

CURRICULUM VITAE

Christopher Papandreou, PhD

PERSONAL DETAILS

Work address 1:

Hellenic Mediterranean University,
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Institute of Health Research Pere Virgili (IISPV),
Avinguda de la Universitat, 1
43204, Reus, Spain
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ORCID: <https://orcid.org/0000-0002-6803-507X>

SCIENTIFIC, RESEARCH, AND TEACHING INTERESTS – FOCUS

Dr. Papandreou has extensive experience in developing epidemiological and clinical studies that evaluate the relationship between diet, lifestyle factors, and human health, as well as the underlying biochemical and molecular mechanisms. He has participated in multicenter studies such as Predimed, Predimed-Plus, and SATIN and has access to a large-scale biomedical database and research resource, the UK Biobank. He has led and continues to lead international research projects focusing on metabolomics and multi-omics approaches for biomarker discovery and a better understanding of the mechanisms that lead to disease.

EDUCATION

01/2008- 11/2011	PhD in Public Health Preventive Medicine & Nutrition Clinic, Department of Social Medicine, Faculty of Medicine, University of Crete, Greece Topic: “ <i>Comparison of the effectiveness of the Mediterranean diet and a prudent diet on Obstructive Sleep Apnea-Hypopnea Syndrome. An intervention study</i> ” https://www.didaktorika.gr/eadd/handle/10442/27654
10/2004- 09/2005	Master of Science in Human Nutrition and Metabolism University of Aberdeen, Aberdeen, UK

09/2000-
09/2004 **BSc in Nutrition and Dietetics**
TEI, Crete, Greece

High School Diploma: Tositseio-Arsakeio Ekalis

TEACHING EXPERIENCE

2024 - present	Faculty in charge for the "Nutrition Throughout the Life Cycle", Department of Nutrition and Dietetics, Hellenic Mediterranean University, Crete, Greece (6 hours/week, approximately 60 second-year students, plus 4 hours/week for Erasmus students)
2022 - present	Lectures in the courses "Quantitative and Qualitative Research Methodology," "Evidence-Based Nutrition in Public Health," "Interdisciplinary Approach to Active and Healthy Aging," and "Evidence-Based Dietetic Practice" for the Master's Program in Interdisciplinary Management of Chronic Diseases, Disability, and Aging at Hellenic Mediterranean University, Crete, Greece
18/01/2016- 27/05/2016	Lecturer in Health Improvement (Maternity Cover), of the MSc programs in "Obesity and Weight Management" and "Public Health Nutrition" at the Department of Clinical Sciences and Nutrition, Faculty of Medicine, Dentistry and Life Sciences, University of Chester, UK

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|---------------------|--|
| 10/2015-
01/2016 | Part-time Scientific Collaborator in the course "Sports Nutrition" (theory and practice), (9 hours/week), Department of Nutrition and Dietetics, Hellenic Mediterranean University (formerly TEI of Crete), Greece |
| 01/2015-
04/2015 | Lecturer in the undergraduate modules "Nutrition," "Obesity and Weight Management," "Diet and Nutrition," and "Sports Nutrition and Performance" at the Faculty of Sport, Health & Social Sciences, Solent University, UK |

PUBLIC ENGAGEMENT AND SCIENCE COMMUNICATION

- “From Ultra-Processed to Nutritious Cretan Foods: Education for Children and Families” - Public health nutrition outreach activity conducted at a local middle school in Sitia, Crete, as part of the “Crete: European Region of Gastronomy 2026” initiative (2025).

CAREER BREAKS

- Mandatory military service (1 year).

AWARDS AND HONORS

- Prestigious recognition: ranked among the Top 2% scientists in the field of “Nutrition & Dietetics” (Stanford’s list for 2024, 2025)
- Competitive national/international fellowships: 2020 Grant Miguel Servet (CP19/00189); 2017 Catalan Postdoctoral Fellowship PERIS (SLT002/0016/00428)

COMMISSIONS OF TRUST

I have significant experience in academic leadership and administration, including chairing evaluation committees, serving on accreditation and election boards, advising doctoral programs, and leading the Nutrition Working Group of the RHEA cohort.

07/2025

Chairperson of the Evaluation Committee for candidates applying for the positions of adjunct lecturers for the winter/spring semester of the 2025-2026 academic year, under the call with reference number 169064/13-11-2024 from the Special Managing Service of the Program "Human Resources & Social Cohesion 2021-2027," for the following subjects: a) Mathematics and Statistical Data Analysis, b) Biology and Applications in Nutrition, c) Psychopathology of Nutrition, d) Anatomy and Complementary Medicine – Hellenic Mediterranean University

05/2025

External Reviewer – International Doctoral Thesis
Universitat Rovira i Virgili (URV), Reus, Spain. Served as an external reviewer for the doctoral thesis “The Effect of Prenatal Pollution Exposure on Children's

Neurodevelopment" by **Xiruo Kou** (supervisors: Prof. Maria Victoria Arijal Val and Dr. Fina Canals)

03/2025

Academic Advisor

03/2025

Chairperson of the Three-Member Committee for the Conduct and Evaluation within the framework of awarding a public contract through an open electronic procedure below the thresholds for the supply of reagents, within the framework of the project/program with K.E. 20786 and the title: "Objective Sleep-Wake Measures and Cognitive Function: Associations and Mediating Mechanisms Using Artificial Intelligence Methods"

12/2024

Member of the Three-Member Examination Committee for the evaluation of the Master's Thesis of Ms. Koumakis Malamateni, "Health and Nutrition Literacy in Pregnant Women with Gestational Diabetes Mellitus and Adherence to Dietary Treatment: A Cross-Sectional Study at the Diabetic Clinic in Heraklion, Crete" – Hellenic Mediterranean University

09/2024

Member of the Scientific Committee for the Evaluation of Thesis Proposals for undergraduate students – Hellenic Mediterranean University

07/2024

Chairperson of the Evaluation Committee for candidates applying for the positions of adjunct lecturers for the winter/spring semester of the 2024-2025 academic year, under the call with reference number 108523/24-07-2024 from the Special Managing Service of the Program "Human Resources & Social Cohesion," for the following subjects: a) Biostatistics and Statistical Data Analysis, b) Anatomy and Complementary Medicine, c) Dietary Habits and Foods, d) Psychology and Nutrition – Hellenic Mediterranean University

05/2024 - present

- Member of the Three-Member Working Group for the accreditation of the Doctoral Program – Hellenic Mediterranean University

04/2024

- Member of the Election Committee for the election of the Head of the Department of Nutrition and Dietetics, School of Health Sciences – Hellenic Mediterranean University

03/2024 - present

- Member of the Scientific Committee for the Evaluation of Undergraduate Theses – Hellenic Mediterranean University

05/2023

- Member of the Committee for the Approval of PhD Dissertation Support Protocol; **Ariadna Pinar Martí** (supervisors: Dr. Jordi Julvez Calvo and Dr. Maria Foraster), "The role of seafood and nut consumption on human neurodevelopment from pregnancy to adolescence", Department/Institution: DCEXS / NeuroEpia Group/ Institute of Health Research Pere Virgili, Spain

06/2007 - 03/2016

- Member of the Scientific Committee for the Evaluation of Master's Thesis Proposals (poster presentations) – University of Chester, UK
- Member of the Scientific Committee for the Approval of Proposed Undergraduate Theses by Students – TEI of Crete

OTHER ACTIVITIES

- 02/2026 – 05/2026 **Tutor, BIP Nutrition International Health Promotion Programme**, Department of Nutrition and Dietetics, Hellenic Mediterranean University, Crete, Greece (Organized by Thomas More University of Applied Sciences, Antwerp, Belgium)
- Teaching and mentoring in a short, challenge-based international course that brings together transnational student teams.
 - Guided creative projects combining online collaboration with a period of short physical mobility.
- 10/2025 **Tutor, BIP Nutrition International Health Promotion Programme**, (Organised by the Department of Nutrition and Dietetics, Hellenic Mediterranean University, Crete, Greece)
- Teaching and mentoring in a short, challenge-based international course that brings together transnational student teams.
 - Guided creative projects combining online collaboration with a period of short physical mobility.
- 06/2025 - present **RHEA Study – Lead of the Nutrition Working Group**
Assumed a coordination role in the RHEA cohort study, responsible for establishing and managing the Nutrition Working Group, planning related analyses, and serving as the primary contact for external collaborations in the field of nutrition
- 02/2025 – 05/2025 **Tutor, BIP Nutrition International Health Promotion Programme**, Department of Nutrition and Dietetics, Hellenic Mediterranean University, Crete, Greece (Organized by Thomas More University of Applied Sciences, Antwerp, Belgium)
- Teaching and mentoring in a short, challenge-based international course that brings together transnational student teams.
 - Guided creative projects combining online collaboration with a period of short physical mobility.
- 10/2024 **Tutor of the HMU & UCLL 6th International program**
(Engaging Belgian/Flemish students with Greek students, dividing them into groups, and allowing them to collaborate

on cases related to the topic of "Eating Disorders")

SUPERVISION

Currently supervising 5 PhD, 6 MSc, and 6 BSc theses; completed supervision includes 1 PhD (cum laude) and several MSc theses with distinctions.

SUPERVISION OF PhD STUDENTS

Current

- **Ioanna Charalampidou** (supervisor), 2025-present ("The Effect of GLP-1 Receptor Agonist-based treatment on Body Composition and Lean Muscle Mass in Adults with Obesity: The Role of Dietary Protein Consumption in Lean Muscle Mass Maintenance"), Hellenic Mediterranean University, Greece.
- **Vasiliki-Amaryllis Skifa** (supervisor), 2025-present ("Integrating Multi-Biomarker Panels, Lifestyle Factors and Conventional Risk Factors to Develop Predictive Models for Cognitive Decline"), Hellenic Mediterranean University, Greece.
- **Christos Papagiannopoulos** (co-supervisor; supervisor: Prof. Konstantinos Tsilidis), 2023-present ("Machine Learning Techniques to Investigate Multi-Omics Signatures of Adiposity Markers and Their Relationship to Multiple Health Outcomes"), University of Ioannina, Greece.
- **Maria Manou** (co-supervisor; supervisor: Prof. Konstantinos Tsilidis), 2023-present ("Use of Machine Learning Algorithms in Large-Scale Molecular Epidemiological Studies"), University of Ioannina, Greece.
- **Javier Mateu Fabregat** (supervisor), 2023-present ("Relationship between the exposome on metabolism-related alterations in mental health"), University of Rovira i Virgili / Institute of Health Research Pere Virgili, Spain.

Past

- **Raul Sanchez-Gimenez** (supervisor) ("Impact of metabolites related to the gut microbiome and mitochondrial metabolism on cardiovascular events after acute coronary syndrome"), (completion on 03-11-2023 - 'Cum laude distinction'), University of Rovira i Virgili / Institute of Health Research Pere Virgili, Spain.

SUPERVISION OF MSc STUDENTS

Current

- **Konstantina Dumi** (supervisor), 2025-present ("Ultra-Processed Food Consumption, Metabolites, and Cardiovascular Risk in Childhood"), MSc in Biostatistics at National and Kapodistrian University of Athens, Greece. In collaboration with the ISGlobal, Barcelona, Spain.

- **Grigoris Kalampoukas** (supervisor), 2025-present (“Common viral infections and obesity across childhood: examining the bidirectional relationship”), MSc in Health statistics and data analytics, Aristotle University of Thessaloniki, Greece.
- **Artemis Margoni** (supervisor), 2024-present (“Objective Sleep Quality and Quantity and Cognitive Function: Exploring Associations and Mediating Mechanisms”), MSc in Biostatistics at National and Kapodistrian University of Athens, Greece. In collaboration with the Aiginition Hospital, Athens, Greece.
- **Eleni Barmpa** (co-supervisor; supervisor: Prof. Konstantinos Tsilidis), 2024-present (“Metabolic disturbances associated with Childhood Internalizing and Externalizing Symptoms: The Rhea Mother–Child Cohort”), MSc in Health statistics and data analytics, Aristotle University of Thessaloniki, Greece. In collaboration with the University of Crete, Greece.
- **Despina Karkoulia** (supervisor), 2024-present (“Ultra-processed foods trajectories across childhood and their determinants in the Rhea mother-child cohort in Greece”), MSc in Interdisciplinary Management of Chronic Diseases, Disability and Ageing, Hellenic Mediterranean University, Crete, Greece. In collaboration with the University of Crete, Greece.
- **Eleni Dimitriadou** (supervisor), 2024-present (“Ultra Processed Food Consumption, Plasma Metabolites and Sleep Quality in a Greek adult population”), MSc in Interdisciplinary Management of Chronic Diseases, Disability and Ageing, Hellenic Mediterranean University, Crete, Greece. In collaboration with the University of Ioannina, Greece.

Past

- **Alexios Manidis** (supervisor), 2024 (“Biomarkers of Dietary Patterns and Neuropsychological Function in Healthy Spanish Adolescents”), MSc in Interdisciplinary Management of Chronic Diseases, Disability and Ageing, Hellenic Mediterranean University, Crete, Greece. In collaboration with the Pere Virgili Institute for Health Research (IISPV), Spain and the Barcelona Institute for Global Health (ISGlobal).
- **Javier Mateu Fabregat** (co-supervisor; supervisor: Prof. Mònica Bulló), 2023 (“Dietary glycemic index and load and semen quality: A cross-sectional and longitudinal analysis within the FERTINUT trial”), (‘Cum laude distinction’), MSc in Nutrition and Metabolism at University of Rovira i Virgili, Spain.
- **Christos Papagiannopoulos** (co-supervisor; supervisor: Prof. Konstantinos Tsilidis), 2022 (“Mediterranean diet, circulating metabolites and cognitive function in the Epirus Health Study”), MSc in Biostatistics at National and Kapodistrian University of Athens, Greece.

SUPERVISION OF BSc STUDENTS

Current: 6

Past: 1

WORK EXPERIENCE (paid)

11/03/2024- present **Senior Researcher (ref. CR32023-039899) – part-time)**

Institute of Health Research Pere Virgili (IISPV), Spain

16/02/2024- present **Assistant Professor (with reference number 2644/Φ30.2/20-04-2023, decision of the Rector [Government Gazette 1345/τ.Γ´/17-05-2023]),
Field of Expertise: "Nutrition – Dietetics and Health Promotion,"
Department of Nutrition and Dietetics, School of Health Sciences,
Hellenic Mediterranean University, Crete, Greece**

01/01/2020-
16/02/2024

Senior Researcher (Miguel Servet)

Institute of Health Research Pere Virgili (IISPV), Spain

31/03/2017-
31/12/2019

Postdoctoral Researcher

Institute of Health Research Pere Virgili (IISPV), Spain

25/05/2016-
30/03/2017

Postdoctoral Researcher

Department of Biochemistry and Biotechnology,
University of Rovira i Virgili (URV), Spain

17/10/2012-
31/12/2013

Research Collaborator (part-time)

Department of Nutrition & Dietetics, Harokopio University,
Greece

PARTICIPATION IN PROJECTS AS PI OR Co-PI

Project Reference: AARG-NTF-23-1027318

Title: Metabolite signatures of Mediterranean diet, cognitive change and AD risk

PI: Christopher Papandreou

Funding Agency: Alzheimer's Association International
Research Grant Program, USA

May 2023 - April 2026

Total amount: \$199,482 USD

The general aim of this project is to develop a clearer mechanistic understanding, using data from three Greek epidemiological studies and the

UK Biobank, in order to determine whether different metabolic signatures of the Mediterranean diet are associated with reduced chances of cognitive decline, slowed cognitive deterioration, and a lower risk of developing Alzheimer's disease, as well as with an improved biomarker profile related to neurodegeneration and amyloidosis.

Project Reference: AARG-NTF-22-924702

Title: Untangling the link between Insulin Resistance and AD through Metabolomics

Co-PI: Christopher Papandreou

Funding Agency: Alzheimer's Association International Research Grant Program, USA

May 2022 - April 2025

Total amount: \$149,985 USD

The general aim of this project is to address significant knowledge gaps regarding the metabolic pathways that link insulin resistance with Alzheimer's disease, as well as to identify biomarkers associated with insulin resistance and the progression of Alzheimer's disease.

Project Reference: IH-21-BULLOM-NR-01

Title: Effects of almond consumption on innate myeloid and lymphoid cells composition and activity

Co-PI: Christopher Papandreou

Funding Agency: Almond Board of California, USA

April 2021 - March 2023

Total amount: \$384,175 USD

The general aim of this project is to investigate the effect of frequent almond consumption on the innate and adaptive immune system in healthy overweight individuals who regularly follow a Western-type diet and consume unhealthy snacks.

Project Reference: PI20/01094

Title: Metabolomic profiles in blood and urine as predictors of response to immunotherapy in lung cancer patients

PI: Christopher Papandreou

Funding Agency: Fondo de Investigaciones de la Seguridad Social (FIS), National Institute of Health Carlos III, Madrid, Spain

January 2021 - December 2023

Total amount: 81,070 €

The general aim of this project is to develop a prediction model based on blood and urine metabolites, which could predict the response to immunotherapy in patients with lung cancer.

Project Reference: CP19/00189

Title: Mediterranean diet, Metabolites, and Cardiovascular Disease

PI: Christopher Papandreou (Seniority grant)

Funding Agency: National Institute of Health Carlos III, Madrid, Spain

January 2020 - December 2024

Total amount: 242,500 €

The general aim of this project is to identify new metabolic signatures associated with the risk of heart failure, atrial fibrillation, and peripheral arterial disease, as well as to investigate whether dietary interventions within the PREDIMED study can mitigate the adverse associations between certain plasma metabolites and these diseases.

Project Reference: SLT002/0016/00428

Title: Effect of dietary intervention on the metabolome and its relationship with type 2 diabetes

PI: Christopher Papandreou (Postdoctoral fellowship)

Funding Agency: Autonomous Government of Catalonia (PERIS 2016-2020 Incorporació de Científics i Tecnòlegs), Spain

January 2017 - December 2019

Total amount: 107,068 €

The general aim of this project is to investigate whether changes in metabolic profiles, induced by dietary interventions, mediate the benefits of the Mediterranean diet in type 2 diabetes, within the framework of the PREDIMED study.

PARTICIPATION IN PROJECTS AS RESEARCHER

Title: National Action Against Childhood Obesity

Funding Agency: UNICEF

2025

The National Action for Tackling Childhood Obesity is the first comprehensive program aimed at preventing and combating childhood obesity by promoting and adopting healthy eating habits and physical activity. The program is implemented by the Ministry of Health in collaboration with UNICEF, with the participation of academics, teachers, renowned chefs, parents and children, sports clubs, as well as local authorities and communities. It is the first program to be implemented nationwide, addressing the needs of children aged 0-17 and their families at the levels of primary, secondary, and tertiary prevention, supporting nationwide childhood obesity prevention policy (societal impact).

Title: Promoting Entrepreneurship and Gastronomy Tourism

PI: George A. Fragkiadakis

Funding Agency: EU Programmes, ERASMUS+, IKY, Key Action2

(application ID: 2022-1-EL01-KA220-HED-000087660)

July 2025 - August 2025

Title: Objective Sleep-Wake measures and Cognitive Function: associations and mediating mechanisms using Artificial Intelligence methods

PI: Prof. Nikolaos Scarmeas

Funding Agency: Hellenic Foundation for Research and Innovation – ELIDEK

(application ID: 16472)

March 2024 - February 2026

The purpose of this project is to address significant gaps in current knowledge regarding the biological mechanisms that govern sleep patterns, sleep-wake cycles, and cognitive function.

Title: VISIONING: covid-19 prognosis tool, an affordable metabolomic artificial Intelligence-assisted blood testing analysis

PI: Prof. Xavier Correig

Funding Agency: Agency for the Management of University and Research Grants (AGAUR)

July 2021 - June 2023

The purpose of this project is to develop and implement in Europe the first in vitro predictive test for COVID-19, based on the combination of two technologies that have already been developed and are functioning in the clinical market: metabolomics based on Nuclear Magnetic Resonance and modeling methods based on artificial intelligence, to improve the prediction of the risk of severe COVID-19 illness.

Title: Dietary modulation of miRNAs linking type 2 diabetes and Alzheimer disease: Toward a precision health approach

PI: Dr. Mònica Bulló

Funding Agency: Fondo de Investigaciones de la Seguridad Social (FIS), National Institute of Health Carlos III, Madrid, Spain

January 2020 - December 2022

The purpose of this project is to evaluate the role of dietary interventions (nut consumption and the Mediterranean diet) on the levels of miRNAs measured in the blood, related to insulin resistance and Alzheimer's disease.

Title: Sex Steroid Hormones and Cancer: A Molecular Epidemiological Study

PI: Prof. Konstantinos Tsilidis

Funding Agency: Hellenic Foundation for Research and Innovation

March 2020 - June 2021

The purpose of this project is the systematic search of all published studies in this field, the meta-analysis of the findings, the assessment of study quality, and the conduct of tests for systematic bias, excess statistical significance, and sensitivity analyses using confidence intervals.

Title: Examining the effects of exercise on vascular function in obstructive sleep apnea

PI: Dr. Devon Dobrosielski

Funding Agency: US National Health Institute

July 2016 - June 2019

The purpose of this project is to examine whether obstructive sleep apnea syndrome reduces the beneficial effect of exercise on vascular function in obese individuals suffering from untreated obstructive sleep apnea syndrome.

Title: Effect of a diet based on healthy foods or Mediterranean diet on changes in the composition and functionality of the fecal microbiota and its relationship with metabolic improvement (METADIET)

PI: Dr. Mònica Bulló

Funding Agency: Fondo de Investigaciones de la Seguridad Social (FIS), National Institute of Health Carlos III, Madrid, Spain

2017-2019

The purpose of this project is to examine the effect of two different types of diets on the composition and function of gut bacteria and metabolic risk factors.

Title: Satiety control through food structures made by novel processing (SATIN)

PI: Prof. Jason C.G. Halford, Dr. Mònica Bulló

Funding Agency: Seventh Framework Programme for "Cooperation": Food,

Agriculture and Biotechnology of the European Union (2012-2016) 2011-2016

The purpose of this project is to examine whether reduced appetite is associated with the success of weight loss maintenance.

ACCESS TO LARGE DATABASES

UK Biobank - Application ID: 79696

Title: Circulating plasma metabolites, lifestyle, adiposity, and biochemical exposures and risk of major chronic diseases and their co-occurrence

PI: Christopher Papandreou

May 2022 - April 2025 (extended to April 2026)

PREVIOUS COOPERATION PARTNERS

- **Universities in Spain** (e.g., University Rovira i Virgili, University of Navarra, University of Barcelona, University of Valencia): collaboration through participation in the PREDIMED and PREDIMED-Plus trials.
- **Harvard T.H. Chan School of Public Health, USA**: metabolomics collaborations on dietary biomarkers and cardiometabolic outcomes within the PREDIMED trial.

CURRENT COOPERATION PARTNERS

- **Clinical and Epidemiological Neuroscience (NeuroÈpia), Institute of Health Research Pere Virgili (IISPV), Spain**: collaboration with Dr. Jordi Julvez on the WALNUTs study, and ongoing multi-omics and clinical collaborations with informaticians and clinicians.
- **Barcelona Institute for Global Health (ISGlobal), Spain**: collaboration on the Human Early Life Exposome (HELIX) study.
- **National and Kapodistrian University of Athens, Greece**: collaboration with Prof. Nikolaos Scarmeas on the Hellenic Longitudinal Investigation of Aging and Diet (HELIAD) and the Aiginition Longitudinal Biomarker Investigation of Neurodegeneration (ALBION) studies, focusing on diet and cognition.
- **Columbia University, USA**: collaboration with Dr. Yian Gu on the Cognitive Reserve and Reference Abilities Neural Network (CR/RAAN) study, focusing on diet and cognition.
- **University of Crete, Greece**: collaboration on the Mother-Child Cohort in Crete (RHEA study), focusing on nutrition and early-life exposures.
- **University of Ioannina, Greece**: collaboration with Prof. Kostas Tsilidis on the Epirus Health Study (EHS) and multi-omics analyses in the UK Biobank.

PUBLICATIONS IN PEER-REVIEWED SCIENTIFIC JOURNALS

Total number	99
First name	41
Second name	11
Last name	10
Corresponding author	17
Total Impact Factor	450
Citations (Google scholar)	>4400
H-index (Google scholar)	36
Manuscripts submitted	11

PUBLICATIONS

1. Konstantinos Rouskas, Eirini Mamalaki, Eva Ntanasi, Marianna Pantoura, Maria Anezaki, Christina Emmanouil, Nil Novau-Ferré, Mònica Bulló, Antigone S. Dimas, **Christopher Papandreou**, Mary Yannakoulia, Anagnostis Argiriou, Nikolaos Scarmeas. Gut Microbiome Alterations in Mild Cognitive Impairment: Findings from the ALBION Greek Cohort. *Microorganisms*. 2025;13(9):2112. doi: 10.3390/microorganisms13092112. (IF: 4.200)
2. Nil Novau-Ferré, Javier Mateu-Fabregat, Christos K. Papagiannopoulos, Christos V. Chalitsios, Laura Panisello, Georgios Markozannes, Konstantinos K. Tsilidis, Mònica Bulló, **Christopher Papandreou**[†]. Glycemic index, glycemic load, and risk of dementia: A prospective analysis within the UK Biobank cohort. *Int J Epidemiol*. 2025 (Accepted) (IF: 5.900)
3. Christos K. Papagiannopoulos, Georgios Markozannes, Christos V. Chalitsios, Sofia Christakoudi, Marc J Gunter, Laure Dossus, Richard M. Martin, Ioanna Tzoulaki, **Christopher Papandreou**^{*}, Konstantinos K. Tsilidis^{*}. Sex-stratified metabolic signatures of adiposity indices and their associations with clinical biomarkers in the UK Biobank. *EBioMedicine*. 2025;119:105868. doi: 10.1016/j.ebiom.2025.105868. ^{*}Share last authorship (IF: 10.800)
4. Mourtzi N, Charisis S, Ntanasi E, Hatzimanolis A, Ramirez A, Stefanos N. Sampatakakis, Yannakoulia M, Kosmidis M, Dardiotis E, Hadjigeorgiou G, Sakka P, Mamalaki E, **Papandreou C**, Georgakis MK, Scarmeas N. Sex- and Age-Dependent Effects of the Polygenic Risk Score for total tau on Risk of Mild Cognitive Impairment and Alzheimer's Disease. *Neurology*. 2025;105(9):e213904. doi: 10.1212/WNL.00000000000213904. (IF: 8.500)
5. Lampriani Tsali, Konstantinos Tsilidis, Konstantinos Katsanos, Evangelia Ntzani, Maria Manou, **Christopher Papandreou**, Georgios Markozannes, Christos V. Chalitsios. Polygenic risk of refractory celiac disease type II and its association with autoimmune diseases: a phenome-wide association study in the UK Biobank. *European Journal of Gastroenterology & Hepatology*. 2025 Jul 14. doi: 10.1097/MEG.0000000000003036 (IF: 1.800)
6. Panagiotis Filis, Christos Papagiannopoulos, Georgios Markozannes, Christos V. Chalitsios, Ioannis Zerdes, Antonios Valachis, **Christopher Papandreou**, Sofia Christakoudi, Konstantinos K. Tsilidis. Associations of sarcopenia, sarcopenia components and sarcopenic obesity with cancer incidence: a prospective cohort study of 414,094 participants in UK Biobank. *Int J Cancer*. 2025 157(7):1316-1332. doi: 10.1002/ijc.35480. (IF: 5.700)
7. Nil Novau-Ferré N, **Papandreou C**, Rojo-Marticella M, Canals-Sans J, Bulló M. Gut microbiome differences in children with Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder and effects of

- probiotic supplementation: A randomized controlled trial. *Res Dev Disabil*. 2025;161:105003. doi: 10.1016/j.ridd.2025.105003. (IF: 2.900)
8. Gutierrez-Tordera L, Panisello L, García-Gonzalez P, Ruiz A, Cantero JL, Rojas-Criollo M, Mursil M, Atienza M, Novau-Ferré N, Mateu-Fabregat J, Mostafa H, Puig D, Folch J, Rashwan H, Marquié M, Boada M, **Papandreou C^{*,†}**, Bulló M^{*,†}. Metabolic signature of insulin resistance and risk of Alzheimer's disease. *J Gerontol A Biol Sci Med Sci*. 2024;glae283. doi: 10.1093/gerona/glae283 (IF: 4.300)
 9. Manou M, Papagiannopoulos C, Chalitsios CV, Asimakopoulos AG, Markozannes G, Bulló M, Tsilidis KK, **Papandreou C^{*,†}**, Tzoulaki I*. Metabolic Signatures of Blood Pressure and Risk of Cardiovascular Diseases. *J Am Heart Assoc*. 2024:e036573. doi: 10.1161/JAHA.124.036573 (IF: 5.000)
 10. Mateu-Fabregat J, Mostafa H, Sanchez-Gimenez R, Peiró ÓM, Bonet G, Carrasquer A, Fragkiadakis GA, Bardaji A, Bulló M, **Papandreou C^{*,†}**. Bile acids and risk of adverse cardiovascular events and all-cause mortality in patients with acute coronary syndrome. *Nutrients*. 2024;16(7):1062. doi:10.3390/nu16071062 (IF: 5.900)
 11. Rojas-Criollo M, Novau-Ferré N, Gutierrez-Tordera L, Ettcheto M, Folch J, **Papandreou C**, Panisello L, Cano A, Mostafa H, Mateu-Fabregat J, Carrasco M, Camins A, Bulló M. Effects of High-Fat Diet on Insulin-Related miRNAs in Plasma and Brain Tissue in APPSwe/PS1dE9 and Wild-Type C57BL/6J Mice. *Nutrients*. 2024;16(7):955. doi:10.3390/nu16070955 (IF: 5.900)
 12. Mateu-Fabregat J, **Papandreou C[†]**, Gutierrez-Tordera L, Rojas M, Novau-Ferré N, Mostafa H, Bulló M[†]. Dietary glycemic index and load and semen quality: A cross-sectional and longitudinal analysis within the FERTINUT trial. *The World Journal of Men's Health*. 2024;42:e53. doi.org/10.5534/wjmh.230328 (IF: 4.800)
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PUBLICATIONS (Group member)

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COMMENTARY (Invited)

100. **Papandreou C.** New evidence for the role of gut microbiota on atrial fibrillation development. *eBioMedicine* 2023;92:104622. doi:10.1016/j.ebiom.2023.104622 [IF: 11.205]

EDITORIAL ARTICLES

101. **Papandreou C.** Nutrition, Metabolites, and Human Health. *Nutrients*. 2023 Oct 8;15(19):4286. doi: 10.3390/nu15194286. [IF: 6.706]
102. **Papandreou C.** Is the cost of the Mediterranean diet a barrier for its promotion in the communities? *Journal of Socialomics* 2013;2:e116.
103. **Papandreou C.** The need of Social Science and Community approaches in Human Nutrition in Tertiary Education. *Journal of Socialomics* 2012;1:e103.
104. **Papandreou C.** Weight reduction programs in obese sleep apnea patients: The role of the Mediterranean diet. *Journal of Nutrition & Food Sciences* 2012;2:e112.
105. **Papandreou C.** Traditional Cretan diet and Longevity: Evidence from the Seven Countries Study. *Journal of Nutrition & Food Sciences* 2012;2:e114.

MANUSCRIPTS IN PREPARATION

Foukarakis Ioannis, Androni Xenia, Sampatakakis Stefanos N, Mamalaki Eirini, Ntanasi Eva, Yannakoulia Mary, Chatzipanagiotou Stylianos, **Papandreou Christopher**, Kyrozis Andreas, Tsapanou Angeliki, Scarmeas Nikolaos. Objective Sleep Apnea Severity, Cognitive Impairment and Amyloid Pathology; Insights from the ALBION cohort. (Submitted)

Noriega de la Colina A, Skaperda Z, Charisis S, Ntanasi E, Mamalaki E, Geddes MR, Yannakoulia M, **Papandreou C**, Kouretas D, Scarmeas N. Oxidative Stress Biomarker Profile Dynamics across Blood and Cerebrospinal Fluid. (Submitted)

Maria Manou, [...], **Christopher Papandreou**[†]. Metabolic signature of Mediterranean diet and risk of dementia in the UK Biobank. (In

preparation)

Alexios Manidis, Nicolas Ayala, Sara Bernardo-Castro, Ariadna Pinar-Marti, Polina Galkina, Silvia Fernandez-Barres, Rosa M. Lamuela-Raventós, **Christopher Papandreou**^{*,†}, Jordi Julvez^{*,†}. Dietary Patterns and Neuropsychological Function in Adolescents: A Cross-sectional and Longitudinal Study. (Submitted)

Archontoula Drouka, Stylianos Chatzispirellis, Dora Brikou, Eva Ntanasi, Eirini Mamalaki, Stylianos Chatzipanagiotou, **Christopher Papandreou**, Konstantinos Rouskas, Yian Gu, Nikolaos Scarmeas, Mary Yannakoulia. Association between adherence to the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet and cerebrospinal fluid Alzheimer's disease biomarkers in middle-life individuals without dementia: The ALBION study. (Submitted)

Eleni Barmpa, [...], **Christopher Papandreou**[†]. Early childhood serum and urine metabolomic signatures of emotional and behavioral symptoms and their trajectories to adolescence: the Rhea Mother–Child Cohort. (In preparation)

Christopher Papandreou[†], [...], Nikolaos Scarmeas. Serum Metabolite Signature of the Mediterranean Diet and Its Association with Cognitive Function in Older Adults. (In preparation)

Muhammad Mursil, Hatem A. Rashwan, Nikolaos Scarmeas **Christopher Papandreou**^{*,†}, Domenec Puig^{*,†}. Plasma Multi-Omics and Interpretable Deep Neural Networks Enable Prediction of Dementia and Its Subtypes. (In preparation)

Devon A. Dobrosielski, Stephen J. Ives, Karla A. Kubitz, Hyunjeong Park, **Christopher Papandreou**, Susheel Patil. The Effects of a Six-week Exercise Program on Heart Rate Variability in Adults with Obstructive Sleep Apnea. (In preparation)

[...], **Christopher Papandreou**, [...]. Tracking diet quality and sustainability in relation to cardiometabolic health markers from prenatal life to adolescence: Results from the European ATHLETE study. (In preparation)

[...], **Christopher Papandreou**, [...]. Common viral infections and obesity across childhood: examining the bidirectional relationship. (In preparation)

*Share the first or last position

†Corresponding author

SCIENTIFIC CONFERENCES (ORAL PRESENTATIONS/POSTERS)

106. **18th Panhellenic Congress on Nutrition & Dietetics** — Round Table “Modern Omics Approaches in Nutritional Science and Epidemiology”, Metabolomics in Nutritional Epidemiology (Oral Presentation), 2025, Athens, Greece
107. **Scientific Conference of the PROENGAT Program** “Metabolomics and Food Science – Gastronomy”, (Invited Talk), 2025, Heraklion, Greece
108. **18th edition of the Clinical Trials on Alzheimer's Disease Conference (CTAD)**. (posters presentation), 2025, San Diego, CA (USA)
109. **35th Alzheimer Europe Conference**. (posters presentation), 2025, Bologna, Italy
110. **6th Analytical Metabolomics Workshop**. (posters presentation), 2025, Thessaloniki, Greece
111. **Hellenic Dementia Society. Alzheimer's Disease: From Scientific Advances to Integrated Care**, “The Role of Omics in Biomarker Discovery and Advancing Dementia Research” (Invited Talk), 2025, Aigli Zappeiou, Athens, Greece
112. **AD/PD 2025 Advances in Science & Therapy. International Conference on Alzheimer's and Parkinson's Diseases and Related Neurological Disorders**, (posters presentation), 2025, Vienna, Austria
113. **9th Microbiome Movement Summit Europe** “Microbiota and Neurodegenerative Diseases: An Overview of Epidemiological Evidence and Future Research Directions”, (Invited Talk), 2025, Barcelona, Spain
114. **11th Panhellenic Atherosclerosis Congress**, (Poster Presentation), (Poster Presentation), 2024, Ioannina, Greece
115. **SEOM2024** “Blood Metabolomic Profile as a Predictor of Response and Survival to Immunotherapy in Patients with Non-Small Cell Lung Cancer”, (Oral Presentation), 2024, Madrid, Spain
116. **6th INTERNATIONAL WORKSHOP – Food Technology** “Metabolomic Biomarkers of the Mediterranean Diet; Towards Precision Nutrition”, (Invited Talk), 2024, Sitia, Crete, Greece
117. **10th Panhellenic Congress of the Public Health and Social Medicine Forum — “Linking Public Health with Integrated Health Care”**, (Posters Presentation), 2024, Thessaloniki, Greece
118. **3rd Annual Experiential Conference with American, International and Greek Scholars** (Poster Presentation), 2024, Heraklion, Greece
119. **XIX Congreso de la Sociedad Española para el Estudio de la Obesidad (SEEDO)** “Metabolic Signature of Insulin Resistance and risk of Alzheimer's Disease” (Oral Presentation), 2023, Sevilla, Spain
120. **International Conference on Dietetics-Nutrition** “Metabolic

- Signatures of Adherence to the Mediterranean Diet” (Plenary Talk), 2023, Sitia, Crete, Greece
121. **International Conference on Nutrition Care** “Mediterranean diet related metabolite profiles and cognitive performance” (Invited Talk), 2023, Berlin, Germany
 122. **American College of Sports Medicine Annual Meeting** “The Cardiometabolic Effects Of Exercise Training In Adults With Obstructive Sleep Apnea” (e-Poster Presentation), 2023, Colorado USA
 123. **National Cancer Research Institute Virtual Showcase** “Endogenous Sex Hormones and Colorectal Cancer Risk: A Systematic Review and Meta-Analysis” (e-Poster Presentation), 02.11.2020, London, UK
 124. **13th Macedonian Nutrition and Dietetics Web Conference** “Contemporary Metabolomics-The PREDIMED study” (Invited Talk), 25.09.2020, Thessaloniki, Greece
 125. **6th Annual Nutrition Omics Symposium: Advances, Applications, and Translation in Nutrition and Epidemiology. Harvard TH Chan School of Public Health** “TMAO, its precursors and risk of Atrial Fibrillation (AF) and CHF” (Oral Presentation), 10.06.2020, Boston USA <https://www.hsph.harvard.edu/nutrition/omics-2020/>
 126. **American College of Sports Medicine Annual Meeting** “Effect of exercise training on calprotectin levels in adults with or without obstructive sleep apnea” (Oral Presentation), 2020, California USA
 127. **2019 Annual Meeting of American Society for Nutrition** “TMAO Association with Cardiometabolic Outcomes” (Invited Talk), 11.06.2019, Baltimore USA
 128. **17th Hellenic National Congress of Diabetes** “Mediterranean diet, Metabolites and Type 2 Diabetes: the PREDIMED Trial” (Invited Talk), 16.03.2019, Athens Greece
 129. **Mid Atlantic Regional Chapter of the American College of Sports Medicine** “An Examination of Vascular Function Following Acute Exercise in Adults With and Without Sleep Apnea” (Poster Presentation) 02.11.2018, Pennsylvania USA
 130. **Mid Atlantic Regional Chapter of the American College of Sports Medicine** “Oxygen Desaturation in Sleep Apnea is Inversely Associated with Vascular Changes Following Exercise Training” (Oral Presentation) 02.11.2018, Pennsylvania USA
 131. **American College of Sports Medicine Annual Meeting** “Moderate-to-Severe Sleep Apnea and Total Body Fat are Inversely Associated with Vascular Function Changes Following Exercise Training” (Oral Presentation), 29.06.2018, Minneapolis USA
 132. **SLEEP** “Examination of Changes in Arterial Stiffness with Exercise in Overweight or Obese Patients with and without Obstructive Sleep

- Apnea" (Poster Presentation), 02.06.2018, Baltimore USA
133. **36th International Symposium On Diabetes and Nutrition**
"Plasma metabolites predict both insulin resistance and incident type 2 diabetes: a metabolomics approach within the PREDIMED study"
(poster and oral presentation), 27.06.2018, Opatija Croatia
134. **52nd Annual Scientific Meeting of the European Society for Clinical Investigation** "Plasma trimethylamine-N-oxide and related metabolites are associated to type 2 diabetes risk in the PREDIMED trial" (Poster Presentation), 30.05.2018, Barcelona Spain
135. **Mid Atlantic Regional Chapter of the American College of Sports Medicine** "Oxygen Desaturation in Sleep Apnea is Inversely Associated with Vascular Changes Following Exercise Training" (Oral Presentation) 02.11.2018, Pennsylvania USA
136. **American College of Sports Medicine Annual Meeting**
"Moderate-to- Severe Sleep Apnea and Total Body Fat are Inversely Associated with Vascular Function Changes Following Exercise Trainin" (Oral Presentation), 29.06.2018, Minneapolis USA
137. **SLEEP** "Examination of Changes in Arterial Stiffness with Exercise in Overweight or Obese Patients with and without Obstructive Sleep Apnea" (Poster Presentation), 02.06.2018, Baltimore USA
138. **52nd Annual Scientific Meeting of the European Society for Clinical Investigation** " Plasma trimethylamine-N-oxide and related metabolites are associated to type 2 diabetes risk in the PREDIMED trial" (Poster Presentation), 30.05.2018, Barcelona Spain

CONFERENCE PROCEEDINGS

139. Cláudia Ferreira M, Furão Marisa IM, Kokkinakis E, Lapidakis N, **Papandreou C**, Fragkiadakis GA, Farmers' Markets and Access to Affordable and Healthy Food in Portugal and Greece, 9th International Conference "New Horizons in Industry, Business and Education" (NHIBE 2015), Skiathos Island, Greece, 2015, ISBN: 978-960-99889-9-5
140. Vieira Maciel N, Gomes Simão de Sousa Veloso R, Kokkinakis E, Lapidakis N, Chatzi V, Sfakianaki E, **Papandreou C**, Fragkiadakis GA, Consumers' views on "homemade food" and farmers markets: a study in Crete, Greece, 29th EFFoST International Conference "Food Science Research and Innovation: Delivering sustainable solutions to the global economy and society", Athens, Greece, 2015, ISBN: 978- 618- 82196-1-8
141. Fragkiadakis GA, Zafiropulos V, Spyridaki A, Markaki A, Kyriakidis G, Papadaki A, **Papandreou C**, Employment of nutrition-dietetics tertiary technological-education graduates - a case study, 8th International Conference on Education, Samos Island, Greece, 2012, ISBN: 978- 618- 5009-05-2
142. Fragkiadakis GA, **Papandreou C**, Gkouskou K, Human Nutrition in Tertiary Education the 21st Century, 7th International Conference on Education, Samos Island, Greece, 2011, ISBN: 978-960-466-081-0

BOOK CHAPTERS

143. Salas-Salvadó J, **Papandreou C**. Chapter entitled “The Mediterranean diet: history, concepts and elements” in the book “The Mediterranean Diet: An Evidence-Based Approach”, 2nd Edition, Elsevier, Eds: Victor R. Preedy, p.p. 3-11, 2020, ISBN: 978-0-12-818649-7.
144. **Papandreou C**. Chapter entitled “The Mediterranean Diet and Obstructive Sleep Apnoea/Hypopnoea Syndrome” in the book “The Mediterranean Diet: An Evidence-Based Approach”, 1st Edition, Elsevier, Eds: Victor R. Preedy, p.p. 429-439, 2015, ISBN: 978-0-12-407849-9.
145. **Papandreou C**. Chapter entitled “Polyunsaturated fatty acids in relation to sleep quality and depression in obstructive sleep apnea hypopnea syndrome”. In the book “Omega-3 Fatty Acids in Brain and Neurological Health”, 1st Edition, Elsevier, Eds: Ronald Ross Watson and Fabien De Meester, p.p. 337-347, 2014, ISBN: 978-0-12-410527-0.

GRANT REVIEWS

- 2022-present Alzheimer's Association Research Grant Program (AARG and AARG-D)
- 2020 British Heart Foundation, regular program

JOURNAL REVIEWER (75 articles)

Nature Communications [1]
 Military Medical Research [1]
 Diabetes Care [7]
 JACC: Heart Failure [1]
 Advances in Nutrition [1]
 EBioMedicine [3]
 Journal of Internal Medicine [1]
 Metabolism [2]
 Nature Health [1]
 Sleep Medicine Reviews [1]
 BMC Medicine [1]
 Chest [1]
 Clinical Nutrition [3]
 Age and Ageing [1]
 Molecular Nutrition and Food Research [1]
 Diabetes, Obesity and Metabolism [4]
 European Journal of Internal Medicine [1]
 Journal of the American Heart Association [1]
 Cardiovascular Diabetology [3]
 Antioxidants [1]
 Journal of Clinical Endocrinology and Metabolism [2]

Journal of Proteome Research [1]
The Journal of Nutritional Biochemistry [2]
Genes & Nutrition [1]
International Journal of Cardiology [1]
Frontiers in Cardiovascular Medicine [2]
Frontiers in Molecular Biosciences [1]
Nutrients [11]
Human Genomics [1]
Journal of Alzheimer's Disease [1]
Scientific Reports [1]
Clinical Interventions in Aging [1]
Medical Principles and Practice [1]
Nutrition & Metabolism [2]
Journal of Sleep Research [1]
British Journal of Nutrition [2]
Nutrition Journal [3]
PLOS ONE [1]
Journal of the American College of Nutrition [1]
Chronic Respiratory Disease [1]
Journal of Tropical Pediatrics [1]
Tobacco Induced Diseases [1]
Journal of Food & Nutritional Disorders [1]
Psychology, Health & Medicine [1]
International Journal of Peace and Development Studies [1]
Educational Research [1]
International Journal of Nursing and Midwifery [2]

EDITORIAL ACTIVITIES

Member of the Editorial Board of *Nutrients* (2024-present)

Special Issue Editor in *Nutrients* entitled "Nutrition, Metabolites and Human Health" (2021-2023). 24 papers have been published. Link:

https://www.mdpi.com/journal/nutrients/special_issues/nutrition_metabolites

"Nutrition, Metabolites, and Human Health-2nd Edition" (2023-2025). 12 papers have been published. Link:

https://www.mdpi.com/journal/nutrients/special_issues/64E0179UZB

"Nutrition, Metabolites, and Human Health-3rd Edition" (2025-). Link:

https://www.mdpi.com/journal/nutrients/special_issues/CBL621AH2T

Member of the Editorial Board of *Journal of Respiratory Research* (02/09/2015-present)

Member of the Editorial Board of *Journal of Socialomics* (20/09/2011-01/06/2014)

Member of the Editorial Board of *Journal of Nutrition & Food Sciences* (05/10/2011) - Special Issue Editor in *Journal of Nutrition & Food Sciences* entitled "Dietary Methodology" where 8 research articles have been published

MEMBERSHIPS

Regular member of the SOCIEDAD ESPAÑOLA DE ESTUDIO DE LA OBESIDAD – SEEDO (2023-)

Regular member of the American Society for Nutrition, USA (30/09/2021-29/09/2022)

Member of the CIBER Physiopathology of obesity and nutrition, Spain

SEMINARS

Online course on Multi-Omics Data Integration in Human Exposome Studies organized by ISGlobal, Barcelona, Spain

Dates: 04/09/2024- 20/11/2024

Online short course on Mendelian randomization organized by the Imperial College London, London, UK

Dates: 12/05/2022- 13/05/2022

Online course organized by the Investigación Sanitaria y Biomédica de la Comunitat Valenciana (Fisabio), Valencia, Spain/ Module 3/ Basic Computational Skills for Genomic Analysis

Dates: 21/06/2021- 25/06/2021

<http://fisabio.san.gva.es/en/modulo3>