical Association, Germany (3 d)
2010	Statistical Methodology in Medicine, Medical Faculty, University of Hamburg, Germany
2011	Good Clinical Practice (GCP) Training, Medical Faculty, University of Hamburg, Germany
2012	EPA Academia, European Psychiatric Association (EPA), Strasbourg, France
2013	ECNP Neuropsychopharmacology School, ECNP, Oxford, UK
2014 - 2016	Research visits at the Center for Neurogenomics, VU University, Amsterdam, Netherlands
2015	Summer course: Mood & Aggression, Universities of Maastricht & Florence, Florence, Italy
2016	Summer course: Fear, Anxiety & Trauma, Universities of Maastricht & Florence, Florence, Italy
2006 - 2011	Total of >220 certified hours of CME in associated fields
2011 - 2016	Total of >350 certified hours of CME in associated fields

LANGUAGES SPOKEN**Greek:** Native Speaker**English:** Proficient Speaker (C2)**German:** Proficient Speaker (C2)

RESEARCH COLLABORATIONS (in alphabetical order)

Prof. Dewleen G. Baker, MD	Director of Research, VA Center of Excellence for Stress and Mental Health & Dept. of Psychiatry, University of California San Diego (UCSD), USA
Prof. George P. Chrousos, MD	frm. Head, Dept. of Peadiatrics, National and Kapodestrian University of Athens, Greece
Prof. Christoph U. Correll, MD	Head, Dept. of Child & Adolescent Psychiatry, Psychotherapy and Psychosomatics, Charité University Medical Center Berlin, Germany & The Donald and Barbara Zucker School of Medicine at Hofstra/Northwell Hempstead, NY, USA
Prof. Christian G. Huber, MD	Head, Dept. Of Psychiatry and Psychotherapy, University of Basel, Switzerland.
Prof. Stefan Gold, PhD	Head, Institute of Neuroimmunology, Center for Molecular Neurobiology, University of Hamburg, Germany
Prof. Steffen Moritz, PhD	Head, Institute of Clinical Neuropsychology, University Medical Center Hamburg, Germany
Prof. Christian Otte, MD	Vice-Chair, Dept. of Psychiatry & Psychotherapy, Charité University Medical Center Berlin, Germany
Prof. Minranda Olff, MD	Head, Center for Psychological Trauma, Dept. of Psychiatry, Academic Medical Center, University of Amsterdam & Director of Research, Arq Psychotrauma National Expert Group, Netherlands.
Assoc. Prof. Panagiota Pervanidou, MD	Head, Unit of Developmental Peadiatrics, Dept. of Peadiatrics, National and Kapodestrian University of Athens, Greece
Assist. Prof. Marco Solmi, MD	Dept. of Psychiatry & Neuroscience, University Medical Center Padua, Italy
Prof. Oliver Stiedl, PhD	Head, Center for Neurogenomics and Cognitive Research, VU University, Amsterdam, Netherlands
Prof. Klaus Wiedemann, MD	Vice-Chair, Dept. of Psychiatry and Psychotherapy & Head, Laboratory of Biological Psychiatry, University Medical Center Hamburg, Germany
Prof. Alexander Yassouridis, PhD	Max Planck Institute of Psychiatry, Munich, Germany

INVITED TALKS

2020	PTSD - State of the Art and Beyond WPA Thematic Congress on Psychological trauma (online), Greece
2020	The immunology of stress. 7 ^h National Greek Neuroimmunology Congress (online), Greece
2020	Novel developments in the pharmacological management of treatment-resistant depression: Focus on glutamatergic neurotransmission and esketamine. 7 ^h National Greek Psychopharmacology Congress (online), Greece
2020	Sleep and chronobiology in trauma and PTSD 28 ^h Annual Greek National Psychiatry Congress, Thessaloniki, Greece
2020	The COH-FIT Survey: Organization and implementation of a worldwide study in times of the pandemic 28 ^h Annual Greek National Psychiatry Congress, Thessaloniki, Greece
2020	The human stress system 28 ^h Annual Greek National Psychiatry Congress, Thessaloniki, Greece

- 2020 **Adrenal fatigue and HPA-axis dysregulation in psychiatric disorders**
47th Annual Hellenic Endocrinology Congress, Athens, Greece
- 2020 **Circadian rhythms & ADHD**
9th Annual Hellenic Congress of Developmental & Behavioral Pediatrics, Athens, Greece
- 2020 **Childhood trauma, neurobiology and physical disease**
Grand Rounds Lecture, Dept. of Child and Adolescent Psychiatry, National and Kapodestrian University of Athens, Athens, Greece
- 2019 **Childhood trauma as risk factor for the development of mental and physical disease**
9th Conference of Biopsychosocial Approach in Medical Care, Thessaloniki, Greece
- 2019 **Inflammation as underlying pathway of metabolic syndrome in mental disorders**
6th Panhellenic Congress of Severe Mental Illness Management, Ioannina, Greece
- 2019 **Sleep & circadian dysregulation in schizophrenia: Molecular aspects and clinical implications**
6th Int. Congress on Neurobiology, Psychopharmacology & Treatment Guidance, Chalkidiki, Greece
- 2019 **Rhythms and stress in the pathophysiology of PTSD**
Grand Rounds Lecture, Dept. of Psychiatry, Charite University of Berlin, Germany
- 2019 **Childhood trauma as a general health risk factor**
27th Annual Greek National Psychiatry Congress, Heraklion, Greece
- 2019 **Circadian system physiology**
27th Annual Greek National Psychiatry Congress, Heraklion, Greece
- 2019 **Inflammation and traumatic stress**
27th Annual Greek National Psychiatry Congress, Heraklion, Greece
- 2019 **Childhood trauma, physical and mental health**
8th Annual Medical Faculty Conference, Aristotle University of Thessaloniki, Greece
- 2018 **Heart rate variability in psychotic disorders**
8th Conference of Biopsychosocial Approach in Medical Care, Thessaloniki, Greece
- 2018 **An alternative history of evolutionary psychopharmacology**
4th Panhellenic Conference of Applied Pharmacology, Thessaloniki, Greece
- 2018 **Circadian and stress system interactions in psychological trauma**
2nd Conference of Psychological Trauma, Greek Society of Mental Health and Neuropsychiatry in Childhood and Adolescence, Athens, Greece
- 2018 **Stress and circadian system interactions**
2nd International Conference of Evidence Based Mental Health, Kavala, Greece
- 2017 **Autonomic nervous system and heart rate variability in psychiatric research**
AGNP German Society of Neuropsychopharmacology Annual Meeting, Munich, Germany
- 2017 **Findings on heart rate variability in stress research**
WPA World Congress of Psychiatry, Berlin, Germany
- 2017 **Understanding brain function through circadian rhythms**
5th Int. Congress on Neurobiology, Psychopharmacology & Treatment Guidance, Chalkidiki, Greece
- 2017 **Biological trajectories of traumatic stress: Epidemiology and pathophysiology**
1st Conference of Psychological Trauma, Greek Society of Mental Health and Neuropsychiatry in Childhood and Adolescence, Athens, Greece
- 2017 **Psychopharmacological approaches in depression and anxiety disorders**
3rd Panhellenic Conference of Applied Pharmacology, Thessaloniki, Greece
- 2017 **Autonomic nervous system and heart rate variability in PTSD**
1st Panhellenic Congress, Institute of Biology and Medicine of Stress, Athens, Greece
- 2016 **Stress and Dali's Clocks: From harmony to disorder**

- Honorary Lecture, University of Hamburg, Hamburg, Germany
- 2016 **Autonomic nervous system and heart rate variability**
Grand Rounds Lecture, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2015 **Chronic escitalopram administration blunts autonomic reactivity to pharmacological panic challenge**
SOBP Annual Meeting, Toronto, Canada
- 2015 **The cumulative effect of childhood trauma on adult mental and physical health: Marine Resiliency Study**
WFSBP Annual Meeting, Athens, Greece
- 2015 **Post- and peripartum depression**
Grand Rounds Lecture, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2015 **Addiction disorders in pregnancy**
Grand Rounds Lecture, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2015 **Heart rate dynamics in posttraumatic stress disorder**
AGNP Annual Meeting, Munich, Germany
- 2014 **Psychopharmacology of Depression: Treatment algorithms**
Grand Rounds Lecture, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2014 **The cumulative effect of different childhood trauma types on adult mental and physical health**
Annual German Psychiatry Congress, Berlin, Germany
- 2014 **Trauma and Depression**
Annual Depression Congress, University of Hamburg, Hamburg Germany
- 2013 **IL-6 in plasma and cerebrospinal fluid of healthy humans**
ISPNE Annual Meeting, Leyden, Netherlands
- 2013 **The Biology of PTSD**
Grand Rounds Lecture, Dept. of Psychiatry, University Medical Center Hamburg, Germany
- 2012 **IL-6 physiology revisited**
Annual German Psychiatry Congress, Berlin, Germany
- 2012 **Diminished vagal activity and blunted circadian heart rate dynamics in PTSD**
ISTSS Annual Meeting, Los Angeles, CA, USA
- 2012 **Circadian Rhythmicity, Variability and Correlation of Interleukin-6 in Plasma and CSF of Healthy Humans**
PNIRS Annual Meeting, San Diego, CA, USA
- 2011 **Religiosity and personal beliefs in OCD and anxiety disorders**
EPA Annual Meeting, Vienna, Austria
- 2011 **Psychiatric disorders through a transcultural perspective in migrants**
CME Center Hamburg, Germany
- 2011 **Sleep and depression in patients with severe visual field defects: The chronodisruption theory in glaucoma**
ISPNE Annual Meeting, Berlin, Germany
- 2011 **Depression, anxiety and prolonged sleep latency in glaucoma: Evidence for circadian rhythm alteration?**
SOBP Annual Meeting, San Francisco, CA, USA
- 2010 **Depression and sleep disorders in progressed glaucoma: An indication for melatonergic antidepressants?**
EPA Annual Meeting, Munich, Germany

- 2010 **Melatonin: Neuroendocrinological mechanisms of neuroprotectivity and psychopathology**
Grand Rounds Lecture, Dept. of Neurology, Military Health Services Hamburg, Germany
- 2009 **Addiction services in Cyprus: Results of the EU Twinning project evaluation**
EPA Annual Meeting, Lisbon, Portugal
- 2009 **EU-Twinning Evaluation of Addiction Services in Cyprus**
Annual German Psychiatry Congress, Berlin, Germany

PUBLICATION INDEX

ORIGINAL PEER-REVIEWED ARTICLES

65. **Agorastos A**, Gkesoglou T, Kleidonopoulos A, Bozikas VP.
Peripheral prognostic biomarkers of response in treatment-resistant depression.
Psychiatriki 2021; 32(Suppl):44-54. (IF 2020: **0.4**)
64. Gkesoglou T, Pervanidou P, Bozikas VP, **Agorastos A**.
Neurobiology of early life traumatic stress and trauma: Prolonged neuroendocrine dysregulation as a neurodevelopmental risk factor.
Psychiatriki 2021 (*accepted*) (IF 2020: **0.4**)
63. Ramien C, Brasanac J, Gamradt S, Tänzer A, Glau L, Patas K, Ritter K, Fischer F, **Agorastos A**, Demiralay C, Wiedemann K, Bellmann-Strobl J, Otte C, Tolosa E, Friese MA, Paul F, Heesen C, Weygandt M, Gold SM.
Immune signature of multiple sclerosis-associated depression.
Brain Behav Immun 2021; 100: 174-182. (IF 2020: **7.22**)
62. Solmi M, Estradé A, Thompson T **Agorastos A**, [...], Correll CU.
Physical and mental health impact of COVID-19 on children, adolescents, and their families: The Collaborative Outcome study on Health and Functioning during Infection Times - Children and Adolescents (COH-FIT-C&A)
J Affect Dis 2021; 299: 367-376. (IF 2020: **4.84**)
61. Solmi M, Estradé A, Thompson T **Agorastos A**, [...], Correll CU.
The Collaborative Outcomes study on Health and Functioning during Infection Times in adults (COH-FIT-Adults): Design and methods of an international online survey targeting physical and mental health effects of the COVID-19 pandemic.
J Affect Dis 2021; 299: 393-407. (IF 2020: **4.84**)
60. Chatziioanidis S, **Agorastos A**, Kaprinis S, Bozikas VP.
Short-term reliability of retrospective childhood trauma reports in schizophrenia spectrum psychosis.
Psychiatriki 2021; 32(3): 241-246. (IF 2019: **0.4**)
59. **Agorastos A**, Chrousos GP.
The neuroendocrinology of stress: The stress-related continuum of chronic disease development.
Mol Psychiatry 2021 [Epub ahead of print] (IF 2020: **12.38**)
58. **Agorastos A**, Olf M.
Sleep, circadian system and traumatic stress.
Eur J Psychotraumatol 2021; 12(1):1956746. (IF 2020: **4.21**)
56. Karanikas E, Daskalakis NP, **Agorastos A**.
Oxidative dysregulation in early life stress and posttraumatic stress disorder: A comprehensive review.
Brain Sci 2021; 11(6): 723. (IF 2020: **3.39**)
55. **Agorastos A**, Tsamakis K, Solmi M, Correll CU, Bozikas VP.
The need for holistic, longitudinal and comparable, real-time assessment of the emotional, behavioral and societal impact of the COVID-19 pandemic across nations.

- Psychiatriki 2021; 32(1): 15-18. (IF 2019: **0.4**)
54. **Agorastos A**, Olf M.
Traumatic stress and the circadian system: Neurobiology, timing and treatment of posttraumatic chronodisruption.
Eur J Psychotraumatol 2020 (*accepted*) (IF 2019: **3.48**)
53. **Agorastos A**, Stiedl O, Heinig A, Sommer A, Hager T, Freundlieb N, Schruers KR, Demiralay C.
Inverse autonomic stress reactivity in depressed patients with and without prior history of depression.
J Psychiatr Res 2020; 131: 114-118. (IF 2019: **3.74**)
52. **Agorastos A**, Sommer A, Heinig A, Wiedemann K, Demiralay C.
Vasopressin surrogate marker Copeptin as a potential novel endocrine biomarker for antidepressant treatment response in major depression: A pilot study.
Front Psychiatry 2020; 11: 453. (IF 2019: **3.52**)
51. Pervanidou P, Makris G, Chrousos GP, **Agorastos A**.
Early life stress and pediatric posttraumatic stress disorder.
Brain Sci 2020; 10(3): pii: E169. (IF 2019: **3.33**)
50. **Agorastos A**, Nicolaidis NC, Bozikas VP, Chrousos GP, Pervanidou P.
Multilevel interactions of stress and circadian system: Implications for traumatic stress.
Front Psychiatry 2020; 10: 1003. (IF 2019: **3.52**)
49. **Agorastos A**, Bozikas VP.
Gut microbiome and adaptive immunity in schizophrenia
Psychiatriki 2019; 30: 189-190. (IF 2018: **0.73**)
48. Vassilopoulou E, Efthymiou D, Vardaka E, **Agorastos A**.
When weight loss is not self-motivated: Cognitive behavioral and medical nutrition therapy for weight management in a case of idiopathic intracranial hypertension,
Integr Food Nutr Metab 2019; 6:1-4.
47. Chatziioannidis S, Andreou C, **Agorastos A**, Kaprinis S, Malliaris Y, Garyfallos G, Bozikas VP.
The role of attachment anxiety in the relationship between childhood trauma and schizophrenia-spectrum psychosis.
Psychiatry Res 2019; 276: 223-231. (IF 2018: **2.68**)
46. **Agorastos A**, Pervanidou P, Chrousos GP, Baker DG.
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