

# PAVLINA PSYCHOULI

## ASSISTANT PROFESSOR OF OCCUPATIONAL THERAPY & NEUROREHABILITATION

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Amfitritis 30, Flat 22,  
2000, Nicosia  
Cyprus

### EDUCATION

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**PhD** Constraint-Induced Movement Therapy, University of Southampton,  
United Kingdom. October 2009  
Thesis: *“Modified constraint-induced movement therapy in children with congenital hemiplegic cerebral palsy”*

**MSc** Neurorehabilitation, Brunel University, United Kingdom. October 2003  
Dissertation: *“Botulinum toxin injections in children with cerebral palsy: Greek physical and occupational therapists’ opinion regarding the functional effects”*

**BSc** Occupational Therapy, Technological Educational Institute of Athens,  
Greece. May 2001

### PROFESSIONAL TRAINING

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**Constraint-Induced Therapy Program for Health Professionals**  
The University of Alabama at Birmingham (U.S.A.) November 2004

### WORKING EXPERIENCE

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**University of West Attica** December 2021-present  
Centre of Educational & Life-long Learning  
Athens, Greece

**Position:** Academic Instructor for the teaching unit, titled “Therapeutic Methods & Techniques in Neurological Pediatric Physical Therapy” of the course “Pediatric Neurological Physical Therapy”.  
Part time (12 hours/ year)

**University of Thessaly** October 2019- present  
Physical Therapy Programme  
Lamia, Greece

**Position:** Guest Instructor for the course “Clinical Neuroscience & Rehabilitation”, at the “MSc Advanced Physical Therapy”.  
Part time (4 hours/ year)

**University of Thessaly** March 2019- present  
Medical School  
Larisa, Greece

**Position:** Guest Instructor for the course “Neurorehabilitation Methods for skill recovery”, at the “MSc Neurorehabilitation”.

Part time (8 hours/ year)

**Universiti Teknologi Mara**

April 2019-present

Centre for Innovative Delivery & Learning Development

Kuala Lumpur, Malaysia

**Position:** Guest Instructor for the course “Contemporary Community Integration in Developmental Disabilities”, Occupational Therapy Programme.

Part time (2-4 hours/ year)

**National and Kapodistrian University of Athens**

March 2018- present

Distance Learning Unit

Athens, Greece

**Position:** External Scientific Collaborator for the course “Physical Therapy in Cerebrovascular Accident”. Development of module, titled: “Constraint Induced Movement Therapy”.

Part time (approx. 5 hours/ 2 months)

**European University Cyprus**

October 2015- present

Department of Health Sciences, School of Sciences

**Position:** Assistant Professor, Coordinator of the BSc Occupational Therapy

Full time

**Ministry of Education, Culture,  
Sport and Youth**

Examinations Unit

Cyprus

January 2017- November 2017

& January 2019-December 2019

**Position:** Scientific director for Occupational Therapy examinations (hiring of special personnel for Special Schools in Cyprus).

Part time (approximately 5 hours/ month)

**“Kinitro kai Kinisi”**

**Paediatric Rehabilitation Centre**

September 2013 - February 2015

**Position:** General Manager/ Occupational Therapy Supervisor

Full time

**Mitera Private Hospital**

February 2015-July 2016

**Position:** External Scientific clinical collaborator (Occupational therapy services for children)

Part time (on demand)

**Aegean Omiros College**

December 2013

Leof. El. Venizelou 17, Athina 105 64, Greece

**Position:** Occupational Therapy Curriculum Developer

Part time for a total duration of approximately 6 months

**Technological Educational Institute of Athens** September 2008 - July 2015  
Department of Occupational Therapy, School of Health Sciences  
**Position:** External scientific collaborator for BSc Occupational Therapy Programme  
Part time (2-15 hours/ week)

**“Thelisi gia to Pedi”, Child & Adolescent Therapy Center**  
Athens, Greece September 2001-July 2002  
& October 2008-July 2015  
**Position:** Scientific Collaborator, Occupational Therapy Services  
Part-time (approx. 15 hours/ week)

**Home-based Rehabilitation Services** September 2008 – July 2015  
**Position:** Occupational Therapy assessment & intervention (adults & children with neurological disorders)  
Part time (approx. 15 hours/ week)

**Greek Manpower Employment Organization (O.A.E.D.)** October 2001 – June 2002  
Department for People with Special Needs  
Athens, Greece  
**Position:** Special Scientist, Occupational Therapy services for adults with developmental disorders  
Full time

## **RESEARCH INTERESTS**

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Upper Limb Rehabilitation  
Brain Plasticity  
Intensive therapy & Constraint-Induced movement therapy  
Cerebral Palsy, Stroke  
Robotics & Upper Limb Rehabilitation Technology  
Occupational Therapy for displaced populations (refugees, asylum seekers)  
Advanced educational methods for Occupational Therapy

## **PEER-REVIEWED ARTICLES IN INTERNATIONAL JOURNALS**

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Anyfantis, I., **Psychouli, P.**, Varianou Mikellidou, C., Boustras, G. (2020). “Cross-Sectional Survey on Psychological Health, Burnout and Musculoskeletal Disorders in Greek and Cypriot Occupational Therapists”, *Occupational Therapy in Mental Health*, 36 (3): 291-302.

**Psychouli, P.**, Zadnik, M., Collins, K. (2020). “Internationalization at Home: An Occupational therapy synchronous collaboration between Cyprus and USA”, *American Journal of Occupational Therapy*, 74: 1-9.

**Psychouli, P.**, K. Kadjis (2020). “Integrated Care: A PTSD diagnostic mechanism for a refugee reception centre”. *International Journal of Integrated Care*, 21(S1): A63, pp. 1-8.

Zadnik, M., **Psychouli, P.**, Collins, K. (2019). “Developing an international cultural learning project: An effort towards introducing internationalization in the classroom”, *Journal of Occupational Therapy Education*, 3 (4): 1-17.

**Psychouli, P.**, Kennedy, C., “Modified Constraint-Induced Movement Therapy as a Home-Based Intervention for Children With Cerebral Palsy” (2016) *Pediatric Physical Therapy*, 28 (2):154-160.

**Psychouli, P.** (2012). “Constraint-Induced Movement Therapy (CIMT): “A review of the theoretical basis. Effectiveness on adults with hemiplegia”, *Occupational Therapy*, 49: 7-12.

**Psychouli, P.**, Burridge, J., Kennedy, C. (2010). “Forced use as a home-based intervention in children with congenital hemiplegic cerebral palsy: Choosing the appropriate constraint”, *Disability and Rehabilitation: Assistive Technology*, 5 (1): 25-33.

**Psychouli, P.**, Burridge, J., Kennedy, C., “Paediatric Constraint-Induced Movement Therapy: A survey into therapists’ view”, *Children, young people & families, Occupational Therapy Journal*, 2008.

#### SUBMITTED ARTICLES

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C. Christodoulou, **P. Psychouli**. Development of the Occupational Assessment for the Displaced Population (OADP) tool. *In review*.

A. Kyriakou, **P. Psychouli**. Effectiveness of the CO-OP Approach on the occupational performance of adults with stroke: A Systematic Review. *In review*.

**P. Psychouli**, I. Mamais, C. Anastasiou. Identifying the Relative Effectiveness of Different Intensity Protocols of Modified Constraint-Induced Therapy in Patients after Stroke: A Systematic Review of Randomized Controlled Trials. *In review*.

**P. Psychouli**, D. Lamnisos. Cross-cultural adaptation and psychometric evaluation of the Greek version of the Motor Activity Log (MAL): a multi-centre cross-sectional study. *In review*.

#### CONFERENCE PROCEEDINGS

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**P. Psychouli**, I. Louta, M. Georgiadou. Developing an occupational understanding of the needs of unaccompanied asylum-seeking minors (UAMs) living in shelters in Cyprus, *18th WFOT 2022 Congress*, 28 - 31 August 2022, Paris, France.

C. Christodoulou, **P. Psychouli**. Design of an occupation-based assessment tool for refugees and asylum seekers, *18th WFOT 2022 Congress*, 28 - 31 August 2022, Paris, France.

A. Moyses, D. Papageorgiou, **P. Psychouli**. The Efficacy of Sensory Integration Approach in Occupational Performance for Children with Autism Spectrum Disorder: A Systematic Review. *18th WFOT 2022 Congress*, 28 - 31 August 2022, Paris, France.

K. Katzis, **P. Psychouli**. A Hand Motion Tracker supporting home-based rehabilitation for people with hemiplegia due to stroke, *ICIMTH 2022*, 01-03 July 2022, Athens, Greece.

A. Kyriakou, **P. Psychouli**, “The effectiveness of the CO-OP method on the occupational performance of adults following stroke: A systematic review”, *7th European Stroke Organization Conference (ESOC2021)*, 1-3/ 09/ 2021 (virtual).

**P. Psychouli**, I. Anyfantis, C. Varianou Mikellidou, G. Boustras. “Cross-sectional survey on burnout and musculoskeletal disorders in Greek and Cypriot Occupational Therapists”, *2nd COTEC-ENOTHE Congress*, 15 – 18/ 09/ 2021, Prague (virtual).

**P. Psychouli**, M. Sourmelis, I. Mamais. “Modified Constraint-Induced Therapy or traditional rehabilitation techniques? A systematic review of the comparative effects in stroke patients”, *European Stroke Organization and World Stroke Organization Conference (ESO-WSO 2020)*, 7-9/ 11/ 2020 (virtual).

**P. Psychouli**, K. Katzis. Integrated Care: A PTSD diagnostic mechanism for a refugee reception centre, *20th International Conference on Integrated Care*, 09/ 2020 (virtual).

Louta, E. Kapnisi, L. Antonaki, M. Petrou, **P. Psychouli**. “Bridging Occupational Gaps with Refugees and Asylum Seekers”, *25th ENOTHE Annual Meeting 2019*, Athens, Greece.

**P. Psychouli**, K. Katzis, M. Elliott. “Home-Based Training Support for Stroke Patients Using the Leap Motion and StandInExercise Stand”, *17<sup>th</sup> International Conference on Informatics, Management and Technology in Healthcare*, 2018, Athens, Greece.

M. Zadnik, **P. Psychouli**, K. Collins. “Cross-cultural e-learning between Cypriot and American occupational therapy students: A pilot study”, *World Federation of Occupational Therapy Congress*, 2018, Cape Town, South Africa.

**P. Psychouli**, P. Cheng, C. Dimopoulos. “Development of a Robotic System for Enhancing Children's Motivation in Constraint Induced Movement Therapy (CIMT)”, *14<sup>th</sup> AAATE Congress*, 2017, Sheffield, UK.

T. Tsitsi, M. Kriela, **P. Psychouli**, P. Kontogiannis, E. Stavropoulou, C. Nestoridis. «Η επίδραση τροποποιημένου μοντέλου Constraint Induced Movement Therapy στη λειτουργικότητα του ημιπληγικού άνω άκρου: Μία μελέτη περίπτωσης», *14<sup>th</sup> Panhellenic Conference of the Hellenic Society of Physical Medicine & Rehabilitation*, 26- 29/ 02/ 2016, Athens, Greece.

**P. Psychouli**. «Constraint Induced Movement Therapy σε παιδιά με ημιπληγία: Μία πιλοτική μελέτη», *10<sup>th</sup> Panhellenic Paediatric Neurology Conference*, 2010, Athens, Greece.

**P. Psychouli**. «Constraint Induced Movement Therapy σε παιδιά με εγκεφαλική παράλυση», *5<sup>th</sup> Panhellenic Conference of Occupational Therapy*, 2009, Athens, Greece.

#### **PROFESSIONAL SEMINAR PRESENTATIONS**

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“Constraint Induced Movement Therapy: Therapists training”, 2-day Seminar, Continuous Professional Development Program of Lab LANECASM, Physiotherapy Program, **University of West Attica**.

“Constraint Induced Movement Therapy: Therapists training”, 4-day Seminar, Greek Scientific Physiotherapy Association (**EEEEF**), Athens, Greece, 2016, 2018.

“Constraint Induced Movement Therapy”, 8-hour Workshop, **Universiti Teknologi Mara (UiTM) Malaysia**, 30<sup>th</sup> March 2019, Kuala Lumpur, Malaysia.

## INVITED LECTURES/ PRESENTATIONS

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**UNHCR Cyprus**, The role of occupational therapy with unaccompanied minor girls. *Refugee and asylum-seeking women in Cyprus: Challenges and Opportunities*, 9<sup>th</sup> March 2022, Nicosia.

**Radford University**, Bridging Occupational Gaps with Refugees & Asylum Seekers, *Global Health Conference*, 16<sup>th</sup> April 2021, USA

**SPOT Nijmegen** (Student Platform Occupational Therapy), Occupational Therapy working with refugees and asylum seekers, *Podcast*, April 2021, virtual.

**Universiti Teknologi Mara**, Constraint Induced Movement Therapy (CIMT) in stroke patients, *BSc Occupational Therapy & Physical Therapy lecture*, 2020,2021, Kuala Lumpur, Malaysia.

**Technological University Cyprus**, «Ταξινόμηση & Αξιολόγηση της λειτουργικότητας του άνω άκρου στην εγκεφαλική παράλυση» στην Ημερίδα «Κλινικός Συλλογισμός στην Αξιολόγηση Παιδιών με Εγκεφαλική Παράλυση / Συστήματα Ταξινόμησης. Πολυθεματική Προσέγγιση», 2019, Limassol, Cyprus

**31st Conference of the Greek Scientific Society of Physiotherapy**, “CIMT for children with cerebral palsy”, 2017, Athens, Greece.

**1st Conference of the Greek Association of Neurodevelopmental Therapy**, «Η θεραπεία Constraint Induced Movement Therapy και η εφαρμογή της στα παιδιά με εγκεφαλική παράλυση», 2014, Thessaloniki, Greece.

**27th Conference of the Greek Scientific Society of Physiotherapy**, «Εισαγωγή στην Υποστηρικτική Τεχνολογία», 2013, Athens, Greece.

**24th Conference of the Greek Scientific Society of Physiotherapy**, «Constraint Induced Movement Therapy σε παιδιά με εγκεφαλική παράλυση: Αναζήτηση ενός πρακτικού πρωτοκόλλου», 2010, Athens, Greece.

## BOOK CHAPTERS

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**Psychouli, P.** Papageorgiou, A., Louta, I, “Bridging Occupational Gaps with Refugees and Asylum Seekers in Cyprus” IN: S. Shann, S. Baptiste, *Routledge International Handbook of Occupational Therapy*, in press.

**Psychouli, P.**, Cheng, P., Dimopoulos, C., “Development of a Robotic System for Enhancing Children's Motivation in Constraint Induced Movement Therapy (CIMT)”, *Studies in Health Technology and Informatics*, 2017, vol. 242, e-book.

**Psychouli, P.**, “Constraint-Induced Movement Therapy” IN: Παντελιάδης, Χ. Π., *Εγκεφαλική Πάρεση. Κινητικά Προβλήματα-Πολλαπλές Αναπηρίες-Νευρολογική-Ορθοπαιδική-Ψυχοκοινωνική προσέγγιση*, 2015.

## PARTICIPATION IN (RESEARCH) FUNDED PROJECTS

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**Erasmus+, KA2.** Project Title: “EUROPEAN HEALTH CARE FINAL DISSERTATION: a digital, international and collaborative co-designed model to address health care societal challenges”. *Position*: Partner, 01/ 2022- 12/ 2024, Amount: €369,756.

**COST action:** Project Title: “Connecting Theory and Practical Issues of Migration and Religious Diversity (COREnet)”. *Position:* MC Member CA20107 CY, 10/ 2021- 10/ 2025.

**DIGITAL TEACHING AND LEARNING LNO Research, USA.** Project Title: “Exploring the benefits of cross-cultural collaborative learning projects: A pilot study”. *Position:* Principal Investigator, 08/ 2017 – 08/ 2018. Amount: \$20,000

**UNHCR Cyprus.** Project title: “Occupational Therapy for Refugees Integration in Cyprus”. *Position:* Coordinator, 01/ 2019-12/ 2019. €3,000.

**University of Thessaly Volos, Greece.** Project Title: “Personal views of people with mental retardation on the parental and educational support received in relation to self-esteem and psychological well-being”. *Position:* Research Assistant, 01/08-31/12/2002. Amount: €327,9

### **SCHOLARSHIPS AND AWARDS**

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<b>Research award</b> British Federation of Women Graduates Award, UK	2007
<b>PhD Scholarship</b> State Scholarships Foundation (IKY), Greece	2004
<b>MSc Scholarship</b> State Scholarships Foundation (IKY), Greece	2002

### **PROFESSIONAL SERVICE**

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#### **Professional Memberships:**

1. Pancyriot Association of Occupational Therapists
2. Hellenic Association of Ergotherapists
3. Association for the Advancement of Assistive Technology in Europe (AAATE)
4. European Network of Occupational Therapy in Higher Education (ENOTHE)
5. World Federation of Occupational Therapists (WFOT)
6. European Stroke Association (ESO)

#### **Services to the wider Academic Community:**

**World Health Organization (WHO):** Member of the working group for the “Package of Priority Rehabilitation Interventions”, 2018-2021.

**World Health Organization (WHO):** Member of the “Development Group Cerebral Palsy”, 2020-2021.

**World Health Organization (WHO):** Contributor for the “Prevalence of coverage of assistive technology in the WHO European Region: a scoping review”. 2021

**European Network of Occupational Therapy in Higher Education (ENOTHE):** Co-leader in the development of the 1<sup>st</sup> European Occupational Therapy Summer Course, 12-16 July 2021.

**COTEC-ENOTHE:** Member of the Register of Experts for Occupational Therapy Europe (OT-EU).

**Peer-Reviewer for:**

- Disability & Rehabilitation
- Disability & Rehabilitation: Assistive Technology
- Clinical Rehabilitation
- American Journal of Occupational Therapy
- Therapeutic Advances in Neurological Disorders

**LANGUAGES**

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Greek

English

Italian