

Sofia Zyga

(Birth date: August 20, 1973)

Current position:

- Associate professor, Nursing Department, University of Peloponnese, Greece.
- [2008-present].
- Vice Rector of Research and Lifelong Education [2017-present].
- Chairman of the Research Committee of the University of Peloponnese [2016-present].

Academic degree:

- Bachelor of Science (BSc) in General Nursing. University of Athens, Department of Nursing, Greece, September 1992-July 1996.
- Master of Science (MSc) in Management and Organization of Health Services. University of Athens, Department of Nursing, Greece, November 1996 -October 1996.
- Doctoral degree (Ph.D.) in Clinical Nursing. University of Athens, Department of Nursing , Greece, November 1996-September 2000-February 2003. (Topic: The effect of the variation of blood flow and dialysate flow on the hemodialysis adequacy)

Academic experience:

- Vice Rector of Research and Development [2016-2017].
- Head of Nursing School, University of Peloponnese [2014-2016].
- Associate Professor in Fundamentals of Nursing, Nursing Department, University of Peloponnese, August 2014- present
- Assistant Professor in Fundamentals of Nursing, Nursing Department, University of Peloponnese, December 2008 - August 2014.
- Visiting Assistant Professor, Nursing Department, University of Peloponnese, September 2005- December 2008.

Occupational experience:

- Clinical experience having worked as a nurse at Cardiovascular Hospital "Onasseio" at General Hospital of Athens " Hippocrateio" and at General Hospital of Sparti. January 1997-December 2008 (12years).
- Head Nurse of Department of Research and Continuing Education, at General Hospital of Sparti 6.12.05 -29.12.2008).
- Head Nurse of Dialysis Unit, at General Hospital of Sparti (15.6.06-6.3.2007).

Participation in funding projects:

1. Multicenter clinical trial of erythropoietin in patients with continuous ambulatory peritoneal dialysis (EPO-GRE-CRF-01). Participation as a member of the Project Implementation team.
2. Assessor of Research Programs "Heracleitos" during the academic year 20092010.

3. Research program entitled: School program for screening students at risk for childhood obesity and diabetes, Nursing Department, University of Peloponnese. Participation as a member of the Project Implementation team.
4. Participation in the programme: "Students' practical training University of Peloponnese" of the Operational Programme "Education and Lifelong Learning" 2007-2013, co-financed by the European Union and National Resources (supervise and evaluate students).
5. Operational Programme Human Resources Development 2007-2013. Research project entitled: "Functional Upgrade of Bodies of Primary Health Care in the region of Peloponnese by developing 12 nursing protocols» (MIS 374622). Participation as a member of the Project Implementation team.
6. Operational Programme Human Resources Development 2007-2013. Research project entitled: "Resuscitators Training and Certification in the Standard Cardiopulmonary Resuscitation (CPR) and Public Awareness Population" (MIS 377124).
7. Participation in self-funded research project entitled: "Comparative study of musculoskeletal problems in taxi drivers in Attica and Laconia Prefecture." Cooperation with the Department of Nursing A' School of Health and Caring Professions of the Technological Educational Institute of Athens, as a member of the research team.
8. Participation in self-funded program of the Nursing Department of Technological Educational Institute of Thessaloniki: Investigating of nausea - vomiting to patients with cancer undergoing chemotherapy, as a member of the research team.
9. Participation under the operation "Scholarships programme of State Scholarships Foundation (SSF) with the process of individualized assessment, Academic year 2012-2013 under the Operational Programme "Human Resources Development 2007-2013" ESPA.
10. Operational Programme "Update on Basic and Advanced Training in New Nursing Skills Required for the Care of Patients and Healthy People" in collaboration with the Nursing Department of National and Kapodistrian University of Athens. Participation as a member of the Project Implementation team.
11. ELKE University of Peloponnese -Grant for the Academic Infrastructure Project of the University of Peloponnese (2016). Principal investigator
12. Strengthening postdoctoral researchers in support of Research at the University of Peloponnese (2016). Principal investigator
13. Enhancement of lectures and Assistant Professors in support of Research at the University of Peloponnese (2016). Principal investigator.

Brief list of recent publications:

In Greek Journals

S. Zyga, "Health Technology Assessment". Hellenic Journal of Nursing, vol 38 (1), p.p. 83-89, 1999. (In Greek)
P. Fragoulidou, S. Zyga, "The movement of hospice about terminal ill: evolution and prospect", Hellenic Journal of Nursing, vol. 38(2), p.p. 156-163, 1999. (In Greek)
S. Zyga, P. Fragoulidou, "Organizational culture of health services". Hellenic Journal of Nursing, vol 38(4): p.p.383-389, 1999. (In Greek)

S. Zyga, "Health Services. A cultural approach". Hellenic Journal of Nursing, vol 40(3), p.p.22-26, 2001. (In Greek)
V. Matziou, H. Brokalaki, S. Zyga, E.Petropoulou, E. Ktenas,"Driving Behavior among technical students". Hellenic Journal of Nursing, vol. 40(4), p.p. 81-88, 2001 (In Greek)
M. Kapella, E. Minetou, S. Zyga, "Measuring nurses' satisfaction from their job". Hellenic Journal of Nursing, vol. 41(2), p.p. 191-196, 2002. (In Greek)
S. Zyga., H. Brokalaki, "Assessment of adequacy of hemodialysis". Hellenic Journal of Nursing, vol. 42(1), p.p. 64-69, 2003. (In Greek)
S. Zyga., H. Brokalaki, "Hemodialysis Adequacy in clinical practice".. Hellenic Journal of Nursing, vol. 43(1), p.p.76-83, 2004. (In Greek).
H. Brokalaki, S. Zyga, "Preventing falls in elderly persons". Hellenic Journal of Nursing, vol 43(3), p.p. 304-307, 2004. (In Greek)
G. Tourouki., S. Zyga, "Electrocardiography processing and diagnosis systems". Rismos, vol. 12(3), p.p. 33-40, 2006. (In Greek)
S. Zyga, E Minetou, "Compliance of hemodialysis patients in treatment. The role of Counseling". Rismos, vol. 13(3), p.p. 24-30, 2006.(In Greek)
M. Malliarou, P. Sarafis, S. Zyga, "Healthcare Quality In Emergency Room". Rostrum of Asclepius", vol. 8(1), p.p. 25-40, 2009. (In Greek)
K. Karathanasi, M. Malliarou, P. Sarafis, S. Zyga, "A comparison of the primary care health systems of Cyprus and Greece and improvement proposals", Cyprus Nursing Chronicles, vol. 10(3), p.p. 12-21, 2009.(In Greek)
M. Lavdaniti, A. Tsaloglidou, S. Zyga, "Theories of Illness Pathogenesis used in Nursing", Epitheorese Klinikes Farmakologias kai Farmakokinetikes, vol. 28, p.p. 19-23, 2010. (In Greek)
S. Zyga, M. Lavdaniti, M. Malliarou, S. Arbouzis, Z. Tsarkos, A. Spiraki, P. Sarafis,

<p>"Investigation of nurses' perceptions regarding to the introduction of computer in work", <i>Epitheorese Klinikes Farmakologias kai Farmakokinetikes</i>, vol. 28, p.p. 235-240, 2010. (In Greek)</p>
<p>E. Barbagianni, S. Zyga, "Adolescent sexuality in the limelight. Study and predictability of condom use through the theory of planned behaviour", <i>Rostrum of Asclepius</i>, vol. 10(2), p.p. 239-259, 2011. (In Greek)</p>
<p>V. Ioannidi, P. Kolovos, S. Vassiliadou, M. Malliarou, A. Travlos, S. Zyga, "Nurse students' approach on concepts "illness", "safety in health care" and "quality in health care". A pilot study", <i>Rostrum of Asclepius</i>, vol.10 (3), p.p. 389-405, 2011. (In Greek)</p>
<p>M. Malliarou, K. Karathanasi, P. Sarafis, K. Sotiriadou, E. Moustaka, S. Zyga, "Reliability of the FS-ICU 24 questionnaire for the assessment of the family satisfaction with care in the ICU among health professionals", <i>Ygeia and Ergasia</i>, vol. 3(1),p.p. 127-134, 2012. (In Greek)</p>
<p>M. Kourakos, T. Kafkia, M. Rekleiti, S. Zyga, E. Kotrotsiou, M. Gouva, "A job satisfaction study among healthcare professional nurses in medical wards in the Greek National Health System", <i>Archives of Hellenic Medicine</i>, vol. 29(1), p.p. 61-69, 2012. (In Greek)</p>
<p>M. Landaniti, S. Zyga, "New perspectives in the nursing role in cancer patients undergoing radiotherapy, <i>Interscientific Health Care</i>", vol. 4(1),p.p. 13-17,2012. (In Greek)</p>
<p>S. Kapetanoudi, M. Malliarou, Z. Alexakou, D. Aggeli, P. Kolovos, N. Polyzos, S. Zyga, "Factors motivating employees in a public hospital district. A case study", <i>Ygeia and Ergasia</i>, vol. 3(3),p.p. 77-94,2012. (In Greek)</p>
<p>S. Zyga, "Organizational commitment and job satisfaction", <i>Hellenic Journal of Nursing Science</i>, vol. 5(2), p. p. 3, 2012. (In Greek)</p>
<p>K. Karathanasi, P. Sarafis, M. Malliarou, S. Zyga, P. Prezerakos, "Investigation of application of quality criteria in operating room", <i>Perioperative Nursing</i>, vol. 1(2), p.p. 63-70, 2012(In Greek)</p>
<p>S. Kapetanoudi S, M. Malliarou, S. Zyga. "Physical destruction crisis management in primary</p>

care unit", <i>Ygeia and Ergasia</i> , vol. 3(3), p.p. 215-226, 2012. (In Greek)
M. Athanasopoulou, D. Kaitelidou, S. Zyga, M. Malliarou, A. Kalokairinou, "Cultural and social dimensions of breastfeeding", <i>Interscientific Health Care</i> , vol. 5(1), p.p. 13-18, 2013. (In Greek)
A. Karkasina, P. Prezerakos, D. Iordanoglou, M. Igoumenidis, M. Malliarou, S. Zyga, "Perceptions of healthcare professionals for colleague confidentiality. A descriptive study", <i>Interscientific Health Care</i> , vol. 5(1), p.p. 19-28, 2013. (In Greek)
G. Giannakopoulou, S. Zyga, "Quality of provided care", <i>Perioperative Nursing</i> , vol. 1(1), p.p. 3-12, 2013. (In Greek)
P. Varoutsou, M. Malliarou, S. Zyga, T. Constantinidis, "Ecological management of waste in haemodialysis unit", <i>Ygeia and Ergasia</i> , vol. 4(2), p.p. 209-216, 2013. (In Greek)
V. Alikari, S. Zyga, G. Saroglou, "Peritoneal dialysis peritonitis: risk factors and effects", <i>Interscientific Health Care</i> , vol. 5(3), p.p.97-10, 2013. (In Greek)
S. Zyga, "Post-traumatic Acute Renal Failure. Clinical Process", <i>Hellenic Journal of Nursing Science</i> , vol. 6(2), p.p. 30-35, 2013. (In Greek)
V. Gritzani, M. Tsironi, F. Tzavella, M. Gouva, P. Kolovos, E. Gerveki, S. Zyga, "Study of Post Traumatic Stress Disorder among inhabitants of Ancient Olympia exposed to 2007 fire", <i>Interscientific Health Care</i> , vol. 5(3), p.p. 109-119, 2013. (In Greek)
M. Lavdaniti, A. Tsaloglidou, K. Koukourikos, E. Pizirtzidou, N. Tsani, S. Zyga, "Investigation of the stress level in nursing students regarding the performing of cardiopulmonary resuscitation", <i>Hellenic Journal of Nursing</i> , vol. 52(3), p.p. 253-260, 2013. (In Greek)
G. Giouzeli, M. Tsironi, S. Katsaragakis, A. Sachlas, G. Vassilopoulos, S. Zyga, "Traumatic brain injury in the Laconian regional unit during the time period of 2005-2010", <i>Rostrum of Asclepius</i> , vol. 12(4), p.p. 441-458, 2013. (In Greek)
S. Mitrousi, A. Travlos, E. Koukia, S. Zyga, "Theories of anxiety: A critical review", <i>Hellenic</i>

Journal of Nursing Science, vol. 6(1),p.p. 21-27, 2013. (In Greek)
K. Zoubris, M. Lavdaniti, A. Ioannidis, S. Katsaragakis, M. Gouva, G. Vassilopoulos, S. Zyga, "Research into features of personality in health care professionals in the area of voluntary work. A case report", Rostrum of Asclepius, vol. 13(1),p.p. 66-81,2014. (In Greek)
P. Theofilou, S. Zyga, "Psychometric properties of the Missoula-VITAS Quality of Life Index in patients undergoing chronic periodical haemodialysis", Hellenic Journal of Nursing, vol. 53(2),p.p. 166-174, 2014.(In Greek)
E. Harami, M. Tsironi, P. Prezerakos, T. Agorastos, Ziga S, "Investigation of women's knowledge about the prevention of cervical cancer", Archives of Hellenic Medicine, vol. 31(3), p.p. 342-351, 2014. (In Greek)
V. Alikari, N. Margari, S. Ziga, "Diagnostic approaches of peritoneal dialysis in peritonitis", Interscientific Health Care, vol. 6(1), p.p.1-7, 2014. (In Greek)
P. Theofilou, A. Aroni, M. Tsironi, A. Sachlas,V. Alikari, P. Kolovos, S. Zyga, "Reliability of the Greek Version of “Pain Self-Efficacy Questionnaire” in Patients with Chronic Kidney Disease", Hellenic Journal of Nursing, vol. 53(2), p.p. 175-184, 2014.(In Greek)
Ch. Tika, M. Tsironi, P. Prezerakos, S. Tziaferi, F. Babatsikou, P. Kolovos, S. Zyga, Prevalence of depression among elderly population of a district nursing home and their satisfaction from the nursing care provided, Nursing Care and Research, vol.39, p.p. 98-119,2014. (In Greek)
E. Ferentinou, P. Prezerakos, M. Giannakopoulou, A Sachlas, P. Theofilou, S. Ziga, "Development and Measurement of Reliability and Validity of a Greek Satisfaction Questionnaire for Patients with Chronic Kidney Disease undergoing Haemodialysis", Hellenic Journal of Nursing, vol.53(3), p.p. 276–288, 2014. (In Greek)
V. Stavrou, S. Zyga, " The challenge of health, active and successful ageing", Interscientific Health Care, vol. 6(4), p.p. 160-166, 2014. (In Greek)
P. Kotsiopoulou, M. Tsironi, S. Zyga, I. Moisoglou, P. Galanis, P. Prezerakos," Intensive Care

Unit nurses' attitude and knowledge toward transplantations and organs donation", Nursing Care and Research, vol. 38, p.p. 48-53, 2014. (In Greek)
A. Konstantinopoulou, E. Kresteniti, S. Ziga, A. Lazakidou, D. Iordanogolou, A. Dreliozi, P. Prezerakos, "Investigation of the organizational commitment of nursing staff in two public hospitals in Attica", Interscientific Health Care, vol. 6(2), p.p. 86-92, 2014. (In Greek)
I. Artopoulou, V. Alikari, S. Ziga, "Greek version of knowledge and attitudes survey regarding pain: translation and cultural adaptation", Interscientific Health Care, vol. 7(1), p.p. 36-42, 2015. (In Greek)
K. Thanopoulou, E. Kaba, M. Tsironi, S. Tziaferi, S. Papapetrou, V. Alikari, S. Zyga, "Investigation of anxiety and depression among individuals addicted to substances", Archives of Hellenic Medicine, vol. 32(1), p.p.36-44, 2015. (In Greek)
H. Bakola, S. Zyga, G. Panoutsopoulos, V. Alikari, "Motivational incentives of nurses and nursing leadership", Interscientific Health Care, vol. 7(2), p.p. 58-64, 2015. (In Greek)
E. Christodoulou, A. Kalokairinou, S. Zyga, "Nursing Students in the digital era: α literature review", Hellenic Journal of Nursing Science, vol. 8(2), p.p. 6-13, 2015. (In Greek)
M. Malliarou, K. Karathanasi, P. Sarafis, I. Koutelekos, P. Prezerakos, S. Zyga, "Translation into greek of the Verbal Abuse Scale (VAS- GR)", Perioperative Nursing, vol.4(2), p.p.73-82, 2015 (in Greek).
I. Artopoulou, V. Alikari. S. Zyga, "Assesment of nursing staff on knowledge a bout cancer pain", Archives of Hellenic Medicine, vol. 32(5), p.p. 604-613, 2015. (In Greek)
A. Plexida, T. Vasilakou, E. Kaba, G. Fasoi, M. Kelesi, S. Zyga, "Assessment of the nutritional index of the elderly in an Open Care Center and correlation with their socioeconomic status and health indicators", Archives of Hellenic Medicine", vol. 32(5), p.p. 622-628, 2015. (In Greek)
E. Aspioti, M. Tsironi, A.P. Rohas Gil, A. Sachlas, V.Alikari, S. Zyga, "Recording and management of abdominal acute pain cases in the emergency department hospital of Peloponnese

Region. A case study", *Interscientific Health Care*, vol. 7(3), p.p. 118-127, 2015. (In Greek)

S. Tactsidou, T. Bellali, V. Alikari, A.P. Rohas Hil, G. Panoutsopoulos, J. Stathoulis, S. Zyga. The effect of dependence on mobile phones and computers on the lifestyle and health of nursing students at the University of the Peloponnese. *Archives of Hellenic Medicine*, 2016, vol. 33(3):355–367. (In Greek)

V. Alikari, E. Fradelos, A. Sachlas, G. Panoutsopoulos, M. Lavdaniti, P. Palla, T. Lappa, S. Giatrakou, J. Stathoulis, F. Babatsikou, S. Zyga." Reliability and validity of the Greek version of The Fatigue Assessment Scale" *Archives of Hellenic Medicine* 2016, vol.33(2):231-238 (In Greek)

In International Journals

V. Matziou, H. Brokalaki, S. Zyga, E. Evangelou, I. Brokalaki, "Preventive measures against HIV in Greece: operating room staff compliance", *ICUs and Nursing Web Journal*, vol. 11(3): p.p 1-13, 2002

H. Kyritsi, V. Matziou, P. Perdikaris, S. Zyga, H. Kletsou, H. Evagelou, "Painful pediatric procedures: Do parents want to be present?", *ICUs and Nursing Web Journal*, vol. 18 (2), p.p. 1-9,2004.

H. Brokalaki, S. Zyga, E. Brokalaki, "Informing patients with cancer", *ICUs and Nursing Web Journal*, vol. 9 (3), p.p. 1-7, 2004

H. Brokalaki, V. Matziou, S. Zyga, M. Kapella, K. Tsaras, E. Brokalaki, P. Myrianthefs, "Omissions and errors during oxygen therapy of hospitalized patients in a large city of Greece", *Intensive and Critical Care Nursing*, vol. 20(6), p.p. 352-357, 2004. PMID: 15567676

S. Zyga, H. Brokalaki, K. Virvidakis, G. Baltopoulos, "The influence of varying blood and dialysate flow on haemodialysis adequacy", *EDTNA-ERCA Journal*, vol. 31(1), p.p. 24-26, 2005. PMID:16083023

S. Zyga, G. Tourouki, "Tuberculosis in haemodialysis: A problem making a comeback", *Journal of Renal Care*, vol 32(4), p.p. 176-178, 2006, PMID:17345973

<p>S. Zyga, P. Sarafis, "Haemodialysis adequacy - contemporary trends", Health Science Journal, vol. 3(4), p.p. 209-215, 2009</p>
<p>S. Zyga, P. Sarafis, J. Stathoulis, P. Kolovos, D. Theophilopoulos, "Acute renal failure, Methods of treatment in the intensive care unit", Journal of Renal Care, vol. 35(2), p.p. 60-66, 2009. doi: 10.1111/j.1755-6686.2009.00084.x. PMID: 19432850</p>
<p>P. Sarafis, M. Malliarou, V. Roka, S. Zyga, A. Kalokairinou, "Health executives' perceptions on marketing in health services. An empirical study in 9 hospitals of Attica", Health Science Journal, vol. 3(2), p.p. 115-129, 2009</p>
<p>M. Malliarou, S. Zyga, "Advantages of information systems in health services", CHOREGIA, Sport Management International Journal, vol. 5(2), p.p. 43-54, 2009</p>
<p>S. Zyga, V. Kanellopoulos, H. Bakola, "Strategies on reducing social inequalities in health care", CHOREGIA, Sport Management International Journal, vol. 6(1), p.p. 53-64, 2010.</p>
<p>P. Sarafis, P. Stavrakakis, M. Chalaris, P. Stamataki, S. Zyga, G. Saroglou, "Emerging infectious diseases". Journal of Environmental Protection and Ecology", vol. 11 (3), p.p. 917-929, 2010</p>
<p>V. Ioannidi, P. Kolovos, S. Vasileiadou, M. Malliarou, A. Travlos, S. Zyga, "Nursing Students' Perceptions, Beliefs and Attitudes, A First Study on Special Pedagogic Activities", Global Journal of Health Science, vol. 3(1), p.p. 40-48, 2011</p>
<p>M. Igoumenidis, S. Zyga, "Healthcare research in developing countries, Ethical issues", Health Science Journal, vol. 5(4), p.p. 243-250, 2011</p>
<p>S. Zyga, G. Christopoulou, M. Malliarou, "Malnutrition-inflammation-atherosclerosis syndrome in patients with end-stage renal disease", Journal of Renal Care, vol. 37(1), p.p. 12-15, 2011, doi: 10.1111/j.1755-6686.2011.00201.x, PMID:21288312</p>
<p>S. Zyga, M. Malliarou, M. Lavdaniti, M. Athanasopoulou, P. Sarafis, "Greek renal nurses' attitudes towards death", Journal of Renal Care, vol 37(2), p.p. 101-107, 2011. doi: 10.1111/j.1755-6686.2011.00210.x.PMID: 21561546</p>
<p>S. Zyga, J. Stathoulis, "Application of ISO 13485, 2003 in biomedical engineering, A systematic</p>

review", International Journal of Caring Sciences, vol 4(2), p.p. 58-65, 2011
S. Zyga, "Nurses cultural conscience and nursing practice", International Journal of Caring Sciences, vol 4(1), p.p. 1-2, 2011. (Editorial)
S. Zyga, M. Zografakis-Sfakianakis, "Emerging and re-emerging infectious diseases, A potential pandemic threat", Health Science Journal, vol 5(3), p.p. 159-168, 2011
A. Efkarpidis, P. Efkarpidis, S. Zyga, " A study of the emotional intelligence of employees at a District Hospital of Greece", International Journal of Caring Sciences, vol 5(1), p.p. 36-42, 2012
F. Babatsikou, G. Gerogianni, S. Zyga, C. Koutis, "Physical activity in a sample of elderly Greek people. A research study", Health Science Journal, vol 6(3), p.p. 518-529, 2012
S. Zyga, "Maintaining the identity and self-worth in patients with severe illness or injury", International Journal of Caring Sciences, vol. 5(1), p.p. 1-2, 2012
P. Kolovos, D. Kaitelidou, C. Lemonidou, S. Zyga, P. Sourtzi, "Patient Participation in Nursing Care", Nursing Care and Research, vol. 32, p.p. 30-39, 2012
S. Zyga, M. Malliarou, "Chronic Inflammation in Chronic Kidney Disease", Commentaries. International Atherosclerosis Society. October 2012
S. Zyga, H. Tsiros, M. Malliarou, J. Stathoulis, F. Babatsikou, M. Landaniti, S. Tziaferi, A. Kalokairinou, "Intensification of Renal Nurses' Self Esteem. A pilot Study", International Journal of Caring Sciences, vol. 5 (3), p.p. 320-327, 2012
M. Lavdaniti, G. Barbas, A. Fratzana, S. Zyga, "Evaluation of depression in colon cancer patients", Health Science Journal, vol. 6(4), p.p. 681-692, 2012
F. Babatsikou, S. Zyga, A. Eleftheriou, "Work- related stress in nursing care", Review of Clinical Pharmacology and Pharmacokinetics, International Edition, vol. 26, p.p. 87-92, 2012
G. Giouzeli, M. Tsironi, S. Katsaragakis, A. Sachlas, S. Zyga, "Frequency of Cranium-cerebral traumas in children. Study at a hospital in the region during the period 2005-2010", Interscientific Health Care, vol. 3(5), p.p. 130-138, 2013. (In English)

S. Zyga, P. Kolovos, "Cardiovascular disease and chronic inflammation in end stage kidney disease", International Journal of Caring Sciences, vol. 6(1), p.p. 29-36, 2013
L. Kourkouta, M. Lavdaniti, S. Zyga, "Views of Ancient People on Abortion", Health Science Journal 7(1), p.p. 116-118, 2013
S. Zyga, "Stress in Nursing Students", International Journal of Caring Sciences", vol. 6(1), p.p. 1-2, 2013. (Editorial)
S. Mitrousi, A. Travlos, E. Koukia, S. Zyga, "Theoretical approaches to coping", International Journal of Caring Sciences, vol. 6(2), p.p. 131-137, 2013
E. Barmpagianni, A. Travlos, A. Kalokairinou, A. Sachlas, S. Zyga, "Investigation of aggravating psychosocial factors on health and predictability of smoking and alcohol use in post adolescent students", Health Psychology Research, vol. 1(e15), p.p. 64-68, 2013
P. Theofilou, A. Aroni, M. Ralli, M. Gouzou, S. Zyga, "Measuring health-related quality of life in haemodialysis patients, Psychometric properties of the Missoula-VITAS Quality of Life Index (MVQOLI-15) in Greece", Health Psychology Research, vol. 1(e17), p.p. 74-78,2013
E. Tsolaki, M. Tsironi, F. Theofanis, F. Tzavella, S. Zyga, "Employee's Commitment to the Organization of a Public District Hospital. A case study", International Journal of Caring Sciences, vol. 6(2), p.p. 258-266, 2013
M. Malliarou, P. Sarafis, S. Zyga, C. Constantinidis, "The Importance of Nurses Hand Hygiene", International Journal of Caring Sciences, vol. 6(3), p.p. 327-331, 2013
G. Gkiouzeli, M. Tsironi, S. Katsaragakis, A. Sachlas, S. Zyga, "Recording and management of CCT in a public hospital in the region of Laconia in Greece", International Journal of Caring Sciences, vol. 6(3), p.p. 431-438,2013
E. Koukia, S. Zyga, "Critical cases faced by mental health nurses and assistant nurses in psychiatric hospitals in Greece", International Journal of Caring Sciences, vol. 6(3), p.p. 465-471, 2013
S. Zyga, P. Baroutsou, P. Prezerakos, A. Lazakidou, M. Rekliti, M. Malliarou "Study on

ecological awareness and performance of nursing personnel in dialysis units", <i>International Journal of Advanced Nursing Studies</i> , vol. 2(2), p.p. 80-87, 2013
P. Theofilou, A. Aroni, M. Tsironi, S. Zyga, "Measuring pain self-efficacy and health related quality of life among hemodialysis patients in Greece, a cross-sectional study", <i>Health Psychology Research</i> , vol 1(3), e30, 2013
V. Bakalis, M. Malliarou, P. Theofilou, S. Zyga, "Improvement of diabetic patients nursing care by the development of educational programmes", <i>Health Psychology Research</i> , vol. 2, 931, p.p. 13-15, 2014
M. Malliarou, G. Gerogianni, F. Babatsikou, E. Kotrotsiou, S. Zyga, "Family perceptions of ICU nurses' roles. A Greek perspective", <i>Health Psychology Research</i> , vol. 2,994, 1-4, 2014
S. Zyga, C. Hutchison, S. Stringer, A.P. Rojas Gil, G. Christopoulou, P. Giata, M. Malliarou," Inflammation and endothelial dysfunction in the initiation and propagation of cardiovascular disease in patients with chronic kidney disease", <i>British Journal of Medicine and Medical Research</i> , vol. 4(13), p.p. 2568-2580, 2014
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