

REVIEW

**By Prof. Georgi Stoyanov Karastoyanov, DSc, Rakovski
National Defence College, Professional field: 3.2. Psychology,
for the dissertation of Prof. Margarita Angelova Stefanova-
Bakracheva, PhD with title:**

PERSONALITY PREDICTORS OF EXPERIENCED WELL- BEING

**for acquisition of scientific degree doctor of science in
professional field: 3.2. Psychology (General psychology –
General and developmental psychology)**

The review was conferred in accordance with Protocol № 1 of 27th July 2023 of the session of the Scientific Jury appointed by Decision of the Faculty Council of the Faculty of Philosophy, recorded in Protocol № 12 of 4th July 2023 and entered in the Register of Scientific Jury Members of the Sofia University St. Kliment Ohridski under № 19/ 6th July 2023 , and is prepared in compliance with the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation, and the Rules on the conditions and procedure for acquiring science degrees and holding academic positions in Sofia University St. Kliment Ohridski.

I was provided with a copy of the thesis and the abstract, as well as electronic copies of all documents related to the procedure, in order to prepare for the review.

The dissertation is devoted to studying personality predictors of the psychological construct "experienced well-being" as an integrative term describing optimal personal functioning and self-regulation. The importance of this topic, which has interested people and scholars at least since the Greco-Roman civilisation, as far as we have written sources, probably does not need to be emphasised. On the other hand, this also implies a variety of perspectives on the subject, which, on the other hand, causes confusion in both research and application, especially among students. The main scientific contribution of the research reviewed is the theoretical and empirical argumentation of an integrative and original perspective on "experienced well-being".

Structurally, the text follows the classic model - the first chapter is a literature review of the research topic. It proposes an original integrative approach to the measurement of well-being and theoretically justifies the personality correlates (traits and dispositions) under investigation.

The in-depth literature review underpins, in the second chapter of the dissertation, the construction of a correct original research design, including a scientifically justified aim to be achieved, hypotheses to be attempted to be verified by means of precise research objectives. The main characteristics of the research carried out, the methods and tools used are correctly presented.

In my opinion, the third chapter, Results, analyses the empirical data in a logical framework in accordance with the research objectives set out in the second chapter, for which appropriate statistical methods have been chosen that allow the patterns identified to be robustly highlighted. The interpretations, summaries, implications and conclusions are consistent with the results of the empirical study.

The dissertation comprises 327 pages with the annexes. The data from the empirical study are adequately presented and illustrated by 155 tables and 133 figures. There are 453 literature sources of which 424 are in English. The analysis of the references reports shows that both classical works in the field as well as current research on the problem are included. It should be pointed out that the psychological instruments used are correctly and thoroughly presented in chapter two, including the processes of instrument adaptation, which allows a more complete follow-up of the research process. The critical remarks made at the preliminary defense for admission to public defense are reflected and taken into account in the text.

I find that the structure, volume and presentation of the dissertation for the degree of Doctor of Science correspond to the best research practices in the professional field 3.2. " Psychology". A balance is achieved between content and volume in the presentation of the theoretical review on the one hand and the empirical study on the other.

The results of the research on the topic of this dissertation have been presented to the critical lens of the psychological community with 18 scholarly publications in recognized scientific journals in the field of

psychology. The content analysis of the publications of prof. Bakracheva is an indicator by which it can be judged that the scientific contributions in the dissertation are her personal contributions.

The abstract of the dissertation correctly and accurately reflects its contents and the results obtained and fully complies with the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation, and the Rules on the conditions and procedure for acquiring science degrees and holding academic positions in Sofia University St. Kliment Ohridski.

I believe that the dissertation contains scientific results that are original scientific contributions. Apart from the mentioned by prof. Bakracheva's eight scientific and applied contributions, which synthesize and enrich the existing knowledge in the field, which I accept in the way she has formulated them, I would emphasize the argued dynamic model for measuring and maintaining well-being, which has not only scientific but also applied significance, and I would add a ninth pedagogical one - the reviewed scientific text can be used as a guide for the precise conduct of empirical psychological research by psychologists in Bulgaria. I take the opportunity to recommend the dissertation to be published as a monograph in Bulgarian and English.

I have found no violations of academic ethics, incorrect citation or plagiarism in the text submitted for review.

The presented dissertation evidences that Professor Margarita Stefanova-Bakracheva has a thorough theoretical background in the field of psychology, which allows her to develop and synthesize further

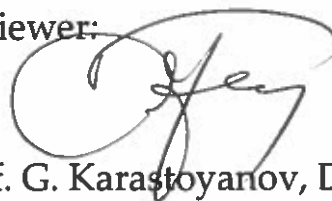
psychological knowledge, combined with excellent methodological preparation for planning and conducting empirical studies and correctly analyze their results.

I consider that the reviewed dissertation for the degree of Doctor of Science contains theoretical conclusions, based on in-depth empirical research and solutions to important scientific problems, which are commensurate with the most recent achievements of psychology and represent an original contribution to science. This gives grounds to conclude that the dissertation submitted for review meets the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation, and the Rules on the conditions and procedure for acquiring science degrees and holding academic positions in Sofia University St. Kliment Ohridski for the award of the scientific degree "Doctor of Sciences". On the basis of my positive evaluation of the dissertation research, the demonstrated excellent methodological preparation of the candidate and the indisputable scientific and scientifically applied contributions, I confidently propose to the esteemed members of the scientific jury to vote On the basis of my positive evaluation of the dissertation research, the demonstrated excellent methodological preparation of the candidate and the indisputable scientific and scientifically applied contributions, I confidently propose to the esteemed members of the scientific jury to vote Prof. Margarita Angelova Stefanova-Bakracheva, PhD, who has submitted dissertation on Personality predictors of experienced well-being to be awarded the degree Doctor of Science in the field of higher education 3.

Social, Economic and Legal Sciences, 3.2. Psychology (General psychology – General and developmental psychology).

Sofia, 30th September 2023

Reviewer:

A handwritten signature in black ink, appearing to be 'G. Karastoyanov', written over a large, loopy circular flourish.

Prof. G. Karastoyanov, DSc