

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

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MY FORMAL EDUCATION

2007	PhD in Health Psychology, University of Bath, UK.
2003	BSc in Psychology, Panteion, University of Social and Political Sciences, Greece (degree equivalence/recognition for Greek system).
1997	MSc in Organizational Psychology, University of Manchester Institute of Science and Technology (UMIST), UK.
1996	BA in Psychology, Deree, The American College of Greece.

MY CONTINUED EDUCATION, CERTIFICATES, LICENCES, AND SKILLS

2016	Certificate in online distance 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.
2010	Licence to teach in Higher Education Academic Institutions in Greece, The Hellenic Department of Education, Greece.
2005	Psychologist's Practicing Licence, issued by the Hellenic Department of Health Services, Division of Public Health, Greece.

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 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 Research Fellow. Department of Health Services Research, Institute of Psychology, Health, and Society, University of Liverpool, UK.

2012-2012 Research Associate. 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.

2008-2010 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 (SSSMART) 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: 21st 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. & Leroy, F. (2026). *Cognitive biases as barriers to optimised nutritional guidance*. [Research in progress].

Protogerou, C. (2026). *Martial arts interventions and academic achievement among university students: Identifying mechanisms of action (MoAs)*. [Research in progress].

Protogerou, C., Hassandra, M., & Karademas, E. (2026). *University students' beliefs and experiences associated with fasting for weight loss*. [Research in progress].

Protogerou, C. (2026). *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. (2026). *Validity and reliability of a modified version of the Emotional Needs Audit (ENA)*. [Manuscript submitted for publication].

MY CONFERENCE PRESENTATIONS¹

Protogerou, C. Leroy, F. (2026, November). *Half-truths, halos, and bandwagons: Cognitive biases in modern nutrition guidance* [Invited speaker]. Summit on the Societal Role of Meat and Livestock, Geelong, Australia.

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 7th 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]. 31st 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 13th 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 30th 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 29th European Health Psychology Society Conference, Limassol, Cyprus.

Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dundar, 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 13th International Congress of Behavioral Medicine, Groningen, Holland.

¹ CV mentions only outputs that I, personally, presented/will present.

Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dundar, 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 28th European Health Psychology Society Conference, Innsbruck, Austria.

Protogerou, C., Fleeman, N., Dwan, K., Richardson, M., & Dundar, 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 28th 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 27th 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 26th 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 26th 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 25th 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 22nd 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 21st 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 20th 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

2024-present Department of Public and Community Health, University of West Attica, Greece. Recurring guest lecturer in the MSc in Epidemiology and Health Promotion.

2023 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

2022-present	<p>Institution: University of Crete, Greece. Role: Assistant professor; teaching, research, supervision, administration. Programme: BSc in Psychology. Modules: The psychology of eating behaviour; social cognition and health behaviours; ethics in psychology; the psychology of popular dietary messages.</p>
2021-2022	<p>Institution: The Centre for Nutritional Psychology, USA. Role: Instructor; curriculum developer. Programme: Certificate in Nutritional Psychology. Module: Introduction to research methods in nutritional psychology.</p>
2019-2021	<p>Institution: University of California, Merced, USA. Role: Course leader and primary lecturer; curriculum developer. Programme: BA in Psychological Sciences. 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. Role: Primary lecturer; MSc/PhD thesis tutor. Programme: MSc in Psychology. Module: Self, identity, and culture.</p>
2013-2015	<p>Institution: University of Liverpool, UK. Role: Instructor; module content developer. Programme: BSc (Hons) in Medicine. 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. Role: Course leader; primary lecturer; MSc thesis supervisor. Programme: MSc in Health Psychology. Modules: Health psychology core intervention issues; measurement issues and outcomes in health psychology.</p>
2009	<p>Institution: University of Cape Town, South Africa. Role: Teaching assistant; delivery of tutorials/seminars. Programme: BA (Hons) in Psychology. Module: Developmental psychology.</p>
2005	<p>Institution: University of Bath, UK. Roles: Teaching assistant; delivery of tutorials/seminars. Programme: BSc (Hons) in Psychology. 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 for Special Issue on Rapid Reviews for Behavioral Health; 2023-2024).

Frontiers in Psychology, Social and Personality Psychology section (Associate Editor; formerly held).

Journal of Psychology in Africa (Consulting Editor; formerly held).

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 (current and past)

Associate Fellow of Advance HE / the Higher Education Academy (recognition reference # PR082243).

Member of the Hellenic Psychological Society (EAP).

Member of the European Health Psychology Society (EHPS; formerly held).

Chartered Psychologist (CPsychol; formerly registered), Associate Fellow (AFBPsS; formerly held), and Member of the Division of Health Psychology (DHP; formerly held) of the British Psychological Society (BPS).

Associate Member of the UK Society for Behavioural Medicine (UKSBM; formerly held).

Member of the South African Association for Child and Adolescent Psychiatry and Allied Professions (SAACAPAP; formerly held).

International Expert Roles and Scientific Initiatives

Founding Expert. Animal-sourced foods, Livestock, Ethics, and Public Health (ALEPH).

Signatory. Dublin Declaration on the Societal Role of Livestock.

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

Member or coordinator of: alumni network committee; health and safety committee; Erasmus+ committee; undergraduate work placements committee; departmental website curation working group.