

Paraskevi Massara, PhD Candidate

Department of Nutritional Sciences, Faculty of Medicine, University of Toronto
Division of Translational Research Medicine, The Hospital for Sick Children, Toronto

Education	University of Toronto , Toronto, Canada <i>Doctor of Philosophy (Ph.D.) candidate, Department of Nutritional Sciences, Faculty of Medicine</i> September, 2016 - September, 2021 (Expected)	
	Harokopio University , Athens, Greece <i>Master of Science (MSc), Applied Nutrition and Dietetics (Clinical Nutrition-Dietetics stream)</i> October, 2014 - July, 2016	GPA 8.9/10
	Harokopio University , Athens, Greece <i>Ptychio (BSc-equivalent), Nutrition and Dietetics</i> October, 2009 - November, 2013	GPA: 9.01/10
Distinctions, Awards, Scholarships	Connaught International Scholarship , University of Toronto <i>Doctoral studies in Nutritional Sciences, Faculty of Medicine, University of Toronto</i> September, 2016 - September, 2020	CAD 10.000/year
	School of Graduate Studies Conference Grant Award , University of Toronto <i>Doctoral studies in Nutritional Sciences, Faculty of Medicine, University of Toronto</i> December, 2019	CAD 1.000
	Onassis Foundation Scholarship , Onassis Foundation <i>Doctoral studies in Nutritional Sciences, Faculty of Medicine, University of Toronto</i> September, 2016 - September, 2019	CAD 20.000
	GSEF Merit Award for International Students , University of Toronto <i>Doctoral studies in Nutritional Sciences, Faculty of Medicine, University of Toronto</i> May, 2017	CAD 5.000
	Onassis Foundation Scholarship , Onassis Foundation <i>Master studies in Applied Nutrition and Dietetics, Harokopio University</i> September, 2015 - July, 2016	CAD 15.000
	"G. Karabatzos" Excellence Award , Harokopio University <i>Undergraduate studies in Nutrition and Dietetics, excellence award for graduating ranking first in the Department of Nutrition and Dietetics at Harokopio University</i> November, 2013	CAD 1.000
	State Scholarships Foundation (IKY) , Hellenic Ministry of Education and Religious Affairs <i>Undergraduate studies in Nutrition and Dietetics, award for achieving the highest grade in the Department of Nutrition and Dietetics, Harokopio University, Athens</i> Academic year: 2012 - 2013	CAD 2.500
	State Scholarships Foundation (IKY) , Hellenic Ministry of Education and Religious Affairs <i>Undergraduate studies in Nutrition and Dietetics, award for achieving the highest grade in the Department of Nutrition and Dietetics, Harokopio University, Athens</i> Academic year: 2011 - 2012	CAD 2.500

State Scholarships Foundation (IKY), Hellenic Ministry of Education and Religious Affairs
Undergraduate studies in Nutrition and Dietetics, award for achieving the highest grade in the Department of Nutrition and Dietetics, Harokopio University, Athens
Academic year: 2010 - 2011 CAD 2.500

Eurobank EFG, Eurobank EFG Scholarship Program
Scholarship for achieving the highest grade in the national examinations for admission to tertiary education in the academic year 2008-2009
November, 2009 CAD 1.500

Journal Publications

Panos Papandreou, Dimitrios Ntountaniotis, Maria Skouroliakou, **Paraskevi Massara**, Tania Siahaidou; *Does a parenteral nutrition decision support system for total nutrients improve prescription procedure and neonatal growth?*. J Matern Fetal Neonatal Med. (2019) 2:1-8.

Maria Skouroliakou, Dimitrios Grosomanidis, **Paraskevi Massara**, Christina Kostara, Panos Papandreou, Dimitrios Ntountaniotis, Georgios Xepapadakis; *Serum antioxidant capacity, biochemical profile and body composition of breast cancer survivors in a randomized Mediterranean dietary intervention study*. Eur J Nutr. (2018) 57:21-33.

Kalliopi Dritsakou, **Paraskevi Massara**, Nikolaos Skourlis, Georgios Liosis, Maria Skouroliakou; *Maternal diet and breastfeeding duration of infants after NICU hospitalization in Greece: A cohort study*. J Matern Fetal Neonatal Med. (2016) 8:1-6.

Maria Skouroliakou, Dimitris Konstantinou, Charalampos Agakidis, Andriana Kaliora, Nick Kalogeropoulos, **Paraskevi Massara**, Marina Antoniadi, Thomais Karagiozoglou-Lampoudi; *Parenteral MCT/n-3 PUFA-enriched lipid emulsion is associated with cytokine and fatty acid profiles consistent with attenuated inflammatory response in preterm neonates*. Nutr Clin Pract. (2015) 2:235-244.

Maria Skouroliakou, Dimitrios Ntountaniotis, Olympia Kastanidou, **Paraskevi Massara**; *Evaluation of barley's beta-glucan food fortification through investigation of intestinal permeability in healthy adults*. J Am Coll Nutr. (2015) 27:1-7.

Maria Skouroliakou, Dimitrios Ntountaniotis, **Paraskevi Massara**, Katerina Koutri; *Investigation of multiple factors which may contribute to vitamin D levels in bedridden pregnant and their preterm neonates*. J Matern Fetal Neonatal Med. (2015) 12:1-6

Panagiotis Xenitelis, Athina Papantoniou, Alexandra Georgiou, Anastasia Gkza, Polykseni Kaloudi, **Paraskevi Massara**, Theodora Mprikou, Christina Chatzinikolaou, Alexandra Christou, Adamantia Kyriakou; *Probiotics-prebiotics, Dieticians point of view*. Hellenic Allergy and Clinical Immunology (2012) 5:14-25

Conference Participations

Gastrointestinal disorders in elderly patients and the role of nutrition, Geriatric Society of Western Greece, Greece, June 2019 **Invited Speaker**

Frailty syndrome and diet in elderly patients, Geriatric Society of Western Greece, Greece, July, 2016 **Invited Speaker**

The role of nutrition in the prevention of dementia, Geriatric Society of Western Greece, Greece, December, 2015 **Invited Speaker**

Paraskevi Massara, Lauren Erdman, Charles Keown-Stoneman, Eric Ohuma, Jonathon Maguire, Celine Bourdon, Elena Comelli, Robert Bandsma, Catherine Birken; *Growth patterns identification is affected by the methodology applied: An exploratory study*, 7th International Conference on Nutrition and Growth, March 26th-28th 2020, United Kingdom **E-poster**

Paraskevi Massara, Lauren Erdman, Charles Keown-Stoneman, Eric Ohuma, Jonathon Maguire, Celine Bourdon, Elena Comelli, Catherine Birken, Robert Bandsma; *Predicting infant-to-adolescent growth patterns using child and family determinants: A data integration approach*, 7th International Conference on Nutrition and Growth, March 26th-28th 2020, United Kingdom **Oral Presentation**

Paraskevi Massara, Effie Vigiliouk, Andrea J Glenn, Tauseef A Khan, Maxine Seider, Sonia Blanco Mejia, Cyril WC Kendall, Hana Kahleová, Dario Rahelić, Jordi Salas-Salvadó, John L Sievenpiper; *Protective association between adherence to a healthy Nordic Diet, the risk of incidence of stroke and cardiovascular disease: A systematic review and meta-analysis of cohort studies*, 36th International Symposium on Diabetes and Nutrition, June 27th-30th 2018, Croatia **Oral Presentation**

Paraskevi Massara, Maria Skouroliakou, Dimitris Konstadinou, Nick Kalogeropoulos, Andriana Kaliora; *Plasma Fatty Acids, Inflammation and Growth in Premature Infants Receiving MCT/omega-3-PUFA-Containing or Soybean-Based Lipid Emulsions*, 7th DIETS/EFAD Conference, November 8th - 9th 2013, Italy **Poster**

**Clinical
Professional
Experience**

- "Yava" fitness center, Greece, November, 2013 - June, 2016
- Community Health Center of Salamis, Greece, October, 2012 - June, 2013 (Internship)
- "Alexandra" General Hospital, Greece, October, 2012 - June, 2013 (Internship)
- "Metaxa" Anticancer Hospital, Greece, October, 2012 - June, 2013 (Internship)
- Unilever Greece, July - August, 2013 (Internship)

**Clinical Research
Experience**

Study coordinator, University of Toronto, The Hospital for Sick Children, Toronto
Study coordinator of the "Growth, diet, puberty and gut microbiota in children from the TARGET Kids! cohort -the "MiGrowD"study.

- Development and design of the study protocol and material (instructions, letters, email scripts, questionnaires etc).
- Initiation of research study protocol, and establishment of operating procedures.
- Preparation and coordination of all REB submissions (The Hospital for Sick Children, St. Michael's Hospital, University of Toronto), including initial study approval, amendments, protocol deviations, adverse events, renewals, closures, responses to REB comments.
- Training and regular communication with the TARGET Kids! research assistants, clinical staff and trainees throughout the clinical sites of the cohort.
- Recruiting of research subjects and samples collection.
- Design, testing and maintenance of the data collection and analysis system (RED-Cap database) in support of research protocol in collaboration with AHRC (Applied Health Research Centre - St. Michael's Hospital).
- Maintenance of study master file.

September, 2016 - Present

Student research assistant, Harokopio University, Iaso Maternity Hospital, Athens

- Development and design of the study protocol and material including translation of study documents.
- *Experimental data collection and statistical analyses.*
- *Data entry, recording and collection.*

February, 2012 - July, 2016

Technical Skills	<p>LANGUAGES : R, Python.</p> <p>TOOLS : Rstudio, R markdown, GitHub, QIIME, PICRUST, Review Manager, SPSS, Nutritionist Pro, Diet Analysis Plus-ESHA, Nutri Parenteral Nutrition, Automated Self-Administered 24-hour Dietary Assessment Tool (ASA24-Canada).</p> <p>DATABASE : REDCap, RAVE.</p> <p>METHODS: Similarity network fusion (SNF), latent growth analysis, group-based multi-trajectory modeling, unsupervised machine learning, supervised machine learning, time series clustering , anomaly detection, growth patterns detection, superImposition by translation and rotation (SITAR), network analysis, reducing high dimensional data, microbiome analysis, power analysis for microbiome data, features extraction.</p> <p>CLOUD COMPUTING : Compute Canada, Centre For Computational Medicine High Performance Computing Facility (CCM HPF) - The Hospital for Sick Children.</p> <p>GENERAL : Data structures, data cleaning and wrangling.</p>
Teaching Experience	<p>Machine Learning Analyses for Human Growth data Teaching to researchers from the International Centre for Diarrhoea Disease Research, Bangladesh (icddr,b) machine learning methods including random forests, clustering, feature selection to predict growth and stunting in malnourished children. October, 2018 - February, 2020</p> <p>Teaching Assistant, University of Toronto Conducting tutorials, marking assignments, assisting students. September, 2017 - January, 2020</p>
Licences and Certifications	<ul style="list-style-type: none"> • Registered Dietitian - Nutritionist, General Directorate of Public Health and Social Care, Department of Health Services and Professions, Greece, Ref. No. 6154 • Information Security Matters - 2020, The Hospital for Sick Children, 2020 • Software Carpentry - Git/Unix Shell/Python, UofT Coders, University of Toronto, 2019 • 3D Printing certified user, University of Toronto, 2018 • Reducing High Dimensional Data in R, Udemy, 2018 • Machine Learning A to Z in R, Udemy, 2018 • Introduction to REDCap,The Hospital for Sick Children, 2018 • Sex and Gender in Primary Data Collection with Humans, Canadian Institutes of Health Research (CIHR), Institute of Gender and Health, 2017 • Big Data Analytics for Omics Science, McMaster University, 2017 • Omics and Epidemiology, Microbiome Summer School, Canadian Institutes of Health Research (CIHR), Institute of Gender and Health, 2017 • Statistics and R, by Harvard University, Coursera, 2016 • Introduction to Biostatistics, by Johns Hopkins University, Coursera, 2016 • Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans, Course on Research Ethics (TCPS 2: CORE), Government of Canada, 2016 • Laboratory Biosafety, Office of Environmental Health and Safety, University of Toronto, 2016 - 2020

• **Laboratory Computational Statistics**, Aegean University, Greece, 2013

Courses

• Bioinformatics • Nutrition Epidemiology • Advanced topics in physiology: The gastrointestinal epithelium • Directed Reading: Research process, methods and statistical techniques for systematic reviews and meta-analyses. • Academic writing

Presentations

Analyzing Human Growth Data - A Comprehensive Approach, The Childhood Acute Illness and Nutrition (CHAIN) Network, The Hospital for Sick Children January, 2020

Cleaning Time-Series Data - An application on human growth data, Data Cleaning Brown Bag, Center of Information and Technology, University of Toronto November, 2019

Data Wrangling and Manipulation, SickKids Coders Club, The Hospital for Sick Children November, 2017

Regular presentations on research proposals and project updates, TARGET Kids! Cohorts, The Hospital for Sick Children
May 2016 - present

Additional Activities - Volunteering

• Member of the "Women Who Code" (WWC) society, 2018 - present
• Mentor, Department of Nutritional Sciences Mentorship Program, University of Toronto, 2019 - 2020
• Opinion article author, NutriNews, Department of Nutritional Sciences, University of Toronto, 2017 - 2020
• President, Knox College Association (KCA), University of Toronto, 2018 - 2019
• Community Liaison, Nutritional Sciences Graduate Students Association (NSGSA), University of Toronto, 2018 - 2019
• Social convener, Knox College Association (KCA), University of Toronto, 2017 - 2018

Contact information

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