

# CURRICULUM VITAE

Evangelos Galanis



Trikala, Greece  
2014

## **PERSONAL INFORMATION**

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First Name: Evangelos

Last Name: Galanis

Citizenships: Greek

Gender: Male

Date of Birth: January 4<sup>th</sup> 1987

## **ADDRESS FOR CORRESPONDENCE**

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### **Home address**

Amalias 26

42100, Trikala

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### **Office**

Department of Physical Education and Sport Sciences

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## **STUDIES**

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- 2011-Today    **Doctor of Philosophy**  
Department of Physical Education and Sport Sciences  
University of Thessaly  
Trikala, Greece
- 2013         **Master of Sport Sciences**  
Department of Sport and Health Sciences  
University of Jyväskylä  
Jyväskylä, Finland  
(double degree programme)
- 2011         **Master of Sciences in Exercise Psychology**  
Department of Physical Education and Sport Sciences  
University of Thessaly  
Trikala, Greece
- 2010         **European Master's Programme in Sport and Exercise Psychology**

Intensive Course  
University of Leuven  
Leuven, Belgium

2008            **Bachelor in Physical Education and Sport Sciences**  
Department of Physical Education & Sport Sciences  
University of Thessaly  
Trikala, Greece

## **EMPLOYMENT**

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2010 – Today        Administrative Staff of European Master’s in Sport and Exercise  
Psychology (EMSEP) – Erasmus Mundus Program  
University of Thessaly

2013                Intern Employer at Heymans Institute for Psychological  
Research – Eye Tracker System  
University of Groningen

## **RESEARCH**

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### **Master – Dissertation**

“The effects of a self-talk intervention program on competitive sport performance in young swimmers”

### **Bachelor – Dissertation**

“The effects of goal attainment expectancies on coping strategies during swimming competitions”

### **Journal Articles (Refereed)**

Hatzigeorgiadis, A., Galanis, E., Zourbanos, N., & Theodorakis, Y. (2014). A self-talk intervention for competitive sport performance. *Journal of Applied Sport Psychology*, 26, 82-95. [IF: 1.55]

Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and sport performance: A meta-analysis. *Perspective on Psychological Science*, 6, 348-356. [IF: 7.51]

**Total Citation Index: (SCOPUS: 17) / (GOOGLE SCHOLAR: 40)**

### **Journal Articles (Non-Refereed)**

\*Galanis, E. (2010). Coping strategies used by marathon athletes during the competition. *Runner Magazine*, 43, 62-64.

### **Short papers in congress proceedings**

- \*Galanis, E., Tamvakis, V., Zourbanos, N., & Hatzigeorgiadis, A. (2012). The perceived functions of self-talk during interventions in swimming and basketball. *Proceedings, 12<sup>th</sup> National Congress of Sport Psychology*, (pp. 74-76), Athens, Greece.
- \*Salogiannis, Y., Argyropoulos, C., Mylonopoulos, A., & Galanis, E. (2012). Team cohesion and coping strategies of individual sports athletes. *Proceedings, 12<sup>th</sup> National Congress of Sport Psychology*, (pp. 142-144), Athens, Greece.
- \*Galanis, E., Stavrou, V., & Hatzigeorgiadis, A. (2010). From training to practice: Relationships between training behaviours and pre-competitive anxiety among swimmers. *Proceedings, 18<sup>th</sup> International Congress of Physical Education and Sport*, Komotini, Greece.
- Galanis, E., Tsiakaras, N., Salogiannis, Y., Zourbanos, N., & Hatzigeorgiadis, A. (2009). Coaches influences: Relationships between coaching behaviours and coping in wrestling competition. *Proceedings, 5<sup>th</sup> Workshop European Network of Young Specialists in Sport Psychology*, (pp. 31-33), Bolzano, Italy.
- Zourbanos, N., Hatzigeorgiadis, A., Galanis, E., & Theodorakis, Y. (2009). Self-talk and the social milieu in sports. *Proceedings, 5<sup>th</sup> Workshop European Network of Young Specialists in Sport Psychology*, (pp. 13-15), Bolzano, Italy.
- \*Galanis, E., Tsapou, O., & Hatzigeorgiadis, A. (2008). Motivational climate and fair-play behaviours in 5<sup>th</sup> and 6<sup>th</sup> grade primary school children. *Proceedings, 10<sup>th</sup> National Congress of Sport Psychology*, (pp. 135-137), Athens, Greece.

### **Abstracts in congress proceedings**

- \*Galanis, E., Argyropoulos, C., Krommidas, C., & Hatzigeorgiadis, A. (2014). Self-talk mechanisms: Examination of focused attention through the Vienna Test System. *Proceedings, 22<sup>nd</sup> International Congress of Physical Education and Sport*, (p. 109), Komotini, Greece.
- \*Bassios, A., Hatzigeorgiadis, A., Galanis, E., & Zourbanos, N. (2014). The relationship between team cohesion and self-talk in young football players. *Proceedings, 22<sup>nd</sup> International Congress of Physical Education and Sport*, (p. 80), Komotini, Greece.
- \*Krommidas, C., Georgiou, A., Galanis, E., Papaioannou, A., Zourbanos, N., Tzioumakis, Y., & Keramidas, P. (2014). Self-report physical activity (PA) of youth soccer players and the relationship of PA with self-determination theory, achievement goals, empowering coaching climate and planned behaviour theory. *Proceedings, 22<sup>nd</sup> International Congress of Physical Education and Sport*, (p. 78), Komotini, Greece.
- \*Krommidas, C., Papaioannou, A., Galanis, E., Zourbanos, N., Tzioumakis, Y., 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*,

- 22<sup>nd</sup> International Congress of Physical Education and Sport*, (p. 4), Komotini, Greece.
- \*Tzioumakis, Y., Papaioannou, A., Digelidis, N., Tessier, D., Smith, N., Duda, J.L., Quested, E., Sarrazin, P., Zourbanos, N., Krommidas, C., Keramidas, P., & Galanis, E. (2014). A validated systematic observation instrument aiming at assessing the objective coach initiated motivational climate in youth football. *Proceedings, 22<sup>nd</sup> International Congress of Physical Education and Sport*, (p. 2), Komotini, Greece.
- \*Digelidis, N., Tzioumakis, Y., Papaioannou, A., Zourbanos, N., Krommidas, C., Keramidas, P., & Galanis, E. (2014). Assessing coach motivation: Using constructs from the approach-avoidance achievement goal framework and self-determination theory. *Proceedings, 22<sup>nd</sup> International Congress of Physical Education and Sport*, (p. 1), Komotini, Greece.
- \*Krommidas, C., Galanis, E., Spyrou, K., Zourbanos, N., Tzioumakis, I., & Papaioannou, A. (2014). Measuring physical activity levels with motion sensors and BMI in a sample of university students. *Proceedings, 17<sup>th</sup> National Congress of Physical Education and Sport*, (p. 157), Thessaloniki, Greece.
- Galanis, E., Theodorakis, Y., & Hatzigeorgiadis, A. (2013). The effectiveness of a self-talk intervention on competitive performance in young swimmers. *Proceedings, FEPSAC European Conference of Sport Psychology*, (pp. 20-21), Paris, France.
- \*Argyropoulos, C., Delere, K., Patsiaouras, A., Soulas, D., & Galanis, E. (2013). Coaches' leadership behavior of individual sports: A preliminary study on the role of demographic characteristics. *Proceedings, 21<sup>st</sup> International Congress of Physical Education and Sport*, (p. 9), Komotini, Greece.
- Krommidas, C., Van Hoya, A., Fenton, S.A.M., Galanis, E., Bosselut, D., 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, 17<sup>th</sup> Annual Congress of the European College of Sport Science* (p. 387), Bruges, Belgium.
- \*Galanis, E., Zourbanos, N., Krommidas, C., & Hatzigeorgiadis, A. (2012). The effects of a self-talk intervention program on sport performance in young swimmers. *Proceedings, 20<sup>th</sup> International Congress of Physical Education and Sport*, (p. 3), Komotini, Greece.
- Galanis, E., Hatzigeorgiadis, A., & Tsianos, G.I. (2011). The English Channel crossing: Unique evidence on emotional states before and during the event. *Proceedings 13<sup>th</sup> FEPSAC European Conference of Sport Psychology*, (p. 333), Madeira, Portugal.
- Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Do self-talk interventions improve performance in sport? Yes, they do! Meta-analytic evidence. *Proceedings 13<sup>th</sup> FEPSAC European Conference of Sport Psychology*, (p. 197), Madeira, Portugal.
- \*Tsiakaras, N., Galanis, E., Ntani, S., & Hatzigeorgiadis, A. (2011). Exploration and Evaluation of performance components in wrestling. *Proceedings, 19<sup>th</sup> International Congress of Physical Education and Sport*, (p. 7), Komotini, Greece.
- Galanis, E., Hatzigeorgiadis, A., Kouli, O., & Valomandra, A. (2010). Ethic and cultural identity as a function of sport participation. *Proceedings, International Conference of Sport Psychology, Hellenic Society of Sport*

- Psychology & ENYSSP Workshop 2010, European Network of Young Specialists in Sport Psychology*, (p. 53), Trikala, Greece.
- \*Tsiakaras, N., Zourbanos, N., Galanis, E., & Hatzigeorgiadis, A. (2010). Exploration and evaluation of performance components in wrestling. *Proceedings, 18<sup>th</sup> International Congress of Physical Education and Sport*, (pp. 5-6), Komotini, Greece.
- Galanis, E., Hatzigeorgiadis, A., Chroni, S., & Stavrou, V. (2009). Approach and avoidance coping in competition as a function of goal attainment expectancies in competitive swimmers. *Proceedings, 12<sup>th</sup> World Congress of Sport Psychology*, (pp. 258-259), Marrakesh, Morocco.
- Hatzigeorgiadis, A., Galanis, E., Chroni, S., & Stavrou, V. (2009). Testing the predictions of the control process theory in field: The regulating role of goal attainment expectancies in the anxiety – effort relationship in national level swimmers. *Proceedings, 12<sup>th</sup> World Congress of Sport Psychology*, (pp. 53-54), Marrakesh, Morocco.
- \*Galanis, E., Salogiannis, J., Kouli, O., & Hatzigeorgiadis, A. (2009). Coping strategies in team sport athletes: The role of team cohesion. *Proceedings, 17<sup>th</sup> International Congress of Physical Education and Sport*, (p. 8), Komotini, Greece.
- \*Salogiannis, J., Galanis, E., Kouli, O., & Hatzigeorgiadis, A. (2009). Team cohesion: A preliminary study on the role of demographic characteristics and sport participation. *Proceedings, 17<sup>th</sup> International Congress of Physical Education and Sport*, (pp. 20-21), Komotini, Greece.
- Stavrou V., Galanis, E., Voutselas, V., Hatzigeorgiadis, A. (2008). Training related behaviours and self-talk during competition in competitive swimmers. *Proceedings, 13<sup>th</sup> Annual Congress of the European College of Sport Science* (p. 175), Estoril, Portugal.
- \*Galanis, E., Stavrou, V., & Hatzigeorgiadis A. (2008). From training to competition: Relationships between training behaviours and competitive anxiety in swimmers. *Proceedings, 16<sup>th</sup> International Congress of Physical Education and Sport*, (pp. 13-14), Komotini, Greece.
- \*Galanis, E., Barlas, A., Koustelios, A., & Mantis, K. (2008). Evaluation of ski centers' service quality by physical education students. *Proceedings, 16<sup>th</sup> International Congress of Physical Education and Sport*, (p. 237), Komotini, Greece.
- \*Galanis, E., Stavrou, V., & Hatzigeorgiadis A. (2008). The effect of goal attainment expectancies on approach and avoidance coping strategies in swimmers. *Proceedings, 11<sup>th</sup> National Congress of Physical Education and Sport*, (p. 114), Thessaloniki, Greece.
- \*Palasxas, P., Galanis, E., Kokaridas, D., Magouritsa, G., & Patsiaouras, A. (2008). A behaviour examination of swimming coaches toward the perspective of teaching individuals with cerebral palsy. *Proceedings, 11<sup>th</sup> National Congress of Physical Education and Sport*, (p. 65), Thessaloniki, Greece.
- \* References with asterisk have been translated from Greek.

## **PARTICIPATION IN FUNDED PROJECTS**

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Project Title: Promoting adolescent health through an intervention aimed at improving the quality of their participation in physical activity (PAPA).

Project Leader: Joan Duda, University of Birmingham  
Departmental Representative: Athanasios Papaioannou, University of Thessaly  
Financing of Scientific Activities: EU Commission's Seventh Framework Programme (Health) (total budget 3.000.000 €)  
Researcher

Project Title: Physical Activity and nutritional habits in primary school children in West Thessaly.  
Project Leader: Vassilios Gerodimos  
Financing of Scientific Activities: Research Committee of the University of Thessaly (total budget 60.000 €)  
Project Code: 3779  
Researcher

Project Title: Anxiety and performance in competitive swimming: Testing the processing efficiency and the control process models.  
Project Leader: Antonis Hatzigeorgiadis  
Financing of Scientific Activities: Research Committee of the University of Thessaly (total budget 2.894 €)  
Project Code: 3549  
Researcher

## **AWARDS**

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| 2013 | 1 <sup>st</sup> Price (500 €) in the poster presentation competition of Young Researchers Award 2013 (18-19/5/2013, Paris, France) at FEPSAC European Federation of Sport Psychology. The presentation titled: "The effectiveness of a self-talk intervention on competitive performance in young swimmers". |
| 2013 | 3.550 € Scholarship for Doctoral studies in Sport Psychology<br>Erasmus Programme – Internship   |
| 2011 | 1.200 € Scholarship for Master studies in Exercise Psychology<br>Research Committee – University of Thessaly   |
| 2010 | 3.000 € Scholarship for Master studies in Sport Sciences<br>Erasmus Programme – Studies  |
| 2010 | 800 € Scholarship for European Master in Sport and Exercise Psychology – Intensive Course<br>European Commission   |

## **FOREIGN LANGUAGE**

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Test of English for International Communication (TOEIC), Mark 795  
Education Testing Service, Chauncey, USA

## **ATTENDANCE IN CONFERENCES-SEMINARS**

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- 2014 22<sup>nd</sup> International Congress on Physical Education and Sport
- 2013 FEPSAC European Congress of Sport Psychology
- 2012 20<sup>th</sup> International Congress on Physical Education and Sport  
12<sup>th</sup> National Congress of Sport Psychology
- 2011 13<sup>th</sup> FEPSAC European Congress of Sport Psychology  
Scientific Seminar: Empowering coaching – PAPA Project
- 2010 18<sup>th</sup> International Congress on Physical Education and Sport  
11<sup>th</sup> National Congress of Sport Psychology  
6<sup>th</sup> Workshop European Network of Young Specialists in Sport Psychology
- 2009 5<sup>th</sup> Workshop European Network of Young Specialists in Sport Psychology  
12<sup>th</sup> World Congress of Sport Psychology  
17<sup>th</sup> International Congress on Physical Education and Sport
- 2008 7<sup>th</sup> National Congress of Swimming Coaches  
International Meeting «Youth sport: A gender perspective»  
10<sup>th</sup> National Congress of Sport Psychology  
16<sup>th</sup> International Congress on Physical Education and Sport  
11<sup>th</sup> National Congress on Physical Education and Sport
- 2007 2<sup>nd</sup> International Conference on Football  
2<sup>nd</sup> National Congress on Recreation, Leisure Time and Sport Tourism  
15<sup>th</sup> International Congress on Physical Education and Sport
- 2006 5<sup>th</sup> National Congress of Swimming Coaches  
9<sup>th</sup> National Congress of Sport Psychology  
Scientific Seminar: Self-regulation in competitive sport  
Scientific Seminar: I don't smoke – I exercise
- 2005 4<sup>th</sup> National Congress of Swimming Coaches

## **SPORTING ACHIEVEMENTS**

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- 2007 7<sup>th</sup> place in National Swimming Championship (open)
- 2006 7<sup>th</sup> place in National Swimming Championship (open)
- 2004 1<sup>st</sup> place in Balkan Games (Serbia) (under 19)  
2<sup>nd</sup> place in National Swimming Championship (under 19)
- 2003 1<sup>st</sup> place in National Swimming Championship (age-group)  
8<sup>th</sup> place in European Swimming Festival (France) (age-group)
- 2002 2<sup>nd</sup> place in National Swimming Championship (age-group)
- 2001 1<sup>st</sup> place in National Swimming Championship (age-group)
- 2000 2<sup>nd</sup> place in National Swimming Championship (age-group)

## **OTHER QUALIFICATIONS**

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Swimming teacher for people with disabilities - Halliwick Association of Swimming Therapy

Lifeguard – Lifeguard Hellas Training Center

First Aids – Lifeguard Hellas Training Center

Swimming Judge – National Swimming Federation

Football referee for Local League 3<sup>rd</sup> Division – National Association of Football Referees

## **MEMBER OF SCIENTIFIC ASSOCIATION**

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International Society of Sport Psychology (ISSP)

European Federation of Sport Psychology (FEPSAC)

European Network of Young Specialists in Sport Psychology (ENYSSP)

Hellenic Society of Sport Psychology (HSSP)