





PERSONAL INFORMATION Sofia Pappou



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Postdoctoral researcher at the Department of Marine Sciences with expertise on the isolation and utilization of marine bioactive compounds. Current research/working experience concerns the study of fish feed supplementation by using marine and herbal bioactive formulations on fish pathology, physiology and immune response. Previous experience involves the use of algae and invasive fish species as a new sustainable resource for the cosmetic and food industry. Postgraduate studies at the University of Southampton, in Marine Biology & Ecology and postgraduate thesis on applications and misapplications of RNA-based indices of fish growth. Second postgraduate studies in the Department of Marine Sciences on Integrated Coastal Zone Management. Scientific interests: Coastal ecology and biodiversity, Management of Marine Biological Resources and Sustainable Development, Ichthyology and Aquaculture.

EDUCATION

November 2023	PhD “Study of isolation and utilization techniques of bioactive compounds derived from marine organisms and their by-products with the aim of developing innovative fish feeds” Department of Marine Sciences, University of the Aegean, Lesvos Island, Greece
October 2018	MSc Integrated Coastal Management Department of Marine Sciences, University of the Aegean, Lesvos Island, Greece
September 2014	MSc Oceanography (Marine Biology and Ecology) National Oceanography Centre, University of Southampton, United Kingdom
May 2014	BSc Marine Sciences Department of Marine Sciences, University of the Aegean, Lesvos Island, Greece

RESEARCH – WORKING EXPERIENCE

January 2024 - Now	Adjunct lecturer	Marine Biology, Dep. of Marine Sciences, University of the Aegean Marine Genetics and Biotechnology, Dep. of Marine Sciences, University of the Aegean
January 2023 – Now	Researcher at Project “Feedactiv”	Development of functional fish feed based on bioactive compounds of marine and herbal origins
December 2021 – May 2023	Researcher at Project “Invasion”	Monitoring and control of marine invasive species in Greece with innovative techniques under present and future climate conditions
March 2020 – October 2023	Researcher at Project “ExplIAS”	Design and piloting methods of commercial exploitation of invasive alien species with a view to contributing to the control of their population
June 2020 – November 2021	Researcher at Project “Biomalga”	Development of green processes for the recovery of bioactive products with anti-agent and antioxidant activities from marine algae

Journal Publications

Pappou, S., Dardavila, M., Savvidou, M., Louli, V., Magoulas, K. and Voutsas, E., 2022. Extraction of Bioactive Compounds from *Ulva lactuca*. Applied Sciences, 12(4), p.2117.

Papadaki, S., Pappou, S., Dimou, P., Krokida, M., 2022. Isolation and Utilization of Toxins from Marine Invasive Species towards the management of their population. European Journal of Sustainable Development, 11(4), p.61-71

Dardavila, M. M., Pappou, S., Savvidou, M. G., Louli, V., Katapodis, P., Stamatis, H., Magoulas, K., & Voutsas, E., 2023. Extraction of Bioactive Compounds from *C. vulgaris* Biomass Using Deep Eutectic Solvents. Molecules, 28(1), 415.

Batjakas, I. E., Evangelopoulos, A., Giannou, M., Pappou, S., Pappanikola, E., Atsikvasi, M., Poursanidis, D., & Gubili, C., 2023. Lionfish Diet Composition in Three Study Sites in the Aegean Sea (Southern Crete, and Kastellorizo and Nysiros Islands): An Invasive Generalist? Fishes 2023, 8, 314

Pappou, S., Valsamidis, M.A., Batjakas I.E., Bakopoulos V., 2023. Antibacterial activity of *Ulva lactuca* against important aquaculture bacterial strains. Bulletin of the University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca. Food Science and Technology.

Pappou S., Bakopoulos V., Valsamidis M.A., Krokida M., White D.M., Batjakas J., (under review). Supplementation of a commercial diet of European sea bass by an algal ethanolic extract of *Ulva lactuca*. Bulletin of University of Agricultural Sciences and Veterinary Medicine. Food Science and Technology

Kampouris, T.E., Pappou, S., Erga, Z., Kouloumperis, V., Batjakas, I.E., 2023. Assessing the fish fauna diversity and abundance at Aegean and Ionian seas, with emphasis on certain NIS fish species via Scientific diving and Visual Census. PLOS ONE

Conferences

Formulation of functional food ingredients derived from marine invasive alien species in Mediterranean basin, IUFOST 2022 – 21st World Congress of Food Science and Technology Future of Food: Innovation, Sustainability and Health, Singapore

Extraction of *Chlorella vulgaris* using a deep eutectic solvent, ESAT 2022 – 32nd European Symposium on Applied Thermodynamics, GRAZ, AUSTRIA

Biochemical characterization of marine invasive species *Lagocephalus sceleratus*, *Pterois miles* and *Fistularia commersonii* in the Northern Aegean, HydroMediT2021, 4th International Congress on Applied Ichthyology and Aquatic Environment, University of the Aegean, Greece

Evaluation of three microalgae species for use in aquafeed, HydroMediT2021, 4th International Congress on Applied Ichthyology and Aquatic Environment, University of the Aegean, Greece

Bioactive compounds derived from marine alien species in the Mediterranean for cosmeceutical applications, IFSCC 2021 - 26th Conference of the International Federation of Societies of Cosmetic Chemists, Mexico

Recovery of bioactive compounds from microalgae using novel solvents, ESAT 2021 - 31st European Symposium on Applied Thermodynamics, France

Morphological characteristics of the sardine (*Sardina pilchardus* Walbaum, 1792) in the northern Aegean Sea (Gulf of Kalloni, Lesvos). Hydromedit 2018, 3rd International Congress on Applied Ichthyology and Aquatic Environment, University of Thessaly, Volos Greece, 8 – 11 November (pp. 268-272)

Computer skills ▪ Microsoft office (Word, Excel, PowerPoint), Powersim Software (modeling), Surfer (Contouring, Gridding and 3D Surface Mapping Software), Geographic Information System (GIS), sufficient knowledge of Matlab, R, Bilko and Beam (analysis of Satellite Images).

Other skills ▪ “Personal Safety and Social Responsibility” and “Emergency First Aid at Work” Certificates approved by the Maritime and Coastguard Agency of the United Kingdom

Languages ▪ Greek, English - Cambridge proficiency (CPE, 2012), Michigan proficiency (ECPE, 2012)

Awards/Scholars ▪ State Doctorate Scholarship (IKY) 2022-2023

hips

- Best Poster Award by the 22nd International Conference of Life Sciences for Sustainable Development, 28-30 September 2023, Cluj-Napoca, Romania for the poster titled “Supplementation of commercial diet of European seabass by an algal ethanolic extract of *Ulva lactuca*”
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