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Summary Table of Publications	Total
Books	9
Book chapters	13
Publications in scopus, medline, etc	81
Greek publications	23
Congress publications	101
Lectures-Invited presentations	27
*Citations from Google Scholar/Scopus	Google scholar =7100,h-index:40,i10index:72 Scopus=2038,h-index:24
European-National Funding Programs	18

1 EDUCATION

- Bachelor of Science (B.Sc.) in Physical Education & Sport Science, Department of Physical Education and Sport Sciences, University of Thessaly (2002)
- Master of Science (M.Sc) Applied Sport and Exercise Psychology, School of Sport Health and Exercise Science, University of Wales, Bangor (2004)
- Doctor of Philosophy (Ph.D) Physical Education and Quality of Life, University of Thessaly, Trikala, Department of Physical Education and Sport Sciences & University of Thrace, Komotini, Department of Physical Education and Sport Sciences (2009)
- Post-doc. Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity (PAPA). Collaborative research grant funded by the EU Commission's Seventh Framework Programme (Health) (2009-2013)

- Post-doc. THALIS PROJECT. National Strategic Reference Framework). EXERCISE, SMOKING, & ALCOHOL: INVESTIGATION OF MECHANISMS, & INTERVENTIONS FOR PREVENTION, CESSATION & AWARENESS (2013-2015)

2 EMPLOYMENT HISTORY

- Professor, School of Physical Education and Sport Sciences, University of Thessaly (2023)
- Associate Professor, School of Physical Education and Sport Sciences, University of Thessaly (2018)
- Assistant Professor, School of Physical Education and Sport Sciences, University of Thessaly (2014)
- University Scholarship (Research assistant), School of Physical Education and Sport Sciences, University of Thessaly (2013)
- Part-time Lecturer, School of Physical Education and Sport Sciences, University of Thessaly, (2009-2012)

3 ACADEMIC & SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching

1. School of Physical Education and Sport Sciences, University of Thessaly. Modules «Handball» and «Tennis» (2009-2013)
2. School of Physical Education and Sport Sciences, University of Thessaly. Modules «Psychological support of athletes», «Effective coaching», «Practicum in PE», «Tennis», «Sport Psychology» (2014-present)

3.2 Postgraduate Teaching

1. MSc «Psychology of Exercise», School of Physical Education and Sport Sciences, University of Thessaly, module «Research methods and statistics» module leader Papaioannou Athanasios (2008-present), and module «Introduction to Statistics – SPSS for Windows» module leader Zourbanos Nikos (2009-present).
2. MSc «Exercise and Health», School of Physical Education and Sport Sciences, University of Thessaly, module, «Research methods and statistics» module leader Papaioannou Athanasios (2009-present).
3. MSc European Masters in Sport and Exercise Psychology (EMSEP) – Erasmus Mundus Programme, module, School of Physical Education and Sport Sciences, University of Thessaly «Research Methods and Statistics» module leader Papaioannou Athanasios (2009-present), module «Introduction to Statistics – SPSS for Windows» module leader Zourbanos Nikos (2008-present), module «Psychological skills in Physical Activity and Sports» module leader Zourbanos Nikos (2013-2015)
4. MSc Exercise, Ergospyrometry and Rehabilitation, Faculty of Medicine, School of Health Sciences and School of Physical Education and Sport Sciences, University of Thessaly, module «Psychology of Exercise», module leader Theodorakis Yannis and module «Research methods and statistics» module leader Papaioannou Athanasios (2014-present)
5. MSc Military Fitness and Well-being, School of Physical Education and Sport Sciences, University of Thessaly, module «Methods of Evaluation and Statistics» module leader Tsiokanos Athanasios (2014-present)
6. MSc «Exercise and Quality of Life» Department of Physical Education and Sport Sciences, Democritus University of Thrace and School of Physical Education and Sport Sciences, University of Thessaly, module «Psychological techniques of sport counseling» module leader Theodorakis Yannis, (2014-present)

7. PhD, School of Physical Education and Sport Sciences, University of Thessaly, module «Advanced Statistics» module leader Athanasios Papaioannou, (2013-present)

3.3 Supervision/Co-supervision of Doctoral Theses

3.3.1 Completed

1. A. Tsiakara (2015) –co-supervisor
2. G. Gorozidis (2015) – co-supervisor
3. M. Ypofanti (2015) – co-supervisor
4. Ch. Krommydas (2015) – co-supervisor
5. D. Tzatzaki (2015) – co-supervisor
6. A. Tsiami (2015) – co-supervisor
7. K. Georgakouli (2015) – co-supervisor
8. S. Gratsani (2015) – co-supervisor
9. P. Keramidas (2015) – co-supervisor
10. E. Diakaki (2015) – co supervisor
11. I. Sympas (2015) – co-supervisor
12. S. Psouni (2016) – co-supervisor
13. I. Morres (2022) – co-supervisor
14. E. Mprisimis (2021) - supervisor
15. A. Karamitrou (2023) – supervisor
16. N. Tzouma (2022) - supervisor
17. F. Panagiotounis (2021)- co-supervisor
18. S. Tsirigkakis (2022) - co-supervisor
19. A. Karageorgou (2023)- co-supervisor
20. E. Samara (2023) – co-supervisor
21. M. Aggeli (2023) – co-supervisor
22. Ch. Ziozas (2025) - co-supervisor

3.3.2 In Progress

23. K. Violatzi (2022) – supervisor
24. A. Liebner (2023) – supervisor
25. S. Pavlou (2023) - supervisor

3.4 Supervision/Co-supervision of Master's Dissertations

3.4.1 Completed

1. A. Haznadar (2013) -supervisor
2. M. Marjanović (2014) - supervisor
3. VJD Marshall (2014) – co-supervisor
4. E. Argyropoulou (2013) – co-supervisor
5. M. Papoutsi (2014) – co-supervisor
6. N. Bhavsar (2015) - supervisor
7. A. Karamitrou (2015) – co-supervisor
8. P. Anastasiou (2015) – co-supervisor
9. J.F Fritsch (2015) – co-supervisor
10. C. Praetzel (2015) – co-supervisor
11. G. Ioannou (2015) – co-supervisor

12. K. Gourgoulis (2015) – supervisor
13. P. Touzopoulos (2016) - co-supervisor
14. A. Moroianu – (2016) -supervisor
15. D. Redlich – (2016) – supervisor
16. A. Milonopoulos (2016) – co-supervisor
17. A. Batrakoulis (2017) – co-supervisor
18. G. Loules (2017) – supervisor
19. S. Sotiras (2017) - co-supervisor
20. E. Stantsiou (2017) - co-supervisor
21. V. Tsilimigka (2018) – supervisor
22. Ch. Kokkinidis (2018) - co-supervisor
23. C. Ortiz (2018) - co-supervisor
24. L. Nurkse (2018) - co-supervisor
25. J. Kooijman (2018) - co-supervisor
26. P. Kouvarakis (2018) - co-supervisor
27. F. Goulioti (2019) – supervisor
28. V. Mpouloumpasis (2020)- supervisor
29. M. Mavromati (2020) - supervisor
30. A. Kiriaki (2021) – supervisor
31. M. Malliaraki (2021) - co-supervisor
32. A. Katsimpa (2022) – supervisor
33. N. Minja (2022) – supervisor
34. K. Dikarou (2022) - co-supervisor
35. L. Apostolou (2022)- co-supervisor
36. F. Hatzinikolaou (2022)- supervisor
37. J. Jovanovic (2022) - co-supervisor
38. N. Stefanakis (2022)- co-supervisor
39. A. Katsianos (2022)- co-supervisor
40. E. Baramacheva (2022) - supervisor
41. D. Ntina (2022) - co-supervisor
42. A. Veisz (2022) - co-supervisor
43. Zsafia Boglarka Zrubecz (2023) - supervisor
44. Karim Ramadan (2023) - co-supervisor
45. Tereza Vítková (2023) - supervisor
46. Vincent Pelikan (2024)- co-supervisor
47. Viviana Ramos (2024)- co-supervisor
48. G. Tsompanidis (2024) - co-supervisor
49. A. Drosopoulou (2024)- co-supervisor
50. E. Zaverdinou (2024) - supervisor

3.4.2 In Progress

1. V. Samara - supervisor
2. M. Koutaniti – supervisor
3. E. Papagiannis - co-supervisor
4. K. Konstantinou - co-supervisor
5. D. Agathokleous -supervisor

6. Zahra Javadi - co-supervisor - Iran

3.5 Funding

3.5.1 Competitive International/National

1. Project Funded by European Union – Next Generation & HFRI- Hellenic Foundation for Research and **Innovation**. ENLITE- ENvironmentally LITerate youth through an interdisciplinary intervention, Κωδικός έργου: 7590. (Budget: 250.000€). (2024-2026). Αναπληρωτής επιστημονικός υπεύθυνος. ΕΛΙΔΕΚ.
2. Ένα σύστημα εικονικού περιβάλλοντος για σωματική άσκηση ατόμων με άνοια και άνοια τύπου Alzheimer (VRADA). Κωδικός έργου: 5735. Επιστημονικός Υπεύθυνος: Θεοδωράκης Γιάννης. (2019-2021, Πανεπιστήμιο Θεσσαλίας, Μέλος της ερευνητικής ομάδας).
3. IMPACT: Identifying and motivating youth who mostly need Physical Activity. Κωδικός έργου: 5335. (2019-2021, Πανεπιστήμιο Θεσσαλίας, Μέλος της ερευνητικής ομάδας).
4. Εκπαίδευση επιμορφωτών ΈΒ επιπέδου, ΤΠΕ. Κωδικός έργου: 5833.01. Επιστημονικός Υπεύθυνος: Παναγιώτης Πολίτης. (2018-2019, Πανεπιστήμιο Θεσσαλίας, Μέλος της ομάδας επιμορφωτών).
5. Research project funded by UEFA (κωδικός: 4936) (Συνολικός προϋπολογισμός 20.000€), «Intentions to drop-out in adolescent female footballers from 5 European Countries: The role of the coach-created motivational climate», University of Birmingham, Laboratoire Sport et Environnement Social Université Joseph Fourier, York St John University, Universitat de València, Norwegian School of Sport Sciences, (2015, Επιστημονικός υπεύθυνος για την Ελλάδα).
6. Πιστοποίηση εκπαιδευτικών στις τεχνολογίες της πληροφορίας και των επικοινωνιών – ΚΕΠΙΣ- ΤΕΦΑΑ. Πανεπιστήμιο Θεσσαλίας. Κωδικός έργου: 3266. Επιστημονικός υπεύθυνος: Γούδας Μάριος. (2015, εκπαιδευτικό προσωπικό).
7. Πρόγραμμα Κάλλιπος (Συνολικός προϋπολογισμός 12.000€). Ελληνικά ακαδημαϊκά επιστημονικά συγγράμματα και βοηθήματα. Επιστημονικός Υπεύθυνος: Θεοδωράκης Γιάννης. (2015, μέλος της συγγραφικής ομάδας).
8. THALIS PROJECT. National Strategic Reference Framework) (560.000€). EXERCISE, SMOKING, & ALCOHOL: INVESTIGATION OF MECHANISMS, & NTERVENTIONS FOR PREVENTION, CESSATION & AWARENESS. Κωδικός έργου: 4522.01. Επιστημονικός υπεύθυνος: Θεοδωράκης Γιάννης. (2013-2015, μεταδιδακτορικός ερευνητής).
9. European Master's in Sport and Exercise Psychology- Erasmus Mundus program (EMSEP)150640-1-2009-1-F1-ERA EMMC. Κωδικός έργου: 4170. Επιστημονικός υπεύθυνος: Παπαϊωάννου Αθανάσιος. (2013-2014, συμμετέχων, εκπαιδευτικό προσωπικό).
10. Ερευνητικές δραστηριότητες του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού. Πανεπιστήμιο Θεσσαλίας. Κωδικός έργου: 4770.01.05. Επιστημονικός υπεύθυνος: Κουτεντάκης Γιάννης. (2013-2014, συμμετέχων).
11. Έργο του Υπουργείου Υγείας και Κοινωνικής Αλληλεγγύης (ΕΣΠΑ, 526.300€) με τίτλο «Συμμαχία για την Υγεία - Άσκηση, Ανάπτυξη προγραμμάτων άσκησης ως μέσο πρόληψης και αποκατάστασης χρόνιων παθήσεων - παρεμβατικά προγράμματα.

- Επιστημονικός υπεύθυνος: Γεροδήμος Βασίλειος. Κωδικός έργου: 4459. (2012-2014, μέλος συγγραφικής ομάδας).
12. Collaborative research grant funded by the EU Commission's Seventh Framework Programme -FP7, Health (3.000.000€). Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity (PAPA). Επιστημονικός υπεύθυνος: Παπαϊωάννου Αθανάσιος. Κωδικός έργου: 3949. (2009-2013, μεταδιδακτορικός ερευνητής).
 13. International Journal of Sport and Exercise Psychology. Κωδικός έργου: 3700. Επιστημονικός υπεύθυνος: Παπαϊωάννου Αθανάσιος. (2009-2011, editorial assistant).
 14. ΕΠΕΑΕΚ II «ΚΑΛΛΙΠΑΤΕΙΡΑ» (250.000€). Σχεδίαση και υλοποίηση προγραμμάτων επιμόρφωσης εκπαιδευτικών Φυσικής Αγωγής – Ολυμπιακής Παιδείας – Ανάπτυξη /Εκπόνηση προγράμματος σπουδών, επιμορφωτικού, εκπαιδευτικού υλικού και Σχεδίου Δράσης Σχολικών Πιλοτικών Προγραμμάτων». Κωδικός έργου: 53014.01. Επιστημονικός υπεύθυνος: Θεοδωράκης Γιάννης. (2006-2007, συμμετέχων).
 15. Υπουργείο Παιδείας, Αυτεπιστασία Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Αναμόρφωση προγράμματος σπουδών (200.000€). Κωδικός έργου: 50914.05. Επιστημονικός Υπεύθυνος: Θεοδωράκης Γιάννης. (2007, συμμετέχων)
 16. Πυθαγόρας II (50.000€). -Ενίσχυση ερευνητικών ομάδων στο Πανεπιστήμιο Θεσσαλίας «Βάδισμα, Φυσική Δραστηριότητα, Κινητική Λειτουργικότητα και Ψυχική Υγεία σε Ηλικιωμένα Άτομα». Κωδικός έργου: 52214.30. Επιστημονικός Υπεύθυνος: Θεοδωράκης Γιάννης. (2005-2006, συμμετέχων)
 17. Αυτεπιστασία Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού. Κωδικός έργου: 50914.5. Επιστημονικός υπεύθυνος: Θεοδωράκης Γιάννης. (2003-2005, συμμετέχων).
 18. Αξιολόγηση παραγόντων που επηρεάζουν την εσωτερική παρακίνηση των μαθητών στη φυσική αγωγή με τη χρήση ποιοτικής μεθοδολογίας. Κωδικός έργου: 2603. Επιστημονικός υπεύθυνος: Γούδας Μάριος. (2001, συμμετέχων).

3.6 Participation in International Scientific and Administrative Committees

1. Director of the European Master in Sport and Exercise Psychology (2025-2026)
2. Member of the Faculty Council (2024)
3. Treasurer of the Board of Directors of the Unified Faculty Association of University of Thessaly (2017 – 2018)
4. Member of the Council of the School of Lifelong Learning (2017 – 2018)
5. ERASMUS Departmental Coordinator for Master Program -Erasmus Mundus European Master in Sport and Exercise Psychology (2015- till today)
6. ERASMUS Departmental Coordinator for undergraduate studies (2023-till today)
7. International Conference of Sport Psychology & ENYSSP 6th Workshop 2010, Trikala, Greece. (Director of the ENYSSP 6th Workshop and Secretary General of the International Conference of Sport Psychology)
8. 12th European Congress of Sport Psychology, 2007, FEPSAC, Halkidiki (Secretariat, Director's Assistant)
9. 9^o National Congress of Sport Psychology, 2006, Trikala (Member of the Secretariat staff)

10. 3^o International/ 8^o National Congress of Sport Psychology, 2004, Trikala (Member of the Secretariat staff)
11. 10^o World Congress of Sport Psychology, 2001, ISSP, Skiathos (Member of the Secretariat staff)
12. Advisory Board Sport and Exercise Psychology – Journal of Sport Sciences (2017-έως σήμερα) – IF: 3.9
13. Assistant Editor – International Journal of Sport and Exercise Psychology (2012 – έως σήμερα) – IF: 4.2
14. Guest Editor – Sustainability- MDPI Journal – IF: 3.41 (2022)
15. Guest Editor – The Sport Psychologist (2016) Special issue “Self-talk applied to Sport” – IF: 1.47
16. Editor for Sport Science Section- Editorial Board– Cogent Medicine (2017- 2018)
17. Editor for Sport Science Section- Editorial Board – Cogent Psychology (2017- 2018)
18. Editorial Assistant & Bulletin Board- International Journal of Sport & Exercise Psychology IF: 4.2
19. Editorial Board- European Psychomotricity Journal
20. Associate Editor for International Journal of Sport and Exercise Psychology (2022- έως σήμερα) – IF: 4.2
21. Editorial Board - Sport Sciences and Health Research (2022- έως σήμερα)
22. Editorial Board – Scientific Reports – Springer Nature- (2023- έως σήμερα)
23. Guest Editor - Scientific Reports— Sport and Performance

3.6.1 Membership in International Professional Organizations

1. Secretary General of the International Society of Sport Psychology – ISSP (2025-2029)
2. Managing council member of the International Society of Sport Psychology – ISSP (2021-2025)
3. Managing council member of the Greek Society of Sport and Exercise Psychology (2008- έως σήμερα)
4. Managing council member of the International Society of Sport Psychology – ISSP (2017-2021)
5. Managing council member of the European Network of Young Specialists in Sport Psychology – ENYSSP (2007-2015)
6. President of the Greek Society of Sport and Exercise Psychology (2015- 2021)

4 PUBLICATIONS

4.1 Books

1. Παπαϊωάννου Α., Ζουρμπάνος, Ν., Μίνος, Γ. (2016). Εφαρμογές της Στατιστικής στις επιστήμες του Αθλητισμού & της Υγείας. Θεσσαλονίκη: Δίσιγμα. (in Greek)
2. Θεοδωράκης, Γ., Χατζηγεωργιάδης, Α., Ζουρμπάνος, Ν. (2015). Ψυχολογική υποστήριξη στον αθλητισμό και την άσκηση για υγεία. Σύνδεσμος Ελληνικών Ακαδημαϊκών Βιβλιοθηκών, Εθνικό Μετσόβιο Πολυτεχνείο, Αθήνα. (in Greek)

3. Papaioannou, A., **Zourbanos, N.** (2014). Statistical examples in sport and physical education using the SPSS18. *Disigma: Thessaloniki* (in Greek)
4. Kwok, Ng., & **Zourbanos, N.** (2012). Proceedings of the ENYSSP 8th workshop, Kosice, Slovakia.
5. **Zourbanos, N.**, & Kwok, Ng. (2011). Proceedings of the ENYSSP 7th workshop, Jyväskylä, Finland.
6. Papaioannou, A., **Zourbanos, N.**, & Hatzigeorgiadis, A. (2010). Proceedings of the International Conference of Sport Psychology, & ENYSSP 6th Workshop 2010, Trikala, Greece.
7. Theodosiou, A., Natsis, P., & **Zourbanos, N.** (2008). Translation of the book *Steps to Success: Tennis*. Christodoulidi: Thessaloniki (in Greek)
8. **Zourbanos, N.**, & Hatzigeorgiadis, A. (2006). Proceedings of the 9th National Congress of Sport Psychology, Trikala, Greece (in Greek)
9. **Zourbanos, N.** (2004). Proceedings of the 3rd International /8th National Congress of Sport Psychology, Trikala, Greece (in Greek)

4.2 Book Chapters

1. Schinke, R.J., Quartiroli, A., Kim, Y.H., Kudo, K., Y.K., **Comoutos, N.** (2024). Introduction: The International Society of Sport Psychology Academy of Science. In Schinke, R. (Ed.). *Mental Health in Sport and Physical Activity. Selected writings from the ISSP academy of science*. UK: Routledge.
2. Karamitrou A., Galanis, E., Theodorakis, Y., & **Comoutos, N.** (2020). Organic Self-talk Antecedents: An Interpretative Review and Implications for Practice. In Latinjak, A., & Hatzigeorgiadis, A. (Eds.). *Self-talk in Sport (77-90)*. UK: Routledge.
3. Marjanovic, M., Krommidas, Ch., Mprisimis, E., Papaioannou, A., & **Comoutos, N.** (2020). Self-talk in Physical Education: Motivational Aspects and a Guide for Physical Education Teachers. In Latinjak, A., & Hatzigeorgiadis, A. (Eds.). *Self-talk in Sport (188-200)* In Latinjak, A., & Hatzigeorgiadis, A. (Eds.). *Self-talk in Sport (188-200)*. UK: Routledge.
4. Siakavaras, I., Papastergiou, M., **Comoutos, N.** (2018). Mobile games in computer science education: State of the art and proposal of a mobile game design that incorporates physical activity. In Mikropoulos, T. (Ed.). *Research on e-learning and ICT Education (243-255)*. Springer.
5. Galanis, V., Hatzigeorgiadis, A., **Zourbanos, N.**, & Theodorakis, Y. (2016). Why self-talk is effective? Perspectives on self-talk mechanisms in sport. In Raab, M., Wylleman, P., Seiler, R., Elbe, A-M, & Hatzigeorgiadis, A. (Eds.), *Sport and Exercise Psychology Research: From Theory to Practice (181-200)*. London: Elsevier.
6. Hardy, J., & **Zourbanos, N.** (2016). Self-talk in sport. In R. Shinke, K. McGannon, & B. Smith. (Eds.). *The Routledge International Handbook of Sport Psychology* (pp. 449-459). Abingdon, UK: Routledge.
7. **Zourbanos, N.**, Hatzigeorgiadis, A., Kolovelonis A., Latinjak, A., & Theodorakis, Y. (2015). The use of self-talk in the organization of a lesson in sport, physical education and exercise settings. In P. Davis (Ed.), *The psychology of effective coaching and management* (pp. 315-328). United States: Nova Science Publishers, Inc.

8. Hatzigeorgiadis, A., **Zourbanos, N.**, Latinjak, A., & Theodorakis, Y. (2014). *Self-talk*. In A. Papaioannou & D. Hackfort: Routledge to Sport and Exercise Psychology. Global Perspectives and *Fundamental Concepts*, (pp. 372-385). London. Taylor & Francis.
9. Papaioannou, A. G., **Zourbanos, N.**, Krommydas, H., & Ampatzoglou, G. (2012). The place of achievement goals in the social context of sport: A critique of the trichotomous and 2x2 models. In G. Roberts & D. Treasure (Eds.), *Advances in motivation in sport and exercise* (3rd Ed, pp. 59-90). Champaign, IL: Human Kinetics.
10. Theodorakis, Y., Hatzigeorgiadis, A., & **Zourbanos, N.** (2012). Cognitions: Self-talk and Performance. In S. Murphy: Oxford Handbook of Sport and Performance Psychology. Part Two: Individual Psychological Processes in Performance, (pp. 191-212). New York. Oxford University Press.
11. Θεοδωράκης, Γ., **Ζουρμπάνος, Ν.**, Χατζηγεωργιάδης, Α., & Δημητρακόπουλος, Σ. (2013). Άσκηση και κατάθλιψη. Β. Γεροδήμος επιμέλεια, Η άσκηση ως μέσο πρόληψης και αποκατάστασης χρόνιων παθήσεων (σσ. 364-390).
12. Θεοδωράκης, Γ., **Ζουρμπάνος, Ν.**, Χατζηγεωργιάδης, Α., Δημητρακόπουλος, Σ., & Κρομμύδας, Χ. (2013). Άσκηση, στρες και άγχος. Β. Γεροδήμος επιμέλεια, Η άσκηση ως μέσο πρόληψης και αποκατάστασης χρόνιων παθήσεων (σσ. 344-363).
13. **Ζουρμπάνος, Ν.**, Χατζηγεωργιάδης, Α., Θεοδωράκης, Γ. (2011). Αυτο-ομιλία και αθλητισμός. Επιστημονική επιμέλεια, Μ. Ζουμπουλάκης: Επιστημονικά ανάλεκτα επετειακός τόμος για τα 20 χρόνια του Πανεπιστημίου Θεσσαλίας (σελ. 363- 395). Πανεπιστημιακές Εκδόσεις Πανεπιστημίου Θεσσαλίας

4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SCOPUS, PUBMED, SPORTDISCUS)

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- 87 Kazak, Z., Canpolat, A. M., **Comoutos, N.**, Ada, E, N., Zekioğlu, A., & Lochbaum, M. (submitted). Goal Content, Psychological Needs, Well-Being, and Motivation: Self-Determination Theory in Exercise Setting. BMC Psychology
- 86 Theodorakis, Krommydas, Ch., Karamitrou, A., Violatzi, A., Aggeli, M., & Galanis, V., Hassandra, M **Comoutos, N.** (submitted). Adolescents and Environmental Protection: An Integration of Self-Determination and Planned Behavior Theories. The Journal of Climate Change and Health
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5 INVITED PRESENTATIONS- SEMINARS

1. Invited in Panel. "From Policy to Practice: Supporting Sustainability in and through Sport".Conference on Sustainability in and Through Sport "Driving Environmental and Social Impact Across Europe" (2025). Athens, Greece.
2. Invited talk. **Comoutos, N.**, Violatzi, A., Karamitrou, A., Krommydas, H., Hassandra, M., Dimitriou E., Trikalis Ch., & Theodorakis, Y. (2024). Enhancing health and the environment through sport and physical activity: ENLITE - ENvironmentally LITerate youth through an interdisciplinary intervention. The TASPA Annual Conference 2024 "Integrating Health, Environment, and Performance in Sport:Innovations, Challenges, and Future Direction". Thailand. Bangkok.
3. Invited Symposium in the 14th World Congress of Sport Psychology – ISSP, Sevilla, Spain. Title: Multiple identities of self-talk: From window into thought to performance-

oriented mental training.

Comoutos, N., Khelifa, B., Hatzigeorgiadis, A., Argiropoulos, C., & Flouris A., Performance in the heat: A psychobiological approach to the effectiveness of self-talk. *Proceedings of the 14th World Congress of Sport Psychology – ISSP* (p. 234). Sevilla, Spain.

4. Invited Workshop in the Glenncross Workshop of the 14th World Congress of Sport Psychology – ISSP, Sevilla, Spain. Title: How to publish in International Journals: A workshop with the Editorial team of the International Journal of Sport and Exercise Psychology. Papaioannou A., & **Comoutos, N.** (2017).
5. Invited Symposium in the 13th European Congress of Sport Psychology – FEPSAC, Bern, Switzerland. Title: Exercise for smoking cessation: A multimethod approach for the development of effective programs.
Zourbanos, N. Tzatzaki, Th., Tsiami, A., Manthou, E., Georgakouli, K., Theodorakis, Y., Hatzigeorgiadis, A. (2015). Acute effects of a short bout of moderate versus vigorous intensity of exercise on smoking behavior. *Proceedings of the 14th European Congress of Sport Psychology – FEPSAC* (p. 12). Bern, Switzerland.
6. Invited Symposium in the 13th European Congress of Sport Psychology – FEPSAC, Bern, Switzerland. Title: Self-talk in sport performance.
Zourbanos, N., Kalyumniou, A., Bhavsar, N., Apostolou, L., Theodorakis, Y., Hatzigeorgiadis, A. (2015). The development of Automatic Self-Talk Questionnaire for Exercise. *Proceedings of the 14th European Congress of Sport Psychology – FEPSAC* (p.124). Bern, Switzerland.
7. Invited Symposium in the 13th European Congress of Sport Psychology – FEPSAC, Bern, Switzerland. Title: The multi-country “PAPA” Project: A research trial centered on promoting Empowering Coaching and quality engagement in youth sport.
Gonzalez, L., Zourbanos, N., Haug, E., Van Hoye, A., Viladrich, C., Ronglan, L. T., Jowett, G., Duda, J.L. (2015). Empowering and disempowering motivational climates, motivational processes, and player outcomes: Tests of measures and models. *Proceedings of the 14th European Congress of Sport Psychology – FEPSAC* (p. 151). Bern, Switzerland.
8. **Ζουρμπάνος, Ν.** (2015). Παρουσίαση με θέμα «Άσκηση και παιδί: Η συμπεριφορά των προπονητών και των γονιών. Σύλλογος Αντισφαίρισης και Ρόταρου, Τρίκαλα.
9. **Ζουρμπάνος, Ν.** (2014). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Ρέντη, Σχολές Ολυμπιακού
10. **Ζουρμπάνος, Ν.** (2014). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Ζάκυνθος, Σχολές Ολυμπιακού.
11. Invited Symposium in the Vlaamse Vereniging voor Sportpsychologie 25 years - VVSP congress, entitled Days of Fundamentals in Sport Psychology. Title: Control.
Zourbanos, N. (2012). Self-talk in sport, new findings and future research. Vlaamse Vereniging voor Sportpsychologie 25 years - VVSP congress, entitled Days of Fundamentals in Sport Psychology. Ghent, Belgium.
12. Invited Workshop in BLOSO, Ghent, Belgium. **Zourbanos, N.** (2012). Self-talk. BLOSO Expert platform Sport psychology (BES). Gent, Belgium.

13. **Ζουρμπάνος, Ν.** (2013). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Βάρη, Σχολές Ολυμπιακού
14. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Χαλάνδρι, Σχολές Ολυμπιακού
15. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Άλιμος, Σχολές Ολυμπιακού
16. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Ταύρος, Σχολές Ολυμπιακού
17. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Ριζούπολη, Παθιακάκης Football Club, Αθήνα
18. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Παλλήνη, Total Football Club, Αθήνα
19. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Χαλάνδρι, Λάκης Football Club, Αθήνα
20. **Ζουρμπάνος, Ν.** (2012). Η αθλητική ψυχολογία στο ποδόσφαιρο. Παλλήνη, Total Football Club, Αθήνα
21. **Ζουρμπάνος, Ν.** (2012). Παρουσίαση με σκοπό τη συμπεριφορά των γονέων κατά τη διάρκεια της προπόνησης και του αγώνα. Μια προσέγγιση με βάση τις θεωρίες παρακίνησης. Ρέντη, Σχολές Ολυμπιακού
22. **Ζουρμπάνος, Ν.** (2012). Parents' behaviour in football. A motivational perspective. Βάρη, Σχολές Ολυμπιακού
23. **Ζουρμπάνος, Ν.** (2011). Empowering coaching. Ολυμπιακός, Αθήνα
24. **Ζουρμπάνος, Ν.** (2011). Empowering coaching. Ολυμπιακός, Αθήνα
25. Invited Symposium in the 13th European Congress of Sport Psychology – FEPSAC, Funchal, Madeira. Title: Let's (self) talk...in sport: Three Approaches and a Meta-analysis
Zourbanos, N., Hatzigeorgiadis, A., & Kalaroglou, S. (2011). The relationship between observable and inherent self-talk in tennis players during competitive performance. Proceedings of the 13th European Congress of Sport Psychology – FEPSAC (p. 198). Funchal, Madeira.
26. Invited Symposium in the 12th European Congress of Sport Psychology – FEPSAC, Halkidiki, Greece. Title: Self-talk: State of the art and perspectives in sport psychology research
Zourbanos, N., Hatzigeorgiadis, A., Theodorakis, Y., & Chroni. S. (2007). Evidence on the validity of the Automatic Self-Talk Questionnaire for Sport. Proceedings of the 12th European Congress of Sport Psychology – FEPSAC (p. 137). Halkidiki, Greece.

27. Invited Symposium in the 9th European Conference on Psychological Assessment
Title: Measurement and evaluation in sport and physical activity. **Zourbanos, N.**, Hatzigeorgiadis, A., & Theodorakis, Y. (2007). Assessing the structure of athletes' automatic thoughts: The automatic self-talk questionnaire for sports. A preliminary analysis on positive self-talk. Proceedings of the 2nd International Conference of PSNG on Psychological Assessment (p. 166). Thessaloniki, Greece.
28. Χρόνη, Σ, Ζουρμπάνος, Ν. (2002). Αυτο-ομιλία στην αντισφαίριση: Σεμινάριο της ΕΦΟΑ, Λαμία

6 MISCELLANEOUS

- **Journal Reviewing.** Psychology of Sport and Exercise, Journal of Applied Sport Psychology, Journal of Sports Science and Medicine, International Journal of Sport and Exercise Psychology, International Journal of Sport Psychology, Journal of Sports Sciences, The Sport Psychologist, PLOSone, Journal of Sport Psychology in Action, Measurement in Physical Education and Exercise Science, European Journal of Sports Science, Bio Med Research Notes, BMC Psychology, Sport Exercise and Performance Psychology, Perceptual and Motor Skills, Journal of Child Neurology, Hellenic Journal of Psychology, European Psychomotricity Journal, Global Journal for Health & Physical Education Pedagogy, Journal of Early Child Development and Care, Scandinavian Journal of Educational Research, Research Quarterly for Exercise and Sport, Scandinavian Journal of Medicine and Science in Sport, Health and Quality of Life Outcomes, Evaluation and the Health Professions, SAGEopen, Health, Αθλητική Ψυχολογία – Official Journal of Hellenic Society of Sport Psychology, Αναζητήσεις στη Φυσική Αγωγή & τον Αθλητισμό- Inquiries in Sport & Physical Education
- **Awards:** Alexander S. Onassis Foundation: Scholarship for postgraduate studies abroad in England. State Scholarships Foundation (IKY): Scholarship for doctoral studies in Greece. **External Examiner at the University of Johannesburg** (Phd student – Thabile Wendy Adams)
- **Student Evaluation for Teaching:** Excellent