

## **Dr. Thomas Zacharis**

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Thomas Zacharis is a Postdoctoral Researcher in Public Health at the University of West Attica and Head of Administrative Support Department at the Primary Health Care Center of Piraeus. He holds a PhD (Excellent) from the University of Thessaly and two Master's degrees in Health Management and Environmental Health. He has extensive experience in public administration and mental health services, having served as a social worker and administrative executive within the Greek National Health System. He is actively involved in postgraduate teaching and scientific research, with publications in international peer-reviewed journals and participation in scientific conferences. His research interests focus on public and environmental health, health promotion, and health services management.

### *Selected Publications*

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1. Zacharis, T. et al. (2025). Ecotherapy as a mental health promotion intervention.
2. Zacharis, T. et al. (2025). Environmental health and crisis management.
3. Zacharis, T. & Zisi, V. (2018). Quality of life in caregivers.
4. Zacharis, T. et al. (2020). Physical activity and mental health in caregivers.