



**Professor Sofia Zyga, Nursing Department, School of Health Science, University of the Peloponnese**

**Subject:** Introduction to Nursing, Fundamentals of Nursing

**PERSONAL INFORMATION**

\*Family name, First name: Zyga, Sofia

\*Date of birth: 20.08.1973

\*Nationality: Greek

**EDUCATION**

- 2003            Ph.D. in Clinical Nursing, University of Athens, Department of Nursing, Greece (Topic: The effect of the variation of blood flow and dialysate flow on the hemodialysis adequacy).
- 1999            Master of Science in Management and Organization of Health Services, University of Athens, Greece.
- 1996            Bachelor of Science (BSc) in General Nursing, University of Athens, Department of Nursing, Greece.

**CURRENT POSITIONS**

- 2022-present    Member of the Board of Administration, University of the Peloponnese, Greece.

**PREVIOUS POSITIONS**

- 2016-2021    Vice Rector of Research and Lifelong Education, University of the Peloponnese, Greece & Chairman of the Research Committee of the University of Peloponnese.

2014-2016 Head of Nursing School, University of the Peloponnese, Greece.

### **ACADEMIC EXPERIENCE**

- Professor in Fundamentals of Nursing, Nursing Department, University of Peloponnese, August 2018- present.
- Associate Professor in Fundamentals of Nursing, Nursing Department, University of Peloponnese, August 2014- August 2018.
- Assistant Professor in Fundamentals of Nursing, Nursing Department, University of Peloponnese, December 2008 - August 2014.
- Teaching Staff, Nursing Department, University of Peloponnese, September 2005- December 2008.

### **CLINICAL EXPERIENCE**

- Clinical experience having worked as a nurse at Cardiovascular Hospital "Onasseio" at General Hospital of Athens "Hippocrateio" and at General Hospital of Sparti. January 1997- December 2008 (12 years).
- Head Nurse of Department of Research and Continuing Education, at General Hospital of Sparti (6.12.05 -29.12.2008).
- Head Nurse of Dialysis Unit, at General Hospital of Sparti (15.6.2006-6.3.2007).

### **FELLOWSHIPS, AWARDS AND PRIZES**

- 19 awards and praises at Greek scientific conferences in the field of Health Sciences.
- 53rd Annual Meeting of the European Society of Paediatric Endocrinology, Dublin Ireland. E-poster award.
- 46th EDTNA/ERCA International Conference. Krakow, 3rd Prize.
- Best Researcher in Health Management, 2019, Tamilnadu, India.

### **INDICATIVE PUBLICATIONS**

1. Zyga S, Malliarou M, Lavdaniti M, Athanasopoulou M, Sarafis P. Greek renal nurses' attitudes towards death. *J Ren Care*. 2011 Jun;37(2):101-7. doi: 10.1111/j.1755-6686.2011.00210.x. PMID: 21561546.
2. Zyga S, Christopoulou G, Malliarou M. Malnutrition-inflammation-atherosclerosis syndrome in patients with end-stage renal disease. *J Ren Care*. 2011 Mar;37(1):12-5. doi: 10.1111/j.1755-6686.2011.00201.x. PMID: 21288312.
3. Barmpagianni E, Travlos A, Kalokairinou A, Sachlas A, Zyga S. Investigation of Aggravating Psychosocial Factors on Health and Predictability of Smoking and Alcohol Use in Post Adolescent Students. *Health Psychol Res*. 2013 Apr 18;1(2):e15. doi: 10.4081/hpr.2013.e15. PMID: 26973900; PMCID: PMC4768574.

4. Malliarou M, Gerogianni G, Babatsikou F, Kotrotsiou E, Zyga S. Family Perceptions of Intensive Care Unit Nurses' Roles: A Greek Perspective. *Health Psychol Res.* 2014 Jan 13;2(1):994. doi: 10.4081/hpr.2014.994. PMID: 26973925; PMCID: PMC4768562.
5. Zyga S, Alikari V, Sachlas A, Stathoulis J, Aroni A, Theofilou P, Panoutsopoulos G. Management of Pain and Quality of Life in Patients with Chronic Kidney Disease Undergoing Hemodialysis. *Pain Manag Nurs.* 2015 Oct;16(5):712-20. doi: 10.1016/j.pmn.2015.03.004. Epub 2015 Jul 8. PMID: 26162558.
6. Kolovos P, Kaitelidou D, Lemonidou C, Sachlas A, Zyga S, Sourtzi P. Patient participation in hospital care: Nursing staffs' point of view. *Int J Nurs Pract.* 2015 Jun;21(3):258-68. doi: 10.1111/ijn.12242. Epub 2014 Mar 26. PMID: 24666538.
7. Karatza C, Zyga S, Tziaferi S, Prezerakos P. Workplace bullying and general health status among the nursing staff of Greek public hospitals. *Ann Gen Psychiatry.* 2016 Mar 3;15:7. doi: 10.1186/s12991-016-0097-z. PMID: 26949408; PMCID: PMC4778280.
8. Sapountzi-Krepia D, Zyga S, Prezerakos P, Malliarou M, Efstathiou C, Christodoulou K, Charalambous G. Kuopio University Hospital Job Satisfaction Scale (KUHJSS): its validation in the Greek language. *J Nurs Manag.* 2017 Jan;25(1):13-21. doi: 10.1111/jonm.12418. Epub 2016 Aug 23. PMID: 27550236.
9. Lavdaniti M, Zyga S, Vlachou E, Sapountzi-Krepia D. Quality of Life in Elderly Cancer Patients Undergoing Chemotherapy. *Adv Exp Med Biol.* 2017;989:291-295. doi: 10.1007/978-3-319-57348-9\_27. PMID: 28971438.
10. Patra P, Alikari V, Fradelos EC, Sachlas A, Kourakos M, Rojas Gil AP, Babatsikou F, Zyga S. Assessment of Depression in Elderly. Is Perceived Social Support Related? A Nursing Home Study : Depression and Social Support in Elderly. *Adv Exp Med Biol.* 2017;987:139-150. doi: 10.1007/978-3-319-57379-3\_13. PMID: 28971454.
11. Anastopoulou K, Fradelos EC, Misouridou E, Kourakos M, Berk A, Papathanasiou IV, Kleisiaris C, Zyga S. Moderating Nutritious Habits in Psychiatric Patients Using Transtheoretical Model of Change and Counseling. *Adv Exp Med Biol.* 2017;988:63-71. doi: 10.1007/978-3-319-56246-9\_5. PMID: 28971389.
12. Lavdaniti M, Fradelos EC, Troxoutsou K, Zioga E, Mitsi D, Alikari V, Zyga S. Symptoms in Advanced Cancer Patients in a Greek Hospital: a Descriptive Study. *Asian Pac J Cancer Prev.* 2018 Apr 27;19(4):1047-1052. doi: 10.22034/APJCP.2018.19.4.1047. PMID: 29699055; PMCID: PMC6031771.
13. Alikari V, Tsironi M, Matziou V, Tzavella F, Stathoulis J, Babatsikou F, Fradelos E, Zyga S. The impact of education on knowledge, adherence and quality of life among patients on haemodialysis. *Qual Life Res.* 2019 Jan;28(1):73-83. doi: 10.1007/s11136-018-1989-y. Epub 2018 Sep 3. PMID: 30178430.

14. Mantzorou M, Economou M, Kalokerinou A, Sourtzi P, Zyga S, Politis A, Koukia E. Exploration of the relationship between stigma and burnout among Greek nurses in dementia care. *J Nurs Manag.* 2020 Apr;28(3):615-624. doi: 10.1111/jonm.12964. Epub 2020 Mar 10. PMID: 31985861.
15. Alikari V, Fradelos EC, Papastavrou E, Alikakou S, Zyga S. Psychometric Properties of the Greek Version of the Caring Behaviors Inventory-16. *Cureus.* 2021 May 23;13(5):e15186. doi: 10.7759/cureus.15186. PMID: 34178507; PMCID: PMC8221654.
16. Sikaras C, Ilias I, Tselebis A, Pachi A, Zyga S, Tsironi M, Gil APR, Panagiotou A. Nursing staff fatigue and burnout during the COVID-19 pandemic in Greece. *AIMS Public Health.* 2021 Nov 23;9(1):94-105. doi: 10.3934/publichealth.2022008. PMID: 35071671; PMCID: PMC8755962.
17. Fradelos EC, Alikari V, Tsaras K, Papathanasiou IV, Tzavella F, Papagiannis D, Zyga S. The Effect of Spirituality in Quality of Life of Hemodialysis Patients. *J Relig Health.* 2022 Jun;61(3):2029-2040. doi: 10.1007/s10943-020-01153-x. Epub 2021 Jan 7. PMID: 33411225.
18. Filippatos G, Tsironi M, Zyga S, Andriopoulos P. Validation of the Trauma and Injury Severity Score for Prediction of Mortality in a Greek Trauma Population. *J Trauma Nurs.* 2022 Jan-Feb 01;29(1):34-40. doi: 10.1097/JTN.0000000000000629. PMID: 35007249.
19. Alikari V, Gerogianni G, Fradelos EC, Kelesi M, Kaba E, Zyga S. Perceptions of Caring Behaviors among Patients and Nurses. *Int J Environ Res Public Health.* 2022 Dec 27;20(1):396. doi: 10.3390/ijerph20010396. PMID: 36612719; PMCID: PMC9819105.
20. Sikaras C, Tsironi M, Zyga S, Panagiotou A. Anxiety, insomnia and family support in nurses, two years after the onset of the pandemic crisis. *AIMS Public Health.* 2023 Apr 21;10(2):252-267. doi: 10.3934/publichealth.2023019. PMID: 37304592; PMCID: PMC10251058.
21. Alimperti A, Alikari V, Tsironi M, Rojas Gil AP, Papageorgiou D, Kolovos P, Panagiotou A, Panoutsopoulos GI, Lavdaniti M, Zyga S. Lipid Disturbances in Breast Cancer Patients during Chemotherapy. *Nurs Rep.* 2023 Oct 25;13(4):1500-1510. doi: 10.3390/nursrep13040126. PMID: 37987405; PMCID: PMC10661266.
22. Sikaras C, Zyga S, Tsironi M, Tselebis A, Pachi A, Ilias I, Panagiotou A. The Mediating Role of Depression and of State Anxiety on the Relationship between Trait Anxiety and Fatigue in Nurses during the Pandemic Crisis. *Healthcare (Basel).* 2023 Jan 28;11(3):367. doi: 10.3390/healthcare11030367. PMID: 36766942; PMCID: PMC9914040.

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