

STATEMENT

from

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Regarding the dissertation on the topic: "STUDY OF THE HEALTH-RELATED QUALITY OF LIFE AMONG PHARMACY STUDENTS", presented for public defense for awarding the educational and scientific degree "doctor" in the professional field 7.3 Pharmacy, scientific specialty "Social Medicine and healthcare and pharmacy organization.

Author of the dissertation: mag. Pharm. Nasie Sabrieva Asipova, full-time doctoral student at the Department of "Physicochemistry", Faculty of Chemistry and Pharmacy, Saint Kliment Ohridski University, Sofia.

Scientific supervisor: Associate Professor Sava Ognyanov Georgiev, Ph.D. and Scientific consultant: Prof. Dr. Emil Ivanov Hristov, Ph.D.

The topic is extremely interesting, significant and relevant. Quality of Life (QoL) is a broad theoretical concept that measures people's general perception of their lives. Quality of life represents the individual's subjective assessment of the degree of satisfaction with his life. QoL includes both health-related and non-health-related aspects of human life - economic, political, cultural, etc. There are two main types of health status measures: general instruments and disease-specific instruments. Common tools most often used in practice are: Medical Outcome Study Short Form Health Surveys - includes SF-12, SF-36, SF-36 version 2, EuroQuol-5D (EQ-5D), Quality of Well-Being (QWB) Scale, Sickness Impact Profile (SIP) and others. Collecting data on health-related quality of life should also be an inherent task for medical professionals in real practice – doctors, pharmacists, health care professionals, etc. Because depression affects many people and has a huge economic burden, greater efforts are needed to improve diagnosis and treatment. The main challenges are related to the heterogeneity of the disease, the stigma of mental illness and the inability to find more effective treatment methods. There are psychological and pharmacological treatments for depression. Depression is among the most treatable mental disorders. Between 80% and 90% of people with depression respond well to treatment, with the majority of patients getting some relief from their symptoms. Prevention and early interventions are key goals, but they are only possible if the underlying causal mechanisms can be discovered. In support of mental health, WHO has taken action to improve it and has developed brief psychological intervention guides for common mental health conditions, including depression, that can be used by non-medical professionals. Self-help approaches have been developed to serve people with depression and prevent the onset of mental disorders. In 2020, the Council of Ministers adopted the National Strategy for Mental Health of the Citizens of the Republic of Bulgaria 2021-2030.

The structure of the dissertation is in accordance with the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at the Sofia University.

The literature review proves the excellent knowledge of the dissertation on the subject. Competence on the problem and the skills of the doctoral student to work with literary sources, which are 299 in number, are demonstrated. A systematic review of literary publications on the subject of the dissertation gives additional value to the development. The formulated goal and 5 tasks were successfully carried out in the course of the own studies. The variety of methods used, which are skilfully combined, contribute to the achievement of the main task of a dissertation work, which is to show that the dissertation student possesses and applies in practice certain methodical knowledge. A single-center, open, longitudinal, prospective study was conducted in the period 2017 - 2024. The interview is provided with Pharmacy students from the Faculty of Chemistry and Pharmacy of Sofia University "St. Kliment Ohridski" in the fifth year of study. The method that was used to collect the data was the SF-36v2 questionnaire. The results obtained are convincing, well illustrated with tables and figures, and presented clearly and precisely. Formulated conclusions and contributions correspond to the achieved results.

I support the recommendations made by the author, namely that it is necessary to implement programs and strategies to improve and strengthen mental health among the population in Bulgaria. Awareness and self-management strategies must be increased to minimize the effects of COVID-19 on the mental health and health-related quality of life of the population. At the national level, the relationship between the COVID-19 pandemic and the mental health of the population should continue to be explored. Research on health-related quality of life by assessing the health status of vulnerable populations will help improve the nation's mental health.

The dissertation of mag. Pharm. Nasie Sabrieva Asipova, contains scientific and applied results that represent an original contribution to science and meet all the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the relevant Regulations of Sofia University "St. Kliment Ohridski". The presented materials and dissertation results fully correspond to the specific requirements of SU "Sveti Kliment Ohridski", Sofia.

The dissertation shows that the doctoral student possesses theoretical knowledge and professional skills in the scientific specialty by demonstrating qualities and skills for independent conduct of scientific research. Due to the above, I confidently give my positive assessment of the conducted research, dissertation work, achieved results and contributions, and offer to the esteemed members of the jury to positively evaluate the dissertation work for the acquisition of the educational and scientific degree "Doctor" of the dissertation student Nasie Sabrieva Asipova in professional direction 7.3 Pharmacy, scientific specialty "Social medicine and organization of health care and pharmacy.

17.09.2024

Prepared the statement:.....

Sofia

/ Assoc. Prof. K. Andreevska, PhD /