

# CURRICULUM VITAE

## CONSTANTIN (COSTAS) N. STEFANIS

**NAME** Constantin (Costas) N. Stefanis  
**DATE OF BIRTH** February 18, 1928  
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### 1. Present Position

1994 – Ordinary Member of Athens Academy (Ex President).  
1990 – Vice-President of the Biomedical Research Institute of the Athens Academy.  
1996 - President and Director of the University Mental Health Research Institute.  
1973 - Member of several international scientific committees.

### 2. Undergraduate & Postgraduate Studies

1953 Graduated from Athens University Medical School.  
1960 Doctorate at the Faculty of Medicine of the University of Athens.  
1960-1963 Fellow: McGill University (MNI – Montreal).  
1963-1965 Research Scientist: National Institute of Mental Health (NIMH) and Saint Elizabeth Mental Hospital (Bethesda MD and Washington, DC).

### 3. Main Academic Clinical and Administrative Positions

1966-1970 Assoc. Professor (with Dozent's degree) at the University of Athens, Eginition University Hospital for Neurology and Psychiatry.  
1970- 1996 Professor of Psychiatry and Head of the Department of Psychiatry of Athens University Medical School and Director of the Psychiatric Clinic at Eginition University Hospital (Presently Emeritus Professor).  
1994 - President of the Hellenic Association of Neurology and Psychiatry.  
1989 - Director of University Mental Health Research Institute (UMHRI).  
2007-2008 President of the Academy of Athens.  
  
1975-1977 Member of the Board of Directors of the National Research Foundation and the National Scholarship Foundation.  
1984-1986 Chairman of the National Committee for Mental Health in the Ministry of Health.  
1994-1996 Vice-President of the National Research Council of the Ministry of Industry, Research and Technology.  
1996-2000 Honorary State Member of the Greek Parliament.  
1996-2000 Chairman of the Parliamentary Committee on Drugs.

- 2002-2004 Minister of Health and Social Welfare.  
Apart from the ordinary every-day administrative activities as Minister worth mentioning are the following:
- President of the Council of Ministers of Health of the European Union (Jan 1<sup>st</sup> to July 1<sup>st</sup> 2003).  
A few of the main activities during this period are:
    - The passing by the Parliament of four major laws, on Public Health, on Reform and Decentralization of Health Services and the organization of Primary Health Care including provisions for prevention and social reintegration.
    - The approval by the European Council of Ministers of Health of the draft proposal on Mental Health and Stigma against mental illness while he served as President of the Council (Jan 1<sup>st</sup> to July 1<sup>st</sup> 2003).
    - The preparation, the approval and finally the signing on behalf of EU Member States and the acceding 10 Countries the WHO's international treaty on Tobacco Advertising (May 2003).
    - The adoption by all EU Members and acceding countries of the Greek Minister's Report on drug policy, to the 54<sup>th</sup> UN Convention on Narcotic Drugs.
- Nov. 2006 Honorary Doctor of the University of Thessaly.  
Dec. 2006 Honorary Doctor of the Democritus University of Thrace.

#### **4. Past and Current International Professional and Scientific Positions**

- 1983-1990 President of the World Psychiatric Association (WPA).  
1977-1993 Chairman of the WPA's Ethics Committee.  
1992 - Life-long member of the WPA Council.  
1991 - 1993 Member of the European Union's Descartes Committee on Bioethics in Europe.  
1993 - President of the International Committee for Prevention and Treatment of Depression (PTD).  
1993 Chairman of the WPA-PTD Educational Program for Depression.  
1993 Member of the Steering Committee of the WPA's Educational Program on Fighting Stigma and Discrimination because of Schizophrenia.

#### **5. Honours and Distinctions**

- Honorary member of 12 foreign Psychiatric Associations and Academies.
- Member of the editorial board of 12 international scientific journals.
- International scholar of the year 1987 by the American Psychiatric Association.
- St. Goerad's Lecturer for the year 1991.
- President of the 8<sup>th</sup> World Congress of Psychiatry, Athens 1989.
- Honorary President of many International congresses and scientific meetings, and key-note speaker in many scientific

meetings.

- Decorated by the President of the Hellenic (Greek) Republic with one of the very high medals in acknowledgement of his distinctive service to the country.
- Committee member for the preparation and planning of the European program “Decade of Brain Research”.
- Special Issue of “Current Opinion Journal in Psychiatry” in his honor with the authorship of World leaders in Psychiatric Research (2003).
- Recipient of Aristotle golden Award (Dec 2009) by the University of Salonica and the Brain and Behavior Int. Association (two previous recipients I. Carlson and A. Akiskal).
- International Prize in his name “Costas Stefanis Award for Excellence in Psychiatry and the Neurosciences” by the World Federation of Societies of Biological Psychiatry and International Neuropsychiatric Association.
- Recipient of the award from the Institute for Research and Education (April 2011).

## **6. Congresses**

He organized and presided on several international congresses among which the 8<sup>th</sup> World Congress of Psychiatry in 1989 of the World Psychiatric Association (WPA). This Congress was a milestone in the history of the Association. It ratified a radical reform of the WPA’s charter, it agreed on its expansion and it reinstated and consolidated its unity after several years of rifts.

## **7. Clinical Activities**

The medical and academic career focused on education, clinical research and experimental research. He transformed the Eginition University Hospital from a traditional psychiatric hospital in a few years to the main Clinical Training and Research Center in the country and one of the major Centers in Europe. The Psychiatric Hospital expanded in a great number of out-hospital community based units and establishments which marked the initiation of Psychiatric reform in Greece.

## **8. Bioethics**

- He served as Chairman of the WPA's Ethics Committee (1977-1983).
- Chaired the Committee that revised the Hawaii Declaration.
- As WPA President he contributed in ensuring - after lengthy deliberations - a common approach on the major issue of the abuse of Psychiatry for political reasons, an issue with significant ethical and political dimensions.
- He drew up the WPA Statement and Viewpoints on the Rights and Legal Safeguards of the mentally ill (adopted by the WPA General Assembly in Athens, 1989).

He initiated and headed on sustained and vigorous WPA campaign to avert the endorsement by the U.N. Commission on Human Rights of the ever since known “as Daes – Report” by the U.N. Sub commission on Prevention of Discrimination and Protection of Minorities, a derogative assaultive against Psychiatry official document, portraying our profession as a prison system. He personally presented the WPA’s position at the Human Rights Committee of the U.N. and greatly contributed in the radical revision of the initial anti-psychiatric draft. He also played a major role in the development of the "Guide for the protection of the rights of the mentally ill", which has become - after its approval by the General Committee of the U.N. in 1991 - the guideline for formulating the relevant national laws of the U.N. state-members.

- He served as member of the Council of the Descartes Committee on Ethic’s in Europe.

## 9. Research

### Development of Research Infrastructures

His research work extends to a broad area focusing mainly on the following:

- a) neurobiological, psychopharmacological molecular genetics and epidemiological research of mental disorders and
- b) neurobiological, epidemiological and psychosocial research of drug dependence

The following laboratories and research units were established as early as in ‘70s and ‘80s at Eginition Hospital and later on at the University Mental Health Research Institute:

- Experimental Neurophysiology and Psychopharmacology
- Neurochemistry
- Clinical Psychophysiology
- Sleep and Chronobiology
- Molecular and Developmental Neurobiology
- Clinical Psychology and Development of Diagnostic Tools and Scales
- Experimental Psychology
- Social Psychiatry and Psychiatric Epidemiology
- Epidemiology of psychoactive substance use
- Evaluation of Mental Health Services

## 10. The University Mental Health Research Institute (UMHRI)

A milestone in his career is the founding of the University Mental Health Research Institute in 1989 initially as an extension of the University Department of Psychiatry. Its main objective is to conduct and promote research at a national and international level on basic areas of mental health (biological, psychological and social), in collaboration with relevant organizations in Greece and abroad.

As of today the following sections are active: Psychopharmacology, Psychoendocrinology, Experimental Neurophysiology, Neurochemistry, Neuropsychobiology and Developmental Neurobiology, Psychophysiology and Experimental Psychology, Clinical and Social Psychology, Psychopathology, Health Education, Psychotherapy.

Additionally, various research programs and research centers were established away which are:

- The longitudinal study on risk factors for Psychosis (ASPIS Program).
- The establishment of the National Center for Drugs and Drug Addiction in the framework of the European Monitoring Center for Drugs (EMCDDA).

## 11. Publications and Biometrics

### In International Scientific Press (Journals and Books)

Over **400 publications**, the great majority of which appeared in Journals listed in the **Science Citation Index (SCI) with high impact factor**. The remaining are published either in journals not listed in the SCI or in Textbooks and Congress Proceedings.

### Authorship and Editorship in Books

**International: Twelve in ten of which first editor**

**Greek: Five out of which 3 Textbooks**

### Citations

Most of the papers published in International Scientific Press are widely cited both in journals and book articles (In International Scientific Journal over **5500** are listed. A great number of published papers were selectively chosen by the editors of other journals for republication in abstract form. The “h-index” up to year 2015 is **38**. The time course of published papers is attached:

**Citation overview** This is a overview of citations for the documents you selected  
**308 cited documents with 5.543 citations**

**Document h-index : 38** Scopus does not have complete citation information for articles published before 1996.