

Standpoint

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Elected as a member of the Scientific Jury under the procedure for acquiring of the educational and scientific degree "Doctor" by Borislava Petrova Dimitrova, according to order No. P-109-415/25.11.2024y. of the Rector of Medical University "Prof. Dr. Paraskev Stoyanov" Varna and appointed to prepare on Standpoint on the basis of Protocol No. 1/06.12.2024y.

Subject is presented dissertation work on the topic "Dynamics of generalized expectations in patients with depression" for the award of the educational and scientific degree "Doctor" in the field of higher education 3. Social, economic and legal sciences, Professional direction 3.2. Psychology, Scientific subject "Medical psychology" with author Borislava Petrova Dimitrova.

Scientific Supervisor: Prof. Ivan Aleksandrov, D.Ps.S.

Depression is one of the most common mental disorders worldwide, with social significance, which negatively affects all aspects of a person's life, including their loved ones. According to a WHO report, depression is a leading cause of disability worldwide with an impact on life expectancy and a negative impact on professional, social and personal life. There are personality traits that help minimize the negative impact of environmental factors and situations that increase stress levels. Such personality traits are generalized expectations - optimism, negative expectations, locus of control and motivation. They occupy a central place in the structure and process of personality organization and modulate mental

processes. Therapeutic work with generalized expectations - motivation, optimism, locus of control as regulatory functions supporting mental health provide additional opportunities in psychological assistance for prevention, treatment, recovery and anti-relapse in people with depression. The search for new methods for therapeutic intervention in patients with depressive disorder is a worldwide practice and these methods go beyond the scope of drug treatment. The main goal of the present work is to establish the dynamics, specificity and influence of generalized expectations in the process of treatment and recovery in patients with depression.

The presented dissertation work contains 132 pages, divided into 7 chapters and including 42 tables and 2 figures. 146 literary sources are cited, 22 of which are in Cyrillic and 124 in Latin. The dissertation work is structured according to the adopted scheme: content, introduction, literature review, hypotheses, goals and objectives, research design, methods, results, discussion, conclusions and contributions, conclusion and ends with bibliography.

The literature review deepens and reflects various aspects and specifics of generalized expectations in the structure of personality. Attention is paid to various theories and research focused on personality, as well as the causal relationships between depression and generalized expectations of personality. The concepts of Locus of Control, long-term motivation, optimism and negative expectations, the possibilities for their assessment, as well as their direct relationship with depression and its course and treatment are examined in detail. Some rather medical aspects are also included, such as the etiology and neurobiology of depression, in order to make the connection between the clinical symptoms of depressive disorder and generalized expectations of personality. The relationship between locus of control and depression has been well studied, including in adolescence. The relationship between motivation and depression can also be considered in a purely clinical aspect, because reduced motivation leads

to reduced activity, which in turn is assessed as one of the core symptoms of depressive disorder.

The purpose, tasks and hypotheses of the study are formulated precisely and clearly. The study contingent includes 70 participants aged between 35 and 64 years.

The applied assessment methods, such as Rotter Test, Montgomery Asberg Depression Rating Scale (MADRS) are internationally recognized. MADRS is also used as a clinical tool for assessing the severity of depressive symptoms for research purposes. The two questionnaires for assessing long-term motivation and optimism and negative expectations, constructed and tested by A. Velichkov, are suitable for the purposes of the study.

The results obtained are presented sequentially together with the subsequent discussions. The tables and graphs presented facilitate the perception of the processed data.

The analysis of the obtained results shows statistically significant differences in relation to the studied generalized expectations of the personality in the course of the treatment of the depressive state. Even relatively stable personality characteristics, such as Locus of Control, undoubtedly show a change in the different stages of the study. Such a result in itself is suitable for subsequent work. The conducted correlation and regression analysis between the individual personality variables and the MADRS score seeks the relationship and causality between them. Motivation and locus of control show significant causal relationships with the severity of depressive symptoms. Tracking the dynamics of generalized expectations in the process of treating depression is a central concept in individualized approaches to managing depressive symptoms.

11 conclusions have been drawn that correspond to the set goals and objectives, are derived from the results and discussion, and are presented clearly and accurately.

4 contributions have been made, of which 2 are primarily scientific in nature and 2 are primarily clinical in application.

In conclusion: The dissertation work presented by Borislava Petrova Dimitrova on the topic “Dynamics of generalized expectations in patients with depression” is based on a thorough literature study and research approach. The study was conducted correctly and with appropriate tools. The conclusions drawn are correct and meet the set goal. This work fully complies with all criteria for acquiring an educational and scientific degree “doctor” according to the Regulations for the Development of the Academic Staff at the Medical University - Varna. In this regard, I confidently give my positive assessment and recommend to the members of the esteemed scientific jury to vote positively for the award of an educational and scientific degree “doctor” to Borislava Dimitrova in the field of higher education: 3. Social, economic and legal sciences, professional field 3.2. Psychology, doctoral program “Medical Psychology”.

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