



Turnitin

έλεγχος εργασίας φοιτητή

Τι κάνει το Turnitin?

- • Αντιπαραβάλλει το κείμενο της εργασίας του φοιτητή με τη βάση του Turnitin
- • Δημιουργεί μια Αναφορά (Originality Report) όπου βρίσκει ίδιο κείμενο της εργασίας σε πηγές στη βάση του Turnitin (το δείχνει με χρωματιστό φόντο)
- • Υπολογίζει τον Δείκτη Ομοιότητας (Similarity Report), ένα αριθμητικό ποσοστό ομοιότητας

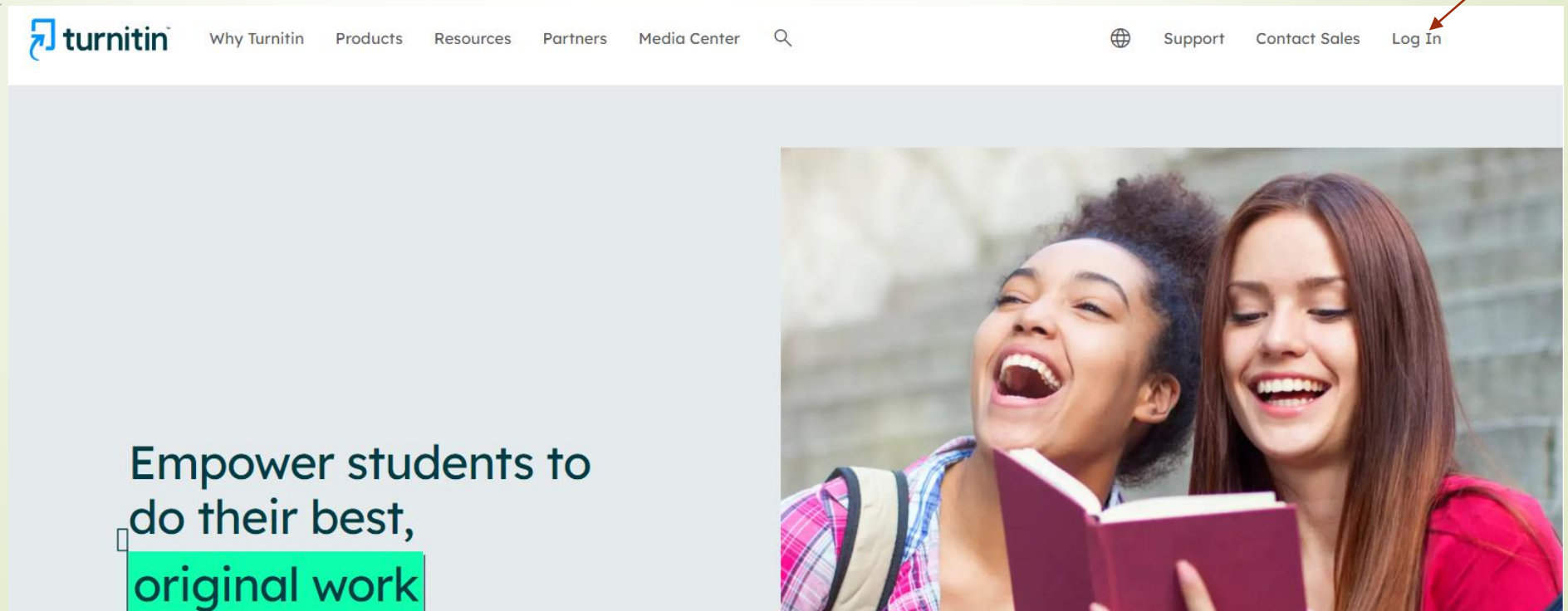


Που ψάχνει το Turnitin ομοιότητα?

Η υπηρεσία του ελέγχου ομοιότητας (Similarity Check) γίνεται:

- στο **παγκόσμιο αποθετήριο εργασιών**,
- σε **περιοδικά και δημοσιεύσεις**,
- στο **αποθετήριο** του κάθε ιδρύματος
- και σε μια τεράστια συλλογή αρχειοθετημένων **ιστοσελίδων** στο διαδίκτυο.

Είσοδος στο www.turnitin.com -> Log In




turnitin

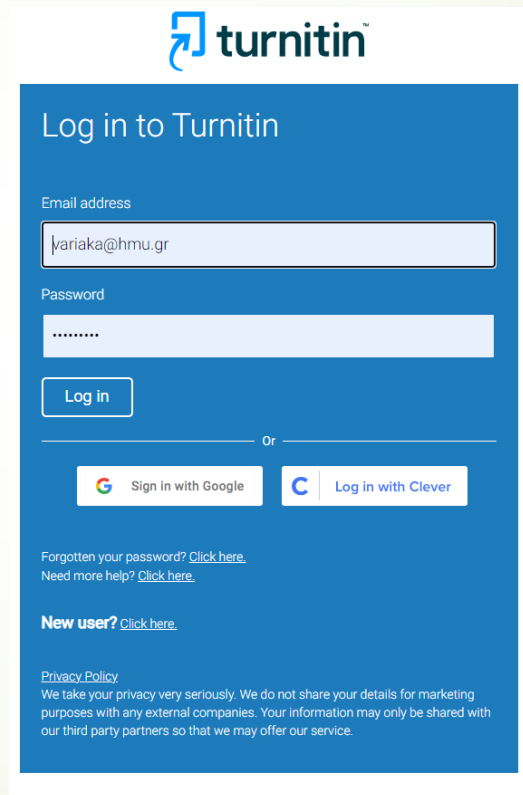
Why Turnitin Products Resources Partners Media Center

Support Contact Sales [Log In](#)

Empower students to
do their best,
original work



Log in με το email σας και το password που έχετε δημιουργήσει.



The image shows a screenshot of the Turnitin login page. At the top, the Turnitin logo is displayed. Below it, the heading "Log in to Turnitin" is centered. The form contains two input fields: "Email address" with the value "variaka@hmu.gr" and "Password" with masked characters ".....". A "Log in" button is positioned below the password field. Below the button, there is a horizontal line with the word "Or" in the center. Underneath, there are two buttons: "Sign in with Google" and "Log in with Clever". At the bottom of the form, there are three links: "Forgotten your password? [Click here.](#)", "Need more help? [Click here.](#)", and "New user? [Click here.](#)". A "Privacy Policy" link is also present at the very bottom, followed by a short paragraph of text.

turnitin™



Log in to Turnitin

Email address
variaka@hmu.gr

Password
.....

Log in

Or

 Sign in with Google  Log in with Clever

Forgotten your password? [Click here.](#)
Need more help? [Click here.](#)

New user? [Click here.](#)

[Privacy Policy](#)
We take your privacy very seriously. We do not share your details for marketing purposes with any external companies. Your information may only be shared with our third party partners so that we may offer our service.

Η ανάρτηση εργασίας από Open



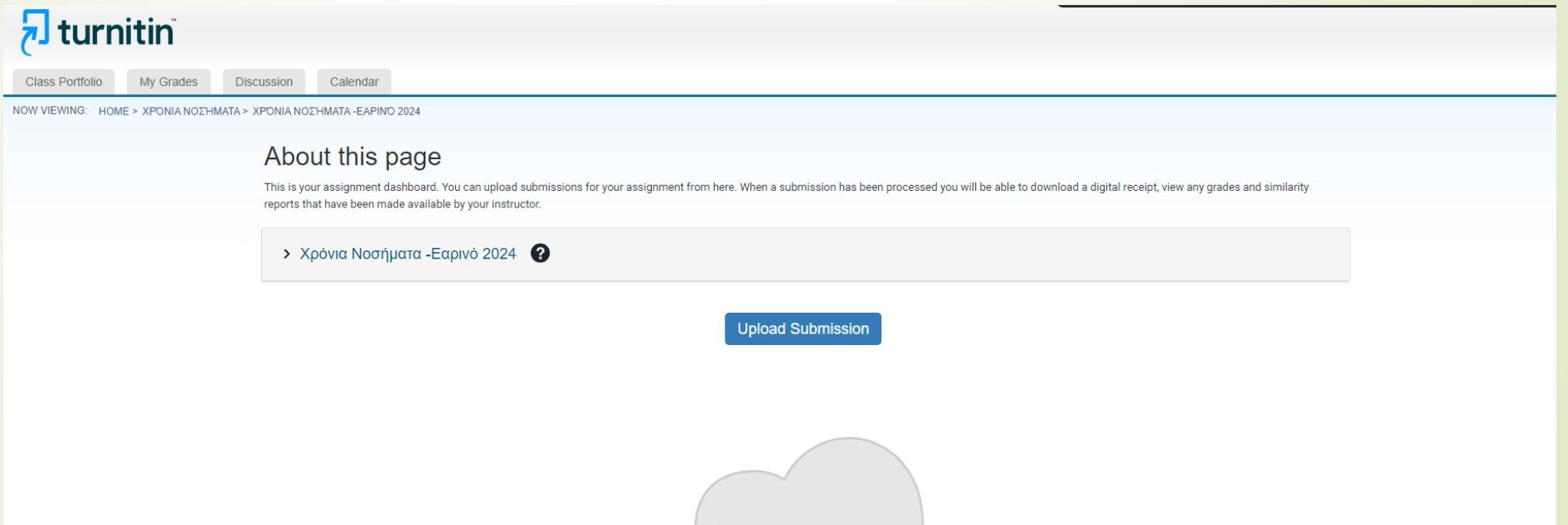
The screenshot shows the Turnitin interface for a class homepage. At the top left is the Turnitin logo. Below it are navigation tabs: "Class Portfolio" (active), "My Grades", "Discussion", and "Calendar". The breadcrumb trail reads "HOW VIEWING: HOME > ΧΡΟΝΙΑ ΝΟΣΗΜΑΤΑ". A welcome message states: "Welcome to your new class homepage! From the class homepage you can see all your assignments for your class, view additional assignment information, submit your work, and access feedback for your papers. Hover on any item in the class homepage for more information." Below this is a "Class Homepage" header. A message says: "This is your class homepage. To access more information about the assignment, click the 'Open' button." The main content is an "Assignment Inbox: Χρόνια Νοσήματα" table with the following data:

Assignment Title	Dates
Χρόνια Νοσήματα -Εαρινό 2024	Start 11-Mar-2024 1:32PM Due 31-Mar-2024 1:32PM Post 31-Mar-2024 1:32PM

An "Open" button is located to the right of the assignment row.

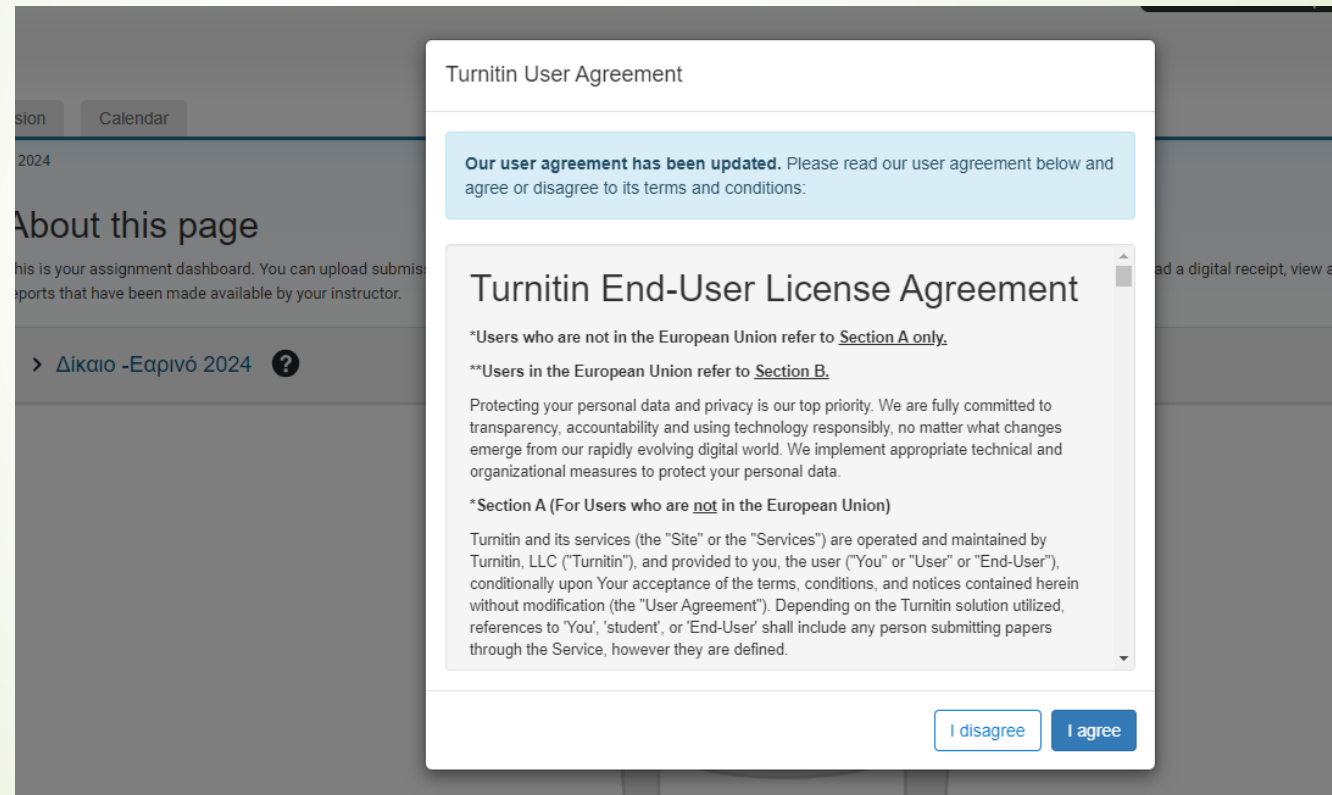
Για ανέβασμα εργασίας από φοιτητή

Upload Submission



The screenshot shows the Turnitin user interface. At the top left is the Turnitin logo. Below it are navigation tabs: "Class Portfolio", "My Grades", "Discussion", and "Calendar". A breadcrumb trail reads "NOW VIEWING: HOME > ΧΡΟΝΙΑ ΝΟΣΗΜΑΤΑ > ΧΡΟΝΙΑ ΝΟΣΗΜΑΤΑ -ΕΑΡΙΝΟ 2024". The main heading is "About this page", followed by a descriptive paragraph: "This is your assignment dashboard. You can upload submissions for your assignment from here. When a submission has been processed you will be able to download a digital receipt, view any grades and similarity reports that have been made available by your instructor." Below this is a list item: "> Χρόνια Νοσήματα -Εαρινό 2024" with a question mark icon. A blue "Upload Submission" button is centered below the list. The background of the interface is light blue and white, with a decorative cloud graphic at the bottom.

Άδεια παραχώρησης χρήστη



The image shows a screenshot of a Turnitin user interface. A modal window titled "Turnitin User Agreement" is centered on the screen. The background shows a course dashboard with a "Calendar" tab and a section titled "About this page" which includes a link for "Δίκαιο -Εαρινό 2024" with a question mark icon. The modal window contains the following text:

Turnitin User Agreement

Our user agreement has been updated. Please read our user agreement below and agree or disagree to its terms and conditions:

Turnitin End-User License Agreement

*Users who are not in the European Union refer to [Section A only](#).

**Users in the European Union refer to [Section B](#).

Protecting your personal data and privacy is our top priority. We are fully committed to transparency, accountability and using technology responsibly, no matter what changes emerge from our rapidly evolving digital world. We implement appropriate technical and organizational measures to protect your personal data.

***Section A (For Users who are not in the European Union)**

Turnitin and its services (the "Site" or the "Services") are operated and maintained by Turnitin, LLC ("Turnitin"), and provided to you, the user ("You" or "User" or "End-User"), conditionally upon Your acceptance of the terms, conditions, and notices contained herein without modification (the "User Agreement"). Depending on the Turnitin solution utilized, references to "You", "student", or "End-User" shall include any person submitting papers through the Service, however they are defined.

At the bottom of the modal, there are two buttons: "I disagree" and "I agree".

Βρείτε την εργασία σας

About this page

This is your assignment dashboard. You can upload reports that have been made available by your instructor.

> Χρόνια Νοσήματα -Εαρινό 2024

Submit File

Upload Review Complete

○ ————— ○ ————— ○

Upload Submission Text Input Cloud Submission ▾

Drag and drop or select a file from your device.

Submission Title Εργασία ΣΒ.docx

Submission File ⓘ Choose File Εργασία ΣΒ.docx

Upload and Review

Submit to Turnitin

About this page

This is your assignment dashboard. You can upload reports that have been made available by your instructor.

> Χρόνια Νοσήματα -Εαρινό 2024

Submit File

Upload Review Complete

Title
Εργασία ΣΒ.docx

File Size
24.17 KiB

Word Count
1,774

Ελληνικό Μεσογειακό Πανεπιστήμιο Δ.Π.Μ.Σ. «Διαπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
ΣΠΔ-Α03 Κατανοώντας την υγεία και τους προδιαγεγραμμένους της
Όνοματεπώνυμο: ΣΒ

	ΠΕΡΙΒΑΛΟΝΤΙΚΗ Η ΡΥΠΑΝΣΗ	ΑΥΤΟΕΚΤΙΜΗΣΗ ΜΕΣΟΓΕΙΑΚΗΣ ΔΙΑΤΡΟΦΗΣ	ΜΕΣΟΓΕΙΑΚΟ ΠΡΟΤΥΠΟ	ΜΕΣΟΓΕΙΑΚΗ ΣΥΝΟΧΗ
ΕΜΒΟΛΙΑΣΤΙΚΗ Η ΚΑΛΥΨΗ	ΟΧΙ??	ΝΑΙ??	ΝΑΙ	ΝΑΙ

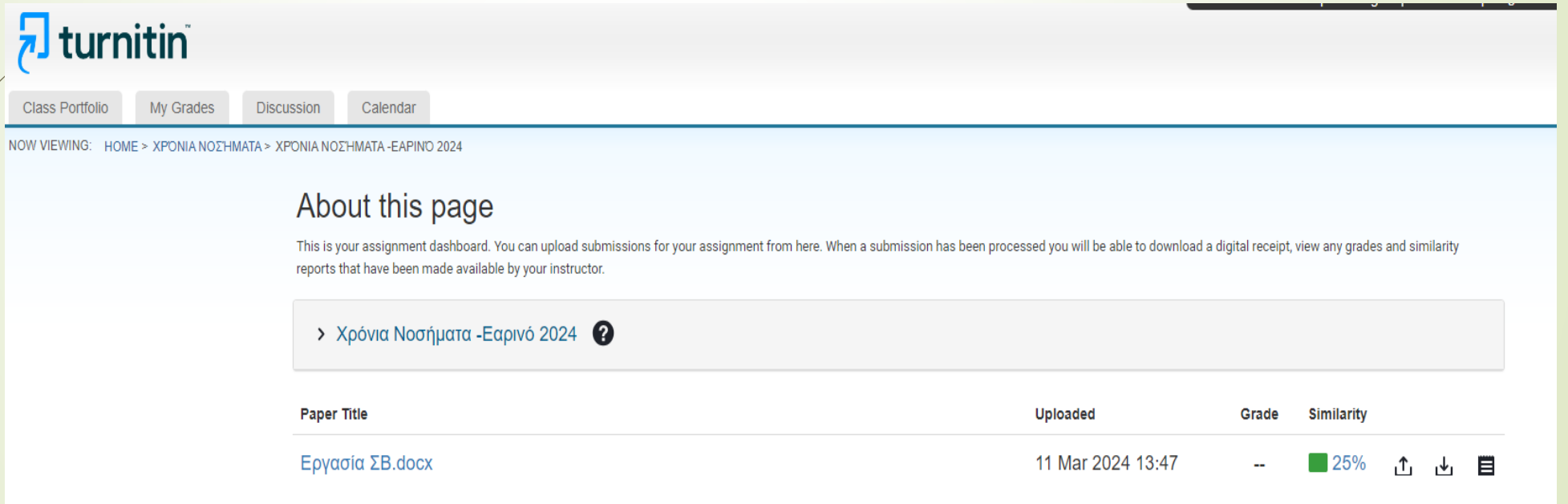
ΒΙΒΛΙΟΓΡΑΦΙΑ
Στις μέρες μας, εκτιμάται ότι τα εμβόλια είναι ο ασφαλέστερος τρόπος να εξασφαλιστεί μια ασθένεια και να διασφαλιστεί η δημόσια υγεία. Επιπλέον, σύμφωνα με τον Παγκόσμιο Οργανισμό Υγείας, ο παγκόσμιος πληθυσμός αποφεύγονται έως και 3 εκ. (Kariakoulou et al. 2021). Παρόλο που οι περισσότεροι άνθρωποι και εκείνοι οι οποίοι αισθάνονται ανασφάλεια, ανήθικη και αρνούνται

Page 1 of 5




Preview Submission Cancel Submission Submit to Turnitin

Ολοκλήρωση ανάρτησης εργασίας

Έκδοση αποτελέσματος similarity



The screenshot displays the Turnitin interface. At the top left is the Turnitin logo. Below it are navigation tabs: "Class Portfolio", "My Grades", "Discussion", and "Calendar". A breadcrumb trail reads "NOW VIEWING: HOME > ΧΡΟΝΙΑ ΝΟΣΗΜΑΤΑ > ΧΡΟΝΙΑ ΝΟΣΗΜΑΤΑ -ΕΑΡΙΝΟ 2024". The main heading is "About this page", followed by a descriptive paragraph. A button labeled "> Χρόνια Νοσήματα -Εαρινό 2024" with a help icon is present. Below is a table with columns for Paper Title, Uploaded, Grade, and Similarity. One submission is listed with a 25% similarity score.

Paper Title	Uploaded	Grade	Similarity
Εργασία ΣΒ.docx	11 Mar 2024 13:47	--	■ 25%   

Originality Report

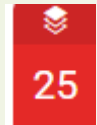
feedback studio Maria VARIAKAKI | Εργασία ΣΒ.docx

13
Ελληνικό Μεσογειακό Πανεπιστήμιο Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
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	ΠΕΡΙΒΑΛΟΝΤΙΚ Η ΡΥΠΑΝΣΗ	ΑΥΤΟΕΚΤΙΜΗΣΗ	ΕΙΣΟΔΗΜΑ	ΔΙΑΤΡΟΦΙΚ Ο ΠΡΟΤΥΠΟ	ΜΕΣΑ ΚΟΙΝΩΝΙΚΗ Σ ΔΙΚΤΥΩΣΗΣ
ΕΜΒΟΛΙΑΣΤΙΚ Η ΚΑΛΥΨΗ	ΟΧΙ??	ΝΑΙ??	ΝΑΙ	ΝΑΙ	ΝΑΙ

Match Overview
25%
Currently viewing standard sources
EN View English Sources
Matches
1 www.southampton.ac.uk Internet Source 3%
2 digitallibrary.tsu.ge Internet Source 2%
3 Submitted to University... Student Paper 2%
4 jcom.sissa.it Internet Source 2%
5 Submitted to Trident U... Student Paper 2%
6 rsdjournal.org Internet Source 2%
7 Submitted to Edith Co... Student Paper 1%

Επεξήγηση συμβόλων originality report



- Αριθμητικό ποσοστό επικάλυψης με άλλη πηγή



- Φθίνουσα **αριθμητική σειρά πηγών επικάλυψης**. Με το βέλος ανοίγουν οι πηγές.



- Δείχνει τα **φίλτρα** που έχουν εφαρμοστεί στο Assignment. Μπορείτε εφαρμόσετε ξανά φίλτρα και να δοθεί νέο αποτέλεσμα με το Applied changes

Χρήση φίλτρου εξαίρεσης και εξαγωγή νέου ποσοστού similarity

Ελληνικό Μεσογειακό Πανεπιστήμιο Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
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ΕΜΒΟΛΙΑΣΤΙΚ	ΟΧΙ??	ΝΑΙ??	ΝΑΙ	ΝΑΙ	ΝΑΙ

Filters and Settings

Filters

- Exclude Quotes
- Exclude Bibliography
- Exclude sources that are less than:
 - words
 - %
 - Don't exclude by size

Optional Settings

- Multi-Color Highlighting

Apply Changes

Εφαρμογή φίλτρων εξαίρεσης πηγών σε ομοιωματικά & βιβλιογραφίας. Νέο ποσοστό.

Ελληνικό Μεσογειακό Πανεπιστήμιο Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
ΧΝΑ-Α03 Κατανοώντας την υγεία και τους προσδιοριστές της
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	ΠΕΡΙΒΑΛΟΝΤΙΚΗ ΡΥΠΑΝΣΗ	ΑΥΤΟΕΚΤΙΜΗΣΗ	ΕΙΣΟΔΗΜΑ	ΔΙΑΤΡΟΦΙΚΟ ΠΡΟΤΥΠΟ	ΜΕΣΑ ΚΟΙΝΩΝΙΚΗΣ ΔΙΚΤΥΩΣΗΣ
ΕΜΒΟΛΙΑΣΤΙΚΗ ΚΑΛΥΨΗ	ΟΧΙ??	ΝΑΙ??	ΝΑΙ	ΝΑΙ	ΝΑΙ

Filters and Settings

Filters

- Exclude Quotes
- Exclude Bibliography
- Exclude sources that are less than:
 - 3 words
 - %
 - Don't exclude by size

Optional Settings

- Multi-Color Highlighting
- Hide grammar tools layer






Download

Info

Χρωματικές ενδείξεις

What do the similarity score colors indicate?

The percentage range is 0% to 100% with the possible similarity groupings being:

	Green: 0% matching text
	Teal: 1-11% matching text
	Blue: 12-24% matching text
	Yellow: 25-49% matching text
	Orange: 50-74% matching text
	Red: 75-100% matching text

Ανίχνευση λογοκλοπής μέσω AI

- Γίνεται ανίχνευση κειμένων από εφαρμογές TN και παρουσιάζονται σε χωριστό ποσοστό στο Similarity report. Είναι ανιχνεύσιμο μόνο σε αγγλικά κείμενα και μόνο από το ChatGPT (γλωσσικά μοντέλα GPT-3 και GPT-3.5). Εφαρμόζεται και στην υπηρεσία ανίχνευσης λογοκλοπής μέσω eclass

The screenshot shows the Turnitin Feedback Studio interface. The document title is "The Goliath of the Sea" by Tess Ruiz. The main text is about blue whales. A "Match Overview" panel on the right shows a 63% similarity score. Below it, a list of sources is shown: en.wikipedia.org (30%), www.scribd.com (23%), animals-partner.blogspot... (6%), and answers.yahoo.com (4%). A "New AI indicator" panel at the bottom shows a 75% AI score. A blue box highlights the AI indicator, and an arrow points to the 63% score. The document text is highlighted in red, and a blue box highlights the AI indicator.

Similarity score - separate and independent of the AI indicator

- When you launch the Similarity report you will be presented with the new AI indicator in the side panel
- The indicator shows an overall percentage of the document that AI writing tools, such as ChatGPT, may have generated - 75% in this case

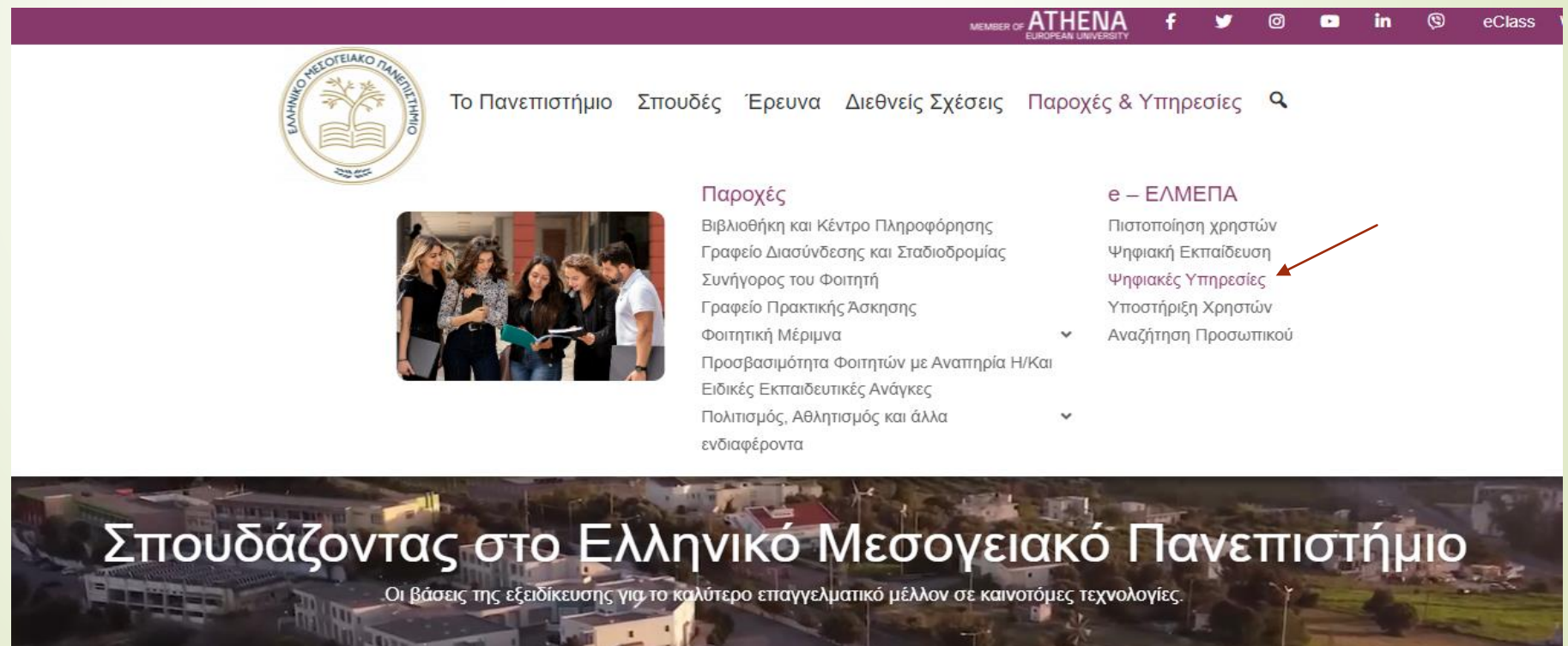
Turnitin

Draft coach : εργαλείο για Φοιτητές ως πρόσθετη εφαρμογή (add-in) για

- ▶ Έλεγχο λογοκλοπής με έκδοση Similarity σε ελληνική και αγγλική εργασία .Δυνατότητα ελέγχου έως 3 φορές με έκδοση αποτελέσματος
- ▶ Έλεγχο ορθότητας παραπομπών Citation check
- ▶ Γραμματικός έλεγχος εργασίας σε κείμενα στην Αγγλική γλώσσα Grammar check
- ▶ Εργαλείο χρήσης είναι το **Online Microsoft 365** και παρέχεται στους φοιτητές ΕΛΜΕΠΑ μέσω ΔΗΛΟΣ 365. Ενεργοποίηση υπηρεσίας Draft coach ΜΟΝΟ στην Online έκδοση.
- ▶ Είναι προβάσιμο από τους χρήστες-φοιτητές με τον Ιδρυματικό τους κωδικό

Πως ετοιμάζουμε την εργασία μας στο Draft Coach του Turnitin

www.hmu.gr Παροχές & Υπηρεσίες
Ψηφιακές υπηρεσίες



The screenshot shows the website of the Hellenic Mediterranean University (HMU). At the top, there is a purple navigation bar with the text 'MEMBER OF ATHENA EUROPEAN UNIVERSITY' and social media icons for Facebook, Twitter, Instagram, YouTube, LinkedIn, and a search icon. Below this is the university's logo and a main navigation menu with the following items: 'Το Πανεπιστήμιο', 'Σπουδές', 'Έρευνα', 'Διεθνείς Σχέσεις', 'Παροχές & Υπηρεσίες', and a search icon. The 'Παροχές & Υπηρεσίες' menu is expanded, showing two columns of services. The left column is titled 'Παροχές' and includes: 'Βιβλιοθήκη και Κέντρο Πληροφόρησης', 'Γραφείο Διασύνδεσης και Σταδιοδρομίας', 'Συνήγορος του Φοιτητή', 'Γραφείο Πρακτικής Άσκησης', 'Φοιτητική Μέριμνα', 'Προσβασιμότητα Φοιτητών με Αναπηρία Η/Και', 'Ειδικές Εκπαιδευτικές Ανάγκες', and 'Πολιτισμός, Αθλητισμός και άλλα ενδιαφέροντα'. The right column is titled 'e – ΕΛΜΕΠΑ' and includes: 'Πιστοποίηση χρηστών', 'Ψηφιακή Εκπαίδευση', 'Ψηφιακές Υπηρεσίες' (indicated by a red arrow), 'Υποστήριξη Χρηστών', and 'Αναζήτηση Προσωπικού'. At the bottom of the screenshot, there is a banner with the text 'Σπουδάζοντας στο Ελληνικό Μεσογειακό Πανεπιστήμιο' and 'Οι βάσεις της εξειδίκευσης για το καλύτερο επαγγελματικό μέλλον σε καινοτόμες τεχνολογίες.'

Υπηρεσίες φοιτητών -> Πλατφόρμα ΔΗΛΟΣ 365



Το Πανεπιστήμιο Σπουδές Έρευνα Διεθνείς Σχέσεις

[Αρχική](#) > [e – ΕΛΜΕΠΑ](#) > Ψηφιακές υπηρεσίες

Ψηφιακές υπηρεσίες

- [Παραχώρηση χρήσης χώρων ΕΛΜΕΠΑ](#)

Υπηρεσίες για όλη την ακαδημαϊκή κοινότητα

- [Ηλεκτρονικών μαθημάτων \(Open eClass\)](#)
- [Ιδρυματικό Αποθετήριο \(Arothesis\)](#)
- [Κατάλογος Βιβλιοθήκης ΕΛ.ΜΕ.ΠΑ.](#)
- [Google Apps for Education \(οδηγίες\)](#)
- [MSDNAA \(Υπηρεσία δωρεάν λογισμικού Microsoft\)](#)
- [Ασύρματης πρόσβασης eduoam \(παγκόσμια υπηρεσία περιαγωγής για ακαδημαϊκά ιδρύματα\)](#)
- [Υπηρεσιακά Έγγραφα ΕΛΜΕΠΑ](#)

Υπηρεσίες φοιτητών

- [Ηλεκτρονικού Ταχυδρομείου \(e-mail\)](#)
- [Απομακρυσμένης πρόσβασης στο δίκτυο του ΕΛΜΕΠΑ μέσω VPN](#)
- [Υπηρεσίες Μητρώου Σπουδαστών \(Online\)](#)
- [G Suite \(Google Apps\) στο ΕΛΜΕΠΑ](#)
- [Πλατφόρμα ΔΗΛΟΣ 365](#) ←

Επιλέγεται το ΔΗΛΟΣ 365

Διεύθυνση Πληροφορικής και
Βιβλιοθήκης
Ελληνικό Μεσογειακό Πανεπιστήμιο

ΠΡΟΣΩΠΙΚΟ ΙΔΡΥΜΑΤΟΣ

ΦΟΙΤΗΤΕΣ

ΥΠΟΣΤΗΡΙΞΗ ΕΦΑΡΜΟΓΩΝ ΔΙΟΙΚΗΣΗΣ

Αρχική » Πλατφόρμα ΔΗΛΟΣ 365

Πλατφόρμα ΔΗΛΟΣ 365

Δημοσίευση: Δευ, 13/03/2017 - 10:10


Απευθύνεται σε: Εκπαιδευτικό Προσωπικό Διοικητικό Προσωπικό Φοιτητές

Το [Δήλος 365](#) είναι μια πλατφόρμα με διαδικτυακά εργαλεία και υπηρεσίες της Microsoft, σχεδιασμένα για παραγωγικότητα και για αποτελεσματικές συνεργασίες. Σας παρέχει τη δυνατότητα να κάνετε περισσότερα από οπουδήποτε και να συνδεθείτε με όλους τους συνεργάτες σας σε πραγματικό χρόνο ακόμα και όταν δεν είστε στον ίδιο χώρο. Προσφέρει σε όλους δωρεάν αποθηκευτικό χώρο **1 terabyte** στο OneDrive. Ένα ακόμα πλεονέκτημα που σας προσφέρει το Δήλος365 είναι να κατεβάσετε τοπικά στον υπολογιστή σας και να εγκαταστήσετε την πλατφόρμα του Microsoft Office 365.

- Οδηγίες Χρήσης του ΔΗΛΟΣ 365 (Εγκατάσταση)
- ▶ Online Υπηρεσίες της πλατφόρμας ΔΗΛΟΣ 365

Επιλέγετε το Πανεπιστήμιο και βάζετε τον ιδρυματικό κωδικό σύνδεσης

GRNET AAI Select your home institution Participants Services Documentation Help Ελληνικά English

 **GRNET AAI Federation**
Authentication & Authorization Infrastructure

You were redirected to this page because you tried to access a service that participates in DELOS Federation. In order to proceed, you have to select your Home Organization from the list below. You may save your selection, in order to avoid this question during future access attempts.

Save my preference: For this browser session Permanently

Ελληνικά English


Sign In

Email

Password

Remember me

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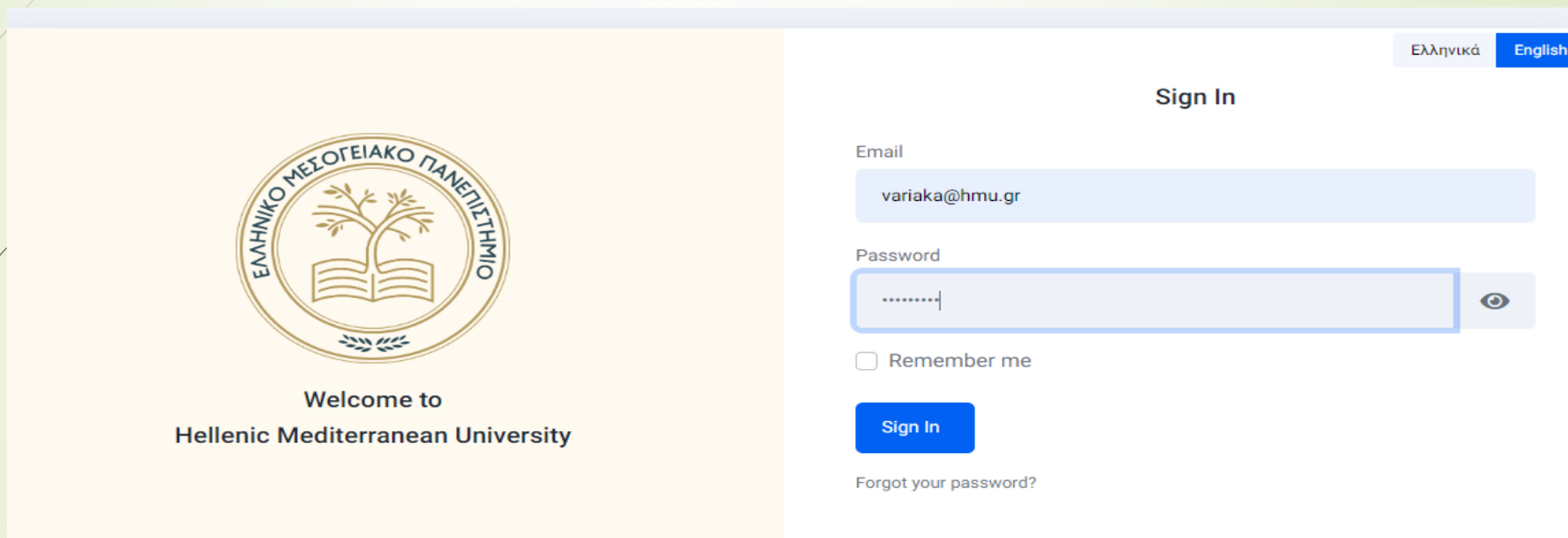
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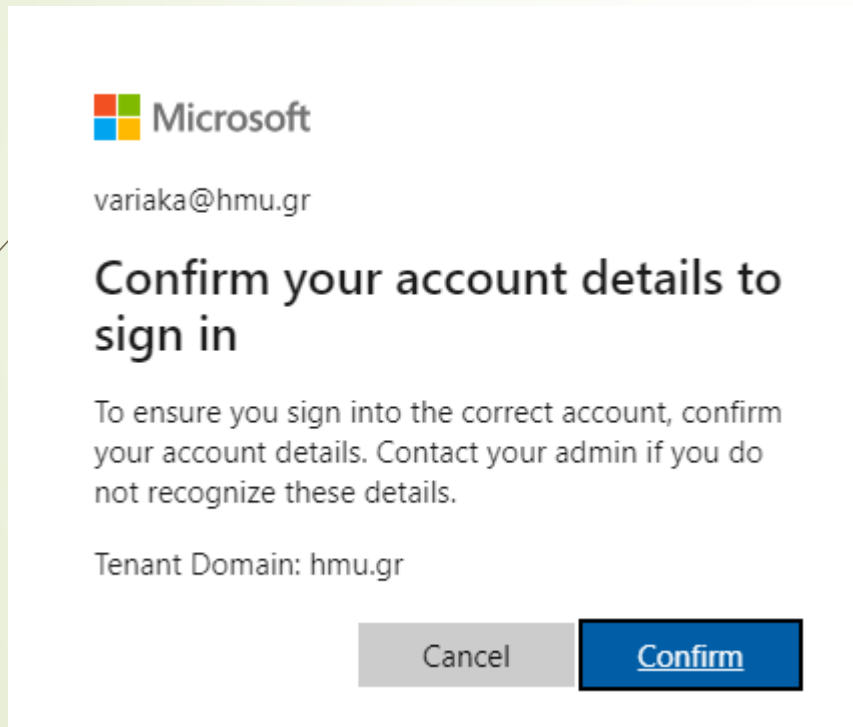
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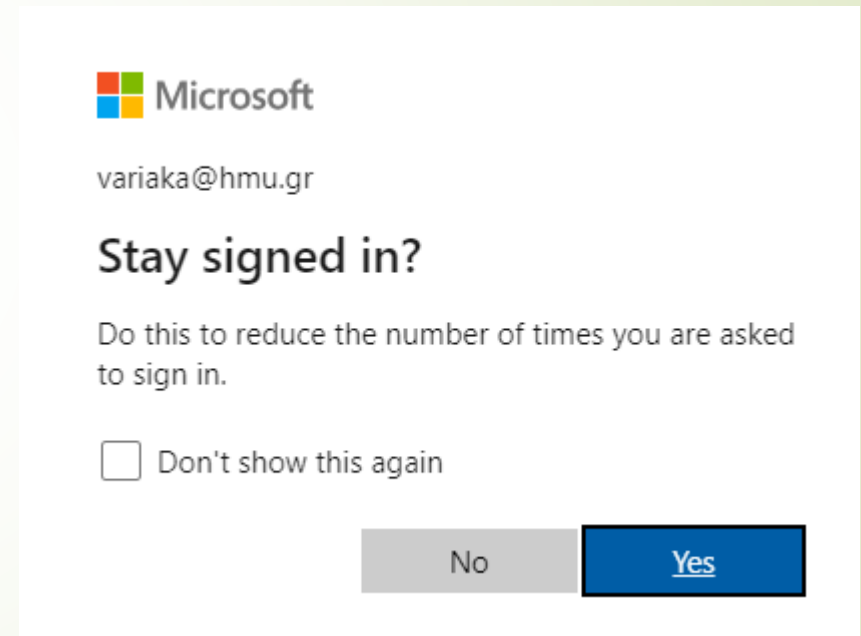
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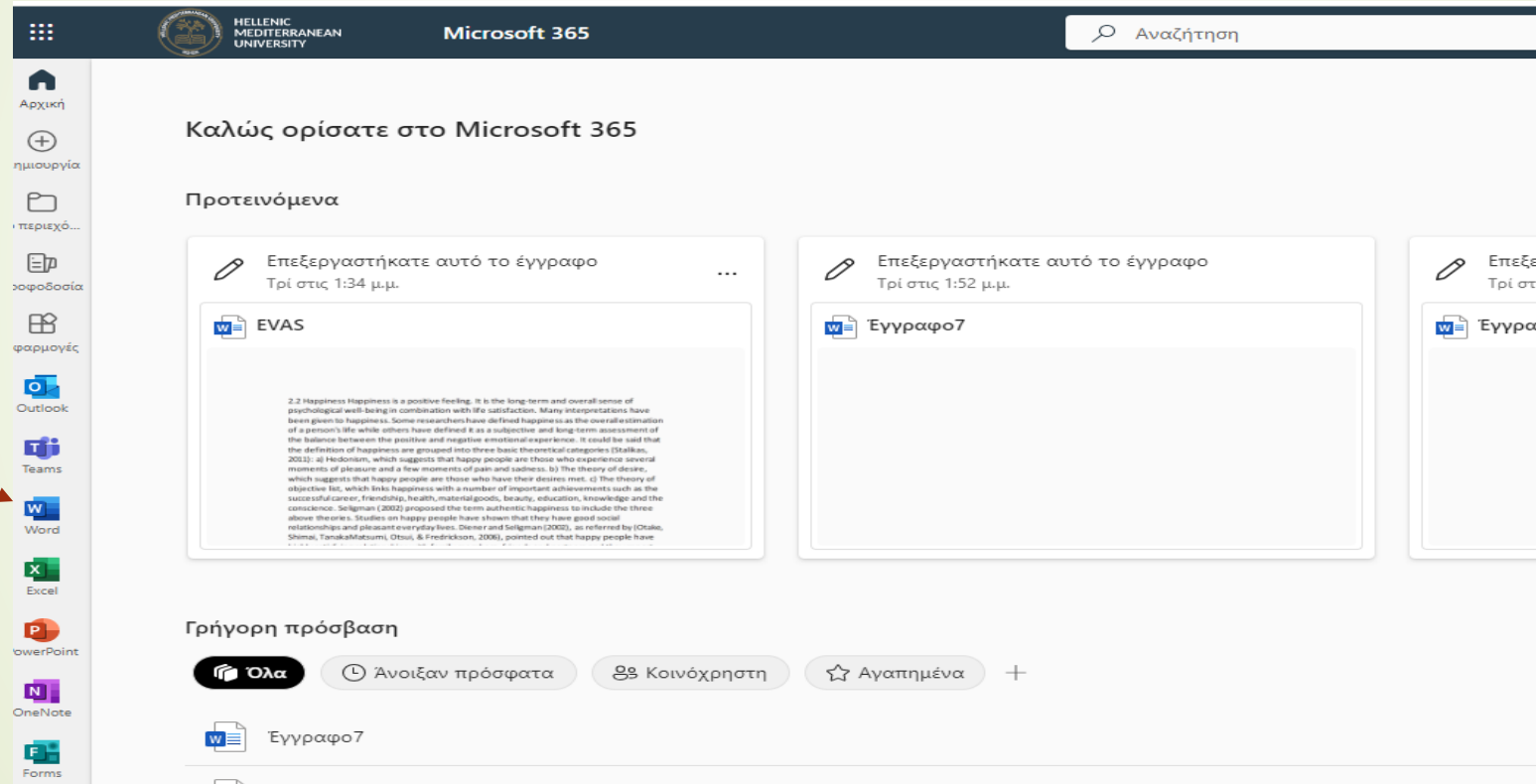
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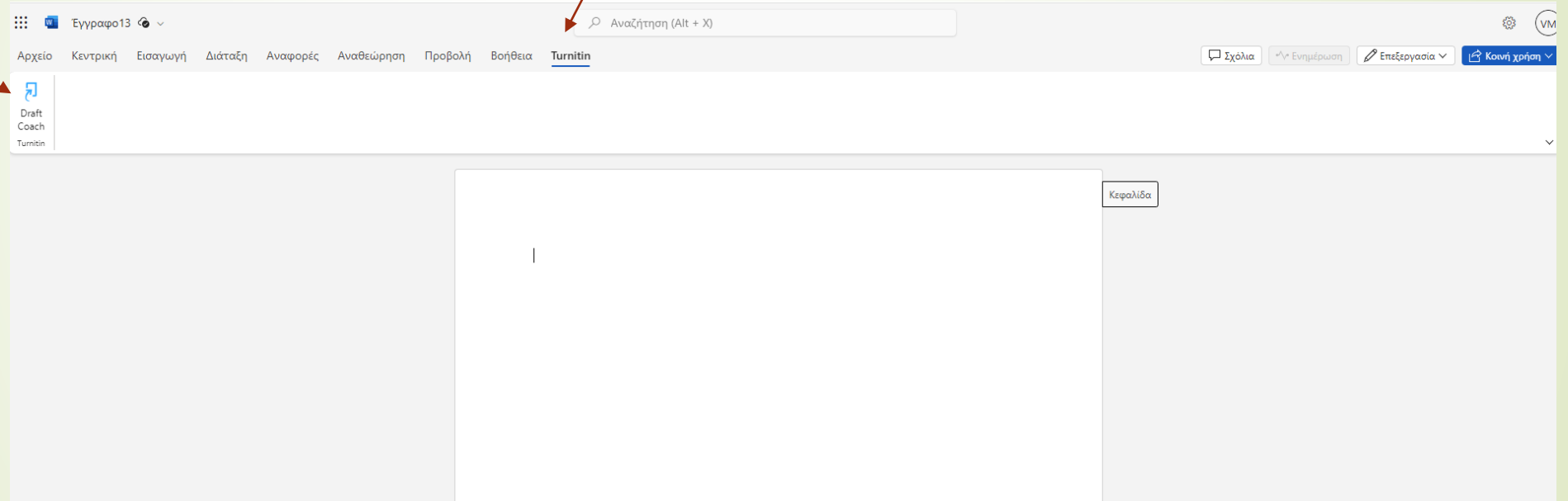
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intimate relationships, low levels of anxiety and other negative emotions, reduced expectations, positive thinking, they are oriented in the present, focused on healthy 23 personality, and of course, their priority is the achievement of happiness (Weytens, Luminet, Verhofstadt, & Mikolajczak, 2014). Likewise, psychological factors that seem to be associated with happiness are (Stalikas, 2011): a) The positive personality traits such as optimism, self-esteem, and the sense that the person controls his/her live. b) Flow, which is when someone is absorbed by an activity in such a way that loses the feeling of consciousness of his/herself. C) Close and supportive relationship, which is the people around the person with whom he/she can share the sadness or joy. d) The religious communities which operate as places to communicate and react with other people and strengthen hope. Happiness is the aim of human life, not only because it is something pleasant but because it brings a number of positive effects in one's life. People with high levels of happiness are more likely to graduate from the university, be engaged in a work, keep their job, take promotion at work, have good relations with their colleagues, develop healthy social relationships and have good family relationships, whereas it is less likely to develop delinquent behaviour or make substance abuse. Finally, they have better physical and mental health. Seligman (2002), as referred by (Manual et al., 2007), claimed that people are capable to improve their happiness level by doing intentional activities. He suggested that people should pay attention to emotional aspects of their life as far as their past, present and future is concerned. To increase the feeling of satisfaction with the past they can express their gratitude for positive events. In terms of the present, they should increase the levels of pleasures and gratifications through identifying their personal strengths and virtues. Lastly, in terms of the future, he suggested that people should learn to be more optimistic

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- identifying and managing cybersecurity risk of data, systems, assets, and capabilities
- preventing cyber-attacks and protecting systems, networks, software, data, and eventually individuals
- detecting cyber-attacks
- responding to cybersecurity incidents and counteracting against cyber-attacks
- recovering from cyber-attacks

Risk assessment refers to the methodical evaluation of the potential risks associated with a proposed activity or effort. In cybersecurity, the likelihood of a cyber-attack and its associated impact are combined to calculate the cybersecurity risk score of an asset and/or an environment [4]. Security analysts utilize cybersecurity risk assessment methods to be aware of the losses that may arise if the attacks are successful [5]. Insight gained from risk assessment procedures assists in developing efficient mitigation strategies, thus, enhances cyber resilience. Usually, risk assessment in cybersecurity concerns the assessment of digital assets and their technical vulnerabilities. Technical vulnerabilities include software and hardware weaknesses that may be exploited by cyber attackers with the aim to compromise systems, services, and data [6], [7]. The assessment of technical vulnerabilities includes their identification through vulnerability scanners and the evaluation of their severity [8]. Over the years, technical vulnerability assessment has evolved [4]. For example, in 1999 MITRE launched the Common Vulnerabilities and Exposures (CVE) list¹, which contains publicly disclosed information about software and 1 cve.mitre.org/cve/ 2 firmware security flaws and is constantly enhanced, up to this day, as new vulnerabilities are detected. Moreover, the first version of the Common Vulnerability Scoring System (CVSS) was launched in 2005 by the Forum of Incident Response and Security Teams (FIRST)² and it provides vulnerability scores regarding the severity of technical vulnerabilities [9]. These severity scores are not cybersecurity risk scores; however, they can assist in evaluating the cybersecurity risk level of an environment [10]. The human factor is usually neglected or inadequately addressed in cybersecurity vulnerability and risk assessment frameworks; nevertheless, the need for shifting the attention towards human factor vulnerabilities has recently become a demand [11]. Several reasons, such as the extensive use of social media the past few years and the rise in internet connection and internet-connected devices and services (Internet of Things – IoT / Internet of Everything – IoE) have contributed to a growth in the number of potential intrusion

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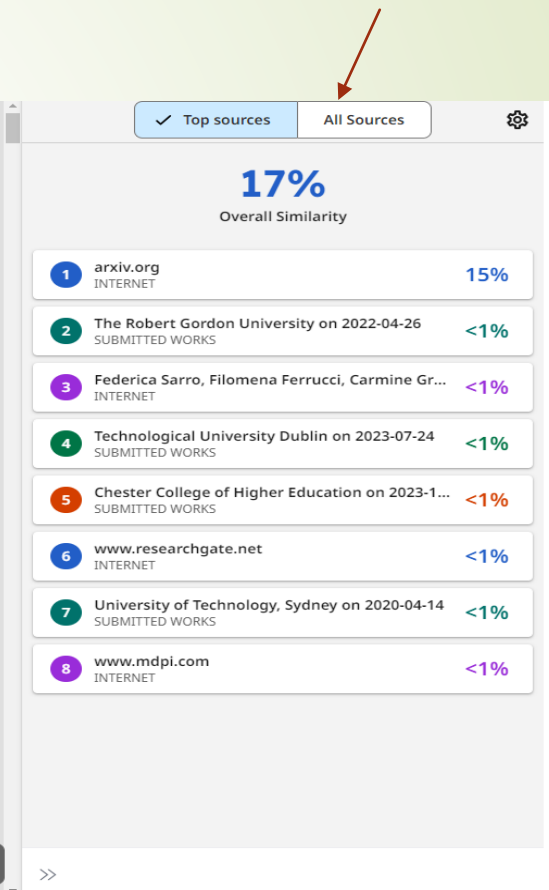
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- preventing cyber-attacks and protecting systems, networks, software, data, and eventually individuals



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Chapter 1 - Introduction Constant technological growth necessitates the establishment of secure systems as well as the development of security measures against malicious actors. These activities tend to be quite complex owing to a range of factors that need to be considered (e.g., technological aspects, attack patterns, attackers' and defenders' behavior, etc.). Cybersecurity is the field that deals with these challenges. Any form of criminal action that occurs in the digital realm, such as an attack against a system, is referred to as cybercrime. Cyber-attacks may jeopardize the integrity, confidentiality, and availability of computer systems, networks, software programs, and data. As described in [1]– [3], cybersecurity includes technologies, security policies, defense mechanisms, and mitigation strategies for:

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n vulnerability assessment; personality assessment; personality measures; cyber-security; cyber-security training; social engineering. 1 INTRODUCTION Continuous technological advancements demand the establishment of secure systems and the development of defense mechanisms against malicious actors. These tasks prove to be very complex due to various factors that need to be taken into consideration (e.g., technological aspects, attack patterns, attacker and defender behavior, etc.). Cyber-security is the broad field that deals with these challenges. Attacks in the cyber-space may threaten integrity, confidentiality, and *Authors' addresses: D. Papatsaroucha (corresponding author), Y. Nikoloudakis, I. Kefaloukos, E. Pallis, and E. Markakis,

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theory of subjective well-being links happiness with a number of important determinants such as [a successful career](#), friendship, health, material goods, beauty, education, knowledge and [the conscience](#). Seligman (2002) proposed the term authentic happiness to include the three above theories. Studies on happy people have shown that they have good social relationships and pleasant everyday lives. Diener and Seligman (2002), as referred by (Otake, [Shimai](#), [TanakaMatsumi](#), [Otsui](#), & [Fredrickson](#), 2006), pointed out that happy people have highly satisfying relationships with family members, friends and partners and they report more positive events in their everyday lives than negative ones. Furthermore, happy people are highly motivated to perform, they exhibit courteous [behavior](#) and they have a large [amount](#) of pleasant memories in quantity and quality. Research conducted by scientists in psychology has shown, that the personality traits of happy people are ([Stalikas](#), 2011): they are active, social, extroverted, original, productive, organized, they have intimate relationships, low levels of anxiety and other negative emotions, reduced expectations, positive thinking, they are oriented in the present, focused on healthy 23 personality, and of course, their priority is the achievement of happiness ([Weytens](#), [Luminet](#), [Verhofstadt](#), & [Mikolajczak](#), 2014). Likewise, psychological factors that seem to be associated with happiness are ([Stalikas](#), 2011): a) The positive personality traits such as optimism, self-esteem, and the sense that the person controls his/her [live](#). b) Flow, which is when someone is absorbed by an activity in such a way [that loses](#) the feeling of consciousness of his/herself. c) Close and supportive relationship, which is the people around the person with whom he/she can share the sadness or joy. d) The religious communities which operate as places to communicate and react with other people and strengthen hope. Happiness is the aim of human life, not only because it is something pleasant but because it brings a number of positive effects in one's life. People with high levels of happiness are more likely to graduate from the university, be engaged in a work, keep their job, take promotion at work, have good relations with their colleagues, develop healthy social relationships and have good family relationships, whereas it is less likely to develop delinquent [behaviour](#) or make substance abuse. Finally, they have better physical and mental health. Seligman (2002), as referred by ([Manual et al.](#), 2007), claimed that people are capable to [improve](#) their happiness level by doing intentional activities. He suggested that people should pay attention to emotional aspects of their life as far as their past, present and future is concerned. To increase the feeling of satisfaction with the past they can express their gratitude for positive events. In terms of the present, they should increase the levels of pleasures and gratifications through identifying their personal strengths and virtues. Lastly, in terms of the future, he suggested that people should learn to be more optimistic

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attack against a system, is referred to as cybercrime. Cyber-attacks may jeopardize the integrity, confidentiality, and availability of computer systems, networks, software programs, and data. As described in [1]– [3], cybersecurity includes technologies, security policies, defense mechanisms, and mitigation strategies for: • identifying and managing cybersecurity risk of data, systems, assets, and capabilities • preventing cyber-attacks and protecting systems, networks, software, data, and eventually individuals • detecting cyber-attacks • responding to cybersecurity incidents and counteracting against cyber-attacks • recovering from cyber-attacks Risk assessment refers to the methodical evaluation of the potential risks associated with a proposed activity or effort. In cybersecurity, the likelihood of a cyber-attack and its associated impact are combined to calculate the cybersecurity risk score of an asset and/or an environment [4]. Security analysts utilize cybersecurity risk assessment methods to be aware of the losses that may arise if the attacks are successful [5]. Insight gained from risk assessment procedures assists in developing efficient mitigation strategies, thus, enhances cyber resilience. Usually, risk assessment in cybersecurity concerns the assessment of digital assets and their technical vulnerabilities. Technical vulnerabilities include software and hardware weaknesses that may be exploited by cyber attackers with the aim to compromise systems, services, and data [6], [7]. The assessment of technical vulnerabilities includes their identification through vulnerability scanners and the evaluation of their severity [8]. Over the years, technical vulnerability assessment has evolved [4]. For example, in 1999 MITRE launched the Common Vulnerabilities and Exposures (CVE) list¹, which contains publicly disclosed information about software and 1.cve.mitre.org/cve/ 2 firmware security flaws and is constantly enhanced, up to this day, as new vulnerabilities are detected. Moreover, the first version of the Common Vulnerability Scoring System (CVSS) was launched in 2005 by the Forum of Incident Response and Security Teams (FIRST)² and it provides vulnerability scores regarding the severity of technical vulnerabilities [9]. These severity scores are not cybersecurity risk scores; however, they can assist in evaluating the cybersecurity risk level of an environment [10]. The human factor is usually neglected or inadequately addressed in cybersecurity vulnerability and risk assessment frameworks; nevertheless, the need for shifting the attention towards human factor vulnerabilities has recently become a demand [11]. Several reasons, such as the extensive use of social media the past few years and the rise in internet connection and internet-connected devices and services (Internet of Things – IoT / Internet of Everything – IoE) have contributed to a growth in the number of potential intrusion points that cyber criminals may exploit [12] and have brought human vulnerabilities to the fore. Many researchers in the field of cybersecurity agree that the human factor seems to be the weakest link in the cybersecurity chain [13]–[21], while Social Engineering (SE) attacks (i.e., phishing emails that exploit human weaknesses) have been raised to a trend [11]; however, most cybersecurity solutions still focus on assessing and/or patching only technological vulnerabilities [22], [23]. What is more, cyber attackers are motivated by a variety of factors, including the attacker's ability to

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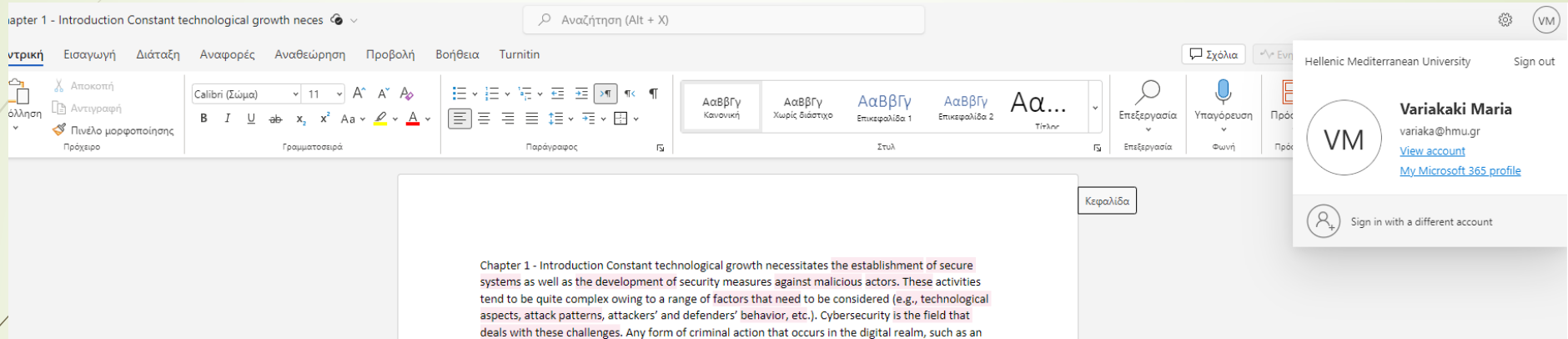
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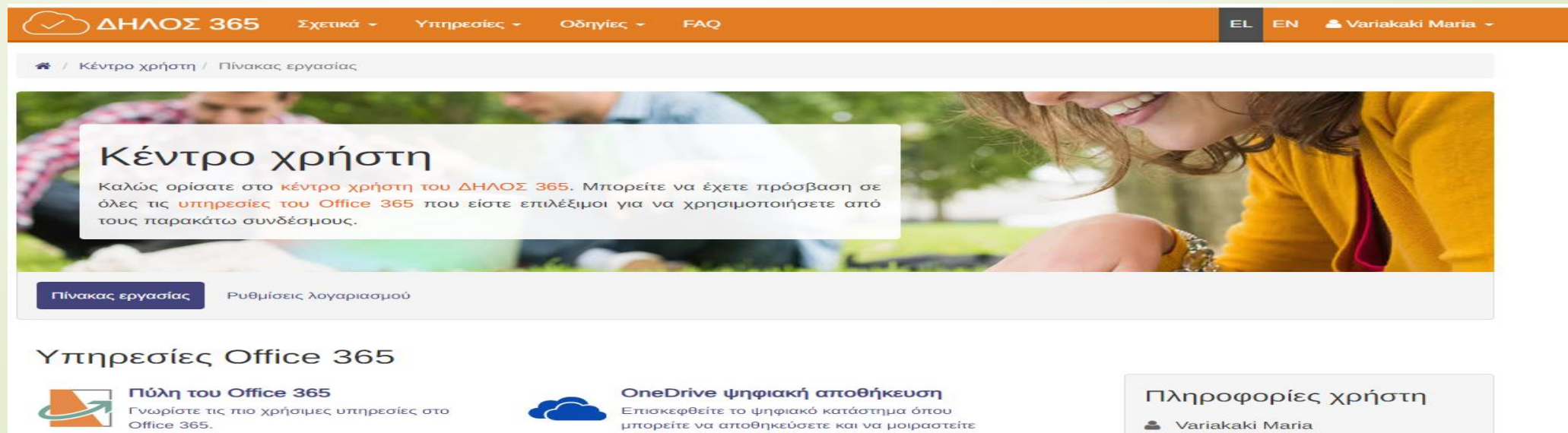
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The screenshot shows a Microsoft Word window titled "Chapter 1 - Introduction Constant technological growth neces...". The user interface includes a ribbon with various editing tools and a search bar. A user profile dropdown menu is open in the top right corner, displaying the user's name "Variakaki Maria", email "variaka@hmu.gr", and links to "View account" and "My Microsoft 365 profile". The menu also includes a "Sign out" button and an option to "Sign in with a different account".



The screenshot shows the Microsoft 365 user center page. The header includes the "ΔΗΛΟΣ 365" logo and navigation links for "Σχετικά", "Υπηρεσίες", "Οδηγίες", and "FAQ". The user's name "Variakaki Maria" is displayed in the top right corner. The main content area features a "Κέντρο χρήστη" (User Center) section with a welcome message and a "Πίνακας εργασίας" (Task Board) button. Below this, there is a "Υπηρεσίες Office 365" section with links to "Πύλη του Office 365" and "OneDrive ψηφιακή αποθήκευση". A "Πληροφορίες χρήστη" (User Information) section is also visible in the bottom right corner.

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theoretical categories (Stalikas, 2011): a) those who experience several... ness. b) The theory of desire, ...ir desires met. c) The theory of ...ortant achievements such as [the](#)... ty, education, knowledge and [the](#)... happiness to include the three... they have good social... man (2002), as referred by (Otake, ...ted out that happy people have... is and partners and they report... ones. Furthermore, happy people... [ehavior](#) and they have a large... earch conducted by scientists in... / people are (Stalikas, 2011): they... zed, they have intimate... ptions, reduced expectations,... d on healthy 23 personality, and of... ymens, Luminet, Verhofstadt, &... em to be associated with... traits such as optimism, self-... e. b) Flow, which is when someone... ing of consciousness of his/herself... round the person with whom... nunities which operate as places... ien hope. Happiness is the aim of... because it brings a number of... ipiness are more likely to graduate... take promotion at work, have... al relationships and have good... inquent [behaviour](#) or make... ental health. Seligman (2002), as... capable [to improve](#) their... ad that people should pay... ast, present and future is... past they can express their... 'should increase the levels of... onal strengths and virtues. Lastly,

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