P a r a s k e v i T h e o f i l o u

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Paraskevi Theofilou is a graduate of the Department of Psychology at Panteion University. She holds a PhD in Psychology from the same University (awarded with distinction), with a thesis focusing on the quality of life of patients with end-stage chronic renal failure. Furthermore, she is a distinguished graduate of the National School of Public Administration, having completed the program in Social Administration (Health Services Management). She conducted postdoctoral research at the Department of Nursing of the University of the Peloponnese, focusing on the evaluation of the quality of nursing care, as well as the impact of empathy, spiritual experiences, and motivation among nursing staff. Her research interests center on quality of life in chronic conditions, palliative care, quality in the healthcare sector, and human resource management, as well as the cultural adaptation and psychometric evaluation of questionnaires used in healthcare settings.

Selected Publications

1. **Theofilou P,** Katsafara D. Associated Factors with Fatigue and Health Locus of Control in Greek Patients with Cardiorespiratory Problems. Curr Cardiol Rev. 2026 Jul 27. doi: 10.2174/011573403X480620260714062848. Epub ahead of print. PMID: 42565428.
2. **Theofilou P,** Bilali M. Quality of Life and Medication Adherence among Patients Undergoing Hemodialysis: The Association with Clinical Parameters, Perceived Social Support, and Spiritual Needs. Nat Cell Sci 2026;4(1):e00035. doi: 10.61474/ncs.2025.00035.
3. Potamianou E, Dimitriadou I, Saridi M, Toska A, Fradelos EC, **Theofilou P,** Papagiannis D. Vaccination Uptake and Patient Perceptions Among Haemodialysis Patients: Insights from a Cross-Sectional Study. J Ren Care. 2025 Dec;51(4): e70039. doi: 10.1111/jorc.70039. PMID: 41405003; PMCID: PMC12710131.
4. **P. Theofilou,** E. Paraskevaidou (2025). The role of physical activity on fatigue and self-efficacy in pain among patients with musculoskeletal problems: A comparative study in Greece. The Open Public Health Journal. DOI: 10.2174/0118749445426317251007045309
5. **Theofilou P,** Nikolakopoulos S. Quality of life among patients with hemoglobinopathies: the role of self-efficacy in the use of medication and satisfaction with the provided health care. Series Clin Med Case Rep Rev. 2025;3(3):1-17.
6. Gesthimani Chatzimanolaki, Vassiliki Nikolopoulou, **Paraskevi Theofilou**. Fatigue, quality of life, and social support in Greek health staff: Public versus private kidney units. Global Health Economics and Sustainability 4574. https://doi.org/10.36922/ghes.4574
7. **Theofilou, P.,** & Anyfantopoulou, E. (2024). Fatigue and perceived social support contributing to medication adherence among elderly patients with musculoskeletal disorders in Greece. Academia Medicine, 1(3). https://doi.org/10.20935/AcadMed7296
8. Venetia Dourouka, Dimitris D. Vlastos and **Paraskevi Theofilou** (2023). Psychotherapy and Chronic Pain Management: A quantitative study evaluating the contribution of psychotherapy to quality of life and adjustment to treatment in chronic disease patients. Health Psychology Report (IF 2.0, Citescore 3.2) DOI: https://doi.org/10.5114/hpr/171847