

Agorastos Agorastos, MD, Dr. med.
Associate Professor
Senior Physician & Head
Psychiatric Outpatient Services
Department of Psychiatry and Psychotherapy
Center of Psychosocial Medicine
University Medical Center Hamburg-Eppendorf



Address:
University Medical Center Hamburg-Eppendorf (UKE)
Department of Psychiatry and Psychotherapy
Martini Str. 52, Geb. W37, Neubau, Ambulanzbereich
D-20246, Hamburg
Germany

Forschungsgebiete

Educational Background and Training

Dr. Agorastos received his M.D. from the Medical University of Vienna in 2006 and subsequently joined the Department of Psychiatry in the University Medical Center Hamburg-Eppendorf as a psychiatric resident. Dr. Agorastos completed his clinical residency training and additional CBT psychotherapy training and received his board approval in Nov 2011. Concurrently, he also completed his doctorate in psychiatry (Dr. med.) with the doctoral thesis "Evaluation of Addiction Services in Cyprus, as part of a European Twinning Project in cooperation with the Center of Interdisciplinary Addiction Research (ZIS). He then joined the PTSD research group of the Center of Excellence for Stress and Mental Health at the University of California, San Diego (UCSD), La Jolla, CA, USA, as a postdoctoral research fellow. Subsequently, Dr. Agorastos rejoined the Department of Psychiatry in the University Medical Center Hamburg-Eppendorf as attending psychiatrist and postdoctoral research fellow of the Biological Psychiatry Lab, while remaining an adjunct research associate at UCSD. In 2015, Dr. Agorastos submitted his professorial thesis (Habilitation) focusing on heart rate variability in health and stress-related diseases and was appointed Associate Professor (Privatdozent) for Psychiatry and Psychotherapy in the University of Hamburg. Since Jan 2016, he serves as Senior Physician and Head of the Psychiatric Outpatient Services Unit in the University Department of Psychiatry.

Research Profile

Dr. Agorastos' current research focus centers in stress neurobiology with particular emphasis on psychoneuroendocrinological, neurophysiological and –immunological aspects of PTSD and depression, as well as in circadian rhythms and chronodisruption. Ongoing research project in UCSD and University Medical Center Hamburg-Eppendorf investigate the role of biomarkers, inflammation, and neuroendocrine function in stress, depression and PTSD and in particular the CNS and peripheral pathophysiology of cytokines and other hormones, the effect of stress on peripheral inflammation and cardiovascular risk and its impact on HPA-axis, autonomic nervous system and heart dynamics (heart rate variability). He currently is a Co-PI of a new study assessing heart rate variability, HPA-axis reactivity, copeptin levels and molecular immunological biomarkers as predictive biological markers of antidepressive response, promising to reveal important new insights in the endocrine-autonomic interplay and their pathophysiology in depression.

Clinical Expertise

Current fields of clinical expertise include stress- and trauma-related disorders (e.g. depression, PTSD), anxiety disorders, treatment-resistant depression, post-partum depression, affective and psychotic disorders with organic background and (neuro)psychiatric emergencies.

Scholarships, Awards and Honors

- 2008 Fellowship: The Maudsley Forum, Dept. of Psychiatry, King's College, London.
- 2009 Young Researcher Award, European Psychiatric Association (EPA).
- 2012 Fellow Travel Award, American Psychosomatic Society (APS).
- 2012 Fellowship: EPA Academia 2012 Summer School, European Psychiatric Association (EPA), Strasbourg.
- 2013 Young Investigator Travel Award, International Society of Psychoneuroendocrinology (ISPNE).
- 2013 Fellowship: ECNP School of Neuropsychopharmacology, European College of Neuropsychopharmacology (ECNP), Oxford.
- 2014 Travel Award, European Psychiatric Association (EPA).
- 2014 Fellowship: One year's Research Scholarship for „Excellent Young Investigators“, Medical Faculty, University of Hamburg.
- 2015 International Travel Award, Society of Biological Psychiatry (SOBP).
- 2015 Educational Travel Award, World Federation of Societies of Biological Psychiatry (WFSBP).
- 2015 Fellowship: B. Braun Foundation Educational Fellowship.

Memberships

International Society of Psychoneuroendocrinology (ISPNE)

American Psychosomatic Society (APS)
European College of Neuropsychopharmacology (ECNP)
German Society of Biological Psychiatry (DGBP)
German Association of Psychiatry and Psychotherapy (DGPPN)
Hamburg Medical Association
German National Psychotherapy Organization (DVP)
European Association for Psychotherapy (EAP)

Reviewer activities

Expert reviewer in several high-impact scientific journal in the field, including: The Lancet Psychiatry, The British Journal of Psychiatry, Schizophrenia Research, Psychosomatic Medicine, Psychological Medicine, Neurology, Neurosurgery and Psychiatry, Psychological Reports, Depression & Anxiety, International Journal of Molecular Neuroscience, Journal of Nervous and Mental Disease and Mental Health, Religion & Culture.

Publikationen

Immune signature of multiple sclerosis-associated depression

Brasanac, J., Ramien, C., Gamradt, S., Tänzer, A., Glau, L., Ritter, K., Patas, K., Agorastos, A., Wiedemann, K., Demiralay, C., Fischer, F., Otte, C., Bellmann-Strobl, J., Friese, M. A., Tolosa, E., Paul, F., Heesen, C., Weygandt, M. & Gold, S. M., 02.2022, in: BRAIN BEHAV IMMUN. 100, 100, S. 174-182 9 S.

Psychische Störungen im Migrationskontext

Agorastos, A., Ohls, I., Demiralay, C. & Haasen, C., 2022, *Transkulturelle und transkategoriale Kompetenz: Lehrbuch zum Umgang mit Vielfalt, Verschiedenheit und Diversity für Pflege-, Gesundheits- und Sozialberufe*. Domenig, D. (Hrsg.). 3. Aufl. Bern: Hogrefe AG Bern, Schweiz, S. 502-523 22 S.

Religion und Migration

Ohls, I. & Agorastos, A., 19.03.2018, *Praxis der interkulturellen Psychiatrie und Psychotherapie: Migration und psychische Gesundheit*. Machleidt, W., Kluge, U., Sieberer, M. & Heinz, A. (Hrsg.). 2. Aufl. München: Urban & Fischer, S. 103-111 9 S.

T Cell Phenotype and T Cell Receptor Repertoire in Patients with Major Depressive Disorder

Patas, K., Willing, A., Demiralay, C., Engler, J. B., Lupu, A., Ramien, C., Schäfer, T., Gach, C., Stumm, L., Chan, K., Vignali, M., Arck, P. C., Friese, M. A., Pless, O., Wiedemann, K., Agorastos, A. & Gold, S. M., 2018, in: FRONT IMMUNOL. 9, S. 291

Cortisol boosts risky decision-making behavior in men but not in women

Kluen, L. M., Agorastos, A., Wiedemann, K. & Schwabe, L., 10.2017, in: PSYCHONEUROENDOCRINO. 84, S. 181-189 9 S.

Noradrenergic Stimulation Impairs Memory Generalization in Women

Kluen, L. M., Agorastos, A., Wiedemann, K. & Schwabe, L., 07.2017, in: J COGNITIVE NEUROSCI. 29, 7, S. 1279-1291 13 S.

Impact of Stress and Glucocorticoids on Schema-Based Learning

Kluen, L. M., Nixon, P., Agorastos, A., Wiedemann, K. & Schwabe, L., 05.2017, in: NEUROPSYCHOPHARMACOL. 42, 6, S. 1254-1261 8 S.

Copeptin - A potential endocrine surrogate marker of CCK-4-induced panic symptoms?

Demiralay, C., Agorastos, A., Yassouridis, A., Jahn, H., Wiedemann, K. & Kellner, M., 02.2017, in: PSYCHONEUROENDOCRINO. 76, S. 14-18 5 S.

Auricular Acupuncture Versus Progressive Muscle Relaxation in Patients with Anxiety Disorders or Major Depressive Disorder: A Prospective Parallel Group Clinical Trial

de Lorent, L., Agorastos, A., Yassouridis, A., Kellner, M. & Muhtz, C., 08.2016, in: J ACUPUNCT MERIDIAN. 9, 4, S. 191-199 9 S.

Metabotropic glutamate2/3 receptor agonism facilitates autonomic recovery after pharmacological panic challenge in healthy humans

Agorastos, A., Demiralay, C., Stiedl, O., Muhtz, C., Wiedemann, K. & Kellner, M., 05.2016, in: INT CLIN PSYCHOPHARM. 31, 3, S. 176-8 3 S.

Behandlung der Depression bei koronarer Herzerkrankung

Agorastos, A., Lederbogen, F. & Otte, C., 01.03.2015, in: NERVENARZT. 86, 3, S. 375-87 13 S.

Blunted autonomic reactivity to pharmacological panic challenge under long-term escitalopram treatment in healthy men

Agorastos, A., Kellner, M., Stiedl, O., Muhtz, C., Wiedemann, K. & Demiralay, C., 01.03.2015, in: INT J NEUROPSYCHOPH. 18, 5, S. 1-11

Overnight suppression of HPA axis after mineralocorticoid receptor stimulation: A sleep endocrine study

Demiralay, C., Agorastos, A., Jahn, E-G-H., Kellner, M., Yassouridis, A. & Wiedemann, K., 24.02.2015, in: PSYCHIAT RES. 227, 1, S. 65-70

The cumulative effect of different childhood trauma types on self-reported symptoms of adult male depression and PTSD, substance abuse and health-related quality of life in a large active-duty military cohort

Agorastos, A., Pittman, J. O. E., Angkaw, A. C., Nievergelt, C. M., Hansen, C. J., Aversa, L. H., Parisi, S. A., Barkauskas, D. A., Baker, D. G. & Marine Resiliency Study Team, 01.11.2014, in: J PSYCHIATR RES. 58, S. 46-54 9 S.

When time stands still: an integrative review on the role of chronodisruption in posttraumatic stress disorder

Agorastos, A., Kellner, M., Baker, D. G. & Otte, C., 01.09.2014, in: CURR OPIN PSYCHIATR. 27, 5, S. 385-392 8 S.

Circadian rhythmicity, variability and correlation of interleukin-6 levels in plasma and cerebrospinal fluid of healthy men

Agorastos, A., Hauger, R. L., Barkauskas, D. A., Moeller-Bertram, T., Clopton, P. L., Haji, U., Lohr, J. B., Geraciotti, T. D., Patel, P. M., Chrousos, G. P. & Baker, D. G., 01.06.2014, in: PSYCHONEUROENDOCRINO. 44, S. 71-82 12 S.

Sleep EEG effects of anti-gluco- and anti-mineralocorticoids in old-aged men: pilot study

Demiralay, C., Agorastos, A., Steiger, A. & Wiedemann, K., 01.05.2014, in: PSYCHIAT CLIN NEUROS. 68, 5, S. 383-7 5 S.

Assessment of plasma C-reactive protein as a biomarker of posttraumatic stress disorder risk

Eraly, S. A., Nievergelt, C. M., Maihofer, A. X., Barkauskas, D. A., Biswas, N., Agorastos, A., O'Connor, D. T., Baker, D. G. & Marine Resiliency Study Team, 01.04.2014, in: JAMA PSYCHIAT. 71, 4, S. 423-31 9 S.

The 5-HTTLPR genotype modulates heart rate variability and its adjustment by pharmacological panic challenge in healthy men

Agorastos, A., Kellner, M., Stiedl, O., Muhtz, C., Becktepe, J. S., Wiedemann, K. & Demiralay, C., 01.03.2014, in: J PSYCHIATR RES. 50, S. 51-8 8 S.

Influence of religious aspects and personal beliefs on psychological behavior: focus on anxiety disorders

Agorastos, A., Demiralay, C. & Huber, C. G., 01.01.2014, in: PSYCHOL RES BEHAV MA. 7, S. 93-101 9 S.

Long-term escitalopram blunts autonomic reactivity to pharmacological panic challenge in healthy men

Agorastos, A., Kellner, M., Stiedl, O., Muhtz, C., Wiedemann, K. & Demiralay, C., 2014, in: EUR NEUROPSYCHOPHARM. 24, Suppl 2, S. S173

The 5-HTTLPR genotype modulates heart rate variability and reactivity after pharmacological panic challenge in healthy men

Agorastos, A., Kellner, M., Stiedl, O., Muhtz, C., Wiedemann, K. & Demiralay, C., 2014, in: EUR NEUROPSYCHOPHARM. 24, Suppl 2, S. 172

The cumulative effect of childhood trauma on adult mental and physical health: results from the Marine Resiliency Study

Agorastos, A., Pittman, J. O. E., Angkaw, A. C., Nievergelt, C. M., Parisi, S. A., Barkauskas, D. A. & Baker, D. G., 2014, in: EUR NEUROPSYCHOPHARM. 24, Suppl 2, S. S619

Association between childhood trauma and low hair cortisol in depressed patients and healthy control subjects

Hinkelmann, K., Muhtz, C., Dettenborn-Betz, L., Agorastos, A., Wingenfeld, K., Spitzer, C., Gao, W., Kirschbaum, C., Wiedemann, K. & Otte, C., 01.11.2013, in: BIOL PSYCHIAT. 74, 9, S. e15-7

Association between cortisol awakening response and memory function in major depression

Hinkelmann, K., Muhtz, C., Dettenborn-Betz, L., Agorastos, A., Moritz, S., Wingenfeld, K., Spitzer, C., Gold, S. M., Wiedemann, K. & Otte, C., 01.11.2013, in: PSYCHOL MED. 43, 11, S. 2255-63 9 S.

Diminished vagal activity and blunted diurnal variation of heart rate dynamics in posttraumatic stress disorder

Agorastos, A., Boel, J. A., Heppner, P. S., Hager, T., Moeller-Bertram, T., Haji, U., Motazed, A., Yanagi, M. A., Baker, D. G. & Stiedl, O., 01.05.2013, in: STRESS. 16, 3, S. 300-10 11 S.

Autoimmune thyroiditis-associated encephalopathy without clinical steroid-responsiveness and recovery after cyclophosphamide

Agorastos, A. & Wiedemann, K., 01.01.2013, in: J NEUROPSYCH CLIN N. 25, 1, S. E17-8

Depression, anxiety, and disturbed sleep in glaucoma

Agorastos, A., Skevas, C., Matthaehi, M., Otte, C., Klemm, M., Richard, G. & Huber, C. G., 01.01.2013, in: J NEUROPSYCH CLIN N. 25, 3, S. 205-13 9 S.

The Peritraumatic Behavior Questionnaire: development and initial validation of a new measure for combat-related peritraumatic reactions

Agorastos, A., Nash, W. P., Nunnink, S., Yurgil, K. A., Goldsmith, A., Litz, B. T., Johnson, H., Lohr, J. B. & Baker, D. G., 01.01.2013, in: BMC PSYCHIATRY. 13, S. 9

Religiosity, magical ideation, and paranormal beliefs in anxiety disorders and obsessive-compulsive disorder: a cross-sectional study.

Agorastos, A., Metscher, T., Huber, C., Jelinek, L., Vitzthum, F., Muhtz, C., Kellner, M. & Moritz, S., 01.10.2012, in: J NERV MENT DIS. 200, 10, S. 876-884 9 S., 10.

Anxiety disorders through a transcultural perspective: implications for migrants.

Agorastos, A., Haasen, C. & Huber, C., 01.01.2012, in: PSYCHOPATHOLOGY. 45, 2, S. 67-77 11 S., 2.

Sudden worsening of ross syndrome after glucocorticoid withdrawal emerges as panic disorder: a case report.

Huber, C., Fischer, M., Mohr, M. & Agorastos, A., 01.01.2012, in: J NEUROPSYCH CLIN N. 24, 2, S. 28-29 2.

Vanishing white-matter disease: a case of severe adult onset with prolonged course under anticonvulsive therapy.

Agorastos, A. & Huber, C., 01.01.2012, in: J NEUROPSYCH CLIN N. 24, 4, S. 24-25 4.

We are all zombies anyway: aggression in Cotard's syndrome.

Huber, C. & Agorastos, A., 01.01.2012, in: J NEUROPSYCH CLIN N. 24, 3, S. 21 3.

Are ratings on the positive and negative syndrome scale for schizophrenia biased by personality traits?

Huber, C., Hoppe, A., Agorastos, A., Andresen, B., Naber, D. & Schröder, K., 2012, in: PHARMACOPSYCHIATRY. 45, 4, S. 156-161 4.

Brief Psychiatric Rating Scale - Excited Component (BPRS-EC) and neuropsychological dysfunction predict aggression, suicidality, and involuntary treatment in first-episode psychosis.

Huber, C., Schöttle, D., Lambert, M., Hottenrott, B., Agorastos, A., Naber, D. & Schröder, K., 2012, in: SCHIZOPHR RES. 134, 2-3, S. 273-278 2-3.

Sex differences of salivary cortisol secretion in patients with major depression.

Hinkelmann, K., Botzenhardt, J., Muhtz, C., Agorastos, A., Wiedemann, K., Kellner, M. & Otte, C., 2012, in: STRESS. 15, 1, S. 105-109 1.

Acute, non-lethal Marchiafava-Bignami disease with reversible posterior leucoencephalopathy and split-brain syndrome
Agorastos, A., Kijak, A. D., Yamamura, J., Spauschus, A. & Huber, C. G., 01.01.2011, in: J NEUROPSYCH CLIN N. 23, 4, S. E27-8

The role of melatonin in glaucoma: implications concerning pathophysiological relevance and therapeutic potential.
Agorastos, A. & Huber, C., 01.01.2011, in: J PINEAL RES. 50, 1, S. 1-7 7 S., 1.

Addiction services in Cyprus: Results of an EU Twinning Project

Agorastos, A., Zurhold, H., Verthein, U., Petridou, A. & Haasen, C., 2011, in: DRUG-EDUC PREV POLIC. 18, 5, S. 340-352 5.

Immediate and early behavioral interventions for the prevention of acute and posttraumatic stress disorder.

Agorastos, A., Marmar, C. R. & Otte, C., 2011, in: CURR OPIN PSYCHIATR. 24, 6, S. 526-532 6.

Psychosis-induced vitamin D deficiency with secondary hyperparathyroidism and osteoporotic fractures.

Agorastos, A., Weinas, K., Agorastos, A. D. & Wiedemann, K., 2011, in: GEN HOSP PSYCHIAT. 33, 6, S. 3-5 6.

Reduced pain perception in schizophrenia: a case of an undetected intrathoracic pencil.

Agorastos, A., Huber, C., Dunker, S. & Wiedemann, K., 2011, in: AM J PSYCHIAT. 168, 8, S. 854-855 8.

Religiosität und Spiritualität bei Angst- und Zwangsstörungen

Agorastos, A. & Schwechheimer, J., 2011, in: Neuro aktuell. 01, S. 18-21

Angststörungen

Agorastos, A. & Ströhle, A., 2010, *Praxis der interkulturellen Psychiatrie und Psychotherapie: Migration und psychische Gesundheit*. Urban & Fischer Verlag/Elsevier GmbH, S. 293-306 14 S.

Diagnostic pitfalls in a patient with posttraumatic exaggerated startle response and mutistic stupor.

Agorastos, A., Muhtz, C. & Kellner, M., 2010, in: J NEUROPSYCH CLIN N. 22, 3, S. 18-18 3.

Religion und Migration

Agorastos, A., 2010, *Praxis der interkulturellen Psychiatrie und Psychotherapie: Migration und psychische Gesundheit*. Urban & Fischer Verlag/Elsevier GmbH, S. 85-91 7 S.

Acute maniform reaction to a single dose of escitalopram in a social phobic patient—an atypical jitteriness syndrome?

Muhtz, C., Agorastos, A. & Kellner, M., 01.11.2009, in: PHARMACOPSYCHIATRY. 42, 6, S. 291-2 2 S.