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МЕДИЦИНСКИ УНИВЕРСИТЕТ
ПЛОВДИВ
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To the Chairman of the Scientific Jury
Appointed by Order № P - 1882 / 22.10.2021
By the Rector of the Medical University - Plovdiv
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Based on your Protocol №1 / from 03.11.2021

Jasmin Vassileva, Ph.D.
Associate Professor of Psychiatry and Psychology

Attached I present: Review in a competition for the academic position of
"Associate Professor"

In the scientific specialty "Psychiatry" at the Department of Psychiatry and
Medical Psychology of MU-Plovdiv with candidate Assistant Professor Dr.
Zlatoslav Arabadzhiev, MD, PhD, announced in SG, no. 63 / 30.07.2021

Reviewer: Assoc. Prof. Jasmin Lyudmilova Vassileva, PhD
Virginia Commonwealth University, USA

Scientific Specialty: Clinical Psychology / Neuropsychology

Institution: Virginia Commonwealth University, USA

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Review

From Assoc. Prof. Jasmin Vassileva

Regarding the competition for the academic position of "ASSOCIATE PROFESSOR" in the scientific specialty "Psychiatry" in the field of higher education 7. Health and sports, professional field 7.1. Medicine, at the Department of Psychiatry and Medical Psychology at the Medical University of Plovdiv for teaching in Bulgarian and in English in the discipline "Psychiatry" announced in SG no. 63 of 30.07.2021, on an approved proposal of a scientific jury by the Faculty Council of the Medical Faculty of the Medical University of Plovdiv Protocol № 7 of 13.10.2021

Candidate: Assistant Professor Dr. Zlatoslav Arabadzhiev, MD

I. Analysis of the Candidate's Career Profile

Dr. Arabadzhiev graduated from the Medical University of Plovdiv in 2005 with a master's degree in medicine. In 2008, he graduated with a master's degree from the University of Plovdiv "Paisii Hilendarski" with a degree in Applied Psychology. In 2014, he defended his specialty in psychiatry and started working as a specialist at the psychiatry clinic of the University Hospital "St. Georgi "EAD, Plovdiv. Currently, he works in the same clinic. In 2015, he defended his dissertation on "Quality of life in patients with schizophrenia and BAD, with a debut before the age of 18 and their relatives." In 2018, he became the Head Administrative Assistant of the department, which is his current position. Dr. Arabadzhiev's interests are in the field of psychotherapy. Since 2015 he has been studying in the master's program in Positive and Transcultural Psychotherapy at the BAPP - Varna.

Assessment: Dr. Arabadzhiev developed his professional and research qualifications in the interdisciplinary academic field of biological psychiatry and psychotherapy. The candidate shows in-depth theoretical knowledge and practical skills in Bulgaria and abroad. He has established himself as a highly qualified specialist and researcher with diverse scientific interests.

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

The materials presented for the competition are complete and in accordance with the requirements of LDASRB and the Regulations of MU - Plovdiv. They are supported by comprehensive evidence in the main areas - professional activity, academic development, teaching and research, including an official reference to publications and citations.

22 scientific items are presented, of which:

- published articles in foreign journals with impact factor - 7;
- published articles in Bulgarian peer-reviewed journals without impact factor – 4
- articles published in national journals and scientific journals -7
- published abstracts in foreign journals without impact factor - 1;
- published abstracts in Bulgarian refereed journals without impact factor - 2
- Co-author of the monograph "Working with students with hyperactivity and attention deficit".

Dr. Arabadjiev participates in the author's team of 4 textbooks: Textbook of Psychiatry for medical students in Bulgarian and English and Textbook of Medical Psychology for medical students in Bulgarian and English.

Dr. Arabadzhiev has 95 citations, all in refereed journals.

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

1. General characteristics of the scientific production and publishing activity

Dr. Arabadzhiev participates in the competition with 28 scientific papers - 19 scientific publications, two monographs, 4 textbooks and 3 scientific papers. Scientific publications include Abstract of the

dissertation with the educational and scientific degree "Doctor" in the scientific specialty "Psychiatry" on "Quality of life in patients with schizophrenia and bipolar disorder with debut before the age of eighteen and their relatives" and 18 real articles in scientific journals and collections.

The scientific production and publications of Dr. Arabadzhiev are focused on the following areas:

Interaction between the environment and psychopathology

For the first time in Bulgaria the different interactions between green and blue spaces in residential areas and well-being have been studied. The findings represent a significant contribution in elucidating the etiopathogenesis of mental disorders in the neurotic and affective circle. They reveal a connection between the biological unit, the psyche and the environment and argue for the need to maintain balance in the overall ecosystem for the normal functioning of the human body.

The role of green spaces in prevention

Significant practical contributions are provided by the studies on the relationship between noise, green spaces and mental well-being, which justify the use of various unconventional methods to influence the genesis, course and outcome of mental suffering. Their important role in reducing the frequency, potentiating the effect of treatment, and facilitating the rehabilitation and resocialization of affected individuals has been established.

Review of developments in cyberpsychology

Dr. Arabadjiev is one of the first mental health specialists in Bulgaria, who has published reviews in a relatively new field - "Psychology of cyberspace." His publications reveal an understanding of behavioral addictions and individual differences in behavior in cyber space. Contemporary aspects of phenomena such as disinhibition of behavior in cyberspace, manifestation of sexual behavior, etc. are considered. A new hypothesis for the formation of the self-image and dissociative conflict has been formulated as a direction for psychodynamic diagnostics and psychological processing. The term "third parent" has been introduced in the form of "smart devices" and "dissociative conflict".

Study of frustration reactions

Dr. Arabadzhiev conducted one of the first detailed empirical studies of the frustration reactions during puberty not only among adolescents, but also of the behavioral style of their parents. The findings help different specialists to better understand the emotional, cognitive, and behavioral reactions of adolescents. The proposed approach for empathic management of the crisis and overcoming the crisis with a new psychological content, may generate more adaptive strategies.

2. Scientific activity - dissemination and application of the scientific and practical achievements of the candidate among the scientific community

Dr. Arabadjiev is a co-author of numerous books and monographs: "Medicine and Psychology", "Psychopathology Cases", bilingual textbooks on "Medical Psychology" and "Psychiatry for medical students". Unique in its value is the school guide for "Working with students with hyperactivity and attention deficit".

3. Participation in the implementation and management of projects

Dr. Arabadjiev is involved in a national research project "Young Scientists and Postdoctoral Fellows" .

4. Scientific and creative achievements (scientific authority)

Dr. Arabadjiev is a member of the Bulgarian Psychiatric Association, the Society for Positive Psychotherapy Bulgaria, the Bulgarian Hypnosis Association, the World Association for Positive and Transcultural Psychotherapy. He is a reviewer of the magazine of the World Association for Positive and Transcultural Psychotherapy (WAPP), Wiesbaden, Germany "The Global Psychotherapist" and the "Frontiers" journal.

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

Dr. Arabadzhiev is a co-author of the monograph "Traumas, Crises and Crisis Interventions". The monograph contains 25 chapters, divided into 6 parts, printed on 222 pages. The monograph is accompanied by a separation protocol with the other author - inseparable co-authorship. It presents an analytical overview and in-depth research on the experience and overcoming of normative crises and psychological traumas. The specifics of the psychological problems, the deficit and the solution of the normative crises are clearly defined. Extensive information is presented on directions for conducting psycho-social therapy and rehabilitation of crisis survivors and their relatives, and the authors have adapted protocols for crisis intervention. The monograph describes the original scientific work of the authors related to regulatory crises, aggression and frustration. In addition, their research in the context of a pandemic is presented and the various psychological phenomena observed in individuals facing personal crises due to loss of health, significant others.

The monographic work of Dr. Arabadzhiev, co-authored with Dr. Stefanka Tomcheva, contains scientific, applied scientific, and applied results, as well as good practices that represent an original contribution to science and psychological therapy. It is suitable for mental health professionals and students in these areas, as well as for a wider range of people involved in public relations.

V. Reflection (citations) of the Candidate's Publications in the National and International Literature (publication image)

There are 95 citations of the scientific papers presented in the competition, all by foreign authors in refereed journals. Dr. Arabadzhiev has a Hirsch Index of 5 and an i10-index of 4. The analysis of the data shows that the scientific production of Dr. Arabadzhiev reflects consistency and dedication to his goals. He shows understanding of the subject matter and ability to formulate independent hypotheses and develop psychological theories. Publications and citations in prestigious journals confirm the significance of the scientific research. Dr. Arabadzhiev shows originality and creativity in his research and successfully substantiates the proposed hypotheses about conflict dynamics.

VI. Qualitative Assessment of the Candidate's Teaching Activities

Dr. Arabadzhiev 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 until now. In the period 2018-2021 - conducts lectures and practical exercises in psychiatry in the specialty "Rehabilitator" at the Ministry of Culture. Throughout his teaching career he conducts practical exercises for students of medicine and dentistry in Bulgarian and English and participates in training under the Erasmus program. Since 2016 he has been contributing to the training of general practitioners. According to the academic report for the last 3 academic years, his study load is above the norm (on average over 150%).

The presented data provide grounds to conclude that Dr. Z. Arabadzhiev is a qualified and experienced educator with skills to adapt the volume and degree of complexity of the material to the needs of the students. His level of proficiency in English determines his effective participation in the education of foreign students.

VII. Critical Remarks and Recommendations

None.

VIII. Overall Assessment

The analysis of the materials presented by Dr. Arabadzhiev for participation in the competition, including administrative documents and evidence for scientific activity, teaching and teaching activities,

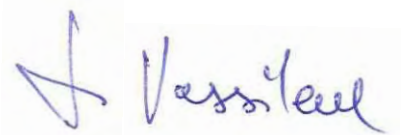
fully comply with the mandatory conditions under LDASRB and the Regulations of MU - Plovdiv and Rules for the structure and activities of MU-Plovdiv, and his scientific publications and citations significantly exceed the mandatory scientometric indicators.

IX. CONCLUSION

The above gives me reason to conclude that the candidate fully meets the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria (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 and support awarding the academic title of "Associate Professor", in the scientific specialty of Psychiatry, in the Department of Psychiatry and Medical Psychology at MU - Plovdiv to Dr. Zlatoslav Petrov Arabadzhiev, MD.

Reviewer:

A handwritten signature in blue ink, reading "J. Vassileva". The signature is stylized and appears to be written on a light-colored background.

Assoc. Prof. Jasmin Lyudmilova Vassileva, PhD