

## **CURRICULUM VITAE**

**Name:** Aspasia Spyridaki

**Occupation:** Lecturer in Food Chemistry and Analysis

**Department:** Nutrition and Dietetics Sciences, Hellenic Mediterranean University

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### **Education**

**1999** Department of Chemistry  
University of Crete  
Ph.D in Chemistry  
Thesis Title: "Isolation and characterization of Photosystem II-core subcomplexes from higher plants and study of the mode of action of inhibitors."

**1992** Department of Chemistry  
University of Crete  
Diploma in Chemistry

### **Languages**

Greek

English

German

## **Professional experience**

- 2003 - Department of Nutrition and Dietetics  
Technological Educational Institute of Crete**  
Lecturer  
Courses:  
Food Chemistry & Analysis  
Organic Chemistry & Structural Biochemistry
- 2001 – 2003 Department of Nutrition and Dietetics  
Technological Educational Institute of Crete**  
Adjunct lecturer  
Course: Analytical Chemistry
- 1999 – 2003 Department of Organic Greenhouse Crops & Floriculture  
Technological Educational Institute of Crete**  
Adjunct lecturer  
Course: Agricultural Chemistry Laboratory

## **Research Experience**

- 2001 – 2002 Institute of Molecular Biology and Biotechnology (IMBB)**  
Research field: Protein structure (Prof. M. Kokkinidis)
- 2000 - 2001 Department of Biology and Biotechnology  
Agricultural University of Athens**  
Research field: Enzyme technology (Prof. J. Klonis)
- 1999 - 2000 Institute of Molecular Biology and Biotechnology (IMBB)**  
Research field: Protein structure (Prof. M. Kokkinidis)
- 1995 – 1998 Department of Molecular Membrane Biology  
Max Planck Institute for Biophysics**

Research field: Membrane protein crystallization (Prof. H. Michel)

### **Research Interests**

- Nutritional Biochemistry
- Food Bioactive Components

### **Publications**

1. A. Spyridaki, E. Psylinakis, D. Chatzivasili, N. Thalassinos, V. Kounelaki, A. Charonitaki, A. Markaki. Adherence to the Mediterranean diet is linked to reduced psychopathology in female celiac disease patients. *Psychology, health & medicine* 2023 28(6), 1634–1639.
2. M. Koulentaki, I. Drygiannakis, A. Mantaka, E. Moschapidakis, A. Chalkiadaki, A. Augoustaki, A. Spyridaki, E. Kouroumalis, A. Markaki. Nutritional Assessment of Greek Liver Cirrhosis Patients: Mini Nutritional Assessment Predicts Mortality. *Healthcare (Basel)*. 2022 10(5):859.
3. A. Spyridaki, E.-K. Kotsoni, N. Thalassinos, E. Sfakianaki, I. Sfindourakis, A. Markaki (2022). The gluten-free diet challenge in adults with coeliac disease: the Hellenic survey. *PEC innovation* 2022 1:100037.
4. A. Markaki, P. Kyriazis, E.K. Dermitzaki, S. Maragou, E. Psylinakis, A. Spyridaki, H. Drosataki, D. Lygerou, M. Grammatikopoulou, I. Petrakis, K.G. Stylianou. The association between handgrip strength and predialysis serum sodium level in patients with chronic kidney disease stage 5D. *Frontiers in Medicine (Lausanne)* 2021 7:610659.
5. E. Psylinakis, M. Koukoulanaki, A. Markaki, A. Spyridaki. Antioxidant activity of Cretan herbs and herbal combinations. *Journal of Food & Nutritional Sciences* 2020 2(1): 59-65.
6. A. Markaki, E. Psylinakis, Xenophon Theodoridis, P. Dimitropoulakis, A. Charonitaki, A. Spyridaki. Association between Dietary Intake and Nutritional Status in Eastern Mediterranean Patients receiving Hemodialysis. *Mediterranean Journal of Nutrition and Metabolism* 2020 13:175–182.
7. A. G. Markaki, A. Charonitaki, E. Psylinakis P. Dimitropoulakis, A. Spyridaki. Nutritional status in hemodialysis patients is inversely related to depression and introversion. *Psychology, Health & Medicine* (2019) 3:1-7.

8. A. Markaki, E. Psylinakis, A. Spyridaki. Adiponectin and End Stage Renal Disease. *Hormones* (2016) 15:3, 345-354.
9. A. Markaki , A. Spyridaki , V. Chatzi , S. Joossens , A. de Looy. Exploring the quality of European dietetic practice placements. *Nutrition & Food Science* (2015) 45:3 , 377-387.
10. A. de Looy, A. Markaki, S. Joossens, A. Spyridaki and V. Chatzi. Practice learning a prelude to work: studies by DIETS2. *Nutrition & Food Science* (2015) 45:1, 112-124.
11. Y. Manios, G. Kourlaba, A. Kafatos, T.L. Cook, A. Spyridaki and G.A. Fragiadakis. Comparison of several anthropometric indices as screening tools for fasting glucose levels and insulin resistance among schoolchildren from Crete: the children study. *Acta Paediatrica* (2008) 97:4, 494-499.
12. Y. Manios, G. Moschonis, G. Kourlaba, Z. Bouloubasi, E. Grammatikaki, A. Spyridaki, C. Hatzis, A. Kafatos and G.A. Fragiadakis. Prevalence and independent predictors of insulin resistance in children from Crete, Greece: The Children study. *Diabet. Med.* (2007) 1-8.
13. A. Spyridaki, E. Psylinakis and D.F. Ghanotakis. Photosystem II: Composition and Structure. In: *Biotechnological Applications of Photosynthetic Proteins: Biochips, Biosensors and Biodevices*. Maria Teresa Giardi and Elena V. Piletska ed., (2005) 23-44.
14. A. Spyridaki, C. Matzen, T. Lanio, A. Jeltsch, A. Simoncsits, A. Athanasiadis, E. Scheuring-Vanamee, M. Kokkinidis and A. Pingoud. Structural and Biochemical Characterization of a New Mg<sup>2+</sup> Binding Site Near Tyr94 in the Restriction Endonuclease PVUII. *J. Mol. Biol.* 331(2003) 395-406.
15. A. Spyridaki, N.M. Glykos, D. Kotsifaki, V.E. Fadouloglou and M. Kokkinidis. Crystallization and diffraction to ultrahigh resolution (0.8 Å) of a designed variant of the Rop protein. *Acta Cryst. D56*, (2000) 1015-1016.
16. A. Spyridaki, G. Fritzsich, E. Kouimtzoglou, L. Baciou and D. Ghanotakis. The Natural Product Capsaicin Inhibits Photosynthetic Electron Transport at the Reducing Side of Photosystem II and Purple Bacterial Reaction Center: Structural Details of Capsaicin Binding. *Biochim. Biophys. Acta*, 1459 (2000) 69-76.
17. L. Hasler, D. Ghanotakis, B. Fedke, A. Spyridaki, M. Miller and S.A. Mueller. Structural analysis of Photosystem II: comparative study of cyanobacterial and

higher plant Photosystem II complexes. Journal of Structural Biology, 119 (1997) 273-283.

18. G. Tsiotis, T. Walz, A. Spyridaki, A. Lustig, A. Engel and D. Ghanotakis. Tubular crystals of a Photosystem II core complex. Journal of Molecular Biology, 259 (1996) 241-248.

### **Full Articles in Conference Proceedings**

1. I. Sfendourakis, N. Thalassinos, A. Spyridaki, A. Markaki, V. Zafiropulos, G.A. Fragkiadakis (2016). Studies' success in Tertiary Technological-Education: A case in Nutrition-Dietetics. 7th ICEEPSY 2016 International Conference on Education & Educational Psychology, Rhodes Island, Greece, 11-15 October 2016. C-crcs Volume IV eISSN 2301-2358.
2. G.A. Fragkiadakis, V. Zafiropulos, A. Markaki, A. Spyridaki, N. Thalassinos, P. Dimitropoulakis and G. Kyriakidis Some determinants of studies success in tertiary technological-education students- A case study. (2013). Twentieth International Conference on Learning, University of the Aegean, Rhodes, Greece, 11-13 July 2013
3. G. A. Fragkiadakis, V. Zafiropulos, A. Spyridaki, A. Markaki, G. Kyriakidis, A. Papadaki, and C. Papandreou (2012). Employment of Nutrition-Dietetic tertiary technological-education graduates-a Case Study. Τόμος Πρακτικών, 8th International Conference on Education: Educational leadership and Management, Research and Training Institute of East Aegean (INEAG) and National & Kapodistrian University of Athens, July 05-07, 2012, Samos Island, Greece. Editor: Chrysovaladis Prachalias, ISBN: 978-618-5009-05-2, ISSN: 1792-3867, pp: 477-483.

### **Related abstracts conference proceedings**

1. A. Markaki, A. Spyridaki, M. Psylinakis, D. Lygerou, EK. Dermitzaki, K. Stylianou, P. Kyriazis, K. Perakis, G. Fragkiadakis, E. Daphnis. The Association Between Handgrip Strength (HGS) and Predialysis Sodium (sNa) in Patients With Chronic Kidney Disease (CKD 5D). XIX International Congress on Nutrition and Metabolism in Renal Disease (ICRNM 2018), Italy, Genova, 26-30/6/2018

2. A. Markaki A, Ai. Charonitaki, A. Spyridaki, M. Psylinakis, A. Gkioume, E. Orfanou, P. Kyriazis, K. Stylianos, D. Bacharaki. Sarcopenia in Patients with Stage 5 Chronic Kidney Disease (CKD): the Role of Adherence to Mediterranean Diet (MD). XIX International Congress on Nutrition and Metabolism in Renal Disease (ICRNM 2018), Italy, Genova, 26-30/6/2018
3. A. Markaki, M. Grammatikopoulou, A. Pylarinou, K. Kyriakidi, A. Charonitaki, A. Spyridaki, K. Perakis, SP711 Determinants of Malnutrition-Inflammation Complex Syndrome among End Stage Renal Disease Patients, Nephrology Dialysis Transplantation, Volume 32, Issue suppl\_3, May 2017, Page iii377, <https://doi.org/10.1093/ndt/gfx155.SP711>
4. A. Markaki, A. Charonitaki, K. Stylianos, E. Venizelou, V. Kypriani, E. Psylinakis, P. Dimitropoulakis, A. Spyridaki. Association of nutritional status and depression in hemodialysis patients. DIETS - EFAD VIIth Conference, “Non-Communicable Diseases – the dietitians’ response to Health 2010”, Garda, Italy, 8-9 November 2013
5. A. Markaki, K. Platsa, E. Kouroumplis, A. Spyridaki, E. Psylinakis, V. Chatzi, G.A. Fragkiadakis. Adherence to Mediterranean Diet among Greek multiple sclerosis patients. DIETS - EFAD VIIth Conference, “Non-Communicable Diseases – the dietitians’ response to Health 2010”, Garda, Italy, 8-9 November 2013
6. E. Poulidou, A. Markaki, P. Dimitropoulakis, V. Chatzi, A. Spyridaki, G. Tasoula. Comparison of eating habits between freshmen and senior students of Nutrition & Dietetics. DIETS - EFAD VIIth Conference, “Non-Communicable Diseases – the dietitians’ response to Health 2010”, Garda, Italy, 8-9 November 2013
7. G. A. Fragkiadakis, V. Zafirooulos, A. Markaki, A. Spyridaki, N. Thalassinou, P. Dimitropoulakis, G. Kyriakidis (2013). Some determinants of studies success in tertiary technological-education students - A case study. Twentieth International Conference on Learning, University of the Aegean, Rhodes, Greece, 11-13 July 2013
8. A. Markaki, K. Stylianos, M. Venyhaki, E. Psylinakis, V. Chatzi, A. Spyridaki, K. Perakis, J. Kyriazis, E. Daphnis. Increased serum Adiponectin (ADPN) levels are a marker of poor prognosis in chronic kidney disease (CKD) patients.

DIETS VIth Conference, “Life Long Learning for a secure nutrition future”, Portoroz, Slovenia, 26-27 October 2012.

9. A. Markaki, E. Psylinakis, P. Dimitropoulakis, A. Charonitaki, G.A. Fragkiadakis, A. Spyridaki. Nutritional assessment of hemodialysis patients. DIETS Vth Conference, “Building a strong evidenced based approach to nutrition and dietetics”, Barcelona, 21-22 October 2011.
10. A. Vandorou, G. Fragkiadakis, A. Kafatos, A. Spyridaki, E. Grammatikaki, V. Dede, K. Kallianioti, D. Argyropoulou, A. Naoumi, G. Moshonis, A. Kondaki, C. Hatzis, Y. Manios. “Risk factors for the development of metabolic syndrome in school age children” AA05 (poster in Greek). Book of Abstracts, page 28, P116. The 3rd Pan-Hellenic Atherosclerosis Conference, 3-6 December 2008, Divani-Caravel Hotel, Athens.
11. A.E. Kyriakou, A. Bandorou, V. Dede, A. Kafatos, G. Fragkiadakis, A. Spyridaki, C. Hatzis, E. Grammatikaki, G. Moshonis, D. Argyropoulou, A.E. Framaki, K. Kondaki, Y. Manios. “Interaction of risk factors for insulin resistance in children of school age”, AA01 (poster in Greek). Book of Abstracts. P145, page 26. The 3rd Pan-Hellenic Atherosclerosis Conference, 3-6 December 2008, Divani-Caravel Hotel, Athens.
12. A. Vandorou, G. Fragkiadakis, A. Kafatos, A. Spyridaki, E. Grammatikaki, V. Dede, K. Kallianioti, D. Argyropoulou, A. Naoumi, G. Moshonis, A. Kondaki, C. Hatzis, Y. Manios. “Prevalence of metabolic syndrome in school age children and parameters correlated with its appearance” (poster in Greek). Book of abstracts. AA05, page 28. The 8th Macedonian Nutrition-Conference, 16-17 October 2008, Porto Palace Hotel, Thessaloniki, Greece.
13. A.E. Kyriakou, A. Bandorou, V. Dede, A. Kafatos, G. Fragkiadakis, A. Spyridaki, C. Hatzis, E. Grammatikaki, G. Moshonis, D. Argyropoulou, A.E. Framaki, K. Kondaki, Y. Manios. “Risk factors for insulin resistance in school age children” (poster in Greek). Book of Abstracts, AA01, page 26. The 8<sup>th</sup> Macedonian Nutrition-Conference, 16-17 October 2008, Porto Palace Hotel, Thessaloniki, Greece 2008.
14. E. Grammatikaki, C. Tzavara, Z. Bouloubasi, O. Konsta, A. Spyridaki, K. Kondaki, G.A. Fragkiadakis, Y. Manios. Prevalence of obesity, metabolic syndrome and related risk factors in primary schoolchildren in Greece. The children study. Poster P005, Obesity Reviews, 8 (s3) 17th Annual Meeting, of

the European Childhood Obesity Group (ECOG), European Childhood Obesity Group, 5-7 July, 2007, Athenaeum Intercontinental Hotel, Athens – Greece.

15. Z. Bouloubasi, E. Grammatikaki, C. Tzavara, T.L. Cook, A. Spyridaki, K. Kondakis, G.A. Fragkiadakis, Y. Manios. Diet, physical activity and anthropometric indices and the risk of insulin resistance in primary schoolchildren in Greece. Poster 011. Obesity Reviews, 8 (s3): 18, 17th Annual Meeting, of the European Childhood Obesity Group (ECOG), European Childhood Obesity Group, 5-7. July, 2007, Athenaeum Intercontinental Hotel, Athens – Greece.
16. E. Grammatikaki, C. Tzavara, Z. Bouloubasi, O. Konsta, A. Spyridaki, G.A. Fragkiadakis, Y. Manios. Metabolic syndrome and related risk factors in primary schoolchildren in Greece: the CHILDREN Study. INTERNATIONAL JOURNAL OF OBESITY 31: S166-S166 Suppl. 1, MAY 2007. Meeting Abstract 15th European Congress on Obesity, Budapest, April 22-25, 2007.
17. Z. Bouloubasi, E. Grammatikaki, C. Tzavara, T.L. Cook, A. Spyridaki, G.A. Fragkiadakis and Y. Manios. Diet, physical activity and anthropometric indices and the risk of insulin resistance in primary schoolchildren in Greece: the CHILDREN Study. INTERNATIONAL JOURNAL OF OBESITY 31: S103-S103 Suppl. 1, MAY 2007. Meeting Abstract 15th European Congress on Obesity, Budapest, April 22-25, 2007.
18. Y. Manios, Z. Bouloubasi, E. Grammatikaki, C. Tzavara, TL Cook, A. Spyridaki, K. Kondaki, G.A. Fragkiadakis. Diet, physical activity and anthropometric indices and the risk of insulin resistance in primary schoolchildren in Greece: the CHILDREN Study. PP0865, 25th International Congress of Paediatrics, Athens, August 25-30, 2007.
19. E. Grammatikaki, C. Tzavara, Z. Bouloubasi, O. Konsta, A. Spyridaki, K. Kondaki, G.A. Fragkiadakis and Y. Manios. Prevalence of obesity, metabolic syndrome and related risk factors in primary schoolchildren in Greece. The children study. Budapest, Hungary April 22-25 2007. 15<sup>th</sup> European Congress on Obesity.
20. G. Tsiotis, A. Spyridaki, T. Walz, A. Engel and D. Ghanotakis. Twenty-first EMBO Symposium on “Structure and Function of Proteins”. Tubular crystals



of a Photosystem II core complexPoster Abstract 60-225, 25 – 28 September  
1995, European Molecular Biology Laboratory, Heidelberg, Germany.