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**DIANA SHIPPING INC. REPORTS FINANCIAL RESULTS
FOR THE FIRST QUARTER ENDED MARCH 31, 2023 AND
DECLARES DIVIDEND OF \$0.15 PER SHARE FOR THE FIRST QUARTER OF 2023**

ATHENS, GREECE, May 26, 2023 – Diana Shipping Inc. (NYSE: DSX), (the “Company”), a global shipping company specializing in the ownership and bareboat charter-in of dry bulk vessels, today reported net income of \$22.7 million and net income attributed to common stockholders of \$21.3 million for the first quarter of 2023. This compares to a net income of \$26.0 million and net income attributed to common stockholders of \$24.6 million reported in the first quarter of 2022. Earnings per share for the first quarter of 2023 was \$0.22 basic and diluted, compared to earnings per share of \$0.32 basic and \$0.31 diluted in the same quarter in 2022.

Time charter revenues were \$72.6 million for the first quarter of 2023, compared to \$65.9 million for the same quarter of 2022. The increase in time charter revenues, compared to the same quarter of last year, was due to increased ownership days resulted from vessel acquisitions. This increase was partly offset by decreased average charter rates compared to the same quarter of last year.

Dividend Declaration

The Company has declared a dividend on its common stock based on the Company’s results of operations during the quarter ended March 31, 2023, in the amount of \$0.15 per share, which will be paid in shares of the Company’s common stock or, upon the election of common shareholders, in cash. The dividend will be payable on or about July 10, 2023, to all shareholders of record as of June 12, 2023. The Company has 106,437,232 common shares issued and outstanding.

The Company is also re-affirming its previously announced dividend guidance that it intends to declare and pay quarterly dividends with respect to the next two quarters of 2023 in an amount of not less than \$0.15 per share. The actual declaration of future dividends, the establishment of record and payment dates and the determination to pay future dividends in cash, in stock, or in a combination of cash and shares of common stock is subject to final determination by the Company’s board of directors each quarter after its review of the Company’s financial performance.

Other Matters

The Company is also announcing that it has signed a non-binding term sheet with a major European bank for a new sustainability linked loan facility in an amount of up to \$100 million. If completed, the proceeds of the new facility will be used to refinance existing credit facilities secured by the ten vessels in the Company's current fleet securing the facility. The facility is expected to have a term of six and a half years. The Company has also signed a non-binding term sheet with a separate major European bank for an additional credit facility in the amount of up to \$22.5 million. If completed, the proceeds of the \$22.5 million facility will be used to refinance an existing credit facility secured by four of the Company's dry bulk vessels. The facility is expected to have a term of five years. Both facilities remain subject to successful negotiation of definitive documentation and satisfaction of other customary closing conditions and are expected to include customary financial and other covenants and conditions.

Fleet Employment (As of May 22, 2023)

	VESSEL BUILT DWT	SISTER SHIPS*	GROSS RATE (USD PER DAY)	COM**	CHARTERERS	DELIVERY DATE TO CHARTERERS***	REDELIVERY DATE TO OWNERS****	NOTES
10 Ultramax Bulk Carriers								
1	DSI Phoenix 2017 60,456	A	13,250	5.00%	ASL Bulk Marine Limited	4-Nov-22	4/Mar/2024 - 4/May/2024	
2	DSI Pollux 2015 60,446	A	17,000	5.00%	Delta Corp Shipping Pte. Ltd.	27-Oct-22	27/Dec/2023 - 27/Feb/2024	
3	DSI Pyxis 2018 60,362	A	17,100	4.75%	Cargill Ocean Transportation Singapore Pte. Ltd.	16-Oct-22	16/Aug/2023 - 16/Oct/2023	
4	DSI Polaris 2018 60,404	A	13,100	5.00%	ASL Bulk Marine Limited	12-Nov-22	12/May/2024 - 12/Jul/2024	
5	DSI Pegasus 2015 60,508	A	14,000	5.00%	Reachy Shipping (SGP) Pte. Ltd.	7-Dec-22	15/Jul/2024 - 15/Sep/2024	
6	DSI Aquarius 2016 60,309	B	14,200	5.00%	Engelhart CTP Freight (Switzerland) SA	1-Feb-23	10/Jan/2024 - 25/Mar/2024	
7	DSI Aquila 2015 60,309	B	13,300	5.00%	Western Bulk Carriers AS	22-Nov-22	15/Sep/2023 - 15/Nov/2023	
8	DSI Altair 2016 60,309	B	14,400	5.00%	Western Bulk Pte. Ltd.	28-Dec-22	25/Jun/2023 - 25/Aug/2023	
9	DSI Andromeda 2016 60,309	B	14,250	5.00%	Western Bulk Carriers AS	17-Nov-22	16/Oct/2023 - 16/Dec/2023	1, 2
10	DSI Drammen 2016 63,379		18,250	5.00%	IMC Shipping Co. Pte. Ltd.	22-Apr-23	10/Apr/2024 - 10/Jun/2024	3
8 Panamax Bulk Carriers								
11	MELIA 2005 76,225		11,000	5.00%	Asahi Shipping Co., Ltd.	10-Dec-22	4/Feb/2023	4
12	ARTEMIS 2006 76,942		21,250	4.75%	Cargill International S.A., Geneva	21-Mar-22	20/Jun/2023 - 20/Aug/2023	
13	LETO 2010 81,297		25,500	4.75%	Aquavita International S.A.	3-Oct-21	29/Jan/2023	5
			14,500	4.75%	Cargill International S.A., Geneva	29-Jan-23	1/Mar/2024 - 30/Apr/2024	
14	SELINA 2010 75,700	C	22,000	5.00%	Speed Logistics Marine Limited	18-Jun-22	12/May/2023	6
			12,000	4.75%	Cargill International S.A., Geneva	20-May-23	15/Sept/2024 - 15/Nov/2024	
15	MAERA 2013 75,403	C	12,000	4.75%	Cargill International S.A., Geneva	16-Dec-22	28/Oct/2023 - 28/Dec/2023	
16	ISMENE 2013 77,901		18,500	4.75%	Cargill International S.A., Geneva	23-Nov-21	10/Jan/2023	
			14,000	5.00%	ST Shipping and Transport Pte. Ltd.	10-Jan-23	20/Aug/2023 - 10/Oct/2023	
17	CRYSTALIA 2014 77,525	D	12,500	5.00%	Reachy Shipping (SGP) Pte. Ltd.	12-Nov-22	1/Sep/2023 - 15/Oct/2023	
18	ATALANDI 2014 77,529	D	24,500	4.75%	Aquavita International S.A.	5-Oct-21	15/Feb/2023	
			13,250	4.75%		15-Feb-23	5/Mar/2024 - 5/May/2024	
6 Kamsarmax Bulk Carriers								
19	MAIA 2009 82,193	E	25,000	5.00%	Hyundai Glovis Co. Ltd.	24-May-22	20/Sep/2023 - 20/Nov/2023	7

20	MYRSINI 2010 82,117	E	15,000	5.00%	Salanc Pte. Ltd.	22-Nov-22	20/Apr/2024 - 28/Jun/2024	
21	MEDUSA 2010 82,194	E	26,000	4.75%	Cargill International S.A., Geneva	9-Mar-22	14/May/2023	
			14,250	5.00%	ASL Bulk Shipping Limited	14-May-23	10/Feb/2025 - 15/Apr/2025	
22	MYRTO 2013 82,131	E	18,000	5.00%	Tata NYK Shipping Pte. Ltd.	3-Aug-22	15/Jul/2023 - 15/Sep/2023	
23	ASTARTE 2013 81,513		21,500	5.00%	Tongli Shipping Pte. Ltd.	30-Jan-22	29/Apr/2023	
			15,000	5.00%	Reachy Shipping (SGP) Pte. Ltd.	29-Apr-23	1/Aug/2024 - 1/Oct/2024	
24	LEONIDAS P. C. 2011 82,165		24,500	4.75%	Cargill International S.A., Geneva	18-Feb-22	28/Feb/2023	8
			17,000	4.75%		17-Mar-23	17/Feb/2024 - 17/Apr/2024	
5 Post-Panamax Bulk Carriers								
25	ALCMENE 2010 93,193		17,100	5.00%	SwissMarine Pte. Ltd., Singapore	25-Nov-21	2/Jan/2023	
			13,000	5.00%		2-Jan-23	10/Jan/2024 - 25/Mar/2024	
26	AMPHITRITE 2012 98,697	F	14,250	5.00%	Cobelfret S.A.	9-Nov-22	1/Dec/2023 - 15/Feb/2024	
27	POLYMNIA 2012 98,704	F	24,750	5.00%	CLdN Cobelfret SA, Luxembourg	4-Feb-22	14/Jan/2023	
			15,000	5.00%		14-Jan-23	1/Apr/2024 - 31/May/2024	9
28	ELECTRA 2013 87,150	G	17,500	5.00%	Refined Success Limited	2-Jul-22	13/Apr/2023	
			14,500	5.00%	Cobelfret S.A.	13-Apr-23	1/Jun/2024 - 1/Aug/2024	
29	PHAIDRA 2013 87,146	G	25,000	5.00%	Comerge Shipping Co., Limited	24-Nov-22	4/Mar/2023	
			10,000	5.00%	Salanc Pte. Ltd.	4-Mar-23	16/Apr/2023	10
			12,250	4.75%	Aquavita International S.A.	9-May-23	1/Sep/2024 - 15/Nov/2024	11
11 Capesize Bulk Carriers								
30	ALIKI 2005 180,235		24,500	5.00%	Koch Shipping Pte. Ltd., Singapore	21-Feb-22	2/Feb/2023	4
31	SEMIRIO 2007 174,261	H	19,700	5.00%	C Transport Maritime Ltd., Bermuda	15-Dec-21	15/Aug/2023 - 15/Nov/2023	
32	BOSTON 2007 177,828	H	20,500	5.00%	Aquavita International S.A.	15-Jul-22	6/May/2023	
			17,000	5.00%	ST Shipping and Transport Pte. Ltd.	6-May-23	15/Jul/2024 - 15/Oct/2024	
33	HOUSTON 2009 177,729	H	13,000	5.00%	EGPN Bulk Carrier Co., Limited	21-Nov-22	1/Jul/2024 - 31/Aug/2024	
34	NEW YORK 2010 177,773	H	23,000	5.00%	C Transport Maritime Ltd., Bermuda	2-Jul-22	10/Jun/2023 - 30/Jun/2023	12
35	SEATTLE 2011 179,362	I	26,500	5.00%	Solebay Shipping Cape Company Limited, Hong Kong	2-Mar-22	1/Oct/2023 - 15/Dec/2023	
36	P. S. PALIOS 2013 179,134	I	31,000	5.00%	Classic Maritime Inc.	11-Jun-22	15/Apr/2024 - 30/Jun/2024	
37	G. P. ZAFIRAKIS 2014 179,492	J	22,750	4.75%	Cargill International S.A., Geneva	1-Dec-21	12/Jan/2023	13
			17,000	5.00%	Solebay Shipping Cape Company Limited, Hong Kong	12-Jan-23	15/Jun/2024 - 15/Aug/2024	
38	SANTA BARBARA 2015 179,426	J	29,500	4.75%	Cargill International S.A., Geneva	19-Mar-22	7/May/2023	14
			21,250	5.00%	Smart Gain Shipping Co., Limited	7-May-23	10/Oct/2024 - 10/Dec/2024	

39	NEW ORLEANS 2015 180,960		32,000	5.00%	Engelhart CTP Freight (Switzerland) SA	25-Mar-22	20/Nov/2023 - 31/Jan/2024	14
40	FLORIDA 2022 182,063		25,900	5.00%	Bunge S.A., Geneva	29-Mar-22	29/Jan/2027 - 29/May/2027	2
4 Newcastlemax Bulk Carriers								
41	LOS ANGELES	K	26,250	5.00%	Koch Shipping Pte. Ltd., Singapore	30-Jan-22	15/Jan/2023	
	2012 206,104		17,700	5.00%	Nippon Yusen Kabushiki Kaisha, Tokyo	15-Jan-23	20/May/2024 - 5/Aug/2024	
42	PHILADELPHIA	K	26,000	5.00%	C Transport Maritime Ltd., Bermuda	12-Apr-22	1/Feb/2024 - 15/Apr/2024	
	2012 206,040							
43	SAN FRANCISCO	L	30,500	5.00%	Koch Shipping Pte. Ltd., Singapore	18-Feb-22	18/Feb/2023	15
	2017 208,006		22,000	5.00%	SwissMarine Pte. Ltd., Singapore	18-Feb-23	5/Jan/2025 - 5/Mar/2025	
44	NEWPORT NEWS	L	28,000	5.00%	Koch Shipping Pte. Ltd., Singapore	16-Dec-21	1/Jul/2023 - 30/Sep/2023	
	2017 208,021							

* Each dry bulk carrier is a "sister ship", or closely similar, to other dry bulk carriers that have the same letter.

** Total commission percentage paid to third parties.

*** In case of newly acquired vessel with time charter attached, this date refers to the expected/actual date of delivery of the vessel to the Company.

**** Range of redelivery dates, with the actual date of redelivery being at the Charterers' option, but subject to the terms, conditions, and exceptions of the particular charterparty.

1The fixture includes the option for redelivery of vessel east of Suez against a gross ballast bonus of US\$250,000.

2Bareboat chartered-in for a period of ten years.

3Maintaining 25% of the partnership interest.

4Vessel sold and delivered to her new Owners on February 8, 2023.

5Aquavita International S.A. has agreed to compensate the owners for the early redelivery of the vessel until the minimum agreed redelivery date, February 1, 2023.

6Vessel on scheduled drydocking from May 12, 2023 to May 20, 2023.

7Vessel off hire for 3.93 days.

8Vessel on scheduled drydocking from February 28, 2023 to March 17, 2023.

9The charter rate was US\$10,000 per day for the first 30 days of the charter period.

10Charter includes a one time ballast bonus payment of US\$300,000.

11Vessel on scheduled drydocking from April 16, 2023 to May 9, 2023.

12Based on latest information.

13The Charterers will compensate the Owners for the excess of the charter party period at the rate of 123% of the average of the Baltic Cape Index 5TC average for the days exceeding the period or the vessel's present charter party rate whichever is higher.

14Bareboat chartered-in for a period of eight years.

15Koch Shipping Pte. Ltd. has agreed to compensate the owners for the early redelivery of the vessel by paying the difference between the new rate and the previous rate, from the redelivery date from the Charterers, to March 1, 2023.

Summary of Selected Financial & Other Data (unaudited)

	Three months ended March 31,	
	2023	2022
STATEMENT OF OPERATIONS DATA (in thousands of US Dollars)		
Time charter revenues	\$ 72,642	\$ 65,933
Voyage expenses	3,811	1,714
Vessel operating expenses	20,164	16,428
Net income	22,713	26,044
Net income attributable to common stockholders	21,271	24,602
FLEET DATA		
Average number of vessels	41.5	33.5
Number of vessels	41.0	35.0
Weighted average age of vessels	10.0	10.2
Ownership days	3,737	3,017
Available days	3,720	2,906
Operating days	3,699	2,860
Fleet utilization	99.4%	98.4%
AVERAGE DAILY RESULTS		
Time charter equivalent (TCE) rate (1)	\$ 18,503	\$ 22,099
Daily vessel operating expenses (2)	\$ 5,396	\$ 5,445

Non-GAAP Measures

- (1) Time charter equivalent rates, or TCE rates, are defined as our time charter revenues less voyage expenses during a period divided by the number of available days during the period, which is consistent with industry standards. Voyage expenses include port charges, bunker (fuel) expenses or gain, canal charges and commissions. TCE is a non-GAAP measure. TCE rate is a standard shipping industry performance measure used primarily to compare daily earnings generated by vessels on time charters with daily earnings generated by vessels on voyage charters, because charter hire rates for vessels on voyage charters are generally not expressed in per day amounts while charter hire rates for vessels on time charters are generally expressed in such amounts.
- (2) Daily vessel operating expenses, which include crew wages and related costs, the cost of insurance, expenses relating to repairs and maintenance, the costs of spares and consumable stores, tonnage taxes and other miscellaneous expenses, are calculated by dividing vessel operating expenses by ownership days for the relevant period.

Conference Call and Webcast Information

The Company's management will conduct a conference call and simultaneous Internet webcast to review these results at 9:00 A.M. (Eastern Time) on Friday, May 26, 2023.

Investors may access the webcast by visiting the Company's website at www.dianashippinginc.com, and clicking on the webcast link. An accompanying investor presentation also will be available via the webcast link and on the Company's website. The conference call also may be accessed by telephone by dialing 1-877-407-8291 (for U.S.-based callers) or 1-201-689-8345 (for international callers), and asking the operator for the Diana Shipping Inc. conference call.

A replay of the webcast will be available soon after the completion of the call and will be accessible for 30 days on www.dianashippinginc.com. A telephone replay also will be available for 30 days by dialing 1-877-660-6853 (for U.S.-based callers) or 1-201-612-7415 (for international callers), and providing the Replay ID number 13738993.

About the Company

Diana Shipping Inc. is a global provider of shipping transportation services through its ownership and bareboat charter-in of dry bulk vessels. The Company's vessels are employed primarily on medium to long-term time charters and transport a range of dry bulk cargoes, including such commodities as iron ore, coal, grain and other materials along worldwide shipping routes.

Cautionary Statement Regarding Forward-Looking Statements

Matters discussed in this press release may constitute forward-looking statements. The Private Securities Litigation Reform Act of 1995 provides safe harbor protections for forward-looking statements in order to encourage companies to provide prospective information about their business. Forward-looking statements include statements concerning plans, objectives, goals, strategies, future events or performance, and underlying assumptions and other statements, which are other than statements of historical facts.

The Company desires to take advantage of the safe harbor provisions of the Private Securities Litigation Reform Act of 1995 and is including this cautionary statement in connection with this safe harbor legislation. The words "believe," "anticipate," "intends," "estimate," "forecast," "project," "plan," "potential," "may," "should," "expect," "pending" and similar expressions identify forward-looking statements.

The forward-looking statements in this press release are based upon various assumptions, many of which are based, in turn, upon further assumptions, including without limitation, Company management's examination of historical operating trends, data contained in the Company's records and other data available from third parties. Although the Company believes that these assumptions were reasonable when made, because these assumptions are inherently subject to significant uncertainties and contingencies that are difficult or impossible to predict and are beyond the Company's control, the Company cannot assure you that it will achieve or accomplish these expectations, beliefs or projections.

In addition to these important factors, other important factors that, in the Company's view, could cause actual results to differ materially from those discussed in the forward-looking statements include the continuing impacts of the COVID-19 pandemic; the strength of world economies and currencies, general market conditions, including fluctuations in charter rates and vessel values, changes in demand for dry bulk shipping capacity, changes in the Company's operating expenses, including bunker prices, drydocking and insurance costs, the market for the Company's vessels, availability of financing and refinancing, changes in governmental rules and regulations or actions taken by regulatory authorities, potential liability from pending or future litigation, general domestic and international political conditions, including risks associated with the continuing conflict between Russia and Ukraine and related sanctions, potential disruption of shipping routes due to accidents or political events, vessel breakdowns and instances of off-hires and other factors. Please see the Company's filings with the U.S. Securities and Exchange Commission for a more complete discussion of these and other risks and uncertainties. The Company undertakes no obligation to revise or update any forward-looking statement, or to make any other forward-looking statements, whether as a result of new information, future events or otherwise.

(See financial tables attached)

**DIANA SHIPPING INC.
FINANCIAL TABLES**

Expressed in thousands of U.S. Dollars, except share and per share data

UNAUDITED CONSOLIDATED STATEMENTS OF INCOME AND COMPREHENSIVE INCOME

	For the three months ended March 31,	
	2023	2022
REVENUES:		
Time charter revenues	\$ 72,642	\$ 65,933
OPERATING EXPENSES		
Voyage expenses	3,811	1,714
Vessel operating expenses	20,164	16,428
Depreciation and amortization of deferred charges	13,254	9,792
General and administrative expenses	7,682	7,059
Management fees to related party	315	117
Gain on Sale of Vessels	(4,995)	-
Other operating income	(210)	(240)
Operating income, total	\$ 32,621	\$ 31,063
OTHER INCOME / (EXPENSES):		
Interest expense and finance costs	(11,658)	(5,222)
Interest and other income	1,774	238
Loss on extinguishment of debt	(44)	-
Gain/(loss) from equity method investments	20	(35)
Total other expenses, net	\$ (9,908)	\$ (5,019)
Net income and comprehensive income	\$ 22,713	\$ 26,044
Dividends on series B preferred shares	(1,442)	(1,442)
Net income attributable to common stockholders	21,271	24,602
Earnings per common share, basic	\$ 0.22	\$ 0.32
Earnings per common share, diluted	\$ 0.22	\$ 0.31
Weighted average number of common shares outstanding, basic	97,323,011	76,336,785
Weighted average number of common shares outstanding, diluted	98,500,961	78,786,949

CONDENSED CONSOLIDATED BALANCE SHEET DATA

(in thousands of U.S. Dollars)

	March 31, 2023	December 31,
	(unaudited)	2022**
<u>ASSETS</u>		
Cash, cash equivalents, restricted cash and time deposits	\$ 115,680*	\$ 143,928*
Investments in related parties, current	10,000	-
Other current assets	17,377	17,636
Fixed assets	998,479	996,702
Investments in related parties	8,403	8,250
Other noncurrent assets	15,692	16,403
Total assets	\$ 1,165,631	\$ 1,182,919
<u>LIABILITIES AND STOCKHOLDERS' EQUITY</u>		
Long-term debt and finance liabilities, net of deferred financing costs	\$ 630,759	\$ 663,442
Other liabilities	42,901	32,149
Total stockholders' equity	491,971	487,328
Total liabilities and stockholders' equity	\$ 1,165,631	\$ 1,182,919

* Includes time deposits of \$46.5 million

** The balance sheet data have been derived from the audited consolidated financial statements at that date.

OTHER FINANCIAL DATA (unaudited)

	For the three months ended March 31,	
	2023	2022
Net cash provided by operating activities	\$ 33,196	\$ 37,100
Net cash used in investing activities	(10,645)	(21,302)
Net cash used in financing activities	\$ (50,799)	\$ (26,904)