

**Curriculum Vitae****PERSONAL DATA**

**Name/:** Dr Dimitra Makrynioti, Optician-Optometrist, BSc(Hons), MSc, PhD, FBCLA  
Assistant Professor in Contact Lenses' Optics and Optometry with emphasis on Corneal Morphology



**Sex:** Female

**Date of Birth:** 09/ 24/ 1977

**Nationality:** Greek

**Work Address:** School of Health Rehabilitation Sciences, University of Patras, University Campus (Building B), GR26504 Rion, Achaia, Greece

**E-mail:** [dmakrynioti@upatras.gr](mailto:dmakrynioti@upatras.gr), [dmakrynioti@sunyopt.edu](mailto:dmakrynioti@sunyopt.edu)  
[dimitramakrynioti@gmail.com](mailto:dimitramakrynioti@gmail.com)

**Telephone:** +30-2610-962417 (office)

**WORK EXPERIENCE****Paid positions:**

- 16 Nov.2021 - present Assistant Professor in Contact Lenses' Optics and Optometry with emphasis on Corneal Morphology, School of Health Rehabilitation Sciences, University of Patras, Department of Physiotherapy (ex Optics & Optometry), GR 25100 Aigio, Greece.
- 16 May2014 - 15 Nov. 2021 Contact Lens Lecturer, School of Health Rehabilitation Sciences, University of Patras (Aigio), Department of Physiotherapy (ex Optics & Optometry), GR 25100 Aigio, Greece.  
**Gov. appointment: 520Γ/17-04-2014, appointed at 16-05-2014. Gov. tenure: 1402/29-12-2017, University of Patras appointments 2252/10-06-2019, τ.Β'. and 3364/30-08-2019, τ.Β'.**  
16h of teaching/week. In charge of modules (theory & clinics): Contact Lenses I, Contact Lenses II & Clinical Practice, Clinical Optometry I & II, Clinical Refraction.  
Also taught: Orthoptics & Binocular Vision, Clinical Applications of Refraction & Optometry, Paediatrics & Elderly Optometry, Science of Vision & Optometry.
- Sept.2015-present Lecturer & Final project supervisor, MSc in Investigative Techniques in Optometry, Division of Optics & Optometry, University of West Attica (T.E.I. of Athens), Athens, Greece.
- Sept. 2008 - May 2014 Assistant Lecturer /Scientific personnel, Department of Optics & Optometry, T.E.I. of Patras, Aigio subsidiary, GR 25100 Aigio, Greece. Full time: 14h of teaching/week.
- Jan. 2012 – July 2012 Optician-Optometrist, Optometrist-in-charge, Athens Eye Hospital, Leof. Vouliagmenis 45 & Kolokotroni 35, GR 166 75, Glyfada, Athens, Greece.
- Dec. 2008 – Dec. 2011 Visiting Scientist, Faculty of Life Sciences – Optometry, UoM, Manchester, U.K.
- Nov. 2008 – Dec. 2010 Optician - Optometrist, Mylovas Optics, Irakleiou 268, Nea Ionia, GR14231, Athens, Greece.
- Sept. 2004 – Sept. 2019 Lectures in the MSc course in Investigative Ophthalmology and Vision Sciences in the module of "Cornea and Contact Lenses", UoM, Manchester, UK.
- Jan. 2008 – Dec. 2008 Main researcher in a cornea study on the effect of contact lenses/CL solutions. A collaboration between Eurolens Research, Faculty of Life Sciences –Optometry, UoM, Manchester, U.K. and Alcon Research Ltd, Fort Worth, Texas, 76134, U.S.A.
- Sept. 2006 – June 2007 Occasional Lecturer, Faculty of Life Sciences –Optometry, UoM, Manchester, U.K.
- July 2005 – July 2007 Research Assistant (Part Time) in the Optometry, Faculty of Life Science, UoM, Manchester, U.K.
- Sept. 2004 – Sept. 2008 University Hall of Residence Tutor, UoM, Manchester, U.K.
- Oct. 2001 – Contact Lens practitioner, Optical Papadiamantopoulos, Ermou 6. GR10563, Athens, Greece. Optician

Feb. 2002 in charge: Vasilios Fotinakis.

**Further roles within paid positions:**

- Sept. 2019- today Member of the Departmental Assembly, Department of Physiotherapy, University of Patras
- January 208- today Member of various committees of the Special Account of the Research Funds (ELKE), University of Patras
- Sept. 2016- April 2019 Member of the Departmental Assembly, Department of Optics & Optometry, T.E.I. of Western Greece (Aigio).
- May 2012 – Dec 2019 Committees: Committee for Catering of Students, Committee for Equipment, Items and Fuel supplies, Committee for Cleaning services, Dpt. Committee for Student Traineeship, Dpt. Partner Evaluation Committee, T.E.I. of Western Greece (Aigio).
- Sept. 2009 – June 2019 ERASMUS Representative, Department of Optics & Optometry, School of Sciences of Health and Care, T.E.I. of Western Greece, Aigio subsidiary, GR 25100 Aigio, Greece.
- June 2014 – June 2017 Member (replacement) of the Committee for the Conduct of Proficiency Testing for the Optician Occupation (Ministry of Health ΔΥ1δ/Γ.Π.49935/6-6-2014).
- Jan. 2013 – Dec 2019 Institutional representative in EA00 (European Academy of Optometry), Department of Optics & Optometry, T.E.I. of Western Greece (Aigio).

**Further grants:**

- Oct 2022 ERASMUS Teaching Staff Mobility (TSM) to Optics and Optometry Department, UNIVERSITA DEGLI STUDI DI MILANO-BICOCCA, Milan, Italy. Lecturing 8 hours contact lenses, corneal physiology and Optometry in the framework of the ERASMUS teaching assignment within the Bachelor Degree Course in Optics and Optometry at Università degli Studi di Milano-Bicocca, Milano, Italy.
- Sept 2019 - March 2020 **Fulbright Scholar Research Grand:** Research in the Myopia Research lab of State University of New York (SUNY) with Fulbright Scholarship and private company funding (anonymous) with sabbatical leave of the University of Patras– Project title: "Fighting dry eye syndrome in high myopia with novel contact lens materials developed in Greece" (1 October 2019 – 1 March 2020), New York, U.S.A.
- March 2019 ERASMUS Teaching Staff Mobility (TSM) to the Department of Optometry, the University of Manchester (UoM), Manchester, U.K. Lecturing 8 hours in the framework of the ERASMUS teaching assignment in both the MSc in Investigative Ophthalmology and Vision Sciences, and the BSc in Optometry, Optometry, UoM, Manchester, U.K.
- Feb. 2017 ERASMUS TSM to the Department of Optometry, the University of Manchester (UoM), Manchester, U.K. Lecturing 8 hours in the framework of the ERASMUS teaching assignment in both the MSc in Investigative Ophthalmology and Vision Sciences, and the BSc in Optometry, Optometry, UoM, Manchester, U.K.
- Feb. 2016 ERASMUS TSM to the Department of Optometry, UoM, Manchester, U.K. Lecturing 10 hours in the framework of the ERASMUS teaching assignment in both the MSc in Investigative Ophthalmology and Vision Sciences, and the BSc in Optometry, Optometry, UoM, Manchester, U.K.
- Feb. 2016 ERASMUS Visit to the Optometry School of the University Milano-Bicocca (Milan, Italy) as the Erasmus representative of the Department of Optics & Optometry, T.E.I. of West Greece for discussion and renewal of our Erasmus collaboration agreement.
- Feb. 2014 ERASMUS TSM to the Department of Optometry, UoM, Manchester, U.K. Lecturing 10 hours in the framework of the ERASMUS teaching assignment in both the MSc in Investigative Ophthalmology and Vision Sciences, UoM, Manchester, UK, and the BSc in Optometry, Optometry, UoM, Manchester, U.K.
- Oct. 2000 – Jan. 2001 3 months BSc placement, Specsavers Opticians, Bracknell, U.K. (Leonardo Da Vinci Scholar)

**Further work experience (Invited lecturer/ Volunteer):**

- Jan 2020- May 2025 Committee Member, Mentor and External Examiner, Master in Science Degree, Gulnoza Azieva, (first year Optometry student), State University of New York (SUNY) College of Optometry, New York. Θέμα εργασίας: 'Development of a protocol to evaluate dry eye on the ocular surface of the marmoset'.
- Feb 2020 Invited Lecturer in the 2<sup>nd</sup> year Contact Lens Module, State University of New York (SUNY) College of

- Optometry, New York, U.S.A.
- Jan2020 Invited Speaker, 2019-2020 Schnurmacher Institute for Vision Research (SIVR) Colloquium Series. Title: « Fighting dry eye syndrome in high myopia with novel contact lens materials developed in Greece». SUNY Optometry (Tuesday 21.01.2020), SUNY, New York, U.S.A.
- Jan2020- Volunteer shadowing of Contact Lens, Dry Eye and Myopia Control Clinics, State University of New York (SUNY) College of Optometry, New York, U.S.A.
- March2020
- April 2019 Opticians – Optometrists Training – volunteer seminars of Optometry to Opticians – Optometrists, after invitation of SOONA (Opticians - Optometrist Association of Achaia, Greece), Patras, Greece 12h weekend seminar (13 & 14 April 2019) - – invited by SOONA.
- March2019 Invited Lecturer – University Ophthalmology Clinic, University of Ioannina –Lecture on Contact Lenses to the Ophthalmology OD Residents
- March 2018 Ophthalmologists’ seminars on Contact Lenses, Ophthalmological Clinic of the University of Ioannina General Hospital, Ioannina, Greece (15 & 16 March 2019) (volunteer seminars) – invited by the Clinic Manager.
- April 2018 Opticians – Optometrists Training – volunteer seminars of Optometry to Opticians – Optometrists, after invitation of SOOE (Opticians - Optometrist Association of Greece), Athens, Greece – 3 12h weekend seminars – invited by SOOE.
- Jan. 2017 Opticians – Optometrists Training – volunteer seminars of Optometry to Opticians – Optometrists, after invitation of SOOE (Opticians - Optometrist Association of Greece), Athens, Greece – 3 12h weekend seminars – invited by SOOE.
- Jan. 2016 - Member of the Scientific Committee of the Panhellenic Association of Optics and Optometrists present (P.E.O.O., 1/2/2016, Athens) – invited by PEOO.
- 21-23 Nov. Member of the Scientific Committee of the 10<sup>th</sup> conference of the P.E.O.O., Helexpo Palace, Athens, 2014 Greece – invited by PEOO.
- Apr. 2013 & Training Refraction Seminars (voluntary) in Ophthalmology speciality students, Ophthalmology Clinic, Dec. 2018 University Hospital of Patras, Rio, Greece – invited by the Clinic Manager.
- Mar. 2011 – Lecturing in Seminars (voluntary) in Contact Lens Masterclass Seminar, Art in Vision, Athens, Greece June 2011 (History, Slit Lamp, Contact Lens Complications, Referral) – invited by the Company Manager.
- Sept. 2006 – Greek language teacher (volunteer), The International Society, Manchester, U.K.
- Mar. 2007
- 20 Feb. 2007 Workshop delivery: “Measurement of corneal thickness and corneal sensitivity”, 3<sup>rd</sup> year Optometry students, Faculty of Life Sciences –Optometry, UoM, Manchester, U.K.
- Mar. 2005 – Voluntary Corneal Clinic attendance, Eye Hospital, Manchester, UK. Ophthalmologist consultants: July 2007 Andrew Tullo, Fiona Carley.
- Feb.2004 – Voluntary attendance in 2<sup>nd</sup> year BSc in Optometry refraction classes, Optometry, UMIST, June 2004 Manchester, U.K.
- Dec. 2003 Voluntary observation of contact lens fitting. Optometrist In charge: Cindy Tromans, Royal Eye Hospital, Manchester, U.K.
- Feb. 2003 – Voluntary help in project – second researcher.
- Mar. 2003
- Jan. 2001 – 3 months BSc placement, Tsamopoulos Optics, Vasileos Pavlou 80, Voula, GR16673, Attica, Greece.
- Apr. 2001
- July 2000 Summer voluntary work as an Optician – Contact Lens Practitioner, Xagorari Optics, Egaleo, Attica, Greece.
- Sept. 1999 – Term-time voluntary CL fitting observation, Zikos Optics, Athens, Greece.
- Sept. 2000
- Sept. 1999 – Term-time voluntary dispensing observation, Optics Dimitra Loukakou, Piraeus, Greece.
- Sept. 2000
- July 1999 – 2 months BSc placement, Dimitriadis Optics, Thessaloniki, Greece.
- Sept. 1999

### **RESEARCH/ RESEARCH PROPOSALS**

- May 2021 Research proposal through national funding (Karatheodoris) –Principal Investigator. Research title: Eye and Body wellbeing of contact lens and non-contact lens wearers – the effect of Cycling and Mindfulness. (Proposal’s Acronym: E.B.W. (Eye Body Wellbeing). Optics and Optometry,

- Physiotherapy department, University of Patras.
- June 2020 Research proposal through national funding (ELIDEK) –Principal Investigator. Research title: Body and mind wellbeing in Glaucoma: synchronous interactions of Cycling and Mindfulness with glaucomatous (IOP & Dry Eye) and body (Myoskeletal & Neurological) parameters. (Acronym: GlauCycleMindWell) – under Contact Lens wear. In collaboration with Physiotherapy department and Department of Chemical Engineering, University of Patras.
- Jan. 2020- June 2020 Member of the internationally selected team of experts as a co-author of the “Effect of lens materials/design on the anatomy and physiology of the eye” towards the Global Contact Lens Evidence-based Academic Reports (CLEAR) Project, British Contact Lens Association (BCLA) initiative. Paper due in March 2021.
- Oct 2019 – March 2020 Fulbright Scholar – Research in USA – Fulbright Visiting Scholar: grant to conduct research in the United States during the academic year 2019-2020. Research title: «Fighting dry eye syndrome in high myopia with novel contact lens materials developed in Greece» , in collaboration with State University of New York (SUNY) College of Optometry, NY, USA. Research period: 01.10.2019 – 01.03.2020.
- Nov. 2018 Research proposal through COST Action – only Greek in between 30 collaborators and 10 countries.
- Jan. 2018 Research proposal through national funding (ELIDEK).
- June 2017 Research proposal through European funding - Operational Programme Competitiveness, Entrepreneurship and Innovation 2014-2020 (EPAnEK).
- Nov. 2016 Research proposal through COST Action.
- Apr. 2010 - present Final Year Project examiner, Department of Optics & Optometry, School of Sciences of Health and Care, T.E.I. of Western Greece, Aigio subsidiary, GR 25100 Aigio, Greece.
- Nov. 2008 – present Research Project Supervisor of Final Year students, Department of Optics & Optometry, School of Sciences of Health and Care, T.E.I. of Western Greece (Aigio) GR 25100 Aigio, Greece. Number of On Going Studies: 01. Number of Complete Studies: 41 (72 students). Thematology: Contact Lenses, Orthokeratology, Corneal Physiology, Optometry, Ocular Pathology. Further details available upon request.
- Sept. 2010 – Sept. 2011 “Evaluation of alternative educational programs” – Research study in collaboration with the Dean of Optics & Optometry Department of T.E.I. of West Greece, Aigio Subsidiary, Dr Koutsoyannis.
- Nov. 2008 – Sept. 2009 Research proposal towards the European Research Fund for Greek Universities and Technological Educational Institutions “Sinergasia 2009” (Collaboration 2009) entitled: “New methods towards subjective and objective measurements of presbyopia”. A collaborative research study in between 1. AMVIS, 2. Institute of Vision & Optics, University of Crete, 3. Optics & Optometry Department, TEI of Patras (Aigio Subsidiary), Greece.
- Sept. 2008 – Sept. 2009 Research proposal towards the State Research Fund for T.E.I. “Archimedes III” A collaborative research study in between members of different Departments (Optics & Optometry Dpt, TEI of Patras (Aigio), Greece & Nursing Dpt, TEI of Patras, Greece & Optometry Dpt, UoM, UK & Optometry Dpt, City University, London, UK & Open University, London, UK.
- Jan. 2008 – Dec. 2011 Visiting Scientist, Faculty of Life Sciences – Optometry, UoM, Manchester, U.K. Research project in Eurolens Research in collaboration with Alcon Research Ltd.
- July 2005 – July 2007 Research Assistant (Part Time) in the Optometry, Faculty of Life Science, UoM, Manchester, U.K.
- Sept. 2004 – Dec. 2007 Research towards a PhD completion and PhD completion in Aug. 2008. PhD graduation: Dec. 2008.
- Jan. 2004 – Sept. 2008 Research case reports from the Cornea clinic, Eye Hospital, Manchester.
- Jan. 2004 – June 2004 Research project towards the completion of the MSc programme.

## **EDUCATION**

- Sept. 2004 – Aug. 2008 PhD in Corneal Physiology and Contact Lenses  
I.K.Y. Scholar (Greek State Scholarship Foundation) - Research Thesis Title: “Variations in corneal morphology across the cornea: a study in normal subjects and contact lens wearers.” (The University of Manchester, Manchester, UK). PhD graduation: Dec. 2008.
- Jan. 2003 – Sept. 2004 MSc in Investigative Ophthalmology and Vision Sciences.  
Joined program of UMIST and Victoria University of Manchester, Manchester, UK). Dissertation title:

*“In Vivo confocal microscopy of the limbus area of contact lens and non-contact lens wearers”.*

- Sept. 2002 – Optometry and Neuroscience - Preliminary Undergraduate modules  
 Jan. 2003 Successful completion of modules, required prior to joining the taught MSc Course in Investigative Ophthalmology and Vision Sciences, UMIST and University of Manchester, Manchester, U.K.  
 Sept. 1997 – BSc in Optics (School of Optics and Optometry, Greek Technological Educational Institution (T.E.I.) of Athens, Greece). Degree “Excellent” (8.54/10).  
 June 2001  
 Sept. 1989 – High school (Gymnasium & Lyceum) in Thessaloniki and Eginio-Pierias, Greece.  
 June 1995

#### **FURTHER CERTIFICATES/ EDUCATION**

- 2020 Enrolled for the British Contact Lens Association: BCLA Dry Eye Management and Contact Lens Retention Certificate, BCLA, U.K..  
 2019-2020 Certified with The Flourishing Center Certificate in Applied Positive Psychology (CAPP) (The Flourishing Centre, New York, U.S.A.)  
 2020 Enrolled for the BOUNCE BACK BETTER® (BTB) CERTIFICATE - Level 2 through 4 of Emotional Skills, The Flourishing Center, New York, U.S.A.

#### **RESEARCH/ EDUCATIONAL AWARDS–SCHOLARSHIPS**

- 10.2022 ERASMUS Teaching Staff Mobility Grant –invited to lecture in the Optics and Optometry Department, UNIVERSITA DEGLI STUDI DI MILANO-BICOCCA, Milan, Italy. Lecturing 8 hours contact lenses, corneal physiology and Optometry in the framework of the ERASMUS teaching assignment within the Bachelor Degree Course in Optics and Optometry at Università degli Studi di Milano-Bicocca, Milano, Italy.  
 2021 BCLA Fellowship award  
 10.2019 – Fulbright Scholar for research in the USA – Fulbright Visiting Scholar: grant to conduct research in the United States during the academic year 2019-2020. Research project title: «Fighting dry eye syndrome in high myopia with novel contact lens materials developed in Greece» , σε συνεργασία με το State University of New York (SUNY) College of Optometry, NY, USA. (01.10.2019 – 01.03.2020).  
 03.2020  
 03.2019 ERASMUS Teaching Staff Mobility Grant – invited to lecture in the Department of Optometry, the University of Manchester, Manchester, U.K. Lecturing 8h in the (1) Master (MSc) in Investigative Ophthalmology and Vision Sciences, Module: Contact Lenses and Corneal Physiology, Division of Pharmacy and Optometry, The University of Manchester, Manchester, UK, and in the (2) Bachelor (BSc) in Optometry, Module: Contact Lens Clinic, Year 3, Optometry, The University of Manchester, Manchester, U.K.  
 02.2018 ERASMUS Teaching Staff Mobility Grant – invited to lecture in the Department of Optometry, the University of Manchester, Manchester, U.K. Lecturing 8h in the (1) Master (MSc) in Investigative Ophthalmology and Vision Sciences, Module: Contact Lenses and Corneal Physiology, Division of Pharmacy and Optometry, The University of Manchester, Manchester, UK, and in the (2) Bachelor (BSc) in Optometry, Module: Contact Lens Clinic, Year 2 and Year 3, Optometry, The University of Manchester, Manchester, U.K.  
 02.2017 ERASMUS Teaching Staff Mobility Grant – invited to Lecture in the Department of Optometry, the University of Manchester, Manchester, U.K. Lecturing 8h in the (1) Master (MSc) in Investigative Ophthalmology and Vision Sciences, Module: Contact Lenses and Corneal Physiology, Division of Pharmacy and Optometry, The University of Manchester, Manchester, UK, and in the (2) Bachelor (BSc) in Optometry, Module: Contact Lens Clinic, Year 2 and Year 3, Optometry, The University of Manchester, Manchester, U.K.  
 02.2016 ERASMUS Teaching Staff Mobility Grant – invited to Lecture at the Department of Optometry, the University of Manchester, Manchester, U.K. Lecturing of 10h in the (1) Master (MSc) in Investigative Ophthalmology and Vision Sciences, Module: Contact Lenses and Corneal Physiology, Division of Pharmacy and Optometry, The University of Manchester, Manchester, UK, and in the (2) Bachelor (BSc) in Optometry, Module: Contact Lens Clinic, Year 2 and Year 3, Optometry, The University of Manchester, Manchester, U.K.  
 02.2016 ERASMUS Grant for Erasmus Coordinators –visiting Optometry School of the University Milano-Bicocca (Milan, Italy) as an Erasmus Representative of the Optics and Optometry Department, T.E.I. of Western Greece.  
 02.2014 ERASMUS Teaching Staff Mobility Grant – invited in the Department of Optometry, the University of Manchester, Manchester, U.K. Lecturing 10 h at the (1) Master (MSc) in Investigative Ophthalmology

and Vision Sciences, Module: Contact Lenses and Corneal Physiology, Division of Pharmacy and Optometry, The University of Manchester, Manchester, UK, and (2) Bachelor (BSc) in Optometry, Module: Contact Lens Clinic, Year 2 and Year 3, Optometry, The University of Manchester, Manchester, U.K..

- Dec. 2008 Student Travel Fellowship award \$750 for attending and giving an oral presentation in the American Academy of Optometry (AAOpt), Anaheim, California, 2008, US.
- Aug. 2007 International Society for Contact Lens Research (ISCLR) award \$2,600 for attending and giving an oral presentation in the 14<sup>th</sup> scientific meeting of ISCLR, Whistler, Canada, 2007.
- Dec. 2004 Student Travel Fellowship award \$500 for attending and giving an oral presentation in the AAOpt, Tampa, Florida, US.
- Sept. 2004 – July 2006 I.K.Y. Scholar during PhD research (Greek State Scholarship Foundation).
- Dec. 2002 – Sept. 2004 I.K.Y. Scholar during Preliminary Courses in Optometry, UMIST, Manchester, UK for the upgrade of the Greek Optics & Optometry Diploma, and during MSc in Investigative Ophthalmology & Vision Sciences, UMIST & UoM, Manchester, U.K.
- Sept. 2000 – Dec. 2000 Leonardo Da Vinci Scholar – Professional training in the UK during BSc. Leonardo Da Vinci Scholar Grand, 3 months BSc placement, Specsavers Opticians, Bracknell, U.K.
- 1989 - 2001 Multiple awards during educational years for the student with the best performance (1<sup>st</sup> & 2<sup>nd</sup> y. of BSc studies, 1<sup>st</sup> & 2<sup>nd</sup> y. of Lyceum, all 3 y. of Gymnasium)

### **SEMINAR/ CLASS ATTENDANCE**

55 with and 31 without presentation seminars & classes attended – further information upon request

### **PUBLICATIONS**

#### **Books:**

- Katsoulos K., Makrynioti D. Contact Lenses – Volume I: Science and Basic Principles [Book in Greek: Φακοί Επαφής – Τόμος Α: Επιστήμη και βασικές αρχές], Athens: Sygchoni Gnosi, 2010.  
(Book provided by the Greek Government to the Departments of Physiotherapy (Optics & Optometry program), School of Health Rehabilitation Sciences, University of Patras, Patras, Greece & Optics and Optometry Division, School of Biomedical Sciences, University of West Attica, Athens, Greece).
- Katsoulos K., Makrynioti D. Contact Lenses –Volume II: Clinical Practice and Fitting [Book in Greek: Φακοί Επαφής – Τόμος Β΄: Κλινική Πρακτική & Εφαρμογές], Athens: Sygchoni Gnosi, 2010.  
(Book provided by the Greek Government to the Departments of Physiotherapy (Optics & Optometry program), School of Health Rehabilitation Sciences, University of Patras, Patras, Greece & Optics and Optometry Division, School of Biomedical Sciences, University of West Attica, Athens, Greece).
- Asimellis G., Katsoulos K., Karageorgiadis L., Makrynioti D., Basiliou N., Mousafeiropoulos T., Baharis K., Optics and SuperVision [Book in Greek: Οπτική και Υπερόραση], Thessaloniki: Sygchroni Gnosi, 2007. (Book provided by the Greek Government to the Departments of Physiotherapy (Optics & Optometry program), School of Health Rehabilitation Sciences, University of Patras, Patras, Greece & Optics and Optometry Division, School of Biomedical Sciences, University of West Attica, Athens, Greece).

#### **Peer Reviewed International Journals:**

- Morgan PB, Murphy PJ, Gifford KL, Gifford P, Golebiowski B, Johnson L, Makrynioti D, Moezzi AM, Moody K, Navascues-Cornago M, Schweizer H, Swiderska K, Young G, Willcox M. CLEAR - Effect of contact lens materials and designs on the anatomy and physiology of the eye. *Cont Lens Anterior Eye*. 2021 Apr;44(2):192-219. doi: 10.1016/j.clae.2021.02.006. Epub 2021 Mar 25. PMID: 33775377.
- Makrynioti, D., Zagoriti, Z., Koutsojannis, C., Morgan, P. B., & Lagoumintzis, G. Ocular conditions and dry eye due to traditional and new forms of smoking: A review. *Contact Lens and Anterior Eye*. 2020;43(3):277-284. doi:10.1016/j.clae.2020.02.009.
- Konstantinou E, Fotopoulou F, Drosos A, Dimakopoulou N, Zagoriti Z, Niarchos A, Makrynioti D, Kouretas D, Farsalinos K, Lagoumintzis G, Poulas K. Tobacco-specific nitrosamines: A literature review. *Food Chem Toxicol*. 2018 May;118 198-203. doi:10.1016/j.fct.2018.05.008
- Efron N., Morgan P.B., Makrynioti D. Chronic morbidity of corneal infiltrative events associated with contact lens wear. *Cornea*. 2007;26(7):793-799. doi:10.1097/ICO.0b013e31806c79dc.

#### **Peer Reviewed National Journals:**

- Makrynioti, D., Vallas, I., Georgoula E. "Contact lens user compliance during the COVID-19 pandemic [Part II]" [Article in Greek: Η συμμόρφωση χρηστών φακών επαφής κατά τη διάρκεια της πανδημίας COVID-19 [Μέρος II]].

Sygchroni Optiki. 2021; 27: 10-21.

- Makrynioti, D., Vallas, I., Georgoula E. “Contact lens user compliance during the COVID-19 pandemic [Part I]” [Article in Greek: Η συμμόρφωση χρηστών φακών επαφής κατά τη διάρκεια της πανδημίας COVID-19 [Μέρος I]]. Sygchroni Optiki. 2021; 26: 8-21.
- Makrynioti, D., Miska, S., Boti, R., Oikonomou, C., Pagoulatau, E. “Contact lenses and facial care products” [Article in Greek: Φακοί επαφής και προϊόντα περιποίησης προσώπου]. Sygchroni Optiki. 2021; 25: 42-52.
- Makrynioti, D., Klapakis, C., Bimis, V., Pagoulatau, E. “How covid-19 measures promote dry eye symptoms in contact lens and non-contact lens wearers – Mask analysis [Part II]” [Article in Greek: Πώς τα μέτρα πρόληψης της Covid-19 προκαλούν συμπτώματα ξηροφθαλμίας σε χρήστες φακών επαφής και μη στην Ελλάδα - Ανάλυση χρήσης μάσκας [Μέρος II]]. Sygchroni Optiki. 2021; 25: 10-18.
- Makrynioti, D., Klapakis, C., Bimis, V., Pagoulatau, E. “How covid-19 measures promote dry eye symptoms in contact lens and non-contact lens wearers – Mask analysis [Part I]” [Article in Greek: Πώς τα μέτρα πρόληψης της Covid-19 προκαλούν συμπτώματα ξηροφθαλμίας σε χρήστες φακών επαφής και μη στην Ελλάδα - Ανάλυση χρήσης μάσκας [Μέρος I]]. Sygchroni Optiki. 2021; 24: 56-60.
- Makrynioti, D. Contact lenses and dry eye disease [Part II] [Article in Greek: Φακοί επαφής και νόσος ξηρού οφθαλμού [Μέρος II]]. Sygchroni Optiki. 2021; 24: 18-24.
- Makrynioti, D. Contact lenses and dry eye disease [Part I] [Article in Greek: Φακοί επαφής και νόσος ξηρού οφθαλμού [Μέρος I]]. Sygchroni Optiki. 2020; 23: 20-28.
- Makrynioti, D., Psaltis, G., Morgan, P. Smoking and dry eye: a new approach [Part II] [Article in Greek: Κάπνισμα και ξηροφθαλμία: μία νέα προσέγγιση [Μέρος II]]. Sygchroni Optiki. 2020; 21: 36-40.
- Makrynioti, D., Psaltis, G., Morgan, P. Smoking and dry eye: a new approach [Part I] [Article in Greek: Κάπνισμα και ξηροφθαλμία: μία νέα προσέγγιση [Μέρος I]]. Sygchroni Optiki. 2020; 19: 54-59.
- Makrynioti, D., Kefala, S., Evaluation of Vision in Primary School Children in Four Districts of Achaia (part B) [Article in Greek: Αξιολόγηση της όρασης σε παιδιά πρωτοβάθμιας εκπαίδευσης τεσσάρων περιοχών νομού Αχαΐας [Μέρος B]]. Sygchroni Optiki. 2019;18:28-37.
- Makrynioti, D., Kefala, S., Evaluation of Vision in Primary School Children in Four Districts of Achaia (part A) [Article in Greek: Αξιολόγηση της όρασης σε παιδιά πρωτοβάθμιας εκπαίδευσης τεσσάρων περιοχών νομού Αχαΐας [Μέρος A]]. Sygchroni Optiki. 2019;17:18-24.
- Makrynioti, D., Kefala, S., Vision in Primary School Children [Article in Greek: Η όραση στα παιδιά πρωτοβάθμιας εκπαίδευσης]. Sygchroni Optiki. 2018;14:12-18.
- Makrynioti, D., Kafentzi, E., Aggelidou, K. Myopia Control – Recent data in Greece [Article in Greek: Έλεγχος μυωπίας - Νεότερα δεδομένα στην Ελλάδα]. Sygchroni Optiki. 2017;10:08-14.
- Chatzipantelis, A., Makrynioti, D. Peripheral Vision & Myopia Control: Is that Possible; [Article in Greek: Περιφερική όραση & επιβράδυνση μυωπίας: Είναι εφικτό;]. Sygchroni Optiki. 2015;1:50-56.
- Karamanos, A., Makrynioti, D. Contact lens fitting: The appropriate equipment of an Optician-Optometrist-Contact Lens Practitioner [Article in Greek: Εφαρμογή φακών επαφής: Ενδεδειγμένος εξοπλισμός ενός Οπτικού-Οπτομέτρη-Εφαρμοστή φακών επαφής]. Sygchroni Optiki. 2015;1:58-60.

**Peer Reviewed Conference oral/poster presentations/ e-publications:**

- Azieva, G., Makrynioti, D., Ablordeppey, R. Lin, C., Benavente, A. “Contact lens-induced dry eye in the marmoset model (CLIDEM): central corneal thickness, tear film osmolarity and blink rate.” Investigative Ophthalmology & Visual Science 2022; 63 (7) : 1999–A0329-1999–A0329
- Makrynioti, D., Klapakis, C., Bimis, V., Pagoulatau, E. “Covid-19 protective measures, teleworking and face masks: the effect on dry eye in contact lens and non-contact lens wearers”. Oral presentation in the Virtual clinical conference and exhibition of the British Contact Lens Association (BCLA), 2021 BCLA Conference (13-14 June), 2021.
- Makrynioti, D., Azieva, G., Abloderppey, R., Nour, A., Benavente, A. “Contact lens-induced dry eye in the marmoset model (CLIDEM) (Tear film osmolarity assessment)”. Oral presentation in the Virtual clinical conference and exhibition of the British Contact Lens Association (BCLA), 2021 BCLA Conference (13-14 June), 2021.
- Psaltis, I., Makrynioti, D. “Introducing ocular thermography in Greece: a clinical study to detect dry eye effects of contact lens wear and smoking with an economical alternative”. Oral presentation in the Virtual clinical conference and exhibition of the British Contact Lens Association (BCLA), 2021 BCLA Conference (13-14 June), 2021.
- Psaltis, I., Makrynioti, D. “Application of infrared ocular thermography as a diagnostic tool for dry eye disease in a Mediterranean Region” Accepted for oral presentation in the Young Researchers session of the annual conference of the European Academy of Optics and Optometry (EAOO), 15-17 May 2020 (postponed in 2020 due to COVID-19, new date 23-25 April 2021), Helsinki, Finland, 2021.
- Makrynioti, D., Azieva, G., Abloderppey, R., Nour, A., Benavente, A. “Contact lens-induced dry eye in the marmoset

- model (CLIDEM): Corneal thickness assessment using ultrasound pachymetry vs anterior segment optical coherence tomography”. Poster presentation in the 99th annual meeting of the American Academy of Optometry (AAOt), 7-22 October, Nashville, U.S.A., 2020.
- Azieva, G., Makrynioti, D., Ablordeppey, R. Nour, A., Benavente, A. “Contact lens-induced dry eye in the marmoset model (CLIDEM): Non-invasive quantification of corneal thickness measurements”. Poster presentation in the 99th annual meeting of the American Academy of Optometry (AAOt), 7-22 October, Nashville, U.S.A., 2020.
  - Makrynioti, D., Andrikopoulos, A., Grivokostopoulou, F., Morgan, P., Koutsojannis, C. “Contact lens use and compliance in Greece” Oral presentation in the 41th clinical conference and exhibition of the British Contact Lens Association (BCLA), 2019 BCLA Conference (30 May-1 June), Manchester, UK, 2019.
  - Makrynioti, D., Andrikopoulos, A., Grivokostopoulou, F., Koutsojannis, C., Psaltis, I. “The prevalence and compliance of contact lens use in Greece” Poster presentation in the annual conference of the European Academy of Optics and Optometry(EAEO) (18-20 May), Rome, Italy, 2019.
  - Makrynioti, D., Vlachopoulos, G., Poulas, K., Lagoumintzis, G. “Conventional smoking, vaping and dry eye: an incidence and awareness study in Greece”. Oral presentation in 1st scientific summit “Tobacco Harm Reduction: Novel products, Research & Policy”, Athens, Greece, 2018.
  - Konstantinou, E., Fotopoulou, F., Drosos, A., Dimakopoulou, N., Zagoriti, Z., Niarchos, A., Makrynioti, D., Kouretas, D., Lagoumintzis, G., Poulas, K. “Tobacco-specific nitrozamines”. Poster presentation in 1st scientific summit “Tobacco Harm Reduction: Novel products, Research & Policy”, Athens, Greece, 2018.
  - Konstantinou, E., Fotopoulou, F., Poulas, K. Makrynioti, Lagoumintzis, G., “Tobacco smoking, electronic cigarettes and ocular disease”. Poster presentation in 1st scientific summit “Tobacco Harm Reduction: Novel products, Research & Policy”, Athens, Greece, 2018.
  - Chatzipantelis, A., Karachalios, N., Kouvari, M., Kontou, E., Tsilimpokou, N., Mitsopoulou, M., Xanthopoulou, P., Makrynioti, D., “Work, Education and Occupational accidents” (Title in Greek: «Εργασία, Εκπαίδευση & Εργατικά ατυχήματα»). Poster presentation in the 51st Panhellenic Ophthalmology conference (31.05 – 2.06.2018), Thessaloniki, Greece
  - Makrynioti, D., Vlachopoulos, G., Tsoukalis, P. “On the performance of monthly replacement contact lenses: a pilot study in Greece”. Poster presentation in the annual meeting of the Association for Research in Vision and Ophthalmology (ARVO), Hawaii, USA, 2018.
  - Makrynioti, D. “Dry eye and Contact Lenses”. Oral presentation in the Autumn meeting of the Ophthalmology Company of Western Greece & Peloponese (OF.E.DE.P.), Patras, Greece, 2017. (Invited speaker).
  - Makrynioti, D., Aggelidou, K., Kafentzi, E., ‘Myopia Control: A pilot study in Greece.’ Poster presentation in the 40th clinical conference and exhibition of the British Contact Lens Association (BCLA), 2017 BCLA Conference (9-11 June), Liverpool, UK, 2017.
  - Makrynioti, D., Chatzipantelis, A., “Occupational accidents in Greece.”. Oral presentation in the 11th Panhellenic Optics & Optometry Conference, Athens, Greece, 2017.
  - Makrynioti, D., Igglezis, V., “Night vision.”. Oral presentation in the 11th Panhellenic Optics & Optometry Conference, Athens, Greece, 2017.
  - Makrynioti, D. “Eye Contact Lens complications” [Presentation in Greek: «Επιπλοκές Φακών Επαφής στον Οφθαλμό»]. Oral presentation in the 7th Scientific Meeting of the Hellenic Academy of Optometry (on Anterior Segment Investigation and Contact Lens Complications), Athens, Greece, 2016. (Invited speaker).
  - Makrynioti, D. “Oops I see!”...Or a magnificent personal trip towards discovering, exploring & conquering Vision...! [Presentation in Greek: «Ωπ...βλέπω!»...ή, διαφορετικά, ένα εκπληκτικό προσωπικό ταξίδι προς την ανακάλυψη, εξερεύνηση & κατάκτηση της όρασης...!]. Oral presentation in the 6th Scientific Meeting of the Hellenic Academy of Optometry (on Paediatric Optometry), Athens, Greece, 2015. (Invited speaker).
    - Coordinator of the T.E.I. of Western Greece session, in the 10th Panhellenic Optics & Optometry Conference, Athens, Greece, 2014, with multiple oral presentations of supervised projects (Invited Coordinator and speaker):
  - Makrynioti, D., Chatzitheocharous, H., Garyfalopoulos, Th., Computer Vision Syndrome [Presentation in Greek: Σύνδρομο όρασης στον υπολογιστή (Σ.Ο.Υ.)]. Oral presentation in the 10th Panhellenic Optics & Optometry Conference, Athens, Greece, 2014.
  - Makrynioti, D., Paraskeuas, P., Learning disabilities and Optician/Optomestrist [Presentation in Greek: Μαθησιακές δυσκολίες και ο ρόλος του οπτικού/οπτομέτρη]. Oral presentation in the 10th Panhellenic Optics & Optometry Conference, Athens, Greece, 2014.
  - Makrynioti, D., Terzoglu, K., Manitaras, D., Optician – Optometrist and the right advice on the contact lens use [Presentation in Greek: Οπτικός-Οπτομέτρης και ορθές οδηγίες χρήσης φακών επαφής]. Oral presentation in the



10<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2014.

- Makrynioti, D., Mpereta, P., Low vision aids: The current situation in Greece [Presentation in Greek: Βοηθήματα χαμηλής όρασης: Νεότερα δεδομένα στην Ελλάδα]. Oral presentation in the 4<sup>th</sup> Scientific Meeting of the Hellenic Academy of Optometry, Athens, Greece, 2014.
- Makrynioti, D., Chatzipantelis, A. Low vision aids and members of the Open Care Centre for the Elderly of Aigio Municipality [Presentation in Greek: Βοηθήματα χαμηλής όρασης & μέλη του Κ.Α.Π.Η. του Δήμου Αιγιαλείας (Αίγιο)]. Oral presentation in the 4<sup>th</sup> Scientific Meeting of the Hellenic Academy of Optometry, Athens, Greece, 2014.
- Makrynioti, D., Terzoglou, K., Manitaras, D., Contact lens practitioner behaviour in Greece. Poster presentation in the British Contact Lens Association (BCLA), 38<sup>th</sup> clinical conference and exhibition, Birmingham, UK, 2014. & the IACLE/INTERNATIONAL Session: Highly commended poster abstracts are presented by the authors, British Contact Lens Association (BCLA), 38<sup>th</sup> clinical conference and exhibition, Birmingham, UK, 2014.
- Makrynioti, D., Terzoglou, K., Manitaras, D., Greek Practitioners' Contact Lens Behaviour. Oral presentation in the 2<sup>nd</sup> Optometry Conference of Central and South-Eastern Europe (OCCSEE), Rovinj, Croatia, 2014.
- Makrynioti, D. Before and After Contact Lens Fitting [Presentation in Greek: Το πριν και μετά της εφαρμογής των φακών επαφής]. Oral presentation in the 3<sup>rd</sup> Scientific Meeting of the Hellenic Academy of Optometry, Athens, Greece, 2013 (Invited speaker).
- Makrynioti D., Morgan P., Efron N. Corneal confocal microscopy repeatability. Poster presentation in the European Academy of Optics & Optometry (EAOO) Meeting, Malaga, Spain, 2013.
- Makrynioti, D., Slit lamp and contact lens fitting in 10 simple steps [Presentation in Greek: Σχισμοειδής λυχνία και εφαρμογή Φακών Επαφής σε 10 βασικά βήματα]. Oral presentation in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011.
- Makrynioti, D. Slit lamp: Friend & a fellow worker, or a gruelling & expensive enemy? [Presentation in Greek: Σχισμοειδής λυχνία: Φίλος και πολύτιμος συνεργάτης ή κουραστικός και πολυδάπανος εχθρός;]. Oral presentation in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011.
- Makrynioti, D. The Optician-Optometrist and children. [Presentation in Greek: Παιδιά και Οπτικός – Οπτομέτρης]. Oral presentation in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011.
  - Organizer, Chair and coordinator of the session of T.E.I. of Patras, Aigio subsidiary, Department of Optics & Optometry, entitled “Current views in Optics & Optometry”, in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011, with multiple oral presentations of supervised projects:
- Verouki, R., Ilkou, E., Makrynioti, D. Behavioural Optometry [Presentation in Greek: Συμπεριφοριστική οπτομετρία]. Oral presentation in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011.
- Antorka, G., Papafakli, V., Sygouros, Ch., Makrynioti, D. Contact lens handling [Presentation in Greek: Αντιμετώπιση φακών επαφής από τους χρήστες τους]. Oral presentation in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011.
- Terzaki, F., Makrynioti, D. Contact lens users and dry eye symptoms: Effect in a coastal Greek city [Presentation in Greek: Εμφάνιση ξηροφθαλμίας σε χρήστες φακών επαφής: Εφαρμογή στην παραθαλάσσια Ελλάδα]. Oral presentation in the 9<sup>th</sup> Panhellenic Optics & Optometry Conference, Athens, Greece, 2011.
- Makrynioti D., Morgan P., Efron N. Repeatability of confocal microscopy measurements on the central and peripheral cornea. Poster presentation in the 34<sup>th</sup> clinical conference and exhibition of the British Contact Lens Association (BCLA), Birmingham, UK, 2010.
- Makrynioti D., Morgan P. Variations across the cornea: a comparison of corneal thickness measurements with OCULUS Pentacam and ultrasound pachymeter. Oral presentation in the AAOpt, Anaheim, U.S. 2008. Student Travel Fellowship Award winner.
- Makrynioti D., Morgan P., Efron N. Across the cornea of normal subjects and contact lens wearers: a confocal microscopy study. Poster presentation in the AAOpt, Tampa, Florida, 2007.
- Makrynioti D., Morgan P., Efron N. Variations in corneal morphology across the cornea: a study in normal subjects and contact lens wearers. Poster and oral presentation in the 14<sup>th</sup> scientific meeting of the International Society for Contact Lens Research (ISCLR), Whistler, Canada, 2007. Award winner.
- Makrynioti D., Morgan P., Carley F., Thampy R., Jain A. Acanthamoeba keratitis: can confocal microscopy be of help? A case study. Poster presentation in the 31<sup>st</sup> clinical conference and exhibition of the British Contact Lens Association (BCLA), Manchester, UK, 2007.
- Morgan P., Efron N., Makrynioti D. Chronic morbidity of corneal infiltrative events associated with contact lens wear. Poster presentation in the 31<sup>st</sup> clinical conference and exhibition of the BCLA, Manchester, UK, 2007.
- Thampy R., Makrynioti D., Jain A., Carley F. Utility of slit-scanning confocal microscopy in the long-term management of Acanthamoeba keratitis. Poster presentation in the Royal College of Ophthalmologists Annual

Congress, Birmingham, UK, 2007.

- Makrynioti D., Morgan P., Carley F. In vivo confocal microscopy serving in prompt detection of Acanthamoeba keratitis. Poster presentation in the 30th clinical conference and exhibition of the BCLA, Birmingham, UK, 2006.
- Makrynioti D., Efron N. Observing human limbal vasculature using confocal microscopy. Poster presentation in the 21<sup>st</sup> Global Symposium on Vision Correction, Athens, Greece, 2006.
- Makrynioti D., Morgan P., Carley F. In vivo confocal microscopy serving in prompt detection of Acanthamoeba keratitis. Poster presentation in the 21<sup>st</sup> Global Symposium on Vision Correction, Athens, Greece, 2006.
- Makrynioti D., Morgan P., Carley F. In vivo confocal microscopy serving in prompt detection of Acanthamoeba keratitis. Oral presentation in the Aegean Cornea – 8<sup>th</sup> meeting, Rethymnon, Crete, Greece, 2006.
- Makrynioti D., Morgan P., Efron N. Observing human limbal vasculature using confocal microscopy. Oral presentation in the Aegean Summer School in Visual Optics, Rethymnon, Crete, Greece, 2006.
- Makrynioti D., Morgan P., Carley F. In vivo confocal microscopy serving in prompt detection of Acanthamoeba keratitis. Oral presentation in the 8th Panhellenic Congress of Optics and Optometry, Athens, Greece, 2006 [presentation in Greek].
- Thampy R., Jain A., Makrynioti D., Carley F. A rare cluster of Acanthamoeba keratitis in a district general hospital. Poster presentation in the Nottingham Eye Symposium, Nottingham, UK, 2006.
- Makrynioti D., Efron N. Observing human limbal vasculature using confocal microscopy. Poster presentation in the AAOpt, San Diego, California, 2005.
- Makrynioti D., Efron N. In vivo confocal microscopy of the central and limbal cornea in normal subjects and contact lens wearers. Poster presentation in the 29th clinical conference and exhibition of the BCLA, Brighton, UK, 2005.
- Makrynioti D., Efron N. In vivo confocal microscopy of the central and limbal cornea in normal subjects and contact lens wearers. Oral presentation in the AAOpt, Tampa, Florida, U.S., 2004 (student travel Fellowship Award winner).
- Makrynioti D., Efron N. In vivo confocal microscopy of the central and limbal cornea in normal subjects and contact lens wearers. Oral presentation in the 7th Panhellenic Congress of Optics and Optometry, Athens, Greece, 2004 [presentation in Greek].
- Makrynioti, D., Efron, N., 2004. In vivo confocal microscopy of the central and limbal cornea in normal subjects and contact lens wearers. *Optom.Vis.Sci.* 81 (Abstracts p. 293).

#### **ADDITIONAL ACADEMIC ACTIVITIES/ COMMUNITY SERVICE**

- Invited speaker – 28NOV2021 – EAO (Hellenic Academy of Optometry) – “Contact lens related red eye”
- Invited speaker – 17APRIL-15MAY2021 - Contact lenses Master Classes. Volunteer Seminars to Contact lens practitioners through Hellenic Optics and Optometry Federation
- Invited speaker – 21JAN2020 – “2019-2020 Schnurmacher Institute for Vision Research (SIVR) Colloquium Series” at SUNY Optometry (Tuesday January 21st 2020, SUNY, New York) on my research project
- Invited lecturer – 14FEB2020 - at the 2nd year Optometry students of SUNY College of Optometry, SUNY, New York.
- Poster session moderator in the annual meeting of the Association for Research in Vision and Ophthalmology (ARVO), Hawaii, USA, 2018.
- BMC Paper Reviewer (Sept. 2013-present), Sygchroni Optiki Paper Reviewer (Jan 2015-present)
- Member of: the Panhellenic Association of Opticians and Optometrists (P.E.O.O.), the Hellenic Academy of Optometry (E.A.O.), Opticians – Optometrists Association of Greece (S.O.O.E.), the British Contact Lens Association (B.C.L.A.), American Academy of Optometry (A.A.O), the European Academy of Optics & Optometry (E.A.O.O.), the International Association of Contact Lens Educators (I.A.C.L.E.), the Association for Research in Vision and Ophthalmology (A.R.V.O.).
- Department of Optics & Optometry, T.E.I. of Western Greece (Aigio): Departmental Erasmus representative (2009 – present); Organizer of the 1<sup>st</sup> Panhellenic Cycle for Sight (Nov. 2014); Organizer of the 1<sup>st</sup> Greek Optics & Optometry Student teams to attend the Special Olympics 2018 & 2016 (Sport Camp Loutraki, Greece, May 2018 & May 2014), and 2011 Opening Eyes (vision) Clinic (Athens, Greece, June 2011); Organiser of 4 Optics & Optometry Mini-conferences & Exhibitions; Organiser of the Dpt. laboratories; Lead the “Vision check clinic”, within the Optometry laboratories where public can be examined for free by the students and with Optometrists’ supervision (2014 – present); Organiser of numerous seminars with invited speakers; Organiser of Student visits to Optics & Optometry companies throughout Greece (Eyeart, Contact Lenses Company, Thessaloniki; Karamouzis, Ophthalmic Lenses Company, Rion; Vairamoglou, Optics Company, Athens etc.).

#### **ADDITIONAL SKILLS**

- Certificate in Applied Positive Psychology, The Flourishing Center, New York (11.2020).

- Adult Mental Health U.S.A. First Aid Certificate (03 November 2019 – 03 November 2022)
- Languages English (CERTIFICATE OF PROFICIENCY IN ENGLISH (CPE) CAMBRIDGE University, 2008) (Level C2)., Italian (DIPLOMA DI LINGUA ITALIANA, 2002) (Level C1), French (CERTIFICAT DE LANGUE FRANCAISE, 1993) (Level B2).
- Research Ethics and Compliance Training - Citi Program:
  - CITI Conflicts of Interest (Curriculum Group) (09.2019)
  - Conflicts of Interest (Course Learner Group) (09.2019)
  - 1 - Stage 1 (Stage) (09.2019)
  - Working with Non-Human Primates in Research Settings (Curriculum Group) (09.2019)
  - Working with Non-Human Primates in Research Settings (Course Learner Group) (09.2019)
  - 1 - Lab Animal Research (Stage) (09.2019)
  - Human Research (Curriculum Group) (10.2019)
  - Group 1.All Investigators and Key Personnel (Course Learner Group) (10.2019)
  - 1 - Basic Course (Stage) (10.2019)
  - Working With Animals In Biomedical Research - Refresher Course (Curriculum Group) (10.2019)
  - Working With Animals In Biomedical Research - Refresher Course (Course Learner Group) (10.2019)
  - 1 - Refresher Course (Stage) (10.2019)
  - Working with the IACUC (Curriculum Group) (10.2019)
  - Working with the IACUC (Course Learner Group) (10.2019)
  - 1 - Lab Animal Research (Stage) (10.2019)
- BOUNCE BACK BETTER® (BTB) CERTIFICATE OF COURSE COMPLETION – Levels of Mental Skills (09.2020), Emotional Skills (09.2020), Physical Skills (11.2020), Spiritual Skills (09.2020), The Flourishing Center, New York.
- One to World's Global Classroom. Global Classroom trains international exchange students to become "Global Guides." (02.2020-06.2020).
- Proficient knowledge of PC (Office) and Internet
- Completion of the Graduate Teaching Assistant Course (December 2004).

#### **FURTHER INTERESTS/ COMMUNITY SERVICE**

- Volunteer Optometrist: Special Olympics & Opening Eye Clinic in Athens (Athens, 2011), and three times in Loutraki (Loutraki 2022, Loutraki 2018 and Loutraki 2016).
- Tutor in the University of Manchester (UoM) Halls of Residents (09.2005-09.2008)
- Tutor in then Orientation Programme of the International Society of Manchester (Tutor - 09.2005, Volunteer Tutor – 09.2004, Tutor – 09.2003).
- One to World's Global Classroom. Global Classroom trains international exchange students to become "Global Guides." Trained as a Global Guide (25.01.2020) and leading the following Global Classroom workshops:
  - Girl's & Women's Lives: Lysistrata, Heroine of Greece at Public School 84: Jose de Diego, 250 Berry Street, Brooklyn, NY 11249
  - Global Lives: Introducing Greek Culture through Mythology at Public School 183: Robert Louis Stevenson, 419 E 66th St, New York, NY 10065
- Volunteering positions/Activities:  
Racing Sailing Crew (2014-present); Member of Patras Tango team & Greek folk-dancing teams (Technis Kinisi TEI of Western Greece, A.S.T.O. club etc); Member of Patras cycling community; Member and Events' Team Organizer of A.S.T.O. club; Member of the photographic club IDIFOS; Greenpeace supporter; Member and committee member of the Hellenic Society and the Greek Folk Society of Manchester, Member of the International Society of Manchester, Member of the International16 team, Tutor in the Orientation Programme of the International Society of Manchester, Member of the UoM choir, Volunteer in Athens 2004 Olympic and Paralympic Games.

Further details available upon request.