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Graduated from the Department of Occupational Therapy, Technological Educational Institute (T.E.I.) of Athens, Greece, in 1988. She specialised in Psychodrama and Social Therapy, as well as in Family Therapy. She also holds the European Certificate of Psychotherapy (E.P.C.). She practiced as an occupational therapist in mental health services. She worked as a Laboratory Assistant at the Department of Occupational Therapy of the T.E.I. of Athens. In 2008, she was awarded a Master of Science (MSc) degree in “Health Administration” from the Department of Economics, University of Piraeus, Greece. In 2012, she was appointed as Professor of Applications at the Department of Occupational Therapy of the T.E.I. of Athens. In 2018, she was awarded a Doctor of Philosophy (PhD) degree with excellence from the Department of Neuroscience, School of Medicine, Aristotle University of Thessaloniki, Greece. The title of her doctoral dissertation was “The assessment of driving ability in patients with dementia”. She was promoted to Assistant Professor in 2020 at the Department of Occupational Therapy, University of West Attica, Greece. Since 2020 has been Post-doctoral Researcher, School of Medicine, Aristotle University of Thessaloniki. She has published articles in scientific journals and participated in numerous national and international conferences.

