

## **REVIEW**

by Prof. Dr. Kiril Stefanov Slaveykov, DM

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Member of the Scientific Jury, appointed by Order No. R-109-287/11.07.2025  
of the Rector of Medical University – Varna

**For the dissertation thesis:**

### **"MANAGEMENT OF PATIENTS WITH ALCOHOL DEPENDENCE IN GENERAL MEDICAL PRACTICE"**

Submitted for the award of the educational and scientific degree "Doctor"

Professional Field 7.1. MEDICINE

Scientific Specialty: GENERAL MEDICINE

Author: Daniela Krasimirova Kostadinova, MD

## **1. General Overview of the Procedure and the Doctoral Candidate**

The submitted set of materials in electronic format complies with the requirements of the Law for the Development of the Academic Staff in the Republic of Bulgaria (LDASRB) for obtaining the PhD degree and contains the necessary documents proving the authenticity of the dissertation, scientific publications, participation in scientific forums, and confirming the legality of the procedure.

Dr. Daniela Kostadinova graduated from Medical University – Varna. In 2019, she obtained a specialty in General Medicine, and since 2023 has been a full-time doctoral student at the Department of General Medicine, Medical University "Prof. Dr. Paraskev Stoyanov" – Varna.

Her professional experience includes work as an emergency physician, consultant, and since 2017 – as a general practitioner in her own practice. During her PhD studies, she actively participated in doctoral schools, clinical research, training in good medical practice, and national and international scientific forums with presentations related to the topic of her dissertation.

## **2. Relevance of the Topic**

The topic of the dissertation – "Management of Patients with Alcohol Dependence in General Medical Practice" – is current and of high practical significance. In recent decades, there has been growing scientific interest in this serious and disabling health issue. The increasing prevalence and associated complications necessitate effective prevention, follow-up, and control strategies.

The study uses a survey-based approach as the main method, combined with laboratory and instrumental investigations. The dissertation is structured in 150 pages and includes: introduction, literature review, objectives and tasks, materials and methods, original research results, discussion, conclusion, summary, contributions, list of publications and scientific participations, and bibliography. A total of 40 figures and 39 tables are included, presented according to the requirements.



### **3. Knowledge of the Problem**

The literature review cites 131 sources, maintaining a good balance between Bulgarian and foreign authors. It is evident that the doctoral candidate has in-depth knowledge of the subject matter and has critically analyzed the literature.

### **4. Research Methodology**

The study includes 610 individuals over the period 2023–2025. Methods used include surveys, laboratory tests, and ultrasound. The statistical processing was done using SPSS software, version 19, applying standard mathematical and statistical analysis methods. The methodology is appropriately selected to achieve the stated aims and objectives.

### **5. Characteristics and Evaluation of the Dissertation and Its Contributions**

The dissertation is well-structured, containing all required sections. The six stated tasks correspond to the overall goal. Results are clearly presented, both graphically and in tables, fully addressing the research questions. In the discussion, the author conducts a thorough comparative analysis between her own data and published findings. The six conclusions are fully consistent with the results.

The contributions are both original and confirmatory, and the work has high practical value. The abstract is prepared according to established standards and accurately reflects the main achievements.

### **6. Evaluation of Publications and Personal Contribution**

Three publications in Bulgarian scientific journals have been submitted, two of which list Dr. Kostadinova as the first author. Additionally, she has participated in two national scientific forums.

### **7. Critical Notes and Recommendations**

- 7.1. The literature review is overly detailed relative to the total length of the dissertation.
- 7.2. It is recommended to continue and expand the research on the stated objectives.
- 7.3. It is recommended to develop practical materials to support physicians in managing patients with alcohol dependence.

### **Conclusion**

Despite the notes and recommendations provided, I consider that the dissertation contains significant scientific, applied-scientific, and practical results, representing an original contribution to the field of medical science and meets the requirements of the LDASRB, its implementing regulations, and the internal rules of Medical University – Varna.

The dissertation demonstrates that Dr. Daniela Kostadinova possesses profound theoretical knowledge and professional skills in the field of General Medicine, as well as the capability for independent scientific research.



I recommend to the esteemed scientific jury to award Dr. Daniela Kostadinova the educational and scientific degree "Doctor" in the scientific specialty "General Medicine".

11.08.2025  
Stara Zagora

Prepared by  
(Prof. Dr. K

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