



Academic Personnel Short Profile / Short CV

University:	Neapolis University Pafos
Surname:	Vlachopanou
Name:	Patra
Rank/Position:	Adjunct Lecturer
Faculty:	Social Sciences, Arts and Humanities
Department:	Psychology
Scientific Domain: *	Educational Psychology

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PostDoc in Developmental Psychology	2025	Aegean College/University of Essex	Psychology	
PhD in Psychology	2020	University of Ioannina	Psychology	
MSc in Psychology (Conversion)	2011	University of Essex	Psychology	
BA in Philosophy, Pedagogy, Psychology	1998	University of Ioannina	Philosophy, Pedagogy, Psychology	

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			

2023	present	Public Secondary Education	Athens, Greece	High School Teacher
2021	present	Aegean College/University of Essex	Athens, Greece	Adjunct Lecturer in Psychology
2020	present	Neapolis University Pafos	Athens, Greece	Adjunct Lecturer in Psychology

Key <u>refereed</u> journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2025	Defensive Pessimism Influences Approaches to Learning Psychological Well-being & Academic Performance through Academic Procrastination	(Monograph)	Discover Psychology/Springer	-	-
2	2025	Exploring the Link between Academic Motivation & Academic Achievement: The Mediating Role of Academic Procrastination	Laura Maska Dimitrios Kalamaras Fani Nasika	European Journal of Psychology Open/Hogrefe	1	33-45
3	2025	Gender, Age, First Choice, & Residence Impact on Academic Adaptation & Performance through Academic Motivation: A path Analysis	Laura Maska Dimitrios Kalamaras Fani Nasika	European Journal of Psychology Open/Hogrefe	3	133-144
4	2025	Empirical Investigation of the Prototype of Qualitative Relationships in Greece: Does	Maria Ioanna Argiropoulou	Sexuality & Culture/ Springer	-	-

		Gender, Age, & Culture Play a Role?				
5	2023	The Relationship between Defenses & Learning: The Mediating Role of Procrastination & Well-being among Undergraduate Students	Evangelia Karagiannopoulou Georgios Dritsos	Journal of Nervous & Mental Disease/ Lippincott Williams & Wilkins	1	54-64
6	2022	Defense Styles, Approaches to Learning & the Mediating Role of Academic Procrastination	Evangelia Karagiannopoulou	Scientific Journal of Pure & Applied Sciences	2	990-1000
7	2022	Testing the Psychometric Properties of the Greek & German short version of the Volitional Components Inventory	Maria Ioanna Argiropoulou Miguel Kazen	Hellenic Journal of Psychology	-	-
8	2021	Defense Styles, Academic Procrastination, Psychological Well-being, & Approaches to Learning: A Person -Oriented Approach	Evangelia Karagiannopoulou	Journal of Nervous & Mental Disease/ Lippincott Williams & Wilkins	3	186-193
9	2020	Studying vs Internet use 0-1: The Mediating Role of Academic Procrastination between Flow & Problematic Internet Use among Greek University Students	Maria Ioanna Argiropoulou	Journal of Technology in Behavioral Science/Springer	6	159-165
10	2020	The Role of Psychological Distress as a Potential Route through which Procrastination may Confer Risk for Reduced Life Satisfaction	Maria Ioanna Argiropoulou	Current Psychology/Springer	-	1-8

<i>Exhibitions (where applicable). List the five (5) more recent and other five (5) selected. (max total 10)</i>					
Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1					
2					
3					
4					
5					
6					

**Specify venue, geographic location etc*

<i>Research Projects. List the five (5) more recent and other five (5) selected (max total 10)</i>				
Ref. Number	Date	Title	Funded by	Project Role*
1	2025	University Students & Mental Health	Aegean College/University of Essex	Post Doctoral Researcher
2				
3				
4				
5				

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees. List the five (5) more recent (Optional Entry)				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2024-2025	Neapolis University Pafos	Personal Academic Advisor	Students' Support
2				
3				
4				
5				

Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	Date	Title	Awarded by:
1	2025	Research Recognition Award	University of Nicosia
2	2022	Research Recognition Award	University of Nicosia
3			
4			
5			

Other Achievements. List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	Date	Title	Key Activities:
1			
2			

3			
4			
5			