

STATEMENT

by Assoc. Prof. Dr. Miroslava Veselinova Yordanova, PhD.

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External Member of the Scientific Jury according to Order No. R-109-107/29.01.2025
of the Rector of MU – Varna

Regarding a competition for the academic position of "PROFESSOR" in the specialty "Orthodontics," professional field 7.2 Dental Medicine, field of Higher education 7. Health Care and Sport, for one staff position for the needs of the Department of Orthodontics, FDM, MU "Prof. Dr. Paraskev Iv. Stoyanov" - Varna, announced in the State Gazette issue 101/29.11.2024.

In the competition, there is a single candidate, Assoc. Prof. Dr. Hristina Ivanova Arnaudska, PhD, an associate professor in the Department of Orthodontics at FDM, MU - Varna. The submitted documents for evaluation are neatly organized, meet the requirements of the LDASRB (Law on the Development of the Academic Staff in the Republic of Bulgaria), the Regulations for its implementing, as well as the Regulations for the Development of the Academic Staff of MU "Prof. Dr. Paraskev Stoyanov" - Varna, and contain the necessary evidentiary material.

I. Biographical Data and Professional Development of the Candidate

Assoc. Prof. Dr. Hristina Ivanova Arnaudska, PhD, was born on September 21, 1974, in Varna. She completed her higher education in 1999 at FDM - Sofia. In 2006, she obtained a specialty in Orthodontics at the same university. From 2010 to 2013, she was an independent PhD student in the Department of Orthodontics, FDM - Sofia, and after defending her dissertation on the topic "Diagnosis and Prediction of Canine Impaction," she acquired the educational and scientific degree "Doctor.". The candidate also holds an additional qualification as a Master of Health Management, completed in 2011 at MU - Varna. Her professional career began in 1999 at Dental Center I Ltd., in the Orthodontics ward and she has 16 years of teaching experience in the specialty. In 2008, following a successful competition, she became an assistant in Orthodontics at the Department of PDM and Orthodontics at FDM - Varna. From 2014 to 2016, she held the position of "Senior Assistant Professor," and in 2016, she assumed the academic position of "Associate Professor" and served as the Head of the Department of Orthodontics at FDM, MU - Varna until 2024.

She continuously enhances and updates her professional skills and knowledge through qualification courses, symposiums, and congresses both domestically and internationally (Italy, Romania, Qatar, etc.)—a total of 43 since 2016. Assoc. Prof. Dr. Hristina Arnaudska, PhD, is a member of various scientific organizations: WFO, EOS, SIDO, Bulgarian Orthodontic Society, Lingual Orthodontics Club, Bulgarian Dental Association, and BIOMEDE. She is an active member of scientific juries, committees for semester and state exams in Orthodontics, the committee for awarding the specialty in Orthodontics, supervisor of postgraduate students, PhD student and scientific projects.

II. Evaluation of the Candidate's Research Activities

In her research career, Assoc. Prof. Dr. Hristina Arnaudska, PhD, has developed 93 full-text publications, including 58 articles published after assuming the academic position of "Associate Professor," with a total volume of 170 pages; 67 reports, of which 50 were published after assuming the academic position of "Associate Professor." The scientific output meets the minimum scientometric requirements for the academic position of "Professor" and it is distributed as follows:

Indicator A1 - Dissertation for obtaining the educational and scientific degree "Doctor" - 1 item

Indicator B3 - Habilitation work - monograph - 1 item

Indicator G7 - Publications and reports published in scientific journals, referred and indexed in world-renowned databases - 9 items

Indicator G8 - Publications and reports published in non-referred journals with scientific review or published in edited collective volumes - 14 items

Indicator D10-12 Citations in monographs, non-referred and referred and indexed in world-renowned database journals and scientific publications - 12 items

She also has an additional 5 full-text publications in scientific journals and collections, beyond the minimum scientometric requirements for the academic position of "Professor."

The overall impact factor of the presented publications is 3.11 (Appendix 15.6). As a sole author, Assoc. Prof. Dr. Hristina Arnaudska, PhD, appears in 1 scientific work. In 28 works, she is a co-author, as follows: first author in 1 publication, second author in 12 publications, third author in 12 publications, fourth author in 2 publications, fifth author in 1 publication.

The scientific output of Assoc. Prof. Dr. Hristina Arnaudska, PhD, is diverse in nature. Both research and diagnostic-therapeutic studies have been conducted, distributed across seven scientific areas: prevention and diagnosis of TMD (monograph, 7.1, 7.4, 7.2, 8.10, 8.11, 8.12); diagnosis of TMJ pathology and its connection with occlusion (7.3, 8.2); posturology and obstructive sleep apnea and their connection with dental medicine (8.13, D4 and D5, 7.7, 8.8); comprehensive treatment of defects in Orofacial region and retained teeth (8.1, 8.3, 8.4, 8.5, 8.9); biomechanics of orthodontic movements (8.14 and D2). Significant part of the researches are dedicated to mouth breathing and its impact on Orofacial region and they are in relation to the dissertation work of her PhD student (7.5, 7.6, 7.8, 7.9, 8.6). All this characterizes the candidate as an active, inquisitive, and promising scientist. Most of the publications have been cited multiple times in contemporary, prestigious international journals, confirming their significance.

From the research activities of Assoc. Prof. Dr. Hristina Arnaudska, PhD, contributions can be derived that address the theoretical and clinical needs of orthodontists, doctors of dental medicine, students, and residents. One example of this is the presented monograph „ *Postnatal Development of Maxillofacial region and Prevention of Orthodontic Deformities*. " It focuses on the importance of early diagnosis, prevention, and interceptive treatment of orthodontic deformities. In it, important concepts such as "prevention" and "early orthodontic treatment" are clarified, and

the main scientific questions regarding the mechanism of growth and development of orofacial region, the etiology of malocclusions, are examined. It is richly illustrated with clinical cases and practical approaches, guidelines, and strategies for preventive measures in primary and mixed dentition. I consider the contribution to improving the understanding of the relationship between the postural system, dental medicine, and vestibulology as significant because it goes beyond the limited thinking about the stomatognathic system and its disorders. It is worth mentioning the theoretical and applied contributions related to articles clarifying the relationship between TMD and CMD problems and occlusion, and the need for an interdisciplinary approach in developing treatment strategies.

The candidate participates in two national projects funded by the National Science Fund on important interdisciplinary topics:

1. Project from the Autumn Session of the National Science Fund 2020 – Project 20011 – 12.2020 – 12.2023 – "Investigation of Vestibular Function Using Static and Dynamic Posturography Methods in Patients with Craniofacial Deformities" – completed
2. Project No. 21006, Winter Session of the National Science Fund 2021 – 26.04.2022 – 26.04.2025 – "Investigation of Nasal Breathing Characteristics and Quality using Rhinomanometry in Patients with Obstructive Sleep Apnea and Snoring Proposed for Conservative Treatment with Intraoral Appliances."

III. Academic workload and Teaching activities

The attached report on the teaching activities of Assoc. Prof. Dr. Hristina Arnaudska, PhD, shows that over the past four years, she has had between 167 and 221 hours, with a norm of 180 hours per year. She teaches a full lecture course in Orthodontics for 4th and 5th year in Bulgarian and English languages, conducts practical exercises for 5th year students, and supervises the state internship for 6th year students. She also administers state and semester exams in Orthodontics for Bulgarian and foreign students. She is involved in the practical and theoretical lessons for residents and colloquia for the same and participates in the commission for conducting the exam for awarding the specialty in Orthodontics. Six residents successfully completed their training under the supervision of Assoc. Prof. Dr. Hristina Arnaudska, PhD, during the period 2018-2024. The total number of trainees, including current ones, is 11 people. The number of PhD students supervised by the candidate is equally large - 7, with 6 of them having acquired the educational and scientific degree "Doctor." This characterizes her as a good scientist with experience and responsibility towards teaching and clinical activities.

IV. Conclusion

Assoc. Prof. Dr. Hristina Arnaudska, PhD, has progressed through all stages of teaching activities from assistant to associate professor and has held an active position in the teaching process of the Department of Orthodontics at FDM - Varna since its establishment. Throughout her academic

and scientific development, she has demonstrated success, including in the most responsible position - Head of the Department for 8 years. Along with her extensive clinical experience, the advancement of Assoc. Prof. Dr. Hristina Arnaudska, PhD, to a higher academic position is fully deserved and natural.

The documents submitted for my review fully comply with and exceed the required quantitative and qualitative scientometric indicators for the academic position of "Professor" in terms of volume and quality. Therefore, I give my positive opinion and will recommend to the esteemed members of the Scientific Jury in the announced competition to vote positively for the awarding of the academic position of "Professor" to Assoc. Prof. Dr. Hristina Arnaudska.

Prepared by:

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