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OPINION

of Prof. Dr. **Atanas Dimov Arnaudov**, Head of the Department of "Preclinical and Therapeutic Disciplines" Faculty of Public Health and Healthcarean, Burgas State University "Prof. Dr. Asen Zlatarov", ax internal Member of the Scientific Jury, appointed by Order No. RD-344/30.09.2025 of the Rector of Burgas State University "Prof. Dr. Asen Zlatarov"
regarding the materials submitted for participation in the competition for the academic position of Associate Professor in: Higher Education Area 7. Healthcare and Sports, Professional Field 7.1. Medicine, Scientific Specialty "Endocrinology" (for Dobrich Branch) at Burgas State University "Prof. Dr. Asen Zlatarov", announced in State Gazette No. 52/27.06.2025.
By Protocol No. 1 of 10.10.2025 from the meeting of the Scientific Jury, I was appointed to prepare the **opinion**.
The sole candidate in the present competition is Assistant Professor Dr. Nikolay Krasimirov Kostadinov.

1. Biographical Data and Career Profile of the Candidate
Nikolay Krasimirov Kostadinov was born in 1984 in the town of Karnobat, Burgas region. He completed his secondary education at the "Acad. N. Obreshkov" High School of Natural Sciences and Mathematics in Burgas in 2003 and higher education at Trakia University – Stara Zagora, majoring in Medicine, in 2009. He obtained a Master's degree in Health Management from Burgas State University "Prof. Dr. Asen Zlatarov" in 2017. He has also acquired professional qualifications in Thyroid and Neck Ultrasound (2021) and Osteodensitometry (2023). In 2024, he was awarded the educational and scientific degree "Doctor" in the professional field 7.1. Medicine, doctoral program "Endocrinology", at the Military Medical Academy – Sofia. His academic career began in 2021 at the Faculty of Medicine, Burgas State University "Prof. Dr. Asen Zlatarov", where he was appointed as an Assistant Professor (half-time) in Internal Medicine. He is proficient in English and demonstrates excellent computer literacy.

2. General Description of the Materials Submitted for the Competition
For participation in the competition, Assistant Professor Dr. Kostadinov submitted a complete set of required documents. For evaluation, he presented: a dissertation with an abstract, one monograph, one book

(based on his defended dissertation), 54 scientific publications, 27 participations in national and international scientific forums, citation reports, participation in a university research project, documentation of teaching activity, and a certificate for supervising residents.

3. Scientific and Research Activity of the Candidate

Regarding Dr. Kostadinov's scientific and research activity, the following conclusions can be drawn:

- His scientific output is entirely within the scope of the announced scientific specialty – Endocrinology. His main research interests concern diabetes mellitus. The core group of his publications, his dissertation, monograph, and book are all devoted to this topic.
- His dissertation investigates quality of life in patients with diabetes mellitus, the influencing factors, and approaches to improving it in large patient groups. The relevance of this topic arises from the growing incidence of type 2 diabetes. This is the first study in Bulgaria examining the quality of life of patients with this disease in relation to the type of treatment.
- In his monograph, Assistant Professor Kostadinov summarizes his observations and practical experience concerning diabetes management and the impact of the number of medications on quality of life — an aspect of key importance for disease monitoring and management.
- His scientific publications cover diverse areas of modern endocrinology, demonstrating his theoretical competence and scholarly maturity. His research reflects detailed analyses of contemporary therapeutic approaches in endocrinology and shows interest not only in socially significant but also in rare endocrine and metabolic disorders.
- His works have been cited 22 times, including 1 in a dissertation, 1 in an author's monograph, and 20 in Bulgarian and international peer-reviewed journals.
- Dr. Kostadinov participates in a university research project entitled "Genetic Polymorphisms in IP-10/CXCL10 and CXCR3 Genes in Type I Diabetes."

4. Teaching and Academic Activity of the Candidate

For the competition, Assistant Professor Kostadinov presented documentation verifying a total of 1,066.3 academic hours of teaching activity for the period 2021–2025. During the same period, he participated in the preparation of six curricula in Internal Medicine for students of the Faculty of Public Health and the Medical College. He is a member of the

Quality of Education Committee at the University's Medical College and has served as a supervisor for two residents.

5. Evaluation of Quantitative Indicators According to the Criteria for the Academic Position "Associate Professor"

The overall assessment of the candidate's compliance with the mandatory requirements, scientometric indicators, and quantitative criteria confirms that he fully meets the standards for holding the academic position of Associate Professor at Burgas State University "Prof. Dr. Asen Zlatarov."

6. Conclusion

The materials submitted for the competition meet the requirements of the Law for the Development of the Academic Staff in the Republic of Bulgaria (LDASRB) and its regulations. They clearly demonstrate that the candidate for the academic position of Associate Professor, Assistant Professor Dr. Nikolay Krasimirov Kostadinov, is an established scholar and lecturer in his professional field. In view of the above, **I propose to the esteemed Scientific Jury that Assistant Professor Dr. Nikolay Krasimirov Kostadinov be elected to the academic position of Associate Professor** in Higher Education Area 7. Healthcare and Sports, Professional Field 7.1. Medicine, Scientific Specialty "Endocrinology."

November 7, 2025

Prepared by:

(Prof. Atanas Arnaudov)