DIANA SHIPPING INC. Form 6-K November 19, 2013

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 November 2013 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 November 19, 2013 of Diana Shipping Inc. (the "Company") reporting the Company's financial results for the third quarter and nine months ended September 30, 2013.

The information contained in this Report on Form 6-K is hereby incorporated by reference into the Company's registration statement on Form F-3 (File no. 333-181540) filed with the U.S. Securities and Exchange Commission with an effective date of July 6, 2012.

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: November 19, 2013

By:/s/ Andreas Michalopoulos Andreas Michalopoulos Chief Financial Officer

EXHIBIT 99.1

Corporate Contact: Ioannis Zafirakis

Director, Executive Vice-President and Secretary

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For Immediate Release

Investor and Media Relations:

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DIANA SHIPPING INC. REPORTS FINANCIAL RESULTS FOR THE THIRD QUARTER AND NINE MONTHS ENDED SEPTEMBER 30, 2013

ATHENS, GREECE, November 19, 2013 – Diana Shipping Inc. (NYSE: DSX), a global shipping company specializing in the ownership of dry bulk vessels, today reported a net loss of \$3.2 million for the third quarter of 2013, compared to net income of \$12.3 million reported for the third quarter of 2012.

Time charter revenues were \$41.9 million for the third quarter of 2013, compared to \$56.2 million for the same period of 2012, mainly due to reduced time charter rates. The decrease in time charter revenues was partly offset by revenues derived from the increase in ownership days resulting from the enlargement of our fleet.

Net loss for the nine months ended September 30, 2013 amounted to \$11.6 million, compared to net income of \$49.6 million for the same period of 2012. Time charter revenues were \$124.5 million for the nine months ended September 30, 2013, compared to \$171.4 million for the same period of 2012.

Fleet Employment Profile (As of November 18, 2013)

Currently Diana Shipping Inc.'s fleet is employed as follows:

	Vessel	G. 1	Gross Rate			Delivery	D. I.E. D. C.	
	BUILT DWT	Sister Ships*	(USD Per Day)	Com**	Charterer anamax Bulk Car	Date to Charterer rriers	Redelivery Date to Owners***	Notes
1	DANAE	A	\$8,250	5.00%	Intermare Transport GmbH, Hamburg	10-Mar-13	10-Sep-14 - 10-Jan-15	
2	2001 75,106 DIONE	A	\$9,700	5.00%	EDF Trading Limited, UK	19-Jul-12	19-Jul-14 - 19-Dec-14	
3	2001 75,172 NIREFS	A	\$8,000	5.00%	Intermare Transport GmbH, Hamburg	29-Jan-13	29-Jul-14 - 29-Jan-15	
4	2001 75,311 ALCYON	A	\$7,750	5.00%	EDF Trading Limited, UK	21-Dec-12	21-Nov-14 - 21-May-15	
5	2001 75,247 TRITON	A	\$19,500	4.75%	Resource Marine Pte.,	11-Dec-10	8-Nov-13	1,2
			\$11,000	5.00%	Ltd, Singapore CCX Shipping Co., Ltd, Hong Kong	11-Nov-13	29-Nov-13 - 1-Dec-13	3
6	2001 75,336 OCEANIS	A	\$9,250	5.00%	Ultrabulk A/S, Copenhagen, Denmark	14-Aug-12	14-Jan-14 - 14-Jul-14	
7	2001 75,211 THETIS	В	\$10,500 \$8,300	5.00% 5.00%	EDF Trading Limited, UK	22-Feb-12 1-Sep-13	1-Sep-13 1-Jul-15 - 1-Dec-15	
8	2004 73,583 PROTEFS	В	\$9,000	5.00%	Cargill International S.A., Geneva	14-Sep-12	14-Sep-14 - 14-Feb-15	
9	2004 73,630 CALIPSO	В	\$12,250	5.00%	Louis Dreyfus Commodities	11-Oct-11	29-Jul-13	

2005 73,691		\$8,100	4.75%	Suisse S.A., Geneva Cargill International S.A., Geneva	29-Jul-13	29-Apr-15 - 29-Aug-15	4
10 CLIO	В	\$10,750	5.00%	Cargill	22-Feb-12	22-Aug-13	
		\$8,600	4.75%	International	22-Aug-13	22-May-15 -	
				S.A., Geneva	C	22-Aug-15	
2005 73,691						-	
11 NAIAS	В	\$9,250	5.00%	Ultrabulk A/S,	2-Sep-12	2-Feb-14 -	
				Copenhagen, Denmark		2-Aug-14	
2006 73,546							
12 ARETHUSA	В	\$7,300	5.00%	Cargill	22-Nov-12	22-May-14 -	
				International S.A., Geneva		22-Nov-14	
2007 73,593				,			
13 ERATO	С	\$6,500	5.00%	Cargill International	9-Jan-13	9-Jul-14 - 9-Jan-15	5
2004 74,444				S.A., Geneva			
2001 /1,111							

14 CORONIS	C	\$10,600	5.00%	EDF Trading Limited, UK	12-Mar-12	27-Nov-13 - 27-Jun-14	
2006 74,381 15 MELITE	D	\$7,750	5.00%	Cargill International S.A., Geneva	28-Dec-12	1-Jul-14 - 1-Jan-15	
2004 76,436 16 MELIA	D	\$9,700	3.75%	Rio Tinto Shipping Pty, Ltd., Melbourne	17-Apr-13	2-Mar-14 - 17-May-14	
2005 76,225 17 ARTEMIS		\$9,375	3.75%	Rio Tinto Shipping Pty, Ltd., Melbourne	26-Aug-13	26-Jun-15 - 26-Oct-15	
2006 76,942 18 LETO		\$12,900	5.00%	EDF Trading Limited, UK	17-Jan-12	17-Jan-14 - 17-Nov-14	
2010 81,297			17	D 11 C '			
19 MAIA	E	\$10,900	5.00%	armax Bulk Carri Glencore Grain B.V., Rotterdam		12-Aug-14 - 27-Feb-15	
2009 82,193							
20 MYRSINI	E	\$15,500	4.75%	Clearlake Shipping Pte. Ltd., Singapore	12-Oct-13	12-Feb-14 - 27-Apr-14	6
2010 82,117 21 MYRTO	E	\$9,000	5.00%	Cargill International S.A., Geneva	25-Jan-13	25-Jul-14 - 25-Jan-15	
2013 82,131							
				anamax Bulk Carr			
22 ALCMENE		\$7,250	5.00%	ADM International Sarl, Rolle, Switzerland	22-Feb-13	7-Aug-14 - 22-Feb-15	
2010 93,193 23 AMPHITRITE		\$10,000	5.00%	Bunge S.A., Geneva	15-Aug-12	31-May-14 - 30-Oct-14	7
2012 98,697 24 POLYMNIA		\$7,600	5.00%	Augustea Bunge Maritime Limited, Malta	16-Jan-13	16-Jul-14 - 16-Jan-15	8,9
2012 98,704			Cap	esize Bulk Carrier	rs ·		

25 NORFOLK 2002 164,218	\$10,700	4.50%	Clearlake Shipping Pte. Ltd., Singapore	16-Jan-13	16-Jul-14 - 16-Jan-15	6
26 ALIKI	\$26,500	5.00%	Minmetals Logistics Group Co. Ltd., Beijing	1-Mar-11	1-Feb-16 - 1-Apr-16	
2005 180,235						
27 BALTIMORE	\$15,000	5.00%	RWE Supply & Trading GmbH, Essen	8-Jul-13	8-Jul-16 - 8-Jan-17	10
2005 177,243			•			
28 SALT LAKE CITY	\$13,000	5.00%	Morgan Stanley Capital Group Inc.	11-Aug-12	11-Jun-14 - 11-Dec-14	
2005 171,810			-			
29 SIDERIS GS F	\$13,500	4.75%	Cargill International S.A., Geneva	14-Mar-13	14-Dec-14 - 14-Jun-15	
2006 174,186			,			
30 SEMIRIO F	\$14,000	4.75%	Cargill International S.A., Geneva	19-Mar-13	19-Jan-15 - 19-Jun-15	
2007 174,261			-			

31	BOSTON	F	\$14,000	5.00%	Morgan Stanley Capital Group Inc.	29-Oct-11	24-Aug-13	
			\$14,250	4.75%	Clearlake Shipping Pte. Ltd., Singapore	24-Aug-13	9-Aug-15 - 8-Feb-16	6
	2007 177,828							
32	HOUSTON	F	\$55,000	4.75%	Shagang Shipping Co.	3-Nov-09	3-Oct-14 - 3-Jan-15	11
22	2009 177,729	-	\$40.000	2.55%	.	2.16 10	2 7 15 2 2 7 15	
33	NEW YORK	F	\$48,000	3.75%	Nippon Yusen Kaisha, Tokyo (NYK)	3-Mar-10	3-Jan-15 - 3-May-15	
	2010 177,773				,			
34	JK PIONEER		\$18,350	5.00%	RWE Supply & Trading	26-Nov-13	11-Sep-15 - 31-Dec-15	12
	(tbr P. S. PALIOS) 2013 179,134				GmbH, Essen			
	2013 177,134			New	castlemax Bulk	Carriers		
35	LOS ANGELES	G	\$18,000	5.00%	EDF Trading Limited, UK	9-Feb-12	9-Dec-15 - 9-Apr-16	
	2012 206,104							
36	PHILADELPHIA	G	\$18,000	5.00%	EDF Trading Limited, UK	17-May-12	17-Jan-16 - 17-Jul-16	
	2012 206,040							
a -	*****			Ves	sels Under Con	struction		
37	HULL H2528	Н	-	-	-	-		13
	(tbn CRYSTALIA)							
	2014 76,000							
38	HULL H2529	Н	_	-	-	-		13
	(tbn							
	ATALANDI)							
20	2014 76,000	т						1.4
39	HULL H2548	I	-	-	-	-		14
	2016 208,500							
40	HULL H2549	I	-	-	-	-		14
	2016 208,500							

^{*} 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.

- *** Charterers' optional period to redeliver the vessel to owners. Charterers have the right to add the off hire days, if any, and therefore the optional period may be extended.
- 1 Resource Marine Pte., Ltd, Singapore is a guaranteed nominee of Macquarie Bank Limited.
- Resource Marine Pte., Ltd, Singapore has agreed to compensate the owners for the early redelivery of the vessel on November 8, 2013 till the minimum agreed redelivery date, November 11, 2013.
- Redelivery dates based on an estimated voyage duration of about 18-20 days.
- The previous charterers, Louis Dreyfus Commodities Suisse S.A., Geneva, have 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 July 29, 2013 to August 11, 2013.
- 5 Vessel off-hire from October 20, 2013 to October 21, 2013.
- 6 Clearlake Shipping Pte. Ltd., Singapore is a member of the Gunvor Group.
- The charterer has the option to employ the vessel for a further 11 to 14 month period at a gross charter rate of US\$11,300 per day. The optional period, if exercised, must be declared on or before the end of the 21st month of employment and will only commence at the end of the 24th month.
- The charterer has the option to further employ the vessel for about 11 to maximum 13 months at a gross charter rate of US\$11,000 per day. The optional period, if exercised, must be declared on or before the 22nd month of employment and will only commence at the end of the 24th month.
- 9 Since October 12, 2013, charterers have changed to Bunge S.A., Geneva.
- 10 Vessel delivered to the Company on June 13, 2013. Due to scheduled maintenance, the vessel was delivered to the charterers on July 8, 2013.
- 11 Shagang Shipping Co. is a guaranteed nominee of the Jiangsu Shagang Group Co.
- 12 Estimated date.
- 13 Based on latest information received by the yard.
- 14 Year of delivery and dwt are based on shipbuilding contract.

Summary	of Selected	Financial &	Other Data	(unaudited)

		nonths ended		onths ended	
	Septe	ember 30,	Septe	mber 30,	
	2013	2012	2013	2012	
STATEMENT OF OPERATIONS DATA (in thousands of b	US Dollars):				
Time charter revenues	\$41,936	\$56,220	\$124,541	\$171,405	
Voyage expenses	2,031	1,090	6,321	6,191	
Vessel operating expenses	19,735	16,950	57,262	46,977	
Net income / (loss)	(3,179) 12,285	(11,609	49,623	
FLEET DATA					
Average number of vessels	33.4	28.5	32.3	27.0	
Number of vessels	34.0	29.0	34.0	29.0	
Weighted average age of vessels	6.7	5.9	6.7	5.9	
Ownership days	3,072	2,624	8,808	7,409	
Available days	3,072	2,584	8,808	7,323	
Operating days	3,062	2,567	8,740	7,290	
Fleet utilization	99.7	% 99.3	% 99.2	% 99.5	%
AVERAGE DAILY RESULTS					
Time charter equivalent (TCE) rate (1)		\$21,335	\$13,422	\$22,561	
Daily vessel operating expenses (2)	\$6,424	\$6,460	\$6,501	\$6,341	

⁽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 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 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.

Conference Call and Webcast Information

Diana Shipping Inc. will conduct a conference call and simultaneous Internet webcast to review these results at 9:00 A.M. (Eastern Time) on Tuesday, November 19, 2013.

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

⁽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.

U.S.-based callers) or 1-201-612-7415 (for international callers), and providing the Replay ID number 422637.

About the Company

Diana Shipping Inc. is a leading 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, vessels 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)

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 INCOME / (LOSS)

	Three months ended September 30,				Sep		onths ended ember 30,	
	2013		2012		2013		2012	
REVENUES:								
Time charter revenues	\$41,936		\$56,220		\$124,541		\$171,405	
Other revenues	-		614		446		1,800	
							,	
EXPENSES:								
Voyage expenses	2,031		1,090		6,321		6,191	
Vessel operating expenses	19,735		16,950		57,262		46,977	
Depreciation and amortization of deferred charges	16,397		15,993		47,865		45,908	
General and administrative expenses	5,399		6,222		16,342		18,904	
Foreign currency gains	(182)	(338)	(573)	(1,110)
Operating income / (loss)	(1,444)	16,917		(2,230)	56,335	
OTHER INCOME / (EXPENSES):								
Interest and finance costs	(2,057)	(2,165)	(6,146)	(5,564)
Interest and other income	520		291		870		1,186	
Loss from derivative instruments	(58)	(276)	(92)	(516)
Loss from investment in Diana Containerships Inc.	(140)	(2,482)	(4,011)	(1,818)
Total other expenses, net	(1,735)	(4,632)	(9,379)	(6,712)
Net Income / (loss)	(3,179)	12,285		(11,609)	49,623	
Earnings / (loss) per common share, basic and diluted	\$(0.04) :	\$0.15		\$(0.14)	\$0.61	
Weighted average number of common shares, basic and	01 202 0	07	00.021.2	26	01.076.0	0.0	01 100 5	<i>C</i> 1
diluted	81,382,99	9/	80,931,3	26	81,276,2	88	81,182,5	64
	Thus		hs ended		Ning	4	hs ended	
	2013	nemo	er 30, 2012		2013	temi	per 30, 2012	
Not income / (loss)		1				`\		
Net income / (loss) Other comprehensive loss (Actuarial loss)	\$(3,179)	\$12,285		\$(11,609))	\$49,623	
Comprehensive income / (loss)	\$(3,179	1	\$12,285		\$(11,707))	\$49,623	
Comprehensive income / (1088)	$\Phi(3,1/9)$)	ψ12,203		φ(11,/0/)	ψ47,023	

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

ASSETS					September 30, 2013		December 31, 2012
Cash and cash equivalents				9	\$315,740	\$	6446,624
Other current assets					14,990		20,362
Advances for vessels under construction and acquisitions and other	er vessel co	osts	S		40,904		11,502
Vessels' net book value					1,261,502		1,211,138
Other fixed assets, net					22,931		22,774
Other non-current assets					70,920		30,402
Total assets				9	\$1,726,987	9	51,742,802
LIABILITIES AND STOCKHOLDERS' EQUITY							
Current liabilities, including current portion of long-term debt				9	61,475	\$	661,477
Long-term debt, net of current portion and deferred financing cos	ts				403,787		414,080
Other non-current liabilities					873		821
Total stockholders' equity					1,260,852		1,266,424
Total liabilities and stockholders' equity				5	\$1,726,987	\$	51,742,802
OTHER FINANCIAL DATA (unaudited)							
	Three months ended September 30, 2013 2012			Nine mor Septen 2013			
Net Cash provided by operating activities	\$17,157		\$29,519		\$51,005		\$97,552
Net Cash used in investing activities	(72,353)	(24,372)	(172,539		(141,665)
Net Cash provided by / (used in) financing activities	\$(4,410)	\$(4,169)	\$(9,350)	\$79,893