

OPINION

By Prof. Dr. Lyuben Stokov

on the dissertation for for the acquisition of an educational
and scientific degree "doctor" in Professional direction:

7.1. "Medicine"

Scientific specialty: "Physiotherapy, resort medicine and rehabilitation"

of Dr. Desislava Metodieva Gerasimova on the subject

"A clinical approach based on the biopsychosocial model in the treatment of chronic pain in the
cervical spine"

1. General assessment of the dissertation work

Dr. Gerasimova's dissertation was written in a volume of 202 pages and developed on the basis of two main parts - theoretical (literature review on the topic) and empirical (based on own research). The presentation is structured in such a way that it meets the requirements for a similar development of a scientific work. The objective is clearly defined and the research methodology is explained in detail. The verification of the scientific hypotheses implies the conducting of a comparative analysis between the applied therapy for the patients with chronic neck pain. This was done through a detailed statistical analysis of the obtained results for the tracked subjective and objective indicators in the examined patients. The clinical material is well illustrated in 7 figures, 45 diagrams, 47 tables and 4 histograms.

On the topic of the dissertation work, 3 publications in renowned journals and 2 participations in national conferences on physiotherapy and rehabilitation have been presented.

2. Evaluation of the achieved scientific and scientific applied results

The development of the material in the present work logically leads to the updating of the diagnostic and therapeutic approach in patients with osteoarthritis and chronic pain in the cervical region of the spine, which should also include influencing the psycho-emotional changes in these patients. This would greatly improve the effectiveness of the therapeutic program for patients with chronic neck pain.

The dissertation work of Dr. Gerasimova has significant scientific contributions, as follows: original 2 pieces, those of a confirmatory nature 4 pieces, of a scientific-applied nature 3 pieces.

3. Conclusion

For the first time in Bulgaria, an extended complex assessment of accompanying psychoemotional changes in patients with chronic neck pain based on the biopsychosocial model is offered.

For the first time, a comparative clinical observation of the therapeutic effect after the application of a conventional physiotherapy program versus one combined with methods of psycho-emotional influence on patients with the chronic neck pain in question is carried out.