

REVIEW

by

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Regarding: Procedure for the academic position of "associate professor" in the specialty "Medical Psychology", professional direction 3.2. Psychology, field of higher education "Social, economic and legal sciences" in SG no. 54 / 23.06.2023 for the needs of the Department of Psychiatry and Medical Psychology, Medical University of Varna Prof. P. Stoyanov, MD., announced in the SG 54/23.06.2023 as an external member of the scientific jury, determined by order № P- 109-374/ 22.08.2023r.

Tatyana Georgieva Radeva, M.D., PhD is the only candidate in the announced competition. Documents specified in the Regulations on the terms and conditions for acquiring academic degrees and occupied academic positions at the Medical University "Prof. Dr. Paraskev Stoyanov".

Biographical profile and professional development of the candidate:

Tatyana Georgieva Radeva, M.D., PhD graduated in medicine in 2000 at the Medical University "Prof. Dr. Paraskev Stoyanov". She continued his education, graduating in 2008 with a master's degree in psychology. Since 2013. She is enrolled as a freelance PhD student at the Medical University "Prof. Dr. Paraskev Stoyanov", Department of Psychiatry and Medical Psychology and acquired ESL "Doctor" in 2016 in the scientific specialty "Medical Psychology" on the topic "Research of coping strategies in patients with a depressive disorder." Since 2016 sh has been a part-time assistant, since 2018 – assistant, and from 2019 Assistant Professor at the Department of Psychiatry and Medical Psychology at the Medical University "Prof. Dr. Paraskev Stoyanov".

Her professional medical experience began in 2009 as a doctor-resident in psychiatry at the University Hospital "St. Marina » EAD gr. Varna, Medical University "Prof. Dr. Paraskev Stoyanov", acquiring a specialty in psychiatry in 2013 and continues to this day. Since 2019 practiced as an outpatient psychiatrist at DCC «St. Marina» Ltd. As a lecturer at the Department of Psychiatry and Medical Psychology at the Medical Faculty of the Medical University "Prof. Dr. Paraskev Stoyanov" conducts lectures exercises in psychiatry and medical psychology with teaching in Bulgarian and English to students trained in different specialties at the university. Participates in the conduct of a freely elective module in sociology and medical psychology for medical students taught in English. Combining the position of doctor-chief assistant at the Department of Psychiatry and Medical Psychology at

the Medical University "Prof. Dr. Paraskev Stoyanov" and the 2nd Clinic of Psychiatry at the University Hospital "Sv. Marina EAD actively participates in the training and supervision of post-graduate students and interns.

Evaluation of scientific metrics in connection with participation in a procedure for the academic position "Associate Professor"

I. Research activities

The general publication activity of Tatyana Radeva, MD, PhD contains 16 scientific works beyond those submitted for obtaining the PhD (4 pcs.). To participate in the procedure she has presented:

- A book based on a dissertation on the acquisition of PhD – "Dynamics of coping strategies in patients with depressive disorder", Medical University - Varna, 2022.

- Habilitation work - monograph - "Diagnosis of mental and behavioral disorders in real practice, *Psychiatry through the view of the therapist*", Medical University - Varna, 2022.

- Full-text publications published in scientific journals outside those for acquiring NSA "doctor" - 11 (2 of which in editions, referenced and indexed in world-famous databases with scientific information)

- Full-text publications published in scientific journals and collections, beyond the minimum scientific metric requirements for occupying the academic position of Associate Professor – 3pcs.

The total number of points from the G4-10 indicators is 204, which covers the mandatory minimum of 200 points.

In 2022 a monographic work by Tatyana Radeva, M.D., PhD "Diagnosis of mental and behavioral disorders in real practice, *Psychiatry through the view of the therapist*" with reviewers Assoc. Prof. Pavlina Petkova, MD and prof. Dr. Georgi Popov, MD, Msc. The monograph is written in 150 pages and is an original scientific and applied summary of the research activity of Chief Assist. Tatyana Radeva, MD, PhD in the area of one of the most vulnerable spheres of man - the psychic. The monograph is composed of 11 chapters, each corresponding to the sections in the International Classification of Diseases, 10th revision (ICD-10) from F0 to F9 and specifically addresses individual psychiatric diagnoses belonging to these sections. The main mental and behavioral disorders are presented, covering severe psychopathological disorders in organics and endogenous diseases, functional disorders, stress, personality and behavior disorders in adulthood, mental retardation, disorders of psychological development, problems of childhood and adolescence. In each chapter a specific case is presented, as the most important medical and clinical psychological aspects of each nosological group, the typical manifestations of the disease, the reasons that provoked its onset, the specific personality characteristic of thinking, emotional experiences, volitional organization of behavior and social difficulties in adaptation are described comprehensibly. In the different psychiatric categories, different hot spots are recreated in the work with those suffering from mental disorders - the fears of patients, the concerns of their relatives, the stigma of society, the torments of the specialist. In this sense, the monograph is extremely

practical and can be used by future mental health professionals as a manual in individual cases until the formation of their own eclectic style. In each chapter separate psychopathological symptoms are described, the specific categorical diagnostic criteria are derived. Thus, on the one hand, the terms of psychiatric jargon presented in other specialized collections are illustrated theoretically, and on the other - the framework of conducting the clinical interview and building therapeutic contact. This was achieved by presenting the professional sessions with patients with the real doctor-patient dialogue, describing the nonverbal behavior of the sufferer, of the protective mechanisms that manifest themselves, of the personal reflections of the therapist, of the fluctuations in diagnostic assessments and direction of therapeutic impact, a prolonged search in the professional literature of recommendations to treatment. The monographic work begins with the chapter "Introduction", which is a brief introduction the structure of the monograph. Selected one diagnosis from each section of the ICD-10 chapter "Mental and Behavioral Disorders," thus covering the most representative categories of the entire spectrum of mental disorders. Each chapter of the monograph is a separate diagnosis. The monograph ends with "Afterword", in which the chapter of the participant in this competition examines some difficult aspects of work in the field of mental health and the possibilities for dealing with these problematic situations. All described cases are from the personal practice of the author, who is an active psychiatrist with a psychotherapeutic focus. The psychiatrist-psychotherapist combination creates the necessary conditions to combine the biological and psychological approach so important in the practice of mental disorders, so important in the practice with the mental disorders.

The citations according to indicators D11-13 bring a total of 75 points, which proves the authority of Tatyana Radeva, MD, PhD among the scientific community and correspond to the scientficometric requirements for occupying the academic position of "Associate Professor".

The scientific and research activities and the contributions of the works of Tatyana Radeva, MD, PhD are in the following main directions:

1. Methodology in the therapeutic approach to affective disorders (B3. Habilitation work - monograph, G5.1- Published book on the basis of a defended dissertation for awarding the NSA "Doctor", Publications: G7.1, G7.3, G7.5, G7.8)

2. Methodology in the therapeutic approach to schizophrenia (B3. Habilitation work monograph, Publications: G7.2, G7.4, G7.7, G7.8, G7.9)

3. Phenomenology and psychopathology (B3. Habilitation work monograph, Publications G6.1, G7.1, G7.2, D7.6)

4. Psychosocial factors and severity of mental disorders (Publications G7.4, G7.7, G7.9)

5. Rare syndromes in clinical practice (Publication G6.2)

6. Coping strategies (G5.1. Published book on the basis of a defended dissertation for awarding the PhD NSA)

The main contributions to the scientific works of Tatyana Radeva, MD, Ph.D. are as follows:

- The understanding that the therapeutic process in depression is largely influenced by both dysfunctional beliefs, patterns and patterns of behavior and the dynamics of internalized coping strategies for coping in problematic life situations, presenting cases of depressive disorder from real practice and opportunities for influence.
- There is a need for earlier inclusion of psychotherapeutic approaches for sustainable development of active coping strategies such as prevention of relapse and better social adaptation.
- Guidelines are given for therapeutic response in the different phases of depressive disorder.
- The methods of personalized medicine in the treatment of mental disorders are presented.
- The possibilities for influencing adverse drug reactions in drug treatment as well as the possibilities for augmentation in various mental illnesses are discussed.
- The role of both individual and group psychotherapeutic interventions in patients with depressive disorder was analysed.
- The work with the family in patients with debilitating diseases is analyzed and opportunities for psychotraining of the relatives of the patient and approaches to communicating bad news together with emphasizing the role of social support are discussed.
- The stigma of society towards patients with mental illness and the importance of creating the image of mental illness, including under the influence of art and media, is studied.
- Opportunities for psychotherapeutic interventions in patients with schizophrenia are presented.
- By transmitting a psychiatric interview, examples of psychopathological phenomena are given, clarifying the differences between individual symptoms and syndromes and at the same time building an exemplary algorithm for conducting an interview with a patient with mental health problems.
- Systematization in the conceptual apparatus of the term alexithymia

Tatyana Radeva, MD, PhD proves its professional competence through its participation in various national and international research projects and conferences. Her active participation in various scientific forums with reports and announcements in which she presents her research proves her authoritative specialized presence in the field of medical psychology.

The reference for the scientific creative activity, which applies Tatyana Radeva, MD, PhD proves that she fulfills the indicators for the minimum national requirements of Law on the Development of the Academic Staff in the Republic of Bulgaria, the regulations thereto for the academic position of Associate Professor.

II. Training and teaching activities

According to the information provided, the teaching experience as of August 2023 Chief Assistant Tatyana Radeva, MD, PhD has 04 years 09m.23 days of teaching experience, which do not include the years 2016 - 2018 as a part-time assistant. The internship was acquired in her capacity as a lecturer at the Department of Psychiatry and Medical Psychology at the Medical Faculty of the Medical University "Prof. Dr. Paraskev Stoyanov" by conducting exercises in psychiatry and medical psychology by teaching Bulgarian and English to students trained in different specialties at the university, as well as by participating in the examination sessions. Participates in the conduct of a freely elective module in sociology and medical psychology for medical students taught in English. Combining the position of doctor-chief assistant at the Department of Psychiatry and Medical Psychology at the Medical University "Prof. Dr. Paraskev Stoyanov" and the 2nd Clinic of Psychiatry at the University Hospital "Sv. Marina EAD actively participates in the training and supervision of post-graduate students and interns.

Conclusion:

According to the presented by Dr. Tatyana Georgieva Radeva, D.Sc. materials of the competition, I believe that the applicant meets the conditions for occupying the academic position of "Associate Professor" under the Law on the Development of the Academic Staff of the Republic of Bulgaria and the Regulations for its application, as well as according to the Regulations for the Development of the Academic Staff of the Medical University - Varna "Prof. Dr. P. Stoyanov".

The actuality and significance of the presented scientific works, the high level of training, the active practical and teaching activity, the skillful combination of the competence of a psychiatrist and a psychologist of the candidate are grounds with conviction to give a **positive assessment** and to propose to the honorable Scientific Jury to vote for the academic position of "Associate Professor" in the field of higher education 3. Social, economic and legal sciences, professional field 3.2. Psychology, specialty "Medical Psychology" for the needs of the Department of Psychiatry and Medical Psychology of the Medical University of Varna "Prof. Dr. P. Stoyanov" by Tatyana Georgieva Radeva, MD, PhD

23.10.2023

Prepared the review:

Prof. Christo Kozhuharov, MD, PhD

