

Currikulum Vitai

**Manolis
Mentis**

**Patras
2025**

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CV NOTE



Manolis Mentis , BSc Social Worker, MSc (Primary Care Health), PhD(Psych)

Assistant Professor, Department of Educational Sciences and Social Work, University of Patras

Manolis Mentis was born in Kythira in 1970 and completed his secondary education there. He studied Social Work at the Technical University of Patras and specialized in Primary Health Care at the Department of Medicine of the University of Thessaly, while at the same Department he completed his doctoral studies with a scholarship from the aforementioned Postgraduate Studies Program. The topic of his thesis concerned the investigation of the impact of psychosocial factors on the health and, in general, on the quality of life of families with schizophrenic members.

He has worked for twenty-three years as a social worker in the fields of Health and Mental Health (Attica Psychiatric Hospital, Department of Family Counseling & Therapy of 18 ANO, University General Hospital of Patras). He has also been present since 2010 as a volunteer in Civil Society organizations, contributing with his work to their empowerment (So.PS.Y. Patras) through the drafting of proposals for funded actions, in the establishment of the Civil Non-Profit Company "Hellenic Fracture Network " for the promotion of musculoskeletal health, in the Association of Friends of the Spinal Cord Injury Rehabilitation Clinic of the University General Hospital of Patras by organizing awareness-raising events in the Community. His studies and research interests concern the investigation of the social problems of patients and their families, the burden on caregivers of chronically ill people, the self-organization of patients and their caregivers in Patients' Associations to assert their rights, the psychoeducation of patients with chronic diseases and their informal caregivers within the framework of health literacy programs, and the social care of older people.

In the Department of Education & Social Work Sciences, he teaches the mandatory courses: "Ethics - Areas & Services of Application of Social Work", "Social Research" and is responsible for the Laboratory Internship in the 4th year of the Social Work major. He also teaches the optional courses: "Development of Supportive Social Care Networks", "Social Work in Mental Health" and "Social Work with the Elderly". Additionally, he has also taught in the Postgraduate Programs "Mental Health" (2020-21), "Exercise, ergospirometry and rehabilitation" (2018-2023), " Neurorehabilitation " (2020-2023) of the University of Thessaly and in the joint Postgraduate Program "Management of Aging and Chronic Patients" of the Hellenic University of Health Sciences in collaboration with the University of Thessaly (2016-2024). Since 2026, he has also taught as an invited speaker in the Postgraduate Program of the Democritus University of Thrace / Department of Social Work "Social Work in Education - Integration of Diversity".

Finally, she has edited the book "Educational material for prospective Host Families for mentally ill people", the Greek version of the book " Orthogeriatrics " together with the emeritus professor of Medicine of the University of Patras Dr. Elias Panagiotopoulos, the book "Social Gerontology - An interdisciplinary approach for Health and Social Care professionals" and the book "Applications of Social Work in Children" together with the psychologist Theoni Mavrogianni .

PERSONAL INFORMATION

FIRST NAME:	Manolis Mentis
FATHER'S NAME:	Nicholas
MOTHER'S NAME:	Spyridoula
DATE OF BIRTH	May 27, 1970
FAMILY STATUS:	Married with two children
MILITARY OBLIGATIONS:	January 1993 - April 1994, Health Corps, Social Worker Specialty
PLACE OF RESIDENCE:	Patras
PHONE CONTACT:	6970708570
E MAIL :	ementis @ upatras . gr manosmentis@yahoo.gr

STUDIES - EDUCATION

- I. He completed his Doctoral Thesis at the Department of Medicine of the University of Thessaly in Primary Health Care on the topic: "Investigation of the impact of psychosocial characteristics on the health and in general on the quality of life of families with a member suffering from schizophrenic disorder" : 2009 - 2015.
- II. Study at the University of Thessaly, Department of Medicine, Postgraduate Program "Primary Health Care": 2006 - 2008.
- III. Study at the Technical University of Patras, Department of Social Work: 1989 - 1993.

EDUCATION – LIFELONG LEARNING

- Attendance of the 25-hour Training Seminar from 21/10/2016 to 10/2/2017 on the subject of "OPEN & DISTANCE EDUCATION". Certification in the educational subject following a live evaluation process.
- Monitoring and certification following examinations of the training program entitled: "Training of Mental Health Professionals on the phenomenon of adolescent "addiction" to the internet, as well as on the risks faced by children and adolescents

from uncontrolled use of the internet". The program was 85 hours long in person and was organized by the Center for Continuing Education and Training of the National Kapodistrian University of Athens within the framework of the "ARIADNI" operation with MIS 340188 of the Operational Program "HUMAN RESOURCES DEVELOPMENT".

- Monitoring of the Lifelong Learning Program entitled: "Employment and Human Resource Development Policies" thematic units: 1. "Cultural Diversity" (duration 25 hours, from 24/10/2008 to 26/10/2008), 2. "Immigration and Social Exclusion in the Greek Labor Market" (duration 25 hours, from 4/4/2008 to 6/4/2008). The program was implemented in Patras by the Labor Institute of the Greek General Confederation of Labor (GSEE) in the context of the project "Development and operation of Lifelong Learning programs by the General Confederation of Labor (GSEE)" of the Operational Program of Education and Initial Vocational Training of the Ministry of National Education & Religious Affairs.
- Monitoring of the Lifelong Learning Program entitled: "Training of employees or their union representatives in the field of new technologies" thematic modules: 1. "Introductory knowledge of Information Technology" (duration 25 hours, from 24/9/2008 to 2/10/2008), 2. "Basic - supplementary knowledge in Information Technology" (duration 75 hours, from 3/10/2008 to 23/10/2008). The program was implemented in Patras by the Labor Institute of the Greek Confederation of Trade Unions (GSEE) in the context of the project "Development and operation of Lifelong Learning programs by the Greek Confederation of Trade Unions (GSEE)" of the Operational Program of Education and Initial Vocational Training of the Ministry of National Education & Religious Affairs.
- Monitoring of the Program "Training of Continuing Vocational Training Trainers" of a total duration of 300 hours (69 hours in person and 231 remotely), organized by the K.E.K. "PLEGMA EDUCATIONAL NETWORK LTD" from 28/7/2006 to 11/2/2007 within the framework of the Operational Program "Employment and Vocational Training".
- Monitoring of the Innovative Program entitled: "Social Cooperatives - Social Enterprises: The example of the organization and operation of a pilot store", lasting 18 hours, implemented by the Research University Institute of Mental Health (RIMH) from 04/07/2000 to 6/07/2000 with co-financing from the European Social Fund and the Ministry of Labor & Social Insurance.

- Monitoring of the training program for executives in the provision of Accompanying Support Services for socially excluded groups entitled: "TRAINING IN SUPPORT", lasting 400 hours, implemented in 2000 by the Social Organization for Youth Support "ARSIS" in collaboration with the Athens Center for Human Studies (AKMA), the General Secretariat for Popular Education and the National Organization for Social Care with funding from the European Social Fund and the Ministry of Labor.
- Monitoring of the subsidized Continuing Vocational Training program on the topic: "Training of executives as career guidance counselors", with a total duration of 200 hours, implemented by the Continuing Vocational Training Center of the Hellenic Society for the Protection and Rehabilitation of Disabled Children (HELEPAP) in Athens from 13/11/1998 to 2/4/1999 with co-financing from the European Social Fund and the Ministry of Health & Welfare.
- Monitoring of the subsidized Continuing Vocational Training program on the topic: "Assistive technologies for people with motor disabilities", with a total duration of 150 hours, implemented by the Continuing Vocational Training Center of the Hellenic Society for the Protection and Rehabilitation of Disabled Children (HELEPAP) in Athens from 26/11/1999 to 8/4/2000 with co-financing from the European Social Fund and the Ministry of Health & Welfare.
- Monitoring of the Innovative Program entitled: "Experience from the development and operation of an integrated psychosocial rehabilitation system", lasting 18 hours, implemented by the Research University Institute of Mental Health (RIMH) from 13/09/2000 to 15/09/2000 with co-financing from the European Social Fund and the Ministry of Labor & Social Insurance.
- Attendance and Certification in the Introductory Training Program of the National Center for Public Administration - Training Institute - Introductory Training Sector, held in Athens from 9/3/1998 to 3/4/1998.
- Attendance at the Professional Sexology Seminar on the topic: "Sexual Education", lasting 30 hours, organized by the Hellenic Sexology Institute from 3/2/1996 to 31/3/1996.
- Attendance at the subsidized seminar on the topic: "Executives of Creative Children's Activity Centers", lasting 350 hours, which was implemented in Athens by the Vocational Training Center of the GSEE Labor Institute in the first five months of 1996.

PROFESSIONAL LICENSE - CERTIFICATION AT EOPPEP .

- I. License to practice Social Work, for the entire territory. (license to practice the profession of Social Worker)
- II. Inclusion in the sub-register of Certified Adult Educators of the National Organization for the Certification of Qualifications & Vocational Guidance (EOPPEP - former EKEPIS). Certified instructor of theoretical & practical part in the EKEPIS Instructors Register with Registration number EB 11674 for the professional categories:
 - Special education teachers - Preschool and special education teaching assistants
 - Social workers graduated from TEI or other schools.

PREVIOUS SERVICE - PROFESSIONAL EXPERIENCE

(total professional experience in the field of Social Work and Mental Health: 23 years, total experience in Higher Education: 5 years. Total years of service: 28 years)

- I. **October 13, 2023 to present:** Permanent Assistant Professor with the subject: "Social Work with an emphasis on Mental Health" at the Department of Education & Social Work Sciences of the School of Humanities and Social Sciences of the University of Patras (Government Gazette 2680/13-10-2023, vol. 3).
- II. **January 24, 2020 to October 12, 2023 :** Tenured Assistant Professor with a focus on Social Work with an emphasis on Mental Health at the Department of Educational Sciences & Social Work of the School of Humanities and Social Sciences of the University of Patras
- III. **April 1, 2001-January 23, 2020 :** Social worker at the Social Service of the University General Hospital of Patras (UGHPA). with duties in the Spinal Cord Injury Rehabilitation Clinic of the UGHPA, the Intensive Care Unit, the Nephrology Clinic and the Neurosurgery Clinic.
- IV. **December 16, 1996 - March 31, 2001 :** Social Worker in the Social Service of the Psychiatric Hospital of Attica. Since 1997 (act of the Chairman of the Board of Directors of the Psychiatric Hospital P83/5-12-1997) social worker in the Addiction Unit 18 ANO - Department of Family Counseling and Therapy of the Psychiatric Hospital of Attica

- V. **April 24, 1994 to April 24, 1995** : Social Worker in the Army and responsible for the team of social workers, psychologists and sociologists in the area of responsibility of the XVI Infantry Division.

TEACHING EXPERIENCE

Teaching experience in Higher Education (undergraduate level)

(Total teaching in Higher Education after obtaining the Doctorate (2015) at undergraduate level for five academic years: spring semester of academic year 2019-2020 to date)

- I. 21-02-2025 to 31-05-2025: Teaching the following courses: (a) Introduction to Social Work Practical Exercises (part b) (3 hours compulsory course, (b) Social Research (3 hours compulsory course), (c) Practical Laboratory Exercise in Social Structures - Supervision II (6 hours laboratory course), (d) Social Work with the Elderly (3 hours optional course), (e) Counseling and Career Guidance (3 hours optional course).
- II. 04-10-2024 to 11-01-2025: Teaching of the courses: (a) Development of supportive social care networks (3 hours of theory, optional course), (b) Ethics - Areas and services of application of Social Work (3 hours of theory, mandatory course) and (c) "Practical Laboratory Exercise in Social Structures - Supervision I" (6 hours, laboratory)
- III. 19-02-2024 to 31-05-2024: Teaching the following courses: (a) Introduction to Social Work Practical Exercises (part b) (3 hours compulsory course, (b) Social Research (3 hours compulsory course), (c) Practical Laboratory Exercise in Social Structures - Supervision II (6 hours laboratory course), (d) Social Work with the Elderly (3 hours optional course)
- IV. 13 -10-2023 to 20-01-2024: Teaching of the courses: (a) Development of social care support networks (3 hours of theory, optional course) and (b) Ethics - Areas and services of application of Social Work (3 hours of theory, mandatory course) and (c) "Practical Laboratory Exercise in Social Structures - Supervision I" (6 hours, laboratory)
- V. 20-02-2023 to 2-06-2023: Teaching of the courses: (a) Social Research (3 hours mandatory course), (b) Practical Laboratory Exercise in Social

Structures - Supervision II (6 hours laboratory course), (c) Social Work with the Elderly (3 hours optional course)

- VI. 3-10-2022 to 13-1-2023: Teaching of the courses: (a) Development of supportive social care networks (3 hours of theory, optional course) and (b) Ethics - Areas and services of application of Social Work (3 hours of theory, mandatory course) and (c) "Practical Laboratory Exercise in Social Structures - Supervision I" (6 hours, laboratory)
- VII. 28-02-2022 to 10-06-2022: Teaching in the curriculum of the former Department of Social Work of the ATEI of Western Greece of the courses: (a) "Social Work with Population Groups II" (3 hours of theory), "Social Research I" (3 hours of theory), (c) Laboratory Practical Exercise IV & V (3 hours of supervision), (d) Community Organization (3 hours of theory)
- VIII. 04-10-2021 to 14-1-2022: Teaching the courses of the TEpEKE : (a) Development of social care support networks (3 hours of theory, mandatory course) and (b) Ethics - Areas and services of application of Social Work (3 hours of theory, mandatory course), as well as the "Laboratory Practical Exercise VI- Supervision" (3 hours of supervision) of the former Department of Social Work of the ATEI of Western Greece.
- IX. 22-2-2021 to 4-6-2021: Teaching the courses: "Laboratory Practical Exercise V - Supervision" (laboratory course, 3 hours) and "Social Work with Population Groups I" (3 hours of theory) in the curriculum of the former Department of Social Work of the Technical and Vocational Education and Training Institute of Western Greece.
- X. 05-10-2020 to 15-01-2021: Teaching the courses at TEpEKE : (a) Development of social care support networks (3 hours of theory, optional course) and (b) Ethics - Areas and services of application of Social Work (3 hours of theory, mandatory course) and (c) " Laboratory Internship - Supervision IV " (3 hours, supervision) of the former Department of Social Work of the Technical and Vocational Education and Training Institute of Western Greece.
- XI. 17-02-2020 to 29-05-2020: Teaching in the curriculum of the former Department of Social Work of the ATEI of Western Greece of the courses: (a) "Social Research I" (3 hours of theory) and (b) Population Groups I (3 hours

of theory), (c) "Community Organization" (3 hours of theory) and (d) "Laboratory Internship - Supervision III" (3 hours of laboratory) of students of the 5th ^{semester} of the former Department of Social Work of the ATEI of Western Greece.

- XII. 01-10-2002 to 30-06-2004: Hourly Laboratory Associate of the Department of Social Work of the Technical University of Patras in the context of the laboratory internship of Social Work students at the Social Service of the University General Hospital of Patras
- XIII. 01-10-1999 to 30-09-2000: Social Organization Supervisor at the Department of Family Counseling & Therapy of the Addiction Unit (18 AND UP) of the Psychiatric Hospital of Attica, within the framework of the Operational Program for Education and Initial Vocational Training, Action 3.4.b "Student Internship".
- XIV. 25-01-1999 to 28-1-1999: Lecturer at the Department of Social Work of the School of Health & Welfare Professions of the Technical Institute of Patras on issues of support for socially vulnerable population groups (mentally ill, users of illegal substances) within the framework of the EPEAEK program.

Teaching Experience in Postgraduate Programs

(Total experience in postgraduate programs of the Hellenic University of Thessaly: 2017-2024 (7 years, two as coordinator and five as assistant coordinator), Total experience in postgraduate programs of the University of Thessaly: (2012-2023 as a visiting teaching assistant 11 years and one year as course coordinator)

- I. 2017 to 2024: Collaborating Educational Staff (CEP) and assistant coordinator of the Hellenic Open University (HOU) in the context of the thematic Unit "Patient Associations" (GXN62) of the Postgraduate Program "Management of Aging and Chronic Diseases ". Since September 2020 coordinator of the above thematic unit. Since February 2023 CEP in the course GXN31 "Human Rights - Patient Associations".
- II. 2020 -2021: coordinator of the course "Connectivity in Mental Health" of the Postgraduate Program of the University of Thessaly "Mental Health".
- III. 2021 to 2023: Lecturer - speaker in the context of a one-hour lecture on the topic: "The role of the social worker in the rehabilitation team" in the Postgraduate

- Studies Program of the Department of Medicine of the University of Thessaly entitled: "Neurorehabilitation".
- IV. 2016-2017: Collaborating Educational Staff (CEP) of the Hellenic Open University (HOU) in the context of the thematic Unit "Social Gerontology" (GXN53) of the Postgraduate Program "Management of Aging and Chronic Diseases" (file 7: EAP certificate)
 - V. 2015 to 2023: Associate in the course: "Interprofessional collaboration in health care" in the Postgraduate Program "Exercise, Ergospirometry and Rehabilitation" of the Department of Medicine and the Department of Physical Education and Sports Science of the University of Thessaly. The teaching subject was titled: "Social care in the context of patient rehabilitation - Case studies towards a holistic interdisciplinary approach".
 - VI. 2012 to 2020: Collaborator in the course: "Home Health Care" in the Postgraduate Program "Primary Health Care" of the Department of Medicine of the University of Thessaly in collaboration with the Department of Nursing of the Technological Educational Institute of Thessaly. The teaching subject was titled: "Social care in Primary Health Care and home care".
 - VII. 2012 to 2020: Collaborator in the course: "Mental Health in Primary Health Care" in the Postgraduate Program "Primary Health Care" of the Department of Medicine of the University of Thessaly in collaboration with the Department of Nursing of the Technological Educational Institute of Thessaly. The subject of teaching was entitled: "Psychosocial rehabilitation of psychotic patients".
 - VIII. 2026: Invited speaker in the postgraduate course "Social Work in a School for All: Theoretical Approaches and Counseling Applications" of the postgraduate course "Social Work in Education - Inclusion of Diversity" of the Department of Social Work of the Democritus University of Thrace.

Teaching Experience in Specialization Programs

- I. 02/06/2014 - 31/12/2015: Project Assignment Agreement with the Special Account of the TEI of Epirus for the Project entitled "PEGA - Training of Social Welfare Professionals in Counseling Skills and Strengthening their Professional Identity" of the OP "Education and Lifelong Learning", for Teaching and Educational Materials.

Member of Three-Member Committees for Supervision – Evaluation of Diploma Theses at Undergraduate Level:

- I. (2020-2022): Supervision of twenty (20) Bachelor's Theses of the Former Department of Social Work of the Technical and Vocational Education and Training Institute of Western Greece.
- II. (2003): Supervisor of the Diploma Thesis in the context of obtaining the degree in Social Work of the students Savvidis, E., Kalogirou, S. and the student Houtos H. of the Department of Social Work of the Technical University of Patras on the topic: "Degenerative diseases in the elderly with special emphasis on Alzheimer's disease".
- III. (2003): Member of the three-member evaluation committee of the Diploma Thesis in the context of obtaining the degree in Social Work of the Department of Social Work of the Technical University of Patras on the topic: "Sports as a therapeutic means in the rehabilitation of people with motor disabilities and the role of the social worker".

Member of Three-Member Thesis Supervision Committees at postgraduate level:

- I. (2022): Supervision of two (2) postgraduate theses within the framework of the Postgraduate Program of the Department of Medicine of the University of Thessaly " Neurorehabilitation "
- II. (2021): Supervision of one (1) postgraduate thesis within the framework of the Interdepartmental Postgraduate Program of the Department of Medicine of the University of Thessaly with the Department of Physical Education & Sports Science "EXERCISE, ERGOSPIROMETRY AND REHABILITATION"
- III. (2019 to date) Supervision of thirty-four (34) Diploma Theses within the framework of the Joint Postgraduate Studies Program of the Department of Medicine of the University of Thessaly and the Hellenic Open University (HOU) "Management of Aging and Chronic Diseases"
- IV. (2018) Supervision of five (5) Diploma Theses within the framework of the Joint Postgraduate Studies Program of the Department of Medicine of the University of Thessaly and the Hellenic Open University (HOU) "Management of Aging and Chronic Diseases"
- V. (2016) Supervision of one (1) Master's Thesis of the student Styliani Stavrotheodorou within the framework of the Postgraduate Program "Mental Health" of the Department of Nursing of the Technical University of Larissa

Doctoral Theses Supervision:

- I. (2020 to present): Supervision of the study of the Primary Education Teacher Ms. Amaterinis Athanassopoulou on the topic: "Secondary prevention of hip fractures: education and compliance of elderly patients".
- II. (2021 to present): Supervision of the study of Computer Engineer Mr. Charalambos - Philippos Poulastidis on the topic: "Professional Counseling and Mentoring in vulnerable social groups: Design and development of an integrated counseling intervention"
- III. (2021 to present): Supervision of the study of Pedagogue Ms. Evangelia Tsiloni on the topic: "Psychosocial impacts of intergenerational learning on school-age children and the elderly"
- IV. (2022 to present): Supervision of the study of Nutritionist Ms. Georgia Dimakou on the topic: "Creation of an educational program aimed at caregivers of malnourished individuals and concerning nutritional restoration"

Participation in Three-Member Advisory Committees for the supervision of Doctoral Theses:

- I. (2019-2023): Participation as a member of the Three-Member Advisory Committee of the Department of Medicine of the University of Patras in the context of the Geriatrician 's thesis preparation Mr. Konstantinos Stolakis on the topic: "The influence of vitamins B12 and D 3 on balance and falls. Results from the study of a geriatric sample of patients from the falls prevention, osteoporosis and sarcopenia clinic (IPPOS) of the Rehabilitation Clinic of the University General Hospital of Patras (PGNP). The thesis was successfully presented in the summer of 2023.
- II. (2021 to present): Participation as a member of the Three-Member Advisory Committee of the Department of Education & Social Work Sciences of the University of Patras in the context of the thesis preparation of the social worker Mr. Georgios Kolokythas on the topic: "Migration - Refugee Status and Old Age: study of older people from an intergenerational perspective"
- III. (2021 to present): Participation as a member of the Three-Member Advisory Committee of the Department of Education & Social Work Sciences of the University of Patras in the context of the dissertation of psychologist Ms. Aikaterini Koutrouki on the topic: "The effectiveness of Cognitive Analytic Psychotherapy in women with breast cancer and post-traumatic stress disorder"

- IV. (2020 to present): Participation as a member of the Three-Member Advisory Committee of the Department of Medicine of the University of Patras in the context of the preparation of a thesis by Social Worker Ms. Ekaterini Batistatou on the topic: "Investigation of the Quality of Life and Social Reintegration of patients with subarachnoid hemorrhage after endovascular treatment (embolization) of an aneurysm".

Evaluation of Doctoral Theses

- I. (14-12-2022): Participation in the seven-member evaluation committee of the Department of Medicine of the University of Patras of the thesis of social worker Ms. Aikaterini Panagopoulou on the topic: "Study of the professional training of health professionals in the management of child abuse cases in Greece"
- II. (5-12-2025): Participation in the seven-member evaluation committee of the Department of Educational Sciences and Social Work of the University of Patras of the thesis of social worker Mr. Georgios Kolokythas on the topic: ""Migration - Refugee Status and Old Age: study of older people from an intergenerational perspective"".
- III. (12-12-2025): Participation in the seven-member evaluation committee of the Department of Education and Social Work Sciences of the University of Patras of the thesis of social worker Ms. Fotini Mitropoulou on the topic: "Strengthening intercultural interactions in primary education: An ecosystem intervention of School Social Work in Roma and non- Roma students ".

Teaching in other programs

- I. 30/10/2006 - 26/6/2007: Participation as an instructor in the Self-Funded Training Program of the Nursing Department of the Technical Institute of Larissa in the thematic unit: "Psychosocial rehabilitation". Total duration 20 hours.

TEACHING EXPERIENCE IN ADULT EDUCATION

(Total teaching hours in Vocational Training Centers: >2,000 hours)

Teaching in Continuing Education Programs for employees and unemployed people funded by European Programs:

From 04-11-2002 to present: Instructor of theoretical and practical parts in Continuing Education programs of the following Vocational Training Centers:

- K.E.K. of the University General Hospital of Patras

- K.E.K. Panarcadic General Hospital of Tripoli
- K.E.K. of the University General Hospital of Ioannina
- K.E.K. of Larissa General Hospital
- K.E.K. Therapeutic Pedagogical Center for the Protection of Maladjusted Children "THE CARE"
- K.E.K. Hellenic Center for Mental Health & Research, Athens & Western

Branch

Greece

- Chios General Hospital K.E.K.
- K.E.K. Psychiatric Hospital of Corfu
- K.E.K. ERISMA
- K.E.K. IASON
- KEK Institute of Labor GSEE - ADEDY, Western Greece Branch (Patras)
- KEK Labor Institute GSEE - ADEDY, Peloponnese Branch (Tripoli)
- KEK Labor Institute GSEE - ADEDY, Crete Branch (Heraklion)
- KEK Labor Institute GSEE - ADEDY, Piraeus Branch
- KEK Labor Institute GSEE - ADEDY, Thessaly Branch (Larissa)
- K.E.K. of Tripoli Psychiatric Hospital
- K.E.K. of Piraeus General Hospital "Tzaneio"
- K.E.K. Consul
- KEK Practica (Patras)

Scientifically responsible for Continuing Professional Training Programs funded by the European Union

(TOTAL: 23):

- Scientifically responsible for the Continuing Education program E 103 "ORGANIZATION AND OPERATION OF PATIENT RECEPTION DEPARTMENT IN HOSPITALS", duration 100 hours for employees in Hospitals and Health Centers, which was approved by the Ministry of Health & Welfare based on the approval decision ηκ.89473/13-09-2002 within the framework of the OP "Health - Welfare 2000-2006", measure 4.1 and which was implemented at the K.E.K. of the P.G.N.P. from 03/11/2002 to 22/11/2002.
- Scientifically responsible for the Continuing Education program A 706 "FAMILY CARE OF NON-SELF-SERVING ELDERLY PEOPLE", duration 60 hours for unemployed graduates of HEIs/ATEI, which was approved by the Ministry of Health & Welfare based on the approval decision D.Y.2g/oik. 18669/21-02-2003 within the framework of the OP "Health - Welfare 2000-2006", measure 4.2 and which was implemented at the K.E.K. "MERIMNA" from 10 to 21 May 2003.
- Scientifically responsible for the Continuing Education program E 103 "ORGANIZATION AND OPERATION OF PATIENT RECEPTION DEPARTMENT IN HOSPITALS", duration 100 hours for employees in Hospitals and Health

Centers, which was approved by the Ministry of Health & Welfare based on the approval decision ηκ.41702/02-05-2003 within the framework of the OP "Health - Welfare 2000-2006", measure 4.1 and which was implemented at the K.E.K. of the Panarcadic General Hospital of Tripoli "EVANGELISTRIA" from 06 to 28 June 2003.

- Scientifically responsible for the Continuing Education program PE 724 "FAMILY CARE OF NON-SELF-SERVICING ELDERLY PEOPLE", duration 60 hours for workers in the field of Welfare, which was approved by the Ministry of Health & Welfare based on the approval decision D.Y.2c/oik. 40055/23-04-2003 within the framework of the OP "Health - Welfare 2000-2006", measure 4.2 and which was implemented at the KEK "MERIMNA" from June 30 to July 10, 2003.
- Scientifically responsible for the Continuing Education program PE 723 "EMERGENCY INTERVENTION IN CRISIS AND RESPONDING TO EMERGENCY NEEDS (NATURAL AND NON-DISASTERS: A. MANAGEMENT AND MOBILIZATION OF HUMAN RESOURCES - TECHNICAL SUPPORT ASSISTANCE (STAGE ESTABLISHMENT) B. SUPPORT ASSISTANCE AND SOCIAL INTERVENTION IN CRISIS SITUATIONS", duration 100 hours for workers in the field of Welfare, approved by the Ministry of Health & Welfare based on the approval decision D.Y.2g/oik. 40385/23-04-2003 within the framework of the OP "Health - Welfare 2000-2006", measure 4.2 and which was implemented at the "MERIMNA" Community Center from June 19 to July 14, 2003.
- Scientifically responsible for the program "SPECIALIZATION OF UNEMPLOYED HEALTH AND WELFARE PROFESSIONALS OF THE PREFACE OF ETOLOAKARNANIA IN MODERN FORMS OF PSYCHOSOCIAL ASSISTANCE FOR THE STAFFING OF NEW STRUCTURES OF SOCIAL SUPPORT SERVICES", duration 400 hours, which was approved (no. prot. 1746/18-04-2003) by the Region of Western Greece within the framework of the Regional Development Plan of Western Greece 2000-2006 and concerns professional training at the KEK IN/GSEE. 19 unemployed people with ATEI educational level during the second semester of 2003 (July - October 2003).
- Scientifically responsible for the program E 110 "ORGANIZATION - ADMINISTRATION OF SOCIAL CARE SERVICE PROVISION UNITS", duration 120 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006", Measure 4.1, based on the

approval decision DY2g/oik. 18237/17-02-04 and which was implemented at the K.E.K. of the General Hospital of Tripoli from 27/03/04 to 24/04/04.

- Scientifically responsible for the TRAINING OF TEACHERS E/E 102 program "ORGANIZATION - ADMINISTRATION OF SOCIAL CARE SERVICE PROVISION UNITS", duration 120 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006", Measure 4.1, based on the approval decision DY2g/oik. 38681/23-04-04 and was implemented at the K.E.K. of the P.G.N. of Patras from 08 to 30 June 2004.
- Scientifically responsible for the program E 217 "MENTAL HEALTH NURSING IN THE GENERAL HOSPITAL: NURSING IN ACUTE UNITS, SHORT-COURSE, DAY, IN-HOUSE, INTERCONNECTIVE", duration 150 hours, which was implemented at the K.E.K. of the General Hospital of Tripoli from June 14 to July 14, 2004.
- Scientifically responsible for the program E 224 "APPROACH - TREATMENT OF GERIATRIC PATIENTS IN PRIMARY HEALTH CARE", duration 60 hours, which was implemented at the K.E.K. of the General Hospital of Tripoli from 07 to 18 September 2004 with co-financing from the European Social Fund and the Ministry of Health & Social Solidarity.
- Scientifically responsible for the program A 203 "PROVISION OF NURSING CARE IN T.E.P.", duration 300 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006", Measure 4.1, based on the approval decision DY2g/oik. 126319/8-12-2004 and was implemented at the K.E.K. of the University General Hospital of Patras from 04 February to 05 April 2005.
- Scientifically responsible for the program A 203 "PROVISION OF NURSING CARE IN T.E.P.", duration 300 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006" and implemented at the K.E.K. of the Panarcadic General Hospital of Tripoli from February 18 to April 19, 2005.
- Scientifically responsible for the program 16/E010 "ORGANIZATION AND OPERATION OF A MOBILE MENTAL HEALTH UNIT IN THE FRAMEWORK OF PSYCHIATRIC REFORM", duration 150 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006", Measure 4.1 and was implemented at the K.E.K. of the University General Hospital of Patras from December 27, 2005 to February 25, 2006.

- Scientifically responsible for the program 02/E008Γ "ORGANIZATION AND OPERATION OF EMERGENCY DEPARTMENTS (ED)", duration 120 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006", Measure 4.1 and was implemented at the Emergency Department of the University General Hospital of Patras from March 31 to May 4, 2006.
- Scientifically responsible for the program 16/A049B "TRAINING OF UNEMPLOYED PEOPLE FOR STAFFING DE-ASYLIZATION STRUCTURES", duration 280 hours, which was approved by the Ministry of Health & Social Solidarity within the framework of the OP "Health - Welfare 200-2006", Measure 4.1 and was implemented at the K.E.K. of the University General Hospital of Ioannina from January 9 to March 18, 2006.
- Scientifically responsible for the program of the K.E.K. of the P.G.N.P. entitled: "Training of Mental Health professionals for the staffing of the Argostoli Day Center of the NGO of the Church of Greece "Solidarity"". The program was 180 hours long and was carried out within the framework of measure 2.4 based on the approval decision 2800/Φ.206 2.4 /21-05-2007 of the Ministry of Health & Social Solidarity, and its implementation took place in Patras and Kefalonia between 5/11 and 6/12/2007.
- Scientifically responsible for the program of the K.E.K. of the P.G.N.P. entitled: "Training of Mental Health professionals for the staffing of the Day Center of Ierapetra and Neapolis Lassithi, Crete, of the NGO of the Church of Greece "Solidarity"". The program lasted 180 hours and was carried out within the framework of measure 2.4 based on the approval decision 2799/Φ.206 2.4 /21-05-2007 of the Ministry of Health & Social Solidarity, and its implementation took place in Crete (Heraklion, Neapolis Lassithi and Ierapetra) between 19/11 and 21/12/2007.
- Scientifically responsible for the program of the K.E.K. of the General Hospital of Piraeus "TZANNEIO" on the topic: "Training of personnel for the staffing of the Day Center for eating disorders of the urban non-profit company "ANASA", total duration 180 hours (March 31 - May 13, 2009).
- Scientifically responsible for the program of the K.E.K. of the General Hospital of Piraeus "TZANNEIO" on the topic: "Training of mental health professionals for the

staffing of the Day Center of the General Hospital of Lefkada" (June 18 - July 20, 2009).

- Scientifically responsible for the program of the K.E.K. of the General Hospital of Piraeus "TZANNEIO" on the topic: "Training of tertiary education nurses in community psychiatry - early diagnosis of mental illness to support psychiatric reform in the 2nd ^{YPE} of Piraeus and the Aegean (1)", duration 120 hours (August 24 - September 15, 2009).
- Scientifically responsible for the program of the K.E.K. of the General Hospital of Piraeus "TZANNIO" on the topic: "Training of mental health professionals for the staffing of the Agrinio Mental Health Center" (August 26 - September 26, 2009).
- Scientifically responsible for the program of the K.E.K. of the General Hospital of Piraeus "TZANNEIO" on the topic: "Training of mental health professionals for the operation of the Mental Health Center and Medical Educational Center of the General Hospital of Preveza" (June 9 - July 11, 2009)
- Scientifically responsible for the Continuing Education program "DIABEC PATIENT NURSING CARE", lasting 60 hours for employees in Hospitals and Health Centers within the framework of the OP "Health - Welfare 2000-2006", measure 4.1, which was implemented at the K.E.K. of the P.G.N.P. from 10/05/2005 to 20/05/2005.

PARTICIPATION IN RESEARCH PROGRAMS

(TOTAL: 11)

1. 5-4-2025 to 4-12-2025: Scientifically responsible for the Project of the ELKE University of Patras with code 83906 - Digital services in the KAPI of the Municipality of Egaleo (e-KAPI)
2. 1-4-2024 to 26-10-2024: Scientifically responsible for the project of the ELKE University of Patras with code 82990 - Preparation of research studies for the strategic redesign of the nursing profession: A multifaceted approach.
3. June 2022-March 2024: Scientific manager of the program " ALIVENESS: Holistic program for volunteering of senior citizens and their active participation in civic life" (<https://www.activecitizensfund.gr/neo/active-citizens-fund-anakoinosi-prostheticis-epichorigisis-e-1-45-ek-stin-koinonia-ton-politon/>) . The project is funded by the EEA countries (Norway-Iceland-Liechtenstein) within the framework of the Active Citizens Fund program . The program will be implemented

by the consortium ELIX N.K.O. (coordinating body) - UNIVERSITY OF PATRAS - PROOPSIS - OTE ACADEMY, will last 20 months (until 31-12-2023) and the budget amounts to €200,000.

4. 1/5/2022 - 30-6-2023: Participation in the project team for the WP 6 " Project Management " of the University of Patras program « G . A . 101091869: R 3 GROUP - Resilient Rapint Reconfigurable production Process Chains ", with grant number 23241, funded by the EUROPEAN COMMISSION and scientifically responsible for the Emeritus Professor of the University of Patras, Dr. Georgios Chrysolouris.
5. 16-05-2019 Approval by ELIDEK of the research proposal entitled : "Holistic interdisciplinary approach to the treatment of patients with fragility fractures" within the framework of the action "Support for researchers with emphasis on young researchers - Cycle B" of the Operational Program "Human Resources Development, Education and Lifelong Learning 2014-2020" in which I participated as the main researcher (PhD) and from which I submitted my resignation in December 2019 due to incompatibility with my new position as Assistant Professor at the University of Patras
6. 1-6-2017 to 30/11/2019. Participation in the project team of the University of Patras (University Clinic for Spinal Cord Injury Rehabilitation, University General Hospital of Patras) based on the contract of June 1, ²⁰¹⁷ with the Special Research Funds Account of the University of Patras (Contract Code : 8189 - ADA: 6AΦΤΤ469B7Θ-ΕΡΞ) in the framework of the program: H2020- HP - ADHOC -2014-2020- JA -2015 (724099): ADVANTAGE Managing Frailty . A comprehensive approach to promote a disability-free advanced age in Europe: the ADVANTAGE initiative with F . K .: 57750000, which is financed by : EUROPEAN COMMISSION.
7. August - November 2008: Scientific associate of the Bee company Group with the purpose of designing and implementing two surveys:
 - A. empirical research to investigate health problems in Corfu and research
 - B. research to investigate hepatitis A, B and C in a random sample of 200 residents of Corfu within the framework of the European INTERREG III program, project: "Creation of a Center for Prevention and Direct Epidemiological Intervention to address population health issues in the Prefecture of Corfu"
8. April 2000 - September 2000: Participation in the scientific team of the E.P.E.A.E.K. Program of the Department of Social Work of the Technical University of Patras (Student Internship, Action 3.4.B) as an external collaborator and with

the objective of evaluating the internship of Social Work students during the semester 1/4/2000 to 30/9/2000.

9. March 1998 - December 1998: Participation as a researcher in the design and evaluation of the research program of the Technical and Vocational Institute of Patras "Pedagogical intervention in the school and extracurricular area of the Taraboura area".
10. May 1996 - December 1997: Participation as a researcher with the purpose of designing and writing the research report in collaboration with the scientific supervisor Dr. Andreas Zografou in the research program of the Technical University of Patras: "Out-of-school socialization and school learning". This research was submitted to the Technical University of Patras (pp. 224) and is given as teaching material to students of Social Work.
11. February 1992-June 1993: Participation as a collaborator in the research of the Technical and Vocational Institute of Patras (with the approval of the Ministry of Education) on the topic: "Young people during the transition from school to the profession or to higher education: Job satisfaction, political orientation". This research was also published as a book in October 1993.

DESIGN AND IMPLEMENTATION OF EUROPEAN PROGRAMS WITHIN THE CONTEXT OF THE NATIONAL STRATEGIC REFERENCE FRAMEWORK (NSRF)

- 14/06/2020-14/8/2024: Participation in the project team of the consortium MASTER TRAINING & CONSULTING CENTER SA D.C. MASTER SA and the METROPOLITAN DEVELOPMENT NETWORK IKE, contractor of the project of the Municipality of Peristeri under the contract entitled "Integrated Services and Actions for the Prevention and Combating of Discrimination, Improvement of the Quality of Life, Social Integration, Social Care and Open Special Care for Vulnerable Groups of the Municipality of Peristeri, within the framework of the BAA/OHE of Western Athens (Sections A and B)". The above program is financed by national and European funds within the framework of the NSRF 2014-2020 and has a total budget of €3,500,000.
- 2012-2014: Scientifically responsible for the Program of the S.O.P.S.Y. of Patras with code MIS 371373 and title: "SUPPORT ACTIONS FOR THE

IMPLEMENTATION OF HOSPITAL FAMILY PROGRAMS IN THE 6TH HEALTH REGION FOR THE IMPLEMENTATION OF PSYCHIATRIC REFORM", with a total budget of €295,485, financed by the European Social Fund (ESF) within the framework of the OP. "HUMAN RESOURCES DEVELOPMENT", priority axis 13: "Consolidation of the reform in the field of Mental Health, Development of Primary Health Care and protection of the Public Health of the population in the 8 convergence regions".

DISTINCTIONS

- (14-17/5/2025): Awarding of the work (original research paper award) entitled: "Investigation of the Image of the Nursing Profession in Nursing Students", at the 18th Panhellenic & Professional Nursing Conference of the Nurses' Union of Greece (ENE), Rhodes 2025.
- (3-6/5/2018): Award for the work (original research paper award) entitled: "Burden of caregivers of patients with dementia in the city of Patras" at the 11th Panhellenic and 10th Pan-European Scientific and Professional Nursing Conference in Zakynthos.
- 10-12/10/2013: Award for the paper (1st prize for free presentations) entitled: "Social support for families caring for a psychotic member - The necessity of networking in Mental Health Associations" at the 1st Panhellenic Conference on Mental Health in Primary Health Care, Megaron - Athens.
- (2010) Award for the paper (second prize) on the topic: "Health problems in families with a psychotic member", at the 4th Panhellenic Psychiatric Conference in Primary Health Care, Kyllini, Ilia.
- (2009) Scholar of the Postgraduate Program "Primary Health Care" of the Medical School of the University of Thessaly in partnership with the Department of Nursing of the Technical and Vocational College of Larissa as second in the ranking of graduates of the academic year 2008.
- (1994) Award of a Diploma of Excellent Service by the General Commander of the XVI Infantry Division for the services of a hoplite social worker in the Division's area of responsibility.

WRITTEN WORK

PUBLICATIONS (in peer-reviewed journals and indexed in international databases, total publications 40)

1. Kolokythas G., Dritsas I., **Mentis M.** , Nikolaou G. (2025). Migration, Refugee Status and Old Age: Intergenerational Relationship and Social Support as Factors of Cultural Adaptation. *Social Work. Social Science Review*, 39(3) , 18-32 . <https://doi.org/10.12681/ socialwork - rss.42917>
2. Mitropoulou, F, Farmakopoulou , I., **Mentis, M.** , Nikolaou, G. (2025). Enhancing intercultural interactions in primary schools: An ecosystemic School Social Work intervention with Roma and non-Roma students, *Social Work . Inspection Social Sciences* , 39(3), 33-49 . <https://doi.org/10.12681/socialwork-rss.43126>
3. Salachas A., & Mentis M. (2025). The role of pets in older people: An exploratory study in the Greek population. *Social Work. Social Science Review*, 39(2), 54-68. <https://doi.org/10.12681/socialwork-rss.41174>
4. Tsiloni E., Draggioti E., Gouva M., Vassilopoulos S., & **Mentis M.** (2025). Education and healthy aging: A systematic review and meta-analysis of cohort studies. *Social Work. Social Science Review*, 39(2), 22-53. <https://doi.org/10.12681/socialwork-rss.41306>
5. Salachas , A. , & **Mentis , M. (2025)** . The Role of Animals in Depressive Symptoms and Loneliness in Older Adults: A Mixed-Methods Systematic Review. *Social Work. Social Science Review*, 39(1), 40-63. <https://doi.org/10.12681/socialwork-rss.40605>
6. Tsiloni , E., Dragioti , E., Gouva , M., Vassilopoulos, SP, & **Mentis, M.** (2025). AI in Personalized Learning for Older Adults and Intergenerational Engagement: A Systematic Review. *European Psychiatry*, 68(S1), S868-S869. <https://doi.org/10.1192/j.eurpsy.2025.1760>
7. Deli, D., Tsouvelas , G., Roukas , D., & **Mentis, M.** (2025). A systematic review of depressive and anxiety symptoms in caregivers of dementia patients. *Psychiatrists* . <https://doi.org/10.22365/jpsych.2024.023>
8. Tsiloni , E., Dragioti , E., Gouva , M., Vassilopoulos, SP, & **Mentis, M.** . (2024). Psychosocial effects of intergenerational learning on primary school children and older adults: A systematic review. *Gerontology & geriatrics education* , 45(2), 289-322. DOI: 10.1080/02701960.2023.2189248
9. **Mentis, MN** , Mavroeidi, E., Boziou , M., Mavrogianni , T., Gianniodi , Ch, Tatsis, F., Konstantopoulou, G. (2024). The Public Image of Nursing and the Social Perceptions of Nurses Before and After the COVID-19 Pandemic. *An Integrated Review., J Nurs Care Repo;* 5(2):1-15. https://www.researchgate.net/publication/382354470_The_Public_Image_of_Nursing_and_the_Social_Perceptions_of_Nurses_Before_and_After_the_COVID-19_Pandemic_An_Integrated_Review
10. **Mentis, M. N.** , Mavroeidi , E., Bousia , K., Mavroyiannis , K., Tsokos , T., & Konstantopoulou, G. (2024). The Impact of the 2021 Fire in the Municipality of Ancient Olympia in Greece on the Mental Health of Residents: The Occurrence of Post-Traumatic Stress and Depression in Beneficiaries of Social Services. *Advanced Journal of Social Science* , 13(1), 1-9. <https://doi.org/10.21467/ajss.13.1.1-9>

11. Tsironis, C., Tatsis, F., Konstanti, Z., **Mentis, M.**, Stolakis, K., Kotsia, V., ... & Gouva, M. (2024). Resilience and Self-Compassion: Shields Against Age-Related Declines in Oral Health and Shame. *Cureus*, 16(8). DOI: [10.7759/cureus.66565](https://doi.org/10.7759/cureus.66565)
12. Stolakis, K., Megas, P., Panagiotopoulos, E., **Mentis, M.**, Antoniadou, E., Kalivioti, X., ... & Kokkalis, Z. (2023). Association of vitamins B12 and D3 with balance and falls in a sample of Greek older people. *Journal of musculoskeletal & neuronal interactions*, 23(2), 205. PMID: 37259660 PMCID: PMC10233228
13. Athanasopoulou, K., **Mentis, M.**, Vathi-Sarava, P., Nikolaou, G., & Panagiotopoulos, E. (2024). Health literacy of older adults with musculoskeletal problems: A systematic review. *International Journal of Orthopedic and Trauma Nursing*, 55, 101127. <https://doi.org/10.1016/j.ijotn.2024.101127>
14. Konstantopoulou, G., Renieri, S., Adamopoulou, A., Mavroeidi, E., & **Mentis, MN** (2024). Mental Resilience and the Meaning of Life in students at the University of Patras after the end of the restrictive measures of Covid-19. *Medical Research Archives*, 12(1). <https://doi.org/10.18103/mra.v12i1.4958>
15. Panagopoulou K, Gkentzi D, Fouzas S, **Mentis M**, Kostopoulou E, Plotas P, Papaevangelou V, Soldatou A, Karatza A, Bertzouanis A, Spyridakis I, Sfoungaris D, Zavras N, Salakos C, Blevrakis E, Sakellaris G, Kambouri K, Giapros V, Roupakias S, Jelastopulu E, Chantzi Z, Panagiotopoulos V, Varvarigou A, Dimitriou G, Sinopidis X (2023): Child abuse experience, training, knowledge, and attitude of healthcare professionals in sixty hospitals in Greece. *Eur Rev Med Pharmacol Sci*. 2023 Jan;27(2):659-672. https://doi.org/10.26355/eurrev_202301_31068, PMID: 36734738
16. **Mentis, M. N.**, Mavroeidi, E., Malevskaia, A., Karalis, N., & Konstantopoulou, G. (2023). CORONAVIRUS (COVID-19) VACCINATION: OPINIONS AND ATTITUDES OF SOCIAL WORKERS. A GREEK NATIONAL SURVEY. *European Journal of Social Science Studies*, 9 (1). <http://dx.doi.org/10.46827/ejsss.v9i1.1512>
17. **Mentis, M.**, Zervakis, E., Mavroeidi, E., Konstantopoulou, G. (2023): The Impact of Fear of Falling (FOF) on the Quality of Life of the Elderly: A Cross-Sectional Clinical Study in a Regional Health Center, *Journal of Psychology and Neuroscience*; 5(1): 1-8. <https://unisciencepub.com/storage/2023/01/The-Impact-of-Fear-of-Falling-FOF-on-the-Quality-of-Life-of-the-Elderly-A-Cross-Sectional-Clinical-Study-in-a-Regional-Health-Center.pdf>
18. **Mentis, M.**, Lamprinakou, I., Garantoudi, A., Mavroeidi, E., Konstantopoulou, G. (2023): The impact of fear on the elderly during the COVID-19 pandemic, social support and depressive symptoms: a cross-sectional study, *British Journal of Multidisciplinary and Advanced Studies*, vol 4 (1), DOI: <https://doi.org/10.37745/bjmas.2022.0086>
19. Konstantopoulou, G, Mavroeidi, E., Ntanellari, E., Morfi-Bonikou, MM., **Mentis, M.** (2022): An investigation of the impact of social media on the process of identity exploration and the emergence of eating disorders in student life, *European Journal Of Social Sciences Studies*, Vol 8, No 1, <http://dx.doi.org/10.46827/ejsss.v8i1.1360>
20. Konstantopoulou, G, Mavroeidi, E., Chatzigeorgiou, EZ, **Mentis, M.** (2022): The Psychosocial Support to Families of Children with Type 1 Diabetes Mellitus (T1DM) in the Diagnostic Phase of the Disease. A Concept Mapping, *International Journal Of Medical Science And Clinical Research Studies*, Vol. 2 No. 10, <https://doi.org/10.47191/ijmscrs/v2-i10-26>

21. Dragioti E, Tsartsalis D, **Mentis M** , Mantzoukas S, Gouva M. Impact of the COVID-19 pandemic on the mental health of hospital staff: An umbrella review of 44 meta-analyses. *Int J Nurs Stud.* 2022 Jul;131:104272. [doi: 10.1016/j.ijnurstu.2022.104272](https://doi.org/10.1016/j.ijnurstu.2022.104272) . Epub 2022 Apr 27. PMID: 35576637; PMCID: PMC9045868.
22. Mantzoukas, S. Kotrotsiou , S., **Mentis, M** ., Paschou, A., Diamantopoulos, E., Kotrotsiou, E., Gouva , G. (2021): Exploring the Impact of Shame on Health-Related Quality of Life in Older Individuals, *Journal of Nursing Scholarship*, 53(4):439-448. [doi: 10.1111/jnu.12663](https://doi.org/10.1111/jnu.12663).
23. Marlafeka , I., **Mentis, M.**, Kolokythas, G., Stolakis, K., Giannakou, E., Elias Panagiotopoulos, E. (2021): Visual problems in older people and their association with fractures, falls and fear of falls, 2nd Panhellenic Conference of Fragility Fracture Network Greece (FFN GR) "Necessity of Interdisciplinarity and Networking" 13-15 November 2020, Virtual. *J Musculoskelet Neuronal Interact.* 2021 Mar 1;21(1):162-192. PMID: 33657768;
24. Stolakis, K., Tosounidis, T., **Mentis, M** ., Athanasopoulou, K., Kolokithas , G., Dimakou , G., Giannakou, E., Panagiotopoulos, E. (2021): Designing a holistic interdisciplinary community model of care to improve compliance of patients with fragility fractures through educational and strengthening processes, *Journal of Musculoskeletal and Neuronal Interactions*, 21(1):184-185, 2nd Panhellenic Conference of Fragility Fracture Network Greece (FFN GR) "Necessity of Interdisciplinarity and Networking" 13-15 November 2020, Virtual. *J Musculoskelet Neuronal Interact.* 2021 Mar 1;21(1):162-192. PMID: 33657768;
25. **Mentis, M.**, Lamprinakou, I., Marneras , C., Garantoudi , A., & Dritsas, I. (2021). The effect of views on the COVID-19 pandemic on the development of depressive symptoms in a sample of the elderly. *European Psychiatry*, 64, S669 - S669 <https://doi.org/10.1192/j.eurpsy.2021.1776>
26. Gabrovec, B., Antoniadou, E., Soleymani, D., Kadalska , E., Carriazo , AM,, López Samaniego, L., Csizmadia, P., Hendry, A., Bacaicoa , O, Jelenc, M., Selak, S., Patsios , D., Stolakis , K., **Mentis, M.** , Papathanassopoulos , F., Panagiotopoulos, E., Mañas, RL (2020): Need for comprehensive management of Frailty at an individual level: European perspective from the Advantage Joint Action on Frailty, *Journal of Rehabilitation Medicine*, 52: jrm0000X: 1-6, [http://doi: 10.2340/16501977-2687](http://doi:10.2340/16501977-2687)
27. Gkentzi , D., Sinopidis , X., Gourdoupi , D., **Mentis, M.** , Karatza, A., Dimitriou, G. (2019): Acute poisoning: an old-time classic issue in pediatrics, *World Journal of Pediatrics*, 15(6):622-623. <https://doi.org/10.1007/s12519-019-00295-7>
28. Gkentzi , D., Katsoula , V., Fouzas , S., **Mentis , M.** , Karatza , A., Dimitriou , G (2019): Economic Recession and Attendances in the Pediatric Emergency Department, *BioMed Research International*, Volume 2019, Article ID 4186486 <https://doi.org/10.1155/2019/4186486>
29. Stasinopoulou, F., Chletsos , M., Malli, F., **Mentis, M.** (2019): Gender differences in health-related quality of life of community-dwelling older adults, *Interdisciplinary Health Care*, 11 (3): 1-13
30. Reppa, E., Elloul , I., Sakellaropoulos , G., **Mentis, M.** , Frounta , M., Polychronopoulos, P. (2018): Burden of caregivers of patients with dementia in the city of Patras, (under publication in the *Hellenic Journal of Nursing*) Science as an award-winning original research paper at the 11th Panhellenic and 10th Pan-European Scientific and Professional Nursing Conference in Zakynthos)
31. Peppou , L., Kontoni, K., **Mentis, E.** (2016): "Host Family Programs for People with Serious Mental Health Problems - A Comparative Presentation of the European (

- Geel - Belgium) and the American (Massachusetts - USA) Model", *Interdisciplinary Health Care*, vol.8 (3): 89-98.
32. **M. Mentis** , L. Messinis , E. Kotrotsiou , N. Aggelopoulos , C. Marneras , P. Papathanasopoulos , E. Dardiotis (2014): "Efficacy of a support group intervention on psychopathological characteristics among caregivers of psychotic patients", *International Journal of Social Psychiatry* :1-6, PMID: 25149101 DOI: 10.1177/0020764014547075
 33. Gouva , M., **Mentis, M.**, Kotrotsiou, S., Paralikas , Th., Kotrotsiou , E. (2015). Shame and Anxiety Feelings of a Roma Population in Greece, *J Immigrant Minority Health*, 17(6):1765-70. PMID : 24845934 DOI : 10.1007/ s 10903-014-9979-9
 34. **Mentis, M.**, Angelopoulos, N., Kotrotsiou , E., Dardiotis , E. (2014): « Self-organization or not of relative caregivers of people with chronic mental health problems and comparison of satisfaction with mental health services, *Interdisciplinary Health Care* , vol. 6 (4), Larissa:167-178.
 35. Pantelis Pantazakas , **Manolis Mentis** (2003): "The role of the Social Worker in Hospital Emergency Departments - Intervention in crisis situations", *Social Work*, vol. 72, pp. 71-80.
 36. Pantelis Pantazakas , **Manolis Mentis** (2002): "Social service in the health sector - The challenge of modernizing the National Health System and the role of the social worker", *Social Work* , vol. 66, pp. 97-112.
 37. Zografou Andreas / **Mentis Manolis** (2000): "The necessity of introducing intercultural education in the training of social workers", *Social Work*, vol · 58 , pp. 97-108.
 38. Zografou Andreas / **Mentis Manolis** (1998): "Out-of-school socialization and school learning - An empirical study in middle schools of Patras", *Social Work*, vol. 51 · pp. 147-156.
 39. **Mentis Manolis** (1997): "Social and cultural implications of the illegal presence of foreigners in Greece: Analyses - Reflections", *Social Work*, vol. 45, pp. 31-39.
 40. **Mentis Manolis** (1996): "Possibilities of Social Work in the Army: Reflections-perspectives", *Social Work* , vol. 41, pp. 49-55.

PARTICIPATION IN BOOKS – BOOK EDITING (total 13)

(3 contributions to Collective Volumes, 4 book edits in publication and 6 book edits)

1. Hepworth , Vang , Blakey , Schwalbe , Evans , Rooney , Strom (2025): *Social Work in Practice / Theory and Skills, Greek Edition* Edited by Vassilopoulos Stefanos & **Mentis Manolis** , ISBN : 9786185560522, 11th^{edition} · Gotsis Publications , Patras (in press)
2. Alston , Margaret , Bowles , Wendy (2025): *Social Research for Social Workers*, Edited by **Mentis Manolis & Tongas Konstantinos** , 3rd^{edition} , Gotsis Publications , Patras (in press)
3. Zastrow , Charles , Hessenauer , Sarah , N. (2025): « Introduction to Social Work: Reinventing Social Well-being - Empowering People », Edited by Vasilopoulos Stefanos & **Mentis Manolis** , ISBN: 9786185560478, 13th^{edition} · Gotsis Publications , Patras (in press)

4. Bland , Robert , Drake , Gabrielle , Drayton , J. (2025): Applications of Social Work in Mental Health, Greek edition edited by **Mentis** , M., ISBN: 9786185560607, 3rd^{edition}, Gotsis Publications , Patras (in press)
5. Webb , Nancy , Boyd (2024): Applications of Social Work in Children, Greek edition edited by Mavrogianni Th., **Mentis M.** , 4th^{edition}, Gotsis Publications , Patras
6. Hooyman , N. R. , Asuman Kiyak , H. , (2023): Social Gerontology: An Interdisciplinary Approach for Health and Social Care Professionals, Greek Edition Edited by **Mentis, M.** & Draggioti , E., 10th^{Edition}, Gotsis Publications , Patras
7. Falasci , P. , Marsh , D. , (2022): « Orthogeriatrics - The treatment of elderly people with fragility fractures », Scientific Editing of the Greek edition Panagiotopoulos, H., **Mentis, M.** , 2nd^{Edition} , GOTSIS PUBLISHINGS, Patras
8. Panagiotopoulos, H., **Mentis, M.**, Zafeiropoulou, M., Tatani , E. (2020): "Secondary Fracture Prevention Services (Fracture Liaison Services , FLS)" in "Metabolic Bone Diseases and Disorders of Metal Metabolism", Edited by G. Lyritis , Ylonomi Publications , 6th^{edition} , Athens.
9. **Mentis, M.**, Kontoni, K., Lyggeridis , G. (2015): " Self-organization - self-management of mental health service users and their families", in "THE CONTRIBUTION OF SOCIAL WORK TO PSYCHIATRIC THERAPY", Edited by the Psychiatric Clinic of Aiginite Hospital, Beta Publications, Athens.
10. **Mentis Manolis**, (2014). Book editor (total pages 136): Educational material for prospective Host Families for mentally ill people, for the Act DSSOPSY Patras 113/23-04-2012 - MIS 371373 "Support actions for the implementation of Host Family Programs in the 6th^{Health} Region for the consolidation of the Psychiatric Reform".
11. **Mentis Manolis**, Kontoni Kanella, Karnaros Leonidas (2013). Editing of the electronic guide "Step by Step for the organization and operation of a Host Family Program" first and second parts (total of 160 pages), for the program of the S.O.P.Y. of Patras with code MIS 371373 "Support actions for the implementation of Host Family Programs in the 6th^{Health} Region for the consolidation of the Psychiatric Reform".

12. Gouva , M., Paschou, A., Karamanos, P., **Mentis, M.** (2008): Guidelines Protocols for Health Professionals for the Treatment of Hepatitis A, B, C and AIDS in the Context of a Holistic Approach - Counseling Intervention for Patients and Their Families, 6th Health ^{Region} of Peloponnese, Epirus, Ionian Islands and Western Greece, Interreg III .
13. **Mentis M.**, Papageorgopoulos G., Pantazakas P., Kontoni K. (2002): "Elderly users of health services in Hospital Emergency Departments - The necessity of expanding institutionalized and strengthening informal forms of social care", GERONTOLOGICAL & GERIATRICAL SOCIETY, "CONTEMPORARY GERONTOLOGY & GERIATRICALS", "SYNEDRON" Publications, pp. 108-112.

CONFERENCE PRESENTATIONS AND PUBLICATIONS IN ABSTRACT VOLUMES (27 presentations at peer-reviewed Pan-European Conferences and 24 peer-reviewed Pan-Hellenic Conferences, total presentations 51)

1. Tsiloni , E., Stolakis , K., Vassilopoulos, SP ., Gouva , M., Dragioti, E., **Mentis, M.** (2024): Educational Attainment and Successful aging: A Systematic Review and Meta-Analysis of Cohort Studies, EuGMS - 20th Congress of the European Geriatric Medicine Society, 17-20 September, Valencia.
https://eugms.org/fileadmin/EuGMS_Congress_2024/482_PosterCertificate.pdf
<https://doi.org/10.1007/s41999-024-01090-y>
2. Athanasopoulou, K., Stolakis, K., Vathi-Sarava, P., Galanis, P., Nikolaou, G., Panagiotopoulos, E., **Mentis, M.** (2024): Health Literacy of Older Adults with Musculoskeletal Problems, EuGMS - 20th Congress of the European Geriatric Medicine Society, 17-20 September, Valencia.
https://eugms.org/fileadmin/EuGMS_Congress_2024/634_PosterCertificate.pdf
<https://doi.org/10.1007/s41999-024-01090-y>
3. Tsironis, C., Stolakis, K., Mantzoukas, S., Tatsis, F., Konstanti , Z., Kotsia , V., Dragioti, E., **Mentis, M.** , Gouva , M. (2024): Resilience and Self-Compassion: Shields Against Age-Related Declines in Oral Health., EuGMS - 20th Congress of the European Geriatric Medicine Society, 17-20 September, Valencia.
https://eugms.org/fileadmin/EuGMS_Congress_2024/766_PosterCertificate.pdf
<https://doi.org/10.1007/s41999-024-01090-y>
4. Salachas , A., Stolakis , K., Marneras , Ch., Gouva , M., Kolokythas, G., Konstantopoulou, G, **Mentis, M.** (2024): The Role of Companion Animals in Supporting Mental Health and Social Networks, EuGMS - 20th Congress of the European Geriatric Medicine Society, 17-20 September, Valencia.
https://eugms.org/fileadmin/EuGMS_Congress_2024/984_PosterCertificate.pdf
<https://doi.org/10.1007/s41999-024-01090-y>
5. Dimakou , G., Stolakis, K., Yannakoulia , M., **Mentis, M.** (2024): The role of nutritional rehabilitation in the elderly. A caregivers education program effect. A

Systematic review, EuGMS - 20th Congress of the European Geriatric Medicine Society, 17-20 September, Valencia.

https://eugms.org/fileadmin/EuGMS_Congress_2024/958_PosterCertificate.pdf

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6. **Mentis, M.** , Stolakis, K. , Kolokythas, G, Vandorou , M, Garantoudis , A., Dimakou , G., C. Marneras , Ch. (2023): Investigation of opinions of older persons on volunteering in Greece, EuGMS - 19th Congress of the European Geriatric Medicine Society, 20-23 September, Helsinki,
https://www.aristea.com/eugms2023/230_PosterCertificate.pdf
7. Stolakis, K., Dimakou , G., Marneras , C, Tatsis, F., **Mentis, M.** (2023): Digital skills of the elderly in Greece, EuGMS - 19th Congress of the European Geriatric Medicine Society, Helsinki.
https://www.aristea.com/eugms2023/642_PosterCertificate.pdf
8. **Mentis, M.** , Chatzaki, M., Garantoudi , A., Dragioti , E., Mazetas , D., Gouva , M. (2022): Associations between Anxiety, Depressive Symptoms, and Body Weight in an Older Adult Population during Covid-19 Pandemic, 30th European Congress of Psychiatry, 4-7 June 2022, Budapest
9. Stolakis, K., Athanasopoulou, K., Dimakou , G., Kolokithas , G, Giannakou , E., Gardeli , P, Panagiotopoulos, E., **Mentis, M.** (2021): Factors that burden the Quality of Life of elderly at risk of falls, Abstracts of the 17th Congress of the European Geriatric Medicine Society, European Geriatric Medicine 12, S248.
<https://doi.org/10.1007/s41999-021-00585-2>
10. Stolakis, K., Athanasopoulou, K., Dimakou , G., Kolokithas , G, Giannakou , E., Marlafeka , I., Panagiotopoulos, E., **Mentis, M.** (2021): Nutritional status and Quality of Life in elderly people with falls risk, Abstracts of the 17th Congress of the European Geriatric Medicine Society, European Geriatric Medicine 12, S332.
<https://doi.org/10.1007/s41999-021-00585-2>
11. **Mentis, M.**, Athanasopoulou, K., Stolakis, K., Kolokithas , G, Plota , S., Sirmi, C., Chroni, E., Giannakou, E., Panagiotopoulos, E. (2020): Depression of elderly people in Patras during the lockdown measures of COVID-19, European Geriatric Medicine 11 (Suppl 1):S92, <https://doi.org/10.1007/s41999-020-00428-6>
12. Stolakis, k., Kokkalis, Z., Antoniadou, E., Kalivioti , X, Koloniari , A., **Mentis, M.** , Megas, P., Tyllianakis, M., Panagiotopoulos, E. (2020): The effect of vitamins Cyanocobalamin (B12) and 25-OH-vitamin D3 (D3) and anticholinergic drugs on

- balance and falls. Results from a geriatric patients sample in the clinic for fall prevention, osteoporosis and sarcopenia (CFPOS) of the General University of Patras, *European Geriatric Medicine* (2020) 11 (Suppl 1): S203, <https://doi.org/10.1007/s41999-020-00428-6>
13. **Mentis, M.**, Marneras, C., Daskalaki, X., Kesoudidou, I., Panagiotopoulos, E. (2020): The impact of frailty on the social support of elderly living in crete (Rethymno), *European Psychiatry* 63(S176), S45-S282, <https://doi.org/10.1192/j.eurpsy.2020.5>
 14. Tatsis, F., Mazetas, D., Karamanis, K., **Mentis, M.**, Paschou, A., Kotrotsiou, E., Gouva, M. (2020): The impact of monthly pension income on the psychosomatic health of elderly individuals, *European Psychiatry* 63 (S180), S45-S282, <https://doi.org/10.1192/j.eurpsy.2020.5>
 15. **Mentis, M.**, Marneras, C., Kesoudidou, I. (2020): Investigating the impact of type II diabetes participation on patients' associations in their quality of life, *European Psychiatry*, 63(S189), S45-S282, <https://doi.org/10.1192/j.eurpsy.2020.5>
 16. Stolakis, K., Kokkalis, Z., Antoniadou, E., Kalivioti, X., Koloniari, A., **Mentis, M.**, Kolionari, A., Megas, P., Tyllianakis, M., Panagiotopoulos, E. (2020): Relationship between vitamin cyanocobalamin (B12), 25-OH-vitamin D3 (D3) and anticholinergic drugs with fear of falls and falls. Results from a geriatric patient sample from the clinic of fall prevention, osteoporosis and sarcopenia (IPPOS) of the University General Hospital of Patras (UGHP), Southern Europe Regional Expert Meeting of Fragility Fracture Network, Organized by the Regionalization Committee of the global FFN, 24-25 October 2020, Digital Congress <https://ffnqr.eu/en/southern-europe-regional-expert-meeting-of-fragility-fracture-network/>
 17. **Mentis, M.**, Kyriakides, A., Tzanos, A., Panagiotopoulos, E. (2019): Social support for patients with spinal cord injuries - The case of the clinical rehabilitation of the university of Patras, 19th WPA World Congress of Psychiatry, 21-24 August 2019, Lisbon, Portugal.
 18. **Mentis, M.**, Marneras, C., Garantoudi, A., Drakopoulos, F., Kesoudidou, I., Gouva, M. (2019): Comparison of aggression among informal caregivers of psychotic patients according to their participation in mental health association, 19th WPA World Congress of Psychiatry, 21-24 August 2019, Lisbon, Portugal.
 19. **Mentis, M.**, Paschou, A., Kotrotsiou, E., Gouva, M., Panagiotopoulos, E. (2018): General characteristics and burden of family caregivers of dementia patients and

- differences between sexes, 26th European Congress of Psychiatry (EV07 48), 3-6 March 2018, Nice France, European Psychiatry, Vol. 48, S693.
20. **Mentis, M.** , Gouva , M , Kotrsotsiou , E., Angelopoulos, N. & Dardiotis E. (2017). Compare "Family Atmosphere " in informal caregivers of patients with psychotic symptoms compared to their inclusion or not in self-help associations, 25th European congress of psychiatry , 1-4 April, Florence, Italy . European Psychiatry , Vol. 41, S381 DOI: <https://doi.org/10.1016/j.eurpsy.2017.02.411>
 21. **Mentis, M.** , Gouva , M. , Antoniadou , E. , Mpourdoulis , K ., Kesoudidou , I. , Marneras, C., Panagiotopoulos , E. (2017). Psychological and physical problems in elderly people with problems of falls , 25th European congress of psychiatry , 1-4 April, Florence, Italy . European Psychiatry , Vol. 41, S659-S660E. DOI: <https://doi.org/10.1016/j.eurpsy.2017.01.1112>
 22. Lianou , L, Bavelou , A., **Mentis, M.**, Stolakis , K., Diamantakis , G., Panagiotopoulos , E. (2017): Most useful and predictive indicator for mortality and quality of life in patients with osteoporotic fractures, 6th FFN Global Congress 2017 , , PE 5-11 (p.129), Malmö Sweden , 24-26
 23. Kyriakidis, A., Tzavez , K., Kokois , Ch., Marini, K., **Mentis, M.** , Panagiotopoulos, H. (2017): Design of a lifelong monitoring program for people with spinal cord injury in Western Greece, 2nd Panhellenic Conference of the Department ^{of} Spinal Cord Injury Study and Rehabilitation of the Hellenic Society of Physical Medicine and Rehabilitation, 24-25 November, Thessaloniki: 11
 24. **Mentis, M.**, Marneras , Ch., Stathi, K., Kontoni, K., Roussias , M., Gerolimos , V., Kokkini , P., Dimitropoulou, Ch., Triantou, V., Atoliko , N. (2014): Possibilities of implementing Host Family Programs in the 6th ^{Ministry} of Health, 2nd Mental Health ^{Conference} in Primary Health Care, 18-20 December, Concert Hall, Athens
 25. **Mentis , M. (2013).** "Social support in families caring for a psychotic member - The necessity of networking in Mental Health Associations", 1st Panhellenic Conference on Mental Health in Primary Health Care, 10-13 October 2013, Athens.
 26. Kotrsotsiou , S., Gouva , M., **Mentis M.**, Paralikas , Th., Koutsoumpa K. & Kotrsotsiou E. (2012). State and Trait Anxiety: Differences Between Men and Women Greek Roma, 1 st International Conference on Cultural Psychiatry in Mediterranean Countries, Tel-Aviv, Israel, 5-7 November.

27. Paralikas , Th., Gouva , M., **Mentis M.**, Kotrsotsiou, S., Paschou, A. & Kotrsotsiou E. (2012). Distress Symptoms of Greek Roma, 1st International Conference on Cultural Psychiatry in Mediterranean Countries, Tel-Aviv, Israel, 5-7 November
28. Gouva M. , **Mentis M.**, Mouzas O., Kotrotsiou E., Chatzoglou C. & Angelopoulos N. (2012). Social support for caregivers of psychotic patients. 20th European Psychiatric Association Congress, 3-6 March, Prague - Czech, DOI: [https://doi.org/10.1016/S0924-9338\(12\)75405-6](https://doi.org/10.1016/S0924-9338(12)75405-6)
29. **Mentis, E.**, Kotrotsiou , E., Angelopoulos, N.V., Kontoni, K., Malafouri , D., Mouzas , O. (2012): Comparison of families with a psychotic member integrated into Mental Health Associations in terms of the level of Social Support in relation to families that are not integrated, 5th^{Panhellenic} & 4th^{Pan}-European Scientific & Professional Nursing Conference, 10-13 May, Corfu
30. **Mentis, M.**, Kotrotsiou , E., Angelopoulos, N.V., Kontoni, K., Peppou , L., Economou, M., Gouva , M., Tsiouri , I. & Mouzas , O.D. (2012). Health Problems in Families with a Psychotic Member, 4th^{Panhellenic} Psychiatric Conference in Primary Health Care. 1st June, Kyllini, Ilia.
31. **Mentis , M.** (2011) . « Social support caregivers psychotic patients members of SOPSY Patras " , 21st Panhellenic Congress Congress Psychiatry , 5-8 May 2011, Athens
32. **Mentis , M.** (2011). " From the perspectives of members of Association for what Mental Health - SOPSY Patras for the problems they face as caregivers » 4th Panhellenic and 3rd Pan-European Scientific and Professional Nursing Conference, 9-12 March 2011, Athens
33. **Mentis, M.**, Kotrotsiou , E., Angelopoulos, N.V., Mouzas , O.D. (2011). Research on the problems experienced by caregivers of the Association for Mental Health", 3rd^{Panhellenic} Psychiatric Conference in Primary Health Care. 2- 5 June, Kyllini, Ilia.
34. **Mentis, M.** (2011). The role of the Social Worker in Psychosocial Rehabilitation Structures (PSR), 3rd^{Panhellenic} Psychiatric Conference in Primary Health Care. 2- 5 June, Kyllini, Ilia.
35. **Mentis, M.** , Kotrotsiou , S., Paralikas , T. , Paschou , A., Mantzoukas , S., Bakouras , S. , Kotrotsiou , E. , Gouva , M. (2011). Family dynamics in Greek Rome ; , ^{19th} European Congress of Psychiatry, *Psychiatry*; P01-458, 26 (Supplement 1):462-462. [https://doi.org/10.1016/S0924-9338\(11\)72169-1](https://doi.org/10.1016/S0924-9338(11)72169-1)

36. **Mentis, M.**, Kotrotsiou, S., Paralikas, T., Paschou, A., Mantzoukas, S., Bakouras, S., Kotrotsiou, E., Gouva, M. (2011). Family environment: Differences between men and women Greek Roma, *19th European Congress of Psychiatry, European Psychiatry*; P01-458, 26 (Supplement 1):472-472. DOI: [https://doi.org/10.1016/S0924-9338\(11\)72179-4](https://doi.org/10.1016/S0924-9338(11)72179-4)
37. Albanis, E., Gouva, M., Dafogianni, Ch., Theodorakopoulou, G., **Mentis M.**, Kotrotsiou E. (2010). "Transient and Permanent Anxiety in Parents of Children with Type I Diabetes Mellitus", 3rd ^{Panhellenic} Scientific and Professional Nursing Conference, Ioannina, April 30-May 3.
38. **Mentis, M.** (2010). "Host Families - The necessity of the institution's operation", 3rd ^{Panhellenic} Scientific and Professional Nursing Conference, Ioannina, April 30-May 3.
39. **Mentis, M.** (2010). Family and mental illness, 4th Panhellenic Conference of Chronic Care Scientists, 9-11 November 2010, Larissa
40. **Mentis, M.**, Gouva, M., Kotrotsiou, E., Xiromeriti, A., Chronopoulou, M., Serifis, H., Zante, P. (2010). Health problems of Roma and their views on health issues, 4th Panhellenic Conference of Chronic Care Scientists, 9-11 November 2010, Larissa
41. **Mentis, M.** (2009). "Social Care Issues", 2nd Congress of the Greek Nurses Association and the 1st European Nurses Congress, 14 May 2009, Rhodes
42. **Mentis, M.**, Kotrotsiou, E., Sapountzi, D., Gouva, M. (2008). Which psychosocial difficulties arise in patients Roma lives due to heart disease?, *4th Nursing Session, ICE 2008, Ioannina, 4-6 December*.
43. **Mentis, M.** (2007). "Investigation of stress in nursing staff of hospitals in Patras and Larissa", 2nd Panhellenic Conference of Chronic Care Scientists, 7-19 November 2007, Larissa
44. **Mentis, M.** (2007). "Empirical research in the field of Health through Continuing Education programs for unemployed Health professionals - The investigation of the holistic approach and the views of employees on the employment prospects of Health & Welfare professionals", 9th Panhellenic Conference on "Health and Social Care Services Management", organized by the Scientific Society of Health Services Management, 4-7 October 2007, Corfu
45. **Mentis, M.** (2006). "Study of the factors that influence the quality of services provided in the Psychiatric Department of the University General Hospital of

- Patras (UGH)", 7th Panhellenic Professional & Scientific Conference of the National Health System Nurses, 28-30 September 2006, Eretria.
46. **Mentis, M.** (2006). "Comparative research on the change in the Quality of Health Services provided and involuntary prosecutorial orders in the Psychiatric Department of the University General Hospital of Patras", 7th Panhellenic Professional & Scientific Conference of the National Health System Nurses, 28-30 September 2006, Eretria.
 47. **Mentis, M.** (2006). "Effects of Continuing Education Programs in the Health Professions", 8th Panhellenic Conference on " Health and Social Care Services Management ", organized by the Scientific Society of Health Services Management , 28-30 September 2006, Eretria.
 48. **Mentis, M.** (2006). "Psychiatric Reform: progress or maintenance - An empirical study of health professionals in Patras", 8th Panhellenic Conference on " Health and Social Care Services Management ", organized by the Scientific Society of Health Services Management , 28-30 September 2006, Eretria.
 49. **Mentis, M.** (2005). "Health professionals' views on hospital social workers. A comparative empirical study on interdisciplinary collaboration in the field of Health", 7th Panhellenic Conference on " Health and Social Care Services Management ", organized by the Scientific Society of Health Services Management , 5-7 October 2005 - Porto Heli.
 50. Kontoni, K., Gouva , M., **Mentis, M.**, Manolakou , S., Bouranta , P., Galpakiotis , M. (2001). The role of mother-daughter identifications in physical health, 28th *Panhellenic Nursing Conference* , Lemnos.
 51. **Mentis M.** (1997). "Out-of-school socialization and school learning", 2nd joint conference of Social Workers of Greece-Cyprus, May 1997, Kolymbari , Chania

PRESENTATIONS AT CONFERENCES, SEMINARS, SYMPOSIA AND WORKSHOPS (as an invited speaker – keynote) speaker , total number of presentations 21)

1. December 05, 2025: Guest speaker in the context of the project: HealthyMinds at the opening speech of the project entitled: "Mental health of young people of Generation Z: Difficulties in transitioning to Higher Education". The topic of the lecture was: "Characteristics of Generation Z: Difficulties in adapting to education and the labor market".

2. April 3-6, 2025: Participation as an invited speaker at the 12th Panhellenic Geriatric Congress in Primary Health Care with the topic of the presentation: "Companion animals in the lives of older people - Research data from the KAPI of Patras", Panhellenic Geriatrics and Gerontology Society, Nafplio
3. September 12-14, 2024: Participation as an invited speaker at the 11th ^{Panhellenic} Geriatric Conference in Primary Health Care, with the topic of the presentation: "Volunteering and socialization in older people", Lefkada
4. June 29, 2022: Participation as an invited speaker at the conference entitled "AETHALEIA: Holistic program for volunteering of older people and their active participation in civic life" of the NGO "ELIX" with the topic of the presentation: "Program "AETHALEIA": from vision to practice", Serafio of the Municipality of Athens
5. June 13, 2021: Participation as an invited speaker in the e-conference entitled "Awareness for supporting the elderly in the era of COVID-19" of the Panhellenic Association of Physiotherapists with the topic of the presentation: "Abuse - Neglect of the elderly in the era of the Pandemic"
6. November 24, 2020: Participation in the online conference of the Region of Western Greece on the topic: "Impacts of Covid19 on the Mental Health of Society", The title of the lecture was: "The impact of the pandemic on the self-perception of health of older people"
7. November 26-27, 2019: Participation as an invited speaker at the Two-Day Interdisciplinary Symposium organized by the Clinical Observatory for the Diagnostic Assessment of Addictions in collaboration with the Department of Education and Social Work Sciences of the University of Patras with the lecture topic: "The Challenge of Addressing Health Illiteracy in Older Adults - The "Social Experiment" of the School of Healthy Aging of the Hellenic Fragility Fracture Network (FFN) GR)", Argyri Market, Patras
8. November 10, 2019: Participation as an invited speaker at the conference of the Panhellenic Association of Physiotherapists on the topic: "Physical Therapy in Mental Health" with the topic of the presentation: "The Role of the Social Worker in Mental Health", Archaeological Museum of Patras, Patras
9. June 07, 2019: Participation as a guest speaker at the ^{11th} Hepato-gastroenterology event on the topic: "The necessity of supporting informal caregivers of patients with chronic diseases. Thoughts on ways of support", Lefkada

10. October 18-20, 2019: Participation as an invited speaker at the 4th ^{Panhellenic} Conference of Health Scientists on the topic: "The necessity of supporting informal caregivers of patients with chronic diseases - Health professionals as peer educators " support)", War Museum, Athens
11. April 18, 2019: Coordinator at the National meeting of the Advantage initiative on the topic: "Planning actions for the prevention and management of Vulnerability 2020-2030". The workshop I coordinated had the topic: "Provision of Health and Social Care services", Ministry of Press Amphitheatre, Athens
12. October 23, 2015: Lecture on the presentation of my PhD thesis: "Investigation of the impact of psychosocial factors on health and in general on the quality of life of families with schizophrenic members" as a graduate of the Postgraduate Program "Primary Health Care", Limni Plastira
13. May 30, 2014, Patras: Lecture in the Framework of the European Program of SOPSY Patras with code MIS 371373" on the topic of the presentation of the Program " **Support actions for the implementation of Host Family Programs in the 6th Health Region** ", Conference Center of the University of Patras
14. December 10, 2012, Ioannina: Participation in the career day of the Department of Nursing at the TEI of Epirus in the framework of a program funded by the OP EDUCATION AND LIFELONG LEARNING of the Ministry of Education
15. November 16-19, 2011, Serres: Lecture as a trainer at ^{the} 3rd Panhellenic Educational Seminar for Mental Health Service Recipients, Caregivers and Mental Health Professionals of the Association of Families and Friends for Mental Health (S.O.F.P.S.Y.) of Serres Prefecture entitled: "The difficulty of communication. A major issue in the development of healthy interpersonal, social and work relationships"
16. December 2, 2008, Patras: Lecture at a conference of the National Rehabilitation Foundation, a conference within the framework of the day for people with disabilities, on the topic: " **Volunteering and Social Care** ".
17. October 12, 2008, Patras: Lecture at a conference of the Municipality of Patras on Roma issues on the topic: "**Health problems of the Roma and their views on health issues**"
18. September 24, 2008, Patras: Lecture at a conference of the 6th Health Region on the topic: "**Problems in the provision of comprehensive care to people with**

disabilities and chronically ill people - The dimension of Social Care in the context of Public Health for People with Disabilities "

19. November 2000, Kallikomo, Ilia: Lecture at the two-day Health Education conference organized by the Municipality of Skillountos, Ilia, on the topic: "Relationships in the family: relationships between spouses, relationships between parents and children, relationships between siblings."
20. June 1999, Athens: Lecture at the conference " Utilization of the Family in the Treatment of Substance Dependence " organized by the scientific committee of the Psychiatric Hospital of Attica, on the topic: "Professional Counseling for Drug Addicts "
21. November, 1996, Patras: Invited speaker from the Department of Social Work of the Technical University of Patras in the framework of the Symposium on "50 years of Social Work education in Greece - Perspectives" on the topic: "Possibilities of Social Work in the Army".

MONOGRAPHS (total 5)

- **Mentis Manolis** (2008): "Investigation of the socio -psychological characteristics (family relations, psychopathology, anxiety, shame and attachment types) of Roma and their relationship with Primary Health Care", (Postgraduate thesis, Medical School of the University of Thessaly).
- **Mentis Manolis** (2008): "Research report and presentation of results from the empirical research on the investigation of health problems in Corfu and the satisfaction of health service users", 6th edition ^{of the} Ministry of Health.
- **Mentis, Manolis** (2008): "Research report on the investigation of hepatitis A, B and C in a random sample of 200 residents of Corfu", 6th ^{Ministry} of Health.
- **Mentis Manolis, Asimakopoulou, I.** (1993): "Greece as a country of immigration - The necessity of intercultural education" (graduate thesis, pp . 287).

WRITING TEACHING NOTES (set of 2)

- **Mentis, E.** (2016) Organization of educational material for the course: "Patient Associations" of the Postgraduate Studies Program of the Hellenic Open University and the Medical Department of the University of Thessaly entitled: "Management of Aging and Chronic Diseases".

- Zografou, A., **Mentis, M.** (1997): Extracurricular socialization and school learning, Notes of the Department of Social Work for the course School Social Work.

EDITORIAL BOARD MEMBER AND REVIEWER OF SCIENTIFIC JOURNALS

- Electronic Scientific Journal « Interscientific Health Care » . (2015-2020)
- Judge in journal : «Archives of Gerontology and Geriatrics» (2019 to today , Impact Factor for 2019 2.128)
- Reviewer at the journal "Social Work" (2023 to present)
- Reviewer at BMS magazine Psychology (2024)
- S magazine Public Health (2025).

MEMBER OF SCIENTIFIC COMMITTEES OF SCIENTIFIC CONFERENCES - SEMINARS - SYMPOSIAS

- Member of the Organizing Committee of the 9th ^{Conference} on Counseling Psychology (Patras, 6-9-11-2025) of the Hellenic Psychological Society (HELPS)
- Member of the Organizing Committee of the 4th ^{Conference} of the Hellenic Fragility Fracture Network on the topic: "Challenges and opportunities in the implementation of the goals of the FFN ", 20-22 May 2022, Alexandroupoli
- Member of the Scientific Committee of the 3rd ^{Conference} of the Hellenic Fragility Fracture Network on the topic: "Secondary Prevention of Fragility Fractures", October 16-17, 2021, Online conference
- Member of the Scientific Committee of the 2nd ^{Conference} of the Hellenic Fragility Fracture Network entitled: "Necessity of Interdisciplinarity and Networking", November 13-15, 2020, Online conference
- Member of the Scientific Committee of the 7th ^{Panhellenic} Conference of Chronic Care Professionals , 20-22 October 2017, Ancient Olympia
- Vice President of the Scientific Committee of the 6th ^{Panhellenic} Conference of Chronic Care Professionals , 22-24 October 2015, Limni Plastira
- Member of the Scientific Committee of the Conference of SOPSY Patras in co-organization with the Departments of Social Work and Nursing of the Technological Educational Institute of Patras on the topic: The perspective of the institution of

Host Family Programs for the mentally ill in Greece. Implementation possibilities in the 6th^{Health} Region, May 30, 2014, Patras

- Member of the Organizing Committee of the 5th^{Panhellenic} Conference of Chronic Care Professionals , 28-30 March 2013, Larissa
- Member of the Organizing Committee of the 4th^{Panhellenic} Conference of Chronic Care Professionals , 9-11 November 2010, Larissa
- Member of the Organizing Committee of the 3rd^{Panhellenic} Conference of Chronic Care Professionals , 18-20 November 2008, Larissa.

PRESIDENCY IN SCIENTIFIC TABLES OF CONFERENCES - SEMINARS - CONFERENCES

1. Presidium at the Scientific Meeting of the KAPI: The example of the Municipality of Egaleo in the direction of promoting Active Aging (online conference), November 20-21, 2025.
2. Chair of the Scientific Round Table on the topic: "Mental Health and Older Age - Interventions", 12th^{Panhellenic} Geriatric Conference in Primary Health Care, Panhellenic Geriatric and Gerontological Society, Nafplio, 03-06 April 2025.
3. Chair of the Scientific Round Table on the topic: "Elderly Care Networks in Greece - Organization of a Fracture Management Team", 2nd^{Conference} with international participation of the NGO "Hellenic Fracture Network - FFN" GR », November 13-15, 2020, Online Conference.
4. Chair of the Scientific Round Table on the topic: "Care in the Community", 1st^{Conference} with international participation of the NGO "Hellenic Fragility Fracture Network - FFN" GR », 14-16 March 2019, University of Patras Conference Center, Patras.
5. Chair of the Scientific Round Table on the topic: "Good Practices in the Care of the Elderly and Chronically Ill" 7th^{Panhellenic} Conference of Chronic Care Scientists (2017), October 20-22, Ancient Olympia.
6. Chair of the Scientific Round Table on the topic: "Patient Associations and Protection of Rights" 7th^{Panhellenic} Conference of Chronic Care Scientists (2017), October 20-22, Ancient Olympia.
7. Chair of the Scientific Round Table on the topic: "Social care of chronically ill people and vulnerable social groups" 6th^{Panhellenic} Conference of Chronic Care Scientists (2017), October 22-24, Limni Plastira.

EVALUATOR IN CONTINUING TRAINING PROGRAMS

- Evaluator in a program of the K.E.K. of the General Hospital of Piraeus "TZANNEIO"
- Evaluator in a program for addicts of the Addiction Detoxification Unit for 18+ of the Attica Psychiatric Hospital
- Evaluator of the Practical training of students within the framework of the E.P.E.A.E.K. program, Action 3.4.B of the Department of Social Work of the TEI of Patras (1/4/2000 to 30/9/2000).

SUBMITTED PROPOSALS TO OPERATIONAL PROGRAMS

During the time I was responsible for Programming and Development of SOPSY Patras, I took the lead in designing the following programs either within the framework of pan-Hellenic competitions or within the framework of Operational Programs. In detail:

- (2013) Submission of a proposal to the Regional Operational Programme of Western Greece for the purchase of building facilities for the operation of a Day Centre and two Protected Apartments. The proposal received an inclusion decision and concerned the commitment of an amount of €1,400,000, an amount that was not absorbed due to the de-inclusion of the relevant project, as the relevant tender that was announced was deemed fruitless.
- (2012) Submission of a proposal within the framework of the OP "Human Resources Development" 2007-2013 in the call "Creation of jobs at local level through public benefit programs, in the Region of Western Greece - Regional Unit (Prefecture) of Achaia" (2012) in collaboration with social workers Panagiotis Magafa and Dimitris Theodoropoulos, undertaking the drafting of the proposal concerning the jobs concerning the region of Western Greece (the program was approved and implemented by the SOPSY of Patras and had a total amount of 693,187.89 euros)
- (2012) Submission of a proposal to the Ministry of Health for the issuance of a feasibility approval for a post-hospital monitoring program for patients discharged from the Psychiatric Clinic of the National Hospital of Mental Health.

- Vodafone World of Difference competition in collaboration with Psychologist Konstantinos Kostopoulos, a proposal which was approved and enabled SOPSY Patras to employ Dr. Konstantinos Kostopoulos on a paid basis for one year (funding amount €40,000)
- (2011) Submission and drafting of a proposal for the national competition "Islands of Quality", organized by the Citizens' Movement for an Open Society and the Hellenic Guidance Society. This resulted in the awarding of the Patras SOPSY by the President of the Republic, Mr. Karolos Papoulias, at the Old Parliament on 24/11/2011. The first place in the competition was accompanied by a cash prize of €2,400.
- (2011) Submission of a proposal to the Ministry of Health in the context of the call for proposals of the Operational Program "Human Resources Development" 2007-2013: CATEGORY OF INTERVENTIONS: Prevention and treatment of social exclusion of vulnerable groups of the population (CODE 28) entitled: "SUPPORT AND EMPOWERMENT OF FAMILIES WITH A MEMBER WHO IS FACING MENTAL HEALTH PROBLEMS THROUGH THE DEVELOPMENT OF A NETWORK OF FAMILY AND FRIENDS' ASSOCIATIONS FOR MENTAL HEALTH (S.O.F.P.S.Y.)" (this specific proposal received feasibility approval of approximately €600,000, but was not implemented, as it did not ultimately receive an integration decision from the Ministry of Health)
- (2011) Submission of a file to the Ministry of Health for obtaining a license to establish and operate a Day Center and two Protected Apartments for Recipients of Mental Health Services from the Ministry of Health & Social Solidarity and operation (the file was accepted and SOPSY Patras received a license to establish and operate from the Ministry of Health and Social Solidarity)

PARTICIPATION IN WORKSHOPS

- (December 2013-April 2013) Organization and participation in 15 workshops at the following hospitals: G.N. Laconia, General Hospital of Corinth, Panarcadic General Hospital of Tripoli, General Hospital of Argostoli, General Hospital of

Aitolokarnania, General Hospital of Ilia, General Hospital of Argolida, General Hospital of Messinia, University General Hospital of Patras, General Hospital of Arta, General Hospital of Hatzikostas , General Hospital of Preveza, General Hospital of Filiates , General Hospital of Corfu, General Hospital of Zakynthos in the context of the operation with code MIS 371373 and title: «« SUPPORT ACTIONS FOR THE IMPLEMENTATION OF HOSPITALOUS FAMILIES PROGRAMS IN THE 6TH HEALTH REGION FOR THE ESTABLISHMENT OF PSYCHIATRIC REFORM"»»

PARTICIPATION IN SPECIAL COMMITTEES

- 2024-2026: Representative of the University of Patras on the Board of Directors of the Center for Addiction Prevention and Psychosocial Health Promotion of the Regional Unit of Achaia "KALLIPOLIS"
- 2024-2026: Regular member of the committee of the Center for Psychological and Counseling Support of the University of Patras <https://mentalcare.upatras.gr/committee/>
- 2024 - 2026: member of the Coordinating Committee of the Postgraduate Studies Program "Child and Adolescent Mental Health, Addictions and New Technologies" of the University of Patras for the academic years 2024-25 and 2025-26
- 2024 - 2026: member of the Curriculum Committee of the Diploma in Vocational Counseling and Lifelong Learning of the University of Patras for the academic years 2024-25 and 2025-26.
- 2021 to 2025: President of the 8th ^{Joint} Scientific Supervisory Council (JSC) of Model and Experimental Schools of the Regional Unit of Ilia based on the decision (ADA Ω3ZT46MTLH-Π1Σ/23-11-2021) of the Steering Committee of Model and Experimental Schools (DEPPS)
- 2021 to present: Member of Committees of the Department of Educational Sciences and Social Work, such as: Student Affairs Committee, Student Affairs Program Committee , OMEA (2022-2023)
- (2016-2019): Regular member of the Participatory Support Committee of the Spinal Cord Injury Rehabilitation Clinic of the National Institute of Mental Health with the objective of attracting volunteers, training and monitoring their work.
- (2009-2010): Regular member of the three-member Committee of the 6th ^{Regional} Office of Western Greece for the on-site recording and control of the Special

Certification of Non-Profit Social Care Legal Entity of the Prefecture of Achaia based on decision 257/27-12-2005/ Regional Office of Western Greece.

PARTICIPATION IN ASSOCIATIONS / SCIENTIFIC ASSOCIATIONS

- (2018 to present): Founding member of the NGO "Hellenic Fragility Fracture Treatment Network" FFN GR member of the Global Fragility Network Fracture Network (FFN) Global
- (2018 to present): Member of the Association of Social Workers of Greece (SKLE) N.P.D.D.
- (2014-2018): Elected member of the Board of Directors of the Local Branch of SKLE (scientific association) of Achaia, Aitolokarnania and the South Ionian Islands.
- (2013-2017): Elected vice-president of the Board of Directors of the Association of Alumni of the Postgraduate Program "Primary Health Care".
- (2013-2017): Member of the Association of Friends of the Vera & Dimitrios Sfikas Spinal Cord Injury Rehabilitation Center of the University General Hospital of Patras. In the period 2015-2018 I was vice-president of the Board of Directors and today I am an alternate member.

COMMUNICATION OFFICER WITHIN THE FRAMEWORK OF MEMORANDUMS OF COOPERATION BETWEEN THE UNIVERSITY OF PATRAS WITH SOCIAL ORGANIZATIONS

Communication officer in the Framework of Memorandums of Cooperation between the University of Patras and the following social entities (see <https://erasmus.upatras.gr/agreements/mou?page=2>):

- Social Sector of the Municipality of Patras
- Association for Mental Health - SO.PSY. Patras
- Municipality of Ancient Olympia

VOLUNTARY ACTION

- (2025 to present) Founder and academic manager of the voluntary student group of the Department of Education and Social Work Sciences "SocialWork4All"
- (2021 to present): Friend and supporter of the KINSEP Collective and Social Benefit "Healthy Living Laboratory".
- (2015): Member of the volunteer group "Social Workers in Order Initiative Group " for the prevention of children and adolescents' dependence on the internet and their safe navigation.
- (2010-2014): Volunteer and Organization and Planning Advisor of the Association of Families for Mental Health - SOPSY of Patras.
- (1991 to present): Volunteer blood donor at the Blood Donation Department of the University General Hospital of Patras (UGH).

PUBLISHED WORK IN INTERNATIONAL DATABASES (Researchgate , Google) Scholar , PubMed , Scopus)

<https://scholar.google.com/citations?user=u5qGUe4AAAAJ&hl=el> (376 citations ,
accessed 24-12-2025)

<https://www.researchgate.net/profile/Manolis-Mentis>

<https://orcid.org/0000-0002-0122-9777>

<https://pubmed.ncbi.nlm.nih.gov/?term=mentis+manolis>

<https://www.scopus.com/results/authorNamesList.uri?st1=Mentis&st2=Manolis&origin=searchauthorlookup>