

Curriculum Vitae



Personal information:

Name: Ioannis

Surname: Morres

Gender: Male

Nationality: Hellenic (Greek)

Valid Driving License

Contact details:

Ioannis D. Morres PhD

Postdoctoral Fellow

Physical Exercise Clinician

University of Thessaly

Dept. Physical Education & Sport Science

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Education and Training

- Outstanding athlete registration, Aristotle University of Thessaloniki, School of Physical Education and Sport Science, 1989, Greece.
- Qualified Lifeguard, Aristotle University of Thessaloniki, 1992, Greece.
- Qualified Volleyball Referee, Hellenic Volleyball Federation, 1992, Greece.
- BSc Physical Education & Sport Science, Aristotle University of Thessaloniki, 1995, Greece.
- Clinical practice at the Hippokration Hospital, Department of Child & Adolescent Psychiatry, Aristotle University of Thessaloniki, 1994, Greece.
- Clinical practice in mental health services, Arhus County, 1997, Denmark.
- European MSc in Adapted Physical Activity, Katholieke Universiteit Leuven, 2000, Belgium.
- Training in Adapted Sport Coaching, Nottinghamshire County, Nottingham, 2000, UK.
- Paralympic Medical Classifier, World Federation Volleyball Disabled, 2001, The Netherlands.
- Doctor of Philosophy, 2017, “Physical activity in major depressed outpatients: A self-determination approach”, University of Thessaly, School of PE & Sport Science, Greece.
- Personal Development of 400 hours (psychoanalytic approach).

Professional Experience

- Experience for 17 years (12.000 hours) as an exercise therapist in National Health Services in Belgium, Denmark, France, Greece, United Kingdom.
- Eight years part-time research associate, Katholieke Universiteit Leuven (2000-2004, Belgium), University of Nottingham (2007-2009 and 2011-2014, UK).
- Advisor Physical Exercise, Nottinghamshire NHS Trust (2007-2009 & 2012 -2014).
- Scientific Consultant, World Federation Volleyball for the Disabled (2007-2009).
- Research & Teaching Assistant, School Physical Education & Sport Science, University of Thessaly, Greece (March 2013-June 2017) contributing to:
 1. Master of Science “Ergospirometry & Rehabilitation”.
 2. European Master of Science “Sport and Exercise Psychology (EMSEP)-Erasmus Mundus”.
- Postdoctoral Fellow, Dept. of Physical Education & Sport Science, University of Thessaly, (September 2017 to present) contributing to:
 1. Master of Science “Ergospirometry & Rehabilitation”.
 2. European Master of Science “Sport and Exercise Psychology (EMSEP)-Erasmus Mundus Programme” based at the University of Thessaly.
 3. Laboratory of Exercise Psychology and Quality of Life.
 5. Undergraduate Modules (SPSS, Health Education, Exercise Health and Quality of Life).

Scientific Recognition

- National Institute for Health Research (NIHR), United Kingdom - 2019
NIHR “Signal” - Aerobic Exercise for the Treatment of Depression
<https://discover.dc.nihr.ac.uk/content/signal-000711/aerobic-exercise-is-an-effective-treatment-for-depression>

Reviewer

- Certificate of Excellence in Reviewing - 2017
International Journal of Psychiatry in Clinical Practice (IF: 1.17), Taylor & Francis.
Top Reviewers <https://www.tandfonline.com/doi/full/10.1080/13651501.2018.1436246>
- Certificate of Outstanding Reviewer
Psychiatry Research (IF: 2.22), Elsevier.
- Invited Reviewer in: J Psychiatr Res (IF: 3.917, Elsevier).
Int J Environ Res Public Health (IF: 2.468, MDPI).

Academic Funding

1. €26,400.00. State Scholarship Foundation (IKY), Greece (2020-2022). Postdoctoral Fellowship for Research. Project title: *Physical exercise as an add-on therapy for depression in primary care*. Recipient: **Ioannis D. Morres**. Supervisor: Professor Antonis Hatzigeorgiadis.
2. €404,875.00. “Erasmus+” European Union, Brussels, Belgium (2020-2021). Collaborative research grant funded by European Union. *“Inter-active living for mental health (In-ALMH)”* Coordinator: Andreopoulos, N. Institutional Coordinator: Professor Theodorakis, Y. Researchers: Professor Goudas, M., Associate Professor Hassandra, M., Dr **Ioannis D. Morres**.
3. £241,000.00. National Institute of Research for Patient Benefit Programme, London, UK (2009). Grant reference no, PB-PG-1208-18097 (completed). PI: Callaghan, P., CI: Khalil, E., **Morres I.D.**, Armstrong, M., Schneider, J., Such, T. *“H.E.A.L.T.H. Help Enabling Active Lifestyles Toward Health in young people with depression”*, The University of Nottingham, UK.
4. £98,000.00. Burdett Trust N. London, UK (2007). Grant reference no, 293/350 (completed). PI: Callaghan P., CI: Khalil E., Owen, S., **Morres I.D.** *“Pragmatic randomized controlled trial of preferred intensity exercise in depressed women”*. The University of Nottingham, UK.

Publications

Peer-reviewed Journals

1. **Morres, I.D.**, Bayre, A.H., Motakis, E., Carter, T., Callaghan, P. (in preparation). A first step towards individual variability of quality of life; Secondary analysis of a pragmatic randomized controlled trial of preferred intensity exercise in depressed women.
2. **Morres, I.D.**, Hatzigeorgiadis, A., Krommidas, C., Comoutos, N., Sideri, E., Ploumpidis, D., Economou, M., Papaioannou, A., Theodorakis, Y. (2019). Objectively measured physical activity and depressive symptoms in adult outpatients diagnosed with major depression. Clinical perspectives. *Psychiatry Research, first view*, (IF: 2.22) <https://doi.org/10.1016/j.psychres.2019.112489>
3. **Morres, I.D.**, Bayre, A.H., Motakis, E., Carter, T., Callaghan, P. (2019). A pragmatic randomized controlled trial of preferred intensity exercise in depressed adult women in the United Kingdom: secondary analysis of individual variability of depression. *BMC Public Health, 19(1)*, 941 (IF: 2.56) <https://doi.org/10.1186/s12889-019-7238-7>
4. **Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin-Cribbie, C., Krommidas, C., Theodorakis, Y. (2019). Aerobic exercise for adult patients with major depressive disorder in mental health services. A systematic review and meta-analysis. *Depression and Anxiety, 36(1)*, 39-53 (IF: 5.04) <https://doi.org/10.1002/da.22842>
5. Angeli, M., Hatzigeorgiadis, A., Comoutos, N., Krommidas, C., **Morres, I.D.**, Theodorakis, Y. (2018). The effects of self-regulation strategies following moderate intensity exercise on ad libitum smoking. *Addictive Behaviors, 87*, 109-114 (IF: 2.96) <https://doi.org/10.1016/j.addbeh.2018.06.029>
6. Schuch, F.B., **Morres, I.D.**, Ekkekakis, P., Rosenbaum, S., Stubbs, B. (2017). Exercise works for depression: bridging the implementation gap and making exercise a core component of treatment. *Acta Neuropsychiatrica, 29, 2*, 124-126 (IF: 2.33) <https://doi.org/10.1017/neu.2017.1>

7. Schuch, F.B., **Morres, I.D.**, Ekkekakis, P., Rosenbaum, S., Stubbs, B. (2017). A critical review on the exercise treatment for clinically depressed adults: Time to get pragmatic. *Acta Neuropsychiatrica*, 29, 2, 65-71 (IF: 2.33) <https://doi.org/10.1017/neu.2016.21>
8. Carter, T., **Morres, I.D.**, Meade, O., Callaghan, P. (2016). The Effect of Exercise on Depressive Symptoms in Adolescents: A Systematic Review and Meta-Analysis *Journal American Academy of Child and Adolescent Psychiatry*, 55,(7), 580-590 (IF: 6.39) <https://doi.org/10.1016/j.jaac.2016.04.016>
9. Carter, T., **Morres, I.**, Repper, J. Callaghan, P. (2016). Exercise for adolescents with depression: valued aspects and perceived change. *Journal of Psychiatric Mental Health Nursing*, 23(1), 37-44 (IF: 2.01, voted paper of 2016) <https://doi.org/10.1111/jpm.12261>
10. Carter, T., Guo, B.L., Turner, D., **Morres, I.**, Khalil, E., Brighton, E., Callaghan, P. (2015). Preferred intensity exercise for adolescents receiving treatment for depression: a pragmatic randomised controlled trial *BMC Psychiatry*, 15:247 (IF: 2.67) <https://doi.org/10.1186/s12888-015-0638-z>
11. Khalil, E., Callaghan, P., Carter, T., **Morres, I.** (2012). Pragmatic randomized controlled trial of an exercise programme to improve wellbeing outcomes in women with depression: Findings from the qualitative component. *Psychology*, 3, 11, 979-986. <http://dx.doi.org/10.4236/psych.2012.311147>
12. Carter, T. Callaghan, Khalil, E., **Morres, I.** (2012). The effectiveness of a preferred intensity exercise programme on the health outcomes of young people with depression: a sequential mixed method evaluation. *BMC Public Health*, 12:187 (IF: 2.56) <https://doi.org/10.1186/1471-2458-12-187>
13. Callaghan, P., Khalil, E., **Morres, I.**, Carter, T. (2011). Pragmatic randomized controlled trial of preferred intensity exercise in women living with depression. *BMC Public Health*, 11:465 (IF: 2.56) <https://doi.org/10.1186/1471-2458-11-465>
14. Callaghan, P., Khalil, E., **Morres, I.** (2009). A prospective evaluation of the Transtheoretical model of change applied to exercise in young people. *Inter Journal Nursing Studies*, 47, 1, 3-12 (IF: 3.65) <https://doi.org/10.1016/j.ijnurstu.2009.06.013>
15. **Morres, I.**, Van de Vliet, P., Knapen, J., Van Coppenolle, H. (2003). Determinants of exercise participation in relationship to severity of clinical depression in adult female psychiatric in-patients. *European Bulletin of Adapted Physical Activity*, 2:2.
16. Van de Vliet, P., Knapen, J., Onghena, P., Fox, K.R., **Morres, I.**, David, A., Van Coppenolle, H., Pieters, H. (2002). The relationship between physical and global self-esteem and negative affects in adult Flemish psychiatric patients. *Psychology of Sport & Exercise*, 3, 309-22 (IF: 2.70) [https://doi.org/10.1016/S1469-0292\(01\)00023-1](https://doi.org/10.1016/S1469-0292(01)00023-1)

Book Sections

1. **Morres, I.D.**, Hatzigeorgiadis, A., Theodorakis, Y. (in press). Depression in obesity. In Martin C., Hunter, L.A., Preedy, V.R., Patel V. and Rajendram, R (Eds.), *The Neuroscience of Depression*. University Press, Elsevier, United Kingdom.
2. **Morres, I.D.**, Hatzigeorgiadis, A., Theodorakis, Y. (in press). Exercise and depression as a primary and comorbid with obesity disorder: a narrative. In Martin C., Hunter, L.A., Preedy, V.R., Patel V. and Rajendram, R (Eds.), *The Neuroscience of Depression*, University Press, Elsevier, United Kingdom.
3. **Morres, I.D.**, Theodorakis, Y. (2019). Depression. In Hackfort D., Schinke R. and Strauss B (Eds.), *Dictionary of Sport Psychology: Sport, Exercise and Performing Arts*, Elsevier, United Kingdom, pp. 74-75.
4. **Morres, I.D.**, Stathi, A., Martinsen, E.W., Sørensen, M. (2014). Physical exercise and major depressive disorder in adult patients. In Papaioannou A.G. and Hackfort D. (Eds.), *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts*, Taylor & Francis, United Kingdom, pp. 823-834.

Published Abstracts

1. **Morres, I.D.**, Hatzigeorgiadis, A., Comoutos, N., Ploumpidis, D. Economou, M., Sideri, E., Maridakis, A., Stamouli, M., Pikouli, K., Loukadakis, M. Theodorakis, Y. (2017). Motivating adult outpatients with major depressive disorder towards physical activity: A self-determination approach. *Journal of Sports Sciences*, 35,1, s1-s113, s39-s40. <https://doi.org/10.1080/02640414.2017.1378421>
2. Carter, T., **Morres, I.D.**, Meade, O., Callaghan, P. (2017). Exercise for depression in adolescents: A meta-analysis of randomised controlled trials. *European Psychiatry*, Vol 41s, s433. <https://doi.org/10.1016/j.eurpsy.2017.01.419>

Peer-reviewed Congresses

Presentations - Greek Congresses

1. **Μωρρές, Ι.Δ.**, Χατζηγεωργιάδης, Α., Κρομμύδας, Χ., Κομούτος, Ν., Σιδέρι, Ε., Πλουμπίδης, Δ., Οικονόμου, Μ., Θεοδωράκης, Ι. (2019). Η αντικειμενικά καταγεγραμμένη φυσική δραστηριότητα σε ενήλικες ασθενείς με διάγνωση μείζονος κατάθλιψης. Στα Πρακτικά (Eds.) του 15ου Πανελληνίου Συνεδρίου Αθλητικής Ψυχολογίας, Αθήνα, 14-16 Δεκεμβρίου, 2018.
2. **Μωρρές, Ι.Δ.**, Gallagher, P., Hinton-Bayre, A., Khalil, E., Carter, T. (2015). Άσκηση και εξατομικευμένη ανάλυση κλινικής σημαντικότητας της ποιότητας ζωής ασθενών με κλινική κατάθλιψη. Συμπόσιο, “Άσκηση σε Υπηρεσίες Ψυχικής Υγείας. Προοπτικές Συνταγογράφησης. Προεδρείο: Καθηγητής Θεοδωρακής Ι., Αναπληρωτής Καθηγητής Χατζηγεωργιάδης Α. Στα Πρακτικά (Eds.) του 23^{ου} Πανελληνίου Συνεδρίου της Ελληνικής Ψυχιατρικής Εταιρείας, Λάρισα, 23-26 Απριλίου, 2015.
3. **Μωρρές, Ι.Δ.**, Χατζηγεωργιάδης, Α., Ζουρμπάνος, Ν., Θεοδωράκης, Γ. (2015). Η αντικαταθλιπτική δράση της άσκησης σε ασθενείς με κλινική κατάθλιψη. Συστηματική βιβλιογραφική ανασκόπηση και μετα-ανάλυση. Συμπόσιο, “Φυσική Άσκηση σε Υπηρεσίες Ψυχικής Υγείας. Προοπτικές Συνταγογράφησης. Προεδρείο: Καθηγητής Θεοδωρακής Ι., Αναπληρωτής Καθηγητής Χατζηγεωργιάδης Α. Στα Πρακτικά (Eds.) του 23^{ου} Πανελληνίου Συνεδρίου της Ελληνικής Ψυχιατρικής Εταιρείας, Λάρισα, 23-26 Απριλίου, 2015.

Presentations - International Congresses

1. **Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin-Cribbie, C., Krommidas, C., Theodorakis, Y. (2019). Aerobic exercise for major depressed adult patients in mental health services. A systematic review and meta-analysis. In the Proceedings (Eds.) of the 15th European Congress of Sport and Exercise Psychology, European Federation of Sport Psychology, 15-20 July, Munster, Germany.
2. **Morres, I.D.**, Hatzigeorgiadis, A., Comoutos, N., Krommidas, C., Ploumpidis, D. Economou, M., Sideri, E., Maridakis, A., Stamouli, M., Pikouli, K., Loukadakis, M. Theodorakis, Y. (2019). Anxiety and psychological needs for exercise in major depressed outpatients. In the Proceeding (Eds.) of the 6th Congress on Neurobiology, Psychopharmacology & Treatment Guidance of the International Society of Neurobiology & Psychopharmacology, June 27-30, Kallithea, Greece.
3. **Morres, I.D.**, Hatzigeorgiadis, A., Krommidas, C., Comoutos, N., Sideri, E., Ploumpidis, D., Economou, M., Papaioannou, A., Theodorakis, Y. (2019). Objectively measured physical activity in clinically diagnosed major depressed adult outpatients. In the Proceedings (Eds.) of the 15th European Congress of Sport and Exercise Psychology, European Federation of Sport Psychology, 15-20 July, Munster, Germany.
4. **Morres, I.D.**, Hatzigeorgiadis, A., Comoutos, N., Ploumpidis, D. Economou, M., Sideri, E., Maridakis, A., Stamouli, M., Pikouli, K., Loukadakis, M. Theodorakis, Y. (2017). Motivating adult outpatients with major depressive disorder towards physical activity: A self-determination approach. British Association Sport Exercise Sciences & European Federation Sport Psychology, 27-29 November, 2017, Nottingham, United Kingdom.
5. Carter, T., **Morres, I.D.**, Meade, O., Callaghan, P. (2017). Exercise for depression in adolescents: A meta-analysis of randomised controlled trials. In the Proceeding (Eds.) of the 25th European Congress of Psychiatry, 1-4 April, Florence, 2017, Italy.
6. **Morres, I.D.**, Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Theodorakis, Y. (2017). Exercise for depression. A systematic review and meta-analysis. In Proceeding (Eds.) 5th Congress on Neurobiology, Psychopharmacology & Treatment Guidance of the International Society of Neurobiology & Psychopharmacology (pp.130), May 25-28, Chalkidiki, Greece.
7. Carter, T. Callaghan, P. Gou, B., **Morres, I.** (2015). Preferred intensity exercise-a useful strategy for young people with depression. Third International Youth Mental Health Conference, Places des Arts, 8-10 October, Montreal, 2015, Canada.
8. **Morres, I.**, Callaghan, P., Hinton-Bayre, A., Khalil, E., Carter, T. (2014). Preferred intensity exercise and intra-individual analysis of quality of life in depressed women. A pragmatic randomized controlled trial. In the Proceedings (Eds.) of the 12th Congress of Sport and Exercise Psychology in Education and Sports. Trikala, 6-7 December, 2014, Greece.
9. Carter, T., Khalil, E., **Morres, I.D.**, Guo, B., Callaghan, P. (2014). The impact of an exercise programme on young people with depression. An embedded mixed methods evaluation. In the Proceeding (Eds.) of the 10th United Kingdom Society for Behavioural Medicine (UKSBM), "Patients, Populations and Policy-makers: behavioural medicine in practice", Nottingham, 3-4 December 2014, United Kingdom.
10. **Morres, I.**, Callaghan, P., Hinton-Bayre A.D., Khalil, E., Carter, T. (2014). A pragmatic randomised controlled trial in female depressed outpatients in the United Kingdom. Intra-individual analysis of depression. In the Proceedings (Eds.) of the 5th European Congress of the International Neuropsychiatric Association, 2nd Interdisciplinary Congress "Psychiatry and Related Sciences". October 30-November 2, 2014, Athens, Greece.

11. Carter, T., Callaghan, P., Khalil, E., **Morres, I.**, Guo, B. (2014). The Impact of an exercise programme on young people with depression. A mixed methods evaluation. In the Proceedings (Eds.) 20th International Network Psychiatric Nursing Research, “Celebrating Mental health Nursing research; Visions of a Future”, 18-19 Sep, Coventry, United Kingdom.
12. **Morres, I.**, Mpassios A., Anastasiou, G., Zourbanos, N., Hatzigeorgiadis A., Theodorakis, Y. (2014). A preliminary examination of the construct validity of the patient health questionnaire-9 in the Greek population. In the Proceedings (Eds.) of the 12th Congress of Sport & Exercise Psychology in Education & Sports. Trikala, 6-7 December, 2014, Greece.
13. Carter, T. Callaghan, P., **Morres, I.**, Khalil, E. (2013). The effects of an exercise programme on young people with depression. A mixed methods evaluation. In the Proceedings (Eds.) of European Psychiatric Research Nursing Congress (pp.32), Oct 31-Nov 2, 2013, Istanbul, Turkey.
14. Carter, T, Callaghan, P., **Morres, I.**, Khalil, E. (2013). A mixed methods evaluation into the effects of exercise on the depressive symptoms of young people with depression: protocol and preliminary qualitative findings. In Proceeding (Eds.) Paediatric Nursing Association. Europe, Congress Paediatric Nursing (pp.17), June 7-8, 2013, Glasgow, United Kingdom.
15. **Morres, I.**, Stathi, A., Arpin-Cribbie, C., Theodorakis, Y. (2013). The dose-response relationship between physical exercise and depression. A systematic review. In the Proceedings (Eds.) of the 21st World Congress of the World Association Social Psychiatry (pp.24), June 29-July 03, 2013, Lisbon, Portugal.
16. Callaghan, P., Khalil, E., **Morres, I.**, Carter, T. (2011). Pragmatic randomized controlled trial of preferred intensity exercise and motivational support in women living with depression. In the Proceedings (Eds.) of the 1st International Symposium of Nursing Intervention Research, Development, Evaluation & Exchange (pp.4), April 6-8, 2011, Montreal, Canada.
17. **Morres, I.**, Callaghan, P. (2011). Advances in the treatment of depression through physical exercise; a pragmatic randomized controlled trial in women living with depression. In the Proceedings (Eds.) of the 4th World Congress on Women’s Mental Health of the International Association of Women’s Mental Health, March 16-19, 2011, Madrid, Spain.
18. **Morres, I.**, Stathi, A., Callaghan, P. Koupidis, A.S. (2010). Exercise on referral for people with depression in the United Kingdom. Symposium “Promoting Active Lifestyles in the Community: Challenges/Opportunities”, Chair: Dr A. Stathi. In the Proceedings (Eds.) of the Sport Psychology, Hellenic Society of Sport Psychology, November 4-7, Trikala, Greece.
19. Khalil, E., Callaghan, P., **Morres, I.**, (2009). Measuring the exercise benefits to depressed women: Quantitative vs. qualitative findings. In the Proceedings (Eds.) of the 15th International Network of Psychiatric Nursing Research (pp.117-18), September 24-25, 2009, Oxford, United Kingdom.
20. **Morres, I.**, Callaghan, P., Martinsen, E.W. (2008). The antidepressant effects of exercise on clinically depressed adults. A systematic review. In the Proceedings (Eds.) Intern. Congress, “Healthy People for a Healthy World” (pp.81-82), June 25-27, 2008, Bangkok, Thailand.
21. **Morres, I.**, Van de Vliet, P., Koutsi, E., Van Coppenolle, H. (2006). Self-esteem and habitual physical activity in clinically depressed patients. In the Proceedings (Eds.) IX World Congress World Association Psychosocial Rehabilitation (pp.56-57), October 12-15, 2006, Athens, Greece.

22. **Morres, I.**, Martinsen, E. W., Koutsi, E., Callaghan, P. (2006). Physical exercise and clinical depression. In the Proceedings (Eds.) of the IX World Congress World Association Psychosocial Rehabilitation (pp.61-62), October 12-15, 2006, Athens, Greece.
23. **Morres, I.**, Mustafin, P., Katsis, C., Koutsi, E., Milanese, C. Papaioannou, G. (2006). Sitting-volleyball medical classification system. Contradictions and recommendations towards the sport specific-classification principles. In the Proceedings (Eds.) of the Vista 2006 Conference of the International Paralympic Committee “Classification-Solutions for the future” (pp.16-17), May 6-7, 2006, Bonn, Germany.
24. **Morres, I.**, Martinsen, E.W. (2005). Exercise as a complementary psychiatric treatment for clinically depressed patients. Review of the literature and research outlines. In the Proceedings (Eds.) of the International Congress of the World Psychiatric Association, “Advances in Psychiatry”, Vol 1 (pp.142) March 12-15, 2005, Athens, Greece.
25. **Morres, I.**, Martinsen, E.W. (2005). The antidepressant effect of physical exercise. Symposium “Physical Exercise and Mental Health”, Chair: Professor E.W. Martinsen. In the Proceedings (Eds.) of the European Congress of the European Association of Behavioural & Cognitive Therapists “Integrative Science”, October 17-19, 2005, Thessaloniki, Greece.
26. Papaioannou, G., Protopapas, V., Glaros, K., **Morres, I.**, Tsopelas, k. Fotiadis, D. (2005). Teksan pressure sensor equilibration and conditioning. In the Proceedings (Eds.) of the 3rd European Medical & Biological Conference IFMBE European Conference on Biomedical Engineering (pp. 88), November 20-25, 2005, Prague, Czech Republic.
27. **Morres, I.**, Mustafin, P. (2004). Sitting-volleyball task analysis and the relationship between classification and performance amongst male elite sitting volleyball players with and without a disability: a pilot study. In V. Klisouras et al (Eds.), Proceedings Pre-Olympic Congress “Sport Science through Ages (pp.441-42), August 6-11, 2004, Thessaloniki, Greece.
28. **Morres, I.** (2003). Psychophysiological approaches to clinical depression; a way forward. In the Proceedings of E. Muller et al. (Eds.), 8th Congress of the European College Sport Sciences, (pp.115-116), July 9-12, 2003, Salzburg, Austria.
29. Van de Vliet, P., Knapen, J., David, A., **Morres, I.**, Van Coppenolle, H. (2003). Physical, global self-esteem negative affects in Flemish adult psychiatric patients. In the Proceedings (Eds.) of the 13th International Symposium of the Adapted Physical Activity, “Towards a Society for all-through Adapted Physical Activity” (pp.404-09), July 3-7, 2003, Vienna, Austria.
30. **Morres, I.**, Van de Vliet, P., Knapen, J., Van Coppenolle, H. (2002). Physical activity determinants in adult female psychiatric in-patients diagnosed with clinical depression. In the Proceedings (Eds.) 6th European Congress European Association Adapted Physical Activity (pp.45-51), Universite de Picardie Jules Verne, Oct 30-Nov 02, 2002, Amiens, France.

International Seminar Lecturing

1. **Morres, I.D.** (2018). Physical Exercise and Major Depressive Disorder. Towards Exercise on Prescription in Greece. In the 1st European Conference, 'Sport & Physical Activity for Mental Health: From theory to practice', Auditorium-Ministry of Digital Policy, Telecommunications & Media, October 23-24, 2018. Athens, Greece.
2. **Morres, I.D.** (2003). People with disabilities and athleticism. Sociological perspectives. Keynote Lecturing in the World Symposium "The Fine Art of Adapted Coaching", Netherlands National Paralympic Committee and Stichting Promotie Gnsportehandicapte Nederland, November 6-9, 2003, Roermond, The Netherlands.
3. **Morres, I.D.** (2003). Coaching-training athletes with disabilities. Psychophysiological considerations. Lecturing in the World Symposium "The Fine Art of Adapted Coaching", Netherlands National Paralympic Committee and Stichting Promotie Gnsportehandicapte Nederland, November 6-9, 2003, Roermond, The Netherlands.

Memberships:

1. European Federation of Sport Psychology (FEPSAC).
2. European Federation of Adapted Physical Activity (EUFAPA).

PC skills

1. SPSS
2. Review Manager (RevMan)
3. Comprehensive Meta-Analysis (CMA)
4. Meta-Essentials V1
5. Open Meta Analyst