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Η Δρ. Αρετή Ευθυμίου είναι Ψυχολόγος με ειδίκευση στη Γνωσιακή Συμπεριφορική Θεραπεία και Μεταπτυχιακό στις Γνωστικές Επιστήμες. Είναι διδάκτωρ του Τεχνολογικού Πανεπιστημίου Κύπρου, με διατριβή στη Εγγραμματοσύνη Υγείας και τους φροντιστές ατόμων με άνοια. Το 2023 ολοκλήρωσε μεταδιδακτορική έρευνα στο Ελληνικό Μεσογειακό Πανεπιστήμιο, εστιάζοντας στην ανάπτυξη εργαλείων για την υποστήριξη επαγγελματιών υγείας στην αναγνώριση ηλικιωμένων με χαμηλή εγγραμματοσύνη υγείας. Έχει διδάξει σε προπτυχιακά και μεταπτυχιακά προγράμματα μαθημάτων Ψυχολογίας της Υγείας, Εγγραμματοσύνης Υγείας και Γνωστικών Λειτουργιών. Τα ερευνητικά της ενδιαφέροντα επικεντρώνονται στην εγγραμματοσύνη υγείας, τη γνωστική ψυχολογία και την ψυχολογία της γήρανσης. Έχει πολυετή εμπειρία σε ευρωπαϊκά ερευνητικά προγράμματα και συνεργασίες με φορείς υγείας στην Ελλάδα και το εξωτερικό.

Επιλεγμένες Δημοσιεύσεις

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