

**Reviewe**  
**by Prof.Vanya Gospodinova Hristova, Ph.D.,**  
**Varna Free University Chernorizetr Hrabar**  
**of the dissertstion work of Borislava Petrova Dimitrova fn the topic:**  
**"Dynamics of generalized expectations in patients with depression"**  
**for awarding the educational and scientific degree "Doctor" in the**  
**Professional field: 3.2. "Psychology"**  
**Doctoral programme: "Medical Psychology"**

**I. GENERAL CHARACTERISTICS OF THE DISSERTATION**

According to a number of studies, both globally and nationally, there has been a steady trend of increasing growth and decreasing age of patients with depressive disorder. Depression has a negative impact on all aspects of a person's life, affecting not only the course of their daily life, quality of life and functioning, but also in many cases leading to disability.

All of these consequences suggest a number of studies related to the discovery of the regulatory mechanisms of the psyche, including personality traits that help minimize the negative impact of environmental factors and situations that increase stress levels.

Such personality traits include generalized expectations such as optimism, negative expectations, locus of control, and motivation. Uncovering the role of key aspects of generalized expectations as a potential mediator between persistent personality characteristics and the dynamics of the course of a depressive episode is of great importance in helping to treat patients with depression.

To identify the dynamics, specificity and influence of generalized expectations in the treatment and recovery process of patients with depression is a question whose answer sets the relevance of the present dissertation.

From this point of view, the dissertation work of Borislava Petrova Dimitrova addresses a topical and significant issue with potential practical application in clinical and therapeutic work with patients with depressive disorder.

The dissertation of Borislava Petrova Dimitrova is 132 pages long, the content is structured in an introduction, five chapters, a conclusion, a bibliography and appendices. 146 sources are cited, of which 22 in Cyrillic and 124 in Latin. Five annexes are listed.

The parameters necessary for the dissertation research are defined, namely the subject and object of research, the main objective of the dissertation and the tasks to be solved. The sources have been used correctly with precisely formed references.

**II. CHARACTERISTICS AND EVALUATION OF THE DISSERTATION CONTENT**

The structure of the dissertation is logically constructed and subordinated to the overall development of the research problem, the verification of the research hypothesis and the research questions arising from it.

The "Introduction" presents the rationale for the choice of the research problem as well as the role of the considered problem in theoretical and practical-applied aspects.

The first chapter "Overview" is theoretical and consists of ten paragraphs. In the first two, the aspects and specifics of generalized expectations in the personality structure are

discussed in turn, with an emphasis on locus of control, optimism and negative expectations, and long-term motivation. Methods for measuring generalized expectations are also outlined. In the following paragraphs, the nature of depression, its neurobiological aspects, the main factors of its occurrence, and methods for measuring and assessing its severity are revealed. The relationships and influences between generalised expectations and the onset of depression are also outlined. At the end of chapter one, conclusions are drawn from the literature review.

Chapter Two, "Methodology of the Empirical Study", is devoted to the methodology and methodology of the empirical study. The aim, objectives, subject of the study, hypotheses and methods of data analysis are precisely formulated. The sample of study subjects included 70 respondents, age-differentiated in the range of 18 to 65 years diagnosed with depressive episode, randomized. The study was conducted over a period of five months, with face-to-face recruitment.

Survey and questionnaire methods were used to collect the necessary information over a period of time, based on which a corresponding analysis of the results was made.

In chapter three, "Results", the results obtained from the empirical study are presented by means of descriptive statistics, correlation and regression analysis and t-test for comparisons of the studied indicators across groups. The results were statistically processed with SPSS-22 - "form for expert science".

In discussing the results of the study, the fourth chapter analyzes the relationships and influences of the measured variables. The results are interpreted in terms of the extent to which they confirm the hypotheses. Based on this, conclusions are drawn and opportunities are suggested for practical applications of the results of the dissertation research.

The presentation is written logically and the PhD student demonstrates knowledge of the issues and skills for logical connection between the theoretical approach and the solution of practical issues.

The conclusion summarizes the results obtained from the dissertation research. The stated conclusions follow from the text, are logical and are directly linked to the specific problematic.

### III. ABSTRACT AND PUBLICATIONS ON THE THESIS

The abstract to the dissertation faithfully and accurately reflects the dissertation, and the publications on the abstract are sufficient and include significant aspects of the doctoral student's work.

Author participation in obtaining the dissertation contributions are adequately reflected:

- ✓ The author's model for examining the dynamics of generalized expectations of patients with depression is conceptualized.
- ✓ A battery of test methodologies for assessing and dynamically tracking generalized expectations in patients with depression is proposed.
- ✓ A conceptual model was constructed to examine the relationships between generalized expectations and the dynamics of depressive episode course.
- ✓ The results of this empirical study fill an existing deficit and can serve as a starting point for further research on the issues under investigation.



#### IV. CRITICAL COMMENTS AND RECOMMENDATIONS:

I have no critical remarks on the substantive aspects of the main theses and their proof in the thesis.

#### V. CONCLUSIONS:

The presented dissertation of Borislava Petrova Dimitrova has the character of an independent scientific research. The author reveals her in-depth theoretical knowledge and skills in conducting and interpreting empirical research. The dissertation contains contributions in both theoretical and practical-applied aspects.

On the basis of the above, I propose to the esteemed members of the Scientific Jury to award the Education and Science degree of "doctor" to Borislava Petrova Dimitrova by "Medical Psychology", professional field 3.2 "Psychology".

Varna  
17.01.2025

Reviewer:  
(Prof. Vanya Hristova, Ph.D.)

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