

Areti Christina Efthymiou

PhD/Psychologist/Adjunct Teaching Staff/Coordinator of GXN62/subject module/Institution

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Dr Areti Efthymiou is a Psychologist with a specialization in Cognitive Behavioural Therapy and a Master's degree in Cognitive Sciences. She holds a PhD from the Cyprus University of Technology, focusing on Digital Health Literacy and caregivers of people with dementia. In 2023, she completed her postdoctoral research at the Hellenic Mediterranean University, developing tools to support health professionals in identifying older adults with low health literacy. She has taught undergraduate and postgraduate courses in Health Psychology, Health Literacy, and Cognitive Functions. Her research interests include health literacy, cognitive psychology, and the psychology of ageing. She has extensive experience in European research projects and collaborations with health and social care organizations in Greece and abroad.

Selected Publications

1. Karpathiou, N., Efthymiou, A., Dimakopoulou E., Arampatzi X., Sakka P. Interprofessional Collaboration: the Case of Five Dementia Day Care Centers in Greece. *Journal of Interprofessional Education and Practice*, 41: 100764 <https://doi.org/10.1016/j.xjep.2025.100764>
2. Efthymiou, A., kalaitzaki, A., Rovithis, M. Validation of the eHealth Literacy Scales: Comparison between the shorter and longer versions. *Informatics for Health and Social Care* 50(1), 33–47. <https://doi.org/10.1080/17538157.2025.2451427>
3. Efthymiou, A., Ntanassi, E., Vamvakari, E., Zoi, P., Sakka, P. (2024). An innovative community-based service for people with dementia and their families in Greece: fighting the stigma for dementia and raising awareness. *World Association of Psychosocial Rehabilitation*, 53: 78-89 ISSN:3007-9586
4. Efthymiou, A., kalaitzaki, A., Rovithis, M. (2024) Validation of the Self-efficacy Questionnaire (SE-12-Gr) assessing the Healthcare Professionals' Self-reported Communication Skills with Older Healthcare Users in Greece. *Journal of Health Communication*. doi: 10.1080/10410236.2024.2348841.
5. Κατσώνη, Δ., Ευθυμίου, Α. (2024). Διερεύνηση του ρόλου του προσωπικού βοηθού στη βελτίωση της καθημερινής λειτουργικότητας και της ποιότητας ζωής των ατόμων με κινητική ανασπηρία στην Ελλάδα μέσω ομάδων εστιασμένης συζήτησης. *Νοσηλευτική*, 63 (1)
6. Evripidou, M., Efthymiou, A., Velonaki, V., Kalokairinou, A., Papastavrou, E. (2024). Ethics in Patients' Health Literacy: A scoping review and a critical discussion. *Health Promot Int.* ,39 (4):daae100. doi: 10.1093/heapro/daae100.
7. Efthymiou, A., Dimitriadou, M., Efstathiou, G., Tsitsi, T., Caciula, I., Portugal, J., Boccaletti, L., Evripidou, M., Papastavrou, E. (2023). Profile and Needs of Older People in Contemporary Society: A Multi-Centre Focus Group Discussions Study in 6 EU Countries. *International Journal of Caring Sciences*, 16 (2): 540-554. <http://www.internationaljournalofcaringsciences.org/docs/4.eythimiou.pdf>
8. Jøranson, N., Zechner, M., Korkmaz Yaylagul, N., Efthymiou, A., Silva, R. (2023). Experienced barriers in the use of ICT for social interaction in older adults ageing in place: a qualitative systematic review protocol (SYSR-D-22-00848). *Syst Rev* 12, 192-199. <https://doi.org/10.1186/s13643-023-02332-z>
9. Efthymiou, A., Evripidou, M., Karanikola, M., Menikou, J., Tsitsi, T., Efstathiou, G., Zelenikova, R., Dolezel, J., Madrzejewska, D., Velonaki, V., Kalokairinou, A., Papastavrou, E. (2023). eLILY2-RN consortium. Enhancing health and eHealth literacy among nurses working with older people during COVID-19 pandemic: A multi-center e-Delphi study in five countries. *Computer Methods and Programs in Biomedicine Update*, 4, 1-7 <https://doi.org/10.1016/j.cmpbup.2023.100130>
10. Efthymiou, A., Kalaitzaki, A., Rovithis, M. (2023). Cultural adaptation of a health literacy toolkit for healthcare professionals working in the primary care setting with older adults. *Healthcare*, 11(5), 776-789. <https://doi.org/10.3390/healthcare11050776>
11. Efthymiou, A., Papastavrou, E. (2023). Informal Caregivers and Health Literacy. In Andreas Charalambous (Ed.). *Informal Caregivers: From Hidden Heroes to Integral Part of Care* (pp 97-110). Publication Springer https://link.springer.com/chapter/10.1007/978-3-031-16745-4_6
12. Papastavrou, E., Efthymiou, A. (2023). The Use of Information and Communication Technology among Informal Caregivers. In Andreas Charalambous (Ed.). *Informal Caregivers: From Hidden Heroes to Integral Part of Care* (pp 111-129). Publication Springer https://link.springer.com/chapter/10.1007/978-3-031-16745-4_7
13. Efthymiou, A., Kalaitzaki, A., Kondilis, B., Rovithis, M. (2022). Health literacy continuing education courses and tools for healthcare professionals: a scoping review. *Gerontol Geriatr Educ*, 22, 1-36. [10.1080/02701960.2022.2156865](https://doi.org/10.1080/02701960.2022.2156865)
14. Efthymiou, A., Rovithis, M., Kalaitzaki, A. (2022). The perspectives on barriers and facilitators in communication by the healthcare professionals and older healthcare users: The role of health literacy. *Journal of Psychology and Psychotherapy Research*, 9, 1-11. <https://doi.org/10.12974/2313-1047.2022.09.1>
15. Efthymiou, A., Menikou, J., Middleton, N., Kondilis, B., Papastavrou, E (2021). Health Literacy: A consensus group on Greek terminology. *Arch Hellen Med*, 38(6), 833-839. <https://www.mednet.gr/archives/2021-6/833abs.html>

16. Efthymiou, A., Middleton, N., Charalambous, A., Papastavrou, E. (2021). Health Literacy and eHealth Literacy and their association with other caring concepts among carers of people with dementia: A descriptive correlational study. *Journal of Health and Social Care in the Community*, 30(3), 1109-1119. 10.1111/hsc.13341
17. Efthymiou, A., Makri, M., Zoi, P., et al. (2021). Alzheimer's Disease through caregivers' and patients' lived experience. In I. Sotiropoulos & Ch. Dalla (Eds.). *When reasoning chases memory* (pp 303-322). Crete University press. ISBN: 978-960-524-610-5
18. Efthymiou, A., Papastavrou, E., Middleton, N., Markatou, A., Sakka, P. (2020). How Caregivers of People with Dementia Search for Dementia-Specific Information on the Internet: Survey Study. *Journal of Internet Medical Research in Aging*, 3(1): e15480. <https://aging.jmir.org/2020/1/e15480/>
19. Papa, R., Efthymiou, A., Lamura, G., Piccini, F., Papastavrou, E., Tsitsi, T., Casu, G., Boccaletti, L., Manattini, A., Seneca, R., de Carvalho, C.V., Durao, R., Barbabella, F., Andreasson, F., Magnusson, L., Hanson,, E.(2020). Review and selection of online resources for carers of frail adults or older people in five European countries: a mixed-method study. *Journal of Medical Internet Research mHealth and uHealth*, 8(6),e14618.10.2196/14618
20. Efthymiou, A., Middleton, N., Charalambous, A., Papastavrou, E.(2019). Adapting the eHeals Literacy Scale for Carers of People with Chronic Diseases (eHeals-Carer) in a sample of Greek and Cypriot Carers of People with Dementia: Reliability and Validation Study. *Journal of Internet Medical Research*, 21(11),e12504. 10.2196/12504
21. Efthymiou, A., Middleton, N., Charalambous, A., Papastavrou, E. (2017). The Association of Health Literacy and Electronic Health Literacy with Self-Efficacy, Coping, and Caregiving Perceptions among Carers of People with Dementia: Research Protocol for a Descriptive Correlational Study. *JMIR Res Protoc [Internet]*,6(11), e221. 10.2196/resprot.8080
22. Barbabella, F., Poli, A., Hanson, E., Andréasson, F., Salzmann, B., Döhner, H., et al. (2018). Usage and Usability of a Web-based Program for Family Caregivers of Older People in Three European Countries: A Mixed-Methods Evaluation. *CIN - Comput Informatics Nurs*, 36(5), 232-241. 10.1097/CIN.0000000000000422
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25. Dimakopoulou, E., Sakka, P.,Efthymiou, A., Karpathiou, N., Karydaki, M. (2015). Evaluating the Needs of Dementia Patients' Caregivers in Greece: A Questionnaire Survey. [Internet]. *Inter J of Caring Sci*, 8,274-280. https://www.internationaljournalofcaringsciences.org/docs/5_demakopoulou.pdf