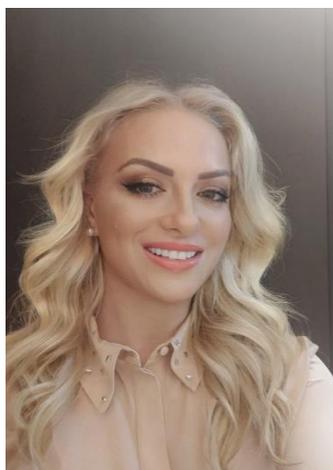


Polyxeni Mangoulia PhD. Email: pmango@nurs.uoa.gr

Tel: +30 210 7461438



Dr. Polyxeni Mangoulia is an Assistant Professor of Psychiatric Nursing and Psychopharmacology at the Faculty of Nursing, School of Health Sciences, National and Kapodistrian University of Athens (NKUA), Greece. She is a member of several scientific associations and the President of Liaison Mental Health Nursing Sector at the Hellenic Regulatory Body of Nurses. She has several publications, and she has extensive experience in teaching and working in various clinical settings. Her PhD thesis was the first study focusing on Secondary Traumatic Stress in Greece. She has specialized in Liaison Psychiatric Nursing, and she is trained in Cognitive Behavioral Psychotherapy: Theory and Clinical Practice, and in Psychoeducation: Personal, family and group interventions (Medicine School, NKUA). She is committed to furthering the field through her academic contributions and coaching abilities, driven by the credo "Self-care is the first step in caring for others".

Academic Specialization

Dr. Polyxeni Mangoulia has an impressive academic background and has completed all her undergraduate and postgraduate studies at the National and Kapodistrian University of Athens. She was awarded a grant by the State scholarships Foundation for her undergraduate studies, and she graduated with honors from both her postgraduate and PhD studies.

Since 2022, Polyxeni Mangoulia has held the position of Assistant Professor of Psychiatric Nursing and Psychopharmacology at the Faculty of Nursing, School of Health Sciences, National and Kapodistrian University of Athens (NKUA), Greece and she is assigned at the Laboratory of "Counselling Nursing Support and Psychoeducation of Patients with Mental Illness and Carers". She teaches four courses in the University of Athens' undergraduate nursing program. She also teaches in postgraduate nursing programs at the National and Kapodistrian University of Athens' Department of Nursing and Department of Medicine, as well as in the nursing departments of the Universities of West Attica and Thessaly.

Her doctoral dissertation was the first in Greece to examine secondary traumatic stress. She has also previously served as an Academic Fellow at the University of West Attica's Department of Nursing. She holds a Master of Science (MSc) in Liaison Psychiatry: Integrative Care of Physical and Mental Health, Medicine School, NKUA and a MSc in Management and Administration of Health Care Services, Nursing Department, NKUA. She has specialized in Liaison Psychiatric Nursing and she is trained in Cognitive Behavioral Psychotherapy: Theory and Clinical Practice, and in Psychoeducation: Personal, family and group interventions (Medicine School, NKUA). She holds two nursing specialties, a mental health specialty and an emergency and critical care specialty. Dr. Mangoulia is Registered Main Teaching Personnel at the National Centre for Public Administration and Local Government and is a Certified Trainer of Adults from the National

Experience

Dr. Polyxeni Mangoulia has an extensive background in both teaching and working in a variety of clinical settings. She worked at Evaggelismos General Hospital of Athens, Liaison Psychiatry Department, and Outpatient Psychiatry Department and, she served as Education Coordinator for the Specialty of Intensive Care and Emergency Nursing and the Specialty of Mental Health Nursing. Also, she worked as an Academic Fellow in the Nursing Department, at the University of West Attica (Mental Health Nursing and Community Nursing). Dr. Mangoulia is a Registered Main Teaching Personnel at the National Centre for Public Administration and Local Government and is a Certified Trainer of Adults from the National Organization for the Certification of Qualifications and Vocational Guidance. She has organized training sessions and hands-on workshops in addition to participating as a lecturer in numerous continuing education programs for several years.

She is a member of several scientific associations and the President of the Liaison Mental Health Nursing Sector at the Hellenic Regulatory Body of Nurses. She is a member of the Central Committee for the Examinations of Resident Nurses in the Specialty of Mental Health Nursing, as of 2023. Also, she participates in the Scientific and Organizing Committee of international and Greek conferences and is also a Reviewer Board Member in several scientific journals.

Academic Projects

Dr. Polyxeni Mangoulia has written educational materials and served as a trainer for educational programs run by the National and Kapodistrian University of Athens' Centre for Training and Lifelong Learning ("Training of nursing staff of general and psychiatric hospitals in smoking cessation techniques"), the University of West Attica, in partnership with the Centre for the Treatment of Addicts ("Approaching the individual and family with addiction problems - trauma-informed psychiatric forensics"), and the University of Thessaly ("Specialization in Diabetes Mellitus"). She has participated in Erasmus+ projects: "Professional Training in Liaison Psychiatry", Queens Medical Centre, Department of Psychological Medicine, Nottingham, England and "European Tutoring process in Psychiatry and Mental Health", Evaggelismos General Hospital of Athens, Greece, for education and professional training in mental health.

She participated as a trainer in the project "Development of an Integrated Post-Hospital Health Care System for Patients from Vulnerable Social Groups. Networking of the Nursing Services of the Hellenic Red Cross Nursing Services and Volunteer Nurses with General Hospitals of the country and the Local Authorities" and also took part in consensus meetings for the formulation of Guidelines for Depression (Project: Development of 13 General Medicine Guidelines for the management of the most common diseases and health conditions in Primary Health Care of the Operational Program "Administrative Reform 2007-2013"), Faculty of Medicine, University of Crete.

Authorship and Publications

Dr. Mangoulia is co-editor of the forthcoming book "Psychological Resilience: navigating challenges and building strength", Nova Science Publishers and she is on the editorial board for the following scientific journal special issues: "Burnout and Mental Health of Nurses" (AIMS Public Health, AIMS Press), "Nurturing Resilience, Mental Health, and Wellbeing in Nursing Professionals" (Perspectives in Psychiatric Care, Hindawi), and "Towards Holistic Healthcare: Advancing Nursing and Medical Education" (Healthcare, MDPI). She has also authored multiple publications in Greek and international scientific journals, as well as chapters in Greek and foreign books.

For more details:

Research Gate: <https://www.researchgate.net/profile/Polyxeni-Mangoulia>

Google Scholar Profile: <https://scholar.google.com/citations?user=ZGsNW-8AAAAJ&hl=en>

ORCID ID: <https://orcid.org/0000-0001-5753-1273>

SCOPUS ID: <https://www.scopus.com/authid/detail.uri?authorId=36864087200>

PUBLONS – Web of Science Researcher ID: [AAW-9782-2020](https://publons.com/author/AAW-9782-2020)

LinkedIn: www.linkedin.com/in/polyxeni-mangoulia-bb971a84