

1. Personal information

NAME: **Vassiliki Costarelli**
NATIONALITY: Greek
WORK ADDRESS: Harokopio University,
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2. Studies

1993 BSc in Dietetics, Harokopio University, Athens, Greece
1994 MSc in Nutrition, Department of Nutrition and Dietetics, King's College London, UK
2000 PhD in Nutrition, Department of Nutrition and Dietetics, King's College London, UK
2002 Postgraduate Degree in Teaching in Higher Education–PGCHE. London South Bank University, UK

3. Work experience & other academic appointments

Work experience

09/1998 - 09/1999 Lecturer in Nutrition, Health and Exercise Science, Department of Sport, Health & Nutrition, Leeds Trinity University, UK
10/2000 - 09/2005 Senior Lecturer in Human Nutrition, School of Applied Sciences, London South Bank University, UK
10/2005 – 09/2010 Lecturer in Nutrition Behaviour and Health, Department of Home Economics & Ecology, Harokopio University of Athens, Greece
10/2010 – today Assistant Professor in Nutrition Behaviour and Health, Department of Home Economics & Ecology, Harokopio University of Athens, Greece

Other academic appointments

2001 – 2002 External Assessor for the new BSc in Human Nutrition and Food Technology at Manchester Metropolitan University, UK
2007 – 2010 External Examiner for the BSc in Human Nutrition and Food Technology at Manchester Metropolitan University, UK

4. Major research interests

- Nutritional Behaviour in children & adolescents
- Health & Nutrition Literacy
- Disordered Eating Attitudes

- Childhood Obesity
- Mediterranean Diet and Health Related Quality of Life
- Nutrition & Cancer
- Sustainable Diet and the Environment

Recent selected publications in peered review journals

1. Michou M, Panagiotakos D.B & Costarelli V (2019). Development & Validation of the Greek version of the Nutrition Literacy Scale, Mediterranean Journal of Nutrition and Metabolism (in press).
2. Michou M, Panagiotakos D.B, Lionis C. & Costarelli V (2019). Socioeconomic inequalities in relation to Health and Nutrition Literacy in Greece, International Journal of Food Science & Nutrition (in press).
3. Michou M, Panagiotakos D.B, Mamalaki E., Yiannakoulia M. & Costarelli V (2019). Development & Validation of the Greek version of the Comprehensive Parental Feeding Questionnaire. Mediterranean Journal of Nutrition and Metabolism (in press).
4. Michou M, D.B Panagiotakos & Costarelli V (2018). Low Health Literacy and Excess Body Weight: A Systematic Review. Central European Journal of Public Health 26(3), pp. 234-241.
5. De Wild VW, Jager G, Olsen A, Costarelli V, Boer E, Zeinstra GG. (2018). Breast-feeding duration and child eating characteristics in relation to later vegetable intake in 2–6-year-old children in ten studies throughout Europe. Public Health Nutrition, Aug; 21 (12):2320-2328.
6. Zervaki, K., Yiannakouris, N., Sdrali, D., Costarelli, V (2017) Diet quality, disordered eating and health-related quality of life in Greek adolescents Nutrition and Food Science; 47(4), pp. 511-521
7. Vassiloudis, I., Yiannakouris, N., Panagiotakos, D.B., Apostolopoulos, K., Costarelli, V. (2017) Adherence to the mediterranean diet and specific lifestyle habits are associated with academic performance in Greek adolescents. Mediterranean Journal of Nutrition and Metabolism; 10(2), pp. 93-103
8. Abeliotis, K., Costarelli, V. & Anagnostopoulos, K. (2016). The Effect of Different Types of Diet on Greenhouse Gas Emissions in Greece, Int. J. Food System Dynamics 7 (1), 2016, 36-49.
9. Abeliotis, K., Lasaridi, K., Costarelli, V. Chroni, C. (2015). The implications of food waste generation on climate change: The case of Greece, Sustainable Production and Consumption, Vol. 3: 8-14.
10. Likoudis Z, Sdrali D, Costarelli V and Apostolopoulos K (2015) Consumers' intention to buy protected designation of origin and protected geographical indication foodstuffs: the case of Greece. International Journal of Consumer Studies 40(3): 283-289.
11. Vassiloudis I, Yiannakouris N., Panagiotakos, D.B., Apostolopoulos, K., Costarelli, V. (2014). Academic Performance in Relation to Adherence to the Mediterranean Diet and Energy Balance Behaviors in Greek Primary Schoolchildren Journal of Nutrition Education and Behavior; 46(3):164-70.
12. De Craemer M., De Decker E., Verloigne M., De Bourdeaudhuij I., Manios Y., Cardon G.; ToyBox-study group (2014). The effect of a kindergarten-based, family-involved intervention on objectively measured physical activity in Belgian preschool boys and girls of high and low SES: the ToyBox-study. Intentional Journal of Behaviour, Nutrition & Physical Activity. Vol. 11(1):38. doi: 10.1186/1479-5868-11-38.

13. Moschonis G., Kaliora A.C., Costarelli V., Papandreou C., Koutoukidis D., Christos Lionis Ch., Chrousos G.P & Manios Y., on behalf of the “Healthy Growth Study” group (2014). Identification of Lifestyle Patterns Associated with Obesity and Fat Mass in Children. The Healthy Growth Study. *Public Health Nutrition* Vol. 17 (3): 614-624.
14. Likudis Z., Costarelli V., Vitoratos A., Apostolopoulos C. (2014). Pesticide residues in Greek apples with protected geographical indication or designation of origin *Journal of Pesticide Science* Vol. 39 (1):29-35.
15. Likudis Z., Costarelli V., Vitoratos A., Apostolopoulos C. (2014). Determination of pesticide residues in olive oils with protected geographical indication or designation of origin *International Journal of Food Science and Technology* Vol. 49 (2): 484-492.
16. Christaki E., Kokkinos A., Costarelli V., Alexopoulos E. C., Chrousos G. P. & Darviri C. (2013). Stress Management can facilitate weight loss in Greek overweight and obese women: a pilot study *Journal of Human Nutrition and Dietetics* Vol. 26 (1): 132-139.
17. Costarelli V., Konstantopoulou A., Sdrali D. (2013). Socio-economic status in relation to energy balance behaviours and adherence to the Mediterranean Diet in Greek adolescents *Nutrition & Food Science* Vol. 43 (6) (in press). Volume 43, Issue 6, 2013, Pages 535-542.
18. Costarelli V. & Patsai A. (2012). Academic examination stress increases disordered eating symptomatology in female University students *Eating and Weight Disorders* Vol. 17(3): e-164-169.
19. Costarelli V., Koretsi E., Georgitsogianni E. (2013). Health-related quality of life in Greek adolescents: the role of the Mediterranean Diet. *Quality of Life Research* Vol. 22, (5): 951-956.
20. Costarelli V., Antonopoulou K. & Mavrovounioti Ch. (2011). Psychosocial characteristics in relation to disordered eating attitudes in Greek adolescents. *European Eating Disorders Review* Vol. 19(4):322-30.
21. Michou M. & Costarelli V. (2011). Disordered Eating Attitudes in Relation to Anxiety Levels, Self-esteem and Body Image in Female Basketball Players. *Journal of Exercise Science & Fitness* Vol 9(2): 109–115.
22. Sdrali D., Anysiadou M., Goussia-Rizou M. & Costarelli V. (2010). Family influences on soft drinks consumption in Greek adolescents. *International Journal of Consumer Science* Vol. 34 (6): 684-690.
23. Jennings Amy, Davies G. J., Costarelli V. & Dettmar P. W. (2010). Bowel function, diet and body weight in pre-adolescent children. *Journal of Nutrition Human Nutrition and Dietetics* 23(5):511-9.
24. Jennings Amy, Davies G. J., Costarelli V., & Dettmar P. W. (2010). Micronutrient intakes of pre-adolescent children living in London *International Journal of Food Sciences and Nutrition* Vol. 61(1):68-77.
25. Costarelli Vassiliki & Yiannakouris N. (2010). Breast Cancer: The protective role of pregnancy. *Nursing Standard* Vol. 25 (1):35-40.
26. Costarelli Vassiliki (2009). Bile acids as possible human carcinogens: new tricks from an old dog. *International Journal of Food Sciences and Nutrition* Vol. 60, (S6): 116-125.
27. Costarelli Vassiliki & Manios Y. (2009). The Influence of Ethnicity and Socioeconomic Status on Children’s Excess Body Weight. *Nutrition and Food Science* Vol. 39(6): 676-684.
28. Costarelli Vassiliki, Demertzi M. & Stamou D. (2009). Disordered eating attitudes in relation to body image and emotional intelligence in young women *Journal of Human Nutrition and Dietetics* Vol. 22 (3): 239-245.

29. Costarelli Vassiliki & Dimitra Stamou (2009). Emotional intelligence, body image and disordered eating attitudes in combat sports athletes. *Journal of Exercise Science and Fitness* Vol. 7(2): 104-111.
30. Costarelli Vassiliki & Peter W Emery (2009). The effect of protein malnutrition on the capacity for protein synthesis during wound healing. *The Journal of Nutrition Health and Aging* Vol. 13 (5): 409-412.
31. Jennings Amy, Davies G. J., Costarelli V. & Dettmar P. W. (2009). Dietary fibre, fluids and physical activity in relation to constipation symptoms in pre-adolescent children. *Journal of Child Health Care* Vol. 13 (2): 116-127.
32. Derbyshire Emma, Davies G. J., Costarelli V., & Dettmar P. W. (2009). Habitual micronutrient intake during and after pregnancy in Caucasian Londoners. *Journal of Maternal and Child Nutrition* Vol. 5 (1): 1-9.
33. Fleming Sarah & Vassiliki Costarelli (2009). Eating behaviours and general practices used by Taekwondo players in order to make weight before competition. *Nutrition and Food Science* Vol. 39 (1): 16-23.
34. Costarelli Vassiliki (2008). Breast Cancer: Knowing the facts. *Cancer Nursing Practice* Vol. 7(8): 20-23.
35. Derbyshire Emma & Vassiliki Costarelli (2008). Dietary factors in the Aetiology of Postnatal Depression. *Nutrition Bulletin* Vol. 33:162-168.
36. Khanam Salma & Vassiliki Costarelli (2008). Attitudes towards health and exercise of overweight women. *Journal of the Royal Society for the Promotion of Health* Vol. 128(1):26-30.
37. Humphreys Laura & Vassiliki Costarelli (2008). Implementation of dietary and general lifestyle advice among women with polycystic ovarian syndrome. *Journal of the Royal Society for the Promotion of Health* Vol. 128 (4):190-195.
38. Derbyshire E., Davies G. J. Costarelli V. & Dettmar P. W. (2008). Habitual patterns of physical activity during pregnancy and postnatally *British Journal of Midwifery* Vol. 16(1), pp. 20-38.
39. Manios Y., Costarelli V., Kolotourou M., Kondakis K., Tzavara C. & Moschonis G. (2007). Prevalence of obesity in preschool Greek children, in relation to parental characteristics and region of residence *BMC Public Health* Jul 25; 7:178.
40. Panagiotakos D. B., Costarelli V. & Polychronopoulos E. (2007). The perspective of syndromic surveillance systems on public health threats: A paradigm of the Athens 2004 Olympic Games *Journal of The Royal Society for the Promotion of Health* Vol. 127 (3): 111-112.
41. Fleming Sarah & Vassiliki Costarelli (2007). Nutrient intake and body composition in relation to making weight in young male Taekwondo players. *Nutrition and Food Science* Vol. 37 (5): 358–366.
42. Costarelli Vassiliki, Sanders T. & Reddy S. (2006). Fasting levels of plasma bile acids in Asian vegetarians, Caucasian vegetarians and Caucasian omnivores. *Nutrition and Food Science* Vol. 36 (3):153-158.
43. Derbyshire Emma, Davies G. J., Costarelli V. & Dettmar P. W. (2006). Pre-pregnancy Body Mass Index and dietary intake in the first trimester of pregnancy. *Journal of Human Nutrition and Dietetics* Vol. 19:267-273.
44. Derbyshire Emma, Davies G. J., Costarelli V., & Dettmar P. W. (2006). Diet, physical activity and the prevalence of constipation throughout and after pregnancy *Journal of Maternal and Child Nutrition*. Vol. 2: 127-134.

45. Jennings Amy, Costarelli V., Davies G. J. & Dettmar P. W. (2006). Habitual dietary calcium intake and body weight in 7-10 year old children. *Nutrition and Food Science, Special Edition*. Vol. 36 (5): 337-342.
46. Costarelli Vassiliki & Sanders T. (2002). Plasma bile acids and risk of breast cancer. *IARC scientific publications* 156, pp. 305-306
47. Costarelli Vassiliki, Key T. J., Appleby P. N., Allen D. S., Fentiman I.S., Sanders T. (2002). A prospective study of serum bile acid concentrations and colorectal cancer risk in postmenopausal women on the island of Guernsey. *British Journal Cancer* Jun 5; 86(11):1741-4.
48. Costarelli Vassiliki & Sanders T. (2002). Plasma deoxycholic acid concentration is elevated in postmenopausal women with newly diagnosed breast cancer. *European Journal of Clinical Nutrition*. Sep;56(9):925-7.
49. Costarelli Vassiliki & Sanders T. (2001). Acute effects of dietary fat composition on postprandial plasma bile acid and cholecystokinin concentrations in healthy premenopausal women. *British Journal of Nutrition* 86 (4): 471-477.

All citations are available in the following website:

https://scholar.google.gr/citations?user=NUb_DiwAAAJ&hl=el&oi=ao

