Michaela Filiou is an Associate Professor and Head of the Biochemistry lab at the Department of Biological Applications and Technology, University of Ioannina and Group Leader at the Biomedical Research Institute-FORTH.

She holds an integrated MSc from the Department of Biological Applications and Technology (Valedictorian), a MSc on Human Molecular Genetics from Imperial College London and a PhD on biomarker discovery for psychiatric disorders from Ludwig Maximilian University. For 12 years, she worked as a researcher at the Max Planck Institute of Psychiatry in Munich and was also a visiting scientist at Harvard Medical School. She has received Young Investigator Awards from the World Federation of Societies of Biological Psychiatry and the European Proteomics Association, the 2021 L' Oréal-UNESCO National Award for Women in Science and a 2026 Scientific Excellence Award from the University of Ioannina.

The Biochemistry lab investigates the molecular mechanisms of neuropsychiatric disorders and how the interplay of stress, diet and high anxiety is modulated by mitochondrial bioenergetics and dynamics. The lab has been funded by HFRI, Fondation Santé, NSRF, HORIZON and FORTH Synergy grants.

Lab Website: bri.forth.gr/filiou

Instagram: biochemlab_uoi

Facebook: The Biochemistry Lab, BET