

# Opinion

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**Subject:** dissertation of Dr. Asen Ivanov Yanchev, PhD student at the Department of Oncology, MU-Varna, for obtaining the scientific degree "Doctor", in the scientific specialty: Oncology

Based on Order № P-109-321 / 29.07.2021 of the Rector of MU – Varna and by decision of the Scientific Jury (Minutes №1) I was appointed to prepare an opinion for a dissertation on **“Comparative analysis between screenings of the levels of distress, anxiety, depression, anger and need for help in patients with solid tumours and pending chemotherapy”** for obtaining a scientific-educational degree “Doctor” in “Doctor”.

*The opinion has been prepared in accordance with the requirements of the Law for the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at the Medical University – Varna.*

## **1. Biographical data (Dr. Asen Yanchev):**

- In 1990 – graduated medicine at the Medical University – Varna;

- From 1990 to September 1992 he worked at the District Hospital in Dobrich, as an internist in the III internal ward;
- In June 1991 he won a competition for an assistant in KPVB of MU Varna – Dobrich Branch;
- In 1994 he acquired the specialty “Internal Medicine”;
- In 1999 he acquired a specialty – “Oncology”. – Until July 2012 he worked as an assistant, and later as a chief assistant at the CPVD of MU-Varna and an oncologist at the University Hospital “St. Marina”;
- In the period 2012-2016 he worked as an oncologist at SBALOZ “M. Markov”;
- Since June 2016 he has been working as an oncologist at the Medical Oncology Clinic at the St. Marina University Hospital;
- In July 2018 he won a competition for a full-time doctoral student at the CPVB of MU-Varna, specialty – “Oncology”. From the same year he was appointed an assistant at the same department.

He is a member of:

- Bulgarian Association of Medical Oncology (BAMO);
- Bulgarian Oncological Society (BOD);
- European Society for Medical Oncology (ESMO);
- American Society for Medical Oncology (ASCO).

**2. Assessment of the topicality of the topic:** According to the statistics of the World Health Organization in the overall structure of mortality in economically developed countries, tumors take second place – from 15 to 22% of deaths, giving way to cardiovascular disease. All patients experience some distress associated with the diagnosis of cancer, regardless of the type



of treatment and regardless of the stage of the disease. Clinically significant levels of distress are observed in some patients, and the identification and treatment of distress is crucial.

The present work focuses on the analysis of distress, anxiety, depression, anger and the need for help in patients with solid tumors.

### **3. Structure of scientific work**

The dissertation is well structured, with all the main parts presented:

- Introduction.
- Literature review (22 pages). Modern, well-organized and with a formulated need for this research.
- Research methods - 5 pages (with subsections: "Purpose and tasks", "Patient selection", "Specific research methods").
- Results (35 pages). The sequence of the set tasks is observed and the idea of the scientific development is followed.
- Discussion (5 pages). Dr. Yanchev very clearly presents the modern scientific knowledge on the issue and his interpretation.
- Conclusions are in accordance with the set tasks, answering the main scientific questions.
- Contributions and publications related to the topic. The publications are 6, participation in congress -1.
- Bibliography – 93 sources. There are no significant repetitions.

4. **Evaluation of the results:** Scientifically substantiated, with future possibility for application in practice and fully published results.
5. **Critical remarks:** The literature review covers topics that are not directly related to the topic of the dissertation, as they rather convey volume, but do not bring additional clarity to the analyzed problem.
6. **Conclusion:** The dissertation of Dr. Asen Yachev is a significant study in Bulgaria, which covers the problems of psychooncology. The design of the study is modern and scientifically sound. Applied appropriate scientific methods for analysis of the results. All this gives me reason to express my positive opinion and to recommend to the esteemed Scientific Jury to award Dr. Asen Yanchev scientific and educational degree “Doctor”.

14.09.2021

Varna

Assoc. Prof. Nikolay Conev

