



To  
The Chairman of the Scientific Jury,  
Designated by a written order № P-1882/22.10.2021r  
Of the Rector of the Medical University – Plovdiv  
15A , Vassil Aprilov Blvd, 4002 Plovdiv

Regarding your protocol № 1/3.11.2021 r.

Attached is: STATEMENT

Of competition for academic position “Associate Professor”

Scientific specialty: Psychiatry for the need of Department Psychiatry and medical psychology of the Medical University – Plovdiv for the needs of the Bulgarian-language and English-language teaching and candidate Chief Assistant Zlatoslav Arabadjiev, MD, PhD

Announced in the State Newspaper, Issue 63/30.07.2021

**Reviewer: Prof. Dora Konstantinova Zlatareva, MD, PhD, Head of Department Diagnostic Imaging, Medical University Sofia**

Scientific specialty: Diagnostic Imaging

Institution: Medical University Sofia

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*The review is composed in accordance with the requirements of the Law of the Development of Academic Staff in the Republic of Bulgaria, and Sections III /IV of the Rules for placing into practice of the Law of the Development of Academic Staff in the Republic of Bulgaria - Terms and Procedure for Academic Position “Associate Professor”/”Professor”*

## STATEMENT

From Prof. Dora Konstantinova Zlatareva, MD, PhD regarding competition for Academic position "Associate Professor" Scientific specialty: Psychiatry Department Psychiatry and medical psychology in area of Higher education 7. Healthcare and sport, professional branch 7.1. Medicine for the need of Department Psychiatry and medical psychology of the Medical University – Plovdiv for the needs of the Bulgarian-language and English-language teaching Announced in the State Newspaper, Issue 63/30.07.2021 on the approved proposal of a Scientific Jury of the Faculty Council of the Medical Faculty of the Medical University – Plovdiv, protocol № 7/13.10.2021

There is one candidate: Chief Assistant Zlatoslav Petrov Arabadjiev, MD, PhD

### **I Candidate**

Chief Assistant Zlatoslav Petrov Arabadjiev, MD, PhD was born on 20.07.1981г. He graduated school St Kliment Ohridski, Plovdiv specialty biology and chemistry in 1999. From 1999 to 2005 he studied medicine in Medical Faculty of the Medical University – Plovdiv and became a Master of medicine. From 2006 to 2007 he worked as a doctor in emergency care in Hospital for active treatment "Zdrave" Pazardzhik. In the period 2007-2016 he was a resident of the Center for Emergency Situations in Pazardzhik. In 2008 graduated with a master's degree in applied psychology from Plovdiv University "Paisii Hilendarski". The candidate has participated in a number of national and international postgraduate qualifications in the fields of psychotherapy, forensic psychiatry, child psychopathology and others. Since 2013 he has been working as a resident doctor at the University Hospital "St. Georgi" EAD Clinic of Psychiatry and Medical Psychology. Since 2014 practices as a psychiatrist in outpatient psychiatric practice MC "DiMed" Plovdiv. In 2014 he obtained a specialty in psychiatry. Next year he acquired PhD "Doctor" for PHD Thesis on "Quality of life in patients with schizophrenia and bipolar disorder with a debut before the age of eighteen and their relatives." From 2017 until 2018 is an assistant, and since 2018 is a Chief Administrative Assistant at the Department of Psychiatry and Medical

Psychology, MU-Plovdiv. Since 2014 is the head of the circle of medical psychology and psychiatry in the same Department. In 2019 he completed a postgraduate qualification program in Applied Psychology and Psychotherapy at the Department of Postgraduate Education of the Medical University of Plovdiv.

The candidate is fluent in English (level C1).

He is a member of Bulgarian and international scientific societies.

## **II. Description of the submitted material for competition**

1. Habilitation thesis, monograph „Injuries, crises and crisis interventions“ **Scientific metrics Group B.3 – 100 points**

2. Publications and reports in scientific journals, referenced and indexed in world databases with scientific information (only Scopus and Web of science), which do not repeat the 10 scientific publications presented for the habilitation thesis 13 (7 with IF) **Scientific metrics Group Г.7 – 220,5 points**

3. Publications in unreferred scientific peer-reviewed journals or published in edited collective volumes – 8 бп., **Scientific metrics Group Г.8- 155p**

4. Published chapter of a collective monograph- **Scientific metrics Group Г.9- 10т**

5. University textbooks with the relevant ISBN / co-author /- 4 , **Scientific metrics Group E.20 -11p**

## **III. Assessment of the applicant’s scientific work or equivalent publications for his overall academic development**

The monograph and publications submitted for review in habilitation work by number and type meet the requirements of the Regulations of MU Plovdiv for the occupation of the Academic position “Associate Professor”

The main research interests of Dr. Arabadjiev are in the following areas:

1. **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 ways of impact have been established, but also for the prevention and prophylaxis



of mental disorders of the neurotic and affective circle. The contribution of research is to prove the relationship between the biological unit, the psyche and the environment. The importance of maintaining balance in the overall ecosystem and the importance of the human body and mental activity in the norm and pathology

2. **Study of the preventive role of green spaces.** For the first time in Bulgaria, the relationship between noise, the preventive role of green spaces and mental well-being has been studied. The establishment of 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 is of great scientific and applied value.

3. **Review developments in cyberpsychology** – review of a relatively new psychological modality - Psychology of cyberspace. A significant contribution is the formulation of a new hypothesis for the formation of the self-image and dissociative conflict, as a direction for psychodynamic diagnosis and psychological processing.

4. **Study of frustration reactions** For the first time in Bulgaria the normative crises in the life of each individual with the specifics of the frustration reaction in the pubertal crisis are considered separately in two age ranges. Scientific and applied contribution is the support of various specialists for a better understanding of the emotional, cognitive and behavioral reactions of adolescents, empathetic coping with crisis issues and overcoming the crisis with a new psychological content to give rise to more adaptive strategies.

#### **IV. Impact of (citing) the applicant's scientific work in national and foreign literature (publishing image)**

Number of citations, referred and indexed in global databases – 94 **Scientific metrics Group Д.10 – 1410 points**

Proof of the importance of the results of the scientific works of Dr. Zlatoslav Arabadjiev is the presence of a large number of citations in world databases

## **V. Comprehensive qualitative evaluation of the teaching methodological and teaching activities**

The teaching activity of Dr. Zlatoslav Arabadjiev, MD began in 2018, when he was appointed an assistant in the Department of Psychiatry and Medical Psychology, MU-Plovdiv. The information provided for the average annual teaching workload shows that the candidate significantly exceeds the norm for non-habilitated lecturers at MU-Plovdiv. Scientific metrics Group Ж – 287,5т. Dr. Arabadjiev teaches Bulgarian and English students of medicine and dental medicine and participates in Erasmus training. Since 2014 he is the Head of the student's specialized teaching group of medical psychology and psychiatry in the same Department. From 2018 is a Chief administrative Assistant in the Department, which is a proof of both his teaching qualities and the trust he enjoys among his colleagues. He actively participates in the practical training of psychiatry specialists and teaches students of the Medical College. Since 2020, Dr. Arabadjiev is the Kead of programs for Postgraduate education: "Psychology and Psychotherapy of Crisis", "Sexology" and "Integrative Psychotherapy" and two courses: "Medical Psychology" and "General and Clinical Psychopathology". Dr. Arabadjiev is a co-author of various textbooks in Bulgarian and English, which confirms his image as a teacher and scientist. The candidate has participated in a number of national and international trainings in innovative areas in psychotherapy, psychology and psychotherapeutic interventions. He is a reviewer of articles in "The Global Psychotherapist" and "Frontiers".

Dr. Arabadjiev participates in 1 national research project **Scientific metrics Group E.16 – 15т**

## **VI. Overall assessment**

Based on the submitted self-assessment report regarding the fulfillment of the National Minimum Requirements for Scientific Metrics, Dr. Arabadjiev fully meets and exceeds the obligatory requirements for holding an academic position Associate Professor in accordance with the requirements of The Law on the Development of Academic Staff in the Republic of Bulgaria.

## CONCLUSION

The above indicators for the attached reference - self-assessment of Dr. Zlatoslav Petrov Arabadjiev, MD fully cover and exceed the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, Rules for placing into practice of the Law of the Development of Academic Staff in the Republic of Bulgaria and the Regulations of MU - Plovdiv. Dr. Arabadjiev is a scientist with recognized authority in Bulgaria and abroad, who applies innovative concepts and methods of research and therapy. Participant in many national and international trainings, the candidate is constantly updating his knowledge. He has experience in teaching Bulgarian and English students in the discipline of psychiatry. He is a co-author of textbooks and leads a group in the same field.

Based on the above, I confidently give my positive assessment and recommend to the esteemed members of the Scientific Jury to vote positively for the election of Dr. Zlatoslav Petrov Arabadjiev for the occupation of Academic Position "Associate Professor".

17.12.2021

Гр. София



Проф. д-р Дора Константинова Златарева дм