

Nadia Malliou is a Cognitive and Experimental Psychologist with a strong focus on chronic pain and neuropsychological rehabilitation. She is currently pursuing a PhD on non-pharmacological interventions for chronic post-surgical pain, aiming to advance evidence-based approaches that support recovery and prevent pain chronification. Her research interests include the development of mHealth tools and cognitive-behavioral rehabilitation strategies to improve patient outcomes in chronic pain management.

For several years, Nadia has worked clinically at the Pain Unit of the General University Hospital AHEPA in Thessaloniki, supporting individuals living with chronic pain through Cognitive Behavioral Therapy (CBT) and multidisciplinary rehabilitation approaches. Having lived with chronic pain herself for over two decades, she combines scientific expertise with lived experience to promote a more compassionate, effective, and patient-centered model of care.

As President of Pain Alliance Europe (PAE), Nadia leads initiatives to strengthen the voice of people living with chronic pain across Europe, promoting equitable access to rehabilitation and non-pharmacological treatment options. She also serves as Secretary of the Axial Spondyloarthritis International Federation (ASIF), and Vice President of both the Hellenic League Against Rheumatism (ELEANA) and the Greek Federation of Rare Diseases (EOS-SPANOPA). Through her leadership, research, and advocacy, Nadia continues to work toward better rehabilitation pathways and improved quality of life for people affected by chronic pain, RMDs, and rare diseases.