



Curriculum Vitae

Petros C. Ntinas (Dinas)

Publications and PubMed name: Dinas PC

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SCIENTIFIC OUTPUT	
Publications	
Published technical reports for international organizations	1
Publications in peer-reviewed scientific journals (systematic reviews)	50 (26*)
Conference abstract publications in peer-reviewed scientific journals (systematic reviews)	9 (5*)
Peer-reviewed conference proceedings	64
Published books	1
*Some publications contain systematic reviews, which may not be mentioned in the title, and some publications contain >1 systematic reviews	
Reviewer services	
External evaluator for funding proposals	1
Reviewer services in peer-reviewed journals	72
Reviewer services in conferences	4
Supervision	
Supervisor and scientific advisor for students	14
Metrics	
Cumulative impact factor	145.47
Total citations google scholar	1665
h-index google scholar	15
i10-index google scholar	22
Total citations Scopus	911
h-index Scopus	13
Percent of documents co-authored with researchers in other countries/regions (Scopus)	85.3%
Peer-reviewed publications in top 25% journals by CiteScore percentile (Scopus)	74.1%
Peer-reviewed publications in top citation percentiles (Scopus)	54.8%
Self-citations (Scopus)	3.71%
Funding	
Total research funding	€ 211,802
Awards-scholarships	€ 28,685
Editor	
Editorial board in peer-reviewed journals	2
Guest editor in peer-reviewed journals	1

EDUCATION-TRAINING

1. **Post-Doctoral research (2023-current):** Effects of non-pharmaceutical interventions on inflammation of patients with Rheumatic and Musculoskeletal Diseases. A network meta-analysis. Department of Nutrition and Dietetics, University of Thessaly. Supervisor: Professor George Metsios (Clinical Exercise Physiology).
2. **Post-Doctoral research (2019):** Technical Coordinator of the project: Occupational heat strain assessment and mitigation in Qatar. A research work by the FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly for the International Labor Organization, the Qatar Ministry of Administrative Development, Labor and Social Affairs, and the Supreme Committee for Delivery and Legacy. Supervisor/Principal Investigator: Associate Professor Andreas Flouris (Environmental Physiology).
3. **Post-Doctoral research (2017-2018):** Investigator on ICI-THROUGH Marie Skłodowska-Curie grant no 645710 H2020 EU, on non-invasive techniques to estimate human brown adipose tissue activity, FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece & Biomedical Research Foundation of Academy of Athens, Greece. Supervisor/Principal Investigator: Associate Professor Andreas Flouris (Environmental Physiology).
4. **Doctor of Philosophy (2013-2017).** Molecular Exercise Physiology. University of Wolverhampton, United Kingdom. Dissertation title: Function and activation of human adipose tissue: The role of genes in the link between physical activity and brown adipose-like phenotype, Supervising committee: Professor George Metsios (Clinical Exercise Physiology), Associate Professor Andreas Flouris (Environmental Physiology), Professor Yiannis Koutedakis (Applied physiology).
5. **Diploma certification (2014, distinction, GPA: 86%).** Space Life Sciences, Space Studies Program. International Space University, Strasbourg, France. Project titles: 1. Space for Health, 2. Human Performance under Lunar Lighting Conditions, Supervisors: 1. Dr. Farhan Asrar (Space Medicine), 2. Tricia Larose (Medicine).
6. **Master of science (2011-2012, distinction, GPA: 94.4%).** Exercise and Health. University of Thessaly, Greece. Thesis title: The relationship between physical activity and brown adipose tissue in humans, Supervising committee: Professor Yiannis Koutedakis (Applied physiology), Assistant Professor Panagiotis Georgoulas (Nuclear Medicine), Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).
7. **Bachelor of science (2006-2010, Honours 1st class, GPA: 91.10%).** Physical Education and Sport Science / Main: Exercise and Health, GPA: 100%. University of Thessaly, Greece. Thesis title: Acute effects of passive tobacco smoking on heart rate variability, Supervisor: Assistant Professor Athanasios Jamurtas (Exercise Biochemistry), Scientific Advisor: Dr. Andreas Flouris (Environmental Physiology).
8. **Bachelor of science (1986-1988, GPA: 77.5%).** Military Academy. School of Non-commissioned Officers, Greece.

RESEARCH FUNDING

1. **2021-2023: (Competitive)** World Health Organization; Reference 2021/1090712; **€28,770**, Systematic Reviews – Effect of exposure to heat from any source on pain, burns, cataract, and heat-related illnesses.
2. **2019–2023: (Competitive)** European Centre for Disease Prevention and Control; Tender OJ/2018/SRS/10021; **€164,000** Assessing the Risk of Fungal and Parasitic Diseases Transmission by Substances of Human Origin via a systematic review and meta-analysis and a risk assessment.

3. **Jan.–July 2016: (Nominated)** Personal grant **€10,362** offered from the University of Wolverhampton, UK (FUEGO/FP7/IRSES project) to participate in the research collaboration with the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
4. **Feb.–Aug. 2015: (Nominated)** Personal grant **€8,670** offered from the University of Wolverhampton, UK (U-GENE/FP7/IRSES project) to participate in the research collaboration with the Institute of Gene Biology, Russian Academy of Sciences.

AWARDS-SCHOLARSHIPS

1. **Oct. 2015: (Competitive)** Winner of the first prize of the oral presentation competition **€100** for the study “The effect of static stretching training on muscle morphology: A systematic review with meta-analysis”. 10th Conference of Biochemistry and Physiology of Exercise, Hellenic Society of Biochemistry and Physiology of Exercise, 21-23 Oct. 2022, Athens, Greece.
2. **Nov. 2015: (Competitive)** Winner of the second prize of the poster competition **€150** for the study “The effects of physical activity on PGC-1a and FNDC5 in muscle, circulating Irisin, and UCP1 of white adipocytes in humans: A systematic review”. 5th Conference of Biochemistry and Physiology of Exercise, Hellenic Society of Biochemistry and Physiology of Exercise, 7th Nov 2015, Athens, Greece.
3. **June 2015: (Competitive)** Winner of the poster competition **€135** for the study “A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters”. 2nd Annual Research Conference 16th June 2015, University of Wolverhampton, UK.
4. **Mar. 2014: (Competitive)** Scholarship **€13,000** offered from the “International Space University, Strasbourg, France” via the “European Space Agency” to attend the “Space Studies Program 2014” in Montreal Canada.
5. **Feb. 2013: (Nominated)** Scholarship **€11,000** as achievement of excellence offered from the “Functional Architecture of Mammals in their Environment Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Greece” towards my PhD tuition fees.
6. **Sep. 2011: (Nominated)** Scholarship **€3,000** as achievement of excellence to complete my MSc studies in “Exercise and Health” offered from the “Department of Physical Education and Sport Science, University of Thessaly, Greece”.
7. **Jan. 2011: (Competitive)** Scholarship **€1,000** due to the 2nd place in ranking (annually offered to the 1st and the 2nd candidate) for the entry in the MSc program “Exercise and Health”, offered from the “Department of Physical Education and Sport Science, University of Thessaly, Greece”.
8. **July 2011: (Nominated)** scholarship **€300** Awarded the W.L. Gore & Associates Postgraduate Student International Conference of Environmental Ergonomics Stipend 2011, Nafplio, Greece.

EXTERNAL EVALUATOR FOR FUNDING PROPOSALS

1. Consultant Proposal Evaluator for the Worldwide Cancer Research, Registered in Scotland, No SC152991, Charity No SC022918.

WORK EXPERIENCE

1. **2021-current:** World Health Organization expert for the project: Overview of systematic reviews of the effects of heat exposure on pain, burns, cataract and heat-related illnesses. Contract number: E15-445-18.
2. **2020-2023:** European Centre for Disease Prevention and Control project: Assessing the risk of fungal and parasitic diseases transmission by substances of human origin. Contract number: ECDC/2019/027.
3. **2016-current:** Senior Researcher in human physiology, FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
4. **2019:** Investigator on Occupational heat strain assessment and mitigation in Qatar. A research work by the FAME Laboratory for the International Labor Organization, the Qatar Ministry of

Administrative Development, Labor and Social Affairs, and the Supreme Committee for Delivery and Legacy.

5. **2017-2018:** Investigator on ICI-THROUGH Marie Skłodowska-Curie grant no 645710 H2020 EU, on non-invasive techniques to estimate human brown adipose tissue activity, FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece & Biomedical Research Foundation of Academy of Athens, Greece.
6. **2014-2016:** Research Assistant in human physiology (U-GENE grant no. 319010 FP7-PEOPLE-2013-IRSES, on cardiometabolic disorders and UCP1 gene polymorphisms), Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.
7. **2016:** Researcher (6-month secondment, FP7-PEOPLE-2012-IRSES, FUEGO grant no. 612547) in the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
8. **2015:** Researcher (6-month secondment, U-GENE grant no. 319010 FP7-PEOPLE-2013-IRSES, on cardiometabolic disorders and UCP1 gene polymorphisms) in the Institute of Gene Biology, Russian Academy of Sciences, Moscow, Russia.
9. **2011-2013:** Lab Manager and Research Assistant (unpaid position), FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
10. **2003-2004, 2007:** Special Forces, Master Chief Instructor of static line Paratroopers, Greek Army.
11. **2005:** Leader of a Special Forces Greek Team in Afghanistan for the International Security Assistant Force.
12. **2001-2003:** Officer in charge in recruitment of Greek Special Forces soldiers and officer in charge of the security in the local barrack, Greek Army.
13. **1988-2007:** Manager of military equipment systems and Special Forces Officer, Greek Army.

TEACHING EXPERIENCE

1. **2023-2024:** Visiting Assistant Professor at the Department of Nutrition and Dietetics, **University of Thessaly**, Greece. **BSc module: Introduction to systematic review** (one semester, October 2023-February 2024).
2. **2022-current:** Teaching staff, MSc in Lifestyle Medicine, University of Thessaly under the auspices of the European Lifestyle Medicine Organization. Module: Evidence Based Practice. Sessions: **“Introduction to systematic review”**; **“Defining research questions, selection criteria and data extraction”**; **Risk of bias in epidemiological research”**; **“Risk of bias in intervention studies”**; **“Meta-analysis”**; **“Research Methods & Statistics”**.
3. **2022-2023:** Visiting Assistant Professor at the Department of Nutrition and Dietetics, **University of Thessaly**, Greece. **BSc module: Introduction to systematic review** (one semester, October 2022-February 2023).
4. **2022:** Webinar leader for the project CA20104 - Network on evidence-based physical activity in old age (Invited by Dr. Giorgos Sakkas, project coordinator). Webinar title: **The use of the Open Access “RevMan” software**, (One session- 22-6-2022).
5. **2022:** Visiting Lecturer at the Department of Physical Education and Sport Science, **Dimokrition University of Thrake**, Komotini, Greece. MSc “Clinical Exercise and Applications of Technology to Health” module: Statistics, Session: **“Systematic review and meta-analysis. A step-by-step approach”** (One session-June 2022).
6. **2022:** Visiting Associate Professor at the Department of Nutrition and Dietetics, **University of Thessaly**, Greece. **BSc module: Applied Exercise Physiology** (one semester, March 2022-June 2022).
7. **2021-2022:** Visiting Associate Professor at the Department of Nutrition and Dietetics, **University of Thessaly**, Greece. **BSc module: Biostatistics** (one semester, Oct. 2021-Jan. 2022).
8. **2021:** Visiting Lecturer at the Department of Physical Education and Sport Science, **Dimokrition University of Thrake**, Komotini, Greece. MSc “Clinical Exercise and Applications of Technology

- to Health” module: Statistics, Session: **“Systematic review and meta-analysis. A step-by-step approach”** (One session-June 2021).
9. **2021:** Workshop to the Faculty of the Medical School, Pneumological clinic, **University of Thessaly**, Greece. **“Systematic review and meta-analysis. A step-by-step approach”** (Three 2-hour sessions-March and April 2021).
 10. **2021:** Visiting Lecturer at the Department of Physical Education and Sport Science, **Kapodistrian University of Athens**, Greece. MSc “Research Methodology” module: Statistics, Session: **“Systematic review and meta-analysis. A step-by-step approach”** (One session-March 2021).
 11. **2021:** Workshop to the Faculty of the Department of Physical Education and Sport Science, **Dimokrition University of Thrake**, Greece. **“Systematic review and meta-analysis. A step-by-step approach”** (30-1-2021).
 12. **2020:** Visiting Lecturer at the Department of Physical Education and Sport Sciences, **University of Thessaly**, Greece. MSc “Exercise and Health” and “Military Fitness”, module: Statistics, Session: **Statistics to methods and writing to systematic review and meta-analysis** (One session).
 13. **2019:** Workshop to the Faculty of the Department of Experimental Therapy, L. Hirszfeld Institute of Immunology & Experimental Therapy, Polish Academy of Sciences, (22-05-2019, Trikala, Greece). **“Systematic review and meta-analysis. A step-by-step approach”**.
 14. **2018:** Workshop to the Faculty of the **Chatham University**, United States of America (12-11-2018, Pittsburgh). **“Systematic review and meta-analysis. A step-by-step approach”**.
 15. **2018 (Nov.):** Visiting Lecturer at the School of Health Sciences, **Chatham University**, USA (two sessions). **“Brown adipose tissue physiology”**. Venue: School of Health Sciences, Chatham University, Pittsburgh, United States of America.
 16. **2018:** Visiting Lecturer at Space Studies Program 2018 within the **International Space University**. Workshop: **Literature Review**, July 12th, 2018, Delft University of Technology, The Netherlands.
 17. **2017:** Visiting Lecturer at the Department of Physical Education and Sport Science, **University of Thessaly**, Greece. MSc “Exercise and Health” and “Military Fitness”, module: 604 Exercise in extreme Environments, Session: **Space Physiology** (One session).
 18. **2017:** Visiting Lecturer at the School of Health Sciences, **Chatham University**, United States of America (five sessions). **“Research methods”, “Writing and presentations skills”, “Exercise and depression”, “Brown adipose tissue physiology”, “Space physiology”**. Venue: School of Health Sciences, Chatham University, Pittsburgh. (Nov 2017).
 19. **2017:** Workshop instructor at the **Hellenic Society of Biochemistry and Physiology of Exercise** annual conference (20-10-2017, Athens, Greece). **“Systematic review and meta-analysis. A step-by-step approach”**.
 20. **2016:** Visiting Lecturer (two sessions) for the students of the **Chatham University**, United States of America (May 2016). **“Research methods” & “Writing Skills”**. Venue: FAME Lab, Trikala, Greece.
 21. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, United Kingdom. **Module: (4SR026-undergraduate) Physical Activity, Sedentary Behaviour, and Health. (One semester)**.
 22. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, United Kingdom. **Module: (4SR027-undergraduate) Research Skills for Sport and Exercise Science (One semester)**.
 23. **2015-2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, United Kingdom. **Module: (6SR002-undergraduate) Applied Sport and Exercise Physiology (One semester)**.

24. **2014-2015:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, United Kingdom. **Module: (6SR004-undergraduate) Clinical Cardiopulmonary Exercise Testing (One semester).**
25. **2013-2014:** Honorary teaching staff at the Department of Physical Education and Sport Science, **University of Thessaly**, Greece. 2013-2014. **Module: (MK045-undergraduate) Applied Human Physiology (Two semesters).**

PUBLISHED TECHNICAL REPORTS FOR INTERNATIONAL ORGANIZATIONS

1. Flouris A.D., Ioannou L.G., **Dinas P.C.**, Mantzios K., Gkiata P., Gkikas G., Vliora M., Amorim T., Tsoutsoubi L., Kapnia A., Dallas K., Nintou E., Testa D.J., Sfakianakis K., Agaliotis G. (2019). Assessment of occupational heat strain and mitigation strategies in Qatar – Key Findings. **International Labour Organization. United Nations.** Link: https://www.ilo.org/beirut/projects/qatar-office/WCMS_723545/lang--en/index.htm

PUBLISHED BOOKS

1. Takahasi A., Nasser A., Blanc A., Michallet A., Zuo C., Mueller C., Bolles D., Yaffe E., Erinfolami F., Jazebizadeh H., Huang J., Liu J., Kljajic J., Li J., Muto M., Czapski M., Moroz M., Sarkar M., Clark N. **Ntinias (Dinas) P.**, Thangamani S., Jewell S., Black T., Folliard T., Hou T., Elgin T., Shen Y., Okada Y. Space for Health (2014). *International Space University Publications. Strasbourg, France*; published by Illkirch-Graffenstaden (France) **(Diploma work)**. https://isulibrary.isunet.edu/index.php?lvl=notice_display&id=9175

PUBLICATIONS IN PEER-REVIEWED JOURNALS

Google Scholar link: <https://scholar.google.com/citations?user=aLAMJooAAAAJ&hl=en>

1. Spyridon Hadjispyrou, **Petros Dinas**, Spyridon Marios Delitheos, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in overweight and obese adults: A Systematic Review and Meta-analysis. *Frontiers in Bioscience-Landmark* (in press- accepted 26-9-2023). **IF: 3.1**
2. Sophia M. Brady, Jet J.C.S. Veldhuijzen van Zanten, **Petros C. Dinas**, Tom E. Nightingale, George S. Metsios, Saleh M.A. Elmsmari, Joan L. Duda, George D. Kitas, Sally A.M. Fenton. Effects of lifestyle physical activity and sedentary behaviour interventions on disease activity and patient- and clinician- important health outcomes in rheumatoid arthritis: A systematic review with meta-analysis. *BMC Rheumatology*, 2023, 7 (1), 1-26, doi: 10.1186/s41927-023-00352-9. **IF: 2.2**
3. Claire Chyrsanthi Karpodini, Themistoklis Tsatalas, Ioannis Giannakopoulos, Mattias Romare, Giannis Giakas, Panagiotis V Tsaklis, **Petros C. Dinas**, Aline Nogueira Haas, Sokratis G Papageorgiou, Efthalia Angelopoulou, Matthew A. Wyon, Yiannis Koutedakis. The effects of a single session of rhythmic movement program on selected biopsychological parameters in PD patients: a methodological approach. *Medicina*, 2023, 59(8), 1408; <https://doi.org/10.3390/medicina59081408>. **IF: 2.6**
4. Konstantinos Kamposioras, **Petros C. Dinas**, Jorge Barriuso, Varvara Trachana, Konstantinos Dimas. Caveolin-1 protein expression as a prognostic biomarker of gastrointestinal tumours: A Systematic Review and Meta-Analysis, *European Journal of Clinical Investigation*, 2023 Jul 27:e14065. doi: 10.1111/eci.14065. **IF: 5.72**
5. Ioli Panidi, Olyvia Donti, Andreas Konrad, **Petros C Dinas**, Gerasimos Terzis, Athanasios Mouratidis, Vasiliki Gaspari, Anastasia Donti, Gregory C. Bogdanis. Muscle architecture adaptations to static stretching training: a systematic review with meta-analysis, *Sports Medicine – Open* Jun 15;9 (1):47. doi: 10.1186/s40798-023-00591-7. **IF: 6.76**
6. **Petros C. Dinas**, On behalf of students of module 5104 (Introduction to Systematic Reviews), Rikke Helene Moe, Carina Boström, Rena I. Kostis, George D. Kitas, George Metsios. Combined

effects of diet and physical activity on inflammatory joint disease: A Systematic Review and Meta-Analysis. *Healthcare*, 2023, 11 (10), 1427; <https://doi.org/10.3390/healthcare11101427>. **IF: 3.16**

7. Elena Vakali, Dimitrios Rigopoulos, **Petros C. Dinas**, Ioannis-Alexandros Drosatos, Aikaterini G. Theodosiadi, Andriani Vazeou, George Stergiou, Anastasios Kollias. Relationship of short- and mid-term glucose variability with blood pressure profile parameters: a scoping review. *Journal of Clinical Medicine*, 2023, 12(6), 2362; <https://doi.org/10.3390/jcm12062362>. **IF: 4.96**
8. Christina Rapti, **Petros C. Dinas**, Costas Chryssanthopoulos, Alexandra Mila, Anastassios Philippou. Effects of exercise and physical activity levels on childhood cancer: an umbrella review. *Healthcare*, 2023, 11(6), 820; <https://doi.org/10.3390/healthcare11060820>. **IF: 3.16**
9. Georgios Mitsiou, Savvas P. Tokmakidis, **Petros C. Dinas**, Ilias Smilios, Serafeim Nanas, Endothelial progenitor cell mobilization based on exercise volume in patients with cardiovascular disease and healthy individuals: a systematic review and meta-analysis. *European Heart Journal Open*, 2022, Dec 21;2(6):oeac078. doi: 10.1093/ehjopen/oeac078. eCollection 2022 Nov. PMID: 36583078. **IF: NA**
10. Areti K. Kapnia, Styliani Ziaka, Leonidas G. Ioannou, Irimi Flori, **Petros C. Dinas**, Andreas D. Flouris. Population characteristics, symptoms, and risk factors of idiopathic chilblains: a systematic review, meta-analysis, and meta-regression. *Biology (Basel)*, 2022 Nov 11;11(11):1651. doi: 10.3390/biology11111651. PMID: 36421364. **IF: 5.16**
11. Claire C.C. Karpodini, **Petros C. Dinas**, Efthalia Angelopoulou, Matt Wyon, Aline Hass, Maria Bougiesi, Sokratis G. Papageorgiou, Yiannis Koutedakis. Rhythmic cueing, Dance, Resistance Training and Parkinson disease: A systematic Review and Meta-Analysis. *Frontiers in neurology*, 2022;13:875178. doi: 10.3389/fneur.2022.875178. **IF: 4.08**
12. Olyvia Donti, Andreas Konrad, Ioli Panidi, **Petros C. Dinas**, Gregory C. Bogdanis. Is there a “window of opportunity” for flexibility development in youth? A systematic review with meta-analysis. *Sports Medicine – Open*, (2022) 8 (1), 1-24. <https://doi.org/10.1186/s40798-022-00476-1>; **IF: 6.76**
13. **Petros C. Dinas**, Yiannis Koutedakis, Leonidas Ioannou, George Metsios, George D Kitas. Effects of exercise and physical activity levels on vaccination efficacy: A systematic review and meta-analysis. *Vaccines*, 2022, 10 (5), 769, <https://doi.org/10.3390/vaccines10050769>. **IF: 4.42**
14. **Petros C. Dinas**, Athanasios Daveronas, Costas Chryssanthopoulos, Serafim Nanas, Anastassios Philippou. Effects of exercise interventions on respiratory drive (Emgdi%max) in patients with chronic obstructive pulmonary disease: A Systematic Review and Meta-Analysis. *Exploratory Research and Hypothesis in Medicine*, 8 (1), 5-13, 2023, DOI: 10.14218/ERHM.2021.00077; **IF: NA**
15. **Petros C. Dinas**, Eleni Nintou, Maria Vliora, Anna E. Pravednikova, Paraskevi Sakellariou, Agata Witkowicz, Zaur M. Kachaev, Victor V. Kerchev, Svetlana N. Larina, James Cotton, Anna Kowalska, Paraskevi Gkiata, Alexandra Bargiota, Zaruhi A. Khachatryan, Anahit A. Hovhannisyan, Mariya A. Antonosyan, Sona Margaryan, Anna Partyka, Pawel Bogdanski, Monika Szulinska, Matylda Kregielska-Narozna, Rafał Czepczyński, Marek Ruchala, Anna Tomkiewicz, Levon Yepiskoposyan, Lidia Karabon, Yulii Shidlovskii, George S. Metsios, Andreas D. Flouris. Prevalence of uncoupling protein one genetic polymorphisms and their relationship with cardiovascular and metabolic health. *Plos One*, 2022, 17 (4), e0266386; **IF: 3.24**
16. Panagiota Kalatzi, **Petros C. Dinas**, Costas Chryssanthopoulos, Eleftherios Karatzanos, Serafim Nanas, Anastassios Philippou. Impact of supervised aerobic exercise on clinical physiological and mental parameters of people living with HIV: a systematic review and meta-analyses of randomized controlled trials. *HIV Research & Clinical Practice*, 2022, 1-13; **IF: 1.20**
17. Leonidas G. Ioannou, Lydia Tsoutsoubi, Konstantinos Mantzios, Maria Vliora, Eleni Nintou, Jacob F. Piil, Sean R. Notley, **Petros C. Dinas**, George A. Gourzoulidis, Matt Brearley, Igor B. Mekjavic, Glen P. Kenny, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat

- strain – Part 3: Multi-country field evaluation and consensus recommendations. *Temperature*, 2022, 1-18: DOI: 10.1080/23328940.2022.2044739. **IF: NA**
18. Leonidas G. Ioannou, **Petros C. Dinas**, Sean R. Notley, Flora Gofa, George A. Gourzoulidis, Matt Brearley, Yoram Epstein, George Havenith, Michael N. Sawka, Peter Bröde, Igor B. Mekjavic, Glen P. Kenny, Thomas E. Bernard, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat stress – Part 2: Delphi exercise. *Temperature*, 2022, 1-11: DOI: 10.1080/23328940.2022.2044738. **IF: NA**
 19. Leonidas G. Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Sean R. Notley, **Petros C. Dinas**, Matt Brearley, Yoram Epstein, George Havenith, Michael N. Sawka, Peter Bröde, Igor B. Mekjavic, Glen P. Kenny, Thomas E. Bernard, Lars Nybo, Andreas D. Flouris. Indicators to assess physiological heat strain – Part 1: Systematic review. *Temperature*, 2022: DOI: 10.1080/23328940.2022.2037376. **IF: NA**
 20. Elena Vakali, Dimitrios Rigopoulos, Andres E. Carrillo, Andreas D. Flouris and **Petros C. Dinas**. Effects of alpha-lipoic acid supplementation on human diabetic nephropathy: A systematic review and meta-analysis. *Current Diabetes Reviews*, 2022; 17 (6), 43-50, e140921196457, doi: 10.2174/1573399817666210914103329. **IF: 1.95**
 21. Maria Bougiesi, **Petros C. Dinas**, Elizana Pollatou, Yiannis Theodorakis and Vasiliki Zisi. Emotional intelligence levels of adult Hellenic traditional dancers and group exercisers. *Inquiries in Sport & Physical Education*, Volume 19 (3), 134 – 144, Released: November 2021. **IF: NA**
 22. Leonidas G. Ioannou, Lydia Tsoutsoubi, Konstantinos Mantzios, Giorgos Gkikas, Jacob F. Piil, **Petros C. Dinas**, Sean R. Notley, Glen P. Kenny, Lars Nybo and Andreas D. Flouris. The impacts of sun exposure on worker physiology and cognition: multi-country evidence and interventions. *International Journal of Environmental Research and Public Health*, 2021, 18, 7698. <https://doi.org/10.3390/ijerph18147698>. **IF: 3.39**
 23. Leonidas G. Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Eleni Nintou, Maria Vliora, Paraskevi Gkiata, Constantinos N. Dallas, Giorgos Gkikas, Gerasimos Agaliotis, Kostas Sfakianakis, Areti K. Kapnia, Davide J. Testa, Tânia Amorim, **Petros C. Dinas**, Tiago S. Mayor, Chuansi Gao, Lars Nybo and Andreas D. Flouris. Occupational heat stress: multi-country observations and interventions. *International Journal of Environmental Research and Public Health*, 2021, 18, 6303. <https://doi.org/10.3390/ijerph18126303>. **IF: 3.39**
 24. **Petros C. Dinas**, Dragoslav Domanovic, Yiannis Koutedakis, Christos Hadjichristodoulou, Ioannis Stefanidis, Kalliope Papadopoulou, Konstantinos Dimas, Konstantinos Perivoliotis, Konstantinos Tepetes, Andreas D. Flouris. The presence of fungal and parasitic infections in substances of human origin and their transmission via transfusions and transplantations: A protocol of two systematic reviews. *JMIR Research Protocols*, 2021, June 10;10 (6): e25674. doi: 10.2196/25674. **IF: NA**
 25. Nico Kolokythas, George S. Metsios, **Petros C. Dinas**, Shaun M. Galloway, Nick Allen, Matthew A. Wyon. Growth, maturation and overuse injuries in dance and aesthetic sports: a systematic review. *Research in Dance Education*, 2021, Jan. 24, 1-23. DOI: 10.1080/14647893.2021.1874902. **IF: NA**
 26. Konstantinos Dallas, **Petros C. Dinas**, Costas Chryssanthopoulos, George Dallas, Maria Maridaki, Michael Koutsilieris, Anastassios Philippou. The effects of exercise on VO₂peak, Quality of Life and Hospitalization in heart failure patients: A Systematic Review with Meta-analyses. *European Journal of Sport Science*, 2021, Sep;21(9):1337-1350. doi: 10.1080/17461391.2020.1846081. **IF: 4.05**
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 28. **Petros C. Dinas**, Argyro Kruse, Eleni Nintou, Alexandros Georgakopoulos, Marnie Granzotto, Marinos Metaxas, Elena Karachaliou, Marco Rossato, Roberto Vettor, Panagiotis Georgoulas,

- Tiago S. Mayor, John Koutsikos, Konstantinos Athanasiou, Leonidas G. Ioannou, Paraskevi Gkiata, Andres E. Carrillo, Yiannis Koutedakis, George S. Metsios, Athanasios Z. Jamurtas, Sofia Chatziioannou, Andreas D. Flouris. Human white-fat thermogenesis: Experimental and meta-analytic findings. *Temperature*, 2021;8;1; p. 39-52, <https://doi.org/10.1080/23328940.2020.1769530>: **IF: NA (partly PhD work)**
29. Amin Daoulah, Salem M. Al-Faifi, Ahmad S Hersi, **Petros C. Dinas**, Ali A. Youssef, Mohammed Alshehri, Fahad Baslaib, Mohamed Maghrabi, Mushabab Al-Murayeh, Muhammad Adil Adil Soofi, Abdulaziz Alasmari, Mirvat Alasnag, Adel Khalifa Hamad, Mamdouh Morshid, Yosri M. A. Morsi, Ziad Dahdouh, Nader Alasousi, Khalid Tammam, Mohammed Almansori, Abdullah Alkushail, Jairam K. Aithal, Abdulrahman H. Alqahtani, Amir Lotfi. Spontaneous coronary artery dissection in relation to physical and emotional stress: A retrospective study in four Arab gulf countries. *Current Problems in Cardiology*, 46 (3), 100484. 2021: doi: 10.1016/j.cpcardiol.2019.100484. **IF: 3.33**
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41. **Petros C. Dinas**, Christian Mueller, Nathan Clark, Tim Elgin, Seyed Ali Nasser, Etai Yaffe, Scott Madry, Jonathan B. Clark, and Farhan Asrar. Innovative methods to benefit public health using space technologies during disaster relief. *Disaster Medicine and Public Health Preparedness*, 2015 Jun;9(3):319-28. doi: 10.1017/dmp.2015.29. **IF: 1.14. (Diploma work).**
42. Andreas D. Flouris and **Petros C. Dinas**. Impact of regular exercise on classical brown adipose tissue. *Clinical Endocrinology*, 2015 Oct;83(4):591-3. doi: 10.1111/cen.12716. **IF: 3.35.**
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45. Andreas D. Flouris, **Petros C. Dinas**, Manolis N. Tzatzarakis, Giorgos S. Metsios, Konstantinos Kostikas, Athanasios Z. Jamurtas, Aristidis M. Tsatsakis, and Yiannis Koutedakis. Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia. *International Journal of Environmental Health Research*, 2014 Jun; 24(3):189-94, doi: 10.1080/09603123.2013.800966. **IF: 1.20 (BSc Thesis work).**
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47. Konstantinos Kostikas, Markos Minas, Eftyxia Nikolaou, Papaioannou Andriana, Panayiotis Liakos, Sofia Gougoura, Konstantinos I. Gourgoulis, **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Andreas D. Flouris, Yiannis Koutedakis. Secondhand smoke induces acute acidification and oxidative stress. *Respiratory Medicine*, 2013, Feb; 107(2):172-9, doi: 10.1016/j.rmed.2012.10.017. **IF: 2.58.**
48. **Petros C. Dinas**, Yiannis Koutedakis, and Andreas D. Flouris. Effects of active and passive tobacco cigarette smoking on heart rate variability. *International Journal of Cardiology*, 2013 Feb 20;163(2):109-15. doi: 10.1016/j.ijcard.2011.10.140. **IF: 6.80 (BSc Thesis work).**
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(IF: Impact factor at the time of acceptance; NA: Not applicable)

CONFERENCE ABSTRACTS PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Andreas Flouris, Leonidas Ioannou, Konstantinos Mantzios, Lydia Tsoutsoubi, Maria Vliora, Eleni Nintou, Jacob Piil, Sean Notley, **Petros Dinas**, Flora Gofa, George Gourzoulidis, Matt Brearley, Yoram Epstein, George Havenith, Michael Sawka, Peter Bröde, Igor Mekjavic, Glen Kenny, Thomas Bernard, and Lars Nybo. Establishing heat stress indicators for work in a warming world:

multi-country field evaluation and consensus recommendations. *Environmental Health Perspectives* 2022/9/18. ISEE Conference Abstracts. **IF: 11.03**

2. Giorgos Paradisis, Costas Chryssanthopoulos, **Petros Dinas**, Konstantinos Dallas, Athanasios Moustogianis, Maria Maridaki, Anastassios Philippou. Carbohydrate Mouth Rinsing In Human Capacity And Performance Of RCT Studies: A Meta-analysis, 2022. *Medicine & Science in Sports & Exercise*. 54; 9S; page 116. **IF: 6.28**
3. Mitsiou G., **Dinas P.**, Smilios I., Nanas S., Tokmakidis S. Exercise promotes endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. *The Journal of Sports Medicine and Physical Fitness* 2021, 74; suppl. 1-3, Sept. 2021. **IF: 1.63**
4. Spyridon Hadjispyrou, Spyridon-Marios Delitheos, Ioannis Kapetanios, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, **Petros Dinas**, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in obese/overweight adults. A Systematic Review and Meta-analysis. *The Journal of Sports Medicine and Physical Fitness* 2021, 74; suppl. 1-3, Sept. 2021. **IF: 1.63**
5. **P.C. Dinas**, A Krases, E. Nintou, A. Georgakopoulos, M. Granzotto, M. Metaxas, E. Karachaliou, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of Human White-Fat: The Actual Picture, *Multidisciplinary Digital Publishing Institute Proceedings* 2019, 25(1), 2. + Shared second authorship. **IF: NA (partly PhD work)**
6. A. Georgakopoulos, J. Koutsikos, A. Krases, E. Nintou, M. Metaxas, K. Athanasiou, P. Georgoulas, P. Gkiata, Y. Koutedakis, **P. Dinas**, A. Flouris, S. Chatziioannou. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. *European Journal of Nuclear Medicine and Molecular Imaging*, 2018/10/1, (45) S691-S69. **IF: 7.7**
7. Carrillo A.E., **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. Assessment of the Relationship Between Macronutrient Intake and Browning of White Fat in Adult Males. *Medicine & Science in Sports & Exercise*, Volume 49, Issues 5S, page 990, May 2017. **IF: 4.14 (PhD work)**
8. N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine & Science in Sports & Exercise*, Volume 47, Issues 5S, May 2015, P684. **IF: 3.98 (PhD work)**
9. **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to secondhand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder, *Toxicology Letters*, Volume 196, Supplement 1, 17 July 2010, Page S88. **IF: 3.4.**

(IF: Impact factor at the time of acceptance; NA: Not applicable)

REVIEWER SERVICES IN PEER-REVIEWED JOURNALS AND CONFERENCES

	Journal	Impact factor	Year of review
1	Heliyon	4	2023
2	European Journal of Clinical Pharmacology	2.9	2023
3	Brain, Behavior, and Immunity	19.23	2023
4	Frontiers in Physiology	4.75	2023 (three papers)
5	International Journal of Environmental Research and Public Health	4.61	2023
6	Nutrients	6.7	2023 (two papers)
7	Frontiers in Physiology	4.75	2022

8	Safety Science	6.39	2022
9	International Journal of Environmental Research and Public Health	4.61	2022 (two papers)
10	Metabolites	5.58	2022
11	Biology	5.16	2022
12	Frontiers in public health	6.46	2022 (two papers)
13	Frontiers in endocrinology	6.05	2022
14	Nutrients	6.7	2023 (two papers)
15	Journal of Sports Sciences	3.94	2022
16	Frontiers in Pharmacology	4.4	2022
17	American Journal of Lifestyle Medicine	1.24	2022
18	Healthcare	2.64	2022
19	International Journal of Molecular Sciences	5.92	2022
20	Member of the scientific committee of the 10 th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 21-23 rd Oct 2022, Athens, Greece.	Not applicable	2022
21	European Journal of Sport Science	4.05	2021
22	Nutrients	5.71	2021 (three papers)
23	Journal of adolescent health	3.94	2021
24	International Journal of Environmental Research and Public Health	3.39	2021 (two papers)
25	Journal of Sports Sciences	2.59	2021
26	Critical Reviews in Food Science and Nutrition	7.86	2021
27	International Journal of Environmental Research and Public Health	2.85	2020 (two papers)
28	Physiological measurement	2.24	2020
29	Nutrients	4.54	2020
30	Disaster Medicine and Public Health Preparedness	1.03	2020
31	BMC Pulmonary Medicine	2.18	2020
32	Member of the scientific committee of the 9 th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 18-20 th Oct 2019, Thessaloniki, Greece.	Not applicable	2019
33	Journal of adolescent health	4.02	2019
34	European Journal of Sport Science	2.89	2019
35	Journal of Heart Failure	3.94	2019
36	Scandinavian Journal of Medicine & Science in Sports	3.33	2019
37	Member of the scientific committee of the 8 th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 19-21 st Oct 2018, Thessaloniki, Greece.	Not applicable	2018
38	Frontiers in Physiology	3.39	2018
39	Archives of Women's Mental Health	3.39	2018
40	Journal of Applied Biomedicine	1.43	2017
41	AIDS care	2.09	2017
42	European Journal of Sport Science	1.78	2017
43	Member of the scientific committee of the 7 th conference of the Hellenic Society of Biochemistry	Not applicable	2017

	and Physiology of Exercise, 22-24 th Oct 2017, Athens, Greece.		
44	Clinical Chemistry and Laboratory Medicine	3.43	2017
45	Disaster Medicine and Public Health Preparedness	0.92	2017 (two papers)
46	International Journal of Disaster Risk Reduction	1.24	2017 (two papers)
47	Member of the scientific committee of the 6 th conference of the Hellenic Society of Biochemistry and Physiology of Exercise, 4-6 th Nov 2016, Athens, Greece.	Not applicable	2016
48	Environmental Toxicology and Pharmacology	2.18	2016
49	BMC Research Notes	Not applicable	2016
50	Irish Journal of Medical Science	0.83	2016
51	Environmental Science and Pollution Research	2.83	2016
52	Stress & Health	1.81	2016
53	International Journal of Environmental Research and Public Health	2.06	2015
54	Respiration	2.94	2015
55	Tobacco Induced Diseases	1.5	2015
56	Clinical Endocrinology	3.35	2014
57	PLOS One	3.53	2014
58	Disability and Rehabilitation	1.83	2014
59	Vascular Medicine	1.61	2014
60	American Journal of Preventive Medicine	3.94	2014
61	Frontiers in Psychiatry	Not applicable	2013
62	BMC Research Notes	Not applicable	2012 (two papers)
63	BMC Research Notes	Not applicable	2011
64	Child and Adolescent Psychiatry and Mental Health	Not applicable	2010
65	Depression Research and Treatment	Not applicable	2010

EDITORIAL BOARD IN PEER-REVIEWED JOURNALS

1. 2022-current: Review Editor in integrative physiology. Frontiers in Physiology (**2021 impact factor: 4.75**)
2. 2019-current: Section editor, Hellenic Journal of Biochemistry and Physiology of Exercise (**2021 impact factor: NA**)
(NA: Not applicable)

GUEST EDITOR IN PEER-REVIEWED JOURNAL

1. **Healthcare (2022-2023), IF: 3.16.** Effects of Prescribed Exercise and Physical Activity Interventions on Health Indices and Disease Improvement (Deadline of submission: 31-12-2023).

INVITED PEER-REVIEWED CONFERENCE PROCEEDINGS

1. **P. Dinas.** The role of physical activity/exercise in brown adipose tissue and brown adipose-like phenotype (round table). 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct. 2017, Athens, Greece.
2. **P. Dinas.** Can brown and brown-like adipose tissue benefit human health? The role of exercise. Functional Architecture of Mammals in Their Environment Laboratory, Science Innovation Forum 2016, May 11–13th, 2016, School of Exercise Science, University of Thessaly, Trikala, Greece.

3. **P. Dinas** and A. Flouris. Acute and intermittent effects of secondhand smoke. 11th Conference of the International Society for the Prevention of Tobacco Induced Diseases, Dec 9-11th, 2013, Athens, Greece.
4. **P. Dinas**. The role of the exercise expert in improving quality of life in special and clinical populations: collaboration with Physicians (round table). April 2010, 16th Conference of Greek Medical Students and young Physicians, Athens, Greece.

PEER-REVIEWED CONFERENCE PROCEEDINGS

5. Farhan Asrar, Ali Nasser, **Petros C. Dinas**, Helena Chapman, Stéphanie Brazeau, Scott Madry, John Clark, Ross Upshur, Geoffrey Languedoc, Jillianne Pierce. Utilizing remote sensing and innovative space technology to enhance disaster management and relief. 74th International Astronautical Congress, Baku, Azerbaijan, 2-6 October 2023.
6. Students of the module 5104 (Introduction to Systematic Reviews), **Petros C. Dinas** and George S. Metsios. Combined effects of diet and physical activity on inflammatory joint disease: A systematic review and meta-analysis. 1st Conference of Young Researchers of Physical Education, Sports and Dietetic Sciences of the University of Thessaly, 18-3-2023, Trikala, Greece.
7. Karpodini C.C., **Dinas, P.C.**, Angelopoulou E, Wyon A.M., Aline Nogueira Hass N.A., Bougiesi M., Sokratis G. Papageorgiou G. S., Koutedakis Y. A systematic review and meta-analysis on the effects of physical exercise on Parkinson disease. 5th Mediterranean Conference on Neurodegenerative Diseases, 9-12 February 2023, Thessaloniki, Greece.
8. Karpodini C.C., **Dinas, P.C.**, Angelopoulou E, Wyon A.M., Aline Nogueira Hass N.A., Bougiesi M., Sokratis G. Papageorgiou G. S., Koutedakis Y. Rhythmic cueing, dance, resistance training, and Parkinson's disease: A systematic review and meta-analysis, 2nd International Rehabilitation Conference "From Disability to Person and Quality of life" 4-5 November 2022.
9. Zafeiriou Eferpi, Ioakeimidou Dimitra, Tsiatsaros Argyrios, **Dinas Petros**, Bogdanos Dimitrios, Theologia Sarafidou, Liadaki Kalliopi (2022). Pharmacogenetic study of association of IL-17A and PDE4 genes with response of psoriasis patients to treatment with secukinumab and apremilast. 18th Panhellenic Congress of Dermatology & Venereology, November 3-6, Athens, Greece.
10. Steven Karas, **Petros Dinas**, Andreas Flouris (2022). Eat, Move, Improve: Using nutrition to lessen inflammation and compliment PT management of CLBP. American Academy of Orthopaedic Manual Physical Therapists, October 26-30, Town & Country, San Diego, California, USA.
11. Panidi I., Donti O., Konrad, A., **Dinas, P.C.**, Terzis G., Gaspari, V., Donti, A., Bogdanis, G.C. (2022). (accepted) The effect of static stretching training on muscle architecture: a systematic review with meta-analysis. 10th conference of the Hellenic Society of Biochemistry and Exercise Physiology, Athens 21-23 October 2022.
12. Karpodini C.C., **Dinas, P.C.**, Angelopoulou E, Wyon A.M., Aline Nogueira Hass N.A., Bougiesi M., Sokratis G. Papageorgiou G. S., Koutedakis Y. Rhythmic cueing, dance, resistance training, and Parkinson's disease: A systematic review and meta-analysis, 10th conference of the Hellenic Society of Biochemistry and Exercise Physiology, Athens 21-23 October 2022.
13. Flouris A.D., Ioannou L.G., Mantzios K., Tsoutsoubi L., Vliora M., Nintou E., Pii J., Notley S., **Dinas P.**, Gofa F., Gourzoulidis G., Brearley M., Epstein Y., Havenith G., Sawka M., Bröde P., Mekjavic I., Kenny G., Bernard T., Nybo L. (2022). Establishing heat stress indicators for work in a warming world: multi-country field evaluation and consensus recommendations. 34th Annual Conference of the International Society for Environmental Epidemiology. September 18-21, Athens, Greece; p: 540.
14. Giorgos Paradisis, Costas Chryssanthopoulos, **Petros Dinas**, Konstantinos Dallas, Athanasios Moustogianis, Maria Maridaki, Anastassios Philippou. Carbohydrate Mouth Rinsing in Human

Capacity and Performance of RCT studies: A Meta-analysis. ASCM, 69th Annual Meeting, May 31-June 4, 2022, San Diego, California USA.

15. Mitsiou G., **Dinas P.**, Smilios I., Nanas S., Tokmakidis S. Exercise promotes endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. 36th FIMS World Congress of Sports Medicine, Athens, Greece, 23-26 September 2021.
16. Spyridon Hadjispyrou, Spyridon-Marios Delitheos, Ioannis Kapetanios, Ioannis-Alexios Koumprentziotis, Costas Chryssanthopoulos, **Petros Dinas**, Anastassios Philippou. The effect of high-intensity interval training on mitochondrial function in obese/overweight adults. A Systematic Review and Meta-analysis. 36th FIMS World Congress of Sports Medicine, Athens, Greece, 23-26 September 2021.
17. Mitsiou G., **Dinas P.**, Smilios I., Nanas S., Tokmakidis S. Exercise promotes endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. 22nd Greek online conference of Heart Failure, 5-7 Feb 2021.
18. Mitsiou G., **Dinas P.**, Smilios I., Nanas S., Tokmakidis S. Exercise for endothelial progenitor cell mobilization in patients with cardiovascular disease. A systematic review and meta-analysis. 28th International e-Congress on Physical Education & Sport Science 12-14 June 2020.
19. **P.C. Dinas**, A Krase, E. Nintou, A. Georgakopoulos, M. Granzotto, M. Metaxas, E. Karachaliou, M. Rossato, R. Vettor, P. Georgoulas, A.Z. Jamurtas, J. Koutsikos, K. Athanasiou, L.G. Ioannou, P. Gkiata, A.E. Carrillo, Y. Koutedakis, G.S. Metsios, T.S. Mayor, S. Chatziioannou, A.D. Flouris. Thermogenic Capacity of Human White-Fat: The Actual Picture. 9th Conference of Biochemistry and Physiology of Exercise, Thessaloniki, Greece, 18–20 Oct. 2019.
20. **P. Dinas**; A. Krase; E. Nintou; A. Georgakopoulos; M. Granzotto; M. Metaxas; E. Karachaliou; M. Rossato; R. Vettor; P. Georgoulas; A. Jamurtas; J. Koutsikos; K. Athanasiou; L. Ioannou; P. Gkiata; A. Carrillo; Y. Koutedakis; G. Metsios; T. Mayor; S. Chatziioannou; A. Flouris. Human white-fat thermogenic capacity evaluation via experimental and meta-analysis studies. International Conference on Environmental Ergonomics, July 7th - 12th 2019, Amsterdam, The Netherlands.
21. Nintou E., Chatziioannou S., Krase A., Georgakopoulos A., Metaxas M., Koutsikos J., Athanasiou K., Georgoulas P., Vliora M., Gkiata P., Koutedakis Y., **Dinas P.** and Flouris A.D. Association of human brown and white adipose tissue thermogenic activity with daily environmental temperature exposure. 7th International Conference on the Physiology and Pharmacology of Temperature Regulation, October 7-12, 2018, Split, Croatia.
22. **P. Dinas**, A. Georgakopoulos, E. Nintou, A. Krase, M. Metaxas, K. Athanasiou, J. Koutsikos, P. Georgoulas, Y. Koutedakis, S. Chatziioannou, and A.D. Flouris. Human white adipose tissue activity assessed via positron emission tomography/computed tomography is positively associated with habitual physical activity. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
23. E. Nintou, **P. Dinas**, D. Phychou, M. Granzotto, M. Rossato, R. Vettor, A. Jamurtas, Y. Koutedakis, G. Metsios, and A.D. Flouris. Associations of fat mass and physical activity with natriuretic peptide receptor alpha in subcutaneous adipose tissue in healthy men. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
24. M. Vliora, E. Nintou, P. Sakellariou, P. Gkiata, L. Ioannou, **P. Dinas**, A. Flouris. Association of A-3826G polymorphism of UCP1 with physical activity levels in patients with cardiovascular syndrome. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.
25. K. Ntallas, L. Ioannou, E. Nintou, **P. Dinas**, Y. Koutedakis, A. Flouris. Effects of physical inactivity on body and muscle temperatures following a pre-heating protocol. 8th Conference of Biochemistry and Physiology of Exercise, 19-21 Oct 2018, Thessaloniki, Greece.

26. Georgakopoulos A., Koutsikos J., Krase A., Nintou E., Metaxas M., Athanasiou K., Georgoulas P., Gkiata P., Koutedakis Y., **Dinas P.**, Flouris A.D. and Chatziioannou S. Human Brown Adipose Tissue Activity Assessed via Positron Emission Tomography/Computed Tomography is Inversely Associated with Environmental Temperature. Annual Congress of the European Association of Nuclear Medicine 13 – 17 October 2018, Düsseldorf, Germany.
27. Maria Vliora, **Petros C. Dinas**, Leonidas Ioannou, Eleni Nintou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Seasonal changes in environmental temperature increase UCP1 in subcutaneous white adipocytes. 17th International conference on Environmental Ergonomics, Kobe, Japan, 12th-17th Nov 2017.
28. Carrillo A.E., Krase A., Nintou E., Georgakopoulos A., Pianou N., Metaxas M., Chatziioannou S., Georgoulas P., Athanasiou K., Koutsikos J., Amorim T., Moldovan O., Stasinopoulos Y., Koutedakis Y., **Dinas P.**, and Flouris A.D. Sympathetic nervous system activation during cold exposure is related to body mass index. 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct 2017, Athens, Greece.
29. Nintou E., Krase A., Metaxas M., Pianou N., Georgakopoulos A., Chatziioannou S., Georgoulas P., Koutsikos J., Athanasiou K., Amorim T., Vliora M., Moldovan O., Stasinopoulos Y., Koutedakis Y., **Dinas P.** and Flouris A.D. Brown adipose tissue activity is associated with the environmental temperature of the last week independently of physical activity levels in healthy men: preliminary evidence. 7th Conference of Biochemistry and Physiology of Exercise, 20-22nd Oct 2017, Athens, Greece.
30. Carrillo A.E., **Dinas P.**, Valante A., Granzotto M., Rossato M., Vettor R., Davies N.A., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. (Accepted). Assessment of the relationship between macronutrient intake and browning of white fat in adult males. Annual Meeting of the American College of Sports Medicine. May 30 – June 3, Denver, Colorado.
31. **Dinas P.**, Valente A., Granzotto M., Rossato M., Vettor R., Carrillo A., Davies N., Jamurtas A., Koutedakis Y., Metsios G, and Flouris A. Seasonal variations in browning formation indices of subcutaneous white adipose tissue in humans: a cross sectional study. 6th Conference of Exercise Biochemistry and Exercise Physiology, 4-6th Nov 2016, Athens, Greece.
32. Eleni Nintou, **Petros C. Dinas**, Maria Vliora, Marnie Granzotto, Marco Rossato, Roberto Vettor, Angelica Valente, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Chronic exercise and detraining on browning formation of subcutaneous adipose tissue in humans: a randomized controlled trial. 6th International Conference on the Physiology and Pharmacology of Temperature Regulation, 5-9th Dec 2016, Ljubljana, Slovenia.
33. Maria Vliora, **Petros C. Dinas**, Eleni Nintou, Marnie Granzotto, Marco Rossato, Roberto Vettor, Angelica Valente, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Physical activity levels and browning formation indices of subcutaneous adipose tissue in humans: a cross sectional study. 6th International Conference on the Physiology and Pharmacology of Temperature Regulation, 5-9th Dec 2016, Ljubljana, Slovenia.
34. T. Subbananthan, Mohanchur Sarkar, Dr. Farhan Asrar, **Petros C.Dinas**, Masanuri Muto. An Integrated Innovative Systems Approach for Disaster Relief Using Space Technology. LAMSYS-2016 conference, Indian Society of Systems for Science and Engineering, Satish Dhawan Space Centre, 24-25 June 2016, Sriharikota, India.
35. **Dinas P.**, Metsios G., Zacharopoulou K., Phychou D., Gkiata P., Granzotto M., Rossato M., Vettor R., Valente A., Jamurtas A., Koutedakis Y., Flouris A.D. The effects of different types of exercise on mRNA expression of UCP1 and PPARα of subcutaneous adipose tissue in humans: Preliminary evidence from a randomized controlled trial. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.

36. **Dinas P.**, Metsios G., Zacharopoulou K., Gkiata P., Phychou D., Jamurtas A., Koutedakis Y., Flouris A.D. Equations to predict resting metabolic rate in adult men: Sensitivity during exercise programs and de-training. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
37. **Dinas P.**, Lahart I., Flouris A.D., Koutedakis Y., Svensson P., Boguszewski C., and Metsios G. The effects of physical activity on PGC-1 α and FNDC5 in muscle, circulating irisin, and UCP1 of white adipocytes in humans: A systematic review. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
38. Gkiata P., **Dinas P.**, Carrillo A., Jamurtas A., Zacharopoulou K., Phychou D., Metsios G., Fatouros I., Koutedakis Y., Flouris A.D. The influence of different exercise programs on health indicators: A randomized controlled trial. 5th Conference of Exercise Biochemistry and Exercise Physiology, 6-7th Nov 2015, Athens, Greece.
39. **P. Dinas**, The "Space for Health Team" of the Space Studies Program 2014. A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters. University of Wolverhampton, 2nd Annual Research Conference 2015, 16th June 2015, Wolverhampton, UK.
40. N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. ACSM's 62nd Annual Meeting, 6th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise Fatigue, May 26-30, 2015, San Diego, California.
41. **P. Dinas**, P. Vitalis. Human Physical Performance Under Simulated Lunar Lighting Conditions. 4th Conference of Exercise Biochemistry and Exercise Physiology, 24-26 Oct 2014, Trikala, Greece.
42. M. Chasioti, **P. Dinas**, K. Tsitoglou, I. Patramani, Y. Koutedakis, and A. Flouris. Prediction of core temperature during rest, exercise and recovery. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
43. M. Chasioti, **P. Dinas**, A. Jamurtas, Y. Koutedakis, and A. Flouris. A new prediction of resting metabolic rate. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
44. M. Chasioti, **P. Dinas**, A. Jamurtas, Y. Koutedakis, P. Georgoulis, and A. Flouris. The relationship between physical activity levels and human brown adipose tissue. 14th Hellenic Conference Society of Gymnasts of Northern Greece, 7-8 Dec 2013, Thessaloniki, Greece.
45. **P. Dinas**, K. Zacharopoulou, E. Vogiatzis, E. Dinas, P. Gkiata, A. Jamurtas, Y. Koutedakis, and A. Flouris. A new equation to predict resting metabolic rate in adult men. 3rd Conference of Exercise Biochemistry and Exercise Physiology, 8-9th Nov 2013, Athens, Greece.
46. E. Tsigaras, K. Tsitoglou, **P. Dinas**, Y. Koutedakis, and A. D. Flouris. Temperature variability: A Novel physiological indicator. 3rd Conference of Exercise Biochemistry and Exercise Physiology, 8-9th Nov 2013, Athens, Greece.
47. A. Flouris, **P. Dinas**, A. Nikaki, A. Jamurtas, V. Prassopoulos, R. Efthymiadou, Y. Koutedakis, and P. Georgoulis. Link between habitual physical activity and brown adipose tissue activity: First human evidence. "Metabolic syndrome: Experiment, clinics and therapy". International Scientific Meeting, Grodno, the Republic of Belarus, October 23–25th, 2013, pages: 103-107.
48. **P. Dinas**, A. Nikaki, P. Georgoulis, V. Prassopoulos, Y. Koutedakis, A. Jamurtas and A. Flouris. The effects of physical activity on brown adipose tissue in human. 2nd Conference of Exercise Biochemistry and Exercise Physiology, Oct 12-13th 2012, Athens, Greece.
49. A. Flouris, **P. Dinas**, K. Tsitoglou, I. Patramani, and Y. Koutedakis. Non-invasive prediction of muscle temperature in humans during rest, moderate exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, Oct 12-13th 2012, Athens, Greece.
50. **P. Dinas**, K. Tsitoglou, I. Patramani, Y. Koutedakis and A. Flouris. Non-invasive prediction of core temperature in humans during rest, moderate exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, 12-13th Oct 2012, Athens, Greece.

51. K. Tsitoglou, **P. Dinas**, Y. Koutedakis, A. Flouris. Examination of the validity of Polar RS800CX for assessing heart rate variability during rest, exercise and recovery. 2nd Conference of Exercise Biochemistry and Exercise Physiology, 12-13th Oct 2012, Athens, Greece.
52. A. Flouris, **P. Dinas**, Y. Koutedakis, A. Carrillo. Effect of Environmental Temperature on Mortality in Greece between 1999 and 2008. XIV International Conference on Environmental Ergonomics, July 10-15th, 2011, Nafplio, Greece.
53. **P. Dinas**, A. Carrillo, Y. Koutedakis, A. Flouris. Effects of Environmental Temperature on the Occurrence of Vehicle Accidents in Greece. XIV International Conference on Environmental Ergonomics, July 10-15th, 2011, Nafplio, Greece.
54. A. Carrillo, **P. Dinas**, D. Oikonomou, G. Metsios, A. Jamurtas, Y. Koutedakis and A. Flouris. Influence of environmental tobacco smoke exposure on the complete blood count of adult humans. Third International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference, June 19-24th, 2011, Skiathos Island, Greece.
55. **P. Dinas**, Carrillo, A., Oikonomou, D., Metsios, G., Jamurtas, A., Koutedakis, Y., Flouris, A. Acute effects of passive smoking on complete blood count. 1st conference of Exercise Biochemistry and Exercise Physiology, May 20-21st 2011, Komotini, Greece.
56. **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to secondhand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder. XII International Congress of Toxicology, July 19-23rd 2010, Barcelona, Spain.
57. **P. Dinas**, Oikonomou, D., Metsios, G., Jamurtas, A., Koutedakis, Y., Flouris, A. Effects on Heart Rate Variability during passive smoking exposure. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
58. **P. Dinas**, Christodoulou, V., Oikonomou, D., Minas, M., Metsios, G., Kostikas, K., Jamurtas, A., Koutedakis, Y., Flouris, A. Passive smoking is accompanied by endogenous lung acidosis and obstructive pulmonary disorder. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
59. Christodoulou, V., **P. Dinas**, Koutedakis, Y., Flouris, A. Validity of the Polar RS800CX for assessing Heart Rate Variability during rest and exercise. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
60. Christodoulou, V., **P. Dinas**, Balamis, N., Flouris, A. Changes in Heart Rate Variability during archery competition. 15th annual Congress of the ECSS; June 23-26th 2010, Antalya, Turkey.
61. **P. Dinas**, D. Oikonomou, G. Metsios, A. Tziamourtas, Y. Koutedakis, A. Flouris (2010). Effects of passive smoking on Heart Rate Variability. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
62. **P. Dinas**, D. Oikonomou, M. Minas, E. Nikolaou, E. Tagtalianidou, K. Kostikas, K., Gourgoulianis, A. Tziamourtas, G. Metsios, Y. Koutedakis, A. Flouris. Acute respiratory effects of passive smoking. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
63. V. Christodoulou, **P. Dinas**, Y. Koutedakis, A. Flouris. Validity coefficients for the polar RS800CX for heart rate variability measurements. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.
64. V. Christodoulou, **P. Dinas**, N. Mpaliamis, Y. Koutedakis, A. Flouris. Fluctuations of Heart Rate Variability during an archery competition and links with performance. 18th Conference Physical Education and Sport Sciences; May 21-23rd 2010, Komotini, Greece.

STUDENT SUPERVISION

1. 2022-2023 (completed): **Supervisor** for Anastasia Kefalidou, BSc thesis entitled "How protein supplementation in a healthy population affects strength recovery and recovery in combination with resistance training". Department of Nutrition and Dietetics, University of Thessaly, Greece.

2. 2022-2023 (completed): **Supervisor** for Dimitrios Giannousis, BSc thesis entitled “How protein supplementation in a healthy population affects strength recovery and recovery in combination with resistance training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
3. 2022-2023 (completed): **Supervisor** for Alexandros Chatzis, BSc thesis entitled “Effects of protein supplementation on strength improvement in adolescents”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
4. 2022-2023: **Supervisor** for Stilian Paschalidou, BSc thesis entitled “The effects of vegetarian diets on strength training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
5. 2022-2023: **Supervisor** for Panagiota Vardaska, BSc thesis entitled “The effects of vegetarian diets on strength training”. Department of Nutrition and Dietetics, University of Thessaly, Greece.
6. 2022-2023 (completed): **Scientific advisor** for Konstantinos Zalagitis, MSc thesis in clinical ergo-spirometry, exercise, advanced technology and rehabilitation, Medical School of Athens, Greece, for the study: Effects of the combination of diet/nutrition and exercise/physical activity on chronic inflammation of overweight/obese children and adolescences: A systematic review and meta-analysis.
7. 2022 (completed): **Scientific advisor** for Ioli Panidi (PhD studies) in the School of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece, for the study: Muscle architecture adaptations to static stretching training: a systematic review with meta-analysis.
8. 2022 (completed): **Scientific advisor** for Georgios Mitsiou (PhD studies) in the School of Physical Education and Sport Science, Democritus University of Thrace, Komotini, Greece, for the study: Endothelial progenitor cell mobilization during exercise in healthy individuals and patients with cardiovascular disease. A systematic review and meta-analysis.
9. 2022 (completed): **Scientific advisor** for Christina Rapti, MSc thesis in the Medical School of Athens, Greece, for the study: The effects of exercise and physical activity during and after childhood cancer: an umbrella review.
10. 2022 (completed): **Scientific advisor** for Panagiota Kalatzi (PhD studies) in the Medical School of Athens, Greece, for the study: Impact of supervised aerobic exercise on clinical physiological and mental parameters of people living with HIV: a systematic review and meta-analyses of randomized controlled trials.
11. 2022 (completed): **Scientific advisor** for Athanasios Daveronas, MSc thesis in the Medical School of Athens, Greece, for the study: Effect of Exercise on Respiratory Drive in Chronic Obstructive Pulmonary Disease Patients: A Systematic Review and Meta-Analysis.
12. 2020-present: **Scientific advisor** for Claire Karpodini (PhD studies), Faculty of Education Health and Wellbeing, University of Wolverhampton, UK. Thesis title: The effects of rhythm, movement and fitness training on motor and non-motor parameters in patients with Parkinson disease.
13. 2020 (completed): **Supervisor** for Kelsey Heenan, in the Chatham University, USA (agreement ID: ABBDC9E6-5814-47B5-9E81-3FAEFDA19A88). Internship for the a) systematic review investigating dietary factors that stimulate changes in brown and/or white adipose tissue thermogenic activity and b) dietary analysis and management for a study investigated brown adipose tissue in humans. 27-4-2020 to 8-7-2020 in FAME Laboratory, University of Thessaly, Trikala, Greece.
14. 2018 (completed): **Scientific advisor** for Konstantinos Ntallas, MSc thesis in molecular and applied physiology in the Medical School of Athens, Greece, for the study: Exercise induced changes in heart failure patients considering VO₂peak, quality of life and hospitalization: A systematic review and meta-analysis.

SKILLS

1. Good clinical practice, National Institute for Health and Research, United Kingdom, 22-1-2016.
2. A0FAQ Level 3 Award in First Aid at Work (QCF), Ultimate Care (Midlands) Ltd., United Kingdom, 20-5-2015, Certification number TP495T153366C35140.

3. Phlebotomist. Certification number 07756534, Aurum Training Ltd., United Kingdom, 8-11-2014
4. Proficient user of Microsoft packages, SPSS, Endnote
5. Leadership, communication, and time-management skills

SCIENTIFIC WORKSHOPS – COURSES

1. “Risk Assessment”. Workshop (22-9-2015) offered by the University of Wolverahampton, United Kingdom
2. “For those who teach”. Workshop (11-6-2015) offered by the University of Wolverahampton, United Kingdom
3. “Keeping up to date”. Workshop (26-11-2014) offered by the University of Wolverahampton, United Kingdom
4. “Searching the literature”. Workshop (26-11-2014) offered by the University of Wolverahampton, United Kingdom
5. “Writing a Literature Review”. Workshop (27-10-2014) offered by the University of Wolverahampton, United Kingdom
6. “Writing in the sciences”. Online course (Sep 24th - Nov. 26th, 2012) offered by Dr. Kristin Sainani, School of Medicine, Stanford University, United States of America (Certification with distinction). Grade: 93.3%
7. “1st workshop of clinical exercise physiology and rehabilitation”, 11-10-2012 offered by Sotiria Hospital, Athens, Greece.

NON-ACADEMIC CERTIFICATIONS – AWARDS

1. **May 2006:** Master of management of military equipment offered by the Officers Military Management School, Lamia, Greece. First graduated student. Grade 95.5%.
2. **Sep. 2005:** “Medal” awarded by the North Atlantic Treaty Organization for my services in Afghanistan, Asia.
3. **Sep. 2003:** “A class medal” awarded by the Minister of Greek National Defense for my exceptional services in the Greek Army.
4. **Dec. 2001:** Honorary award offered by the Greek Climbing Club of Acharnon for my distinction in ultra-marathon races, Acharnes, Attiki, Greece.
5. **July 2001:** “B class medal” awarded by the Minister of Greek National Defense for my exceptional services in the Greek Army.
6. **Aug. 1998:** Free-fall jump certification offered by the Greek Military Paratroopers School, Aspropyrgos, Attiki, Greece.
7. **Nov. 1996:** Static line jump master certification offered by the Greek Military Paratroopers School, Aspropyrgos, Attiki, Greece.
8. **Feb. 1996:** Static line paratrooper certification offered by the Greek Military Paratroopers School, Aspropyrgos, Attiki, Greece.
9. **Dec. 1995:** Special Forces certification offered by the Greek Military Special Forces School, Rentina, Thessaloniki, Greece. First graduated student.
10. **Sep. 1988:** “Management certification” of military equipment offered by the Officers Military Management School, Lamia, Greece.