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EDUCATION

August 2006 **Tennessee State University** **PhD—Counseling Psychology**
Accredited by the American Psychological Association

Dissertation: Cross-Cultural Perceptual Differences Among African-American, Caucasian, and Greek-Cypriot College Students (Chair: Pamela Knox, PhD, HSP)

May 2002 **University of South Alabama** **MS—Applied Psychology**

Thesis: A Multicultural Investigation of Person Perception, Prejudice, and Aggression (Chair: Jerrold Downey, PhD)

August 2000 **University of South Alabama** **BA—Psychology (*Cum Laude*)**

ACADEMIC EXPERIENCE

Associate Professor, Neapolis University Pafos, Pafos, Cyprus (December 2019 – Present)

Department: School of Health Sciences, Psychology
Responsibilities: This position involves all the responsibilities of a full-time academic position; Teaching, Research and Service. Teach undergraduate and graduate-level courses (Psychology of Sexuality, Multicultural Counseling to psychologists and educators, Practicum and Group Supervision); conduct research on the topics of multicultural psychology, body image and eating disorders; coordinate MSc in Counseling Psychology program and practicum placements; supervision of graduate and doctoral students. Codirect, coordinate and practice at the Counseling Center of the University. Member of the Senate, the Library and Quality Assurance Committees at Neapolis University.

Assistant Professor, Neapolis University Pafos, Pafos, Cyprus (October 2015 – December 2019)

Department: School of Health Sciences, Psychology
Responsibilities: Full-time academic position; Teaching, Research and Service. Teach undergraduate and graduate-level courses (Psychology of Sexuality, Multicultural Counseling to psychologists and educators, Practicum and Group Supervision); research on multicultural psychology, body image and eating disorders; coordinated MSc Counseling Psychology program and practicum placements; supervision of graduate students. Member of the Senate, the Library and Quality Assurance Committees at Neapolis University.

Lecturer and Counseling Center Director, Neapolis University Pafos, Pafos, Cyprus (April 2011 – Oct. 2015)

Department: School of Health Sciences, Psychology

Responsibilities: Same responsibilities as reported in the "Assistant Professor" position mentioned above.

Adjunct Lecturer, The University of Nicosia, Nicosia, Cyprus (September 2008 – May 2010)

Department: Department of Psychology and Department of Education

Responsibilities: Taught undergraduate-level courses which included: Introduction to Psychology; Developmental Psychology; Health Psychology; and Psychology of Gender. This position involved the development of syllabi, full-time teaching, test-grading and grade assignment.

Adjunct Lecturer, The European University Cyprus, Nicosia, Cyprus (Sept. 2007 – Aug. 2009)

Department: Department of Psychology

Responsibilities: Taught undergraduate-level courses which included: Introduction to Psychology; Cultural Psychology; Research Methods and Statistics. This position involved the development of syllabi, full-time teaching, test grading and grade assignment. Each course consisted of an average of 25-30 students.

Adjunct Lecturer, The University of Cyprus, Nicosia, Cyprus (January 2007 – May 2007)

Department: Department of Psychology

Responsibilities: Taught a graduate-level course (Multicultural Psychology) at the Department of Psychology. This position involved the development of the syllabus, full-time teaching, test grading and grade assignment. Each course consisted of an average of 25-30 students.

Invited Lecturer/Trainer, The University of Cyprus, Nicosia, Cyprus (October 2006)

Department: Department of Psychology

Responsibilities: Taught two seminars to graduate students of the Department of Psychology on how to conduct psychotherapy with children and adolescents and families. Concentrated specifically on applied clinical techniques.

Instructor, Tennessee State University, Nashville, Tennessee (Aug. 2002 – Aug. 2005)

Department: Department of Psychology

Responsibilities: Taught undergraduate-level courses every semester (Fall, Spring, and Summer) including: Statistics; Research Methods; Human Growth and Learning; Stress Management; Abnormal and Social Psychology. This position involved the development of syllabi, full-time teaching, test grading and grade assignment. Each course consisted of an average of 25-30 students.

Consultant/Presenter, Florida State University Counseling Center (Aug. 2005 – Aug. 2006)

Population: Adult college students and late adolescents

Responsibilities: Provided presentations and consultations to college students on several issues such as Stress Management, Time Management, Conflict Resolution, Problem Solving, Assertiveness, Study Skills, Healthy Relationships and Sexual Assault and Prevention.

Collaborators: Other staff from the Counseling Center

CLINICAL EXPERIENCE

Cocoordinator of Counseling Center, Neapolis University Pafos, Center for Research and Psychological Services (April 2011 – Present)

Population: Adult college students and late adolescents

Responsibilities: Initial evaluations; outpatient therapy with college students and late adolescents; counseling; assessment; outreach; group psychotherapy; lectures; committee involvement; support of individuals with special needs

Head of Counseling Center, University of Cyprus Counseling Center (August 2009 – April 2011)

Population: Adult college students and late adolescents

Responsibilities: Initial evaluations; outpatient therapy with college students and late adolescents; counseling; assessment; outreach; group psychotherapy; supervision of doctoral-level practicum students; lectures; committee involvement; support of individuals with special needs

Counseling Psychologist, Private Practice (August 2006 – Present)

Responsibilities: Initial evaluations; outpatient therapy with children, adolescents, and adults; couples and family therapy; assessment

Population: Community population from diverse socioeconomic backgrounds. Age ranges of clients vary from 16 to 90 years old.

Pre-Doctoral Intern, Florida State University Counseling Center (Aug. 2005 – Aug. 2006)
Accredited by the American Psychological Association

Population: Adult college students and late adolescents

Responsibilities: Initial evaluations; outpatient therapy with adults and couples; counseling; assessment; outreach; group psychotherapy

Supervisors: Weekly individual and group supervision with Byron Pack, PsyD and James Hennessey, PhD

Practicum Student, Vanderbilt University Counseling Center (Aug. 2004 – May 2005)
Accredited by the American Psychological Association

Population: Adult college students and late adolescents

Responsibilities: Initial evaluations; outpatient therapy with adults and couples; counseling; assessment; group psychotherapy

Supervisors: Weekly individual and group supervision with Anne Goodnow, PsyD, Robert Jacobs, PhD, Daniel Sullivan, PsyD, and Neha Shah, PhD

Practicum Student, The Guidance Center (Sept. 2003 – June 2004)

Accredited by the American Psychological Association

Population: Community mental health population from diverse racial,

cultural, and socioeconomic backgrounds. Age ranges of clients varied from 7 to 90 years old.

Responsibilities: Intakes; outpatient therapy with children, adolescents, and adults; couples and family therapy; assessment; group psychotherapy

Supervisors: Weekly individual and group supervision with Wendy Hoblitzelle, PhD, HSP, Pamela Knox, PhD, HSP, and Marie Hammond, PhD

Practicum Student, Tennessee State University Counseling Center (Jan. 2003 – May 2003)

Population: Adult college students and late adolescents; Clients predominantly African American

Responsibilities: Initial evaluations; brief outpatient therapy for a variety of concerns including disciplinary problems, drug and alcohol problems, and personal/social problems; assessment

Supervisor: Weekly individual supervision and group supervision with Linda Guthrie, PhD

Practicum Student, University of South Alabama Psychological Clinic (Sept. 2000 – July 2002)

Population: Community mental health population, from diverse racial, cultural, and socioeconomic backgrounds. Age ranges of clients varied from 7 to 65 years old.

Responsibilities: Initial evaluations; outpatient therapy for a variety of concerns including: Anxiety, Obsessive Compulsive Disorder, Depression, and Couples Therapy; full psychological evaluations were conducted which included appropriate selection and administration of batteries, scoring and interpretation and report writing

Supervisors: Weekly individual supervision and group supervision with Cay Welsh, PhD and Elise Labbé, PhD

Group Facilitator, University of South Alabama Psychological Clinic (Sept. 2000 – June 2002)

Population: College students from diverse racial, cultural, and socioeconomic backgrounds for an eating disorders group and a battered women's group

Responsibilities: Facilitated an eating disorder support group for approximately six clients; Facilitated Penelope House support group for battered women for approximately 10 clients; presented anger/stress management techniques, listening skills/expressing emotions/ relaxation techniques/parenting skills/health awareness

Supervisor: Weekly individual supervision with Cay Welsh, PhD

BOOKS

Argyrides, M.B. (2017). *Divorce: A Parents' Manual for Appropriately Announcing and Handling their Divorce*. Thymari Publishing.

SPECIALIZED BOOKS

Argyrides, M.B. (2014). *On the Cover: Media Influences, Body Image and Disordered Eating in European Youth*. European Confederation of Youth Clubs.

Argyrides, M.B. (2010). *Your Culture-My Culture*. European Confederation of Youth Clubs.

Argyrides, M.B. (2007). *Cross Cultural Perceptual Differences*. VDM Verlag.

CHAPTERS IN BOOKS

- Argyrides, M.B.** (2020, in press). Counseling Minorities (Multicultural Counseling with minorities and other marginalized groups). In C. Athanasiadou (Ed.), *Counseling Psychology: Research and Applications*. Athens: Gutenberg.
- Argyrides, M.B.,** Kkeli, N., & Koutsantoni, M. (2016). The prevalence of eating disorders in Europe. In N. Columbus (Ed.), *Eating Disorders: Prevalence, Risk Factors and Treatment Options* (pp. 1-20). New York: Nova Science.
- Argyrides, M.B.,** & Ioannou, Ch. (2016). Eating Disorders in Sports and Athletes. In N. Columbus (Ed.), *Eating Disorders: Prevalence, Risk Factors and Treatment Options* (pp. 21-36). New York: Nova Science.
- Argyrides, M.B.,** Kkeli, N., & Koutsantoni, M. (2015). Body Image, Sociocultural Influences and Self-Esteem: The Case of Cyprus. In R. Vargas (Ed.), *Body Image: Social Influences, Ethnic Differences and Impact on Self-Esteem* (pp. 77-95). New York: Nova Science.

PEER REVIEWED JOURNAL ARTICLES

- Swami, V., ..., **Argyrides, M.**, et al. (2020). The Breast Size Satisfaction Survey (BSSS): Breast size dissatisfaction and its antecedents and outcomes in women from 40 Nations. *Body Image, 32*, 199-217. DOI: <https://doi.org/10.1016/j.bodyim.2020.01.006>.
- Carrard, I., **Argyrides, M.**, Ioannou, C., Kvaem, N.I., Waldherr, K., Harcourt, D., & McCardle, S. (2019). Associations between body dissatisfaction, importance of appearance, and aging anxiety with psychological distress, and appearance-related behaviors in middle-aged women. *Journal of Women & Aging*. DOI: 10.1080/08952841.2019.1681882
- Argyrides, M.** & Alexiou, E. (2019). Prevalence and characteristics of disordered eating adolescents in Cyprus: the influence of body image, situational dysphoria, self-esteem and the media. *European Journal of Counseling Psychology, 8*, 19-31. DOI: <https://doi.org/10.5964/ejcop.v8i1.216>
- Argyrides, M.** (2019). The Body Appreciation Scale-2: Translation and Validation in the Greek Language. *European Journal of Counseling Psychology, 8*, 108-117. DOI: <https://doi.org/10.5964/ejcop.v8i1.179>
- Mousoulidou, M., **Argyrides, M.**, & Ioannou, M. (2019). Effects of Family Dynamics on Disordered Eating Patterns and Behaviors: Evidence from Cyprus. *European Journal of Counseling Psychology, 8*, 64-77. DOI: <https://doi.org/10.5964/ejcop.v8i1.181>
- Argyrides, M.**, Kkeli, N., & Koutsantoni, M. (2019, in press). The comparison of Cyprus to six other European countries on body image satisfaction, appearance investment and weight-related anxiety. *European Journal of Counseling Psychology, 8*, 32-42. DOI: <https://doi.org/10.5964/ejcop.v8i1.182>
- Mousoulidou, M., **Argyrides, M.**, & Ioannou, C. (2019, in press). Body Image Differences Across the Life Span of Greek-Cypriot Women: An Investigation Examining Adolescence, Early and Middle Adulthood. *European Journal of Counseling Psychology, 8*, 43-63. DOI: <https://doi.org/10.5964/ejcop.v8i1.178>

- Stiernman, M., ..., **Argyrides, M.**, et al. (2019). Translation and Pilot Study of the Cleft Hearing Appearance and Speech Questionnaire (CHASQ). *European Journal of Plastic Surgery*, 42 (6), 583-592. <https://doi.org/10.1007/s00238-019-01543-9>.
- Alexi, N.A., Moore, K.A., & **Argyrides, M.** (2018). Openness to help-seeking for mental illness among Greek-Cypriots. *Health Promotion International*, 33 (6), 990-998. doi: 10.1093/heapro/dax040
- Argyrides, M.**, & Sivitanides, M. (2017). Body image, self-esteem, media, disordered eating and actual ideal weight discrepancy: findings in Cyprus. *European Journal of Counselling Psychology*, 6 (1), 63-74. doi:10.5964/ejcop.v6i1.109
- Moore, K.A., Alexi, N.A., & **Argyrides, M.** (2016). Psychometric properties of the Center for Epidemiological Studies-Depression Scale (CES-D) - Greek Version. *Hellenic Journal of Psychology*, 13, 74-87.
- Argyrides, M.**, & Kkeli, N. (2015). Validation of the factor structure of the Greek adaptation of the Situational Inventory of Body-Image Dysphoria – Short Form (SIBID-S). *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 20 (4), 491-496. doi: 10.1007/s40519-015-0194-z
- Argyrides, M.**, & Downey, J.L. (2015). Development and validation of the People Perspective Questionnaire. *North American Journal of Psychology*, 17, 233-244.
- Argyrides, M.**, & Kkeli, N. (2015). Predictive Factors of Disordered Eating and Body Image Satisfaction in Cyprus. *International Journal of Eating Disorders*, 48 (4), 431-435. doi: 10.1002/eat.22310
- Argyrides, M.**, Alexi, N.A., & Moore, K.A. (2014). Psychometric properties of the Greek translation of the Social Phobia Inventory. *Hellenic Journal of Psychology*, 11, 47-55.
- Argyrides, M.**, Kkeli, N., & Kendeou, P. (2014). Validation of the factor structure of the Greek adaptation of the Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ-3). *Body Image*, 11, 201-205. doi: 10.1016/j.bodyim.2014.02.003
- Argyrides, M.**, & Kkeli, N. (2013). Multidimensional Body-Self Relations Questionnaire-Appearance Scales: Psychometric Properties of the Greek version. *Psychological Reports*, 113, 885-897. doi: 10.2466/03.07.PR0.113x29z6
- Argyrides, M.** (2013). Ethnic identity, person perception and racism: A decade of changes in Cyprus. *Hellenic Journal of Psychology*, 10, 78-101.
- Argyrides, M.**, & Kkeli, N. (2013). Appearance Schemas Inventory - Revised: Psychometric Properties of the Greek Version in a Female Sample. *North American Journal of Psychology*, 15, 577-588.

Argyrides, M. (2013). Mass Media, Feelings of Attractiveness, Investment in Body-Image and Disordered Eating in Cyprus. *The Mediterranean E-Journal of Communications and Media*, 2. Retrieved from <http://mediaejournal.org/media-and-disordered-eating-in-cyprus-2/>

Argyrides, M. (2008). Saying Goodbye. *Cyprus Health Journal*, 3, 22-23.

Argyrides, M., & Downey, J.L. (2004). September 11: Immediate and long term effects on measures on aggression, prejudice, and person perception. *North American Journal of Psychology*, 6, 175-188.

SYMPOSIUMS

Argyrides, M. (2018, November). Body Image, Disordered Eating, Family Dynamics and Valid psychometric measures in Greek. Symposium presented at the 7th Counseling Psychology Conference, Volos, Greece.

- Mousoulidou, M., Ioannou, C., & **Argyrides, M.** (2018, November). Body-image-related developmental differences across the life span in Cypriot females. Paper presented at the 7th Counseling Psychology Conference, Volos, Greece.
- Christodoulou, A. & **Argyrides, M.** (2018, November). Comparing Cyprus to other European nations on body-image-related issues. Paper presented at the 7th Counseling Psychology Conference, Volos, Greece.
- Mousoulidou, M., Ioannou, M., & **Argyrides, M.** (2018, November). Family dynamics and disordered eating in Cyprus. Paper presented at the 7th Counseling Psychology Conference, Volos, Greece.
- Argyrides, M. & Alexiou, E. (2018, November). Psychometric properties of six body-image-related measures adapted to the Greek language. Paper presented at the 7th Counseling Psychology Conference, Volos, Greece.

Argyrides, M. (2017, May). Body Image and Media Influences: A life span approach to age and culturally diverse populations. Symposium presented at the 16th Conference of the Greek Psychological Society, Thessaloniki, Greece.

- Alexiou, E., & **Argyrides, M.** (2017, May). Satisfaction with specific body parts across the life span. Paper presented at the 16th Conference of the Greek Psychological Society, Thessaloniki, Greece.
- Angelidou, A., Emmanouilidou, G., & **Argyrides, M.** (2017, May). Further findings on body-image of people with physical disability in Greece. Paper presented at the 16th Conference of the Greek Psychological Society, Thessaloniki, Greece.
- Ioannou, C., & **Argyrides, M.** (2017, May). Body Image, self-esteem and media influences across the life-span: Does something change? Paper presented at the 16th Conference of the Greek Psychological Society, Thessaloniki, Greece.
- Ranti, K., Soumpli, K., & **Argyrides, M.** (2017, May). Body image differences between normal weight and overweight/obese individuals over 40 years old. Paper presented at the 16th Conference of the Greek Psychological Society, Thessaloniki, Greece.

Argyrides, M. & Lamprianou, G. (2016, November). Physical disability, socioeconomic status and parental bonding: the influences on body image self-esteem and disordered eating. Symposium presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.

- Siafakas, D., Siakalli, M. & **Argyrides, M.** (2016, November). Risk factors of the development of eating disorders in low socioeconomic status adolescents. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.
- Aggeli, M., Ioannou, C., Lamprianou, G., & **Argyrides, M.** (2016, November). Parental Bonding, disordered eating, body image and self-esteem across different age groups. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.
- Ioannou, C., Lamprianou, G., & **Argyrides, M.** (2016, November). Childhood memories, body image, dysfunctional eating habits and self-esteem. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.
- Angelidou, A., Emmanouilidou, G., & **Argyrides, M.** (2016, November). Body-image of people with physical disability in Greece. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.

Argyrides, M. & Lamprianou, G. (2016, November). Body Image, disordered eating, media influences and sexuality across different cultural groups. Symposium presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.

- Ranti, K., Soumpli, K., & **Argyrides, M.** (2016, November). Psychosocial influences on body image in individuals over 40 years old: Gender differences. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.
- Economidou, C. X., & **Argyrides, M.** (2016, November). Predictive Factors of Dysfunctional Eating Habits among Overweight/Obese Boys and Girls. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.
- Antoniou, A., & **Argyrides, M.** (2016, November). Exploring the perceptions of parents of persons with intellectual disabilities in respect to employment and sexuality issues. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.
- **Argyrides, M.**, Siakalli, M., Kotikas, M., & Demosthenous, M. (2016, November). Psychosocial influences of adolescents with high levels of internalization of the athletic ideal. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.

Argyrides, M. (2015, May). Body Image, Media Influences and Disordered Eating in Adolescents in Cyprus: New Data. Symposium presented at the 15th Conference of the Greek Psychological Society, Nicosia, Cyprus.

- Alexiou, E., & **Argyrides, M.** (2015, May). Eating habits of adolescents in Cyprus. Paper presented at the 15th Panhellenic Conference of Psychological Research in Nicosia, Cyprus.
- Sivitanides, M., & **Argyrides, M.** (2015, May). The actual-ideal weight discrepancy as a predictive factor for adolescents' problems. Paper presented at the 15th Panhellenic Conference of Psychological Research in Nicosia, Cyprus.
- Pepetsios, G., & **Argyrides, M.** (2015, May). Gender differences of risk factors for the development of eating disorders. Paper presented at the 15th Panhellenic Conference of Psychological Research in Cyprus, Nicosia.

- Christodoulidou, K., & Argyrides, M. (2015, May). Age as a factor of influence on physical appearance, self-esteem and the development of eating disorders. Paper presented at the 15th Panhellenic Conference of Psychological Research in Nicosia, Cyprus.

CONFERENCE PRESENTATIONS

Carrard, I., Kvalem, I., Waldherr, K., **Argyrides, M.**, Harcourt, D. & McArdle, S. (2018, June). Are surgical and non-surgical cosmetic procedures considered to counteract aging in a community sample of middle-aged women surveyed in Switzerland? Poster presented at the Appearance Matters 8 Conference, Bath, UK.

Argyrides, M. & Ioannou, C. (2018, June). Body Image across the life span in Cyprus. Poster presented at the Appearance Matters 8 Conference, Bath, UK.

Christodoulou, C., Pepetsios, G., & **Argyrides, M.** (2016, November). The willingness of the Cypriot Sign Language Interpreter to intervene in the therapeutic process in relation to his/her cultural identity. Paper presented at the 6th Panhellenic Conference of Counselling Psychology, Athens, Greece.

Ioannou, C., & **Argyrides, M.** (2016, September). Eating Disorders in Athletes. Poster presented at the 1st Scientific Conference on "Health - Robustness - Yield: Horizons of Sports Science," Nicosia, Cyprus.

Kkeli, N., Koutsantoni, M., & **Argyrides, M.** (2016, June). Body Image Differences across 5 European countries. Paper presented at the Appearance Matters 7 Conference, London, UK.

Koutsantoni, M., Kkeli, N., & **Argyrides, M.** (2016, June). Differences in media influences and body image across 5 European countries. Paper presented at the Appearance Matters 7 Conference, London, UK.

Christodoulou, A., & **Argyrides, M.** (2016, June). Predictors of Body Image Satisfaction and Disordered Eating: Differences Between High-School and University-Age Females. Paper presented at the Appearance Matters 7 Conference, London, UK.

Christodoulou, M., Arkadiou, K., & **Argyrides, M.** (2016, May). Can the Physical Education class serve as an effective tool for multicultural education? Paper presented and published in the proceedings of the 24th International Congress of Physical Education and Sport Science, Komotini, Greece.

Stylianou, G., & **Argyrides, M.** (2015, May). Body image and disordered eating: the role of body parts that can be "weighted" and "not weighted". Paper presented at the 15th Panhellenic Conference of Psychological Research in Nicosia, Cyprus.

Tirita, S., & **Argyrides, M.** (2015, May). *The relationship between self-esteem and self-efficacy with adolescents' school achievement: searching for individual differences.* Paper presented at the 15th Panhellenic Conference of Psychological Research in Nicosia, Cyprus.

Argyrides, M., & Grigoriou, R. (2015, May). *Gender differences among overweight/obese adolescents in Cyprus on physical appearance, media influences and disordered eating.* Poster presented at the 15th Panhellenic of Psychological Research in Nicosia, Cyprus.

- Argyrides, M.,** & Siafakas (2015, May). Which part of my body do I like best? Gender and BMI differences in Cyprus. Poster presented at the 15th Panhellenic Conference of Psychological Research in Nicosia, Cyprus.
- Argyrides, M.,** & Pachtalias, O. (2015, May). *Urban versus rural differences among overweight/obese adolescents in Cyprus on physical appearance, media influences and disordered eating.* Poster presented at the 15th Panhellenic of Psychological Research in Nicosia, Cyprus.
- Argyrides, M.,** & Economidou, C.,X. (2015, May). Predictors of self-esteem in overweight/obese adolescents from Cyprus. Poster presented at the 15th Panhellenic of Psychological Research in Nicosia, Cyprus.
- Argyrides, M.,** Parperis, D., & Economidou, C.X. (2014, November). *Body Image, Body Mass Index and Internalization of the Thin Ideal.* Paper presented at the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Pepetsios, G., & **Argyrides, M.** (2014). *Further Evidence of a Myth: The Relationship Between Socioeconomic Status and Eating Disorders.* Paper presented at the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Alexiou, E., & **Argyrides, M.** (2014, November). *How much weight should I lose? Gender and BMI differences.* Paper presented at the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Christodoulidou, K., & **Argyrides, M.** (2014, November). *Boys Vs Girls: Perceptual differences in body image and appearance.* Poster presented at the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Sivitanides, M., & **Argyrides, M.** (2014, November). *What I am, as compared to what I want to be: Differences in Weight and its effects.* Poster presented at the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Argyrides, M.** & Siafakas, D. (2014, November). *Which part of my body do I like? Gender and BMI differences in Cyprus.* Poster presented in the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Argyrides, M.** & Kotikas, M. (2014, November). *Body Image and Eating Disorders: Rural versus Urban differences.* Poster presented in the 5th Panhellenic Conference of Counseling Psychology, Patra, Greece.
- Alexi, N.A., Moore, K.A., & **Argyrides, M.** (2014, July). *Psychometric Properties of the Greek Translation of the Multidimensional Perceived Social Support Scale.* Paper presented at the International Congress of Psychology Conference, Paris, France.
- Argyrides, M.,** Alexi, N.A., & Moore, K.A. (2013, July). *Psychometric Properties of the Greek Translation of the Social Phobia Inventory (SoPhI).* Paper presented at the 1st Panhellenic Conference of Psychology in Cyprus, Nicosia, Cyprus.
- Alexi, N.A., **Argyrides, M.,** & Moore, K.A. (2013, July). *The Center for Epidemiological Studies-Depression Scale (CES-D): factorial structure in a Greek-Cypriot population.* Paper presented at the 1st Panhellenic Conference of Psychology in Cyprus, Nicosia, Cyprus.

- Argyrides, M.** (2012, November). *Changes in ethnic identity, prejudice and person perception in Cyprus*. Paper presented at the Hellenic Conference of Counselling Psychology, Thessaloniki, Greece.
- Argyrides, M.,** Agathocleous, M., Neofytou, T., Pantela, V., Savva, M., Tiritia, S., & Psaliou, E. (2012, November). *Factors contributing to Disordered Eating in Cyprus*. Paper presented at the Hellenic Conference of Counselling Psychology, Thessaloniki, Greece.
- Argyrides, M.** (2012, October). *Mass Media, Feelings of Attractiveness, Investment in Body-Image and Disordered Eating in Cyprus*. Paper presented at the Alpbach 2012 Eating Disorders Conference, Alpbach, Austria.
- Argyrides, M.** (2012, June). *Predictors and Differences in Eating Disorders and Disordered Eating in Cyprus*. Paper presented at the Recent Advances in Health and Medical Sciences, Limassol, Cyprus.
- Argyrides, M.** (2012, April). *Focusing on Similarities as a Method of Decreasing Terrorist Group Membership*. Paper presented at the European Association of Psychology and Law Conference, Nicosia, Cyprus.
- Argyrides, M.** (2011, June). *The Development of a Counseling Center at Neapolis University Pafos*. Symposium presented at the FEDORA Summer University conference, Ioannina, Greece.
- Argyrides, M.,** Karayianni, E. (2010, May). *Supervised Clinical Practice at the University of Cyprus: Challenges with development and implementation*. Paper presented at the Annual Greek Counseling Psychology conference, Crete, Greece.
- Argyrides, M.,** Jones, B.L., & Mikula, T.S. (2007, August). *Minorities and misdiagnosis by mobile crisis workers*. Paper presented at the annual American Psychological Association conference, San Francisco, CA.
- Argyrides, M.,** Jones, B.L., & Mikula, T.S. (2007, July). *A different perspective on diversity teaching and training*. Poster presented at the Tenth European Congress of Psychology, Prague, Czech Republic.
- Argyrides, M.** & Ramous, C.M. (2006, October). *Diversity teaching and training: Are we doing something wrong?* Paper presented at the Institute for the Study and Promotion of Race and Culture, Boston, MA.
- Knox, P.L., Mikula, T.S., Spadafore, J., Wagner, R., **Argyrides, M.,** Jones, B.L., Guthrie, L.R., & Knox, H.A. (2006, July). *Personality factors as predictors of resiliency*. Paper presented at the International Congress of Applied Psychology, Athens, Greece.
- Guthrie, L.R., Knox, H.A., Knox, P.L., Mikula, T.S., Spadafore, J., Wagner, R., **Argyrides, M.,** Jones, B.L. (2006, July). *Potential influences on resiliency: Humor, creativity, positive relationships with others, environmental mastery and love attitudes*. Paper presented at the International Congress of Applied Psychology, Athens, Greece.

- Wagner, R.A., **Argyrides, M.**, Jones, B.L, Mikula, T. S., Spadafore, J., Guthrie, L.R., Knox, H.A. & Knox P. (2006, April). *Hope, Ability to Forgive, and Faith as Components of Resiliency*. Paper presented at the Southeastern Psychological Association conference, Atlanta, GA.
- Argyrides, M.**, Mikula, T. S., Jones, B., & Knox, H.A. (2005, August). *A Cross-Cultural examination of regional and ethnic perceptual differences*. Poster presented at the American Psychological Association Conference, Washington, DC.
- Mikula, T. S., **Argyrides, M.**, Knox, H.A. & Jones, B. (2005, August). *Sociocultural Influences on Body Image in College Women*. Poster presented at the American Psychological Association Conference, Washington, DC.
- Jones, B.L, **Argyrides, M.**, Mikula, T. S., Spadafore, J., Guthrie, L.R., Knox, H.A., Knox, P.L., Sexton, E., & Wagner, R.A. (2005, August). *Development and psychometric properties of a multidimensional faith scale*. Poster presented at the American Psychological Association Conference, Washington, DC.
- Hammond, M.S., Multon, K.D., Vrooman, P.A., Mikula, T.S., & **Argyrides, M.** (2005, August). *Development of the stages of change in Career Development Scale*. Poster presented at the American Psychological Association Conference, Washington, D.C.
- Parks, M. H., **Argyrides, M.**, Brondino, M.J., Neff, J.A., & Zweben, A. (2005, April). *Predictors of treatment completion in an urban residential drug and alcohol program*. Paper presented at the Transdisciplinary Issues in Behavioral Health Research to Practice Symposium, Nashville, Tennessee.
- Argyrides, M.**, & Finch, J. (2005, April). *Gender, ethnic, and rank differences in perceptions of tenure*. Poster presented at the SouthEastern Psychological Association Conference, Nashville, TN.
- Argyrides, M.**, & Downey, J.L. (2005, April). *The psychometric properties of the People Perspective Questionnaire (PPQ)*. Paper presented at the SouthEastern Psychological Association Conference, Nashville, TN.
- Jones, B.L, **Argyrides, M.**, Mikula, T. S., Spadafore, J., Guthrie, L.R., Knox, H.A., Knox, P.L., Sexton, E., & Wagner, R.A. (2005, April). *Strength of Faith Scale: Development and initial psychometric properties*. Paper presented at the SouthEastern Psychological Association Conference, Nashville, TN.
- Argyrides, M.**, Jones, B.L., Guthrie, L.R., Knox, P., Mikula, T.S., Spadafore, J., & Wagner, R. (2005, April). *An exploratory positivistic approach to resiliency utilizing faith, gratitude and forgiveness*. Poster presented at the Annual GPSO Research Symposium, Nashville, TN.
- Argyrides, M.**, & Mikula, T.S. (2004, October). *Can emphasis on similarities change our attitudes in a multicultural context?* Paper presented at the Institute for the Study and Promotion of Race and Culture, Boston, MA.
- Argyrides, M.**, Mikula, T. S., & Jones, B. (2004, July). *Ethnic identity, person perception, and collective self-esteem: A Cross-cultural Comparison*. Poster presented at the American Psychological Association Conference, Honolulu, Hawaii.

- Mikula, T. S., **Argyrides, M.**, & Jones, B. (2004, July). *Sociocultural Influences on Body Image Satisfaction among African American College Women*. Poster presented at the American Psychological Association Conference, Honolulu, Hawaii.
- Multon, K. D., Hammond, M.S., Lumpkin, A., Mikula, T.S., **Argyrides, M.**, & Pearce, B. (2004, July). *Cluster Analytic Examination of the career development needs of college athletes*. Poster presented at the American Psychological Association, Honolulu, Hawaii.
- Neff, J.A., Asta, R.O., & **Argyrides, M.** (2004, June). *Preliminary psychometric properties of a new multi-dimensional spirituality measure for studying spiritual change as a mediator of alcohol and drug treatment outcomes*. Poster presented at the Annual Scientific Meeting of the Research Society on Alcoholism, Vancouver, B.C., Canada.
- Knox, P.L., Fagley, N.S., Miller, P.M., **Argyrides, M.**, & Guthrie, L.R. (2004, May). *Individualism/Collectivism in Moral Orientation Choices*. Poster presented at the Annual Meeting of the American Psychological Society, Chicago, Illinois.
- Argyrides, M.**, Mikula, T.S., Bean, A., & Jones, B. (2004, March). *A Multi-Cultural Investigation on Ethnic Identity and Collective Self-Esteem*. Poster presented at the SouthEastern Psychological Association Conference, Atlanta, GA.
- Mikula, T.S., **Argyrides, M.**, & Ross, A. (2004, March). *An Examination of Individual Differences in Body Image Within African American Women*. Paper presented at the SouthEastern Psychological Association Conference, Atlanta, GA.
- Downey, J. L., & **Argyrides, M.** (2004, March). Reliability and Replication of The People Perspective Questionnaire. Poster presented at the Southeastern Psychological Association Conference, Atlanta, GA.
- Argyrides, M.**, Downey, J.L., Mikula, T.S., & Moody, A. L. (2003, August) *One year after September 11, 2001: Non-victim Effects*. Poster presented at the American Psychological Association Annual Conference, Toronto, Ontario, Canada.
- Argyrides, M.**, Downey, J.L., Moody, A. L., & Mikula, T.S. (2003, March) *Perceiving Similarity: A Cross-Cultural Investigation of Prejudice and Aggression*. Paper presented at SouthEastern Psychological Association. New Orleans, LA.
- Argyrides, M.**, Downey, J.L., & Huff, W. (2002, March). *Aggression and Prejudice: Measures Before and After the WTC and Pentagon attacks*. Poster presented at SouthEastern Psychological Association, Orlando, FL.
- Arata, C., **Argyrides, M.**, & Huff, W. (2002, March). *The Use of the Static-99 as a Predictor of Adult Versus Child Sex Offenders*. Poster presented at SouthEastern Psychological Association, Orlando, FL.
- Argyrides, M.**, & Downey, J.L. (2001, March). *A Cross-Cultural Study of Person Perception, Hostility, and Prejudice*. Paper presented at SouthEastern Psychological Association, Atlanta, GA.

Downey, J.L., Caddell, G., & **Argyrides, M.** (2001, March). *The Perception of Similarity Versus Uniqueness in Others*. Paper presented at SouthEastern Psychological Association, Atlanta, GA.

Argyrides, M., & Downey, J.L. (2001, February). *Person Perception, Hostility, Prejudice, and Helpfulness: A Cross Cultural Study*. Paper presented at Mid-South Psychology Conference, Jackson, TN.

GRANTS

- 2018-2020 Partner. "Act Now - A training program development for healthcare professionals to use the principles of acceptance and commitment therapy (ACT) to facilitate patient adjustment to the challenges of living with a visible difference. Erasmus+. Project Code: 2018-1-EL01-KA202-047907. €227,871.
- 2018-2022 Partner. COST European Action CA16234 - European Cleft and Craniofacial Initiative for Equality in Care. Representative of Cyprus
- 2013-2017 Partner. COST European Action IS1210 - Appearance matters: Tackling the physical and psychosocial consequences of dissatisfaction with appearance. Representative of Cyprus
- 2016 *Partner.* "Migrant Information Center" European Commission. Grant. No. CY/2016/AMIF/SO2.NO2.1.3. For one year.
- 2013 *Principal Investigator.* "European Confederation of Youth Clubs. European Youth Foundation of the Council of Europe. Category B grant. No. 148.20.B.2013. PC28; Total funding: €15000 for one year.
- 2009 *Principal Investigator.* "European Confederation of Youth Clubs. European Youth Foundation of the Council of Europe. Category B grant. No. 148.17.B.2009. PC20; Total funding: €12000 for one year.
- 2003 *Senior Researcher.* "Meharry Alcohol Research Collaborative (MARC). Department of Psychiatry and Behavioral Sciences, Meharry Medical College. *National Institute on Alcohol Abuse and Alcoholism* grant # U01-AA014939. Total funding: \$1,087,500 for 3 years.

AWARDS, HONORS, OFFICES HELD

- ❖ European Journal of Counseling Psychology – Appointed Editor-in-Chief (2019-Today)
- ❖ European Journal of Counseling Psychology – Appointed Associate Editor (2017-2019)
- ❖ Neapolis University Pafos (January 2015)
 - Best Teacher Award (Highest score on student evaluations)
- ❖ Neapolis University Pafos (January 2014)
 - Development and Accreditation of the MSc in Counseling Psychology by the Ministry of Education and Culture of Cyprus
- ❖ Research Promotion Foundation (September 2012)
 - Researcher's Night Participation
- ❖ Neapolis University Pafos (May 2011)
 - Development of a "Safe Zone for All" Institution at Neapolis University

AWARDS, HONORS, OFFICES HELD (CONT'D)

- ❖ SouthEastern Psychological Association (March 2005)
 - Outstanding Professional Research Award Nominee
- ❖ SouthEastern Psychological Association (March 2004)
 - Outstanding Professional Research Award Nominee
- ❖ Graduate Psychology Students Organization, President 2003 – 2004
- ❖ SouthEastern Psychological Association (March 2003)
 - Graduate Student Special Topics Award Winner for Cross-Cultural research
- ❖ University of South Alabama Psychology Department (April 2002)
 - Outstanding Graduate Student
- ❖ SouthEastern Psychological Association (March 2001)
 - Graduate Student Special Topics Award Winner for Cross-Cultural research
- ❖ University of South Alabama Psychology Department (April 2000)
 - Outstanding Undergraduate Student
- ❖ Psi Chi (April 2000)
 - President Award for recognition of outstanding service as Chapter President

TRAININGS AND CERTIFICATIONS

Using Acceptance and Commitment Therapy with Visible Differences (August 2019)
2-full-day training in Acceptance and Commitment Therapy

Acceptance and Commitment Therapy (July 2019)
2-full-day training in Acceptance and Commitment Therapy

Dialectical Behavior Therapy (May 2015)
4-full-day training and certification in Dialectical Behavior Therapy

Smoking Cessation in University Population (November 2009)
Short-term individual and group intervention techniques to decrease and/or cease the use of cigarettes in the university population. Method combines several treatment elements to produce a potent stop-smoking treatment

Certified QuitSmart® Stop Smoking Leader (August 2003)
Quit Smart combines several treatment elements — including hypnosis, medication recommendations and a patented simulated cigarette — to produce a potent stop-smoking treatment

Lifesteps® Weight Management Certification Training, Dairy Council® (June 2003)
LIFESTEPS® Leader Training is designed to provide hands-on skill development in the application of behavioral techniques and the delivery of behavioral feedback that can be used in a variety of nutrition education settings

Functional Family Therapy (FFT) Training, University of South Alabama (January 2002)
Completed a five-day workshop on Functional Family Therapy, its components, research, and how it is conducted. Workshop included audio and videotaped sessions for modeling

HIV/AIDS Office of Psychologists' Education (HOPE) Training (Jan. 2003 – May 2003)
Completed training approved by the American Psychological Association concerning the psychological, social, environmental, cultural, and substance abuse issues that HIV-positive

patients face and what counselors should be aware of when counseling this population.
Training conducted at Tennessee State University

Prevention Educator, Contact Mobile Inc., Alabama (September 2001)

Completed 10 hours of training on educating teenagers about domestic violence, abusive relationships, and sexual abuse

OTHER WORK EXPERIENCE

Expandify Research and Consulting Ltd, President and CEO (January 2009 – Present)

Responsibilities: Consult on a contract-basis with companies on several research projects and manage the logistics and implementation of a professionally-developed dating service

Dissertation/Thesis Consultant (August 2002 – Present)

Responsibilities: Consult with PhD and Masters degree candidates concerning methodology, statistical analysis, conclusions, and final reporting of their dissertations/theses

Associate Scientist, Behavioral Finance Assessments LLC, Kentucky, USA (Jun.2008 – Present)

Responsibilities: Developing research hypotheses, responsible for data collection, cleaning and analysis, and manuscript writing. Research involves developing a new assessment tool (Money Behavior Assessment Scale).

Collaborators: Jim Dodson, PsyD

Associate Scientist, Haven Counseling and Consulting Services, Tennessee, USA (Jun.2006 – Present)

Responsibilities: Conceptual framework development, research hypotheses, questionnaire development, data collection, cleaning and analysis, and manuscript writing. Research involves developing a new personality assessment to identify successful employees for employment recruitment by using several individual and developmental factors.

Collaborators: Shawn Stewart, PhD and Tim White, PhD

Associate Scientist, Center for Psychological Research on Physical Activity, Tennessee, USA
(September 2003 – August 2008)

Responsibilities: Searching for funding, applying for grants, conduct literature review, conceptual framework development, research hypotheses, questionnaire development, data collection, cleaning and analysis, and manuscript writing. Research involves identifying individual psychological factors that affect decision-making in engaging in physical exercise.

Collaborators: Daniel Rock, PhD and Tera Mikula, PhD

Professional Research and Statistical Consultant, Meharry Medical College, Tennessee, USA
(Sep.2004–Aug. 2006)

Responsibilities: Data analysis, interpretation, and manuscript writing for the Department of Psychiatry. Research areas funded by NIAAA and include: Alcohol abuse and dual diagnoses, Spirituality and Alcohol

abuse, Neuroimaging and Alcohol Abuse, Predictors of success in substance abuse programs.

Collaborators: Michael Brondino, PhD and Mitchell Parks, MD

Research Manager and Specialist, Meharry Medical College, Tennessee, USA (Feb. 2005 – July 2005)

Responsibilities: Data analysis, interpretation, and manuscript writing for the Department of Internal Medicine; Research areas funded by NIH; coordinate analyses for different research teams; supervise technical research operations support; coordinate research projects; identification and development of evaluation tools and measures; conduct and participate in lectures, seminars, and training programs; supervise lower level classifications and students; prepare articles and papers for meetings and seminars; Associate Scientist for the Southern Community Cohort Study and Nashville REACH 2010.

Collaborator: Margaret Hargreaves, PhD

Senior Research Associate, Meharry Medical College, Tennessee, USA (Feb. 2004 – Sep. 2004)

Responsibilities: Data collection, cleaning, analysis, interpretation, and manuscript writing for the Department of Psychiatry; Research areas funded by NIAAA and included: Alcohol abuse and dual diagnoses, Spirituality and Alcohol abuse, Neuroimaging and Alcohol Abuse, Predictors of success in substance abuse programs

Supervisors: James Neff, PhD, MPH, Michael Brondino, PhD, and Mitchell Parks, MD

Assessment Specialist, Athena Consulting and Psychological Services, Tennessee, USA (Aug. 2003 – Mar. 2004)

Responsibilities: Conducted neuropsychological and psycho-educational evaluations (administration, interpretation, and report writing) of children and adults under the supervision of a licensed clinical psychologist

Supervisor: James Dodson, PsyD

Assessment Specialist, Haven Counseling and Consulting Services, Tennessee, USA, (Oct. 2002 – Jan.2004)

Responsibilities: Conducted neuropsychological and psycho-educational evaluations (administration, interpretation, and report writing) of children and adults under the supervision of a licensed clinical psychologist

Supervisor: Steven Olivas, PhD

School Psychologist, Sumner County, Tennessee Board of Education, Tennessee, USA, (Aug. 2002 – May 2003)

Responsibilities: Made recommendations regarding placement and certification for special education services and privileges; Assisted in development of Behavioral Intervention Programs for children ages 13-18 with severe behavioral problems

Supervisor: Hilda Jones, M.A., Licensed School Psychologist, Licensed Psychological Examiner

Graduate Assistant, Tennessee State University, Department of Psychology (Aug 2002 – Aug.2005)

Responsibilities: Assisted in research for new information on HIV/AIDS education, prevention, and therapy; Conducted research on women's issues, post-tenure blues, and program evaluation; Related papers presented at national conferences

Research Assistant, Tennessee State University, Department of Psychology (Aug 2002 – Aug.2005)

Responsibilities: Assisted in several research projects concerning a variety of interests including: Racial/Ethnic Identity and Collective Self Esteem, Body image satisfaction and Individualism/ Collectivism across cultures, Women and Power and Longitudinal Program Satisfaction. Related papers presented at national conferences

Contract Prevention Educator, Contact Mobile Inc., Alabama (Sept. 2001 – June 2002)

Responsibilities: Visited public high schools and educated teenagers about domestic violence, abusive relationships, and sexual abuse

Graduate Assistant, University of South Alabama, Department of Comparative Medicine (Aug. 2000 – June 2002)

Responsibilities: Observed behavior of primates with Creutzfeldt – Jakob disease (CJD); collected data for a National Grant study of behavioral modification of squirrel monkeys with CJD

Research Assistant, Alabama State Parole Office (September 2001)

Responsibilities: Assisted in research for a grant study conducted by the State Parole Office concerning the risk factors associated with sex offenders and the use of the Static-99 – a risk assessment tool for sex offenders – which involved data analysis and interpretation

LECTURES & TRAININGS

2000-Present

Provided more than 100 invited lectures and trainings at several national and international organizations (i.e. Cyprus Family Planning Association, Universities and Nursing Schools, European Confederation of Youth Clubs, European Youth Council, and other profit and non-profit organizations) on several issues such as: Multiculturalism; Healthy Romantic and Interpersonal Relationships; Assertiveness; Communication Skills and Conflict Management; Stress, Time, Anger and Money Management; Healthy Family Dynamics; Training for Trainers of Youth; Racism; Stereotypes; Sexual Response and Sexual Disorders; Eating Disorders and Disordered Eating; AIDS and Prejudice; Child Molestation, Pornography and Sex Education; Dyslexia; Sexual Harassment at the Workplace; and Healthy and Unhealthy Obsessions.

PROFESSIONAL MEMBERSHIPS

Cyprus Psychological Association Member
Greek Psychological Association Member
American Psychological Association International Affiliate
Psi Chi (The National Honor Society in Psychology), President 1999 – 2000
Phi Kappa Phi Honor Society
Alpha Chi (The National College Honor Scholarship Society)

RADIO AND TV APPEARANCES

Invited to several TV morning and afternoon shows concerning psychological issues and co-hosted, on a weekly basis at Radio Proto radio station, a morning program concerned with several psychological aspects of interest to the listeners.

LANGUAGES

- Fluent in English and Greek

REFERENCES

- *Available upon request*