

Review for the ONS "Doctor"

REVIEW

by

Prof. Biyanka Lyubchova Tornyova, Ph.D.

Vice Dean for Research

Faculty of Public Health,

Medical University-Plovdiv

of a dissertation for the award of the educational and scientific degree "Doctor"

Professional field: 7.4. "Public Health"**Doctoral Program:** "Health Care Management"**Author:** Gergana Stefanova Pavlova**Form of doctoral studies:** independent preparation**Department:** "Health Care Management", FPH, MU-Plovdiv**Topic:** "Cosmetic Procedures - a Necessary Need for Improving the Aesthetic Vision of Adults"**Scientific Supervisors:** Assoc. Prof. Maria Vakrilova - Becheva, Doctor

The review was prepared on the basis of Order No. R-6667 of 27.11.2025 of the Vice-Rector of the Research Institute of MU - Plovdiv to determine the members of the scientific jury for the procedure.

1. General presentation of the procedure and the doctoral student

Gergana Pavlova has been enrolled in doctoral studies for independent preparation at the Department of Health Care Management at the Faculty of Health Sciences of the Medical University of Plovdiv. The dissertation work was previously discussed at an extended Department Council /minutes №5/28.10.2025/ and adopted by the Faculty Council with minutes №7/11.11.2025. By order № R-6667 of 27.11.2025, doctoral student Pavlova was discharged with the right to defense.

The presented set of documents and materials related to and proving the procedural validity of the procedure has been prepared precisely and thoroughly. It fully meets the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for its Implementation and is in accordance with Art. 70 (1) of Section I - Acquisition of the ONS "Doctor" and "Doctor of Sciences" at MU - Plovdiv of the Regulations for the Development of the Academic Staff of MU-Plovdiv.

2. Brief biographical data of the doctoral student

Gergana Stefanova Pavlova obtained a higher education at the "Specialist" level with a professional qualification "Rehabilitator" at the Medical College - Plovdiv in 1999. In 2011, she graduated from the Medical University of Plovdiv, Faculty of Public Health with a "Bachelor" level in the specialty "Healthcare Management" and with a professional qualification "Healthcare Manager and Practice Teacher". She completed a master's program in the specialty "Healthcare Management" at the same university in 2013 with a professional qualification "Healthcare Manager". She has an additional professional qualification in medical

cosmetics at the Omega Plovdiv Training Center. She began her professional activity as a lecturer at the Medical College - Plovdiv in 2011, where she has been working to date as a "senior lecturer" in the specialty "Medical Cosmetics".

PhD student Pavlova makes efforts for her professional improvement and constantly upgrades her knowledge and skills. She holds numerous certificates for continuing education.

She speaks English and German at a good level, and has good computer skills.

The documents provided demonstrate the doctoral student's continuous efforts to improve her competence in her chosen professional field.

3. Relevance of the topic and appropriateness of the set goals and objectives

The presented dissertation is dedicated to a significant problem in our time, which acquires new theoretical and practical dimensions through the specific study – the challenges and prospects of cosmetic procedures for improving the aesthetic vision, quality of life and psycho-emotional well-being of people in adulthood.

In recent years, there has been an increase in people's desire to slow down biological aging and to conceal the external manifestations of premature aging, which in turn leads to the desire to use various types of aesthetic procedures.

The latest achievements in the field of physiotherapy and cosmetology make the offered procedures increasingly effective and often allow to achieve effects that were once achievable only with the help of aesthetic medicine. This leads to the need for new knowledge and skills for the application of kinesitherapy methods and modern equipment in order to slow down the visual signs of aging.

The topic of the dissertation is extremely relevant from the point of view of the objective fact that in the specialized literature in our country there are not enough studies on the studied problem. All this is a prerequisite for in-depth research and analysis of the possibilities and limitations of the provided cosmetic care, and their relationship with the slowing down of the processes of skin aging and the improvement of the aesthetic vision in people of mature age.

In this line of thought, Gergana Pavlova's dissertation is extremely timely, with important clinical, practical and scientific significance.

4. Knowledge of the problem

The scientific awareness of the doctoral student is the result of her in-depth knowledge and extensive professional experience in the field of rehabilitation, kinesitherapy and medical cosmetics.

The author knows the literature on the topic very well, adequately evaluates and creatively uses the literary material. Her theoretical reasoning is a consequence of studying a large number of appropriately selected literary sources and authors. Thus, the focus of the theoretical study allows the empirical study to be built on a solid and scientifically sound theoretical basis. According to the literature review, 229 literary sources were used on the proposed topic, 9 of which are in Cyrillic and 220 in Latin. Most of them are from the last 10 years.

5. Research methodology

The research methodology has been developed in detail and allows for the study of all sides and aspects of the problem. It includes a hypothesis, goal, tasks, material and methodology of the study.

The material and methodology of the study are described correctly and include the study design. The time, place and stages of the study are presented in detail.

The primary information was collected by the author in the period from November 2021 to November 2023. The study is prospective (duration 6 months), with a sample nature.

The initial testing, as well as the retests, were conducted in the aesthetic center "RA DERM" - Plovdiv.

The study included 100 participants, divided into two groups - experimental and control. The selection of participants was based on certain criteria. A detailed characterization of the research contingent was made.

The experimental group was applied a combination of selected kinesitherapy means for active gymnastics of the facial muscles and radiofrequency lifting. The control group underwent only radiofrequency facelift.

The applied tools include various methods that guarantee the reliability and reproducibility of the results – observation, palpatory assessment of turgor, Glogau scale /for photoaging/, GAIS /scale for global aesthetic improvement/, manual muscle testing according to Bankov.

The systematization, processing and analysis of the primary data was implemented with the SPSS v.19 software package. A level of statistical significance of $p < 0.05$ was adopted. The following statistical methods were applied: descriptive analysis; Kolmogorov-Smirnov test; Spearman correlation analysis; non-parametric analysis; χ^2 – chi-square test. For tabular and graphical processing, a Microsoft Office Excel product was used.

The proposed complex methodology enables the achievement of the goal, ensures representativeness of the results and is a prerequisite for full-fledged research data and generalizations.

6. Characteristics and evaluation of the dissertation work

The dissertation is the result of a detailed study of the research problem and an analysis of its various theoretical and practical dimensions. It is structured according to the adopted standards and includes an introduction, five chapters, conclusions, recommendations, contributions, bibliography and appendices. The dissertation work is written on 147 standard pages, of which 22 pages are bibliography and 5 pages are appendices.

In the introduction, the doctoral student with exceptional persuasiveness sets out the significance of the developed issues, motivates its choice and identifies the problems that are clarified in the individual parts. The literature review presents the theoretical foundations of the dissertation research. It is written in-depth, analytically and shows the excellent and systematic information of doctoral student Gergana Pavlova. It presents the structural changes in the skin and muscles, as well as the main theories of aging, and the factors causing skin aging. A historical overview of the development of aesthetic and cosmetic procedures is made. Special attention is paid to procedures that affect skin aging - active gymnastics and radio frequency lifting. The specific cosmetic needs of the skin for each age stage are outlined. Gergana Pavlova has studied authoritative sources related to the research problem. They are cited objectively and correctly.

The following chapters present the concept of the empirical study. A hypothesis, goal and the intended tasks to be solved are logically derived.

The goal of the dissertation is clearly formulated: to monitor the effect of two cosmetic care programs, including radiofrequency lifting and kinesitherapy for facial muscles in adult clients with a view to improving their aesthetic vision.

Five tasks have been derived to achieve the goal, covering all aspects of the research work carried out by the doctoral student.

The methodology of the applied cosmetic procedures programs is presented extensively and correctly. This chapter represents the essence of the dissertation work.

An own study was conducted, covering a total of 100 respondents, divided into two groups. The information collected is sufficient in volume to obtain reliable results. They are skillfully analyzed and interpreted by the doctoral student in the chapter "Results and Analyses". Here the good skills of the doctoral student for analysis and reasoned interpretations of empirical data stand out. The included control and experimental groups allow for a correct comparison of the effects of the applied cosmetic programs, which are well illustrated with photographs. As a result of the applied non-invasive procedures, including radiofrequency lifting and kinesitherapy for the mimic muscles, a positive effect was observed in the participants of the experimental group in terms of smoothing the facial contour and reducing wrinkles.

The study shows that the combination of radiofrequency therapy and active gymnastics of the facial muscles is a safe approach to skin rejuvenation, increasing the tone of the facial muscles and improving the quality of the facial skin, which practically confirms the raised working hypothesis.

The author comes to the conclusion that cosmetic procedures are not only a means of aesthetic change, but also part of the overall approach to improving the quality of life and psycho-emotional well-being of people in adulthood.

The data from the study are richly illustrated with 25 figures and 25 tables, which sets an accessible and easily readable foundation for the dissertation work.

The dissertation work ends with the formulation of eight conclusions, which are a natural conclusion from the conducted study, the obtained results and their interpretation.

The work is stylistically well-maintained, written in very good language and at a modern scientific level.

7. Contributions and significance of the development for science and practice

It is worth highlighting the following more important scientific contributions in this dissertation, which are of a scientific-theoretical and practical-applied nature:

√ A comprehensive historical review of the development of aesthetic cosmetic procedures has been carried out.

√ A thorough analysis of the aging processes of the skin and muscles has been carried out based on current scientific sources.

√ A questionnaire has been developed with the possibility of registering specific anamnestic, clinical and social data in clients with cosmetic problems.

√ For the first time in Bulgaria, the Glogau Photoaging Scale and the Global Aesthetic Improvement Scale (GAIS) were applied, and their results were reported, analyzed and discussed in dynamics.

√ A thorough monitoring of the correlations in dynamics of the results of facial skin turgor, the Glogau Photoaging Scale and the Global Aesthetic Improvement Scale (GAIS) with basic demographic and clinical indicators was carried out.

√ An effective therapeutic algorithm for improving the contour and symmetry of the face and creating a good aesthetic vision through the application of non-invasive procedures was established.

8. Assessment of publications on the dissertation work

Senior lecturer Gergana Pavlova presents 4 scientific publications on the topic of the dissertation work, 2 of which are in journals, referenced and indexed in world databases. She is the sole author in two of the publications and the lead author in the others, which testifies to her contribution.

The number and quality of the publications fully comply with the requirements of MU-Plovdiv for public defense and largely reflect the achieved results and the essence of the dissertation research.

9. Personal participation of the doctoral student

The dissertation shows that doctoral student Pavlova has successfully followed a path of research development, has gained experience in conducting scientific research and interpreting the results obtained. In this regard, I highly appreciate the personal participation of the doctoral student in the conducted dissertation research and assess the formulated scientific contributions and obtained results as significant and accurate. No evidence of plagiarism has been identified.

10. Abstract

The abstract for the dissertation is 37 pages long. It is formatted according to the requirements and concisely reflects the goals, objectives, methods used, results achieved, conclusions and recommendations. My conclusion is that the abstract meets all standard requirements for a synthesized and adequate presentation of the primary document, the scientific text, as well as an objective reflection of the content of the dissertation research.

11. Critical remarks and recommendations

I have no critical remarks on the conducted research and set of materials. In order to popularize the results of the research in the dissertation, I would recommend to Ms. Gergana Pavlova the publication of a practical guide dedicated to the issues under consideration.

12. Personal impressions

I know PhD candidate G. Pavlova as a student and PhD candidate at the FPH, and as a lecturer at the Medical College and I have excellent impressions of her personal and professional qualities. She is extremely responsible, diligent, tolerant and responsive in her relationships with others. She has excellent communication skills and the ability to work in a team.

CONCLUSION

Gergana Pavlova's dissertation is distinguished by a number of merits in theoretical and practical terms - very well structured, clearly defined goal, correctly selected methods, critically

evaluated results and precisely formulated conclusions. The author achieves her goal and presents convincing results in confirmation of the research statement.

I believe that it fully meets all the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for its Implementation and is in accordance with Art and the Regulations of MU-Plovdiv.

The dissertation shows that doctoral student Gergana Pavlova possesses in-depth theoretical knowledge and professional skills in the scientific specialty "Healthcare Management", demonstrating qualities and skills for independent scientific research.

The merits and qualities of the dissertation highlighted in the review are grounds for me to give my positive vote and to propose to the esteemed members of the Scientific Jury to award the educational and scientific degree "Doctor" to Gergana Stefanova Pavlova in the scientific specialty "Healthcare Management" in the field of higher education 7. Health and Sports, professional field 7.4 Public Health.

14.01.2026
Plovdiv

Reviewer: _____

/prof. Biyanka Tornyova, PhD/



Заличено на основание
Чл.5 §1, б."В" Регламент (ЕС)2016/679