

	<p style="text-align: center;"><b>Prof. Christina Karatzaferi</b>  <b>University of Thessaly,</b>  <b>Trikala, Greece</b></p> <p>ORC ID: <a href="https://orcid.org/0000-0002-8266-5780">https://orcid.org/0000-0002-8266-5780</a></p> <p>Scopus author IDs: 57226065763, 23987514200</p> <p>PubMed record: <a href="https://pubmed.ncbi.nlm.nih.gov/?term=Karatzaferi+C&amp;sort=date">https://pubmed.ncbi.nlm.nih.gov/?term=Karatzaferi+C&amp;sort=date</a></p> <p>Google scholar: <a href="https://scholar.google.com/citations?user=5IXvUxcAAAAJ&amp;hl=en&amp;oi=ao">https://scholar.google.com/citations?user=5IXvUxcAAAAJ&amp;hl=en&amp;oi=ao</a></p>
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### **Education**

Christina Karatzaferi received her BSc in P.E. & Sports Science from the University of Athens- Greece (1993), her MSc in Sport Science (Exercise Physiology) from Loughborough University – UK (1996) and her PhD in Exercise Physiology (Human Muscle Fatigue and Recovery) from Manchester Metropolitan University - UK (2000).

### **Academics & Research**

Christina Karatzaferi is a Professor in Exercise Physiology & Myology at the University of Thessaly where she teaches UG and PG courses in exercise physiology, muscle physiology, exercise for health and lifestyle medicine in the School of PE, Sports Science and Dietetics. She leads the Experimental Physiology and Mechanics Group and supervises MSc and PhD theses as well as post-doctoral research.

She is a member of the American Physiological Society and of the European Society for Muscle Research. She is a member of the Education Committee of IUPS and has participated and contributed in the programme of the Bristol, Kobe and Buzios Teaching Workshops.

Moreover, Christina works for advancing the teaching of CPR and other first aid competencies in the Greek School system as well as volunteers in efforts to promote exercise and healthy lifestyles in the general population.

Christina’s research interests lie at the cross-roads of muscle physiology, mechanics and metabolism, with an emphasis on musculoskeletal adaptations to inactivity, chronic disease and oxidative stress, and their impact to overall health and quality of life. She is also involved projects where new, exercise and other, interventions are implemented, with the aim to postpone fatigue, counteract muscle weakness and maintain functionality in health and disease. Apart from securing competitive funds Christina often serves as a grant reviewer for European and international panels (incl. EU- Research Executive Agency, Marie Curie, Canada-NSERC, Israel- Israel Science Foundation, Cyprus- Research Promotion Foundation, Germany - Deutsche Forschungsgemeinschaft).

Christina serves in the editorial board of Advances in Physiology Education, Research Quarterly for Exercise and Sport, and Frontiers in Striated Physiology. She has also handled special issues in various peer-reviewed journals including the Oxidative Medicine and Cellular Longevity journal, and the Journal of Muscle Research and Cell Motility and has written textbooks and book chapters. Her academic and leadership work has received various awards and meritorious recognition (incl. a 2017 paper in APS select collection, Public Health England Honorary Academic in 2018, Finalist –Inspirational Woman in STEM, Venus Awards competition, Devon, 2018, etc.).

<b>Scientific Dissemination</b>	<b>Number</b>
Books	3 (1 translation)
Book Chapters	19
Articles in Refereed Journals	> 67
Articles in Professional Journals & Magazines – News Letters	>7
Invited presentations	> 18
<b>Metrics -Impact</b>	
Citation Index (31/01/2022): Google Scholar/Scopus	2680/1498
h-Index (31/01/2022): Google Scholar/Scopus	29/22
Involved in Successful Research-Related Grant Applications	>10 M €

## Indicative Peer-Reviewed Publications

1. Grigoriou SS, **Karatzaferei C**, Giannaki CD, Patramani G, Vogiatzi C, Mitrou GI, Stefanidis I, Sakkas GK. *The effect of a 9-month hybrid intradialytic exercise training program on nerve conduction velocity parameters in patients receiving hemodialysis therapy*. *Int Urol Nephrol*. 2022 Dec;54(12):3271-3281. doi: 10.1007/s11255-022-03266-6. Epub 2022 Jul 5. PMID: 35789452.
2. Lamberti N, Manfredini F, Babjaková J, Gallè F, Medijainen K, **Karatzaferei C**, Pavlova I, Netz Y, López-Soto PJ. *Effect of physical activity interventions on quality of life in older adults: A protocol for systematic review and meta-analysis*. *Medicine (Baltimore)*. 2022 Dec 2;101(48):e31801. doi: 10.1097/MD.00000000000031801. PMID: 36482570; PMCID: PMC9726368
3. Grigoriou SS, Giannaki CD, George K, Karatzaferei C, Zigoulis P, Eleftheriadis T, Stefanidis I, Sakkas GK. *A single bout of hybrid intradialytic exercise did not affect left-ventricular function in exercise-naïve dialysis patients: a randomized, cross-over trial*. *Int Urol Nephrol*. 2022 Jan;54(1):201-208. doi: 10.1007/s11255-021-02910-x. Epub 2021 Jun 7. PMID: 34100215.
4. Krase AA, Terzis G, Giannaki CD, Stasinaki AN, Wilkinson TJ, Smith AC, Zorz C, **Karatzaferei C**, Stefanidis I, Sakkas GK. *Seven months of aerobic intradialytic exercise training can prevent muscle loss in haemodialysis patients: an ultrasonography study*. *Int Urol Nephrol*. 2022 Feb;54(2):447-456. doi: 10.1007/s11255-021-02931-6. Epub 2021 Jun 28. PMID: 34184202.
5. Vlahoyiannis A, Karali E, Giannaki CD, Karioti A, Pappas A, Lavdas E, **Karatzaferei C**, Sakkas GK. *The vicious circle between physical, psychological, and physiological characteristics of shift work in nurses: a multidimensional approach*. *Sleep Breath*. 2021 Apr 17. doi: 10.1007/s11325-021-02381-5. Epub ahead of print. PMID: 33864583.
6. Theofilidis G, Bogdanis GC, Stavropoulos-Kalinoglou A, Krase AA, Tsatalas T, Shum G, Sakkas GK, Koutedakis Y, **Karatzaferei C**. *The effects of training with high-speed interval running on muscle performance are modulated by slope*. *Physiol Rep*. 2021 Jan;9(1):e14656. doi: 10.14814/phy2.14656. PMID: 33400851; PMCID: PMC7785049.
7. Rosa CSC, Giannaki CD, Krase A, Mplekou M, Grigoriou SS, Stefanidis I, Lavdas E, Pappas A, Bloxham S, **Karatzaferei C**, Sakkas GK. *Effects of 12 months of detraining on health-related quality of life in patients receiving hemodialysis therapy*. *Int Urol Nephrol*. 2020 Sep;52(9):1771-1778. doi: 10.1007/s11255-020-02560-5. Epub 2020 Aug 14. PMID: 32797383; PMCID: PMC7426199.
8. **Karatzaferei C**, Sandri M, Sakkas GK, Smith C. *Effects of Redox Disturbances on Motility, Contractility and Muscle Tissue Pathogenesis*. *Oxid Med Cell Longev*. 2019 Jun 16;2019:3272035. doi: 10.1155/2019/3272035. PMID: 31316717; PMCID: PMC6604295.
9. Poulianiti KP, Karioti A, Kaltsatou A, Mitrou GI, Koutedakis Y, Tepetes K, Christodoulidis G, Giakas G, Maridaki MD, Stefanidis I, Jamurtas AZ, Sakkas GK, **Karatzaferei C**. *Evidence of Blood and Muscle Redox Status Imbalance in Experimentally Induced Renal Insufficiency in a Rabbit Model*. *Oxid Med Cell Longev*. 2019 Apr 4;2019:8219283. doi: 10.1155/2019/8219283. PMID: 31089418; PMCID: PMC6476063.
10. Mitrou GI, Sakkas GK, Poulianiti KP, Karioti A, Tepetes K, Christodoulidis G, Giakas G, Stefanidis I, Geeves MA, Koutedakis Y, **Karatzaferei C**. *Evidence of functional deficits at the single muscle fiber level in experimentally-induced renal insufficiency*. *J Biomech*. 2019 Jan 3;82:259-265. doi: 10.1016/j.jbiomech.2018.10.035. Epub 2018 Nov 3. PMID: 30447801.
11. Theofilidis G, Bogdanis GC, Koutedakis Y, **Karatzaferei C**. *Monitoring Exercise-Induced Muscle Fatigue and Adaptations: Making Sense of Popular or Emerging Indices and Biomarkers*. *Sports (Basel)*. 2018 Nov 26;6(4):153. doi: 10.3390/sports6040153. PMID: 30486243; PMCID: PMC6315493.
12. Marcondes FK, Cardozo LT, Luchi KCG, Irfannuddin M, **Karatzaferei C**, Rocha MJ, Carroll RG. *Meeting report: IUPS and ADInstruments 2017 Teaching Workshop*. *Adv Physiol Educ*. 2018 Jun 1;42(2):334-339. doi: 10.1152/advan.00015.2018. PMID: 29676607.
13. **Karatzaferei C**, Adamek N, Geeves MA. *Modulators of actin-myosin dissociation: basis for muscle type functional differences during fatigue*. *Am J Physiol Cell Physiol*. 2017 Dec 1;313(6):C644-C654. doi: 10.1152/ajpcell.00023.2017. Epub 2017 Sep 20. APS-Select. PMID: 28931538; PMCID: PMC5814585.