

Statement

**for scientific works and educational activities
of Dr. Tatyana Georgieva Radeva, MD, Ph.D.**

**submitted for participation in a competition for an academic position "associate
professor" – area 3. Social, business and legal sciences,
professional field 3.2. Psychology (Specialty Medical Psychology),
announced by MU "prof. Dr. Paraskev Stoyanov", Varna in State Gazette no.
No. 54 of 23.06.2023 for the needs of the Second Clinic of Psychiatry at UMBAL
"St. Marina" JSC, Faculty of Medicine, Department of "Psychiatry and Medical
Psychology"**

**Developed by: Assoc. Prof. Dr. Vanya Gospodinova Hristova - "Chernorizets
Hrabar" VFU, 3.2. Psychology (Developmental and Pedagogical Psychology)**

I. Contest Details

The present opinion was prepared on the basis of documents received through a competition announced by MU "prof. Dr. Paraskev Stoyanov", Varna in State Gazette no. No. 54 of 23.06.2023 for the needs of the Second Clinic of Psychiatry at UMBAL "St. Marina" JSC, Faculty of Medicine, Department of "Psychiatry and Medical Psychology". The documents submitted for the competition correspond to the requirements of the RASRB and the Regulations for the terms and conditions for occupying academic positions at the MU "prof. Dr. Paraskev Stoyanov", Varna. The competition procedure has been correctly followed.

The only candidate under the announced competition for the academic position "docent", professional direction 3.2. Psychology (Medical Psychology Specialty) is the Head of Dr. Tatyana Georgieva Radeva from the Medical University "Prof. Dr. Paraskev Stoyanov", Varna.

II. Applicant data

Dr. Tatyana Georgieva Radeva was born in 1975 in the city of Varna. In 2000, he obtained a master's degree from the Academy of Medical Sciences, majoring in Medicine at the Medical University of Prof. Ph.D. Paraskev Stoyanov, Varna with a subsequent MA "Master's degree", specialty "Applied Psychology" in 2008 at VSU "Chernorizets Hrabar" and ONS "Doctor" in scientific specialty 3.2. "Medical Psychology" at MU-Varna "prof. Dr. Paraskev Stoyanov". In 2013, she acquired a specialty in Psychiatry. The obtained OCS "master" and ONS "doctor", as well as the subsequent specializations, are according to the profile of the current competition.

For the period from 2010 until 2015 the candidate works as: resident doctor, day hospital sector, First Psychiatric Clinic, UMBAL "St. Marina" EAD, city of Varna; 2015 to 2016 as the administrative manager of Day Care activity, Second Psychiatric Clinic, UMBAL "St. Marina" EAD, Varna; 2016 to 2019, respectively, as resident physician-day care activity and physician-assistant in the Second Psychiatric Clinic, UMBAL "St. Marina" EAD, Varna

His professional career, as a teacher at MU "prof. Ph.D. Paraskev Stoyanov", Varna will start in 2016. From the references submitted for the announced competition for the academic position of "associate professor", it is established that the assistant professor Dr. Tatiana Georgieva Radeva participates in international research and educational projects.

III. Description of scientific works

The description of the scientific works of Dr. Tatiana Georgieva Radeva was prepared based on the data submitted by the candidate for the academic position "docent".

To participate in the competition, Dr. Tatyana Georgieva Radeva submitted a list of scientific works, including 2 monographs, 1 textbook and 17 articles.

First, in quantitative terms in accordance with Art. 2b of the ZRASRB, the publications of Dr. Tatiana Georgieva Radeva exceed the minimum legal requirements.

Secondly, in terms of the structural characteristics of the studies carried out, including:

✓ Monographs – 2 independent works. The first - "Dynamics of coping strategies in patients with depressive disorder" is a volume of 132 standard pages structured in six parts. Emphasis is placed on the experience of stress/distress, and the interrelationship between patterns of coping strategies in the dynamics of the treatment process in depressive disorders is explored. Modern studies of coping strategies in patients with a depressive episode and the effectiveness of treatment, the relationship with the severity of depressive symptoms, remissions and relapses and the many hormonal and cognitive changes accompanying the disease are also presented.

In the second monograph "Diagnosis of mental and behavioral disorders in real practice", which is in a volume of 152 pages, the stages through which the diagnostic process passes in patients with mental disorders are reflected from a subjective point of view, through the gaze of the therapist. The monograph includes 11 chapters, each of which corresponds to the sections of ICD-10 and deals specifically with individual psychiatric diagnoses belonging to these sections.

A kind of continuation of the ideas presented in the previous monographs is also made in the textbook on "Psychiatry" for students and specialized doctors, in which the author participates in five chapters with a volume of 45 pages.

The total number of articles presented for the competition is 17, which are both independent and co-authored and express her search for the respective set of issues. The articles examine modern trends and algorithms in the treatment of depressive disorders, as well as their personalized treatment; the terms alexithymia, schizophrenia are described; the breaking news algorithm; the effects of the COVID-19 pandemic on patients with schizophrenia; methods of treatment for sleep disorders, etc.

The presented scientific production corresponds to the minimum national requirements under Art. 2b, paragraphs 2 and 3 of the ZRASRB and the Regulations for the terms and conditions for holding academic positions at the MU "prof. Dr. Paraskev Stoyanov", Varna.

IV. Scientific contributions

From the scientific production presented for the competition by the candidate ch. Assistant Professor Tatiana Georgieva Radeva, Ph.D., the following scientific and scientific-applied contributions in several directions could be highlighted:

Direction 1: Methodology in the therapeutic approach in affective disorders:

- ✓ existing knowledge has been enriched regarding the understanding that the therapeutic process in depression is largely influenced by both dysfunctional beliefs, models and patterns of behaviors, as well as by the dynamics of internalized coping strategies to deal with problematic life situations;
- ✓ cases with depressive disorder from real practice and the possibilities for influence are presented.
- ✓ guidelines for therapeutic influence in the different phases of the depressive disorder are proposed;
- ✓ the possibilities for influencing adverse drug reactions are discussed;
- ✓ analyzed the role of both individual and group psychotherapy interventions in patients with depressive disorder.

Direction 2: Methodology in the therapeutic approach in schizophrenia:

- ✓ Techniques for augmentation in refractory cases are presented.
- ✓ an overview was made of the views of the disease schizophrenia;
- ✓ the work with the family in patients with debilitating diseases was analyzed;
- ✓ the consequences of the COVID-19 pandemic for patients with schizophrenia are discussed;
- ✓ the course of the disease and opportunities for building a therapeutic alliance are presented, as well as opportunities for psychotherapeutic interventions in patients with schizophrenia.

Direction 3: Phenomenology and psychopathology:

- ✓ conveying the conduct of a psychiatric interview, examples of the manifestation of psychopathological phenomena are given;

- ✓ the differences between individual symptoms and syndromes are defined;
- ✓ an exemplary algorithm was constructed for conducting an interview with a patient with mental problems;
- ✓ a systematization was made in the conceptual apparatus of the term alexithymia.

Strand 4: Psychosocial factors and severity of mental disorders:

- ✓ the acceptance of the disease and the establishment of therapeutic contact in debilitating diseases were analyzed;
- ✓ Possibilities for psychoeducation of the patient's relatives and approaches to communicating bad news were discussed;
- ✓ the consequences of isolation escalated in patients with schizophrenia during the COVID-19 pandemic are discussed;
- ✓ the role of social support is shown, examining the critical influence of family and society in the therapeutic process.

Pathway 5: Rare syndromes in clinical practice:

- ✓ a case of a patient with a rare syndrome, followed for a period of two years in the practice, is presented, and the scientific achievements for this condition known to date have been analyzed.

Strand 6: Coping Strategies:

- ✓ for the first time in the Republic of Bulgaria, a study was conducted revealing the dynamics of coping strategies in patients with a depressive disorder;
- ✓ a certain coping model was established for respondents from the control, "healthy" group, including a set of problem-focused and emotion-focused coping strategies, which can be used as a model for remodeling coping strategies in depressed patients within psychotherapeutic interventions ;

- ✓ it was found that the most significant dynamics in the course of depressive disorder suffer from two problem-focused strategies and two emotionally-focused ones;
- ✓ an algorithm for working in the practice of remodeling coping strategies in patients with depression was proposed within the framework of psychotherapeutic interventions.

For the participation in the competition for the academic position of "associate professor", the candidate presents works which, in terms of quantity and quality, I consider to be sufficient to satisfy the requirements for academic publications and, at the same time, in terms of content, fully fit into the context of the announced competition.

V. Teaching work

From the submitted curriculum vitae, certificate of teaching experience and reference for academic workload for the pedagogical activity of ch. Assistant Professor Tatyana Georgieva Radeva, PhD, for the period from September 2019, it is clear that the candidate is involved in the training of students in the Master's College of Arts and Sciences with several disciplines.


The quantitative and qualitative parameters of the candidate's teaching work, based on the submitted references and documents, give reason to express a very good assessment of her professional level in terms of classroom and out-of-classroom employment.

VI. Conclusion

A detailed introduction to the scientific production presented for participation in the competition for the academic position of "associate professor", as well as educational and pedagogical activities at the Faculty of Medicine, Department of Psychiatry and Medical Psychology at the MU "prof. Dr. Paraskev Stoyanov" - Varna, presents Ch. Tatyana Georgieva Radeva, Ph.D., assistant professor, as an accomplished researcher and established university teacher.

After getting acquainted with the materials and scientific works presented in the competition, analyzing their significance and the scientific, scientific-applied and applied contributions contained in them, I give my positive assessment and recommend to the Scientific Jury to award ch. Tatyana Georgieva Radeva, assistant professor, Ph.D. the scientific title "docent" in a professional field 3.2. Psychology (Specialty Medical Psychology), field of higher education 3. Social, economic and legal sciences for the Department of Psychiatry and Medical Psychology, Faculty of Medicine - Varna University of Medical Sciences and Second Clinic of Psychiatry at UMBAL "St. Marina" EAD-Varna.

06.10.2023

Prepared the Statement: 
(Assoc.Proff. Vanya Hristova, Ph.D.)