Р-НО-254/02.09.2026

To
The Chairman of the Scientific Jury,
determined by Order No. R-4193/17.07.2026

Blvd. V. Aprilov №15A
4002 Plovdiv

To your Protocol No. 1
(date of the 1st meeting)

I present herewith: REVIEW
on the competition for the academic position of "Professor"
in scientific specialty 3.2. "Psychology"
announced for the needs of MU-Plovdiv, Department of Rehabilitation and Preventive Health Care in the State Gazette, issue 44 of 14.05.2026

Reviewer: Professor DSc. Georgi Stoyanov Karastoyanov
Scientific specialty 3.2. "Psychology"
Rakovski National Defense College

Address and contacts:
Postal addre Blvd. №82
Email addre:
Phone: 0888

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

Participation in the competition for the academic position "Professor" has been declared by one candidate, Assoc. Prof. Boris Georgiev Tilov, MD, lecturer in the Department of Rehabilitation and Preventive Health Care, Medical College - Plovdiv, Medical University - Plovdiv.

The opinion has been drawn up in accordance with the requirements of the ZRASRB and Section III / Section IV of the PPZRASRB - Terms and Procedure for Holding the Academic Position "Professor".

I. Analysis of the candidate's career profile.

Assoc. Prof. Dr. Boris Georgiev Tilov, D.M. is an authoritative lecturer, an established researcher and practitioner. The documents presented show that his professional development is characterized by consistency, institutional sustainability and a clearly expressed integration between clinical practice, teaching and research activity.

The candidate was elected as an associate professor (2019) in the professional field 3.2. Psychology, after acquiring the educational and scientific degree "doctor" (2013). He has also taught in other higher education institutions as a part-time lecturer (2013-2015) and associate professor (2022-2023), worked as a psychologist and psychotherapist (2016 -2019).

He has professional qualifications in positive psychotherapy and hypnotherapy. He is a member of the Bulgarian Association of Psychologists and the Union of Scientists in Bulgaria.

The candidate's career profile meets the requirements for holding the academic position of "professor" and demonstrates maturity and completeness of academic development.

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

The documentation submitted by the candidate Associate Professor Boris Tilov is comprehensive, correctly structured and in full compliance with the Law on the Promotion of Research and Development of the Republic of Bulgaria and the internal rules of the

Medical University - Plovdiv. Diplomas, certificates, academic references, a list of scientific publications, citations, habilitation thesis, evidence of participation in scientific projects, reviews, a self-assessment table, publication activity and other documents confirming sustained academic activity and high professional commitment are presented. All evidentiary materials are reliable and certify the candidate's compliance with the announced competition requirements.

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

The materials provided by Boris Tilov not only cover, but also exceed in all indicators both the legal minimum national requirements and those of the Medical University - Plovdiv for the academic position "Professor".

I accept for review a total of 31 works, of which 3 independent monographs (of which one is a habilitation thesis), 3 chapters in collective monographs (of which two in a collective monograph published by the renowned scientific publishing house Nova Science Publishers), 19 full-text articles in scientific journals and reports, 3 reports and abstracts from international scientific forums and 3 university textbooks.

The analysis of the candidate's publication activity shows that it is generally multidisciplinary in nature and relates to:

- medical psychology, psychophysiology and mental self-regulation;
- psychosocial factors in chronic, metabolic and endocrine diseases;
- -psychology of nutrition, body weight and prevention of eating disorders;
- psychology of the environment, urban environment and mental health;
- psychology of body image, aesthetic medicine and communication in healthcare;
- educational and methodological work with students.

After reviewing the electronic copies of the works submitted for review, I accept the contributions in the manner in which they are formulated by the candidate Assoc. Prof. Tilov in the Reference for the original scientific contributions. It is noteworthy that the majority of scientific articles (15) have been published in prestige's foreign journals with

an impact factor, indexed in Web of Science and/or Scopus, and 4 are in refereed journals without an impact factor.

The publication of the texts in reputable scientific publications with serious peer review and their high citation rate is an indicator by which it can be concluded that the scientific community highly appreciates the scientific activity of Assoc. Prof. Tilov.

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

The habilitation work "Psychological predictors of sympathetic reactivity to audiovisual relaxing stimuli: the role of stress, aggression and resilience" presents data from an original study, which is fully in the context of the current development of sciences related to the study of the human psyche and the "Down – Top" psychotherapeutic approaches that have become established in recent years. An original integrative psychophysiological model is argued, in which the influence of individual psychological characteristics – perceived stress, aggressiveness and psychological resilience on the reaction to relaxing audiovisual stimuli is examined. The identified different profiles of ANS reactivity could support clinical practice and psychotherapeutic activity.

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

Assoc. Prof. Tilov presents a report with evidence of citations in scientific publications, referenced and indexed in the world-renowned databases of scientific information, as Scopus documented 1026 citations, and in non-referenced scientific publications with scientific review 383 citations. The total impact factor of the 15 full-text articles in journals with IF is IF ≈ 44.04 (according to Clarivate Analytics / Journal Citation Reports for the respective year of publication). Two abstracts published in the European Journal of Public Health (IF 2017 = 2.782 each) are added to it. Eight of the publications in the field of environmental psychology (Articles No. 8 – No. 15) have high international citations in the Scopus and Web of Science databases. The arguments presented are proof

of the significance of his scientific research and publications, as well as the recognition by members of the scientific community who work on similar scientific challenges.

VI. Comprehensive, qualitative assessment of the teaching, methodological and teaching activities, incl. scientific supervision of students, doctoral students, postgraduates.

The candidate has a high classroom workload (699 hours for the academic year 2024-2025) and the assessments of the attestation committee in the submitted latest Attestation Sheet (for the period 2019-2023) support the opinion that he, as a habilitated person, fully covers all necessary activities (scientific, teaching, expert and administrative activities), and the recommendations specified in the attestation assessment have been fulfilled, which is evident from the materials submitted for the competition.

VII. Critical notes and recommendations.

I would like to recommend that Assoc. Prof. Tilov continue his research and teaching work with the same intellectual energy, high scientific style, and dedication that he has invested so far.

VIII. Overall assessment of the candidate's compliance with the minimum national requirements under Art. 2b, para. 2 and 3, respectively, the requirements under art. 2b, para. 5 of the Law on the Administration of Medical Sciences and the specific requirements for the Medical University of Plovdiv by field and for units with/without clinical activity, set out in the Regulations for Academic Development at the Medical University of Plovdiv.

From the submitted and studied materials, it follows that the candidate fully meets the mandatory conditions, the mandatory quantitative criteria and scientometric indicators according to the Regulations of the Medical University of Plovdiv.

IX. Conclusion

The scientific achievements of the candidate Assoc. Prof. Tilov are undeniable. They establish him as a scientist with a clearly expressed international presence, recognizable in the European scientific community and with proven scientific contribution.

In addition, the candidate possesses well-developed analytical and technical skills, which he successfully integrates with his teaching and organizational experience. This combination of competencies, supported by extensive practical and scientific experience, makes him particularly suitable for the development of student training in the professional field 3.2 Psychology. It is evident from the documents presented that his activity as a teacher and researcher is distinguished by consistency, a high level of expertise and contribution to the preparation of students.

All this gives reason to assess his candidacy as fully justified and convincing for the academic position of "professor", since it fully meets the mandatory and specific conditions and scientometric criteria - for the academic position.

The overall assessment of the candidate's research and career profile, teaching and teaching activity, scientific achievements and contributions give reason to give a positive opinion and to confidently propose to the esteemed members of the Scientific Jury to elect Assoc. Prof. Boris Tilov, MD for the academic position of "Professor" in the professional field 3.2. Psychology in the Department of "Rehabilitation and Preventive Health Care", Medical College - Plovdiv, Medical University - Plovdiv according to the competition announced in the State Gazette, issue 44 of 14.05.2026.

Sofia, 01.09.2026

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Prof. DSc. G. Karastoyanov