

C.V.

Chasandra Maria (Hassandra M)

ORCID iD : <https://orcid.org/0000-0001-8046-3547>

Scopus Author ID: 22135101000

Scopus Author ID: 55405270400

Loop profile: 289294

ResearcherID: N-3038-2016

1. Full name and date

Name: Chasandra Maria **Gender:** Female **CV Date:** January 2020

2. Date and place of birth, nationality, current residence

Born: January, 1966

Place of Birth: Piraeus, Greece **Nationality:** Greek **Citizenship:** Greek

Contact details: E-mail: mxasad@uth.gr

3. Education & degrees awarded

2000 – 2004 **Doctor of Philosophy**
University of Thessaly, Department of Physical Education and Sports Science, Greece.
Area of Specialization: Sport Pedagogy

1998 – 2000 **Master of Science in Human Performance and Health**
Aristotle University of Thessaloniki, Department of Physical Education and Sports Science, Greece
Area of Specialization: School Physical Education

1984 – 1988 **Bachelor of Science in Physical Education and Sport Sciences**
Aristotle University of Thessaloniki, Department of Physical Education and Sports Science, Greece
Qualified Physical Education teacher
Coaching: Track and Field (Throwing events)
Supporting Area: Adapted Physical Education

4. Other education and training, qualifications and skills

- Certifications / Training /*
- Advanced course using Structural Equation Modeling (MPlus), 5-9 September 2016, Methodology Center for Human Sciences, Prof. Asko Tolvanen, University of Jyväskylä
 - Certification of coding competence in use of BCTv1. Certified by the BCTv1 Project team and the UCL Center for Behaviour Change (October 2015)
 - Certificate TACE: Teaching Academic Content through English Language Center University of Jyväskylä (2013).
 - Certificate of attendance: Social Epidemiology On line course Coursera
 - Certificate of attendance: Measuring causal effects in the social sciences On line course Coursera

Skills Familiar with SPSS, N-Vivo, Atlas, MPlus, Review Manager.

5. Linguistic skills

Greek Mother tongue
English Excellent written and spoken
French Good written, satisfactory spoken
Italian Good written, satisfactory spoken
Finnish Basic written, Basic spoken

6. Current position

2019 – Present. Assistant professor

Department of Physical Education & Sport Sciences
University of Thessaly, Karies, Trikala 42100, Greece

7. Previous work experience

2011 - 2019 Senior Lecturer in Sports and Exercise Psychology

University of Jyväskylä, Faculty of Sport and Health Sciences
Department of Sport Sciences, P.O. Box 35, 40014, Finland
Responsibilities: Teaching at master level, supervision and consulting.
Acting as leading and/or independent researcher

2000 – 2011 Lecturer (2007 - 11)

Adjunct Faculty (2000 – 07)
Department of Physical Education & Sport Sciences
University of Thessaly, Karies, Trikala 42100, Greece

1996 -1998 Physical education teacher

Appointed as a permanent P.E. teacher to public Elementary and Secondary schools
Ministry of Education and Religious Affairs, Greece
Athens, Thessaloniki, Syros island, Salamina island.

1994 -1996 Teaching recreational classes and Events organizer

Teaching in aerobic classes, modern dance classes (girls - adolescents), and classes for pre-schoolers (movement and music).
Municipality of Sykies, Thessaloniki (Awarded for services)

1989 -1992 Aerobic and Fitness Instructor

Classes and personal training for women only to a fitness club
Chic studio, Piraeus and Thessaloniki

1985-1988 Fitness Coach

*Coaching adolescents for Entrance Exams to University departments
(Required for Sport and military schools) Thessaloniki*

1985-1988 Track and Field Coach

*Coaching track and field children and adolescents
Sport Club Aris, Thessaloniki*

8. Research funding / Leadership / Supervision

Status	Year	Budget	Source of Funding	Project Title
<i>As a principal investigator or coordinator</i>	3/2020 – 9/2022 (Coordinator)	€90.000	National Strategic Reference Framework 2014-2020 General Secretariat for research and technology, Ministry of	Development of a Virtual Reality Application for Exercise Rehabilitation of Patients with Chronic Neurological Disorders (Multiple Sclerosis): A Tool to Support Business and Institutions of Medical Tourism (VERN)
	1/10/2014-30/6/2016 (PI)	€60.000	Kelan tutkimusosasto, FIN	A Systematic Review of the Effectiveness of Motivational Methods Used to Change Physical Activity Behavior of Sedentary Adults in Rehabilitation Settings
	1/1/2014-30/6/2016 (PI)	€160.000	Finnish National Institute of Health and Welfare Project No: 201410037	“Physical over Smoking” A mobile health care smartphone application aiming to help people who have recently quit smoking not to relapse by providing them short physical activity solutions for managing cigarette cravings
	2009-2010 (PI)	€3.929	Internal grant from the University of Thessaly, Research committee	“Effectiveness on two forms of self-talk for the enhancement of athletic performance on two different motor skills in physical education lesson”
	2010-2012 (Coordinator)	€123.064	Internal grant from the University of Thessaly	“Physical education undergraduate students’ practicum”
<i>As a member of the research group</i>	6/2018 – 6/2021	€430.000	National Strategic Reference Framework 2014-2020 General Secretariat for research and technology, Ministry of	A virtual reality application for the exercise of dementia and Alzheimer patients (VRADA)
	1/2020-12/2022	€380.000	Program: Erasmus+ Sport Call: Collaborative Partnerships/EAC/A03/2018	Reintegration Through Sport Plus (RTS+)
	1/2020 – 6.2021	€398.000	Program: Erasmus+ Sport Call: Collaborative Partnerships	Interactive Living for Mental Health, INALMH
	2017-2020	€2.000.000	ERC Advanced Grant	AGNES project: Promoting active aging A cohort and intervention study Role: Senior research fellow Intervention design PI: Taina Rantanen
	2017 – 2020	€60.000	External grant Finnish Ministry of Education	Using Physical Education to Promote out-of-School Physical Activity in Lower Secondary School Students: A Randomized Controlled Intervention Based on Behavioral Theory (PETALS Project) Role: Senior research fellow). PI: Hagger Martin
	2015-2020	€1.000.000	TEKES FiDiPro	Motivation: Theory- and Evidence-Based Interventions to Increase Physical Activity (IMPACT Project) https://www.fidiproimpact.com/people
	2012-2015	€35.000	National Strategic Reference Framework 2007-2013	Exercise, smoking, & alcohol: investigation of mechanisms, & interventions for prevention, cessation & awareness ESCAPEE
2006	€250.000	Hellenic Ministry of Education	The Kalipatira project. From sport to daily life. All equal – all differed	

2005-2007	€50.000	Hellenic Ministry of Education Pythagoras II	“Walking, physical activity, mobility, functional and mental health in the elderly”
2008- 2010	€60.000	External grant	“Physical activity and dietary behaviors of West Thessaly students”
2007- 2008		Internal grant from the University of Thessaly, Research committee	“Interdepartmental Undergraduate program on gender and equity issues” – “Women’s participation in Sports”
2001		Internal grant from the University of Thessaly, Research committee	“Investigation of the factors affecting intrinsic motivation of physical education students, using a qualitative methodology”.

9. Merits in Teaching and pedagogical competence

Pedagogical training and competence

During my bachelor studies I completed the pedagogical education requirements for teaching. Furthermore, I have completed a training course for JyU staff members (TACE: 3 semesters, 10 credits) that combined various teaching methods in a multicultural and multilingual group, updating our awareness and pedagogical skills to the modern, international classroom needs.

Curriculum planning and implementation of courses

Subject	Study hours	Course level	Duration
School Physical Education / Specialization	6h/week	BSc.	4 semesters
Olympic education / Optional	2h/week	BSc.	1 semester
Sport Pedagogy	2h/week	BSc.	1 semester
Health education	2h/week	BSc.	1 semester
Physical activity and health education	2h/week	MSc.	1 semester
Qualitative research methods	2h/week	MSc.	1 semester
Physical activity and Psychological Well-Being	Book exam	MSc.	1 semester
Advanced Research Methods	Book exam	MSc.	1 semester
Master thesis seminars	Seminars	MSc.	4 semesters
Advanced Knowledge of SEP II	Seminars	MSc.	1 semester
Professional development	Seminars	MSc.	3 semesters
Advanced Research Methods	Book exam	MSc.	1 semester
Promotion of physical activity / Optional	2h/week	MSc.	1 semester

Supervision

PhD Co-supervision

- ✓ JyU/Fin: Hanna-Mari Toivonen: “Development, implementation and evaluation of a training program for novice instructors to apply Hellison’s teaching personal and social responsibility model in after-school sports”
- ✓ UTH/GR: Psouni Stavroula: “Exercise and dietary habits: Applications of the Theory of Planned Behavior”

External Evaluator Committee Member of Doctoral thesis defense

- ✓ DUTH/GR: Iraklis Kellis: “The cultural diversity’s approach for first degree students through the Physical Education’s course”

- ✓ UTH/GR: Magotsiou D. Evmorfia: “Development, application and evaluation of a social skills enhancing program in physical education”
- ✓ UTH/GR: Georgios Giannoudis: “The Effectiveness of Teaching a Life Skills Program in a Physical Education context”
- ✓ UTH/GR: Eleni Dimitriou: “Exercise and health education in school”

Master thesis as main supervisor:

University of Jyvaskyla	Name / Year
1. Heart rate variability as a physiological indicator of mental toughness	Papantoniou Adamos (2016)
2. A scoping review on interventions to promote physical activity among adults with disabilities	Oscar Castro Serrano (2016)
3. Increasing non-exercise physical activity : Extended theory of planned behaviour model testing and the role of stress within sedentary parents	Loosveldt, Justine (2015)
4. Modelling the influence of automaticity of behaviour on physical activity motivation, intention and actual behaviour	Rietdijk, Yara (2014)
5. Coaching strategies while teaching life skills: multiple case study of Estonian youth coaches	Kivinukk, Elina (2014)
6. Behavioural regulation, mental toughness, and achievement goals : a cross-cultural comparison between Singaporean and Finnish youth athletes	Kok, Chun Li (2014)
7. Translation and validation of Brunel Mood Scale for Serbian athlete population	Rajkovic, Ivica (2014)
8. Behavior regulations and motives to participate in physical activity of Finnish team sports athletes	Huang, Houyuan (2014)
9. Implementation of a social and emotional learning programme in physical education : a teacher’s action research study	Ho, Soo (2013)
10. Interaction of physical activity, mental health, health locus of control and quality of life : a study on university students in Pakistan	Khan, Bazila Akbar (2013)
11. Ladies in armour: a phenomenological investigation of experiences of highly skilled Finnish female kendo athletes	Dekšnyt , Rita (2013)
12. Interaction of physical activity, diet, health locus of control and quality of life among Finnish university students	Minhas, Muhammad (2013)
13. Exploring the relationships between flow, mindfulness, & self-talk: a correlational study	Bervoets, Joachim (2013)
14. Early involvement and pathway specialization: A dropout track in cross-country skiing?	Wi claw, Grzegorz (2013)
15. Adaption and validation of the German version of the basic psychological needs in physical education scale	Heckmann, Philip
16. Balancing between identities: a gay athlete’s experiences in sport and exercise domains in Finland	Aulin, Valtteri
17. The basic psychological needs in physical education scale in Filipino	Cagas, Jonathan (2013)

University of Thessaly	Name / 2001-2011
1. μ : , μ ,	.
2. μ : , μ ,	.

8. Qualitative Research in Sport, Exercise and Health
9. Swedish Journal of Sport Research
10. Psychological Reports
11. Addictive Behaviors
12. Science of Gymnastics Journal.
13. European Physical Education Review
14. Hellenic Journal of Psychology
15. Hellenic Journal of Physical Education and Sport Science
16. Inquiries in Sport and Physical Education
17. Athlitiki Psychologia
18. 30th Bled e Conference Digital Transformation–From Connecting Things to Transforming Our Lives

University committees & administrative appointments

University of Jyväskylä, FIN

1. Applicants entrance selection (interviews and evaluation of research proposals and motivational letters)
2. Students, Teachers and Scholars Feedback data collection, analyses and presentations

University of Thessaly, GRE

1. Committee of Bioethics, Member
2. Committee of the Library, Member
3. Committee of Entrance Exams

Invited lectures / workshops

- 2016** Intensive Course: European Master Studies in Sport and Exercise Psychology, University of Thessaly, Trikala, Greece
Topic: Applications of behaviour change techniques for physical activity
- 2014** Intensive Course: European Master Studies in Sport and Exercise Psychology, University of Lund, Sweden University of Rome “Foro Italico” Rome
Topic: Promotion of Physical Activity
- 2013** Intensive Course: European Master Studies in Sport and Exercise Psychology, University of Lund, Sweden
Topic: Exercise and Smoking
- 2011** 7th ENYSSP Workshop, Jyväskylä
Quantitative, Qualitative and Mixed research methods
- 2010** 7th Pan-Cretan Conference of Physical education and Sport “Life-long physical activity as a health determinant factor”
Topic: “School physical education as a factor of adoption of a healthy life style”
- 2010** 3rd Pan-Hellenic conference of early childhood educators of the Athens Municipal Crèches and Child Care Centers, Athens, Greece *Topic: “Creating a sport culture to children of big cities”*
- 2010** European conference on promoting children’s physical activity "Active Cities-Active Children" Stuttgart, Germany. (<http://www.citiesforsports.eu/>)
Topic:
A. *Workshop: “Promotion of Physical activity to children – What parents can do”*
B. *Panel Discussion: “How a sports culture for children can be created in European cities”*

Other academic – Research invitations

Invited by the National Research Framework NRF and of South Africa to assess applicants’ research output and portfolios as RATING REVIEWER

Seminars for in-service physical education teachers

- ✓ Training physical education teachers of Olympic education, as coordinator of Working Groups:
 - Athens 15/01/2001 to 19/01/2001
 - Thessaloniki 22/01/2001 to 26/01/2001
 - Athens 12/02/2001 to 15/02/2001
 - Athens 10-13 December 2001 Peace and Friendship Stadium.
 - Athens 7-11 January 2002 Peace and Friendship Stadium.
 - Thessaloniki, 12-13 December 2002
 - Patras , 2-4 November 2003
- ✓ Trainer in Congress E.F.E.P.E. on "Olympic education - Athens 2004", London, 7 June 2003.
- ✓ Seminar for PE teachers: "Exercise programs and health education in schools."
 - Heraklion, Crete, Nov. 1, 2003
 - Trikala, Greece, 26-28 November 2004
 - Thessaloniki, Greece, 3-5 December, 2004.
- ✓ Training physical education teachers for the program "Kallipateira" Ministry of Education, coordinator of the Working Group, Thessaloniki, 2006.
- ✓ Training physical education teachers for the National Curriculum Books of Physical Education, Ministry of Education, Athens, 2008.

12. Scientific and societal impact of research*

(*Publishing in Greek language is obligatory to Greek Universities)

A. Peer-reviewed scientific articles

A1. Journal article (refereed), original research

Physical activity and Health

- 1.
2. Rantanen, T., Pynnönen, K., Saajanaho, M., Siltanen, S., Karavirta, L., Kokko, K., Karvonen, A., Kauppinen, M., Rantalainen, T., Rantakokko, M., Portegijs E. & **Hassandra**, M. Individualized counselling for active aging: protocol of a single-blinded, randomized controlled trial among older people (the AGNES intervention study). *BMC Geriatr* 19, 5 (2019) doi:10.1186/s12877-018-1012-z
3. Kettunen, E., Kari, T., **Chasandra**, M., Critchley, W., & Do an, U. (2017). Activity Trackers Influencing Motivation and Awareness: Study Among Fitness Centre Members. In A. Pucihar, M. K. Borštnar, C. Kittl, P. Ravesteijn, R. Clarke, & R. Bons (Eds.), *Bled 2017: Proceedings of the 30th Bled eConference: Digital Transformation: From Connecting Things to Transforming Our Lives* (pp. 295-311). Maribor: University of Maribor Press. <https://press.um.si/index.php/ump/catalog/book/343> doi:10.18690/978-961-286-0431.21
4. Psouni, S., **Hassandra**, M., & Theodorakis, Y. (2016). Exercise and Healthy Eating Intentions and Behaviors among Normal Weight and Overweight/Obese Adults. *Psychology*, 7, 598-611.
5. Zourbanos, N., Hatzigeorgiadis, A., Tsiami A., Tzatzaki, T., Georgakouli, K., Manthou, E., Goudas, M., Jamurtas, A., Hatzoglou, C., Chatzisarantis, N., **Hassandra**, M., & Theodorakis, Y. (2016). An initial investigation of smokers' urges to smoke and their exercise intensity preference: A mixed-methods approach. *Cogent Medicine*. DOI 10.1080/2331205X.2016.1149043
6. Psouni, S., **Hassandra**, M., & Theodorakis, Y. (2016). Patterns of Eating and Physical Activity Attitudes and Behaviors in Relation to Body Mass Index. *Psychology*, 7, 180-192.
7. **Hassandra**, M., Kolovelonis, A., Chroni, S.A., Olympiou, A., Goudas, M. and Theodorakis, Y. (2015). Understanding the Experiences of Heavy Smokers after Exercise.

Health, 7, 1622-1633. (NSD: Level 1)

8. **Hassandra** M, Lintunen T, Kettunen T, Vanhala M, Toivonen HM, Kinnunen K, Heikkinen R. (2015). Effectiveness of a Mobile Phone App for Adults That Uses Physical Activity as a Tool to Manage Cigarette Craving After Smoking Cessation: A Study Protocol for a Randomized Controlled Trial, *Journal of Medical Internet Research Protocols* 4(4):e125, DOI: 10.2196/resprot.4600 (NSD: Level 1)

9. **Hassandra**, M., Zourbanos, N., Kofou, G., Gourgoulialis, K., & Theodorakis, Y. (2013). Process and outcome evaluation of the “No more smoking! It’s time for physical activity” program. *Journal of Sport and Health Science*, 2(4), 242-248. (NSD: Level 1)

10. **Hassandra**, M., Zourbanos, N., Kofou, G., Gourgoulialis, K., & Theodorakis, Y. (2013). Physical activity and body image in 13-17 years old adolescents: Gender and physical activity effects. *Inquiries in Sport & Physical Education Volume 11 (1)*, 65 - 75. (Adamidou, E., Zisi, V., **Hassandra** M., & Chroni, S. (2013). *Body Image in 13-17 Years Old Adolescents: Gender and Physical Activity Effects. Inquiries in Sport & Physical Education Volume 11 (1)*, 65 - 75.) (NSD: Level 1)

11. **Hassandra**, M., Kofou, G., Zourbanos, N., Gratsani, S., Zisi, V., & Theodorakis, Y. (2012). Initial evaluation of a smoking cessation program incorporating physical activity promotion to Greek adults in anti-smoking clinics. *Evaluation & the Health Professions*, 35(3), 323-330. (NSD: Level 1)

12. **Hassandra**, M., Vlachopoulos, S., Hatzigeorgiadis, A., Goudas, M., Kosmidou, E., & Theodorakis, Y. (2011). Predicting students’ intention to smoke by theory of planned behaviour variables and parental influences across school grade levels. *Psychology & Health*, 26(9), 1241-1258. (NSD: Level 2)

13. Kosmidou, E., **Hassandra**, M., Hatzigeorgiadis, A., Goudas, M., & Theodorakis, Y. (2011). Smoking outcome expectancies and smoking status from early to late adolescence in Greece. *International Journal of Child & Adolescent Health*, 4(3).

14. **Hassandra**, M., Theodorakis, Y., Kosmidou, E., Grammatikopoulos, V., & Hatzigeorgiadis, A. (2009). I do not smoke – I exercise: A pilot study of a new educational resource for secondary education students. *Scandinavian Journal of Public Health*, 37 (4), 372-379. (NSD: Level 1)

15. **Hassandra**, M., & Theodorakis, Y. (2005). Differences between exercisers and non-exercisers. *Inquiries in Sport & Physical Education*, 3 (3), 239 - 248. (Theodorakis, Y. & **Hassandra**, M. (2005). *Smoking and Exercise, (Part 1): Differences between Exercisers and Non-Exercisers. Inquiries in Sport & Physical Education*, 3 (3), 239 - 248.) (NSD: Level 1)

Physical Education

16. Polet, J., **Hassandra**, M., Lintunen, T. et al. Using physical education to promote out-of-school physical activity in lower secondary school students – a randomized controlled trial protocol. *BMC Public Health* 19, 157 (2019) doi:10.1186/s12889-019-6478-x

17. Toivonen HM., Wright PM., **Hassandra** M., Hagger MS., Hankonen N., Hirvensalo, M., Talvio M., Gould D., Kalaja S., Tammelinn T., Laine K., Lintunen T. (2019). Training Program for Novice Physical Activity Instructors Using Teaching Personal and Social Responsibility (TPSR) Model: A Program Development and Protocol. *International Journal of Sport and Exercise Psychology*, <https://doi.org/10.1080/1612197X.2019.1661268>

18. Kamarova S., Chatzisarantis, NLD., Hagger MS., Lintunen T., **Hassandra** M., Papaioannou A. (2017). Effects of achievement goals on perceptions of competence in conditions of unfavourable social comparisons: The mastery goal advantage effect. *British Journal of Educational Psychology*, 87(4):630-646. doi: 10.1111/bjep.12168.

19. Cagas, J. & **Hassandra**, M. (2014). The Basic Psychological Needs in Physical Education Scale in Filipino: An Exploratory Factor Analysis. *Philippine Journal of Psychology*, 47(1), 19-40.

20. Kolovelonis, A., Goudas, M., **Hassandra** M. & Dermizaki, I. (2012). Self-Regulated Learning in Physical Education: Examining the Effects of Emulative and Self-Control Practice. *Psychology of Sport & Exercise*, 13, 383-389. (NSD: Level 1)

21. , .. , .. , .. , .. & . (2011).
 & μ , 9 (1), 1 – 13. (Chroni S.,
 Koskeridou M., **Hassandra M.**, Zourbanos N., Goudas M., & Theodorakis Y. (2011). Viewpoints and education on gender equality issues when teaching physical education. *Inquiries in Sport & Physical Education*, 9 (1), 1 - 13.) (NSD: Level 1)
22. **Hassandra, M.** & Goudas, M. (2010). An evaluation of a physical education program for the development of students' personal and social responsibility. *Hellenic Journal of Psychology*, 7, 275-297. (NSD: Level 1)
23. **Hassandra, M.**, Kofou, G., Goudas, M., & Theodorakis, Y. (2010). The Views of Greek Physical Education Teachers on Socio-Moral Education. *International Journal of Physical Education*, 3, 33–39. (NSD: Level 1)
24. , .. , .. μ , .. & , . (2010).
 μμ
 & μ , 8 (2), 107 – 118. (Kolovelonis, A., Goudas, M.,
 Dimitriou, E., & **Hassandra, M.** (2010). A Qualitative Evaluation of a Life Skill Training Program in Physical Education. *Inquiries in Sport & Physical Education* Volume 8 (2), 107 – 118.) (NSD: Level 1)
25. , .. , .. , .. , .. , . (2010).
 μ μ « »
 μ & μ ,
 8 (1) , 28 – 42. (Goudas, M., Kolovelonis, A., Nikitopoulou, C., **Hassandra M.**, Gerodimos, V. (2010). Evaluation of the effectiveness of the content of fitness of the school physical education book for 7th grade students. *Inquiries in Sport and Physical Education*, 8 (1), 28 – 42.) (NSD: Level 1)
26. , M., , M., & , A. (2008). μ
 μμ
 & μ , 6 (2) , 162 – 168. (Papageorgiou, M., **Hassandra, M.**, &
 Hatzigeorgiadis, A. (2008). Fair Play in Physical Education: Effects of Sex, Age and Intrinsic Motivation. *Inquiries in Sport & Physical Education*, 6 (2), 162 – 168.) (NSD: Level 1)
27. **Hassandra M.**, Bekiari A., & Sakellariou K. (2007). Physical education teacher's verbal aggression and student's fair play behaviours. *The Physical Educator*, 64(2), 94-101.
28. **Hassandra, M.**, Goudas, M., Hatzigeorgiadis, A., & Theodorakis, Y. (2007). A Fair Play intervention program in school Olympic education. *European Journal of Psychology of Education*, 22, 99-114. (NSD: Level 1)
29. Magotsiou, E., Goudas, M., & **Hassandra, M.** (2006). Validity and reliability of the Greek version of the Multisource Assessment of Social Competence Scale. *Perceptual and Motor Skills*, 103, 667-675. (NSD: Level 1)
30. , . (2006) . « »
 & μ , 4(2), 211-224. (**Hassandra M.** (2006). The development of Fair Play in Physical education. *Inquiries in Sport & Physical Education* 4(2), 211-224.) (NSD: Level 1)
31. Goudas, M. & **Hassandra, M.** (2006). Greek students' motives for participation in physical education. *International Journal of Physical Education*, LIII (2) , 85-89. (NSD: Level 1)
32. Grammatikopoulos, V., **Hassandra, M.**, Koustelios, A., & Theodorakis Y. (2005). Evaluating the Olympic Education Program: A qualitative approach. *Studies in Educational Evaluation*, 31, 347-357. (NSD: Level 1)
33. μ , .. , .. . (2004). μ , 2(1) , 26-32. (Karabekou, A.,
Hassandra, M., & Goudas, M. (2004). Concerns of Physical Education Teachers. *Inquiries in Sport & Physical Education*, 2 (1), 26 – 32.) (NSD: Level 1)
34. , .. , .. μ , .. , .. , .. & ,
 . (2004). μ
 μ , 2(1) , 67-72. (Magouritsa, G., Kokaridas, D.,
Hassandra, M., Perkos, S., Tsapatos, s., & Davos, A. (2004). Sport Orientation of Wheelchair Basketball

- Athletes. Inquiries in Sport & Physical Education*, 2 (1), 67 – 72). (NSD: Level 1)
35. **Hassandra**, M., Goudas, M., & Chroni, A. (2003). Examining factors associated with intrinsic motivation in physical education: A qualitative approach. *Psychology of Sport and Exercise*, 4, 211-223. (NSD: Level 1)
36. Hassandra, M., Goudas, M., Chroni, A., & Zizou, S. (2002). Η ανάπτυξη της αυτονομίας (fair play) στην πρωτοβάθμια εκπαίδευση. *Επιστημονική Επιθεώρηση Παιδείας*, 13, 105-126. (Hassandra, M., Goudas, M., Hatzigeorgiadis, S., & Theodorakis, Y. (2002). Development of a questionnaire assessing fair play in elementary school physical education. *Athlitiki Psychologia*, 13, 105-126.) (NSD: Level 1)
37. Hassandra, M., Goudas, M., & Chroni, A. (2001). Η συμμετοχή στην παραδοσιακή χοροθεατρική τέχνη. *Επιστημονική Επιθεώρηση Παιδείας*, 12, 61-72. (Zanou, S., Hassandra, M., & Goudas, M. (2001). "Investigation of reasons for participation: A qualitative investigation of traditional dance participants. *Athlitiki Psychologia*, 12, 61-72.) (NSD: Level 1)
38. Hassandra, M., Goudas, M., & Chroni, A. (2013). Η επίδραση της φυσικής δραστηριότητας, του καπνίσματος και της κατανάλωσης αλκοόλ στην ποιότητα ζωής των μαθητών των κέντρων συνεχιζόμενης εκπαίδευσης. *Inquiries in Sport & Physical Education*, 11 (3), 9 – 21. (Hassandra M., Tsiaousi, L., Zisi, V., Karatzaferi, C., & Theodorakis, Y. (2013). Effects of Physical Activity, Smoking and Alcohol Consumption on Quality of Life of Students in Continuous Education Centers. *Inquiries in Sport & Physical Education Volume 11* (3), 9 - 21.) (NSD: Level 1)

A2 Review article, Literature review, Systematic review

39. Oscar Castro, Kwok Ng, Elizaveta Novoradovskaya, Grégoire Bosselut, Mary Hassandra (2018). A scoping review on interventions to promote physical activity among adults with disabilities. *Disability and Health Journal*, 11(2), 174-183. <https://doi.org/10.1016/j.dhjo.2017.10.013>
40. Hassandra, M., Goudas M., Theodorakis, Y. (2015). Exercise and smoking: A literature overview. *Health*, 7(11), 1477-1491. (NSD: Level 1)
41. Hassandra, M., Goudas, M., Theodorakis, Y., & Chroni, A. (2009). Η επίδραση της φυσικής δραστηριότητας στην ποιότητα ζωής των μαθητών των κέντρων συνεχιζόμενης εκπαίδευσης. *Επιστημονική Επιθεώρηση Παιδείας*, 6 (2), 181 – 194. (Theodorakis, Y., Kosmidou, E., Hassandra, M., & Goudas, M. (2008). Review of the applications of a health education program "I do not smoke I exercise" to elementary, junior high school and high school students. *Inquiries in Sport and Physical Education*, 6, 181-194.) (NSD: Level 1)
42. Hassandra, M., Goudas, M., & Chroni, A. (2000). Η επίδραση της αυτονομίας στην ποιότητα ζωής των μαθητών των κέντρων συνεχιζόμενης εκπαίδευσης. *Physical Activity and Quality of Life*, 1, 1-18. (Papaharisis, V., Hassandra, M., & Goudas, M. (2000). The role of intrinsic motivation in school physical education. *Physical Activity and Quality of Life*, 1, 1-18.) (NSD: Level 1)

A3 Book section, chapters in research books

43. Goudas, M., Hassandra, M., & Kosmidou, E. (2007). *Social inequities and social exclusion. "The Kallipateira program" "Actions to promote equity and solidarity"*. Ministry of National Education and Religious Affairs, Athens.
44. Chroni, S. & Hassandra, M. (2007). *Gender and equity: Student's handbook. "The Kallipateira program" "Actions to promote equity and solidarity"*. Ministry of National Education and Religious Affairs, Athens.
45. Hassandra, M., & Goudas, M. (2004). Η επίδραση της αυτονομίας στην ποιότητα ζωής των μαθητών των κέντρων συνεχιζόμενης εκπαίδευσης. *Scientific Annals of the Psychological Society of Northern Greece*, (2), 31-47. (Hassandra, M., & Goudas, M. (2003). Criteria for establishing validity and reliability in qualitative - hermeneutic research. *Scientific Annals of the Psychological Society of Northern Greece*, (2), 31-47. (http://www.pseve.org/volume2_info_en.asp). (NSD: Level 1)

A4 Conference proceedings

46. **Hassandra**, M. & Hatzigeorgiadis, A. (2009). Prediction of prosocial and antisocial behaviours from dispositional goal orientations and motivations climate in physical education. *Conference proceedings ISSP 12th World Congress Marrakesh, Morocco* 17-21 June.
47. Chrisostomou, C., Hatzigeorgiadis, A., **Hassandra** M. (2008). Students' Attitudes to fair play in Cyprus physical education lesson. *Proceedings of 10th National Congress of Sport Psychology*, pp. 132-134, Athens.
48. **Hassandra**, M. Goudas M. & Hatzigeorgiadis A. (2003). Attitudes towards fair play in physical education: The role of intrinsic motivation and gender. *Proceedings XIth European Congress of Sport Psychology*, Copenhagen 22-27 July, p. 72.
49. **Hassandra** M., & Goudas M. (2001). A qualitative investigation of environmental factors affecting intrinsic motivation in physical education. *Proceedings 10th World Congress of Sport Psychology*, Skiathos, Greece, June 2, vol. 5, pp. 107-109.
50. **Hassandra**, . (2000). Life skills: Applications in physical education. *Proceedings 6th National Congress of Sport Psychology*, p. 196.

B Non-refereed scientific articles

B2 Book section

Physical activity and Health Behaviors

51. Theodorakis, Y. & **Hassandra**, M. (2006). Designing health education programs. Thessaloniki: Kristodoulidis publications. ISBN: 960-8183-55-3
52. 2017 **Hassandra**, M, Pynnönen, K, Siltanen, S, Saajanaho, M, Portegijs, E, Karavirta, L, Rantanen, T. (2017). Toiminnalla tavoitteisiin: oman hyvinvoinnin edistäminen ikääntyessä. Gerontologian tutkimuskeskus (GEREC), Jyväskylän yliopisto. Promotion of active aging and wellbeing. Gerontology Research Center (GEREC), University of Jyväskylä. <https://jyu.finna.fi/Record/jykdok.1735667>

D Publications intended for professional communities

53. **Hassandra** M., Kettunen, T., Lintunen, T. (2016). Älypuhelinsovelluksen vaikuttavuus aikuisten tupakoinnin himon ja vieroitusoireiden hallinnassa - Tutkimusprotokolla fyysiseen aktiivisuuteen perustuvasta kokeellisesta tutkimuksesta. (Effectiveness of the Smartphone App in the Management of Adult Smoking Cravings). *Best Practice Keuhkosairaudet*, 12(4), 8-9.
54. Kivistö, H., Novoradovskaya, E., **Hassandra**, M., & Sjögren, T. (2017). Motivoivan haastattelun vaikutus ylipainoisten fyysisen aktiivisuuden lisäämiseen (Motivational interviewing effect of increasing the physical activity of overweight). *Fysioterapia*, 64 (1), 30-34.
55. Sjögren, T., Novoradovskaya, E., Lintunen, T., Karvanen, J., Immonen, J., Ruiz, M. C., & **Hassandra**, M. (2017). Kuntoutuksessa käytettävien motiivointimenetelmien vaikuttavuus vähän liikkuvien aikuisten liikuntakäyttäytymiseen (The effectiveness of motivational behavior change techniques for sedentary adults in rehabilitation settings). *Fysioterapia*, 64 (1), 24-29.
- 56.

D2 Textbook material in a professional manual or guide

57. Goudas, M., **Hassandra** M., Papaharisis, V., & Gerodimos, V. (2006). Physical education 7th grade: Teachers' Book. Pedagogical Institute. Ministry of National Education and Religious Affairs. Athens, Greece.
58. Theodorakis, Y., Avgerinos, A., Kellis, H., Papaharisis, V., & **Hassandra** M. (2001). Olympic Education: From theory to practice. Athens: Livanis Publications. ISBN 960-14-0479-1

D3 Professional conference proceedings

2000-2016: More than 70 presentations, mainly oral, on Greek and International conferences and congresses, peer reviewed.

Selected presentations

47. **Hassandra** M, Laukanen A, Lintunen T, Polet J, Hankonen N, Hirvensalo M, Hagger M.S. Description of the Development of the Autonomy-Supportive PE Teacher Training Program (PETALS) presented at the Symposium SYMPOSIUM: Basis, Design, Development and Acceptability of the Physical Education Teacher Autonomy Support Training to Promote Leisure-time Physical Activity in Students (PETALS) Intervention. Martin S. Hagger, Mary Hassandra, Arto Laukkanen, Juho Polet, Taru Lintunen. *15th FEPSAC Congress July 15-20, 2019, Münster, Germany.*
48. **Hassandra** M, Heikkinen R, Lintunen T, Kettunen T, Vanhala M. (2016). Managing cravings after quit smoking: Pharmacological support and mHealth Applications. *8th Nordic Health Promotion Research Conference, 20-22 June 2016, Jyväskylä, Finland.*
49. **Hassandra** M, Heikkinen R, Kettunen T and Lintunen T (2016). An mHealth intervention: Associations between Theory of Planned Behaviour constructs for physical activity and longitudinal smoking related behavioural data. *Front. Public Health.* Conference Abstract: *2nd Behaviour Change Conference: Digital Health and Wellbeing.* doi: 10.3389/conf.FPUBH.2016.01.00105
50. **Hassandra**, M., Toivonen, H., Loosveldt, J., Lintunen, T., Kettunen T. (2015). Managing cigarette cravings using the Physical over Smoking (PoS) App: a randomized control trial. Poster Presentation at *29th Conference of the European Health Psychology Society Principles of Behaviour Change in Health and Illness* 1-5 September Limassol Cyprus.
51. **Hassandra**, M., Ng, K., Villberg, J., & Välimaa, R.. (2015). Intention to be physically active in the future for 15-year-old school students. Invited presentation to symposium: *Reimagining physical education as an avenue for promoting the psychosocial, cognitive, and physical health of youth.* Chair(s): Spyridoula Vazou (Iowa State University), Caterina Pesce (Italian University Sport and Movement) Discussant(s): Athanasios Papaioannou (University of Thessaly). *14th European Congress of Sport Psychology, Theories and Applications for Performance, Health and Humanity*, Bern Switzerland, 14-19 July.
52. **Hassandra** M., Toivonen H.M., Lintunen T., Kettunen T. (2015). Managing cravings with physical activities: A mobile App. Invited presentation to symposium: *Exercise for smoking cessation: A multimethod approach for the development of effective programs.* Chair: Y. Theodorakis. *14th European Congress of Sport Psychology, Theories and Applications for Performance, Health and Humanity*, Bern Switzerland, 14-19 July.
53. Novoradovskaya, E., **Hassandra**, M., Sjögren, T., Ruiz, M., Lintunen, T., Þórhallsdóttir, S., Serrano, O.S. (2015). Effective motivational methods to change physical activity behavior of sedentary adults in a rehabilitation setting. Poster presentation to *14th European Congress of Sport Psychology, Theories and Applications for Performance, Health and Humanity*, Bern Switzerland, 14-19 July.
54. **Hassandra**, M., Tsiaousi, L., & Theodorakis, Y. (2012). Relationships between Lifestyle Behaviors and Quality of Life of Greek Adult Middle-Aged Students. *International Convention on Science, Education and Medicine in Sport in Glasgow*, July 2012, Glasgow, UK.
55. Chroni, S., Diakaki, E., Perkos, S., & **Hassandra**, M. (2012). Coach stressors: Do more- and less-experienced ones come across stress differently in games and practices? *International Convention on Science Education and Medicine in Sport*, Glasgow, UK.
56. Ng, K.W., Ryba, T.V., **Hassandra**, M. & Rintala, P. (2011). A qualitative approach to coach efficacy levels through sitting volleyball training. *International Congress on Enhancement of Physical Activity of Children and Youth* April 7.-9.2011, Vuokatti, Finland

57. Chroni, S., **Hassandra**, M., Hatzigeorgiadis, A., & Fasting, K. (2009, June). Female athlete & male coach relationship: How does it work in Greece? *Proceedings of the 12th ISSP World Congress f Sport Psychology* (pp. 233). Marrakesh, Morocco.
58. Chroni, S., **Hassandra**, M., Hatzigeorgiadis, A., & Fasting, K. (2009, June). Female athlete & male coach relationship: How does it work in Greece? *Proceedings of the 12th ISSP World Congress f Sport Psychology* (pp. 233). Marrakesh, Morocco.
59. **Hassandra**, M., Hatzigeorgiadis, A., Theodorakis, Y., & Goudas, M. (2007). Fair-play in physical education classes: A preliminary investigation on the role of demographic and motivational variables. *12th European Congress of Sport Psychology*, 4-9 September 2007, Halkidiki, Greece. Conference proceedings, p. 213.
60. Zisi, V., Skondras, G., **Hasandra**, M., Akritidou, A., and Theodorakis, Y. (2007). Physical Activity Patterns in Greek Elderly People: Questionnaire versus Pedometer Assessment. *12th European Congress of Sport Psychology*, 4-9 September 2007, Halkidiki, Greece. Conference proceedings, p. 166.
61. **Hassandra**, M., Goudas, M., & Theodorakis, Y. (2007). Variation and relations of fair play behaviour, fair play atmosphere and daily life morality of physical education students. *12th European Congress of Sport Psychology*, 4-9 September 2007, Halkidiki, Greece. Conference proceedings, p. 120.
62. Digelidis, N., Zisi, V., Theodorakis, Y., Skondras, G., & **Hassandra** M. (2006). Fear of falling and objectively measured physical activity in the elderly. *21st annual conference of Applied Sport Psychology*. Miami, Florida, USA, Conference proceedings, p. 91.
63. **Hassandra**, M., Hatzigeorgiadis, A., & Goudas, M. (2005). Confirmatory Factor Analysis of the Fair Play in Physical Education Questionnaire. *8th European Conference of Psychological Assessment*, Hungary, Budapest, August 31– September 4, Conference Abstracts, p. 82.
64. **Hassandra**, M., Hatzigeorgiadis, A., Goudas, M., & Theodorakis, Y. (2005). Comparison of two questionnaires measuring sociomoral behaviors in physical education. *Proceedings of the 46th ICHPER SD Anniversary World Congress* Istanbul, Turkey.
65. **Hassandra**, M., Goudas, M., & A. Hatzigeorgiadis (2003). Attitudes towards fair play in physical education: The role of intrinsic motivation and gender. *XIth European Congress of Sport Psychology*, Copenhagen 22-27 July, Proceedings, p. 72.
66. **Hassandra** M., & Goudas M. (2001). A qualitative investigation of environmental factors affecting intrinsic motivation in physical education. *10th World Congress of Sport Psychology*, Skiathos, Greece, June 2, vol. 5, pp. 107-109.

G Theses

G1 Bachelor's thesis

Thesis title: Kinematic analysis of Hammer and Discus throw.

G2 Master's thesis

Thesis title: "Intrinsic motivation in school physical education"

G3 Licentiate thesis

- Published licentiate theses (article) are recorded even if the articles of the licentiate thesis have already been entered in Category A

G4 Doctoral dissertation (monograph)

Dissertation title: "Programs of sociomoral development through physical education"

<http://www.didaktorika.gr/eadd/handle/10442/17091>

G5 Doctoral dissertation (article)

➤ Hassandra, M., Goudas, M., Hatzigeorgiadis, A., & Theodorakis, Y. (2002).

Development of a questionnaire assessing fair play in elementary school physical education. *Athlitiki Psychologia*, 13, 105-126. (NSD: Level 1)

(fair play) Hassandra, M., Goudas, M., Hatzigeorgiadis, A., & Theodorakis, Y. (2002). Development of a questionnaire assessing fair play in elementary school physical education. *Athlitiki Psychologia*, 13, 105-126. (NSD: Level 1)

➤ Hassandra, M., Goudas, M., Hatzigeorgiadis, A., & Theodorakis, Y. (2007). A Fair Play

intervention program in school Olympic education. *European Journal of Psychology of Education*, 22, 99-114.

- Hassandra, M. & Goudas, M. (2010). An evaluation of a physical education program for the development of students' personal and social responsibility. *Hellenic Journal of Psychology*, 7, 275-297.

Merits related to the application of research results

- Based on previous research results I developed a mobile phone application to support people who have recently quit smoking not to relapse by providing them short physical activity solutions for managing cigarette cravings. The m-Health application has been funded by the Finnish National Institute of Health and Welfare.
- As a member of the FiDiPro TEKES project aiming to translate research for the wider community needs, I am a member of the group of three researchers (Lintunen, Hagger, Hassandra) who consult Wellness and Fitness Technology based companies to improve their products and services. For example, an ongoing project is with FirstBeat (firstbeat.com) where we make suggestions on how to improve their services based on lifestyle behavior change theories and research.

Merits in Science communication and expert assignments in the media

4. Participation to the Hellenic National Educational TV (ET1) - acting as a model teacher for the production of an educational video (15 minutes) named: "Exercise is for all". I acted as a PE teacher demonstrating new teaching methods. The aim of the video was to inform the wider society that physical activity and sports are for all and not only for the high skilled and gifted athletes. Common problems that PE teachers are facing during classes were presented and then teaching demonstrations based on research evidence were shown as suggestions to follow. The main problem we aimed to solve was "How to motivate students to participate and engage in physical education classes at school?"
5. A 10 minutes radio interview on the English speaking Athens News Agency radio station on the topic of physical activity promotion for health in city level.

13. Positions of trust in society and other societal merits

- ✓ I have served as an expert on "sociomoral development of students through physical activity" for the Olympic Games 2004 Education sector coordinated by the "Athens 2004 Olympic committee" in cooperation with the Hellenic Ministry of Education and Religious affairs. I contributed to the planning and development of the Olympic education material for schools and train the PE teachers who had applied the program for 4 years in 2.000 public and private schools in Greece. Two PE teachers' Books and training seminars for PE teachers in Greece and UK was the outcome of this cooperation.
- ✓ I have also served as an expert on "School Physical Education" for the Hellenic Ministry of Education and Religious affairs to plan and develop the School Books for PE teachers based on the national curriculum and then to train the School PE teachers on this new material. As an outcome of this cooperation I co-authored one of the books (for 9th grade) and consulting and reviewing topics of additional books for other grades (6th to 9th grade).

14. Other merits

Volunteering

- ✓ "Athens 2004" Olympic Games (Track and Field venue)
- ✓ World Master Athletics 2012 Jyväskylä, Finland (Judge: High jump)
- ✓ Official track and field Judge in local championships of Central Finland, and local & national championships in Greece.