

## AGORASTOS AGORASTOS MD, MSc, PhD, Dr. med. habil., CCBT

Associate Professor of Psychiatry - School of Medicine - Aristotle University of Thessaloniki, Greece  
II. Department of Psychiatry - „G. Papanicolaou“ General Hospital - Psychiatric Hospital of Thessaloniki  
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### EDUCATION

2023 **Doctoral Degree (PhD)** - Dept. of Psychiatry, University of Maastricht  
2016 **Master in Affective Neuroscience (MSc)** - University of Maastricht & University of Florence  
2015 **Professorial Thesis (Dr. med. habil.)** - University of Hamburg  
2012 - 2014 **Postdoc** - Biological Psychiatry Lab, University Medical Center Hamburg  
2011 - 2012 **Postdoc** - VA Center of Excellence for Stress and Mental Health, USCD, San Diego  
2007 - 2010 **Doctoral Degree (Dr. med.)** - Dept. of Psychiatry, University Medical Center Hamburg  
1999 - 2016 **Medical Degree (M.D.)** - Medical University of Vienna

### ACADEMIC APPOINTMENTS

since 2024 **Associate Professor of Psychiatry** - Aristotle University of Thessaloniki (tenure track)  
2022 - 2024 **Assistant Professor of Psychiatry** - Aristotle University of Thessaloniki (tenure track)  
2018 - 2022 **Assistant Professor of Psychiatry** - Aristotle University of Thessaloniki (non-tenured)  
2015 - 2017 **Adj. Associate Professor of Psychiatry and Psychotherapy** - University of Hamburg  
2012 - 2015 **Lector for Psychiatry and Psychotherapy** - University of Hamburg

### RESEARCH APPOINTMENTS

since 2019 **International Partner** - VA Center of Excellence for Stress and Mental Health, San Diego  
2015 - 2017 **Working Group Leader** - HPA axis & ANS, University Medical Center Hamburg  
2013 - 2017 **Senior Research Associate** - Biological Psychiatry Lab, University of Hamburg  
2012 - 2018 **Adj. Research Fellow** - VA Center of Excellence for Stress and Mental Health, San Diego

### CLINICAL APPOINTMENTS

since 2018 **Senior Physician** - II. Dept. of Psychiatry, „G. Papanicolaou“ General Hospital, Thessaloniki  
2015 - 2017 **Head** - Psychiatric Outpatient Services Unit, University Medical Center Hamburg  
2015 - 2017 **Senior Physician** - Dept. of Psychiatry, University Medical Center Hamburg  
2013 - 2015 **Clinical Coordinator** - Depression Programme, University Medical Center Hamburg  
2012 - 2013 **Medical Psychotherapist** - Outpatient Care Center, University Medical Center Hamburg  
2011 - 2017 **Attending & Liaison Psychiatrist** - Dept. of Psychiatry, University Medical Center Hamburg

### POSTGRADUATE CLINICAL TRAINING

2011 **Board Certification** - Psychiatry and Psychotherapy (CBT), Hamburg Medical Chamber  
2006 - 2010 **Training & Certification in CBT** - Hamburg Institute for Cognitive Behavioral Therapy  
2006 - 2011 **Clinical Residency** - Dept. of Psychiatry, University Medical Center Hamburg

### GRANTS, AWARDS & SCHOLARSHIPS

Since 2008 **Travel Awards & Scholarships** - WFSBP, SOBP, EPA, ECNP, APS, King's College  
2015 **Research Grant (Co-PI)** - Werner-Otto Foundation, Germany (\$50,000)  
2014 **Excellent Young Investigator Research Scholarship** - University of Hamburg (\$140,000)  
2013 **Young Investigator Award** - International Society of Neuropsychoneuroendocrinology (ISPNE)  
2011 **Excellent Young Investigator Grant** - University of Hamburg (\$50,000)  
2009 **Young Researcher Award** - European Psychiatric Association (EPA)  
2008 **Research Grant (PI)** - Bial Foundation, Portugal (\$50,000)

### CERTIFICATIONS

2017 **EABCT Accreditation for CBT** - European Association for Behavioral & Cognitive Therapies  
2016 **ECNP Certificate** - European College of Neuropsychopharmacology  
2016 **European Certificate in Anxiety and Depression** - University of Maastricht  
2015 **European Certificate for Psychotherapy** - European Association for Psychotherapy (EAP)  
2012 **CITI Human Subjects Protection / GCP Training** - University of California, San Diego  
2011 **GCP Clinical Trial Investigator Training** - Medical Faculty, University of Hamburg  
2008 **Medical Education Teaching Certificate** - Medical Faculty, University of Hamburg

### REVIEWER ACTIVITY

**Journals** Lancet Psychiatry, JAMA Psychiatry, Mol Psychiatry, Br J Psychiatry, Schizophrenia Res, Brain Behav Immun, Curr Neuropharmacol, Transl Psychiatry, Psychosom Med, J Affect Disord, Psychol Med, Psychoneuroendocrinology, Eur Neuropsychopharmacol, World J Biol Psychiatry, Neurol Neurosurg Psychiatry, Sleep Health, Front Psychiatry, Front Neuroscience, Front Behav Neurosci, Front Public Health, Sleep Med, Psychol Rep, Pharmacol Res, Eur J Psychotraumatol, Mol Brain, Adv Biol, Sci Rep, Brain Sci, J Clin Psychopharmacol, Int J Mol Sci, Compr Psychiatry, Compr Psychoneuroendocrinology, Hormones, J Nerv Ment Dis, Ann Gen Psychiatry, Arch Depress Anxiety, Psychiatriska, etc.

**Institutions** Dunhill Medical Trust, London, UK ■ NWO Talent Vidi Grant Programme, Dutch Research Council, NL ■ Internal Peer-Review Procedures, Ottawa Hospital Research Institute (OHRI), Canada ■ ERA-NET NEURON European Funding Network for Neuroscience Research, EU ■ German Federal Ministry of Education and Research, Germany ■ Greek Psychiatric Association, Greece.

## EDITORIAL ACTIVITY

**Section Editor** - *Curr Neuropharmacol (Psychopharmacology Special Section)*

**Associate Editor** - *Transl Psychiatry, Front Psychiatry*

**Executive Guest Editor** - *Curr Neuropharmacol, Eur J Psychotraumatol, Front Neurosci, Brain Sci*

**Review Editor & Editorial Board Member** - *Curr Neuropharmacol, Transl Psychiatry, Eur J Psychotraumatol, Front Neurology, Front Neuroscience, Front Psychiatry, Brain Sci, Front Behav Neurosci*

## PUBLICATION STATISTICS

Total Impact Factor	PubMed listed Publications	First/Last Authorships	Total Nr. Of Citations	h-Index / i10-index
328.16	75	51	3216	30 / 50

## INTERNATIONAL SCIENTOMETRIC RANKING

### ExpertScope

- Trauma and Stressor Related Disorders - Level: Expert (#1 in Greece, Top 0.94% of 59,878 scientists worldwide)
- Stress, Psychological: Level - Expert (#5 in Greece, Top 0.6% of 202,132 scientists worldwide)
- Autonomic Nervous System - Level: Expert (#4 in Greece, Top 0.61% of 99,773 scientists worldwide)
- Hypothalamo-Hypophyseal System - Level: Expert (#3 in Greece, Top 0.79% of 43,463 scientists worldwide)
- Circadian Rhythms: Level - Expert (#3 in Greece, Top 1% of 70,163 scientists worldwide)
- Endocrine System: Level - Expert (#13 in Greece, Top 0.55% of 317,296 scientists worldwide)

### World Scientist and University Rankings 2023 (AD Scientific Index)

● Stress	Region: World	Field: Medical & Health Sciences / Psychiatry	Ranking: #45
● Trauma	Region: World	Field: Medical & Health Sciences / Psychiatry	Ranking: #26
● Depression	Region: World	Field: Medical & Health Sciences / Psychiatry	Ranking: #96
● Circadian System	Region: World	Field: All (19.160 scientists)	Ranking: #1

## MOST IMPORTANT PUBLICATIONS

- Patas K., [...] **Agorastos A.** Inflammation in posttraumatic stress disorder: Dysregulation or recalibration? *Curr Neuropharmacol* 2023 (accepted). (IF 2021: **7.71**)
- Dragioti E, [...] **Agorastos A**, et al. A large scale meta-analytic atlas of mental health problems prevalence during the COVID-19 early pandemic. *J Med Virol* 2022; 94(5): 1935-1949. (IF 2021: **20.69**)
- **Agorastos A**, Chrousos GP. The neuroendocrinology of stress: The stress-related continuum of chronic disease development. *Mol Psychiatry* 2022; 27(1): 502-513. (IF 2020: **13.43**)
- **Agorastos A**, Olf M. Traumatic stress and the circadian system: Neurobiology, timing and treatment of posttraumatic chronodisruption. *Eur J Psychotraumatol* 2020; 11(1): 1833644. (IF 2019: **4.21**)
- **Agorastos A**, et al. 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**)
- **Agorastos A**, et al. 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**)
- **Agorastos A**, et al. Multilevel interactions of stress and circadian system: Implications for traumatic stress. *Front Psychiatry* 2020; 10: 1003. (IF 2019: **3.52**)
- **Agorastos A**, et al. Vagal effects of endocrine HPA axis challenges on autonomic activity assessed by heart rate variability measures in healthy humans. *Psychoneuroendocrinology* 2019; 102: 196-203. (IF 2017: **4.73**)
- **Agorastos A**, et al. Relations of posttraumatic stress disorder to 24-h plasma and cerebrospinal fluid interleukin-6 levels and circadian rhythmicity. *Psychoneuroendocrinology* 2019; 100: 237-45. (IF 2017: **4.73**)
- **Agorastos A**, Linthorst ACE. Potential pleiotropic beneficial effects of adjuvant melatonergic treatment in posttraumatic stress disorder. *J Pineal Res* 2016; 61(1): 3-26. (IF 2015: **9.31**)
- **Agorastos A**, et al. The cumulative effect of multiple childhood trauma types on self-reported symptoms of adult depression, PTSD, substance abuse and health-related quality of life. *J Psychiatr Res* 2014; 58: 46-54. (IF 2013: **4.09**)
- **Agorastos A**, et al. Long-term escitalopram administration moderates autonomic reactivity to pharmacologic panic challenge in men. *Int J Neuropsychopharmacol* 2014; 18(5). pii:pyu053 (IF 2013: **5.26**)
- **Agorastos A**, et al. Circadian rhythmicity, variability and correlation of interleukin-6 levels in plasma and CSF of healthy humans. *Psychoneuroendocrinology* 2014; 44: 71-82. (IF 2013: **5.59**)
- **Agorastos A**, et al. The 5-HTTLPR genotype modulates heart rate variability and its adjustment by pharmacological panic challenge in healthy men. *J Psychiatr Res* 2014; 50: 51-8. (IF 2013: **4.09**)
- **Agorastos A**, et al. Diminished vagal activity and blunted circadian changes of heart rate dynamics in posttraumatic stress disorder. *Stress* 2013; 16(3): 300-10. (IF 2012: **3.25**)