

Maria Maraki, PhD

CIRRUCULUM VITAE

February 2022

Contents

SYNOPSIS.....	2
PERSONAL INFORMATION	3
1. EDUCATION	3
2. WORK EXPERIENCE.....	4
2. TEACHING EXPERIENCE	4
3. RESEARCH EXPERIENCE.....	7
4. RESEARCH SUPPORT	8
5. PUBLICATIONS.....	9
6. HONORS AND AWARDS	13
7. OTHER SCIENTIFIC WORK	13
8. ADDITIONAL INFORMATION	14

SYNOPSIS

Personal Information

Name: Maria Maraki

Date of Birth: 04/11/1975

Nationality: Greek

Contact: tel: +302285027049, mob: +306973326208, email: marakidiet@gmail.com; mmar@hmu.gr

Current Position

Assistant Professor in Clinical Nutrition - Nutritional Intervention, School of Health Sciences, Department of Nutrition & Dietetics, Hellenic Mediterranean University, Greece

Education

Doctor of Philosophy (Ph.D.) in Applied Nutrition & Dietetics, Harokopio University, Athens, Greece, 2009
Master of Medical Science (M.Med.Sc.) in Human Nutrition with specialization in Sports and Exercise Nutrition, Department of Human Nutrition, Faculty of Medicine, University of Glasgow, UK, 2002
Bachelor of Science (B.Sc.) in Nutrition, Department of Nutrition & Dietetics, Faculty of Food Technology and Nutrition, Academic Technological Institute of Thessaloniki, Greece, 1998

Research/ Working experience

18 years as a Dietician–Clinical Nutritionist (Greece)

11 years research experience (Greece & UK)

Teaching Experience

15 years in Undergraduate Programs, 12 years in Postgraduate Programs

Scientific Publications

50 publications (34 full articles) in peer-reviewed international scientific journals

Total Impact Factor: 224.899 (125.334 excluding abstracts)

Citations: Google Scholar: 813, H-index: 16

Scopus: 487, H-index: 13

Participation in

- 12 International Congresses/Conferences
- 21 Greek Congresses/Conferences/Symposium
- 10 Workshops/Meetings,
- 5 Seminars

Invited Speaker in 27 congresses/seminars/meetings

Invited Reviewer in 18 scientific journals (nutritional, medical etc)

Other languages: English

Honours and Awards

Greek Governmental Institute Fellowship for Graduate Studies (2001-2006)

Six awards in the European Society for Clinical Nutrition and Metabolism Congresses and in the European Congress on Obesity (2008-2011)

Greek Governmental Institute Fellowship for Postdoctoral Research (2017-2019)

Movement Disorders Research Article of the Year (2018-2019)

Research Support

One research grant as PI and two more as research associate

PERSONAL INFORMATION

Surname: **Maraki**
Name: **Maria**
Date of Birth: 04-11-1975
Address: Papavasileiou, Naxos, GR-84 300
Telephone: +302285027049
+306973-326208 (mobile)
E-mail: marakidiet@gmail.com, mmar@hmu.gr

Current Position: Assistant Professor in Clinical Nutrition - Nutritional Intervention
Department of Nutrition & Dietetics
School of Health Sciences, Hellenic Mediterranean University
Tripitios, Crete, GR-72300

1. EDUCATION

POSTGRADUATE STUDIES

Degree	Doctor of Philosophy (Ph.D.) in Applied Nutrition & Dietetics
Institute	Department of Dietetics and Nutritional Science, Harokopio University, Athens, Greece
Dates (from – to)	2003 - 2009
Grade	10/10 - "Excellent"
Title of PhD Thesis	Effects of energy balance on lipid metabolism
Degree	Master of Medical Science (M.Med.Sc.) in Human Nutrition with specialization in Sports and Exercise Nutrition (Grade: "Merit")
Institute	Department of Human Nutrition, Faculty of Medicine, University of Glasgow, UK
Dates (from – to)	2001 - 2002
Grade	"Merit"
Title of MSc Thesis	Acute effects of a single exercise on appetite and mood. Is there a time of day effect?

UNDERGRADUATE STUDIES

Degree	Bachelor of Science (B.Sc.) in Nutrition
Institute	Department of Nutrition, Faculty of Food and Nutrition Technology, Academic Technological Institute Of Thessaloniki, Greece
Dates (from – to)	1994 - 1998
Grade	7.23/10 - "Very Good"
Title of BSc Thesis	Eating habits in rehabilitation communities

2. WORK EXPERIENCE

AS A DIETITIAN – CLINICAL NUTRITIONIST

Employer	Hospital “Ygeia”, Rehabilitation Centre For Psychological and Social Diseases “Filiatra”, Gym Centers: Davrou S.A., Mpenekos-Florakis-Papaloukas L.T.D and Mpenekos-Anastasopoulou L.T.D., Weight Management Centers: «Lifenet», “ Lipogen”, Bank of Greece Employee Health Fund and Self-employed
Duties	Diet planning & Nutritional Counselling
Dates (from – to)	01-1999 to 07-1999, 09-1999 to 09-2001, 11-2002 to 07-2003, 09-2003 to 10-2003 and 12-2008 onwards

2. TEACHING EXPERIENCE

UNDERGRADUATE PROGRAMS

Institute	Hellenic Mediterranean University, School of Health Sciences, Department of Nutrition & Dietetics, Crete, Greece
Program	Undergraduate Program in Nutrition & Dietetics
Duties	Assistant Professor in Clinical Nutrition - Nutritional Intervention
Dates (from – to)	January 2022-onwards
Institute	National and Kapodistrian University of Athens, School of Physical Education and Sport Science, Athens, Greece
Program	Undergraduate Program in Physical Education and Sport Science
Duties	Lecturer in Nutrition, Exercise Performance & Health & invited lecture in nutrition for older adults
Dates (from – to)	February 2016-September 2021
Institute	Harokopio University, Department of Dietetics and Nutritional Science, Athens, Greece
Program	Undergraduate Program in Nutrition & Dietetics
Duties	Teaching the following undergraduate courses: Nutrition & Macronutrients Metabolis (2006-2007, 2009-2010, 2011-2012), Nutrition & Micronutrients Metabolism (2010-2012), Clinical Nutrition I&II - Practical Placement (2007-2009), Clinical Nutrition I (2009-2010), Nutrition through the life-cycle (2006-2007). Invited Lectures in Nutrition and Metabolism
Dates (from – to)	November 2006-June 2016
Institute	Aegean Omiros College (collaboration with Coventry University), Department School of Health and Human Science, Athens, Greece
Program	Undergraduate Program, BSc (Hons) in Dietetics (Applied)
Duties	Teaching the following course: Nutrition I
Dates (from – to)	October 2014-June 2015

Institute	Aegean Omiros College (collaboration with University of Wales), Department School of Health and Human Science, Athens, Greece
Program	Undergraduate Program, BSc (Hons) in Dietetics
Duties	Teaching the following course: Diet Therapy
Dates (from – to)	February 2014-September 2014
Institute	Academic Technological Institute of Crete, Department of Nutrition And Dietetics, Sitia, Crete, Greece
Program	Undergraduate Program in Aesthetics & Undergraduate Program in Medical Laboratories
Duties	Coordinating and teaching the following courses: Diet Planning, Sports Nutrition, Energy Balance and Weight Control
Dates (from – to)	September 2005 – September 2008
Institute	Academic Technological Institute of Athens, Department of Basic Medical Modules, Athens, Greece
Program	Undergraduate Program in Aesthetics & Undergraduate Program in Medical Laboratories
Duties	Coordinating and teaching the following courses: Nutrition-Dietetics, Dietetics-Nutrition
Dates (from – to)	October 2007 – July 2008

POSTGRADUATE PROGRAMS

Institute	National and Kapodistrian University of Athens, School of Physical Education and Sport Science, Athens, Greece
Program	Postgraduate Program in Exercise Biology
Duties	Invited lecture in Nutrition to muscle injuries' prevention and rehabilitation
Dates (from – to)	2021 - onwards
Institute	National and Kapodistrian University of Athens, School of Physical Education and Sport Science, Athens, Greece
Program	Postgraduate Program in Physical Education and Sports
Duties	Invited lecture in Nutrition for Classical Athletics
Dates (from – to)	2018 - onwards
Institute	National and Kapodistrian University of Athens, Medical School, Athens, Greece
Program	Postgraduate Program in Exercise & Health
Duties	Invited lectures in Nutritional Assessment in Athletes, Exercise and Cardiolipids, Relative Energy Deficit Syndrome
Dates (from – to)	2018 - onwards

Institute University of West Attica, Department of Physiotherapy, Athens, Greece
Program **Postgraduate** Program in New Methods in Physiotherapy
Duties Invited lectures in Diet and Exercise, Energy metabolism and nutritional recommendations, Diet and Exercise in Obesity
Dates (from – to) 2018 - onwards

Institute University of Thessaly, Medical School, Larisa, Greece
Program **Postgraduate** Program in Preventive Medicine in Primary Health Care
Duties Invited lecture in Nutrition and Disease Prevention
Dates (from – to) 2018 - onwards

Institute Aristotle University of Thessaloniki, Medical School, Thessaloniki, Greece
Program **Postgraduate** Program in Health and Environmental Factors
Duties Invited lecture in Energy balance, Environment and Genes
Dates (from – to) 2018 - onwards

Institute Aristotle University of Thessaloniki, Medical School, Thessaloniki, Greece
Program **Postgraduate** Program in Applied Nutrition and Health Promotion
Duties Invited lectures: "Questionnaires in epidemiological studies of nutrition" & "Design and validity of nutritional study questionnaires"
Dates (from – to) 2018 - 2019

Institute Harokopio University, Department of Dietetics and Nutritional Science, Athens, Greece
Program **Postgraduate** Program in Applied Nutrition & Dietetics
Duties Co-ordinating the following courses: Advance topics in Nutrition and Metabolism, Exercise Biochemistry and Metabolism
Dates (from – to) February 2011-July 2019

Institute Harokopio University, Department of Dietetics and Nutritional Science, Athens, Greece
Program **Postgraduate** Program in Applied Nutrition & Dietetics
Duties Teaching specific topics in the following courses: Advance topics in Biochemistry and Metabolism, Advance topics in Nutrition and Metabolism, Diet and Physical Activity in Body Weight Management, Exercise Biochemistry and Metabolism, Exercise in Health and Disease, Nutrition for Elite Athletes
Dates (from – to) September 2008-July 2019

LIFELONG LEARNING PROGRAMS

Institute National and Kapodistrian University of Athens, School of Physical Education and Sport Science, Athens, Greece & Harokopio University, Department of Dietetics and Nutritional Science, Athens, Greece
Program(s) **Lifelong Learning** Program in Basic Principles of Sports Nutrition

& Lifelong Learning Program in Basic Principles of Adult Obesity Management

Duties	Online lectures in “Energy needs and body composition in athletes”, “Methods of nutritional assessment of athletes & trainees”, “Definition, epidemiology and etiology of obesity”, “Energy intake: parameters and evaluation” and “Energy expenditure: parameters and evaluation”
Dates (from – to)	2018 – onwards

3. RESEARCH EXPERIENCE

Institute	National and Kapodistrian University of Athens, Medical School & School of Physical Education and Sport Science in collaboration with Harokopio University, Department of Dietetics and Nutritional Science, Greece
Project title	Dietary assessment and interventions in remote areas
Duties	Running research studies in the area of nutrition, obesity, metabolic diseases and osteoporosis and nutritional counselling in residents of remote areas in mountain and islands
Dates (from – to)	November 2016 – onwards
Institute	Harokopio University, Department of Dietetics and Nutritional Science, Greece in collaboration with National and Kapodistrian University of Athens, Medical School, Athens, Greece
Project title	Nutritional and metabolic factors associated with development and progression of Parkinsonian symptoms
Duties	Running epidemiological studies in the area of nutrition, metabolism and prodromal Parkinson's disease
Dates (from – to)	April 2017 – April 2019
Institute	Harokopio University, Department of Dietetics and Nutritional Science, Greece
Supervisor	Labros Sidossis, Professor
Project title	Effects of type of exercise on postprandial lipemia
Duties	Organizing and running research metabolic studies, blood & data analysis, reports' and manuscripts' writing, supervising undergraduate and postgraduate students etc
Dates (from – to)	January 2013 – March 2016
Institute	Harokopio University, Department of Dietetics and Nutritional Science, Greece
Supervisors	Labros Sidossis, Professor; Maria Yannakoulia, Assistant Professor
Project title	Effects of exercise on appetite
Duties	Organizing and running research studies, blood & data analysis, reports' and manuscripts' writing, supervising undergraduate and postgraduate students etc
Dates (from – to)	January 2013 – March 2016

Institute	Harokopio University, Department of Dietetics and Nutritional Science, Greece
Supervisor	Labros Sidossis, Professor
Project title	Effects of diet and exercise on lipid metabolism
Duties	Organizing and running clinical and metabolic studies using stable isotopes, blood & data analysis, reports' and manuscripts' writing, supervising undergraduate and postgraduate students etc
Dates (from – to)	December 2008 – December 2012
Institute	Harokopio University, Department of Dietetics and Nutritional Science, Greece
Supervisor	Labros Sidossis, Professor
Project title	Effects of weight loss on postprandial lipid metabolism in obese volunteers
Duties	Organizing and running clinical and metabolic studies, blood & data analysis, reports' and manuscripts' writing etc
Dates (from – to)	November 2006 – December 2008
Institute	Harokopio University, Department of Dietetics and Nutritional Science, Greece
Supervisor	Labros Sidossis, Professor
Project title	Effects of exercise and energy balance on lipids in healthy volunteers
Duties	Organizing and running metabolic studies, blood & data analysis, reports' and manuscripts' writing etc
Dates (from – to)	November 2004 – December 2007
Institute	University of Glasgow, Faculty of Medicine, Department of Human Nutrition, Glasgow, UK
Supervisor	Siobhan Higgins, Lecturer
Project title	Effects of exercise on appetite and mood
Duties	Organizing and running research study, manuscript writing etc
Dates (from – to)	May 2002 – September 2002

4. RESEARCH SUPPORT

Greek State Scholarships Foundation, MIS: 5001552 6-Apr-17 – 5-April-19
 Research Project Title: Nutritional and metabolic factors associated with the development and progression of Parkinsonian symptoms
 Role: P-I, Postdoctoral Fellow

Hellenic Ministry of Education & Religious Affairs, OPAP S.A. 21-Jun-10 – 20-Jun-12 & 28-Jan-13 – 31-Dec-16
 Research Project Title: Assessment of body weight status, dietary habits and physical activity of students: obesity prevalence and risk factors
 PI: Labros Sidossis
 Role: Research associate: Dietary assessment and data analysis

Hellenic Ministry of Education and Religious Affairs, OPAP S.A. 14-Apr-09 – 12-Apr-10
 Research Project Title: Anthropometrics and nutritional assessment of students in Greece: obesity prevalence and risk factors

5. PUBLICATIONS

5.1 Publications in international journals with reviewers

5.1.1 Full Articles

- 1 **Maraki M**, Tsofliou F, Pitsiladis YP, Malkova D, Mutrie N & Higgins S (2005) Acute effects of a single exercise class on appetite, energy intake and mood. Is there a time of day effect? *Appetite*, 45: 272-278.
- 2 **Maraki M**, Christodoulou N, Aggelopoulou N, Magkos F, Skenderi KP, Panagiotakos D, Kavouras SA & Sidossis LS (2009) Exercise of low energy expenditure along with mild energy intake restriction acutely reduces fasting and postprandial triacylglycerolaemia in young women. *Br J Nutr*, 101: 408-416.
- 3 **Maraki M**, Magkos F, Christodoulou N, Aggelopoulou N, Skenderi KP, Panagiotakos D, Kavouras SA & Sidossis LS (2010) One day of moderate energy deficit reduces fasting and postprandial triacylglycerolemia in women: The role of calorie restriction and exercise. *Clin Nutr*, 29: 459-463.
- 4 **Maraki M** & Sidossis LS (2010) Effects of energy balance on postprandial triacylglycerol metabolism. *Curr Opin Clin Nutr Metab Care*, 13: 608-17.
- 5 **Maraki MI**, Aggelopoulou N, Christodoulou N, Anastasiou CA, Toutouza M, Panagiotakos D, Kavouras SA, Magkos F & Sidossis LS (2011) Lifestyle intervention leading to moderate weight loss normalizes postprandial triacylglycerolemia despite persisting obesity. *Obesity (Silver Spring)*, 19: 968-976.
- 6 **Maraki MI**, Aggelopoulou N, Christodoulou N, Katsarou C, Anapliotis P, Kavouras SA, Panagiotakos D & Sidossis LS (2011) Validity of abbreviated oral fat tolerance tests for assessing postprandial lipemia. *Clin Nutr*, 30: 852-857.
- 7 Gioxari A, Kavouras SA, Tampalis KD, **Maraki M**, Kollia A & Sidossis LS (2013) Reliability and criterion validity of the Self-Administered Physical Activity Checklist in Greek children. *European J Sport Sc*, 13: 105-111.
- 8 Bellou E, Siopi A, Galani M, **Maraki M**, Tsekouras YE, Panagiotakos DB, Kavouras SA, Magkos F, Sidossis LS (2013) Acute Effects of Exercise and Calorie Restriction on Triglyceride Metabolism in Women. *Med Sci Sports Exerc*, 45(3): 455-61.
- 9 Bellou E, **Maraki M**, Magkos F, Botonaki H, Panagiotakos DB, Kavouras SA, Sidossis LS (2013) Effect of acute negative and positive energy balance on basal very-low density lipoprotein triglyceride metabolism in women. *PLoS One*, 8(3): e60251.
- 10 **Maraki MI** & Sidossis LS (2013) The latest on the effects of prior exercise on postprandial lipemia. *Sports Med*, 43(6): 463-81.
- 11 Bellou E, Magkos F, Kouka T, Bouchalaki E, Sklaveniti D, **Maraki M**, Tsekouras YE, Panagiotakos DB, Kavouras SA, Sidossis LS (2013) Effect of high-intensity interval exercise on basal triglyceride metabolism in non-obese men. *Appl Physiol Nutr Metab*, 38(8): 823-9.
- 12 **Maraki MI** & Sidossis LS (2015). Physiology in Medicine: update on lifestyle determinants of postprandial triacylglycerolemia with emphasis on the Mediterranean lifestyle. *Am J Physiol Endocrinol Metab*, 309(5): E440-9.
- 13 Tampalis KD, Panagiotakos DB, Arnaoutis G, Psarra G, **Maraki M**, Mourtakos S, Grigorakis D, & Sidossis LS (2015) Establishing cross-sectional curves for height, weight, body mass index and waist

- circumference for 4- to 18-year-old Greek children, using the Lambda Mu and Sigma (LMS) statistical method. *Hippokratia*, 19(3): 239-48.
- 14 Grammatikopoulou MG, Poulimeneas D, **Maraki MI**, Famisis K, Gerothanasi K, Kiranas ER & Tsigga M (2016) Geographical distribution of simple and abdominal obesity among 17-year-old adolescents in Greece. *Obesity Medicine*, 2: 31-36.
 - 15 Kavouras SA, **Maraki M**, Kollia A, Gioxari A, Jansen LT & Sidossis LS (2016) Development, reliability and validity of a physical activity questionnaire for estimating energy expenditure in Greek adults. *Science & Sports*, 31(3): e47–e53.
 - 16 Grammatikopoulou MG, Iosifidou P, **Maraki MI**, Baltzis D, Mitsos D & Tsigga M (2017) Nutritional surveillance and diabetes knowledge among patients with type 2 diabetes. *Obesity Medicine*, 5: 44-49.
 - 17 Giannopoulou D, Grammatikopoulou MG, Poulimeneas D, **Maraki M**, Dimitrakopoulos L & Tsigga M (2017) Nutritional Surveillance of Christian Orthodox Minority Adolescents in Istanbul. *J Immigr Minor Health*, 19(2): 333-340.
 - 18 Poulimeneas D, Vlachos D, **Maraki MI**, Grammatikopoulou M, Daskalou E, Karathanou L, Kotsias E, Tsofliou F, Tsigga M, Grammatikopoulou MG (2017) Diet quality, overweight and daily monetary allowance of Greek adolescents. *Int J Adolesc Med Health*, 31(3).
 - 19 Panayiotoglou A, Grammatikopoulou MG, **Maraki MI**, Chourdakis M, Gkiouras K, Theodoridis X, Papadopoulou SK, Famisis K & Hassapidou MN (2017) Metabolic syndrome in retired soccer players: A pilot study. *Obesity Medicine*, 8: 15-22.
 - 20 Tsoufi A, **Maraki MI**, Dimitrakopoulos L, Famisis K & Grammatikopoulou MG (2017) A case study on the effect of professional dietary counseling: elite basketball players eat healthier during competition days. *J Sports Med Phys Fitness*, 57(10): 1305-1310.
 - 21 Grammatikopoulou MG, **Maraki MI**, Giannopoulou D, Poulimeneas D, Sidossis LS, Tsigga M. (2018) Similar Mediterranean diet adherence but greater central adiposity is observed among Greek diaspora adolescents living in Istanbul, compared to Athens. *Ethn Health*, 23(2): 221-232.
 - 22 **Maraki MI**, Panagiotakos DB, Jansen L, Anastasiou CA, Papalazarou A, Yannakoulia M, Sidossis LS, Kavouras SA (2018) Validity of predictive equations for resting energy expenditure in Greek adults. *Ann Nutr Metab* 2018, 72(2): 134-141.
 - 23 Theodoridis X, Grammatikopoulou MG, Gkiouras K, Papadopoulou SE, Agorastou T, Gkika I, **Maraki MI**, Dardavessis T, Chourdakis M (2018) Food insecurity and Mediterranean diet adherence among Greek university students. *Nutr Metab Cardiovasc Dis*, 28(5): 477-485.
 - 24 Grammatikopoulou MG, Theodoridis X, Poulimeneas D, **Maraki MI**, Gkiouras K, Tirodimos I, Dardavessis T, Chourdakis M (2019) Malnutrition surveillance among refugee children, European asylum seekers, living in reception centres in Greece: A pilot study. *Int Health*, 11(1): 30-35.
 - 25 **Maraki MI**, Yannakoulia M, Stamelou M, Stefanis L, Xiromerisiou G, Kosmidis MH, Dardiotis E, Hadjigeorgiou GM, Sakka P, Anastasiou CA, Simopoulou E, Scarmeas N (2019) Mediterranean Diet adherence is related to reduced probability of prodromal Parkinson's disease. *Mov Disord*, 34(1): 48-57.
 - 26 Bougea A, **Maraki MI**, Yannakoulia M, Stamelou M, Xiromerisiou G, Ntanasi E, Kosmidis MH, Dardiotis E, Hadjigeorgiou GM, Sakka P, Anastasiou CA, Stefanis L, Scarmeas N. (2019) Higher probability of prodromal Parkinson's disease is related to lower performance in all cognitive domains. *Neurology*, 92(19): e2261-e2272.
 - 27 **Maraki MI**, Stefanis L, Yannakoulia M, Kosmidis MH, Xiromerisiou G, Dardiotis E, Hadjigeorgiou GM, Sakka P, Scarmeas N, Stamelou M (2019) Motor function and the probability of prodromal Parkinson's disease in older adults. *Mov Disord*, 34(9): 1345-1353.

- 28 Poulimeneas D, **Maraki MI**, Karfopoulou E, Koutras Y, Chrysostomou S, Anastasiou CA, Kavouras SA, Yannakoulia M (2020) Sex-Specific Physical Activity Patterns Differentiate Weight Loss Maintainers From Regainers: The MedWeight Study. *J Phys Act Health*, 17: 225-229.
- 29 Arnaoutis G, Anastasiou CA, Suh H, **Maraki M**, Tsekouras Y, Dimitroulis E, Echegaray M, Papamichalopoulou D, Methenitis S, Sidossis LS, Kavouras SA (2020). Exercise-associated Hyponatremia during the Olympus Marathon ultra-endurance trail run. *Nutrients*, 12(4):997.
- 30 Giagkou N, **Maraki MI**, Yannakoulia M, Kosmidis MH, Dardiotis E, Hadjigeorgiou GM, Sakka P, Ntanasi E, Anastasiou CA, Xiromerisiou G, Stefanis L, Scarmeas N, Stamelou M. A prospective validation of the updated MDS research criteria for prodromal Parkinson's disease. *Mov Disord*. 2020 Oct;35(10):1802-1809.
- 31 Ntanasi E[#], **Maraki M[#]**, Yannakoulia M, Stamelou M, Xiromerisiou G, Kosmidis MH, Dardiotis E, Hadjigeorgiou G, Sakka P, Gargalionis A, Patas K, Chatzipanagiotou S, Charisis S, Stefanis L, Scarmeas N. Frailty and prodromal Parkinson's disease: Results from the HELIAD study. *J Gerontol A Biol Sci Med Sci*. 2021 Mar 31;76(4):622-629. [#]equal contribution.
- 32 Pachi I, **Maraki MI**, Giagkou N, Kosmidis MH, Yannakoulia M, Dardiotis E, Hadjigeorgiou G, Sakka P, Ntanasi E, Xiromerisiou G, Stamelou M, Scarmeas N, Stefanis L. Late life psychotic features in prodromal Parkinson's disease. *Parkinsonism Relat Disord*. 2021 May;86:67-73.
- 33 Charisis S, Ntanasi E, Stamelou M, Xiromerisiou G, **Maraki M**, Veskoukis AS, Yannakoulia M, Kosmidis MH, Anastasiou CA, Giagkou N, Dardiotis E, Hadjigeorgiou G, Sakka P, Kouretas D, Stefanis L, Scarmeas N. Plasma Glutathione and Prodromal Parkinson's Disease Probability. *Mov Disord*. 2021 Oct 25. doi: 10.1002/mds.28826. Online ahead of print.
- 34 **Maraki MI**, Hatzimanolis A, Mourtzi N, Stefanis L, Yannakoulia M, Kosmidis MH, Dardiotis E, Hadjigeorgiou GM, Sakka P, Ramirez A, Grenier-Boley B, Lambert J, Heilmann-Heimbach S, Stamelou M, Scarmeas N, Xiromerisiou G. Association of the Polygenic Risk Score with the Probability of Prodromal Parkinson's disease in older adults. *Front. Mol. Neurosci*. 14:739571. doi: 10.3389/fnmol.2021.739571.

5.1.2 Abstracts

- 1 **Maraki M**, Christodoulou N, Aggelopoulou N, Magkos F, Skenderi KP, Panagiotakos D, Kavouras SA & Sidossis LS (2008) Exercise of low energy expenditure along with mild calorie restriction acutely reduces postprandial triacylglycerolemia in young women. *Int J Obes (Lond)* 32 S1, S147.
- 2 Sidossis LS, **Maraki M**, Christodoulou N, Aggelopoulou N, Panagiotakos D, Kavouras SA & Toutouzas P (2008) Effects of 10% weight loss induced by moderate restriction in carbohydrate and saturated fat intake on postprandial triacylglycerolemia. *Int J Obes (Lond)* 32 S1, S133.
- 3 **Maraki M**, Christodoulou N, Aggelopoulou N, Magkos F, Panagiotakos D, Skenderi K, Kavouras SA & Sidossis LS (2009) One day of moderate energy deficit significantly reduces fasting and postprandial triacylglycerolemia in women: the role of calorie restriction and exercise. *Clin Nutr* S4, 62.
- 4 Sidossis LS, **Maraki M**, Aggelopoulou N, Christodoulou N, Anastasiou CA, Toutouza M, Panagiotakos D & Kavouras SA (2009) Lifestyle intervention leading to moderate weight loss normalizes postprandial triacylglycerolemia despite persisting obesity. *Clin Nutr* S4, 172.
- 5 **Maraki M**, Aggelopoulou N, Christodoulou N, Katsarou C, Kavouras SA & Sidossis LS (2010) Validity of abbreviated oral fat tolerance tests for assessing postprandial lipemia. *Clin Nutr* S5, 108.
- 6 **Maraki M**, Kollia A, Gioxari A, Sidossis LS & Kavouras SA (2010) Development, reliability and validity of the Athens Physical Activity Questionnaire. *Clin Nutr* S5, 80.

- 7 **Maraki M**, Aggelopoulou N, Christodoulou N, Katsarou C, Anastasiou CA & Sidossis LS (2010) Concurrent assessment of postprandial carbohydrate and lipid metabolism using the “classical” oral fat tolerance test. *Clin Nutr* S5, 109.
- 8 Bellou E, Siopi K, Galani M, **Maraki M** & Sidossis LS (2010) Energy expenditure of 300 kcal, produced via high-intensity interval exercise, reduces fasting triacylglycerolemia two days after exercise. *Clin Nutr* S5, 213.
- 9 Bellou E, **Maraki M**, Galani M, Siopi R, Kavouras SA & Sidossis LS (2011) Mechanism for the aerobic exercise-induced decrease in tg concentration in young healthy women. *Clin Nutr* S6, 115-116.
- 10 Bellou E, Botonaki M, **Maraki M**, Magkos F, Kavouras SA & Sidossis LS (2012) Effect of acute energy deficit and energy surplus on vldl-tg metabolism in women. *Clin Nutr* 7 (S1), 25.
- 11 Sidossis LS, Bellou E, **Maraki M**, Bouchalaki E, Kouka T, Sklaveniti D & Kavouras SA (2012) Hypotriglyceridemic effect of high intensity interval aerobic exercise. *Med Sci Sports Exerc* 44(5S), 830.
- 12 Sidossis LS, Bellou E, **Maraki M**, Siori A, Galani M, Magkos F & Kavouras SA (2012) Caloric restriction and exercise lower plasma triglycerides by different mechanisms. *The FASEB Journal* 26(1S), 242.6.
- 13 **Maraki M**, Georgoulis M Psarra G, Tambalis K, Panagiotakos D & Sidossis L (2016) Lifestyle determinants of childhood obesity: Results from the «EYZHN» program (national action for children’s health) 2013-2014. *Clin Nutr ESPEN* 13, e66.
- 14 Chourdakis M, Panayiotoglou A, Grammatikopoulou MG, Theodoridis X, Gkiouras K, **Maraki MI**, Papadopoulou SK, Famisis K, Hassapidou M (2018) Cardiometabolic disease staging system in retired professional soccer players. *Clin Nutr ESPEN* 24, 177.
- 15 Pachi I, **Maraki M**, Kosmidis MH, Yannakoulia M, Dardiotis E, Hadjigeorgiou GM, Sakka P, Xiromerisiou G, Stamelou M, Scarmeas N, Stefanis L (2019) Psychosis in Prodromal Parkinson’s Disease. *Mov Disord* 34 (S2), 154.
- 16 Bougea A, **Maraki M**, Yannakoulia M, Stamelou M, Xiromerisiou G, Kosmidis MH, Dardiotis E, Hadjigeorgiou GM, Sakka P, Anastasiou CA, Stefanis L, Scarmeas N (2019) Higher probability of prodromal Parkinson’s Disease is related to lower cognitive performance in all cognitive domains. *Mov Disord* 34 (S2), 681.

5.2 Publications in international Conferences Proceedings with reviewers

5.2.1 Full Articles

- 1 Androulaki K, Dimitropoulakis P, **Maraki M**, Markaki A & Fragkiadakis GA (2006) Evaluation of two Dietetics-software programs. In Proceedings of the International Conference on Telecommunication and Multimedia. Heraklion. ISBN 960-88785-2-7.
<http://www.temu.gr/2006/sessions%5C5%5C1%20ID%201801.pdf>
- 2 **Maraki MI** & Sidossis LS (2010) Exercise and Metabolic Syndrome. In Proceedings of the 4th Advanced Workshop «Physical Movement, Sport & Health»; 43-49. Erice, Italy.
<http://www.smsport.it/PDF/ATTI%204%20WORKSHOP%20ERICE%202010.pdf>

5.2.2 Abstracts

- 1 **Maraki M** & Higgins S (2005) Acute effects of a single aerobic exercise class on mood and appetite. Is there a time of day effect? 2nd Congress of the European Chapter of the American College of Nutrition, A201.

6. HONORS AND AWARDS

- 2018 - 2019** Movement Disorders Research Article of the Year
2017 - 2019 State Scholarships Foundation (IKY) Fellowship for Postdoctoral research
2012 Best Poster, European Society for Clinical Nutrition and Metabolism (ESPEN) Congress, Barcelona, Spain
2011 Best Poster, ESPEN Congress, Gothenburg, Sweden
2010 Young Travel Award, ESPEN Congress, Nice, France
2009 Best Poster & Young Travel Award, ESPEN Congress, Vienna, Austria
2008 Selected Poster, European Congress on Obesity, Geneva, Switzerland
2001 - 2006 State Scholarships Foundation (IKY) Fellowship for Postgraduate Studies

7. OTHER SCIENTIFIC WORK

Invited Reviewer:

- Atherosclerosis
- Behavioral Medicine
- British Medicine Journal
- British Journal of Nutrition
- European Journal of Nutrition
- Frontiers in Nutrition
- Hellenic Journal of Nutrition & Dietetics
- International Journal of Sports Nutrition and Exercise Metabolism
- Journal of Geriatric Psychiatry and Neurology
- Journal of the Neurological Sciences
- Journal of Physical Activity and Health
- Journal of the American College of Nutrition
- Lipids in Health and Disease
- Movement Disorders
- Nutrients
- Nutrition and Health
- Public Health Nutrition
- Research in Endocrinology

International Conferences & Seminars:

1. 24-27 May 1996: 3rd International Conference on Nutrition and Fitness.
2. 25-29 May 2000: 4th International Conference on Nutrition and Fitness.
3. 24-27 July 2002: 7th Annual Congress of the European College of Sports Science.
4. 15-16 November 2002: 2nd European Chapter of the American College of Nutrition Congress.
5. 6-9 February 2003: 1st Balkan Congress on Obesity, 5th Pan-Hellenic Medical Congress on Obesity.
6. 7-11 October 2003: 7th IOC Olympic World Congress on Sports Science, titled: «Physical, Nutritional, and Psychological Care of the Athlete in the 21st Century».
7. 9 - 12 June 2004: 5th International Conference on Nutrition and Fitness.
8. 18 & 19 February 2005: 4th International Congress on Food Technology.
9. 31 March 2007: Harvard Seminar in Nutrition & Metabolism.

10. 14-17 May 2008: 16th European Congress on Obesity - ECO2008.
11. 29 August -1 September 2009: 31st ESPEN Congress on Clinical Nutrition and Metabolism.
12. 12-13 June 2010: 5th ESPEN Intensive Course in tracer Methodology in Metabolism.
13. 05– 08 September 2010: 32nd ESPEN Congress on Clinical Nutrition and Metabolism.
14. 30 September-2 October 2010: 4th Advanced Workshop “Physical Movement, Sport & Health”.
15. 28-29 May 2011: 6th Intensive course in Tracer Methodology in Metabolism (also participated in the Organizing Committee)
16. 29 September 2017: European meeting on Parkinson's Disease “Update on Parkinson’s Disease 200 years of Progress”.
17. 8-9 July 2021: Nutrition Symposium for Dementia Prevention (NIH & Alzheimer Association)

8. ADDITIONAL INFORMATION

Lab & IT Skills

- Body Composition Measurements and Analysis
- Dietary Assessment and Analysis
- Oral Glucose Tolerance Test and Oral Fat Tolerance Test
- Blood Measurements and Analysis
- Lipoprotein Separation using Ultracentrifuge Method
- Energy Expenditure Measurements using Accelerometers and Indirect Calorimetry
- Statistical Analysis with MINITAB 13.0, PASW-SPSS 18.00, STATISTICA 7
- IT Basic Certificate, competent with Word, Excel, PowerPoint, Outlook and EndNote EX.1

Research Interests:

- Nutrition for prevention and treatment of Neurological Diseases
- Obesity, Energy Balance and Lipid Metabolism
- Effects of Diet Composition & Exercise on Weight Loss and Cardiovascular Risk Factors
- Physical Activity, Diet composition and Appetite

Personal Interests

Windsurfing, Skiing, Ballet and contemporary dance, Music, Bicycling, Love to travel and experience different cultures.