CURRICULUM VITAE

Personal details	
Surname/name:	ANYFANTI MARIA
Position:	Assistant Professor
Specialty:	Sports Cardiology
Department:	Human Performance, Physical Education and Sports Science, Aristotle University of Thessaloniki
Laboratory:	Sports Medicine Laboratory, AUTh
Current administrative positions:	
Personal Webpage:	
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Office:	Sports Medicine Laboratory, AUTh, Greece, AUTh
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Student consultation:	Tuesday 11 a.m. – 1 p.m
Qualifications	
Degree:	MD Medicine, Medical School, AUTh, Greece 1996
Master:	
PhD:	Ph.D. Thesis: Study of left Atrial Function Using Tissue Doppler Imaging in Individuals predisposed to atrial fibrillation. Medical School, AUTh, Greece 2011
Teaching	
Undergraduate courses:	First aid for athletes (131B)
Postgraduate courses:	Sports cardiology-pathology
Research	

Research interests:	Cardiovascular preparticipation screening. Detection of health disorders during exercise training. Cardiovascular and respiratory responses and adaptations of exercise training in athletes and patients with chronic diseases.
Books and chapters in books:	
Selected publications (up to 10):	1. Right Ventricular Morphology and Function after Exercise Training in People with Systemic Sclerosis: A Randomized Controlled Pilot Study. Anifanti M, Teloudi A, Mitropoulos A, Syrakou N, Pagkopoulou E, Triantafyllidou E, Boström C, Diederichsen LP, Cuomo G, Dimitroulas T, Klonizakis M, Kouidi E. Life (Basel). 2023 ;13(2):545. 2. Assessing Static Balance, Balance Confidence, and Fall Rate in Patients with Heart Failure and Preserved Ejection Fraction: A Comprehensive Analysis. Teloudi, A., Anifanti, M., Chatzinikolaou, K., Grouios, G., Hatzitaki, V., Chouvarda, I., & Kouidi, E. Sensors (Basel, Switzerland) 2024; 24(19), 6423. 3. Exploring the effects of real-time online cardiac telerehabilitation using wearable devices compared to gym-based cardiac exercise in people with a recent myocardial infarction: a randomised controlled trial. Mitropoulos A, Anifanti M, Koukouvou G, Ntovoli A, Alexandris K, Kouidi E. Front Cardiovasc Med. 2024;11:1410616. 4. Home-based tele-exercise training and physical activity during the COVID-19 pandemic in chronic kidney disease patients. Michou V, Nikodimopoulou M, Liakopoulos V, Anifanti M, Tsamos G, Vasdeki D, Panayiotou G, Mameletzi D, Deligiannis A, Kouidi E. J Nephrol. 2024;37(7):1893-1901. 5. The Effect of Dark Chocolate Consumption on Arterial Function in Endurance Male Runners: Prospective Cohort Study. Vordos Z, Deli I, Anifanti M, Kluzek S, Koutlianos N, Kouidi E, Deligiannis A. Sports (Basel). 2024 Dec 13;12(12):344. 6. The Attitudes of Patients with Cardiovascular Diseases towards Online Exercise with the Mobile Monitoring of Their Health-Related Vital Signs. Ntovoli A, Anifanti M, Koukouvou G, Mitropoulos A, Kouidi E, Alexandris K. Sports (Basel). 2024 Feb 1;12(2):47. 7. Exploring the feasibility, acceptability, and safety of a real-time cardiac telerehabilitation and tele coaching programme using wearable devices in people with a recent myocardial infarction. Mitropoulos A, Anifanti M, Koukouvou G, Ntovoli A, Alexandris K, Kouidi E. BMC Sports Sci Med Rehabil. 2024 ;16(1):207. 8. Validity of the CALERA Research Sensor to Assess Body Core Temperature during Maximum Exercise in Patients with Heart Failure. Kaltsatou A, Anifanti M, Flouris AD, Xiromerisiou G, Kouidi E. Sensors (Basel). 2024 Jan 26;24(3):807.

	9. Can Online Exercise Using Wearable Devices Improve Perceived Well-Being? A Study Among Patients with Coronary Artery Disease. Ntovoli A, Mitropoulos A, Anifanti M, Koukouvou G, Kouidi E, Alexandris K. Sensors (Basel). 2025 Jan 24;25(3):698. 10. Anifanti M, Teloudi A, Mitropoulos A, Syrakou N, Pagkopoulou E, Triantafyllidou E, Boström C, Pyndt Diederichsen L, Nava T, Dimitroulas T, et al. Cardiac Autonomic Function in Patients with Systemic Sclerosis: The Impact of Exercise Training and Detraining. Sports. 2025; 13(8):267.
Current research projects:	
Reviewer in journals:	
Citations (citations in Scopus):	310
h-index in Scopus:	9