

Short CV of Theofani Bania

*Associate Professor in Physiotherapy, Department of Physiotherapy,
School of Health Rehabilitation Sciences, University of Patras, Greece*

i. Professional qualifications

- **Physiotherapy Degree** (1992), Alexandreio Technological Educational Institution of Thessaloniki, School of Healthcare and Welfare Professions, Department of Physiotherapy, Greece
- **Postgraduate Studies - Master of Science (MSc)** in Physiotherapy (**Pediatric Neurorehabilitation** route) (2002) Cardiff University, School of Healthcare Studies, Department of Physiotherapy, UK
- **Doctoral Studies - Doctor of Philosophy (PhD)** (2012), La Trobe University, School of Health Studies, Department of Physiotherapy, Australia

- **Other Education:** Certificate of Competence in Teaching (A.S.P.A.I.T.E., Greece) (2017)

ii. Clinical Professional Experience

- **Clinical practice license as a physiotherapist** since 1992
- **Clinical experience:** 2months as a research assistant at Murdoch Children’s Research Institute, Melbourne (Australia), 15 years as a self-employed pediatric physiotherapist (Greece), 1 year at the Greek Society of Rehabilitation for Children with Special Needs (Athens), 3 years at a private Physiotherapy clinic for children (Greece), 3 years at a private clinic for rehabilitation of chronic musculoskeletal problems, and (part-time) pediatric physiotherapist at special schools (Greece).
- **Certified workshops** attended relevant to assessment/intervention of babies/young children based on Bobath approach, Jeremy Kraus/Feldenkrais approach and assessment with GMFM.

iii. Teaching experience

Post-graduate

2016-2017 &

2017-2018 **Teaching in MSc in “Rehabilitation Sciences”**-University of Patras, Department of Physiotherapy, Greece (teaching module: motor control)

2021- **Teaching in MSc in “Therapeutic Exercise”**-University of Patras, Department of present Physiotherapy, Greece

2019-present Module leader in the postgraduate module “Special Exercise and Rehabilitation issues” in the MSc “Therapeutic Exercise” of the Department of Physiotherapy, University of Patras

2016-present Supervision of **M level dissertations** from 2016 onwards (involved in clinical rehabilitation research)

2021-present **Committee member of 1 PhD dissertation** (University of Western Attica)

Undergraduate

2002-2008: **Lecturer** - the University of Western Attica (previous Athens Technological Educational & 2011-2012 Institute, Department of Physiotherapy, Greece; (teaching modules: pediatric neurorehabilitation, supervision at clinical placements)

2012-2018: **Senior Lecturer** - Technological Educational Institute of Western Greece, Department of Physiotherapy, Greece; (teaching modules: pediatric neurorehabilitation,

neurological rehabilitation, ergonomics, students' supervision at clinical neurological children/adults placements)

2019-present **Assistant professor**-University of Patras-Department of Physiotherapy (Pediatric

Physiotherapy; Respiratory physiotherapy; Disability rehabilitation, students' supervision at clinical placements- children/adults with neurological problems)

▪ Supervision/examination of undergraduate students' dissertations

Undergraduate with Erasmus+ exchange teaching

22-24/11/16 Facultad de Fisioterapia-University of Valladolid, Spain, teaching Pediatric Physiotherapy

20-23/03/18 University of Applied Sciences for Health Professions in Upper Austria

Department of Physiotherapy, Austria, teaching Pediatric Physiotherapy

iv. Publications

Publications in international peer reviewed journals (n=14)

1. **Bania T**, Gkotsidou P, Billis E, Lampropoulou S. (2022) Pediatric balance scale: translation and cross-validation into Greek. *Pediatric Physical Therapy*. Submitted
2. **Bania T**, Gianniki M, Charitaki G, Giannakoudi S, Velaoras A, Farantou C, Velaora A, Billis E. (2022) Patterns of interaction with people with disabilities across different healthcare disciplines: a cluster analysis approach. *Physiotherapy Research International*. Submitted
3. **Bania T**, Lyri R, Ntatsiou F, Fousekis K. (2022) Functional activity and communication-social ability of youths with developmental disabilities: A qualitative study. *J Physical Therapy & Science*. 34: 11 Accepted [Impact Factor: 0,8]
4. **Bania T**, Gianniki M, Giannakoudi S, Charitaki G, Matzaroglou C, Billis E. (2021) The Interaction with Disabled Persons Scale: Evidencing Construct Validity with Factor Analysis and Measurement Invariance in Greek-speaking healthcare students. *Disability & Rehabilitation*, 44(13): 3196-3203. [Impact Factor: 3,03]
5. Moutzouri M, Tsoumpos P, **Bania T**, Billis E, Gliatis J. (2021) "Greek KOOS-Child: a valid, disease specific, diagnostically accurate and responsive PROM in children with knee-related pathology". *Knee Surg Sports Traumatol Arthrosc*, 29: 1841-1849. [Impact Factor: 3,16]
6. **Bania T**, Antoniou AS, Theodoritsi M, Theodoritsi I, Charitaki G, Billis E. (2021) The Interaction with Disabled Persons Scale: translation and cross-cultural validation into Greek. *Disability & Rehabilitation*, 43(7): 988-995. [Impact Factor: 4,1]
7. Chiu H-C, Ada L, **Bania T**. (2020) Mechanically-assisted walking training for children with cerebral palsy (Review). *Cochrane Database of Systematic Reviews* 2019, Issue 6. Art. No.: CD013114. DOI: 10.1002/14651858.CD013114.pub2. [Impact Factor: 12,0]
8. **Bania T**, Chiu H-C, Billis E. (2019) Activity training on the ground in children with cerebral palsy: systematic review and meta-analysis. *Physiotherapy Theory & Practice*, 35(9):810-821. [Impact Factor: 2,28]
9. Chiu H-C, Ada L, **Bania T**, Johnston I. (2018) Mechanically-assisted walking training for children with cerebral palsy (Protocol). *Cochrane Database of Systematic Reviews*, Issue 8. Art. No.: CD013114. [Impact Factor: 12,0]
10. **Bania T**, Katsounakis S, Sergiaki N, Kapari E, Eletheriadi C. (2017) Hippotherapy in ambulatory children with spastic cerebral palsy: case series. *Epitheorese klinikes farmakologias & farmakokinitikes*. 35:143-150. [Impact Factor: 0,3]
11. **Bania T**, Dodd K, Baker R, Graham HK, Taylor N. (2016) The effects of progressive resistance training on daily physical activity in young people with cerebral palsy: a randomised controlled trial. *Disability & Rehabilitation*, 38(7):620-6. [Impact Factor: 3,03]
12. **Bania T**, Taylor N, Baker R, Graham HK, Karimi L, Dodd K. (2014) Gross motor function is an important predictor of daily physical activity in young people with bilateral spastic cerebral palsy. *Developmental Medicine & Child Neurology*, 56(12): 1163-71. [Impact Factor: 4,86]

13. **Bania T.** (2014) Measuring physical activity in young people with cerebral palsy: validity and reliability of the ActivPAL monitor. *Physiotherapy Research International*, 19(3): 186-92. [\[Impact Factor: 1,87\]](#)
14. **Bania T**, Dodd K, Taylor N (2011) Habitual physical activity can be increased in people with cerebral palsy: A systematic review. *Clinical Rehabilitation* 25(4):303-315. [\[Impact Factor: 3,47\]](#)

Publications from conference proceedings (published in international peer reviewed journals)

1. Tsekoura M, Tsepis E, Lampropoulou S, Fousekis K, **Bania T**, Kastrinis A, Xergia S, Billis E. (2022) Physiotherapists' perceptions of and willingness to use telerehabilitation in Greece during the covid-19 pandemic. *Aging Clinical & Experimental Research*. 34 (Suppl 1):S35-S474 [\[Impact Factor: 4,48\]](#)
2. **Bania T**, Taylor N, Chiu H-C, Charitaki G, Billis E. (2021) What is the effect of progressive resistance training in muscle function, activity and participation in people with cerebral palsy? *Developmental Medicine & Child Neurology*. 63(S3): 23-24 [\[Impact Factor: 4,86\]](#)
3. Chiu H-C, **Bania T.** (2015) Effectiveness of activity training in children with cerebral palsy: a systematic review and meta-analysis. *Developmental Medicine & Child Neurology* 57(S5): 81 (SP12) [\[Impact Factor: 4,86\]](#)
4. **Bania T**, Chiu H-C. (2015) Effectiveness of activity training in children with cerebral palsy: a systematic review. *Developmental Medicine & Child Neurology* 57(S4): 30 (P012-88053) [\[Impact Factor: 4,86\]](#)
5. Chiu H-C, **Bania T.** (2015) Application of Wii Sports Resort at a home-based setting and physical activity training in children with cerebral palsy. *Developmental Medicine & Child Neurology* 57(S4): 2-3 (WS03-94201) [\[Impact Factor: 4,86\]](#)
6. **Bania T.**, Dodd K., Taylor N. (2013) Effects of strength training on the habitual activity of young people with diplegic cerebral palsy. *Developmental Medicine & Child Neurology* 55(2): 19 (PS 10.6) [\[Impact Factor: 4,86\]](#)
7. **Bania T.**, Taylor N., Dodd K. (2013) Habitual physical activity levels of adolescents and young adults with diplegic cerebral palsy. *Developmental Medicine & Child Neurology* 55(2): 37-38 (p.141) [\[Impact Factor: 4,86\]](#)
8. **Bania T.**, Dodd K., Taylor N. (2013) Criterion validity and retest reliability of an activity monitor in adolescents and young adults with diplegic cerebral palsy. *Developmental Medicine & Child Neurology* 55(2): 54 (p.160) [\[Impact Factor: 4,86\]](#)

Free Paper & Poster presentations

1. Tsekoura M, Tsepis E, Lampropoulou S, Fousekis K, **Bania T**, Kastrinis A, Xergia S, Billis E. Physiotherapists' perceptions of and willingness to use telerehabilitation in Greece during the covid-19 pandemic. *World congress on osteoporosis, osteoarthritis and musculoskeletal diseases, Athens, March 2022*
2. **Bania T**, Taylor N, Chiu H-C, Charitaki G, Billis E. What is the effect of progressive resistance training in muscle function, activity and participation in people with cerebral palsy? *75th Annual meeting of the American Academy of Cerebral Palsy & Developmental Medicine, (virtual Los Angeles), April, 2021*
3. Moutzouri M, Tsoumpos P, **Bania T**, Billis E, Gliatis J. Cross-cultural translation and validation of the Greek version of the Knee Injury Osteoarthritis Outcome Score (KOOS) child knee survey in children with knee pain. *19th ESSKA Congress (virtual, 11-15 May 2021)*
4. Billis E, Tsekoura M, Lampropoulou S, xergia S, **Bania T**, Matzaroglou C, Fousekis K, Hill J, Strimpakos N. Cross-cultural adaptation of the Start Back Screening Tool in Greek low back pain sample. *World Physiotherapy Congress online. April, 2021*

5. **Bania T**, Antoniou A-S, Theodoritsi M, Theodoritsi I, Billis E. Interaction with Disabled Persons Scale (IDPS): Translation and cross-cultural validation in Greek. *31th Annual Meeting European Academy of Childhood Disability. May 2019, Paris*
6. Karaiskou E, **Bania T**, Tsifas S, Dimitriou D. Cranial-Ultrasound in late preterm neonates: Correlation with their sensory-kinetic development at 2 years. *31th Annual Meeting European Academy of Childhood Disability. May 2019, Paris*
7. **Bania T**, Antoniou A-S, Theodoritsi M, Theodoritsi I, Billis E. Interaction with Disabled Persons Scale (IDPS): Translation and evaluation of face validity, criterion validity and structural validity. *26^o International conference of Physical Education & Sports, Komotini, Greece, May, 2018*
8. **Bania T**, Antoniou A-S, Theodoritsi M, Theodoritsi I, Billis E. Interaction with Disabled Persons Scale (IDPS): Discriminant validity, reliability and sensitivity. *26^o International conference of Physical Education & Sports, Komotini, Greece, May, 2018*
9. **Bania T**, Chiu H-C. Effectiveness of activity training in children with cerebral palsy: a systematic review. *27th Annual meeting of the European Academy of Childhood Disability, Copenhagen, Denmark, 2015*
10. Chiu H-C, **Bania T**. Application of Wii Sports Resort at a home-based setting and physical activity training in children with cerebral palsy. *27th Annual meeting of the European Academy of Childhood Disability, Copenhagen, Denmark, May 2015*
11. Chiu H-C, **Bania T**. Effectiveness of activity training in children with cerebral palsy: a systematic review with meta-analysis. *69th Annual meeting of the American Academy of Cerebral Palsy & Developmental Medicine, Austin, TX, USA, 2015*
12. Chiu H-C, **Bania T**. Effectiveness of activity training in children with cerebral palsy: a systematic review with meta-analysis. *7th International Shared Decision Making Conference and the 4th International Society for Evidence-Based Health Care Conference, Sydney, Australia, 2015*
13. **Bania T**, Taylor N, Dodd K. Habitual physical activity levels of adolescents and young adults with diplegic cerebral palsy. *25th Annual meeting of the European Academy of Childhood Disability, Newcastle, UK, 2013*
14. **Bania T**, Dodd K, Taylor N. Criterion validity and retest reliability of an activity monitor in adolescents and young adults with diplegic cerebral palsy. *25th Annual meeting of the European Academy of Childhood Disability, Newcastle, UK, 2013*
15. **Bania T**, Dodd K, Taylor N. Effects of strength training on the habitual activity of young people with diplegic cerebral palsy. *25th Annual meeting of the European Academy of Childhood Disability, Newcastle, UK, 2013*
16. **Bania T**, Dodd K, Taylor N. Effects of strength training on the habitual activity of young people with diplegic cerebral palsy. *4th International Cerebral Palsy Conference. Pisa, Italy, 2012*
17. **Bania T**, Taylor N, Dodd K. Habitual physical activity and sedentary behavior of young people with diplegic cerebral palsy. *4th International Cerebral Palsy Conference. Pisa, Italy, 2012*
18. **Bania T**. The evaluation of a method developed to quantify normal movement during sit-to-stand in children with cerebral palsy. *Annual Research Conference of School of Healthcare Studies, Cardiff University; 2002, Cardiff, UK*

VII. Awards-scholarships

- **National Health & Medical Research Council**, Australia, funding of my PhD studies (2008-2012) & **Research Training Scheme (La Trobe University, Australia)** paid no fees for PhD studies (2008-2012)
- **European Academy of Childhood Disability (EACD)**, bursary for attending the 25th EACD Annual Meeting, UK, 2013
- **Nomination of 1 free paper presentation** at the **75th AACPD annual meeting** for the Gayle G. Arnold Award (2021)
- **2 awards for best free paper presentation** in national conferences