

Kontouli Katerina Maria

Curriculum Vitae

Personal Information

Name Katerina Maria Kontouli
Address Ioanninon, 122, Larisa, Greece
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Studies

11/2020 – Present: **Ph.D. candidate in biostatistics**
Title of the thesis: “Inclusion of single-arm studies in evidence synthesis”
University of Ioannina,
Department of Primary Education, **supervisor Prof. Mavridis Dimitrios**

09/2016 – 10/2017 **M.Sc. on Research methodology in Biomedicine, Biostatistics and Clinical Bioinformatics**
Medical department, University of Thessaly,
Grade: 9,20/10

09/2011 – 6/2016 **Bachelor’s degree in mathematics**
School of Science, University of Ioannina,
Grade 5.86/10

Education

09/2007 – 06/2011 **Highschool of Larisa, Greece,**
Grade: 18.6/20

Work Experience

06/2023 – Present **Research Associate in Biostatistics,**
Medical school, Department of Hygiene and Epidemiology, University of Thessaly, Greece
Project: “**HEALTHY SAILING** Prevention, mitigation, management of

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infectious diseases on cruise ships and passenger ferries” (funding COMMISSION OF THE EUROPEAN COMMUNITIES, HORIZON 2022), Supervisor: Associate Prof. Varvara Mouchtouri

- Conducted statistical analyses of surveillance data to support project objectives.
- Performed proportion meta-analyses to synthesize relevant findings.
- Conducted power analyses and calculated sample sizes to ensure robust study designs.
- Delivered lessons to medical students, sharing expertise in biostatistics and research methodologies

10/2021 - Present

Collaborating Expert – ATMPs (Advance Therapy Medical Products) - Clinical Data and Methods in EMA (European Medicines Agency). The project focused on methodologies of Single-Arm Trials (SATs) for regulatory purposes

- Actively contributed to the project from the development of the search strategy through the full screening process of relevant literature.
- Conducted a systematic scoping review to identify proposed methodologies for SATs, ensuring adherence to PRISMA guidelines.
- Authored scientific papers and collaborated with team members to align findings with rigorous regulatory and academic standards.
- Participated in regular team meetings to discuss methodologies and refine the approach for robust analysis and reporting.

11/2019 – 05/2022

Research Associate in Biostatistics,

Department of Primary Education, University of Ioannina, Greece

Project: **Comparing effectiveness of self-management interventions in 4 high priority chronic diseases in Europe - COMPAR-EU (funding COMMISSION OF THE EUROPEAN COMMUNITIES, HORIZON 2020), Supervisor: Prof. Dimitrios Mavridis**

- Conducted network meta-analyses (NMA) and component network meta-analyses (CNMA) to evaluate intervention effectiveness.
- Presented results to stakeholders and collaborators, ensuring clarity and actionable insights.

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- Actively participated in weekly team meetings with researchers across Europe to promote collaboration and ensure impactful research outcomes.
- Contributed to the development of R packages, enhancing the accessibility and reproducibility of the methodologies used in the project.
- Collaborated with the University of Toronto on a project involving a scoping review and an empirical systematic review to identify methods for living systematic reviews and updated systematic reviews.

Additional Work:

- Conducted statistical analyses for projects under the European Association for Endoscopic Surgery (EAES), contributing to high-impact studies in surgical research.
- As part of the COH-FIT project, an international survey spanning over 35 countries with nearly 200 investigators, I analyzed data to identify risk and protective factors related to the COVID-19 pandemic. This large-scale study, endorsed by multiple professional organizations, aimed to inform prevention and intervention programs for current and future pandemics. My role included performing statistical analyses and collaborating with the international research team to deliver robust and meaningful findings.

03/2022 – 06/2022 **Visiting research student** (Erasmus+ grant) at Centre of Research in Epidemiology and Statistics, Sorbonne Paris Cité, Université de Paris, Inserm, Paris, France. During this period, I was involved in:

- Empirical evaluation of the methods used to synthesize observational studies within meta-analyses
- Weekly presentations of the members of the team.

01/2021 – 06/2021 **Professor of Mathematics in Highschool**, Greece

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Conferences presentations and Seminars

- International Society for Clinical Biostatistics, ICSB45 2024 Conference, in Thessaloniki, Greece (Attendee)
- Public health Congress on Maritime Transport and Ports 2024: Innovations in Infectious diseases control and occupation health, 18 – 19 October 2024, Napoli, Italy (Presentation)
- 11th Aegean Hematology Oncology Symposium, AHOS 2024 (Presentation)
- 35th Hellenic Statistics Conference & 1st International Statistics Conference – Statistics in Health Sciences, 25-28 May 2023 Athens, Greece (Presentation)
- COMPAR-EU Final Research Conference on 26-27 October 2022 in Palma, Mallorca (Poster)
- AUEB-NKUA-Indiana Conference in Biostatistics & Health Analytics 4-6 July 2022, Aegina (Poster)
- Workshop on Individual participant data meta-analysis projects: A practical introduction, by Richard Riley, University of Keele, 14 - 16 October 2021. (Virtual Attendee)

IT/Programming Skills

R, RStudio, Stata, IBM SPSS, Jamovi, MS Office

Publications

Google Scholar: <https://scholar.google.com/citations?user=WqrVGIYAAAAJ&hl=el&oi=ao>

ORCID: <https://orcid.org/my-orcid?orcid=0000-0003-4261-2841>

1. Antoniou, S.A., Mavridis, D., Kontouli, K.M. *et al.* EAES rapid guideline: appendicitis in the elderly. *Surg Endosc* 35, 3233–3243 (2021). <https://doi.org/10.1007/s00464-021-08524-9>
2. Milone, M., Adamina, M., Arezzo, A. *et al.* UEG and EAES rapid guideline: Systematic review, meta-analysis, GRADE assessment and evidence-informed European recommendations on TaTME for rectal cancer. *Surg Endosc* (2022). <https://doi.org/10.1007/s00464-022-09090-4>
3. Veroniki AA, Tsokani S, Zevgiti S, Pagkalidou I, Kontouli KM, Ambarcioglu P, Pandis N, Lunny C, Nikolakopoulou A, Papakonstantinou T, Chaimani A, Straus SE, Hutton B, Tricco AC, Mavridis D, Salanti G. Do reporting guidelines have an impact? Empirical assessment of changes in reporting before and after the PRISMA extension statement for network meta-analysis. *Syst Rev.* 2021 Sep 10;10(1):246. doi:

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10.1186/s13643-021-01780-9. PMID: 34507621; PMCID: PMC8434710.

4. Markar S, Andreou A, Bonavina L, Florez ID, Huo B, Kontouli K-M, et al. UEG and EAES rapid guideline: Update systematic review, network meta-analysis, CINeMA and GRADE assessment, and evidence-informed European recommendations on surgical management of GERD. *United European Gastroenterol J.* 2022;10(9):983–98.
5. Carrano, F.M., Iossa, A., Di Lorenzo, N. *et al.* EAES rapid guideline: systematic review, network meta-analysis, CINeMA and GRADE assessment, and European consensus on bariatric surgery–extension 2022. *Surg Endosc* **36**, 1709–1725 (2022). <https://doi.org/10.1007/s00464-022-09008-0>
6. Siafaka, V., Tsonis, O., Christogiannis, C., Kontouli, K., Margariti, K., Barbalia, Z., Paschopoulos, M. (2023). Psychometric properties of the Greek versions of the Pandemic-Related Pregnancy Stress Scale and the Pandemic-Related Postpartum Stress Scale and associated risk factors during the second year of the COVID-19 pandemic. *BJPsych Open*, 9(2), E25. doi:10.1192/bjo.2022.635
7. Seitidis G, Tsokani S, Christogiannis C, et al. Graphical tools for visualizing the results of network meta-analysis of multicomponent interventions. *Res Syn Meth.* 2023; 1-14. doi:10.1002/jrsm.1617
8. Cheurfa C, Tsokani S, Kontouli KM, Boutron I, Chaimani A. Empirical evaluation of the methods used in systematic reviews including observational studies and randomized trials. *J Clin Epidemiol.* 2023 Feb 21:S0895-4356(23)00029-X. doi: 10.1016/j.jclinepi.2023.02.008. Epub ahead of print. PMID: 36822441.
9. Papatriantafyllou, E., Efthymiou, D., Felekis, K., Solmi, M., Correll, C.U., Thompson, T., Estradé, A., Tsokani, S., Kontouli, K.-M., Seitidis, G., Koutsioroumpa, O., Mavridis, D., Christogiannis, C., Vassilopoulou, E., 2024. The Collaborative Outcome Study on Health and Functioning during Infection Times (COH-FIT): Results from Cyprus. *Journal of Clinical Medicine* 13, 5395.. <https://doi.org/10.3390/jcm13185395>
10. Mouchtouri Varvara A, Simou Evangelia, Soteriades Soteris, Rousou Xanthoula, Kontouli Katerina Maria, Kafetsouli Dimitra, Kourentis Leonidas, Anagnostopoulos Lemonia, Hadjichristodoulou Christos. Systematic literature review and meta-analysis on preventing and controlling norovirus outbreaks on cruise ships, 1990 to 2020: calling for behaviour change strategies of travellers. *Euro Surveill.* 2024;29(10):pii=2300345. <https://doi.org/10.2807/1560-7917.ES.2024.29.10.2300345>
11. Beltran, J., Valli, C., Medina-Aedo, M., Canelo-Aybar, C., Niño De Guzmán, E., Song, Y., Orrego, C., Ballester, M., Suñol, R., Noordman, J., Heijmans, M., Seitidis, G., Tsokani, S., Kontouli, K.-M., Christogiannis, C., Mavridis, D., Graaf, G.D., Groene, O., Grammatikopoulou, M.G., Camalleres-Guillem, F., Perestelo-Perez, L., Mcgloin, H., Winkley, K., Mueller, B.S., Saz-Parkinson, Z., Corcoy, R., Alonso-Coello, P., 2024. COMPAR-EU Recommendations on Self-Management Interventions in Type 2 Diabetes Mellitus. *Healthcare* 12, 483.. <https://doi.org/10.3390/healthcare12040483>

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12. Blouchou, A., Chamou, V., Eleftheriades, C., Poulimeneas, D., Kontouli, K.-M., Gkiouras, K., Bargiota, A., Gkouskou, K.K., Rigopoulou, E., Bogdanos, D.P., Goulis, D.G., Grammatikopoulou, M.G., 2024. Beat the Clock: Assessment of Night Eating Syndrome and Circadian Rhythm in a Sample of Greek Adults. *Nutrients* 16, 187.. <https://doi.org/10.3390/nu16020187>
13. Tsokani, S., Seitidis, G., Christogiannis, C., Kontouli, K.-M., Nikolakopoulos, S., Zevgiti, S., Orrego, C., Ballester, M., Suñol, R., Heijmans, M., Poortvliet, R., Van Der Gaag, M., Alonso-Coello, P., Canelo-Aybar, C., Beltran, J., González-González, A.I., De Graaf, G., Veroniki, A.-A., Mavridis, D., 2023. Exploring the Effectiveness of Self-Management Interventions in Type 2 Diabetes: A Systematic Review and Network Meta-Analysis. *Healthcare* 12, 27.. <https://doi.org/10.3390/healthcare12010027>
14. Tsiogkas, S. G., Grammatikopoulou, M. G., Kontouli, K. M., Minopoulou, I., Goulis, D. D., Zafiriou, E., ... Patsatsi, A. (2023). Efficacy of biologic agents for palmoplantar psoriasis: a systematic review and network meta-analysis. *Expert Review of Clinical Immunology*, 19(12), 1485–1498. <https://doi.org/10.1080/1744666X.2023.22720>
15. Camus-García, E., González-González, A.I., Heijmans, M., Niño De Guzmán, E., Valli, C., Beltran, J., Pardo-Hernández, H., Ninov, L., Strammiello, V., Immonen, K., Mavridis, D., Ballester, M., Suñol, R., Orrego, C., 2021. Self-management interventions for adults living with Chronic Obstructive Pulmonary Disease (COPD): The development of a Core Outcome Set for COMPARE-EU project. *PLOS ONE* 16, e0247522.. <https://doi.org/10.1371/journal.pone.0247522>
16. Cheurfa, C., Tsokani, S., Kontouli, K.-M., Boutron, I., Chaimani, A., 2024. Synthesis methods used to combine observational studies and randomised trials in published meta-analyses. *Systematic Reviews* 13.. <https://doi.org/10.1186/s13643-024-02464-w>
17. Santero, M., Song, Y., Beltran, J., Medina-Aedo, M., Canelo-Aybar, C., Valli, C., Rocha, C., León-García, M., Salas-Gama, K., Kaloteraki, C., Niño De Guzmán, E., Ballester, M., González-González, A.I., Poortvliet, R., Van Der Gaag, M., Spoiala, C., Gurung, P., Willemen, F., Cools, I., Bleeker, J., Kancheva, A., Ertl, J., Laure, T., Kancheva, I., Pacheco-Barrios, K., Zafra-Tanaka, J.H., Tsokani, S., Veroniki, A.A., Seitidis, G., Christogiannis, C., Kontouli, K.M., Groene, O., Sunol, R., Orrego, C., Heijmans, M., Alonso-Coello, P., 2024. Effectiveness and Cost-Effectiveness of Self-Management Interventions for Adults Living with Heart Failure to Improve Patient-Important Outcomes: An Evidence Map of Randomized Controlled Trials. *Healthcare* 12, 302.. <https://doi.org/10.3390/healthcare12030302>
18. Medina-Aedo, M., Beltran, J., Valli, C., Canelo-Aybar, C., Song, Y., Ballester, M., Bowman-Busato, J., Christogiannis, C., Grammatikopoulou, M.G., Groene, O., Heijmans, M., Hoogendorn, M., Killeen, S.L., Kontouli, K., Mavridis, D., Miñambres, I., Mueller, B.S., Niño De Guzman, E., Noordman, J., Orrego, C., Perestelo-Perez, L., Saz-Parkinson, Z., Seitidis, G., Suñol, R., Tsokani, S., Alonso-Coello, P., 2024.

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Recommendations on self-management interventions for adults living with obesity: COMPAR-EU project. Clinical Obesity 14.. <https://doi.org/10.1111/cob.12667>

19. Mouchtouri, V.A., Kourentis, L., Anagnostopoulos, L., Koureas, M., Kyritsi, M., Kontouli, K.M., Kalala, F., Speletas, M., Hadjichristodoulou, C., 2024. Interventional Study of Nonpharmaceutical Measures to Prevent COVID-19 Aboard Cruise Ships. Emerging Infectious Diseases 30.. <https://doi.org/10.3201/eid3005.231364>

20. B. Huo, Y. Lee, K-M. Kontouli, P. Patel, K. Yang, A. Jong, K. Coyle, D.G. French, A. Wallace, M. Plourde, EP14.02-03 Open Versus Video-Assisted and Robotic-Assisted Thymectomy for the Treatment of Thymic Neoplasms, Journal of Thoracic Oncology, <https://doi.org/10.1016/j.jtho.2023.09.1386>.

Languages

- English (C2 level)
- German (B1 level)
- Greek (Mother Tongue)