

ACADEMIC OPINION

by **Associate Professor Dr. Iliyana Georgieva Atanasova, DMD, PhD**, internal member of the Scientific Jury, pursuant to Order P-109-107/29.01.2025 of the Rector of the Medical University "Prof. Dr. Paraskev Stoyanov"- Varna

Subject: About competition for the acquisition of the academic title "**Professor**" in the field of higher education "7. Health care and sports", professional direction " 7.2. Dental medicine" for the needs of the Department of Orthodontics (published in the SG, no. 101 of 29.11.2024) and based on Art. 4, para. 1, para. 2 , Art. 29a, para. 1 of the Law on the Development of Academic Staff in the Republic of Bulgaria. Art. 6, para. 1 and Art. 139 para. 1 and para. 3 of the Regulations for its Application and the Rules for the Development of Academic Staff of Medical University -Varna.

Candidate: Assoc. Prof. Dr.Hristina Ivanova Arnautska, DMD, PhD – Assoc. Professor at the Department of Orthodontics, Faculty of Dental Medicine, Medical University – Varna

Candidate's career profile

Assoc. prof. Dr. Hristina Ivanova Arnautska, DMD, PhD was born in 1974 in Varna. In 1993 she graduated from the High school "Akademic Metodi Popov" Varna. In 1999 she obtained Master's Degree in Dental Medicine at the Medical University of Sofia. After graduating since 2001 to 2006 she was a postgraduate student in Orthodontics. In 2006 she acquired a specialty in Orthodontics. Since 2008 to 2013 she was a regular Assistant Professor at the Department of Prosthetic dentistry and Orthodontics, Faculty of Dental Medicine at MU-Varna training undergraduate and postgraduate students in orthodontics. Since 2014 to 2016 after a competition she took the position of "Chief Assistant Professor" in the Department of Prosthetic dentistry and Orthodontics. In 2010 she was admitted as PhD student at the Department of Orthodontics- Medical university Sofia. In 2013 she acquired the educational and scientific degree "Doctor" and in the period 2014 to 2024 after a competition she took the position of " Assoc. Professor" in the Department of Orthodontics and was a head of the department of Orthodontics. In 2011 she acquired a master's degree in management of public health. She is fluent in English and Russian. Regular member of BDA, Bulgarian Orthodontic Society, WFO, EOS, SIDO, BIOMEDE. In her professional and scientific development, Assoc. Prof. Dr. Hristina Arnautska has successfully passed through various post-graduation courses related to increasing his professional qualification. She has 93 publications, 2 monographs , 2 educational aids and number of participations in National and International Conferences and Symposia.

Overall assessment of the documentation submitted for the participation in the competition.

The materials submitted for participation in the announced competition for the academic position "Professor" are in accordance with the requirements of the Law on Academic Staff Development and the Regulations for the Development of Academic Staff and Academic Positions at the Medical University - Varna.

General characterization of the applied candidate's research and scientific activity

In the academic transcript of publications, citations and scientific profiles of Assoc. Prof. Dr. Hristina Arnautska, PhD, the scientometric requirements for occupying the academic position of Professor include:

1. A1- Doctoral Dissertation in 2013 on the topic "Diagnosis and prognosis of retention of canine teeth"
2. B3- Monographic (habilitation) work in 2025 on “ Postnatal development of maxillo-facial region and prophylaxis of orthodontic deformities ”
3. G7- nine full -text publications, six of which were in referenced and indexed databases with scientific information- Web of Science and three in Scopus. The scientific publications scored overall 120,57 points.
4. G8- fourteen full -text publications. The Scientific publications scored overall 122 points.
5. Averall scores for section G5-G9 242.57 as minim required 200 points.
6. D10-D12- A reference is presented for 12 citations, which bring 175 points of minimum required 100 points.
Assoc. Prof. Hristina Arnautska has scientific profiles in three databases:
Google Scholar, ResearchGate, ORCID, ResearcherID, eLibrary
7. E14- 160 points with minimum required 80 points. E14- scored PhD student acquired Doctoral degree with successful defense on dissertation thesis.
8. Assoc. Prof. Hristina Arnautska provided an additional list describing all the publication activity until the announcement of the competition for academic position "Professor". In this list, in addition to the articles included in the academic transcript of records, there are 5 more full-text publications.

The presented scientific papers and the results of the research work were divided thematically in the following scientific fields:

15.1.D 7 - Publications and reports published in scientific journals, refereed and indexed in world- scientific databases – 9

15.1.D8 - Publications and reports published in non-refereed journals with scientific peer review or published in edited collective volumes - 14

15.2. (D - additional) - Full-text publications in scientific journals and collections, publications beyond the minimum scientometric requirements for occupying the academic position of professor - 5 in number

Main directions of scientific works:

1. 1. Growth and development of maxilla-facial region. Prevention and Early Treatment of Orthodontic Deformities - Monograph
2. Incidence of dental caries and its relationship with orthodontic deformities - 7.1. and 7.4.
3. The premature loss of primary teeth and its connection with the loss of space in the dental arch - 7.2., 8.10., 8.11. and 8.12.
4. Study of the relationship between TMJ and CMD problems and occlusion - 7.3., 8.2. and D3
5. Oral breathing and its influence on the MFR – 7.5., 7.6., 7.8., 7.9 and 8.6.
6. Etiology, diagnosis and treatment of OSA - 7.7., 8.8.
7. Complex treatment of defects in the MFR – 8.1.
8. Combined orthodontic-surgical treatment for impacted teeth - 8.3, 8.4., 8.5. and 8.9.
9. Examination of the anatomy of the nasomaxillary sinus and materials for restoring the height of the alveolar bone – 8.7. and D1
10. The relationship between posturology and orthodontic deformities - 8.13, D4 and D5
11. Orthodontic Biomechanics – 8.14 and D2

In the monographic work of Assoc. Prof. Hristina Arnautska “Postnatal **development of maxillo-facial region and prophylaxis of orthodontic deformities**” systematically and thoroughly were examined the theoretical issues of the mechanism of growth and development of the maxillofacial region. The conditions that affect the development of the orofacial system are described. The factors that we cannot influence, but we can search, observe and monitor – genetic factors – are considered. The impact of the external environmental factors, which affect the functions, changing them pathologically, are presented in detail, as well as methods and means for their management. The role of natural and abnormal functions (sucking, swallowing, breathing, chewing) in the development of occlusion is considered. The relationship between body posture and occlusal deformities is shown. The relationship between speech disorders and orthodontic deformities is also reflected. The scientific and practical contributions are related to the development of prevention strategies. Measures to eliminate bad habits (finger sucking, oral breathing, infantile swallowing) are proposed and their effect on the maxillofacial area was shown. The use of prophylactic devices to maintain proper growth and development of dental arches are described and demonstrated. In diagnostic terms, normal and temporary deviations in the development of dental arches and occlusion were described in detail. Their knowledge is key to the implementation of timely preventive and therapeutic measures. Recommendations are made to assess the growth period and choose the right time for prevention or treatment. The applied preventive measures at different ages and their results were described and visualized.

Complex assessment of the candidate's educational and teaching activities

The academic transcript for the teaching activities of Assoc. Prof. Hristina Arnautska shows that the average academic workload covers the norm for the academic position Assoc. Professor and Head of the department of Orthodontics in MU- Varna - academic hours for the entire period: 2020/2021 – 165 hours; 2021/2022– 169 hours; 2022/2023 – 168 hours; 2023/2024 -221 hours and 2022/2023 – 395. Assoc. Prof. Hristina Arnautska taught and trained the both- Bulgarian-language students and English language students from the year 4th , 5th and 6th in the Dental faculty. She provided also professional guidance and mentoring in the field of Orthodontics of 11 postgraduate student and 6 PhD students. Participated and conducted State exams and term exams in Orthodontics for year 5th and 6th undergraduate students.

Overall assessment of the applicant regarding the compliance of the mandatory requirements for the quantitative criteria and scientometric requirements according to the Regulations of Organization and Procedure of MU – Varna

With work and perseverance, Assoc. Prof. Dr. Hristina Arnautska DMD, PhD has achieved these high scientific results with which she participates at the competition in accordance with the Rules of Procedure for acquiring academic degrees and occupying academic positions at MU - Varna.

Conclusion

All procedures for the announcement of the competition and the admission of the candidate to participation in the competition have been followed.

From the presented facts, it is clear that scientific creativity and academic commitment of Assoc. Prof. Dr. Hristina Arnautska, DMD, PhD meet, both quantitatively and qualitatively, criteria for the academic title "Professor" in terms of all the parameters laid down in ZRASRB and the Regulations for the development of the Academic Staff in Varna Medical University.

The described contributions of an original and applied nature show high qualification, practical experience and deep theoretical knowledge in many areas, focused mainly on the direction of prevention , diagnosis and treatment approaches in Orthodontics.

I give a positive vote in the current competition to the candidate: Assoc. Prof. Dr. Hristina Ivanova Arnautska DMD, PhD.

I recommend to the honorable members of the Scientific Jury to evaluate the overall scientific production and teaching activities of Assoc. Prof. Dr. Hristina Arnautska DMD, PhD.

as meeting our national criteria for quantity and quality and to vote positively for the acquisition of the academic title "Professor" for the needs of Department of Orthodontics, Faculty of Dental medicine, MU-Varna in the field of higher education 7. "Health and sports", professional direction 7.2. " Dental Medicine" and scientific specialty "Orthodontics".

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