



ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ  
CYPRUS AGENCY OF QUALITY ASSURANCE AND ACCREDITATION IN HIGHER EDUCATION



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PHILIPS UNIVERSITY

**RAFAILIA ZAVROU**

Lecturer



### Academic Personnel Short Profile / Short CV

<b>University:</b>	PHILIPS UNIVERSITY
<b>Surname:</b>	ZAVROU
<b>Name:</b>	RAFAILIA
<b>Rank/Position:</b>	Lecturer (Visiting)
<b>Faculty:</b>	Education and Sciences
<b>Department:</b>	Social and Behavioural Sciences
<b>Scientific Domain: *</b>	Mental Health Nursing

*\* Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2016-2023	Cyprus University of Technology	Department of Nursing	Exploration of the lived experience of parents who lost their child to suicide.
Grief Support Certification Online Training	2016-2017	Taking Flight International Corporation Canada	Grief Support	
Master Degree	2014-2015	European University Cyprus	Department of Nursing	Mental Health Nursing
Bachelor Degree	2009-2013	Cyprus University of Technology	Department of Nursing	Investigation of the relationship between childhood sexual abuse and the development of depressive disorder in adult life.



### Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
2024	Present	Philips University	Nicosia, Cyprus	Visiting Lecturer
2024	Present	Cyprus University of Technology	Limassol, Cyprus	Special Scientist in Teaching
2022	2023	Cyprus University of Technology	Limassol, Cyprus	External Associate
2018	2020	Cyprus University of Technology	Limassol, Cyprus	Teaching Assistant

**Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)**

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2023	Qualitative inquiry into the experience of suicide loss, aftereffects and coping strategies of suicide-bereaved Greek-speaking parents in Cyprus	Zavrou R, Charalambous A, Papastavrou E, Koutroubas A, Karanikola M	International Journal of Qualitative Studies in Health & Well-being	18	1
2	2023	Mental health status and stressful life events among postgraduate nursing students in Cyprus: a cross-sectional descriptive correlational study	Sokratous S, Alexandrou G, Zavrou R, Karanikola M	BMC Nursing	22	294
3	2023	Trying to keep alive a non -traumatizing memory of the deceased: A meta - synthesis on the interpretation of loss in suicide - bereaved family members, their coping strategies and the effects on them	Zavrou R., Charalambous A, Papastavrou E, Koutrouba A, Karanikola M.	Journal Psychiatric Mental Health Nursing	30	182
4	2021	Missed Nursing Care Among Patients With Dementia During Hospitalization: An Observation Study	Evripidou M, Merkouris A, Charalambous A,Zavrou R., Karanikola M, Papastavrou E.	Research in Gerontological Nursing	14	150



5	2020	Is there any association among depressive symptoms, job satisfaction and self-assessed empathy? A correlational study in Greek Psychiatric/Mental Health Nurses.	Karanikola MNK, Zartaloudi A, Nystazaki M, Zavrou, R., Papathanassoglou EDE.	Archives of Psychiatric Nursing	34	230
6	2018	School bullying victimization: A public health issue.	Karanikola M, Zavrou, R., Hatzioannou A.	Hellenic Journal of Nursing	57	138
7	2016	Exploration of the Lived Experience of Individuals Who Lost a Family Member to Suicide.	Zavrou, R., Karanikola M., & Papastavrou, E.	Hellenic Journal of Nursing , Nosileftiki	55	4

Exhibitions (where applicable). List the five (5) more recent and other five (5) selected. (max total 10)					
Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1	2024	"Unveiling the Shadows': Understanding Self-Destructive Behavior in Adolescents and Young Adults."	Local  1st Scientific Conference on Child & Adolescent Mental Health Nursing. Cyprus University of Technology	Limassol, Cyprus	Conference Presidium, Oral Presentation
2	2023	"An Elephant in the Room: Examining the Role of Nurses in Addressing Self- Destructive Behaviors."	Local  PASDY Conference/ University of Nicosia	Via zoom	Oral Presentation
3	2023	"Prevention and Coping Strategies for Self- Destructive Behaviors: A Study of the Cypriot Context."	Local  Ministry of Health OKYPY University of Cyprus	Nicosia, Cyprus	Round table – Oral Presentation

4	2023	"The 'dark side' of social media and its impact on an individual's mental health."	Local  PASYDY Conference/ Philips University	Via Zoom	Oral Presentation
5	2022	"The Role of Mental Health Nurses in Managing Individuals with Self-Destructive Behaviors."	Local  Conference "Mental Health First Aid", Department of Mental Health (PASYNM)	Agros, Limassol	Oral Presentation
6	2022	"Exploring the Lived Experiences of Parents Who Lost a Child to Suicide."	Local  Cyprus Congress of Nurses and Midwives	Agros, Limassol	Oral Presentation
7	2019	"Preliminary Findings from a Qualitative Investigation of Parental Bereavement Experiences Following the Suicide of a Child."	Local  Cyprus Congress of Nurses and Midwives	Limassol, Cyprus	Oral Presentation
8	2019	"Exploring the Lived Experiences of Parents Whose Offspring Have Committed Suicide."	International  27th European Congress of Psychiatry- European Psychiatric	Warsaw, Poland	Poster presentation



			Association		
9	2017	"The Right to Exist: Legal Frameworks, Human Rights for Mental Health Sufferers, and Ethical Dilemmas Faced by Nurses."	Local Mental Health Services	Limassol, Cyprus	Oral Presentation
10	2016	"Systematic Review of Qualitative Studies on the Grieving Experiences of Individuals Affected by a Family Member's Suicide."	Local Cyprus Congress of Nurses and Midwives.	Nicosia, Cyprus	Oral Presentation
11	2016	"Exploring the Experiences of Family Members Following the Suicide of a Relative".	International Hellenic Congress of Nursing	Syros, Greece	Oral Presentation

*\*Specify venue, geographic location etc*



Research Projects. List the five (5) more recent and other five (5) selected (max total 10)				
Ref. Number	Date	Title	Funded by	Project Role*
1	2023	Exploration of the Lived Experience of Individuals Who Lost a Family Member to Suicide.		Main Researcher
2	2020	The lived experience of women with breast cancer.		Qualitative data analysis
3	2019	Implementation of an educational program to increase knowledge and reduce omissions in the care of patients with dementia among nurses		Qualitative data analysis

\*Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other



**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.  
List the five (5) more recent (Optional Entry)**

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1				

**Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.  
(max total 10) (Optional Entry)**

Ref. Number	Date	Title	Awarded by:
1	06/ 2015	First prize in Master degree/ Top graduate in the School of Health Sciences.	European University Cyprus
2			

**Other Achievements. List the five (5) more recent and other five (5) selected.  
(max total 10) (Optional Entry)**

Ref. Number	Date	Title	Key Activities:
1			