

**Cleo Protogerou, PhD**  
**Assistant Professor of Health Behaviours**  
**University of Crete, Greece**

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## **INTRODUCTION**

I am a **scientist** and **educator** with an international research portfolio that bridges health, social, and applied psychology. My work is grounded in theory and driven by real-world impact. I specialise in health and risk behaviours across diverse populations—particularly young people—and have led and contributed to collaborative research on theory development to study health behaviours, behavioural intervention effectiveness evaluation, and structural influences on health. A key focus of mine is synthesizing health-related evidence. Another focus of mine is improving the quality and transparency of psychological research, especially through the creation of tools to appraise study quality. I advocate for transdisciplinary approaches to foster collaboration among academics, health-care professionals and stakeholders to best develop research that informs policy and practice. I also advocate for personalized health-care approaches and highlight potential downsides of adhering, uncritically, to blanket recommendations and guidelines that may be outdated or based on weak evidence. Currently, I am keenly interested in the impacts of hormonal changes in natural and chemically-induced menopause, and the optimal ways to support women in this transition. In the next pages, I present a snapshot of my academic journey, to date.

## MY FORMAL EDUCATION

2007	PhD in Health Psychology, University of Bath, UK.
2003	BSc in Psychology, Panteion, University of Social and Political Sciences, Greece.
1997	MSc in Organizational Psychology, University of Manchester, UK.
1996	BA in Psychology, Deree, The American College of Greece.

## MY CONTINUED EDUCATION, CERTIFICATES, LICENCES, AND SKILLS

2016	Certificate in teaching at postgraduate (MSc) level. The University of Roehampton, London Online.
2015	Certificate in recognition of attainment against the UK Professional Standards Framework for teaching and learning support in higher education by the Higher Education Academy (Associate Fellow of the HEA; Advance HE).
2014	Diploma in Teaching and Supervision in Higher Education. Centre for Lifelong Learning, University of Liverpool, UK.
2015	Diploma in Cognitive Behaviour Therapy (CBT). Institute of Counselling, UK.
2010	Licence to teach in Higher Education Academic Institutions in Greece, The Hellenic Department of Education.
2005	Psychologist's Practicing Licence, issued by the Hellenic Department of Health Services, Division of Public Health.

### Languages

English (proficient); Greek (proficient, as native); French (basic).

## MY PROFESSIONAL APPOINTMENTS

2022-present	Assistant Professor of Health Behaviours. Department of Psychology, University of Crete, Greece.
2021-2022	Senior Research Fellow. Institute of Health and Wellbeing, University of Suffolk, UK.

2019-2021	Lecturer in Psychology and Project Scientist. Department of Psychological Sciences, and Health Sciences Research Institute (HSRI), University of California, Merced, USA.
2016-2019	Lecturer in Psychology. Department of Psychology, University of Roehampton Online, London, UK.
2016-2017	Research Fellow. Center for Effective Global Action (CEGA), Social Science Meta-Analysis and Research Transparency (SSMART) Initiative, University of California, Berkeley, USA.
2013-2015	Senior Research Fellow and Instructor. Department of Health Services Research, Institute of Psychology, Health, and Society, University of Liverpool, UK.
2012-2013	Post-doctoral Research Fellow. Center for Health, Intervention & Prevention (CHIP) and Systematic Health Action Research Program (SHARP), University of Connecticut, USA.
2011-2012	Lecturer in Psychology. The University of Central Lancashire, UK, in collaboration with the Institution of Counselling and Psychological Studies (ICPS), Greece.
2008-2011	Post-doctoral Research Fellow. Department of Psychology and Department of Psychiatry and Mental Health, University of Cape Town, South Africa.
2006-2008	Health Psychologist. The Greek Organisation Against Drugs (OKANA). Local Authority Drugs Prevention Centre, Athens, Greece.

### **MY OTHER ACADEMIC APPOINTMENTS**

2015-2022	Adjunct Lecturer. The Department of Psychology, University of Cape Town, Cape Town, South Africa.
2015-2019	Adjunct Research Fellow. Health Psychology & Behavioural Medicine Group, Curtin University, Australia.

### **MY GRANTS AND AWARDS**

2024-present	Principal investigator. Special Account for Research Funds (ELKE) grant (EUR 11.840,00). ELKE is a governmental grant, awarded to investigate university students' attitudes towards intermittent fasting.
2024-present	Co-Investigator. INGENIUM – European University Alliance grant (EUR 20.000). A collaboration with partners from the Universities of Oviedo

(Spain) Skövde (Sweden), and Sofia (Bulgaria) to investigate the phenomenon of herd behaviour and its impact on health-related outcomes.

- 2020-2025      Rated Researcher. The National Research Foundation (NRF) Incentive Fund for Rated Researchers (ZAR 50,000). This grant is awarded to NRF-rated researchers affiliated with South African universities. NRF ratings are assigned after an intensive peer-review evaluation of the researcher's research outputs and impact: <https://www.nrf.ac.za/rating>
- 2018            Primary Investigator. The University of Cape Town Research Committee conference grant award (ZAR 12,000). To cover conference costs for a primary investigator who is also the presenter of the research.
- 2016            Primary Investigator. The Social Science Meta-Analysis and Research Transparency (SSMART) grant, the University of Berkeley Initiative for Transparency in the Social Sciences, with support from the Hewlett Foundation (USD 30,000). To support the development of an integrated theory of young people's condom use in Sub-Saharan Africa.
- 2016            Primary Investigator. The University of Cape Town Research Committee research visit grant (ZAR 16,000). To fund my visit to Curtin University, Australia, to conduct scholarly activity.
- 2016            Primary Investigator. The University of Cape Town Research Committee conference grant award (ZAR 13,798). To cover conference costs for a primary investigator who is also the presenter of the research.
- 2015            Visiting Scholar. The Visiting Scholar Fund of the University of Cape Town, South Africa (ZAR 25,000 ZAR). While working at the University of Liverpool UK, I was awarded this grant to visit the University of Cape Town's Department of Psychology to promote scholarly activity.
- 2014            Co-investigator/ co-applicant with the Liverpool Heart and Chest Hospital clinical research group in a National Institute for Health Research (NIHR) and the Policy Research Programme (PRP) funding scheme (GBP 100,000). To support the development of a pilot intervention to reduce distress in cardiac surgery patients.
- 2008-2011      Primary Investigator. The University of Cape Town Research Committee post-doctoral award. To conduct HIV-related research at the University of Cape Town, South Africa (ZAR 400,000 per annum).

## MY PUBLICATIONS

- Protogerou, C., Gladwell, V., & Martin, C. R. (2024).** Conceptualizing sleep satisfaction: A rapid review. *Behavioral Sciences*, 14(10), 942. <https://doi.org/10.3390/bs14100942>
- Hagger, M. S., Hamilton, K., Phipps, D. J., Protogerou, C., Zhang, C.-Q., Girelli, L., Mallia, L., & Lucidi, F. (2023).** Effects of habit and intention on behavior: Meta-analysis and test of key moderators. *Motivation Science*, 9(2), 73–94.  
<https://doi.org/10.1037/mot0000294>
- Protogerou, C., & Gladwell, V. F. (2022).** Healthcare guidelines in health behaviour change interventions: Quality appraisal and implementation. *European Health Psychologist*, 22(9). <https://www.ehps.net/ehp/index.php/contents/article/view/3410>
- Protogerou, C., Gladwell, V. F., & Martin, C. R. (2022).** Development of a self-report measure to assess sleep satisfaction: Protocol for the Suffolk Sleep Index (SuSI). *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2022.1016229>
- Protogerou, C., Leroy, F., & Hagger, M. S. (2021).** Beliefs and experiences of individuals following a zero-carb diet. *Behavioral Sciences*, 11(12), 161.  
<https://doi.org/10.3390/bs11120161>
- Protogerou, C., & Hagger, M. S. (2020).** A checklist to assess the quality of survey studies in psychology. *Methods in Psychology*, 3, 100031.  
<https://doi.org/10.1016/j.metip.2020.100031>
- Protogerou, C., McHugh, R. K., & Johnson, B. T. (2020).** How best to reduce unhealthy risk-taking behaviours? A meta-review of evidence syntheses of interventions using self-regulation principles. *Health Psychology Review*, 14(1), 86-115.  
<https://doi.org/10.1080/17437199.2019.1707104>
- Hagger, M. S., & Protogerou, C. (2020).** Self-determination theory and autonomy support to change healthcare behavior. In A. Hadler, S. Sutton, & L. Osterberg (Eds.), *Wiley handbook of healthcare treatment engagement: Theory, Research, and Clinical Practice*. Chichester, UK: Wiley.
- Protogerou, C., & Hagger, M. S. (2019).** A case for a study quality appraisal in survey studies in psychology. *Frontiers in Psychology*, 9, 2788.  
<https://doi.org/10.3389/fpsyg.2018.02788>
- Protogerou, C., Johnson, B.T., & Hagger, M. S. (2018).** An integrated model of condom use in sub-Saharan African youth: A meta-analysis. *Health Psychology*, 37, 586-602.  
<https://doi.org/10.1037/hea0000604>

- Hagger, M. S., & **Protogerou, C.** (2018). Affect in the context of self-determination theory. In D. M. Williams, R. E. Rhodes, & M. T. Conner (Eds.), *Affective determinants of health-related behavior*. Oxford, UK: Oxford University Press.
- Protogerou, C.**, & Hagger, M. S. (2017). Developing an integrated theoretical model of young peoples' condom use in sub-Saharan Africa. *Australian Journal of Psychology*, 69, 130-148. <https://doi.org/10.1111/ajpy.12127>
- Protogerou, C.**, & Hagger, M. S. (2016). An integrated theoretical model of young peoples' condom use in sub-Saharan Africa. *European Health Psychologist*, 18(S), 928.
- Hagger, M. S., Chan, D.K.C., **Protogerou, C.**, & Chatzisarantis, N.L.D. (2016). Using meta-analytic path analysis to test theoretical predictions in health behavior: An illustration based on meta-analyses of the theory of planned behavior. *Preventive Medicine*, 89, 154-161. <https://doi.org/10.1016/j.ypmed.2016.05.020>
- Protogerou, C.**, Fleeman, N., Dwan, K., Richardson, M., Dundar, Y., & Hagger, M.S. (2015). Moderators of psychological intervention efficacy on depression and anxiety in cardiac surgery patients: A systematic review and meta-analysis. *Behaviour Research and Therapy*, 73, 151-164. <https://doi.org/10.1016/j.brat.2015.08.004>
- Protogerou, C.**, Flisher, A. J., & Wild, L.G. (2014). Factors shaping condom use among South African university students: A thematic analysis. *Journal of Psychology in Africa*, 24, 215-224. <https://doi.org/10.1080/14330237.2014.906081>
- Protogerou, C.**, & Johnson, B.T. (2014). Factors underlying the success of behavioral HIV-prevention interventions for adolescents: A meta-review. *AIDS and Behavior*, 18, 1847-1863. <https://doi.org/10.1007/s10461-014-0807-y>
- Protogerou, C.**, Flisher, A. J., Wild, L.G., & Aarø, L. E. (2013). Predictors of condom use in South African university students: A prospective application of the theory of planned behaviour. *Journal of Applied Social Psychology*, 43, E23-E36. <https://doi.org/10.1111/jasp.12039>
- Protogerou, C.**, Flisher, A. J. Aarø, L. E., & Mathews, C. (2012). The theory of planned behaviour as a framework for predicting sexual risk behaviour in sub-Saharan African youth: A critical review. *Journal of Child and Adolescent Mental Health*, 24, 15-35. <https://doi.org/10.2989/17280583.2011.621067>
- Protogerou, C.**, & Flisher, A. J. (2012). Bullying in schools. In A. van Niekerk, S. Suffla & M. Seedat (Eds.), *Crime, violence and injury in South Africa: 21<sup>st</sup> century solutions for child safety* (pp.119-133). Johannesburg, South Africa: PsySSA Press.

**Protogerou, C., Flisher, A. J., & Morojele, N. K. (2012).** Evaluated interventions to prevent substance abuse among young South Africans. In G. Ellis, D. Stein, E. Meintjies & K. Thomas (Eds.), *Substance use and abuse in South Africa. Insights from brain and behavioural sciences*. Cape Town: UCT Press.

**Protogerou, C., & Turner-Cobb, J. (2011).** Predictors of non-condom use intentions by university students in Britain and Greece: The impact of attitudes, time perspective, relationship status, and habit. *Journal of Child and Adolescent Mental Health*, 23, 91-106. <https://doi.org/10.2989/17280583.2011.634548>

### Work in progress

**Protogerou, C., Hassandra, M., & Karademas, E. (2025).** *University students' beliefs and experiences associated with fasting for weight loss*. [Research in progress].

**Protogerou, C. (2025).** *Herding behaviour in health: A rapid review*. [Research in progress].

Martin, C. R. M., Gladwell, C. **Protogerou, C.,** Simons, N., Tyndale-Hardy, L., & Süsserott, A. (2025). *Validity and reliability of a modified version of the Emotional Needs Audit (ENA)*. [Manuscript submitted for publication].

Gibson, E., **Protogerou, C.,** Hagger, M. D., Al Lawati, A. I. M., & Al-Ghafri, T. (2025). *Factors associated with the decision to eat a low carbohydrate-high-fat diet in adults with type 2 diabetes attending a tertiary health care setting in Oman: A theory-based exploratory study*. [Research in progress].

### MY CONFERENCE PRESENTATIONS

**Protogerou. C., Martin, C., Gladwell, V. (2022, June).** *Development of a self-report measure to assess sleep satisfaction through community-based participatory research: The Suffolk Sleep Index (SuSI)* [Paper presentation]. Research and Knowledge Exchange Conference, University of Suffolk, Ipswich, UK.

**Protogerou, C. (2020, March).** *Psychological aspects and outcomes in diabetes* [Invited speaker]. The 7<sup>th</sup> International Gulf Group for Study of Diabetes (GGSD) Conference, Muscat, Sultanate of Oman.

**Protogerou, C., Hagger, M. S., & Johnson, B. T. (2018, September).** *An integrated theoretical model of condom use in Sub-Saharan African Youth: A meta-analysis* [Paper presentation]. 31<sup>st</sup> European Health Psychology Society Conference, Galway, Ireland.

- Protogerou, C., Hagger, M. S., & Johnson, B. T.** (2017, December). *An integrated theory of young peoples' condom use in Sub-Saharan Africa: A meta-analysis* [Paper presentation]. The 13<sup>th</sup> Annual Scientific Meeting of the UK Society for Behavioural Medicine, Liverpool, UK.
- Protogerou, C. & Hagger, M. S.** (2016, August). *Developing an integrated theory of young peoples' condom use in Sub-Saharan Africa* [Poster presentation]. The 30<sup>th</sup> European Health Psychology Society Conference, Aberdeen, UK.
- Protogerou, C., Mpofu, E., Nkomazana, F., Dube, M., & Nkomazana, O.** (2015, September). *Personal and parental religiosity influences on HIV prevention behaviour among Pentecostal Botswana youth* [Paper presentation]. The 29<sup>th</sup> European Health Psychology Society Conference, Limassol, Cyprus.
- Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dunder, Y.** (2014, August). *Moderating effects of intervention, study, and sample characteristics on distress-reduction interventions for cardiac patients: A meta-analysis of randomized controlled trials* [Paper presentation]. The 13<sup>th</sup> International Congress of Behavioral Medicine, Groningen, Holland.
- Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dunder, Y.** (2014, August). *Moderating effects of intervention, study, and sample characteristics on distress-reduction interventions for cardiac patients: A meta-analysis of randomized controlled trials* [Paper presentation]. The 28<sup>th</sup> European Health Psychology Society Conference, Innsbruck, Austria.
- Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dunder, Y.** (2014, September). *Moderating effects of intervention, study, and sample characteristics on distress-reduction interventions for cardiac patients: A meta-analysis of randomized controlled trials* [Paper presentation]. The British Psychological Society-Division of Health Psychology Annual Conference, York, UK.
- Mougkridou, M. & **Protogerou, C.** (2014, August). *High fat snacking in Greek high-school students: A prospective application of the theory of planned behaviour* [Paper presentation]. The 28<sup>th</sup> European Health Psychology Society Conference, Innsbruck, Austria.
- Protogerou, C., Flisher, A. J., & Wild, L. G.** (2013, August). *Factors shaping condom use among South African university students: A thematic analysis* [Paper presentation]. The 27<sup>th</sup> European Health Psychology Society Conference, Bordeaux, France.



- Protogerou, C., Johnson, B. T., Huedo-Medina, T. B., & Warren, M. R.** (2012, August). *The impact of structural dimensions on adolescent HIV prevention intervention efficacy: A meta-analysis* [Paper presentation]. The 26<sup>th</sup> European Health Psychology Society Conference, Prague, Czech Republic.
- Protogerou, C., Flisher, A. J., Wild, L. G., & Aarø, L. E.** (2012, August). *Using structural equation modelling to investigate condom use predictors in South African young adults* [Poster presentation]. The 26<sup>th</sup> European Health Psychology Society Conference, Prague, Czech Republic.
- Protogerou, C., Flisher, A., & Wild, L.** (2011, September). *Condom use predictors in South African undergraduates: An application of the theory of planned behaviour* [Poster presentation]. The 25<sup>th</sup> European Health Psychology Society Conference, Crete, Greece.
- Protogerou, C., & Turner-Cobb, J.** (2008, September). *The influence of time perspective (TP) on university students' non-condom use* [Poster presentation]. The 22<sup>nd</sup> European Health Psychology/British Psychological Society Conference, Bath, UK.
- Protogerou, C., & Turner-Cobb, J.** (2007, August). *Relationship status and undergraduate non-condom use: A cross-cultural study* [Paper presentation]. The 21<sup>st</sup> European Health Psychology Conference, Maastricht, Holland.
- Protogerou, C., & Turner-Cobb, J.** (2006, August). *A cross-cultural study of psychosocial factors influencing young peoples' intended non-condom use* [Poster presentation]. The 20<sup>th</sup> European Health Psychology Conference, Warsaw, Poland.
- Protogerou, C., & Turner-Cobb, J.** (2005, April). *A cross-cultural study of the psychological factors influencing young peoples' choices to use condoms* [Paper presentation]. The British Psychological Society – Southwest Convention, Bristol, UK.
- Protogerou, C., Turner-Cobb, J., & Russell, C. L.** (2005, March). *Reported unprotected sex in young adults: A cross-cultural study* [Poster presentation]. The annual conference of the British Psychological Society, Manchester, UK.

## MY INVITED TALKS, SEMINARS, AND GUEST-LECTURES

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| 2003 | University of Crete, Greece. Seminar Series in Translational and Clinical Medicine. Talk titled “Study quality assessment: What is it? Why should we do it and How?”   |
| 2016 | Department of Psychology, University of Sapienza, Rome, Italy. Cross-departmental talk titled “Sexual risk-taking behaviour in young at-risk populations”.   |
| 2015 | Department of Psychology, University of Cape Town, South Africa. Departmental seminar titled “Explaining HIV-risk behaviour in sub-Saharan African youth using theories of social cognition”.  |
| 2015 | Department of Psychology, University of Cape Town, South Africa. Postgraduate seminar titled “Career progress through soft money contracts”.   |
| 2015 | Department of Psychology, University of Cape Town, South Africa. Health Psychology curriculum lectures titled “The psychology of coronary heart disease”; and “Special topics in the psychology of heart disease: Congenital heart defects”. |

## MY FORMAL TEACHING AND SUPERVISION

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| 2022-present | <p>Institution: University of Crete, Greece.</p> <p>Role: Assistant professor.</p> <p>Programme: BSc in Psychology.</p> <p>Modules: The psychology of eating behaviour; social cognition and health behaviours; ethics in psychology; the psychology of dietary messages.</p>                                    |
| 2021-2022    | <p>Institution: The Centre for Nutritional Psychology, USA.</p> <p>Role: Instructor; curriculum developer.</p> <p>Programme: Introduction to nutritional psychology methods.</p> <p>Modules: Introduction to research methods in nutritional psychology.</p>   |
| 2019-2021    | <p>Institution: University of California, Merced, USA.</p> <p>Role: Course leader and primary lecturer; curriculum developer.</p> <p>Programme: BA in Psychological Sciences.</p> <p>Modules: Cognition, affect, and health; the psychology of stereotype and prejudice; the psychology of dietary messages.</p> |
| 2016-2018    | <p>Institution: University of Roehampton, London Online, UK.</p> <p>Role: Primary lecturer.</p> <p>Programme: MSc in Psychology.</p> <p>Module: Self, identity, and culture.</p>   |

2013-2015	<p>Institution: University of Liverpool, UK.</p> <p>Role: Instructor; module content developer.</p> <p>Programme: BSc (Hons) in Medicine.</p> <p>Modules: Health behaviour implementation science; stress and coping.</p>
2011-2012	<p>Institution: University of Central Lancashire, UK, in collaboration with the Institution of Counselling and Psychological Studies (ICPS), Greece.</p> <p>Role: Course leader; primary lecturer.</p> <p>Programme: MSc in Health Psychology.</p> <p>Modules: Health psychology core intervention issues; measurement issues and outcomes in health psychology.</p>
2011-2012	<p>MSc thesis supervisor of Ms Marina Mougkridou.</p> <p>Mougkridou, M. (2012). High fat snacking in Greek high-school students: A prospective application of the theory of planned behaviour [Master's thesis, University of Central Lancashire, UK.]</p>
2009	<p>Institution: University of Cape Town, South Africa.</p> <p>Role: Teaching assistant; delivery of tutorials/seminars.</p> <p>Programme: BA (Hons) in Psychology.</p> <p>Module: Developmental psychology.</p>
2005	<p>Institution: University of Bath, UK.</p> <p>Roles: Teaching assistant; delivery of tutorials/seminars.</p> <p>Programme: BSc (Hons) in Psychology.</p> <p>Module: Understanding gender relations.</p>

## MY PROFESSIONAL ACADEMIC ACTIVITY AND SERVICE

### Editorial Board Memberships

Social Science and Medicine (Advisory Editor, 2019 - present).

Behavioral Sciences – Health Psychology Section (Guest Editor, 2023-2024)

Frontiers in Psychology, Social and Personality Psychology section (Associate Editor, until 2019).

Journal of Psychology in Africa (Consulting Editor, until 2016).

### Journal Reviewer

BMJ Nutrition, Prevention and Health; British Journal of Health Psychology; Cureus; Food, Culture & Society; Frontiers in Psychology; Journal of Health Psychology; Health Psychology; Health Psychology and Behavioral Medicine; Health Psychology Review; Journal of Applied Social Psychology; Journal of Child and Adolescent Mental Health;

Journal of Social Aspects of HIV/AIDS (SAHARA-J); Psychology and Health; Social Science & Medicine; Journal of Psychology in Africa.

### **Research Grant Reviewer**

The Tryg Foundation (TrygFonden). Hummeltoftevej 49, Virum, Copenhagen, Denmark.

[TrygFonden - SDU](#)

### **Affiliations to Professional Organizations**

2022-present	Member of the Hellenic Psychological Society (EPS).
2007-present	Member of the European Health Psychology Society (EHPS).
2013-present	Chartered Psychologist (CPsychol), Associate Fellow (AFBPsS), and Member of the Division of Health Psychology (DHP) of the British Psychological Society (BPS).
2015-present	Associate Fellow of the Higher Education Academy, UK (HEA; recognition reference # PR082243).
2017-2019	Associate Member of the UK Society for Behavioural Medicine (UKSBM).
2009-2011	Member of the South African Association for Child and Adolescent Psychiatry and Allied Professions (SAACAPAP).

### **Administrative Duties at the Psychology Department, University of Crete, Greece**

2022-present	Member of: alumni network committee; health and safety committee; Erasmus+ committee; departmental website curation working group.
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