

МЕДИЦИНСКИ УНИВЕРСИТЕТ
ПЛОВДИВ
Вх. № 011493 / 17.12.2021 г.

To
the Chairman of the Scientific Jury,
Appointed by Order № P - 1882 / 22.10.2021
of the Rector of the Medical University of Plovdiv
15A "Vasil Aprilov" Blvd.
4002 Plovdiv

On your Protocol №1/ 03.11.2021

**Attached I present: Review
in a competition for the academic position of "Associate Professor" in the scientific
specialty "Psychiatry" announced for the needs of MU-Plovdiv, department Psychiatry and
Medical Psychology in State gazette, no. 63 / 30.07.2021**

Reviewer: Associate Professor Dr. George Panov, Ph.D.
Science specialty/ies Psychiatry

Institution: Asen Zlatarov University, Burgas, Faculty of Medicine, Department of Surgery, Ob-
stetrics, and Gynecology, Nervous Diseases, Psychiatry, Physiotherapy, Rehabilitation, and ENT
Diseases

Postal address: 1 "Professor Yakimov" str., 8010

University "Professor doctor Asen Zlatarov" Burgas

e-mail: gpanov@dir.bg

Phone number: 088 8454634

REVIEW
BY Associate Professor Dr. George Panov, Ph.D.
FOR THE COMPETITION FOR OCCUPATIONAL ACADEMIC POSITION
"ASSOCIATE PROFESSOR"
IN MU-PLOVDIV

Member of the scientific jury appointed by Order № P1882 / 22.10.2021 of the Rector of the Medical University - Plovdiv for conducting a competition for the academic position of "Associate Professor" for the needs of the Medical University - Plovdiv, Department of Psychiatry and Medical Psychology for teaching Bulgarian and English in the scientific specialty "Psychiatry" professional field 7.1 "Medicine", a field of university education 7. "Health and Sports", announced in SG no. 63 of 30.07.2021

APPLICANT: Dr. Zlatoslav Petrov Arabadjiev, MD - Chief Administrative Assistant at the Department of Psychiatry and Medical Psychology, Medical University of Plovdiv.

I. Analysis of the applicant's career profile.

Dr. Arabadjiev graduated with a master's degree in medicine from the Medical University of Plovdiv in 2005. In 2008 he completed a second master's degree at the University of Plovdiv "Paisii Hilendarski" in "Applied Psychology", and in 2014 after successfully obtaining a degree in psychiatry, started working as a specialist at the psychiatry clinic of the University Hospital "St. George" Plc., Plovdiv, where he still works.

In 2015 he defended his dissertation on "Quality of life in patients with schizophrenia and ADHD, with a debut before the age of 18 and their relatives." And since 2016 he has been an assistant at the Department of Psychiatry and Medical Psychology at the Medical University - Plovdiv. In 2018 he became the chief administrative assistant of the department, which position he still holds.

For the period 2020-2021 Dr. Arabadjiev became the head of three programs for SDO at MU Plovdiv with a duration of 2 semesters for each of them: "Psychology and Psychotherapy of Crisis", "Sexology" and "Integrative Psychotherapy". At the Postgraduate training department (PTD) of MU-Plovdiv, Dr. Arabadjiev is also the leader of two one-month courses: "Medical Psychology" and "General and Clinical Psychopathology".

Dr. Arabadjiev is one of the few psychiatrists in Bulgaria who has interests and research in the field of psychotherapy in addition to his work as a biological psychiatrist. Since 2015 he has been studying in a master's program in Positive and Transcultural Psychotherapy at the SPPB - Varna. He has acquired additional qualifications in many different modalities: hypnosis and hypnotherapy, work with metaphorically associative maps, TAT assessment methodology, cognitive-behavioral therapy for specialists. Through his scientific work in the field of psychotherapy, he has gained extensive experience in a transcultural environment. He is a

member of the World Association of Positive and Transcultural Psychotherapy, the Association of Hypnosis, Bulgarian Psychiatric Association (BPA), and Bulgarian medical association (BMA). He has presented papers at world conferences and training seminars in Germany and Turkey. He has participated as a co-author in numerous collective books and monographs. He has participated in the author's team of bilingual textbooks of the department, as well as school guidance for "Working with students with hyperactivity and attention deficit" at RAABE.

Overall assessment: Throughout his career up to now, Dr. Arabadjiev has participated in numerous training with leading specialists from Bulgaria and the world in the field of neuroscience, psychodiagnostic, and psychotherapy. The collaboration with the World Association of Positive and Transcultural Psychotherapy, the Bulgarian Association of Hypnosis and Hypnotherapy, and the Society of Positive Psychotherapy Bulgaria and its diverse and consistent interests led to Dr. Arabadjiev's growth as a highly qualified specialist and researcher.

II. General description of the materials submitted in the competition.

The materials submitted by Dr. Arabadjiev are in full and comply with the requirements of LDASRB and the Regulations of MU - Plovdiv. The necessary evidence for career development (professional and academic - with the relevant diplomas, documents, references, and certificates), as well as for teaching and research activities (academic reports on workload, list, and copies of publications, as well as summaries in Bulgarian and English), list of textbooks, citations and participation in projects with evidence and monographs).

The evidence is comprehensive and corresponds to the list published on the website of MU Plovdiv. Dr. Arabadjiev participates in the competition with a published monograph as a habilitation thesis on "Traumas, crises and crisis interventions", with a total volume of 222 pages.

The applicant participates with 22 scientific papers, of which 7 are full-text publications in foreign journals with impact factor (mainly between 3 and 7, maximum IF 7.577), 6 in Bulgarian peer-reviewed journals without impact factor, 3 - in foreign non-refereed journals without impact factor and also 5 in national journals and scientific journals. There is one published collective monograph "Working with students with hyperactivity and attention deficit".

The applicant participates in the author's team of 4 textbooks in Psychiatry for medical students in Bulgarian and English and in Medical Psychology for medical students in Bulgarian and English. He has assisted in the preparation of tests and training materials before and during online training.

Dr. Arabadjiev has presented a total of 94 citations of his scientific works for the current competition.

Evidence of the applicant's participation in 1 national project has been provided.

III. Assessment of the candidate's scientific works for the overall academic development.

- ✓ General characteristics of the scientific production and publishing activity:

Dr. Arabadjiev participates in the competition with 21 full-text scientific publications, 4 textbooks, and two monographs, one of which is a habilitation thesis. Scientific publications (21) include 7 actual publications in scientific journals with impact factor, 6 in refereed journals without IF and 3 in non-indexed foreign journals, and 5 in non-indexed national journals without IF. It is noteworthy that most of the publications are in magazines with IF. The candidate is the first author in 9 of all publications. Own original studies are presented in 8 of the articles and 13 of them are reviews. The applicant has co-authored with researchers from abroad.

Dr. Arabadjiev's scientific production and publication activity are grouped in the following areas:

Research of the ways of interaction between the environment and psychopathology

For the first time in Bulgaria, the different ways of interaction between the available green and blue spaces in the residential areas and the mental well-being have been studied. The established results are relevant not only for the ways of impact but also for the prevention and prophylaxis of mental disorders of the neurotic and affective circle. The contribution of the research is in the context of the holistic approach and the bio-psychosocial model for the etiopathogenesis of mental disorders. Evidence of the connection between the biological unit, the psyche, and the environment. The importance of maintaining balance in the overall ecosystem and the importance of this for smaller systems, such as the human body and the function of its brain - mental activity in the norm and pathology.

Study of the green spaces preventive role

For the first time in Bulgaria, the relationship between noise, the preventive role of green spaces, and mental well-being has been studied. In-depth analysis of the data from the study, showing the relationship between noise, pollution, physical activity, routes of impact, prevention, and mental well-being. The results provide an in-depth look at various unconventional methods for influencing the genesis, course, and outcome of mental suffering. This provides additional methods for intervention in the active phase of the mental disorder, prevention of the high frequency of adverse outcomes, and subsequently in the process of rehabilitation and resocialization of the affected individual. The research implies the need for significant contact, not only with yourself, with other important people, but also with the environment.

Review developments in cyberpsychology

Dr. Arabadjiev is one of the first mental health specialists to publish his reviews of a relatively new psychological modality - Psychology of Virtual Space. His work

emphasizes an individual and professional reading of behavioral addictions and in particular the individual's behavior in the virtual space. Contemporary aspects of phenomena such as disinhibition of behavior in cyberspace, the manifestation of sexual behavior are considered. On the other hand, a new hypothesis has been formulated for the formation of the self-image and the dissociative conflict, as a direction for psychodynamic diagnostics and psychological processing. The term "third parent" has been introduced in the form of "smart devices", which serve as a compromise option in raising children.

Study of frustration reactions

For the first time in Bulgaria, the normative crises in each individual's life with the specifics of the frustration reaction in the pubertal crisis are considered separately in two age ranges. The specifics of each of them are defined in detail, which is an invaluable tool in the psychotherapeutic process. A detailed original study of the frustrating reactions of the pubertal age crisis in two age ranges, not only of adolescents but also their parents' style of behavior. This helps different professionals to understand better the adolescents' emotional, cognitive and behavioral reactions. Empathetic coping with crisis issues and overcoming the crisis with new psychological content give rise to more adaptive strategies.

- ✓ Scientific activity - dissemination and application of applicant's scientific and practical achievements within the scientific community;

Dr. Arabadjiev actively participates with reports at international and national conferences, independently, with colleagues and students. The applicant's main applied and practical contribution is his work with students, complex biological-psychological reading of psychopathology and various methods of influence, showing originality and creativity in his research and can justify when postulating his own understanding of the matter and the hypotheses developed by him concerning conflict dynamics.

- ✓ Participation in project implementation:

The applicant has taken part in 1 national project. "Young Scientists and Postdoctoral Students", which examines the existence of a psychological correlation between certain personality traits and locus of control, as well as their predictive value in the choice of antidepressant.

- ✓ Scientific and creative achievements (scientific authority);

Dr. Arabadjiev has received well-deserved recognition for his scientific achievements, as evidenced by the high citation index (total citations from 2016 177 Hirsch Index 5 and i10-index 4). He is a reviewer of the prestigious magazine "The Global Psychotherapist" - 3 reviews and "Frontiers" 1 review.

IV. Evaluation of the monographic work submitted for participation in the competition for "ASSOCIATE PROFESSOR".

The presented monographic work by Dr. Arabadjiev: "**Traumas, crises, and crisis interventions**" is accompanied by a separation protocol for indivisible co-authorship according to the rules for writing a collective monograph by two authors: Dr. Zlatoslav Arabadjiev, MD and Dr. Stefanka Tomcheva, MD.

The presented monograph represents a significant and in-depth look at the theory of crises and traumas, paying attention to the dynamics of Post-traumatic stress disorder (PTSD), CPTSD, and developmental trauma. The monograph focuses on psychotherapeutic and psychiatric care but can be an enriching tool for psychologists and physicians. A kind of bridge where the soul and the body meet and show the individual's psychosomatic nature. The considered issues are following the modern ideas about psychodynamics and the approaches to the individual experiencing a crisis or trauma.

The monograph contains 25 chapters, divided into 6 parts, printed on 222 pages. There is a smooth transition, consistency, and upgrading of the complexity of the presented material between the different chapters in the monographic work.

The literature review covers 205 sources (in Bulgarian, Russian and English). It is well constructed and sufficient in volume and fully presents and summarizes the researched so far scientific and practical data on the subject.

The considered problem is very relevant and describes in detail and comprehensively the various dimensions of the concept of "trauma", "crisis", "developmental trauma", "complex trauma" and crisis interventions "in the context of the overall approach to the individual in crisis".

Dr. Zlatoslav Arabadjiev's monographic work studies the dynamics of normative crises with the frustration reaction. On the other hand, it shows promptly the way of experiencing and reacting of the stated sample in a state of the pandemic, and the related losses: of health, social and significant relatives.

Based on the results obtained, compared with the rich literature review and the many original and substantiated scientific facts of the authors, I believe that the presented monograph has its scientific contribution, which I accept as their personal merit, not only in organizing the theoretical framework but also concerning the research part and the adaptation of the presented protocols.

In conclusion: Dr. Zlatoslav Arabadjiev and Dr. Stefanka Tomcheva's monographic work contains the necessary requirements for scientific work, has its practical focus with adapted good practices that represent an original contribution to science and psychological therapy. Dr. Arabadjiev has in-depth theoretical knowledge and professional skills in Psychiatry, Psychology, and Psychotherapy, demonstrating qualities and skills for independent research, as well as forming a theoretical framework and good clinical and psychotherapeutic practice in times of crisis.

V. Reflection (citation) of the applicant's publications in the national and foreign literature (publication image).

Proof of applicant's scientific publications qualities is their high international evaluation, reflected in a large number of positive citations (177 from 2016 up to now).

The citations of scientific papers presented in the competition are 95, all by foreign authors in refereed journals. Dr. Arabadjiev has a Hirsch Index of 5 and an i10-index of 4.

VI. Comprehensive, quality assessment of teaching and teaching activities, including scientific guidance of students, doctoral students, postgraduates.

Dr. Arabadjiev has over 5 years of experience in teaching as an assistant at the Department of Psychiatry and Medical Psychology at MU-Plovdiv. He has been actively involved in the practical training of students in medicine and dentistry from 2016 up to now.

In the period 2018-2021, he conducted lectures and practical exercises in psychiatry in the specialty "Rehabilitator" at the Ministry of Culture. Throughout his teaching career, he has conducted practical exercises for students of medicine and dentistry in Bulgarian and English and has participated in training under the Erasmus program. Since 2016 he has been contributing to the training of general practitioners.

Since 2020, Dr. Arabadjiev has been the leader of three PTD programs lasting 2 semesters each: "Psychology and Crisis Psychotherapy", "Sexology" and "Integrative Psychotherapy" and two two-month courses: "Medical Psychology" and "General and clinical psychopathology". According to the academic report for the last 3 academic years, Dr. Arabadjiev's study load is above the norm (on average over 150%).

VII. Critical remarks and recommendations.

None.

VIII. A general assessment of the applicant's compliance with the minimum national requirements under Article 2b, paragraph 2 and 3, respectively to the requirements under Article 2b, paragraph 5 of LDASRB, and the specific requirements of MU - Plovdiv in areas and for units with/without clinical activity, defined in the Regulations for academic development at the Medical University – Plovdiv:

The analysis of the materials presented by Dr. Arabadjiev for participation in the competition, incl. administrative documents and evidence for scientific activity, teaching, and teaching activities fully comply with the mandatory conditions under LDASRB, RALDASRB, and the Rules for the structure and activities of MU-Plovdiv, and scientific publications and citations significantly exceed the mandatory scientometric indicators.

As it can be seen from the attached table, the applicant's performance is several times higher than the minimum requirements.

Group of indicators	Minimum requirements	Real applicant's indicators
Group A	50	50
Group B	100	100
Group C	200	385.5
Group D	100	1410
Group E	60	66
Group F	300	587,5
Total	810	2599


IX. Conclusion:

Dr. Arabadjiev has achieved original results of a contribution nature and scientific-applied significance. He has the authority of an established professional, lecturer, and researcher with international recognition. The overall scientific and teaching activity meets the mandatory and specific conditions and scientometric criteria set out in the LDASRB, the Regulations for its implementation, and the Regulations of MU-Plovdiv for the academic position of "Associate Professor".

Based on this, I give a positive review for the award of the academic position of "Associate Professor", in the scientific specialty of Psychiatry, in the Department of Psychiatry and Medical Psychology at MU - Plovdiv to Dr. Zlatoslav Petrov Arabadzhev, Ph.D.

16. 12. 2021

Review prepared by:


/Associate Professor Dr. George Panov, Ph.D./