

REVIEW

**Foreign consultant MD, Professor Yusuf Ozkul
Faculty of Medicine, Department of Medical Genetics
Erciyes University, Kayseri, Turkey**

for dissertation work of

Aidarbekova Dilbar

**"Dynamics of metabolic syndrome indicators and their association with
genetic predictors and the level of compliance" Doctor of Philosophy (PhD)
degrees,**

in direction D141 Medicine (8D10110 - «Medicine»)

As part of the PhD doctoral dissertation in the direction D141 Medicine (8D10110-«Medicine») Aidarbekova Dilbar became familiar with modern methodologies for designing, conducting, managing, and publishing scientific research projects.

Doctoral student Aidarbekova Dilbar herself established himself as a disciplined doctoral student who is responsible for his scientific work.

Aidarbekova Dilbar herself deep knowledge and is always up to date with the latest developments in his field in world science. He has established himself as a responsible doctoral student, result-oriented, and always ready to quickly make scientific decisions and bear responsibility for their adoption.

After a thorough statistical analysis of the results obtained, the use of modern research methods allowed the doctoral student to reveal certain patterns. The results obtained during the study contribute to a deeper understanding of the multifactorial nature of the metabolic syndrome. The interrelationships of anthropometric, clinical, compliance and genetic determinants contributing to the development of the metabolic syndrome were scientifically systematized, and their relative importance was accurately assessed. Analysis of the factor structure of medication compliance to therapy based on the MMAS-8 questionnaire proved that it consists of two components (forgetfulness and behavioral difficulties), improving the theoretical model of explaining patient behavior. This allows us to distinguish between cognitive and behavioral aspects of compliance on a scientific basis. The analysis of genetic markers (FTO-1, IRS-1) did not clearly affect metabolic indicators in the studied population, and the conclusion strengthens the theoretical basis for reassessing the influence of genetic factors and prioritizing the role of environmental and physiological factors. Thus, the dissertation provides a scientific basis for the formation of a comprehensive conceptual model explaining the etiology of metabolic syndrome.

Modern research methods were used in the work. The large volume of studied material, the highly informative level of evidence-based research methods used, and modern statistical analysis of the data obtained confirm the validity and

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reliability of each scientific position, conclusion and conclusions formulated by the author in the dissertation.

The number of respondents is sufficient to obtain reliable results.

The research methods used are highly informative and fully consistent with the nature of the work performed. It is worthy of the fact that the dissertation candidate, when carrying out research tasks, established correlations that fully correspond to the goal.

The results of this study have been published in international journals and have already been cited by other researchers.

The doctoral student adhered to the values of academic integrity. The written work is original. The author respects the rights and legitimate interests of other authors by using links to authors and sources of borrowing.

Dissertation work by Aidarbekova Dilbar on the topic: "Dynamics of metabolic syndrome indicators and their association with genetic predictors and the level of compliance" is a scientific work, written individually and contains new scientific results. The work has internal unity and testifies to the author's personal contribution to science. In addition, the dissertation contains a solution to a pressing problem that is important for practical healthcare. This work, which summarizes the gradually accumulated and analyzed fundamental and clinical material, makes a real, invaluable contribution to the development of science and deserves the highest praise.

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