

## REVIEW

By Juan E. Mezzich, MD MA MSc, PhD, Professor of Psychiatry,  
Icahn School of Medicine at Mount Sinai, New York  
Of the Thesis

**“Emotion regulation in patients with cardiovascular diseases”**  
submitted for the degree of Doctor of Science (in psychology),  
specialty 19.00.04 - Medical Psychology ( Psychological sciences)  
by Elena Ivanovna Pervichko  
at State University of Saint-Petersburg

The thesis submitted by Elena Ivanovna Pervichko represents a substantial study of emotion regulation with regard to cardiovascular diseases. It is well thought-out scholarly research that appears to have been conducted carefully and systematically and is presented in a very clear, ordered, and documented manner through a comprehensive thesis.

Particularly impressive are the following:

The historical and philosophical reviews are remarkable. They extend from pertinent ancient Greek philosophy to contemporary psychoanalytic and cognitive psychology.

The discussion of cultural issues is quite relevant to the topics of the research. It is offered in a well-organized and informative fashion.

The cardiovascular clinical groups considered for this study are well selected and delineated. Undoubtedly, they are very relevant to research on emotional regulation and represent major issues in personal and public health.

Other aspects of the study's methodology are also reasonable and appear to have been well applied.

The research results are presented clearly both in tabular and narrative formats, as appropriate.

The discussion delves into pertinent paths to clarify the implications and challenges of the presented study.

The conclusions, which are offered for each section of the thesis, are quite reasonable and informative. An overall abstract, particularly for publication purposes, would be helpful.

The reference list is quite comprehensive, extending to 859 bibliographical references.

On the basis of the above evaluation, the present reviewer regards this thesis as excellent and strongly recommends its approval, in line with pertinent academic procedures.

The thesis submitted by Elena Ivanovna Pervichko on the topic: "Emotion regulation in patients with cardiovascular diseases" conforms to the requirements by the Decree from September 01 2016 No. 6821/1 "On the procedure for awarding academic degrees at State University of Saint Petersburg". The applicant Pervichko Elena Ivanovna deserves to be granted the scientific degree of Doctor of Science (in psychology), specialty 19.00.04 - Medical psychology (psychological sciences).

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