

**City Unity College & Cardiff Metropolitan University  
Psychology Conference 2019**

**Overcoming Borders to Integrate Research and Practice in  
Psychology**

**April 09/19 - 11/19**



**Tuesday to Thursday, April 2019**

**Room 104**

**City Unity College**

**15-17 Thisseos Str, Syntagma**

**Participation is Free**

Certificates will be sent via e-mail to all participants



**Cardiff  
Metropolitan  
University**

**Prifysgol  
Metropolitan  
Caerdydd**



## Programme

**Tuesday 09/04/19**

Registrations	11:00-12:00
Welcome from CityU Welcome from Cardiff Met Representative – Dr Amie Prior Welcome from MSc Health Psychology Programme Director – Dr Georgios Lyrakos	12:00-12:30
<b>Round Table: Changing Health Behaviour – Theory &amp; Practice</b>	<b>12:30-13:20</b>
<b>OP1. The effectiveness of the Theory of Planned Behaviour and the Transtheoretical Model on physical activity: a Systematic Review</b> <i>Anastasia Dermatis, Dr Despina Menti, Dr Georgios Lyrakos</i>	12:30-12:40
<b>OP2. The effectiveness of the Theory of Planned Behaviour and the Social Cognitive Theory on eating habits: a Systematic Review</b> <i>Maria Charoni, Dr Despina Menti, Dr Georgios Lyrakos</i>	12:40-12:50
<b>OP3. The effectiveness of the Theory of Planned Behaviour and the Transtheoretical model on eating habits: a Systematic Review</b> <i>Eirini Despotopoulou, Dr Despina Menti, Dr Georgios Lyrakos</i>	12:50-13:00
<b>OP4. The effectiveness of the Theory of Planned Behaviour and the Transtheoretical Model on physical activity: a Systematic Review</b> <i>Konstantinos Apostolou, Dr Despina Menti, Dr Georgios Lyrakos</i>	13:00-13:10
<b>OP5. The effectiveness of the Theory of Planned Behaviour and the Health Belief Model on fruits and vegetables consumption: a Systematic Review</b> <i>Dimitrios Papaioannou, Dr Despina Menti, Dr Georgios Lyrakos</i>	13:10-13:20
<b>Family and Chronic Illness</b> <i>Keynote Speaker: Maria Moskofidou</i>	13:20-13:45
Lunch break	13:45-15:45

<b>Contemporary Issues in Health and Health Psychology</b>	16:00-17:00
<b>OP6. Stress management interventions in chronic illnesses</b> <i>Dr Georgios Lyrakos</i>	16:00-16:15
<b>OP7. Investigating adherence patterns of British and Greek Type 2 Diabetes Mellitus patients: A comparative study</b> <i>Dr Despina Menti, Dr Caroline Limbert, Dr Georgios Lyrakos</i>	16:15-16:30
<b>OP8. Post-Traumatic Stress Disorder</b> <i>Kallia Thergiaki</i>	16:30-16:45
<b>OP9. Psychological Skills Training in Everyday Life</b> <i>Vlassis Lachanas</i>	16:45-17:00
<b>Coffee Break (Poster Evaluation)</b>	17:00-17:30
<b>Round Table: Stigma in Chronic Illnesses - The role of health professionals</b>	<b>17:30-18:30</b>
<b>OP10. Multiple Sclerosis from the patient's perspective: The influence of society and health services</b> <i>Eleni Sideri, Kallia Thergiaki, Dr Georgios Lyrakos</i>	17:30-17:40
<b>OP11. Alcoholism: a biopsychosocial approach</b> <i>Niki Christouli, Kallia Thergiaki, Dr Georgios Lyrakos</i>	17:40-17:50
<b>OP12. Obesity: stigma and the role of health professionals</b> <i>Aggeliki Kalogirou, Kallia Thergiaki, Dr Georgios Lyrakos</i>	17:50-18:00
<b>OP13. Thalassaemia: social stigma &amp; mental health</b> <i>Aikaterini Martinaiou, Kallia Thergiaki, Dr Georgios Lyrakos</i>	18:00-18:10
<b>OP14. Type 2 Diabetes Mellitus: stigma and management</b> <i>Elena Ntouka, Kallia Thergiaki, Dr Georgios Lyrakos</i>	18:10-18:20
<b>OP15. Breast Cancer: a biopsychosocial approach</b> <i>Deena Georgiou, Kallia Thergiaki, Dr Georgios Lyrakos</i>	18:20-18:30
<b>MSc Graduates Dissertations' Findings Oral Presentations</b>	18:30-19:00
<b>Closing the 1<sup>st</sup> day: Dr Georgios Lyrakos</b>	19:00-19:30

**Wednesday 10/04/19**

Registrations	10:00-11:00
Welcome from BSc Psychology Programme Director Representative	11:00-11:30
<b>Panel A: Political Psychology</b>	<b>11:30-12:30</b>
<b>OP16. Sociopsychological processes of political rhetorical antagonisms. The case study of the three presidential debates between Donald Trump and Hillary Clinton in 2016</b> <i>Manos Takas</i>	11:30-11:50
<b>OP17. Mediated Leadership: Constructing the Leader in the Russian Media Narratives</b> <i>Tzoana Basa, Manos Takas</i>	11:50-12:05
<b>OP18. Salience and image construction: Branding Greece in time of crisis</b> <i>Aggeliki Bitsi, Manos Takas</i>	12:05-12:20
<b>Panel B: Bullying from several perspectives</b> <i>Dr Sotiris Dedeloudis &amp; Vania Chatzistavraki</i>	<b>12:30-13:15</b>
<b>Bulimia Nervosa: A psychoeducational tool from a cognitive behavioural perspective</b> <i>Keynote Speaker: Dimitris Bekiaris</i>	13:30-14:30
Lunch break	14:30-16:00
<b>Panel C: Neuropsychology and Psychophysical Health</b>	<b>16:00-17:00</b>
<b>OP19. Neuropsychological assessment and mental reinforcement in Dementia: purpose, necessity and clinical approach</b> <i>Nikoletta Geronikola</i>	16:00-16:20
<b>OP20. Investigating the role of environmental sounds and mental health on performance in an urban adult population</b> <i>Eleni Sideri, Dr Despina Menti</i>	16:20-16:35
<b>OP21. The effect of therapeutic horse-back riding on the cognitive development of patients with multiple sclerosis</b> <i>Aggeliki Souka, Nikoletta Geronikola, Manos Takas</i>	16:35-16:50
<b>OP22. The Reward of My Life Melody: The Sonorous Path of Attachment and Music Preferences of Greek Adults.</b> <i>Aggeliki Arvanitidou, Rozita Christofideli</i>	16:50-17:00
Coffee Break ( <i>Poster Evaluation</i> )	17:00-17:30
<b>Panel D: Social &amp; Forensic Psychology</b>	<b>17:30-18:20</b>
<b>OP23. Hate Crimes</b> <i>Dr Sotiris Dedeloudis</i>	17:30-17:50

<b>OP24. Personality Traits and Smartphone Addiction</b> <i>Niki Christouli, Dr Sotiris Dedeloudis</i>	17:50-18:05
<b>OP25. Relationship between personality traits and mindfulness among general population in Greece</b> <i>Nefeli Fasouli, Dr Sotiris Dedeloudis</i>	18:05-18:15
<b>Panel E: Clinical and Community</b>	<b>18:20-19:00</b>
<b>OP26. Stress, anxiety and depression in caregivers: A clinical study.</b> <i>Nikoletta Geronikola</i>	18:20-18:40
<b>OP27. The effect of environment on stress levels: How nature environment can reduce stress levels in contrast to the urban environment</b> <i>Aikaterini Christodoulaki, Dr Despina Menti</i>	18:40-18:50
<b>OP28. Association between negative affect (i.e. depression, anxiety, stress) and obesity: the role of self-efficacy and eating self-efficacy as moderators</b> <i>Alexandra Prouzou, Dr Despina Menti</i>	18:50-19:00
<b>The psychological of tourism, the role of experience in shaping visitors' perceptions</b> <i>Keynote Speaker: Dr Maria Vrasida</i>	19:00-20:00
Closing the 2 <sup>nd</sup> day: Nikoletta Geronikola	20:00-20:30
Cocktail Party at Einstein	20:30-24:00

**Thursday 11/04/19**

Registrations	11:00-11:30
Welcome & Speech from Nikoletta Geronikola and Dr Georgios Lyrakos on importance of collaborating across countries for health professionals	11:30-12:00
Workshop in Qualitative Research: Manos Takas	12:00-13:30
Coffee Break	13:30-14:00
Workshop in Scoring the DASS42 scale: Dr Georgios Lyrakos, Dr Despina Menti & Vlassis Lachanas	14:00-15:30
Closing the Conference – Nikoletta Geronikola & Dr Georgios Lyrakos	15:30-16:00