

Curriculum Vitae: Foteini Tzavella

Associate Professor, Nursing Department, School of Health Science, University of Peloponnese

Subject: Applied Sociology in Health

Academic positions

- Associate Professor of Applied Sociology in Health, Nursing Department, School of Health Sciences, University of Peloponnese (December 2021 - present).
- Assistant Professor of Applied Sociology in Health, Nursing Department, School of Human Movement and Quality of Life, University of Peloponnese (September 2017 -December 2021).
- Lecturer in Applied Sociology in Health, Department of Nursing, School of Human Movement and Quality of Life, University of Peloponnese (December 2013 - September 2017).

Administrative positions (University of Peloponnese)

- Dean of the School of Health Sciences of the University of Peloponnese (2023-present).
- Member of the Gender Equality and Anti-Discrimination Committee of the University of Peloponnese (2023-present).

Academic Degrees

- Doctoral Thesis, Medical School, National and Kapodistrian University of Athens.
- Graduate of the Department of Sociology, Panteion University.
- Graduate of Pharmacy School, Aristotle University of Thessaloniki.

Member of Committees and Boards of Directors

- Member of the Board of Directors at the Therapy Center for Dependent Individuals (KE.TH.E.A.)
- Member of the Board of Directors of the Greek Department of Amnesty International (A.I.).

- Member (alt.) at the Public Health Committee of Experts (E.E.D.Y.).
- Member (alt.) of the Governing Council of the Institute of Child Health.
- Member (alt.) at the Steering Committee for Human Rights in the fields of Biomedicine and Health (CDBIO), Council of Europe).

Undergraduate and postgraduate teaching

- Teaching of the courses Sociology of Health, Law and Bioethics and Health Psychology.
 Department of Nursing, University of Peloponnese.
- Teaching in two Master's Programs (MSC), School of Medicine, National and Kapodistrian University of Athens.
- Teaching in a Master's Program, Department of Pharmacy, National and Kapodistrian University of Athens.
- Teaching of the course Sociology of Health, Department of Sociology, National and Kapodistrian University of Athens. 2022-2023 (invitation to teach).

Scientific interests

- Issues related to the social determinants of health and inequalities in access to health services.
- Public Health.
- Issues related to environmental and social sustainability.
- Issues related to gender equality and discrimination.
- Human rights issues.
- Contemporary issues in bioethics.

Books

- Crises and Pandemics, environmental, bioethical and cultural connections in a changing society. J. SIDERIS Ed, Athens, 2023.
- Society and Health in the 21st Century. Health, health services and research in a bioethical environment. J. SIDERIS Ed, Athens, 2019.
- Notes of Ignorance, LIVANIS Ed., Athens, 2014.

Chapters in books

- Tzavella F. Approaching the social dimensions of clinical research in the era of COVID-19.
 In: Health and society. Changing relationships and routes. Eds. Spyridakis M., Economou Ch. TSOTRAS Ed. 2023. ISBN: 9786185665050.
- Panagiotou A, Tzavella F, Souliotis K, Tsironi M. Psychosocial impacts and ramifications
 of natural and man-made disasters and crises. In: Disaster and Crisis Management: A

- Multifactorial Approach. Eds. Pikoulis E., Souliotis K., Tsironi M. KALLIPOS 2023. ISBN: 978-618-5726-52-2 http://dx.doi.org/10.57713/kallipos-174
- Tzavella F. Clinical trials and human rights in the time of a pandemic, p. 26. In: Human rights and the pandemic. Ed. Amnesty International 2020. ISBN:978-960-7250-09-04.
- Tzavella F, Tolis J G. From Hippocrates to George N. Papanicolaou, A medical journey in time. In: Honorary Volume for Professor J. C. Meletis, National and Kapodistrian University of Athens, 2018.
- Alikari V, Tsironi M, Tzavella F, Fradelos E, Lavdaniti M, Zyga S. Non Adherence Factors among Patients Undergoing Hemodialysis. In: Renal Disease and Treatment, pp. 2-23. www.avidscience.com, AvidScience, 2017.
- Tzavella F, Zirogiannis ΠΝ. Euthanasia as a choice of the end of life. In: Nephrology. Eds. Zirogiannis PN., Pierides A., Diamantopoulos A. 49 (4), 3678-3684, Athens, 2005.
- Zirogiannis PN, **Tzavella F**. Medical Information and Mass Media. In: Nephrology. Eds. Zirogiannis PN., Pierides A., Diamantopoulos A., 49 (6), 3693-3698, Athens, 2005.

Publications in international journals (peer review)

- Pitis A, Diamantopoulou M, Tzavella F. The Impact of Covid-19 Pandemic and Social Determinants of Health on the Prevalence of Intimate Partner Violence. A Systematic Review. Mater Sociomed. 2023; 35(4): 295-303.
- Theofilou P, Vassilopoulou C, Tzavella F. Quality of Life, Social Support, Fatigue and Satisfaction from Nursing Care in Dialysis Patients: The Impact of Sociodemographic and Clinical Profile. Ann Nurs Res Pract. 2023;8(1):1052.
- Terzaki F, **Tzavella F**, Theofilou P. The effect of occupational therapy on quality of life and pain self-efficacy in chronic disease patients. Series Clin Med Case Rep Rev. 2023;1(3):1-7.
- Daratsianou M, Prezerakos P, Spyridakis M, Tzavella F. Perceived impact of racism in Greek nurses according to emotional intelligence and parental rearing styles. International Research Journal of Public and Environmental Health. 2022; 9 (5): 136-147.
- Theofilou P, Andriopoulos P, Zyga S, Economou C, **Tzavella F**. Epidemiological aspect of physical and mental fatigue among Greek employees in pharmaceutical companies: the role of organizational commitment and work satisfaction. Int J Clin Med Edu Res. 2022; 1(5), 157-162.
- Theofilou P, Iona D, **Tzavella F**. Association between General Health, Fatigue and Social Support among Health Professionals: A Cross Sectional Study in Greece. J Community Med Health Care. 2022; 7(2): 1058.
- Theofilou P, **Tzavella F**, Zyga S. Demographic and Occupational Factors Affecting Fatigue and Social Support among Nurses in the Emergency Department: A Cross-

- Sectional Study. Austin Journal of Public Health and Epidemiology 2022;9(3). https://austinpublishinggroup.com/public-health-epidemiology/fulltext/ajphe-v9-id1132.pdf
- Fradelos, EC, Artemi, S, Tsalogidou, A, Almpani, E, Malli, F, Lavdaniti, M, Papathanasiou, IV, **Tzavella, F.** Attitudes toward older people among nursing students in Greece. Nurs Forum. 2022; 1-9.
- Theofilou P, Zyga S, Economou C, **Tzavella F.** Organizational commitment among employees in the pharmaceutical industry. Is it affected by fatigue and job satisfaction? International Research Journal of Public and Environmental Health. Vol.9 (4), pp. 97-103.
- Fradelos E, Alexandropoulou C A, Kontopoulou L, Papathanasiou I V, Tzavella F. Factors Afecting Greek Nurses' Caring Behaviors: The Role of Nurses' Spirituality and the Spiritual Climate of Hospitals. J Relig Health 2022. https://doi.org/10.1007/s10943-022-01503-x
- Alikari V, Matziou V, Tsironi M, Theofilou P, Giannakopoulou N, Tzavella F, Fradelos EC, Zyga S. Patient Knowledge, Adherence to the Therapeutic Regimen, and Quality of Life in Hemodialysis: Knowledge, Adherence, and Quality of Life in Hemodialysis. Adv Exp Med Biol. 2021;1337:259-272.
- Fradelos EC, Latsou D, Alikari V, Papathanasiou IV, Roupa A, Balang V, Tsaras K, Papagiannis D, Tzavella F. Greek Nurses' Perception of Hospital Ethical Climate: A Cross-Sectional Study. Advances in Experimental Medicine and Biology 2021, 1337:17-25.
- Fradelos EC, Alikari V... Tzavella F... Zyga S. The Effect of Spirituality on Illness Perceptions in Patients Undergoing Hemodialysis: Spirituality and Health. Advances in Experimental Medicine and Biology 2021, 1337:65-75.
- Lavdaniti M, Patrikou K, Prapa MP, Vastardi M, Fradelos EC, Papathanasiou IV, Tzavella F, Alikari V, Tzavelas G. A cross-sectional study for assessing perceived symptoms, depression and quality of life in advanced lung cancer patients. JBUON 2021, 26(5): 1824-1831, ISSN: 1107-0625, online ISSN: 2241-6293.
- Batsikoura M, Zyga S, Tzavella F. et al. Anxiety status and coping strategies in association with sociodemographic factors, dietary and lifestyle habits in Greece. Clin Pract Epidemiol Ment Health 2021 https://doi.org/10.5281/zenodo.5130583
- Theofilou P, Zyga S, Economou Ch, Tzavella F. Investigation of the effect of sociodemographic and occupational factors on organizational commitment, job satisfaction and fatigue among employees in the pharmaceutical industry. Open Journal of Social Sciences SCIRP 2021, 9:173-187.

- Theofilou P, Zyga S, Economou Ch, Liakopoulos D, Tzavella F. Investigation of organizational commitment and job satisfaction among employees in pharmaceutical industry: The effect of fatigue. Journal of Human Resources Management and Labor Studies 2021, 9(1):1-9.
- Fradelos E, Alikari V, Tsaras K, Papathanasiou I, Tzavella F, Papagiannis D, Zyga S.
 Assessment of psychological distress in end stage renal disease: is it spirituality related?
 Medicine and Pharmacy Reports.
 https://medpharmareports.com/index.php/mpr/article/view/1623
- 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 2021.
 61, 2029–2040.
- Leventelis C, Koutsilieris M, Geitona M, Malliori M, Zyga S, Rojas Gil AR, **Tzavella F**, Georgoulopoulou E, Koutsopoulou E, Kampitsi A, Tsironi M. Quality of Life in Patients under Substitution Treatment with Methadone and Buprenorphine. Journal of Addictive Behaviors Therapy and Rehabilitation 2020, 9(4).
- Papathanasiou I, Papathanasiou C, Malli F, Tsaras K, Papagiannis D, Tsaloglidou A,
 Tzavella F, Fradelos E. The effect of spirituality on mental health among hypertensive elderly people: A cross-sectional community based study. Materia Socio Medica 2020, 32(3):218-223.
- Fradelos C E, Papathanasiou I, Tzavella F. Translation and validation of the Spiritual Care Intervention-Provision Scale in the Greek language. Scientifica 2020, 2020:1-7 (article ID 8568043).
- Fradelos E, **Tzavella F**. Spiritual Climate as is Perceived by Greek Clinical Nurses. A Validation study. Materia Socio Medica 2020, 32(1):66-70.
- Theofilou P, Stefanidou M, Giannakopoulou N, Tzavella F, Zyga S, Tsironi M, Alikari V. The effect of perceived social support on the quality of life of hemodialysis patients. A preliminary study. Progress in Health Sciences 2020, 10(1):19-25.
- Papathanasiou V.I, Kelepouris K, Valari C, Papagiannis D, Tzavella F, Kourkouta L, Tsaras, Fradelos EC. Depression, Anxiety and Stress among Patients with Hematological Malignancies and the Association with Quality of Life: A Cross-Sectional Study. Medicine and Pharmacy Reports 2020, 93(1):62-68.
- Theofilou P, Rousta E, Alefragkis D, Zyga S, Tzavella F, Tsironi M, Alikari V. Burnout syndrome and social support in Greek nursing professionals. International Journal of Advance Research in Nursing 2020, 3(1):18.

- Fradelos C. E, Alikari V, Vus I. V, Papathanasiou I, Tsaras K, **Tzavella F,** Lekka D. Assessment of the relation between religiosity, anxiety, depression and psychological resilience in nursing staff. Health Psychology Research 2020, 8(1):30-34.
- Kouri G, Stamatopoulou M, **Tzavella F**, Prezerakos P. The Greek Resistance to Change Scale: A Further Validation. International Journal of Caring Sciences 2020, 13(1):294-306.
- Serpanou I, Sakellari E, Zyga S, Tzavella F, Sapountzi-Krepia D. Mental Well Being, Religiosity and Spirituality among People with Spinal Cord Injury. International Journal of Caring Sciences 2020, 13(1):770-775.
- Nikolaou I, Alikari V, Tzavella F, Zyga S, Tsironi M, Theofilou P. Predictors of anxiety and depressive symptoms among Greek nurses. Journal of Health Sciences 2020, 10(1):90-98.
- Goula I, Alikari V, Charalampous G, **Tzavella F**, Zyga S, Theofilou P. Social support and quality of life in Greek women with breast cancer during chemotherapy and two years later. Health Psychology Report 2020, 8(2):97-106.
- Diamantopoulou M, Pitis A, Raftopoulos P, Tzavella F. The Impact of Oncological Diseases on Sexual Behavior and Psychosocial Attitudes of Young and Adult Patients: A Systematic Review. International Journal of Caring Sciences 2019, 12(2):1175-1187.
- Belesioti I, Alikari V, Tzavella F, Zyga S, Tsironi M, Theofilou P. The impact of framed side effect information on nocebo effect. International Journal of Nursing and Health Sciences 2019, 2(1):01-06.
- Theophilou P, Savva E, Alikari V, **Tzavella F**, Zyga S, Tsironi M, Fradelos C E. Assessment of quality of life and spirituality in lung cancer patients. International Journal of Midwifery and Nursing Practice 2019, 2(2):51-56.
- Nikolaou I, Alikari V, Tzavella F, Zyga S, Tsironi M, Polikandrioti M, Koufopoulou P, Theofilou P. Health locus of control and quality of life in diabetes mellitus: A cross-sectional study. International Journal of Midwifery and Nursing Practice 2019, 2(1):95-10.
- Adamopoulou F, Alikari V, Zyga S, Tsironi M, Tzavella F, Giannakopoulou N, Paraskevi Theofilou P. The Effect of Fatigue and Pain Self- Efficacy on Health-Related Quality of Life Among Patients with Multiple Sclerosis. Mater Sociomed. 2019, 31(1): 40-44.
- Koinis A, Velonakis E, Tzavara C, Tzavella F, Tziaferi S. Psychometric properties of the workplace psychologically violent behaviors-WPVB instrument. Translation and validation in Greek Health Professionals. AIMS Public Health 2019, 6(1): 79–95. DOI: 10.3934/publichealth.2019.1.79.
- Panagopoulou V, Kalokairinou A, Tzavella F, Tziaferi S. A survey of Greek women's satisfaction of postnatal care. AIMS Public Health 2018, 5(2): 158–172. DOI: 10.3934/publichealth.2018.2.158.

- Panagopoulou V, Kalokairinou A, Tzavella F, Kolovos P, Tziaferi S. Validation and cultural adaptation of the womb postnatal satisfaction questionnaire for use in Greece. International Journal of Nursing, Midwife and Health Related Cases 2018. 4 (5): 27-51.
- Panagopoulou V, Kalokairinou A, Tzavella F, Kolovos P, Tziaferi S. Women's views of postnatal care and evaluation of an intervention of postnatal home visits in Greece.
 International Journal of Nursing, Midwife and Health Related Cases 2018. 4 (3): 20-36.
- 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. Quality of Life Research 2018. https://doi.org/10.1007/s11136-018-1989-y
- Fradelos C E, Kourakos M, Zyga S, Tzavella F, Tsaras K, Christodoulou E, Daglas A, Papathanasiou V I. Measuring Religiosity in Nursing: Reliability, Validity and Psychometric Properties of the Greek Translation of the Centrality of Religiosity Scale. American Journal of Nursing Science, Special Issue: Nursing Education and Research 2018, 7(3-1):25-32.
- Zyga S, Mitropoulou E, Alikari V, Prezerakos P, Tsironi M, Andriopoulos P, Stathoulis J,
 Tzavella F, Fradelos E. Primary Mental Health Care in Rural Greece: A Single Center
 Experience. American Journal of Nursing Science, Special Issue: Nursing Education and
 Research 2018, 7 (3-1): 1-6.
- Alikari V, Tsironi M, Matziou V, Tzavella F, Fradelos E, Zyga S. Reliability and Validity
 of the Kidney Disease Questionnaire Among Greek Patients Undergoing Hemodialysis.
 American Journal of Nursing Science, Special Issue: Nursing Education and Research
 2018, 7 (3-1): 97-102.
- Dreliozi A, Siskou O, Platis Ch, Tzavella F, Bouchoris P, Galanis P, Kaitelidou D, Moisoglou I, Prezerakos P. Health professionals' views on quality and safety. Global Journal for Research Analysis 2018, 7 (5):495-498.
- Fradelos E, Latsou D, Mitsi D, Tsaras K, Lekka D, Lavdaniti M, Tzavella F, Papatanasiou V I. Assessment of the relation between religiosity, mental health, and psychological resilience in breast cancer patients. Contemp Oncol (Pozn) 2018, 22 (3): 172–177.
- Tsaras K, Daglas A, Mitsi D, Papathanasiou I, **Tzavella F**, Zyga S, Fradelos E. A cross-sectional study for the impact of coping strategies on mental health disorders among psychiatric nurses. Health Psychology Research 2018, 6:7466, pp 9-15.
- Stamatopoulou M, Tzavella F, Prezerakos P. Trait emotional Intelligence questionnaire-Adolescent Short Form (TEIQue_ASF): A Psychometric Investigation in Greek Context.
 Journal of Psychoeducational Assessment 2017, DOI: 10.1177/0734282916687706

- Fradelos CF, Tsaras K, Tzavella F, Koukia E, Papathanasiou IV, Alikari V, Stathoulis J,
 Tsaloglidou A, Kourakos M, Zyga S. Clinical, social and demographics factors associated
 with spiritual wellbeing in and stage renal disease. Advances in Experimental Medicine
 and Biology 2017, 987:77-88.
- Katsa M E., Daratsianou M, **Tzavella F**. Issues of ethics in geriatric clinical research. International Journal of Health Research and Innovation 2016, 4 (2): 33-44.
- Fradelos E C, Tzavella F, Koukia E, Tsaras K, Papathanasiou I et al. The translation, validation and cultural adaptation of functional assessment of chronic illness therapy spiritual well –being 12 (facit-sp12) scale in Greek language. Mater Sociomed 2016,28 (3): 229-234.
- Basmatzoglou T, Katsa M E, Tzavella F. Issues of ethics in pediatric clinical research.
 International Journal of Health Research and Innovation. International Journal of Health
 Research and Innovation 2016, 4 (1): 59-69.
- Vgenopoulou I, Adamopoulou V, Tzavella F. Sociological factors that influence access to Primary Health Care (PHC) settings. International Journal of Occupational Health and Public Health Nursing 2015, 2 (3): 13-20.
- **Tzavella F,** Tolis G. From Hippocrates to George Papanicolaou: Amedical journal in time. Archives of Hellenic Medicine 2015, 32 (6): 789-793.
- Fradelos E, Tzavella F, Koukia E, Papathanassiou I, Alikari V, Stathoulis J, Panoutsopoulos G, Zyga S. Integrating Chronic Kidney Disease (CDK) patients's spirituality in their care: health benefits and research perspectives. Mater Sociomed. 2015, 27 (5):354-358.
- Fradelos E, **Tzavella F**, Koukia E, Zyga S. The effect of spirituality on Quality of Life of Patients with chronic kidney disease and its correlation with the mental health status and cognitive perception for their illness. Study protocol. (OALIB) Open Access Library Journal 2015, 2: e1783 http://dx.doi.org/10.4236/oalib.1101783
- Vgenopoulou I, Katsa M E, **Tzavella F.** Melatonin levels in Alzheimer Disease. International Journal of Caring Sciences 2015, 8 (2): 499-506.
- Tsolaki E, Tsironi M, Theofanis F, **Tzavella F**, Lavdaniti M, Zyga S. Employees' Commitment to the Organization of a Public District Hospital: A Case Study. International Journal of Caring Sciences 2013, 6 (2): 258-266.
- Lytras A, **Tzavella F**, Tolis G. Ethical Issues and scientific misconceptions in endocrinology research and practice. The role of pharmaceutical industry in the practice of endocrinology. Human Medicine and Health Care 2007, 7(2): 1-7 http://www.humanhealthcare.com/Article.asp?art id=847

Publications in Greek journals (peer review)

- Tzavella F. Epidemics in world and Greek literature. Archives of Hellenic Medicine 2024, 41(1):105-114.
- Fradelos E, Papathanasiou I, **Tzavella F,** Maggoulia P, Nashwan AJ, Alikari V. Investigation into the stigmatization of healthcare professionals in COVID-19 wards. Archives of Hellenic Medicine 2023, 40(3):356-362.
- Tzavella F, Papathanasiou I, Tzika E, Fotiadi T, Hampesi E, Fradelos E. The relationship between perceptions of racism and self-compassion in Greek university students. Archives of Hellenic Medicine 2021, 38 (4): 531-538.
- Tzavella F, Vgenopoulou I, Fradelos E.C. Climate change as a social determinant of the quality of public health. Archives of Hellenic Medicine 2021, 38(3): 1-9.
- Fradelos E, Prapa P, Alikari V, Papathanasiou I, Lavdaniti M, Tzavella F, Platis Ch, Theofilou P. Investigation of the psychometric properties of the Greek Version of the Spiritual Needs Questionnaire (SpNQ). Nosileftiki (Hellenic Journal of Nursing) 2020, 59(4):360-368.
- Tzavella F, Economou Ch. Greek society and international health diplomacy in the face of the European refugee crisis (editorial). Archives of Hellenic Medicine 2020, 37 (Sup. 1):7-9.
- **Tzavella F,** Sakellaridis G. Refugee women's testimonies and human rights in Greece. Archives of Hellenic Medicine 2020, 37 (Sup.1):10-16.
- Tzavella F, Dreliozi A, Prezerakos P. The European refugee crisis in Greece. The challenge of managing the health problems of minors refugees. Archives of Hellenic Medicine 2020, 37 (Sup. 1):28-41.
- Papaioannou E, Alikari V, Tzavella F, Zyga S, Tsironi M, Theofilou P. Assessment of factors affecting the quality of life of patients with diabetes mellitus. Archives of Hellenic Medicine 2020, 37(1):79-86.
- Fradelos E, Evagelidou E, Alikari V, Tsaras K, Papathanasiou I, Tzavella F, Koukoularis D, Zyga S. Investigation of perceptions of patients in hemodialysis about their disease.
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- Tzavella F. Medicinal drugs, lost in translation. Archives of Hellenic Medicine 2018, 35
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- Koinis A, Velonakis E, **Tzavella F**, Tziaferi S. The phenomenon of mobbing in the Greek health sector: A pilot study. Hellenic Journal of Nursing 2017, 56 (3): 223-244.
- Koinis A, Velonakis E, **Tzavella F**, Tziaferi S. The effect of mobbing phenomenon on the quality of life of health professionals. Vima Asklipiou 2016, 15 (4): 380-393.
- Adamopoulou B, Basmatzoglou Th, **Tzavella F**. The role of Primary Health Care (PFI) in the management of anxiety disorders. Nursing and Research 2016, 43: 186-195.
- Gritzani I, Tsironi M, **Tzavella F,** Gouva M, Kolovos P., Gerveki E, Zyga S. Study of posttraumatic stress disorder (PTSD) among inhabitants of Ancient Olympia exposed to 2007 fire. Interscientific Health Care 2013, 5 (3): 109-119.
- Dimou E, Municipality of M, **Tzavella F**. Pharmaceutical ethics and moral imagination in the modern hellenic society. Archives of Hellenic Medicine 2013, 30 (3): 355-361.
- Tzavella F. Rape and pharmaceutical substances, Archives of Hellenic Medicine 2010, 27 (5): 841-846.
- Tzavella F. Deontological Problems in Clinical Research: The Informed Consent Document (ICD). Archives of Hellenic Medicine 2010, 27 (2): 230-238.
- Zirogiannis PN, **Tzavella F**, Koutselinis A. Euthanasia: The ethical aspects of the end of life. Archives of Hellenic Medicine 1998, 15 (4): 382-389.
- **Tzavella F**, Poulos L, Koutselinis A. Pharmacy practice in a bioethical frame. Hippocrates 1994, 3rd Period, Volume 2: 177-184.
- Colman N, Tzavella F. Ethics as a mechanism of self-control in the promotion of drugs.
 Society, Economy and Health 1992, 1 (3): 35-43.