

STATEMENT

**By Prof. Dr. Vihra Krumova Milanova, MD, DSs,
University Multiprofile Hospital for Active Treatment "Alexandrovska", Psychiatry
Clinic**

According to the presented documents for awarding an academic position
"Associate Professor" in the scientific specialty "Psychiatry"
in the Department of Psychiatry and Medical Psychology, Medical University, Varna
announced in the State Gazette, issue 7 dated January 23, 2024

According to the Order No. P-109-118/22.03.2024, of the Rector of the Medical University, Varna, I have been appointed as a member of the Scientific Jury for the procedure for acquiring the academic position of "Associate Professor". Additionally, by decision of the Chairman of the Scientific Jury, I have been tasked with preparing a statement regarding the competition for the academic position of "Associate Professor" in the field of higher education, specializing in 7. Healthcare and sports, with a professional direction in Medicine and scientific specialty in "Psychiatry", for the needs of the Department of Psychiatry and Medical Psychology at the Faculty of Medicine of the Medical University – Varna and the Third Psychiatric Clinic at University Multiprofile Hospital for Active Treatment "St. Marina" EAD, Varna.

The procedure for announcing the competition is in accordance with the legal requirements, and no procedural violations have been identified. The only candidate admitted to the competition is Chief Assistant Professor Tatyana Ivanova Telbizova, MD, PhD from the Department of "Psychiatry and medical psychology" at Medical University – Varna. The information provided by the candidate complies with the Regulations for the Implementation of the Act on the Development of Academic Staff in the Republic of Bulgaria and the Regulations for the Development of Academic Staff at the Medical University of Varna.

Brief biographical data and professional development:

After completing her higher education at the Medical University of Varna (2001), Dr. Telbizova worked in pharmaceutical companies from 2002 to 2011. Since 2011, she has been part of the team at the psychiatric clinics of University Multiprofile Hospital for Active Treatment "St. Marina", Varna. In 2021, she defended her dissertation on the topic "Specifics and dynamics of pain symptoms and experiences in patients with depression".

Dr. Tatyana Telbizova was a Part-time assistant at the Medical University of Varna in the period from 2018 to 2019 and Assistant – from 2019 to 2022. She has been appointed as Chief Assistant in 2022. She acquired a specialty in Forensic Psychiatry in 2017, and a specialty in Psychiatry – in 2019.

Up to the present moment, Dr. Tatyana Telbizova has participated in 9 additional qualification courses, seminars, and training programs for postgraduate qualification in Bulgaria and abroad. She has contributed with 14 scientific presentations at national and international scientific forums.

Dr. Telbizova is a member of the Bulgarian Medical Association, Bulgarian Psychiatric Association.

Research activities:

Dr. Tatyana Telbizova's scientific interests and most of her publications are related to mental disorders and pain, the specifics of pain as a symptom, and its treatment in psychiatric disorders. In addition to the psychiatric aspects of pain, the author explores the influence of depression on pain at several levels – sensory, experiential, and situational. Another part of her work involves presenting clinical cases that reveal the causal relationships between emerging psychopathological symptoms and somatic diseases, their dynamics, and treatment.

The candidate participates in the competition with:

- Dissertation work for the acquisition of the PhD – 1 copy;
- Habilitation work – monograph – 1 copy;
- Articles in journals – 10 copies, including published reports from scientific forums in Bulgaria and abroad – 5 copies.

The main directions that can be outlined include research in the field of:

1. Psychiatric aspects of pain (publication B3)
2. Phenomenological aspects of pain (publications D_7-5, G_7-6, G_7-7, D_8-1)
3. Relationships between depression and chronic pain (publications D_7-3, D_7-4, D_8-2)
4. Exogenous psychoses (publications D_7-1, G_7-2)

A monograph "Pain in the context of mental disorders" was presented in the first field, in which the author formulated basic guidelines related to the diagnosis and treatment of pain in the most common mental disorders. From the analysis of clinical cases, attention was focused on revealing the causal relationships between psychopathological symptoms, somatic diseases, as well as the effective multidisciplinary approach to pain management.

In the second direction, related to the phenomenological aspects of pain, Dr. Telbizova drew attention on quantitative methods to explain the dynamics of experiencing chronic pain. A model for studying patients with chronic pain and depression, combining qualitative and quantitative methods, was presented. The role of situational factors in formation of the experience of chronic pain in patients with depression was analyzed. The need for not only pharmacotherapy but also cognitive-behavioral psychotherapy aimed at developing adaptive coping strategies for pain management was affirmed.

In the third direction, the interrelations between the intensity of pain, anxiety and depression, as well as the influence of depression and anxiety on the intensity of pain, were presented. The analysis demonstrated the need to monitor the mental state of patients with chronic pain to reduce the risk of self-aggression and disability.

In the fourth directions, Dr. Telbizova summarized the clinical experience of the impact of risk factors for the development of mental symptoms and their treatment. Rare catatonic symptoms have been described in Cushing's syndrome; affective and psychotic disorders in treatment with synthetic corticosteroids and the principles of their treatment; dynamics in mental symptomatology, corresponding to the severity of hormonal imbalance, as well as its resistance to psychotropic treatment. Scientific publications in this direction present clinical cases of causal links between manifested psychopathological symptoms and exogenous causes.

Teaching activity:

Dr. Telbizova has been training students at MU – Varna since 2018 in: 1) Psychiatry – practical exercises for 5th-year students of medicine and dental medicine; 2) Medical Psychology – practical exercises for students in the English language program in medicine and dental medicine; 3) Medical Psychology – practical exercises for students from the Medical College – Varna, specializing in "dental technology", "radiology technician", "medical laboratory technician", "pharmacy assistant".

Professional Impressions:

Dr. Tatyana Telbizova is an experienced psychiatrist with a responsible professional approach to research, teaching, and clinical activities. She also participates as an expert in forensic psychiatric expertise and as a trusted psychiatrist for students at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

Conclusion:

Dr. Tatyana Telbizova, MD, PhD demonstrates scientifically theoretical and applied results that contribute to science and meet the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria (ADASRB) as well as the Regulations for the Development of the Academic Staff at Varna Medical University.

With this opinion, I express my conviction that Dr. Tatyana Telbizova's scientific achievement, teaching activities, and professional experience fully meet the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its Application, and the Regulations for Obtaining Academic Positions and Titles at the Medical University of Varna.

I recommend to the respected members of the Scientific Jury to award Dr. Tatyana Telbizova the academic title of "Associate Professor" in professional field 7.1 Medicine, scientific specialty "Psychiatry".

10.05.2024

Sofia

Prepared the review:

Prof. Dr Vihra Krumova Milanova, PhD, DSc

Заличено на основание чл. 5, §1, б. „В“ от Регламент (ЕС) 2016/679
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