DIANA SHIPPING INC. Form 6-K July 28, 2016 FORM 6-K

SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13A-16 OR 15D-16 OF THE SECURITIES EXCHANGE ACT OF 1934

For the month of July 2016

Commission File Number: 001-32458

DIANA SHIPPING INC.

(Translation of registrant's name into English) Pendelis 16, 175 64 Palaio Faliro, Athens, Greece (Address of principal executive office)

Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F [X] Form 40-F []

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): [].

Note: Regulation S-T Rule 101(b)(1) only permits the submission in paper of a Form 6-K if submitted solely to provide an attached annual report to security holders.

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): [].

Note: Regulation S-T Rule 101(b)(7) only permits the submission in paper of a Form 6-K if submitted to furnish a report or other document that the registrant foreign private issuer must furnish and make public under the laws of the jurisdiction in which the registrant is incorporated, domiciled or legally organized (the registrant's "home country"), or under the rules of the home country exchange on which the registrant's securities are traded, as long as the report or other document is not a press release, is not required to be and has not been distributed to the registrant's security holders, and, if discussing a material event, has already been the subject of a Form 6-K submission or other Commission filing on EDGAR.

INFORMATION CONTAINED IN THIS FORM 6-K REPORT

Attached to this report on Form 6-K as Exhibit 99.1 is a press release dated July 28, 2016 of Diana Shipping "Company") announcing the Company's financial results for the second quarter and six months ended June 3	Inc. (the 0, 2016.

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

DIANA SHIPPING INC. (registrant)

Dated: July 28, 2016 By:/s/ Andreas Michalopoulos Andreas Michalopoulos Chief Financial Officer

Exhibit 99.1

Corporate Contact: Ioannis Zafirakis

Director, Chief Operating Officer and Secretary

Telephone: + 30-210-9470100

Email: <u>izafirakis@dianashippinginc.com</u>
Website: <u>www.dianashippinginc.com</u>

For Immediate Release

Investor and Media Relations:

Edward Nebb

Comm-Counsellors, LLC Telephone: + 1-203-972-8350 Email: enebb@optonline.net

DIANA SHIPPING INC. REPORTS FINANCIAL RESULTS FOR THE SECOND QUARTER AND SIX MONTHS ENDED JUNE 30, 2016

ATHENS, GREECE, July 28, 2016 – Diana Shipping Inc. (NYSE: DSX), (the "Company"), a global shipping company specializing in the ownership of dry bulk vessels, today reported a net loss of \$31.3 million and net loss attributed to common stockholders of \$32.7 million for the second quarter of 2016, compared to a net loss of \$14.1 million and net loss attributed to common stockholders of \$15.5 million for the second quarter of 2015.

Time charter revenues were \$28.3 million for the second quarter of 2016, compared to \$38.6 million for the same quarter of 2015. The decrease in time charter revenues was mainly due to decreased average time charter rates that we achieved for our vessels during the quarter and was partly offset by revenues derived from the increase in ownership days resulting from the enlargement of our fleet.

Net loss and net loss attributed to common stockholders for the six months ended June 30, 2016 amounted to \$62.7 million and \$65.6 million, respectively, compared to a net loss and net loss attributed to common stockholders of \$24.8 million and \$27.7 million, respectively, for the same period of 2015. Time charter revenues were \$59.1 million for the six months ended June 30, 2016, compared to \$80.6 million for the same period of 2015.

1

Fleet Employment Profile (As of July 27, 2016) Diana Shipping Inc.'s fleet is employed as follows:

	Vessel BUILT DWT 23 Panamax	Sister Ships*	Gross Rate (USD Per Day) arriers	Com**	^c Charterers	Delivery Date to Charterers***	Redelivery Date to Owners****	Notes
1	DANAE	A	\$4,900	5.00%	Dampskibsselskabet Norden A/S, Copenhagen	9-Dec-15	9-Nov-16 - 9-Mar-17	
	2001 75,106				A/3, Copennagen			
2	DIONE	A	\$4,350	5.00%	Nidera S.P.A., Roma	4-Feb-16	20-Jan-17 - 4-May-17	
	2001 75,172						·	
3	NIREFS	A	\$4,600	5.00%	Transgrain Shipping B.V., Rotterdam	15-Jan-16	15-Dec-16 - 30-Mar-17	
	2001 75,311				Rotterdam		30 14141 17	
4	ALCYON	A	\$7,600	5.00%	Transgrain Shipping B.V., Rotterdam	22-Aug-15	28-Apr-16	
			\$5,000	5.00%	Dampskibsselskabet Norden A/S, Copenhagen	4-May-16	4-May-17 - 4-Sep-17	
	2001 75,247							
5	TRITON	A	\$6,800	5.00%	Glencore Grain B.V., Rotterdam	28-Oct-15	13-Sep-16 - 28-Dec-16	
	2001 75,336							
6	OCEANIS	A	\$6,750	5.00%	Bunge S.A., Geneva	13-Apr-16	8-Jun-16	1,2
			\$5,200	5.00%	Nidera S.P.A., Roma	30-Jun-16	30-Mar-17 - 30-May-17	
	2001 75,211						2.5 I.S.	
7	THETIS	В	\$7,000	5.00%	Dampskibsselskabet Norden A/S, Copenhagen	14-Jul-15	16-Jun-16	
			\$5,150	5.00%	Transgrain Shipping B.V., Rotterdam	19-Jun-16	19-Apr-17 - 3-Aug-17	
	2004 73,583							
8	PROTEFS	В	\$4,500	5.00%	Transgrain Shipping B.V., Rotterdam	23-Feb-16	8-Feb-17 - 23-Jun-17	
	2004 73,630						25 Juli 17	
9	CALIPSO	В	\$6,000	5.00%	China Shipping Bulk Carrier Co., Ltd., Hong Kong	9-Jun-15	8-Apr-16	
			\$6,300	5.00%	Polaris Shipping Co., Ltd., Seoul	8-Apr-16	17-Aug-16 - 27-Aug-16	3

2005 73,691						
10 CLIO	В	\$6,500		Transgrain Shipping B.V., Rotterdam	4-Aug-15	22-May-16
		\$5,350	5.00%		22-May-16	22-Apr-17 - 22-Jul-17
2005 73,691						
2						

11 NAIAS	B \$6,8004.75% Cargill International S.A., Geneva		26-May-16	
	\$5,000 5.00% Bunge S.A., Geneva	26-May-10	11-Oct-16 - 10-Jan-17	
2006 73,546 12 ARETHUSA	B \$7,1005.00% Glencore Grain B.V., Rotterdam \$5,0005.00% United Bulk Carrier International S.A., Luxembourg		10-Jun-16 26-Oct-16 - 10-Jan-17	4
2007 73,593				
13 ERATO	C \$4,6505.00% Glencore Grain B.V., Rotterdam	26-Mar-16	11-Feb-17 - 26-May-17	
2004 74,444 14 CORONIS	C \$6,500 5.00% Sandgate Maritime Ltd	3-Jul-15 19-Mar-16	19-Mar-16 19-Feb-17 -	5
2006 74201	\$4,7505.00% Narina Maritime Ltd	19-Mar-10	19-May-17	
2006 74,381 15 MELITE	D\$7,2504.75% Cargill International S.A., Geneva	13-Oct-15	13-Sep-16 - 13-Dec-16	
2004 76,430 16 MELIA	D\$7,2005.00% Nidera S.P.A., Roma	24-Oct-15	24-Nov-16 - 24-Feb-17	
2005 76,223 17 ARTEMIS	\$7,5005.00% China Shipping Bulk Carrier Co., Ltd., Hong Kong	16-Aug-15	57-Jun-16	
2006 76.04	\$5,3505.00% Bunge S.A., Geneva	7-Jun-16	7-Apr-17 - 22-Jul-17	
2006 76,942 18 LETO 2010 81,292	\$7,1004.75% Cargill International S.A., Geneva	19-Jun-15	4-Sep-16 - 3-Jan-17	
19 SELINA 2010 75,700	E \$5,8005.00% Dampskibsselskabet Norden A/S, Copenhagen	n 24-Mar-16	15-Oct-16 - 15-Feb-17	
20 MAERA	E \$4,5005.00% United Bulk Carrier International S.A., Luxembourg	10-May-16	28-Dec-16 - 28-Apr-17	
2013 75,400 21 ISMENE 2013 77,90	\$7,8255.00% Glencore Grain B.V., Rotterdam	21-Mar-16	5 19-Jul-16	6,7
22 CRYSTALIA	F \$9,0005.00% Glencore Grain B.V., Rotterdam	29-Aug-15	5 28-Jun-16	8
2014 77 525	\$6,2505.00% SwissMarine Services S.A., Geneva	28-Jun-16	28-May-17 - 28-Aug-17	
2014 77,525 23 ATALANDI 2014 77,529 4 Kamsarmax	F \$5,3005.00% Glencore Grain B.V., Rotterdam	26-Mar-16	26-Nov-17 - 26-Apr-18	
4 Kamsarmax 24 MAIA 2009 82,193	G\$7,5005.00% RWE Supply & Trading GmbH, Essen	13-Nov-15	5 13-Apr-17 - 13-Jul-1	7
25 MYRSINI 2010 82,11'	G\$5,5505.00% RWE Supply & Trading GmbH, Essen	9-Mar-16	9-Mar-17 - 24-Jun-17	7

Section Sec	26 MEDUSA	G\$7,450	4.75% Clearlake Shipping Pte. Ltd., Singapore	2-Jun-15	7-Apr-16	9
27 MYRTO G\$6,000 4.75% Cargill International S.A., Geneva 24-Dec.15		\$6,300	5.00% Quadra Commodities S.A.,	7-Apr-16		
2013 82,131 3 82,131	2010 82,194				24.0 + 16	
2013 82,131 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 3	27 MYRTO	G\$6,000	4.75% Cargill International S.A., Genev	a 24-Dec-15		
28 ALCMENE S6,750 S.00% ADM International Sarl, Rolle 13-May-15 13-Feb-17 2-Jun-17 2010 93,193 93.00	2013 82,131					
291	3 Post-Panamax	Bulk Carriers	ADMI (10 1 D 11		12 E 1 17	
291	28 ALCMENE	\$6,750	5.00% ADM International Sari, Rolle, Switzerland	13-May-15	`	
2012 98,697 30-Aug-17 2012 98,704 14 Capesize Bulk Carriers 31 NORFOLK \$10,250 4.75% Clearlake Shipping Pte. Ltd., Singapore 4.75% Geneva 28-Mar-16 28-Mar-17 2002 164,218 5.300 5.00% SwissMarine Services S.A., Geneva 28-Mar-16 28-Mar-17 2005 180,235 33 BALTIMORE \$15,000 5.00% RWE Supply & Trading GmbH, 2005 177,243 34 SALT LAKE BCI 4TCs AVG + 3.5% 5.00% K Noble Hong Kong Ltd., Hong 2005 171,1810 35 SIDERIS GS 1 \$6,500 5.00% Rio Tinto Shipping (Asia) Pte., 2007 174,261 37 BOSTON 1 \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 2007 177,828 38 HOUSTON 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 3-Jan-17 18-May-17 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 3-Jan-17 18-May-17 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 3-Jan-17 18-May-17 2009 3-Jan-17 18-May-17 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,729 2009 177,739 2009 177,773 2009	2010 93,193		<u> </u>			
2012 98,697	29 AMPHITRITE	H\$7,700	5.00% Bunge S.A., Geneva	15-Jul-15	_	
30 POLYMIA H\$5,650 4.75% Cargill International S.A., Geneva 15-Dec-15 30-Nov-16 - 15-Mar-17 2012 98,704 14 Capes/ze Bulk Carriers 31 NORFOLK \$10,250 4.75% Clearlake Shipping Pte. Ltd., 4-Mar-15 28-Mar-16 28-Dec-16 - 28-Mar-17 2002 164,218 32 ALIKI \$5,300 5.00% SwissMarine Services S.A., Geneva 16-Dan-16 16-Dec-16 - 16-Mar-17 2005 180,235 33 BALTIMORE \$15,000 5.00% RWE Supply & Trading GmbH, Geneva 16-Dan-16 16-Dec-16 - 16-Mar-17 2005 171,810 34 SALT LAKE CITY 2005 171,810 35 SIDERIS GS 1 \$6,500 5.00% Rio Tinto Shipping (Asia) Pte., 2006 174,186 36 SEMIRIO 1 \$4,800 5.00% SwissMarine Services S.A., Geneva 22-Dec-15 22-Jan-17 - 7-Jul-17 2007 177,828 38 HOUSTON 1 \$1,3000 4.75% Clearlake Shipping Pte. Ltd., 9-Aug-15 25-May-17 24-Oct-17 2009 177,729 39 NEW YORK 1 \$5,500 5.00% Rio Tinto Shipping (Asia) Pte., 209-Jan-16 29-Dac-16 - 29-Mar-17 2009 177,729 39 NEW YORK 1 \$5,500 5.00% Rio Tinto Shipping (Asia) Pte., 209-Jan-16 29-Dac-16 - 29-Mar-17 2009 177,729 39 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 177,729 30 NEW YORK 1 \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2009 3-Jan-17 - 18-May-17	2012 98,697		-		30-Aug-17	
2012 98,704 14 Capesize Bulk Carriers 15-Mar-17 14 Capesize Bulk Carriers 14 Capesize Bulk Carriers 14 Capesize Bulk Carriers 15 NORFOLK 15 NOR	•	H\$5 650	4 75% Carvill International S.A. Genev	a 15-Dec-15		
14 Capesize Bulk Carriers 31 NORF∪LK \$10,250 4.75% Singapore Singapore \$28-Mar-15 28-Mar-16 9,10 \$2002 164,218 \$2002 164,218 \$2005 180,235 \$2005 177,243 \$2005 171,810 \$		1145,050	money and money and an in, cone	u 10 DCC 10	15-Mar-17	
S4,350 S.00% SwissMarine Services S.A., Geneva Se-Mar-16 28-Dec-16 - 28-Mar-17	·	c Carriers				
S4,350 S.00% SwissMarine Services S.A., Geneva Se-Mar-16 28-Dec-16 - 28-Mar-17	31 NORFOLK	\$10.250	4.75% Clearlake Shipping Pte. Ltd.,	4-Mar-15	28-Mar-16	9.10
2002 164,218 32 ALIKI	0111010 0211	Ψ10 ,2 0	Singapore		28 Dec 16	,,10
32 ALIKI		\$4,350	5.00% Geneva	28-Mar-16		
2005 180,235 33 BALTIMORE \$15,000 5.00% RWE Supply & Trading GmbH, Essen 8-Jul-13 29-Jul-16 11 2005 177,243 8ALT LAKE CITY 2005 171,810 34 SALT LAKE CITY 2005 171,810 35 SIDERIS GS 1 \$6,500 5.00% Rio Tinto Shipping (Asia) Pte., 22-Dec-15 7-Jul-17 2006 174,186 36 SEMIRIO 1 \$4,800 5.00% SwissMarine Services S.A., Geneva 6-Feb-16 6-Jan-17 - 6-May-17 2007 174,261 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., 9-Aug-15 25-May-17 - 24-Oct-17 2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 29-Jan-16 29-Mar-17 2010 177,773	2002 164,218					
2005 180,235 33 BALTIMORE \$15,000 5.00% RWE Supply & Trading GmbH, Essen 8-Jul-13 29-Jul-16 11 2005 177,243 8ALT LAKE CITY 2005 171,810 34 SALT LAKE CITY 2005 171,810 35 SIDERIS GS 1 \$6,500 5.00% Rio Tinto Shipping (Asia) Pte., 22-Dec-15 7-Jul-17 2006 174,186 36 SEMIRIO 1 \$4,800 5.00% SwissMarine Services S.A., Geneva 6-Feb-16 6-Jan-17 - 6-May-17 2007 174,261 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., 9-Aug-15 25-May-17 - 24-Oct-17 2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 29-Jan-16 29-Mar-17 2010 177,773	32 ALIKI	\$5,300	5.00% Geneva	16-Jan-16		
2005 177,243 34 SALT LAKE CITY + 3.5% SOUNT RIO HONG KNOBE Hong Kong Ltd., Hong Kong Ltd., Hong To-Feb-15 To-Feb-17 2005 171,810 35 SIDERIS GS I \$6,500	2005 180,235				10-1 vi ai-17	
34 SALT LAKE CITY	33 BALTIMORE	\$15,000	5.00% RWE Supply & Trading GmbH, Essen	8-Jul-13	29-Jul-16	11
Solution	·		V Noble Hone Vene I td. Hone		7 Nov. 16	
2005 171,810 35 SIDERIS GS I \$6,500 5.00% Rio Tinto Shipping (Asia) Pte., 22-Dec-15 7-Jul-17 2006 174,186 36 SEMIRIO I \$4,800 5.00% SwissMarine Services S.A., Geneva 6-Feb-16 6-May-17 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 24-Oct-17 38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 99-Jan-16 29-Dec-16 29-Mar-17 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2010 177,773	34			7-Feb-15		
2006 174,186 36 SEMIRIO I \$4,800 5.00% SwissMarine Services S.A., Geneva 6-Feb-16 6-Jan-17 - 6-May-17 2007 174,261 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 - 24-Oct-17 38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 29-Jan-16 29-Mar-17 2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 3-Jan-17 - 18-May-17			•			
2006 174,186 36 SEMIRIO I \$4,800 5.00% SwissMarine Services S.A., Geneva 6-Feb-16 6-Jan-17 - 6-May-17 2007 174,261 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 - 24-Oct-17 38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 29-Jan-16 29-Mar-17 2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 3-Jan-17 - 18-May-17	35 SIDERIS GS	I \$6,500	5.00% Rio Tinto Shipping (Asia) Pte.,	22-Dec-15	22-Jan-17 -	
36 SEMIRIO I \$4,800 5.00% SwissMarine Services S.A., G-Feb-16 6-Jan-17 - 6-May-17 2007 174,261 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 - 24-Oct-17 9 2007 177,828 38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 29-Jan-16 29-Dec-16 - 29-Mar-17 2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 3-Jan-17 - 18-May-17	2006 174.186		Ltd., Singapore		/-Jui-1/	
2007 174,261 37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 - 24-Oct-17 9 2007 177,828 38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 29-Jan-16 29-Dec-16 - 29-Mar-17 2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 3-Jan-17 - 18-May-17		I \$4 800	5 00% SwissMarine Services S.A.,	6-Feb-16		
37 BOSTON I \$13,000 4.75% Clearlake Shipping Pte. Ltd., Singapore 9-Aug-15 25-May-17 - 24-Oct-17 9 38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 29-Jan-16 29-Dec-16 - 29-Mar-17 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 3-Jan-17 - 18-May-17		1 ψ+,000	Geneva	0-1 00-10	6-May-17	
2007 177,828 38 HOUSTON I \$5,150			Clearlake Shipping Pte. Ltd		25-May-17 -	
38 HOUSTON I \$5,150 5.00% SwissMarine Services S.A., Geneva 29-Jan-16 29-Dec-16 - 29-Mar-17 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 3-Jan-17 - 18-May-17		1 \$13,000	4.75% Singapore	9-Aug-15	•	9
2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., Ltd., Singapore 3-Feb-16 18-May-17	2007 177,828		Surias Marina Samiana S A		20 Dec 16	
2009 177,729 39 NEW YORK I \$5,200 5.00% Rio Tinto Shipping (Asia) Pte., 2010 177,773 5.00% Rio Tinto Shipping (Asia) Pte., 3-Feb-16 18-May-17	38 HOUSTON	I \$5,150	5.00% SwissMarine Services S.A., Geneva	29-Jan-16		
2010 177,773	2009 177,729					
2010 177,773	39 NEW YORK	I \$5,200	Rio Tinto Shipping (Asia) Pte.,	3-Feb-16		
	2010 177,773		Lu., singapore		10-1 v1 ay-1/	
	·					

40 SEATTLE	J \$7,300 4.759	SwissMarine Services S.A., Geneva	9-Dec-15	25-Oct-16 - 9-Feb-17	
2011 179,362 41 P. S. PALIOS	J \$13,0005.009	RWE Supply & Trading GmbH, Essen	18-Sep-15	31-Dec-16 - 31-Mar-17	
2013 179,134 42 G. P. ZAFIRAKIS	K \$6,500 5.009	RWE Supply & Trading GmbH, Essen	14-Feb-16	14-May-17 - 14-Aug-17	
2014 179,492 43 SANTA BARBARA	K \$7,500 5.009	RWE Supply & Trading GmbH, Essen	18-Dec-15	5 18-Dec-16 - 18-Mar-17	
2015 179,426 44 NEW ORLEANS	\$11,6505.009	SwissMarine Services S.A., Geneva	11-Nov-1	5 11-Oct-16 - 26-Feb-17	
2015 180,960 2 Newcastlemax Bulk (Carriers				
45 LOS ANGELES	L \$7,750 5.009	SwissMarine Services S.A., Geneva	9-Dec-15	24-Nov-16 - 24-Mar-17	
2012 206,104 46 PHILADELPHIA	L \$6,450 5.009	RWE Supply & Trading GmbH, Essen	20-Jan-16	20-Dec-16 - 20-Mar-17	
2012 206,040 3 Vessels Under Consti					
47 HULL No. DY6006 (tbn. PHAIDRA) 2016 82,000		-	-		12
48 HULL No. H2548 (tbn. SAN	M	-	-		12
FRANCISCO) 2016 208,500 49 HULL No. H2549	M	-	-		12
(tbn. NEWPORT NEWS) 2016 208,500					

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

- 1 Charter included a one time gross ballast bonus payment of US\$175,000.
- 2 Vessel on scheduled drydocking from June 8, 2016 to June 30, 2016.
- 3 Redelivery dates based on an estimated time charter trip duration of about 131-141 days.
- 4 It was agreed the charterparty to be extended from May 5, 2016 until June 10, 2016.
- 5 Sandgate Maritime Ltd has agreed to compensate the owners for the early redelivery of the vessel until the minimum agreed redelivery date, April 3, 2016.
- 6 Currently without an active charterparty.
- 7 Vessel on scheduled drydocking from July 19, 2016 to July 23, 2016.

^{**} 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.

- 8 Glencore Grain B.V., Rotterdam has agreed to compensate the owners for the early redelivery of the vessel until the minimum agreed redelivery date, June 29, 2016.
- 9 Clearlake Shipping Pte. Ltd., Singapore is a member of the Gunvor Group.
- 10 Clearlake Shipping Pte. Ltd., Singapore has agreed to compensate the owners for the early redelivery of the vessel until the minimum agreed redelivery date, April 4, 2016.
- 11 Based on latest information.
- 12 Year of delivery and dwt are based on shipbuilding contract.

5

Summary of Selected Financial & Other Data (unaudited)

•	Three mor	nths ended	Six months ended June 30,		
	2016	2015	2016	2015	
STATEMENT OF OPERATIONS DATA (i	n thousand:	s of US Dolla	rs)		
Time charter revenues	\$28,326	\$38,569	\$59,118	\$80,575	
Voyage expenses	3,562	4,127	10,318	9,052	
Vessel operating expenses	21,933	21,333	43,874	43,122	
Net loss	(31,285)	(14,058)	(62,670)	(24,820)	
Net loss attributed to common stockholders	(32,727)	(15,500)	(65,554)	(27,705)	
FLEET DATA					
Average number of vessels	45.6	40.3	44.4	40.1	
Number of vessels	46.0	41.0	46.0	41.0	
Weighted average age of vessels	7.7	7.2	7.7	7.2	
Ownership days	4,147	3,670	8,078	7,258	
Available days	4,125	3,583	8,005	7,103	
Operating days	4,099	3,519	7,943	7,006	
Fleet utilization	99.4	% 98.2 %	99.2 %	98.6 %	
AVERAGE DAILY RESULTS					
Time charter equivalent (TCE) rate (1)	\$6,003	\$9,613	\$6,096	\$10,069	
Daily vessel operating expenses (2)	\$5,289	\$5,813	\$5,431	\$5,941	

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 our available days during the period, which is consistent with industry standards. Voyage expenses include port charges, bunker (fuel) expenses, canal charges and commissions. TCE is a

(1) 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.

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 Thursday, July 28, 2016.

Investors may access the webcast by visiting the Company's website at www.dianashippinginc.com, and clicking on the webcast link. 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 13639636.

About the Company

Diana Shipping Inc. is a global provider of shipping transportation services through its ownership 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, our management's examination of historical operating trends, data contained in our records and other data available from third parties. Although we believe that these assumptions were reasonable when made, because these assumptions are inherently subject to significant uncertainties and contingencies which are difficult or impossible to predict and are beyond our control, we cannot assure you that we will achieve or accomplish these expectations, beliefs or projections.

In addition to these important factors, other important factors that, in our view, could cause actual results to differ materially from those discussed in the forward-looking statements include 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 our operating expenses, including bunker prices, drydocking and insurance costs, the market for our 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, potential disruption of shipping routes due to accidents or political events, vessel breakdowns and instances of off-hires and other factors. Please see our filings with the Securities and Exchange Commission for a more complete discussion of these and other risks and uncertainties.

(See financial tables attached) 7

DIANA SHIPPING INC. FINANCIAL TABLES

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

UNAUDITED CONSOLIDATED STATEMENTS OF OPERATIONS AND COMPREHENSIVE LOSS

	Three months ended June 30, 2016 2015		Six months 6	ended June 30, 2015
REVENUES: Time charter revenues	\$28,326	\$38,569	\$59,118	\$80,575
EXPENSES: Voyage expenses Vessel operating expenses Depreciation and amortization of deferred charges General and administrative expenses Management fees to related party Foreign currency loss / (gain) Operating loss	3,562 21,933 20,309 6,465 360 (86 (24,217	4,127 21,333 18,818 6,185 -) 44) (11,938	10,318 43,874 40,314 12,743 720 75) (48,926	9,052 43,122 37,264 11,897 - (481)) (20,279)
OTHER INCOME / (EXPENSES): Interest and finance costs Interest and other income Gain / (loss) from equity method investments Total other expenses, net	(5,586 541 (2,022 (7,067) (3,351 928) 303) (2,120) (10,611 1,097 (4,230) (13,744) (5,893) 1,801) (449)) (4,541)
Net loss	\$(31,284) \$(14,058) \$(62,670) \$(24,820)
Dividends on series B preferred shares	(1,442) (1,442) (2,884) (2,885)
Net loss attributed to common stockholders	(32,726) (15,500) (65,554) (27,705)
Loss per common share, basic and diluted	\$(0.41) \$(0.19) \$(0.82) \$(0.35)
Weighted average number of common shares, basic and diluted	80,534,35	51 79,562,705	5 80,287,498	79,412,074
	Three mon 30, 2016	ths ended June 2015	Six months e	ended June 30, 2015
Net loss Other comprehensive loss (Actuarial loss) Comprehensive loss 8	\$(31,284 (8 \$(31,292) \$(14,058) -) \$(14,058) \$(62,670 (15) \$(62,685) \$(24,820)) -) \$(24,820)

CONDENSED CONSOLIDATED BALANCE SHEET DATA (in thousands of U.S. Dollars)

<u>ASSETS</u>	June 30, 2016 (unaudited)	December 31, 2015*
Cash and cash equivalents	\$125,638	\$171,718
Other current assets	19,586	21,795
Advances for vessels under construction and acquisitions and other vessel costs	50,631	44,514
Vessels' net book value	1,442,470	1,440,803
Other fixed assets, net	23,303	23,489
Compensating cash balance	23,000	21,500
Due from related parties, non-current	41,250	43,750
Equity method investments	58,161	62,487
Other non-current assets	6,662	6,909
Total assets	\$1,790,701	\$1,836,965
LIABILITIES AND STOCKHOLDERS' EQUITY		
Long-term debt, net of deferred financing costs	\$618,689	\$600,071
Other liabilities	15,032	18,528
Total stockholders' equity	1,156,980	1,218,366
Total liabilities and stockholders' equity	\$1,790,701	\$1,836,965

^{*}The balance sheet data as of December 31, 2015 has been derived from the audited consolidated financial statements at that date.

OTHER FINANCIAL DATA (unaudited)

offillitin (in the biffin (diameter)	Three mor	nths ended	Six months ended June 30,		
	2016	2015	2016	2015	
Net Cash provided by/(used in) operating activities Net Cash used in investing activities Net Cash provided by financing activities	\$(4,192) (19,010) \$309	(29,262)		(76,867)	

9