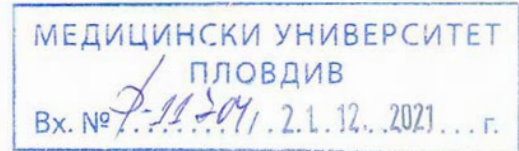


To the Chairman of the Scientific Jury,
Appointed by Order № P - 1882 / 22.10.2021
of the Rector of the Medical University of Plovdiv

On your Protocol №1/ 03.11.2021.



Attached I present: Opinion

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: Full Professor Olga Dmytrivna Lytvynenko, Dr. of Science
Scientific specialty/ies Psychology
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The opinion has been prepared under the requirements of the Law on the development of the academic staff in the Republic of Bulgaria and Section III / Section IV of the Rules for the application of the Law on the development of the academic staff in the Republic of Bulgaria and procedure for holding the academic position of "Associate Professor".

OPINION
OF PROF. OLGA DMYTRIVNA LYTVYNENKO, DR. OF SCIENCE
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 Arabadzhiev, 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. Arabadzhiev graduated with a master's degree in medicine in the Medical University of Plovdiv with very good results in 2005. After that he continued his education, graduating with a second master's degree from the University of Plovdiv "Paisii Hilendarski" specialty "Applied Psychology" with excellent results in 2008.

In the period 2007 – 2017, he worked as a doctor at the Center for Emergency Medicine - Pazardzhik. During this period he participated in numerous training funded by the Ministry of Health in connection with his work as an emergency physician.

In 2014 he successfully defended his specialty in psychiatry and began working as a specialist at the psychiatry clinic of the University Hospital "St. George" Plc., Plovdiv, and in the Medical Center - Dimed, where he still works.

In 2005 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". The following year he began working as an assistant at the Department of Psychiatry and Medical Psychology in MU - Plovdiv. In 2018 he became the chief administrative assistant of the department, which is his current position.

For the period 2014-2019, he led a group in psychiatry for students of various specialties. He annually participates as a lecturer at the students' "Mental Health Days".

Dr. Arabadjiev has expressed interest in the field of psychotherapy. Since 2015 he has been studying in a master's program in Positive and Transcultural Psychotherapy at the SPPB - Varna. He has also completed many different training related to psychological therapy: hypnosis and hypnotherapy, work with metaphorically associative maps, TAT assessment methodology, cognitive-behavioral therapy for specialists. He attends summer camps in positive psychotherapy every year, where he gained additional experience in a transcultural environment. He is a member of the World Association for Positive and Transcultural Psychotherapy and has presented papers at world conferences and training seminars in Germany and Turkey. His extensive knowledge of psychology and psychotherapy makes him an outstanding psychiatrist-psychotherapist, which is a

contribution to MU-Plovdiv. He has participated as a co-author in numerous collective books and monographs: "Medicine and Psychology", "Psychopathology Cases". Participates in the author's team in the publication of bilingual textbooks of the Department of Medical Psychology and Psychiatry for Medical Students. In 2018 he participated in the writing of a school guide for "Working with students with hyperactivity and attention deficit" for RAABE publishers.

In 2017 he studied at the Animus Foundation and Training Center for "Work on cases of sexual violence in children" and "Work with difficult clients and clients with specific problems."

In 2018 she completed training in "Screening methods for assessment of cognition" and "Psychodiagnostics of cognitive functions" with a total duration of 30 hours.

In the period 2018-2019, he conducted training on "Case Conceptualization" and "Motivational Interview" with world-famous Adlerian Professor John Sperry from Lynn University, Florida, USA.

In 2019 he completed a postgraduate qualification program in Applied Psychology and Psychotherapy at the Postgraduate training department (PTD) of the Medical University of Plovdiv with excellent results.

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

In 2021 he was invited to review articles in "The Global Psychotherapist" magazine, the World Association of Positive and Transcultural Psychotherapy - WAPP, Wiesbaden, Germany, and "Frontiers" magazine.

Dr. Arabadzhiev is fluent in English.

Overall assessment: Dr. Zlatoslav Arabadzhiev began his career development at the Center for Emergency Medicine, where he gained in-depth knowledge and clinical experience in the field of emergency medicine. After that, he started specialization in psychiatry at the Medical University - Plovdiv, with a clinical base of the University Hospital "St. George" Plc. - Plovdiv, Psychiatry clinic. Throughout his career up to now, Dr. Arabadjiev has participated in numerous training with leading Bulgarian and world-famous specialists in the sphere 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 in Bulgaria and his diverse and consistent interests led to Dr. Arabadzhiev's growth as a highly qualified specialist and researcher.

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

The materials submitted by Dr. Arabadzhiev 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. Arabadzhiev participated in the competition with a published monograph as a habilitation thesis on "Traumas, crises and crisis interventions", with a total volume of 228 pages.

The candidate 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. A published collective monograph "Working with students with hyperactivity and attention deficit".

The candidate 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 assists in the preparation of tests and training materials before and during online training.

Dr. Arabadzhiev presented in the competition a total of 94 citations of his scientific works.

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. Arabadzhiev participated 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, 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 candidate has co-authored with researchers from abroad.

Dr. Arabadzhiev's scientific production and publication activity is 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 affected circle. The contribution of the research is in the context of the holistic approach and the bio-psycho-social 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, ways 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 implied the need for significant contact, not only with yourself, with significant others, but also with the environment.

Review developments in cyberpsychology

Dr. Arabadzhiev 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 behavior of the individual 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 of the manner of behavior of their parents. This helps different professionals understand better 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. Arabadzhiev actively participates with reports at international and national conferences, by himself, with colleagues and students. The main applicant's applied-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 he can justify when postulating his own understanding of the issue and the hypotheses developed by him concerning the conflict dynamics.

- ✓ Participation in project implementation:

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

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

The monographic work presented by Dr. Arabadzhiev: **"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 Arabadzhiev, MD and Dr. Stefanka Tomcheva, MD.

The presented monograph is a significant and in-depth review and study of a current problem in modern psychotherapeutic and psychiatric care - "Trauma, crises and crisis interventions." The considered issue following contemporary ideas about psychodynamics and approaches to the individual who is experiencing a crisis or trauma. The ultimate goal is to support and improve the quality of life as well the affected and their loved ones. Dr. Zlatoslav Arabadzhiev has made a literature review covering 205 sources (in Bulgarian, Russian and English). It is well constructed and sufficient in volume and fully presents and summarizes the researched scientific and practical data on the subject so far. The literature review in Bulgarian and Russian is smaller than in English, but I do not consider this as a shortcoming of the monograph, because the field of social psychiatry, psychology, and psychotherapy is still developing in Bulgaria and the authors contribute to this process. The considered problem is really relevant in the developed Western European countries and the USA. Dr. Arabadzhiev describes comprehensively and in detail the various dimensions of the concepts of "trauma", "crisis", "developmental trauma", "complex trauma" and crisis interventions "in the context of the bio-psycho-social model and holistic approach to affected individuals. Dr. Zlatoslav Arabadzhiev's monographic work is a significant study on a worldwide current problem in the field of modern psychiatry and psychotherapy - experiencing and overcoming crises and traumas in an individual's life. On the other hand, the research and statistical analysis of the results by Dr. Arabadzhiev make the monographic work scientifically significant. Suitable for mental health professionals, students in these fields, but also for a wider range of people who would like to explore their inner world. I believe that Dr. Arabadzhiev has made a significant contribution to modern science in Bulgaria, defining clearly and in detail the specifics of individual traumatic moments not only in age crises but also in personal and situational crises. The study well presents how age can be an important controlling factor for assessing an event and its experience. A fact that up to now is overlooked by many other authors in controlling their statistical analyzes. There is a smooth transition, consistency, and upgrading of the complexity of the presented material between the separate chapters in the monographic work. The multiple authors' and adapted schemes, diagrams, and tables convey not only clarity but also a modern spirit of the book. The protocols adapted by the

authors for the most common crisis interventions are a pocket guide to which various specialists can refer. All this provides abundant information in which direction to conduct psycho-social therapy and rehabilitation, not only for those experiencing a crisis, but also for their family and relatives. The monograph raises many questions related to psychotherapy, crisis intervention, personality formation, and quality of life of people in crisis. Dr. Zlatoslav Arabadzhiev and the co-author conducted an absolutely independent comprehensive study described in the monograph, both in terms of normative age crisis and the various parameters in it, controlled by age. Based on the results obtained, compared with the detailed literature review and the many original and supported by scientific facts authors' considerations, I believe that the presented monograph has its scientific contribution, which I unconditionally accept as their personal merit.

In conclusion: Dr. Zlatoslav Arabadzhiev and Dr. Stefanka Tomcheva's monographic work contains scientific, scientific-applied, and applied results, as well as good practices that represent an original contribution to science and psychological therapy. Dr. Arabadzhiev 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 Dr. Arabadzhiev's scientific publications qualities is their high international evaluation, reflected in the presented positive citations, which are a total of 94. The Hirsch index of the candidate is 5 according to a check in the Google Scholar database.

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

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 – he has 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. Arabadzhiev has been the head 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. Arabadzhiev'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.

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:

The applicant fully meets the mandatory and specific conditions and scientometric criteria for holding the academic position "ASSOCIATE PROFESSOR". Based on this, I give a positive opinion for the award of the academic position of "Associate Professor", in the scientific specialty Psychiatry, in the Department of Psychiatry and Medical Psychology at MU - Plovdiv to Dr. Zlatoslav Petrov Arabadzhiev, Ph.D.

15. 12. 2021

Odessa, Ukraine

Opinion prepared by:

Professor Olga Dmytrivna Lytvynenko,

Dr. of Science



Підписи громад. О.Д. Литвиченко
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