

## STANDPOINT

Of Prof. Kancho Trifonov Tchamov, MD, PhD, member of scientific jury by order

№ P-109-322 / 07.10.2019 of the Rector of Medical University - Varna

**With reference to:** Contest for the academic position „Associate Professor” for the scientific specialty “Forensic psychiatry” in professional field 7.1 “Medicine”, field of higher education 7 “Healthcare and sports” published in State Gazette № 62 / 06.08.2019 for the needs of Faculty “Medicine”, Chair “Psychiatry and medical psychology” of Medical University – Varna “Prof. Dr. Paraskev Stoyanov”. The only candidate for the position is Chief Assistant Professor Svetlin Varbanov Varbanov, MD, PhD.

### 1. Career development of the candidate

Chief Assistant Professor Svetlin Varbanov Varbanov, PhD, is born on 24.08.1977 in Varna. In 2005 he graduated the Faculty “Medicine” of Medical University – Varna. Consequently he worked as medical representative for “Vifor - Bulgaria” (2004-2007), “Bayer-Bulgaria (2007-2009) and as Regional manager of IMO (2009-2011). In 2012 he is enrolled for specialization in “Forensic psychiatry” at MU “Prof. Dr. Paraskev Stoyanov” – Varna and subsequently in 2013 he is appointed as a resident in the First psychiatric clinic of UHAT “St. Marina”. In 2016 he wins an assistant competition and in 2018 he is promoted as Chief assistant professor in forensic psychiatry in the Chair of “Psychiatry and medical psychology” at MU-Varna. In 2016 the candidate acquired the specialty “Forensic Psychiatry” and during the year 2017 he enrolled as postgraduate student in psychiatry. In 2018 after defending dissertation thesis entitled “Cross-cultural analysis of suicidal attitude” he acquired the degree “Doctor of Philosophy”. The candidate knows fluently English and Russian languages. The brief career development information of the candidate shows a pursuit of systematic and well planned professional development and improvement.

### 2. Research activity

Ch. assist. prof. S. Varbanov, PhD participates in the contest with 32 scientific publications not included in the procedure for defending the dissertation thesis for acquisition of “Doctor of Philosophy” degree.

The complete scientific production of the candidate includes:

- ✓ Monograph entitled: “Forensic psychiatric expertise in family law” – 1 item (2019);
- ✓ A book based on the dissertation thesis of the candidate entitled: “The suicide. Risk factors and cultural aspects of attitude to suicide” – 1 item (2019);
- ✓ Published collective chapters of medical textbooks – 7 in number;
- ✓ Publications and reports published in scientific journals, referenced and indexed in world-famous databases of scientific information – 4 numbers ;
- ✓ Publications and reports published in non-refereed scientific peer-reviewed journals or in peer-reviewed journals collective volumes – 19 numbers (2 of which in press);

The publications in the last group I consider as a proof for the publication activity of the candidate on actual problems and innovations in the psychiatric science and practice.

Ch. assist. prof. S. Varbanov is a standalone and first author in 7 (21,9%) of all presented for the contest publications. The academic record issued by the Library of MU – Varna shows 21 citations of the scientific production of the candidate out of which 4 are in reports published in referenced and indexed scientific journals and the rest 17 - in non-refereed scientific peer-reviewed journals. The dynamic of the publication activity is gradually increasing with a peak during the last 4 years as a proof of forced and purpose oriented scientific development.

### **3. Thematic areas and scientific contributions**

The publications presented by Dr. S. Varbanov are thematically grouped in the following scientific areas:

#### **3.1. Thematic area “Suicide”**

This scientific area is the most in-depth developed in the research production of the candidate and include the PhD Thesis, a published book based on it and 10 other publications. The studies of Dr. S. Varbanov on the suicidal attitudes in different cross-cultural communities have a clear contributory character in the field. The candidate has studied the links between suicidal attitude, depressive experiences and anxiety with anamnesis of suicidal ideation and suicidal attempts related to some socio-demographic characteristics. The scientific contributions in this area are explicitly related to:

- Elaboration and approbation of scientific methodology for examination of suicidal ideation and suicidal attempt in cross-cultural studies carried out among Bulgarian and English speaking population extract;
- Investigation on the interrelation between depressive experiences, anxiety and difficult life situations as a provocation to suicidal attitude;
- Elaboration of a model for investigation of suicidal attitudes enabling comparisons among different population groups and communities related to suicidal ideation as well as to preparation of suicide prevention programs;
- Investigation of car accidents as a suicide method of choice.

The results received in this area provide theoretical motivation and applied opportunities for innovative interventions in a period of information and normative variability.

#### **3.2. Thematic area “Forensic psychiatry”**

In this thematic area the scientific publications of the candidate include a monograph entitled: “Forensic psychiatric expertise in family law” and three other publications. Dr. S. Varbanov analyzed important forensic and psychiatric aspects related to: exercise and withdrawal of parental rights; parenting in the presence of mental illness; child abuse; parental alienation syndrome etc.; successful and unsuccessful approaches in performing this type of judicial expert practice. Presented are concrete examples of jurisprudence and expert practice

which reveal the difficulties facing the forensic psychiatrists and all other participants in the judicial process. The scientific and applied contributions in this area are presented by:

- The results obtained from the detailed analysis of the forensic - psychiatric aspects of parenting and family law in cases with mental illness performed for the first time in Bulgaria;
- The results from the critical analysis of the positive and negative practices in the forensic – psychiatric expertise in family law;
- The critical analysis of the theoretical determinants of “Parental alienation syndrome” and its utilization in the judicial and expert practice in the country;
- The analytical results from the study on the forms, existing risks and possible preventive interventions in cases of child abuse.

The publications in this area are distinguished by the use of innovative methodology and the accuracy of the results received.

### **3.3. Thematic area “Depression, anxiety and stress ”**

The publications in this area are based on the results received from studies on the levels of stress and their impact on cases of anxiety and depression in students at the Medical University of Varna. In addition the results of a screening study on depression and anxiety disorders in general practice are analyzed altogether with the possible links between depression and endocrine pathology. The scientific contributions of the candidate in this area are of practical and informative character and include:

- Elaborated methodology for studying the levels of stress, anxiety and depression and their dynamic follow-up;
- The results obtained from the screening examinations among the students in MU – Varna and in general practice.

### **3.4. Varia**

The included single publications in this thematic area discuss the following topical psychiatric problems:

- The role of personality and family factors in cases of alcohol and psychoactive substances use among teenagers;
- Elaboration of algorithm for therapeutic treatment in cases with first episode of schizophrenia;
- Cognitive impairment and psychiatric co-morbidity in HIV patients.

## **4. Teaching activity**

The document issued by the Rector’s office certifies that Ch. Assist. prof. S. Varbanov has conducted teaching activities with students that exceeds the normatively defined annual overload of 220 teaching hours. For the period 2016 – 2019 the candidate has the following annual overload: for 2016-2017 academic year – 260 hours; 2017-2018 – 267 hours; 2018-2019 – 232 hours in the disciplines psychiatry and medical psychology. The teaching activity

include lectures, seminars and practical training classes in Bulgarian and English language for students in medicine, pharmacy, dental medicine and nursing.

#### **5. Membership of scientific associations**

Dr. S. Varbanov participated with reports in the annual conferences of the Bulgarian Psychiatric Association (BPA), in the Congresses of the Japanese Psychiatric and Neurological Association in the years 2017 and 2018, as well as in congresses and teaching courses in Romania and Turkey. He is a winner of the prestigious "JSPN Fellowship Award" for 2017 for his research on suicidology. Participant and leader of international teams for research on the cross-cultural aspects of suicide which is a proof of his interdisciplinary interests and teamwork abilities. Member of BPA and BPU.

#### **6. Compliance with the national minimum requirements for academic staff development**

Group A – fulfilled – 50 points  
Group B – fulfilled – 100 points  
Group G – fulfilled – 258 points  
Group D – fulfilled – 145 points  
Total score: 553 points

#### **CONCLUSION**

In the present contest for the academic position „Associate Professor” participates as the only candidate Chief Assistant Professor Svetlin Varbanov Varbanov, MD, PhD. The assessment of his scientific, teaching and public activities shows: contributory character of the publications presented; published research results with scientific and practical value; published monographic work; co-authorship in textbooks; participation in national and international research projects. In compliance with the Law for Development of the Academic staff in Republic of Bulgaria and the Rules for the Terms and Conditions for Acquisition of Academic Degrees and Occupation of Academic Positions at Medical University - Varna I support the candidate Chief Assistant Professor Dr. Svetlin Varbanov Varbanov, Ph.D. for occupation of the academic position “Associate Professor” in the scientific specialty “Forensic psychiatry” in professional field 7.1 “Medicine”, field of higher education 7 “Healthcare and sports” for the needs of Faculty of Medicine, Chair “Psychiatry and medical psychology of MU “Prof. Dr. Paraskev Stoyanov” – Varna.

02.12.2019

Sofia

  
Prof. Dr. Kancho Tchamov, PhD