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Admissions Committee ManagiDiTH Master's Programme

Dear Members of the Admissions Committee,

I am writing to express my keen interest in the Master's Degree in Managing Digital Transformation in the Health Sector (ManagiDiTH). With a strong foundation in nutrition, clinical mental health, and digital innovation, I am eager to expand my expertise in digital health transformation and its interdisciplinary applications.

Throughout my academic and professional journey, I have pursued knowledge at the intersection of health, technology, and the social sciences. My MSc in Clinical Mental Health provided me with a deep understanding of the complex interplay between nutrition and mental well-being, while my second master's degree in Philosophical, Pedagogical, and Interdisciplinary Anthropology has refined my ability to critically analyze societal and behavioral patterns that influence healthcare systems. This unique combination of scientific and humanistic perspectives has reinforced my belief that technology should be leveraged to create holistic, patient-centered healthcare solutions.

As a research associate and assistant, I engaged in a diverse range of research areas, spanning food insecurity and sustainability, eating disorders, nutritional psychiatry, and the integration of emerging technologies in nutrition education. My work has bridged multiple disciplines - combining public health, neuroscience, and digital innovation - to explore holistic, data-driven solutions for complex healthcare challenges. These experiences have reinforced the critical need for digital transformation in healthcare, not only to enhance accessibility and efficiency but also to drive innovation through interdisciplinary, evidence-based interventions. Recognizing this, I also founded NutriCortex - Psychonutritional Care & Support, an initiative that integrates psychonutritional methodologies and new technologies to combat diet culture and promote mental well-being.

Additionally, as the 1st Lead Dietitian at the Eating Disorders Clinic-3rd Psychiatry Department of AHEPA University Hospital, I worked closely with multidisciplinary teams to develop therapeutic protocols for individuals with eating disorders and psychiatric conditions. These roles have highlighted the urgent need for data-driven, interoperable digital health solutions that can bridge the gap between clinical nutrition, mental health, and digital healthcare systems.

The ManagiDiTH program's interdisciplinary approach - combining digital skills, societal insights, and healthcare innovation - aligns perfectly with my career aspirations. I see immense potential in harnessing big data, AI, and digital infrastructures to transform the landscape of nutrition and mental health care. Moreover, the program's emphasis on multicultural collaboration and real-world applications resonates with my experiences in EIT Health Training and international research initiatives.

Upon completing the ManagiDiTH program, I intend to apply my knowledge to drive digital innovation in nutrition, mental health and public health. My goal is to contribute to developing AI-driven, patient-centered interventions that integrate behavioral insights, clinical mental health nutrition, and digital health technologies to enhance healthcare accessibility and outcomes.

I am confident that ManagiDiTH will equip me with the tools to bridge the gap between technology, nutrition, and mental health while providing me with a dynamic and collaborative learning environment. I look forward to the opportunity to contribute to this vibrant community and to further develop innovative solutions for the evolving digital healthcare landscape.

Thank you for your time and consideration. I eagerly anticipate the possibility of joining the ManagiDiTH program.

Sincerely,

Aphrodite Tzortzi

