

ACADEMIC REVIEW

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Subject: Procedure for awarding the educational and scientific degree “Doctor (PhD)” in the scientific specialty *Dermatology and Venereology*, Field of Higher Education 7. “Healthcare and Sports”, Professional Area 7.1 “Medicine”, Doctoral Program “Dermatology and Venereology”

At a meeting of the Scientific Council of Acibadem City Clinic Tokuda University Hospital (Protocol No. 65/08.04.2026), I was elected as a member of the scientific jury, and by Order No. 15-01-138/16.04.2026 I was appointed to participate in the public defense procedure of the dissertation thesis of Dr. Martina Todorova Yaneva entitled:

“Etiopathogenetic Factors in Nummular Eczema”

Dr. Martina Yaneva holds a Master’s degree in Medicine (2018), is a specialist in Dermatology and Venereology (2023), and holds a Master’s degree in Public Health and Health Management (2024).

Her scientific output includes 19 publications (5 international and 14 national) and 13 participations in scientific forums. On the topic of the dissertation, 5 publications and 7 scientific communications have been presented. She is a member of several national and international professional organizations.

Evaluation of the Dissertation Thesis

The dissertation is dedicated to a relevant and insufficiently elucidated problem in dermatology—the etiopathogenesis of nummular eczema. The study is methodologically well-structured and includes clinical, allergological, and evaluative tools for disease analysis.

The main results can be summarized as follows:

- A specific demographic profile of patients with nummular dermatitis is identified—predominance of males and higher mean age compared to other dermatitis types.
- A significant role of personal and family atopy in clinical course, recurrence rate, and allergological profile is demonstrated.
- A considerable proportion of patients present with severe disease requiring systemic therapy or phototherapy.
- The NESI scale is validated as a reliable tool for assessing disease severity and the need for therapeutic escalation.
- Pruritus is defined as a central symptom, directly associated with both clinical severity and impaired quality of life.

- Quality of life (DLQI) correlates with disease duration and severity, as well as with the presence of atopy and contact sensitization.
- Contact sensitization is associated with prolonged treatment and wider distribution of lesions.
- Data suggest involvement of bacterial antigens in disease pathogenesis.

Scientific and Applied Contributions

Scientific-theoretical:

- The first systematic study on etiopathogenetic factors in nummular eczema in Bulgaria has been conducted.
- Data on epidemiology, the role of atopy, and contact hypersensitivity have been expanded.
- New data on quality of life in these patients have been presented.

Scientific-practical:

- The NESI scale has been introduced into clinical practice.
- The significance of DLQI as a tool for therapeutic decision-making has been confirmed.
- Pruritus has been defined as a primary therapeutic target.
- The most common contact allergens have been identified.
- Pilot data on the role of bacterial superantigens have been presented.

Conclusion

The presented dissertation thesis is an independent scientific study with clearly defined objectives, appropriate methodology, and significant scientific and practical results.

The candidate fully meets the national requirements for awarding the educational and scientific degree "Doctor (PhD)". High scientific productivity, professional consistency, and a thorough approach to both research and clinical work have been demonstrated.

Based on the above, I give a positive evaluation and strongly support the awarding of the educational and scientific degree "Doctor (PhD)" to Dr. Martina Todorova Yaneva.

I recommend that the esteemed Scientific Jury award the educational and scientific degree "Doctor (PhD)" in Field of Higher Education 7. "Healthcare and Sports", Professional Area 7.1 "Medicine".

27 April 2026

Prof. Sonya Stoyanova Marina-Kirova, MD, PhD


