

# Curriculum Vitae

Elias Tsakanikos, PhD, CPsychol, FRSPH, FHEA

## CONTACT DETAILS

University of Crete

Department of Psychology

74100 Rethymno, Crete, Greece

e-mail: [elias.tsakanikos@uoc.gr](mailto:elias.tsakanikos@uoc.gr)

## EDUCATION

- **1999-2003:** Ph.D. in Psychology – Department of Psychology, University College London, UK.
- **1998-1999:** M.Sc. in Research Methods in Psychology – Department of Psychology, University College London, UK.
- **1991-1995:** B.Sc. (Hons) in Psychology (4-year degree) – Department of Psychology, University of Crete, Greece.

## EMPLOYMENT HISTORY

- **March 2022 – August 2022:** Adjunct Associate Professor (Community Mental Health), Department of Psychology, Panteion University, Athens, Greece.
- **August 2020 – currently:** Associate Professor, Department of Psychology, University of Crete, Greece.
- **September 2012 – July 2020:** Associate Professor in Abnormal Psychology & Personality, Department of Psychology, University of Roehampton, UK.
- **January 2011 – currently:** Honorary Research Fellow, Health Service and Population Research Institute of Psychiatry, King's College London, UK.
- **January 2011– August 2012:** Senior Lecturer in Abnormal Psychology & Personality. Department of Psychology, University of Roehampton, London, UK.

- **September 2010 – September 2013:** Honorary Psychotherapist, Psychological Services, Guy’s Hospital, South London and Maudsley NHS Foundation Trust, London, UK.
- **April 2006 – December 2010:** Lecturer in Community Mental Health & Neurodevelopment /Course Director – Institute of Psychiatry, King’s College London, UK.
- **March 2004 – September 2007:** Honorary Research Fellow – University College London, Department of Psychology, UK.
- **January 2004 – March 2006:** Post-doctoral Researcher (Community Mental Health: Assertive Community Treatment in MHiLD). King’s College London, Institute of Psychiatry, Health Service and Population Research, UK.
- **April 2003 – Sept 2003:** Research Associate – University College London, Department of Psychology, UK.
- **October 2001 – July 2002:** Visiting lecturer – London School of Economics, Department of Social Psychology, UK.
- **September 2000 – 2003:** Applied Behavioural Analysis (ABA) therapist working with families and children with ASD. London, UK.
- **June 1996 – January: 1998:** Army Psychologist (Civil Service) - Ministry of Defence, Athens, Greece.
- **April 1996 – today:** Licensed Psychologist (registration number: 5570), Athens, Greece.

## **MEMBERSHIPS**

- Associate Fellow of the British Psychological Society (AFBPS) & Chartered Psychologist (CPsychol) (2012+)
- International Society for the Study of Individual Differences, ISSID (2010 +)
- Fellow of the Royal Society for Public Health, FRSPH (2014+)
- Fellow of the Higher Education Academy, FHEA (2016+)
- Hellenic Psychological Society (2020+)
- European Association of Clinical Psychology and Psychological Treatment, EACLIPT (2020+)
- Association for Regional Development and Mental Health, Athens, Greece (2022+)

## PSYCHOTHERAPY TRAINING

- **September 2015 – May 2021:** Relational Psychodynamic Psychotherapy. Private Therapy with Professor Damien Ridge, London, UK.
- **September 2010 – June 2013:** Cognitive Analytic Therapy (CAT) practitioner training, Guy's Hospital, South London and Maudsley NHS Foundation Trust, London, UK.
- **September 1995 – May 1997:** Cognitive Behavioral Therapy (CBT) training, Aiginitio University Hospital, Athens, Greece.

## PUBLICATIONS

- Hardaker, M. & **Tsakanikos, E.** (2022). Can self-affirmation reduce narcissistic hypervigilance to self-threat? *Personality and Individual Differences*, 199. doi.org/10.1016/j.paid.2022.111835
- Ribanszki, R., JA, S. F., Barnby, J. M., Jano, K., Osmani, F., Almasi, S. & **Tsakanikos, E.** (2021). Preferences for Digital Smartphone Mental Health Apps Among Adolescents: Qualitative Interview Study. *JMIR Formative Research*, 5(8), e14004-e14004.
- Hardaker, M. & **Tsakanikos, E.** (2021). Early information processing in narcissism: Heightened sensitivity to negative but not to positive evaluative attributes. *Personality and Individual Differences*, 168. 10.1016/j.paid.2020.110386
- Hardaker, M., Sedikides, C. & **Tsakanikos, E.** (2021). Hypervigilance to self-threat: Further experimental evidence for the mask model of narcissism. *Self and Identity*, 20(2), 297-310.
- **Tsakanikos, E.** & Reed, P. (2021). Individual differences in proactive interference in rats (*Rattus Norvegicus*). *Psychonomic Bulletin & Review*, 1-9.
- McCloud, T., Jones, R., Lewis, G., Bell, V. & **Tsakanikos, E.** (2020). The effectiveness of a mobile app intervention for depression and anxiety symptoms in university students: a randomised controlled trial. *JMIR Mhealth Uhealth*, 8(7):e15418.
- Charabi, M., Kravariti, E., Eysenck, M.W. & **Tsakanikos, E.** (2019) Multidimensional factor structure of unusual experiences: new measures of positive schizotypy. *Personality and Individual Differences*, 147, 272-279. 10.1016/j.paid.2019.04.039.

- Aksentijevic, A., Brandt, K., **Tsakanikos, E.**, M. J. A. Thorpe (2019). It takes me back: The mnemonic time-travel effect. *Cognition*, 182, 242–250.
- Kravariti\*, E., Reeve-Mates\*, C., Pires\*, R.D.G, **Tsakanikos,\* E.**, Perez-Iglesias, R., Hayes, D., Renshaw, S., McAllister, S., Bhavsar, V., Patterson, P., Daley, E., Stewart, J., Ramsay, R., & McGuire, P. (2018). Effectiveness of automated appointment reminders in psychosis community services: a randomised controlled trial. *BJP Open*, 4(1):15-17. \*(joint first authors)
- **Tsakanikos, E.**, & Reed, P. (2018). Relationship between behavioral measures of anxiety and latent inhibition in mature rats. *Learning and Behaviour*. doi:10.3758/s13420-018-0331-4.
- Christoforou, M., Fonseca, J.A.S. & **Tsakanikos, E.** (2017). Two Novel Cognitive Behavioral Therapy–Based Mobile Apps for Agoraphobia: Randomized Controlled Trial. *Journal of Medical Internet Research*, 19(11): e398 doi: 10.2196/jmir.7747.
- Anagnostopoulos, D.C, Korlou, S., Sakellariou, K., Kondyli, V., Sarafidou, J., **Tsakanikos, E.**, Giannakopoulos, G., Liakopoulou, M. (2016). Comorbid psychopathology and clinical symptomatology in children and adolescents with obsessive-compulsive disorder. *Psychiatriki*, 27, 27-36.
- Mesa, S., & **Tsakanikos, E.** (2014). Attitudes and self-efficacy towards adults with mild intellectual disability among staff in acute psychiatric wards: an empirical investigation. *Advances in Mental Health and Intellectual Disabilities*, 8, 79-90.
- McCarthy, J., Underwood, L. **Tsakanikos, E.**, Bouras, N. & Craig, T. (2014). Predictors of challenging behavior among and mental health service users with intellectual disability and autistic spectrum disorders. *European Psychiatry*, 29, 1.
- Rothen, N., **Tsakanikos, E.**, Meier, B. & Ward, J. (2013). Coloured Letters and Numbers (CLaN): a reliable factor-analysis based synaesthesia questionnaire. *Consciousness and Cognition*, 22, 1047-1060.
- Banissy, M.J., Holle, H., Cassell, J., Annett, L., **Tsakanikos, E.**, Walsh, V., Spiller, M.J., & Ward, J. (2013). Personality traits in people with synaesthesia: Do synaesthetes have an atypical personality profile? *Personality and Individual Differences*, 54, 828-831.
- Chaplin, E., Chester, R., **Tsakanikos, E.**, McCarthy, J., Bouras, N. & Craig, T. (2013). Reliability and validity of the SAINT: A guided self-help tool for people with intellectual disabilities. *Journal of Mental Health Research in Intellectual Disabilities*, 6, 245-253.
- Chester, R., Chaplin, E., **Tsakanikos, E.**, McCarthy, J., Bouras, N., & Craig, T. (2013). Gender differences in self-reported symptoms of depression and anxiety in adults with intellectual disabilities. *Advances in Mental Health and Intellectual Disabilities*, 7, 191-200.

- Lazaratou, H., Anagnostopoulos, D.C., Vlassopoulos, M., Charbilas, D., Rotsika, V., **Tsakanikos, E.**, Tzavara, C., Dikeos, D. (2013). Predictors and characteristics of anxiety among adolescent students: A Greek sample. *Psychiatriki*, 24, 27-36.
- Kravariti, E., Russo, M., Vassos, E., Morgan, K., Fearon, P., Zanelli, J., W., Demjaha, A., Lappin, J., M., **Tsakanikos, E.**, Dazzan, P., C., Morgan, G., A. Doody, G., Harrison, P., B. Jones, R., M., Murray, Reichenberg, A. (2012). Linear and non-linear associations of symptom dimensions and cognitive function in first-onset psychosis. *Schizophrenia Research*, 140, 221-31.
- Sims, H., Sanghara, H., Hayes, D., Wandiembe, S., Finch, M., Jakobsen, H., **Tsakanikos, E.**, Okocha, C.I., Kravariti, E. (2012). Text message reminders of appointments: a pilot intervention at four community mental health clinics in London. *Psychiatry Services*, 63, 161-8.
- Underwood, L., McCarthy, J., **Tsakanikos E.**, Howlin, P., Bouras, N. & Craig, T. (2012). Health and social functioning of adults with intellectual disability and autism. *Journal of Policy and Practice in Intellectual Disabilities*, 9, 147–150.
- Chaplin, E., Gilvarry, C., & **Tsakanikos, E.** (2011). Recreational substance use patterns in adults with intellectual disability and co-morbid psychopathology. *Research in Developmental Disabilities*, 32, 2981-6.
- Larson F. V., Alim, N., & **Tsakanikos, E.** (2011). Attachment style and mental health in adults with intellectual disability: self-reports and reports by carers. *Advances in Mental Health and Learning Disabilities*, 5, 15 – 23.
- **Tsakanikos, E.**, Underwood, L., Kravariti, E., Bouras, N., & McCarthy, J. (2011). Gender differences in co-morbid psychopathology and clinical management in adults with autism spectrum disorders. *Research in Autism Spectrum Disorders*, 5, 803-808.
- Arshad, S., Winterhalder, R., Underwood, L., Kelesidi, K., Chaplin, E., Kravariti, E., Anagnostopoulos, D., Bouras, N., McCarthy, J. & **Tsakanikos E.** (2011). Epilepsy and intellectual disability: Does epilepsy increase the likelihood of co-morbid psychopathology? *Research in Developmental Disabilities*, 32, 353–357.
- **Tsakanikos, E.**, Underwood, L., Sturmey, P., Bouras, N., & McCarthy, J. (2011). Psychometric properties of the Disability Assessment Schedule (DAS) for behavior problems: an independent investigation. *Research in Developmental Disabilities*, 32, 653-8.
- Underwood, L. McCarthy, J. & **Tsakanikos, E.** (2010). Mental health in adults with autism and intellectual disabilities. *Current Opinion in Psychiatry*, 23, 421–426.
- **Tsakanikos, E.**, McCarthy, J. Kravariti, E., Fearon, P. & Bouras, N. (2010). The role of ethnicity in clinical psychopathology and care pathways of adults with intellectual disabilities. *Research in Developmental Disabilities*, 31, 410-

5.

- Radhakrishnan, V., Bonell, S., **Tsakanikos, E.**, McCarthy, J. (2010). The influence of ethnicity on prescription of psychotropics in people with ID. *Journal of Applied Research in Developmental Disabilities*, 23, 525-525.
- Chaplin, E., Paschos, D. O'Hara, J., McCarthy, J., Holt, G. Bouras, N. & **Tsakanikos E.** (2010). Mental ill-health and care pathways in adults with intellectual disability across different residential settings. *Research in Developmental Disabilities*, 31, 458-63.
- Jacobson, C., Shearer J., Habel, A., Kane F., **Tsakanikos, E.** & Kravariti, E. (2010). Core neuropsychological characteristics of children and adolescents with 22q11.2 deletion. *Journal of Intellectual Disability Research*, 54, 701-13.
- Kravariti E., Jacobson C., Morris R., Frangou S., Murray R. M., **Tsakanikos E.**, Habel A., Shearer J. (2010). Memory in intellectually matched groups of young participants with 22q11.2 deletion syndrome and those with schizophrenia. *Research in Developmental Disabilities*, 31, 864-8.
- McCarthy, J., Kravariti. E., Dworsynski, K., Hemmings, C., Bouras, N. & **Tsakanikos, E.** (2010). Challenging behaviour and co-morbid psychopathology in adults with Intellectual Disability and Autism Spectrum Disorders. *Research in Developmental Disabilities*, 31, 362-6.
- Shrira A. & **Tsakanikos, E.** (2009). Latent inhibition as a function of schizotypal symptoms: evidence for a bi-directional model. *Personality and Individual Differences*, 47, 922-927.
- Martorell, A., **Tsakanikos, E.**, Pereda, A., Gutiérrez-Recacha, P., Bouras N., & Ayuso-Mateos, J. L. (2009). The role of recent life events and traumatic experiences across the life span. *Journal of Nervous and Mental Disease*, 21, 445-458.
- Chaplin, E., **Tsakanikos E.**, Wright S., & Bouras, N. (2009). Clinical psychopathology, untoward incidents, and the use of restrictive procedures in adults with intellectual disability. *Journal of Applied Research in Developmental Disabilities*, 22, 169-178.
- Reed, P., Wakefield, D., Harris, J., Parry, J., Cella, M. & **Tsakanikos, E.** (2008). Seeing non-existing events: effects of environmental conditions, schizotypal symptoms and sub-clinical characteristics. *Journal of Behavior Therapy & Experimental Psychiatry*, 39, 276-291.
- Hemmings, C., Underwood, L. **Tsakanikos, E.** Holt, G. & Bouras, N. (2008). Clinical predictors of challenging behaviour in intellectual disability. *Social Psychiatry and Psychiatric Epidemiology*, 43, 824–830.
- Martorell, A. & **Tsakanikos, E.** (2008). Traumatic experiences and life events in people with intellectual disability. *Current Opinion in Psychiatry*, 21, 445–448.
- **Tsakanikos, E.**, Costello, H., Holt, G., Sturmey, P., Bouras, N. (2007). Behaviour management problems as predictors of psychotropic medication and use of psychiatric services in adults with autism. *Journal of Autism and Developmental Disorders*, 35, 1080-1085.

- **Tsakanikos, E., Costello, H., Holt, G., & Bouras (2007).** Multiple exposure to life events and psychiatric symptoms in people with intellectual disability. *Social Psychiatry and Psychiatric Epidemiology*, 42, 24-28.
- **Tsakanikos, E., Sturmey, P., Costello, H., Holt, G., & Bouras, N. (2007).** Referral trends in mental health services for adults with autism and intellectual disability. *Autism*, 11, 9-17.
- Spiller, M., Costello, H., Boksanska, A., **Tsakanikos, E., & Bouras, N. (2007).** Service consumption of a specialist mental health service for people with learning disabilities. *Journal of Applied Research in Developmental Disabilities*, 20, 430-438.
- Muggleton, N., **Tsakanikos, E., Walsh, V. & Ward, J. (2007).** Disruption of synaesthesia following TMS of the right posterior parietal cortex. *Neuropsychologia*, 45, 1582-5.
- **Tsakanikos, E. (2006).** Perceptual biases and positive schizotypy: the role of perceptual load. *Personality and Individual Differences*, 41, 951-958.
- **Tsakanikos, E., Costello, H., Holt, G., Bouras, N., Sturmey, P., & Newton, T. (2006).** Psychopathology in adults with autism and intellectual disability. *Journal of Autism and Developmental Disorders*, 36, 1123-9.
- Maitland, C., **Tsakanikos, E., Holt, G., O'Hara, J., & Bouras, N. (2006).** Mental health service provision for adults with intellectual disability: sources of referrals, clinical characteristics and pathways to care. *Primary Care Mental Health*, 4, 99-106.
- **Tsakanikos, E., Sturmey, P., Holt, G., & Bouras, N. (2006).** Psychiatric comorbidity and gender differences in intellectual disability. *Journal of Intellectual Disability Research*, 50, 582-587.
- **Tsakanikos, E. (2006).** Associative learning and perceptual style: are associated events perceived analytically or as a whole? *Personality and Individual Differences*, 40, 579-586.
- Simmer, J., Mulvenna, C., Sagiv, N., **Tsakanikos, E., Witherby, S. A., Fraser, C., Scott, K. & Ward, J. (2006).** Synaesthesia: The prevalence of atypical cross-modal experiences. *Perception*, 35, 1024-1033.
- Ward, J., **Tsakanikos, E., & Bray, A. (2006).** Synaesthesia for reading and playing musical notes. *Neurocase*, 12, 27-34.
- Ward, J., Huckstep, B., & **Tsakanikos, E. (2006).** Sound-colour synaesthesia: To what extent does it use cross-modal mechanisms common to us all? *Cortex*, 42, 264-280.
- **Tsakanikos, E. & Reed, P. (2005).** Dimensional approaches to experimental psychopathology: shift learning and schizotypic traits in college students. *Journal of Behavior Therapy & Experimental Psychiatry*, 36, 300-312.
- **Tsakanikos, E. & Reed, P. (2005).** Do positive schizotypal symptoms predict false perceptual experiences in non-clinical population? *Journal of Nervous and Mental Diseases*, 193, 809-812.
- **Tsakanikos, E & Reed, P. (2005).** Seeing words that are not there: detection biases in psychometric schizotypy. *British Journal of Clinical Psychology*, 44, 295-299.

- **Tsakanikos, E. & Claridge, G. (2005).** Less words, more words: psychometric schizotypy and verbal fluency. *Personality and Individual Differences*, 39, 705-713.
- Sagiv, N., Mulvenna, C., **Tsakanikos, E.**, Witherby, A., Collins, J. Simner, J., & Ward, J. (2005). How common is synesthesia? New prevalence studies and some clues concerning its cognitive, neural and genetic basis. *Journal of Cognitive Neuroscience*, 83-83 Suppl S.
- Bouras, N., Costello, H., Spiller, M., Cowley, A., Holt, G., & **Tsakanikos, E.** (2004). Consumption and outcomes of mental health services for people with mental retardation. *World Psychiatry*, 3, 1, 96.
- **Tsakanikos, E. & Reed, P (2004).** Latent inhibition and context change in psychometric schizotypy. *Personality and Individual Differences*, 36, 1827-1839.
- **Tsakanikos, E. (2004).** Latent inhibition, visual pop-out and schizotypy: is disruption of latent inhibition due to enhanced stimulus salience? *Personality and Individual Differences*, 37, 1347-1358.
- **Tsakanikos, E. (2004).** Logical reasoning in schizotypal personality. *Personality and Individual Differences*, 37, 1717-1726.
- **Tsakanikos, E., & Reed, P. (2003).** Visuo-spatial processing and dimensions of schizotypy: figure-ground segregation as a function of psychotic-like features. *Personality and Individual Differences*, 35, 703-712.
- **Tsakanikos, E., Sverdrup-Thygeson, L., & Reed, P. (2003).** Latent inhibition and psychosis-proneness: visual search as a function of pre-exposure to the target and schizotypy level. *Personality and Individual Differences*, 34, 575-589.
- Reed, P., & **Tsakanikos, E. (2002).** The influence of a distractor during compound preexposure on latent inhibition. *Animal Learning and Behaviour*, 30, 121-131.

## BOOKS/ BOOK CHAPTERS

- **Tsakanikos, E. & McCarthy, J. (2014).** Handbook of Psychopathology in Intellectual Disability: Research, Policy and Practice. Springer: New York.
- McCarthy, J. & **Tsakanikos, E. (2014).** Psychopathology in Intellectual Disability: Future Directions in Research and Evidence-Based Practice. In Tsakanikos, E. & McCarthy, J. (Eds.) *Handbook of Psychopathology in Intellectual Disability: Research, Policy and Practice*. Springer: New York.
- Magiati, I., **Tsakanikos, E.** & Howlin, P. (2014). Psychological and Social Factors. In Tsakanikos, E. & McCarthy, J. (Eds.) *Handbook of Psychopathology in Intellectual Disability: Research, Policy and Practice*. Springer: New York.
- Muggleton, N. & **Tsakanikos, E. (2013).** TMS and Synaesthesia. In J. Simner, E.M. & Hubbard, (Eds). *The Oxford Handbook of Synaesthesia*. Oxford University Press: Oxford.



- Nikopoulos, C.K., & **Tsakanikos, E.** (2013). *Innovative technology-based interventions for people with autism spectrum disorders*. In Chaplin, E., Hardy, S., & Underwood, L. (Eds.) *Autism spectrum conditions. A guide*. London: Pavilion Publishing.
- Underwood, L. McCarthy, J. & **Tsakanikos, E.** (2011). Assessment of comorbid psychopathology in adults with ASD. In J. L. Matson & P. Sturmey (Eds.), *International Handbook of Autism and Pervasive Developmental Disorders*. Springer: New York.
- Costello, H. Hardy, S., **Tsakanikos, E.** & McCarthy, J. (2010). Training professionals, family carers and support staff to work effectively with people with intellectual disability and mental health problems. In N. Bouras & G. Holt (Eds.), *Mental Health Services for Adults with Intellectual Disability: Strategies and Solutions*. Psychology Press: New York.

### APA PsycTests

Charabi, M., Kravariti, E., Eysenck, M. W., & **Tsakanikos, E.** (2019). Unusual Experiences Subscales [Database record]. APA PsycTests.

<https://doi.org/10.1037/t73220-000>

Rothen, N., **Tsakanikos, E.**, Meier, B., & Ward, J. (2013). Coloured Letters and Numbers Questionnaire (CLaN) [Database record]. APA PsycTests.

<https://doi.org/10.1037/t27417-000>

**Tsakanikos, E.**, & Reed, P. (2005). *Compound Stimulus Discrimination Task (CSDT)*[Database record]. APA PsycTests.

<https://doi.org/10.1037/t15522-000>

### FUNDED RESEARCH / GRANTS

- **2020-22:** ERASMUS+ Funding Programme. *Setting the ground for a multi-level approach on developing soft skills in Higher Education" - LEVEL UP.* (Collaborator until May 2022)
- **2018:** Departmental Research Grant, University of Roehampton: *Qualitative and quantitative evaluation of user engagement with mHealth applications for anxiety and depression"* (PI).
- **2018:** Small Research Grant, University of Roehampton: *Evaluating user engagement with smartphone mHealth applications for depression and anxiety* (PI).

- **2015:** Research Grant, “*Bry’s Brainscape: an application to manage social anxiety disorder using computerised cognitive behavioural therapy*” (Co-PI).
- **2013:** Research grant, Nominet Trust: “*Agoraphobia Free*”: *Developing a new iPhone application to tackle agoraphobia through virtual therapy sessions* (Co-PI).
- **2012:** Isaac Manasseh Meyer Visiting Fellowship, National University of Singapore: *Mental Health in adults with Intellectual Disabilities*
- **2011:** PhD Bursary, University of Roehampton: *Laboratory-induced perceptual biases in schizotypy* (PI)
- **2011:** PhD Bursary, University of Roehampton: *Attentional biases and narcissistic personality characteristics* (PI).
- **2009:** Research grant by The Judith Trust: *Difference in health care needs and experiences of care among adults with learning disability: a multi-ethnic comparison* (Co-PI).
- **2008:** Research grant by Tomas Baily Trust: *Clinical outcomes and individual differences over time in adults with autism* (PI)
- **2004-2005:** Research grant by Levelhulme Trust: *Effects of situational factors and behavioural dispositions on hallucinations* (PI)
- **1999-2003:** Ph.D. scholarship by the Greek Government (IKY): *Latent inhibition and psychometrically defined schizotypy: an experimental investigation.*
- **1998-1999:** M.Sc. scholarship by the Voudouri Foundation, Athens, Greece.

## EDITORIAL BOARDS

- *Frontiers in Psychiatry: Schizophrenia Section (2021+)*
- *Advances in Mental Health and Intellectual Disabilities (2009+)*
- *Journal of Mental Health Research in Intellectual Disabilities (2008+)*
- *Journal of Behavior Therapy and Experimental Psychiatry (2009+)*
- *Review Journal of Autism and Developmental Disorders (2012+)*
- *Journal of Psychiatry and Behaviour Therapy (2017-2019)*
- *Research in Developmental Disabilities (2009-15)*
- *Psychiatry Journal (2011-17)*

## CONSULTANCY ROLES & ADVISORY BOARDS

- 2021 (14<sup>th</sup> September) – currently: *Research Consultant*, Association for Regional Development and Mental Health, Athens, Greece.
- 2021 (14<sup>th</sup> September) – currently: *Research Supervisor*, MSc Mental Health Studies, Psychosis Studies, King’s College London, UK.
- 2021 (25<sup>th</sup> May) – currently: *Research Consultant*, ISON Psychometrica, Athens, Greece.
- 2017 (14<sup>th</sup> June). *Invited external peer-evaluation* for a faculty promotion to tenured Full Professor in Psychology, University of Vienna, Austria.
- 2017 (24<sup>th</sup> February). *Invited external research consultant* for ‘Research Study Day: The role of psychology in women’s health physiotherapy’, Swansea University, UK.
- 2017–2020: *External Examiner*, MSc Mental Health Studies & MSc Psychiatric Research, King’s College London, UK.
- 2014 – 2020: *External Member Registry* Faculty Elections and Academic Promotions):
  - 2014 (25<sup>th</sup> November). School of Health and Social Care, Technological Educational Institute, Athens, Greece.
  - 2015 (9<sup>th</sup> January) Department of Education, University of Patras, Greece.
  - 2017 (3<sup>rd</sup> May). Department of Social Work, Technological Educational Institute of Athens, Greece.
  - 2017 (26<sup>th</sup> March). Department of Early Childhood Education, Technological Educational Institute of Athens, Greece.

- 2017 (13<sup>th</sup> July). Department of Educational Sciences and Early Childhood Education, University of Patras, Greece.
- 2017 (3<sup>rd</sup> November). Department of Medicine, National and Kapodistrian University of Athens, Greece.
- 2015 (3<sup>rd</sup> June). *External panel advisor* to the LCCH Re-Validation of Foundations in Clinical Hypnosis and PgCert/PgDip/Msc in Clinical Hypnotherapy. School of Psychology, Social Work and Human Sciences, University of West London.
- 2014 – currently. Member of the *UK Adult ADHD Network* (UKAAN) advisory group
- 2010-12 Member of the *National Research Ethics Service* (NRES) Committee, London-Queens Square, National Hospital for Neurology and Neurosurgery, UK.
- 2010-12 Member of the Advisory Panel of *www.mentalhealthcare.org.uk* research-based information for the public on severe mental health issues, Institute of Psychiatry and South London & Maudsley (SLaM) NHS Foundation Trust, London, UK.
- 2010-14 Registered Stakeholder for *National Institute of Clinical Excellence* (NICE) Guidelines: 1) Autism in Adults and 2) Service User Experience in Community Mental Health.

## **AD HOC REVIEWER**

### **Peer-reviewed Journals**

- *American Journal of Psychology* (2011+)
- *Behavioural Process* (2006+)
- *British Journal of Psychology* (2008+)
- *Cortex* (2008+)
- *Frontiers in Cognitive Science* (2013+)
- *Frontiers in Psychiatry* (2013+)
- *Neuropsychologia* (2009+)
- *Personality and Individual Differences* (2006+)
- *Psychiatry Research* (2011+)
- *Psychological Medicine* (2011+)

- *Psychonomic Bulletin & Review* (2009+)
- *Research in Autism Spectrum Disorders* (2012+)
- *Journal of Intellectual Disability Research* (2010+)
- *Journal of Applied Research in Intellectual Disabilities* (2010+)
- *Journal of Autism and Developmental Disorders* (2009+)
- *Journal of Behavior Therapy & Experimental Psychiatry* (2010+)
- *Journal of Mental Health Research in Intellectual Disabilities*
- *Journal of Nervous and Mental Diseases* (2009+)
- *Journal of Individual Differences* (2010+)
- *Journal of Pediatrics* (2016+)
- *Learning and Motivation* (2011+)
- *Learning and Individual Differences* (2009+)
- *Schizophrenia Bulletin* (2017+)
- *Schizophrenia Research* (2009+)

#### **Academic Foundations /Funding bodies**

- British Academy (2009+)
- Economic and Social Research Council (ESRC) (2008+)
- European Commission, Horizon 2020 (2014+)
- Israel Science Foundation (2008 +)
- Leverhulme Trust (2009 +)
- Medical Research Council (MRC) (2011 +)
- Ontario Mental Health Foundation (2007 +)
- Tenovus Cancer Care iGrant (2017+)
- Agency for Health Quality and Assessment in Catalonia (2021+)

#### **ACADEMIC CITIZENSHIP**

- 2021 – currently **Director** *Experimental Psychology Lab*, Department of Psychology, University of Crete, Greece.
- 2020 – currently **Internal Evaluation Team** (OMEA) member, Department of Psychology, University of Crete, Greece.
- 2020 – currently **Erasmus Coordinator**, Department of Psychology, University of Crete, Greece.

- 2016 -2020 – **PhD Viva Chair / Convener**, University of Roehampton, London, UK.
- 2014 –2018 **Research Impact Facilitator**, Impact Sub-committee, University of Roehampton, London, UK.
- 2014–2020 **Academic Mentor** for junior academic staff, Department of Psychology, University of Roehampton, London, UK.
- 2013–2018 **Research Director**, Centre of Research in Individual Differences (CRID), Department of Psychology, University of Roehampton, London, UK.
- 2012–2018 **Research Advisory Group (RAG)**, Department of Psychology, University of Roehampton, London UK.
- 2011–2012 **Departmental Research Seminars Co-ordinator**, Department of Psychology, University of Roehampton, London UK.
- 2011– 2020 **PhD Research Methods Co-ordinator**, Doctoral Research Methods Provision for Psychology and Life Sciences, Graduate School, University of Roehampton, London, UK.
- 2009–2010 **Deputy Research Director**, Estia Centre, Institute of Psychiatry and South London & Maudsley (SLaM), NHS Foundation Trust, London UK.
- 2006–2008 **Research Co-ordinator** of the UK Mental Health Research Network (MHRN) clinical research group: *Evaluation of Treatment Interventions in Adults with Learning Disability MHRN*, London UK.

## CONFERENCES PRESENTATIONS & INVITED TALKS

- **Tsakanikos, E. et al** (2019; 30<sup>th</sup> May). Experiences with Using Digital Wellbeing Apps among Young Users (11-17 years): Design Implications and Recommendations for App Developers *International Symposium on Digital Health 2019 (ISDH2019), Hong Kong.*
- **Tsakanikos, E. & McCloud, T.** (2019; 30<sup>th</sup> May). Community Mental e-Health: A Digital Mobile Intervention for Anxiety and Depression Symptoms. *International Symposium on Digital Health 2019 (ISDH2019), Hong Kong.*
- **Tsakanikos, E. & Hardaker, M.** (2019; 30<sup>th</sup> May). Engagement with Digital Behaviour Change Interventions (DBCIs) for Anxiety and Depression: A Systematic Review. *International Symposium on Digital Health 2019 (ISDH2019), Hong Kong.*

- Hardaker, M. & **Tsakanikos, E.** (2019; 5<sup>th</sup> April). Individual differences in engagement with digital behaviour change interventions (DBCIs) for anxiety and depression. *10th Annual meeting of the British Society for the Psychology of Individual Differences*, London, UK.
- **Tsakanikos, E.** (2017; 2<sup>nd</sup> July). Making the meaningless meaningful: Individual differences in the perception of meaning from random strings of letters. *1<sup>st</sup> International Meaning Conference (IMEC): Joining Forces in Practice and Research*, London, UK.
- Hardaker, M., Sedikides, C. & **Tsakanikos, E.** (2017; 21<sup>st</sup> April). Narcissism, self-affirmation and automatic bias to negative evaluative stimuli. *8th Annual meeting of the British Society for the Psychology of Individual Differences*, Kent, UK.
- **Tsakanikos, E.** (2016; 8<sup>th</sup> April). Hallucination proneness and the emotional valence of laboratory-generated false perceptions. *7th Annual meeting of the British Society for the Psychology of Individual Differences*, Nottingham, UK.
- Hardaker, M. & **Tsakanikos, E.** (2016; 8<sup>th</sup> April). The automatic operation of defensive bias as a function of narcissism. *7th Annual meeting of the British Society for the Psychology of Individual Differences*, Nottingham, UK.
- Sharabi, M. S. & **Tsakanikos, E.** (2016; 8<sup>th</sup> April). An empirical investigation of the factor structure of unusual experiences: new scales of positive schizotypy. *7th Annual meeting of the British Society for the Psychology of Individual Differences*, Nottingham, UK.
- **Tsakanikos, E.** (2015; 30<sup>th</sup> October). Current service and policy advances in the care of people with intellectual and developmental disability. *Hellenic Centre*, London, UK [Invited Talk].
- **Tsakanikos, E.** (2015; 5<sup>th</sup> March). Personality and Individual Differences in Synaesthesia. *Faculty of Social and Human Sciences, University of Southampton* [Invited Talk].
- Hardaker, M. & **Tsakanikos, E.** (2014; 19<sup>th</sup> July). Cognitive biases as a function of narcissistic personality traits. *17th European Conference on Personality (ECP17)*, Lausanne, Switzerland.
- **Tsakanikos, E.**, Banissy, M.J., & Ward, J. (2013; 24<sup>th</sup> July). Personality and Individual Differences in Synaesthesia. *International Society for the Study of Individual Differences*, Barcelona, Spain.
- Adam, D. & **Tsakanikos, E.** (2013; 23<sup>th</sup> July). Leadership preferences, motivation to lead and narcissistic personality traits. *International Society for the Study of Individual Differences*, Barcelona, Spain.
- Hardaker, M. & **Tsakanikos, E.** (2013; 25<sup>th</sup> July). Individual differences in self-esteem and narcissistic aggression: an experimental investigation of cognitive biases. *International Society for the Study of Individual Differences*, Barcelona, Spain.
- Sharabi, M. S. & **Tsakanikos, E.** (2013; 22<sup>th</sup> July). Individual Differences in Hallucination-Proneness and Experimentally Induced False Perceptual Experiences. *International Society for the Study of Individual Differences*, Barcelona, Spain.

- **Tsakanikos, E.** (2013; 6<sup>th</sup> March). New psychometric measures for Adults with ID. *Psychiatry of Intellectual Disability London, Consultant Group - Springfield Hospital, London, UK* [Invited Talk].
- **Tsakanikos, E.** (2012; 12<sup>th</sup> September). Mental Health Research in Developmental Disabilities. *Mental Health Institute, Singapore.* [Invited Talk].
- **Tsakanikos, E.** (2012; 4<sup>th</sup> September). A review of the Evidence Base of Mental Health Research. *National University of Singapore, Singapore.*
- **Tsakanikos, E.** (2012; 7<sup>th</sup> September). Assessment of Psychopathology for Adults with Developmental Disabilities. *National University of Singapore, Singapore.*
- **Tsakanikos, E.** (2012; 3<sup>rd</sup> April). Epilepsy and co-morbid psychopathology in adults with intellectual disability. *Cerebra Centre for Neurodevelopmental Disorders, University of Birmingham, UK* [Invited Talk].
- Pourseied, K., Essau, C., & **Tsakanikos, E.** (2012). The effects of a newly developed intervention program, based on principles of Cognitive-Behavioural-Therapy and Emotion Regulation to reduce levels of Social Anxiety in Children. Emotion Regulation Efficacy. Presentation at the *7<sup>th</sup> International Conference on Child and Adolescent Psychopathology, London, UK.*
- **Tsakanikos, E.** & Spatuzzi, N. (2011; July). The effects of hallucination-proneness on visual search under different probability conditions. *International Society for the Study of Individual Differences, London, UK.*
- **Tsakanikos, E.** (2011; 16<sup>th</sup> June). Experimentally-induced false perceptions and perceptual biases in schizotypy. Cognitive Psychology Group 'brownbag' seminars, *School of Psychology, University of Sussex, UK* [Invited Talk].
- **Tsakanikos, E.** (2011; 4<sup>th</sup> May). The effects of hallucination-proneness on visual search under different probability conditions. *Institute de Psychologie, University of Lausanne, Switzerland* [Invited Talk].
- Underwood, L., McCarthy, J., Howlin, P., Craig, T.J. & Bouras, N. & **Tsakanikos, E.** (2011). Mental health service users with Intellectual Disability & Autism Spectrum Disorders. *Joint Congress of the European Association for Mental Health in Intellectual Disability & IASSID Challenging Behaviour & Mental Health SIRG, Manchester, UK.*
- Arshad, S. & **Tsakanikos, E.** (2010; October). Antipsychotic use and metabolic syndrome in people with intellectual disabilities. *Annual Residential Conference Royal College of Psychiatry - Faculty of Learning Disability, Leeds, UK.*
- McCarthy, J., Underwood, L. & **Tsakanikos, E.** (2010). Mental Health of Adults with Intellectual Disability and Autism. *National Association of Developmental Disorders (NADD) International Congress, Toronto, Canada.*
- Underwood, L., McCarthy, J. & **Tsakanikos, E.** (2010; October). Mental health needs in adults with autism and intellectual disability. *3<sup>rd</sup> IASSID, Conference, Rome, Italy.*



- Radhakrishnan, V., Bonell, S., McCarthy, J., & **Tsakanikos, E.** (2010; October). The influence of ethnicity on prescription of psychotropic medication for people with Intellectual Disability. *3rd IASSID, Conference*, Rome, Italy.
- Bouras, N., **Tsakanikos, E.** & Holt, G. (2008; September). Severe personality disorder in adults with intellectual disability. *XIV World Congress of Psychiatry*, Prague, Czech Republic.
- **Tsakanikos, E.** (2008; September). Does presence of challenging behaviour predict clinical psychopathology in adults with autism? *4<sup>th</sup> Conference of European Association of Behaviour Analysis*, Madrid, Spain.
- **Tsakanikos, E.** (2009; May). Atypical gender differences and clinical psychopathology in adults with autism. *12<sup>th</sup> Conference of Hellenic Psychological Association*, Volos, Greece
- **Tsakanikos, E.**, Underwood, L., & McCarthy, J. (2009; September). Behavioural problems and psychopathology in adults with pervasive developmental disorders. *7th European Congress of Mental Health in Intellectual Disability*, Amsterdam, Netherlands.
- **Tsakanikos, E.**, (2006; July). False perceptual experiences as a function of positive schizotypy. *3<sup>rd</sup> Conference of European Association of Behaviour Analysis*, Milan, Italy.
- **Tsakanikos, E.** (2005; September). Effectiveness of assertive community treatment in MR and psychiatric disorders. *XIII World Congress of Psychiatry*, Cairo, Egypt.
- Sagiv, N., **Tsakanikos, E.**, Witherby, A., Collins, J., Simner, J. & Ward, J. (2004; November). Prevalence of Synesthesia and Number Forms. Paper presented at the *4th Annual National Meeting of the American Synesthesia Association*, University of California, Berkeley, USA.
- Sagiv, N., Mulvenna, C., **Tsakanikos, E.**, Witherby, A., Collins, J., Simner, J., & Ward, J. (2005; April). How common is synaesthesia? New prevalence studies and some clues concerning its cognitive, neural, and genetic basis. *12th Annual Meeting of the Cognitive Neuroscience Society*, New York, USA.
- Geraldine, H., **Tsakanikos, E.**, & Bouras, N. (2005; August). Prevalence of Psychiatric Disorders in People with Autism. *MAMH Congress – European Association of Intellectual Disability Medicine*, Lahti, Finland.
- Simmer, J., Ward, J., Mulvenna, C., Sagiv, N., Witherby, S. A., Fraser, C. & Scott, K. & **Tsakanikos, E.** (2005; August/September). The prevalence and male: female distribution of synaesthesia. *14<sup>th</sup> Meeting of European Society for Cognitive Psychology*, Leiden, Netherlands.
- **Tsakanikos, E.** (2005; October). Life events, psychopathology and intellectual disability. *5<sup>th</sup> European Congress Mental Health in Mental Retardation*, Barcelona, Spain.
- Bouras, N., Costello, H. Martin, G., & **Tsakanikos, E.** (2004; September). Effectiveness of Assertive Community Treatment (ACT) in Intellectual Disability (ID) and Psychiatric Disorders: a Randomised Control Trial. Paper

presented at the 5<sup>th</sup> *International Conference of the European Network for Mental Health Evaluation (ENMH)*, Institute of Psychiatry, London UK.

- **Tsakanikos, E.** (2002; May). The real and the imagined: perceptual and decision biases in ‘positive’ schizotypy. Paper presented at the *UCL Annual Postgraduate Conference at Cumberland Lodge, The Great Park, Windsor*,
- **Tsakanikos, E.** (2001; May). Visual search as a function of pre-exposure to the target and psychometric schizotypy. Poster presented at the *UCL Annual Postgraduate Conference at Cumberland Lodge, The Great Park, Windsor, UK*.
- **Tsakanikos, E.** (2001; November). “Seeing” words that are not there: word detection biases in psychometric schizotypy. Paper presented at the 5<sup>th</sup> *European Meeting of Experimental Analysis of Behaviour*, Venice, Italy.
- **Tsakanikos, E., & Reed, P.** (2000; June). Behavioural correlates between partial reinforcement extinction effect, discrimination learning and reversal shift. Poster presented at the 4<sup>th</sup> *European Meeting of Experimental Analysis of Behaviour*, Amiens, France.
- **Tsakanikos, E., Sverdrup – Thyngenson, L., & Reed, P.** (2001; April). The disruption of latent inhibition in schizotypy. Poster presented at the *Annual Conference of The Experimental Analysis of Behaviour Group*, London, UK.
- **Tsakanikos, E.** (1995; July). Visual selective attention: stimulus characteristics and instruction effects. Poster presented at the *IX European Congress of Psychology*, Athens, Greece.

## TEACHING EXPERIENCE

- **Undergraduate:**
  - **Lab convener** ‘Cognitive Psychopathology’ (University of Crete, 2021).
  - **Module convener** ‘Trait Narcissism: Psychological theories and research’ (University of Crete, 2020).
  - **Module convener** ‘Research Methods in Psychology’ (University of Crete, 2020).
  - **Module convener** ‘Personality Psychology and Abnormal Behaviour’ module (University of Roehampton, 2011 – 2016).
  - **Module convener** ‘Individual Differences and Psychometric Assessment’ module (University of Roehampton, 2016 – 2019)
  - **Seminar leader/Laboratory demonstrator** for ‘Introduction to Psychological Experiments’ module (University College London, 2000-2003)

- **Visiting lecturer** ‘Introduction to Applied Psychology’ module (London School of Economics, 2001-02).
- **Postgraduate:**
  - **Co-ordinator** for the ‘Doctoral Research Methods Programme’ for PhD students in Psychology and Life Sciences, University of Roehampton, 2011 – 2020.
  - **PhD Research Supervisor & Director of Studies** (IoP/KCL, 2006-10; University of Roehampton, 2011 – 2020).
  - **Module Convener** ‘Adult Psychopathology’ module – MSc in Applied Psychology (Roehampton, 2013 –2015).
  - **MSc Module Convener** ‘Quantitative Research Methods in Psychology’, MSc in Mental Health Studies, IoP/KCL, 2006-10.
  - **MSc Course Director** MSc in Mental Health and Learning Disabilities and **lecturer**, MSc in Mental Health Studies. *IoP/KCL, 2006-10*
  - **Visiting Lecturer** for the ‘Cognitive Psychology Applied to Cognitive Ergonomics’ module - MSc in Cognitive Ergonomics (*UCL, 2003*)
  - **MSc Demonstrator** for the ‘Research Methods’ module - MSc in Research Methods in Psychology (*UCL 2001-03*)

## DOCTORAL STUDENT SUPERVISION

- Elias Kassaras (2021- ). Interpersonal relationships, homonegativity & social identity in LGBTQ+ community (PhD). *Department of Psychology, Panteion University, Athens, Greece.*
- Diva Ulucay (2015-19). Posttraumatic stress among Turkish-speaking immigrants before and after receiving culturally sensitive psychotherapy (PsychD). *Department of Psychology, University of Roehampton, London, UK.*
- Mark Hardaker (2013–16). Attentional biases and narcissistic personality traits (PhD). *Department of Psychology, University of Roehampton, London, UK.*
- Katere Pourseied (2012-15). Development of an intervention program, based on principles of Cognitive-Behavioural-Therapy and Emotion Regulation to reduce levels of social anxiety in Children (PhD). *Department of Psychology, University of Roehampton, London, UK.*
- Monique Vickers (2012–15). The Role of Positive Schizotypy and Traumatic Life Events in the Emotional Content of Experimentally Induced False Perceptions (PsychD). *Department of Psychology, University of Roehampton, London, UK.*

- Sharon Charabi (2012–16). The role of perceptual biases in schizotypy (PhD). *Department of Psychology, University of Roehampton, London, UK.*
- Lisa Underwood (2009–12). Mental health and service provision for adults with autism and learning disability (PhD). *Institute of Psychiatry, King's College London, UK.*
- Jake Shaw (part-time; 2011–15). Predictors of treatment response among offenders with learning disability in the London Probation Service (PsychD). *Department of Psychology, University of Roehampton, London, UK.*

## PHD EXAMINATION

- Amna Ajmal (March 2021). Determinants and consequences of emotional regulation strategies among married couples. *Department of Psychology, Government College University, Lahore, Pakistan.*
- Xiaosheng Chen (June 2020). The influences of schizotypy, anxiety and depression on micro-structure of human schedule performance. *Department of Psychology, Swansea University, UK.*
- Elizabet Orekhova (January 2014). Personality and Parental Bonding in Stress Reactivity and Chronic Stress. *Department of Psychology, University of Roehampton, London. UK.*
- Daniela Herzig (January 2011). Substance use and cognition in schizotypy. *Institute de Psychologie, University of Lausanne, Switzerland.*
- Jordan Randell (May 2010). The Effect of schizotypy in the perception of time. *Department of Psychology, Swansea University, UK*

## PHD VIVA CHAIRING

- Christopher Paul Russell (July 2017). Resisting resistance: ICT adoption within a Monastery on Mount Athos. *Department of Business, University of Roehampton, London, UK.*
- Amanda Stuart Fisher (September 2016). Theatre and Testimony: Witnessing, Historiography and the Ethical Demand. *Department of Drama, Theatre and Performance, University of Roehampton, London, UK.*
- Fabrizio Manco (April 2016). Ear bodies: Acoustic ecologies in site-contingent performance. *Department of Drama, Theatre and Performance. University of Roehampton, London, UK.*

## MSC SUPERVISION

- David-John, A. (2010). Enhancing Emotion Recognition in Children with Autism Spectrum Disorders: An Intervention Using Animated Vehicles with Real Emotional Faces. *Institute of Psychiatry, Kings College London, UK.*
- Chester, R. (2010). Self-report Depressive Symptoms & Gender differences in LD. *Institute of Psychiatry, Kings College London, UK.*
- Evangelou, E. (2010). Development of Psychometric Assessment of ADHD traits among students. *Institute of Psychiatry, Kings College London, UK.*
- Lee, M. (2010). Psychometric Sensitivity and Specificity of PAS-ADD for adults with autism. *Institute of Psychiatry, Kings College London, UK.*
- Ramsey, D. (2010). Daily Living Skills and Support Levels in Adults with a Learning Disability and Additional Diagnoses. *Institute of Psychiatry, Kings College London, UK.*
- Spatuzzi, N. (2010). The Effects of Perceptual Load on Schizotypal Biases. *Institute of Psychiatry, Kings College London, UK.*
- Hansen, J. (2009). Substance Abuse, Schizophrenia and Intellectual Disabilities: A Plight for Co-operative Service Provision. *Institute of Psychiatry, Kings College London, UK.*
- Kerr, M. (2009). Predictors of Challenging Behaviour in Autistic Twins. *Institute of Psychiatry, Kings College London, UK.*
- Larson, F. (2009). Self-Report Measures of Attachment Style in Adults with Mild Learning Disabilities. *Institute of Psychiatry, Kings College London, UK.*
- Lim, L. (2009). Analyzing Systemizing as a Heritable Phenotypic Trait, Using the Systemizing Quotient and the Embedded Figures Tests in Autism Spectrum Disorder and non-Autism Spectrum Disorder Twins. *Institute of Psychiatry, Kings College London, UK.*
- Madourou, K. (2009). Validity of Diagnosing Attention Deficit Hyperactivity Disorder in Alcohol Abuse Disorders. *Institute of Psychiatry, Kings College London, UK.*
- Nip, I. (2009). Mental Health Services for People with Learning Disabilities Across Ethnic Communities: Service User experience. *Institute of Psychiatry, Kings College London, UK.*
- Roache, S. (2009). Out-of-Area Placements for People with mental health problems and learning disabilities: exploring Quality of life. *Institute of Psychiatry, Kings College London, UK.*
- Abdulla, L. (2008). Psychiatric Comorbidities, Adaptive and Psychological Impairments in Children with ADHD Referred to an ADHD clinic in Riyadh, Saudi Arabia. *Institute of Psychiatry, Kings College London, UK.*
- Ambridge, A. (2008). Quality of Life Outcomes and Unmet Needs for Adults with Learning Disabilities and Mental Health Needs: In Area

Versus Out of Area Placements. *Institute of Psychiatry, Kings College London, UK.*

- Boland, S. (2008). The Effect of Personality on Dieting Awareness and Body Dissatisfaction in Preadolescents. *Institute of Psychiatry, Kings College London, UK.*
- Clucas, K. (2008). Staff Attitudes Around the Causes of Self-injurious Behaviour in Relation to Culture and Experience. *Institute of Psychiatry, Kings College London, UK.*
- Dabiri, M. (2007). Corpus Callosum Morphometrics in Adults with Autism. *Institute of Psychiatry, Kings College London, UK.*
- Dibble, C. (2007). Service Integration Effects on OTs for LD. *Institute of Psychiatry, Kings College London, UK.*
- Marcus, R. (2007). Evaluation of Support for Staff Working with Challenging Behaviour. *Institute of Psychiatry, Kings College London, UK.*

## **ESTIA CENTRE**

- Post-doctoral Fellow (2004-2007)/ Course Director of MSc in MHL, Deputy R & D Director (2007-2010), Estia Centre, Institute of Psychiatry, Health Service and Population Research (HSPR), King's College London.

Estia Centre was formed in 1999 with Professor Nick Bouras, one of the leaders of Community Mental Health in the UK. Estia Centre consists of Community Mental Health multi-disciplinary teams of clinicians from the South London & Maudsley (SLaM) NHS Foundation Trust and Mental Health in Learning Disabilities Services affiliated with the Institute of Psychiatry. It is a model of modern collaboration between academic and clinical service partners and relies on a small team of dedicated researchers and clinicians across disciplines. It has to date focussed on the evidence-base, evaluation and delivery of services to meet mental health needs of people with learning disabilities.

Estia R & D Team: Jane McCarthy (Research & Development Director) Elias Tsakanikos (Deputy R&D Director) Eddie Chaplin (R&D Coordinator) and Nick Bouras (Professor Emeritus).

The prominence of Estia Centre in its field is evidenced by its role as the convenor of Mental Health Research Network (MHRN) in England, which is clinical research group for the Evaluation of Treatment Interventions in Adults with Learning Disability. This was a multidisciplinary national group including also academics in the fields of mental health economics, social anthropology, statistics and general practice. Elias Tsakanikos has undertaken a significant leadership role in R & D activities and high quality research publications of national & international significance leading to the production of professional practice and service development publications by Estia Centre that have influenced local, national and international services.

## RESEARCH IMPACT: 2014

**Tsakanikos et al., 2007** in the context of an ongoing Community Mental Health research program (Evaluation of Assertive Community Treatment in MHiLD) identified problems with under-diagnosis and highlighted additional barriers to diagnosis such as behavioural and medical problems in adults with autism. This research work has had a significant impact on national health policy informing the 2012 NICE Guidelines for Adults with Autism (National Clinical Guideline Number 142) recommending that healthcare professionals should be alert to the possibility that signs and symptoms of autism in adults maybe masked by co-existing medical and behavioral problems. This research had a similar impact on the 2013 policy report *Growing Old with Autism* by the National Autistic Society and the 2011 report *Access to Social Care and Support for Adults with Autistic Spectrum Conditions (ASC)* by the Social Care Institute for Excellence. The international impact of this research is evident in the 2012 report *Services for young people and adults with a pervasive developmental disorder: from government commitment to cold hard facts* by the Canadian government. On a local level, Tsakanikos' research has informed a series of seminars and workshops at the Estia Centre, South London & Maudsley NHS trust raising awareness about diagnostic problems in adults with autism, which were attended by NHS mental health professionals, family carers and service users between 2008 and 2012.

**Tsakanikos, E., Sturme, P., Costello, H. & Bouras, N. (2007).** Referral trends in mental health services for adults with intellectual disability and autism spectrum disorders. *Autism*, 11, 9–17.

## RESEARCH IMPACT: 2020

### **Community Mental e-Health: Development and Evaluation of Novel Mobile Applications to Tackle Anxiety Symptoms through Virtual Therapy sessions**

Between 2013 and 2019, Elias Tsakanikos in partnership with Thrive Therapeutic Software led a research programme on the effectiveness and acceptability of a CBT-based mobile application for anxiety and depression. This research had a significant impact on the well-being of 49,627 app users in the community achieving a clinically significant recovery, as assessed by the Generalised Anxiety Assessment (GAD) and the Patient Health Questionnaire (PHQ). User engagement, the strongest predictor of effectiveness across all digital health interventions, was achieved through an evidence-based company approach and the technical development of Thrive apps, both driven by our research. By March 2019, more than 30 organisations across the private, public and voluntary sector had incorporated Thrive apps in their Employee Assistance Programmes (EAPs). Collectively, these organisations will be able to provide access as per needed to Thrive apps to *more than a million employees* through their EAPs (1,055,457 licences by Spring 2019).

McCloud, T., Jones, R., Lewis, G., Bell, V. & **Tsakanikos, E. (2020).** The effectiveness of a mobile app intervention for depression and anxiety symptoms in university students: a randomised controlled trial. *JMIR Mhealth Uhealth*, 8(7):e15418.