

ORESTIS ZAVLIS

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[Contact](#), [X-Twitter](#)/[BlueSky](#), [Scholar](#)/[ResearchGate](#), [OSF](#)/[GitHub](#), [Substack](#)

EDUCATION

- 2023 – 2027 **University College London**, Ph.D. in Computational Psychoanalysis
- 2020 – 2021 **The University of Oxford**, M.Sc. in Psychological Research
- 2017 – 2020 **The University of Sheffield**, B.Sc. in Psychology and Statistics

PROFESSIONAL EXPERIENCE

- 2023 – 2027 **University College London**, PALS | Demonstrator of Advanced Statistics
Taught advanced statistical modeling (e.g., generalised linear modeling and Bayesian statistics) in R.
- 2022 – 2023 **The University of Oxford**, Department of Psychiatry | Clinical Research Assistant
Recruited and clinically assessed populations with personality-related difficulties for the SPS clinical trial.
- 2021 – 2022 **Pennine Care NHS Foundation Trust**, Secondary Care | Assistant Psychologist
Conducted clinical assessments, formulations, and low-intensity interventions on populations with psychosis.
- 2021 – 2022 **University of Amsterdam**, Urban Mental Health Centre | Research Assistant
Conducted network analyses on population-level mental health data from the Netherlands.
- 2020 – 2022 **Toxotis Charitable Foundation** | Honorary Assistant Psychologist
Conducted psychoeducation and positive behavioural support for young adults with developmental disabilities.
- 2019 – 2020 **King's College London**, IPPN | Honorary Research Assistant
Conducted content analysis of 50+ recordings of LAPT therapy sessions.
- 2019 – 2020 **Sheffield Health NHS Foundation Trust** | Honorary Assistant Psychologist
Delivered a brief psychoeducational program for understanding "borderline personality disorder".
- 2018 – 2020 **The University of Sheffield**, Department of Psychology | Teaching Assistant
Assisted the lecturer in the delivery of Intermediate Statistics by clarifying key concepts to students.
- 2016 – 2017 **The National Guard of Cyprus**, 23EMA Medium Tank Battalion | Sergeant
Led my unit in live-fire field exercises. Trained junior soldiers to operate EE-9 Cascavel armoured vehicles.

RESEARCH GRANTS

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|-------------|--|---------|
| 2024 – 2025 | PwC & University of Oxford Grant for Environmental Science
<i>The psychology of climate action and inaction, Co-I.</i> | £40,000 |
| 2020 – 2021 | University of Oxford, Brasenose College Grant
<i>The effect of polygenic risk scores on environmental sensitivity, PI.</i> | £2,000 |
| 2018 – 2019 | Sheffield Undergraduate Research Experience Grant
<i>A network analysis of autistic, social anxiety, and schizotypal traits, PI.</i> | £1,500 |

PRIZES, AWARDS, AND OTHER HONOURS

- 2023-2027 **The A. G. Leventis Foundation** | Postgraduate Educational Grant
Generous educational grant to pursue my post-graduate studies at University College London
- 2023-2027 **University College London** | PALS Demonstrator Scholarship
Full Scholarship to pursue my post-graduate studies at University College London
- 2020-2021 **The University of Oxford** | Robert & Soulla Kyprianou Graduate Scholarship
Full Scholarship to pursue my graduate studies at the University of Oxford
- 2019-2020 **The British Psychological Society** | The Undergraduate Award
Award for achieving the highest overall grade in my BSc Psychology degree
- 2019-2020 **The University of Sheffield** | Harry Kay Prize in Psychology
Prize for a "piece of original research in psychology"
- 2019-2020 **The University of Sheffield** | Marples Prize in Psychology
Prize for the "highest final year grade"

PUBLICATIONS

2026

1. **Zavlis, O.** & Fonagy, P. (2026). The construct 'personality functioning' is currently not logically defined.
https://doi.org/10.31234/osf.io/zncr7_v1

2025

2. **Zavlis, O.**, Moutoussis, M., Fonagy, P., & Story, G. (2025). A generative model of personality disorder as a relational disorder. *Journal of Psychopathology and Clinical Science*. (Special issue paper on revitalizing the science & practice personality pathology. See <https://growkudos.com/publications/10.1037%25252Fabn0001010/reader>, for a brief summary. See also <https://www.psychiatrymargins.com/p/personality-disorders-as-relational>, for an invited commentary at *Psychiatry at the Margins*.)
<https://doi.org/10.1037/abn0001010>
3. **Zavlis, O.**, Bentall, R., Fonagy, P., & Rigoli, F. (2025). A formal theory of mood instability. *Clinical Psychological Science*, 1-27.
<https://doi.org/10.1177/21677026251363862>
4. **Zavlis, O.**, Story, G., Friedrich, C., Fonagy, P., & Moutoussis, M. (2025). A systematic review of computational modeling of interpersonal dynamics in psychopathology. *Nature Mental Health*, 1-11.
<https://doi.org/10.1038/s44220-025-00465-9>
5. **Zavlis, O.**, Ebrahimi, O.V., Puhlmann, L. M., Zerban, M., Lassri, D., Desatnik, A., Lorenzini, N., Kiselnikova, N., Fonagy, P., Kalisch, R. & Nolte, T. (2025). Resilience & Mentalizing as distinct moderators of psychological protection: A study on mental health workers during the coronavirus pandemic. *Journal of Affective Disorders*, 1-9.
<https://doi.org/10.1016/j.jad.2025.119776>
6. **Zavlis, O.** (2025). The dangers of reifying 'borderline personality'. (A critique on [D'Agnostino's & Ruffalo's essay](#) that defines BPD in illogical, unethical, and unscientific ways.)
https://doi.org/10.31234/osf.io/z9kqm_v1
7. **Zavlis, O.**, & Fonagy, P. (2025). A proposal for the ICD-11 workgroup members to reclassify personality disorder as a relational disorder. (A response to [Mulder, Kim, and Tyrer at World Psychiatry](#).)
https://doi.org/10.31234/osf.io/3jr4h_v1
8. **Zavlis, O.** (2025). Beyond disorder-free and disorder-based paradigms of neurodiversity. (A response to this [commentary of neurodiversity in the Journal of Psychopathology and Clinical Science](#).)
https://doi.org/10.31234/osf.io/gswz3_v1
9. **Zavlis, O.** (2025). The idea of personality functioning should be critically examined, not reified: A comment on Zimmermann et al., (2025). (A response to the [authors' response](#) of my re-analysis of their paper; see below).
https://doi.org/10.31234/osf.io/gpwef_v1
10. **Zavlis, O.** (2025). Personality functioning is not a unitary entity. *Personality and Mental Health*. (A re-analysis of data from [this paper](#), showing that personality functioning cannot be understood as a unitary entity.)

<https://doi.org/10.1002/pmh.70033>

11. **Zavlis, O.** (2025). Beyond the illusion of personality: Part III: A comment on impulse pathology. (A response to [this paper](#) that perpetuates the bias I have termed ‘the illusion of personality’.)
https://doi.org/10.31234/osf.io/cfdsx_v1
12. **Zavlis, O.** (2025). Beyond the illusion of personality: Part II: A comment on identity pathology. (A response to [this paper at Personality Disorders: Theory, Research, Treatment](#), which perpetuates ‘the illusion of personality.’)
https://doi.org/10.31234/osf.io/hjdwg_v1
13. **Zavlis, O.** (2025). Beyond the illusion of personality: Part I: A comment on self-pathology. (A response to [this paper at Scientific Reports](#), which perpetuates the cognitive bias I have termed ‘the illusion of personality.’)
https://doi.org/10.31234/osf.io/d79rk_v1
14. **Zavlis, O.** (2025). On the epistemic injustices of personality disorders. (This is a response to [Jay Watts’ editorial at BJPsych International](#), on the epistemic injustices of borderline personality disorder.)
https://doi.org/10.31234/osf.io/cg6px_v1
15. **Zavlis, O., Fonagy, P., & Luyten, P.** (2025). The most important aims of psychotherapy: to love, to work, and to find meaning. *The Lancet Psychiatry*. (A re-analysis of the excellent meta-analysis by [Michaela Ladmanová and colleagues \(2024\)](#) on the most important patient-reported psychotherapy outcomes.)
[10.1016/S2215-0366\(25\)00006-9](https://doi.org/10.1016/S2215-0366(25)00006-9)
16. Bentall, R. P., **Zavlis, O.**, Hyland, P., McBride, O., Bennett, K., & Hartman, T. K. (2025). The structure of mass political belief systems: A network approach to understanding the left-right spectrum. *PloS one*, 20(10).
<https://doi.org/10.1371/journal.pone.0333595>
17. Matheou, A., **Zavlis, O.**, White, S., McDonnell, T., Warner-Levy, A., Warner-Levy, J., Wilkins, L., Habte-Asres, H., Lay, A., Shalamanova, L., Whyte, M., Gibson, M., Kalra, P.A., & Heald, A. (2025). Progression of albumin /creatinine ratio (ACR) and estimated glomerular filtration rate (eGFR) over 24 years in people with type 2 diabetes. Drivers, potential protectors and associated mortality. *Diabetic Medicine*, e70193.
<https://doi.org/10.1111/dme.70193>
18. Huth, K., **Zavlis, O.**, Luigjes, J., Galenkamp, H., Lok, A., Stronks, K., Bockting, C.L., Goudriaan, A.E., Marsman, M., & van Holst, R.J. (2025). The interplay of alcohol use symptoms and sociodemographic factors in the HELIUS study: A network perspective. *Social Psychiatry and Psychiatric Epidemiology*, 1-11.
<https://doi.org/10.1007/s00127-025-02954-9>
19. Huth, K., van der Wal, J., **Zavlis, O.**, Luigjes, J., Lakerveld, J., Galenkamp, Lok, A., Stronks, K., Bockting, C.L., Marsman, M., Goudriaan, A.E., & van Holst, R.J. (2025). Individual & neighborhood determinants of depressive symptoms in ethnic minorities in the urban HELIUS sample: a multi-level network perspective. *Social Science & Medicine*. 118195. <https://doi.org/10.1016/j.socscimed.2025.118195>
20. Finnemann, A., Skjerdingsstad, N., Speyer, L. G., **Zavlis, O.**, Bartoš, F., Wiers, R., van der Maas, H., Sibley, G.C., Johnson, U.S., Helmich, M.A., Hoffart, A., & Ebrahimi, O. V. (2025). Urban-rural differences in anxiety and depression in the UK, New Zealand, and Norway. *Journal of Affective Disorders*, 119601.
<https://doi.org/10.1016/j.jad.2025.119601>

2024

21. **Zavlis, O., Luyten, P., Pilling, S., & Fonagy, P.** (2024). Pressing need for clinical trial research on dimensional personality disorder. *The Lancet Psychiatry*. (For a lengthier version see <https://doi.org/10.31234/osf.io/ur5qy>)
[10.1016/S2215-0366\(24\)00365-1](https://doi.org/10.1016/S2215-0366(24)00365-1)
22. **Zavlis, O., & Fonagy, P.** (2024). Beyond Descriptive Models of Personality Problems. *Journal of Personality Assessment*, Invited Commentary, 1–4.
<https://doi.org/10.1080/00223891.2024.2430322>
23. **Zavlis, O., & Tyrer, P.** (2024). The interface of autism and (borderline) personality disorder. *The British Journal of Psychiatry*, Guest editorial, 1-2.
<https://doi.org/10.1192/bjp.2024.80>
24. **Zavlis, O.** (2024). Computational approaches to mental illnesses. *Nature Reviews Psychology*.
<https://doi.org/10.1038/s44159-024-00360-7>
25. **Zavlis, O., & Fried, I.E.** (2024). No evidence for a psychological trait of impulsivity: A reply to Huang and colleagues (2024). *Proceedings in the National Academy of Sciences*. (Not accepted, but out as a preprint, as well as blogpost, <https://eiko-fried.com/no-evidence-for-a-psychological-trait-of-impulsivity>, for those interested.)
<https://doi.org/10.31234/osf.io/m2xdj>
26. **Zavlis, O., & Fonagy, P.** (2024). Either all mental disorders are personality disorders or there are no personality disorders: A reply to García and colleagues (2024). *Annual Reviews of Clinical Psychology*. (Not accepted, but out as a preprint, as well as blogpost, <https://www.psychiatrymargins.com/p/either-all-psychopathology-is-personality>, for those interested. Note: Annual Reviews of Clinical Psychology does not accept letters to the editor.)

<https://doi.org/10.31234/osf.io/4xpdg>

27. **Zavlis, O.**, Fonagy, P., Bentall, R., & Rigoli, F. (2024). Riskier tests for *p factor* hypotheses: A reply to Watts and colleagues (2023). *Nature Reviews Psychology*. (Not accepted, but out as a preprint for those interested.)
<https://doi.org/10.31234/osf.io/tqjgh>
28. **Zavlis, O.**, Parsons, S., Fox, E., Booth, C., Songco, A., & Vincent, J. P. (2024). The effects of life experiences and polygenic risk for depression on the development of positive and negative cognitive biases across adolescence: The CogBIAS hypothesis. *Development and Psychopathology*, 1-10.
<https://doi.org/10.1017/S0954579423001645>
29. Shao, W., Simmonds-Buckley, M., **Zavlis, O.**, & Bentall, R. P. (2024). The Common Structure of the Major Psychoses: More Similarities Than Differences in the Network Structures of Schizophrenia, Schizoaffective Disorder, and Psychotic Bipolar Disorder. *Schizophrenia Bulletin*, sbae154.
<https://doi.org/10.1093/schbul/sbae154>

2023

30. **Zavlis, O.** (2023) Complex Relational Needs impede progress in NHS Talking Therapies (IAPT): Implications for Public Mental Health. *Frontiers in Public Health*, 11:1270926, 1-4.
<https://doi.org/10.3389/fpubh.2023.1270926>
31. **Zavlis, O.**, Elahi, A., Contreras, A., Valiente, C., Hartman, T. K., & Bentall, R. (2023). Increased network connectivity among paranoid beliefs characterizes the clinical end of the schizophrenia-spectrum: A Conversion systems perspective. *Schizophrenia Research*, 258, 55-57.
<https://doi.org/10.1016/j.schres.2023.07.016>
32. **Zavlis, O.**, Matheou, A., Bentall, R. (2023). Identifying the bridge between depression and mania: A machine learning and network approach to bipolar disorder. *Bipolar Disorders*, 1-12.
<https://doi.org/10.1111/bdi.13316>
33. Panagiotidi, M., **Zavlis, O.**, Jones, M., & Stafford, T. (2023). The three-dimensional community structure of attention-deficit hyperactivity disorder (ADHD) traits captured by the Adult ADHD Self-Report Scale: An exploratory graph analysis. *International Journal of Methods in Psychiatric Research*, 1-9.
<https://doi.org/10.1002/mpr.1997>
34. Contreras, A., Butter, S., Granziol, U., Panzeri, A., Peinado, V., Trucharte, A., **Zavlis, O.**, Valiente, C., Vázquez, C., Murphy, J., Bertamini, M., Shevlin, M., Hartman K.T., Bruno, G., Mignemi, G., Spoto, A., Vidotto, G., & Bentall, R. P. (2023). The network structure of psychopathological and resilient responses to the pandemic: A multi-country general population study of depression and anxiety. *Journal of Traumatic Stress*, 1-15.
<https://doi.org/10.1002/jts.22988>

2022

35. **Zavlis, O.**, Butter, S., Bennet K., Hartman K.T., Hyland P., Mason L., McBride O., Murphy J., Miller G.J., Levita L., Martinez P.A., Shevlin M., Stocks V.A.T., Vallières F., & Bentall R. (2022). How does the COVID-19 pandemic impact on population mental health? A network analysis of COVID influences on depression, anxiety, and traumatic stress in the UK population. *Psychological Medicine*, 1-9.
<https://doi.org/10.1017/S0033291721000635>
36. Gibson-Miller, J., **Zavlis, O.**, Hartman, K.T., Bennet, K.M., Butter, S., Levita, L., Martinez, A.P., Mason, L., McBride, O., McKay, R., Murphy, J., Shevlin, M., Stocks, T.V.A., & Bentall, R. (2022). A network approach to understanding Social Distancing behaviour. *Journal of Health Psychology*, 1-19.
<https://doi.org/10.1080/08870446.2022.2057497>
37. Gibson-Miller, J., **Zavlis, O.**, Hartman K.T., McBride O., Bennet K., Butter, S., Levita L., Mason L., Martinez A., McKay R., Murphy J., Shevlin M., Stocks T., Bentall R. (2022). Psychological Factors Influencing Protective Behaviours during the COVID-19 Pandemic: Capability, Opportunity and Motivation, *IntechOpen*.
[10.5772/intechopen.98237](https://doi.org/10.5772/intechopen.98237)

2010

38. **Zavlis, O.**, & Zavlis, A., (2010). Exploring the haunted basement. *Epifanion Ilias*. ISBN: [978-9963-674-28-2](https://doi.org/10.1007/978-9963-674-28-2)

OPEN SCIENCE

Open data and code for all of my first-author studies can be found at my [OSF](#) and [GitHub](#).

SUBSTACK

I keep a Substack, named [Personality Disordered](#), which is aimed at critically examining traditional and contemporary assumptions surrounding the concept of ‘personality disorder’ with the hopes of better defining it theoretically and managing it clinically. Some posts are found below:

1. [Personality disorders as relational disorders](#), 9 August 2025.
2. [Personality disorder is not about personality traits](#), 6 December 2025.

PUBLIC SPEAKING

ACADEMIC

- 06/05/2026 **The University of Oxford** | Department of Experimental Psychology, EDGE Lab
A formal theory of mood instability.
- 24/10/2025 **Yale University** | Department of Psychology, Computational Clinical Science Lab
A formal theory of mood instability.
- 21/05/2025 **University College London** | PALS, Unit of Psychoanalysis
A critical examination of the concept of personality disorder.
- 15/02/2024 **University College London** | PALS, Unit of Psychoanalysis
Static personality disorders as dynamic relational disorders.
- 16/11/2023 **University College London** | PALS, Unit of Psychoanalysis
Relational Sensitivity: A unified formal theory of borderline psychopathology.
- 06/04/2022 **The University of Amsterdam** | Centre for Urban Mental Health
Advancing Urban Mental Health Research through Complexity Science Methodologies.

CLINICAL

- 22/01/2025 **Tees, Esk, and Wear Valleys NHS Foundation Trust**
The interface of autism and (borderline) personality disorder.
- 12/02/2023 **Oxford Health NHS Foundation Trust, TalkingSpace**
Complex Relational Needs Impede Progress in NHS Talking Therapies.
- 12/10/2022 **Pennine Care NHS Foundation Trust, Secondary Care Psychological Service**
Psychological pressures and other demands on the NHS healthcare staff: An update.

CONFERENCE

- 29/11/2023 **City, University of London** | 1st Annual Computational Politics Conference
Modeling Ideologies as Network Systems: Theory and Methods.
- 14/06/2023 **The British & Irish Group for the Study of Personality Disorder (BIGSPD)**
The intersection of gender, autism, and borderline personality disorder in the UK Adult Population.
- 30/03/2023 **Society for Affective Science (SAS) Annual Conference**
A machine-learning and network approach to bipolar disorder.
- 23/02/2022 **The University of Manchester** | 4th Annual Political Psychology Conference.
Modeling Political Beliefs as Network Systems: Theory and Methods.

SYMPOSIA

- 28/03/2026 **Society for Personality Assessment.**
Personality Functioning: Developmental, Cross-Cultural, and Computational Perspectives.

SUPERVISION

2026 – 2030 Lorraine Liu, UCL PhD Thesis on the *Psychoanalysis of Sexual Trauma*
2024 – 2028 Leo Johnson, University of Oxford DPhil Thesis on the *Psychology of Climate Change*
2026 – 2027 Tyler Kwan, UCL MSc Thesis on *Computational Psychiatry*

AD-HOC PEER REVIEW

Psychological Review; Translational Psychiatry; British Journal of Psychiatry; BJPsych Open; Journal of Psychopathology and Clinical Science (formerly known as Journal of Abnormal Psychology); Philosophy, Psychiatry & Psychology; Personality and Mental Health; Personality Disorders: Theory, Research, Treatment; Scientific Reports; BMC Public Health; BMC Psychiatry; BMC Psychology; Frontiers in Psychiatry; Frontiers in Psychology; Autism Research; Current Psychology.

AFFILIATIONS

British Psychological Society (BPS), BPS Division of Clinical Psychology, Association for Psychological Science (APS), British & Irish Group for the Study of Personality Disorder (BIGSPD), Society for Affective Science (SAS), Society for Personality Assessment (SPA), Society for the Improvement of Psychological Science (SIPS).

OTHER SKILLS

Interests: Passionate about *art*, *coffee*, and *card magic*.

Languages: *Modern Greek* (native), *English* (native), *Ancient Greek* (reading), *Mandarin Chinese* (beginner).