

STATEMENT OF OPINION

by Assoc. Prof. Dr. Maria Petrova Shindova, DDM, PhD

**Department of Pediatric Dentistry,
Faculty of Dental Medicine, Medical University - Plovdiv,**

**member of the scientific jury, included by order
of the Deputy Rector 'Academic Activities'
of the Medical University 'Prof. Dr. Paraskev Stoyanov' - Varna
№ R-109-234/21.05.2025**

of the dissertation work for awarding the educational and PhD **"Doctor"**
professional management 7.2. "Dentistry" and scientific specialty "Pediatric
Dentistry", field of higher education 7. Health and Sports

Author: Dr. Kristiana Lyubomirova Mineva, DDM

Form of doctoral studies: full-time

Department: Department of Pediatric Dentistry of the Faculty of Dental
Medicine, Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna

**Topic: "NUTRITION AND ITS INFLUENCE ON ORAL HEALTH IN
ADOLESCENCE"**

Scientific supervisor: Assoc. Prof. Dr. Milena Todorova Georgieva – Dimitrova,
MD, Department of Pediatric Dentistry, Faculty of Dental Medicine, Medical
University 'Prof. Dr. Paraskev Stoyanov' – Varna

General presentation of the procedure and the doctoral student

The set of documents presented to me in electronic format by Dr. Kristiana Lyubomirova Mineva is in accordance with the Act on the Development of the Academic Staff of Bulgaria and the Regulations for its implementation, as well as Art. 69 of the Regulations for the Development of the Academic Staff of the Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna from the Procedure for Acquiring the Educational and Scientific Degree "Doctor" (Regulations of the Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna, 2018).

Brief biographical data and professional development of the doctoral student

Dr. Kristiana Lyubomirova Mineva was born on 14.01.1994 in the city of Pleven. In 2019, she graduated from the Faculty of Dental Medicine, Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna. In 2021, she was enrolled as a specialist in the Department of Pediatric Dentistry, Faculty of Dentistry, Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna. This year, through a competitive exam, she was appointed as an assistant and full-time doctoral student in the Department of Pediatric Dentistry, Faculty of Dentistry, Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna, where she works to this day. She teaches students from the second to the fifth year of dentistry. She is fluent in English and Russian.

Dr. Mineva has participated in national and international scientific forums, clinical trainings and conferences.

Relevance of the topic

The relevance of the chosen topic is determined by the change in the nutritional diet and eating pattern of modern society, as well as changes in nutrition, food planning and preparation, and fast food.

The nutritional model depends on the geographical latitude, traditions, physical activity, economic and technological development of the country, the socio-economic status of the population, education, food prices, urbanization, awareness and influence on the mass media.

A balanced diet provides essential nutrients for overall and oral health. Numerous studies on the selection and evaluation of a specific nutritional model give contradictory results, which is a justification for the implementation of this dissertation work.

Knowledge of the problem by the doctoral student

The presented dissertation work is written on 291 pages, of which 51 pages are a literature review, goals and objectives – 1 page, 17 pages – materials and methods, 84 own research and discussion. It is illustrated with 20 figures and 44 tables. 20 appendices are presented. The literature reference is from 503 literary sources, of which 5 in Cyrillic and the rest in Latin. The remaining 48% are from the last 10 years, which shows the doctor's knowledge of the latest trends related to the problem

The literature review is comprehensive and demonstrates excellent information and theoretical preparation of the doctoral student. The review is written in a good scientific style. The presented rich literature reference on the topic is an excellent basis for discussing results with similar ones from the scientific literature. The literature review ends with a justification for the dissertationability of the topic and conclusions from the literature review, which gives the doctoral student a reason to formulate the goal and objectives of his/her study.

Research methodology

The goal is realized through 3 set tasks, with demonstration of good clinical thinking and use of appropriate clinical and statistical methods. The description of the methods used is sufficiently informative. Modern statistics was used for the statistical analysis.

The results were statistically processed, analyzed and interpreted correctly and thoroughly for the individual tasks. Appropriate methods were used to illustrate the obtained results in tables and figures.

The discussion includes a comparison with studies in the scientific specialized literature. Dr.

Mineva makes a very good comparative analysis of her own results with the data published in the scientific literature.

The conclusions drawn by the doctoral student are a consequence of the results obtained and the discussion made and carry the scientific contribution of a dissertation.

Characteristics and evaluation of the dissertation and contributions

The research material is sufficient and corresponds in volume and structure to the requirements for a dissertation.

The scientific contributions made by the doctoral student are correctly formulated, targeted and adequate. The more significant contributions are the following:

1. For the first time in our country, the DQI-A score was used to study the quality of the diet and a relationship with anthropometric indicators in adolescents aged 11-17 years was established.
2. Adolescents who track the composition, content and caloric value on the food label have a higher DQI-A score.
3. The dynamics of the main indicators of oral health after improving the quality of the diet by implementing specific nutritional recommendations in the preventive program of the adolescents studied have been proven.
4. An algorithm with 29 nutritional recommendations has been developed and proven to improve the quality of the diet in relation to oral health in adolescents.
5. The overall stress level of adolescents depends on the small amount of sleep per day on weekdays, increased coffee consumption, long screen time and eating in front of a screen, which also determines the low quality of their diet.
6. The consumption of sweetened foods and drinks, as well as "fast foods," is associated with a lower DQI-A score in adolescent girls and boys with impaired nutritional status, as well as with a deterioration in their oral health indicators.
7. A strong functional relationship has been confirmed between the relevant criteria for the severity of carious lesions according to the ICDAS system and spectroscopy with the CarieScan Pro device.

Evaluation of publications and personal participation of the doctoral student

In connection with the dissertation work, Dr. Mineva has presented 3 articles - 1 in a Bulgarian journal and 2 in an international journal. The submitted set of documents includes a list of participations in scientific forums in the country and abroad related to the dissertation. Dr. Mineva is the first author of all of them. In terms of number and specificity, the scientific works are sufficient for the ONS 'Doctor'.

Dr. Mineva is a young and promising teacher and professional with certain scientific interests. She shows the ability to analyze scientific results and make logical conclusions and recommendations.

The doctoral student has taken into account all inaccuracies in the preliminary versions of the dissertation and the recommended corrections were adopted.

Abstract

The content of the abstract reflects the content of the dissertation work in a summarized form. It is prepared according to the requirements, reflecting the main results achieved by the dissertation. Scientific conclusions, contributions, publications and participation in Bulgarian and international congresses are included.

CONCLUSION

The dissertation meets the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (ZRASRB), the Regulations for its implementation and the Regulations for Academic Development of MU – Varna. The presented materials and dissertation results fully comply with the specific requirements of MU 'Prof. Dr. Paraskev Stoyanov' – Varna.

The dissertation shows that the dissertation candidate Dr. Kristiana Lyubomirova Mineva possesses in-depth theoretical knowledge and professional skills in the scientific specialty "Pediatric Dentistry", skills for independent scientific research and the necessary publication activity.

I give a positive assessment of the presented dissertation on the topic "Nutrition and its influence on oral health in adolescence" and propose to the esteemed scientific jury to award the educational and scientific degree "doctor" to Dr. Kristiana Lyubomirova Mineva, a full-time doctoral student in the doctoral program in Pediatric Dentistry at the Department of Pediatric Dentistry, Faculty of Dentistry, Medical University 'Prof. Dr. Paraskev Stoyanov' – Varna.

11.06.2025
Plovdiv

Reviewer:....

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

(Assoc. Prof. Dr. Maria Petrova Shindova, MD, PhD)