

## PERSONAL INFORMATION



## Charalampos Krommidas

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 [https://scholar.google.com/citations?hl=el&user=uHsAYpoAAAAJ&view\\_op=list\\_works&sortby=pubdate](https://scholar.google.com/citations?hl=el&user=uHsAYpoAAAAJ&view_op=list_works&sortby=pubdate)

Gender Male | Date of birth 12/01/1982 | Nationality Greek

## EDUCATION AND TRAINING

- 2015 **Doctor of Philosophy**, University of Thessaly, Greece (180 ECTS)  
Thesis: "*Motivational climate & physical activity in youth soccer*"
- 2022 **Master of Science** in Adolescent Medicine & Adolescents' Health Care, School of Medicine, Aristotle University of Thessaloniki, Greece (90 ECTS)  
Thesis: "*Physical activity of children and adolescents: A systematic review of studies in Greece*"
- 2008 **Master of Science** in Exercise & Quality of Life, Democritus University of Thrace & University of Thessaly, Greece (120 ECTS)  
Thesis: "*Fair Play in the physical education classes. Differences between sex, class and the relationship between fair play and lesson satisfaction, perceived motivational climate and goal orientations*"
- 2005 **Bachelor of Science** (4-year degree program), Department of Physical Education & Sports Science, University of Thessaly, Greece (240 ECTS)  
Thesis: "*The effect of personal goals and goal commitment during a service task on volleyball*"
- 1999 **High School Diploma**, 6<sup>th</sup> General High School of Trikala, Greece

## WORK EXPERIENCE

- 29/01/2021 - Assistant Professor in "*Pedagogy of Out-of-School Youth Sports*" (Φ.Ε.Κ. number 162/29-01-2021 issue Γ'), Department of Physical Education & Sport Science, University of Thessaly, Greece.
- 01/10/2020 - 29/01/2021 Part time lecturer at the Department of Physical Education and Sport Science, University of Thessaly, Greece (Courses: Statistical Applications in Physical Education and Sport using IT - SPSS; Pedagogy in Physical Education - financed by the "*Acquisition of Academic Teaching Experience in New Scientists with Doctoral degree at the University of Thessaly*" project, MIS 5064860, NSRF 2014 - 2020).
- 01/11/2019 - 30/06/2020 Part time lecturer at the Department of Physical Education and Sport Science, University of Thessaly, Greece (Courses: Statistical Applications in Physical Education and Sport using IT - SPSS; Pedagogy in Physical Education; Mentor Skills Development - financed by the "*Acquisition of Academic Teaching Experience in New Scientists with Doctoral degree at the University of Thessaly*" project, MIS 5045548, NSRF 2014 - 2020).
- 24/04/2019 - 31/12/2019 Research and experimental development services in sub-project: "*IMPACT: Identifying and Motivating youth who mostly need Physical Activity*". Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 5335).
- 28/03/2018 - 31/12/2018 Research and experimental development services in sub-project: "*IMPACT: Identifying and Motivating youth who mostly need Physical Activity*". Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 5335).
- 01/10/2017 - 02/02/2018 Part time lecturer at the Department of Physical Education and Sport Science, University of Thessaly, Greece (Course: Statistical Applications in Physical Education - Sport using IT - SPSS; financed by the "*Acquisition of Academic Teaching Experience in New Scientists with Doctoral degree at the University of Thessaly*" project, MIS 5008005, NSRF 2014 - 2020).

- 25/05/2017 - 15/12/2017 Research and experimental development services in sub-project: *“European Master’s in Sport and Exercise Psychology - Erasmus Mundus program (EMSEP)”*. Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 4170).
- 02/11/2016 - 03/02/2017 Part time lecturer at the Department of Physical Education and Sport Science, University of Thessaly, Greece (Course: Computing - SPSS use; financed by the *“Acquisition of Academic Teaching Experience in New Scientists with Doctoral degree at the University of Thessaly”* project, MIS 5008005, NSRF 2014 - 2020).
- 01/03/2016 - 31/07/2016 Research and experimental development services in sub-project: *“European Master in Sport and Exercise Psychology - Erasmus Mundus program (EMSEP)”*. Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 4170).
- 05/11/2015 - 31/12/2015 Research and experimental development services in sub-project: *“European Master in Sport and Exercise Psychology - Erasmus Mundus program (EMSEP)”*. Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 4170).
- 01/03/2014 - 15/07/2014 Part time lecturer at the Department of Physical Education & Sport Science, University of Thessaly, Greece (Practicum in Physical Education).
- 01/09/2010 - 28/02/2011 Part time lecturer at the Department of Physical Education & Sport Science, University of Thessaly, Greece (Handball).
- 01/03/2011 - 31/08/2011 Part time lecturer at the Department of Physical Education & Sport Science, University of Thessaly, Greece (Basketball).
- 29/09/2008 - 29/05/2009 Part time Physical Education Instructor at the Military Academy (NCO) - School of Non-commissioned Officers, Trikala, Greece.
- 02/08/2004 - 30/09/2004 Group Instructor at the Olympic Games of *“Athens 2004”*.
- 13/10/2003 - 03/05/2003 *“Undergraduate students’ Internship, Department of Physical Education & Sport Science, University of Thessaly”* funded by the Greek Ministry of Education and the European Union. Coordinator: Theodorakis Ioannis, Professor, University of Thessaly.

## RESEARCH EXPERIENCE

- 2021 *“Exercise and Wellness Programs for Health Promotion: Group and Personal Training”*. Coordinator: Karatrantou Konstantina, Assistant Professor, University of Thessaly (Code: 4165.0172; Self-funded).
- 2020 - 2021 *“A virtual environment for physical activity in people with dementia and Alzheimer’s dementia (VRADA) Τ1ΕΔΚ 01448”* (MIS: 5330358). Coordinator: Theodorakis Yannis, Professor, University of Thessaly (Code: 5735; Total Budget: 130.668,20€).
- 2018 - 2020 *“Cooperative Network in Physical Education (PE) to promote pupils’ physical activity levels and enhance PE Teachers’ intrinsic motivation” - «Δίκτυο Συνεργασίας στη Φυσική Αγωγή (ΣΥΝΕΦΑ) για προώθηση της φυσικής δραστηριότητας των μαθητών και ενίσχυση της εσωτερικής παρακίνησης των εκπαιδευτικών»* (MIS: 5004619). Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 5707; Total Budget: 62.650,00€).
- 2018 - 2019 *“IMPACT: Identifying and Motivating youth who mostly need Physical ACTivity”* (ERASMUS+). Coordinator: Papaioannou Athanasios, Professor, University of Thessaly (Code: 5335; Total Budget: 490.633,00€).
- 2016 - 2017 *“European Master’s in Sport and Exercise Psychology - Erasmus Mundus program (EMSEP)”*. Coordinator in Greece: Papaioannou Athanasios, Professor, University of Thessaly (Code: 4170; Total Budget: 236.000,00€)
- 2013 *“Exercise for the prevention & rehabilitation of chronic diseases - intervention programs”*. Coordinator: Gerodimos Vasileios, Assistant Professor, University of Thessaly (Code: 4459; Total budget: 526.300,00€)
- 2013 *“Research Activities”* - Sub-project: *“Physical Education & Sports Science Department Scholarships”*. Coordinator: Koutedakis Yiannis, Professor, University of Thessaly (Code: 4504.01.27).
- 2009 - 2013 *“Promoting Adolescent Health through an intervention aimed at improving the quality of their participation in Physical Activity (PAPA Project)”* founded by the European Commission (FP7 Health). Coordinator in Greece: Papaioannou Athanasios, Professor, University of Thessaly (Code: 3949; Total Budget: 3.000.000,00€ for the 5 European Countries involved in the project)

## PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B1	B1	B2
First Certificate in English, University of Cambridge (B2)					

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
<b>Proficient user</b>	<b>Proficient user</b>	<b>Proficient user</b>	<b>Independent user</b>	<b>Independent user</b>
ECDL Core Certificate (2007)				

- Microsoft Office (Microsoft Access, Microsoft Word, Microsoft PowerPoint, Microsoft Excel, Microsoft Internet Explorer & Outlook Express)
- PASW version 21.0 (Statistical Package for Social Sciences)
- AMOS version 20.0: Confirmatory Factor Analysis (CFA) & Structural Equation Modelling (SEM)
- G\*Power 3.1 statistical power analysis program
- Facebook, Skype

Other skills &amp; training

- Educational Program “*Innovative pedagogical and didactic approaches to teaching and learning*” (e-learning), University of Thessaly (2021; 420 hours workshops, 28 ECTS)
- Educational Program “*School Psychology*” (e-learning), University of the Aegean (2020-2021; 420 hours workshops, 21 ECVET)
- Educational Program “*Qualitative Research Methods in Social Sciences*” (e-learning), National & Kapodistrian University of Athens (2020-2021; 50 hours workshops, 2 ECVET)
- Educational Program “*Exercise for Health: Group & Personal Training*”, University of Thessaly (2018; 210 hours workshops, 8.4 ECTS)
- BLS/AED PROVIDER COURSE - European Resuscitation Council (22/01/2016; Certificate No: 30-16-127055-02-28)
- Soldier - Greek Army Forces (08/05/2007 - 08/05/2008)
- Former basketball athlete (Amateur level; Teams: A.O. Δαναός, A.O. Άρης Αγίας Μονής, A.O. Πράσινη Γωνιά)

Driving skills

- Car Licence (Level B), Motorbike Licence (Level A), Agricultural Tractor Licence

## PUBLICATIONS

Book (N=1)

1. Γεροδήμος, Β., Πέρκος, Σ., Τσιμέας, Π., **Κρομμύδας, Χ.**, Καρατράντου, Κ., & Ιωακειμίδης, Π. (2020). *Η Διδασκαλία της Καλαθοσφαίρισης στις Αναπτυξιακές Ηλικίες*. Θεσσαλονίκη: Εκδόσεις Κυριακίδη.

Book Chapters (N=5)

1. Θεοδωράκης, Γ., Χασάνδρα, Μ., **Κρομμύδας, Χ.**, & Δημητρακόπουλος, Σ. (2021). Άσκηση και ψυχική υγεία. Σε Β. Γεροδήμο & Κ. Καρατράντου (Εκ.), *Άσκηση για την Υγεία: Πρόληψη και Αποκατάσταση* (σελ. 167-196). Αθήνα: Ιατρικές Εκδόσεις Κωνσταντάρας.
2. Marjanović, M., Krommidas, C., Mprisimis, E., Papaioannou, A., & Comoutos, N. (2020). Self-talk in Physical Education: Motivational aspects and a guide for physical education teachers. In A. T. Latinjak & A. Hatzigeorgiadis (Eds), *Self-talk in Sport* (p. 188-200 New York: Routledge. DOI: 10.4324/9780429460623

3. Duda, J. L., Papaioannou, A., Appleton, P., Quested, E. J., & **Krommidas, C.** (2014). Creating adaptive motivational climates. In A. Papaioannou & D. Hackfort: *Routledge Companion to Sport and Exercise Psychology Global Perspectives and Fundamental Concepts* (pp. 544-558). Publisher: Routledge.
4. Theodorakis, Y., Zourbanos, N., Hatzigeorgiadis, A., Dimitrakopoulos, S., & **Krommidas, C.** (2013). Exercise, stress and anxiety. In V. Gerodimos (Ed.), *Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases* (pp. 344-363). [www.exerciseforhealth.gr/uploads/Book.pdf](http://www.exerciseforhealth.gr/uploads/Book.pdf)
5. Papaioannou, A. G., Zourbanos, N., **Krommidas, C.**, & Ampatzoglou, G. (2012). The place of achievement goals in the social context of sport: A comparison of Nicholls' and Elliot's models. In G. Roberts & D. Treasure (Eds.), *Advances in motivation in sport and exercise* (3<sup>rd</sup> Eds, pp. 59-90). Champaign, IL: Human Kinetics.

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Papers in English language  
peer-referred journals (N= 34)

1. Tzouma, N. A., Morres, I. D., Goudas, M., **Krommidas, C.**, Kotronis, K. V., Papaioannou, A., Theodorakis, Y., & Comoutos, N. (2023). Women's views and experiences of a perinatal Exercise Counselling Intervention: A qualitative study. *International Journal of Sport & Exercise Psychology*, 21(1), 70-89. DOI: 10.1080/1612197X.2021.2019297
2. Papageorgiou, E., **Krommidas, C.**, Digelidis, N., Moustakas, L., & Papaioannou, A. G. (2023). An online PETE course on intercultural education for pre-service physical education teachers: A non-randomized controlled trial. *Teaching & Teacher Education*, 121, 103920. DOI: 10.1016/j.tate.2022.103920
3. Tsatalas, T., Bellis, G., Karampina, E., **Krommidas, C.**, Tsilfoglou, F., Patas, A., Fotos, C., Kokkotis, C., Jamurtas, A. Z., & Giakas, G. (2023). Development and usability of a prototype upper extremities lever-driven exercise system. *BioMed*, 3, 32-49. DOI: 10.3390/biomed3010003
4. **Krommidas, C.**, Papaioannou, A. G., Comoutos, N., Kouali, D., Galanis, E., & Chroni, S. (2022). Effects of parental support and coach-initiated motivational climate on young athletes' psychosocial behaviors and well-being. *Asian Journal of Sport & Exercise Psychology*, 2(3), 140-150. DOI: 10.1016/j.ajsep.2022.06.002
5. Angeli, M., Hassandra, M., **Krommidas, C.**, Kolovelonis, A., Bouglas, V., & Theodorakis, Y. (2022). Implementation and evaluation of a school-based educational program targeting healthy diet and exercise (DIEX) for Greek high school students. *Sports*, 10, 196. DOI: 10.3390/sports10120196
6. Evangelou, E., Digelidis, N., & **Krommidas, C.** (2022). Students' attitudes toward assessment in Physical Education. *Physical Culture and Sport. Studies and Research*, 97, 12-20. DOI: 10.2478/pcssr-2022-0020
7. Tzouma, N. A., Morres, I., Comoutos, N., **Krommidas, C.**, Kotronis, K., Papaioannou, A., & Theodorakis, Y. (2022). The effect of a perinatal exercise counselling intervention on depressive symptoms. *Hellenic Journal of Psychology*, 19(3), 276-308. DOI: 10.26262/hjp.v19i3.8810
8. **Krommidas, C.**, Galanis, E., Tzormpatzakis, E., Hassandra, M., Hatzigeorgiadis, A., Morres, I. D., Comoutos, N., & Theodorakis, Y. (2022). The effects of acute exercise and virtual reality tasks on children's memory function and exercise preference. *International Journal of Kinesiology & Sport Science*, 10(3), 7-17. DOI: 10.7575/aiac.ijkss.v10n.3p.7
9. Panagiotounis, F., Hasandra, M., **Krommidas, C.**, & Theodorakis, Y. (2022). Effects of an exercise theory-based intervention program on craving during the early stage of adults' SUDs treatment. *Mental Health & Physical Activity*, 23, 100463. DOI: 10.1016/j.mhpa.2022.100463
10. Gerodimos, V., Karatrantou, K., Papazeti, K., Batatolis, C., & **Krommidas, C.** (2022). Workplace exercise program in a hospital environment: An effective strategy for the promotion of employees physical and mental health. *International Archives of Occupational and Environmental Health*, 95, 1491-1500. DOI: 10.1007/s00420-022-01856-6
11. Karageorgou, A., Kokaridas, D., Theodorakis, Y., Goudas, M., **Krommidas, C.**, Christodoulou, E., & Mousiolis, S. (2022). The effect of a combined exercise and goal setting program on physical activity levels, nutritional habits and smoking cessation of Greek patients with multiple sclerosis. *European Journal of Physical Education and Sport Science*, 8(5), 1-14.
12. Brisimis, E., **Krommidas, C.**, Syrmpas, Y., Karamitrou, A., Hatzigeorgiadis, A., & Comoutos, N. (2022). Motivational climate, basic psychological needs, and students' self-talk in Physical Education. *The Physical Educator*, 79(3), 280-304. DOI: 10.18666/TPE-2022-V79-I3-10851

13. Morres, I. D., Tzouma, N. A., Hatzigeorgiadis, A., **Krommidas, C.**, Kotronis, K. V., Dafopoulos, K., Theodorakis, Y., & Comoutos, N. (2022). Exercise for perinatal depressive symptoms: A systematic review and meta-analysis of randomized controlled trials in perinatal health services. *Journal of Affective Disorders*, 298, 26-42. DOI: 10.1016/j.jad.2021.10.124
14. Lazaridis, A., **Krommidas, C.**, Sympas, I., & Digelidis, N. (2021). The influence of gender, age, sport participation and family wealth on adolescents' self-worth and out-of-school physical activity. *International Journal of Research in Education and Science (IJRES)*, 7(2), 367-382. DOI: 10.46328/ijres.1522
15. Papaioannou, A. G., & **Krommidas, C.** (2021). Self-transcendence achievement goals and wellbeing. *International Journal of Sport & Exercise Psychology*, 19(2), 215-245. DOI: 10.1080/1612197X.2020.1830826
16. Psychou, D., Kokaridas, D., Koulouris, N., Theodorakis, Y., **Krommidas, C.**, & Psychos, C. (2021). Impact of exercise intervention on stress/anxiety levels and mood profile of Greek prison inmates. *Journal of Human Sport and Exercise*, 16(1), 147-156. DOI: 10.14198/jhse.2021.161.13.
17. Brisimis, E., **Krommidas, C.**, Galanis, E., Karamitrou, A., Sympas, Y., & Comoutos, N. (2020). Exploring the relationships of autonomy-supportive climate, psychological needs satisfaction and thwarting with students' self-talk in Physical Education. *Journal of Education, Society & Behavioral Science*, 33(11), 112-122. DOI: 10.9734/JESBS/2020/v33i1130276
18. Gorozidis, G., Tzioumakis, Y., **Krommidas, C.**, & Papaioannou, A. (2020). Facebook group PETCoN (Physical Education Teacher Collaborative Network). An innovative approach to PE teacher in-service training: A self-determination theory perspective. *Teaching & Teacher Education*. 96, 103184. DOI: 10.1016/j.tate.2020.103184
19. **Krommidas, C.**, Perkos, S., Sympas, I., Gorozidis, G. S., Vlahos, O., Brisimis, E., & Loules, G. (2020). Self-reported physical activity, enjoyment and well-being of Greek youth basketball players. *European Journal of Physical Education & Sport Science*, 6(3), 127-143.
20. Gorozidis, G. S., Tzioumakis, Y. S., **Krommidas, C.**, & Papaioannou, A. G. (2020). Capturing Teacher Basic Needs Satisfaction: Validation evidence for the Greek scale measuring PE teachers BNS. *European Journal of Education Studies*, 7(2), 1-18.
21. Karatrantou, K., Stavrou, V., Hasioti, P., Varveri, D., **Krommidas, C.**, & Gerodimos, V. (2020). An enjoyable school-based swimming training program improves students' aquaticity. *Acta Paediatrica*, 109, 166-174. DOI: 10.1111/apa.14920.
22. Gabršček, L., Kokaridas, D., Maggouritsa, G., Loules, G., Stoforos, P., Theodorakis, Y., & **Krommidas, C.** (2019). The effect of a goal setting exercise program on improving upper body strength, lower extremity strength, balance and commitment to exercise of patients with schizophrenia. *European Journal of Physical Education & Sport Science*, 5(12), 215-227.
23. Morres, I. D., Hatzigeorgiadis, A., **Krommidas, H.**, Comoutos, N., Sideri, E., Ploumpidis, D., Economou, M., Papaioannou, A., & Theodorakis, Y. (2019). Objectively measured physical activity and depressive symptoms in adult outpatients with a clinical diagnosis of major depression. *Psychiatry Research*. DOI: 10.1016/j.psychres.2019.112489
24. **Krommidas, C.**, Perkos, S., Karatrantou, K., Soulas, E., Chasialis, A., Armenis, E., & Gerodimos, V. (2019). Home advantage effect in Greek basketball leagues at regular season: Males vs. females and home vs. guest teams. *Trends in Sport Sciences*, 3(26), 117-122. DOI: 10.23829/TSS.2019.26.3-3
25. Psychou, D., Kokaridas, D., Koulouris, N., Theodorakis, Y., & **Krommidas, C.** (2019). The effect of exercise on improving quality of life and self-esteem of inmates in Greek prisons. *Journal of Human Sport & Exercise*, 14(2), 374-384. DOI: 10.14198/jhse.2019.142.10.
26. Morres, I. D., Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin-Cribbie, C., **Krommidas, C.**, & Theodorakis, Y. (2019). Aerobic exercise for adult patients with major depressive disorder in mental health services. A systematic review and meta-analysis. *Depression & Anxiety*, 36, 39-53. DOI: 10.1002/da.22842.
27. Kokaridas, D., Demerouti, I., Margariti, P., & **Krommidas, C.** (2018). The effect of an indoor climbing program on improving handgrip strength and traverse speed of children with and without Autism Spectrum Disorder. *Palaestra*, 32(3), 39-44.

28. Angeli, M., Hatzigeorgiadis, A., Comoutos, N., **Krommidas, C.**, Morres, I. D., & Theodorakis, Y. (2018). The effects of self-regulation strategies following moderate intensity exercise on ad libitum smoking. *Addictive Behaviors*, 87, 109-114. DOI: 10.1016/j.addbeh.2018.06.029
29. Brisimis, E., Bebetos, E., & **Krommidas, C.** (2018). Does group cohesion predict team sport athletes' satisfaction? *Hellenic Journal of Psychology*, 15(1), 108-124.
30. Kokaridas, D., Anastasiou, D., Broupi, A., **Krommidas, C.**, Syros, A., & Papayianni, E. (2017). Exercise program, Greek traditional music and mood profile of patients with dementia: a pilot study. *European Psychomotricity Journal*, 9(1), 33-45.
31. Zourbanos, N., Haznadar, A., Papaioannou, A., Tzioumakis, Y., **Krommidas, C.**, & Hatzigeorgiadis, A. (2016). The relationships between athletes' perceptions of coach-created motivational climate, self-talk, and self-efficacy in youth football. *Journal of Applied Sport Psychology*, 28(1), 97-112. DOI: 10.1080/10413200.2015.1074630
32. Kolovelonis, A., Keramidas, P., **Krommidas, C.**, & Goudas, M. (2015). The relationship between motivational climate and social behavior in physical education. *Journal of Physical Activity, Nutrition and Rehabilitation*, <http://www.panr.com.cy/wp-content/uploads/2015/05/The-relationship-between-motivational-climate-and-social-behavior-in-physical-education-2015.pdf>
33. Van Hoye, A., Fenton, S., **Krommidas, C.**, Heuzé, J. P., Quested, E., Papaioannou, A., & Duda, J. L. (2013). Physical activity and sedentary behaviours among grassroots football players: A comparison across three European countries. *International Journal of Sport and Exercise Psychology*, 11(4), 341-350. DOI: 10.1080/1612197X.2013.830432
34. Wold, B., Duda, J. L., Balaguer, I., Smith, O. R. F., Ommundsen, Y., Hall, H. K., Samdal, O., Heuzé, J. P., Haug, E., Bracey, S., Castillo, I., Ramis, Y., Quested, E., & **Krommidas, C.** (2013). Comparing self-reported leisure time physical activity, subjective health and life satisfaction among youth soccer players and adolescents in a reference sample. *International Journal of Sport and Exercise Psychology*, 11(4), 328-340. DOI: 10.1080/1612197X.2013.830433

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Papers in Greek language  
peer-referred journals (N= 18)

1. Damaskinou, A., Gielosi, D., **Krommidas, C.**, Vahos, O., Sympas, I., Bouglas, V., & Papaioannou, A. G. (2022). Two comparative studies of high school students' motivation, enjoyment and emotions in Physical Education class. *Sport Psychology*, 28, 1-22.
2. Liotsios, K., **Krommidas, C.**, Loules, G., Digelidis, N., & Hasandra, M. (2022). Physical activity, financial status and mental health of primary school students during the COVID-19 pandemic. *Sport Psychology*, 28, 23-49.
3. Zakzagki, M., Kalavrou, C., **Krommidas, C.**, Galanis, E., Hatzigeorgiadis, A., Theodorakis, Y., & Morres, I. D. (2021). The association of objectively measured daily life physical activity with anxiety symptoms in obese adults. *Inquiries in Sport & Physical Education*, 19(2), 95-104.
4. **Krommidas, C.**, Georgiou, A., Galanis, E., Vlahos, O., Tzioumakis, Y., Digelidis, N., & Papaioannou, A. (2021). Measuring physical activity levels of undergraduate sport sciences' students using self-report questionnaires and accelerometers. *Inquiries in Sport & Physical Education*, 19(1), 46-57.
5. Tsilimigka, V., **Krommidas, C.**, Rizos, N., & Comoutos, N. (2020). The influential role of parents on their childrens' physical activity levels, body mass index and nutritional habits. *Inquiries in Sport & Physical Education*, 18(1), 25-42.
6. Brisimis, E., Bebetos, E., & **Krommidas, C.** (2020). Influence of age on levels: team cohesion, aggression & sport satisfaction. *Journal of Physical Activity, Nutrition and Rehabilitation*, 580-591, <https://www.panr.com.cy/?p=3705>.
7. Petraki, V., Digelidis, N., & **Krommidas, C.** (2019). Traditional Greek dance, positive and negative affect, self-esteem and subjective vitality. *Inquiries in Sport & Physical Education*, 17(1), 23-32.
8. Lazaridis, A., Digelidis, N., & **Krommidas, C.** (2019). Construct validity of the "Motives for Physical Activity Measure-Revised" (MPAM-R) questionnaire in a sample of Greek secondary school pupils. *Inquiries in Sport & Physical Education*, 17(1), 1-14.
9. Evaggelou, E., Digelidis, N., & **Krommidas, C.** (2017). Students' attitudes and predispositions towards physical education. *Inquiries in Sport & Physical Education*, 15(3), 1-10.

10. Sevdali, X., Digelidis, N., Vazou, S., Sympas, I., & **Krommidas, C.** (2017). The effect of classroom physical activity breaks on psychosocial variables of elementary school pupils. *Inquiries in Sport & Physical Education*, 15(2), 1-12.
11. **Krommidas, C.**, Galanis, E., Papaioannou, A., Tzioumakis, G., Digelidis, N., Zourbanos, N., & Keramidas, P. (2016). The relationship of self-reported physical activity with enjoyment, intention, perceived behavioral control and basic psychological needs of youth soccer players. *Inquiries in Sport & Physical Education*, 14(3), 29-48.
12. **Krommidas, C.**, Galanis, E., Papaioannou, A., Tzioumakis, G., Zourbanos, N., Keramidas, P., & Digelidis, N. (2016). The relationship of Empowering and Disempowering coaching climate with enjoyment and quality of life variables in Greek youth soccer. *Inquiries in Sport & Physical Education*, 14(2), 19-35.
13. **Krommidas, C.**, Keramidas, P., Galanis, E., Papaioannou, A., Digelidis, N., Tzioumakis, Y., & Zourbanos, N. (2015). Physical activity, body mass index and aerobic capacity of youth soccer players: Results from the 1<sup>st</sup> trial of PAPA Project in Greece. *Inquiries in Sport & Physical Education*, 13(1), 115-133.
14. **Krommidas, C.**, Galanis, E., Papaioannou, A., Zourbanos, N., Tzioumakis, G., & Digelidis, N. (2015). Objectively measured physical activity levels and body mass index of secondary school students in central Greece: Differences between sex and age. *Inquiries in Sport & Physical Education*, 13(1), 42-60.
15. Simou, T., **Krommidas, C.**, & Papaioannou, A. (2013). Implementation and evaluation of pre-service teachers' practicum in Department of Physical Education at University of Thessaly. *Inquiries in Sport & Physical Education*, 11(2), 14-33.
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Conference Proceedings  
(Greek language; N=7)

1. Μωρρές, Ι. Δ., Χατζηγεωργιάδης, Α., **Κρομμύδας, Χ.**, Κομούτος, Ν., Σιδέρη, Ε., Πλουμπίδης, Δ., Οικονόμου, Μ., Παπαϊωάννου, Α., & Θεοδωράκης, Γ. (2018). Η σχέση της αντικειμενικά καταγεγραμμένης φυσικής δραστηριότητας με την μείζων κατάθλιψη (short paper). 15<sup>ο</sup> Πανελλήνιο Συνέδριο Αθλητικής Ψυχολογίας, Αθήνα.
2. Σεβδαλή, Χ., Διγγελίδης, Ν., Βάζου, Σ., Σύρμπας, Ι., & **Κρομμύδας, Χ.** (2016). Ολιγόλεπτες κινητικές δραστηριότητες των μαθητών στη τάξη και εμπλοκή στη μαθησιακή διαδικασία (pp. 74-79). 14<sup>ο</sup> Πανελλήνιο Συνέδριο Αθλητικής Ψυχολογίας, Θεσσαλονίκη.
3. Gorozidis, G., Tzioumakis, Y., Papaioannou, A., & **Krommidas, C.** (2014). Youth football coaches' self-determination to participate in professional training promoting innovative/empowering coaching. *Short paper presented at the 13<sup>th</sup> Congress of Sport Psychology* (pp. 123-129), Trikala, University of Thessaly.
4. Keramidas, P., Tzioumakis, Y., Papaioannou, A., Digelidis, N., Zourbanos, N., **Krommidas, C.**, & Galanis, E. (2014). Longitudinal effects of a coach education program on the Disempowering dimensions of the coach-initiated motivational climate in Greece. *Short paper presented at the 13<sup>th</sup> Congress of Sport Psychology* (pp. 163-168), Trikala, University of Thessaly.
5. Αργυρόπουλος, Χ., Παλάτος, Σ., Γεωργίτση, Α., & **Κρομμύδας, Χ.** (2012). Η υποστήριξη της αυτονομίας από τον προπονητή και η συνοχή της ομάδας (σελ. 145-147). *Πρακτικά 12<sup>ου</sup> Πανελληνίου Συνεδρίου Αθλητικής Ψυχολογίας*, Αθήνα.
6. Κουάλη, Δ., Χρόνη, Α., Ζουρμπάνος, Ν., **Κρομμύδας, Χ.**, & Παπαϊωάννου, Α. (2012). Η αντιλαμβανόμενη και επιθυμητή εμπλοκή των γονέων σε νεαρούς αθλητές ποδοσφαίρου (σελ. 62-64). *Πρακτικά 12<sup>ου</sup> Πανελληνίου Συνεδρίου Αθλητικής Ψυχολογίας*, Αθήνα.

7. Μπάρδας, Δ., Ζουρμπάνος, Ν., **Κρομμύδας, Χ.**, Χατζηγεωργιάδης, Α., & Θεοδωράκης, Γ. (2012). Η επίδραση της αυτο-ομιλίας τεχνικής υποδείξης στο ποδόσφαιρο σε μαθητές και μαθήτριες δημοτικού στο μάθημα της φυσικής αγωγής (σελ.71-73). *Πρακτικά 12<sup>ου</sup> Πανελληνίου Συνεδρίου Αθλητικής Ψυχολογίας*, Αθήνα.

Oral & Poster Presentations in International & National Congresses (N=69)

1. **Krommidas, C.**, Haidopoulou, K., Kyrvasilis, F., & Galli-Tsinopoulou, A. (2022). Physical activity of children and adolescents: A systematic review of studies in Greece. *Proceedings of the 22<sup>nd</sup> International Association for Adolescent Health (IAAH) European Regional Conference*, Athens, Greece.
2. Tsatalas, T., Bellis, G., Tsilfoglou, F., Patas, A., Karampina, E., **Krommidas, C.**, Kokkotis, C., Poulis, S., Fotos, C., Jamurtas, A. Z., & Giakas, G. (2022). Development and Evaluation of a Prototype Lever-Propelled Training System for Wheelchair Users (FIT-WHEEL). *Proceedings of the 4<sup>th</sup> European Lifestyle Medicine Congress*, Athens, Greece.
3. Digelidis, N., Lazaridis, A., Sympas, I., **Krommidas, C.**, & Papaioannou, A. G. (2022). Adolescents' physical activity levels and well-being during the COVID-19 era. *Proceedings of the 16<sup>th</sup> European Congress of Sport & Exercise Psychology*, Padova, Italy.
4. Gobbi, E., **Krommidas, C.**, Escriva Boulley, G., Loules, G., Carraro, A., Sarrazin, P., & Papaioannou, A. (2022). Objectively measured physical activity levels and their psychological determinants for adolescents in three European countries. *Proceedings of the 16<sup>th</sup> European Congress of Sport & Exercise Psychology*, Padova, Italy.
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8. Tsatalas, T., Karampina, E., **Krommidas, C.**, Kokkotis, C., Bellis, G., Tsilfoglou, F., Patas, A., Fotos, C., Poulis, S., Tsapoulos, D., Jamurtas, A. Z., & Giakas, G. (2022). Usability of a novel lever-propelled exercise system for training the upper body: A pilot study. *30<sup>th</sup> International Congress on Physical Education & Sport Science*, Komotini, Greece.
9. Papaioannou, A. G., Martins, J., Santhappan, A., Mata, C., Sereli, S., & **Krommidas, C.** (2021). The Self-Transcendence, Self-Improvement and Self-Enhancement (SESIST) goals measure: Measurement invariance, reliability, internal convergent and divergent validity across three cultures. *ISSP 15<sup>th</sup> World Congress*, Taipei, Taiwan.
10. Santhappan, A., Sereli, S., Onofre, M., Martins, J., **Krommidas, C.**, & Papaioannou, A. G. (2021). Antecedents of self-transcendence goals across three cultures: Motivational climate, family and friends' support in youth physical activity settings. *ISSP 15<sup>th</sup> World Congress*, Taipei, Taiwan.
11. **Krommidas, C.**, Sereli, S., Santhappan, A., Onofre, M., Martins, J., & Papaioannou, A. G. (2021). Incremental validity of self-transcendence goals in youth physical activity settings across three cultures. *ISSP 15<sup>th</sup> World Congress*, Taipei, Taiwan.
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13. Σεβδαλή, Χ., Θωϊδης, Ι., Διγγελίδης, Ν., **Κρομμύδας, Χ.**, & Χανιωτάκης, Ν. (2021). Η διαχείριση του ελεύθερου χρόνου από μαθητές-τριες δημοτικού σχολείου στην περίοδο της πανδημίας. *6<sup>ο</sup> Συνέδριο Αθλητικής Επιστήμης*, Αθήνα.
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18. **Κρομμύδας, Χ.**, Πάντος, Β., Ρίζος, Ι., Σύρμπας, Ι., Λουλές, Γ., Βλάχος, Ό., & Παπαϊωάννου, Α. (2020). Ψυχοκοινωνικοί παράγοντες και αντικειμενικά καταγεγραμμένη φυσική δραστηριότητα μαθητών/τριών. *21<sup>ο</sup> Πανελλήνιο Συνέδριο Φυσικής Αγωγής & Αθλητισμού*, Θεσσαλονίκη: Ένωση Γυμναστών Βορείου Ελλάδος.
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22. **Krommidas, H.**, Gobbi, E., Escrivá-Boulley, G., Carraro, A., Sarrazin, P., & Papaioannou, A. (2019). Measuring pupils' physical activity levels with accelerometers: Preliminary findings of IMPACT Project in France, Greece and Italy. *Proceedings of the 15<sup>th</sup> FEPSAC European Congress of Sport Psychology*, Münster, Germany.
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33. Χασιώτη, Π., **Κρομμύδας, Χ.**, Καρατράντου, Κ., Κουσιώρας, Ι., Ιωακειμίδης, Π., & Γεροδήμος, Β. (2018). Η επίδραση του προγράμματος εκμάθησης κολύμβησης στα δημοτικά σχολεία στην ευχαρίστηση μαθητών και μαθητριών. *21<sup>ο</sup> Συνέδριο Φυσικής Αγωγής & Αθλητισμού*, Θεσσαλονίκη.
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45. **Κρομμύδας, Χ.**, Γαλάνης, Ε., Ζουρμπάνος, Ν., Τζιουμάκης, Γ., & Παπαϊωάννου, Α. (2014). Αυτο-αναφερόμενη φυσική δραστηριότητα, δείκτης μάζας σώματος και στόχοι επίτευξης φοιτητών και φοιτητριών της Σ.Ε.Φ.Α.Α. Θεσσαλίας. Διαφορές ως προς το φύλο, την αθλητική συμμετοχή και το έτος σπουδών. *13<sup>ο</sup> Συνέδριο Αθλητικής Ψυχολογίας*, Τρίκαλα.
46. **Κρομμύδας, Χ.**, Γεωργίου, Α., Γαλάνης, Ε., Παπαϊωάννου, Α., Ζουρμπάνος, Ν., Τζιουμάκης, Γ., & Κεραμίδας, Π. (2014). Αυτο-αναφερόμενη φυσική δραστηριότητα (ΦΔ) νεαρών αθλητών ποδοσφαίρου και η σχέση της ΦΔ με τις θεωρίες του αυτοκαθορισμού, των στόχων επίτευξης, του κλίματος ενδυνάμωσης ομάδας και της σχεδιασμένης συμπεριφοράς. *22<sup>ο</sup> Διεθνές Συνέδριο Φυσικής Αγωγής & Αθλητισμού*, Κομοτηνή.
47. Γαλάνης, Ε., Αργυρόπουλος, Χ., **Κρομμύδας, Χ.**, & Χατζηγεωργιάδης, Α. (2014). Μηχανισμοί λειτουργίας της αυτο-ομιλίας: Εξέταση της εστιασμένης προσοχής με τη χρήση του Vienna Test System. *22<sup>ο</sup> Διεθνές Συνέδριο Φυσικής Αγωγής & Αθλητισμού*, Κομοτηνή.
48. **Κρομμύδας, Χ.**, Γαλάνης, Ε., Σπύρου Κ., Ζουρμπάνος, Ν., Τζιουμάκης, Ι., & Παπαϊωάννου, Αθ. (2014). Μέτρηση φυσικής δραστηριότητας με αισθητήρες κίνησης και δείκτης μάζας σώματος φοιτητών/τριών του Τ.Ε.Φ.Α.Α. Θεσσαλίας. *17<sup>ο</sup> Συνέδριο Φυσικής Αγωγής & Αθλητισμού*, Θεσσαλονίκη.
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65. **Κρομμύδας, Χ.**, Μπαλαγιάννης, Κ., Σιδηρά, Μ., Γκαλέας, Κ., Μουζακίδης, Χ., & Χασάνδρα, Μ. (2004). Πρόγραμμα καθορισμού στόχων στο μάθημα της φυσικής αγωγής μέσα από το άθλημα της καλαθοσφαίρισης. *12<sup>ο</sup> Διεθνές Συνέδριο Φυσικής Αγωγής και Αθλητισμού*, Κομοτηνή.
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67. **Κρομμύδας, Χ.**, Μουζακίδης, Χ., Πατσιαούρας, Α., Κοκαρίδας, Δ., & Θεοδωράκης, Γ. (2004). Η επίδραση των προσωπικών στόχων και της δέσμευσης στην απόδοση φοιτητών και φοιτητριών του ΤΕΦΑΑ Θεσσαλίας κατά την εκτέλεση σέρβις στο άθλημα της πετοσφαίρισης. *8<sup>ο</sup> Πανελλήνιο Συνέδριο Αθλητικής Ψυχολογίας*, Τρίκαλα.
68. **Κρομμύδας, Χ.**, Μητρίσιος, Β., Μπαλαγιάννης, Κ., Κουβόπουλος, Ν., Διαμάντης, Ι., & Χασάνδρα, Μ. (2003). Οι λόγοι πειθαρχίας στο μάθημα της φυσικής αγωγής και οι σχέσεις τους με την εσωτερική παρακίνηση των μαθητών/τριών. *11<sup>ο</sup> Διεθνές Συνέδριο Φυσικής Αγωγής και Αθλητισμού*, Κομοτηνή.
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## INVITED SPEAKER

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|---------------|--|
| 17/03/2021    | Invited speaker: Online seminar for Physical Education Teachers at Primary & Secondary Education in Dodecanese, Greece; Organised by: Directorate of Primary & Secondary Education of the Dodecanese, Greece; Topic: " <i>Teaching basketball at school</i> ".   |
| 02/06/2021    | Invited speaker: Online seminar for Physical Education Teachers at Primary & Secondary Education; Organised by: Regional Directorate of Primary & Secondary Education of Central Greece and the Regional Center for Educational Planning (PE.K.E.S.) of Central Greece; Topic: " <i>Promoting youths physical activity through Physical Education</i> ". |
| 08-09/04/2022 | 7 <sup>th</sup> Interdisciplinary Day of Physical Education; Organised by: Union of Physical Education Scientists, Prefecture of Fthiotida, Greece. Topics: " <i>Health Behaviors in Children and Adolescents</i> " and " <i>Teaching technical skills</i> ".  |
| 15/01/2023    | Invited speaker: Promoting health and well-being in developmental ages. Organised by: Football Academy of Municipality of Pyli "Portaikos", Association of Parents & Guardians of Pyli's Primary School & Kindergarten, Pyli Mountaineering Club, Trikala, Greece. Topic: " <i>Health behaviors of adolescents</i> ".                                    |

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1. Inquiries in Sport & Physical Education (Editor: Hellenic Academy of Physical Education)

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7. Sports (Editor: MDPI)
8. Sport Psychology (Editor: Hellenic Society of Sport & Exercise Psychology)
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10. The Open Orthopaedics Journal (Editor: Bentham Science Publishers)

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**THESES SUPERVISION**

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2. Papastergiou Dimitra (PhD - Year of completion: 2022 - Member of the scientific committee)
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**MEMBER OF SCIENTIFIC ORGANIZATIONS**

1. Hellenic Academy of Physical Education
2. Hellenic Society of Sport & Exercise Psychology
3. Panhellenic Association of Sports and Exercise Professionals

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**PARTICIPATION IN SCIENTIFIC CONFERENCES**

Participation in more than thirty-five (**N = 35**) national or international scientific conferences in various fields of Physical Education and Sports

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**ADMINISTRATIVE WORK**

- |        |  |
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| 2021   | T.E.Φ.A.A., Π.Θ. - Μέλος Εφορευτικής Επιτροπής για ανάδειξη Προέδρου και Αντιπροέδρου              |
| 2021   | Σ.Ε.Φ.Α.Α.Δ., Π.Θ. - Μέλος Εφορευτικής Επιτροπής για ανάδειξη Κοσμήτορα                            |
| 2021 - | T.E.Φ.A.A., Π.Θ. - Επιτροπή Γραφείου Διασύνδεσης και Επικοινωνίας με τους Πτυχιούχους του Τμήματος |