

STATEMENT

From Assoc. Prof. Dr. Zlatinka Kostadinova Georgieva, D.Ps.
Professional field: 3.2 Psychology, place of work VTU " St. St. Cyril and Methodius",
Department of Psychology.

In connection with a dissertation for the award of the educational and scientific degree "doctor" on the topic: **"DYNAMICS OF GENERALIZED EXPECTATIONS IN PATIENTS WITH DEPRESSION"** in the field of higher education 3. Social, economic and legal sciences, professional field 3.2 Psychology.

Author of the dissertation: **Borislava Petrova Dimitrova**, full-time doctoral student in the doctoral program "Medical Psychology" at the Department of "Psychiatry and Medical Psychology", Faculty of Medicine at the Medical University - Varna.

Scientific supervisor: *Prof. Ivan Stoyanov Alexandrov, Ph.D.*

Assoc. Prof. Dr. Svetlin Varbanov Varbanov, Ph.D.

The opinion was prepared in accordance with the Academic Staff Development Act and the Regulations for its implementation, as well as in accordance with the Regulations for the Development of Academic Staff at the Medical University of Varna.

The presented set of materials is in accordance with the Regulations for the Development of Academic Staff at the Medical University - Varna for the acquisition of the Doctoral Degree.

1. General presentation of the procedure and the doctoral student

More important documented procedures during the doctoral studies are:

- Order No. R-109-497 / 04.11.2020 of Prof. Dr. V. Ignatov, MD, Rector of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, Borislava P. Dimitrova has been enrolled as a full-time doctoral student at the Department of Psychiatry and Medical Psychology, Medical University - Varna.

- At a meeting of the Department of Psychiatry and Medical Psychology at the Medical University Varna, scheduled by order No. R-109-415/ 25.11.2024, in view of the report with entry No. 1022145/07.11.2024 by the head of the department and by decision under protocol No. 30/11.11.2024 of the Faculty Council and report with entry No. 103-7411/18.11.2024, doctoral student Borislava Dimitrova, full-time form of study in the doctoral program "Medical Psychology", professional field 3.2 Psychology, is dismissed with the right to protection.

- The scientific jury was determined by order No. R-109-415/25.11.2024 of the Rector of the Medical University - Varna.

- The presented set of documents complies with the Regulations for the Development of the Academic Staff of MU-Varna.

I declare that, given the facts presented in this way regarding the course of the doctoral studies, I do not find violations of the procedure.

Brief biographical data about the doctoral student. Borislava Petrova Dimitrova was born on April 21, 1981 in Varna. During the period 2001-2006 she graduated with a degree in Psychology from the Bulgarian University of Applied Sciences "Chernorizets Hrabar" in Varna,

after which she continues her studies in the specialty "Criminology and Social Prevention", OKS at the Technical University" - Varna. In "Psychology" the period 2008-2009 she completed her "Master's degree in the specialty "Psychology Applied at the VFU "Chernorizets Hrabar" city of Varna. The professional experience of the doctoral student is enriched with participation in courses for post-graduate qualification and personal social skills. Biographical data prove the positive development of Borislava Dimitrova in professional and scientific terms.

2. Relevance of the topic. B. Dimitrova's dissertation is dedicated to on a current and significant topic, given the following arguments:

- Depressive disorders are a major part of mental illnesses worldwide. They lead to a marked deterioration in social functioning and reduced quality of life, which sometimes poses a risk to the patient's life the patient.

- There are theoretical and methodological developments related to the factors, triggering depressive disorder. A modern psychological reading is needed, related to understanding individuals prone to depressive reactions, their personality traits and characteristics, basic attitudes and ideas for a successful life. United in supporting coping resources, personal functioning, psychologists and psychiatrists need to develop timely and effective strategies for improving of mental health.

The relevance of the topic in the dissertation can be justified by several reasons. aspect:

Interdisciplinarity: The topic that B. Dimitrova is engage with unites medicine and psychology, which in the context of modern research and therapeutic practices supports the better integration of psychological approaches in the treatment and care of those suffering from depressive disorders.

Practical and scientific contribution: Understanding depression as an illness from the perspective of point of medicine and psychology, the study and proposal of specific strategies by medical psychology would contribute to the comprehensive understanding and management of stress factors that affect the mental resilience and adaptability of modern man. By combining the two sciences, new solutions can be proposed to improve the mental and physical health of the client/patient.

3. Knowledge of the problem.

The doctoral student very well argues the grounds for her dissertation research, proves its necessity and precisely defines its focus. She has studied and analyzed correctly the specialized literature on the problem. Due to the specificity of the topic, she has used sources from psychology and medical psychology.

Good theoretical knowledge and research abilities have been demonstrated, which are confirmed in the selection and application of research tools, in developing the theoretical basis of the study, in analyzing the results of one's own empirical research. The majority of the sources are contemporary publications. The study is theoretical-empirical in nature. Its conceptual framework includes an introduction and 3 chapters. The parameters of the study and the questions to which a reasoned answer will b sought are well outlined. The proposed design of the study reveals clear research intentions. The goal and objectives, the subject and hypotheses of the study are precisely formulated, logically connected and correspond to the topic. The object and contingent of the study are appropriately selected. The methodology of the study is correctly

selected, the diagnostic. The toolkit is adequate and reliable and allows for the identification of different aspects of the problem, the development and application of appropriate techniques to achieve the goal. and the tasks.

4. Characterization and evaluation of the dissertation work and contributions

The presented dissertation has a total volume of 131 pages, of which the main text is 111 pages. The dissertation is illustrated with 42 tables, 2 figures and 5 appendices. Structurally, the dissertation consists of an introduction and the following main sections/chapters – Literature review; Methodology of the empirical study; Results; Discussion; Conclusions, conclusions and contributions. 146 literary sources were used, of which 22 in Cyrillic and 124 in Latin.

Evaluation of the dissertation work and contributions

The **introduction** motivates the choice of the topic of the dissertation, highlights the relevance and practical significance of the issue under consideration. The need to answer questions related to clarifying the causal relationships between depression and regulatory personality variables – generalized expectations and their influence on the specificity and dynamics (transformation) of the disease in the treatment process.

The **literature review** is structured in 10 paragraphs, which develop the theoretical foundations of the study. A generally accepted understanding of the essence is followed. of this part of the dissertation research, namely - terminological refinement and review of the research on the problem to date. The specifics of the generalized expectations in the personality structure, locus of control, characteristics of optimistic and negative expectations and the influence of long-term motivation in the life of modern man. In the literature review, the doctoral student analyzes the relationships between optimism, motivation and depressive states skillfully intertwining generalized anticipation, localization of control, and the possible manifestation of an anxiety disorder.

B. Dimitrova demonstrates good scientific awareness, competently analyzes the judgments on the research problem.

Research methodology. The dissertation presents in detail the organization and methodology of the empirical research. The three the stage of the study, the characteristics of the sample, the goals, the diagnostic procedures. The results of the applied research methods were analyzed in detail - worksheet, Montgomery and Asberg Depression Rating Scale, Test for assessing long-term motivation of individual behavior, etc. 70 respondents with clinical data for depression were studied, who underwent inpatient treatment at the Day Clinic at the Second Psychiatric Clinic, University Hospital "St. Marina" - Varna and outpatient treatment at the Medical Plus MC - Varna.

The results obtained are illustrated using graphical methods. In this part of the dissertation analyzes the research results.

5. Assessment of the doctoral student's publications and personal contribution

The author of the dissertation has 5 publications, the content of which corresponds to the topic of the dissertation research. Their number is significant and is evidenc of regular popularization of the dissertation research.

6. Abstract

The presented abstract reflects the main theses, conclusions and scientific achievements in the dissertation work. *Recommendation:* It would be a good idea to include the content of the first chapter, briefly indicating the main concepts used in the dissertation.

6. Recommendations for future use of the dissertation contributions and results

The dissertation represents a thorough and well-considered scientific study, meeting the standards for this type of academic work. A thorough reading of current and significant global and Bulgarian scientific publications has been carried out. on the topic of the dissertation.

An empirical research model has been developed, which is implemented through creative hypotheses and appropriate psychodiagnostic tools. Prospects for future scientific research related to the search and implementation of strategies for improving mental health have been outlined.

CONCLUSION

The submitted dissertation on the topic "Dynamics of Generalized Expectations in Patients with Depression", developed by doctoral student Borislava Dimitrova, is well structured, the presentation is consistent and logical. consistent and demonstrates a strong interest and commitment to the researched issues. The text has been developed in accordance with the requirements for scientific research and in its essence has a theoretical, cognitive and practical applied nature. My assessment of the dissertation, the abstract, the scientific publications and scientific contributions is entirely positive.

The achieved results give me reason to confidently declare my positive vote and to propose to the Scientific Jury to award Borislava Petrova Dimitrova the educational and scientific degree "DOCTOR" in the field of higher education: 3. Social, economic and legal sciences, professional field 3.2 Psychology, doctoral program "Medical Psychology".

January, 2025

Prepared by the opinion: (signature)
(Assoc. Prof. Dr. Zlatinka Georgieva)

Заличено на основание чл. 5,
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