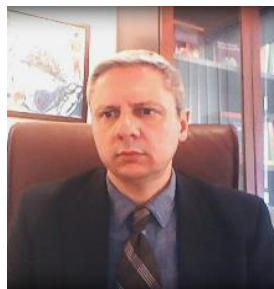

CURRICULUM VITAE

Dr Petros Skapinakis



**Professor of Psychiatry
University of Ioannina School of Medicine,
Greece.**

1. Personal Information

Place of Birth: Athens, Greece.

Date of Birth: 14 June 1966.

Marital Status: Married: Two children – Adamantios (22) and Lambros (20).

Nationality: Greek.

Languages:

- Greek (native).
- English (Certificate of Proficiency in English - University of Cambridge ESOL Examinations).
- French (Certificat Pratique de Langue Française - L'université de Paris-Sorbonne SELFEE - 1er degré).

Address: 37 Napoleon Zerva

Ioannina 45332

Greece

Telephone: (0030) 6944 413495

Email: p.skapinakis@gmail.com

2. Present Appointment

Currently:

Professor of Psychiatry, University of Ioannina School of Medicine, Greece. Appointed August 2018.

Previously:

2016 - 2019: Senior Research Associate, Division of Psychiatry, University College London (UCL), UK.

2002-2014 Clinical Research Fellow (part-time), Academic Unit of Psychiatry, University of Bristol.

2013 - 2018 Associate Professor of Psychiatry, University of Ioannina, Greece.

2007 - 2013 Assistant Professor of Psychiatry, University of Ioannina, Greece .

2002 - 2007 Lecturer in Psychiatry, University of Ioannina, Greece.

3. Academic Qualifications

- 1990** **Medical Doctor**, University of Athens, School of Medicine.
- 1997** **Masters in Public Health**, University of Wales College of Medicine.
- 1999** Certificate of Completion of Specialist Training (**CCST**) in **Psychiatry** (Department of Health, Athens Greece).
- 2001** **Doctor of Philosophy (PhD)**, Department of Psychological Medicine, University of Wales College of Medicine.
- Title of my thesis: The cross-national epidemiology of unexplained fatigue and related illnesses: A secondary analysis of the WHO collaborative study of psychological problems in general health care.
-

Postgraduate Seminars:

- 4-8 November 1991** Practical Statistics for Medical Research. Royal Postgraduate Medical School, University of London.
- 1997 - 1998** Certificate of Postgraduate training in Cognitive and Behavioral Psychotherapy – Department of Psychiatry, University of Athens.
- 11-22 September 2000** Advanced course in epidemiological analysis. London School of Hygiene and Tropical Medicine.
- 8-10 April 2002** Multilevel modelling workshop using MlwiN. Centre for Quantitative Social Science, University of Bristol.
- 7-9 April 2014** Indirect and Mixed Treatment Comparisons Course, University of Leicester.

4. Special Awards, Honours and Distinctions

- 1984** I was accepted at the Medical School of Athens University (rank: 61st out of 200 students). This is the oldest Medical School in Greece, and it is considered as one of the most difficult University Schools in Greece, requiring very high marks in the entrance exams.
- 1996** I was awarded a scholarship from the World Psychiatric Association to attend the World Psychiatric Congress in Madrid, Spain.

1999

I was awarded a three-year scholarship from the “Onassis Public Benefit Foundation” to pursue a PhD degree at the University of Wales College of Medicine.

5. Research

Research Summary

Total Publications (excluding abstracts): 115

Papers in peer-reviewed Journals in English language: 81

Papers in peer reviewed Journal in Greece: 22

Book Chapters: 11

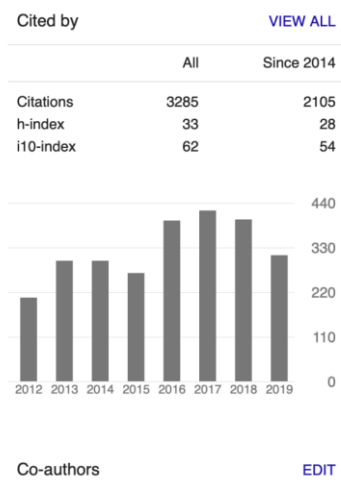
Peer-reviewed electronic publications: 1

Bibliometric evaluation using google scholar

h-index: 33 (google scholar)

Total Citation (including self-citation): 3285 (google scholar)

Public Profile in google scholar: [<https://scholar.google.gr/citations?user=KKtLVv8AAAAJ>]



Number of papers in the top 10% of the Journals in the ISI subject category of:

- “Psychiatry” =11 (2 papers in the American Journal of Psychiatry, 5 papers in the British Journal of Psychiatry, 4 papers in Psychological Medicine)
- “Medicine, General & Internal” =1 (1 paper in BMJ)
- “Public Health” =1 (1 paper in International Journal of Epidemiology)
- Health Care Sciences & Services =1 (1 paper in Health Technology Assessment)

5.1 Research Grants

1. Web for Health: Groupware for distributed content production. Project Grant (22071Y2C2DMAL2 - econtent). European Union. 1,000,000 euros. Several partners across Europe. Start date: 01/07/2002, duration 24 months. (Petros Skapinakis: Applicant).
2. The mental health of adolescents in the school context: a multilevel investigation in schools in the North-western part of Greece. European Union and Ministry of Education Greece, 50,000 euros. Start date: 01/04/2005, duration 21 months. (Petros Skapinakis: **Lead Applicant**).
3. University of Bristol: Systematic review of social deprivation and substance use. Joseph Rowntree Foundation, Project Grant (RJ4236), £34,532. Start Date 01/04/2004, duration 24 months. (Petros Skapinakis: Applicant).
4. University of Bristol: "A systematic review of the clinical effectiveness and cost-effectiveness of pharmacological and psychological interventions for the management of obsessive compulsive disorder in children/adolescents and adults". NIHR Health Technology Assessment (HTA 10/104/41). £183,615. **Start date 01/11/2012**, duration 24 months (Petros Skapinakis: **Principal Investigator**).
5. Department of Health, Greece : Development of evidence-based guidelines for the management of psychiatric disorders in adults. Jointly funded by the European social fund, 100,000 euros. **Start date 6/2013**, duration 18 months (Petros Skapinakis: Co-applicant)

5.2 Papers in peer-reviewed Journals in English

- 1: Mitsopoulou T, Kasvikis Y, Koumantanou L, Giaglis G, Skapinakis P, Mavreas V. Manualized single-session behavior treatment with self-help manual for panic disorder with or without agoraphobia. *Psychother Res*. 2019 Sep 11:1-12. doi: 10.1080/10503307.2019.1663956. [Epub ahead of print] PubMed PMID: 31510890.
- 2: Skapinakis P, Politis S, Karampas A, Petrikis P, Mavreas V. Prevalence, comorbidity, quality of life and use of services of obsessive-compulsive disorder and subthreshold obsessive-compulsive symptoms in the general adult population of Greece. *Int J Psychiatry Clin Pract*. 2019 Apr 15:1-10. doi: 10.1080/13651501.2019.1588327. [Epub ahead of print] PubMed PMID: 30987479.
- 3: Bolea-Alamañac B, Davies SJC, Evans J, Joinson C, Pearson R, Skapinakis P, Emond A. Does maternal somatic anxiety in pregnancy predispose children to hyperactivity? *Eur Child Adolesc Psychiatry*. 2019 Mar 13. doi: 10.1007/s00787-019-01289-6. [Epub ahead of print] PubMed PMID: 30868247.
- 4: Paschou A, Damigos D, Skapinakis P, Siamopoulos K. The Relationship between Burden and Depression in Spouses of Chronic Kidney Disease Patients. *Depress Res Treat*. 2018 May 13;2018:8694168. doi: 10.1155/2018/8694168. eCollection 2018. PubMed PMID: 29862072; PubMed Central PMCID: PMC5971334.
- 5: Bolea-Alamañac B, Davies SJ, Evans J, Joinson C, Pearson R, Skapinakis P, Emond A. Do mothers who are anxious during pregnancy have inattentive children? *J Affect Disord*. 2018 Aug 15;236:120-126. doi: 10.1016/j.jad.2018.04.118. Epub 2018 Apr 27. PubMed PMID: 29730511.
- 6: Archer S, Pinto A, Vuik S, Bicknell C, Faiz O, Byrne B, Johnston M, Skapinakis P, Athanasiou T, Vincent C, Darzi A. Surgery, Complications, and Quality of Life: A Longitudinal Cohort Study Exploring the Role of Psychosocial Factors. *Ann Surg*. 2019 Jul;270(1):95-101. doi: 10.1097/SLA.0000000000002745. PubMed PMID: 29677027.

7. Politis S, Magklara K, Petrikis P, Michalis G, Simos G, **Skapinakis P**. Epidemiology and comorbidity of obsessive-compulsive disorder in late adolescence: a cross-sectional study in senior high schools in Greece. *Int J Psychiatry Clin Pract*. 2017 Sep;21(3):188-194.
8. Petrikis P, Voulgari PV, Tzallas AT, Boumba VA, Archimandriti DT, Zambetas D, Papadopoulos I, Tsoulos I, **Skapinakis P**, Mavreas V. Changes in the cytokine profile in first-episode, drug-naïve patients with psychosis after short-term antipsychotic treatment. *Psychiatry Res*. 2017 Oct;256:378-383.
9. Mougias AA, Politis A, Mougias MA, Beratis IN, **Skapinakis P**, Armata C, Mavreas VG. Assessing depression in Greek dementia patients: Which scale to use? *Psychiatriki*. 2017 Jul-Sep;28(3):203-210. doi: 10.22365/jpsych.2017.283.203.
10. **Skapinakis P**. Assessing the effectiveness of pharmacotherapy for obsessive-compulsive disorder - Author's reply. *Lancet Psychiatry*. 2016 Nov;3(11):e17.
11. Petrikis P, Boumba VA, Tzallas AT, Voulgari PV, Archimandriti DT, **Skapinakis P**, Mavreas V. Elevated levels of Insulin-like Growth Factor-1 (IGF-1) in drug naive patients with psychosis. *Psychiatry Res*. 2016 Dec 30;246:348-352..
12. **Skapinakis P**, Caldwell DM, Hollingworth W, Welton NJ, Fineberg N, Salkovskis P, Churchill R, Lewis G. Network meta-analyses and treatment recommendations for obsessive-compulsive disorder - Authors' reply. *Lancet Psychiatry*. 2016 Oct;3(10):921-922.
13. Bellos S, **Skapinakis P**, Rai D, Zitko P, Araya R, Lewis G, Lionis C, Mavreas V. Longitudinal association between different levels of alcohol consumption and a new onset of depression and generalized anxiety disorder: Results from an international study in primary care. *Psychiatry Res*. 2016 Sep 30;243:30-4.
14. Petrikis P, Tigas S, Tzallas AT, Archimandriti DT, **Skapinakis P**, Mavreas V. Prolactin levels in drug-na ve patients with schizophrenia and other psychotic disorders. *Int J Psychiatry Clin Pract*. 2016 Sep;20(3):165-9.
15. **Skapinakis P**, Caldwell DM, Hollingworth W, Bryden P, Fineberg NA, Salkovskis P, Welton NJ, Baxter H, Kessler D, Churchill R, Lewis G. Pharmacological and psychotherapeutic interventions for management of obsessive-compulsive disorder in adults: a systematic review and network meta-analysis. *Lancet Psychiatry*. 2016 Aug;3(8):730-9.
16. **Skapinakis P**, Caldwell D, Hollingworth W, Bryden P, Fineberg N, Salkovskis P, Welton N, Baxter H, Kessler D, Churchill R, Lewis G. A systematic review of the clinical effectiveness and cost-effectiveness of pharmacological and psychological interventions for the management of obsessive-compulsive disorder in children/adolescents and adults. *Health Technol Assess*. 2016 Jun;20(43):1-392.
17. Iliopoulos P, Damigos D, Kerezoudi E, Limpitaki G, Xifaras M, Skiada D, Tsagkovits A, **Skapinakis P**. Trigger factors in primary headaches subtypes: a cross-sectional study from a tertiary centre in Greece. *BMC Res Notes*. 2015 Sep 1;8:393.
18. Davies SJ, Pearson RM, Stapinski L, Bould H, Christmas DM, Button KS, **Skapinakis P**, Lewis G, Evans J. Symptoms of generalized anxiety disorder but not panic disorder at age 15 years increase the risk of depression at 18 years in the Avon Longitudinal Study of Parents and Children (ALSPAC) cohort study. *Psychol Med*. 2016 Jan;46(1):73-85.

19. Magklara K, Bellos S, Niakas D, Stylianidis S, Kolaitis G, Mavreas V, **Skapinakis P**. Depression in late adolescence: a cross-sectional study in senior high schools in Greece. **BMC Psychiatry**. 2015 Aug 18;15:199.
20. Petrikis P, Tigas S, Tzallas AT, Papadopoulos I, **Skapinakis P**, Mavreas V. Parameters of glucose and lipid metabolism at the fasted state in drug-na ve first-episode patients with psychosis: Evidence for insulin resistance. **Psychiatry Res**. 2015 Oct 30;229(3):901-4..
21. Petrikis P, Voulgari PV, Tzallas AT, Archimandriti DT, **Skapinakis P**, Mavreas V. Cytokine profile in drug-na ve, first episode patients with psychosis. **J Psychosom Res**. 2015 Oct;79(4):324-7.
22. Ikonomidou M, **Skapinakis P**, Balafa O, Eleftheroudi M, Damigos D, Siamopoulos KC. The impact of socioeconomic factors on quality of life of patients with chronic kidney disease in Greece. **J Ren Care**. 2015 Dec;41(4):239-46.
23. Mougias AA, Politis A, Mougias MA, Kotrotsou I, **Skapinakis P**, Damigos D, Mavreas VG. The burden of caring for patients with dementia and its predictors. **Psychiatriki**. 2015 Jan-Mar;26(1):28-37.
24. Mayer EK, Sevdalis N, Rout S, Caris J, Russ S, Mansell J, Davies R, **Skapinakis P**, Vincent C, Athanasiou T, Moorthy K, Darzi A. Surgical Checklist Implementation Project: The Impact of Variable WHO Checklist Compliance on Risk-adjusted Clinical Outcomes After National Implementation: A Longitudinal Study. **Ann Surg**. 2016 Jan;263(1):58-63.
25. Solias A, **Skapinakis P**, Degleris N, Pantoleon M, Katirtzoglou E, Politis A. [Mini Mental State Examination (MMSE): determination of cutoff scores according to age and educational level]. **Psychiatriki**. 2014 Oct-Dec;25(4):245-56.
26. Bryden PA, Caldwell DM, Welton N, Churchill R, Baxter H, Lewis G, **Skapinakis P**. Network Meta-Analysis of the Relative Efficacy of Pharmacological and Psychological Interventions in Adults with Obsessive Compulsive Disorder. **Value Health**. 2014 Nov;17(7):A454-5. doi: 10.1016/j.jval.2014.08.1241. Epub 2014 Oct 26. PubMed PMID: 27201254.
27. Politis S, Bellou V, Belbasis L, **Skapinakis P**. The association between bullying-related behaviours and subjective health complaints in late adolescence: cross-sectional study in Greece. **BMC Res Notes**. 2014 Aug 12;7:523.
28. Martinaki S, Tsopeles Ch, Ploumpidis D, Douzenis A, Tzavara H, **Skapinakis P**, Mavreas V. . **Psychiatriki**. 2013 Jul-Sep;24(3):185-96.
29. Bellos S, **Skapinakis P**, Rai D, Zitko P, Araya R, Lewis G, Lionis C, Mavreas V. Cross-cultural patterns of the association between varying levels of alcohol consumption and the common mental disorders of depression and anxiety: secondary analysis of the WHO Collaborative Study on Psychological Problems in General Health Care. **Drug Alcohol Depend**. 2013 Dec 15;133(3):825-31.
30. Rai D, Hall W, Bebbington P, **Skapinakis P**, Hassiotis A, Weich S, Meltzer H, Moran P, Brugha T, Strydom A, Farrell M. Estimated verbal IQ and the odds of problem gambling: a population-based study. **Psychol Med**. 2014 Jun;44(8):1739-49.
31. **Skapinakis P**. Mortality risks from psychological distress are greater for people of lower socioeconomic status. **Evid Based Ment Health**. 2013 Nov;16(4):118.

32. **Skapinakis P**, Bellos S, Koupidis S, Grammatikopoulos I, Theodorakis PN, Mavreas V. Prevalence and sociodemographic associations of common mental disorders in a nationally representative sample of the general population of Greece. **BMC Psychiatry**. 2013 Jun 4;13:163.
33. **Skapinakis P**, Rai D, Anagnostopoulos F, Harrison S, Araya R, Lewis G. Sleep disturbances and depressive symptoms: an investigation of their longitudinal association in a representative sample of the UK general population. **Psychol Med**. 2013 Feb;43(2):329-39. doi: 10.1017/S0033291712001055.
34. Montero-Marín J, Araya R, Blazquez BO, **Skapinakis P**, Vizcaino VM, García-Campayo J. Understanding burnout according to individual differences: ongoing explanatory power evaluation of two models for measuring burnout types. **BMC Public Health**. 2012 Oct 30;12:922. doi: 10.1186/1471-2458-12-922.
35. Patel VM, Ashrafian H, Bornmann L, Mutz R, Makanjuola J, **Skapinakis P**, Darzi A, Athanasiou T. Enhancing the h index for the objective assessment of healthcare researcher performance and impact. **J R Soc Med**. 2013;106: 19-29. doi: 10.1258/jrsm.2012.120253.
36. Khan RS, **Skapinakis P**, Ahmed K, Stefanou DC, Ashrafian H, Darzi A, Athanasiou T. The association between preoperative pain catastrophizing and postoperative pain intensity in cardiac surgery patients. **Pain Med**. 2012 Jun;13(6):820-7. doi:10.1111/j.1526-4637.2012.01386.x.
37. Magklara K, **Skapinakis P**, Gkatsa T, Bellos S, Araya R, Stylianidis S, Mavreas V. Bullying behaviour in schools, socioeconomic position and psychiatric morbidity: a cross-sectional study in late adolescents in Greece. **Child Adolesc Psychiatry Ment Health**. 2012 Feb 12;6:8.
38. Kouri M, **Skapinakis P**, Damigos D. Effects Of The Drugs And Interventions, Used For The Management Of Cancer Treatment-Related Oral Mucositis, On The Induced Oral Pain.. The Internet Journal of Pain, Symptom Control and Palliative Care. 2012 Volume 9 Number 1. doi: 10.5580/2c2b.
39. Garas G, Ibrahim A, Ashrafian H, Ahmed K, Patel V, Okabayashi K, **Skapinakis P**, Darzi A, Athanasiou T. Evidence-based surgery: barriers, solutions, and the role of evidence synthesis. **World J Surg**. 2012 Aug;36(8):1723-31. doi:10.1007/s00268-012-1597-x.
40. Montero-Marín J, **Skapinakis P**, Araya R, Gili M, García-Campayo J. Towards a brief definition of burnout syndrome by subtypes: development of the "Burnout Clinical Subtypes Questionnaire" (BCSQ-12). **Health Qual Life Outcomes**. 2011 Sep 20;9:74. doi: 10.1186/1477-7525-9-74.
41. Ashrafian H, Patel VM, **Skapinakis P**, Athanasiou T. Nobel Prizes in medicine: are clinicians out of fashion? **J R Soc Med**. 2011; 104:387-9. doi: 10.1258/jrsm.2011.110081.
42. Koupidis SA, Nicolaidou E, Hadjivassiliou M, Bellos S, **Skapinakis P**, Stefanaki C, Papadogeorgakis H, Katsambas A. Health related quality of life in patients with anogenital warts. **Health Qual Life Outcomes**. 2011 Aug 16;9:67. doi: 10.1186/1477-7525-9-67.
43. Kaltsouda A, **Skapinakis P**, Damigos D, Ikonou M, Kalaitzidis R, Mavreas V, Siamopoulos KC. Defensive coping and health-related quality of life in chronic kidney disease: a cross-sectional study. **BMC Nephrol**. 2011 Jun 20;12:28. doi: 10.1186/1471-2369-12-28.
44. **Skapinakis P**, Araya R. Common somatic symptoms, causal attributions of somatic symptoms and psychiatric morbidity in a cross-sectional community study in Santiago, Chile. **BMC Res Notes**. 2011 May 26;4:155. doi: 10.1186/1756-0500-4-155.

45. **Skapinakis P**, Bellos S, Gkatsa T, Magklara K, Lewis G, Araya R, Stylianidis S, Mavreas V. The association between bullying and early stages of suicidal ideation in late adolescents in Greece. **BMC Psychiatry** 2011, Feb 8; 11-22.
46. Tziallas D, Kostapanos MS, **Skapinakis P**, Milionis HJ, Athanasiou T, S Elisaf M, Mavreas V. The association between Type D personality and the metabolic syndrome: a cross-sectional study in a University-based outpatient lipid clinic. **BMC Res Notes**. 2011 Apr 5;4:105. doi: 10.1186/1756-0500-4-105
47. Tzialas D, Kastanioti K, Kostapanos M, **Skapinakis P**, Elisaf M, Mavreas M. The impact of the metabolic syndrome on health related quality of life: a cross-sectional study in Greece. **Eur J Cardiovasc Nurs**. 2012 Sep;11(3):297-303.
48. Rai D, **Skapinakis P**, Wiles N, Lewis G, Araya R. Common mental disorders, subthreshold symptoms and disability: longitudinal study. **Br J Psychiatry** 2010; 197: 411-2.
49. Windfuhr K, Turnbull P, While D, Swinson N, Mehta H, Hadfield K, Hiroeh U, Watkinson H, Dixon C, Flynn S, Thomas S, Lewis G, Ferrier I, Amos T, **Skapinakis P**, Shaw J, Kapur N, Appleby L. The incidence and associated risk factors for sudden unexplained death in psychiatric in-patients in England and Wales. **J Psychopharmacol** 2010, Oct 15 (doi: 10.1177/0269881110379288)
50. **Skapinakis P**, Anagnostopoulos F, Bellos S, Magklara K, Lewis G, Mavreas V. An empirical investigation of the structure of anxiety and depressive symptoms in late adolescence: Cross-sectional study using the Greek version of the revised Clinical Interview Schedule. **Psychiatry Res**. 2010 Sep 14 (doi: 10.1016/j.psychres.2010.08.023)
51. Tseloni, A., Zissi, A. and **Skapinakis, P**. Psychiatric morbidity and social capital in rural communities of the Greek North Aegean islands. **Journal of Community Psychology** 2010; 38:1023-1041.
52. Zissi, A., Tseloni, A., **Skapinakis, P.**, Savvidou, M. and Chiou, M. Exploring social capital in rural settlements of an islander region in Greece. **Journal of Community & Applied Social Psychology** 2010; 20:125-138.
53. Khan RS, Ahmed K, Blakeway E, **Skapinakis P**, Nihoyannopoulos L, Macleod K, Sevdalis N, Ashrafian H, Platt M, Darzi A, Athanasiou T. Catastrophizing: a predictive factor for postoperative pain. **Am J Surg**. 2010 Sep 9 (PMID: 20832052).
54. **Skapinakis P**, Lewis G, Davies S, Brugha T, Prince M, Singleton N. Panic disorder and subthreshold panic in the UK general population: Epidemiology, comorbidity and functional limitation. **Eur Psychiatry** 2010, Aug 31 (PMID: 20813508)
55. **Skapinakis P**, Bakola E, Salanti G, Lewis G, Kyritsis AP, Mavreas V. Efficacy and acceptability of selective serotonin reuptake inhibitors for the treatment of depression in Parkinson's disease: a systematic review and meta-analysis of randomized controlled trials. **BMC Neurol**. 2010 Jun 21;10:49.
56. Magklara K, **Skapinakis P**, Niakas D, Bellos S, Zissi A, Stylianidis S, Mavreas V. Socioeconomic inequalities in general and psychological health among adolescents: a cross-sectional study in senior high schools in Greece. **Int J Equity Health**. 2010 Jan 23;9:3 (PMID: 20181002)
- 57: Papandreou C, **Skapinakis P**, Giannakis D, Sofikitis N, Mavreas V. Antidepressant drugs for chronic urological pelvic pain: an evidence-based review. **Adv Urol**. 2009;797031. (doi:10.1155/2009/797031).

- 58: Papaioannou M, **Skapinakis P**, Damigos D, Mavreas V, Broumas G, Palgimesi A. The role of catastrophizing in the prediction of postoperative pain. **Pain Med.** 2009; 10:1452-9.
- 59: Vecht JA, von Segesser LK, Ashrafian H, Rao C, **Skapinakis P**, Saso S, Darzi A, Athanasiou T. Translation to success of surgical innovation. **Eur J Cardiothorac Surg.** 2010;37:613-25.
- 60: Jones CM, Ashrafian H, **Skapinakis P**, Arora S, Darzi A, Dimopoulos K, Athanasiou T. Diagnostic accuracy meta-analysis: a review of the basic principles of interpretation and application. **Int J Cardiol.** 2010 Apr 15;140(2):138-44.
- 61: Daniel JZ, Hickman M, Macleod J, Wiles N, Lingford-Hughes A, Farrell M, Araya R, **Skapinakis P**, Haynes J, Lewis G. Is socioeconomic status in early life associated with drug use? A systematic review of the evidence. **Drug Alcohol Rev** 2009;28:142-53.
- 62: Hickie I, Davenport T, Vernon SD, Nisenbaum R, Reeves WC, Hadzi-Pavlovic D, Lloyd A for the **International Chronic Fatigue Syndrome Study Group** (Bleijenberg G, van der Werf SP, Prins JB, Blenkinson PM, Buchwald D, Smith WR, Edwards R, Lynch S, Kirmayer LJ, Tallefer SS, Lee S, Martin NG, Gillespie NA, McIlvenny S, Sartorius N, Ustun TB, **Skapinakis P**, Wessely S, Chalder T, Hotopf M, Nimnuan C, Candy B, Darbishire L, Ridsdale L, White PD, Thomas JM, Wilhelm K, Wilson A). Are chronic fatigue and chronic fatigue syndrome valid clinical entities across countries and health-care settings? **Aust N Z J Psychiatry.** 2009 Jan;43(1):25-35.
- 63: Bakola E, **Skapinakis P**, Tzoufi M, Damigos D, Mavreas V. Anticonvulsant drugs for pediatric migraine prevention: an evidence-based review. **Eur J Pain** 2009;13:893-901.
- 64: Kevrekidis P, **Skapinakis P**, Damigos D, Mavreas V. Adaptation of the Emotional Contagion Scale (ECS) and gender differences within the Greek cultural context. **Ann Gen Psychiatry.** 2008 Aug 21;7:14.
- 65: Aziz O, **Skapinakis P**, Rahman S, Rao C, Ashrafian H, Panesar SS, Darzi A, Foale R, Athanasiou T. Behavioural interventions for smoking cessation in patients hospitalised for a major cardiovascular event. **Int J Cardiol.** 2009 Oct 2;137(2):171-4.
- 66: Rao C, Stanbridge Rde L, Chikwe J, Pepper J, **Skapinakis P**, Aziz O, Darzi A, Athanasiou T. Does previous percutaneous coronary stenting compromise the long-term efficacy of subsequent coronary artery bypass surgery? A microsimulation study. **Ann Thorac Surg.** 2008 Feb;85:501-7.
67. **Skapinakis P**. The 2-item Generalized Anxiety Disorder scale had high sensitivity and specificity for detecting GAD in primary care. **Evid Based Med.** 2007 Oct;12(5):149.
68. Wiles NJ, Lingford-Hughes A, Daniel J, Hickman M, Farrell M, Macleod J, Haynes JC, **Skapinakis P**, Araya R, Lewis G. Socio-economic status in childhood and later alcohol use: a systematic review. **Addiction.** 2007 Oct;102(10):1546-63.
69. **Skapinakis P**. Commentary: Socioeconomic position and common mental disorders: what do we need to know? **Int J Epidemiol.** 2007 Aug;36(4):786-8.
70. **Skapinakis P**, Papatheodorou T, Mavreas V. Antipsychotic augmentation of serotonergic antidepressants in treatment-resistant obsessive-compulsive disorder: A meta-analysis of the randomized controlled trials. **Eur Neuropsychopharmacol** 2006;17:79-93.
71. Maden A, **Skapinakis P**, Lewis G, Scott F, Jamieson E. Gender differences in reoffending after discharge from medium-secure units. National cohort study in England and Wales. **Br J Psychiatry** 2006;189:168-72.

72. **Skapinakis P**, Weich S, Lewis G, Singleton N, Araya R. Socio-economic position and common mental disorders. Longitudinal study in the general population in the UK. **Br J Psychiatry** 2006;189:109-17.
73. **Skapinakis P**, Lewis G, Araya R, Jones K, Williams G (2005). Mental health inequalities in Wales, UK: a multi-level investigation of the effect of area deprivation. **Br J Psychiatry**, 186:417-422.
74. Maden A, Scott F, Burnett R, Lewis GH, **Skapinakis P** (2004). Offending in psychiatric patients after discharge from medium secure units: prospective national cohort study. **BMJ**, 26;328:1534.
75. **Skapinakis P**, Lewis G, Mavreas V (2004). Temporal relations between unexplained fatigue and depression: longitudinal data from an international study in primary care. **Psychosom Med**, 66:330-335.
76. Athanasiou T, Aziz O, **Skapinakis P**, Perunovic B, Hart J, Crossman MC, Gorgoulis V, Glenville B, Casula R (2003). Leg wound infection after coronary artery bypass grafting: a meta-analysis comparing minimally invasive versus conventional vein harvesting. **Ann Thorac Surg**, 76:2141-2146.
77. **Skapinakis P**, Lewis G, Mavreas V (2003). One-year outcome of unexplained fatigue syndromes in primary care: results from an international study. **Psychol Med** 33:857-866.
78. **Skapinakis P**, Lewis G, Mavreas V (2003). Cross-cultural differences in the epidemiology of unexplained fatigue syndromes in primary care. **Br J Psychiatry**, 182:205-209.
79. **Skapinakis P**, Lewis G, Mavreas V (2003). Unexplained Fatigue Syndromes in a Multinational Primary Care Sample: Specificity of Definition and Prevalence and Distinctiveness From Depression and Generalized Anxiety. **Am J Psychiatry**, 160:785-787.
80. **Skapinakis P**, Lewis G (2001). Epidemiology in community psychiatric research. Common uses and methodological issues. **Epidemiologia e psichiatria sociale** 10:18-26.
81. **Skapinakis P**, Lewis G, Meltzer H (2000). Clarifying the relationship between psychiatric disorders and unexplained chronic fatigue: Results from a community survey in Great Britain. **Am J Psychiatry** 157:1492-1498.

5.3 Book Chapters in English

1. **Skapinakis P**. Hospital Anxiety and Depression Scale. Official entry for the “Encyclopedia of Quality of Life and Well-Being Research”, Springer 2014.
2. **Skapinakis P**. Spielberger State-Trait Anxiety Inventory. Official entry for the “Encyclopedia of Quality of Life and Well-Being Research”, Springer 2014.
3. **Skapinakis P**, Athanasiou A. Study design, statistical inference and literature search in surgical research. In Athanasiou T, Debas H, Darzi A. Key topics in surgical research and methodology. Springer 2010, pp.33-55.
4. **Skapinakis P**, Mavreas V: Chronic Fatigue Syndrome: Time to concentrate on fatigue not chronicity. In Maj M (editor), Somatoform disorders. Wiley, 2005.
5. **Skapinakis P**, Lewis G. Unexplained fatigue symptoms and syndromes. In: Lader M (editor), Fast Facts: Psychiatry Highlights 2003-04. Oxford: Health Press, 2004.

5.4 Conference contributions (refereed)

1. **Skapinakis P**, Lewis G, Singleton N, Meltzer H: Sleep disturbance and onset of depressive symptoms in a longitudinal study in the general population in UK. IFPE, Bristol September 2004.
2. **Skapinakis P**, Lewis G, Araya R, Jones K, Williams G. Geographic variation of common mental disorders in Wales. WPA section of Psychiatric Epidemiology Annual Congress, Paris July 2003.
3. **Skapinakis P**, Lewis G, Mavreas V. The temporal association between fatigue and psychiatric morbidity. 11th Congress of the Association of European Psychiatrists, Stockholm May 2002.
4. **Skapinakis P**, Lewis G, Mavreas V. Gender differences in self-reported unexplained fatigue. An international study in primary care. 11th Meeting of the Epidemiology and Social Psychiatry Section of the Association of European Psychiatrists - Aarhus Denmark, April 2002.
5. **Skapinakis P**, Lewis G, Mavreas V (2000). The cross-national epidemiology of unexplained chronic fatigue. 10th Congress of the Association of European Psychiatrists, Prague 2000. Published as an abstract in *European Psychiatry* 15 (Suppl 2): 313s-314s.
6. **Skapinakis P**, Koutouvidis N, Christonakis A, Pratikakis M. A description of psychiatric resources on the Internet. 10o World Congress of Psychiatry, Madrid 1996.
7. Koutouvidis N, Tsakiris A, **Skapinakis P**, Papagianakopoulos A et al. The relation between personality and b-receptors sensitivity in essential hypertension. 10o World Congress of Psychiatry, Madrid 1996.
8. Koutouvidis N, **Skapinakis P**, Ilias S, Pratikakis M et al. Prevalence of psychiatric morbidity in medical inpatients. 10o World Congress of Psychiatry, Madrid 1996.

5.5 Review Articles

1. **Skapinakis P**, Lewis G (2001). Epidemiology in community psychiatric research. Common uses and methodological issues. *Epidemiologia e psichiatria sociale* 10:18-26.
2. **Skapinakis P** & Mavreas V (2001). Psychiatric reform: Different patients different needs. *Archives of Hellenic Medicine* 18: 444-445.
3. **Skapinakis P**, Stimpson N, Thomas HV, Dunstan F, Araya R, Lewis G (2001). Principles of Critical appraisal in evidence-based medicine. *Archives of Hellenic Medicine* 18: 192-203.
4. **Skapinakis P**, Germenis AE (2001). Critical appraisal in Evidence-based medicine. *Elliniki Iatriki* 67 (suppl 5): 201-209.
5. **Skapinakis P** (2000). Systematic reviews and systematic biases. *Archives of Hellenic Medicine* 17: 440-445.
6. **Skapinakis P** (1997). Practical problems in the investigation of the aetiology of chronic fatigue syndrome. *Archives of Hellenic Medicine* 14:599-600.
7. **Skapinakis P** (1996). Medicine and the Internet. *Archives of Hellenic Medicine* 13:149-154.

5.6 Indications of External Recognition

Editorships, or memberships of editorial boards, of learned journals

1. Associate Editor. BMC Research Notes (BIOMED Central) (until 2015)

2. Paper Reviewer for: JAMA Psychiatry / Archives of General Psychiatry, British Journal of Psychiatry, Psychological Medicine, Psychosomatic Medicine, American Journal of Epidemiology, Journal of Epidemiology and Community Health, Journal of Affective Disorders, Journal of Psychosomatic Research, Social Psychiatry and Psychiatric Epidemiology, International Journal of Epidemiology, BMC Psychiatry, BMC Public Health, BMC Research Notes

6. Teaching

Through my academic posts in Greece and the UK, I have been involved and gained experience in teaching both undergraduate and postgraduate medical students and young doctors or psychiatrists. Although my teaching experience is mainly from my Greek post I have also had the opportunity to gain valuable experience in teaching postgraduate students in the UK as well. More specifically:

A. In Greece, I have:

Regularly taught in years 5 and 6 of the medical students curriculum.

- Regularly examined Medical students, as part of their clinical assessment and finals as well as regularly written and marked exam questions.
- Taught on various postgraduate courses organized by the Department of Psychiatry of the University of Ioannina.
- Regularly taught on the MSc in health management, organized by the Greek Open University.

B. In the UK, I have:

- Regularly taught on the Basic Epidemiology short course organized by the Department of Social Medicine of the University of Bristol. My one-hour lecture was on causal inference and I have taught for five consecutive years.
- I have taught on the critical appraisal course organized by the Academic Unit of Psychiatry in 2003 and 2005.