

Health Psychology at the University of Athens, Greece

The activities in the field of Health Psychology at the Department of Psychology at the University of Athens were launched rather recently. At the end of the previous decade a relevant under-graduate course was initiated, while shortly after two courses were started within the Graduate Program of Clinical Psychology: Principles and Practice of Health Psychology, and Clinical Aspects of Health Psychology. At the same time, several doctoral dissertations with a health-psychology related topic were being conducted. Having a Master degree in Health or in Clinical Psychology stands as a prerequisite for being accepted as a doctoral student. Quite recently, a MSc Programme in Health Psychology has been established at the University of Crete, Department of Psychology, thus enforcing our efforts to establish a strong health psychology tradition in our country.

Since 1995 four PhD dissertations were completed in the area of Health Psychology at the Psychology Department of the University of Athens. The main supervisor in all four PhD's was Dr. Anastasia Kalantzi-Azizi, a Professor of Clinical Psychology at the University.

The topics covered by these 4 PhD projects go from "self control" in adolescents suffering from Insulin Dependent Diabetes (Klimentioti, et al., 1995) to work with obese, sedentary adults with type 2 diabetes (Paschali, et al., 2004) examining whether giving activity feedback to this specific obese population would improve their adherence to a home-based walking program. Child populations were also approached and a cognitive-behavioural stress management program for children with nephrotic syndrome (NS) was tested (Kollia, et al., 2004). The fourth PhD project (Ploubidis, et al., 2004) investigated the relationship between psychosocial variables such as family support, self-efficacy, diabetes perceptions, depression and stress, to the adherence of Type 1 diabetic patients to medical recommendations. Most of the above research was recently presented at the 1st Greek Health Psychology Conference, which was held in Athens in 2004.

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