



Anna Alexandrova-Karamanova

Contact information

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Research Interests

Health psychology, developmental psychology, personality psychology:

- health and well-being, appearance and health, health behaviour, health behaviour motivation, mental health, psychosocial determinants of health and health behaviours, disease prevention, living with a disease, quality of life, personality and health, developmental characteristics of adolescence and young adulthood, adolescent & young adults' health, positive youth development, stress and burnout, occupational health, health behaviour change and mental health interventions

Education

- 2005-2009 – PhD student at the Institute of Psychology – Bulgarian Academy of Sciences
Dissertation “Personality moderated media influence on body image in adolescents”, date of defense:
08.05.2013

- 1997-2002 – Master’s Degree in Psychology (5-year course of education), Sofia University “St.
Kliment Ohridski”, Sofia, Bulgaria

Specializations in: Clinical & counselling psychology; Developmental, school & cultural
psychology; Work & organizational psychology

Academic Positions

- 2020 – present Associate Professor, Department of Psychology, IPHS-BAS

- 2013 – 2020 Assistant Professor, Department of Psychology, IPHS-BAS

Research Projects (last 5 Years)

2022-2024	Health and psychosocial long-term effects and coping resources in severe or critical COVID-19 survivors: a qualitative study
Funding	Alliance of International Science Organizations (ANSO)
Partner countries	Slovakia, Croatia, Romania
Principal investigator	Assoc. Prof. A. Alexandrova-Karamanova, PhD
2021-2024	Adolescent health and well-being in the context of the COVID-19 pandemic: Effects on mental health, health behaviour, social interactions, and academic motivation and achievement, moderated by personality characteristics
Funding	Bulgarian National Science Fund
Partner countries	National study
Principal investigator	Assoc. Prof. A. Alexandrova-Karamanova, PhD
2019-2022	Health and well-being of Bulgarian adolescents: analysis of trends in the 2006-2018 HBSC study nationally and internationally
Funding	Budget funding
Partner countries	43 countries from Europe, Canada and the USA
Principal investigator	Assoc. Prof. A. Alexandrova-Karamanova, PhD
2017-2019	Problems and trends in Bulgarian students' health and risk attitudes and behaviour
Funding	Ministry of Education and Science of Bulgaria
Partner countries	43 countries from Europe, Canada and the USA
Principal investigator	Assoc. Prof. Lidiya Vasileva, PhD
2016-2017	Analysis of teachers' attitudes and assessment of the quality of the learning environment - evaluation of the effectiveness of the joint initiative of the Ministry of Education and Science and UNICEF to promote inclusive education in kindergartens
Funding	UNICEF - Bulgaria
Partner countries	National study
Principal investigator	Assoc. Prof. M. Trifonova, PhD
2016-2017	Introducing a whole-school approach for early identification and prevention of bullying in 7 EU countries (Zippy's Friends, Apple's Friends, Fear-free Class)
Funding	Animus Association Foundation
Principal investigator	Prof. R. Bozhinova, PhD

Selected Publications (10 in the last 10 Years)

1. **Alexandrova-Karamanova, A.** (2022). Bullying and violence among adolescents in Bulgaria: The impact of Positive Youth Development. *Anthropological Researches and Studies*.
2. **Alexandrova-Karamanova, A.** (2021). Pozitivno razvitie na mladite hora: efekti varhu zdravnoto povedenie na yunoshite (Positive Youth Development: effects on adolescent health behaviour). *Bulgarian Journal of Psychology*, 3(4), 35-43. (In Bulgarian).
3. Dimitrova, E., Kotzeva, T., & **Alexandrova-Karamanova, A.** (2020). Psychosocial school environment and health risk behaviours of adolescents in Bulgaria: results from multilevel analysis. *International Journal of Public Health*, 65(8), 1331–1344. DOI:10.1007/s00038-020-01482-4.
4. **Alexandrova-Karamanova, A.** (2020). Appearance self-attitudes and health and well-being of Bulgarian adolescents. *Central European Journal of Paediatrics*, 16(1), 69-82. DOI: 10.5457/p2005-114.71.
5. **Alexandrova-Karamanova, A.** (2019). *Vanshniyat vid pri mladite hora: mezhdu zdraveto i uspeha (Appearance in young people: between health and success)*. Sofia: DioMira, 587 p. ISBN: 978-954-2977-60-5 (print), 978-954-2977-61-2 (pdf). (In Bulgarian).
6. **Alexandrova-Karamanova, A.** (2018). Motivi za svarzani s vanshniya vid povdeniya pri mladi mazhe s razlichen status na telesnoto teglo: kachestveno izsledvane. (Motives for appearance-related behaviours in young men with different weight statuses: a qualitative study). *Psychological Thought*, 11(2), 75-93. DOI: 10.5964/psyc.v11i2.269. (In Bulgarian).
7. **Alexandrova-Karamanova, A.** (2017). Upotreba na elektronni medii i zdrave i blagopoluchie na yunoshite (E-media use and health & well-being of adolescents). *Psychological Research*, 20(3), 481-495. (In Bulgarian).
8. **Alexandrova-Karamanova, A.**, Todorova, I., Montgomery, A., Panagopoulou, E., Costa, P., Baban, A., Davas, A., Milosevic, M., Mijakoski, D. (2016). Burnout and health behaviors in health professionals from seven European countries. *International Archives of Occupational and Environmental Health*, 89(7), 1059-1075. DOI: 10.1007/s00420-016-1143-5.
9. Arensman, E., Koburger, N., Larkin, C., Karwig, G., Coffey, C., Maxwell, M., Harris, F., Rummel-Kluge, C., van Audenhove, C., Sisask, M., **Alexandrova-Karamanova, A.**, Perez, V., Purebl, G., Cebria, A., Palao, D., Costa, S., Coppens, E., Mark, L., Ditta Toth, M., Gecheva, M., Ibelshauser, A., Gusmao, R., Hegerl, U. (2015). Depression awareness and self-management through the internet: An internationally standardised approach. *JMIR Research Protocols*, 4(3), e99. DOI: 10.2196/resprot.4358.
10. Todorova, I., **Alexandrova-Karamanova, A.**, Panayotova, Y., Dimitrova, E., & Kotzeva, T. (2014). Managing uncertainty: Healthcare professionals' meanings regarding the HPV vaccine. *International Journal of Behavioral Medicine*, 21, 29-36. DOI: 10.1007/s12529-013-9343-9.