

## REVIEW

In connection with a dissertation for the award of the educational and scientific degree "DOCTOR" on the topic: "Medical and social problems and attitudes towards abortion in Bulgaria"

Author of the dissertation:

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Prepared the review -

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The review was prepared in accordance with the Academic Staff Development Act (ACAS), the Regulations for the Application of the ACAS (PRAS) and the Regulations on the Terms and Conditions for Acquisition of Scientific Degrees and Occupation of Academic Positions (PURPNSZAD) at the Medical University of Varna.

The presented set of materials on paper / electronic media is in accordance with the procedure for obtaining the scientific and educational degree "Doctor" and the regulations of MU - Varna. I do not find plagiarism in the review of the dissertation, abstract and publications submitted to me for the preparation of the wall, related to the dissertation development.

I declare the lack of common research with the doctoral student and potential conflict of interest.

Statistics show that the population of Bulgaria is rapidly declining due to low birth rates, high mortality and emigration of young people. At the same time, there are over 200,000 childless couples in the country. Decisions to terminate a pregnancy are made under the influence of cultural and material criteria, probably distributed differently among different ethnic groups in a given population and under the influence of emotional factors that are different for individuals. A great reserve for overcoming the demographic collapse of the Bulgarian population can be the perceived public support for fewer abortions. This, in turn, raises questions about the possibilities of raising a generation, also addressed through the prism of social support, value and many others, probably very different in different societies.

The public needs to be more active in addressing the problems of abortion and reproductive health and health behavior in the context of a deepening demographic crisis and to develop effective strategies to improve it.

These data motivate the choice of topic by Dr. Fartunov - "MEDICAL AND SOCIAL PROBLEMS AND ATTITUDES TO ABORTION ABORTION IN BULGARIA"

Structure of the dissertation:

Dr. Fartunov's dissertation is written on 154 standard pages, of which:

1. Title page - 1
2. Contents - 2
3. Acronyms - 1
4. Literary review - 54
5. Purpose, tasks - 1
6. Materials and methods - 2
7. Own results - 55
8. Discussion - 8
9. Conclusions - 2
10. Applications - 2 pieces
11. Recommendations to institutions - 2
12. Contributions and publications related to the dissertation - 2
13. Literature – 10

The ratio overview: methodical: result-clear part is optimal, respectively 45: 10: 45%. The dissertation contains a total of 38 figures, 63 tables and 2 appendices. The bibliography includes 144 sources, of which 36 are in Cyrillic and 108 in Latin.

Most of the cited titles are directly related to the studied problem. My only recommendation is to follow the general rules when describing the bibliography and its reference, which is especially sparing in the part of textbooks and books.

In connection with the dissertation, two scientific articles have been published in journals referenced in an international database, and fragments of the dissertation have been reported at national forums. Based on the above, the publication activity of the doctoral student is optimal and meets the criteria for obtaining a scientific and educational degree doctor.

Characteristic features of work:

The topic of the dissertation "MEDICO-SOCIAL PROBLEMS AND ATTITUDES TO ABORTION ABORTION IN BULGARIA" is well chosen in terms of significance of the problem, current relevance and projection into the future. In essence, a study was conducted studying the medical and social problems and attitudes of women of childbearing age towards voluntary abortions in Bulgaria. The main hypothesis and practical result of the study is the data obtained from it to help optimize the activities of GPs and AG specialists for the promotion of women's health and family planning.

Data on patients were collected using the survey method among 200 patients of reproductive age (15 - 49 years) who visited obstetrics and / or GP practices in the city of Varna on the occasion of an upcoming abortion or consultation on other medical issues. Additionally, 50 doctors working as GPs and obstetricians on the territory of Varna were interviewed. This is the first in-depth study of the existing problems of abortion at will and specific initiatives have been proposed to reduce them based on an in-depth analysis of key demographic and social factors predisposing to them.

The literature review as a systematics and analytics in reviewing the available information presents the doctoral student as a leading expert on the issue.

The definition and classification of abortions, ethical issues, demographic trends at home and abroad, family planning and modern contraception, normative regulation of optional abortions in Bulgaria and around the world are consistently covered.

The factual preconditions for the study are derived from the review in the form of a conclusion.

The aim of the dissertation is formulated clearly and precisely - to study the medical and social problems and attitudes of women of childbearing age to abortions at will in our country in order to optimize the activities of GPs and obstetricians to promote women's health and family planning.

The following tasks have been completed:

1. To study the main medical and social problems of abortion in our country.
2. To make an up-to-date review and analysis of the normative regulations for abortions in Bulgaria and the EU.
3. To study the reproductive behavior of patients visiting obstetrics and / or GP on the territory of Varna and the region.
4. To study the attitudes for and against voluntary abortion in women of reproductive age, as well as those of GPs and obstetricians.
5. To propose measures for optimizing the activity of GPs and AG specialists for the promotion of women's health and family planning.

The methodology of the study in relation to the studied indicators is appropriate for the reliability and reliability of the reported results and includes

1. Documentary - analysis of documents and literature sources;
2. Sociological - use of direct individual surveys;
3. Statistical methods

The obtained results are convincing and presented clearly, accurately - in general for the studied contingent, as well as by subgroups, allowing for tracking and comparison of data. Completely appropriate statistical methods have been used to obtain them.

The main results of the work of Dr. Fartunov can be summarized in the following directions:

1. The large percentage of women who perform abortions at will, unfortunately, are of childbearing age between 18-30 years, mostly of Bulgarian ethnicity, with higher education, with an average standard of living self-esteem, living in big cities.
2. It is worrying that 21% of women surveyed have had at least one abortion so far, with the first abortion taking place between the ages of 18 and 20, with women having an abortion at the age of 16, despite the high 80% ) of awareness among them about possible complications after abortion.

3. There is a tendency to increase the share of mothers with low education and reduced social and material status. Determining factors leading to their "desire" for abortion are the difficult socio-economic conditions in the family.
4. Sexual behavior of all women is observed and the unfavorable trend of insufficient use of modern methods of contraception and prevention of unwanted (unplanned) pregnancy, although nearly 100% of women know what a contraceptive and do not want an unplanned pregnancy.
5. Half of the women share that they are not sufficiently informed about the health problems and the way of prevention by the general practitioners and OG specialists. Only 14% of respondents are looking for active information.
6. The percentage of women who do not visit AG specialists remains relatively high - over 35%, and the reasons are many, but the most common are: lack of time, lack of necessary habit and fear of meeting with a specialist.
7. About 35% of the surveyed women underwent a preventive gynecological examination more than a year ago. About 33% of them cited as a reason that they feel healthy, almost the same percentage that they do not have the habit of visiting their personal doctor and / or personal gynecologist. Two other groups, with about 10% each, point to a lack of time and fear of visiting their GP or gynecologist.
8. The main source of information on women's reproductive health is medical professionals. This is followed by: family conversations; conversations with friends; electronic media publications; internet forums;

The conclusion corresponds to the obtained results, the same applies to the conclusions made. The contributions of the dissertation are of emphasized scientific and applied nature, well formulated and are the result of the research. Based on the results and conclusions, recommendations and practical proposals were made to GPs and OG specialists, MU, Municipal authorities and MH in order to improve coordination and efficiency of institutions.

I believe that the topic of doctoral studies and the volume of work done significantly exceeds the legal requirements for successful defense of a doctoral thesis. I especially congratulate the successful experience in the search for parallels, through knowledge of the problems in the world - methodically, but also legally. The specialty acquired by the doctoral student contributes not only in the aspect of scientific research, but also visibly in the practice of the medical profession.

In conclusion, the dissertation presented by Dr. Stefan Fartunov contains scientific, scientific-applied and applied results, which represent an original contribution to science and meet the requirements for awarding educational and scientific degree "DOCTOR". The dissertation shows that the doctoral student has in-depth theoretical knowledge and professional skills in the scientific specialty, demonstrating qualities and skills for independent conduct and discussion of research.

On these grounds I vote positively and I suggest to the esteemed members of the Scientific Jury to vote positively and propose to the Rector of MU - Varna to awarded the scientific and educational degree "Doctor" in the doctoral program of general medicine to Dr. Stefan Kostov Fartunov

January 27, 2022

Prof. Dr. Arman Postadjian, MD

Medical University of Sofia

A handwritten signature in blue ink, appearing to be 'Arman Postadjian', written in a cursive style.