

CV of Eleni Vassilaki, PhD

Conduct Information

- Eleni Vassilaki, Assoc. Professor of Cognitive Psychology,
- Head of the Department of Primary Education, School of Education, University of Crete,
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Studies

- 1985 Paidagogiki Academia of Ioannina, Greece
- 1986 Postgraduate Diploma in Education (Dip. Ed.), University of Dundee, Scotland
- 1987 Master in Educational Psychology, University of Edinburgh, Scotland
- 1992 Ph.D. in Psychology, Department of Psychology University of Dundee, Scotland

Academic Positions

- 1992–1998 Contract 407/80 Subject: Psychology, Department of Education, UoC
- 1998-2002 Lecturer (not a permanent post), Department of Education, UoC
- 2002-2006 Assistant Professor (not a permanent post), Department of Education, UoC
- 2006-2011 Assistant Professor (permanent post), Department of Education, UoC
- 2011 - until now Assoc. Professor, Department of Education, UoC

Teaching Experience

Have taught in different and various educational settings in Greece and abroad such as teachers' professional education, postgraduate courses in teacher education, in Medical Schools (University of Crete & University Athens), in Psychology Departments (University of Baleares and University of Algarve).

Subjects taught

- Introduction to Psychology
- Anatomy and Functioning of Central Nervous System
- Cognitive Psychology
- Cognitive theories of Anxiety
- Memory: Function & dysfunction
- Psychology of Motivation

Main Research Interests

High anxiety levels impair performance on cognitive tasks specially the attentionally demanding ones. Anxiety affects negatively the functions of the Central Executive component of the Working Memory System. Highly anxious individuals find difficult to exert attentional control, to avoid the distracting threat related stimuli, and shift cognitive resources to task demands. As a consequence they suffer from impaired performance. Having this theoretical framework in mind we investigate attentional control and cognitive biases in anxiety, information processing in anxiety and repressive defensiveness in childhood, Anxiety, Working Memory and Cognitive Performance.

Have participated and completed international research protocols funded by national and E.U. sources. Most recent ones concern:

- a) The investigation of the relationship between cognitive components of anxiety, perceived control and performance,
- b) The investigation of Bibliotherapy and Emotional Disclosure as a tool of anxiety reduction in the school setting (collaboration with Prof. D. Manier, CUNY, USA),
- c) The investigation of the effects of anxiety on the structure and function of the brain with the use of fMRI (collaboration with Dr. Em. Stamatakis, Anesthesia Dept., Medical School, Queens College, University of Cambridge, UK),
- d) The investigation of the concept of happiness (collaboration with Prof. D. Manier, CUNY, USA),
- e) The investigation of the psychological effects of the economic recession (collaboration with Prof. Esth. Greenglass, York University, Canada),
- f) The investigation of autobiographical memories and emotional disorders - Memory-based psychological treatments for depression and PTSD (collaboration with Prof T. Dalgleish, MRC, University of Cambridge, UK).

Have created intervention training programs for stress and anxiety reduction in schools, have participated in Scandinavia- Baltic Summer School in developmental psychology issues, and have attended workshops on teacher's coping strategies for a whole School Stress Management Policy and workshops on traumatic stress recovery.

Have been using the Erasmus for training programs to visit research labs at the University of Cambridge and University of Edinburgh.

Have organized 2 International Conferences on Stress and Anxiety with Continuing Medical Education accreditation. Have coordinated a framework for academic collaboration between Lehman College (CUNY) and School of Education at the University of Crete (2013).

Publications

Have participated and presented my work in more than 50 international and national conferences, seminars and workshops. Have published over 40 papers in Greek and International Journals. Have published 8 books and selected volumes. Have been a member of

the scientific and organizing committees of 35 international and national conferences and I'm in the scientific/advisory board of 4 journals (2 national and 2 international).

a. Books/Volumes

Vassilaki, E., Triliva, S. Bezevegis, I. (Eds.) (2001). *Stress, Anxiety and Coping*. Editor: Ellinika Grammata, pp.350

Alder, B. (translation & editing Vassilaki, E.) (2005). *Motivation, Emotions and Stress*. Editor: Ellinika Grammata (British Psychological Society)

Roussi, P. Vassilaki, E., Kaniasty, Kr. (Eds.) (2008). *Stress and Psychosocial Resources: Coping with life changes, occupational demands, educational challenges, and threats to physical and emotional well being*. Logos Verlag Berlin, pp.130

Eysenck, M. (2012). (Vassilaki, E. Ed.). *Foudamental of Cognition*. Gutenberg Publication, pp.651

Vassilaki, E. (1999). *Psychology and Internet* (printed & digital form), pp. 135. Promotheas, University of Crete.

Vassilaki, E. (2000). *Cognitive Psychology* (printed & digital form), pp. 81. Promotheas, University of Crete.

Vassilaki, E., Rovithis, E. (2002). *Psychology and Psychiatry in the Internet*. Editor: Ellinika Grammata, pp.570

Vassilaki, E. (in print). *The Cognitive Perspective of Anxiety: Models, theories and research evidence*. Gutenberg ISBN 978-960-01-1422-5

b. Selected articles

Palios, Z., Vasilaki, E. (1995). Esami Scolastici e controllo sociale. *Studi di Sociologia*, n. 4, Publ. University of Milan.

Palios, Z. Vasilaki, E. (1996). Cultural and National Identity: The case of Greece in vol. *National and Cultural Identity in Education*. Ed. Network Educational Science Amsterdam.

Kantas, A., Vasilaki, E. (1997). Burn out in Greek teachers: Core findings and validity of the Maslach Burnout Inventory, *Work and Stress, An international, multidisciplinary quarterly of stress, health, and performance*, Vol. 11, no.1, Taylor & Francis.

Vassilaki, E. (1997). Evaluation anxiety, self-esteem and unreasonable ideas of students aged 11–12 years old, *Contemporary Psychology in Greece*. Ellinika Grammata.

Vamvoukas, M., Vassilaki, E., Anastasi, D., Theodoropoulou, M., Samara, N., Xantzaki, M., Logou, G. (1998). Alterations made by the 5th and 6th grade primary school pupils in the rules of the phonemic–graphic correspondence of the Greek Language in Crete and Cyprus. Proceedings of the International Congress “*Sustainable Development in the Islands and the Role of Research and Higher Education*”, Rhodes,. Tous droits de reproduction reserves. D/1985/Georges THILL/Editeur. ISSN 0773–8196.

Triliva, S., Vassilaki, E., & Chimienti G. (1998). Coping strategies among Greek High School students and their relationship to anxiety and depression. *Advances in Health Psychology Research*, vol. 1. Berlin: Freie Universitat (ISBN 3-00-002776-9), Schwarzer, R. (Ed).

Roussi, P., Vassilaki, E. (2001). The applicability of the Multiaxial Model of Coping to a Greek Population. *Anxiety, Stress, and Coping. An International Journal*, vol. 14.

Vassilaki, E. (2002). Reliability and Validity of the Greek version of the Cognitive Interference Questionnaire. Volume with selected articles on “*The Psychometric Instruments in Greece*” (Eds) Stalikas, Roussi, Triliva, Greek Letters.

Roussi, P. Vassilaki, E. (2002). Standardization of the Strategic Approach to Coping Scale [SACS] of S.E. Hobfoll, C.L. Dunahoo & J. Monnier. Volume with selected articles on “*The Psychometric Instruments in Greece*” (Eds) Stalikas, Roussi, Triliva, Greek Letters.

Roussi, P. Vassilaki, E. (2002). Standardization of the Short Form Social Support Questionnaire [SSQ – 6] of I.G. Sarason, B.R. Sarason, E.N. Shearin & G.R. Pierce. Volume with selected articles on “*The Psychometric Instruments in Greece*” (Eds) Stalikas, Roussi, Triliva, Greek Letters.

Vassilaki, E., Giaxnakis, Em., Stamelos, G., Spiridakis, G., Kanellos, I. (2005). Test Anxiety and Metacognitive Skills. Chapter in Thematic Volume of the 4th Conference on the Didactics of Mathematics.

Vassilaki, E. (2006). Anxiety’s effects on the functioning of memory. *Journal of Epistimes Agogis*, vol. 1/2006

Vassilaki, E. (2006). Anxiety and Cognitive functioning in Primary and High School Students. Chapter in Book *Stress and Anxiety: Application to Health, Work Place, Community and Education*. (Ed. Buchwald, P.) Cambridge Scholars Press.

Vassilaki, E. (2006). The interrelation between Affect and Cognitive Processes (explicit & implicit). Thematic Volume Psychology & Education, *Journal of Epistimes Agogis*, 3/2006.

Vassilaki, E. (2008). Anxiety disorders and their effects on children’s cognitive system. Book: *Children and adolescence with psychosocial and learning disorders. Intervention strategies*. (Eds: E. Kourkoutas, Jean – Pierre - Cartier). TOPOS

Spantidakis, I., Vassilaki, E. (2008). The production of writing, metacognition skills and anxiety levels of the 6th grade primary school students. In Book “*Stress and Psychosocial Resources: Coping with life changes, occupational demands, educational challenges and threats to physical and emotional well – being*”. Logos – Verlag, Germany. (Eds Roussi, P., Vassilaki, E., Kaniasty, Kr.)

Vazou, S., Vassilaki, E. (2008). Relationships among motivational climate, achievement goal, trait anxiety and social physique anxiety in physical education. In Book “*Stress and Psychosocial Resources: Coping with life changes, occupational demands, educational challenges and threats to physical and emotional well – being*”. Logos – Verlag, Germany. (Eds. Roussi et. al.)

Vassilaki, E., Giaxnakis, Em. (2009). Investigation of the relationship between working memory, anxiety and performance during the completion of arithmetic mnemonic tasks, Chapter in *Thematic Volume of the 5th Conference on the Didactics of Mathematics*.

Spandidakis, I., Vassilaki, E. (2009). Writing as a process of problem solving and anxiety levels of students with writing production problems. Chapter in *Thematic Volume of the 5th Conference on the Didactics of Mathematics*.

Papadaki, M., Spandidakis, I., Vassilaki, E. (2010). Writing metacognitive skills and writing anxiety in Greek as a native language and in English as a foreign language. *Journal of Epistimes Agogis*, vol. 2.

Lidaki, V., Micailidi, E., Vassilaki, E (2012). Interaction between child abuse and social anxiety: physically abused children in Greece. Chapter in *Book Stress and Anxiety: Application to Economic Hardship, Occupational Demands and Developmental Challenges*. (Eds. Moore, k., Kaniasty, Buchwald, P.). Logos Verlag Berlin.

Lidaki, V., Micailidi, E., Karadema, I., Vassilaki, E (2012). *Anxiety and cognitive development in abused and non abused children in Greece*. Chapter in *Book Stress and Anxiety: Application to Health, Work Place, Community and Education*. (Ed.: Buchwald, P.) Logos Verlag Berlin.

Detoraki, K., Vassilaki, E. (2012). Anxiety and Cognitive Performance: Investigation of Effective Information Processing Theory, *Journal of Educational Studies*. vol.2

Lidaki, V., Micailidi, E., Karadema, I., Vassilaki, E (2013). Teacher's accuracy in estimating children's anxiety produced by parental abuse. Chapter in *Book Stress and Anxiety: Application to Health, Work Place, Community and Education*. (Ed.: Buchwald, Petra) Logos Verlag Berlin.

Mavridaki, K. Vassilaki, E. (2013). Bibliotherapy and Emotional Disclosure as a tool for the reduction of anxiety and cognitive interference. Volume: *Provlmatismoi & Prooptikes gia ti mathisi kai ti didaskalia tis glossas*. (Eds. Spantidakis, I. & Mihailidi, E.) Publisher PEDIO.

Mauridaki, K. & Vassilaki, E. (2013). The use of Bibliotherapy approach for the Anxiety and Cognitive Interference Reduction, Chapter in Spantidakis, I. & Michailidi, E. Book: *Provlmatismoi & Prooptikes gia ti mathisi kai ti didaskalia tis glossas*, Publisher PEDIO.

Lydaki, V., Papadaki – Michailidi, E., Vassilaki E. (2014). Differences recorded by teachers concerning internalized and externalized problems of abused and non abused children. Chapter in Conference Volume “Anastoxasmoi gia tin paidiki ilikia.

Tsiriotakis, I., Spantidakis, I., Vassilaki, E., Michailidi, E. (under evaluation). English Foreign Language Writing Anxiety and English Foreign Language Writing Difficulties between Boys and Girls of the Fifth (5th) and Sixth (6th) Grade.

Participate in Scientific Committees at UoC

- Coordinator of Postgraduate Studies Committee of the Department of Primary Education
- Postgraduate Studies Committee of UoC
- Research Ethics Committee, Department of Primary Education
- Director of the Educational Psychology & Research Methodology Division in the Department of Primary Education

- Research Ethics Committee of UoC (Vice President)
- National Representative of the Stress and Anxiety Research Society (STAR Society)