

English translation

OPINION

under the procedure for acquisition of Doctor of Science degree

by Margarita Angelova Stefanova-Bakracheva,

topic of the dissertation: Personality predictors of perceived well-being

in professional field 3.2 Psychology,

Department of Psychology,

Sofia University St. Kliment Ohridski,

By Prof. Irina Zinovieva, Dr. Sc.

Sofia University St. Kliment Ohridski, Department of Psychology, professional field 3.2 Psychology in her capacity of Member of the Scientific Jury for awarding the scientific degree "Doctor of Psychological Sciences" (in General and Developmental Psychology)

Following Order of the Rector of Sofia University St. Kliment Ohridski

General characteristics of the dissertation work

The dissertation is presented on 327 pages. It consists of an introduction, three parts, a conclusion and references. Data are presented in 155 tables and 133 figures. The literature used includes 453 sources, of which 29 are in Bulgarian and 424 in English.

The dissertation is structured in an introduction, three parts, a conclusion and references. The theoretical overview is presented in four chapters. The first describes approaches to the

study of well-being. The second is devoted to the relationships between personality traits from the "Big Five" model and well-being, the latter also analyzed from the perspective of the cybernetic theory of personality. The third chapter is devoted to the relations of well-being to a wide range of personality dispositions, coping and coping potential. Relationships of well-being with meaning in life, self-esteem, and various aspects of self-sabotage are also examined. The fourth chapter systematizes the possibilities of increasing the personal resource for effective self-regulation primarily through learning.

The second part of the dissertation presents the theoretical framework and methodology of the empirical study of the role of personality traits and personal dispositions for the well-being experienced. The purpose, tasks, hypotheses, theoretical model and instrumentation, research subjects and research procedure are described in detail. The third part contains the analyzes of the obtained results and their connections with the data from the literature.

The dissertation is focused on two objectives. The first is to analyze the direct, mediated, and mediating effects of personality traits and personality dispositions on well-being and its components. The second - to explore the possibilities of increasing personal resources to achieve optimal self-regulation.

Methodology

The created integrative model has been verified through an empirical study. The total number of participants in it is 493 people, and 455 fully completed questionnaires were used for the analyses. To check the psychometric characteristics of the scales, exploratory factor analysis using the method of principal components and analysis of the internal consistency of the scales with Cronbach's alpha were used. Data analysis was carried out with: a) a series of one-way analysis of variance and t-tests to analyze the effects of demographic factors; b) correlation and regression analysis for the direct relationships and predictive capabilities of the selected variables; c) mediator and moderator analysis to test the hypothesized indirect effects.

The choice of statistical methods for data analysis is convincing, the interpretation of the obtained results - correct and precise. In the discussions, the new data obtained and the confirmation of the existing data are discussed in detail.

Evaluation of the quality of the scientific works of the doctoral candidate, related to meeting the minimum national requirements for the scientific degree "Doctor of Science" in professional field 3.2 Psychology

Scientific publications are presented, which in terms of quantity and quality correspond to the minimum national requirements and exceed them. According to indicators D, from a published monograph, which is not presented as the main habilitation thesis, 100 points are obtained. From 7 articles published in scientific publications, referenced and indexed in international databases with scientific information, 96.5 points are accumulated. Another 8 articles and papers published in non-refereed peer-reviewed journals or published in edited collective volumes contribute 50 points. With one study in the Sofia University Yearbook and one chapter of a collective monograph, of which the candidate receives 11.5 points, the total score for a group of indicators from group D becomes 258.

It is noteworthy that the citations are mainly in scientific publications, referenced and indexed in world-famous databases with scientific information, and 19 citations (corresponding to 285 points) are presented, as well as 15 citations in monographs and collective volumes with scientific review, from which they are accumulated new 150 points. The total score in group of indicators D is 445, which significantly exceeds the minimum national requirements and the specific requirements of the Sofia University "St. Kliment Ohridski".

Abstract

The presented abstract correctly reflects the main content and academic contributions of the dissertation work.

Scientific contributions

I accept the scientific contributions formulated by the author in the dissertation, but I want to add some highlights.

1. A large-scale study of fundamental questions in psychology has been carried out. Personality traits and personal dispositions occupy the core of the human psyche, well-being assesses the integral quality of human life. The relationships explored are central to human existence.
2. Major predictors of perceived well-being have been identified. It turns out that personality traits and personality dispositions determine both directly and indirectly the level of perceived well-being. But it was meaning in life that was shown to be the strongest independently significant predictor for which no mediated relationships with well-being were found.
3. A *dynamic* model of relationships between the studied variables was used. Personality traits were found to have both a direct and moderating effect and a mediated influence through their effect on the process of self-regulation and the choice of proactive or defensive behaviors. The interaction pattern is determined depending on the characteristics of the environment. An experienced crisis can serve as an example. For the model used, it is essential what are the conditions in which the crisis develops and what are its specifics - duration, globality, unpredictability and existential significance - they determine the context of individual reactions. The dynamic can be illustrated as a cycle of perceived support and hindrance of personal control in the process of finding adaptive coping mechanisms.

CONCLUSION

After having familiarized myself with the presented dissertation work, abstract, publications on the topic and citations, based on the analysis of their significance and the scientific and scientific-applied contributions contained in them, I confirm that the scientific achievements

meet the requirements of the RSARB and The Regulations for its application and the relevant Regulations of the SU "St. Kliment Ohridski" for obtaining the scientific degree "Doctor of Psychological Sciences". In particular, Margarita Angelova Stefanova-Bakracheva satisfies the minimum national requirements in the professional direction and no plagiarism has been established in the submitted dissertation, abstract and scientific works.

I give my **positive** assessment of the dissertation work.

Based on the above, as a member of the scientific jury, I am convinced that **there is every reason to award the scientific degree "Doctor of Psychological Sciences" in professional field 3.2 Psychology (General and Developmental Psychology) to Margarita Angelova Stefanova-Bakracheva.**

September 19, 2023

Prof. Irina Zinovieva, Dr.Sc.