

## OPINION

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member of the scientific jury for academic position "Assoc. Professort" (published in State Gazette No. 28/28.03.2023), confirmed by order of the rector of the Medical University - Varna No. R-109-271/25.05.2023, field of higher education 7. Healthcare and sports, professional direction 7.4. Public health, specialty "Public health management (medicinal use and pharmacoconomics in health care)" - one, full-time position for the needs of the Department "Pharmacology and clinical pharmacology and pharmacotherapy", Faculty of Medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

One candidate took part in the competition - Chief assistant, master of pharmacy Miroslav Tsonkov Eftimov, PhD in Medical University- Varna.

### **I. Biographical data and career profile of the candidate**

Chief assistant Miroslav Tsonkov Eftimov, PhD, was born on 03.05. 1981 in the town of Shumen and completed his secondary education in 1998. In 2003 he graduated in pharmacy from the Medical University - Sofia. After graduating from the Faculty of Pharmacy, for the period from 2004 to 2008, master of pharmacy Eftimov works in a pharmacy. Since 2008, master of pharmacy Eftimov is an assistant in the Department of "Pharmacology and Clinical Pharmacology and Therapy" at the Faculty of Medicine at the Medical University - Varna. In 2017, he successfully defended his doctorate in the specialty "Pharmacology (incl. pharmacokinetics and chemotherapy)" at the Faculty of Medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. He has an acquired specialty in "Pharmacology" (2021). In 2017, the candidate acquired the academic position of " Chief Assistant".

Chief Assistant Miroslav Eftimov has over 14 years of teaching experience in teaching at the Medical University - Varna in the discipline "Pharmacology" to students from the specialties of medicine, dentistry and pharmacy, and in the discipline "Pharmacology and Pharmacoconomics" to students from the specialty health management.

The candidate is fluent in English and has excellent technical skills in working with computer programs.

Master of pharmacy Miroslav Eftimov participated in 5 research projects.

## **II. General description of the submitted materials for the competition**

Chief assistant Miroslav Eftimov has attached a complete set of documents, in accordance with the Regulations of the Medical University - Varna: application to the Rector of the Medical University - Varna for admission to the competition with a description of the documents; curriculum vitae in European format; diploma for completed education in pharmacy from Medical University - Sofia, diploma for acquired scientific and educational degree "Doctor" from Medical University - Varna, diploma for specialty of "Pharmacology (incl. pharmacokinetics and chemotherapy)", certificate of experience in the specialty, certificate of teaching experience, academic reference for publications, citations and scientific profiles, a list of the equivalent publications of the habilitation thesis, list of participations in national and international scientific forums, list of participations in scientific projects, and a reference to the scientific contributions. The documents are submitted on an electronic medium.

## **III. Evaluation of the scientific works of the candidate for the overall academic development**

Chief assistant, master of pharmacy Miroslav Eftimov has submitted an academic reference for a total of 25 scientific articles related to the competition for the academic position "Associate Professor" and 14 scientific works outside of it.

The candidate participates in the competition with a habilitation thesis and 15 scientific articles, as follows:

- Habilitation thesis of 10 publications referenced in Web of Science and Scopus;
- A list of 15 publications in non-refereed peer-reviewed journals or published in edited collective volumes.
- In 8 of the presented articles related to the competition for the academic position "Assoc. Prof." Chief assistant Miroslav Eftimov is the first author; of the candidate's full-text scientific articles in journals with an impact factor, 7 were published (total IF – 10,397).

In his self-evaluation, the candidate divided the points to be awarded for each scientific work presented, in proportion to the number of co-authors, and the candidate's points by groups of indicators, which I recognize, are as follows: indicator A - 50 points, indicator B - 104.21 points. and indicator D – 203.44 points.

The candidate meets the normative requirements for publication activity (indicator B – 104.21 points with a requirement of 100 points and indicator D – 203.44 points with a requirement of 200 points).

#### **IV. Evaluation of the monographic work or equivalent publications submitted for participation in the competition**

The candidate has presented a habilitation thesis of 10 publications referenced in Web of Science and Scopus (equivalent to a monographic thesis) related to studies of the effects of biologically active substances of natural origin in experimental animal models.

The scientific contributions substantiated in the candidate's extended habilitation report have important scientific and applied importance. These include studies on unexplored pharmacological effects of Aronia melanocarpa fruit juice, water and alcohol infusions of Cotinus coggygria (Rhus cotinus, sage), Chaenomeles maulei (mountain lemon) fruit juice, Kochia scoparia (summer cypress) water infusion.

In the studies conducted by master of pharmacy Eftimov is established in rat models anxiolytic and antidepressant activity of aronia fruit juice, as well as a gastroprotective effect and a beneficial effect on metabolic syndrome in rats induced by a high-calorie diet. Contributions from studies on changes in ovariectomy-induced deficiency in rats are also substantiated, and novel effects of chlorogenic acid on the behavior and metabolism of estrogen-deficient rats are explored.

The search for safe pharmacotherapeutic options to affect anxiety disorders and depression is of great importance for clinical practice.

The discovery of new therapeutic approaches in the treatment and prevention of metabolic syndrome is extremely important to reduce cardiovascular risk as well as the risk of type 2 diabetes mellitus. Aronia fruit juice is a rich source of polyphenols, including anthocyanins, procyanidins, phenolic acids and flavonols (a class of flavonoids that have the 3-hydroxyflavone skeleton).

#### **V. Citation of the candidate's publications in the national and foreign literature**

According to the Academic Reference of the candidate from the Library of the Medical University - Varna, 8 citations (100 points) are presented with a requirement of 50 points.

#### **VI. Assessment of teaching and learning activities**

From 2008 until now, the candidate has been conducting practical classes for students in the disciplines of pharmacology and pharmacology and pharmacoeconomics at the Medical University - Varna.

In the last 5 academic years, master of pharmacy Miroslav Eftimov has horarium on average 570 hours/academic year, which many times exceeds the standard horarium for one academic year (360 hours).

## VII. Critical notes and recommendations

I have no critical remarks about the candidate. My recommendation is that he continues his high publication activity.

## VIII. General assessment of the applicant's compliance with the mandatory conditions and mandatory quantitative criteria and scientometric indicators according regulation for occupying academic positions in the Medical University - Varna

Field of higher education 7. Health care and sports, professional direction 7.4. Public Health.

Table 1. Minimum required points by groups of indicators for the academic position "Associate Professor"

Group of indicators	Content	Associate Professor	Chief assistant Miroslav Eftimov
A	Indicator 1	50	50
Б	Indicator 2	-	
B	Indicators 3 or 4	100	104,21
Г	Sum of indicators 5 to 9	200	203,44
Д	Sum of indicators from 10 to 12	50	100

## IX. Conclusion

My comprehensive assessment of the educational and scientific activity of chief assistant, master of pharmcy Miroslav Eftimov is positive. The candidate meets the mandatory and specific conditions and scientometric criteria in the ZRASRB and the Regulations of the Medical University - Varna for the occupation of the academic position of "Associate Professor".

The materials submitted by the candidate for the competition show that Chief. Assistant Miroslav Eftimov meets the requirements for holding the academic position "Associate Professor", according to the Law on the Development of the Academic Staff of the Republic of Bulgaria, the Rules for its Application and the Rules of the MU - Varna. The presented

scientific works, and evidence of the scientific activity meet the quantitative and qualitative criteria and show a high contribution character.

I propose to the respected members of the Scientific Jury to award Chief assistant Miroslav Tsonkov Eftimov, PhD, the academic position "Associate Professor" in the field of higher education 7. Health care and sports, professional direction 7.4. Public health, specialty "Public health management (medicinal use and pharmacoconomics in health care)" for the needs of the Department "Pharmacology and clinical pharmacology and pharmacotherapy", Faculty of Medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

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Prepared the opinion: .....*Rumenol*.....

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