

Areti Tsinou

Short CV

Areti Tsinou holds a PhD in Psychology from the Department of Psychology, School of Philosophy, National and Kapodistrian University of Athens. She has completed postgraduate studies in Clinical Psychology at William Paterson University of New Jersey (USA), as well as in Mental Health at the National and Kapodistrian University of Athens. During her graduate studies in the United States, she was awarded the Graduate Assistant Scholarship and the Ali M. Baluchi Scholarship in recognition of her academic excellence.

Her research focuses on the study of intra-individual, familial, and sociocultural factors associated with social media use, as well as the processes of psychological and sociocultural adjustment during adolescence. Particular emphasis is placed on intercultural adaptation and the social integration of migrant populations, the role of parental attachment and family relationships in adolescents' emotional and social development, and the investigation of indicators of well-being and psychosocial functioning.

She has participated in research projects addressing child and adolescent mental health, school adjustment, and intercultural experience, as well as in field studies involving populations with increased psychosocial needs