

## **Tsouvala Anastasia**

Anastasia Tsouvala is a psychologist born and raised in Thessaloniki. She has completed her undergraduate studies at the Department of Psychology of the Aristotle University of Thessaloniki, while, at the same time, she holds the Postgraduate Degree "Cognitive Psychology and Applications". She is currently studying at the postgraduate program entitled "Neurosciences and Neurodegenerative Diseases" of the Department of Medicine of the Aristotle University of Thessaloniki. For the last three years she has been working in the field of Education and has worked voluntarily for two consecutive years at the Hellenic Society of Alzheimer's Disease. Her research interests focus on the study of metacognitive processes in young and old and their impact on cognitive tasks they perform at the level of their daily lives, both in terms of healthy populations and patients with dementia.

