

PERSONAL INFORMATION

Ekaterina-Michaela Tomou

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Sex F, Married, one child | Date of birth 19/06/1991 | Nationality Greek

RESEARCH & WORK
EXPERIENCE

09/2022 – today	Postdoctoral Researcher , Section of Pharmacognosy and Chemistry of Natural Products, Department of Pharmacy, National and Kapodistrian University of Athens (NKUA), <i>Title of study: "Phytochemical fingerprinting and quality control of plants from the Greek flora using omics-based techniques. Investigation of the in vitro neuroprotective activity and in vivo anti-atherosclerotic effects of plant extracts"</i> .
2021 – today	Affiliated Collaborator , Center for Public Health Research and Education, Academy of Athens.
1/09/2025 – 31/12/2025	Participation in the research program titled «2025 Delphi Forum Conference», Center for Public Health Research and Education, Academy of Athens (Principal Investigator: Full Member of the Academy of Athens, Prof. A. Trichopoulou).
2025	Participation in the program 'Internationalization of Higher Education Institutions' under Project SUB2: 'Universities of Excellence', with code OPS TA 5180665, Recovery and Resilience Facility 'Greece 2.0' within the framework of CIVIS joint Master's Programme entitled «Drug development: from natural products to formulations and applications» – NAT4DD (Principal Investigator: Prof. H. Skaltsa).
2025	Postdoctoral Researcher- Research Team Member of the program "Herbal Infusions Grow Health-HIGH" (Project No: 29327), Hellenic Foundation for Research and Innovation- H.F.R.I. 6th Call for Action "Science and Society" – Current Nutritional Awareness, Center for Public Health Research and Education, Academy of Athens (Principal Investigator: Researcher Dr. G. Vourli).
1/10/2024 – 15/10/2024	Participation in the research program titled "Implementation of the Erasmus+ KA131 Classical Mobility Program at the National and Kapodistrian University of Athens (NKUA) for the academic years 2023–2025. B2 Natural Products: Applications" within the framework of Erasmus 2021–2027 (Project No: 21146, Principal Investigator: Prof. H. Skaltsa).
1/11/2024 – 28/02/2025	Postdoctoral Researcher with DAAD Scholarship (Deutscher Akademischer Austauschdienst), <i>Title of project: "Intestinal permeability of complex plant mixtures & untargeted metabolomics: A case study on herbs relevant to the Greek Traditional Mediterranean Diet"</i> , Laboratory of Organic Analytical Chemistry (Head: Prof. H. Riepl) in the section of Natural Products (Head: Dr. C. Urmann), Weihenstephan-Triesdorf University of Applied Sciences, TUM Campus Straubing, Germany.
22/07 – 26/07/2024	Participation and funding in the framework of Erasmus+ Staff Mobility for Training , Weihenstephan-Triesdorf University of Applied Sciences, TUM Campus Straubing, Germany (Project No: 19103). Laboratory of Organic Analytical Chemistry (Head: Prof. H. Riepl) in the section of Natural Products (Head: Dr. C. Urmann).
19/12/2022 – 11/04/2023	Postdoctoral Researcher , OptiAroma Program (EXCELLENCE/0421/0299) co-financed by the European Union and the Republic of Cyprus through the Research and Innovation Foundation (Project No: 19302). <i>Title of project: "Identification of Medicinal/ Aromatic Plants properties and improving quality, nutritive value and storability of fresh and dry products to support SME competitiveness"</i> . Subject of the contract: Phytochemical investigation of plant extracts and isolation of secondary metabolites (Principal Investigator: Assoc. Prof. N. Tzortzakis).
1/11/2021 – 28/02/2022	Visiting Researcher , Erasmus+ Student Mobility, Weihenstephan-Triesdorf University of Applied Sciences, TUM Campus, Laboratory of Organic Analytical Chemistry (Head: Prof. H. Riepl) in the section of Natural Products (Head: Dr. C. Urmann), Straubing, Germany (Project No: 15900).
1/11/2019 – 31/10/2021	Participation as a Fellow in the research program titled "Traditional medicinal plants with diuretic and wound healing activities. Chemical and biological investigation", Hellenic Foundation for Research and Innovation-H.F.R.I. (Project No: 16228).
09/2019 – 03/2020	Fulbright Scholar/ Fellow for doctoral dissertation research at Harvard Medical School , Beth Israel Deaconess Medical Center (BIDMC), Department of Pathology, Boston, MA, USA.
01/07/2019 – 31/08/2019	Researcher , Epirus Regional Program – Directorate of Development Planning. <i>Title of project: "Exploitation of pharmaceutical and aromatic plants of the Region of Epirus for the development of</i>

1/03/2019 – 17/06/2019
03/2015 – 07/2015

anti-aging preparations and functional dairy”, Project No: 82477 (Principal Investigator: Prof. A. Tzakos).

Visiting Researcher, Erasmus+ Student Mobility, Department of Chemistry “Ugo Schiff”, Università Di Firenze, Florence, Italy (Project No: 15113). Head of Laboratory: Prof. A.R. Bilia.

Visiting Researcher, Erasmus+ Student Mobility, Università Di Modena e Reggio Emilia, Italia. Head of Laboratory: Assoc. Prof. P. Pelati. Experimental implementation of the undergraduate thesis titled “*Chemical study of essential oils in products for oral health*”.

EDUCATION

07/2017 – 12/2021 **PhD**, Section of Pharmacognosy and Natural Products, Department of Pharmacy, School of Health Sciences, National and Kapodistrian University of Athens (NKUA), *Title: “Traditional medicinal plants with diuretic and wound healing activities. Chemical and biological investigation”*, granted by Hellenic Foundation for Research and Innovation (H.F.R.I.; Scholarship No: 16228). Grade: 10/10-Excellent

10/2015 – 07/2017 **Postgraduate Specialization diploma (Master of Science-MSc)** “Isolation, Development, Production & Control of Bioactive Natural Products (Medicines, cosmetics, special products of nutrition), Section of Pharmacognosy and Natural Products, Department of Pharmacy, National and Kapodistrian University of Athens (NKUA), *Title: “Phytochemical investigation of the fern *Asplenium ceterach* L.”* Grade: 9.50/10-Excellent

09/2015 – 05/2017 **Certificate-Minor in Marketing**, School of Business, Deree (American College), Athens

01/2016 **License of Pharmaceutical Profession**, Ministry of Health, Athens, Greece

12/2010 – 08/2015 **Degree in Pharmacy**, Department of Pharmacy, National and Kapodistrian University of Athens (NKUA), *Diploma thesis: “Chemical study of essential oils in products for oral health”*. Grade: 7.77/10-Very Good

09/2007 – 06/2009 **High School Graduation**, Geitonas School, Grade: 19.8/20- Excellent

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
French	B2	B2	B2	B2	B2
Italian	B2	B2	B2	B2	B2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
Common European Framework of Reference for Languages

Computer Skills ECDL Certified (MS Word, Excel, Access, PowerPoint, Internet) 2010

ADDITIONAL INFORMATION

Publications (1st publication in the year 2018. Citations: 932, H-index: 17, i10-index: 17, based on Google Scholar, 18 February 2026/ citations: 612, H-index: 15, based on Scopus, 18 February 2026, ResearchGate Research Interest Score ranks in the top 3% among peers who first published in 2018)

- 1.Tomou, E-M. & Skaltsa, H. (2018). Phytochemical investigation of the fern *Asplenium ceterach* L-Aspleniaceae. *Natural Product Communications* 13(7), 849-850.
<https://doi.org/10.1177/1934578X1801300> (IF: 1.4) (Research article)
- 2.Kloukina, C., Tomou, E-M., Skaltsa, H. (2019). Essential oil composition of two Greek cultivated *Sideritis* spp. *Natural Volatiles & Essential Oils* 6(3), 16-23. (Research article)
- 3.Chrysargyris, A., Kloukina, C., Vassiliou, R., Tomou, E-M., Skaltsa, H., Tzortzakakis, N. (2019). Cultivation strategy to improve chemical profile and anti-oxidant activity of *Sideritis perfoliata* L. subsp. *perfoliata*. *Industrial Crops and Products* 140, 111694. <https://doi.org/10.1016/j.indcrop.2019.111694> (IF: 6.2) (Research article)
- 4.Boutos, S., Tomou, E-M., Cirić, A., Socović, M., Hadjipavlou-Litina, D., Nikolaou, K., Skaltsa, H. (2020). Composition of the essential oil of *Cedrus brevifolia* needles. Evaluation of its antimicrobial and antioxidant activities. *American Journal of Essential Oils and Natural Products*, 8(2), 1-5. (Research Journals Impact Factor-RJIF: 5.7) (Research article)

5. Zafeiropoulou, V., Tomou, E.-M., Ioannidou, O., Karioti, A., Skaltsa, H. (2020). Sea fennel: Phytochemical analysis of Greek wild and cultivated *Crithmum maritimum* L. populations, based on HPLC-PDA-MS and NMR methods. *Journal of Pharmacognosy and Phytochemistry* 9(6), 998-1004. (Research Journals Impact Factor-RJIF: 6.35) (Research article)
6. Tomou, E.-M., Perrea, D.N., Skaltsa, H. (2020). Mountain tea (*Sideritis* plants): A potential anti-atherogenic agent? *Journal of Atherosclerosis Prevention and Treatment* 12(1), 1-5. (Review article)
7. Dimas, D., Tomou, E.-M., Karamani, C., Sfiniadakis, I., Siakavella, K.I., Liakopoulou, A., Hatziantoniou, S., Rallis, M., Skaltsa, H. (2020). *Melissa officinalis* ssp. *altissima* extracts: A therapeutic approach targeting psoriasis in mice. *Journal of Ethnopharmacology* 246, 112208. <https://doi.org/10.1016/j.jep.2019.112208> (IF: 5.4) (Research article)
8. Tomou, E.-M., Chatzopoulou, P., Skaltsa, H. (2020). NMR analysis of cultivated *Sideritis euboica* Heldr. *Phytochemical Analysis* 31(2), 147–153. <https://doi.org/10.1002/pca.2874> (IF: 2.6) (Research article)
9. Lytra, K., Tomou, E.-M., Chrysargyris, A., Drouza, C., Skaltsa, H., Tzortzakakis, N. (2020). Traditionally Used *Sideritis cypria* Post.: Phytochemistry, Nutritional Content, Bioactive Compounds of Cultivated Populations. *Frontiers in Pharmacology* 11. <https://doi.org/10.3389/fphar.2020.00650> (IF: 4.8) (Research article)
10. Tomou, E.-M., Chatziathanasiadou, M.V., Chatzopoulou, P., Tzakos, A.G., Skaltsa, H. (2020). NMR-Based Chemical Profiling, Isolation and Evaluation of the Cytotoxic Potential of the Diterpenoid Siderol from Cultivated *Sideritis euboica* Heldr. *Molecules* 25, 2382. <https://doi.org/10.3390/molecules25102382> (IF: 4.6) (Research article)
11. Tomou, E.-M., Barda, C., Skaltsa, H. (2020). Genus *Stachys*: A Review of Traditional Uses, Phytochemistry and Bioactivity. *Medicines* 7(10), 63. <https://doi.org/10.3390/medicines7100063> (Review article)
12. Kloukina, C., Tomou, E.-M., Krigas, N., Sarropoulou, V., Madesis, P., Maloupa, E., Skaltsa, H. (2020). Non-polar secondary metabolites and essential oil of ex situ propagated and cultivated *Sideritis syriaca* L. subsp. *syriaca* (Lamiaceae) with consolidated identity (DNA Barcoding): towards a potential new industrial crop. *Industrial Crops and Products* 158, 112957. <https://doi.org/10.1016/j.indcrop.2020.112957> (IF: 6.2) (Research article)
13. Grafakou, M.-E., Barda, C., Tomou, E.-M., Skaltsa, H. (2021). The genus *Genista* L.: A rich source of bioactive flavonoids. *Phytochemistry* 181, 112574. <https://doi.org/10.1016/j.phytochem.2020.112574> (IF: 3.4) (Review article)
14. Zafeiropoulou, V., Tomou, E.-M., Douros, A., Skaltsa, H. (2021). The Effect of Successive Harvesting on The Volatile Constituents of Two Essential Oils of Cultivated Populations of Sea Fennel (*Crithmum maritimum* L.) in Greece. *Journal of Essential Oil Bearing Plants* 24(1), 1-11. <https://doi.org/10.1080/0972060X.2021.1875054> (IF: 1.8) (Research article)
15. Michailidou, A.-M., Tomou, E.-M., Skaltsa, H. (2021). Phytochemical study of *Stachys candida* Bory & Chaubard (Lamiaceae). *Biochemical Systematics and Ecology* 94, 104208. <https://doi.org/10.1016/j.bse.2020.104208> (IF: 2.0) (Research article)
16. Lytra, K., Tomou, E.-M., Chrysargyris, A., Christofi, M.D., Miliadous, P., Tzortzakakis, N., Skaltsa, H. (2021). Bio-Guided Investigation of *Sideritis cypria* Methanol Extract Driven by in Vitro Antioxidant and Cytotoxic Assays. *Chemistry & Biodiversity* 18(3), e2000966. <https://doi.org/10.1002/cbdv.202000966> (IF: 2.5) (Research article)
17. Vanti, G.[#], Tomou, E.-M.[#], Stojković D., Ćirić A., Bilia AR., Skaltsa H. (2021). Nanovesicles Loaded with *Origanum onites* and *Satureja thymbra* Essential Oils and Their Activity against Food-Borne Pathogens and Spoilage Microorganisms. *Molecules* 26(8), 2124. <https://doi.org/10.3390/molecules26082124> (IF: 4.6) (#equally contributed) (Research article)
18. Tomou, E.-M., Papaemmanouil, C.D., Diamantis, D.A., Kostagianni, A.D., Chatzopoulou, P., Mavromoustakos, T., Tzakos, A.G., Skaltsa, H. (2021). Anti-Ageing Potential of *S. euboica* Heldr. Phenolics. *Molecules* 26(11), 3151. <https://doi.org/10.3390/molecules26113151> (IF: 4.6) (Research article)
19. Tomou, E.-M., Lytra, K., Chrysargyris, A., Tzortzakakis, N., Skaltsa, H. (2021). NMR Fingerprint Comparison of Cultivated *Sideritis* spp. from Cyprus. *Agronomy* 11(8), 1503. <https://doi.org/10.3390/agronomy11081503> (IF: 3.4) (Research article)
20. Pritsas, A., Tomou, E.-M., Tsitsigianni, E., Papaemmanouil, C. D., Diamantis, D. A., Chatzopoulou, P., Tzakos, A.G., Skaltsa, H. (2021). Valorisation of stachysetin from cultivated *Stachys iva* Griseb. as anti-diabetic agent: a multi-spectroscopic and molecular docking approach. *Journal of Biomolecular Structure and Dynamics* 1–5. <https://doi.org/10.1080/07391102.2020.1799864> (IF: 2.4) (Research article)
21. Barda, C., Grafakou, M.-E., Tomou, E.-M., Skaltsa, H. (2021). Phytochemistry and Evidence-Based Traditional Uses of the Genus *Achillea* L.: An Update (2011–2021). *Scientia Pharmaceutica* 89, 50. <https://doi.org/10.3390/scipharm89040050> (IF: 2.5) (Review article)
22. Lymperis, P., Tomou, E.-M., De Canha, M.N., Lall, N., Skaltsa, H. (2021). Traditional Uses, Phytochemistry, and Pharmacology of *Elegia* Species: A Review. *Scientia Pharmaceutica* 90, 4. <https://doi.org/10.3390/scipharm90010004> (IF: 2.5) (Review article)
23. Tsasi, G., Danalatos, G., Tomou, E.-M., Sakadani, E., Benthani, M., Kolokouris, A., Samaras, Y.,

- Ćirić, A., Soković, M., Skaltsa, H. (2022). Chemical composition and antimicrobial activity of the essential oil of *Abies cephalonica* Loudon from Mount Ainos (Kefalonia, Greece). *Journal of Essential Oil Research* 34(2), 143-147. <https://doi.org/10.1080/10412905.2022.2032421> (IF: 2.1) (Research article)
24. Tomou, E-M.*, Skaltsa, H., Economou, G., Trichopoulou A. (2022). Sustainable Diets & Medicinal Aromatic Plants in Greece: Perspectives towards climate change. *Food Chemistry* 374, 131767. <https://doi.org/10.1016/j.foodchem.2021.131767> (IF: 9.8) (*corresponding author) (Review article)
25. Tomou, E-M., Lytra, K., Chrysargyris, A., Christofi, M.D., Miltiadous, P., Corongiu, G.L., Tziouvelis, M., Tzortzakis, N., Skaltsa, H. (2022). Polar constituents, biological effects and nutritional value of *Sideritis sipylea* Boiss. *Natural Product Research* 36(16), 4200-4204. <https://doi.org/10.1080/14786419.2021.1969649> (IF: 1.6) (Short communications)
26. Tomou, E-M., Lytra, K., Rallis, S., Tzakos, A., Skaltsa, H. (2022). An updated review of genus *Cistus* L. since 2014: traditional uses, phytochemistry and pharmacological properties. *Phytochemistry Reviews* 21(6), 2049-2087. <https://doi.org/10.1007/s11101-022-09827-y> (IF: 7.6) (Selected as cover page for the issue) (Review article)
27. Tomou, E-M.#, Papakyriakopoulou, P.#, Skaltsa, H., Valsami, G., Kadoglou, N. (2023). Bio-actives from natural products with potential cardioprotective properties: isolation, identification, and pharmacological actions of apigenin, quercetin and silibinin. *Molecules* 28(5), 2387. <https://doi.org/10.3390/molecules28052387> (IF: 4.6) (#equally contributed) (Review article)
28. Tsitsigianni, E., Tomou, E-M., Almpani, C., Rallis, M., Skaltsa, H. (2023). Photoprotective effects of some Lamiaceae species. Bio-guided isolation of active metabolites from *Salvia officinalis* L. *Agronomy* 13(5), 1224. <https://doi.org/10.3390/agronomy13051224> (IF: 3.4) (Research article)
29. Chrysargyris, A.#, Tomou, E-M.#, Goula, K., Dimakopoulou, K., Tzortzakis, N., Skaltsa, H. (2023). *Sideritis* L. essential oils: A systematic review. *Phytochemistry* 209, 113607. <https://doi.org/10.1016/j.phytochem.2023.113607> (IF: 3.4) (#equally contributed) (Review article)
30. Peppas, E., Tomou, E-M., Kritikou M., Trichopoulou A. (2023). Greek Traditional Mediterranean Diet and Plant-Based Culinary Practices: HYDRIA Greek National Survey. *Journal of Food Composition and Analysis* 119, 105274. <https://doi.org/10.1016/j.jfca.2023.105274> (IF: 4.6) (Research article)
31. Tomou, E-M.#, Papakyriakopoulou, P.#, Saitani, E.M.#, Valsami, G., Pippa, N., Skaltsa, H. (2023). Recent Advances in Nanoformulations for Quercetin Delivery. *Pharmaceutics* 15(6), 1656. <https://doi.org/10.3390/pharmaceutics15061656> (IF: 5.5) (#equally contributed) (Review article)
32. Tomou, E-M., Bieler, L., Spöttl, T., Couillard-Despres, S., Skaltsa, H., Urmann, C. (2023). Metabolic fingerprinting of different *Sideritis* taxa infusions and the neurogenic activity. *Planta Medica* 89(11), 1087–1096. <https://doi.org/10.1055/a-2072-2351> (IF: 2.0) (Research article)
33. Tomou, E-M.*, Karioti, A., Tsirogiannidis, G., Krigas, N., Skaltsa, H. (2023). Metabolic Characterization of Four Members of the Genus *Stachys* L. (Lamiaceae). *Agronomy* 13, 2624. <https://doi.org/10.3390/agronomy13102624> (IF: 3.4) (*corresponding author) (Research article)
34. Tomou, E-M.*, Peppas, E., Trichopoulou, A. (2023). Consumption of herbal infusions/decoctions and tea in Greece: a Planeterranean perspective on the results of Hydria survey. *Journal of translational medicine* 21(1), 899. <https://doi.org/10.1186/s12967-023-04781-5> (IF: 7.5) (*corresponding author) (Research article)
35. Chrysargyris, A., Petrovic, J.D., Tomou, E-M., Kyriakou, K., Xylia, P., Kotsoni, A., Gkretsi, V., Miltiadous, P., Skaltsa, H., Soković, M. D., Tzortzakis, N. (2024). Phytochemical Profiles and Biological Activities of Plant Extracts from Aromatic Plants Cultivated in Cyprus. *Biology* 13(1), 45. <https://doi.org/10.3390/biology13010045> (IF: 3.5) (Research article)
36. Tomou, E-M.*, Fraskou P., Dimakopoulou, K., Dariotis, E., Krigas N., Skaltsa, H.* (2024). Chemometric Analysis Evidencing the Variability in the Composition of Essential Oils in 10 *Salvia* Species from Different Taxonomic Sections or Phylogenetic Clades. *Molecules* 29(7), 1547. <https://doi.org/10.3390/molecules29071547> (*corresponding author) (IF: 4.6) (Research article) Top Viewed Papers of Molecules in 2024
37. Lympers, P., Tomou, E-M., Payne B.D., Cuyler, M., Lall, N., Skaltsa, H. (2024). Chemical constituents from *Elegia tectorum* and their chemophenetics importance. *Biochemical Systematics and Ecology* 114, 104823. <https://doi.org/10.1016/j.bse.2024.104823> (IF: 2.0) (Research article)
38. Rallis, S., Tomou, E-M.*, Drakopoulou, S.K., Tzakos, A.G., Thomaidis, N.S., Skaltsa, H.* (2024). NMR-guided discovery of undescribed triterpenoid saponins from *Lysimachia atropurpurea* L. *Phytochemistry* 223, 114104. <https://doi.org/10.1016/j.phytochem.2024.114104> (IF: 3.4) (*corresponding author) (Research article)
39. Grifoni, L., Sacco, C., Donato, R., Tziakas, S., Tomou, E-M., Skaltsa, H., Vanti, G., Bergonzi, M.C., Bilia, A.R. (2024). Environmentally Friendly Microemulsions of Essential Oils of *Artemisia annua* and *Salvia fruticosa* to Protect Crops against *Fusarium verticillioides*. *Nanomaterials* 14(21):1715. <https://doi.org/10.3390/nano14211715> (IF: 4.3) (Research article)
40. Anagnostou, M., Tomou, E-M., Goya-Jorge, E., Chatzopoulou, P., Giner, R. M., Skaltsa, H. (2024). Phytochemical Study of *Stachys iva* Griseb. and In Vitro Evaluation of AhR Transcriptional Activity. *Chemistry & Biodiversity* 21(11), e202400457. <https://doi.org/10.1002/cbdv.202400457> (IF: 2.5) (Research article)
41. Xylia, P., Chrysargyris, A., Tomou, E-M., Goumenos, C., Skaltsa, H., Tzortzakis, N. (2024). Quality

Characteristics and Essential Oil Properties of *Thymus capitatus*, *Mentha piperita*, and *Sideritis cypria* Dried under Different Conditions. *Plants* 13(22), 3150. <https://doi.org/10.3390/plants13223150> (IF: 4.1) (Research article)

42. Tomou E-M., Engler, O., Chrysargyris, A., Tzortzakis, N., Skaltsa, H., Urmann, C. (2025). Targeted Isolation of Coumarins From *Sideritis* Species Based on Antiviral Screening and Untargeted Metabolomics. *Phytochemical Analysis* 36(5), 1570-1579. <https://doi.org/10.1002/pca.3531> (IF: 2.6) (Research article)

43. Tziakas, S., Tomou, E-M.*, Fraskou, P., Goula, K., Dimakopoulou, K., Skaltsa, H. (2025). Characterization of Essential Oils from Seven *Salvia* Taxa from Greece with Chemometric Analysis. *Agronomy* 15(1), 227. <https://doi.org/10.3390/agronomy15010227> (IF: 3.4) (*corresponding author) (Research article)

44. Anagnostou, M., Tomou, E-M., Krigas, N., Skaltsa, H. (2025). Phenolic constituents of Greek native *Salvia* species: a comprehensive review. *Phytochemistry Reviews*, 1-81. <https://doi.org/10.1007/s11101-024-10062-w> (IF: 7.6) (#equally contributed) (Review article)

45. Anagnostou, M., Tomou, E-M., Krigas, N., Chatzopoulou, P., Skaltsa, H. (2025). Chemical investigation of essential oils from one Greek endemic and two Balkan endemic members of genus *Stachys* (Lamiaceae). *Journal of Essential Oil Research* 1-7. <https://doi.org/10.1080/10412905.2025.2490905> (IF: 2.1) (Research article)

46. Tomou, E-M., Goula, K., Skaltsa, H., Urmann, C. (2025). Comparative phytochemical analysis of cultivated and wild *Sideritis raeseri* Boiss. & Heldr. subsp. *raeseri* infusions. *Natural Product Research* 39(9), 2608-2613. <https://doi.org/10.1080/14786419.2024.2309323> (IF: 1.6) (Short communications)

47. Peppas, E., Tomou, E-M., Vourli, G., Trichopoulou, A. (2025). Estimated dietary intake of polyphenols from culinary herbs and herbal infusions in the HYDRIA survey. *Int J Food Sci Nutr.* 76(6), 666-674. <https://doi.org/10.1080/09637486.2025.2556816> (IF: 3.3) (Research article)

48. Tomou E-M.*, Anagnostou M., Battisti F.C., Karioti A., Krigas N., Lagopati N.*, Skaltsa H. (2025). Exploring the chemical fingerprint and in vitro biocompatibility of wild-growing and ex situ cultivated *Stachys cretica* subsp. *cretica* in the same region (Crete, Greece). *Chemistry & Biodiversity* (IF: 2.5) (*corresponding author)

49. Alvanou, D., Tomou, E-M., Anagnostou, M., Barda, C., Papantonaki, A-I., Sfiniadakis, I., Anastassopoulou, J., Tzakos, A., Rallis, M., Skaltsa, H. (2025). Phytochemical investigation and evaluation of the antipsoriatic potential of *Cistus sintonisii* in mouse model. *Fitoterapia*, 189, 107103. <https://doi.org/10.1016/j.fitote.2026.107103> (IF: 2.6) (Research article)

50. Thanos, D. F., Pantelis, P., Theocharous, G., Vagena, S., Kyriakopoulou, C., Pantelidis, G., Markatou, M., Pliakostamou, M., Papanikolaou, N., Tomou, E. M., Gatou, M. A., Pavlatou, E. A., Pippa, N., Gorgoulis, V. G., Lagopati, N. (2026). Interpreting the Theranostic Applications of Alumina and Silica Substrates in Cancer. *Molecules*, 31(3), 428. <https://doi.org/10.3390/molecules31030428> (IF: 4.6).

International recognition & publicity

- 05/2025- today: Board Member International Society of Ethnopharmacology (ISE) <https://ethnopharmacology.org/board/>
 - 2025: Participation through interview and video feature in the thematic tribute in "Addressing Global Health Challenges through Education and Research", as part of the CIVIS multilingual storytelling initiative, within CIVIS Hub 3 – Health, CIVIS European University Alliance <https://hub.uoa.gr/to-evropaiko-panepistimio-civis-katalytis-stin-antimetopisi-ton-pagkosmion-prokliseon-ena-kainotomo-afieroma-tou-civis-gia-tin-ygeia/> civis.eu/en/get-informed/news/tackling-the-health-challenge-through-education-and-research
 - 2022: Participation in the European Universities Community (EUC) Initiative at the European Parliament, Strasbourg, France, representing the National and Kapodistrian University of Athens within the framework of the CIVIS Alliance. Selected through a competitive process based on academic excellence and motivation, among over 900 applicants from European University Alliances. Participated as one of 275 students from 144 universities and 28 European countries. Engaged in policy-oriented discussions and co-authored recommendations on key European issues within Panel 4: "Agriculture vs. Sustainability – What CAP for the future?" The final outcome included 89 published policy recommendations for the future of Europe. https://www.eucvoices.eu/sites/www.eucvoices.unito.it/files/euc_esa_2022_recommendations_v2.pdf
 - 2021 – 2022: CIVIS Ambassador, CIVIS European University, National and Kapodistrian University of Athens (NKUA), after evaluation and selection process.
- Key Responsibilities: 1. Promoting the CIVIS Alliance and its activities to students at NKUA and other partner universities, 2. Participating in orientation and welcoming events for incoming international students, 3. Communicating with students, 4. Creating promotional and informational materials, 5. Supporting info sessions for outgoing students via Erasmus+ and CIVIS mobility programmes, 6. Participating in European meetings of the CIVIS Student Ambassadors Network: Global CIVIS Days 2022-National and Kapodistrian University of Athens, (Athens, 18-20/05/2022) and Global CIVIS Days 2021-Université libre de Bruxelles (Brussels, 24-26/11/2021)

Administrative duties/ Organizing

- 05/2025- today: Board Member International Society of Ethnopharmacology (ISE)

Committee – Co-Organizer

- <https://ethnopharmacology.org/board/>
- 2025: Participation in the administrative procedures of the program “Internationalization of Higher Education Institutions’ under Project SUB2: ‘Universities of Excellence’, with code OPS TA 5180665, Recovery and Resilience Facility ‘Greece 2.0’ within the framework of the joint CIVIS Master’s Program “Drug Development: From Natural Products to Formulations and Applications” – NAT4DD (Principal Investigator: Prof. H. Skaltsa)
 - 2024 – today: Member of the Coordinating Committee of CIVIS joint Master’s Programme entitled «Drug development: from natural products to formulations and applications» – NAT4DD
 - 03/2024 – today: Elected Treasurer of the Greek Association of Fulbright Scholars
 - 1/10 – 21/10/2024: Co-organiser of CIVIS BIP Program Natural products: applications, formulations, Department of Pharmacy, National and Kapodistrian University of Athens
 - 18/09 – 6/10/2023: Co-organiser of CIVIS BIP Program From Medicinal Plants to Drug Products: Research Lab, Formulations, Applications, Department of Pharmacy, National and Kapodistrian University of Athens
 - 14 – 16/07/2022: Co-organiser of CIVIS Program Workshop on Traditional Medicines: A sustainable lifestyle towards climate change, Department of Pharmacy, National and Kapodistrian University of Athens
 - 4 – 8/07/2022: Co-organiser of CIVIS Program Summer School on natural drug products: Explore the theory and the current research and application of natural products, Department of Pharmacy, National and Kapodistrian University of Athens

Awards and Scholarships

Awards

- 24/10/2025: PSE-Phytochemistry Letters Award for the Best Poster Presentation
- 2024: Dra. Mariola Macías Award 2024, Phytochemical Society of Europe (PSE), 2nd place
- 16 – 17/12/2023: Best poster award, 20th Panhellenic Pharmaceutical Congress (Panhellenic Association of Pharmacists – P.E.F.). Title: Mountain tea: Endless source of bioactive compounds (poster #37)
- 12/2022: Award of Excellence Greek Women in STEM 2022, Category: Life Sciences, Greek Women in STEM Symposium

Scholarships

- 2009: Scholarship of Doctor Nikita Agapitidis for admission to the Faculty of Pharmacy
- 1/11/2024 – 28/02/2025: Scholarship - DAAD Award, Deutscher Akademischer Austauschdienst, Weißenstephan - Triesdorf University of Applied Sciences, TUM Campus, Straubing, Germany
- 23 – 26/10/2024: Travel Grant Award to attend ISE-APSS 2024 International Congress, Cape Town, South Africa
- 22/07 – 26/07/2024: Mobility funding in the framework of Erasmus+ Staff Mobility for Training, Weißenstephan-Triesdorf University of Applied Sciences, TUM Campus Straubing, Germany (Project No: 19103)
- 1/11/2021 – 28/02/2022: Scholarship for research work in the framework of Erasmus+ Mobility Students, Weißenstephan-Triesdorf University of Applied Sciences, TUM Campus Straubing, Germany (Project No: 15900)
- 10/06/2021 – 30/09/2021: Participation as a Research Fellow in the research program titled "Support of the educational activities of the National and Kapodistrian University of Athens (NKUA) during the academic year 2020–2021 through the integration of supplementary teaching in addition to the main lectures (160 hours)" in the subject area "Pharmacognosy and Natural Products Chemistry." (Project No: 17475)
- 1/11/2019 – 31/10/2021: Scholarship from Hellenic Foundation for Research and Innovation (H.F.R.I.; 2nd Call for H.F.R.I. Scholarships to PhD Candidates (Scholarship No: 16228)
- 09/2019 – 03/2020: Fulbright Grant, Greek Doctoral Dissertation Research Students 2019-2020, Beth Israel Deaconess Medical Center (BIDMC), Harvard Medical School, Boston, USA
- 12/2019: Scholarship from Hellenic Atherosclerosis Society
- 03/2019 – 06/2019: Scholarship for research work in the framework of Erasmus+ Mobility Students, Università Di Firenze, Italy (Project No: 15113)
- 2018: Scholarship of Excellence DEMO ABEE Start your journey 2018
- 03/2015 – 07/2015: Scholarship for research work in the framework of Erasmus+ Mobility Students, Università Di Modena e Reggio Emilia, Italy
- 2025-2026: Participation in the English-taught Bachelor Program (MPHARM - Integrated Master in Pharmacy English Program) in the course “History of Pharmacy”, Department of Pharmacy, National and Kapodistrian University of Athens (6 hours)
- 5/06/2025: Participation in the English-taught course “Medicinal and Spice Plants” at the Technical University of Munich- TUM Straubing Campus, with a teaching session entitled “Medicinal Plants in Focus: From Botanical Origins to Pharmacognostic Applications” (1.5 hours)
- Spring semester 2025: Co-supervision with Dr. C. Urmann in the course “Advanced Methods in Biotechnology”, providing weekly 60-minute academic support sessions (1hour/week) within the

Teaching experience

- BSc. Program in Chemical Biotechnology, Technical University of Munich-TUM Straubing Campus
- 28/03 – 31/08/2024: Adjunct Lecturer, Laboratory of “Pharmacognosy III”, Department of Pharmacy, National and Kapodistrian University of Athens (teaching/ week: 2 hours and participation in the conduct of the spring semester examinations, during the period 28/03 – 31/08/2024)
 - 10/06 – 30/09/2021: Teaching Assistant in the subject “Pharmacognosy and Natural Products Chemistry” Department of Pharmacy of the University of Athens, as part of the project “Support of Higher Education Institutions’ Educational Activities for the Academic Year 2020 -2021 through the Integration of Supplementary Teaching in Addition to Main Lectures” (160 hours, Code: 17475)
 - 2025: Participation with teaching contribution in two seminars within the framework of MSc Program “Clinical Pharmacy”, Department of Pharmacy, National and Kapodistrian University of Athens (4 hours teaching)
 - 2025: Participation with teaching contribution of two courses 120 hours (2 hours teaching per course) in MSc “Development of new drugs: research, launch and access” in first semester as part of the compulsory course “Basic Principles of Pharmacology and Biotechnology”, School of Medicine, National and Kapodistrian University of Athens.
 - 2022: Participation with teaching contribution in seminar within the framework of MSc Program “Dermatopharmacology-Cosmetology”, Department of Pharmacy, National and Kapodistrian University of Athens (2 hours teaching)
 - 2021: Participation with teaching contribution in seminar within the framework of MSc Program “Dermatopharmacology-Cosmetology”, Department of Pharmacy, National and Kapodistrian University of Athens (2 hours teaching)
 - 1/10 – 21/10/2024: CIVIS BIP Program Natural products: applications, formulations, Department of Pharmacy, National and Kapodistrian University of Athens (Code: 21146)
 - 18/09 – 6/10/2023: CIVIS BIP Program From Medicinal Plants to Drug Products: Research Lab, Formulations, Applications, Department of Pharmacy, National and Kapodistrian University of Athens
 - 14 – 16/07/2022: CIVIS Program Workshop on Traditional Medicines: A sustainable lifestyle towards climate change, Department of Pharmacy, National and Kapodistrian University of Athens
 - 4-8/07/2022: CIVIS Program Summer School on natural drug products: Explore the theory and the current research and application of natural products, Department of Pharmacy, National and Kapodistrian University of Athens

Oral presentations

- Tomou E-M., Skaltsa H., Economou G., Trichopoulou A. Impact of the Climate Crisis & Sustainable Nutrition on Medicinal and Aromatic Plants. 1st Congress of Climate Crisis-NKUA. Athens, 15-17 June 2022 (in Greek)
- Tomou E-M., Skaltsa H. Utilization of medicinal and aromatic plants: bioactive metabolites and their applications. Opti-AromaQ Project Kick off meeting (Online meeting), 28 June 2022 (in Greek)
- Tomou E-M., Barda C., Barbayanni S., Skaltsa H. Historical development of the official Greek Pharmacopoeias with a focus on herbal products. ISE-APSS 2024 International Congress, Cape Town, South Africa, 23-26 October 2024 (Book of Abstract pp. 41) (in English)
- Tomou E-M. The Use of Herbs in Greek Daily Food Habits. 6th International Yale Symposium on Olive Oil and Health, Heraklion-Crete, Greece, 1-4 December 2024. (Symposium Proceedings pp. 11) <https://zenodo.org/records/15640324> (in English)
- From Theory to Practice: Phytochemical Study of Asplenium ceterach L. 3rd Panhellenic Scientific Conference of Pharmacy Students (P.E.S.F.F.A.), Thessaloniki, 9-8 December 2018 (in Greek)
- Greek Aromatic and Medicinal Plants of High Added Value: Impacts of Climate Change. Presentation at the online educational seminar “Herbs in Our Lives”, organized within the framework of the National Environmental Education Network by the Environmental Education Center of Makrinita in collaboration with the 14th Primary School of Volos, 5 April 2021. (in Greek)
- Selenium and Vitamin A: Their Potential Role in COVID-19 and the Contribution of the Community Pharmacist. 4th Pharmacoepidemiology Symposium (Online), 19-21 April 2021. (in Greek)
- The Potential Role of Vitamin A and Selenium in Addressing the COVID-19 Pandemic. 1st Online Symposium of the Institute for continuing Education and professional development of community pharmacists (IDEEAF), Panhellenic Pharmaceutical Association (P.F.S.), 21 March 2021. (in Greek)
- Botanical Ingredients in Modern Dietary Supplements: Benefits and Risks. 9th SYFAK Conference: The Pharmacy in Health, Beauty and Wellness in the Metapharma Era, Heraklion, Crete, 10-11 September 2022. (in Greek)
- Metabolomic strategy for detecting herbal products’ differentiations and potential adulteration. 4th International Conference on Plant Biology (23rd SPPS Meeting), Belgrade, Serbia, 6-8 October 2022. in English)
- Phytochemical insights of selected Greek Lamiaceae species. The 1st International Electronic Conference on Medicinal Chemistry and Pharmaceutics https://sciforum.net/event/ECMC-P2025?section=#event_speakers (sciforum-154751), 1-30 November 2025 (Invited Speaker, online)

Speaker in congresses-meetings-symposia

- 25th International Congress of the International Society of Ethnopharmacology, Foligno, Italy, 14–17 September 2026 (Invited Speaker) (in English)

Member of scientific societies

- 2012-2022: Greek Pharmaceutical Student Federation of Athens (GPSF)
- 2018-today: Society for medicinal Plant Research and Natural Product Research-GA
- 2018-today: International Society of Ethnopharmacology (ISE)
- 05/2025-today: Board Member ISE <https://ethnopharmacology.org/board/>
- 2020-today: Panhellenic Association of Pharmacists – P.E.F.
- 2020-today: The American Society of Pharmacognosy (ASP)
- 2021-today: Hellenic Society of Ethnopharmacology
- 2024-today: Phytochemical Society of Europe (PSE)

Other non-academic activities

Awards and distinctions at national and international levels. Selected achievements include:

- 2003-2005: Member of the Pre-National Swimming Team
- 2008–2010: Member of the National Swimming Team
- 08/2006: 4th place, International Children's Games, Thailand
- 12/2009: National Record Holder (Juniors & Women – 100m backstroke, 25m pool)
- 10/2009: National Record Holder (Juniors – 100m backstroke, 25m pool)
- 05/2010: 2nd & 3rd place, III Meeting International Cidade de Coimbra, Portugal
- 02/2010: 2nd Place, Greek National Swimming Championship (Open Category)
- 06/2014: 1st Place, Greek National Swimming Championship (Open Category)
- 06/2024: 1st Place, Greek National Swimming Championship (Masters Category)

Volunteering

- 11/2012: Volunteer at the 30th Athens Classic Marathon
- 02/2017: Mind the lab (SciCo)
- 03/2017: Volunteer at ASF 2017 (Athens Science Festival)
- 07-08/2018: Volunteer support to wildfire victims in Mati, Greece - Assisted in organizing a Social Pharmacy and in medicine inventory through the Department of Pharmacy, National and Kapodistrian University of Athens
- 2022-2023: Mentor at Women on Top
- 2022-2023: Mentor in European Pharmaceutical Students' Association (EPSA)