



UNIVERSITY OF BERGEN

Faculty of Psychology

Department of Psychosocial Science

THESIS REVIEW BY FOREIGN SCIENTIFIC ADVISOR

Candidate: Venera Abdulla

Programme: Doctor of Philosophy (PhD) in Public Health

Title: Organization of medical and psychological support in elite sports to minimize the negative impact of the COVID-19 pandemic

Venera Abdulla's thesis presents an investigation of a highly relevant and timely topic: the organization of medical and psychological support in elite sports, specifically in the context of the coronavirus disease 2019 (COVID-19) pandemic. This study addresses critical challenges faced by athletes during the pandemic, including disruptions to training and competition schedules, detraining effects, and the resulting psycho-emotional stress.

The dissertation is built on a solid theoretical foundation, with a comprehensive review of the impact of the pandemic on both the physical and psychological health of athletes. Venera demonstrates a clear understanding of the multifaceted nature of these challenges and has developed a scientifically grounded model aimed at minimizing the negative impacts of such crises on elite athletes. This model's emphasis on the integration of medical and psychological care is particularly innovative and important for high-performance sports.

The study's objectives are well-defined, and the research methodology is robust, including both qualitative and quantitative approaches to assess the impact of the pandemic on athletes in Kazakhstan. The proposed interventions, including the continuous monitoring of athletes' mental and physical health, highlight the practical relevance of this research. Furthermore, the findings provide significant insights into the development of policies for sports medicine and psychological care, making a valuable contribution to the field of public health.

Venera's thesis not only advances the scientific understanding of athlete health during public health emergencies but also has the potential for practical application in sports medicine and healthcare systems. Her dedication to developing and implementing this model reflects her commitment to improving the well-being of elite athletes, both during emergencies and in regular training environments.

Venera's work is a quintessential example of how scientific research can directly address real-world challenges, providing valuable solutions for the health and performance of elite athletes. In conclusion, I highly recommend Venera's dissertation for defense for the degree of Doctor of Philosophy (PhD) in Public Health, as it meets the highest standards of research and makes a novel and important contribution to the field of public health and sports medicine.

Dominic Sagoe (PhD, Professor) - Foreign Scientific Advisor

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