

## Curriculum Vitae Stefanos Mastrotheodoros, PhD

### Personal Information

Name Stefanos  
 Surname Mastrotheodoros  
 Year of Birth 1985  
 Citizenship Greek | Dutch  
 Email [s.mastrotheodoros@uoc.gr](mailto:s.mastrotheodoros@uoc.gr) | [s.mastrotheodoros@uu.nl](mailto:s.mastrotheodoros@uu.nl)

### Academic Positions

10/2025- Associate Professor in Developmental Psychology, Department of Psychology, University of Crete, Greece  
 10/2024- Teaching Staff, Postgraduate Program in Applied Developmental Psychology, Hellenic Open University, Patras, Greece  
 02/2022-  
 10/2025 Assistant Professor in Developmental Psychology, Department of Psychology, University of Crete, Greece  
 02/2020-  
 01/2024 Post-doctoral Researcher, Department of Youth and Family, Utrecht University, Heidelberglaan 1, 3584 CS Utrecht, the Netherlands

### Academic Education

2015-2020 PhD, Department of Youth and Family, Utrecht University, the Netherlands  
 2010-2015 PhD in Clinical Psychology, Department of Psychology, National and Kapodistrian University of Athens, Athens, Greece  
 2006-2009 Master's degree in Clinical Psychology (180ECTS, 2.500hrs practicum, 30.000 words empirical dissertation), Department of Psychology, National and Kapodistrian University of Athens, Athens, Greece  
 2002-2006 Bachelor's degree in Psychology, Department of Psychology, National and Kapodistrian University of Athens, Athens, Greece

## RESEARCH

### Awards

2022 [Young Scholar Award](#), European Association for Research on Adolescence (EARA)  
 2022 Biennial Best Paper Award, for the research article "Parent-adolescent conflict across adolescence: Trajectories of informant discrepancies and associations with personality types", Journal of Youth and Adolescence, 49, 119–135. <https://doi.org/10.1007/s10964-019-01054-7>. Hellenic Psychological Society – Division for Developmental Psychology  
 2020 Biennial Paul Van Geert Award, for the research article "Day-to-Day Spillover and Long-term Transmission of Interparental Conflict to Mother-Adolescent Conflict: The Role of Mood", Journal of Family Psychology. DOI: 10.1037/fam0000649. Dutch Association for Developmental Psychology (Vereniging Nederlandse Ontwikkelingspsychologie).  
 2020 Top Downloaded Paper 2018-2019 – Certificate for one of the most read papers in Journal of Marriage and Family, awarded from Wiley for the research article "Interparental Conflict Management Strategies and Parent-Adolescent Relationships: Disentangling Between-Person from Within-Person Effects Across Adolescence", Journal of Marriage and Family.  
 2014 Travel Grant (€1500) for participation in the ECDP Summer School, in Syros, Greece. Jacobs Foundation.  
 2014 Travel Grant (€1500) for participation in the EARA Summer School, in Utrecht, the Netherlands. Jacobs Foundation.  
 2012 Winner of the competition for the naming of the new special section of the European Journal of Developmental Psychology - Invention of the term "Developmetrics" [see Koops, W. (2012) Editorial. European Journal of Developmental Psychology, 9. DOI: 10.1080/17405629.2012.662766].  
 2011 Travel Grant (€1500) for participation in the ECDP, 2011 (August), Bergen, Norway. Jacobs Foundation.  
 2004-2006 Annual National Awards (2002/2003, 2003/2004, 2004/2005), Highest GPA Award for Undergraduate Studies, State Scholarship Foundation (IKY)

### Fellowships in international institutions

2024 Visiting Researcher, University of Bologna, Italy  
 2024 Visiting Professor, "G. d'Annunzio" University of Chieti-Pescara, Italy  
 2024 Visiting Researcher, Queen's University Belfast, Northern Ireland  
 2019 Visiting Scholar, University of Wisconsin-Madison, USA (Prof. Dr. Lauren Papp's Lab)

**Participation in Greek national funded projects funded under competitive schemes**

- 2024 *Understanding the Effects of Social Heterogeneity on Support for Redistribution. The Role of Identities, Threats and Diversity Beliefs (HETEROBUTION)*. Team member; Statistics Consultant. Funded by the Hellenic Foundation for Research and Innovation (HFRI – ELIDEK). P.I.: Dr. Katerina Petkanopoulou.
- 2011-2015 *Positive Adaptation of Immigrant and Native Youth During Times of Economic Downturn: Vulnerability and Resilience Processes (PAYED)*. Member (Coordinator of data collection, data curation, and data analysis.) National and Kapodistrian University of Athens, Greece. Funded by the Greek State and European Funds. P.I. Frosso Motti-Stefanidi.
- 2010-2011 *“Education of Immigrant and Repatriated Students” - Action 6: Psychological Interventions*. Local Coordinator of data collection, data curation, and data analysis. Aristotle University of Thessaloniki and University of Athens, Greece.

**Editorial experience****Associate Editor**

Identity (2024- )

Personality and Individual Differences – Special Issue on Parent-Offspring Traits, Context and Outcomes (2025)

**Member of journal editorial boards:**

Journal of Research on Adolescence (2025)

Journal of Youth and Adolescence (2023-)

Journal of Social and Personal Relationships (2020-2023)

**Reviewer for international journals: 126 paper reviews (including edited manuscripts), in the following journals (number of reviews provided)**

1. Child Development (3)
2. Child Psychiatry and Human Development (2)
3. Cultural Diversity and Ethnic Minority Psychology (2)
4. Current Issues in Personality Psychology (2)
5. Current Psychology (2)
6. Cyberpsychology: Journal of Psychosocial Research on Cyberspace (1)
7. Developmental Psychology (9)
8. Development and Psychopathology (4)
9. Emerging Adulthood (1)
10. European Journal of Developmental Psychology (2)
11. Family Process (1)
12. Frontiers in Psychology (1)
13. \*Identity (17) (*including edited manuscripts*)
14. International Journal of Adolescence and Youth (1)
15. International Journal of Behavioural Development (1)
16. Journal of Adolescence (6)
17. Journal of Child and Family Studies (12)
18. Journal of Child Psychology and Psychiatry (5)
19. Journal of Clinical Child and Adolescent Psychology (1)
20. Journal of Cross-Cultural Psychology (1)
21. Journal of Early Adolescence (1)
22. Journal of Family Issues (1)
23. Journal of Family Psychology (2)
24. Journal of Personality (2)
25. Journal of Personality Assessment (1)
26. Journal of Psychopathology and Clinical Science (1)
27. Journal of Research on Adolescence (5)
28. Journal of Social and Personal Relationships (11)
29. Journal of Youth and Adolescence (10)
30. Personality and Individual Differences (9)
31. Personal Relationships (1)
32. Plos One (1)
33. Psychiatry Research (1)
34. Research Quarterly for Exercise and Sport (1)
35. Scientific Reports (1)
36. Self and Identity (2)
37. Social Science Research (1)
38. Structural Equation Modeling (1)

**Reviewer for international conferences of scientific associations**

European Association of Developmental Psychology (EADP)

International Association for Relationship Research (IARA)

**Membership and activities in scientific and professional societies**

1. American Psychological Association (APA), Member (2020-2022)
2. Dutch Society for Developmental Psychology (Vereniging Nederlandse Ontwikkelingspsychologie-VNOP), Member (2017-2023)

3. European Association for Research on Adolescence (EARA), Member (2016-)
  - a. Executive Council Member (2024-ongoing)
4. European Association of Developmental Psychology (ECDP), Member (2011-)
  - a. Past President of the Early Researchers' Union (ECDP-ERU) (2023-2025)
  - b. President of the Early Researchers' Union (ECDP-ERU) (2021-2023)
  - c. President Elect of the Early Researcher's Union (ECDP-ERU) (2019-2021)
  - d. Board member of the Early Researcher's Union (ECDP-ERU) (2017-2019)
5. International Association for Relationship Research (IARR), Member (2021-2023)
6. International Society for the Study of Behavioral Development (ISSBD), Member (2017-)
7. International Society for Developmental Psychobiology (ISDP), Member (2021-2023)
8. Pool of European Youth Researchers (PEYR) - Youth Partnership, European Commission & Council of Europe, Selected member (competitive, 2017-2020)
9. Society for Research on Child Development (SRCD), Member (2017-2021)

#### **Conference organization and participation in scientific committees**

- 2023 European Association of Developmental Psychology - Early Researchers Union (EADP-ERU) Open Science Writing Week 2023, April 3<sup>rd</sup>-7<sup>th</sup>, 2023, Crete, Greece. Principal organizer as President of the Early Researchers Union (ERU).
- 2022 EARA-EADP-SRA Summer School 2022, August 2022, Dublin, Ireland. Member of the organizing committee of the summer school; representative of the EADP.
- 2017 Member of the Scientific Committee, 18<sup>th</sup> Biennial European Conference on Developmental Psychology (ECDP), European Association of Developmental Psychology, Utrecht, the Netherlands

#### **SCIENTIFIC PUBLICATIONS**

##### **Bibliometric indices**

|                | Articles | Total Citations | H-index | i-10 index | Field Weighted Citation Impact<br>(based on first-authored publications) |
|----------------|----------|-----------------|---------|------------|--|
| Web of Science | 49       | 742             | 15      | 19         |  |
| Scopus         | 41       | 803             | 16      | 21         | 2.219  |
| Google Scholar | 52       | 1557            | 19      | 31         |  |

##### **Articles in peer-reviewed international journals**

(IF: Clarivate-Web of Science Impact Factor | CS: Scopus Cite Score)

\* denotes shared first-authorship | † denotes supervised doctoral student

##### **2026**

1. Papageorgiou, K. A., Truhan, T. E., **Mastrotheodoros, S.**, Welsh, C., & Keller, P. S. (2026). Editorial to special issue "Parent-offspring traits, context and outcomes." *Personality and Individual Differences*, 251, 113588. <https://doi.org/10.1016/j.paid.2025.113588>

##### **2025**

2. Sperati, A., Lee, Y., Ceccon, C., Cicek, E., Dellagiulia, A., **Mastrotheodoros, S.**, Pluess, M. & Lionetti, F. (2025). Combining Parents' Perceptions of Child's Environmental Sensitivity and its Implications for Adjustment. *Journal of Family Psychology*. <https://doi.org/10.1037/fam0001417>
3. Habibi Asgarabad, M., Salehi Yegaei, P., Bromandnia, P., Ciarrochi, J., **Mastrotheodoros, S.**, & Wium, N. (2025). Personal growth initiative: Confirmatory factor analysis, gender invariance, and external validity of the Persian version. *Frontiers in Psychology*, 16. <https://doi.org/10.3389/fpsyg.2025.1576783>
4. † Wang, J., Kaufman, T., **Mastrotheodoros, S.**, & Branje, S. (2025). Longitudinal Associations Between Academic Motivation and School-Related Stressors in Adolescents Transitioning to Secondary School. *Learning and Instruction*. <https://doi.org/10.1016/j.learninstruc.2025.102144>
5. Truhan, T., Welsh, C., **Mastrotheodoros, S.**, & Papageorgiou, K. (2025). Agreement in parent-adolescent perceptions of parenting behavior: The influence of parental and adolescent narcissism and parents' remembered childhood adversity. *Personality and Individual Differences*, 237, 113046. <https://doi.org/10.1016/j.paid.2025.113046>

6. \*Donker, M., \***Mastrotheodoros, S.**, Yanagida, T., & Branje, S. (2025). Changes in adolescents' COVID-19-related stress, parent-adolescent relationships and adolescent mental health during the COVID-19 pandemic: The effect of personality. *Journal of Youth and Adolescence*, accepted. [2022 IF: 4.9 | 2022 CS: 7.6]
7. Van Dijk, R., **Mastrotheodoros, S.**, Van der Valk, I.E., Branje, S., & Deković, M. (2025). Daily and Half-yearly Associations between Boundary Diffusion and Parent-adolescent Relationship Quality after Divorce. *Journal of Youth and Adolescence*, 54, 383-399. <https://doi.org/10.1007/s10964-024-02064-w>
8. \*Meng, R., \*Xu, J., \*Luo, Y., \***Mastrotheodoros, S.**, Jiang, C., Garofalo, C., Mazzeschi, C., Nielsen, T., Fong, D. Y. T., Dzierzewski, J.M., Ma, H., Spruyt, K., & Bruni, O. (2025). Perceived stress mediates the longitudinal effect of sleep quality on internalizing symptoms. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2024.12.046> [2022 IF: 4.9 | 2022 CS: 10.9]

## 2024

9. †Wang, J., Kaufman, T., **Mastrotheodoros, S.**, & Branje, S. (2024). Navigating the school transition: Within- and between-person associations between adolescents' academic self-efficacy, school relatedness, and intrinsic academic motivation. *Journal of School Psychology*. Doi: <https://doi.org/10.1016/j.jsp.2024.101326>. [2022 IF: 5.0 | 2022 CS: 7.5]
10. \***Mastrotheodoros, S.**, \*Hillekens, J.P., Miklikowska, M., Palladino, B.E., & Lionetti, F. (2024). Family Functioning, Identity Commitments, and School Value Among Ethnic Minority and Ethnic Majority Adolescents. *Journal of Youth and Adolescence*. <https://doi.org/10.1007/s10964-024-01972-1> [2022 IF: 4.9 | 2022 CS: 7.6]
11. Lan, X. & **Mastrotheodoros, S.** (2024). Teacher Autonomy Support and Internalizing Problems of Adolescents from Divorced and Intact Families: Moderation by Personality Typologies. *Child Psychiatry and Human Development*. DOI: <https://doi.org/10.1007/s10578-022-01392-x> [2021 IF: 2.776 | 2021 CS: 4.1]
12. †Wang, J., Kaufman, T., **Mastrotheodoros, S.**, & Branje, S. (2024). The Longitudinal Associations Between Parental Autonomy Support, Autonomy and Peer Resistance. *Journal of Youth and Adolescence*. <https://doi.org/10.1007/s10964-023-01915-2> [2022 IF: 4.9 | 2022 CS: 7.6]

## 2023

13. Karakulak, A., Tepe, B., Dimitrova, R., Abdelrahman, M., Akaliyski, P., Alaseel, R.R., Alkamali, Y., Amin, A., Andres, A., Aruta, J., Assiotis, M., Avanesyan, H., Ayub, N., Bacikova-Sleskova, M., Baikanova, R., Bakkar, B., Bartoluci, S., Benitez, D., Bodnar, I., Bolatov, A., ... Rudnev, M., (2023). Trust in government moderates the association between fear of COVID-19 as well as empathic concern and preventive behaviour. *Nature Communications Psychology*. <https://doi.org/10.1038/s44271-023-00046-5>
14. Karakulak, A., Stogianni, M., Alonso-Arbiol, I., Shukla, S., Bender, M., Yeung, V. W. L., Jovanović, V., Musso, P., Scardigno, R., Scott, R. A., Stuart, J., Friehs, M.-T., Toh, Z., Albayrak-Aydemir, N., Arvanitis, A., Buzea, C., **Mastrotheodoros, S.**, Tsang, J.-A., Madeira, F., ... Gkomez, A. (2023). The perceived vulnerability to disease scale: Cross-cultural measurement invariance and associations with fear of COVID-19 across 16 countries. *Social and Personality Psychology Compass*, 17(11), e12878. <http://doi.org/10.1111/spc3.12878>. [2022 IF: 4.6 | 2022 CS: 6]
15. Jiang, C., Zhu, Y., Luo, Y., Tan, C.S., **Mastrotheodoros, S.**, Costa, P., Chen, L., Guo, L., Ma, H., & Meng, R. (2023). Validation of the Chinese version of the Rosenberg Self-Esteem Scale: Evidence from a three-wave longitudinal study. *BMC Psychology*. <https://doi.org/10.1186/s40359-023-01293-1> [2022 IF: 3.6 | 2022 CS: 3.6]
16. Meng, R., Dong, L., Dzierzewski, J.M., **Mastrotheodoros, S.**, Cao, M., Yu, B., Wang, J., Gong, B., Li, J., Spruyt, K. (2023). The RU\_SATED as a measure of sleep health: Cross-cultural adaptation and validation in Chinese healthcare students. *BMC Psychology*. <https://doi.org/10.1186/s40359-023-01203-5> [2022 IF: 3.6 | 2022 CS: 3.6]
17. Salehi Yegaei, P., Achenbach, T.M., Trejos-Castillo, E., **Mastrotheodoros, S.**, Izanloo, B., Momeni, S., Asagarabad, M.H. (2023). Dimensions of Identity Development Scale: Confirmatory Factor Analysis, Gender Invariance, and external validity of the Persian Version. *Journal of Research on Adolescence*. <https://doi.org/10.1111/jora.12860> [2022 IF: 3.6 | 2022 CS: 6.5]
18. **Mastrotheodoros, S.**, Boks, M.P., Rousseau, C., Meeus, W., & Branje, S. (2023). Negative Parenting, Epigenetic Age, and Psychological Problems: Prospective Associations from Adolescence to Young Adulthood. *Journal of Child Psychology and Psychiatry*. <https://doi.org/10.1111/jcpp.13821>. [2022 IF: 7.6 | 2022 CS: 13.4]
19. Jiang, C., **Mastrotheodoros, S.**, Zhu, Y., Yang, Y., Hallit, S., Zhao, B., Fan, Y., Huang, M., Chen, C., Ma, H., & Meng, R. (2023). The Chinese Version of the Perceived Stress Questionnaire-13: Psychometric Properties and Measurement Invariance for Medical Students. *Psychology Research and Behavior Management*, 16, 71–83. <https://doi.org/10.2147/PRBM.S385510> [2022 IF: 4.3 | 2022 CS: 4.7]

## 2022

20. Meng, R., Kato, T., **Mastrotheodoros, S.**, Dong, L., Fong, D. Y. T., Wang, F., Cao, M., Liu, X., Yao, C., Cao, J., Yu, Y., Luo, Y., Yu, C., & Gozal, D. (2022). Adaptation and validation of the Chinese version of the Sleep Quality Questionnaire. *Quality of Life Research*. <https://doi.org/10.1007/s11136-022-03241-9> [2021 IF: 3.440 | 2021 CS: 6.6]
  21. Nelemans, S. A., **Mastrotheodoros, S.**, Çiftçi, L., Meeus, W., & Branje, S. (2022). Do You See What I See? Longitudinal Associations Between Mothers' and Adolescents' Perceptions of Their Relationship and Adolescent Internalizing Symptoms. *Research on Child and Adolescent Psychopathology* (formerly known as *Journal of Abnormal Child Psychology*). <https://doi.org/10.1007/s10802-022-00975-5> [2021 IF: 4.096 | 2021 CS: 6.0]
  22. Motti-Stefanidi, F., Pavlopoulos, V., **Mastrotheodoros, S.**, & Asendorpf, J.B. (2022). Resilience during a Great Economic Recession: Social and Personal Resources for Youth's Positive Adaptation in the School Context. *Journal of Adolescence*, 94(4). <https://doi.org/10.1002/jad.12055> [2021 IF: 3.675 | 2021 CS: 5.5]
  23. Marchi, M., Elkrief, L., Alkema, A., van Gastel, W., Schubart, C. D., van Eijk, K. R., Luykx, J. J., Branje, S., **Mastrotheodoros, S.**, Galeazzi, G. M., van Os, J., Cecil, C. A., Conrod, P. J., & Boks, M. P. (2022). Childhood maltreatment mediates the effect of the genetic background on psychosis risk in young adults. *Translational Psychiatry*, 12(1). <https://doi.org/10.1038/s41398-022-01975-1> [2021 IF: 7.989 | 2021 CS: 8.5]
  24. Ma, C., Lan, X., & **Mastrotheodoros, S.** (2022). Linking classmate autonomy support with prosocial behavior in Chinese left-behind adolescents: The moderating role of self-esteem and grit. *Personality and Individual Differences*, 195. <https://doi.org/10.1016/j.paid.2022.111679> [2021 IF: 3.950 | 2021 CS: 5.3]
  25. **Mastrotheodoros, S.**, Papp, L., Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2022). Explaining Heterogeneity of Daily Conflict Spillover in the Family: The Role of Marital Conflict Configurations. *Family Process*, 61(1). <https://doi.org/10.1111/famp.12648> [2021 IF: 4.319 | 2021 CS: 4.7]
  26. Papanikolopoulos, P., **Mastrotheodoros, S.**, Papanikolopoulou, S., Parlapani, E., & Kaprinis, S. G. (2022). The Brief Self-Control Scale: Dimensionality and Psychometric Properties in Greek. *European Journal of Developmental Psychology – Developmetrics*. <https://doi.org/10.1080/17405629.2021.1964070> [2021 IF: 1.807 | 2021 CS: 3.8]
- 2021**
27. \*Donker, M. H., \***Mastrotheodoros, S.**, & Branje, S. (2021). Development of Parent-Adolescent Relationships During the COVID-19 Pandemic: The Role of Stress and Coping. *Developmental Psychology*. <https://doi.org/10.1037/dev0001212> [2021 IF: 4.497 | 2021 CS: 6.1]
  28. **Mastrotheodoros, S.**, Kornienko, O., Umaña-Taylor, A. J., & Motti-Stefanidi, F. (2021). Developmental Interplay Between Ethnic, National, and Personal Identity in Immigrant Adolescents. *Journal of Youth and Adolescence*. <https://doi.org/10.1007/s10964-021-01434-y> [2021 IF: 5.625 | 2021 CS: 6.7]
- 2020**
29. **Mastrotheodoros, S.**, Pavlopoulos, V., & Motti-Stefanidi, F. (2020). Utrecht-Management of Identity Commitments Scale (U-MICS): Greek Adaptation and Measurement Invariance Across Time and Ethnic Groups. *European Journal of Developmental Psychology*. <https://www.doi.org/10.1080/17405629.2020.1852921> [2021 IF: 1.807 | 2021 CS: 3.8]
  30. Motti-Stefanidi, F., Pavlopoulos, V., Papathanasiou, N., & **Mastrotheodoros, S.** (2020). Immigrant and Refugee Adolescents' Resilient Adaptation: Who does well and why? *Psychology: the Journal of the Hellenic Psychological Society*, 25(1). DOI: [https://doi.org/10.12681/psy\\_hps.25334](https://doi.org/10.12681/psy_hps.25334)
  31. **Mastrotheodoros, S.**, Van Lissa, C.J., Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2020). Day-to-Day Spillover and Long-term Transmission of Interparental Conflict to Mother-Adolescent Conflict: The Role of Mood. *Journal of Family Psychology*, 34(8), 893–904. <https://doi.org/10.1037/fam0000649> [2021 (IF): 3.302 | 2021 (CS): 3.9]
  32. Motti-Stefanidi, F., Pavlopoulos, V., **Mastrotheodoros, S.**, & Asendorpf, J.B. (2020). Longitudinal interplay between peer likeability and youth's adaptation and psychological wellbeing: A study of immigrant and nonimmigrant students in the school context. *International Journal of Behavioral Development*. <https://doi.org/10.1177/0165025419894721> [2021 IF: 3.021 | 2021 CS: 4.3]
  33. **Mastrotheodoros, S.**, Canário, C., Gugliandolo, M. C., Merkas, M., & Keijsers, L. (2020). Family Functioning and Adolescent Internalizing and Externalizing Problems: Disentangling Between-, and Within-family Associations. *Journal of Youth and Adolescence*, 49(4), 804-817. <https://doi.org/10.1007/s10964-019-01094-z> [2021 IF: 5.625 | 2021 CS: 6.7]
  34. **Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2020). Parent-Adolescent Conflict Across Adolescence: Trajectories of Informant Discrepancies and Associations with Personality Types. *Journal of Youth and Adolescence*, 49(1), 119-135. DOI: <https://doi.org/10.1007/s10964-019-01054-7> [2021 IF: 5.625 | 2021 CS: 6.7]

**2019**

35. **Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2019). Coming closer in adolescence: Convergence in mother, father, and adolescent reports of parenting. *Journal of Research on Adolescence*, 29(4), 846-862. DOI: <https://doi.org/10.1111/jora.12417> [2021 IF: 3.563 | 2021 CS: 5.2]
36. **Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2019). Interparental Conflict Management Strategies and Parent-Adolescent Relationships: Disentangling Between-Person from Within-Person Effects Across Adolescence. *Journal of Marriage and Family*, 81(1), 185-203. DOI: <https://doi.org/10.1111/jomf.12528> [2021 IF: 4.917 | 2021 CS: 6.5]
37. Stavropoulos, V., **Mastrotheodoros, S.**, Papapetrou, S., Gomez, R., Beard, C., & Motti-Stefanidi, F. (2019). Measurement invariance: The case of measuring romantic attachment in Greek and Cypriot adolescents. *European Journal of Developmental Psychology*, 16(3), 362-371. DOI: <https://doi.org/10.1080/17405629.2017.1414696> [2020 IF: 2.081 | 2020 CS: 3.5]

**2018**

38. Stavropoulos, V., **Mastrotheodoros, S.**, Burleigh, T., Papadopoulos, N., & Gomez, R. (2018). Avoidant Romantic Attachment in Adolescence: Gender, Excessive Internet Use and Romantic Relationship Engagement Effects. *PLOSone*, 13(7). DOI: <https://doi.org/10.1371/journal.pone.0201176> [2020 IF: 3.240 | 2020 CS: 5.3]
39. \*Lionetti, F., \***Mastrotheodoros, S.**, & \*Palladino, B. (2018). Experiences in Close Relationships Revised Child version (ECR-RC): Psychometric evidence in support of a Security Factor. *European Journal of Developmental Psychology*, 15(4), 452-463. DOI: <https://doi.org/10.1080/17405629.2017.1297228> [2020 IF: 2.081 | 2020 CS: 3.5]

**2017**

40. **Mastrotheodoros, S.** & Motti-Stefanidi, F. (2017). Dimensions of Identity Development Scale: A Test of Measurement Invariance in Greek Adolescents. *European Journal of Developmental Psychology*, 14(5), 605-617. DOI: <https://doi.org/10.1080/17405629.2016.1241175> [2019 IF: 2.063 | 2019 CS: 2.15]

**2015**

41. **Mastrotheodoros, S.**, Chen, B.-B., & Motti-Stefanidi, F. (2015). Experiences in Close Relationships-Revised (ECR-R): Measurement (non-) Invariance across Chinese and Greek Samples. *European Journal of Developmental Psychology*, 12(3), 344-358. DOI: <https://doi.org/10.1080/17405629.2015.1021327> [2016 IF: 1.302 | 2019 CS: 2.4]
42. He J., van de Vijver, F.J.R., Dominguez Espinosa, A., Abubakar, A., Dimitrova, R., Adams, B., Aydinli, A., Atitsogbe, K., Alonso-Arbiol, I., Bobowik, M., Fischer, R., Jordanov, V., **Mastrotheodoros, S.**, Neto, F., Ponizovsky, Y.J., Reb, J., Sim, S., Sovet, L., Stefenel, D., Suryani, A.O., Tair, E., & Villieux, A. (2015). Socially Desirable Responding: Enhancement and Denial in 20 Countries. *Cross-Cultural Research*, 49(3), 227-249. DOI: <https://doi.org/10.1177/1069397114552781> [2017 IF: 0.975 | 2017 CS: 2.4]

**2012**

43. **Mastrotheodoros, S.**, Dimitrova, R., Motti-Stefanidi, F., Abubakar, A., & van de Schoot, R. (2012). Measurement Invariance of the Multigroup Ethnic Identity Measure (MEIM) across Bulgarian, Dutch, and Greek samples. *European Journal of Developmental Psychology*, 9(4), 508-515. DOI: <https://doi.org/10.1080/17405629.2012.688099> [2014 IF: 1.721 | 2014 CS: 2.7]

**International Book Chapters**

44. Michalopoulou, L.E., Richardson, C.B., & **Mastrotheodoros, S.** (2024). Developmental Considerations Across the Pediatric Population. In *Evidence-Based Behavioral Health Practices in Pediatric Specialty Settings*. [10.1007/978-3-031-71004-9\\_2](https://doi.org/10.1007/978-3-031-71004-9_2). Springer.
45. Branje, S., **Mastrotheodoros, S.**, & Laursen, B. (2021). Family Relationships During Adolescence. In A. L. Vangelisti, *The Routledge Handbook of Family Communication* (3rd ed., pp. 247-261). Routledge. <https://doi.org/10.4324/9781003043423-22>
46. **Mastrotheodoros, S.**, Talias, M. A., & Motti-Stefanidi, F. (2018). Goal Orientations Profiles, Academic Achievement and Well-Being of Adolescents in Greece. In R. Dimitrova (Ed.), *Well-Being of Youth and Emerging Adults across Cultures*, 105-120. New York: Springer. DOI: [https://doi.org/10.1007/978-3-319-68363-8\\_8](https://doi.org/10.1007/978-3-319-68363-8_8)
47. Dimitrova, R., Özdemir Bayram, S., Farcas, D., Kosic, M., **Mastrotheodoros, S.** Michałek, J., & Stefenel, D. (2018). Is There a Paradox of Adaptation in Immigrant Children and Youth across Europe? A Literature Review. In R. Dimitrova (Ed.), *Well-Being of Youth and Emerging Adults across Cultures*, 261-298. New York: Springer. DOI: [https://doi.org/10.1007/978-3-319-68363-8\\_18](https://doi.org/10.1007/978-3-319-68363-8_18)

48. Motti-Stefanidi, F., Papathanasiou, N., **Mastrotheodoros, S.**, & Pavlopoulos, V. (2017). Youth Adaptation during the Current Great Economic Recession in Greece: Risk and Resilience. In A. C. Petersen, S. H. Koller, F. Motti-Stefanidi, & S. Verma (Eds.), *Positive Youth Development in Global Contexts of Social and Economic Change* (pp. 98-109). London: Routledge.

#### Greek Book Chapters

49. Motti-Stefanidi, F., **Mastrotheodoros, S.**, & Papathanasiou, A. C. (2015). Children and Adolescents in the Globalization Era. In: F. Motti-Stefanidi (Ed.) *Children and Adolescents in a Fast-Changing World: Adaptation and Development*. Athens: Estia (in Greek).
50. Motti-Stefanidi, F., Papathanasiou, A. C., Anagnostaki, L., **Mastrotheodoros, S.**, Georgiou, P., & Pavlopoulos, V. (2011). Parent-adolescent conflicts as a risk factor for the resilience of immigrant adolescents. In: A. Matsopoulos (Ed.) *From Risk to Resilience: Implications at School and the Family*, vol. 1. Athens: Gramma (in Greek).

#### Doctoral Dissertations

51. **Mastrotheodoros, S.** (2020). *Development and Transformation: Parenting, Parent-Adolescent Relationships, and Family Dynamics Across Adolescence* (ISBN: 978-618-00-1919-3 | <https://dspace.library.uu.nl/handle/1874/397058>). Doctoral Dissertation, Department of Youth and Family, Utrecht University. Athens: Stefanos Mastrotheodoros.
52. **Mastrotheodoros, S.** (2015). *Attachment, Developmental Tasks, and Mental Health: A Longitudinal Study During Late Adolescence*. DOI: <https://www.didaktorika.gr/eadd/handle/10442/37078>. National and Kapodistrian University of Athens, Athens, Greece (in Greek).

#### Commissioned Reports

53. Evliyaoğlu, E.S., **Mastrotheodoros, S.**, Ranta, M., & Stefan, V. (in press). *Advancing Youth Mental Health and Well-Being: A mapping of policy frameworks, tools and services across Europe*. EU-Council of Europe Youth Partnership, EU and Council of Europe publishing.
54. **Mastrotheodoros, S.** & Ranta, M. (2022). *The effects of COVID-19 on young people's mental health and psychological well-being: An updated literature review*. Youth Partnership: European Union & Council of Europe. <https://pjp-eu.coe.int/documents/42128013/72351197/COVID-19+mental+health.pdf/6f17b66e-019f-1b34-0031-fc3cdda9ef3e?t=1663861381000>
55. **Mastrotheodoros, S.** (2021). *The effects of COVID-19 on young people's mental health and psychological well-being*. Youth Partnership: European Union & Council of Europe. Retrieved on 03.01.2021 <https://pjp-eu.coe.int/documents/42128013/72351197/Effects-COVID-Youth-Mental-Health-Psychological-Well-Being.pdf/b2bc0c32-9fd5-0816-bce5-da9289cfca8c?t=1609772885000>

#### Under Review (research articles in international journals)

(\* denotes shared first-authorship)

- Meng, R., Xu, J., Luo, Y., Miller, C.B., Henry, A.L., Bulut, O., Ruivo Maques, D., **Mastrotheodoros, S.**, et al., (revise and resubmit). Detecting psychometric performance of the Sleep Condition Indicator in community integrating exploratory graph analysis and confirmatory factor analysis. *BMC Public Health*.
- Karataş, S., Gazioğlu, N., Duzen, A., Bobba, B., & **Mastrotheodoros, S.** (revise and resubmit). *The Curative Role of Social Identification with Family and Friends: Disentangling Within- and Between-Person Associations in Psychosocial Adjustment During Emerging Adulthood*.
- \*Bacaro, V., \***Mastrotheodoros, S.**, Natale, V., & Crocetti, E. (under review). *Sleeping Through Adversity: Sleep Moderates Adolescents' Resilient Adaptation After a Natural Disaster*.
- \***Mastrotheodoros, S.**, \*Schalkwijk, W., de Groot, M., Gülöksüz, S., Nelemans, S.A., van Os, J., Rutten, B.P.F., Meeus, W., Boks, M.P., & Branje, S. (under review). *Interpersonal Stress, Epigenetic Indices of Inflammation, and Depressive Symptoms: Longitudinal Associations from Adolescence to Young Adulthood*.
- Mastrotheodoros, S.**, Lan, X., Marques, S., Silletti, F., Grumi, S., & Provenzi, L. (under review). *Timing of Prenatal Stress and Maternal Caregiving Behavior: Mediation by DNA Methylation of Stress-Related Genes?*
- Miklikowska, M., Hillekens, J., Vietze, J., & **Mastrotheodoros, S.** (under review). *Short-Term Strain, Long-Term Gain? The Role of Friendships with Native Peers in the Development of Immigrant Youth's Sense of National Belonging*.

## CONFERENCE PRESENTATIONS

### Keynote and Invited Presentations

**Mastrotheodoros, S.** (2025, March). *Do interpersonal relationships affect gene expression and psychological symptoms?* Invited presentation, Brain Awareness Week 2025, Hellenic Society for Neurosciences, Department of Medicine, University of Crete, Heraklion, Crete.

**Mastrotheodoros, S.** (2024, September). *Introduction to Longitudinal Modeling with R.* Invited pre-conference workshop. 19<sup>th</sup> Biennial Conference of the European Association for Research on Adolescence. September 25<sup>th</sup>-28<sup>th</sup>, 2024, Limassol, Cyprus.

**Mastrotheodoros, S.** (2024, March). *Epigenetic aspects in the development of mental health.* Invited presentation, Brain Awareness Week 2024, Hellenic Society for Neurosciences, Rethymno, Crete.

**Mastrotheodoros, S.** (2022, August). *Development and Transformation: Parenting, Parent-Adolescent Relationships, and Family Dynamics Across Adolescence.* Keynote lecture as the Young Scholar Award recipient. European Association for Research on Adolescence. Dublin, Ireland.

**Mastrotheodoros, S.** (2021, November). *Development and Transformation: Parenting, Parent-Adolescent Relationships, and Family Dynamics Across Adolescence.* External Seminar Series, School of Psychology and Clinical Language Sciences, University of Reading, United Kingdom.

**Mastrotheodoros, S.** (2020, September). *Preregistering a study with existing data on Open Science Framework (OSF).* [Open Science Community Utrecht \(OSCU\) - Utrecht University Faculty of Social and Behavioral Sciences, Symposium on Open Science](#). September 10<sup>th</sup>, 2020. Utrecht, the Netherlands.

**Mastrotheodoros, S.** (2018, November). [Development of Personal Identity in Adolescents: The Role of Romantic Relationships, and Family Communication](#). Paper presented at the National Conference on Youth. University of Vilnius, Vilnius, Lithuania.

### Organized Symposia (Chair)

Hale, W.W. & **Mastrotheodoros, S.** (2022, June). The intertwined effects of family interactions and adolescent internalizing and externalizing problems (Symposium). 26<sup>th</sup> Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD). Rhodes, Greece.

**Mastrotheodoros, S.** & Schulz, S. (2019, July). Family Dynamics and Psychopathology of Parents and Children: Implications for Prevention and Intervention. Symposium organized in the Department of Child and Adolescent Studies, Faculty of Social and Behavioral Sciences, Utrecht University, the Netherlands.

**Mastrotheodoros, S.** (Chair) (2018, September). Putting Adolescents' Daily Lives at the Core: From Theory to Practice. Symposium Organized at the European Association for Research on Adolescence (EARA). Ghent, Belgium.

**Mastrotheodoros, S.** (Chair) (2017, August). Parenting during adolescence: longitudinal studies exploring antecedents, and outcomes of parental behavior. Symposium organized at the 18<sup>th</sup> European Conference on Developmental Psychology (ECDP). Utrecht, the Netherlands.

### Discussant at national conferences

**Mastrotheodoros, S.** (2022, May). Discussant. In P. Leijten (Chair), *How our Measures of Parenting Impact our Understanding of how Parents Shape Children's Development* [Symposium]. Biennial Conference of the Dutch Society for Developmental Psychology (VNOP), Utrecht, the Netherlands.

### Presentations at international conferences

#### 2025

Marques, S., Correia-de-Sa, T., Sampaio-Maia, B., **Mastrotheodoros, S.**, Provenzi, L., & Ferreira-Gomes, J. (2025, August). *The VIPR2 methylation status in ADHD versus neurotypical children: preliminary findings.* 22<sup>nd</sup> Biennial European Conference on Developmental Psychology, Vilnius, Lithuania.

Sperati, A., Lee, Y., Cicek, E., Dellagiulia, A., **Mastrotheodoros, S.**, Pluess, M., & Lionetti, F. (2025, August). *Combining Mothers' and Fathers' Perceptions to Understand Children's Environmental Sensitivity and Implications for Emotional Adjustment.* 22<sup>nd</sup> Biennial European Conference on Developmental Psychology, Vilnius, Lithuania.

Žulec Ivanković, A., Tsivgenidi, M., Merkaš, M., **Mastrotheodoros, S.**, Schulz, S. (2025, August). *Preliminary findings of the project "Smartphone Use, Sleep, and Mood: A cross-cultural study on the role of emotion regulation"*. 22<sup>nd</sup> Biennial European Conference on Developmental Psychology, Vilnius, Lithuania.

## 2024

**Mastrotheodoros, S.** (2024, September, 25<sup>th</sup>-28<sup>th</sup>). *Interpersonal Stress, Epigenetic Indices of Inflammation, and Depressive Symptoms: Longitudinal Associations from Adolescence to Young Adulthood*. 19th Biennial Conference of the European Association for Research on Adolescence. Limassol, Cyprus.

**Mastrotheodoros, S.** (2024, June). *Timing of Prenatal Stress and Maternal Caregiving Behavior: Mediation by DNA methylation of Stress-related Genes?* 27<sup>th</sup> Biennial Conference of the International Society for the Study of Behavioural Development (ISSBD) 2024 Conference, Lisbon, Portugal.

**Mastrotheodoros, S.** (2024, June). *Family functioning and romantic attachment during adolescence: Moderation by interpersonal sensitivity?* 27<sup>th</sup> Biennial Conference of the International Society for the Study of Behavioural Development (ISSBD) 2024 Conference, Lisbon, Portugal.

## 2023

**Mastrotheodoros, S.**, Donker, M., Branje, S. (2023, August). *Changes in adolescents' COVID-19-related stress, parent-adolescent relationships and adolescent mental health during the COVID-19 pandemic: The effect of personality*. 21st Biennial European Conference on Developmental Psychology, Turku, Finland.

**Mastrotheodoros, S.**, Boks, M., Rousseau, C., Meeus, W., & Branje, S. (2023, May). *Negative Parenting, Epigenetic Age, and Psychological Problems: Longitudinal Associations from Adolescence to Young Adulthood*. European Social Science Genetics Network (ESSGN), 2nd meeting. Bologna, Italy.

## 2022

**Mastrotheodoros, S.**, Hillekens, J., Miklikowska, M., Palladino, B.E., & Lionetti, F. (2022, August). *Family Functioning, Identity Commitments, and School Adjustment*. In Karataş, S. & Eckstein, K. *Adolescents' Multiple Identities: The Role of Family and School Experiences* (Symposium). 18th Biennial Conference of the European Association for Research on Adolescence (EARA). Dublin, Ireland.

**Mastrotheodoros, S.**, Boks, M.P.M, Rousseau, C., & Branje, S. (2022, June). *Negative Parenting, Epigenetic Age, and Mental Health: Prospective Associations from Adolescence to Young Adulthood*. Poster presented at the 26th Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD). Rhodes, Greece.

**Mastrotheodoros, S.**, Canário, C., Gugliandolo, M. C., Merkas, M., & Keijsers, L. (2022, June) *Family Functioning and Mental Health During Adolescence: Disentangling Between- and Within-Person Associations*. In Hale, W.W. & Mastrotheodoros, S. (chairs). *The intertwined effects of family interactions and adolescent internalizing and externalizing problems* (Symposium). 26th Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD). Rhodes, Greece.

**Mastrotheodoros, S.**, Boks, M., Rousseau, C., & Branje, S. (2022, May). *Negative Parenting, Epigenetic Age, and Mental Health: Prospective Associations from Adolescence to Young Adulthood*. Flash Talk. Biennial Conference of the Dutch Society for Developmental Psychology (VNOP), Utrecht, the Netherlands.

## 2021

Donker, M. H., **Mastrotheodoros, S.**, & Branje, S. (2021, April). *Changing family relationships in early adolescence during the COVID-19 pandemic: The role of parents' and adolescents' stress and coping*. In A. Nocentini (Chair), *Family adjustment during the global outbreak of covid-19: A longitudinal and international perspective* [Symposium]. Society for Research in Child Development Biennial Meeting, Minneapolis, Minnesota, USA (online).

## 2020

**Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W., & Branje, S. (2020, September). *Parent-Adolescent Conflict across Adolescence: Trajectories of Informant Discrepancies and Associations with Personality Types*. Paper presented at the 17th Biennial Conference of the European Association for Research on Adolescence (EARA). Porto, Portugal.

**Mastrotheodoros, S.**, Kornienko, O., Umaña-Taylor, A., & Motti-Stefanidi, F. (2020, September). *Interplay of Ethnic, National, and Personal Identity for Immigrant Adolescents Living in Greece*. Paper presented at the 17th Biennial Conference of the European Association for Research on Adolescence (EARA). Porto, Portugal.

## 2019

**Mastrotheodoros, S.**, Van Lissa, C.J. Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2019, August). *Interparental conflict and mother-adolescent conflict: Longitudinal mediation by mood using annual assessments*

*and daily diaries*. Paper presented at the 19th European Conference on Developmental Psychology (ECDP). Athens, Greece.

**Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2019, August). *Development of parent-adolescent (discrepancies in) conflict intensity: The role of personality types*. Paper presented at the 19th European Conference on Developmental Psychology (ECDP). Athens, Greece.

**Mastrotheodoros, S.**, Van Lissa, C.J., Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2019, March). *Day-to-Day and Long-term Spillover of Marital Conflict to Mother-Adolescent Conflict: The Role of Mood*. Paper presented at the 2019 Biennial Conference of the Society for Research on Child Development (SRCD). Baltimore, MD, USA.

## 2018

**Mastrotheodoros, S.**, Van Lissa, C.J., Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2018, September). *Day-to-Day and Long-term Spillover of Interparental Conflict to Mother-Adolescent Conflict: The Role of Mood*. Paper presented at the 16th Biennial Conference of the European Association for Research on Adolescence (EARA). Ghent, Belgium.

## 2017

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2017, August). *Greek students' identity and well-being: Longitudinal associations during academic decisions*. Paper presented at the 18th Biennial European Conference on Developmental Psychology (ECDP). Utrecht, the Netherlands.

**Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2017, August). *Interparental Conflict and Parent-Adolescent Relationships: Disentangling between-person from within-person effects*. Paper presented at the 18th Biennial European Conference on Developmental Psychology (ECDP). Utrecht, the Netherlands.

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2017, April). *Close relationships and personal identity: The longitudinal interplay between attachment and identity during adolescence*. Paper presented at the 2017 Biennial Meeting of the Society for Research in Child Development (SRCD). Austin, TX, the USA.

**Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2017, April). *Development of parenting through the eyes of mothers, fathers, and adolescents*. Poster presented at the 2017 Biennial Meeting of the Society for Research in Child Development (SRCD). Austin, TX, USA.

## 2016

**Mastrotheodoros, S.**, Van der Graaff, J., Deković, M., Meeus, W.H.J., & Branje, S.J.T. (2016, September). *Development of parenting through the eyes of mothers, fathers, and adolescents*. Paper presented at the 15th Biennial Conference of the European Association for Research on Adolescence (EARA). La Barrosa, Spain.

## 2015

**Mastrotheodoros, S.**, Chen, B.-B., & Motti-Stefanidi, F. (2015, September). *Experiences in Close Relationships-Revised (ECR-R): Measurement (non-) Invariance across Chinese and Greek Samples*. Paper presented at the 17th Biennial European Conference on Developmental Psychology (ECDP). Braga, Portugal.

He J., van de Vijver, F.J.R., Dominguez Espinosa, A., Abubakar, A., Dimitrova, R., Adams, B., Aydinli, A., Atitsogbe, K., Alonso-Arbiol, I., Bobowik, M., Fischer, R., Jordanov, V., **Mastrotheodoros, S.**, Neto, F., Ponizovsky, Y.J., Reb, J., Sim, S., Sovet, L., Stefenel, D., Suryani, A.O., Tair, E., & Villieux, A. (2015, September). *Socially Desirable Responding: Enhancement and Denial in 20 Countries*. Paper presented at the 17th Biennial European Conference on Developmental Psychology (ECDP). Braga, Portugal.

**Mastrotheodoros, S.**, Pavlopoulos, V., & Motti-Stefanidi, F. (2015, September). *The Utrecht Management of Identity Commitments Scale: Psychometric properties on a sample of Greek and immigrant students*. Poster presented at the 17th Biennial European Conference on Developmental Psychology (ECDP). Braga, Portugal.

## 2014

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2014, June). *Attachment, Identity, and Psychological Adaptation in Late Adolescence: A Longitudinal Study*. Paper presented at the European Association of Developmental Psychology (EADP) Summer school "Risk and Resilience: Multilevel Dynamics". Syros, Greece.

## 2013

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2013, September). *Personal Identity, Psychological Symptoms, and Well-being: A two-wave longitudinal study of Greek adolescents*. Paper presented at the 16th Biennial European Conference on Developmental Psychology (ECDP). Lausanne, Switzerland.

## 2012

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2012, August). *Adaptation of immigrant school-age and adolescent students: Results of a National study*. Paper presented at the 13th Biennial Conference of the European Association for Research on Adolescence (EARA). Spetses, Greece.

## 2011

**Mastrotheodoros, S.**, Asendorpf, J., & Motti-Stefanidi, F. (2011, August). *Psychological Adaptation of Immigrants in Adolescence: A multi-level, longitudinal study of risk and resilience*. Poster presented at the 15th European Conference on Developmental Psychology (ECDP). Bergen, Norway.

### Presentations at Greek national conferences

Lois, I., Petkanopoulou, K., Iatridis, T., Dimopoulou, M.N., **Mastrotheodoros, S.** (2025, May, 6<sup>th</sup>-11<sup>th</sup>). *Ethnic heterogeneity and support for redistribution policies: The moderating role of political orientation* [conference presentation, in Greek]. Hellenic Psychological Association (ELPSE). Ioannina, Greece.

**Mastrotheodoros, S.** (2024, October). *Parent–Adolescent Conflict across Adolescence: Trajectories of Informant Discrepancies and Associations with Personality Types*. Paper presented at the Biennial Conference of Developmental Psychology, Hellenic Psychological Association (ELPSE). Athens, Greece.

**Mastrotheodoros, S.** (2024, October). *Negative Parenting, Epigenetic Age, and Psychological Problems: Longitudinal Associations from Adolescence to Young Adulthood*. Paper presented at the Biennial Conference of Developmental Psychology, Hellenic Psychological Association (ELPSE). Athens, Greece.

**Mastrotheodoros, S.** (2022, October). *Open Science: The response to the contemporary challenges facing science*. Paper presented at the 18th Panhellenic Conference of Psychological Research. Athens, Greece.

Tzima, G., **Mastrotheodoros, S.**, & Motti-Stefanidi, F. (2015, November). Economic Hardship of the Family, Adolescent Self-Efficacy and Adaptation During the Financial Crisis Era. Paper presented at the 1st National School Psychology Conference, Athens, Greece

Vasilopoulou, Z., **Mastrotheodoros, S.**, & Motti-Stefanidi, F. (2015, November). Economic Hardship of the Family, Adolescents' Personality Traits, and Adaptation During the Financial Crisis Era. Paper presented at the 1st National School Psychology Conference, Athens, Greece

**Mastrotheodoros, S.**, Ntalahanis, A., & Moskofi, I. (2015, May). What is the role of personality characteristics for adolescents' adaptation in an era of financial crisis? Paper presented at the Symposium "Youth during an era of serious financial crisis: effects on adaptation, development, and psychological well-being", Caravel Hotel, Athens, Greece.

Gomez, A., Koukidou, S., Papageorgiou, A., & **Mastrotheodoros, S.** (2013, May). Relations between the consequences of the financial crisis and the adolescents' psychological well-being. Paper presented at the 14th Panhellenic Conference on Psychological Research, Alexandroupoli, Greece.

Kaisidou, A., Stavropoulos, V., & **Mastrotheodoros, S.** (2013, May). Consequences of the financial crisis and depressive symptoms in late adolescence: The role of attachment style and family functioning. Paper presented at the 14th Panhellenic Conference on Psychological Research, Alexandroupoli, Greece.

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2012, May). School Grades and Behaviour, as indices of immigrant and repatriated adolescents' school adjustment. Paper presented at the 3rd Panhellenic Conference of Developmental Psychology, Thessaloniki, Greece.

Papathanasiou, A. & **Mastrotheodoros, S.** (2011, November). Positive Adaptation and Development of Immigrant and Repatriated Adolescents. Paper presented at the meeting of the Ministry of Education: Education of Immigrant and Repatriated Students, Athens, Greece.

**Mastrotheodoros, S.** Asendorpf, J., & Motti-Stefanidi, F. (2011, May). Immigration and Social Adversity as Risk Factors for the Mental Health and Well-being of Immigrant Students: A Longitudinal Study. Paper presented at the 13th National Conference of Psychological Research of the Greek Psychological Association, Athens, Greece.

**Mastrotheodoros, S.** & Motti-Stefanidi, F. (2009, May). Self-efficacy Expectations and Psychosocial Adaptation of Immigrant Students: A Longitudinal Study. Paper presented at the 12th National Conference of the Greek Psychological Association, Volos, Greece.

Pappa, K., Kravariti, V., Malichin, K., **Mastrotheodoros, S.**, Pantoleon, I., Poullos, A., & Terikoglou, L. (2007, November). Presentation of the Implementation and the Differences in Internships, between the Clinical Psychology Master's Programmes in the European Union. Paper presented at the 3rd Panhellenic Conference of the Clinical and Health Psychology Division of the Greek Psychological Society, Thessaloniki, Greece.

**TEACHING, LECTURES and SERVICE****Undergraduate Courses in Greek Universities**

- 2023/2024 *Statistics I* (8 ECTS). Bachelor (1st year). Department of Psychology, University of Crete.
- 2023/2024 *Introduction to Longitudinal Analysis with R* (6 ECTS). Bachelor (3<sup>rd</sup> + 4<sup>th</sup> year). Department of Psychology, University of Crete.
- 2023/2024 *Developmental Psychology II: Adolescence to Late Adulthood* (6 ECTS). Bachelor (2nd year). Department of Psychology, University of Crete.
- 2023/2024 *Psychosocial Development During Adolescence: Autonomy, Family Dynamics, and Resilience* (6 ECTS). Bachelor (3<sup>rd</sup> + 4<sup>th</sup> year). Department of Psychology, University of Crete.
- 2022/2023 *Introduction to Longitudinal Analysis with R* (6 ECTS). Bachelor (3<sup>rd</sup> + 4<sup>th</sup> year). Department of Psychology, University of Crete.
- 2022/2023 *Statistics I* (8 ECTS). Bachelor (1<sup>st</sup> year). Department of Psychology, University of Crete.
- 2022/2023 *Developmental Psychology II: Adolescence to Late Adulthood* (6 ECTS). Bachelor (2<sup>nd</sup> year). Department of Psychology, University of Crete.
- 2022/2023 *Psychosocial Development During Adolescence: Autonomy, Family Dynamics, and Resilience* (6 ECTS). Bachelor (3<sup>rd</sup> + 4<sup>th</sup> year). Department of Psychology, University of Crete.
- 2021/2022 *Introduction to Longitudinal Analysis with R* (6 ECTS). Bachelor (3<sup>rd</sup> + 4<sup>th</sup> year). Department of Psychology, University of Crete.
- 2021/2022 *Statistics I* (8 ECTS). Bachelor (1<sup>st</sup> year). Department of Psychology, University of Crete.
- 2011-2015 Psychoanalytical Theories of Personality | Attachment Theory | Socio-cognitive Theory | Personality Development | Psychology of Motivation. Teaching Assistant. Department of Psychology, University of Athens, Greece.

**Postgraduate Activity, Courses, & Lectures****Activity**

- 2024 Member of the Graduate Studies Committee of the Postgraduate Program “Brain & Mind”, Department of Medicine, University of Crete
- 2023-2024 Member of the teaching staff in the Postgraduate Program “Neurosciences”, Department of Medicine, University of Crete
- 2021-2024 Member of the teaching staff in the Postgraduate Program “Brain & Mind”, Department of Medicine, University of Crete

**Courses**

- 2024-2025 Family and Human Development, Postgraduate Program in Applied Developmental Psychology, Hellenic Open University, Patras, Greece

**Lectures**

- 2024 Lecture: “Neuropsychological correlates of schizophrenia”, Postgraduate Program “Neurosciences”, Department of Medicine, University of Crete.
- 2023 Lecture: “Introduction to Resilience Research and the Neurobiological Bases of Resilience”, Postgraduate Program “School Psychology”, Department of Psychology, Aristotle University of Thessaloniki.
- 2023 Lecture: “Introduction to Resilience Research and the Neurobiological Bases of Resilience”, Postgraduate Program “Applied Developmental Psychology”, Department of Psychology, Panteion University.
- 2023 Lecture: “Neurobiological Bases of Resilience”, Postgraduate Program “Brain & Mind”, Department of Medicine, University of Crete.
- 2023 Lecture: “Introduction to Developmental Psychology and Developmental Methods”, Postgraduate Program “Brain & Mind”, Department of Medicine, University of Crete.
- 2021 Lecture: “Neurobiological Bases of Resilience”, Postgraduate Program “Brain & Mind”, Department of Medicine, University of Crete.
- 2021 Mentor of Maya Shanetzki (PhD student, Bar Ilan University, Israel) in preparation for the preconference event “Development of Refugee Children and Youth Living in Camps during COVID-19” at the SRCD Biennial 2021 conference.

**Lectures in foreign universities**

- 2024 Negative Parenting, Epigenetic Age, and Psychological Problems, Department of Child and Adolescent Psychiatry, School of Medicine, University College Dublin, invited talk. [\[link 1\]](#); [\[link 2\]](#).
- 2024 Postgraduate lecture “Introduction to Longitudinal Structural Equation Modeling with R”, Department of Psychology, Alma Mater Studiorum University of Bologna, Italy.
- 2024 Postgraduate lecture “Introduction to Resilience Research in Psychology”, Department of Psychology, “G. d’Annunzio” University of Chieti-Pescara, Italy.
- 2023 Postgraduate lecture and practice: “Introduction to Random-Intercept Cross-Lagged Panel Model and Dynamic Structural Equation Modelling using Mplus”, Department of Psychology, Alma Mater Studiorum University of Bologna, Italy.
- 2016-2022 Undergraduate lectures in varying courses: Introduction to Psychology | Development of Personality and Personal Identity in Context | Family Relationships | Resilience in Development | Adolescent Development. Department of Youth and Family, Utrecht University.

**Courses in Greek post-secondary institutions**

- 2013-2015 *Methods and Statistics in Psychology*. Private University Tutorial School “Papaioannou”.
- 2011/2012 Introduction in Psychology | Developmental Psychology | Psychology and Eating Behavior. Public Colleges - Post-secondary Education Institutes.

**Seminars and workshops organized by international scientific associations.**

- 2025 *Introduction to Longitudinal SEM with R and Mplus*. Invited online workshop for the European Association for Research on Adolescence. In collaboration with Dr. Beatrice Bobba, PhD. [\[link 1\]](#) [\[link 2\]](#)
- 2025 *Introduction to Structural Equation Modeling*. Invited online workshop for the European Association for Research on Adolescence. In collaboration with Dr. Beatrice Bobba, PhD. [\[link 1\]](#) [\[link 2\]](#)
- 2024 *Introduction to Longitudinal Modeling with R*. Invited pre-conference workshop, 19<sup>th</sup> Conference of EARA, September 25<sup>th</sup>, 2024, Limassol, Cyprus.
- 2022 *Structural Equation Modeling*. Two-day online introductory and intermediate workshop for the members of the DECIDE project (P.I. Dr. Marina Merkas), Catholic University of Croatia, Zagreb. In collaboration with Susanne Schulz, MSc (Utrecht University)
- 2021 *Advanced Structural Equation Modeling*. Online workshop for the European Association for Research on Adolescence. In collaboration with Susanne Schulz, MSc (Utrecht University) [\[link 1\]](#) [\[link 2\]](#)
- 2020 *Advanced Structural Equation Modeling*. Preconference Workshop for young scholars taught in collaboration with Susanne Schulz, MSc (Utrecht University) at the 17<sup>th</sup> Biennial Conference of the European Association for Research on Adolescence (EARA). Porto, Portugal (moved to online).
- 2019 *Writing a research paper in the psychological and social sciences*. Preconference Workshop taught at the 19<sup>th</sup> European Conference on Developmental Psychology (ECDP). Athens, Greece.

**Supervision of PhD students**

- 2021-2025 Jingyun Wang, Thesis Title “Autonomously Connected: Adolescent autonomy in the contexts of family, peer, and school”, Date of Defense: September 2025, Department of Youth and Family, Utrecht University. Role: Co-supervisor
- 2025-ongoing Chrysi Mouatsou, Department of Psychology, University of Crete. Role: Co-supervisor

**Supervision of bachelor and master’s students**

- 2023/2024 9 bachelor theses (University of Crete)
- 2022/2023 4 bachelor theses (University of Crete)  
\* The Best Thesis Award (“Theoni Velli” Award) of the Department of Psychology, at the University of Crete was awarded to Anthi Sentona, a thesis under my supervision during the 2022/2023 term.
- 2020/2021 5 master theses (Utrecht University)
- 2018/2019 4 bachelor theses (Utrecht University)
- 2017/2018 1 bachelor thesis (Utrecht University)
- 2014/2015 5 bachelor theses (University of Athens)

**Master’s Students Qualifying Exams – Committee member (Postgraduate Studies Program “Brain & Mind”)**

2023 3 master's students  
 2022 2 masters' students

#### Other lectures

2020 Introduction to Data Analysis with R. Co-organizing and presenting a series of 6 lectures at departmental meetings. Department of Youth and Family, Utrecht University.

#### Institutional Committees (University of Crete)

2024-2026 Committee of Graduate Studies – Postgraduate Program “Brain & Mind”, Department of Medicine  
 2023 Head of the Erasmus+ committee  
 2022-2024 Committee of Undergraduate Studies  
 2022-2024 Committee of Internal Assessment (deputy member)

#### CONTINUING EDUCATION & TRAINING

2020-2023 Johns Hopkins University, Coursera: Genomic Data Science.  
 2021 Wellcome Genome Campus, FutureLearn: Bioinformatics for Biologists: An introduction to Linux, BASH Scripting, and R.  
 2020 Harvard University, HarvardX, edX: Statistical Inference and Modeling for High-throughput Experiments. Online course (4 weeks; ~16 hours), with graded assignments. Certified attendance and completion.  
 2020 Melbourne University, Coursera: Epigenetic Control of Gene Expression. Online course (7 weeks; ~ 40 hours), with graded assignments. Certified attendance and completion.  
 2018-2023 Datacamp.com: Data Scientist with R. Multi-course career track consisting of 23 multi-chapter courses, 110 hours of online training, including courses on writing functions, data visualization (ggplot2), data handling (dplyr), statistics and more. Certified attendance and completion.  
 2019 Utrecht Summer School: Modeling the Dynamics of Intensive Longitudinal Data. (5-day course, 1.5 ECTS). Department of Methods and Statistics, Utrecht University, the Netherlands.  
 2018 Utrecht Summer School: Applied Bayesian Statistics. (5-day course, 1.5 ECTS). Department of Methods and Statistics, Utrecht University, the Netherlands.  
 2017 Summer School: International Society for the Study of Behavioral Development (ISSBD), European Association of Developmental Psychology (EADP). Joint summer school: Positive Youth Development in Times of Social Change. July 2-6, 2017, Syros, Greece.  
 2016 Utrecht Summer School: Statistical Programming with R. (5-day course, 1.5 ECTS). Department of Methods and Statistics, Utrecht University, the Netherlands.  
 2016 Utrecht Summer School: Multiple Imputation in Practice. (1-day course, 1 ECTS). Department of Methods and Statistics, Utrecht University, the Netherlands.  
 2015 Summer School: European Association of Developmental Psychology & Jacobs Foundation, 17th Biennial Conference, Pre-conference Workshop: Academic Grant Writing.  
 2014 Summer School: European Association for Developmental Psychology & Jacobs Foundation Summer School: Risk and Resilience: Multilevel Dynamics. June 14-19, Syros, Greece.  
 2014 Summer School: European Association of Research on Adolescence (EARA) - Society for Research on Adolescence (SRA). June 1st-6th 2014. Utrecht, The Netherlands.

#### FUNDING

Total amount of travel grants, scholarships and awards: € 250.799.

€ 199,804 Hellenic Foundation for Research and Innovation (HFRI, ELIDEK, Ελληνικό Ίδρυμα Έρευνας και Καινοτομίας), 3<sup>rd</sup> Call for Research Projects ELIDEK to support University Professors and Researchers. Project Title: We Fought, I Scrolled, and I am Sleepless (FuSS): Unraveling the short-term and long-term dynamics of adolescents' sleep and smartphone use, in the context of family and peer relationships (PI). Ranked 1<sup>st</sup> in the section “Social Sciences”, nationally.  
 € 500 Travel Grant, International Society for the Study of Behavioural Development (ISSBD), to attend the ISSBD Biennial meeting 2024, in Lisbon, Portugal  
 € 5,000 European Association of Developmental Psychology – Collaboration Grant 2024-2025, PI: Stefanos Mastrotheodoros. Co-PIs: Marina Merkas, Susanne Schulz. Project title: “*Smartphone Use, Sleep, and Mood: A cross-cultural study on the role of emotion regulation*”

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| € 5,000  | European Association of Developmental Psychology – Collaboration Grant 2024-2025, PI Sofia Marques. Co-PIs: Stefanos Mastrotheodoros, Livio Provenzi. Project title: <i>“Epigenetics of ADHD: in the quest for a biological marker of the disorder”</i>                     |
| € 3,000  | Visiting Professor, “G. d’Annunzio” University of Chieti-Pescara, Italy.  |
| € 995    | Erasmus+ funding for research visit and training. Hosting Institution: University of Bologna. Hosting Scholar: Prof. Dr. Elisabetta Crocetti.   |
| € 500    | Funding following the Young Scholar Award from the European Association for Research on Adolescence (EARA), to attend the 2022 Biennial conference of EARA (Dublin, Ireland).   |
| € 500    | Funding following the Best Paper Award from the Hellenic Psychological Society – Division for Developmental Psychology (ELPSE, Developmental Psychology).   |
| € 1,500  | Funding from the Department of Child and Adolescent Studies (CAS), Utrecht University, to organize workshop “Family Dynamics and Psychopathology of Parents and Children: Implications for Prevention and Intervention”, invited keynote speaker: Prof. Dr. Zimmer-Gembeck. |
| € 3,000  | Funding from the Department of Child and Adolescent Studies (CAS), Utrecht University, to conduct a 3-month research visit to the USA, to work in Prof. Dr. Lauren Papp’s lab.  |
| € 1,500  | Jacobs Foundation travel grant to attend the ECDP 2013, Lausanne, Switzerland.  |
| € 1,500  | Jacobs Foundation travel grant to attend the ECDP 2011, Bergen, Norway.   |
| € 4,000  | Propondis Foundation scholarship for doctoral studies in Clinical Psychology.   |
| € 8,400  | Alexandros Onassis Public Benefit Foundation, scholarship for doctoral studies in Clinical Psychology.  |
| € 10,800 | National Scholarship Foundation, scholarship for post-graduate and doctoral studies in Clinical Psychology.   |
| € 4,800  | National Scholarship Foundation, honors and awards for best in-class academic achievement for undergraduate studies in Psychology, 2003-2006  |

## CLINICAL EXPERIENCE

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| 2011-2015 | Psychologist in Private Practice. Adult Counselling, Psychological Assessment (children's intelligence tests, children and adult personality testing).   |
| 2012-2013 | Child Psychiatric Hospital “Aghia Sophia”, Child Psychiatric Department, Child Psychiatry Liaison Clinic, Department of Medicine, University of Athens, Greece.  |
| 2010      | Psychologist in the Greek Army   |
| 2008-2009 | “Athina” Program - Outpatient non-substitution Unit - Aeginition University Clinic, Department of Medicine, University of Athens, Greece. Internship (1500 hours) - Clinical Psychologist. Assessment of Cases of Alcohol/Drug Addiction; Attendance of Therapy Sessions as co-therapist; Attendance of Family Sessions. |
| 2007-2008 | Child Psychiatric Hospital "Aghia Sophia", Child Psychiatric Department, Child Psychiatry Liaison Clinic, Department of Medicine, University of Athens, Greece. Internship (1000 hours) - Clinical Psychologist. Inpatient Clinic (5 months); Outpatient Clinic (4 months).  |

## COMPUTER SKILLS | FOREIGN LANGUAGES

### Statistical Software

lavaan (in R); Mplus; JAMOVI; JASP; SPSS; PLINK (basic knowledge); AMOS.

### Programming Languages

R: experienced/advanced user (packages/skills: lavaan, semTools, tidyverse, ggplot2, regex, MplusAutomation, base, Machine Learning in R, R Programmer from DataCamp.com).

Python: beginner (introduction to Python, Python for Genomics).

Bash scripting: beginner (basic knowledge).

Operating Systems: Windows; Linux (basic knowledge).

### Foreign Languages

English (C2, Common European Framework of Reference-CEFR) | Dutch (C1, CEFR) | German (C1, CEFR) | Spanish (A2, CEFR) | Greek (native speaker)