



# Nikos Zourbanos

Items	Number
Books	6
Book Chapters	8
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	26
Articles in Journals not Indexed in Bibliographical Databases	15
Refereed International Conference Presentations	56
Invited Presentations	20
Harzing's PorP/Scopus Citation Index (including self-citations)	~538/224
Harzing's PorP/Scopus h-index	11/7
Involved in Successful Grant Applications	~4.800.000

## 1 EDUCATION

- Bachelor of Science (B.Sc.) in Physical Education & Sport Science, Department of Physical Education and Sport Sciences, University of Thessaly (2002)
- Master of Science (M.Sc) Applied Sport and Exercise Psychology, School of Sport Health and Exercise Science, University of Wales, Bangor (2004)
- Doctor of Philosophy (Ph.D) Physical Education and Quality of Life, University of Thessaly, Trikala, Department of Physical Education and Sport Sciences & University of Thrace, Komotini, Department of Physical Education and Sport Sciences (2009)
- Post-doc. Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity (PAPA). Collaborative research grant funded by the EU Commission's Seventh Framework Programme (Health) (2009-2013)
- Post-doc. THALIS PROJECT. National Strategic Reference Framework). EXERCISE, SMOKING, & ALCOHOL: INVESTIGATION OF MECHANISMS, & INTERVENTIONS FOR PREVENTION, CESSATION & AWARENESS (2013-2015)

## 2 EMPLOYMENT HISTORY

- Assistant Professor, School of Physical Education and Sport Sciences, University of Thessaly (2014-σήμερα)
- University Scholarship (Research assistant), School of Physical Education and Sport Sciences, University of Thessaly (2013)
- Part-time Lecturer, School of Physical Education and Sport Sciences, University of Thessaly, (2009-2012)

### **3 ACADEMIC & SCIENTIFIC EXPERIENCE**

#### **3.1 Undergraduate Teaching**

1. School of Physical Education and Sport Sciences, University of Thessaly. Modules «Handball» and«Tennis» (2009-2013)
2. School of Physical Education and Sport Sciences, University of Thessaly. Modules «Psychological support of athletes», «Effective coaching», «Practicum in PE», «Tennis», «Sport Psychology» (2014-present)

#### **3.2 Postgraduate Teaching**

1. MSc «Psychology of Exercise», School of Physical Education and Sport Sciences, University of Thessaly, module «Research methods and statistics» module leader Papaioannou Athanasios (2008-present), and module «Introduction to Statistics – SPSS for Windows” module leader Zourbanos Nikos (2009-present).
2. MSc «Exercise and Health», School of Physical Education and Sport Sciences, University of Thessaly, module, «Research methods and statistics» module leader Papaioannou Athanasios (2009-present).
3. MSc European Masters in Sport and Exercise Psychology (EMSEP) – Erasmus Mundus Programme, module, School of Physical Education and Sport Sciences, University of Thessaly «Research Methods and Statistics» module leader Papaioannou Athanasios (2009-present), module «Introduction to Statistics – SPSS for Windows” module leader Zourbanos Nikos (2008-present), module «Psychological skills in Physical Activity and Sports” module leader Zourbanos Nikos (2013-2015)
4. MSc Exercise, Ergospyrometry and Rehabilitation, Faculty of Medicine, School of Health Sciences and School of Physical Education and Sport Sciences, University of Thessaly, module «Psychology of Exercise», module leader Theodorakis Yannis and module «Research methods and statistics» module leader Papaioannou Athanasios (2014-present)
5. MSc Military Fitness and Well-being, School of Physical Education and Sport Sciences, University of Thessaly , module «Methods of Evaluation and Statistics» module leader Tsiokanos Athanasios (2014-present)
6. MSc «Exercise and Quality of Life» Department of Physical Education and Sport Sciences, Democritus University of Thrace and School of Physical Education and Sport Sciences, University of Thessaly, module «Psychological techniques of sport counseling» module leader Theodorakis Yannis, (2014-present)
7. PhD, School of Physical Education and Sport Sciences, University of Thessaly, module «Advanced Statistics» module leader Athanasios Papaioannou, (2013-present)

#### **3.3 Supervision/Co-supervision of Doctoral Theses**

##### **3.3.1 Completed**

1. A. Tsiakara (2015) –co-supervisor
2. G. Gorozidis (2015) – co-supervisor
3. M. Ypofanti (2015) – co-supervisor

##### **3.3.2 In Progress**

4. E. Mprisimis (2015) - supervisor
5. I. Morres (2014) – co-supervisor
6. I. Sympas – co-supervisor

## 3.4 Supervision/Co-supervision of Master's Dissertations

### 3.4.1 Completed

1. A. Haznadar (2013) -supervisor
2. M. Marjanović (2014) - supervisor
3. VJD Marshall (2014) – co-supervisor
4. E. Argyropoulou (2013) – co-supervisor
5. M. Papoutsi (2014) – co-supervisor

### 3.4.2 In Progress

1. . Bhavsar - supervisor
2. C. Ortiz- co-supervisor
3. A. Karamitrou – co-supervisor
4. K. Dikarou – co-supervisor
5. L. Apostolou – co-supervisor
6. A. Giota – co-supervisor
7. I. Ioannou – co-supervisor

## 3.5 Funding

### 3.5.1 Competitive International

1. Research project funded by UEFA (20.000€), «Intentions to drop-out in adolescent female footballers from 5 European Countries: The role of the coach-created motivational climate», University of Birmingham, Laboratoire Sport et Environnement Social Université Joseph Fourier, York St John University, Universitat de València, Norwegian School of Sport Sciences, (2015, Country Supervisor)
2. Collaborative research grant funded by the EU Commission's Seventh Framework Programme -FP7, Health (3.000.000€). Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity (PAPA) (2009-2013, participant)

### 3.5.2 Competitive National

1. THALIS PROJECT. National Strategic Reference Framework) (560.000€). EXERCISE, SMOKING, & ALCOHOL: INVESTIGATION OF MECHANISMS, & INTERVENTIONS FOR PREVENTION, CESSATION & AWARENESS (2013-2015, συμμετέχων)
2. NSRF (526.300€)) Research Project funded by the Hellenic Ministry of Health, NSRF 2007 - 2013 entitled "Exercise as an intervention strategy for promotion of health and for prevention and rehabilitation of chronic diseases (2012-2014, participant)
3. EPEAEK II «Kalipatira» (250.000€). Research Project funded by the Hellenic Ministry of Education entitled "The Kalipatira project. From sport to daily life. All equal - all differed (2006-2007, participant)
4. Research Project funded by the Hellenic Ministry of Education entitled "Students' practice of DPESS of University of Thessaly (200.000€). (2006-2007, participant)
5. Pythagoras II (50.000€). Walking, physical activity, movement, and mental health in elderly people. General Secretariat for Research and Technology (2005-2006, participant)
6. Curriculum development, University of Thessaly, (248.000€). (2003-2007, participant)

## 3.6 Participation in International Scientific and Administrative Committees

1. European Network of Young Specialists in Sport Psychology – ENYSSP
2. Editorial Assistant & Bulletin Board- International Journal of Sport & Exercise Psychology

3. Editorial Board- European Psychomotricity Journal

### 3.7 Membership in International Professional Organizations

1. American Psychological Society – APS
2. European College of Sport Sciences – ECSS
3. European Network of Young Specialists in Sport Psychology – ENYSSP
4. International Society of Sport Psychology
5. European Federation of Sport Psychology

## 4 PUBLICATIONS

### 4.1 Books

1. Papaioannou, A., Zourbanos, N. (2014). Statistical examples in sport and physical education using the SPSS18. Disigma: Thessaloniki (in Greek)
2. Zourbanos, N., & Kwok, Ng. (2011). Proceedings of the ENYSSP 7<sup>th</sup> workshop, Jyväskylä, Finland.
3. Papaioannou, A., Zourbanos, N., & Hatzigeorgiadis, A. (2010). Proceedings of the International Conference of Sport Psychology, & ENYSSP 6<sup>th</sup> Workshop 2010, Trikala, Greece.
4. Theodosiou, A., Natsis, P., & Zourbanos, N. (2008). Translation of the book Steps to Success: Tennis. Christodoulidi: Thessaloniki (in Greek)
5. Zourbanos, N., & Hatzigeorgiadis, A. (2006). Proceedings of the 9th National Congress of Sport Psychology, Trikala, Greece (in Greek)
6. Zourbanos, N. (2004). Proceedings of the 3rd International /8th National Congress of Sport Psychology, Trikala, Greece (in Greek)

### 4.2 Book Chapters

1. Hardy, J., & Zourbanos, N. (in press). *Self-talk in sport*. In R. Shinke, K. McGannon, & B. Smith. (Eds.). The Routledge International Handbook of Sport Psychology. Abingdon, UK: Routledge.
2. Zourbanos, N., Hatzigeorgiadis, A., Kolovelonis A., & Theodorakis, Y. (in press). The use of self-talk in the organization of a lesson in sport, physical education and exercise settings. In P. Davis: The Psychology of Effective Coaching and Management. Nova Publishers
3. Hatzigeorgiadis, A., Zourbanos, N., Latinjak, A., & Theodorakis, Y. (2014). *Self-talk*. In A. Papaioannou & D. Hackfort: Routledge to Sport and Exercise Psychology. Global Perspectives and Fundamental Concepts, (pp. 372-385). London. Taylor & Francis
4. Papaioannou, A. G., Zourbanos, N., Krommydas, H., & Ampatzoglou, G. (2012). The place of achievement goals in the social context of sport: A critique of the trichotomous and 2x2 models. In G. Roberts & D. Treasure (Eds.), *Advances in motivation in sport and exercise* (3<sup>rd</sup> Ed, pp. 59-90). Champaign, IL: Human Kinetics.
5. Theodorakis, Y., Hatzigeorgiadis, A., & Zourbanos, N. (2012). Cognitions: Self-talk and Performance. In S. Murphy: Oxford Handbook of Sport and Performance Psychology. Part Two: Individual Psychological Processes in Performance, (pp. 191-212). New York. Oxford University Press.
6. Theodorakis, Y., Zourbanos, N., Hatzigeorgiadis, A., & Dimitrakopoulos, S. (2014). Exercise and depression. In V. Gerodimos (Ed.), *Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases*, (pp. 364-390). (in Greek)
7. Theodorakis, Y., Zourbanos, N., Hatzigeorgiadis, A., Dimitrakopoulos, S., & Krommydas, Ch. (2014). Exercise, stress and anxiety. In V. Gerodimos (Ed.), *Exercise as an intervention strategy for prevention and rehabilitation of chronic diseases*, (pp. 344-363) (In Greek)

8. Zourbanos, N., Hatzigeorgiadis, A., & Theodorakis, Y. (2011). Self-talk in Sport. In M. Zouboulakis: 20 years of scientific research in University of Thessaly (pp. 363-395), University Press: Volos. (in Greek)

### 4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)

1. Zourbanos, N., Dimitriou, E., Goudas, M., & Theodorakis, Y. (2015). Reliability and validity of the Greek version of the Smoking Efficacy Scale in high school students. *Evaluation and the Health Professions, 38*(1), 126-139 [IF: 1.48].
2. **Zourbanos, N.**, Tzioumakis, Y., Araújo, D., Kalaroglou, S., Hatzigeorgiadis, A., Papaionnou, A., & Theodorakis, Y. (2015). The Intricacies of verbalizations, gestures, and game outcome using sequential analysis. *Psychology of Sport and Exercise, 18*, 32-41 [IF: 1.77].
3. Boroujeni, S. T., **Zourbanos, N.**, & Shahbazi, M. (2014). The effects of instructional and motivational self-talk on basketball passing and shooting performance in novice students. *Medicina dello Sport, 67*(3), 397-410. [IF: 0.29].
4. Latinjak, A. T., **Zourbanos, N.**, López-Ros, V., & Hatzigeorgiadis, A. (2014). Goal-directed and undirected self-talk: Exploring a new perspective for the study of athletes' self-talk. *Psychology of Sport and Exercise, 15*, 548-558. doi:10.1016/j.psychsport.2014.05.007. [IF: 1.75].
5. Hatzigeorgiadis, A., Galanis, V., **Zourbanos, N.**, & Theodorakis, Y. (2014) A Self-talk Intervention for Competitive Sport Performance. *Journal of Applied Sport Psychology, 26*(1), 82-95, DOI: 10.1080/10413200.2013.790095 [IF: 1.55].
6. **Zourbanos, N.**, Papaioannou, A., Argyropoulou, E., & Hatzigeorgiadis, A (2014). Achievement goals and self-talk in physical education: The moderating role of perceived competence. *Motivation and Emotion, 38*(2), 235-251. DOI 10.1007/s11031-013-9378-x. [IF: 1.85].
7. Lemonidis, N., Tzioumakis, Y., Karypidis, A., Michalopoulou, M., Gourgoulis, V., & **Zourbanos, N.** (2014). Coaching Behaviors in Professional Basketball. Differences in Players' and Coaches' Perceptions. *Athletic Insight, 6*(1), 65-80.
8. Hassandra, M., **Zourbanos, N.**, Kofou, G., Gourgoulis, K., & Theodorakis, Y. (2013). Process and outcome evaluation of the “No more smoking! It’s time for physical activity” program” program. *Journal of Sport and Health Science, 2*, 242-248. <http://dx.doi.org/10.1016/j.jshs.2013.06.001>. [IF: 1.23].
9. **Zourbanos, N.** Hatzigeorgiadis, A., Bardas, D., Theodorakis, Y. (2013). The effects of a self-talk intervention on elementary students' motor task performance. *Early Child Development and Care, 183*(7), 124-130 [IF: NA].
10. **Zourbanos, N.**, Hatzigeorgiadis, A., Bardas, D., Theodorakis, Y. (2013). The effects of self-talk on dominant and non-dominant arm performance on a handball task in primary physical education students. *The Sport Psychologist, 27*, 171-176. [IF: 1.35]
11. Queded, A., Ntoumanis, N., Viladrich, C., Haug, E., Ommundsen, Y., Van Hoyee, A., Mercéf, J., Howard, K. Hall, H. K., **Zourbanos, N.**, & Duda, J. L. (2013). Intentions to drop-out of youth soccer: A test of the basic needs theory among European youth from five countries. *International Journal of Sport and Exercise Psychology, 11*(4), 395-407. DOI: 10.1080/1612197X.2013.830431. [IF: NA].
12. Viladrich, C., Appleton, P., Queded, E., Duda, J. L., Ntoumanis, N., Alcaraz, S., Heuze, J. P., Fabra, P., Samdal, O., Ommundsen, Y., Hill, A., & **Zourbanos, N.** (2013). Measurement Invariance of the Behavioural Regulation in Sport Questionnaire When Completed by Young Athletes Across Five European Countries. *International Journal of Sport and Exercise Psychology, 11*(4), 384-394. DOI: 10.1080/1612197X.2013.830434 [IF: NA].

13. Papaioannou, A., Appleton, P., Torregrosa, M., Jowett, G., Bosselut, G., Gonzalez, L., Haug, E., Ertesvaag, V., **Zourbanos, N.** (2013). Moderate-to-vigorous physical activity and personal well-being in European youth soccer players: Invariance of physical activity, global self-esteem and vitality across 5 countries. *International Journal of Sport and Exercise Psychology*, 11(4), 351-364. DOI:10.1080/1612197X.2013.830429. [IF: NA].
14. **Zourbanos, N.** (2013). The use of instructional and motivational self-talk in setting up a physical education lesson. *Journal of Physical Education, Recreation & Dance*, 84(8), 54-58, DOI: 10.1080/07303084.2013.827555.
15. Hassandra, M., Kofou, G., **Zourbanos, N.**, Gratsani, S., Zisi, V., & Theodorakis, Y. (2012). Initial evaluation of a smoking cessation program incorporating physical activity promotion to Greek adults on anti-smoking clinics. *Evaluation and the Health Professions*. 35(3), 323-330 [IF: 1.20]
16. Hatzigeorgiadis, A., **Zourbanos, N.**, Galanis, E., & Theodorakis, Y. (2011). The effects of self-talk on performance in sport: A meta-analysis. *Perspectives on Psychological Science*, 6(4), 348-356 [IF: 4.89]
17. **Zourbanos, N.**, Hatzigeorgiadis, A., Goudas, M., Papaioannou, A., Chroni, S., & Theodorakis, Y. (2011). *The social side of self-talk: Relationships between perceptions of support received from the coach and athletes' self-talk.* *Psychology of Sport and Exercise*, 12, 407-414 [IF: 2.15]
18. **Zourbanos, N.**, Hatzigeorgiadis, A., Tsiakaras, N., Chroni, S., & Theodorakis, Y. (2010). A multi-method examination of the relationship between coaching behavior and athletes' inherent self-talk. *Journal of Sport and Exercise Psychology*, 32, 764-785. [IF: 2.95]
19. Woodman, T., **Zourbanos, N.**, Hardy, L., Beattie, S., McQuillan, A. (2010). Do performance strategies moderate the relationship between personality and training behaviors? An exploratory study. *Journal of Applied Sport Psychology*, 22, 183-197. [IF: 1.30]
20. Hatzigeorgiadis, A., **Zourbanos N.**, Mpoupaki, S., & Theodorakis, Y. (2009). Mechanisms underlying the self-talk – performance relationship: The effects of self-talk on self-confidence and anxiety. *Psychology of Sport and Exercise*, 10, 186-192. [IF: 2.15]
21. **Zourbanos, N.**, Hatzigeorgiadis, A., Chroni, S., Theodorakis, Y., & Papaioannou, A. (2009). Automatic Self-Talk Questionnaire for Sports (ASTQS): Development and preliminary validation of a measure identifying the structure of athletes' self-talk. *The Sport Psychologist*, 23, 233-251. [IF: 1.35]
22. Hatzigeorgiadis, A., **Zourbanos N.**, Goltsios, C., & Theodorakis, Y. (2008). Exploring the functions of self-talk: The effects of motivational self-talk on self-efficacy and performance in young tennis players. *The Sport Psychologist*, 22, 458-471. [IF: 1.35]
23. **Zourbanos, N.**, Hatzigeorgiadis, A., Theodorakis, Y. (2007). A preliminary investigation of the relationship between athletes' self-talk, and coaches' behaviour and statements. *International Journal of Sports Science and Coaching*, 2(1), 57-66. [IF: 1.08]
24. Hatzigeorgiadis, A., **Zourbanos, N.**, & Theodorakis, Y. (2007). An examination on the moderating effects of self-talk content on self-talk functions. *Journal of Applied Sport Psychology*, 19, 240-251. [IF: 1.30]
25. **Zourbanos, N.**, Theodorakis, Y., Hatzigeorgiadis, A. (2006). Coaches' behaviour, social support and athletes' self-talk. *Hellenic Journal of Psychology*, 3, 117-133. [IF: NA]
26. Hatzigeorgiadis, A., Theodorakis, Y., & **Zourbanos, N.** (2004). Self-talk in the swimming pool: The effects of self-talk on thought content and performance on water-polo tasks. *Journal of Applied Sport Psychology*, 16, 138-150. [IF: 1.30]



#### 4.4 Articles in Journals not Indexed in Bibliographical Databases

1. Ypofanti, M., Zissi, V., **Zourbanos, N.**, Mouchtouri, B., Tzanne, P., & Theodorakis, Y., Lyrakos, G. (in press). Psychometric properties of the IPIP personality questionnaire for the Greek population. *Health Psychology Research*
2. Jamurtas, A. Z., **Zourbanos, N.**, Georgakouli, K., Georgoulas, P., Manthou, E., Fatouros, I. G., Goudas, M., Koutentakis, Y., & Theodorakis, Y. (2014). Beta endorphin and alcohol urge responses in alcoholic patients following an acute bout of exercise. *Journal of Addiction Reserch & Therapy*, 5(4),194. doi: 10.4172/2155-6105.1000194[IF: NA].
3. Theodorakis, Y., Goudas, M., **Zourbanos, N.**, Hatzigeorgiadis, A., & Jamurtas, A. (2014). Exercise as a Means for Smoking and Alcohol Cessation: New Trends in Research. *Inquiries in Sport & Physical Education*, 12 (3), 226 - 233. [IF: NA].
4. **Zourbanos, N.**, Chroni, S., Hatzigeorgiadis, A., & Theodorakis, Y. (2013). The effects of motivational self-talk on self-efficacy and performance in novice undergraduate students. *Journal of Athletic Enhancement*. 2 (3), 1-5.<http://dx.doi.org/10.4172/2324-9080.1000117> [IF: NA].
5. **Zourbanos, N.** (2012). The incorporation of the goal-setting strategy in organizing a physical education lesson. *Inquiries in Sport & Physical Education*, 10(1), 38-36. (in Greek)
6. **Zourbanos, N.**, Bardas, D., & Hatzigeorgiadis, A. (2012). The Effects of Self-talk on a Novel Task in Football in Elementary Physical Education Students. *Inquiries in Sport & Physical Education*, 10(1), 1-5. (in Greek)
7. Chroni, S., Koskeridou, M., Hassandra, M., & **Zourbanos, N.** (2011). Viewpoints and Education on Gender and Equality Issues when Teaching Physical Education. *Inquiries in Sport & Physical Education*, 9(1), 1-13. (in Greek)
8. Grigoriou, S., Chroni, S., Hatzigeorgiadis, A., & **Zourbanos, N.** (2011). Attitudes of Greek Male & Female University Students Towards Gender Eequity. *Inquiries in Sport & Physical Education*, 9(1), 14-23. (in Greek)
9. **Zourbanos, N.**, Jamourtas, A., Staveri, E., Hatzigeorgiadis, A., & Theodorakis, A. (2011). Physical exercise as strategy in alcohol abuse treatment. *Hellenic Journal of Psychology*, 8, 123-145. (in Greek)
10. Grammatika, S., **Zourbanos, N.**, & Karagianni, O. (2009). A preliminary study on the functions of self-talk in tennis' athletes. *Inquiries in Sport & Physical Education*, 6(3), 348-356. (in Greek)
11. Kagiorgi, E., **Zourbanos, N.**, Stavrou, V., & Hatzigeorgiadis, A. (2009). Preliminary Approach of the Underlying Structure of Swimmers' Self-Talk in Competition. *Inquiries in Sport & Physical Education*, 6(3), 357-362. (in Greek).
12. Gourzi, M., Filippou, K., Kagiorgi, E., & **Zourbanos, N.** (2007). The relationship between competitive state anxiety and self-talk during performance in swimmers. *Inquiries in Sport & Physical Education*, 5(1), 173-178. (in Greek).
13. Theodorakis, I., Galatia, G., & **Zourbanos, N.** (2005). Smoking and Exercise. Relationships and interactions. *Inquiries in Sport & Physical Education*, 3(3), 225-238. (in Greek).
14. Chroni, S., Tzani, K., & **Zourbanos, N.** (2005). The cognitive game of young male and female tennis players: Skills that develop through experience, *Athlitiki Psychologia*, 16, 25-44. (in Greek)
15. Chroni, S. & **Zourbanos, N.** (2001). Psychological benefits from the participation in recreational activities. *Physical activity and quality, Special Issue: Recreational Management*, 1-6. (in Greek)

#### 5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Manthou, E., Georgakouli, K., **Zourbanos, N.**, Georgoulas, P., Fatouros, IG., Theodorakis, Y., & Jamurtas, AZ. (2014). The effects of an acute aerobic exercise bout on beta endorphin and lactic

- acid in alcoholic patients. *Proceedings of the 19th Annual Congress of European College of Sport Sciences – ECSS* (p.426). Amsterdam, Netherlands.
2. Georgakouli, K., Manthou, E., Tsiami, Tzatzaki, T., **Zourbanos**., Goudas, M., Jamurtas, AZ., Hatzigeorgiadis, A., & Theodorakis, Y. (2014). Preliminary evidence on the acute effects of moderate intensity exercise on smoking delay. *Proceedings of the 19th Annual Congress of European College of Sport Sciences – ECSS* (p.639). Amsterdam, Netherlands.
  3. Papaioannou, A., **Zourbanos, N.**, Tzioumakis, Y., Krommydas, Ch., Diggelidis, N., Hatzigeorgiadis, A. (2014). The “PAPA” project: On promoting healthy youth sport participation. Initial findings from Greece. *Proceedings of the 22nd International Congress of Physical Education and Sport* (p.1), Komotini, Greece.
  4. Digelidis N., Tzioumakis, Y., Papaioannou, A., **Zourbanos, N.**, Krommidas, C., Keramidas, P., & Galanis, V. (2014). Assessing coach motivation: using constructs from the approach–avoidance achievement goal framework and self-determination theory. *Proceedings of the 22nd International Congress of Physical Education and Sport* (pp.1-2), Komotini, Greece.
  5. Tzioumakis, Y., Papaioannou, A., Digelidis N., Tessier, D., Smith, N., Duda, J.L., Quedsted, E., Sarrazin, P., **Zourbanos, N.**, Krommidas, C., Keramidas, P., & Galanis, V. (2014). A validated systematic observation instrument aiming at assessing the objective coach initiated motivational climate in youth football. *Proceedings of the 22nd International Congress of Physical Education and Sport* (pp.2-3), Komotini, Greece.
  6. **Zourbanos, N.**, Haznadar, A., Zelenitsas, Ch., Hatzigeorgiadis, A., Tzioumakis, Y., & Papaioannou, A. (2014). The relationship between self-talk, coaches' motivational climate and young football players' self-efficacy. *Proceedings of the 22nd International Congress of Physical Education and Sport* (pp.3-4), Komotini, Greece.
  7. Krommidas, C., Papaioannou, A., Galanis, V., **Zourbanos, N.**, Tzioumakis, G., Keramidas, P., & Hatzigeorgiadis, A. (2014). Measurement of physical activity with accelerometers, body mass index and aerobic capacity of youth soccer players aged 10-14 years old in the area of Thessaly, Greece. *Proceedings of the 22nd International Congress of Physical Education and Sport* (p.4), Komotini, Greece.
  8. Georgakouli, K., Manthou, E., **Zourbanos, N.**, Georgoulas, P., Fatouros, I. G., Goudas, M., Koutedakis, Y., Theodorakis, Y., & Jamurtas, A. Z. (2014). The effect of acute and chronic exercise on alcohol intake in individuals with alcohol use disorders. *Proceedings of the 13<sup>th</sup> Hellenic Congress of Sport Psychology with International Participation* (p. 46), Trikala, Greece.
  9. Morres, I., Mpassios, A., Anastasiou, G., **Zourbanos, N.**, Hatzigeorgiadis, A., & Theodorakis, Y. A preliminary examination of the construct validity of the patient health questionnaire-9 in the Greek population. *Proceedings of the 13<sup>th</sup> Hellenic Congress of Sport Psychology with International Participation* (p. 84), Trikala, Greece.
  10. Georgakouli, K., Manthou, E., **Zourbanos, N.**, et al. (2014). The effects of an 8-week exercise intervention on alcohol intake and health status in heavy drinkers. *Proceedings of the 4<sup>th</sup> Congress of Biochemistry and Physiology in Exercise* (pp.19-20), Trikala, Greece.
  11. Georgakouli, K., Manthou, E., **Zourbanos, N.**, et al. (2014). Effects of acute exercise on smoking urge and hematological parameters in smokers. *Proceedings of the 4<sup>th</sup> Congress of Biochemistry and Physiology in Exercise* (p.20), Trikala, Greece.
  12. Manthou, E., Georgakouli, K., Papaspirou, K., Gourzi, K., Konstantopoulou, V., Apostolopoulos, A., **Zourbanos, N.**, et al., (2014). Effects of an 8-week exercise programme on somatometric characteristics and energy balance of heavy drinkers. *Proceedings of the 4<sup>th</sup> Congress of Biochemistry and Physiology in Exercise* (p.21), Trikala, Greece.



13. Keramidis, P., Tzioumakis, Y., Papaioannou, A., Digelidis, N., **Zourbanos, N.**, Krommidas, C., & Galanis, E. (2014). Longitudinal effects of a coach education program on the Disempowering dimensions of the coach-initiated motivational climate in Greece. *Short Paper presented at the 13<sup>th</sup> Hellenic Congress of Sport Psychology with International Participation (pp. 158-163)*, Trikala, University of Thessaly.
14. Quested E., Ntoumanis, N., Viladrich, V., Haug, E., Ommundsen, Y., Van Hoye, A., Merce, J., Hall, H. K., **Zourbanos, N.**, & Duda, J. L. (2013). Intentions to drop-out in youth football: A test of the basic needs theory among European youth. *Proceedings of the 28th Annual Conference of the Association for Applied Sport Psychology - AASP, New Orleans, LA, USA*.
15. Krommidas, Ch., Papaioannou, A., & **Zourbanos, N.** (2013). Moderate-to-Vigorous Physical Activity and Sedentary Time in Greek grassroots footballers and their correlates. *Proceedings of the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity - ISBNA*, (p. 189). Ghent, Belgium.
16. **Zourbanos, N.**, & Papaioannou, A., (2013). The relationships between achievement goals and self-talk in youth football players. *Proceedings of the 13th World Congress of the International Society of Sport Psychology- ISSP (p.235)*, Beijing, China.
17. Papaioannou, A., Appleton, P., Bosselut, G., Gonzalez, L., Haug, E., Torregrosa, M., Ertesvaag, V., Jowett, G., **Zourbanos, N.** (2013). General self-esteem, vitality and intensive physical activity: Evidence for cross-cultural invariance of their association across 5 European countries. *Proceedings of the 18th Annual Congress of European College of Sport Sciences – ECSS* (p. 75). Barcelona, Spain.
18. Papaioannou, A., Hatzigeorgiadis, A., & **Zourbanos, N.** (2013). Motivation and self-talk in young football players. A self-determination perspective. *Proceedings of the 14<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 29). Paris, France.
19. Schneider, P., Preis, F., **Zourbanos, N.**, & Latinjak, A.T. (2013). The relationship between self-talk, team cohesion and leadership style: An exploratory study. *Proceedings of the 14<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 30). Paris, France.
20. Tzatzaki, T., Tsiami, A., Georgakouli, K., Manthou, I., **Zourbanos, N.**, Goudas, M., Jamurtas, A., Theodorakis, Y. & Hatzigeorgiadis A. (2013). Piloting exercise protocols for smoking cessation interventions. *Proceedings of the 14th European Congress of Sport Psychology – FEPSAC* (p. 33). Paris, France.
21. Schneider, P., Preis, F., **Zourbanos, N.**, Latinjak, A. T. & Hatzigeorgiadis, A. (2013). Selbstgespräche im Wettkampfsport. Eine vorläufige Validierung des ASTQS (Automatic Self-Talk Questionnaire for Sports). In O. Stoll, A. Lau & S. Moczall (Hrsg.) (2013). *Angewandte Sportpsychologie. 45. Jahrestagung für Sportpsychologie (asp) vom 09.-11. Mai 2013 in Halle (Saale)* (S. 173). Czalina: Hamburg.
22. Diggelidis, N., Tzioumakis, Y., Papaioannou A., **Zourbanos, N.**, Krommidas, Ch., & Keramidis, P. (2013). Coaches' intrinsic motivation: A self-determination perspective. *Proceedings of the AIESEP 2013 International conference*, (p.125). Warsaw, Poland.
23. Tzioumakis, Y., Papaioannou, A., Digelidis, N., **Zourbanos, N.**, Krommidas, Ch., Keramidis, P. (2013). Coaches' Achievement Goals in Work; Measuring Coaches' Motivation. *Proceedings of the 13th World Congress of the International Society of Sport Psychology- ISSP* (p.241). Beijing, China.
24. Argyropoulou E., **Zourbanos, N.**, & Papaioannou, A., (2012). The relationship between achievement goals and self-talk in physical education. *Proceedings of the 17th Annual Congress of European College of Sport Sciences – ECSS* (p. 205). Bruges, Belgium.
25. Tzioumakis, Y., Papaioannou, A., Digelidis, N., **Zourbanos, N.**, Krommidas, H., Keramidis, P. (2012). Consistency of the environmental dimensions of an observational instrument assessing coach

- initiated motivational climate. *Proceedings of the 17th Annual Congress of European College of Sport Sciences – ECSS* (p. 355). Bruges, Belgium.
26. Krommidas, Ch., Van Hoye, A., Fenton, S. A. M., Galanis, E., Bosselut., G., Duda, J. L., Keramidas, P., Nicaise, V., Barrett, T. G., **Zourbanos, N.**, Heuze, J. P., Papaioannou, A., Sarrazin, P., Quested, E. J. (2012). Comparison of objectively measured physical activity levels of youth soccer players between France, England & Greece. *Proceedings of the 17th Annual Congress of European College of Sport Sciences – ECSS* (p. 387). Bruges, Belgium.
  27. **Zourbanos, N.**, Argyropoulou, E., & Papaioannou, A. (2012). The reliability and the construct validity of the Achievement Goal Questionnaire-Revised in physical education settings and the Greek language. *Proceedings of the 17th Annual Congress of European College of Sport Sciences – ECSS* (p. 566). Bruges, Belgium.
  28. Jamurtas, AZ., **Zourbanos, N.**, Georgoulas, P., Mouzas, O., Bletsou, A., Souliou, S., Psifos, V., Oikonomou, D., Theodorakis, Y. (2012). The effects of exercise on beta endorphin and alcohol urges in alcoholic patients. *Proceedings of the 17th Annual Congress of European College of Sport Sciences – ECSS* (p. 381). Bruges, Belgium.
  29. **Zourbanos, N.**, Hatzigeorgiadis, A., Theodorakis, Y. (2012). Self-talk in sport, new findings and future research. *Proceedings of the Vlaamse Vereniging voor Sportpsychologie 25 years - VVSP congress, entitled Days of Fundamentals in Sport Psychology* (pp.14-15). Ghent, Belgium.
  30. Hatzigeorgiadis, A., **Zourbanos, N.**, & Galanis E. (2011). Do self-talk interventions improve performance in sport? Yes they do! Meta-analytic evidence. *Proceedings of the 13<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 197). Funchal, Madeira.
  31. **Zourbanos, N.**, Hatzigeorgiadis, A., & Kalaroglou, S. (2011). The relationship between observable and inherent self-talk in tennis players during competitive performance. *Proceedings of the 13<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 198). Funchal, Madeira.
  32. Jannes, C., Weibull, F., Leschuk, O., Lima, L., Merola, G., Quinteiro Garcia, E., Sousa, C., Vaisetaite, L., **Zourbanos, N.**, & Sanchez, X. (2011). ENYSSP yesterday and today: History, structure, studies and services. *Proceedings of the 13<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 209). Funchal, Madeira.
  33. Krommidas Ch., Papaioannou A., **Zourbanos N.**, Tzioumakis G., Ampatzoglou G., Gioti G., & Alexiou V. (2011). The relationships between goal orientations, self-determination, self-esteem, enjoyment of sport, subjective vitality, anxiety and moral behavior in Greek youth soccer players. *Proceedings of the 13<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p.355). Funchal, Madeira.
  34. Christodoulidis, T., Papaioannou, A., & **Zourbanos, N.** (2010). Teachers' intrinsic-extrinsic motivation and goal orientations in work and life. *Proceedings of the 4<sup>th</sup> International Conference on Self-Determination Theory* (pp. 220-221). Ghent, Belgium.
  35. Karakanta, E., Papaioannou, A., & **Zourbanos, N.** (2010). *Learned helplessness and motivation climate*. In Athanasios Papaioannou, Nikolaos Zourbanos and Antonis Hatzigerogiadis (Eds.), Hellenic Society International Conference of Sport Psychology and VI ENYSSP International Annual Workshop, Book of Abstracts, (pp. 37-38), *Trikala, Greece*.
  36. **Zourbanos, N.**, Hatzigeorgiadis, A., Chroni, S., & Theodorakis, Y. (2009). The relationship between social support and athletes' self-talk. *Proceedings of the 12<sup>th</sup> ISSP World Congress of Sport Psychology* (pp. 285-286). Marrakesh, Morocco.
  37. Lima, L., Leschuk, O., Sousa, C., Vaisetaite, L., Merola, G., **Zourbanos, N.**, & Jannes, C. (2009). The years ahead of ENYSSP. *Proceedings of the 12<sup>th</sup> ISSP World Congress of Sport Psychology* (p. 113). Marrakesh, Morocco.
  38. Hatzigeorgiadis, A., **Zourbanos, N.**, Mpoupaki, S., & Theodorakis, Y. (2009). An examination on the mechanisms of the self-talk – performance relationship: The effects of motivational self-talk on

- self-confidence and anxiety. *Proceedings of the 12<sup>th</sup> ISSP World Congress of Sport Psychology* (pp. 201-202). Marrakesh, Morocco.
39. **Zourbanos, N.**, Hatzigeorgiadis, A., Galanis, E., & Theodorakis, Y. (2009). Self-talk and the social milieu in sports. *Proceedings of the 5<sup>th</sup> Workshop of the European Network of Young Specialists in Sport Psychology – ENYSSP*, (pp. 13-15). Bolzano, Italy.
  40. Galanis, E., Tsiakaras, N., Salogiannis, Y., **Zourbanos, N.**, & Hatzigeorgiadis, A. (2009). Coaching influences: Relationships between coaching behaviours and coping in wrestling competitions. *Proceedings of the 5<sup>th</sup> Workshop of the European Network of Young Specialists in Sport Psychology – ENYSSP*, (pp. 31-33). Bolzano, Italy.
  41. **Zourbanos, N.**, Hatzigeorgiadis, A., & Theodorakis, Y. (2007, May). Assessing the structure of athletes' automatic thoughts: The automatic self-talk questionnaire for sports. A preliminary analysis on positive self-talk. *Proceedings of the 2<sup>nd</sup> International Conference of PSNG on Psychological Assessment* (p. 166). Thessaloniki, Greece.
  42. Hatzigeorgiadis, A., Theodorakis, Y., Chroni, S., & **Zourbanos, N.** (2007, September). Self-talk: It works, but how? Research and implications on the functions of self-talk. *Proceedings of the 12<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (pp. 136-137). Halkidiki, Greece.
  43. **Zourbanos, N.**, Hatzigeorgiadis, A., Theodorakis, Y., & Chroni, S. (2007, September). Evidence on the validity of the Automatic Self-Talk Questionnaire for Sport. *Proceedings of the 12<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 137). Halkidiki, Greece.
  44. **Zourbanos, N.**, Hatzigeorgiadis, A., Davis, P., & Theodorakis, Y. (2007, September). Social support, self-talk and affect. *Proceedings of the 12<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (pp. 332-333). Halkidiki, Greece.
  45. Kofou, G, **Zourbanos, N.**, Goudas, M., & Theodorakis, Y. (2007, September). "Stop smoking time for exercise". The effectiveness of an intervention program on smoking cessation. *Proceedings of the 12<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p. 351). Halkidiki, Greece.
  46. **Zourbanos, N.**, Hatzigeorgiadis A., Theodorakis Y., Chroni, S. (2006, July). Evidence on the validity of the Automatic Self-Talk Questionnaire for Sports (ASTQS): A preliminary analysis on negative self-talk. *Proceedings of the 10th Annual Congress of European College of Sport Sciences – ECSS* (165-166). Lausanne, Switzerland.
  47. **Zourbanos, N.**, Theodorakis .Y, & Hatzigeorgiadis A. (2006, July). Can significant other's behaviour influence our way of thinking? The effects of positive and negative behaviour on automatic thoughts during a tennis stroke. *Proceedings of the 10th Annual Congress of European College of Sport Sciences – ECSS* (p. 165). Lausanne, Switzerland.
  48. Zisi, V., **Zourbanos, N.**, Theodorakis, Y., & Diggelidis., N. (September, 2006). The Greek version of Activities-specific Balance Confidence (ABC) Scale: A preliminary investigation of validity. *Proceedings of the European Conference on Adapted Physical Activity* (p.11). Oslo, Norway.
  49. **Zourbanos, N.**, Hatzigeorgiadis, A., & Theodorakis, Y. (2006). Self-talk: It works; but how? An investigation on self-talk functions. *Proceedings of the 21<sup>st</sup> Annual Conference of the Association for the Advancement of Applied Sport Psychology* (pp. 31-32), Miami, USA.
  50. Zisi, V., Theodorakis, Y., **Zourbanos, N.**, & Akritidou, A. (2006, November). Differences in Information Processing Speed and Continuous Attention between Fallers and Non-Fallers. *Proceedings of the 59th Gerontological Society of America's - GSA's* (p. 464). Dallas, Texas, USA.
  51. **Zourbanos, N.**, Hardy L., & Woodman, T. (2005, July). A preliminary investigation of the interaction between the big five theory and psychological skills usage upon elite gymnasts' training behaviours. *Proceedings of the 9<sup>th</sup> European Congress of Psychology – ECP* (p. 248). Granada, Spain.

52. **Zourbanos, N.**, Theodorakis, Y., Hatzigeorgiadis, A. (2005, July). Coache's behaviour, social support and athletes' self-talk. *Proceedings of the 10<sup>th</sup> Annual Congress of European College of Sport Sciences – ECSS* (p. 248). Belgrade, Serbia
53. **Zourbanos, N.**, Hardy L., & Woodman T. (2004, July). The interaction between personality and psychological skills upon training behaviours. *Proceedings of the 9<sup>th</sup> Annual Congress of European College of Sport Sciences – ECSS* (p. 38). Clermont-Ferrand, France.
54. **Zourbanos, N.**, & Theodorakis, Y. (2004, August). Athletes' self-talk, coaching behaviour and significant others' positive and negative statements. *Proceedings of the Pre-Olympic Congress* (Vol. 2<sup>nd</sup>, pp. 47-48). Thessaloniki, Greece.
55. Hatzigeorgiadis, A., Theodorakis, Y., & **Zourbanos., N.** (2003). Self-talk in the swimming pool. *Proceedings, 10<sup>th</sup> European Congress of Sport Psychology – FEPSAC* (p.73). Copenhagen, Denmark.
56. Chroni, S., **Zourbanos, N.**, & Theodorakis, Y. (2001, May). Self-talk, self-efficacy, effort, and performance in dart throwing. *Proceedings of the World Congress in Sport Psychology – ISSP* (Vol. 3<sup>rd</sup>, pp. 7-9). Skiathos, Greece.

## 6 INVITED PRESENTATIONS

1. **Zourbanos, N.** (2014). An open discussion with parents about their behaviour during training and competition. A motivational perspective. Renti, Olympiakos Football Club, Athens
2. **Zourbanos, N.** (2014). An open discussion with parents about their behaviour during training and competition. A motivational perspective. Zakynthos, Olympiakos Football Club, Athens.
3. **Zourbanos, N.** (2013). An open discussion with parents about their behaviour during training and competition. A motivational perspective. Vari, Olympiakos Football Club, Athens
4. **Zourbanos, N.** (2012). Parents' behaviour in football. Chalandri, Olympiakos Football Club, Athens
5. **Zourbanos, N.** (2012). The role of parents' behaviour in football. Alimos, Olympiakos Football Club, Athens
6. **Zourbanos, N.** (2012). Parents' behaviour in football. A motivational perspective. Tavros, Olympiakos Football Club, Athens
7. **Zourbanos, N.** (2012). The role of parents' behaviour in football. Rizoupoli, Pathiakakis Football Club, Athens
8. **Zourbanos, N.** (2012). Parents' behaviour in football. A motivational perspective. Palini, Total Football Club, Athens
9. **Zourbanos, N.** (2012). Parents' behaviour in football. A motivational perspective. Chalandri, Lakis Football Club, Athens
10. **Zourbanos, N.** (2012). An introduction to Sport Psychology. Palini, Total Football Club, Athens
11. **Zourbanos, N.** (2012). Parents' behaviour in football. A motivational perspective. Renti, Olympiakos Football Club, Athens
12. **Zourbanos, N.** (2012). Parents' behaviour in football. A motivational perspective. Vari, Olympiakos Football Club, Athens
13. Invited Symposium in the Vlaamse Vereniging voor Sportpsychologie 25 years - VVSP congress, entitled Days of Fundamentals in Sport Psychology. Title: Control. **Zourbanos, N.** (2012). Self-talk in sport, new findings and future research. Vlaamse Vereniging voor Sportpsychologie 25 years - VVSP congress, entitled Days of Fundamentals in Sport Psychology. Ghent, Belgium.

14. Invited Workshop in BLOSO, Ghent, Belgium. **Zourbanos, N.** (2012). Self-talk. BLOSO Expert platform Sport psychology (BES). Gent, Belgium.
15. **Zourbanos, N.** (2011). Empowering coaching. Football Club, Athens.
16. **Zourbanos, N.** (2011). Empowering coaching. Football Club, Athens.
17. Invited Symposium in the 13th European Congress of Sport Psychology – FEPSAC, Funchal, Madeira. Title: Let's (self) talk...in sport: Three Approaches and a Meta-analysis **Zourbanos, N.**, Hatzigeorgiadis, A., & Kalaroglou, S. (2011). The relationship between observable and inherent self-talk in tennis players during competitive performance. Proceedings of the 13th European Congress of Sport Psychology – FEPSAC (p. 198). Funchal, Madeira.
18. Invited Symposium in the 12th European Congress of Sport Psychology – FEPSAC, Halkidiki, Greece. Title: Self-talk: State of the art and perspectives in sport psychology research **Zourbanos, N.**, Hatzigeorgiadis, A., Theodorakis, Y., & Chroni. S. (2007). Evidence on the validity of the Automatic Self-Talk Questionnaire for Sport. Proceedings of the 12th European Congress of Sport Psychology – FEPSAC (p. 137). Halkidiki, Greece.
19. Invited Symposium in the 9th European Conference on Psychological Assessment Title: Measurement and evaluation in sport and physical activity. **Zourbanos, N.**, Hatzigeorgiadis, A., & Theodorakis, Y. (2007). Assessing the structure of athletes' automatic thoughts: The automatic self-talk questionnaire for sports. A preliminary analysis on positive self-talk. Proceedings of the 2nd International Conference of PSNG on Psychological Assessment (p. 166). Thessaloniki, Greece.
1. Chroni, S & **Zourbanos, N.** (2002). Self-talk in Tennis. Research findings and applications. Seminar of Hellenic Tennis Association, Lamia, Greece

## 7 MISCELLANEOUS

- **Editor of the** Official Journal of Hellenic Society of Sport Psychology (2014-τώρα)
- **Member of the editorial board of** Inquiries in Sport & Physical Education
- **Journal Reviewing.** Psychology of Sport and Exercise, Journal of Applied Sport Psychology, Journal of Sports Science and Medicine, International Journal of Sport and Exercise Psychology, International Journal of Sport Psychology, Journal of Sports Sciences, The Sport Psychologist, Bio Med Research Notes, Sport, Exercise, and Performance Psychology, Perceptual and Motor Skills, Journal of Child Neurology, European Psychomotricity Journal, Global Journal for Health & Physical Education Pedagogy, Journal of Early Child Development and Care, Scandinavian Journal of Educational Research, Research Quarterly for Exercise and Sport, Scandinavian Journal of Medicine and Science in Sport, Health and Quality of Life Outcomes, SAGEopen, Αθλητική Ψυχολογία – Official Journal of Hellenic Society of Sport Psychology, Αναζητήσεις στη Φυσική Αγωγή & του Αθλητισμού- Inquiries in Sport & Physical Education
- **Congress organization.** International Conference of Sport Psychology & ENYSSP 6<sup>th</sup> Workshop 2010, Trikala, Greece. (Director of the ENYSSP 6<sup>th</sup> Workshop and Secretary General of the International Conference of Sport Psychology), 12<sup>th</sup> European Congress of Sport Psychology, 2007, FEPSAC, Halkidiki (Secretariat, Director's Assistant), 9<sup>o</sup> National Congress of Sport Psychology, 2006, Trikala (Member of the Secretariat staff), 3<sup>o</sup> International/ 8<sup>o</sup> National Congress of Sport Psychology, 2004, Trikala (Member of the Secretariat staff), 10<sup>o</sup> World Congress of Sport Psychology, 2001, ISSP, Skiathos (Member of the Secretariat staff)
- **Honorary distinctions.** Alexander S. Onassis foundation. Scholarship for master studies in sport psychology. State scholarships foundation (IKY– Greece), Scholarship for phd studies