

## SHORT CURRICULUM VITAE



**Professor Eirini Grammatopoulou**  
**igrammat@uniwa.gr**

### 1. EDUCATION

---

- **Post-doc** research in collaboration with Physical Education and Sport Science Department, National and Kapodistrian University of Athens and Physiotherapy Department, Technological Educational Institute (TEI) of Athens (Dissertation title: *The effect of a holistic self-management on asthma control*).
- **Doctor of Philosophy**, Department of Physical Education and Sport Science, University of Athens (Dissertation title: *The effect of physiotherapy-based breathing retraining on asthma control*).
- **Master's degree in** Adapted Physical Activity, Department of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece.
- **Post-graduate diploma in** Intensive Care Unit, 'Sotiria' Hospital of respiratory diseases, Athens, Greece.

### 2. RESEARCH WORK

#### 2.1. Selected Research Publications in Peer Reviewed Journals.

---

- **Grammatopoulou E**, Skordilis E, Koutsouki D, et al. An 18-item standardised Asthma Quality of Life Questionnaire. *Quality of Life Research*. 2008; 17(2):323-332.
- **Grammatopoulou E**, Haniotou A, Douka G, et al. Factors associated with BMI in Greek adults with asthma. *Journal of Asthma*. 2010; 47, 276-280.

- **Grammatopoulou E**, Belimpasaki V, Valalas A, et al. Active cycle of breathing techniques-ACBT contributes to pain reduction in patients with rib fractures. *Hellenic Journal of Surgery*. 2010; 82:42-47.
- **Grammatopoulou E**, Haniotou A, Douka G, Koutsouki D. Factors associated with BMI in Greek adults with asthma. *Journal of Asthma*. 2010; 47, 276-280.
- **Grammatopoulou E**, Stavrou N, Myrianthefs P, et al. Asthma control in Greece: Validity and reliability evidence of the Asthma Control Test-ACT in Greece. *Journal of Asthma*. 2011; 48:57-64.
- **Grammatopoulou E**, Skordilis E, Stavrou N, et al. The effect of physiotherapy-based breathing retraining on asthma control. *Journal of Asthma*. 2011; 48:593-601.
- **Grammatopoulou E**, Haniotou A, Evangelodimou A, et al. Factors associated with asthma control in patients with stable asthma. *European Respiratory Journal*. 2011; 38 (S55): 1297.
- **Grammatopoulou E**, Skordilis E, Evangelodimou A, et al. Adequate physical activity in students with and without asthma. *European Respiratory Journal*. 2012; 40(S56):144.
- **Grammatopoulou E**, Skordilis E, Evagelodimou A, et al. Validity and reliability evidence of the Nijmegen questionnaire in asthma. *European Respiratory Journal*. 2013; 42 (S57): 1307.
- **Grammatopoulou E**, Skordilis, E, Georgoudis G, et al. Hyperventilation in asthma: A validation study of the Nijmegen Questionnaire - NQ. *Journal of Asthma*. 2014, 29:1-8.
- **Grammatopoulou E**, Nikolovgenis N, Skordilis E, et al. Validity and reliability of general self-efficacy scale in asthma patients. *European Respiratory Journal*. 2014; (S58): 4314.
- **Grammatopoulou E**, Charmpas T, Strati E, et al. The scope of physiotherapy services provided in public ICUs in Athens, Greece. *Physiotherapy Theory and Practice*. 2017; 33: 1-9.
- **Grammatopoulou E**, Skordilis E, Haniotou A, Zarotis J, Athanasopoulos S. The effect of a holistic self-management plan on asthma control. *Physiotherapy Theory and Practice* 2017; 33:622-633.

## 2.2. Citations.

294 citations [https://scholar.google.com/citations?user=\\_rBikMoAAAAJ&hl=el](https://scholar.google.com/citations?user=_rBikMoAAAAJ&hl=el)