

Curriculum Vitae (March 2013)

Personal information

Sotiris Plainis

Date of birth: 05/08/1970

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Present employment

Principal Research Scientist (since June 2002), Institute of Vision and Optics (IVO), Department of Medicine, School of Health Sciences, University of Crete (UoC). This involves research, teaching and clinical work.

Honorary Lecturer (since November 2006) The University of Manchester, Faculty of Life Sciences
Teaching activity (current):

- (a) Faculty member and module leader (since 2003) of the postgraduate multidisciplinary program "[Optics & Vision](#)"
- (b) Faculty member (since 2005) of the interdisciplinary graduate programme in the "[Brain and Mind](#)" Sciences for MSc and PhD degrees
- (c) Principal Member of the organizing committee of the [Aegean Summer School in Visual Optics](#)
- (d) Faculty member of the "Basic Optics" course of the [European Society of Cataract and Refractive Surgery \(ESCRS\)](#) – organized twice per year.
- (e) Member of the Educational Committee of the [European Academy of Optometry & Optics](#).
- (f) ECOO working group member on "guidelines of optometric & optical services in E.U."

Clinical activity:

Providing a regional visual electrodiagnostic service (ERG, EOG, VEP).

Research Activity: An active research group in Visual Psychophysics and Electrophysiology (two PhD and 3 MSc students). Current projects involve:

- (a) Visual and strategic performance under conditions of stress/threat (partner: P. Bitsios, Dept of Psychiatry and Behavioral Sciences, UoC)
 - (b) Psychophysical investigation of adaptation mechanisms in the visual system (with: IJ Murray, NRA Parry, The University of Manchester, UK)
 - (c) Multifocal contact lenses for correcting presbyopia (with: WN Charman, The University of Manchester, UK; DA Atchison, Queensland University, Australia)
 - (d) Small aperture monovision for correcting presbyopia: neural adaptation to spatial distortions (H Radhakrishnan, WN Charman, The University of Manchester, UK)
 - (e) Binocular summation vs. binocular rivalry: a reaction time study (with: IJ Murray, NRA Parry, The University of Manchester, UK)
 - (f) Advancing and validating distant and near VA charts and reading cards for European-wide use (copyright partners: MK Tsilimbaris, IG Pallikaris, UoC)
 - (g) Stability of fixational eye movements (partner: A. Pallikaris, UoC)
 - (h) Visual function in monocularly-deprived patients (with MK Tsilimbaris, IG Pallikaris, UoC)
 - (i) Rod function in diabetes (with: MK Tsilimbaris, UoC & IJ Murray, University of Manchester)
 - (j) Retinal toxicity in animal models using electrophysiology (with: MK Tsilimbaris, UoC)
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Education and training

Postgraduate

PhD in Optometry & Neuroscience

January 1996 - April 1999

Department of Optometry & Vision Sciences, UMIST, UK

Title: "Vision at low lighting levels and its relation to driving"

Supervisors: Dr IJ Murray and Prof WN Charman.

The thrust for this study was towards understanding the effects of low lighting on different aspects of visual performance, using psychophysical techniques. These included the level and the rate of dark adaptation, contrast sensitivity, retinal sensitivity under conditions of foveal cognitive load and reaction times. The main scientific implication was the neurophysiological interpretation of contrast coding in the visual pathways. The applied aspect of this work was the use of Reaction Times as an index of conspicuity under low lighting conditions.

MSc in Optometry & Vision Sciences

September 1994 - November 1995

Department of Optometry & Vision Sciences, UMIST, UK.

Title: "Determination of the optical power of single vision and toric soft contact lenses"

Supervisor: Prof WN Charman.

This principally involved determination of the optical power of soft contact lenses, using in-vitro (focimeter-air, focimeter wet-cell and Twyman-Green interferometry) and in-vivo (high-illumination keratometry and Eye-Sys videokeratoscopy) techniques.

Diploma in Clinical Optometry

September 1993 - June 1994

Department of Optometry & Vision Sciences, UMIST, UK.

(completed one-year of Honours Optometry undergraduate course, Grade II(i)),

Diploma in Optics (7.8, first),

September 1989 – June 1993

Department of Optics, School of Health Sciences, TEI Athens, Greece.

Final year research project: "Evaluation of the optical performance of photochromic lenses"

Supervisor: Dr. A. Aravantinos.

Work experience (previous)

February '99 – September 2000: Research Associate (Grade IA) at UMIST. LINK Project (The Department of Transport, Urbis Lighting), *Title:* "A new method of measuring glare under night driving conditions". This involved the development of an objective measure of discomfort glare using a purpose-built device (the Ocular Stress Monitor) that can assess the electrical activity generated by the muscles surrounding the eye. Electromyographic and electroretinographic techniques were applied.

January '96 - January '99: Research Assistant at UMIST. LINK Project (The Department of Transport/EPSRC, Urbis Lighting), *Title:* "Night myopia and road traffic accidents". In this study, the implication of low lighting on the refractive status of the eye (ie night myopia) and its adaptation levels were investigated. The findings of this work explain why drivers are more likely to make false perceptual judgements at night, when visual performance is degraded, than during daytime.

February '07 – today: Co-owner of the optometric practice «[Optical House](#)» in Heraklion, Crete.

September '92 - May '93: Dispensing/Contact lens fitting, "Saratsopoulou Opticians", Athens, GR.
NOTE: Absent from academic/research activity October 2000 - May 2002 due to military service.

Teaching / research experience (other)

- Visiting Lecturer (since 2002) at the MSc joint course titled "Investigative Ophthalmology and

Vision Sciences" run by the Schools of Life and Health Sciences (University of Manchester)

- Occasional lecturer (1995-2000) of laboratory classes of the "Optometry & Vision Sciences" undergraduate course (UMIST, UK) in "Physiological & Geometrical Optics", "Dispensing of ophthalmic lenses", "Perception and Psychophysics".
- Supervisor of two PhD projects
 - visual function in monocularly-deprived patients (T. Giannakopoulou)
 - Evaluation of the effect of stress and threat on strategic and visual performance (G. Laretzaki)
- Principal supervisor of 19 MSc research projects (since 2005).

Publications – refereed journal papers [h-index: 11]

(four best recent manuscripts are highlighted)

- 49. Plainis S**, Petratou D, Giannakopoulou T, Radhakrishnan H, Pallikaris IG, Charman EN (under revision). Small-aperture monovision and the Pulfrich experience: absence of neural adaptation effects. *PLoS ONE*
- 48. Plainis S**, Parry NRA, Sapountzis P, Murray IJ (under revision). Orientation and spatial frequency selectivity following adaptation: a Reaction Time study. *Vision Research*.
- 48. Plainis S**, Atchison DA, Charman WN. (in the press). Multifocal contact lens profiles and their interpretation. *Optometry & Vision Science*
- 47.** Theodorou A, Skordilis A, **Plainis S** (in the press). Adaptive gait changes at the approach phase of long jump in class F13 athletes. *Perception and Motor skills*
- 46.** Plaka A, Grentzelos MA, Astyrakakis NI, Kymionis GD, Pallikaris IG, **Plainis S** (2013, epub). Efficacy of two silicone-hydrogel contact lenses for bandage use after photorefractive keratectomy. *Contact Lens & Anterior Eye*. DOI 10.1016/j.clae.2013.02.015
- 45.** Diakonis VF Tsourdou A, Tzatzarakis, MN, Tsika C, Charisis S, Naoumidi I, **Plainis S**, Tsilimbaris MK (2013, epub). Evaluation of Pharmacokinetics and Potential Retinal Toxicity of Intravitreal Lornoxicam (Xefo). *Journal of Ocular Pharmacology and Therapeutics*. DOI 10.1089/jop.2012.0194
- 44.** Tsaousis KT, **Plainis S**, Dimitrakos SA, Tsinopoulos IT. (2013). Binocularity enhances visual acuity of patients implanted with multifocal intraocular lenses. *Journal of Refractive Surgery* 29(4):246-50.
- 43.** Anastasakis A, **Plainis S**, Giannakopoulou T, Papadimitraki E, Fanouriakis C, Tsilimbaris MK (2013). Xerophthalmia and acquired night blindness in a patient with a history of gastrointestinal neoplasia and normal serum vitamin A levels. *Documenta Ophthalmologica*. 126(2): 159-162.
- 42. Plainis S** (2013). Comment to "Kerasoft IC compared to Rose-K in the management of corneal ectasias". *Contact Lens & Anterior Eye*. 36(3): 153
- 41.** Tsaousis KT, **Plainis S**, Detorakis ET, Parry NRA, Pallikaris IG, Tsilimbaris MK (2013, epub). Visual electrodiagnosis in Glaucoma screening: a clinical study. *Journal of Glaucoma* 23 Jan 2013 doi:10.1097/IJG.0b013e31824cb127
- 40.** Giannakopoulou T*, **Plainis S***, Pallikaris IG, Tsilimbaris MK (2013) Contrast sensitivity in the 'good eye' of adult patients with severe impairment in the other eye. *Ophthalmic and Physiological Optics*. 33 (2): 150-156.
- *equal contributors
- 39.** Poulere E, Moschandreas J, Kontadakis G, Pallikaris IG, **Plainis S** (2013). Effect of blur and subsequent adaptation on visual acuity using letter and Landolt C charts: differences between emmetropes and myopes. *Ophthalmic and Physiological Optics*. 33 (2): 130-137.
- 38. Plainis S**, Petratou D, Giannakopoulou T, Radhakrishnan H, Pallikaris IG, Charman WN (2013). Interocular differences in visual latency induced by reduced-aperture monovision. *Ophthalmic and Physiological Optics*. 33 (2): 123-129.
- 37. Plainis S**, Kontadakis G, Feloni E, Giannakopoulou T, Pallikaris IG, Tsilimbaris MK, Moschandreas J (2013). Comparison of Acuity Charts in Normals and Diabetic Retinopathy

Patients. *Optometry & Vision Science*. 90(2): 174-178

36. Limnopoulou AN, Bouzoukis ID, Kymionis GD, Panagopoulou S, **Plainis S**, Pallikaris A, Pallikaris, IG (2013). Visual outcomes and safety of a refractive corneal inlay for presbyopia using femtosecond laser. *Journal of Refractive Surgery*.29(1):12-19

35. **Plainis S**, Moschandreas J, Giannakopoulou T, Vitanova V, Rozema JJ, Tassignon MJ, Tsilimbaris MK, Pallikaris IG (2013). Validation of a modified ETDRS chart for European-wide use in populations that use the Cyrillic, Latin or Greek alphabet. *J Optometry*, 6(1): 18-24.

34. **Plainis S**, Ntzilepis G, Atchison DA, Charman WN (2013). Through-focus performance with multifocal contact lenses: effect of binocularity, pupil diameter and inherent ocular aberrations. *Ophthalmic and Physiological Optics*. 33(1): 42-50.

33. **Plainis S**, Petratos D, Giannakopoulou T, Radhakrishnan H, Pallikaris IG, Charman WN (2012). Reduced-aperture monovision for presbyopia and the Pulfrich effect. *J Optometry*, 5 156-163.

32. **Plainis S** (2012). Editorial: New technologies and diagnostic tools in Optometry. *J Optometry*, 5: 105-106.

31. Karakosta A, Vassilaki M, **Plainis S**, Elfadl NH, Tsilimbaris, Moschandreas J. (2012) Choice of Analytic Approach for Eye-Specific Outcomes: 1 Eye or 2? *American Journal of Ophthalmology* 153(3):571-579. [IF: 4.293]

30. Tsika C, Tsilimbaris MK, Makridaki M, Kontadakis G, **Plainis S**, Moschandreas J (2011). Assessment of Macular Pigment Optical Density (MPOD) in patients with unilateral wet Age-related Macular Degeneration (AMD). *Acta Ophthalmologica*, 89(7) 573-578. [IF: 2.629]

29. **Plainis S**, Atchison DA, Charman WN (2011). Commenting on "Using Power Profiles to Evaluate Aspheric Lenses". Letters to the Editor. *Contact Lens Spectrum*, April issue: 15-17.

28. Kontadakis GA, **Plainis S**, Moschandreas J, Tsika C, Pallikaris IG, Tsilimbaris, MK (2011). In vivo evaluation of blue-light attenuation with tinted and untinted intraocular lenses. *Journal of Cataract & Refractive Surgery*, 37(6): 1031-7 [IF: 2.949]

27. **Plainis S**, Petratos D, Giannakopoulou T, Atchison DA, Tsilimbaris MK (2011). Binocular summation improves performance to defocus-induced blur. *Investigative Ophthalmology and Vision Sciences*. 52(5): 2784-89 [IF: 3.466]

26. Laretzaki G*, **Plainis S***, Vrettos I, Chrisoulakis A, Pallikaris IG, Bitsios P (2011). Threat and trait anxiety affect stability of gaze fixation. *Biological Psychology*, 86(3): 330-336 [IF: 3.225]

*equal contributors

25. Laretzaki G*, **Plainis S***, Argyropoulos S, Pallikaris IG, Bitsios P (2010). Threat and anxiety affect visual contrast perception. *Journal of Psychopharmacology*. 24(5): 667-75 [IF: 3.036]

*equal contributors

24. Grentzelos M, **Plainis S**, Astyrakakis N, Diakonis V, Kymionis G, Kallinikos P, Pallikaris IG. (2009) Evaluating the efficacy of two silicone hydrogel bandage contact lenses following photorefractive keratectomy. *Journal of Cataract & Refractive Surgery*. 35: 2103-2108 [IF: 2.949]

23. **Plainis S**, Parry NRA, Panorgias A, Sapountzis P, Murray IG (2009). Summation characteristics of the detection of compound gratings. *Vision Research*, 49(16): 2056-66 doi:10.1016/j.visres.2009.05.006 [IF: 2.332]

22. Tsilimbaris MK, Diakonis VF, Naoumidi I, Charisis S, Kritikos I, Chatzithanasis G, Papadaki T, **Plainis S**. (2009) Evaluation of Potential Retinal Toxicity of Adalimumab (Humira). *Graefe's Archive for Clinical and Experimental Ophthalmology*. 247(8): 1119-1125. [IF: 2.170, 8 citations]

21. **Plainis S**, Plevridi E, Pallikaris IJ. (2009) Comparison of the ocular wavefront aberration between pharmacological-induced and stimulus-driven accommodation, *Ophthalmic & Physiological Optics*, 29: 272-280 [IF: 1.583]

20. **Plainis S**, Moschandreas J, Nikolitsa P, Plevridi E, Giannakopoulou T, Vitanova V, Tzatzala P, Pallikaris IG, Tsilimbaris MK. (2009) Myopia and visual acuity impairment: a comparative study of Greek and Bulgarian school children. *Ophthalmic & Physiological Optics*, 29: 312-320 [IF: 1.583, 7 citations]

19. **Plainis S** and Pallikaris IG (2008). Ocular monochromatic aberration statistics in a large

- emmetropic population. *Journal of Modern Optics*, 55: 759-772. **[IF: 1.170 citations, 8 citations]**
- 18. Plainis S**, Tzatzala V, Orphanos Y, Tsilimbaris MK (2007). A modified ETDRS visual acuity chart for European-wide use. *Optometry & Vision Science*, 84 (7): 647-53.
- 17. Plainis S**, Anastasakis AG, Tsilimbaris MK (2007). The value of Contrast Sensitivity in diagnosing Central Serous Chorioretinopathy. *Clin Exp Optom*, 90:4, 296-298.
- 16. Plainis S**, Murray IJ and Carden D (2006) The Dazzle Reflex; Electrophysiological signals from ocular muscles reveal strong binocular summation effects. *Ophthalmic and Physiological Optics*, 26: 318-325.
- 15. Plainis S**, Murray IJ and Pallikaris IG (2006). Road traffic casualties: understanding the night-time death toll, *Injury Prevention*, 12: 125-128. **[IF: 1.392 citations, 8 citations]**
- 14.** Aslanides IM, **Plainis S**, Kumar V, Ginis HS (2006). Phacoemulsification and implantation of an accommodating IOL after PRK. *Journal of Refractive Surgery*, 22 (1): 106-108.
- 13. Plainis S**, Murray IJ and Charman WN (2005). The role of retinal adaptation in night driving. *Optometry and Vision Science*, 82 (8): 682-8.
- 12. Plainis S** and Murray IJ (2005). Magnocellular channel subserves close-to-threshold reaction times. *Perception*. 34(7): 933-940. **[IF: 1.313, 9 citations]**
- 11. Plainis S**, Ginis HS and Pallikaris A (2005). The effect of ocular aberrations on steady-state errors of accommodative response. *Journal of Vision*, 5(5), 466-477, <http://journalofvision.org/5/5/7>. **[IF: 3.376, 51 citations]**
- 10.** Parry NRA, **Plainis S**, Murray IJ and McKeefry DJ (2004). Effect of foveal tritanopia on reaction times to chromatic stimuli. *Visual Neuroscience*. 21: 237-42.
- 9.** Kymionis GD, Aslanides IM, Panagopoulou, SI, **Plainis S**, Astyrakakis N, Pallikaris IG (2004). Topographically Supported Customized Ablation for the management of decentered Laser in situ Keratomileusis. *American Journal of Ophthalmology*, 137(5): 806-11. **[IF: 4.223, 18 citations]**
- 8.** Ginis HS, **Plainis S** and Pallikaris A (2004). Repeatability of wavefront aberration measurements in small pupil sizes using a clinical Shack-Hartmann aberrometer. *BMC Ophthalmology*, 4 (1). **[IF: 1.375, 21 citations]**
- 7.** Murray IJ and **Plainis S**. (2003). Contrast coding and magno/parvo segregation revealed in reaction time studies. *Vision Research*, 43: 2707-2719. **[IF: 2.332, 28 citations]**
- 6. Plainis S** and Murray, IJ (2002). Reaction times as an index of visual conspicuity when driving at night. *Ophthalmic & Physiological Optics*, 22: 409-415. **[IF: 1.583, 17 citations]**
- 5.** Murray IJ, **Plainis S**, and Carden D (2002). The ocular stress monitor; a new device for measuring glare. *Lighting Research & Technology*, 34(3): 231-242. **[14 citations]**
- 4. Plainis S**, Murray IJ and Chauhan K. (2001). Raised visual detection thresholds depend on the level of complexity of cognitive foveal loading. *Perception*, 30: 1203-1212. **[IF: 1.533, 9 citations]**
- 3. Plainis S** and Murray IJ (2000). Neurophysiological interpretation of human visual reaction times; effect of contrast, spatial frequency and luminance. *Neuropsychologia*, 38(12): 1555-64. **[IF: 3.950, 40 citations]**
- 2. Plainis S** and Charman WN (1998). On-eye power characteristics of soft contact lenses Author's response. *Optometry and Vision Science*, 75 (8): 58-59.
- 1. Plainis S** and Charman WN (1998). On-eye power characteristics of soft contact lenses, *Optometry & Vision Science*, 75 (1): 44-54.

Publications - conference proceedings / non-refereed journals

- 17.** Kallinikos P, **Plainis S** (2011). Contact lenses for presbyopia correction. *Greek Annals of Ophthalmology*, 3, 239-250.
- 16. Plainis S**, Giannakopoulou T, Tsilimbaris MK, Pallikaris, I.G. (2009). Is Visual Acuity assessed accurately in the clinical practice? *Greek Annals of Ophthalmology*, 2: 133-145
- 15. Plainis S** (2008). The importance of visual psychophysics in evaluating quality of vision, *Ophthalmology News*, September 2008, p2.

14. **Plainis S**, Tsilimbaris M.K., Pallikaris, I.G. (2007) Neurophysiological characteristics of retina and visual pathways. *Ophthalmologia*, 19: 269-283.
13. **Plainis S**, Pallikaris IG (2007) Structure and function of the gaze system. *Greek Annals of Ophthalmology*. 17: 45-52
12. **Plainis S**, Tzatzala P, Tsilimbaris MK (2006). Evaluation of a new set of visual acuity charts that contain letters recognisable by all European citizens. Proceedings of the 8th *Panhellenic conference in Optics and Optometry*, Athens, 82-85.
11. Plevridi E, **Plainis S**, Tzatzala P, Tsilimbaris MK (2006). Statistics of visual acuity and refractive error in Greek school children. Proceedings of the 8th *Panhellenic conference in Optics and Optometry*, Athens, 54-57.
10. Giannakopoulou T, **Plainis S**, Pallikaris IG (2006). Evaluation of contrast sensitivity and higher order aberrations following refractive surgery. Proceedings of the 8th *Panhellenic conference in Optics and Optometry*, Athens, 36-41.
9. **Plainis S**, Pallikaris IG (2006) Colour vision perception. *Greek Annals of Ophthalmology*. 16: 332-340.
8. **Plainis S**, Pallikaris IG (2005). Mechanisms of presbyopia: Are we approaching its reversal with the current surgical techniques? *Ophthalmologia*, 17: 170-178.
7. **Plainis S**, Pallikaris IG (2005). Accommodation function of the human eye: a review. *Greek Annals of Ophthalmology*, 15: 205-218.
6. Pallikaris IG, **Plainis S**. Ginis HS, Pallikaris A (2004). Customised Refractive ablations: is this a step for supervision? Anatomical and Physiological limitations, *Ophthalmologia*, 16.
5. **Plainis S** (2002). Pre-cortical visual pathways - a review. Proceedings of the 6th *Panhellenic conference in Optics and Optometry*, Athens, 79-85.
4. Loukaides O and **Plainis S** (2000). Photorefractive surgery: a review of patient-satisfaction studies. Proceedings of the 5th *Panhellenic conference in Optics and Optometry*, Athens, 100-104.
- Murray IJ, **Plainis S**, Chauhan K, Charman WN (1998). Road traffic accidents: the impact of lighting. *The Lighting Journal*, 63 (3): 42-46.
3. **Plainis S** (1997). The role of vision in road traffic accidents. Proceedings of the 4th *Panhellenic conference in Optics and Optometry*, Athens, 39-50.
2. **Plainis S** (1996). In-vivo contact lens power changes. Proceedings of the 3rd *Panhellenic conference in Optics and Optometry*, Athens, 5-11.
1. **Plainis S** (1996). Methods for verifying the power of soft contact lenses. *The Optician*, 212 (5567): 42-52.

Publications – Books / Book Chapters

11. [Presbyopia: origins, effects and treatment \(2012\). Edited by Pallikaris IG, Plainis S, Charman WN. SLACK Incorporated, Thorofare NJ. ISBN 978-1-61711-026-9](#)
10. Charman WN and **Plainis S** (2012). Physiology and Behavior of the Accommodation System. In *Presbyopia: origins, effects and treatment*, edited by Pallikaris IG, Plainis S, Charman WN. SLACK Incorporated.
9. Kallinikos P, Santodomingo-Rubido J, **Plainis S** (2012). Correction of Presbyopia With Contact Lenses, In *Presbyopia: origins, effects and treatment*, edited by Pallikaris IG, Plainis S, Charman WN. SLACK Incorporated.
8. **Plainis S** and Wolffsohn J (2012). Presbyopia Correction: Evaluating Success Using Behavioral Methods, In *Presbyopia: origins, effects and treatment*, edited by Pallikaris IG, Plainis S, Charman WN. SLACK Incorporated.
7. Katsanevaki V, Panagopoulou SS, **Plainis S**, Ginis, S and Pallikaris IG (2004). Accommodation dynamics and its implication on customised corrections. Chapter 13 in *Wavefront customised visual correction: The Quest for Super Vision II*, edited by Krueger RR, Applegate RA and MacRae SM, SLACK incorporated, pp 115-120.
6. Panagopoulou S, **Plainis S**, MacRae SM, and Pallikaris IG (2004). Implications of pupil size and

accommodation dynamics on customised wavefront-guided refractive surgery. Chapter 14 in *Wavefront customised visual correction: The Quest for Super Vision II*, edited by Krueger RR, Applegate RA and MacRae SM, SLACK incorporated, pp 121-126.

5. Plainis S, Panagopoulou S, Katsanevaki V, Ginis HG and Pallikaris IG (2003). Dynamics of the accommodation system: implications on customised laser ablations. Chapter 20 In *Wavefront analysis, aberrometers and corneal topography*, Edited by Boyd B and Agarwal A, Highlights in Ophthalmology, pp 323-330.

4. Khoury A, Titzé P, Kymionis GD, Plainis S, Aslanides IM and Pallikaris IG (2003). Laser ablation and flap repositioning. In Step by step LASIK surgery, edited by Vajayyee RB, Sharma N, Melki SA and Sullivan, L. Jaypee Brothers, New Delhi.

3. Plainis S, Murray, IJ, Chauhan K., Charman WN (2002). Reaction times as an index of visual conspicuity at night. In *Vision in Vehicles VIII*. Edited by AG Gale, ID Brown, CM Haslegrave, SP Taylor, Elsevier Science BV, North-Holland.

2. Plainis S, Chauhan K, Murray IJ, Charman, WN (2002). The effect of performing a cognitive task on detection thresholds; eccentricity and task-difficulty effects. In *Vision in Vehicles VIII*. Edited by AG Gale, ID Brown, CM Haslegrave, SP Taylor, Elsevier Science BV, North-Holland.

1. Plainis S, Chauhan K, Murray IJ, Charman, WN (2000). Retinal adaptation under night-time driving conditions. In *Vision in Vehicles VII*. Edited by AG Gale, ID Brown, CM Haslegrave, SP Taylor, Elsevier Science BV, North-Holland, pp: 61-70.

Publications – peer-reviewed abstracts

39. Plainis S, Petratou D, Radhakrishnan H, Pallikaris IG, Charman WN (2012). A simulation study of Interocular Differences in Visual Latency Induced by Reduced-Aperture Corneal Inlays or Contact Lenses for Presbyopia. *Contact Lens & Anterior Eye*. 35(S1): e4, <http://dx.doi.org/10.1016/j.clae.2012.08.014>,

38. Plainis S, Plaka A, Astyrakakis N, Grentzelos M, Kymionis G, Pallikaris IG (2012). Efficacy of two silicone-hydrogel contact lenses for bandage use after photorefractive keratectomy. *Contact Lens & Anterior Eye* 35 (S1): e18-19, <http://dx.doi.org/10.1016/j.clae.2012.08.059>.

37. Anastasakis A, Plainis S, Kamakari S, Tsika C, Douka C, Tsilimbaris MK (2011). Electrophysiologic findings in Greek patients with Stargardt disease. *Acta Ophthalmologica* 89, s248, doi: 10.1111/j.1755-3768.2011.271.x

36. Tsilimbaris MK, Plainis S, Tontos C, Kontadakis G, Pallikaris IG (2011). Normative Distance, Intermediate And Near Visual Acuity In Simulated Presbyopia. *Invest. Ophthalmol. Vis. Sci.* 2011 52: ARVO E-Abstract 2833.

35. Pertsinakis M, Plainis S, Limnopoulou A, Giannakopoulou T, Iliaki O, Tsilimbaris MK, Pallikaris IG, Jackson AWR, Platt AWG (2010). Evaluating the effect of cataractous vision on the general characteristics of handwriting: its forensic implications. *Acta Ophthalmologica* 88, s246, doi: 10.1111/j.1755-3768.2010.495.x

34. Plainis S, Bartels A, Parry NRA and Pallikaris A (2010). A behavioural method for evaluating depth of focus. *Acta Ophthalmologica* 88, s246, doi: 10.1111/j.1755-3768.2010.492.x

33. Plainis S, Petratou D, Giannakopoulou T, Atchison DA, and Tsilimbaris MK (2010). Binocularity improves performance to defocus-Induced blur. *Invest. Ophthalmol. Vis. Sci.* 2010 51: ARVO E-Abstract 3936.

32. Tsika C, Tsourdou A, Tzatzarakis M, Charissis SK, Diakonis VF, Plainis S, and Tsilimbaris MK (2010). Assessment of the Intravitreal Pharmacokinetics and Potential Retinal Toxicity of the NSAID Lornoxicam. *Invest. Ophthalmol. Vis. Sci.* 2010 51: ARVO E-Abstract 4746.

31. Giannakopoulou T, Plainis S, Pallikaris A, Pallikaris IG (2009). The effect of ocular higher order aberrations on contrast sensitivity. *Acta Ophthalmologica*, 87: s244, doi: 10.1111/j.1755-3768.2009.361.x

30. Philippaki E, Plainis S, Pallikaris A, Papadiamantis A, Pallikaris IG (2009). Wavefront map analysis of single vision and progressive ophthalmic lenses. *Acta Ophthalmologica*, 87: s244, doi: 10.1111/j.1755-3768.2009.360.x

29. Tsika C, Makridaki M, **Plainis S**, Tsilimbaris MK, Pallikaris IG (2009). Comparison of macular pigment optical density (MPOD) between a northern European and a Mediterranean population. *Acta Ophthalmologica*, 87: s244, doi: 10.1111/j.1755-3768.2009.432.x
28. Laretzaki J, **Plainis S**, Vrettos J, Pallikaris I and Bitsios P (2009). Threat and anxiety affects stability of ocular fixation. *Frontiers in Behavioral Neuroscience*. Conference Abstract: 41st European Brain and Behaviour Society Meeting. doi: 10.3389/conf.neuro.08.2009.09.209
27. Giannakopoulou T, **Plainis S**, Pallikaris A, Pallikaris IG. (2009) Correlating Higher Order Aberrations Following Refractive Surgery With Contrast Sensitivity. *IOVS 2009;50:ARVO E-Abstract 1568*
26. Tsika CI, Kontadakis G, Makridaki M, **Plainis S**, Moschandreas J, Pallikaris IG, Tsilimbaris MK (2009). Assessment of Macular Pigment Optical Density in Patients With Unilateral Wet AMD. *IOVS 2009;50:ARVO E-Abstract 1720*
25. Ginis HS, Sahanidis A, **Plainis S**, Giannakopoulou, T, Pentari I, Pallikaris IG (2009). Forward Light Scatter in Hydrogel and Silicone-Hydrogel Contact Lenses at Different Time Intervals of Use. *IOVS 2009;50:ARVO Abstract 1550*
24. **Plainis S**, Tsilimbaris MK, Moschandrea I, Feloni E, Pallikaris IG (2008). Comparison of logMAR acuity in normals and diabetic retinopathy patients measured with Sloan-letter, illiterate-E and Landolt-C charts. *Optom Vis Sci* 2008; E-abstract 085252
23. Kallinikos P, Astyrakakis N, **Plainis S**, Grentzelos M, Diakonis V, Pallikaris IG (2008). Evaluation of the efficacy of two types of silicone-hydrogel (SiH) bandage contact lenses following PRK. *Optom Vis Sci* 2008; E-abstract 085070
22. Giannakopoulou T, **Plainis S**, Pallikaris IG, Tsilimbaris MK (2008) Evaluation of contrast sensitivity on monocularly-deprived subjects. *Acta Ophthalmologica*, 86: s243, doi: 10.1111/j.1755-3768.2008.5225.x
21. Kontadakis GA, Tsika C, **Plainis S**, Makridaki M, Moschandreas I, Tsilimbaris MK (2008). In vivo assessment of blue light attenuation of the crystalline lens and tinted and not tinted intraocular lenses. *Acta Ophthalmologica*, 86: s243, DOI: 10.1111/j.1755-3768.2008.5445.x
20. Tsika C, Kontadakis GA, Makridaki M, **Plainis S**, Moschandreas J, Tsilimbaris MK (2008). Assessment of macular pigment optical density (MPOD) among patients with wet age-related macular degeneration (AMD) in one eye and the dry form in the fellow eye. *Acta Ophthalmologica*, 86: s243 DOI: 10.1111/j.1755-3768.2008.6412.x
19. Papadiamantis A, Drosos D, **Plainis S**, Pallikaris A. (2008). Evaluating wavefront aberration pattern of single vision lenses. *4th European meeting on Visual and Physiological Optics*.
18. **Plainis S**, Plevridi E, Pallikaris IG. (2008). Comparison of the ocular aberration pattern between pharmacologically- and stimulus-driven accommodation. *4th European meeting on Visual and Physiological Optics*.
17. Giannakopoulou T, **Plainis S**, Nikolitsa P, Tsapaki V, Tzatzala P, Pallikaris IG, Moschandrea J, Tsilimbaris MK. (2008). Evaluation of visual acuity and myopia prevalence in Greek and Bulgarian school children. *IOVS 2008;49:ARVO E-Abstract 3140*
16. Tsika C, Kontadakis GA, **Plainis S**, Makridaki M, Tsilimbaris MK (2008). Blue light absorption of the crystalline lens and tinted and not tinted intraocular lenses. *IOVS 2008;49:ARVO E-Abstract 410*
15. Diakonis VF, Plainis S, Naoumidi I, Panagiotoglou T, Harisis S, Tsika C, Tsilimbaris MK. (2008). Evaluation of Retinal Toxicity After Intravitreal Injection of Efalizumab (Raptiva) in Rabbit Eyes. *IOVS 2008;49:ARVO E-Abstract 4586*
14. Tsoka P, **Plainis S**, Giannakopoulou T, Tsapaki V, Nikolitsa P, Moschandrea J, Tsilimbaris MK. (2008) Validation of a modified ETDRS chart for European-wide use in a population using the Cyrillic alphabet. *IOVS 2008;49:ARVO E-Abstract 3143*
13. Diakonis VF, **Plainis S**, Charisis S, Chatzithanas G, Naoumidi I, Tsilimbaris MK (2007). Testing Intravitreal Retinal Toxicity of Adalimumab (Humira). *IOVS 2007;48:ARVO E-Abstract 2901*
12. Tzatzala V, **Plainis S**, Ginis HS, Tsilimbaris MK (2006). Evaluation of a modified ETDRS visual acuity chart which contains a set of Sloan Roman letters used in all European alphabets. *IOVS*

2006;47:ARVO E-Abstract 5360

11. Plainis S, Parry NRA, Sapountzis P, Murray IJ, Pallikaris IG (2006). The effect of contrast adaptation on visual reaction times (RTs): spatial-frequency and orientation tuning. *IOVS 2006;47:ARVO E-Abstract 5353*

10. Ginis HS, Karyotakis, N, **Plainis S**, Pallikaris A. (2006). The Effect of Light Intensity on Angular Resolution of the Human Eye as Determined by a Two-Point Discrimination Task. *IOVS 2006;47:ARVO E-Abstract 1222*

9. Sapountzis P, **Plainis S**, Murray IJ and Pallikaris, IG (2005) Visual Reaction Times to compound gratings. *Perception*, 34, ECVF abstract supplement, pp: 120.

8. Ginis HS, **Plainis S**, Pallikaris A, Aslanides IM, Pallikaris IG (2004). Distribution of critical pupil diameter and depth-of-focus in an emmetropic population. *Optics Letters (EOS meeting)*.

7. Plainis S, Ginis HS, Pallikaris A, Pallikaris I. (2004). Implementation of image quality metrics to predict accommodative response. *IOVS 2004;45:ARVO E-Abstract 1734*

6. Aslanides IM, **Plainis S**, Tsatsaronis D, Pallikaris IG (2004). Monochromatic aberration statistics of the human eye in a large emmetropic population. *IOVS 2004;45:ARVO E-Abstract 2763*

5. Plainis S, Parry NRA, McKeefry DJ and Murray IJ (2003). Reaction Times (RTs) to chromatic stimuli as a function of eccentricity in the macula region. *IOVS 2003;44:ARVO E-Abstract 1914*

4. Holmes NP, **Plainis S** and Murray, IJ (2000). Reaction Times as a behavioural measure of contrast gain; comparison of low and high luminance levels at different eccentricities. *Perception*, 29, ECVF abstract supplement, pp: 78.

3. Plainis S and Murray IJ (2000). Reaction Times (RTs) predict human contrast sensitivity and contrast gain in single unit studies. *IOVS 2000;41:ARVO Abstract 4249*.

2. Murray IJ and **Plainis S** (2000). A general equation for reaction times to contrast, spatial frequency and luminance. *IOVS 2000;41:ARVO Abstract 4252*.

1. Plainis S, and Charman WN (1997). On-eye power characteristics of soft contact lenses. *Ophthalmic and Physiological Optics*, 17 (2), pp:69.

Association with peer-reviewed journals / scholarships

- (i) Editorial Board Member in Journal of Optometry
- (ii) Reviewer in Journal of Cataract and Refractive Surgery,
- (iii) Invited reviewer in: Journal of Physiology, The Lancet, Journal of Vision, Vision Research, Ophthalmic & Physiological Optics, Journal of Refractive Surgery, OVS, JOSA, JRS, SJOVS
- (iv) Reviewer of Postgraduate Scholarships of the British College of Optometry (BCO).

Conference presentations

- 37th BCLA Clinical conference and exhibition (Manchester, UK, June 2013).
- 5th annual conference of European Academy of Optometry and Optics (Malaga, April 2013)
- 27th international Congress of the Hellenic Society of Intraocular Implant and Refractive Surgery (Athens, February 2012) – **Invited Speaker**
- 17th Winter meeting of European Society of Cataract & Refractive Surgery (ESCRS) (Warsaw, February 2012) – **Invited Speaker**
- XXXV Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Milan, September 2012) – **Invited Speaker**
- XI Aegean Cornea (Rethymno, Greece, July 2012)
- 11th Aegean Summer School of Visual Optics (Crete, July 2012) - **Organiser**
- 36th BCLA Clinical conference and exhibition (Birmingham, UK, May 2012).
- 4th annual conference of European Academy of Optometry and Optics (Dublin, April 2012)
- 16th Winter meeting of European Society of Cataract & Refractive Surgery (ESCRS) (Prague, February 2012) – **Invited Speaker**
- International Society of Refractive Surgery meeting (Athens, GR, December 2011) - **Invited Speaker**

- 9th Panhellenic conference in Optics and Optometry (Athens, Greece, November 2011)
- 10th Aegean Summer School of Visual Optics (Crete, October 2011) - **Organiser**
- XXXIV Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Vienna, September 2011) – **Invited Speaker**
- 16th Symposium of International Society for Contact Lens Research (ISCLR) (Napa Valley, August 11)
- XI Aegean Retina (Rethymno, Greece, July 2011)
- 3rd annual conference of European Academy of Optometry and Optics (Prague, May 2011)
- 15th Winter meeting of European Society of Cataract & Refractive Surgery (ESCRS) (Istanbul, February 2011) – **Invited Speaker**
- European Association for Vision and Eye Research (EVER) Congress (Crete, October 2011)
- XXXIII Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Paris, September 2010) – **Invited Speaker**
- X Aegean Cornea (Hersonissos, Greece, 9-11 July 2010)
- 9th Aegean Summer School of Visual Optics (Crete, 5-8 July 2010) - **Organiser**
- Association for Research in Vision and Ophthalmology (Ft. Lauderdale, USA, May 2010)- **travel award**
- 14th Winter meeting of European Society of Cataract & Refractive Surgery (ESCRS) (Budapest, February 2010) – **Invited Speaker**
- XXXII Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Barcelona, September 2009) – **Invited Speaker**
- 15th Symposium of International Society of Contact Lens Research (ISCLR) (Crete, August 2009)
- 8th Aegean Summer School of Visual Optics (Heraklion, Greece, July 2009) - **Organiser**
- 13th Winter meeting of European Society of Cataract & Refractive Surgery (ESCRS) (Rome, February 2009) – **Invited Speaker**
- 4th Panhellenic conference on Retina and Vitreous surgery (Athens, January 2009) - **Invited Speaker**
- American Academy of Optometry meeting (Anaheim, US, October, 2008)
- XXXI Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Berlin, September 2008) – **Invited Speaker**.
- 4th European Meeting on Visual & Physiological Optics (Heraklion, August 2008) - **Organiser**
- 7th Aegean Summer School of Visual Optics (Heraklion, Greece, August 2008) - **Organiser**
- 41st Panhellenic congress in Ophthalmology (Thessaloniki, May 2008)
- Association for Research in Vision and Ophthalmology (Ft. Lauderdale, USA, May 2008).
- XXX Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Stockholm, September 2007) – **Invited Speaker**.
- X Aegean Retina (Rhodes, Greece, July 2007).
- 6th Aegean Summer School of Visual Optics (Heraklion, Greece, June 2007) - **Organiser**
- 40th Panhellenic congress in Ophthalmology (Athens, May 2007)
- 11th Winter Refractive Surgery meeting, ESCRS (Athens, February 2007)
- 8th Panhellenic conference in Optics and Optometry (Athens, Greece, December 2006).
- 1st Panhellenic Forum in Sports Science (Athens, 6-8 December 2006)
- XXIX Congress of European Society of Cataract & Refractive Surgery (ESCRS) (London, September 2006) – **Invited Speaker**.
- 3rd European Optical Society (EOS) Meeting on Physiological Optics (London, 5-8 September 2006).
- 5th Aegean Summer School of Visual Optics (Rethymnon, Greece, July 2006) - **Organiser**
- Association for Research in Vision and Ophthalmology (Ft. Lauderdale, USA, April 2006).
- 3rd Greek Conference on Road Safety (University of Patra, October 2005).
- XXIII Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Lisbon, September 2005) – **Invited Speaker**.
- XXVIII European Conference on Visual Perception (La Coruna, Spain, August 2005).
- IX Aegean Retina (Heraklion, Greece, July 2005).
- 4th Aegean Summer School of Visual Optics (Heraklion, Greece, 20 June 2005) - **Organiser**
- 6th International Wavefront Congress (Athens, Greece, February 2005).

- 7th Panhellenic conference in Optics and Optometry (Athens, Greece, November 2004).
 - Vision in the twilight zone: studies of visual performance under mesopic conditions (City University, London, November 2004).
 - 2nd European Optical Society (EOS) Meeting on Physiological Optics (Granada, Spain, September 2004).
 - XXII Congress of European Society of Cataract & Refractive Surgery (ESCRS) (Paris, September 2004) – **Invited Speaker**.
 - 3rd Aegean Summer School of Visual Optics (Olympia, Greece, June 2004).
 - Association for Research in Vision and Ophthalmology (Ft. Lauderdale, USA, April 2004).
 - Limits of Vision (Manchester, UK, September 2003).
 - Aegean Retina (Santorini, Greece, July 2003).
 - 2nd Aegean Summer School of Visual Optics (Santorini, Greece, July, 2003).
 - Association for Research in Vision and Ophthalmology (Ft. Lauderdale, USA, May 2003).
 - Visual performance of the human eye (Manchester, UK, September 2002)
 - European Conference on Visual Perception (Glasgow, UK, August 2002).
 - 6th Panhellenic conference in Optics and Optometry (Athens, Greece, March 2002).
 - XXIII European Conference on Visual Perception (Groningen, Netherlands, August 2000).
 - Association for Research in Vision and Ophthalmology (Ft. Lauderdale, USA, May 2000).
 - 5th Panhellenic conference in Optics and Optometry (Athens, Greece, February 2000).
 - 8th International conference in Vision in Vehicles (Boston, USA, August 1999).
 - 4th Panhellenic conference in Optics and Optometry (Athens, November 1997).
 - 7th International conference in Vision in Vehicles (Marseilles, France, 13-17 September 1997).
 - 2nd British Congress of Optometry & Vision Science (Cardiff, UK, 16-18 September 1996).
 - 3rd Panhellenic conference in Optics and Optometry (Athens, Greece, 13-15 January 1996).
 - BUCCLE conference (Manchester, 18 September 1995).
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Research Grants / Funding

June 2011. Marie Curie Initial Training Networks (ITN) grant (**named investigator**). Title of research proposal: "Optical and adaptational limits of vision" (€285.000).

March 2010. ARVO International travel grant / Annual Meeting Program Committee (\$1.100).

December 2009. Erasmus - Lifelong Learning Programme / Staff Training (€1.500).

December 2008. Erasmus - Lifelong Learning Programme / Staff Training (€1.350).

July 2007: Leonardo Da Vinci teaching excellence grant (with IJ Murray, University of Manchester)

February 2006. "Crete Corporate Region 2000-2006" and the "General Secretariat for Research and Technology research grant (**named investigator, main author**). Title of research proposal: "Visual performance, attention and in-vehicle navigation devices " (€568.000).

March 2005. Crete Innovative Region (CRINNO) research grant (**named investigator, main author**) for the "Development of a method for the evaluation of visual performance when driving at night" (€9.400).

October 2003. Greek State Scholarship Foundation one-year **post-doctoral research grant** for studying "Changes in Retinal Image quality upon accommodation" (€8.000)

July 2003. Greek Secretariat for Research and Technology (GSRT) and the British Council **research grant** for a collaborative project between University of Crete and University of Manchester (**named investigator, co-author**) Research Subject: "Road traffic accidents, object visibility and visual performance at night-time lighting levels". (€18.500)

August 2002. State funding (Ministry of Culture - €1.200.000) for the construction and development of the National Sports Vision Centre (**named investigator, co-author**).

September 2001. Experimental Psychology Society (EPS) **Undergraduate Project Prize** for Neil Holmes, undergraduate student of Psychology Department (University of Manchester). **Co-**

supervisor of his research project titled “The space-man cometh or Simple visual reaction time to lateralised sinusoidal gratings”.

April 2000. Royal Society (London) travel grant for ARVO, Florida, USA (£500)

Memberships / Fellowships

- Fellow of the British Contact Lens Association (BCLA)
 - Fellow of International Society of Contact Lens Research (ISCLR)
 - Association for Research in Vision and Ophthalmology (ARVO)
 - European Academy of Optometry and Optics (EAOO)
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Other Skills

Languages: Fluent in Greek and English, was fluent in Italian, room for improvement in Spanish.

Sport activities: tennis, basketball, football, ski.

Referees

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