

STATEMENT

By prof. Dr. Hristo Vasilev Kozhuharov, MD, PhD
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According to Order No P-109-118/ 22.03.2024 of the Rector of the Medical University – Varna, pursuant to art. 4, para. 1 and para. 2 of the Act on the Development of the Academic Staff in the Republic of Bulgaria (ADASRB) and art. 57, para. 1 and para. 2 of the Regulations for the Implementation of the ADASRB, art. 6, para. 1, art. 127 para. 1 and para. 2 of the Rules for the Development of the Academic Staff at MU-Varna and a decision on a protocol of the Faculty Council of the Faculty of Medicine № 18/11.03.2024 and protocol No. 1 of the scientific jury meeting.

Regarding a competition for the academic position "Associate Professor" in the field of higher education 7. Medicine, scientific specialty "Psychiatry" one – 0.5 staff position for the Department of Psychiatry and Medical Psychology, Faculty of Medicine and 1 full-time position for the Third Psychiatric Clinic at the University Hospital "St. Marina" EAD – Varna in relation to an announcement published in the State Gazette issue 7 of 23.01.2024.

One candidate participates in the competition Chef Assistant Dr. Tatyana Ivanova Telbizova, MD, PhD from the Department of Psychiatry and Medical Psychology, Medical University – Varna and the Third Psychiatric Clinic at the UMHAT "St. Marina" EAD – Varna.

Biographical data and professional development of the candidate

Dr. Tatyana Ivanova Telbizova, MD, was born in Varna on January 18, 1976. She graduated from Medicine in 2001 at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. Over the next ten years, she worked in the pharmaceutical industry. She began specializing in forensic psychiatry in 2011 and in 2012 was appointed as a resident physician initially at the Fourth Psychiatric Clinic of the UMHAT "St. Marina" - Varna, and in 2015 was reassigned to the Third Psychiatric Clinic. She acquired a specialty in forensic psychiatry in 2017 and in psychiatry in 2019. Dr. Telbizova has four years of experience (2019-2023) in private outpatient practice at the Medical Center "Yanev" in Varna. In 2021, she defended a dissertation on the topic "Specifics and dynamics of pain symptoms and experiences in patients with depression". She sequentially worked as a part-time assistant (2018), assistant (2019), and chef assistant (2022) in the Department of Psychiatry and Medical Psychology at MU - Varna.

She is a member of the Bulgarian Medical Association and the Bulgarian Psychiatric Association. She teaches psychiatry and medical psychology to Bulgarian-speaking students and medical psychology to English-speaking students at MU-Varna.

The academic load meets the requirements of the standards.

Evaluation of the candidate's scientific research activity

A report on the fulfillment of the minimum national requirements and the requirements of the regulations of MU-Varna has been provided, prepared by the library of MU-Varna, based on the information provided by the candidate and the automated information from international scientific databases. Dr. Tatyana Telbizova's publication activity meets the scientometric requirements for occupying to the academic position of "Associate Professor" and includes: a doctoral dissertation, a habilitation work - a monograph, publications in journals with/without SJR and/or IF – 10, participation in scientific forums – 14, and the number of citations reflecting scientific activity – 6.

The main directions of scientific work are:

1. Psychiatric aspects of pain (publication B3);
2. Phenomenological aspects of pain (publications D_7-5, D_7-6, D_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, D_7-2).

The first thematic area "Psychiatric aspects of pain" is presented with the monograph "Pain in the context of mental disorders". The author presents the two-way relationships between the phenomenon of pain (acute and chronic) and mental disorders, as well as the specifics in the diagnosis and treatment of pain in more common mental disorders. The mechanisms by which mental disorders and pain affect each other, the specific variations of pain resulting from specific psychopathological disturbances and the role of pain in the patient's mental life are explained in depth. These data are combined with clinical cases, the author's own observations and researches. The need to apply a multidisciplinary approach that allows personalized pain management in patients with mental disorders is emphasized.

The second thematic area "Phenomenological aspects of pain" encompasses publications with own data, in which a model for the study of patients with chronic pain and depression, combining qualitative and quantitative methods, is presented. The analysis of data from quantitative methods contribute to a deeper explanation of the dynamics of chronic pain experience. The presented model allows for conceptualization and operationalization of pain-related experiences in the direction of their decomposition to a lower hierarchical level for description and analysis. The analysis of the role of situational factors in the formation of chronic pain experience in patients with depression emphasizes the need to conduct cognitive-behavioral psychotherapy to develop adaptive strategies for coping with pain.

The third thematic area covers publications addressing the relationship between depression and chronic pain. Data from studies investigating the correlations between pain intensity, anxiety, and depression are presented, as well as the impact of depression and anxiety on pain intensity. Evidence is provided supporting the need for systematic identification of symptoms of depression and their treatment before the formation of suicidal risk.

The fourth thematic area brings together two publications presenting clinical cases illustrating causal links between manifest psychopathological symptoms and exogenous causes. A systematic analysis of data from studies on risk factors for the development of affective and psychotic disorders during treatment with synthetic corticosteroids has been conducted, along with the principles of their treatment. Less common catatonic symptoms in Cushing's syndrome, corresponding to the severity of hormonal imbalance, as well as its resistance to psychotropic treatment, are described.

The academic reference includes one full-text article beyond the minimum scientometric requirements, providing a review and critical analysis of the literature addressing the topic of psychological and phenomenological aspects of pain as a threat. Emotional and cognitive components of the threat of pain have been examined, factors that are subject to management aiming to reduce the risk of chronic pain development.

From the presented information about the scientific research activity of Dr. Tatyana Ivanova Telbizova, PhD, are revealed her main scientific interests and in-depth knowledge on the researched topics. She works purposefully and actively to improve her professional qualification. I recommend that she continue with her publication activity with an emphasis on articles in journals with an impact factor.

Conclusion

Dr. Tatyana Ivanova Telbizova, PhD is a teacher, clinician and researcher. Its indicators for research, teaching and clinical activities fully meet the requirements of the recommended criteria of 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 the Academic Staff of the Medical University – Varna.

In conclusion, based on all the information presented thus far, gives me the reason to give a positive recommendation and propose to the honorable members of the Scientific Jury to vote positively for awarding the academic position of "Associate Professor" in the field of higher education 7. Health and Sports, professional direction 7.1 Medicine, scientific specialty "Psychiatry" for the Department of Psychiatry and Medical Psychology, Faculty of Medicine, MU-Varna and the Third Psychiatric Clinic at the UMHAT "St. Marina" EAD - Varna.

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Varna

Prepared the review:
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