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DIANA SHIPPING INC. REPORTS FINANCIAL RESULTS FOR THE THIRD QUARTER AND NINE MONTHS ENDED SEPTEMBER 30, 2023; DECLARES STOCK DIVIDEND OF \$0.15 PER SHARE FOR THE THIRD QUARTER 2023

ATHENS, GREECE, November 15, 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 \$7.4 million and net income attributed to common stockholders of \$5.9 million for the third quarter of 2023. This compares to net income of \$31.7 million and net income attributed to common stockholders of \$30.3 million for the third quarter of 2022. Earnings per share for the third quarter of 2023 was \$0.06 basic and diluted, compared to earnings per share of \$0.39 basic and \$0.37 diluted in the same quarter in 2022.

Mrs. Semiramis Paliou, Director and Chief Executive Officer of the Company, stated: "We are delighted to announce yet another profitable quarter and nine-month period for our company. Our unwavering commitment to our long-term strategy has yielded positive results. A testament to this success is the continuous distribution of dividends since November 2021. We have rewarded our shareholders since that time with a cash dividend of US\$1.45 per share, for those that elected to take cash, amounting to US\$130 million in total. In addition, our shareholders have received in kind dividends in the form of newly issued Diana Shipping Inc. common shares, as well as OceanPal Inc. common and preferred shares. We remain focused and committed to providing long term shareholder value."

Time charter revenues were \$62.1 million for the third quarter of 2023, compared to \$73.8 million for the same quarter of 2022. The decrease in time charter revenues, compared to the same quarter of last year, was due to decreased average charter rates. This decrease was partly offset by increased ownership days resulting from vessel acquisitions.

Net income for the nine months ended September 30, 2023 amounted to \$40.5 million and net income attributed to common stockholders amounted to \$36.1 million. This compares to net income of \$93.4 million and net income attributed to common stockholders of \$89.1 million, for the same period of 2022. Time charter revenues for the nine months ended September 30, 2023 were \$202.1 million compared to \$214.3 million in the same period of 2022. Earnings per share was \$0.36 basic and diluted, compared to earnings per share of \$1.15 basic and \$1.10 diluted in the nine months ended September 30, 2022.

Dividend Declaration

The Company has declared a dividend on its common stock based on the Company's results of operations during the quarter ended September 30, 2023, in the amount of \$0.15 per share, which will be paid in shares of the Company's common stock on or about December 4, 2023, to all shareholders of record as of November 27, 2023. The Company has 108,233,948 common shares issued and outstanding.

Fleet Employment (As of November 14, 2023)

	VESSEL BUILT DWT	SISTER SHIPS*	GROSS RATE (USD PER DAY)	COM**	CHARTERERS	DELIVERY DATE TO CHARTERERS***	REDELIVERY DATE TO OWNERS****	NOTES	
				9	Ultramax Bulk Carriers	01// 11/2/12/10			
1	DSI Phoenix	A	13,250	5.00%	ASL Bulk Marine Limited	04/Nov/22	4/Mar/2024 - 4/May/2024	<u> </u>	
	2017 60,456								
2	DSI Pollux	A	17,000	5.00%	Delta Corp Shipping Pte.	27/Oct/22	27/Dec/2023 - 27/Feb/2024		
	2015 60,446				Ltd.				
3	DSI Pyxis	A	17,100	4.75%	Cargill Ocean Transportation Singapore Pte. Ltd.	16/Oct/22	28/Aug/2023		
	2018 60,362		14,250	5.00%	ASL Bulk Marine Limited	24/Sep/23	10/Oct/2024 - 10/Dec/2024	1	
4	DSI Polaris	А	13,100	5.00%	ASL Bulk Marine Limited	12/Nov/22	12/May/2024 - 12/Jul/2024	2	
	2018 60,404								
5	DSI Pegasus	A	14,000	5.00%	Reachy Shipping (SGP) Pte.	07/Dec/22	15/Jul/2024 - 15/Sep/2024		
	2015 60,508				Ltd.				
6	DSI Aquarius	В	14,200	5.00%	Engelhart CTP Freight	01/Feb/23	10/Jan/2024 - 25/Mar/2024		
	2016 60,309				(Switzerland) SA				
7	DSI Aquila	В	13,300	5.00%	Western Bulk Carriers AS	22/Nov/22	12/Nov/2023		
	2015 60,309		12,500			12/Nov/23	10/Nov/2024 - 10/Jan/2025	3	
8	DSI Altair	В	13,800	5.00%	Western Bulk Carriers AS	23/Jun/23	10/Aug/2024 - 10/Oct/2024		
	2016 60,309				Western Bulk Carriers AS				
9	DSI Andromeda	В	14,250	5.00%	Western Durk Camers AS	17/Nov/22	24/Nov/2023	4, 5, 6	
	2016 60,309			7	Panamax Bulk Carriers				
10	ARTEMIS		10,000	5.00%	ASL Bulk Shipping Limited	17/Jun/23	6/Oct/2023	7	
10	ARTEMIS		10,000	5.00 %	Jera Global Markets Pte.	17/301/23	0/001/2023	'	
	2006 76,942		12,000	5.00%	Ltd.	14/Oct/23	28/Nov/2023	8	
11	LETO 2010 81,297		14,500	4.75%	Cargill International S.A., Geneva	29/Jan/23	1/Mar/2024 - 30/Apr/2024		
12	SELINA 2010 75,700	С	12,000	4.75%	Cargill International S.A., Geneva	20/May/23	15/Sep/2024 - 15/Nov/2024		
13	MAERA 2013 75,403	С	12,000	4.75%	Cargill International S.A., Geneva	16/Dec/22	30/Nov/2023	4	
14	ISMENE		14,000	5.00%	ST Shipping and Transport Pte. Ltd.	10/Jan/23	25/Aug/23	9	
	2013 77,901		12,650	5.00%	Paralos Shipping Pte., Ltd.	13/Sep/23	15/Apr/2025 - 30/Jun/2025	U U	
15	CRYSTALIA	D	12,500	5.00%	Reachy Shipping (SGP) Pte.	08/Nov/22	06/Sep/23		
	2014 77,525		11,250	5.00%	Ltd.	06/Sep/23	20/Feb/2024 - 20/Apr/2024		
16	ATALANDI	D	13,250	4.75%	Aquavita International S.A.	15/Feb/23	5/Mar/2024 - 5/May/2024		
	2014 77,529								
				6	Kamsarmax Bulk Carriers				
17	MAIA	E	25,000	5.00%	Hyundai Glovis Co. Ltd.	24/May/22	23/Sep/2023	10	
	2009 82,193		13,500	5.00%	ST Shipping and Transport Pte. Ltd.	23/Sep/23	15/Jun/2024 - 20/Aug/2024	10	
18	MYRSINI	Е	15,000	5.00%	Salanc Pte. Ltd.	22/Nov/22	20/Apr/2024 - 28/Jun/2024		
19	2010 82,117 MEDUSA	E	14,250	5.00%	ASL Bulk Shipping Limited	14/May/23	10/Feb/2025 - 15/Apr/2025		
13	2010 82,194	L	17,200	5.00 /0		i n /iviay/20	10/1 60/2020 - 10/Api/2020		
20	MYRTO	Е	18,000	5.00%	Tata NYK Shipping Pte. Ltd.	03/Aug/22	15/Jul/23		

	2013 82,131		12,650	5.00%	Cobelfret S.A., Luxemburg	15/Jul/23	1/Nov/2024 - 15/Jan/2025	
21	ASTARTE 2013 81,513		15,000	5.00%	Reachy Shipping (SGP) Pte. Ltd.	29/Apr/23	1/Aug/2024 - 1/Oct/2024	
22	LEONIDAS P. C. 2011 82,165		17,000	4.75%	Cargill International S.A., Geneva	17/Mar/23	17/Feb/2024 - 17/Apr/2024	11
	2011 02,100			5 04	ost-Panamax Bulk Carriers			
23	ALCMENE		13,000	5.00%	SwissMarine Pte. Ltd.,	02/Jan/23	10/Jan/2024 - 25/Mar/2024	
25	2010 93,193		13,000	5.0078	Singapore	02/341/23	10/Jail/2024 - 2J/Mai/2024	
24	AMPHITRITE	F	14,250	5.00%	Cobelfret S.A., Luxemburg	09/Nov/22	15/Dec/2023 - 15/Feb/2024	4
24	2012 98,697		14,230	5.0078	g	03/1007/22	13/Dec/2023 - 13/1 eb/2024	4
25	POLYMNIA	F	15,000	5.00%	Cobelfret S.A., Luxemburg	14/Jan/23	1/Apr/2024 - 31/May/2024	12
-	2012 98,704		-,		-			
26	ELECTRA	G	14,500	5.00%	Cobelfret S.A., Luxemburg	13/Apr/23	1/Jun/2024 - 1/Aug/2024	
	2013 87,150						-	
27	PHAIDRA 2013 87,146	G	12,250	4.75%	Aquavita International S.A.	09/May/23	1/Sep/2024 - 15/Nov/2024	
	2010 01,110			10	Capesize Bulk Carriers			
28	SEMIRIO	н	19,700	5.00%	C Transport Maritime Ltd., Bermuda	15/Dec/21	18/Aug/23	
	2007 174,261		14,150	5.00%	Solebay Shipping Cape Company Limited, Hong Kong	18/Aug/23	20/Nov/2024 - 30/Jan/2025	
29	BOSTON 2007 177,828	Н	17,000	5.00%	ST Shipping and Transport Pte. Ltd.	06/May/23	15/Jul/2024 - 15/Oct/2024	13
30	HOUSTON 2009 177,729	Н	13,000	5.00%	EGPN Bulk Carrier Co., Limited	21/Nov/22	1/Jul/2024 - 31/Aug/2024	
31	NEW YORK 2010 177,773	Н	16,000	5.00%	SwissMarine Pte. Ltd., Singapore	11/Jun/23	1/Oct/2024 - 7/Dec/2024	
32	SEATTLE	I	26,500	5.00%	Solebay Shipping Cape	02/Mar/22	01/Oct/23	
	2011 179,362		17,500		Company Limited, Hong Kong	01/Oct/23	15/Jul/2025 - 15/Sep/2025	
33	P. S. PALIOS 2013 179,134	I	31,000	5.00%	Classic Maritime Inc.	11/Jun/22	15/Apr/2024 - 30/Jun/2024	
34	G. P. ZAFIRAKIS 2014 179,492	J	17,000	5.00%	Solebay Shipping Cape Company Limited, Hong Kong	12/Jan/23	15/Jun/2024 - 15/Aug/2024	
35	SANTA BARBARA 2015 179,426	J	21,250	5.00%	Smart Gain Shipping Co., Limited	07/May/23	10/Oct/2024 - 10/Dec/2024	14
36	NEW ORLEANS 2015 180,960		32,000	5.00%	Engelhart CTP Freight (Switzerland) SA	25/Mar/22	5/Dec/2023 - 31/Jan/2024	4, 14, 15,
37	FLORIDA 2022 182,063		25,900	5.00%	Bunge S.A., Geneva	29/Mar/22	29/Jan/2027 - 29/May/2027	6
				4 Ne	ewcastlemax Bulk Carriers			
38	LOS ANGELES 2012 206,104	к	17,700	5.00%	Nippon Yusen Kabushiki Kaisha, Tokyo	15/Jan/23	20/May/2024 - 5/Aug/2024	
39	PHILADELPHIA 2012 206,040	к	26,000	5.00%	C Transport Maritime Ltd., Bermuda	12/Apr/22	1/Feb/2024 - 15/Apr/2024	
40	SAN FRANCISCO 2017 208,006	L	22,000	5.00%	SwissMarine Pte. Ltd., Singapore	18/Feb/23	5/Jan/2025 - 5/Mar/2025	
41	NEWPORT NEWS	L	28,000 23,500	5.00% 5.00%	Koch Shipping Pte. Ltd., Singapore	16/Dec/21 1-Jul-23	01/Jul/23 20-Sep-23	
	2017 208,021		20,000	5.00%	Nippon Yusen Kabushiki Kaisha, Tokyo	20-Sep-23	10/Mar/2025 - 10/Jun/2025	

* 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.

1Vessel on scheduled drydocking from August 28, 2023 to September 24, 2023.

2Vessel on scheduled drydocking from June 18, 2023 to July 5, 2023.

3Estimated date.

4Based on latest information.

5The fixture includes the option for redelivery of vessel east of Suez against a gross ballast bonus of US\$250,000.

6Bareboat chartered-in for a period of ten years.

7Vessel on scheduled drydocking from October 6, 2023 to October 14, 2023.

8Redelivery date based on an estimated time charter trip duration of about 45 days.

9Vessel on scheduled drydocking from August 25, 2023 to September 13, 2023.

10Vessel off hire for 3.93 days.

11Vessel off hire for 6.83 days.

12The charter rate was US\$10,000 per day for the first 30 days of the charter period.

13Vessel has been sold and is expected to be delivered to her new Owners by December 20, 2023.

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

15Vessel off hire for 3.65 days.

Summary of Selected Financial & Other Data (unaudited)

	Thre	ee months end	led September 30,	Nine months ended September		
		2023	2022	2023	2022	
STATEMENT OF INCOME DATA (in thousands of US	6 Dollars)					
Time charter revenues	\$	62,062	\$ 73,811	\$ 202,082	\$ 214,267	
Voyage expenses		2,931	3,432	10,295	4,095	
Vessel operating expenses		21,202	17,685	63,965	52,507	
Net income		7,386	31,731	40,463	93,381	
Net income attributable to common stockholders		5,944	30,289	36,136	89,054	
FLEET DATA						
Average number of vessels		41.0	34.9	41.2	34.5	
Number of vessels		41.0	34.0	41.0	34.0	
Weighted average age of vessels		10.5	10.4	10.5	10.4	
Ownership days		3,772	3,210	11,240	9,412	
Available days		3,721	3,022	11,128	8,996	
Operating days		3,720	2,994	11,097	8,913	
Fleet utilization		100.0%	99.1%	99.7%	99.1%	
AVERAGE DAILY RESULTS						
Time charter equivalent (TCE) rate (1)	\$	15,891	\$ 23,289	\$ 17,235	\$ 23,363	
Daily vessel operating expenses (2)	\$	5,621	\$ 5,509	\$ 5,691	\$ 5,579	

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 Wednesday, November 15, 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 13742402.

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 short to medium-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, including the escalation of the conflict in the Middle East, 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

		Three months er 2023	nde	d September 30, 2022		Nine months end 2023	ed S	eptember 30, 2022
REVENUES:	-							
Time charter revenues	\$	62,062	\$	73,811	\$	202,082	\$	214,267
OPERATING EXPENSES								
Voyage expenses		2,931		3,432		10,295		4,095
Vessel operating expenses		21,202		17,685		63,965		52,507
Depreciation and amortization of deferred								
charges		11,617		10,641		38,278		31,099
General and administrative expenses		8,909		7,013		24,604		21,960
Management fees to related party		333		222		980		450
Gain on sale of vessels		-		(2,841)		(4,995)		(2,841)
Insurance recoveries		-		-		-		(1,789)
Other operating income	\$	(703)		<u>(132)</u> 37,791	¢.	<u>(894)</u> 69,849	<u>۴</u>	<u>(474)</u> 109,260
Operating income, total	Φ	17,773	Φ	57,791	Φ	09,049	Φ	109,200
OTHER INCOME / (EXPENSES):								
Interest expense and finance costs		(12,837)		(6,415)		(36,682)		(17,623)
Interest and other income		2,295		630		6,040		1,252
Gain from derivatives		153		-		153		-
Loss on extinguishment of debt		-		(212)		(748)		(212)
Gain on deconsolidation of subsidiary		-		-		844		-
Gain on dividend distribution		-		-		761		-
Gain from equity method investments		2		(63)		246	<u> </u>	704
Total other expenses, net	\$_	(10,387)	. Ф.	(6,060)	Ъ.,	(29,386) \$	¢	(15,879)
Net income	\$_	7,386	\$	31,731	\$	40,463	\$	93,381
Dividends on series B preferred shares	_	(1,442)		(1,442)		(4,327)		(4,327)
Net income attributable to common stockholders		5,944		30,289		36,136		89,054
	_=			· ·	- -		• —	
Earnings per common share, basic	\$_	0.06	÷=	0.39	÷=	0.36	⇒	1.15
Earnings per common share, diluted	\$_	0.06	\$_	0.37	\$_	0.36	\$	1.10
Weighted average number of common shares		400 704 050		70 000 000		00 044 000		77 000 700
outstanding, basic	=	100,721,952		78,390,909		99,241,903	_	77,696,706
Weighted average number of common shares		400 404 700		00.005.404				00 00 (050
outstanding, diluted	-	102,481,766		82,225,404		100,672,119		80,934,858
		Three months ended September 30,			Nine months end 2023	•		
	-	2023		2022		2023		2022
Net Income	\$	7,386	\$	31,731	\$	40,463 \$	6	93,381
Other comprehensive income (Defined benefit		,		- ,		-,		,
plan)	_	-		-		-		11
Comprehensive Income	\$_	7,386	\$	31,731	\$ _	40,463	5	93,382

CONDENSED CONSOLIDATED BALANCE SHEET DATA

(in thousands of U.S. Dollars)

ASSETS	 September 30, 2023 (unaudited)	December 31, 2022*
Cash, cash equivalents, restricted cash and time deposits	\$ 173,552** \$	143,928**
Other current assets	18,992	17,636
Fixed assets	950,186	996,702
Investments in related parties	13,015	8,250
Other noncurrent assets	 18,542	16,403
Total assets	\$ 1,174,287 \$	1,182,919
LIABILITIES AND STOCKHOLDERS' EQUITY		
Long-term debt and finance liabilities, net of deferred financing costs	\$ 657,366 \$	663,442
Other liabilities	30,534	32,149
Total stockholders' equity	486,387	487,328
Total liabilities and stockholders' equity	\$ 1,174,287 \$	1,182,919

* The balance sheet data have been derived from the audited consolidated financial statements at that date. ** Includes time deposits of \$64 million and \$46.5 million as of September 30, 2023 and December 31, 2022, I

Includes time deposits of \$64 million and \$46.5 million as of September 30, 2023 and December 31, 2022, respectively

OTHER FINANCIAL DATA (unaudited)

	ТІ	hree months ended S	September 30,	Nine months ended September 30,		
		2023	2022	2023	2022	
Net cash provided by operating activities	\$	20,060 \$	43,277 \$	72,615 \$	124,114	
Net cash used in investing activities		(11,980)	(35,610)	(6,108)	(54,379)	
Net cash used in financing activities	\$	(42,145) \$	(8,334) \$	(54,383) \$	(66,848)	