

Curriculum Vitae

Charalambos A. Gnardellis

Current Academic Position

Professor of Biostatistics, University of Patras
 School of Agricultural Sciences
 Department of Fisheries and Aquaculture,
 Nea Ktiria 30200, Mesolonghi
hgnardellis@upatras.gr, hgnardellis@yahoo.gr

<https://scholar.google.gr/citations?user=Ogp8gMcAAAAJ&hl=el>

https://www.researchgate.net/profile/Charalambos_Gnardellis

<https://www.scopus.com/authid/detail.uri?authorId=6603451705>

<https://www.webofscience.com/wos/author/record/49302013>

Education

1985 Doctorat de 3ème cycle (PhD) in Statistics, University Pierre et Marie Curie - Paris VI

1982 D.E.A. (MSc) in Statistics, University Pierre et Marie Curie - Paris VI

1981 B. S. in Mathematics, Dept. of Mathematics, Aristotelion University of Thessaloniki

Professional experience

2019 - Professor, University of Patras

1999-2019 Professor, Technological Education Institute of Western Greece, Greece

1990-1999 Research Fellow, National School of Public Health, Athens, Greece

1988-1990 Senior Statistician, Computer Center of Social Services, Athens, Greece

1985-1987 Data Analyst, Computer Centre of Greek Ministry of Defence, Athens, Greece

1992- 2012 Lecturer in National School of Public Administration, Athens, Greece

International peer-reviewed publications

***h*- index Scopus 27, *h*- index Google Scholar 42**

Number of references in Scopus > 4400

1. Arseniou, Konstantina, **Gnardellis, Charalambos**, Lagiou, Areti, Notara Venetia, (2026). The Role of Family Cohesion and Health Literacy in Parents' and Adolescents' Health: A Systematic Review. *Adolescents* 2026, 6, 14. <https://doi.org/10.3390/adolescents6010014>

2. **Gnardellis Charalambos** (2025). Quantile Regression in Epidemiology: Capturing Heterogeneity Beyond the Mean. *Methods Protoc*, 9, 2. doi: 10.3390/mps9010002.

3. Vagka Elissavet, **Gnardellis Charalambos**, Lagiou Areti, Notara Venetia (2024). Smartphone Use and Social Media Involvement in Young Adults: Association with Nomophobia, Depression Anxiety Stress Scales (DASS) and Self-Esteem. *Int J Environ Res Public Health*. 21, 920. doi: 10.3390/ijerph21070920.

4. Venetia Notara, Elissavet Vagka, Areti Lagioui and **Charalambos Gnardellis** (2024) Perceived Health and Nomophobia among Young Adults: The Mediating Role of Depression and Stress. *Sustainability*, 16, 96. <https://doi.org/10.3390/su16010096>
5. **Charalambos Gnardellis**, Elissavet Vagka, Areti Lagioui and Venetia Notara (2023) Nomophobia and Its Association with Depression, Anxiety and Stress (DASS Scale), among Young Adults in Greece. *Eur. J. Investig. Health Psychol. Educ*, 13, 2765–2778. <https://doi.org/10.3390/ejihpe13120191>
6. Elissavet Vagka, **Charalambos Gnardellis**, Areti Lagioui and Venetia Notara (2023) Prevalence and Factors Related to Nomophobia: Arising Issues among Young Adults. *Eur. J. Investig. Health Psychol. Educ*, 13, 1467–1476. <https://doi.org/10.3390/ejihpe13080107>
7. Elissavet Vagka, **Charalambos Gnardellis**, Areti Lagioui and Venetia Notara (2023) Nomophobia and Self-Esteem: A Cross Sectional Study in Greek University Students. *Int. J. Environ. Res. Public Health*, 20, 2929. <https://doi.org/10.3390/ijerph20042929>
8. **Charalambos Gnardellis**, Venetia Notara, Elissavet Vagka, Vasilis Gialamas, Areti Lagioui (2023) Validity of the Greek NMP-Q and sociodemographic determinants of nomophobia among university students. *International Journal of Human–Computer Interaction*, Volume 39, Issue 4, 842-850. <https://doi.org/10.1080/10447318.2022.2049139>
9. **Charalambos Gnardellis**, Venetia Notara, Maria Papadakaki, Vasilis Gialamas, Joannes Chliaoutakis (2022) Overestimation of Relative Risk and Prevalence Ratio: Misuse of Logistic Modeling. *Diagnostics*, 12, 2851. <https://doi.org/10.3390/diagnostics12112851>
10. Venetia Notara, **Charalampos Gnardellis**, Evanthia Sakellari, Pelagia Soultatou, Eleni Petratou, Kalliroi Dragomanovits, Areti Lagioui (2022) Health knowledge and motives on tattooing: A community-based cross-sectional study in Greece. *Journal of Cosmetic Dermatology*, 21, 720–728. DOI: 10.1111/jocd.14119
11. Venetia Notara, Elissavet Vagka, **Charalampos Gnardellis**, Areti Lagioui (2021) The Emerging Phenomenon of Nomophobia in Young Adults: A Systematic Review Study. *Addict Health* 2021; 13(2): 120-36. DOI: <http://dx.doi.org/10.22122/ahj.v13i2.309>
12. M Papadakaki, **Ch Gnardellis**, A Tsalkanis, M A Stamouli, E Petelos, A Morandi, D Otte, M Sarris, G Tzamalouka, J Chliaoutakis (2019) Injury profile and healthcare expenditure of cyclists admitted in intensive care units. *European Journal of Public Health*, Volume 29, Issue Supplement_4, November 2019 <https://doi.org/10.1093/eurpub/ckz186.657>
13. Maria Papadakaki, Angelos Tsalkanis, Markos Sarris, George Pierrakos, Ottavia Eleonora Ferraro, Maria-Angeliki Stamouli, Chiara Orsi, Dietmar Otte, Georgia Tzamalouka, Timo Lajunen, Türker Özkan, Anna Morandi, **Charalampos Gnardellis**, Joannes Chliaoutakis (2018) Physical, psychological and economic burden of two-wheel users after a road traffic injury: Evidence from intensive care units of three EU countries. *Journal of Safety Research* 67, 155–163. <https://doi.org/10.1016/j.jsr.2018.10.005>
14. Christina Darviri, Artemios Artemiadis, Xanthi Tigani, Panagiota Darvyri, **Charalambos Gnardellis** (2018) Simple sleep questions can predict 12-year mortality in a rural Population. *Sleep and Biological Rhythms* Vol. 16, Issue 2, 253–258. doi 10.1007/s41105-018-0147-9
15. Ioannis Stavropoulos, Panagiota Pervanidou, **Charalampos Gnardellis**, Nomiki Loli, Virginia Theodorou, Aimilia Mantzou, Faye Soukou, Olga Sinani, George P. Chrousos

- (2017) Increased hair cortisol and antecedent somatic complaints in children with a first epileptic seizure. *Epilepsy & Behavior* 68, 146–152.
<http://dx.doi.org/10.1016/j.yebeh.2016.12.015>
16. Christina Darviri, Artemios Artemiadis, Xanthi Tigani, Panagiota Darviri & **Charalambos Gnardellis** (2016) Religiosity as a Predictor of Mortality: A Retrospective Cohort Study in 1,519 Rural Citizens in Greece. *Psychology & Health* Vol. 31, No 9, 1080-1090. doi:10.1080/08870446.2016.1178744
17. Maria Papadakaki, Georgia Tzamalouka, **Charalampos Gnardellis**, Timo Juhani Lajunen, Joannes Chliaoutakis (2016) Driving performance while using a mobile phone: A simulation study of Greek professional drivers. *Transportation Research Part F : Traffic Psychology and Behaviour* Vol. 38, 164–170. doi:10.1016/j.trf.2016.02.006
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20. Evangelos C. Alexopoulos, Georgios Merekoulis, **Charalambos Gnardellis** and Eleni Jelastopulu (2013) Work Ability Index: Validation of the Greek Version and Descriptive Data in Heavy Industry Employees. *British Journal of Medicine & Medical Research* 3(3): 608-621.
21. Tecilazich F, Dinh T, Pradhan-Nabzdyk L, Leal E, Tellechea A, Kafanas A, **Gnardellis C**, Magargee ML, Dejam A, Toxavidis V, Tigges JC, Carvalho E, Lyons TE, Veves A. (2013) Role of endothelial progenitor cells and inflammatory cytokines in healing of diabetic foot ulcers. *PLoS One*. Vol. 8(12): e83314.
 doi: 10.1371/journal.pone.0083314
22. Gibbons CH, Freeman R, Tecilazich F, Dinh T, Lyons TE, **Gnardellis C**, Veves A. (2013) The evolving natural history of neurophysiologic function in patients with well-controlled diabetes. *Journal of the Peripheral Nervous System*, 18(2): 153-161.
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24. Tecilazich F, Dinh T, Lyons TE, Guest J, Villafuerte RA, Sampanis C, **Gnardellis C**, Zuo CS, Veves A (2013) Postexercise phosphocreatine recovery, an index of mitochondrial oxidative phosphorylation, is reduced in diabetic patients with lower extremity complications. *Journal of Vascular Surgery*, 57(4): 997-1005.
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27. Darviri C, Fouka G, **Gnardellis C**, Artemiadis AK, Tigani X, Alexopoulos EC (2012) Determinants of Self-Rated Health in a Representative Sample of a Rural Population: A Cross-Sectional Study in Greece. *International Journal of Environmental Research and Public Health*, 9(3): 943-954. doi:10.3390/ijerph9030943
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29. Doupis J, Rahangdale S, **Gnardellis C.**, Pena SE, Malhotra A, Veves A. (2011) Effects of diabetes and obesity on vascular reactivity, inflammatory cytokines, and growth factors. *Obesity*, Vol.19 (4): 729-735. doi:10.1038/oby.2010.193
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31. Doupis J, Lyons TE, Wu S, **C. Gnardellis** , Dinh T, Veves A. (2009) Microvascular reactivity and inflammatory cytokines in painful and painless peripheral diabetic neuropathy. *Journal of Clinical Endocrinology and Metabolism*, 94(6): 2157-2163. doi:10.1210/jc.2008-2385
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33. H. Giamarellou, A.S. Dontas, G. Petrikkos, **C. Gnardellis**, P. Zorbas, P. Philipou, (2007) Survival of elderly bacteriuric subjects following long-term quinolone therapy. *Journal of Chemotherapy*, Vol.19(2):185-192. doi:10.1179/joc.2007.19.2.185
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37. G. Koulierakis, K.G. Power, **C. Gnardellis** and D. Agrafiotis (2003) HIV / Aids related knowledge of inmates in greek prisons. *Addiction Research and Theory*, Vol.11 (2): 103-108. doi:10.1080/1606635031000097940

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39. A.Trichopoulou, **C. Gnardellis**, V. Benetou, P. Lagioui and D. Trichopoulos (2002) Lipid, protein and carbohydrate intake in relation to body mass index. *European Journal of Clinical Nutrition*, 56(1), 37-43.
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40. A.Trichopoulou, **C. Gnardellis**, A. Lagioui, V. Benetou, A. Naska and D. Trichopoulos (2001) Physical activity and energy intake selectively predict the waist-to-hip ratio in men but not in women. *American Journal of Clinical Nutrition*, 74: 574-578.
doi:10.1093/ajcn/74.5.574
41. J. Chliaoutakis, **C. Gnardellis**, I. Drakou, C. Darviri, V. Sboukis (2000) Modelling the factors related to the seatbelt use by the young drivers of Athens. *Accident Analysis and Prevention*, 32(6): 815-825. doi:10.1016/S0001-4575(00)00006-3
42. G. Koulierakis, **C. Gnardellis**, D. Agrafiotis, K.G. Power (2000) HIV risk behaviour correlates among injecting drug users in Greek prisons. *Addiction*, 95(8): 1207-1216.
doi:10.1046/j.1360-0443.2000.95812077.x
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44. D. Klimis, **C. Gnardellis**, A.Trichopoulou (2000) Gender Differences in Blood Lipids in a Greek Island Population . The EPIC study. *Nutrition Research*, Vol. 20(1), 35-45.
doi:10.1016/S0271-5317(99)00136-0
45. G. Koulierakis, D. Agrafiotis, **C. Gnardellis** and K.G. Power (1999) Injecting drug use amongst inmates in Greek prisons. *Addiction Research*, Vol. 7(3), 193-212.
doi:10.3109/16066359909004383
46. A. Kouris-Blazos, **C. Gnardellis**, M.L. Wahlqvist, D.Trichopoulos, W. Lukito and A.Trichopoulou (1999) Are the advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. *British Journal of Nutrition*, 82(1), 57-61. doi:10.1017/S0007114599001129
47. **C. Gnardellis**, C. Boulou, A.Trichopoulou (1998) Magnitude, determinants and impact of under-reporting of energy intake in a cohort study in Greece. *Public Health Nutrition*, 1(2) :131-137. doi:10.1079/PHN19980020
48. K. Katsouyanni, E. Rimm, **C. Gnardellis**, D. Trichopoulos, E.Polychronopoulos, A. Trichopoulou (1997) Reproducibility and Relative Validity of an extensive semi-quantitative Food Frequency Questionnaire using dietary records and biochemical markers among Greek schoolteachers. *International Journal of Epidemiology*, Vol. 26, (suppl 1): S118-S127.
doi:10.1093/ije/26.suppl_1.S118
49. Antonia Trichopoulou, **Charalambos Gnardellis**, Klea Katsouyanni, LiaTzala, Dimitrios Trichopoulos, SherriI Stuver, Eric Rimm (1995): *Response. Journal of the National Cancer Institute*, Volume 87, Issue 13, Pages 1022. doi:10.1093/jnci/87.13.1022
50. A.Trichopoulou, A.Kouris-Blazos, M. Wahlqvist, **C. Gnardellis**, P. Lagioui, E. Polychronopoulos, T. Vassilakou, L. Lipworth and D .Trichopoulos (1995). Diet and overall

survival in elderly people. *British Medical Journal*, Vol.311(7018):1457-1460. doi:10.1136/bmj.311.7018.1457

51. A. Trichopoulou, K. Katsouyanni, S. Stuver, L. Tzala, **C. Gnardellis**, E. Rimm and D. Trichopoulos (1995) Consumption of Olive oil and Specific Food Groups in Relation to Breast Cancer Risk in Greece. *Journal of the National Cancer Institute*, Vol. 87(2): 110-116. doi:10.1093/jnci/87.2.110

52. A. Trichopoulou, A. Kouris-Blazos, T. Vassilakou, **C. Gnardellis**, E. Polychronopoulos, M. Venizelos, P. Lagiou, M. Wahlqvist, D. Trichopoulos (1995) Diet and survival of elderly Greeks; a link to the past. *American Journal of Clinical Nutrition*, 61(6 Suppl): 1346S - 1350S. doi:10.1093/ajcn/61.6.1346S

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57. A. Moundrea-Agrafioti, **C. Gnardellis** (1990) Classification des outils tranchants thessaliens en pierre polie par les methodes multidimensionnelles. *La Thessalie: quinze annees de recherches archeologiques 1975-1990. Bilan et perspectives*. pp. 189-200.

58. **Gnardellis C.** (1985) Commerce par produits au sein de l' O.C.D.E. de 1970 a 1979; Comparaison avec le commerce entre l' O.C.D.E. et l' O.P.E.P. *Les Cahiers de l' Analyse des Données* 2/1985; 2(10): pp.191-220.

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Greek peer-reviewed publications [in Greek with an English Summary]

1. **C. Gnardellis**, V. Gialamas (2022) Overestimation of the relative risk in epidemiological research. *Archives of Hellenic Medicine*, 40(3) : 400-405.

2. **C. Gnardellis** (2011) The use of logistic regression models in the empirical research of social sciences. *Scientific Annals of the Psychological Society of Northern Greece* 8:129-156.

3. **C. Gnardellis** (2009) Analysis of censored data in graduates history studies. *Dimensions of Research in the field of Education and Pedagogy*, Athens, New Technologies Editions, 290-306.

4. G. Katselis, A. Ramfos, K. Koukou and **C. Gnardellis** (2008) Morphometrical variation of scales of mugil species (mugilidae) in the Messolonghi-Aitolikos lagoon. *Data Analysis Bulletin* 9:119-130.

5. G. Tzamalouka, N. Christakis, M. Papadakaki, **C. Gnardellis**, C. Darviri, J. Chliaoutakis, (2006) Lifestyle patterns as predictors of drowsy driving in Greece. *Psychology* 13(1) : 125-142.
6. G. Tzamalouka, M. Papadakaki, J. Chliaoutakis, **C. Gnardellis** (2006) Seeking for groups of high driving risk with special focus on falling asleep while driving. *Data Analysis Bulletin* 7: 75-92.
7. **C. Gnardellis**, G. Koulierakis (2004) Injecting drug use in the Greek male prisons. A typology of the offensive behavior. *Penal Justice* 7: 859-866.
8. **C. Gnardellis**, D. Niakas (2004) In-patient satisfaction from the hospital services of National Health System. Intra-class and inter-class correspondence analysis with regard to Regional Health Systems. *Data Analysis Bulletin* 42:103-122.
9. **C. Gnardellis**, K. Vidalis (2003) A spatiotemporal study of the wild fry abundance of Mugilidae species using Multidimensional Analysis techniques. *Data Analysis Bulletin* 2:74-82.
10. **C. Gnardellis**, G. Koulierakis (2002) A typology of HIV-high risk groups among male Greek inmates. The factor of injecting drugs. *Data Analysis Bulletin* 1:52-64.
11. **C. Gnardellis**, Th. Dimopoulou, T. Vassilakou, A. Trichopoulou (2000) School-based nutrition education and dietary attitudes. A study in two high-schools of Attica. *Greek Health Review* 11(6): 35-40.
12. D. Niakas, **C. Gnardellis** (2000) In-patient satisfaction in a regional general hospital of Athens. *Iatriki* 77(5):464-470.
13. T. Vassilakou, **C. Gnardellis**, A. Trichopoulou (2000) Body mass index in relation to frequency of breakfast consumption among Greek students. *Archives of Hellenic Medicine*, 17(1):61-67.
14. **C. Gnardellis**, A. Lagiou, I. Chloptsios, V. Benetou, A. Trichopoulou (1999) Estimation of physical activity in epidemiological studies. The Greek experience in the context of the EPIC study. *Iatriki* 76(6):551-558.
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16. **C. Gnardellis**, C. Boulou, R. Dania, A. Trichopoulou (1998) Validation of reported dietary intake through physical activity level in the context of the EPIC study. *Iatriki* 73(6):497-503.
17. **Gnardellis C.**, Agrafiotis D. (1992) Methods of contraception and protection against AIDS. Perception and use in the population of Athens. *Health Review* Vol. 3, No 5: 53-57.
18. D. Agrafiotis, M. Diomidus, **C. Gnardellis**, E. Ioannidi, R. Konstantinidis, E. Mestheneos, P. Pantzou, I. Stylianou (1991) Knowledge, Attitudes, Beliefs and Practices of Athenians in relation to AIDS. *Medical Collaboration*, Vol. 4, No 11: 9-23.
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2. A. Trichopoulou, C. Gnardellis, E. Polychronopoulos Socio-demographic characteristics and dietary habits of the elderly attending the centers for the aged in Greece (in Greek). Athens 1996, Ed. Parisianos.
3. D.Agrafiotis, A.Doumas, C. Gnardellis, E.Mestheneos, S.C.Richardson, C.Tselepi. Technical and Statistical support in the comparative and in-depth analysis of data collected through KABP studies funded by GPA / WHO. The cases of Togo and Mauritius. WHO Report, December 1991.
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Publications - Books

- 1.Gnardellis C. Data Analysis using IBM SPSS Statistics 28, Athens, Papazisis Ed, 2022 (in Greek)
- 2.Gnardellis C. Applying Statistics, Athens, Papazisis Ed, 2nd Edition, 2019 (in Greek)
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- 4.Gnardellis C. Data Analysis using PASW Statistics 17.0, Athens, Papazisis Ed, 2009 (in Greek).
- 5.Gnardellis C. Data Analysis using SPSS 14.0 for Windows, Athens, Papazisis Ed, 2006 (in Greek).
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Chapters in Books

- Gnardellis C. Commerce par produits au sein de l' OCDE de 1970 a 1979: Comparaison avec le commerce entre l' OCDE et l' OPEP. In Pratique de l' Analyse des Donnees en Economie. J.-P. & F. Benzecri & Collaborateurs Paris, DUNOD, 1986.