

## **Review**

**by Prof. Ph.D. Rumen Ivanov Stamatov –**

**Varna Free University "Chernorizets Hrabar"**

**of a dissertation work for awarding the educational and scientific degree**

**"doctor"**

**in the field of higher education: 3. Social, economic and legal sciences;**

**professional direction 3.2. Psychology doctoral program: "General,  
experimental, developmental and health psychology"**

**author:** Vladimir Vladimirov Marinov

**topic:** "ROLE OF EARLY MALADAPTIVE SCHEMES AND ATTACHMENT  
STYLES FOR RESOLVING CONFLICTS IN INTIMATE RELATIONSHIPS"

with supervisor Prof. Ph.D. Irina Zinovieva

### **1. General description of the presented materials**

By the choice of the scientific jury, I have been designated as a member of the dissertation defense procedure on the topic "ROLE OF EARLY MALADAPTIVE SCHEMES AND ATTACHMENT STYLES FOR RESOLVING CONFLICTS IN INTIMATE RELATIONSHIPS" for the acquisition of an educational and scientific degree "doctor" in the field of higher education 3. Social, economic and legal sciences, professional direction 3.2. Psychology, doctoral program: Pedagogical and age psychology. The author of the dissertation is Vladimir Vladimirov Marinov - a doctoral student at the Department of "General, Experimental, Developmental and Health Psychology" at the University of St. Kliment Ohridski. The set of materials presented by Vladimir Vladimirov Marinov is in accordance with the requirements of the ŽRASRB, the Regulations for its application and the Regulations for the development of the academic staff of SU "St. Kliment Ohridski". Includes dissertation, abstract, and appended publications.

### **2. Relevance of the topic and appropriateness of the set goals and tasks.**

Intimate romantic relationships are constitutive of a good life, well-being and health. In the various conceptual models of mental well-being, intimate

relationships are present as a basic construct and have immediate influences on happiness, meaning in life, satisfaction, achievement and optimal functioning. In this sense, any attempt to outline the positive influences of intimate relationships on individual areas of life of the personality as well as the reasons for the ruptures in the relationships themselves is of theoretical and practical importance.

The proposed dissertation study is devoted to conflict resolution in intimate relationships, using as a conceptual framework attachment theories and the idea of maladaptive schemas with their influence on conflict resolution strategies.

The outlined constructs and relationships between them are empirically verifiable and can be taken as a contribution to the discussion around satisfaction in intimate relationships and related topics such as mental well-being, mental health and optimal functioning

### **3. Knowing the problem**

The presented research is structured in two parts – theoretical and empirical. The theoretical part covers in-depth analyzes of the constructs of attachment styles, maladaptive schemas, conflict coping strategies, emotional expressiveness, and intimate relationship satisfaction. Intimate relationships are considered in the context of attachment theories and are presented through different attachment styles, thematized through specific cognitive and behavioral manifestations. Maladaptive schemas are examined in the context of Young's research, bringing together ideas from Beck's attachment theories and cognitive therapy. Moving in Young's analyses, Vladimir Marinov notes the early genesis of maladaptive schemas and their influence on the interpretation of what is happening in intimate relationships. Conflicts in intimate relationships are examined in the context of modern research and the different areas in which they occur are distinguished. To the extent that conflicts are tied to romantic relationship satisfaction, analysis in this field shows empirically verifiable differences between individual conflict resolution styles and their effects on relationships. Emotional expressiveness presented through the different modalities is also examined in the context of wonder and conflict zones in relationships. The analyzes are in-depth and aimed at substantiating the relationships between the individual constructs, which gives coherence to the theoretical study and outlines the framework of the empirical study itself. The empirical part is also distinguished by correct statistical analyzes conducted with instruments, with the necessary psychometric characteristics, and results that correspond to the research hypotheses.

#### **4. Research methodology**

The methodology reflects the main idea of the research and its conceptual understanding. The empirical research was conducted through the following tools:

- Questionnaire for assessment of attachment styles - a short form of (Chui & Leung, 2016), the questionnaire assesses 4 attachment styles: secure, anxious, avoidant, and rejecting attachment style;

- Questionnaire of (Young & Brown, 2005) for assessment of maladaptive schemas – short version – covering 7 subscales;

- Questionnaire of (Gross and John, 1997) for evaluation of expressivity;

- Questionnaire of (Kurdek, 1994) for assessment of conflict resolution styles;

- Questionnaire of (Hendrick & Hendrick, 1988) to assess satisfaction with romantic relationships.

The questionnaires used have good psychometric characteristics.

#### **5. Characterization and evaluation of the dissertation work**

The dissertation has a volume of 233 pages, of which 190 are main text, the remaining pages include 55 tables, 6 figures, appendices and literature. The structure includes an introduction as an introduction to the research topic, seven chapters and a conclusion. The bibliography has 426 titles in English, Spanish and Bulgarian. The study itself is structured in two parts - theoretical, which presents the main concepts around which the study is built, and empirical, which is represented by goals, tasks, hypotheses, instruments of the study with a detailed description of the psychometric characteristics and the various analyses, in the context of the formulated hypotheses. The analyzes and conclusions are representative of the doctoral student's efforts and support the verification of the obtained results.

#### **6. Contributions and significance of the development for science and practice**

Vladimir Marinov's contributions are meaningfully summarized and correspond to the research conducted. In general, I would like to note the following positive points:

- a theoretical analysis of intimate relationships is presented in the context of attachment theories;
- an in-depth analysis of the relationships between the individual constructs is presented;
- empirical evidence is presented on the relationships between attachment styles, conflict resolution styles and satisfaction with the relationship itself;
- the influences of different styles - secure and insecure attachment on early maladaptive schemas, emotional expressiveness and conflict resolution styles - were tracked;
- questionnaires were adapted for the study of attachment styles, conflict resolution styles in intimate relationships, assessment of early maladaptive schemas and satisfaction with intimate relationships;
- the presented results are a reflection of a precise analysis carried out with an original methodology and the necessary statistical methods, which guarantees the correctness of the conclusions and gives credibility to the request for realistic applicability and delineation of ways to increase satisfaction in intimate relationships.

## **7. Evaluation of publications on the dissertation work**

Dissertation topic publications are in the form of articles and meet the requirements. The articles are 3 and have been published in scientific publications and 1 report at a scientific conference.

## **8. Personal participation of the doctoral student**

Vladimir Marinov was a full-time doctoral student at the Department of "General, Experimental, Developmental and Health Psychology". He independently carried out the entire dissertation research. The text, results obtained and contributions are his personal work.

## **9. Abstract**

The abstract contains the main statements in the dissertation work, the results and their analysis. I believe that it is adequate to the dissertation work and objectively reflects the theoretical analyzes and the main results presented in the content of the research.

## **10. Personal impressions**

I would like to note that Vladimir Marinov has deep knowledge in a researched field, combined with responsibility and an original approach to the empirical examination of the topic, which enriches the understanding of intimate relationships and ways of dealing with conflicts depending on the attachment style.

## **11. Recommendations for future use**

I would recommend that the study be expanded to include married couples and take into account the influence of another variable - the presence of children.

## **Conclusion**

The dissertation shows that the doctoral student Vladimir Vladimirov Marinov has in-depth knowledge of the subject. I believe that the candidate meets the conditions and procedures for awarding the educational and scientific degree "doctor" according to the Law on the Development of the Academic Staff in the Republic of Bulgaria, PPZRAS, the Regulations for the Development of the Academic Staff of SU "St. Kliment Ohridski". After the advanced arguments, as well as the overall positive assessment of the completed dissertation research, I propose to the scientific jury to vote positively and award the educational and scientific degree "doctor" to Vladimir Vladimirov Marinov, for which I also give my affirmative vote.

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Prepared the Review:

/prof. Rumen Stamatov/