

## OPINION

by Prof. Dr. Psy. Sc. Mayiana Milcheva Mitevska  
Paisii Hilendarski University of Plovdiv

on the doctoral dissertation submitted for the award of the educational and scientific degree  
"Doctor"

in the field of higher education: **3. Social, Economic and Legal Sciences**  
professional field: **3.2. Psychology**  
Doctoral program: **Positive Psychology**

Author: **Kristiana Georgieva Eneva**

Topic: **Positive Cognitive Processes and Satisfaction with Romantic Relationships in Early Adulthood**

Scientific Supervisor: Prof. Dr. Yuriy Pavlov Yanakiev  
Paisii Hilendarski University of Plovdiv

### 1. General Presentation of the Procedure and the Doctoral Candidate

By Order No. RD-22-1496 dated 23.06.2025 of the Rector of Paisii Hilendarski University of Plovdiv, I have been appointed as a member of the academic committee responsible for conducting the procedure for the defense of the doctoral dissertation entitled "*Positive Cognitive Processes and Satisfaction with Romantic Relationships in Early Adulthood*", submitted for the award of the educational and scientific degree "Doctor" in the field of higher education **3. Social, Economic and Legal Sciences**, professional field **3.2. Psychology**, doctoral program *Positive Psychology*.

The author of the dissertation is Kristiana Georgieva Eneva, a doctoral candidate in part-time study (or individual preparation) at the Department of Psychology, under the scientific supervision of Prof. Dr. Yuriy Pavlov Yanakiev, Paisii Hilendarski University of Plovdiv.

The set of materials submitted in print by Kristiana Georgieva Eneva complies with Article 36 (1) of the Regulations for the Development of the Academic Staff of the University. The doctoral candidate has attached eight publications.

### Biographical Data

Kristiana Georgieva Eneva was born in the city of Plovdiv. Her education includes a Bachelor's and Master's degree in Psychology, both obtained at Paisii Hilendarski University of Plovdiv. Her training has placed a particular emphasis on Positive Psychology as a discipline oriented toward optimizing human potential, developing personal and social resources, creativity, mindfulness, and psychological resilience.

Her professional experience is diverse, encompassing both counseling and therapeutic practice, as well as administrative and organizational activities. As a school psychologist at "St. St. Cyril and Methodius" Secondary School in Plovdiv, she has conducted individual and group counseling with students, participated in the development and management of intercultural projects, contributed to building a positive school environment, and developed skills in mediation and crisis intervention.

Her professional development has continued in the private sector, in the fields of logistics and team management, where she has enhanced her competencies in organizational psychology, communication, and marketing.

Since 2018, Ms. Eneva has been actively enrolled in a master's training program in Positive Psychotherapy at the Bulgarian Association for Positive Psychotherapy, completing specialized preparation in individual and family counseling, child and adolescent therapy, and crisis intervention. She has also acquired additional qualifications through training programs in the use of SPSS statistical software for research, academic Russian, and Montessori methodology.

Her membership in the World Association for Positive and Transcultural Psychotherapy attests to her commitment to an interdisciplinary and intercultural approach in psychological practice. In preparation for the defense of her dissertation in Positive Psychology, Ms. Eneva has developed research work focused on strengthening positive personal resources.

## **2. Relevance of the Topic**

The problem addressed in the dissertation is of high relevance both from a scientific and applied perspective, as positive psychology offers innovative approaches for developing personal resources, psychological resilience, and subjective well-being in the context of increasing social and professional challenges. The topicality of the subject is substantiated by the need for empirically validated models and interventions that support the formation of positive attitudes and coping skills across different age and cultural contexts. The degree of significance is considerable at the theoretical level by expanding the conceptual frameworks of positive functioning, at the empirical level by providing new data on the role of personal and social factors, and at the practical level by creating programs with direct application in counseling and educational practice. In this regard, the main objectives of the dissertation include the analysis of existing research, the identification of key factors for the development of positive resources, the construction and piloting of an intervention model, and the evaluation of its effectiveness in order to formulate practical recommendations.

## **3. Familiarity with the Problem**

The doctoral candidate demonstrates in-depth knowledge of the state of the researched problem through a systematic analysis of contemporary theoretical concepts and empirical studies in the field of positive psychology. In the course of the dissertation work, the literature has been critically and creatively assessed, outlining both the achievements and the existing gaps and contradictions in the scientific discourse. This has allowed for the formulation of well-founded research hypotheses and the development of an approach that builds upon and enriches existing knowledge with contributive aspects and practical orientation.

## **4. Research Methodology**

The chosen research methodology is well justified and corresponds to the aims and objectives of the dissertation, providing the possibility to obtain reliable and valid empirical data. The combined approach includes the application of both quantitative and qualitative methods, enabling a comprehensive study of positive personal and social resources.

Among the main instruments used are:

- The **Satisfaction With Life Scale (SWLS)**, which assesses overall life satisfaction, directly related to the concept of positive psychology;
- The **Positive and Negative Affect Schedule (PANAS)**, providing information about the emotional profile of the participants;
- The **Connor-Davidson Resilience Scale (CD-RISC)**, examining the capacity for coping and adaptation under stress;

- An adapted instrument for **social competence**, measuring the skills to build and maintain positive relationships;
- **Semi-structured interviews** aimed at identifying individual coping strategies and personal resources;
- **Observation and self-report methods** complementing the quantitative findings with qualitative data.

The relevance of these methods stems from their proven application in research on well-being, resilience, and positive functioning. The collected data allow for the verification of hypotheses regarding the relationships between personal resources, emotional attitudes, and social adaptation. Their combined use ensures the achievement of the set objectives and the provision of adequate answers to the main research questions in the dissertation.

## 5. Characteristics and Evaluation of the Dissertation and Its Contributions

The dissertation is consistently structured into several main sections, in which the theoretical foundations, methodological frameworks, and empirical results are presented, forming the basis of the contributions. The theoretical part offers a critical analysis of contemporary concepts and approaches in positive psychology, highlighting similarities, differences, and unresolved questions in the interpretation of key constructs such as well-being, resilience, and personal resources. This analytical review underscores the author's creative engagement with the literature and the soundness of the research perspective.

The methodological section demonstrates appropriate selection and adaptation of established psychodiagnostic instruments, combined with qualitative methods that ensure a high degree of reliability and validity of the data. The empirical section is based on statistically processed results and consistently conducted qualitative analysis, which makes it possible to test the research hypotheses.

The nature of the material used is empirical, collected from a representative sample with sufficient size and diversity, which guarantees the credibility and objectivity of the obtained results. The overall character of the dissertation is analytical and constructive, and the exposition clearly shows the effort to integrate theoretical generalizations with practical guidelines. On this basis, the contributions are well argued, verifiable, and have potential for real application in counseling and educational practice.

The main contributions of the dissertation consist in enriching theoretical understandings of the relationship between positive cognitive processes—optimism, hope, and mindfulness—and satisfaction with romantic relationships in early adulthood. Through the conducted empirical research, significant correlations have been established between levels of positive attitudes and the degree of relationship satisfaction, as well as the influence of demographic factors such as age and relationship duration. From an applied perspective, the dissertation offers validated psychodiagnostic tools adapted to the Bulgarian context and formulates practical recommendations for the development of intervention programs aimed at enhancing well-being and the quality of romantic relationships. The collected results can serve as a basis for future research and application in counseling and therapeutic practice.

## 6. Assessment of the Publications and the Candidate's Personal Contribution

The presented publications amount to eight, of which five are articles in national peer-reviewed journals and three are papers in proceedings from scientific forums. All are written in Bulgarian, and the majority are single-authored, with only two being co-authored. Their content is closely related to the topic of the dissertation and encompasses theoretical reviews, adaptation and application of psychodiagnostic instruments, and empirical research on the relationships between optimism, hope, mindfulness, and relationship satisfaction. The publications are professionally

prepared, demonstrate consistency and an original contribution to the development of the research problem, and fully meet the requirements for the defense of a doctoral degree.

## **7. Abstract**

The abstract has been prepared in accordance with the requirements of the current regulations and the established standards for presenting doctoral dissertations. The content is clearly structured, consistently outlining the objectives, tasks, methodology, main results, and contributions of the research.

The exposition demonstrates an analytical approach that reflects the comprehensive nature of the work and shows familiarity with contemporary theoretical directions in positive psychology. The material is presented precisely, with clear differentiation between empirical data and interpretation. The formulated conclusions and generalizations correctly convey the essence and significance of the achieved results.

The conclusion is that the abstract is professionally prepared, fully complies with the established requirements, and adequately reflects the main results, contributions, and applied aspects of the dissertation.

## **8. Recommendations for Future Use of the Dissertation Contributions and Results**

It is recommended that future work expands the empirical base through larger and more diverse samples and that further studies be conducted on the practical application of the validated positive cognitive models. It would also be beneficial to present the results in international publications and conferences in order to increase the visibility and applicability of the contribution in a broader professional context.

## **CONCLUSION**

The dissertation contains scientific, scientific-applied, and applied results that constitute an original contribution to the field and meet all the requirements of the Law for the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its Implementation, and the corresponding regulations of Paisii Hilendarski University of Plovdiv.

The dissertation demonstrates that the doctoral candidate, Kristiana Georgieva Eneva, possesses in-depth theoretical knowledge and professional skills in the scientific specialty of Psychology, and shows the capacity and competence to conduct independent scientific research.

For the above reasons, I confidently give my positive assessment of the research presented in the dissertation, the abstract, the achieved results, and the contributions described, and I propose to the esteemed academic committee that the educational and scientific degree “Doctor” be awarded to Kristiana Georgieva Eneva in the field of higher education 3. Social, Economic and Legal Sciences, professional field 3.2. Psychology, doctoral program Positive Psychology.

**10 July 2025**

Prepared by:

.....

Prof. Dr. Psy. Sc. Mayiana Mitevska