

SHORT ACADEMIC REVIEW

By Prof. Dr. Anastasiya Georgieva Trenova, PhD, DSc
Department of Neurology, Medical University of Plovdiv,

a member of a Scientific Jury, determined by Order № P1882 / 22.10.2021 of the Rector of the Medical University of Plovdiv for conducting a competition for the academic position "Associate Professor" for the needs of the Medical University of Plovdiv, Department of Psychiatry and Medical Psychology for teaching in Bulgarian and English language in the scientific specialty "Psychiatry" professional field 7.1 "Medicine", field of higher education 7. "Health and Sports", announced in SG № 63/30.07.2021

CANDIDATE: Dr. Zlatoslav Petrov Arabadzhiev, PhD - Chief Assistant Professor in the Department of Psychiatry and Medical Psychology, Medical University of Plovdiv.

I. Analysis of the candidate's career profile

1. Professional development:

- graduated with a master's degree in medicine from the Medical University of Plovdiv in 2005 with very good results.
- In 2008 obtained a master's degree in Applied Psychology at Plovdiv University "Paisii Hilendarski"
- From 2007 to 2017 is a resident doctor at the Center for Emergency Medicine in Pazardzhik
- Since 2014 and currently works as a psychiatrist at the Clinic of Psychiatry and Medical Psychology at the University Hospital "St. George", Plovdiv, as well as in outpatient psychiatric practice.
- Between 2009 and 2019 he has numerous participations (29) in training courses in the country and abroad in various fields such as Applied Psychology and Positive Psychotherapy, Hypnosis and Hypnotherapy, Electroconvulsive Therapy, Forensic Psychiatry, Child Psychopathology, Psychodiagnostics of Cognitive Processes, Use of projections and projective metaphorical maps, Emergency Medicine, Statistical Methods for Processing Scientific Research in Medicine, Clinical Homeopathy, etc.

2. Academic development:

- in 2015, after successfully defending a dissertation on "Quality of life in patients with schizophrenia and bipolar disorder with a debut before the age of eighteen and their relatives" acquired the educational and scientific degree "Doctor of Philosophy" in Psychiatry.
- Since 2017, after a competition, he has held the position of assistant at the Department of Psychiatry and Medical Psychology, Medical University of Plovdiv,
- Since March 2018 he has been a Chief Assistant Professor at the Department of Psychiatry and Medical Psychology, Medical University of Plovdiv
- Since 2018 and currently is a Chief Administrative Assistant at the Department.

Summary: Dr. Arabadzhiev builds his professional and research skills in an academic community with established good traditions and recognized achievements in psychiatric science. The constant pursuit of in-depth theoretical knowledge and practical skills in collaboration with the World Association for Positive and Transcultural Psychotherapy, the Bulgarian Association for Hypnosis and Hypnotherapy and the Society for Positive Psychotherapy Bulgaria, as well as its diverse scientific interests lead to the growth of Dr. Arabadzhiev as a highly qualified specialist and researcher.

II. General description of the materials presented for the competition.

Dr. Arabadzhiev has submitted for reviewing a complete set of materials, in accordance with the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (2018) and the Rules and 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 about publications and citations.

Twenty-two scientific works are presented:

- articles in international journals with IF – 7;
- articles in national referenced journals without IF - 4
- articles in national scientific journals – 7
- Abstracts in international journals without IF – 1;
- Abstracts in national referenced journals without IF – 2
- co-author of the monograph "Working with students with hyperactivity and attention deficit".

Dr. Arabadzhiev 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

The citations of Dr. Arabadzhiev's the scientific works are **95**, all in referenced journals.

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

1. General characteristic of the scientific and publication activity.

Dr. Arabadzhiev participated in the competition with **28 scientific works** - 19 scientific publications, 2 monographs, 4 textbooks и 3 scientific abstracts. **Scientific publications** include an author's summary of the dissertation on "Quality of life in patients with schizophrenia and bipolar disorder with debut before the age of eighteen and their relatives" and **18** full-text articles in scientific journals.

The scientific production and publishing activity of Dr. Arabadzhiev is focused on 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 obtained results represent a significant contribution to elucidating the etiopathogenesis of

mental disorders from the neurotic and affective type. They prove the connection between the biological unit, the psyche and the environment and justify the need to maintain balance in the overall ecosystem for the normal functioning of the human body.

Research on the preventive role of green spaces

Significant practical contributions are the studies on the relationship between noise, green spaces and mental well-being, which justify the use of various unconventional methods of influencing the genesis, course and outcome of mental disorders. Their important role in reducing the frequency, potentiating the effect of treatment in the active phase and accelerating the process of rehabilitation and resocialization of the affected individuals has been established.

Review articles on cyberpsychology

Dr. Arabadzhiev is one of the first specialists in mental health in our country, who published reviews in a relatively new psychological modality - Psychology of cyberspace. His analyzes show an individual and professional reading of the behavioral dependencies and behavior of the individual in the virtual space. Contemporary aspects of phenomena such as: disinhibition of behavior in cyberspace, the 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", which serve as a compromise option in raising children.

Study of frustration reactions

For the first time in Bulgaria, a detailed original study of the frustrating reactions of the pubertal age crisis in two age ranges, not only of adolescents, but also of the style of behavior of their parents has been conducted. The obtained results help different specialists to better understand the emotional, cognitive and behavioral reactions of adolescents. An approach is proposed for empathic management of the crisis and overcoming the crisis with a new psychological content, which will initiate more adaptive strategies.

2. Scientific activity - implementation of the scientific and practical achievements of the candidate among the scientific community:

Dr. Arabadzhiev has an established authority in our country, participates actively and regularly as a lecturer at the Students' "Mental Health Days", conducts postgraduate courses in various areas - psychology, psychotherapy, sexology, general and clinical psychopathology. He has presented lectures at world conferences and seminars in Germany and Turkey, thus contributing to the dissemination of research results in clinical practice.

Dr. Arabadzhiev's indisputable practical contribution is his co-authorship in numerous collective books and monographs: "Medicine and Psychology", "Psychopathology Cases", bilingual textbooks on "Medical Psychology" and "Psychiatry for Medical Students". Unique in its value is a school guide for "Working with students with hyperactivity and attention deficit."

3. Scientific projects

Dr. Arabadzhiev is involved in the national research project "Young Scientists and Postdoctors", which examines the existence of a psychological correlation between certain personality traits and locus of control, as well as their predictive value in choosing an antidepressant.

4. Scientific authority:

Dr. Arabadzhiev has received recognition for his scientific achievements at home and abroad. He is a member of the Bulgarian Psychiatric Association, Society for Positive Psychotherapy Bulgaria, Bulgarian Hypnosis Association, World Association for Positive and transcultural Psychotherapy. He is a reviewer of the official journal of the World Association for Positive and Transcultural Psychotherapy (WAPP), Wiesbaden, Germany "The Global Psychotherapist" and of the "Frontiers" Journal.

IV. Assessment of the monograph

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. It presents an analytical overview and in-depth study on the experience and overcoming of crises and traumas in the life of the individual - a current problem worldwide, which becomes even more important in a pandemic of a deadly disease. The specifics of the individual traumatic moments are clearly and in detail defined not only in the age crises, but also in the personal and situational crises. There is a wealth of information in which direction to conduct psycho-social therapy and rehabilitation, both for crisis survivors and their loved ones. Adapted protocols have been proposed that can be applied to the most common crisis interventions.

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

V. Citation of candidate's publications in national and foreign literature (publication image).

Evidence of the qualities of the scientific publications of the candidate is their high international evaluation, reflected in the large number of positive citations (177 from 2016 until now).

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

Summary: The analysis of the data shows that the scientific output is the result of the work of a experienced researcher, able to choose goals aimed at developing scientific knowledge in a particular field, to adequately determine the means of their implementation and to assess the place of data among world achievements in the area. Publications and citations in prestigious journals confirm the importance of candidate's scientific research. Dr. Arabadzhiev shows originality and creativity in his investigations and successfully substantiates the postulated hypotheses about conflict dynamics.

VI. Comprehensive, qualitative assessment of teaching activities, including scientific guidance of students, doctoral students, postgraduate students.

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 dental medicine from 2016 until now. Between 2018 and 2021 he conducted lectures and practical exercises in psychiatry for the specialty "Rehabilitator" at the Medical College. Throughout his teaching career he conducts practical exercises for students of medicine and dental medicine in Bulgarian and English and participates in the ERASMUS training program. Since 2016 he has been contributing to the training of general practitioners. Since 2020, Dr. Arabadzhiev has been the leader of three postgraduate programs lasting 2 semesters each: "Psychology and Crisis Psychotherapy", "Sexology" and "Integrative Psychotherapy", and two one-month courses: "Medical Psychology "and" General and Clinical Psychopathology ". It is seen from the academic report for the last 3 academic years, the teaching workload of Dr. Arabadzhiev is above the norm (over 150% on average). Dr. Arabadzhiev participates in the author's team of 4 textbooks - "Psychiatry for medical students" in Bulgarian and English and "Medical Psychology for medical students" in Bulgarian and English. He has assisted in the preparation of tests and training materials before and during the on-line education.

Summary: The presented data are grounds to conclude that Dr. Z. Arabadzhiev is a qualified and experienced teacher with skills to adapt the volume and degree of complexity of the taught material to the needs of students. The proficiency in English language determines his effective participation in the teaching of foreign students.

VII. Critical remarks – I have no critical remarks.

VIII. Overall assessment of the compliance of the candidate with the mandatory requirements and the mandatory National Minimum science-metrics indicators according to the Regulations for the implementation of the Law on Development of the Academic staff in

the Republic of Bulgaria and the Regulation for occupying academic positions in the Medical University of Plovdiv

The analysis of the materials presented by Dr. Arabadzhiev for participation in the competition, including administrative documents and evidence for scientific and teaching activities fully comply with the mandatory conditions of the Law on the Development of the Academic staff in the Republic of Bulgaria, Regulations for the implementation of the Law and the Rules and regulations of the Medical University of Plovdiv, and the scientific publications and citations significantly exceed the mandatory scientometric indicators.

IX. Conclusion

The above made analysis allows me to conclude that the candidate fully meets the mandatory scientometric criteria and specific conditions for the academic position "Aassociated professor" and I confidently give a positive vote for awarding Dr. Zlatoslav Petrov Arabadzhiev, PhD, with the academic position "ASSOCIATE PROFESSOR" in the scientific specialty "Psychiatry", for the Department of Psychiatry and Medical Psychology at the Medical University of Plovdiv.

14.12.2021
Plovdiv



Prof. Dr. Anastasiya G. Trenova, PhD, DSc