

CURRICULUM VITAE

Spyridaki Aspasia

PERSONAL DETAILS

Name: **Spyridaki Aspasia**

Academic Rank: Lecturer specializing in "Chemistry with expertise in the field of food"

Department: Nutrition and Dietetics Sciences, Hellenic Mediterranean University (HMU)

Work Address: Trypitos, 72300, Sitia, Crete

Residence: Epimenidou 7, Sitia, Crete

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E-mail: aspaspyridaki@hmu.gr

Place of Birth: Toronto, Canada

Nationality: Greek

Marital Status: Married (2 children)

EDUCATION

- 1999** Ph.D. in Chemistry, University of Crete
Thesis Title: “Isolation and characterization of Photosystem II core subcomplexes from higher plants and investigation of the mechanism of action of inhibitors.”
- 1992** Bachelor’s Degree in Chemistry, Department of Chemistry, University of Crete

HONORS AND ADDITIONAL QUALIFICATIONS

Scholarships

- 1994** European Molecular Biology Organization (EMBO)
Research funding for a three-month visit to the Max-Planck Institute (MPI) of Biophysics in Frankfurt
- 1993** Vardinogiannis Foundation Postgraduate scholarship in Biochemistry

Languages

Greek, English, German

RESEARCH INTERESTS

- Relationship between diet and body composition
- Relationship between diet and biochemical/clinical markers
- Biochemistry of hormones
- Food analysis focusing on bioactive components
- Structure and function of proteins

TEACHING EXPERIENCE

Courses

2003 -	Department of Nutrition and Dietetics Sciences, HMU Theory and Laboratories of Food Chemistry & Analysis Theory and Laboratories of Organic Chemistry & Structural Biochemistry Food Quality Control Laboratories General and Inorganic Chemistry Laboratories
2001 – 2003	Department of Nutrition and Dietetics, School of Food Technology and Nutrition, TEI of Crete Theory and Laboratories of Analytical Chemistry
1/11/2002 – 17/1/2003	Agricultural Ecosystem Management Program, TEI of Crete Environmental Chemistry Laboratories

1999 – 2003

**Departments of Plant Production and Greenhouse
Crops and Floriculture, School of Agricultural
Technology, TEI of Crete**

Agricultural Chemistry Laboratories

RESEARCH EXPERIENCE

2015

TEI of Crete

Participation in the THALIS program: "Use of metabolic engineering for the heterologous biosynthesis of hydroxytyrosol from *Saccharomyces cerevisiae* and *Chlamydomonas reinhardtii* utilizing genetic resources of olive, *Arabidopsis thaliana*, and microorganisms with applications in plant protection."

2012-2015

TEI of Crete

Participation in the ARCHIMEDES III program: "Investigation of the impact on the population and the environment in Southeastern Crete from chronic and intensive use of modern plant protection agents."

2005 -2007

TEI of Crete

Participation in the ARCHIMEDES II program: "Experimental nutrition: effect of extracts from

endemic/autochthonous plants of Crete on the metabolism of mammals and humans."

2005 -2006

TEI of Crete

Participation in the ARCHIMEDES II program: "Investigation of the water quality of the broader limestone aquifer system of the Agyia springs in Western Crete."

2004 – 2007

TEI of Crete

Principal Investigator in the ARCHIMEDES I subproject 9 titled: "Investigation of the herbicidal action of capsaicinoids."

2004 -2006

TEI of Crete

Participation in the ARCHIMEDES I program: "Promotion of environmental protection, sustainable development, and public health through the application of a program of environmental and nutritional education."

2001 – 2002

Institute of Molecular Biology and Biotechnology (IMBB), Foundation for Research and Technology-Hellas (FORTH)

Postdoctoral researcher in the Protein Structures Group under Prof. M. Kokkinidis

2000 - 2001

Department of Agricultural Biotechnology, Agricultural University of Athens

Postdoctoral researcher in the Enzyme Technology
Laboratory under Prof. I. Klonis

1999 - 2000

**Institute of Molecular Biology and Biotechnology
(IMBB), Foundation for Research and Technology-
Hellas (FORTH)**

Postdoctoral researcher in the Protein Structures Group
under Prof. M. Kokkinidis

1995 – 1998

**Max-Planck Institute (MPI) of Biophysics,
Frankfurt**

Researcher in the Membrane Molecular Biology Group
under Prof. H. Michel

SCIENTIFIC PUBLICATIONS

A. PUBLICATIONS IN INTERNATIONAL PEER-REVIEWED JOURNALS/ BOOKS

1. E. Psylinakis, A. Manidis, F. Makris, N. Thalassinou, A. Markaki, V. Kounelaki, E. Sfakianaki, A. Spyridaki. Gluten-Free Diet and Health-Related Quality of Life: The Validated Hellenic Version of the Celiac Dietary Adherence Test. *Nutrients*, 2025 17(2): 353.
2. A. Spyridaki, E. Psylinakis, D. Chatzivasili, N. Thalassinou, V. Kounelaki, A. Charonitaki, A. Markaki. Adherence to the Mediterranean diet is linked to reduced psychopathology in female celiac disease patients. *Psychology, health & medicine* 2022 28(6), 1634–1639.

3. E. Psylinakis, V. Kounelaki, N Thalassinou, A.G. Markaki, A. Spyridaki. Dietary Habits and Depression among Greek Multiple Sclerosis Patients. *Ann Nutr Food Sci*. 2022; 5(1): 1048.
4. 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.
5. A. Spyridaki, E.-K. Kotsoni, N. Thalassinou, E. Sfakianaki, I. Sfendourakis, A. Markaki (2022). The gluten-free diet challenge in adults with coeliac disease: the Hellenic survey. *PEC innovation* 2022 1:100037.
6. 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.
7. 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.
8. 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.
9. 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.

10. A. Markaki, E. Psylinakis, A. Spyridaki. Adiponectin and End Stage Renal Disease. *Hormones*. 2016 15(3):345-354.
11. A. Markaki, A. Spyridaki, V. Chatzi, S. Joosens, A. De Looy. Exploring the quality of European dietetic practice placement. *Nutrition and Food Science*. 2015 45(3):377-387.
12. A. De Looy, A. Markaki, S. Joosens, A. Spyridaki, V. Chatzi. Practice learning a prelude to work: studies by DIETS2. *Nutrition and Food Science*. 2014 45(1):112-124.
13. Y. Manios, G. Kourlaba, A. Kafatos, T.L. Cook, A. Spyridaki, G.A. Fragiadakis. Associations of several anthropometric indices with insulin resistance in children: The Children Study. *Acta Paediatrica* (2008) 97:4, 494-499.
14. Y. Manios, G. Moschonis, G. Kourlaba, Z. Bouloubasi, E. Grammatikaki, A. Spyridaki, C. Hatzis, A. Kafatos, G.A. Fragiadakis. Prevalence and independent predictors of insulin resistance among children from Crete; The Children Study. *Diabetic Medicine* 2007 25(1):65-72.
15. A. Spyridaki, E. Psylinakis, 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. 2006 23-44. ISBN 0-387-33009-7
16. A. Spyridaki, C. Matzen, T. Lanio, A. Jeltsch, A. Simoncsits, A. Athanasiadis, E. Scheuring-Vanamee, M. Kokkinidis, A. Pingoud. Structural and Biochemical Characterization of a New Mg²⁺ Binding Site Near Tyr94 in the Restriction Endonuclease PVUII. *J. Mol. Biol.* 2003 331:395-406.
17. A. Spyridaki, N.M. Glykos, D. Kotsifaki, V.E. Fadoulglou, 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. Acta Crystallographica Section D, 2000 56: 1015–1016.

18. A. Spyridaki, G. Fritsch, E. Kouimtzoglou, L. Baciou, 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 2000 1459: 69-76.

19. L. Hasler, D. Ghanotakis, B. Fedke, A. Spyridaki, M. Miller, S.A. Mueller. Structural analysis of Photosystem II: comparative study of cyanobacterial and higher plant Photosystem II complexes. Journal of Structural Biology 1997 119:273-283.

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

B. FULL PUBLICATIONS IN PROCEEDINGS OF INTERNATIONAL PEER-REVIEWED CONFERENCES

1. I. Sfendourakis, N. Thalassinos, A. Spyridaki, A. Markaki, V. Zafirooulos, G.A. Fragkiadakis. Studies' success in Tertiary Technological-Education: A case in Nutrition-Dietetics. Proceedings of the 7th ICEEPSY 2016 International Conference on Education & Educational Psychology, Rhodes Island, Greece, 11-15 October 2016. C-crcs Volume IV eISSN 2301-2358, Eds., Bekirogullari Z, Minas MY (Future Academy, www.FutureAcademy.org.uk, 2016) pp. 188-194 <http://dx.doi.org/10.15405/book.5.2>

2. G.A. Fragkiadakis, V. Zafirooulos, A. Spyridaki, A. Markaki, G. Kyriakidis, A. Papadaki, C. Papandreou. Employment of Nutrition-Dietetic tertiary technological-education graduates. Proceedings of the 8th International Conference on Education:

Educational leadership and Management, Research and Training Institute of East Aegean (INEAG) and National & Kapodistrian University of Athens, Samos Island, Greece, 05-07 July 2012. Editor: Chrysovaladis Prachalias, ISBN: 978-618-5009-05-2, ISSN: 1792-3867, pp: 477-483.

C. FULL PUBLICATIONS IN PROCEEDINGS OF NATIONAL PEER-REVIEWED CONFERENCES

1. A. Μαρκάκη, A. Σπυριδάκη, B. Χατζή, K. Ανδρουλάκη, Γ.Α. Φραγκιαδάκης. Πρακτική Άσκηση των Διατροφολόγων-Διαιτολόγων: Εισαγωγή στην Εργασία και στην Ευρώπη 2020. Τόμος Πρακτικών, Πανελλήνιο Συνέδριο: Η Πρακτική Άσκηση στα Ανώτατα Εκπαιδευτικά Ιδρύματα, Πανεπιστήμιο Κρήτης, Ηράκλειο, Κρήτη, Ελλάδα, 17-18 Οκτωβρίου 2013, σελ. 201-208. <http://www.dasta.uoc.gr/convention/>

D. PRESENTATIONS IN PROCEEDINGS OF PEER-REVIEWED INTERNATIONAL AND NATIONAL CONFERENCES

1. A. Spyridaki, C. Charalambous, E. Psylinakis, N. Thalassinos, V. Kounelaki, A. Gemenitzi, A.G. Markaki. The relationship between dietary habits and symptoms in patients with multiple sclerosis. 3rd International Conference on Cretan Lifestyle: The Cretan Way of Life - Past, Present, and Future, October 29–November 2, 2024, Amirandes Grecotel Boutique Resort, Heraklion, Crete, Greece.
2. E. Psylinakis, A. Markaki, A.-M. Dafouli, A. Spyridaki. Relationship between adherence to the Mediterranean diet and health-related quality of life in celiac patients. 2nd International Conference of Nutritional Sciences and Dietetics (ICONSD 2024), October 11–13, 2024, Porto Palace Hotel, Thessaloniki, Greece.

3. Α. Μαρκάκη, Α. Χαρωνιτάκη, Α. Προεστάκης, Ε. Ορφανού, Ε. Ψυλινάκης, Α. Σπυριδάκη. Σχέση μεταξύ ευαισθησίας στο άγχος και σύστασης σώματος σε αιμοκαθαιρόμενους ασθενείς. 25ο Πανελλήνιο Συνέδριο Νεφρολογίας, 19–21 Ιουνίου 2024. Μέγαρο Μουσικής Αθηνών, Αθήνα, Ελλάδα.

4. A. Markaki, A. Charonitaki, E. Psylinakis, P. Dimitropoulakis, E. Orfanou, A. Spyridaki. The relationship between anxiety sensitivity and body composition in hemodialysis patients. 14th EFAD Congress: Dietetic Care, a Human Right – Moving Forward into a New Era, January 2024, Brussels, Belgium.

5. Α. Σπυριδάκη, Δ. Χατζηβασίλη, Ε. Ψυλινάκης, Ν. Θαλασσινός, Β. Κουνελάκη, Αι. Χαρωνιτάκη, Α. Μαρκάκη. Συσχέτιση μεταξύ συμμόρφωσης στη Μεσογειακή διατροφή και ψυχολογικής κατάστασης ασθενών με κοιλιοκάκη. 13^ο Μακεδονικό Συνέδριο Διατροφής και Διαιτολογίας, 25-27 Σεπτεμβρίου 2020, Διαδικτυακό Συνέδριο.

http://msd2020.org/wpcontent/uploads/13o_MΣΔΔ_ΠΡΑΚΤΙΚΑ_ΣΥΝΕΔΡΙΟΥ.pdf

6. Ε. Ψυλινάκης, Μ. Κουκουλανάκη, Β. Κουνελάκη, Ν. Θαλασσινός, Α. Μαρκάκη, Α. Σπυριδάκη. Συνεργιστική αντιοξειδωτική ικανότητα κρητικών βοτάνων. 13^ο Μακεδονικό Συνέδριο Διατροφής και Διαιτολογίας, 25-27 Σεπτεμβρίου 2020, Διαδικτυακό Συνέδριο.

http://msd2020.org/wpcontent/uploads/13o_MΣΔΔ_ΠΡΑΚΤΙΚΑ_ΣΥΝΕΔΡΙΟΥ.pdf

7. A. Markaki, A. Spyridaki, M. Psylinakis, D. Lygerou, EK. Dermitzaki, K. Stylianiou, 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.

<http://web.era-edta.org/uploads/icrnm-programma07062018.pdf>

8. 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. <http://web.era-edta.org/uploads/icrnm-programma07062018.pdf>
9. A. Markaki, M. Grammatikopoulou, A. Pylarimou, K. Kyriakidi, Ai. Charonitaki, A. Spyridaki, K. Perakis. Determinants of malnutrition-inflammation complex syndrome among end-stage renal disease patients. 54th ERA-EDTA Congress, Spain, Madrid, 3-6/6/2017. Book of Abstracts
10. A. Markaki, A. Charonitaki, K. Stylianos, E. Venizelou, V. Kyprianidi, 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. http://www.efad.org/media/1273/diets_7th_conference_proceedings_2013.pdf
11. 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. http://www.efad.org/media/1273/diets_7th_conference_proceedings_2013.pdf
12. E. Pouliou, 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.

http://www.efad.org/media/1273/diets_7th_conference_proceedings_2013.pdf

13. G. A. Fragkiadakis, V. Zafiropulos, A. Markaki, A. Spyridaki, N. Thalassinos, 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. Book of Abstracts

14. A. Markaki, K. Stylianou, 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.

http://www.efad.org/media/1272/diets_6th_conference_proceedings_2012.pdf

15. 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.

http://www.efad.org/media/1271/diets_5th_conference_proceedings_2011.pdf

16. 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. Book of Abstracts.

17. 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. Book of Abstracts.
18. E. Psylinakis, K. Loulakakis, D. Ghanotakis, A. Spyridaki. In vitro inhibition of photosynthetic activity of plant systems in the presence of capsaicinoids. Poster 85, Chania, Crete, October 23-26 2007. 23rd Conference of Greek Society of Horticultural Science (poster in Greek). Book of Abstracts.
19. 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 complex Poster Abstract 60-225, 25 – 28 September 1995, European Molecular Biology Laboratory, Heidelberg, Germany. Book of Abstracts.