

ABSTRACTS OF PUBLICATIONS

With regard to the application for academic position

**“associate professor”- area 3. Social, business and legal sciences,
Professional field 3.2 Psychology, Specialty Medical Psychology**

Of dr. Tatyana Georgieva Radeva, MD, PhD

Department of psychiatry and medical psychology,

Medical Faculty, Medical university- Varna

1. “Coping strategies in patients with depressive disorder”, **T. Radeva**, Medical University- Varna, 2022

Abstract:

The monograph "Coping strategies for patients with depressive disorder" was published in 2022. Emphasis is placed on the experience of stress/distress, the interrelationship between the models of coping strategies in the dynamics of the healing process in depressive disorders is studied. The understanding that the therapeutic process in depression is largely influenced by both dysfunctional beliefs, patterns and patterns of behavior and the dynamics of internalized coping strategies for coping in problematic life situations is discussed. A literature review is given on the theories of stress, its medical, socio-psychological and psychotherapeutic aspects with the parallel presented current points of view in the formulations of coping strategies related to the control models, with a focus on behavior to transform circumstances or adapt to them. Basic concepts in the therapist's vocabulary are systematized. Modern studies of coping strategies in patients with a depressive episode and the effectiveness of treatment, interrelation with severity of depressive symptoms, remissions and relapses, numerous hormonal and cognitive changes are presented. The monograph is presented for review by two habilitated persons, presented in full text in the scientific work, according to the rules of the Medical University - Varna

and announces the attention of therapists with a special interest in the field of depressive disorder.

2. "50 YEARS USAGE OF TERM ALEXITHYMIA: ARE WE CLOSER TO THE AIM OF THE ISSUE?", **T. Radeva**, Bulgarian journal of psychiatry, 4/2022, vol 7, 42-48, Central Medical Library, ISSN 2367-8828

Abstract:

The present article examines the origin and development of the construct alexithymia through the views of different paradigms and its affirmation in 1972 by Peter Sifneos. Aspects in the observed dependence bodily sensations- emotional experience have been explored since the 19th century, when there were the first reports of a similar relationship established in recent times as a ground from which the understanding of the concept evolved to the interdisciplinary "emotional agnosia". The dilemma of the nature of alexithymia - as a personality trait or as a newly emerging symptom - is discussed. The mental illnesses in which alexithymia occurs and the difficulties in coping with the therapeutic process are noted. The process of creating and improving test methods necessary for the exploring of the term is outlined. Theories have been proposed that research the problem both purely psychologically and integrated with biological approaches. The achievements of modern science up to the confirmation of an up-to-date eclectic model of the concept and a tool for its investigation are included.

Key words: alexithymia, holistic approach, psychosomatic relationship

3. "Do we recognize restless genital syndrome and do we know how to treat it?", **T. Radeva**, Trakia Journal of Sciences, Volume 21, 2023, numbe 1, Series Biomedical Sciences, pp. 77-80, ISSN 1313-3551, doi: 10.15547/tjs.2023.01.013

Abstract:

This presentation presents a case of a patient with restless genital syndrome. This is a rare, often undiagnosed condition in which significant organ damage and or dysfunction is not established, the finding is defined as functional, and the patient is referred for treatment of his or her neurosis by a psychiatrist. The complaints are of a feeling of arousal, tingling or tingling in the genital area, which is not accompanied by subjective sexual arousal and is experienced excruciatingly by patients. The response to complaints of masturbation or sexual activity is weak or absent at all. It is often accompanied by symptoms of restless leg

syndrome, which suggests a common etiology of the two syndromes associated with dopaminergic mediation. There are currently published in the literature individual cases of patients with this syndrome who have been treated with pramipexole. The patient described in this case report also received treatment with pramipexole and was followed for a period of two years.

Key words: restless genital syndrome, hypothesis, etiology, treatment

4. „Modern algorithms in the treatment of depressive disorders“, **T. Radeva**, prof. Kozhuharov, G. Panov, Pro Medic, Neurology and Psychiatry, (I), 1/2019, 63-66, Medic print Sofia, ISSN 2603-4727

Abstract:

The article proposes the current trends in the treatment of depressive disorders a brief announcement of the core of the disease - clinical picture and the therapeutic goals that are set in the healing process. Common issues in practice are discussed, the clarification of which is necessary for the rule of treatment. The different biological and non-biological methods of therapy with an emphasis on biological ones are described. The options available in the country for drug treatment are discussed as the main groups of antidepressants and their side effects are presented. Guidelines are given for choosing for medication depending on the clinical picture and the predominant symptoms. Some options for drug augmentation have been suggested. A relatively new and rarely applicable in the country biological apparatus approach is described - repetitive transcranial magnetic stimulation (pTMC) as an option for the treatment of depressive disorder. The different stages of the disease, the goals of the therapist in each of them, the possibilities for combining biological and non-biological approaches and the optimal options for influencing the symptoms of the disease are presented.

Key words: depressive disorder, algorithms, treatment, approach

5. „Schizophrenia- a brief review” – Zh. Apostolov, **T. Radeva**, Ch Kozhuharov, S. Kratseva, D. Karadjova, PRO MEDIC, (2), 2/2020, 70-75, Medic print Sofia

Abstract:

Schizophrenia is a psychiatric disorder with an extremely polymorphic picture of the course and prognosis with severe disability at young age. No pre-selection factors have been identified - which one may be affected? Some hypotheses see it as a degenerative process

with multiple exacerbations, with a progressive cognitive deficit. Others believe it is a developmental disorder leading to a permanent functional disability. Or for different diseases, with a similar clinical picture and course but different prognosis. It is not clear what is the cause, but it is clear what the disease is causing to the individual and his family. The drug response to the positive, but not the negative, symptoms has been relatively successful. There is a tendency to stigmatize and discriminate against patients with schizophrenia, including medical professionals. A holistic therapeutic approach is required to effectively treat patients with schizophrenia.

Key words: schizophrenia, historical facts, course, treatment

6. „Personalized treatment of depressive disorders“ – Zh Apostolov, S kratseva, Ch. Kozuharov, D. Karadjova, **T. Radeva**, PRO MEDIC, (2), 2/2020, 64-69, Medic print Sofia, ISSN 2603-4727

Abstract:

Major depressive disorder is a common mental illness that severely limits the possibilities for optimal personal and social functioning of the patient. Although there are a number of pharmacological and non-pharmacological ways to treat it, the majority of patients do not receive a satisfactory therapeutic response or, after management of the condition, residual symptoms persist for a long period. Refinement of drug therapy to individual sociodemographic and clinical characteristics provides a new approach to overcome these problems. The methods of personalized medicine in psychiatry are based on an algorithm based on previous experience in different patient populations, taking into account the personal considerations of the patient when drawing up a therapeutic plan.

Key words: depression, personalized medicine, antidepressants, pharmacogenomics

7. „Is there an algorithm for reporting sad news?“, **T. Radeva**, GP Medic, (III), 1/2021, 89-90, Medic print, Sofia, ISSN 2603-4719

Abstract:

The communication of sad news is associated with the generation of distress both in the relatives of the deceased patient and in the submitting information. Thus, it is not uncommon for medical professionals to find themselves in situations that further impede the rhythm of work - it is related on the one hand to the care of relatives, and on the other -

to the resolution of intrapsychic conflicts as a result of problematic circumstances. Is there a recipe for how to deal with these cases?

Key words: psychotrauma, sad news, death, metacommunication, algorithm

8. „Depression and venlafaxine- a review in a span of 28 years“, **T.Radeva**, Pro Medic, Neurology, Psychiatry, Rheumatology, (III), 2/2021, 66-69, Medic print, Sofia, ISSN 2603-4727

Abstract:

Depression is a common mental disorder that affects people regardless of age, race, ethnicity and gender with impact on physical health, relationships and cognitive functions, with decline on comorbid conditions and burden. Exact knowledge of the pathophysiology of the disorder is required for successful treatment. The hypothesis of Dysregulation reveals the pathogenesis of depression, which examines the functioning of serotonin, noradrenergic and dopamine neurons and explains the clinical manifestation of depression with specific changes in these neurons and reduced levels of the respective neurotransmitters. One of the drugs influencing all three mediators in the above hypothesis in the pathophysiology of depression is venlafaxine.

Key words: depressive episode, pathophysiology, anxiety disorders, venlafaxine, treatment

9. „Alexythymia- a review of the concepts of the idea“, **T. Radeva**, e-journal VFU-Psychology, 15/ 2021, ISSN 1313-7514

Abstract:

In the article, through an essayistic style, a description of the alexithymia, the etymology of the term and its definition is given. Consideration is the evolution of the concept as it is a relationship with psychosomatic disorders. The development of concepts in the psychosomatic paradigm since the research and descriptions in the 19th century is also presented. to the development of the theory of homeostasis and a general adaptation syndrome. Both biological, neurophysiological findings and the views on the issue of various psychotherapeutic schools are shown, tracing the formation of the term alexithymia and defining its current understanding. The relationship with stress is discussed, modern possibilities for influencing depending on the presentation of alexithymia as a symptom of mental illness or as a personality trait.

Key words: alexithymia, holistic approach, psychosomatic disorder

10. „Consequences of the COVID-19 pandemic for patients with schizophrenia“, **T. Radeva**, Medinfo, 11/ 2021r, 64-67, Medinfo, Sofia, ISSN 1314-0345

Abstract:

COVID-19 was declared a pandemic in March 2020 by the World Health Organization. The pandemic has had unprecedented effects worldwide, especially on marginalized populations. Among them are patients with schizophrenia who are excessively and unjustifiably affected by the pandemic.

Key Words: schizophrenia, COVID-19

11. „Group Psychotherapy- a review“, **T. Radeva**, Psychic health, 2 (5), 2021, STENO, ISSN 2738-7550

Abstract

Group psychotherapy is a method of treatment that is applied consciously, planned and systematically in pre-organized small groups through verbal and nonverbal influence of the psychotherapist and group members on the individual participant and through his active participation in this group at a certain stage of its group dynamic development. An opportunity is created to regulate the functioning of the personality in psychosocial terms and to support the creative, mature adaptation to reality. Dysfunctional behavioral patterns are corrected. The roots of group psychotherapy lie in antiquity and can be traced to the present day.

Key words: group psychotherapy, group interactions, group dynamic, cohesiveness

12. „The Stigma “Psychic disease”“, **T. Radeva**, Psychic health, 3 (6), 2021, 34-42, ISSN 2738-7550

Abstract:

Stigma is a deeply discrediting attribute, it is a characteristic that contradicts the norms of the group; by norms is meant shared beliefs about how people should behave. As a result of the stigma, patients are doomed to a vicious circle of marginalization, alienation, poverty and social exclusion. This is even more important today, given the policy of integrating the mentally ill into the community. The success of this change in the model of care from the institutionalization to an approach which includes their integration, requires an enlightened public. Public opinion about psychiatric institutions is negative. People with mental health problems receive fewer and lower quality health and social services. Patients perceive their

attitudes toward them and begin to limit their own behavior. Relatives and friends can also suffer from stigma due to their relationship with a person with a psychiatric problem. Today, the media are strong institutions and the analysis of published news concerning people with mental illness is a measure of structural stigma. Psychiatrists need to be mobilized to reduce the stigma of psychiatry and mental disorders, especially schizophrenia, in a global perspective.

Key words: stigma, media

13. "Depressive disorders- terminology, diagnostic and treatment", H. Kozhuharov, Zh. Apostolov, **T. Radeva**, "Neurology and Psychiatry", 6/ 2016, pp3-5, Medicart Nova, Sofia, ISSN 1312-9384

Abstract:

The article discusses the growing importance of depressive disorders, presents a brief description of their characteristic clinical symptoms and modern therapeutic options for influencing them. For selective serotonin reuptake inhibitors (SSRIs) as drugs of first choice, some of the possible side effects are presented. The main rules and indications for maintenance treatment are reviewed

14. "Guidelines for the treatment of sleep disorders", **T. Radeva**, H. Kozhuharov, Zh. Apostolov, D. Karadjova, S. Krasteva, Medicart magazine no. 1/2018, pp. 50-51, publisher "Medicart Nova" Ltd., Sofia, ISSN 1312-9384

Abstract:

Sleep disorders lead to impaired professional and social functioning, which is a frequent reason for referral to the family doctor. Insomnia, hypersomnia, parasomnias and disruption of the sleep-wake cycle are known. They can be primary or secondary depending on the absence or presence of an etiological connection with other somatic or mental diseases. In order to diagnose a primary (or still inorganic) sleep disorder, it is necessary to exclude a somatic disease causing the symptom. The different causes of sleep disorders are presented, as well as possibilities for influencing them through the application of various medicinals and non-medicinal approaches.

15. "Some more unknown sleep disorders: Restless legs syndrome", **T. Radeva**, Prof. H. Kozhuharov, GP News magazine no. 1/2019, pp. 13-15, medical publishing house MEDBOOK, Sofia, ISSN 1311-4727

Abstract:

Restless legs syndrome is presented in the article. It is a condition with unclear morbidity, with late diagnosis after the onset of symptoms, with a general decline in the patient's functioning and the risk of the development of other medical conditions due to the prolongation of the therapeutic intervention. This syndrome as a localization may individually involve the arms, chest, face or genital area and is the cause of many fruitless examinations and consultations until it is diagnosed as a "functional disease". Possible pathophysiological and pathogenetic mechanisms and diverse approaches to affect suffering are reviewed.