

## Evangelia (Evelina) Kotzakioulafi, M.Sc, M.Med.Sci

Address: Epidemiology, Biostatistics & Prevention Institute (EBPI)

University of Zürich, Hirschengraben 82, CH-8001, Zürich

E-mail: [evangelia.kotzakioulafi@uzh.ch](mailto:evangelia.kotzakioulafi@uzh.ch)

Orcid ID: [Evangelia Kotzakioulafi \(0003-4841-1928\)](https://orcid.org/0003-4841-1928)



### Education

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- Since 2026 **PhD candidate** "Epidemiology and Biostatistics", Epidemiology, Biostatistics & Prevention Institute, University of Zürich
- 2022-2026 **Master of Medical Science** "New methods and technologies in the treatment of Diabetes Mellitus", Medical School, Aristotle University of Thessaloniki
- 2019 - 2022 **Master of Science** "Applied Human Nutrition and Health Promotion" - specialization in "Clinical – Medical Nutrition", Medical School, Aristotle University of Thessaloniki (*2<sup>nd</sup> of class*)
- 2012 - 2017 **Bachelor of Science** Nutrition and Dietetics, ATEI Thessaloniki (*1<sup>st</sup> of class*)

### Professional Experience

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- 2023-2026 Associate R&D Specialist in Nutrition Epidemiology, R&D Master Trainee and Junior Research Assistant, Nestlé Research, Lausanne, Switzerland
- 2017 - 2023 Dietitian, Self-employed, Thessaloniki, Greece
- 2020 - 2022 Research Assistant, Medical School, Aristotle University of Thessaloniki, Greece
- 2017 - 2023 Research Assistant, University General Hospital of Thessaloniki AHEPA  
Diabetes Center & Center of Obesity Management, 1<sup>st</sup> Propaedeutic Dpt of Internal Medicine
- 2016 - 2017 Dietetic Internship (B.Sc.), Department of Clinical Nutrition & Dietetics, University General Hospital of Thessaloniki AHEPA, Greece
- 2016 - 2016 Volunteer Dietitian, Social Services Office, Thessaloniki, Greece

### Additional Qualifications

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- 2025 & 2022 Good Clinical Practice (GCP) Accreditation for Investigators and Trial Sites based on ICH E6 (R2), Abbvie, Inc. and TransCelerate BioPharma, Inc.
- 2022 LLL Module "Programming skills with R for life scientists" and "Data analysis with R" Medical School, Aristotle University of Thessaloniki 4.5 and 4.5 ECTS
- 2021 LLL Module "Health Coaching skills for Health Practitioners" National Kapodistrian University of Athens 2 ECTS
- 2017 LLL Module "Applied Medical Statistical Methodology" Medical School of Aristotle University of Thessaloniki 1 ECTS

### Membership in Scientific Societies

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ESPEN, GrESPEN, Hellenic Association for the Study of Diabetes (f.DEVE)

### Languages

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Greek (native speaker), English (C2), French (A1), German (B1, continuing in B2)

### Skills

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Statistics SPSS, R, Python, RevMan, MetaDTA, Gpower, Office suite

### Publication List (Summary)

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Peer-Reviewed Publications	23 (1 <sup>st</sup> author: 2)
Oral & Poster Presentations at Conferences	34
Published abstracts	18
Invited Conference Presentations	13

## Teaching assistance

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### 2 Master Programmes (Medical School, Aristotle University of Thessaloniki, Greece)

1. "The role of diet and exercise in the pandemic of obesity", M.Sc. "Cardiovascular Disease", 3<sup>rd</sup> Dpt of Internal Medicine, Medical School, Aristotle University of Thessaloniki (since 2022)
2. "Dietary patterns in obesity management", M.Sc. "Cardiorenal Metabolic Diseases, the connection between Evidence-based Medicine and Precision Medicine", 1<sup>st</sup> Dpt of Internal Medicine, Medical School, Aristotle University of Thessaloniki (since 2024)

## Other interests

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Movies, Music, hiking, travelling, baking and cooking

## Peer-Reviewed Publications (*n*= 23)

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1. Vasiloglou M.F., **Kotzakioulafi E**, Mainardi F, Ahmed M, Staiano A.E, Dimidi E, Salathe M, Maher C, Vandelanotte C, Mantzoros C.S, "Effectiveness of app-based interventions for non-communicable diseases and their risk factors: an umbrella review and meta-meta-analysis". *Lancet Digital Health*, (2026)
2. Eldridge A.L., **Kotzakioulafi E.**, Debras C., Tsai Li-Tang, Meijer G.W., Salesse F., Gibney E.R. "Method to define recommended portion sizes for consumer guidance". *Eur J Nutr* 64, 62 (2025). <https://doi.org/10.1007/s00394-024-03573-x>
3. Didangelos T, Karlafti E, **Kotzakioulafi E**, Giannoulaki P, Kontoninas Z, Kontana A, Evripidou P, Savopoulos C, Birkenfeld AL, Kantartzis K. "Efficacy and Safety of the Combination of Palmitoylethanolamide, Superoxide Dismutase, Alpha Lipoic Acid, Vitamins B12, B1, B6, E, Mg, Zn and Nicotinamide for 6 Months in People with Diabetic Neuropathy." *Nutrients*. 2024; 16(18):3045. <https://doi.org/10.3390/nu16183045>
4. Giannoulaki P, **Kotzakioulafi E**, Nakas A, Kontoninas Z, Karlafti E, Evripidou P, Kantartzis K, Savopoulos C, Chourdakis M, Didangelos T. "Effect of Crocus sativus Extract Supplementation in the Metabolic Control of People with Diabetes Mellitus Type 1: A Double-Blind Randomized Placebo-Controlled Trial." *Nutrients*. 2024; 16(13):2089. <https://doi.org/10.3390/nu16132089>
5. Giannoulaki P, **Kotzakioulafi E**, Nakas A, Kontoninas Z, Evripidou P, Didangelos T. "Use of Advanced Hybrid Closed-Loop System during Pregnancy: Strengths and Limitations of Achieving a Tight Glycemic Control." *J Clin Med*. 2024 Mar 1;13(5):1441. doi:10.3390/jcm13051441. PMID: 38592281; PMCID: PMC10934727.
6. Doundoulakis I, Farmakis IT, Theodoridis X, Konstantelos A, Christoglou M, **Kotzakioulafi E**, Chrysoula L, Siargkas A, Karligkiotis A, Kyprianou G, Mastromanolis E, Soulaïdopoulos S, Zafeiropoulos S, Antza C, Tsiachris D, Chourdakis M. "Effects of dietary interventions on cardiovascular outcomes: a network meta-analysis." *Nutr Rev*. 2024 May 10;82(6):715-725. doi: 10.1093/nutrit/nuad080. PMID: 37432782; PMCID: PMC11082588.
7. **Kotzakioulafi E**, Bakaloudi DR, Chrysoula L, Theodoridis X, Antza C, Tirodimos I, Chourdakis M. "High Versus Low Adherence to the Mediterranean Diet for Prevention of Diabetes Mellitus Type 2: A Systematic Review and Meta-Analysis." *Metabolites*. 2023; 13(7):779. <https://doi.org/10.3390/metabo13070779>
8. Kalaitzopoulou, I.; Theodoridis, X.; **Kotzakioulafi, E.**; Evripidou, K.; Chourdakis, M. The Effectiveness of a Low Glycemic Index/Load Diet on Cardiometabolic, Glucometabolic, and Anthropometric Indices in Children with Overweight or Obesity: A Systematic Review and Meta-Analysis. *Children* 2023, 10, 1481. <https://doi.org/10.3390/children10091481>
9. Schleicher E, Didangelos T, **Kotzakioulafi E**, Cegan A, Peter A, Kantartzis K. Clinical Pathobiochemistry of Vitamin B12 Deficiency: Improving Our Understanding by Exploring Novel Mechanisms with a Focus on Diabetic Neuropathy. *Nutrients*. 2023; 15(11):2597. <https://doi.org/10.3390/nu15112597>
10. Karlafti, E.; Tsavdaris, D.; **Kotzakioulafi, E.**; Protopapas, A.A.; Kaiafa, G.; Netta, S.; Savopoulos, C.; Michalopoulos, A.; Paramythiotis, D. The Prevalence of Gastrointestinal Bleeding in COVID-19 Patients: A Systematic Review and Meta-Analysis. *Medicina* 2023, 59, 1500. <https://doi.org/10.3390/medicina59081500>
11. Karlafti, E.; Tsavdaris, D.; **Kotzakioulafi, E.**; Kaiafa, G.; Savopoulos, C.; Netta, S.; Michalopoulos, A.; Paramythiotis, D. The Diagnostic Accuracy of SARS-CoV-2 Nasal Rapid Antigen Self-Test: A Systematic Review and Meta-Analysis. *Life* 2023, 13, 281. <https://doi.org/10.3390/life13020281>
12. Karlafti, E.; Didangelos, T.; Benioudakis, E.; **Kotzakioulafi, E.**; Kaiafa, G.; Kotsis, V.; Ziakas, A.; Doulas, M.; Goulas, A.; Savopoulos, C. Effects of Moxonidine Administration on Serum Neuropeptide Y Levels in

- Hypertensive Individuals: A Prospective Observational Study. *Endocrines* 2022, 3, 43-52.  
<https://doi.org/10.3390/endocrines3010004>
13. Karlafti, E.; **Kotzakioulafi**, E.; Peroglou, D.-C.; Gklaveri, S.; Malliou, P.; Ioannidis, A.; Panidis, S.; Netta, S.; Savopoulos, C.; Michalopoulos, A.; Paramythiotis, D. Emergency General Surgery and COVID-19 Pandemic: Are There Any Changes? A Scoping Review. *Medicina* 2022, 58, 1197.  
<https://doi.org/10.3390/medicina58091197>
  14. Didangelos T.; Karlafti E.; **Kotzakioulafi** E; Margariti E.; Giannoulaki P.; Batanis G.; Tesfaye S.; Kantartzis K. Vitamin B12 Supplementation in Diabetic Neuropathy: A 1-Year Randomized Double-Blind Placebo-Controlled Trial. *Nutrients* 2021, 13, 395.
  15. Bakaloudi, D.R.; Chrysoula, L.; **Kotzakioulafi**, E.; Theodoridis, X.; Chourdakis, M. Impact of the Level of Adherence to Mediterranean Diet on the Parameters of Metabolic Syndrome: A Systematic Review and Meta-Analysis of Observational Studies. *Nutrients* 2021, 13, 1514.
  16. Margaritidis, C.; Karlafti, E.; **Kotzakioulafi**, E.; Kantartzis, K.; Tziomalos, K.; Kaiafa, G.; Savopoulos, C.; Didangelos, T. Comparison of Premixed Human Insulin 30/70 to Biphasic Aspart 30 in Well-Controlled Patients with Type 2 Diabetes Using Continuous Glucose Monitoring. *J. Clin. Med.* 2021, 10, 1982.  
<https://doi.org/10.3390/jcm10091982>
  17. Karastogiannidou, C.; Giannoulaki, P.; Samaras, I.; **Kotzakioulafi**, E.; Didangelos, T.; Bocsan, I.C.; Vassilopoulou, E. The Diabetes Eating Problem Survey-Revised (DEPS-R) in a Greek Adult Population with Type 1 Diabetes Mellitus: Model Comparison Supporting a Single Factor Structure. *Nutrients* 2021, 13, 2375.  
<https://doi.org/10.3390/nu13072375>
  18. Bakaloudi D.B., Chrysoula L., Leonida I., **Kotzakioulafi** E., Theodoridis X., Chourdakis M., Impact of the level of adherence to the Mediterranean Diet on blood pressure: A systematic review and meta-analysis of observational studies. *Clinical Nutrition*, 2021, Vol.40, 12: 5771-5780,  
<https://doi.org/10.1016/j.clnu.2021.10.002>
  19. Karlafti E.; Anagnostis A.; **Kotzakioulafi** E.; Vittoraki M.C.; Eufraimidou A.; Kasarjyan K.; Eufraimidou K.; Dimitriadou G.; Kakanis C.; Anthopoulos M.; Kaiafa G.; Savopoulos C.; Didangelos T. Does COVID-19 Clinical Status Associate with Outcome Severity? An Unsupervised Machine Learning Approach for Knowledge Extraction. *J. Pers. Med.* 2021, 11, 1380. <https://doi.org/10.3390/jpm11121380>
  20. Giannoulaki, P.; **Kotzakioulafi**, E.; Chourdakis, M.; Hatzitolios, A.; Didangelos, T. Impact of Crocus Sativus L. on Metabolic Profile in Patients with Diabetes Mellitus or Metabolic Syndrome: A Systematic Review. *Nutrients* 2020, 12, 1424
  21. Didangelos, T.; Karlafti, E.; **Kotzakioulafi**, E.; Kontoninas, Z.; Margaritidis, C.; Giannoulaki, P.; Kantartzis, K. Efficacy and Safety of the Combination of Superoxide Dismutase, Alpha Lipoic Acid, Vitamin B12, and Carnitine for 12 Months in Patients with Diabetic Neuropathy. *Nutrients* 2020, 12, 3254.
  22. Agakidis, C.; **Kotzakioulafi**, E.; Petridis, D.; Apostolidou, K.; Karagiozoglou Lampoudi, T. Mediterranean Diet Adherence is Associated with Lower Prevalence of Functional Gastrointestinal Disorders in Children and Adolescents. *Nutrients* 2019, 11, 1283
  23. Scarpato E, Kolacek S, Jojkic-Pavkov D, Konjik V, Živković N, Roman E, Kostovski A, Zdraveska N, Altamimi E, Papadopoulou A, Karagiozoglou-Lampoudi T, Shamir R, Bar Lev MR, Koleilat A, Mneimneh S, Bruzzese D, Leis R, Staiano A; MEAP Group, Kafritsa P, Brusa S, Campanozzi A, Romano C, Salvatore S, **Kotzakioulafi** E, Barrio J, Cilleruelo ML, Juste M, Gutiérrez-Junquera C, Trbojević T, Ivković L. Prevalence of Functional Gastrointestinal Disorders in Children and Adolescents in the Mediterranean Region of Europe. *Clin Gastroenterol Hepatol.* 2017 Nov 9. pii: S1542-3565(17)31316-2. doi:10.1016/j.cgh.2017.11.005