

## OPINION

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**Subject:** Defense of a dissertation for the acquisition of the educational and scientific degree "Doctor" (PhD) in the field of higher education 7. Health Care and Sports, professional area 7.1. Medicine

**Author:** Dr. Martina Todorova Yaneva, MD

**Doctoral Program:** "Dermatology and Venereology"

**Topic(PhD Tesis):** Etiopathogenetic Factors in Nummular Eczema

**Scientific Supervisor:** Prof. Dr. Razvigor Borislavov Durlenski, MD, PhD, DSc

**Scientific Unit:** Clinic of Dermatology and Venereology, Acibadem City Clinic UMbal Tokuda EAD, Sofia

At a meeting of the Scientific Council of "Acibadem City Clinic UMbal Tokuda" EAD on 08.04.2026 (Minutes No. 65/08.04.2026), I was elected as a member of the Scientific Jury and approved by Order No. 15-01-138#1/16.04.2026 of the Executive Director and Prokurist of the hospital. At the meeting of the Jury, I was elected to prepare an opinion on the procedure for the public defense of the dissertation of Dr. Martina Todorova Yaneva.

The submitted set of materials on electronic media complies with the requirements of the country's regulatory framework.

### **Relevance of the Dissertation Topic:**

The dissertation submitted to me for an opinion is relevant and of great practical significance. In recent years, studies related to discoid eczema have made a significant scientific contribution. Therefore, the topic of the dissertation is relevant and of significant contribution to the practice of dermatovenereologists in the country.

### **Understanding of the Problem**

The doctoral candidate's familiarity with the problem is evident from the dissertation review – 19 pages. The review is well-structured and demonstrates the ability for proper analysis. The literature includes 184 citations, of which 22 are in Bulgarian and 162 are in English. The aim of the dissertation is formulated clearly and precisely. The tasks set are specific and can lead to its achievement.

### **Research Methodology**

Appropriate scientific research and statistical methods for the purpose of the dissertation have been used (epicutaneous testing with a standard series, intradermal testing, NESI Index). The research

methodology allows for the achievement of the stated goal and obtaining an adequate answer to the tasks addressed in the dissertation.

### **Structure, Characteristics, and Evaluation of the Dissertation and Its Contributions**

The candidate, Dr. Martina Yaneva, presents the dissertation titled "Etiopathogenetic Factors in Nummular Eczema," which comprises 160 standard printed pages. The work is structured according to requirements and includes an introduction, aim and objectives, materials and methods, results, discussion, conclusions, contributions, and bibliography. Scientific works published by the doctoral candidate on the topic are also presented. In the review, Dr. Yaneva presents the epidemiology, risk factors, localization, and causes.

**The dissertation aims** to establish the etiopathogenetic factors for the occurrence and development of nummular eczema, to analyze environmental conditions as well as individual predispositions for the development of the disease. In relation to the set aim, 5 objectives have been defined. I find that the objectives set in this way can lead to the achievement of the dissertation's aim.

### **Materials and Methods of the Study**

The study was conducted in the period from 2021–2024 and included 184 individuals.

The following were applied:

- Epidemiological analysis;
- Clinical method;
- Allergological method;
- Statistical method.

The results of the studies are visualized through 60 figures and 35 tables, which create clarity and a complete appearance of the work. 11 conclusions have been drawn based on the study results. The results obtained from the author's research are discussed in light of the chosen theoretical framework and are compared with the results of contemporary studies in the relevant field. The discussions demonstrate sufficient knowledge of the problem by the doctoral candidate, correct reasoning, and critical interpretation of the results.

### **Contributions and significance of the study for science and practice:**

Dr. M. Yaneva has presented her observations in 10 conclusions, which I accept. They stem from her own research and accurately reflect the results obtained and their analysis. They are described in detail and represent systematized data.

The contributions of the dissertation work are a total of 11, 5 are of a scientific-theoretical nature and 6 are scientific-practical and confirmatory.

**The abstract** of the dissertation work is 52 pages long and adequately reflects the main points of the scientific development. A list of scientific output related to the topic is also included here, with Dr. M. Yaneva being the lead author in 5 publications.

**Critical Remarks and Recommendations:**

I am excluding isolated and insignificant typographical errors.

**Conclusion:**

I positively evaluate the presented dissertation work. The basis for this evaluation is the relevance and originality of the subject matter, the significance of the stated goal and objectives, and the large volume of precisely executed and interpreted research work. The study has a scientific and practical orientation, demonstrates the author's commitment and competence, and shows her serious and in-depth scientific and scientific-practical interest in this significant topic. The qualities of the dissertation work and the fulfilled requirements for the necessary quantitative and qualitative criteria according to the current regulatory framework give me grounds to vote positively and to propose to the esteemed members of the scientific jury to award the educational and scientific degree of "Doctor" to Dr. Martina Todorova Yaneva, MD.

Date: 20.04.2026  
Pleven

Author of the opinion:   
(Assoc. Prof. Klimentina Gospodinova, MD, PhD)