

EXPERIENCE

- 04/2021 – present Postdoctoral Researcher: Swiss Research Institute for Public Health and Addiction (ISGF) | Zurich, Switzerland
- 11/2016 – 12/2020 PhD candidate: Digital behavioral change, Vrije Universiteit Amsterdam | Amsterdam, Netherlands
- 04/2016 – 11/2016 Graduate Research Assistant

EDUCATION

- 06/2017 – 08/2017 SIGCHI Program on User-Centered Design, Trinity College Dublin & KTH Royal Institute of Technology
- 09/2014 – 07/2016 MSc: Clinical and Developmental Psychopathology, Vrije Universiteit Amsterdam
- 09/2010 – 08/2014 BSc: Psychology, University of Crete

TEACHING EXPERIENCE

[Vrije Universiteit Amsterdam, Amsterdam, The Netherlands]

Teaching assistant in Psychopathology course

[Teaching several seminar scientific writing classes for new incoming research master students]

Supervisor: Dr. Sander Begeer

[Vrije Universiteit Amsterdam, Amsterdam, The Netherlands]

Teaching assistant in Epidemiology course

[Assisting Dr. Anja Huizink in giving feedback to research master students about their epidemiology course paper and correcting the final assignments]

Supervisor: Dr. Anja Huizink

CONFERENCE ACTIVITIES

- Oral presentation** at the annual meeting of the European Society for Research on Internet Interventions (ESRII), Bergen, Norway (October, 2017)
- Oral presentation** at the annual meeting of the International Network on Brief Interventions for Alcohol & Other Drugs (INEBRIA), Santiago, Chile (September, 2018)
- Invited speaker** at the annual meeting of the Fachverband Drogen- und Suchthilfe (FDR), Frankfurt am Main, Germany (May 2019)

PUBLICATIONS

- Boumparis, N., Karyotaki, E., Kleiboer, A., Hofmann, S. G., & Cuijpers, P. (2016). The effect of Psychotherapeutic Interventions on Positive and Negative Affect in Depression: A Systematic Review and Meta-analysis. *Journal of Affective Disorders*.
- Boumparis, N., Karyotaki, E., Schaub, M. P., Cuijpers, P., & Riper, H. (2017). Internet Interventions for Adult Illicit Substance Users: A Meta-analysis. *Addiction*.
- Riper, H., Hoogendoorn, A., Cuijpers, P., Karyotaki, E., Boumparis, N., Mira, A., ... & Blankers, M. (2018). Effectiveness and treatment moderators of internet interventions for adult problem drinking: An individual patient data meta-analysis of 19 randomised controlled trials. *PLoS medicine*, 15(12), e1002714.
- Boumparis, N., Loheide-Niesmann, L., Blankers, M., Ebert, D. D., Korf, D., Schaub, M. P., Spijkerman, R., Tait, R. J., & Riper, H. (2019). Short-and Long-Term Effects of Digital Prevention and Treatment Interventions for Cannabis Use Reduction: A Systematic Review and Meta-analysis. *Drug and Alcohol Dependence*.

Updated October 21st 2021

- Bolinski, F., Boumparis, N., Kleiboer, A., Cuijpers, P., Ebert, D. D., & Riper, H. (2020). The effect of e-mental health interventions on academic performance in university and college students: A meta-analysis of randomized controlled trials. *Internet Interventions, 20*, 100321.
- Boumparis, N., Schulte, M. H., & Riper, H. (2019). Digital mental health for alcohol and substance use disorders. *Current treatment options in psychiatry, 6*(4), 352-366.
- Schulte, M. H., Boumparis, N., Huizink, A. C., & Riper, H. (2022). Technological Interventions for the Treatment of Substance Use Disorders. *Reference Module in Neuroscience and Biobehavioral Psychology*.
- Schaub, M. P., Berman, A. H., Pelayo, H. L., Boumparis, N., Khadjesari, Z., Blankers, M., ... & Pas, L. (2020). e-INEBRIA special interest group roadmap for best practices for research on brief digital interventions for problematic alcohol and illicit drug use. *Journal of Medical Internet Research, 22*(8), e20368.
- Boumparis, N., Schulte, M. H., Kleiboer, A., Huizink, A., & Riper, H. (2021). A Mobile Intervention to Promote Low-Risk Drinking Habits in Young Adults: Protocol for a Randomized Controlled Trial. *JMIR Research Protocols, 10*(6), e29750.