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Konstantinos N. Fountoulakis, MD, is Professor of Psychiatry at Aristotle University of Thessaloniki, AHEPA University Hospital, in Thessaloniki, Greece and Director of Cochrane Greece.

He is zonal 8 representative (South Europe) in the Board of the World Psychiatric Association and National Representative for Mental Health in the World Health Organization.

General background

Dr. Fountoulakis received his medical degree (1989), performed his residency in psychiatry (1998), and earned his doctorate in psychiatry (1999) at the Aristotle University of Thessaloniki. He received a 3-year fellowship in psychosomatic medicine and a 1-year postdoctoral fellowship for research from the State Scholarships Foundation of Greece. Until 2003 he served as a medical officer in the Greek Armed forces retired with the rank of major. In 2005, Dr. Fountoulakis was a Research Fellow in the Department of Psychiatry, Division of Neuropsychiatry, at the University of Geneva in Switzerland.

Research and teaching topics

Dr. Fountoulakis' areas of clinical and research interest are reflected in the topics that he teaches: general psychiatry, biological psychiatry, psychopharmacology, mood disorders, schizophrenia and personality disorders. He has coauthored more than 400 papers and more than 250 of them are published in international journals such as the *LANCET*, *BMJ*, *Am J Psychiatry*, *British Journal of Psychiatry*, *Biological Psychiatry*, *International Journal of Neuropsychopharmacology*, *Journal of Affective Disorders*, *Schizophrenia Research*, *Psychiatry Research*, *Bipolar Disorders*, and the *Annals of General Psychiatry* among others, with approx. 10,000 citations and h=55 (Publish or Perish).

During the years 2016-8 he was ranked by expertscape.com within the top 25 world experts concerning Bipolar disorder (0.068%) and among the top 50 concerning suicidality (0.097%).

Books:

He authored or co-authored a number of chapters in books including the Mood disorders chapter for the Wiki project of the World Psychiatric Association (WPA). He has authored the book 'Bipolar disorders: An Evidence-Based Guide to Manic Depression' (Springer-Verlag 2015), co-edited the WPA book 'Advances in Psychiatry vol 3'

(Springer-Verlag 2018), and the book ‘Psychobiology of behavior’ (Springer-Verlag 2019)

Membership in scientific associations

He chairs the ISNP and since 2006, he served as Secretary, since 2008 as co-chair, and currently as Chair of the Private Practice Section and also currently is chair of the section of Evidence Based Psychiatry, of the World Psychiatric Association. He served as Chair of the CINP Credentials and Membership Committee (2010-2) and the Neuropsychological and Psychometric Instruments Section, of the Greek Psychiatric Association. He is an active member of a number of national and international professional organizations, including the EPA, APA, WPA, CINP, ECNP, ISAD, ISBD, EBF and others, peer referee for the Cochrane Collaboration and member of the International College of Neuropsychopharmacology (CINP) Advisory Board to the Task Force on the Usefulness of Antidepressants and the Mental Health Economics Task Force of the International Psychogeriatric Association (IPA).

Publications and related issues

Dr. Fountoulakis serves for 20 years as Editor of *Annals of General Psychiatry* (IF=2.5). He also serves as field editor of *CNS Spectrums* (IF=3.9) and *Frontiers in Psychiatry* (IF=3.5). In the past he also served as Section Editor of *Current Opinion in Psychiatry* as well as guest editor in other international journals.

Administration experience

In 2009 was appointed member and in 2012-4 chair of the Greek Ministry of Health Committee for the Administrative, Economic and Scientific Supervision of the Mental Health Units of the deinstitutionalization project. In 2013 was appointed chair of the Independent Committee of Experts for the Assessment of Mental Health Services of the Greek Ministry of Health.

Since 2019 he is head of the Mental Health Section, Research Institute, Greek Medical Association. In 2020 he was appointed first director of the newly established Cochrane Greece

Events organized

Was secretary of CME of the International Congress on Brain and Behaviour (2003-2007). Organized and chaired the series of International Congress on Neurobiology and Psychopharmacology (2009-), the International Congress on Evidence Based Mental Health (2016-) and a series of certified by the WPA educational Workshops. For details on the significant number of meetings, congresses and workshops organized please see www.psychiatry.gr

International awards

He has received a number of national and international research awards, including the 2012 Kraepelin-Alzheimer medal of the University of Munich and the 2015 Excellence in Education Award of the WFSBP.

Since 2014 he is honorary member of the WPA

Work in the fields pertaining to the WHO Task force:

Epidemiology of mental health conditions, especially in the context of public health emergencies

He has worked extensively concerning the epidemiology of dementia [1, 2] and suicides world-wide and more specifically on the effect of socioeconomic and climate factors on suicidal rates, homicides and violence [3-24] and has also studied the outcome of proposed interventions at the level of public health [25-29]. Has also worked on the issue of restructuring health care system in the country [30]. Has extensive work on meta-analysis of epidemiological data [31-33].

Public mental health, in particular the consequences of the socioeconomic impact of COVID-19 or other crises, including unemployment, income insecurity, loneliness and other risk factors

Has extensive work on the impact of austerity on mental health and suicidal rates [3-23], as well as on the impact of life events and general stress [34-38]. Has worked on the impact of COVID-19 on mental health, suicidality and the role of conspiracy theories [3, 39-42] and is currently leading two major international projects on the same topics in adults and in university students.

Mental health service management or coordination in COVID-affected populations

Is head of the first official tele-Psychiatry Outpatient Unit in Greece, which was established during the pandemic and it is still the only official one in the country which also fulfills international standards concerning personal data protection. Has a number of papers under consideration concerning the prevalence and the characteristics of health behaviours during the pandemic. He is principal national scientific coordinator for Greece for the WHO project 'Behavioral Insights'. Has extensive work on the impact of psychological factors on general health [43].

Long-term care and social care of people with mental health conditions or disabilities, Ethics, equity, human rights and gender in public health.

His work has focused on the long term outcome and disability of mental patients [9, 44, 45] the proper management of acute psychiatric emergencies with respect to human rights [46]. He has worked on the recognition and reduction of stigma and discrimination and the protection of human rights of patients [24, 47] the theoretical background of patient empowerment and its limitations and abuse of the concept [48, 49]. Has extensive work on the assessment of psychosocial interventions [50-52] and the impact of mental disorder on the family and carers [37, 38, 53].

Selected publications [3-37, 39-251][1, 2, 38, 252-272]

1. Fountoulakis KN, Tsolaki M, Paulopoulos H, Kazis A: **Validation of the epidemiological dementia index in geriatric outpatients.** *Int Psychogeriatr* 2000, **12**(2):195-208.
2. Fountoulakis KN, Tsolaki M, Mohs RC, Kazis A: **Epidemiological dementia index: a screening instrument for Alzheimer's disease and other types of dementia suitable for use in populations with low education level.** *Dement Geriatr Cogn Disord* 1998, **9**(6):329-338.

3. Fountoulakis KN, Apostolidou MK, Atsiova MB, Filippidou AK, Florou AK, Gousiou DS, Katsara AR, Mantzari SN, Padouva-Markoulaki M, Papatriantafyllou EI *et al*: **Self-reported changes in anxiety, depression and suicidality during the COVID-19 lockdown in Greece.** *J Affect Disord* 2020, **279**:624-629.
4. Fountoulakis KN: **Suicides in Greece before and during the period of austerity by sex and age group: Relationship to unemployment and economic variables.** *J Affect Disord* 2020, **260**:174-182.
5. Fountoulakis KN: **Suicide rate in Greece stabilizes at historically high levels but still lowest in Europe.** *J Affect Disord* 2019, **254**:117-119.
6. Fountoulakis KN, Gonda X: **Ancestry and different rates of suicide and homicide in European countries: A study with population-level data.** *J Affect Disord* 2018, **232**:152-162.
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8. Fountoulakis KN, Gonda X: **Differential correlation of suicide and homicide rates according to geographical areas: A study with population-level data.** *Psychiatry Res* 2017, **249**:167-171.
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12. Fountoulakis KN: **Suicide and the economic situation in Europe: are we experiencing the development of a 'reverse stigma'?** *Br J Psychiatry* 2016, **209**(4):273-274.
13. Fountoulakis KN, Savopoulos C, Apostolopoulou M, Dampali R, Zaggelidou E, Karlafti E, Fountoukidis I, Kountis P, Limenopoulos V, Plomaritis E *et al*: **Rate of suicide and suicide attempts and their relationship to unemployment in Thessaloniki Greece (2000-2012).** *J Affect Disord* 2015, **174**:131-136.
14. Fountoulakis KN, Kawohl W, Theodorakis PN, Kerkhof AJ, Navickas A, Hoschl C, Lecic-Tosevski D, Sorel E, Rancans E, Palova E *et al*: **Relationship of suicide rates to economic variables in Europe: 2000-2011.** *Br J Psychiatry* 2014, **205**(6):486-496.
15. Fountoulakis KN, Gonda X, Dome P, Theodorakis PN, Rihmer Z: **Possible delayed effect of unemployment on suicidal rates: the case of Hungary.** *Ann Gen Psychiatry* 2014, **13**:12.

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