Professor Grigorios Nasios, MD, PhD.

Neurologist – Clinical Neurophysiologist

Personal information

Date of birth: 28.3.1967

Family status: Married to Styliani Evangelou, father of one daughter, Maria.

Citizenship: Hellenic

Residence: Ioannina, Greece

Private Practice's address : Michailidi str. 6, 45333, Ioannina, Greece

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Present academic position

Professor, Department of Speech and Language Therapy, University of Ioannina, Greece.

Research fields

- Neurophysiology
- Aphasiology
- Disorders of communication in neurological diseases
- Dysphagia in stroke and neurocognitive disorders
- Cognitive rehabilitation
- Neuromodulation

Education

1990: graduation from Ioannina University's Medical School, Greece

1996: Specialty in Clinical Neurology (University hospital of Ioannina, Greece)

2001: Doctoral degree in Medicine, University of Ioannina, Greece (Spatial orientation and eye movement recordings in patients with idiopathic spasmodic torticollis) http://hdl.handle.net/10442/hedi/21561

Research, clinical, and academic positions

1996-1997 and 1998-1999: Visiting Scientist and Research Fellow at the Department of Neurology, Medical School, Freiburg University, Germany.

1999-2000: Research Fellow at the Department of Neurology, Section of Neurophysiology (Prof. W. Becker), Medical School, Ulm University, Germany.

1996-2000: Collaborator in Neurophysiological Laboratory at the Department of Neurology, Ioannina, Greece.

2004-2007: Scientific collaborator at the Department of Speech and Language Therapy, Technological Educational Institute of Epirus.

2007- : Professor at the Department of Speech and Language Therapy, University of Ioannina, Greece.

2014-2016: Head of the Department of Speech and Language Therapy, Technological Educational Institute of Epirus.

2016-2017: Elected internal member of the Administrative Council at Technological Educational Institute of Epirus.

Clinical experience

Since 2000, I lead a private neurological practice and an attached neurophysiological laboratory in Ioannina, Greece (Nasios Neurocare, www.nasios.gr).

Academic and research activity

More than 20 years of experience in teaching at various academic settings, (undergraduate and postgraduate students, in semirars, as invited speaker, and as doctoral students' supervisor).

More than 160 published research articles in reputed journals, presented more than 85 presentations at international congresses (a selection of them is listed below), with current h-index 29 and i-10 index 55.

I also served as editor for eight scientific books in Greek language.

Member of Professional-scientific organizations:

Greek Neurological Society

Greek Neurophysiological Society

European Academy of Neurology

Selected Publications in peer reviewed journals:

1. Maria Kambanaros, Lambros Messinis, **Grigorios Nasios**, Anastasia Nousia & Panagiotis Papathanasopoulos (2017). Verb–noun dissociations in relapsing-remitting multiple sclerosis: verb effects of semantic complexity and phonological relatedness. Aphasiology, (31), 49-66.

2. Ioanna Eleni Virvidaki, **Grigorios Nasios**, Maria Kosmidou, Sotirios Giannopoulos, Haralampos Milionis. Swallowing and Aspiration Risk: a Critical Review of Non Instrumental Bedside Screening Tests. Journal of Clinical Neurology, 2018.

3.Dardiotis,E;Nousia,A;Siokas,V;Tsouris,Z;Andravizou,A;Fotios,A.,Mentis,A;Florou,D; Messinis, L; **Nasios, G**. (2018). Efficacy of computer-based cognitive training in neuropsychological performance of patients with multiple sclerosis: a systematic review and meta-analysis. Multiple Sclerosis and Related Disorders, 20, 58-66

4. **Grigorios Nasios,** Lambros Messinis, Efthimios Dardiotis, and Panagiotis Papathanasopoulos. Repetitive Transcranial Magnetic Stimulation, Cognition, and Multiple Sclerosis: An Overview. Behavioural Neurology, Volume 2018 (2018), https://doi.org/10.1155/2018/8584653.

5. Lambros Messinis, **Grigorios Nasios**, Mary H. Kosmidis, Petros Zampakis, Sonia Malefaki, Katerina Ntoskou, Anastasia Nousia, Christos Bakirtzis, Nikolaos Grigoriadis, Philippos Gourzis, and Panagiotis Papathanasopoulos. Efficacy of a Computer-Assisted Cognitive Rehabilitation Intervention in Relapsing-Remitting Multiple Sclerosis Patients: A Multicenter Randomized Controlled Trial. Behavioural Neurology, Volume 2017 (2017), https://doi.org/10.1155/2017/5919841

6. L Messinis, P Papathanasopoulos, MH Kosmidis, **G Nasios**, M. Kambanaros. Neuropsychological Features of Multiple Sclerosis: Impact and Rehabilitation. Behavioural Neurology. February 2018:1-4, DOI10.1155/2018/4831647.

7. Ntoskou, A., Messinis, L., **Nasios, G**., Martzoukou, M., Makris, G., Panagiotopoulos, E., & Papathanasopoulos, P. (2018). Cognitive and Language deficits in Multiple Sclerosis: Comparison of Relapsing Remitting and Secondary Progressive subtypes, The Open Neurology Journal, 12, 19-30.

8. **Nasios, G.** & Messinis, L., (2018). Neuroanatomy of Language: new insights from lesioned and healthy brains. EC Neurology, 10, 5, 343-345 (Editorial).
9. Christos Bakirtzis, Panagiotis Ioannidis, Lambros Messinis, **Grigorios Nasios**, Elina Konstantinopoulou, Panagiotis Papathanasopoulos, and Nikolaos Grigoriadis (2018). The rationale for monitoring cognitive function in multiple sclerosis:practical issues for clinicians. The Open Neurology Journal, 12, 31-40.
10. Anastasia Nousia, Vasileios Siokas, Eleni Aretouli, Lambros Messinis, Maria Martzoukou, Maria Karala, Charalampos Koumpoulis, Athina-Maria Aloizou, **Grigorios Nasios**, and Efthimios Dardiotis (2018). Beneficial effect of Multidomain Cognitive Training on the neuropsychological performance of patients with early-stage Alzheimer's disease. Neural Plasticity, https://doi.org/10.1155/2018/2845176.
11. Eleni Konstantinopoulou, Panagiotis Ioannidis, Christos Bakirtzis, Virginia Giantzi,2 Theodora Afrantou, Dimitrios Parissis, Lambros Messinis, Grigorios Nasios, and Nikolaos Grigoriadis (2018). Estimating Everyday Neuropsychological Functioning in Multiple Sclerosis: Reliability and Validity of the Greek Multiple Sclerosis Neuropsychological Questionnaire. Multiple Sclerosis International, https://doi.org/10.1155/2018/6301535.
12. Giazkoulidou A, Messinis L, Nasios G. Cognitive functions and social cognition in multiple sclerosis: An overview. Hell J Nucl Med. 2019 Jan-Apr;22 Suppl:102-110. PMID: 30877728
13. Grigorios Nasios, Efthymios Dardiotis, and Lambros Messinis. From Broca and Wernicke to the neuromodulation era: insights of brain language networks for neurorehabilitation. Behav Neurol. 2019 Jul 22;2019:9894571.
14. Virvidaki IE, Giannopoulos S, Nasios G, Dimakopoulos G, Michou E, Milionis H. Predictive value of a novel pragmatic tool for post-stroke aspiration risk: The Functional Bedside Aspiration Screen. Neurogastroenterol Motil. 2019 Jul 26:e13683.
15. Dimitriou, N., Bakirtzis, C., Nteli, E., Nousia, A., Siokas, V., Malefaki, S., Messinis, L., El-Wahsh, S., Virvidaki, I-E., Grigoriadis, P., Dardiotis, E., &**Nasios,G.** (2023). Adaptation and validation of the Greek version of the Speech Pathology – Specific Questionnaire for Persons with Multiple Sclerosis (SMS). *International Journal of Speech-Language Pathology,* 1-9. (doi: https://doi.org/10.1080/17549507.2023.2180094)
16. Aloizou, A-M., Pateraki, G., Anargyros, K., Siokas, V., Bakirtzis, C., Liampas, I., Nousia, A., **Nasios, G.,** Sgantzos, M., Peristeri, E., & Dardiotis, E. (2021). Transcranial

magnetic stimulation (TMS) and repetitive TMS in multiple sclerosis. ReviewsintheNeurosciences, 32(7), 723-736. (doi: https://doi.org/10.1515/revneuro-2020-0140)

17. Martzoukou M, Nousia A, Messinis L, Konstantopoulos K, **Nasios G.** Language and Cognitive Impairments in Multiple Sclerosis: a Comparative Study of RRMS and SPMS Patients. Arch Clin Neuropsychol. 2025 May 21;40(4):775-782. doi: 10.1093/arclin/acae110.

18. Bakirtzis C, Dimitriou N, Moysiadis T, El-Wahsh S, Andravizou A, Nteli E, Boziki MK, **Nasios G**, Messinis L, Grigoriadis N. Communication deficits in multiple sclerosis: Interactions with cognitive dysfunction and their impact on employment status. Mult Scler. 2025 Apr;31(5):587-594. doi: 10.1177/13524585251328556. Epub 2025 Mar 20.PMID: 40110602

19. Nikolakakis I, Grigoriadis P, Dimitriou N, Parisis D, **Nasios G**, Messinis L, Bakirtzis C. Navigating a Misty Road: Novel Ways to Study the Impact of Cognition on Driving Performance in Multiple Sclerosis. Brain Sci. 2025 Sep 20;15(9):1017. doi: 10.3390/brainsci15091017.

20. L'Abbate T, Dimitriou NK, Dimakopoulos G, Tecchio F, **Nasios G.** tDCS and Cognitive Training for Fatigued and Cognitively Impaired People with Multiple Sclerosis: An SCED Study. Brain Sci. 2025 Jul 28;15(8):807. doi: 10.3390/brainsci15080807.