

## **Резюмета на научни трудове - електронен носител**

- 1. Дияна Александрова Попова-Добрева Физическа активност и контрол на теглото при бременност, Монография, Научно издателство НСА ПРЕС, 20222 ISBN 978-954-718-690-3**

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Проучване сред български жени на физическата активност и интервенции в диетата за управление на теглото преди и по време на бременност

ТЕРМИНОЛОГИЧЕН РЕЧНИК

Проучване сред български жени на физическата активност и интервенции в диетата за управление на теглото преди и по време на бременност

Проведено е проучване сред 717 жени на възраст 19 до 35 години чрез маркетингово анкетиране във Facebook. Използван е структуриран въпросник за „Управление на теглото преди, по време и след бременност“.

Средната възраст на анкетираните жени е 26,67 години. По-голямата част от жените (56%) са раждали веднъж, 40% са раждали два пъти, 1% от тях, очакват първото си дете. Три процента от анкетирания контингент българки са раждали 3 пъти.

Проследен е ИТМ преди последната бременност на жените. Петдесет и девет процента от анкетираните жени попадат в категорията на тези с нормален ИТМ. Двадесет и един процента са с наднормено тегло, а 11% са били с наднормено тегло. Тези резултати показват, че една трета от изследваната група активни жени в репродуктивната възраст има проблем наднормено тегло. Повече от половината от жените имат заседнал начин на живот (53%), който е доказано основен фактор за наднорменото тегло и поява на затлъстяване.

Резултатите от проведеното проучване очертават следните тенденции:

- Повечето българки с добро образование раждат веднъж или два пъти;
- Физическата активност на българките в репродуктивна възраст определено е недостатъчна;
- Липсва система за информиране на българките в репродуктивна възраст за рисковете от наднормено тегло и как да се справите с него.
- Важно е да се търсят причините за липсата на организация за информиране и подкрепа на жените в репродуктивна възраст (и не само те) да водят здравословен начин на живот. Нещо повече, това изследване показва, че здравните специалисти в България дори не насочват вниманието на жените към този въпрос.
- Необходимо е да се разработи и приложи система за контрол на теглото на българките жени в репродуктивна възраст.
- Въвличането на диетолози и физиотерапевти в процес на управление на теглото следва да бъде държавна политика за насърчаване на здравето, а не само въпрос на преценка на бременна жена (Popova-Dobreva, D., 2018).

## **2. Popova-Dobreva, Diana (STUDY OF PHYSICAL ACTIVITY AND DIETARY INTERVENTIONS FOR WEIGHT MANAGEMENT BEFORE PREGNANCY OF BULGARIAN WOMEN**

**INTERNATIONAL SCIENTIFIC CONGRESS APPLIED SPORTS SCIENCES  
(ICASS2019) / BALKAN SCIENTIFIC CONGRESS PHYSICAL EDUCATION, SPORTS,  
HEALTH**

**Abstract** The rise in obesity and associated morbidity is currently one of our greatest public health challenges. Women represent a high-risk group for weight gain with associated metabolic, cardiovascular, reproductive and psychological health impacts. Regular physical activity is fundamental for health and well-being with protective benefits across the spectrum of women's health (Harrison, 2016).

A survey was conducted with 717 Bulgarian women between 19 and 35 years of age. The purpose of the study is to determine advice and support for weight control before pregnancy. Characteristic of women is made by age, BMI and occupation. Twenty-one percent of women surveyed fall into the category of those with overweight BMI, and 11% were obese.

A discussion was held on the level of women's awareness and professional support. The investigated women have done a self-assessment of their physical activity before their last pregnancy. Women's questions are related to information about the risks to them and their child in the presence of overweight; have any weight loss tips or opportunity to join a weight loss group; have attended a physiotherapist before, during or after pregnancy. The results presented in this article are part of the overall study, including issues related to pregnancy and after birth.

We believe that advice on appropriate exercise, with appropriate intensity, dosage, rate frequency of performance is important to weight management before, during and after pregnancy and it necessary to include physiotherapists and nutritionists in the process of weight management, and this to be a state policy to promote health.

**Keywords** Author Keywords weight management pregnancy physical activity dietary interventions

**3. Mileshkina, D. (Mileshkina, D.) ; Popova-Dobрева, D. (Popova-Dobрева, D.) ; Popova, N. (Popova, N.) DISTRIBUTION OF LOWER LIMB EDEMA IN PREGNANT WOMEN  
INTERNATIONAL SCIENTIFIC CONGRESS - APPLIED SPORTS SCIENCES 478-481  
2017**

**Abstract** Introduction: Lower limb edema is a common problem during pregnancy. The aim of the study: to determine the incidence of edema of the lower limbs in pregnant women during the second and third trimesters. Methodology: The studied group consisted of 230 pregnant women, aged between 15 and 43 years. The criteria for inclusion are: pregnant women in the second and third trimesters. The survey was conducted for the period January-March 2017 in 18th diagnostic and consultative center, Hospital "Sheynovo" and University Obstetrics and Gynecology Hospital

"Maichin Dom". Results: 40% of the women reported lower limb edema during second and third trimester of pregnancy. The most often affected area is the ankle (52,4%), followed by the feet (36.3%), 9,1% change their foot size, 18,3% of the women have varicose veins, 50,9% reported muscle cramps. In this study, the results associated with the presence of edema, the degree of edema and its localization, the condition of the lower limbs and the presence of varicose veins, foot ache, lower limb muscularization, and concomitant diseases were analyzed. Characteristics of women in the study were made according to their age, parity, profession, pre-pregnancy, Body Mass Index (BMI), blood pressure values, motor activity, etc. Discussion: Even if the lower limb edema is not painful, it can be uncomfortable and swelling may make it difficult to put on socks or shoes. It can make also walking difficult and decrease the quality of life.

Keywords Physiotherapy Pregnancy Lower limb edema

**4. D. Popova-Dobreva THERAPEUTIC USE OF LAVENDER OIL, Trakia Journal of Sciences, Vol. 21, Suppl. 1, pp 30-35, ISSN 1313-3551 (online)**

**ABSTRACT PURPOSE** To establish the scientific directions of lavender oil research and its therapeutic use. **METHODS** An analysis was made of the available methodological literature in the medical database PubMed related to Lavender oil. Known empirical therapeutic uses of lavender oil are Relaxation and stress relief. Lavender oil is known for its calming properties, which can help promote relaxation and reduce stress and anxiety; Pain relief: Lavender oil has analgesic properties, which means it can help relieve pain. Skincare: Lavender oil has antiseptic and anti-inflammatory properties, which can help soothe and heal minor skin irritations like acne, insect bites, and minor burns; Respiratory support: Digestive health: Lavender oil may also help support digestive health by reducing inflammation in the gut and promoting healthy digestion. **RESULTS** 501 scientific studies with Lavender oil were found in the medical database PubMed. This publication analyzes the directions of scientific studies. **CONCLUSIONS** Lavender oil is a popular essential oil that has been used for centuries for its therapeutic properties. A significant part of scientific research is aimed at proving empirically known therapeutic applications. Key words: PubMed, lavender oil, scientific studies

**5. Popova-Dobreva, D. (2023). Health Promotion in Certified SPA and Balneotherapy (Medical SPA) Centres in Stara Zagora Region. In *SHS Web of Conferences* (Vol. 176, p. 01007). EDP Sciences**

**Abstract.** This study aims to assess the conditions for health promotion available in the region of Stara Zagora in certified SPA and Balneotherapy (Medical SPA) centers. **METHODS** Based on Internet sources, an analysis of the offered programs, packages and procedures, and accessibility to mineral waters. **RESULTS** 8 certified Balneotherapy (Medical SPA) centers and 4 SPA centers are available on the territory of the Stara Zagora region. **CONCLUSIONS** The presence of mineral

springs, the mild climate, and investments in a very good hotel base are conditions for developing tourism and promoting health in the region words.

**6. Popova-Dobreva, D. (2023). Health Promotion in Bulgarian Balneotherapy Centers. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 47-54. ISSN (Online): 2971 – 978X**

Abstract: Following Johnston, Puczkó, Smith, and Ellis (2011), Hitz et al. (2014) define wellness tourism as: 'involving people traveling to a different place to proactively pursue activities that maintain

or enhance their personal health and well-being, and who are seeking unique, authentic or location-based experiences or therapies that are not available at home'. The present study reveals the possibilities for health promotion by analyzing the services offered in 51 certified balneotherapy centers in Bulgaria. In leading balneotherapy centers in Bulgaria, treatment programs with different orientations have been compiled, such as General recreation; Arthrotherapy; Reflexology /kinesitherapy; Anti-stress; Thalasso therapy; Oxygen therapy; Detox; Post Covid. Usually the duration of the programs is between 5-7 to 10-15 days. In some of the centers, pricing is available on a treatment day basis. Values of individual procedures such as Electrotherapy; Kinesitherapy; Mud treatment; Aroma therapy; Hydrotherapy; Curative massage; Pressure therapy and lymphatic drainage with apparatus are also calculated. Over 92 percent of the balneotherapy centers have mineral water. Most of them are also located in luxury hotels, which is an additional advantage for the development of wellness tourism in Bulgaria. Our research reveals the presence of excellent natural and logistical conditions that meet the requirements for wellness tourism according to the definition of Hitz et al. (2014) 'involving people traveling to a different place to proactively pursue activities that maintain or enhance their personal health and well-being, and who are seeking unique, authentic or locationbased experiences or therapies that are not available at home'. Although, for the most part, the digital presentation of the services is informative and comprehensive, there are gaps in their presentation at some of the centers. The available excellent conditions for balneotherapy services in Bulgaria are a prerequisite for the development of health tourism and the expansion of rehabilitation places, including after the problematic post-covid conditions.

**7. Diana Popova-Dobreva, Tatyana Tomova, Stela Ivanova, Tsvetanka Dakova-Velichkova**  
**RELATIONSHIP BETWEEN MENSTRUAL PAIN AND QUALITY OF LIFE.**Current Trends in Natural Sciences Publisher University of Pitești, EUP, 2023, 12(23), 241-246.ISSN (online) 2284-953X

Menstrual pain is a common socially significant problem that leads to discomfort and absence from work, with a negative impact on health status, improvement of life, and personal and public finances. The review of the scientific literature aimed at the concepts in world research related to menstrual pain and its impact on a better life. The current study aimed to investigate the relationship between menstrual pain and quality of life. The study contingent is physically active women of reproductive age. 125 physically active female students at the Vasil Levski National Sports Academy, Sofia, Bulgaria, were studied. The contingent was characterized by age, duration of bleeding in days, amount of menstruation, degree of menstrual pain, and self-assessment of the effect of menstrual pain on workability. We use the Brunnsviken Brief Quality of Life scale (BBQ) in the study. A study conducted by us demonstrated a high prevalence of dysmenorrhea among young women. We consider it necessary to compile and approve a PROGRAM of physical exercises for personal and professional use by women with menstrual pain and specialists. Any effort in this direction will have an indirect benefit for personal and public finances, by preserving the working capacity of the women concerned.

**8. D. Popova-Dobreva PHYSICAL ACTIVITY AND PREVALENCE OF DYSMENORRHEA AMONG UNIVERSITY STUDENTS IN BULGARIA International Scientific Congress “Applied Sports Sciences” 2-3 December 2022 Proceeding book Volume 2 p. 567-571**

**ABSTRACT** Introduction. In the methodological literature, the prevalence of painful menstruation has not been sufficiently studied, which has aroused our research interest. Methodology. A survey was conducted with 185 Bulgarian women. The average age of the women surveyed is 22 years. The physical activity of women is categorized into three levels: adherence to the recommended 150 to 300 minutes per week of moderate physical activity or 75 to 150 minutes of high intensity, less than the recommended and irregular physical activity. The frequency of painful menstruation has been established. A self-assessment of perception of the effect of menstrual pain on performance is made. Characteristics of women are made by age, BMI and number of births. The regularity, duration and abundance of the monthly blood circulation were studied. Results. Of the surveyed contingent of women, 46% follow the recommended physical activity by the WHO. 21.62% of women report an irregular menstrual cycle. Only 3.78% of women report lack of menstrual pain. 34.05% of the women do not take analgesics during the menstrual cycle. Discussion. The analysis of the obtained results established that there is a statistically significant correlation coefficient at  $\alpha = .05$  between the indicators of Pain and the Impact of menstrual pain on work ability. The high prevalence of dysmenorrhea necessitates more in-depth study. Conclusions. Our study revealed a high degree of dysmenorrhea among University Students in Bulgaria. The presence of pain during the menstrual cycle is the reason for taking analgesics and has a negative impact on performance.

**9. Diana Popova-Dobreva, Wellness Innovations Based on Bulgarian Rose / Уелнес иновации, основани на българската роза = Bulletin 'Heritage BG' – Research Announcements. – София: Сдружение „Център за върхови постижения „Наследство БГ“, 2023-2815-3138 (print)2815-3316 (online), Година III, брой 5 / Year 3rd, issue 5th Sofia, 2023 стр. 74-82**

Abstract: Aromatherapy with Rosa Damascena, also known as Damask Rose or Bulgarian Rose, is popular for its numerous benefits. Currently, 268 studies are available in the medical database PubMed related to Rosa Damascena. These studies focus on various aspects of Rosa Damascena, including its properties, uses, and potential therapeutic effects. Researchers and scientists have conducted extensive research on this particular topic, contributing to the growing body of knowledge surrounding Rosa Damascena and its potential applications in the field of medicine. The analysis of the 268 studies in PubMed reveals that a significant percentage of the research, 32.5 %, directly focused on examining the therapeutic effects of rose essential oil on various health conditions. The remaining studies were dedicated to exploring the potential therapeutic applications of Rosa Damascena, while a considerable portion, 25.4 %, delved into investigating the chemical composition and properties of rose oil. Approximately 10.1% of the studies in the PubMed database on Rosa Damascena were dedicated to monitoring and assessing the effects of oil application. Around 16.8% of the studies in PubMed related to Rosa Damascena involved research conducted with animals. Around 15.3 % of the studies in PubMed related to Rosa Damascena delve into diverse subject matter or varia. Therapeutic research trend are: PATHOGENS; STRESS, DIABETES, CARDIOVASCULAR AND NERVOUS SYSTEM DISEASES; CANCERS; PAIN; SEXUAL DYSFUNCTIONS.

Ключови думи: Роза дамасцена, традиции и иновации в ароматерапията, уелнес образование  
Keywords: Rosa Damascena, aromatherapy heritage, and innovations, wellness education.

**10. Popova-Dobreva, D. (2021). PREVALENCE OF PREMENSTRUAL SYMPTOMS AMONG BULGARIAN WOMEN. *Proceedings of CBU in Medicine and Pharmacy*, 2, 139-143**

Abstract: INTRODUCTION: Premenstrual symptoms are common and can worsen women's quality of life. This study examines the prevalence of premenstrual symptoms such as weight gain; swelling of ankles, feet, and hands; frequent change of mood; fatigue; difficulty concentrating; depression; nervousness and irritability; and nausea. OBJECTIVES: The objectives of this study are: (1) to reveal the prevalence of premenstrual symptoms among Bulgarian women and (2) to establish how the presence of premenstrual symptoms affects the Emotional well-being of women. METHODS: The applied methodology includes an online-based anonymous study, which focuses on the prevalence of premenstrual symptoms among Bulgarian women and their emotional health.

A characteristic of the studied contingent on age, BMI, and physical activity was made. **RESULTS:** The results of 126 women surveyed were analyzed. Of these, 96.8% have at least one premenstrual symptom. 30.2% have one or two symptoms, 43.7% have 3-4 symptoms and 23% have 5-8 symptoms. 14.8% of women with symptoms reported worsening of their symptoms because of increased stress associated with COVID-19. There is a statistically significant correlation between the number of symptoms and the emotional well-being of women. **CONCLUSION:** The prevalence of premenstrual symptoms is common among the studied Bulgarian women. A greater number of symptoms has a negative effect on women's emotional well-being. We consider it appropriate to introduce the application of physiotherapeutic methods as well as alternative therapies for the treatment and prevention of premenstrual syndrome. UDC Classification: 618, DOI: <https://doi.org/10.12955/pmp.v2.187> Keywords: Premenstrual symptoms, Emotional well-being; Bulgarian women

**11. D. Popova-Dobreava EVALUATION OF THE DIGITAL PRESENTATION OF THE FURNITURE AND EQUIPMENT IN CERTIFIED SPA AND WELLNESS CENTRES IN BULGARIA** *Trakia Journal of Sciences*, Vol. 19, Suppl. 1, pp 743-747, 2021

**ABSTRACT PURPOSE** The aim of the present study is to evaluate the digital internet information related to the available furniture and equipment in certified SPA and Wellness centers. **METHODS** An analysis of existing information related to the Dry and Wet High Temperature Section, as well as rooms for contrast procedures was made. The websites of the respective certified SPA and Wellness Centers were used for initial data. **RESULTS** The results obtained from our study demonstrate very good conditions and prerequisites for the development of the Spa and Wellness industry in our country. **CONCLUSIONS** The analysis of the summarized results reveals gaps in the digital presentation of the certified SPA and Wellness centers. Key words: National Tourist Register, Ordinance № 04-14 of October 9, 2019, SPA centers, Wellness centers

**12. D. Popova-Dobreava ANALYSIS OF DIGITAL PRESENTATION OF INFORMATION ABOUT PROGRAMS, PACKAGES AND IN CERTIFIED SPA AND WELLNESS CENTRES IN BULGARIA** *Trakia Journal of Sciences*, Vol. 19, Suppl. 1, pp 738-742, 2021  
Copyright © 2021 Trakia University Available online at: <http://www.uni-sz.bg> ISSN 1313-3551

**ABSTRACT PURPOSE** This study aims to assess the digital presentation of information about the programs, packages and procedures offered by certified SPA and Wellness centers. **METHODS** The information is analyzed in terms of description and value of the respective service. Internet sources of certified SPA and Wellness centers are used as a source of information. A comparative analysis of the prices of popular procedures has been made. **RESULTS** The summarized results reveal shortcomings in the presentation of the procedures on the websites of the certified SPA and Wellness Centers. **CONCLUSIONS** The summarized analysis of the

obtained results reveals the presence of information problems related to the digital presentation of the offered services in the certified SPA and Wellness centers. Key words: National Tourist Register, Ordinance № 04-14 of October 9, 2019, SPA centers, Wellness centers

**13. POPOVA-DOBREVA Diana. (2020). Assessment of the Function of the Knee Joints and the Impact of Their State on the Physical Activity of the Students. Bulletin of the Transilvania University of Braşov: Series IX Sciences of Human Kinetics, 13(62)(1), 173–178.**

Abstract: The purpose of this study is to evaluate the function of the knee joints and how their condition

on affects the ability of students to participate in training activities. Students from the Vasil Levski National Sports Academy in Sofia, Bulgaria participated in the study. The evaluation of the function of the knee joints was made with a structured questionnaire modified by us on the basis of the Knee injury and Osteoarthritis Outcome Score (KOOS). The survey was done using Google Forms and standard survey. The questionnaire included questions aimed at assessing the subjective sensation of the magnitude of the knee joint problem when available. The incidence of knee problems with gradation from never to constant has also been reported.

Key words: knee joints, students, screening studies, sport, fitness

**14. Diana POPOVA-DOBREVA. (2019). Dysfunction of Lower Urinary Tract in between Active and Low Active in Sport Women High Students. Bulletin of the Transilvania University of Braşov: Series IX Sciences of Human Kinetics, 173–178.**

Abstract: No interrelation between dysfunction of lower urinary tract and sport is discovered in world literature. It is necessary as a beginning to study the quantity of distribution of the various kinds of dysfunctions in between women athletes in order to clarify these interrelations. The contingent of our study covers 65 women high students from “V. Levski” National Academy of Sport, out of which 33 are active and 32 are low active in sport. Standardized questionnaire, structured according to the various dysfunctions of the lower urinary tract, is made use of as an evaluation method of the lower urinary tract function. Analysis of the prevalence of the symptoms of dysfunction of the lower urinary tract is made in between active and low active in sport women high students; the distribution of the various kinds of symptoms; their reflection on the quality of life, etc. The following more important conclusions are made: the symptoms of dysfunction of lower urinary tract are often met in between the women athletes under study; deficit symptoms upon emptying the bladder are of the greatest share of distribution; urinary incontinence is rarely met in between the contingent we have studied; dysfunction symptoms available in between the women under study do not have important negative effect on quality of life. The study we have made provokes the questions why namely the deficit symptoms upon emptying the bladder are most

often met in between the women athletes under study; whether they are more often met in comparison with young women not active in sport and what is the reflection of these symptoms on the sport-competitive activity. Keywords: dysfunction of low urinary tract, athletes

**15. Diana POPOVA-DOBREVA. (2018). Study of Physical Activity and Dietary Interventions for Weight Management during Pregnancy of Bulgarian Women. Bulletin of the Transilvania University of Braşov: Series IX Sciences of Human Kinetics, 11(60)(1), 79–84.**

Abstract: These The term 'weight management' includes: assessing and monitoring body weight; preventing someone from becoming overweight (body mass index [BMI] 25–29.9 kg/m<sup>2</sup>) or obese (BMI greater than or equal to 30 kg/m<sup>2</sup>); helping someone to achieve and maintain a healthy weight before, during and after pregnancy by eating healthily and being physically active and gradually losing weight after pregnancy (www.nice.org.uk). A survey was conducted with 717 Bulgarian women between 19 and 35 years of age. The purpose of the study is to determine advice and support for weight control during pregnancy. A section has been included at the end so that women can add any further comments they may have about their experience. Characteristic of women is made by age, BMI and occupation. A discussion was held on the level of women's awareness and professional support. Key words: weight management, pregnancy, of physical activity, dietary interventions

**16. Popova-Dobreva, Diana. (2017), QUESTIONNAIRES ABOUT EVALUATION OF THE FUNCTION OF KNEE JOINT AND THEIR APPLICATION IN SCIENTIFIC RESEARCH, Bulletin of the Transilvania University of Brasov. Series IX, Sciences of Human Kinetics; Brasov Vol. 10, Iss. 1, (2017): 55-60**

The publication considers some of the available questionnaires about the evaluation of the function of the knee joint which are filled up by the patients themselves. The particularities, the directions and the number of the questions of KOOS, TLKSS, MCRSQ are compared.

A retrospective analysis of the scientific research published in the medical databases, at

which the relevant questionnaires were used, was made.

Key words: evaluation of the function of knee joint, KOOS, TLKSS, MCRSQ.

**17. POPOVA-DOBREVA, D.; OBRECHKOV, D. PREVALENCE OF FLAT FEET AMONG STUDENTS OF "ANGEL KANCHEV" UNIVERSITY IN RUSE, BULGARIA Bulletin of the Transilvania University of Brasov, Series IX: Sciences of Human Kinetics . 2016, Vol. 9 Issue 1, p 43-48. 6p.**

Abstract: In the present study we have investigated the distribution of flat feet among students of “Angel Kanchev” University. Analysis is being made of flat feet distribution according to the BMI of the students. There is not a small distribution of Low Arched Feet and Flat Feet among the contingent we have studied – 55, 7% for the women and 40, 9% for the men. The distribution of the more serious state Flat Feet among the contingent under study is respectively 6,1 for the men and 14,3% for the women. Data show that the deviations from the norm in the height of the feet longitudinal arch persists after child age too. The statistic checkup of the interrelations of the Low Arched Feet/Flat Feet and Overweight/Obesity among the contingent we have investigated shows presence of statistic dependency for the women. There is a tendency among the men for an interrelation between the investigated indicators which is not statistically reliable. The presence of not a small percent of unilateral Low Arched Feet and Flat Feet impose additional study of the interrelations between the changes in the supporting locomotorium related to muscle dysfunctions, asymmetry of the body, scoliosis, etc. It is necessary to study additionally the interrelation between the unilateral and bilateral presence of the Low Arched Feet and Flat Feet and the Overweight and Obesity

**18. POPOVA-DOBREVA, D. NON OPERATIVE TREATMENT OF LOW URINARY TRACK DYSFUNCTION**  
**MINISTRY OF SPORT OF THE RUSSIAN FEDERATION**  
**Federal State Budget Educational Establishment of Higher Education «RUSSIAN STATE UNIVERSITY OF PHYSICAL EDUCATION, SPORT, YOUTH AND TOURISM» (SCOLIPE)**

Abstract. In this publication are systematized the methods for non operative treatment of dysfunctions of the lower urinary tract and is established the place of kinesitherapy and pelvic floor exercises. In the study are pointed out some of the negative effects of the urine incontinence. More and more popular way of the treatment assessment is the relation between its effectiveness and price. Following a profound study of the pelvic floor exercises, they have been defined as first option for the treatment of the stress incontinence of urine.

Keywords: pelvic floor therapy, pelvic floor exercises, kinesitherapy, biofeedback, electro stimulation, bladder training

**19. POPOVA-DOBREVA, D. PELVIC FLOOR THERAPY – DEVELOPMENT, TYPES OF DYSFUNCTIONS AND METHODS FOR ASSESSING THE FUNCTION OF THE LOW URINARY TRACK**

**MINISTRY OF SPORT OF THE RUSSIAN FEDERATION**  
**Federal State Budget Educational Establishment of Higher Education «RUSSIAN STATE UNIVERSITY OF PHYSICAL EDUCATION, SPORT, YOUTH AND TOURISM» (SCOLIPE)**

Abstract. In this publication is made a brief analysis of the development of pelvic floor therapy. Presented are the types of dysfunctions of the lower urinary tract, the types of urinary incontinence

and their symptoms. In publication are systematized the methods for evaluating the function of the lower urinary tract. Pelvic floor therapy is undergoing remarkable development during the last two decades. The specific problems related to the pelvic floor dysfunction impose the separation of the pelvic floor therapy as separate field of the medical practice.

Keywords: Pelvic floor therapy, assessing of function of low urinary tract.

**20. Дияна Попова-Добрева, Уелнес иновации и добри ароматерапевтични практики в България / Wellness Innovations and Good Aromatherapy Practices in Bulgaria**  
**БЮЛЕТИН „НАСЛЕДСТВО БГ“ – НАУЧНИ ИЗВЕСТИЯ** Рецензирано издание ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316

Абстракт: Статията насочва вниманието към осмисляне на наследството в областта на ароматерапевтичните практики в различни направления като наличие на диворастващи по нашите земи лечебни, маслодайни растения; емпирично познание и културата на нелитературното общество; народна медицина; производство на етерични масла, българската наука и перспективите за развитието на уелнес образованието. Посочени са някои методи за приложение и особености на етеричните масла. Направен е анализ на дигиталното представяне на ароматерапевтични практики в сертифицирани СПА и уелнес центрове. Ключови думи: ароматерапевтично наследство, дигитално представяне, сертифицирани спа и уелнес центрове, уелнес образование Key words: aromatherapy heritage, digital presentation, certified spas and wellness centers, wellness education

**21. Popova-Dobreva D., Obreshkov D. Study of Bulgarian women students sexual function, НОУ РГУФКСМНТ, 2019, ISBN 978-5-604 1526-5-2**

Abstract. An inquiry has been conducted to establish the sexual function of the women students of “Angel Kanchev” University in the city of Ruse. Discussion was held related to the possibilities of applying the pelvic floor therapy upon availability of women's sexual dysfunction. The delicacy of the problems provokes our interest in studying the size of the matter. Nevertheless the available studies for exercising pelvic floor therapy on sexual dysfunctions the theme is not widely covered in the methodological literature. We think that physiotherapeutic treatment and in particular the application of specific physical exercises can be of use upon availability of sexual dysfunctions both for women and men. The weak popularity of the physiotherapeutic treatment is probably related as well to the nature of the diseases themselves which presumes wholesome non share of the problem. The investigation we have performed have disclosed not a small distribution of the sexual dysfunction in between the examined contingent according to the validated and standardized questionnaire for assessing the sexual function of the women- FSFI. The potential social importance of the problem stands for study and analyses. For us, being experts in the field of physiotherapy, these data appear as a signal about the active study of the physiotherapeutic means for treatment of women's sexual dysfunction.

Keywords: Female Sexual Function, Pelvic floor Therapy, Physiotherapy

**22. Катевска Ю., Д. Попова-Добрева, Методика на кинезитерапия при жени с дисменорея, Спорт и наука (София), 2015, N 2, с.61-74.**

Резюме: Първичната дисменорея е често срещан гинекологичен проблем, който значително влошава качеството на живот на жените. В настоящата публикация е представена методика на кинезитерапия при жени с дисменорея. Методиката е представена с цел, задачи, средства и комплекс от упражнения, като комплексът е онагледен със снимков материал. Направена е дискусия на научна литература свързана с дисменорея.

**23. Katevska, Y., Popova-Dobreva, D. Kinesitherapy in women with dysmenorrhea, 9-th FIEP and 7-th International Scientific Congress "Sport, Stress, Adaptation", 9-11 October 2014, Sofia. Congress Proceedings, ISSN 2367-458X, 721-727**

Abstract: The aim of the study is to establish the impact of the kinesitherapy programme made by us on the manifestation of dysmenorrhea symptoms in between young women. Contingent of study is 20 women divided in two groups. Results. Pain has a negative impact on the physical activity of 55% of the women in our study. Conclusion. The kinesitherapy methodology applied has a positive effect on the dysmenorrhea symptoms which is expressed in decreasing the pain in the abdominal zone and the waist and undesirable changes in the mood.

**24. Димитрова, Е., Чавдарова, М., Попова-Добрева, Д., Саздова, Л., Марковска, Г., Минчева, П., Попова, Н. Анализ на резултатите от скрининг за постурални нарушения и плоскостъпие при деца от подготвителните класове. Кръгла маса на тема: „Кинезитерапия при гръбначни изкривявания и връзката им с други рискови фактори за развитие на заболявания в детската възраст“, София, 11 декември 2013г. Сборник с доклади, ISBN 978-954-718-374-2, стр. 24-32.**

Резюме: Целта на настоящето проучване бе да се направи скрининг на постуралните нарушения и плоскостъпие при деца от подготвителните класове. Материали и методика: 190 деца (на възраст от 5 до 7 години) са изследвани за постурални нарушения и плоскостъпие. Резултати: Резултатите сочат висока честота на постуралните нарушения на стойката (26%) и ходилото. Заключение. Професионалистите в областта на здравеопазването трябва да осъзнават необходимостта за провеждане на скрининг за постурални нарушения и плоскостъпие и да предприемат необходимите профилактични мерки.

**25. Димитрова, Е., Чавдарова, М., Марковска, Г., Саздова, Л., Попова-Добрева, Д., Попова, Н., Минчева, П. Организация на скрининг за постурални нарушения при ученици от начален курс на обучение. Кръгла маса на тема: „Кинезитерапия при гръбначни изкривявания и връзката им с други рискови фактори за развитие на**

**заболявания в детската възраст“, София, 11 декември 2013г. Сборник с доклади, ISBN 978-954-718-374-2, стр. 95-101.**

Резюме. Цел на настоящото изследване бе да опишем методиката на организация на скрининг за отклонения в развитието на опорно-двигателната система при деца от началния курс на обучение. Материал и методика: Проучването на документи, регламентиращи тази дейност и практически опит от организацията и провеждането на скрининг. Резултати. Уточнени са организационните стъпки при скрининга, законовата регламентация, кадрите, организацията на заниманията по изправителна гимнастика и възможностите за реализация към настоящия момент. Заключение. Набелязани са необходими промени за решаване на проблема.

**26. Попова-Добрева, Д., Н. Генчева, Г. Марковска Динамика на разпространение на постурални нарушения и плоскостъпие при двугодишно проследяване на деца от начална училищна степен Кръгла маса на тема: „Кинезитерапия при гръбначни изкривявания и връзката им с други рискови фактори за развитие на заболявания в детската възраст“, София, 11 декември 2013г.**

Резюме. В две последователни учебни години сме проследили разпространение на неправилното телодържане и спаднал свод при едни и същи ученици от първи и респективно втори клас. В изследването са включени 95 деца. Анализът на резултатите показва статистически значимо увеличаване на разпространението на постуралните нарушения и спадналия свод при децата през втората година. Заключение. Направеното изследване подчертава голямата необходимост от професионална помощ при деца със спаднал свод и неправилно телодържане.

**27. Томова Д., Попова-Добрева Д., ВЪЗДЕЙСТВИЕ НА КИНЕЗИТЕРАПИЯТА ВЪРХУ ФИЗИЧЕСКАТА АКТИВНОСТ И КАЧЕСТВОТО НА ЖИВОТ ПО ВРЕМЕ НА БРЕМЕННОСТТА СПОРТ & наука = Sport & Science / Български съюз за физическа култура и спорт. - София, 1993- Заб.: Продължение на Въпроси на физическата култура (1956-1992) - ISSN 0324-136X**

Резюме: Целта на изследването е да се проследи ефекта от приложението на наша кинезитерапевтична методика за бременни жени във втория триместър на бременността, върху качеството им на живот, както и да се установи нивото им на физическа активност. Представена е методика на кинезитерапия с цел, задачи средства и комплекс. Направен е анализ на резултати по отношение двигателна активност и качество на живот. Заключение. Участието на жените от експерименталната група в кинезитерапевтични занимания доведе до подобряване на самооценката им за физическо здраве и оказва статистически достоверно благоприятно въздействие върху качеството на живот.

**28. Димитрова, Е., Саздова, Л., Попова-Добрева, Минчева, П., Д., Марковска, Г., Минчева, П., Попова, Н. Чавдарова, М., Скрининг за профилактика на постуралните нарушения и деформации на гръбначния стълб при деца. Кръгла маса на тема: „Функционално изследване, организация и профилактика на неправилната стойка“, София, 2019 г.**

Резюме: Целта на изследването е да се установи честотата на постуралните нарушения и деформациите на гръбначен стълб след деца между 5-10 години. Методология и методика: в периода 2008-2018 г. бе проведено скринингово изследване за постурални нарушения и деформации на гръбначния стълб при 2665 деца от 9 детски градини и 12 училища в град София. Резултати: 957 деца са диагностицирани с постурални нарушения (35,68%), 93 със сколиоза (3,49%), 40 с кифоза (1,5%), 24 с лордоза (0,9%). Резултатите показват висок честота на постуралните нарушения. Заключение. Ползите от скрининга включва повишаване на обществената осведоменост, познаване на епидемиологията и естествения ход на развитие на постуралните нарушения.

**29. Дияна Попова-Добрева, Татяна Томчова Томова, Стела Калинова Иванова, Цветанка Георгиева Дакова-Величкова, Христо Николов Панов Влияние на менструалната болка върху качеството на живот и възможности за повлияване с йога упражнения Научно издателство НСА ПРЕС, 2023 ISBN 978-954-718-738-2**

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**30. MARINOVA Tereza, POPOVA-DOBREVA Diana FUNCTIONAL PERFORMANCE TESTING TO EVALUATE STRETCHING PROGRAMS FOR SPRINTERS AND JUMPERS Bulletin of the Transilvania University of Braşov: Series IX Sciences of Human Kinetics, 17(66)(1), 1–8. ISSN (Online): 2971 – 978X**

Abstract Flexibility is a crucial element for success in various sports, notably in athletics, especially for runners and jumpers. Inadequate flexibility heightens the risk of strains, sprains, and other musculoskeletal issues. This article forms part of a project aimed at devising warm-up and cool-down stretching routines. The study population is adolescent athletes. The following assessment methods are used: Trunk Power Test (Backward Overhead Medicine Ball Throw); Lower Extremity Power Tests (Vertical Jump; Standing Long Jump); Upper Extremity Power Test (Seated Shot

-Put Medicine Ball Throw); Sprint Test (30 Meter Flying Start). Conclusion. The warm-up program is designed to facilitate dynamic muscle engagement and prepare the body for activity. Meanwhile, the relaxation program focuses on enhancing muscle and tendon flexibility; thereby decreasing the risk of overuse injuries and improving overall lower extremity resilience. Determining the influence of various stretching programs on speed-power metrics will aid in adjusting training protocols and enhancing competitive performances.

Key words: Adolescent track and field athletes, power and sprint tests