

## REPORT

**by Assoc. Prof. Dr. Iskra Takeva, MD**

Head of Department of Physical and Rehabilitation Medicine

Head of the Department of Neurology, Psychiatry, Physiotherapy and Rehabilitation,  
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Kliment Ohridski"

**Subject:** Contest for the academic title "Associate Professor"

**Field of higher education:** 7. "Health and sports"

Professional direction 7.1 Medicine

**Scientific specialty:** "Hygiene and ecology"

**Applicant:** Faculty of Medicine at Sofia University "St. Kliment Ohridski"

**Announcement:** "State Gazette", no. 61/02.08.2022

### **Contest details**

The contest is held in accordance with the requirements of the Law for the Development of Academic Staff in the Republic of Bulgaria, the Rules for its Application and Section IV - Terms and Procedures for Occupying the Academic Title "Associate Professor" as part of the Rules for the Terms and Procedures for Acquiring Scientific Degrees and Occupying Academic Positions at Sofia University "St. Kliment Ohridski".

The contest for the academic title of "Associate Professor" in the professional field of Medicine (Hygiene and Ecology) has been announced for the needs of the Department of "Neurology, Psychiatry, Physiotherapy and Rehabilitation, Preventive Medicine and Public Health" at the Faculty of Medicine at Sofia University "St. Kliment Ohridski". The composition of the scientific jury was determined by Order of the Rector No. RD-38-576/06.09.2022.

To participate in the contest, a single candidate, **Dr. Rositsa Bozhidarova Popova, MD**, chief assistant at the Faculty of Medicine at Sofia University "St. Kliment Ohridski", Lozenets University Hospital. All the required documents are presented, which are in accordance with the legal requirements for admission and participation in a contest for the academic position of "Associate Professor" at Sofia University "St. Kliment Ohridski".

## **Biography, academic and professional development**

Dr. Rositsa Popova attained a degree in Medicine from the Medical University of Sofia in 2002. From 2008 to 2011, she specialized in "Nutrition and Dietetics", and in 2012 acquired a degree in "Nutrition and Dietetics". From 2007 to 2010, Dr. Popova was a full-time doctoral student at the Clinic for metabolic-endocrine diseases and dietetics at the Medical University of Sofia. In 2014, she defended her thesis for the acquisition of the educational and scientific degree "Doctor" in 7.1 Medicine from the Faculty of Medicine at the Medical University of Sofia. The topic of her dissertation is "Malnutrition - modern diagnostic and therapeutic approaches".

Dr. Popova's professional career began in 2003 as a general practitioner at the "Dr. Organdzhiyski" polyclinic, Shtip, Republic of North Macedonia, where she worked until 2007. After that, she was first a doctor, then a nutritionist consultant for various diseases, and a medical representative providing consultations on proper nutrition for newborns. After winning a contest in 2013, she became an Assistant, and from 2018 to the present, the Senior Assistant of "Hygiene and Ecology" at the Faculty of Medicine at SU "St. Kliment Ohridski", Lozenets University Hospital.

Dr. Rositsa Popova has a number of international professional qualifications in the field, for which certificates are attached. She speaks English, German and Russian and uses them in her scientific and teaching activities. She has good computer literacy.

Dr. Rositsa Popova is a member of the board of directors of the Bulgarian Society of Nutrition and Dietetics and of the board of the Federation of European Nutrition Societies (FENS).

### **Scientific research activity and scientometric data**

The scientific research activity and publication activity of the candidate Dr. Rositsa Popova is in the field of hygiene science and nutrition.

The total scientific output of the candidate includes 40 scientific works, of which an abstract and four publications are related to the dissertation.

For participation in the contest, Dr. Rositsa Popova submitted the following scientific works:

1. Monograph on "Malnutrition and depression in eating disorders", University Publishing House "St. Kliment Ohridski" - 1 pc.
2. Publications in periodical scientific publications - 7 nos. (5 of them in refereed periodicals in world-famous databases, 2 in Bulgarian scientific periodicals) (III1-7)
3. Scientific articles in peer-reviewed scientific compendiums (II1-7)

4. Summaries from participation in national and international congresses and conferences - 40 nos. (of which 5 published in international journals) (III-2, 3, 5)

A participation in an international scientific project is also documented.

39 citations from the Central Medical Library and 1 citation from Google Scholar are known. The overall IF of the above mentioned papers is 8.57 and the h-index according to Google Scholar is 1.

The analysis of the relevant groups of indicators from A to D shows a total of 577.5 points, with a minimum number of 400 points as a national requirement for occupying the academic position "Associate Professor", as follows:

Indicator A : 50 points (required 50 points)

Indicator C – 100 points (required 100 points)

Indicator D: 302.5 points (required 200 points)

Indicator D: 125 points (required 50 points)

Indicator E: 90 points (not required)

The scientometric data of Dr. Rositsa Popova exceed the minimum national requirements.

#### **Scientific applications and methodological contributions of the candidate's work**

Dr. Rositsa Popova's research is devoted to preventive medicine, including nutrition, nutritional epidemiology, some labor-medical aspects and diet therapy in some diseases.

In a large part of the publications submitted for the contest as well as participation in scientific forums, the problems related to chronic malnutrition are studied in detail (II-4, III-2, IV- 1, 2, 3, 6, 16, 18, 28, 21- 24, 26, 33, 36). This includes a thorough analysis of the lipid status of malnourished patients and exploring options for its correction. Patients with chronic malnutrition were also studied in her dissertation work "Malnutrition - modern diagnostic and therapeutic approaches", the aim of which is to build a modern complex diagnostic and therapeutic approach to chronic malnutrition, including assessment of nutritional status, adequate diet therapy and subsequent monitoring.

In her research, Dr. Popova studies different types of dietary regimes, with the aim of developing recommendations for healthy eating and prevention of some socially significant diseases (II-2, 5, 7, III-1, 4, 6, IV-11 ).

The author proposes dietary regimens as part of the treatment of certain diseases and as prophylaxis of diseases for people with common professions in the 21<sup>st</sup> century (III-6, IV-11). Extensive studies of eating disorders in patients with conduct disorders, depression, anorexia nervosa, bulimia nervosa, etc. are presented.

Determining the criteria for early diagnosis of eating disorders and the introduction of individual dietary regimens for the treatment and prevention of certain diseases represent a significant scientific and practical contribution to the field of preventive medicine. This defines the topic of the candidate's scientific works as significant and very current.

### **Teaching activity**

Dr. Rositsa Popova is an Assistant at the Faculty of Medicine at SU "St. Kliment Ohridski" since 2013, where she teaches the course "Hygiene and Ecology" as part of the following degrees: "Medicine", "Medicine in English" and "Nursing". For the period 2017-2022, Dr. Popova has a total study load of 4,253 hours and 3,452 hours of lecture time. The accumulated teaching experience is entirely sufficient for obtaining the scientific title "Associate Professor".

### **Personal impressions**

I personally know Dr. Popova from her work as secretary of the Department of Neurology, Psychiatry, Physiotherapy and Rehabilitation, Preventive Medicine and Public Health. Dr. Popova is a doctor with deep knowledge and erudition. She is responsible, precise and consistent in her work. She is proactive and her scientific work is beneficial to the public, showcased with the publication of 7 articles in popular periodicals.

### **Conclusion**

From the above brief analysis, it is clear that Dr. Rositsa Popova is a well-rounded and authoritative specialist in Hygiene and Ecology. Her scientific and teaching activities meet the requirements of the Law for the Development of Academic Staff in the Republic of Bulgaria and the Rules for its application, as well as of the normative documents of SU "St. Kliment Ohridski" for acquiring the academic title of "Assistant Professor".

Therefore, I recommend the Scientific Jury to propose to the Faculty Council of the Faculty of Medicine at SU "St. Kliment Ohridski" to award the candidate the academic position "Associate Professor" in the indicated professional direction and scientific field.

29.11.2022

Member of the scientific jury:

(Assoc. Prof. Dr. Iskra Takeva, PhD)

