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Kameliia Hilevych,

2nd year psychology student,
the Educational and Scientific Institute
of Law and Psychology,
the National Academy of Internal Affairs;

Vadym Bohutskyi,

Associate Professor of the Department of
Business Ukrainian and Foreign Languages,
the Educational and Scientific
Institute of Law and Psychology,
the National Academy of Internal Affairs,
Candidate of Philological Sciences,
Associate Professor

PSYCHOLOGICAL DIAGNOSIS OF MENTAL HEALTH UNDER MARTIAL LAW IN UKRAINE

The state of war in Ukraine has created unprecedented challenges for the psychological well-being of the population. Under the influence of prolonged stressors – constant threat to life, forced displacement, loss of social ties, destruction of infrastructure, uncertainty about the future – the mental health of Ukrainians is undergoing a massive strain that requires systematic scientific analysis and the use of effective psychodiagnostic tools. That is why psychodiagnostics is becoming a key tool for assessing mental health, early detection of maladjustment and psychological disorders, and the development of sound psychological support strategies.

In the context of martial law, psychodiagnostics takes on specific characteristics, as research is conducted in conditions of increased vulnerability of the individual, dynamic mental processes, acute reactions to traumatic events, and the need to ensure maximum ethicality and safety of the procedure. In particular, today's psychodiagnostician must work in a reality dominated by phenomena such as acute stress reaction, post-traumatic stress disorder, anxiety spectrum disorders, depressive symptoms, emotional exhaustion, internal burnout syndrome, secondary

traumatisation, cognitive overload, and the phenomenon of «delayed» mental reactions.

In wartime, the very concept of ‘normality’ in mental health changes. Reactions that would be considered pathological in peacetime are now typical adaptive mechanisms. Therefore, psychodiagnostics must take into account the context of the environment, the intensity of stressors, and the level of socio-psychological support. When assessing an individual’s mental health, it is important to rely on the principles of contextualized diagnosis, which allows indicators to be interpreted taking into account extreme circumstances.

The key problem is that in wartime, the hidden need for psychological help increases: due to stigmatization, feelings of guilt, social roles or a focus on survival, many people delay seeking support. Therefore, psychodiagnostics should be not only reactive but also preventive. Its tasks include risk screening, identification of early signs of maladjustment, assessment of stress resistance and adaptive potential, as well as analysis of personal resources.

Methodological principles of psychodiagnostics in wartime

Modern approaches involve the use of comprehensive diagnostics that combine several levels of analysis: cognitive, emotional, and social. It is important to use valid and culturally adapted techniques that have proven effective in measuring the symptoms of stress disorders and the resource characteristics of the personality. In particular, it is recommended to use the following tools:

- Impact of Event Scale-Revised (IES-R) for measuring symptoms of post-traumatic reaction;
- HADS (Hospital Anxiety and Depression Scale) for screening emotional disorders;
- PCL-5 – questionnaire for diagnosing PTSD;
- CD-RISC – resilience scale;
- SPIN – social anxiety scale;
- Methods for determining the level of emotional burnout, stress resistance, tolerance to uncertainty, and coping strategies.

In the process of psychodiagnostics, it is important to adhere to the principles of humanity, confidentiality, non-directiveness, and psychological safety. It is particularly important to create an atmosphere of trust and support, as any diagnostic process in a war situation can trigger traumatic memories or increase emotional tension.

Under martial law, psychodiagnostics is characterized by a number of features:

1. High dynamism of mental states.

Symptoms may manifest themselves in waves, depending on the level of danger, living conditions, information background, losses, military rotations, and social support.

2. Heterogeneity of manifestations in different population categories.

Combatants, children, internally displaced persons, volunteers, military families, students, and medical professionals all have different risk and adaptation profiles.

3. Increased risk of latent disorders.

Many people demonstrate compensatory behavior, suppressing emotions during periods of intense threat, but may subsequently exhibit symptoms of «delayed» trauma.

4. Overloading of the nervous system.

Chronic stress depletes cognitive and emotional resources, impairs attention, memory, sleep, emotion regulation, and the ability to make rational decisions.

5. The need to adapt diagnostics to real-world conditions.

Some research is conducted online, during evacuations, in bomb shelters or temporary accommodation centres, which requires mobility and flexibility in methodology.

Psychodiagnostic assessment performs a number of important functions:

- 1) identification of symptoms requiring psychological or psychiatric assistance;
- 2) analysis of individual resources and adaptive potential of the personality;
- 3) creation of a basis for the formation of individual psychological support programmes;
- 4) determination of the level of professional burnout and vulnerability in persons in «frontline professions»;
- 5) monitoring the dynamics of mental state in the long term;
- 6) assessing the effectiveness of psychological interventions;
- 7) preventing the deepening of mental disorders, suicidal risks, and addictive behavior patterns.

Psychodiagnostics also performs a strategic social function: it allows assessing the overall mental health of the population, contributes to the formation of state policy in the field of psychological support, and improves the mental health care system.

Key challenges include:

- a) a shortage of competent specialists;
- b) stigmatization of seeking psychological help;
- c) emotional burnout among psychologists;
- d) use of unsuitable or outdated methods;
- e) insufficient digital literacy among the population;
- f) the risk of overestimating symptoms due to intense stress;
- g) limited resources for long-term diagnosis and observation.

These problems require comprehensive solutions at the state, institutional and individual levels.

Conclusions. Psychodiagnostics of mental health in conditions of martial law in Ukraine is a critically important component of modern psychological practice. It ensures early detection of psycho-emotional disorders, creates a basis for effective psychological support, forms a systematic approach to preserving personal resources, and contributes to the development of a national model of resilience.

In the context of military realities, psychodiagnostics should be based on the principles of humanity, scientific validity, cultural sensitivity and ethical responsibility, and its results should be directed towards protecting the mental health of Ukrainian society, strengthening citizens adaptive capacities and supporting psychological resilience in conditions of prolonged stress.

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Kateryna Hoi,
2nd year psychology student
the Educational and Scientific Institute
of Law and Psychology,
the National Academy of Internal Affairs
Scientific supervisor:
Vadym Bohutskyi,
Associate Professor of the Department of
Business Ukrainian and Foreign Languages,
the Educational and Scientific
Institute of Law and Psychology,
the National Academy of Internal Affairs,
Candidate of Philological Sciences,
Associate Professor

EMOTIONAL LITERACY PROGRAMS AS A TOOL FOR STRESS PREVENTION IN THE EDUCATIONAL ENVIRONMENT

Relevance of the Topic: in today's educational environment, students and teachers face numerous challenges: high academic pressure, social expectations, and external instability such as war, pandemics, and economic hardship. These factors contribute to increased levels of stress, anxiety, and emotional burnout.

Mental health has become a key factor in the success of the educational process. Without emotional stability, students cannot learn effectively, and teachers cannot teach efficiently.

Emotional literacy programs are a preventive tool that not only reduce stress levels but also help build a culture of emotional safety within schools.

Emotional literacy is the ability to recognize, understand, express, and regulate one's own emotions, as well as to understand the emotions of others.