

## EXPERIENCE

- 07/2024 – present **Co-Head of Research and Quality Assurance: University Hospital of Psychiatry Zurich Centre for Child and Youth Forensics (ZKJF), Zurich, Switzerland**
- 04/2021 – present **Postdoctoral Researcher: Swiss Research Institute for Public Health and Addiction (ISGF), Zurich, Switzerland**
- 11/2016 – 12/2020 **Guest Researcher: University Medical Center, Amsterdam, Netherlands**
- 11/2016 – 12/2020 **PhD Candidate, Vrije Universiteit Amsterdam, Amsterdam, Netherlands**
- 04/2016 – 11/2016 **Graduate Research Assistant, Vrije Universiteit Amsterdam, Amsterdam, Netherlands**
- 10/2013 – 03/2014 **Undergraduate Research Assistant, University of Crete, Rethymno, Greece**
- 04/2013 – 09/2013 **Clinical Psychology Intern, Frankenalbkllinik Engelthal, Germany**

## EDUCATION

- 09/2020 – 12/2020 **H-impact: The Health innovation & Entrepreneurship Program, Ghent University**
- 06/2017 – 08/2017 **SIGCHI Program on User-Centered Design, Trinity College Dublin & KTH Royal Institute of Technology**
- 06/2016 – 07/2016 **Summer Institute on Alcohol, Drugs and Addiction, University of Amsterdam**
- 09/2014 – 07/2016 **MSc: Clinical and Developmental Psychopathology, Vrije Universiteit Amsterdam**
- 09/2010 – 08/2014 **BSc: Psychology, University of Crete**

## SKILLS

**Statistical software:** R, STATA, SPSS, CMA, ATLAS.ti.

**Intervention development:** Expertise in participatory co-design and co-development of behavioral interventions.

**Teaching, Mentoring and Presenting:** University Teaching Qualification (BKO).

**Spoken Languages:** German (native), Greek (native), English (fluent), Dutch (advanced).

## CONFERENCE PRESENTATIONS

- “Die therapeutische Allianz im jugendforensischen Kontext.” 13. Kinder- und Jugendforensisches Symposium, Zurich, Switzerland, November 2024.
- “Factors influencing adherence to digital health interventions targeting addictive behaviours in adolescents: A systematic review.” European Association of Substance Abuse Research, Prague, Czech Republic, May 2024.
- “Wodka, Benzos & Co: Jugendliche und junge Erwachsene mit Mischkonsum.” Arud Zentrum für Suchtmedizin, Zurich, Switzerland, March 2023.
- “Snow Control – A web-based intervention to assist problematic cocaine users to reduce or cease their use.” Let's Talk Overdose Conference, Online, April 2023.
- “In adults with alcohol use disorders or hazardous drinking, are digital interventions effective?” World Health Organization, Geneva, Switzerland, August 2022.
- “In adults with drug use disorders or people using drugs, are digital or telemedicine interventions effective?” World Health Organization, Geneva, Switzerland, August 2022.

- “Win Back Control – Effectiveness of a web-based self-help tool to reduce problem gambling: A randomized controlled trial.” *Virtual Solutions for Substance Use Care*, Online, January 2022.
- “Digital Interventions for Adult Drug Users: A Systematic Review and Meta-analysis.” *European Association of Substance Abuse Research*, Gibraltar, May 2021.
- “A Supportive Digital Intervention Aiming to Reduce Young Adults’ Alcohol Intake: A Randomized Controlled Trial.” *European Conference on Addictive Behaviours and Dependencies*, Lisbon, Portugal, October 2019.
- “Digitalisierung und Suchttherapie.” *Conference of the Fachverband Drogen- und Suchthilfe (FDR)*, Frankfurt, Germany, May 2019.
- “The Effects of Internet-based Prevention and Treatment Interventions for Cannabis Use Reduction.” *International Network on Brief Interventions for Alcohol & Other Drugs (INEBRIA)*, Santiago, Chile, September 2018.
- “The treatment of PTSD supported by the EMD app in routine care.” *The International Society for Research on Internet Interventions (ISRII)*, Berlin, Germany, October 2017.
- “The Effects of Internet-based Prevention and Treatment Interventions for Cannabis Use Reduction.” *European Society for Research on Internet Interventions (ESRII)*, Bergen, Norway, October 2017.

## PUBLICATIONS

- Kiselev, N., Amsler, S., **Boumparis, N.**, Dey, M., Wenger, A., Schnoz, D., Bachmann, A., Schaub, M. P., & Salis Gross, C. (2024). Behavioural patterns and dangers: a mixed-methods exploration of simultaneous polysubstance use and intervention strategies among Swiss adolescents. *Swiss Medical Weekly*.
- Boumparis, N.**, Baumgartner, C., Malischnig, D., Wenger, A., Achab, S., Khazaal, Y., ... & Schaub, M. P. (2023). Effectiveness of a web-based self-help tool to reduce problem gambling: A randomized controlled trial. *Journal of Behavioral Addictions*, 12(3), 744-757.
- Boumparis, N.**, Noroozi, A., Naghizadeh, E. et al. Blended smartphone intervention for patients in opioid maintenance treatment in Iran: protocol for a randomized controlled trial. *BMC Psychiatry* 23, 518 (2023).
- Haug, S., **Boumparis, N.**, Wenger, A., Paz Castro, R., & Schaub, M. P. (2023). Mobile App-Based Coaching for Alcohol Prevention among Adolescents: Pre–Post Study on the Acceptance and Effectiveness of the Program “MobileCoach Alcohol”. *International journal of environmental research and public health*, 20(4), 3263.
- Haug, S., **Boumparis, N.**, Wenger, A., Schaub, M. P., & Kiselev N. (2023). Predictors of Youth Accessibility for a Mobile Phone-Based Life Skills Training Program for Addiction Prevention. *International Journal of Environmental Research and Public Health*, 20(14), 6379.
- Schaub, M. P., **Boumparis N.**, (2023). CANreduce 1.0 bis 3.0: Entwicklungen und Erkenntnisse eines webbasierten Selbsthilfeprogramms zur Reduktion des Cannabiskonsums. *Suchtmedizin* 25(5): 267-273.
- Ahlers, J., Baumgartner, C., Augsburg, M., Wenger, A., Malischnig, D., **Boumparis, N.**, ... & Schaub, M. P. (2022). Cannabis Use in Adults Who Screen Positive for Attention Deficit/Hyperactivity Disorder: CANreduce 2.0 Randomized Controlled Trial Subgroup Analysis. *Journal of medical internet research*, 24(4), e30138.
- Boumparis, N.**, Haug, S., Abend, S., Billieux, J., Riper, H., & Schaub, M. P. (2022). Internet-based interventions for behavioral addictions: A systematic review. *Journal of Behavioral Addictions*.
- Boumparis, N.**, & Schaub, M. P. (2022). Recent advances in digital health interventions for substance use disorders. *Current Opinion in Psychiatry*, 35(4), 246-251.
- Haug, S., **Boumparis, N.**, Wenger, A., Schaub, M. P., & Paz Castro, R. (2022). Efficacy of a mobile app-based coaching program for addiction prevention among apprentices: a cluster- randomized controlled trial. *International Journal of Environmental Research and Public Health*, 19(23), 15730.
- Schulte, M. H., **Boumparis, N.**, Huizink, A. C., & Riper, H. (2022). Technological Interventions for the Treatment of Substance Use Disorders. *Comprehensive Clinical Psychology*, 264.
- Schulte, M. H., **Boumparis, N.**, Kleiboer, A., Wind, T. R., Olf, M., Huizink, A. C., & Riper, H. (2022). The effectiveness of a mobile intervention to reduce young adults’ alcohol consumption to not exceed low-risk drinking guidelines. *Frontiers in digital health*, 4, 1016714.
- van der Boom, B., **Boumparis, N.**, Donker, T., de Beurs, D., Arntz, A., & Riper, H. (2022). Internet-delivered interventions for personality disorders—A scoping review. *Internet interventions*, 100525.
- Boumparis, N.**, Schulte, M. H., Kleiboer, A., Huizink, A., & Riper, H. (2021). A mobile intervention to promote low-risk drinking habits in young adults: Protocol for a randomized controlled trial. *JMIR Research Protocols*, 10(6), e29750.
- Bolinski, F., **Boumparis, N.**, Kleiboer, A., Cuijpers, P., Ebert, D. D., & Riper, H. (2020). The effect of e-mental

health interventions on academic performance in university and college students: A meta-analysis of randomized controlled trials. *Internet interventions*, 100321.

Schaub, M. P., Berman, A. H., Pelayo, H. L., **Boumparis, N.**, Khadjesari, Z., Blankers, M., ... & Pas, L. (2020). e-INEBRIA special interest group roadmap for best practices for research on brief digital interventions for problematic alcohol and illicit drug use. *Journal of Medical Internet Research*, 22(8), e20368.

**Boumparis, N.**, Loheide-Niesmann, L., Blankers, M., Ebert, D. D., Korf, D., Schaub, M. P., Spijkerman, R., Tait, R. J., & Riper, H. (2019). Short-and Long-Term Effects of Digital Prevention and Treatment Interventions for Cannabis Use Reduction: A Systematic Review and Meta-analysis. *Drug and Alcohol Dependence*.

**Boumparis, N.**, Schulte, M. H., & Riper, H. (2019). Digital mental health for alcohol and substance use disorders. *Current treatment options in psychiatry*, 6(4), 352-366.

Riper, H., Hoogendoorn, A., Cuijpers, P., Karyotaki, E., **Boumparis, N.**, Mira, A., ... & Blankers, M. (2018). Effectiveness and treatment moderators of internet interventions for adult problem drinking: An individual patient data meta-analysis of 19 randomised controlled trials. *PLoS medicine*, 15(12), e1002714.

**Boumparis, N.**, Karyotaki, E., Schaub, M. P., Cuijpers, P., & Riper, H. (2017). Internet Interventions for Adult Illicit Substance Users: A Meta-analysis. *Addiction*.

**Boumparis, N.**, Karyotaki, E., Kleiboer, A., Hofmann, S. G., & Cuijpers, P. (2016). The effect of Psychotherapeutic Interventions on Positive and Negative Affect in Depression: A Systematic Review and Meta-analysis. *Journal of Affective Disorders*.