



Afrodite Tzortzi

Nationality: Greek **Date of birth:** 26/02/1995 **Gender:** Female

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WORK EXPERIENCE

Research Assistant

Aristotle University of Thessaloniki, AUTH [2024 – Current]

City: Thessaloniki | Country: Greece

Researching **digital health, nutritional psychiatry, and emerging health technologies**. Contributing to **AI-driven healthcare solutions, publications, and interdisciplinary projects** to enhance patient care and accessibility.

Founder of NutriCortex - Psychonutritional Care & Support

Self Employed [2024 – Current]

City: Thessaloniki | Country: Greece

Developing **innovative psychonutritional approaches** integrating **mental health, nutrition, and digital tools**. Focused on **brain health, eating disorders, and trauma-informed care**, promoting **inclusive and evidence-based nutrition support**.

Lead Dietitian-Nutritionist

3rd Psychiatry Department, AHEPA University Hospital [2024]

City: Thessaloniki | Country: Greece

Provided **specialized psychonutritional care** for patients with **eating disorders and mental health conditions**. Developed **therapeutic nutrition protocols** in collaboration with multidisciplinary teams.

Lead Dietitian-Nutritionist

Nutrition Center A. Antoniadou [2023 – 2024]

City: Thessaloniki | Country: Greece

Managed **three branches** in Thessaloniki and Khalkidhiki, overseeing **190+ cases** (ADHD, Autism, PTSD, Eating Disorders, etc.).

Designed **therapeutic nutrition strategies** and innovative **education initiatives (mindful & intuitive eating)**.

Sales Manager in the Health and Supplements Department.

Research Associate & Co-founder

SpA3ce Tech [2021 – 2024]

City: Thessaloniki | Country: Greece

Conducted research on **nutrition, physical activity, and stress management in space environments**. Led **science communication efforts and social media engagement**.

Research Intern

NewSpace Pioneers [2021]

City: Thessaloniki | Country: Greece

Investigated **muscle mass preservation and homeostasis in microgravity environments**. Co-authored research on **nutrition and stress in extreme environments**.

Dietitian for Nursery Schools - Internship

Municipality of Naoussa [2017 – 2018]

City: Naoussa | Country: Greece

Provided **nutritional guidance** and meal planning for young children.

Designed **nutrition education programs** for parents and educators.

Promoted **healthy eating habits** and childhood well-being through interactive workshops.

EDUCATION AND TRAINING

MSc Philosophical, Pedagogical, and Interdisciplinary Anthropology

Aristotle University of Thessaloniki (AUTH)-Thesis Submission Stage [2021 – Current]

City: Thessaloniki | Country: Greece | Website: <https://www.edlit.auth.gr/dpms-filosofias/>

MSc Clinical Mental Health

Aristotle University of Thessaloniki (AUTH) [2020 – 2023]

Website: <https://cmh.med.auth.gr/>

Master Practitioner in Eating Disorders and Obesity

National Centre for Eating Disorders (NCfED – KEADD) [2019 – 2020]

Website: <https://keadd.gr/>

LGBTQIA2+ Counseling Training

Peri Psichis International Association for Counselling Accredited [2024]

Website: <https://peripsichis.gr/>

Postgraduate Training in Nutritional Medicine & Metabolomics

EINUMM - European Institute of Nutritional Medicine [2020]

Website: <https://einummm.org/>

EIT Health Training – WE Health RIS

IESE Business School [2021]

Country: Spain

WOMENTORS Program – Youth Women Empowerment

Lambrakis Foundation

Country: Greece

BSc Nutrition & Dietetics

TEI of Thessaly (University of Thessaly) [2014 – 2019]

Website: <https://www.uth.gr/en/spoydes/proptychiakes/schools-departments/school-agricultural-sciences/departments/department-food-science-and-nutrition>

CREATIVE WORKS

Creator of the "Wellness Universe" - CERN, CMS – Playing with Protons

Designed and led a **multidisciplinary workshop** combining **physics, psychonutrition, and neuroscience**.

Developed **interactive educational activities** to explore the connections between **mental well-being, nutrition, and cognitive function**.

Engaged with **scientists, educators, and students** to promote **holistic wellness through science-based approaches**.

PUBLICATIONS

[2022]
Adherence to facemask use in public places during the autumn–winter 2020 COVID-19 lockdown in Greece: observational data

Fountoulakis, K.N., Breda, J., Arletou, M.P. et al. Adherence to facemask use in public places during the autumn–winter 2020 COVID-19 lockdown in Greece: observational data. Ann Gen Psychiatry 21, 9 (2022).

3 Publications in Progress

RESEARCH SKILLS

Digital Health & AI Integration in nutrition and mental health.

Data Analysis & Evidence-Based Healthcare Strategies.

Interdisciplinary Research & Scientific Writing.

Innovation

SOFT SKILLS

Emotional Intelligence

Leadership & Team Management.

Multidisciplinary Collaboration & Public Speaking.

Creative Problem-Solving & Innovation.

Science Communication & Health Advocacy.

Ethical Decision-Making

Adaptability

VOLUNTEERING

Europe

Youth Worker

Spain

Romania

Bulgaria

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s):

English

LISTENING C1 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Spanish (in progress)

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user