Sample. Opinion about "professor"

OPINION

by Assoc. Prof. Ivan Vasilev Trichkov, PhD
University of Plovdiv Paisii Hilendarski
of the materials submitted for participation in the competition
for the academic position of "professor"
at the Medical University - Plovdiv

Field of higher education: 3. Social, economic and legal sciences
Professional direction: 3.2. Psychology
Scientific specialty: „Psychology"

In the competition for the academic position of **"professor"**, announced in **„State Gazette", issue 44 of 14.05.2026**, and on the website of **Medical University - Plovdiv**, for the needs of **Department of Rehabilitation and Preventive Health Care** at **Medical College - Plovdiv**, for teaching in Bulgarian language, as only candidate participating is **Assoc. Prof. Dr. Boris Georgiev Tilov, MD**, from the Medical College at the Medical University - Plovdiv.
The competition is for **one position** and has been announced with a deadline for submitting documents **two months from its publication in the "State Gazette"**.

1. General presentation of the procedure and the candidate(s)

By order of the Acting Rector of the Medical University - Plovdiv, I have been appointed as an external member of the scientific jury in the procedure for filling an academic position of **"professor"** in the field of higher education **3. Social, economic and legal sciences**, professional field **3.2. Psychology,** scientific specialty **"Psychology"**, for the needs of the Department of **"Rehabilitation and Preventive Health Care"** at the Medical College - Medical University - Plovdiv, for teaching in Bulgarian language. The competition was announced in the "State Gazette", issue 44 of 14.05.2026, with a deadline for submitting documents of two months from the date of publication.

After reviewing the content of the documents presented to me by the Scientific Department of the Medical University of Plovdiv, I believe that all legal requirements for the procedure of the announced competition have been met. One candidate has submitted documents to participate in the competition - Assoc. Prof. Dr. Boris Georgiev Tilov, MD, lecturer at the Medical College at the Medical University - Plovdiv. He has submitted the required documents on time according to the Act

on the Development of the Academic Staff in the Republic of Bulgaria (ADSRB), the Regulations for its implementation and the Regulations for Academic Development at MU Plovdiv. This opinion has been prepared in accordance with the normatively approved documents on the procedure for occupying the academic position of "professor".

2. General characteristics of the candidate's research and applied scientific activities

The scientific and teaching profile of Assoc. Prof. Dr. Boris Georgiev Tilov, MD, demonstrates consistent experience, fully relevant to the announced competition within the professional field 3.2. Psychology. The candidate's academic career started in 2009 at the Medical University - Plovdiv, where he successively moved from assistant professor at the Department of Health to holding (from 2019 to the present) the academic position of "associate professor" at the Medical College.

Assoc. Prof. Dr. Boris Tilov obtained the ESD "doctor" in 2013 at the Medical University of Plovdiv. From 2009 to 2019, he held the position of Assistant Professor of Psychology at the *Medical University - Plovdiv*. In the period 2016 - 2019, she worked as a Consulting Psychologist and Psychotherapist - psychological counseling and therapy of patients and groups in need - *"Mental Health" office at the Technological Center for Emergency Medicine, MU-Plovdiv*. From 2019 to the present, he is an associate professor of psychology and heads the Department of Medical Psychology at the *Medical University of Plovdiv.* His scientific and teaching capacity has been multiplied through habilitation and honorary activities at the Paisii Hilendarski University and the UARD. His lecture profile covers fundamental and applied disciplines, including medical, general, cognitive, work psychology, and management psychology.

His professional experience also includes practical work as a consulting psychologist and psychotherapist in the Mental Health office at the Technological Center for Emergency Medicine of the Medical University - Plovdiv. The candidate holds qualifications in positive psychotherapy and hypnotherapy and is a member of the Society of Psychologists in the Republic of Bulgaria and the Union of Scientists in Bulgaria - City of Plovdiv.

Assoc. Prof. Dr. Boris Tilov develops active editorial and review activities. Data are presented on his participation as a guest editor of a special issue of the international journal Diseases, as well as on over 40 reviews for international scientific journals indexed in Web of Science and Scopus.

As is evident, Assoc. Prof. Tilov's professional path is connected with a desire to build an academic vision both nationally and internationally. The colleague possesses and demonstrates remarkable activity and highly expressive creative resources, combined with high professional flexibility and constant motivation to develop the scientific, teaching and career profile.

This professional development proves the candidate's solid psychological preparation, which, as already noted, encompasses general, cognitive, medical, labor and organizational psychology. His lasting contribution to medical education should be emphasized. This contribution is also proven by his active participation in the development of modern curricula and aids, tailored to the specific needs of medical practice. A serious advantage is his many years of experience in teaching students in medical specialties. In his practice, he successfully connects and transforms psychological theory into a working tool for solving health-related cases.

In this competition, the scientific production is after acquiring the academic position of "Associate Professor", which is thematically related, methodologically consistent and forms a complete research line in the field of medical psychology, health psychology, psychophysiology, psychology of nutrition and psychosocial factors in chronic diseases. The presented works build an integrative psycho-bio-social model in which mental processes, behavioral patterns, physiological indicators, and health risks are examined within a single analytical framework.

Assoc. Prof. Dr. Tilov participated in the competition with **3 independent monographs**, one of which is a habilitation thesis; **3 chapters in collective monographs**, 2 of which in a collective monograph published abroad and 1 in a collective monograph published in Bulgaria; **19 full-text articles in scientific journals, 1 publication in a scientific collection** from an international scientific event; **3 reports and abstracts** from international scientific forums; and **3 university textbooks.**

Of the 19 full-text articles, 15 were published in foreign journals with an impact factor, indexed in Web of Science (Clarivate Analytics) and/or Scopus, and 4 were in refereed journals without an impact factor. *The publications are in internationally recognized journals, including Environmental Research, Environment International, Healthcare, Medicina, Cureus, Noise & Health, Urban Forestry & Urban Greening, International Journal of Environmental Research and Public Health and Folia Medica.*

The scientific and applied scientific contributions resulting from the scientific and creative activities of Assoc. Prof. Dr. Boris Tilova relate to the interaction between mental processes, physiological regulation, health behavior and public health, with a strong emphasis on medical psychology. The submitted contributions are in accordance with the declared professional field and the profile of higher education to which the competition for the academic position of "Professor" refers.

They are divided into the following areas:

I. Contributions in the field of medical psychology, psychophysiology and mental self-regulation.

II. Contributions in the field of psychological and psychosocial factors in chronic, metabolic and endocrine diseases.

III. Contributions to the field of nutrition psychology, body weight and the prevention of eating disorders.

IV. Contributions to the field of environmental psychology, urban environment and mental health.

V. Contributions in the fields of body image psychology, aesthetic medicine, and healthcare communication.

VI. Educational-methodological, scientific-organizational and academic contributions.

In terms of the achieved results and contributions, the three monographic works of Assoc. Prof. Dr. Boris Tilov should be distinguished. The central place is occupied by the habilitation thesis **"Psychological predictors of sympathetic reactivity to audiovisual relaxing stimuli: the role of stress, aggression and resilience".** It has developed an original integrative psychophysiological model that transfers the classical issues of stress reactivity from a purely subjective-clinical level to an experimentally measurable plan. The reaction to relaxing audiovisual stimuli is not universal, but is moderated by individual psychological characteristics – perceived stress, aggressiveness, and psychological resilience. Different profiles of autonomic reactivity (physiological calming, stable response, and paradoxical activation) have been identified, allowing for a personalized approach to stress management. The contribution is theoretical, methodological and scientifically applied and has direct relevance for clinical, counseling and health psychology.

The monographic work **"Structure and Measurement of Emotional Self-Regulation through a Two-Factor Model"** is also of significant importance. It developed and validated a conceptual framework for emotional self-regulation, based on the distinction between proactive, long-term strategic self-regulation and reactive, momentary impulse control. Here the contribution is again in the field of medical psychology, psychophysiology, and mental self-regulation.

The monograph **"Psychological Dimensions of Overweight: Stress, Resilience, and Adaptive Mechanisms in Young Adults"** should also be honored. It systematizes the psychological dimensions of overweight as a psychosomatic and behavioral phenomenon and substantiates the role of stress and psychological resilience in the adaptive mechanisms related to body weight. Here, the contribution is theoretical and scientifically applied.

3. Assessment of personal contribution

The studies conducted are current, original and correspond to contemporary trends in medical and health psychology on a national and international scale. In summary, it should be noted that the volume and nature of the scientific and creative production of Assoc. Prof. Dr. Boris Tilov fully reflect each of the defined thematic areas of the contributions. The candidate's style is professional

and recognizable. The three monographs and the three university textbooks are the fruit of original and authentic work.

In the collective publications, his personal contribution is primarily related to the psychological conceptualization of research cases related to the analysis of stress, resilience, emotional regulation and mental health and the inclusion of psychological variables in interdisciplinary clinical and health models.

On this basis, I assume that the formulated scientific, scientific-applied, applied and educational-methodological contributions are to a significant extent the personal merit of the candidate. The strengths of his work are the development and adaptation of psychometric and psychophysiological tools for Bulgarian conditions, the interdisciplinary integration of psychology with medicine and public health, internationally citable research in the field of environmental psychology, and the creation of specialized learning resources in Bulgarian.

In conclusion and summary of what has been said so far, I can emphasize that the academic synthesis between the teaching, research and applied research activities of Assoc. Prof. Dr. Boris Georgiev Tilov, DM represents his profile as an established academic lecturer and scientist with high research potential. His output is characterized by conceptual integrity, clear focus, and interdisciplinary scope, accompanied by a strong scholarly presence on a national and international scale. The current contributions are positioned explicitly in the field of the scientific specialty "Psychology", responding to contemporary standards in the training of medical, health and applied psychology.

5 Critical remarks and recommendations

I know Assoc. Prof. Dr. Boris Georgiev Tilov, MD, as a conscientious, precise, informed person regarding current issues in medical psychology. My good impressions are confirmed not only by the above-mentioned, but also by the candidate's other published works. The author's research and articles are well-argued, methodologically and statistically sound, with results that are significant for theory and practice. I accept the scientific research contribution thus presented and the scientific research and creative activity thus presented. **I have no critical remarks.** I recommend that the colleague continue working in the field of his department. In view of international visibility, I recommend expanding publication activity on international platforms.

CONCLUSION

The scientific and teaching qualifications of Assoc. Prof. Dr. Boris Tilov are unquestionable. The colleague possesses theoretical knowledge and professional skills in psychology, demonstrating qualities and skills worthy of a mentor and professional in the professional guild. In my opinion, the presented scientometric data comply with the requirements of the Act on the Development of

Academic Staff in the Republic of Bulgaria and the Regulations for its Implementation. No reports of plagiarism have been received and none have been identified. After reviewing the documents and scientific papers submitted for the competition and after analyzing their significance, quality, scientific value and the scientific contributions contained in them, I give my **convinced positive assessment**.

The scientific production of Assoc. Prof. Dr. Boris Tilov fully meets the requirements of the Bulgarian Academy of Sciences for awarding the scientific title "professor". All this gives me reason to propose to the esteemed members of the Scientific Jury that the academic title of "professor" be awarded to **Assoc. Prof. Dr. Boris Georgiev Tilov, MD** in the field of higher education **3. Social, economic and legal sciences,** professional field **3.2. Psychology**, scientific specialty **"Psychology"**.

Заличено на основание
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Prepared the opinion: .....

(signature)

Assoc. Prof. Dr. Ivan Vasilev Trichkov

(*acc. dl., n. st., name, surname*)