

ORIGINAL

Psychosocial Factors of Maintaining Mental Balance in Conditions of Armed Conflict

Factores psicosociales del mantenimiento del equilibrio mental en condiciones de conflicto armado

Oksana Maiboroda¹  , Victoriia Petruk² , Kateryna Shkarlatiuk¹ , Iryna Berezna¹ , Volodymyr Terpeliuk³ 

¹Lutsk National Technical University, Department of Social and Humanitarian Technologies. Lutsk, Ukraine.

²Lesya Ukrainka Volyn National University, Department of Social Work and Pedagogy of Higher School. Lutsk, Ukraine.

³Kremenets Regional Humanitarian and Pedagogical Academy named after Taras Shevchenko, Department of Psychology and Social Work. Kremenets, Ukraine.

Cite as: Maiboroda O, Petruk V, Shkarlatiuk K, Berezna I, Terpeliuk V. Psychosocial Factors of Maintaining Mental Balance in Conditions of Armed Conflict. Health Leadership and Quality of Life. 2025; 4:702. <https://doi.org/10.56294/hl2025702>

Submitted: 19-07-2024

Revised: 22-12-2024

Accepted: 10-07-2024

Published: 11-07-2024

Editor: PhD. Neela Satheesh 

Corresponding author: Oksana Maiboroda 

ABSTRACT

Introduction: against the backdrop of a protracted military conflict, mental health is a significant concern for both military personnel and civilians who experienced numerous traumas. The study focused on key aspects of psychological dynamics during wartime and the adaptation to social life. The purpose of the article was to analyze the socio-psychological aspects of the mental health support system in wartime.

Method: the research methodology included analytical and synthetic methods, generalization, systematization, abstraction, and comparison.

Results: the article identified the main mental health problems and difficulties that arose as a result of adaptation processes, the development of resilience, and psychological stability. It analyzed the specifics of destructive mental states under conditions of military aggression. The study investigated the peculiarities of negative mental states—particularly stress, apathy, anxiety, depression, frustration, and post-traumatic stress disorder. It examined the characteristic symptoms and progression of these conditions and proposed potential ways to minimize their manifestation through the use of personal resources and active social support. Considerable attention was given to understanding the psychological state of both the civilian population during active warfare and combatants, with the aim of ensuring timely assistance for various mental disorders.

Conclusions: the article emphasized the need to integrate effective psychological programs focused on building resilience, providing rehabilitation, and supporting the mental health of both civilians and military personnel. It also highlighted the importance of raising public awareness about mental health issues during wartime and identifying effective strategies to address them.

Keywords: Social and Psychological Aspects; Mental Health; Social Support; Resilience; Adaptation; Post-Traumatic Stress Disorder.

RESUMEN

Introducción: en el contexto de un conflicto militar prolongado, la salud mental es una preocupación importante tanto para el personal militar como para los civiles que sufrieron numerosos traumas. El estudio se centró en los aspectos clave de la dinámica psicológica en tiempos de guerra y la adaptación a la vida social. El objetivo del artículo era analizar los aspectos sociopsicológicos del sistema de apoyo a la salud mental en tiempos de guerra.

Método: la metodología de investigación incluyó métodos analíticos y sintéticos, generalización, sistematización, abstracción y comparación.

Resultados: el artículo identificó los principales problemas y dificultades de salud mental que surgieron como resultado de los procesos de adaptación, el desarrollo de la resiliencia y la estabilidad psicológica. Analizó las especificidades de los estados mentales destructivos en condiciones de agresión militar. El estudio investigó las peculiaridades de los estados mentales negativos, en particular el estrés, la apatía, la ansiedad, la depresión, la frustración y el trastorno de estrés postraumático. Examinó los síntomas característicos y la progresión de estos estados y propuso posibles formas de minimizar su manifestación mediante el uso de recursos personales y un apoyo social activo. Se prestó considerable atención a la comprensión del estado psicológico tanto de la población civil durante la guerra activa como de los combatientes, con el fin de garantizar una asistencia oportuna para los diversos trastornos mentales.

Conclusiones: el artículo hacía hincapié en la necesidad de integrar programas psicológicos eficaces centrados en fomentar la resiliencia, proporcionar rehabilitación y apoyar la salud mental tanto de civiles como de militares. También subrayó la importancia de concienciar a la opinión pública sobre los problemas de salud mental en tiempos de guerra y de identificar estrategias eficaces para abordarlos.

Palabras clave: Aspectos Sociales y Psicológicos; Salud Mental; Apoyo Social; Resiliencia; Adaptación; Trastorno de Estrés Postraumático.

INTRODUCTION

Periods of military conflict place additional demands on national mental health support systems. Particular attention should be paid to the destructive aspects of the impact of martial law on the resilience and stress resistance of the civilian population and military personnel. In particular, a significant proportion of military personnel who have been directly involved in combat operations experience difficulties in psychological adaptation and a range of specific manifestations of post-traumatic mental disorders. At the same time, the civilian population is accumulating psychological baggage from prolonged stress, trauma, and danger, which have a significant impact on mental health and transform the context of life values, supports, and priorities.

Radical emotional changes, chronic exposure to stressors, and loss of psychological support have an extremely destructive effect on the mental health of both the civilian population and combatants. This is exacerbated by psychological unpreparedness for the role of witness or victim of war crimes. Mental disorders, including post-traumatic stress disorder (PTSD), determine the quality of life of both civilians and military personnel. According to forecasts by the World Health Organization,⁽¹⁾ about ten million Ukrainians may face serious mental health disorders in the future.

In view of the above, an important aspect of mitigating the destructive consequences of war today is the system of psychological support for the population and military personnel who have suffered from the threats and risks of wartime. This involves the integration of an effective mental health support strategy - measures aimed at optimizing psychological well-being and strengthening life beliefs, values, and orientations. In this context, social support, the mobilization of personal resources, psychological methods, and tools play a special role.

The issue of social and psychological support for civilians and military personnel is among the research interests of some contemporary authors and has become particularly important during the ongoing war in Ukraine. For example, Goto et al.,⁽²⁾ Chepurko and Soboliev⁽³⁾ study the adaptability of internally displaced persons and stress factors of migration, Simms et al.⁽⁴⁾ analyze the potential of ethics of care and social protection in the context of social sustainability, Adams et al.,⁽⁵⁾ Randles and Finnegan⁽⁶⁾ study the adaptation possibilities of military personnel and civilians with traumatic experiences, Kostruba and Kostruba⁽⁷⁾ investigate the processes of resilience development based on behavioral flexibility and adaptability that develop as a result of effective socio-psychological influence.

The relevance of social communication in the mental health support system during wartime is investigated by Rozanov et al.⁽⁸⁾ The authors Russell et al.⁽⁹⁾ have implemented practical developments on psychological well-being and resilience of society in times of military trials and threats.

Anjum et al.⁽¹⁰⁾ study aspects of the impact of military practice on the mental state of individuals, including the impact of traumatic stress factors on the psyche of the civilian population and military personnel. Zasiakina et al.⁽¹¹⁾ investigate the specifics of post-traumatic stress on modern information threats and challenges.

Mialkovska et al.^(12, 13) note significant changes in the worldview of people exposed to active combat operations. In particular, the authors draw attention to characteristic problems with motivation for socialization. Continuing this line of research, Britt et al.⁽¹⁴⁾ analyze the potential for adaptability and resilience, including self-regulation mechanisms, and the development of specific adaptive behavioral responses.

The impact of stressful factors of war on the mental health of the civilian population and combatants is analyzed in publications by Easterbrook et al.⁽¹⁵⁾ and Korolchuk et al.⁽¹⁶⁾ The research of aspects of military personnel adaptation to the realities of civilian life is devoted to the developments of Thériault et al.⁽¹⁷⁾ and Bürgin et al.⁽¹⁸⁾ Scientists position the analysis of the destructive impact of war on the human psyche as a priority for the theoretical and practical development of scientific knowledge. Thériault et al.,⁽¹⁷⁾ meanwhile, emphasize the need to develop resilience and stress resistance among the civilian population and to improve concepts of self-regulation of negative mental states.

Despite the increased interest of scientists in this issue against the backdrop of today's geopolitical instability, the possibilities for comprehensive mental health support for military personnel and the civilian population remain understudied. Questions remain regarding the development of practical proposals to increase the overall resilience of the population, with the subsequent introduction of effective methods for restoring the mental state of both civilians and military personnel.

The aim of this article is to analyze the social and psychological aspects of mental health support systems during wartime.

METHOD

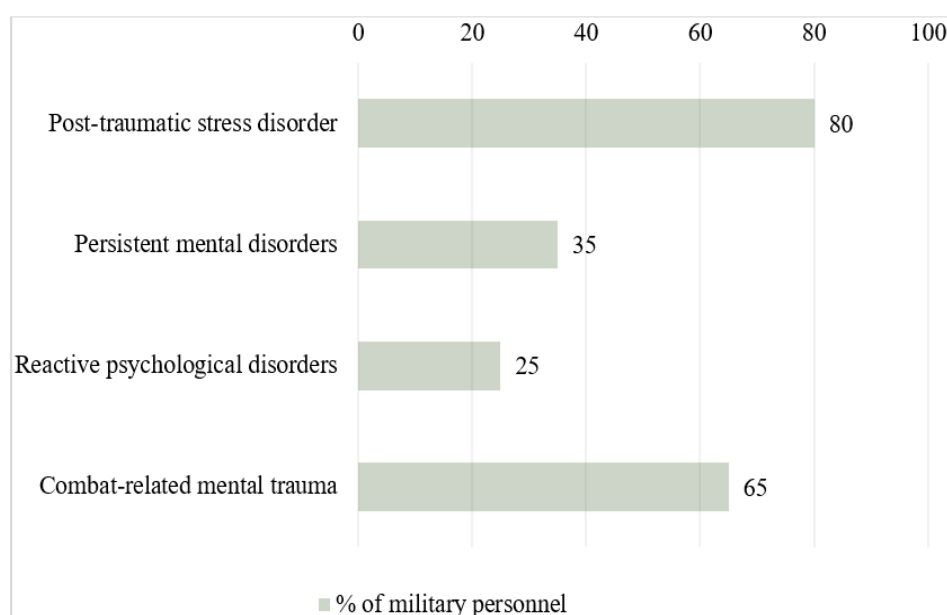
The study focuses on the specific impact of active military operations on the mental health and adaptive abilities of military personnel. The study provides a systematic and comprehensive analysis of scientific publications and industry statistics. Relevant primary sources from publications indexed in leading scientometric databases were used. The works taken into account were mostly published between 2020 and 2025.

The criteria for inclusion and exclusion of publications were the spatial-temporal indicator and the level of reliability of the information. The keywords “socio-psychological aspects, mental health, mental well-being, social support, resilience, adaptation, post-traumatic stress disorder” were used for the search. The limitations of the study include the lack of access to complete and up-to-date statistical data and the complexity of experimental verification of theoretical conclusions.

The research methodology included analysis and synthesis, systematization, comparison, generalization, and abstraction. These methods made it possible to generalize scientific, theoretical, and research data, determine cause-and-effect relationships, identify key criteria and definitions, determine the most influential factors within the studied process, formulate general conclusions of the study, and develop recommendations.

RESULTS

During wartime, both civilians and military personnel are constantly exposed to various destructive and negative factors caused by real threats, traumatic events, and the potential impact of military operations. The main manifestations of the impact of such factors in the mental sphere include increased anxiety, chronic stress, frustration, depression, post-traumatic stress disorder, and apathy. In particular, according to global statistics, about 60 % of military personnel experience difficulties in transitioning to civilian life (figure 1).



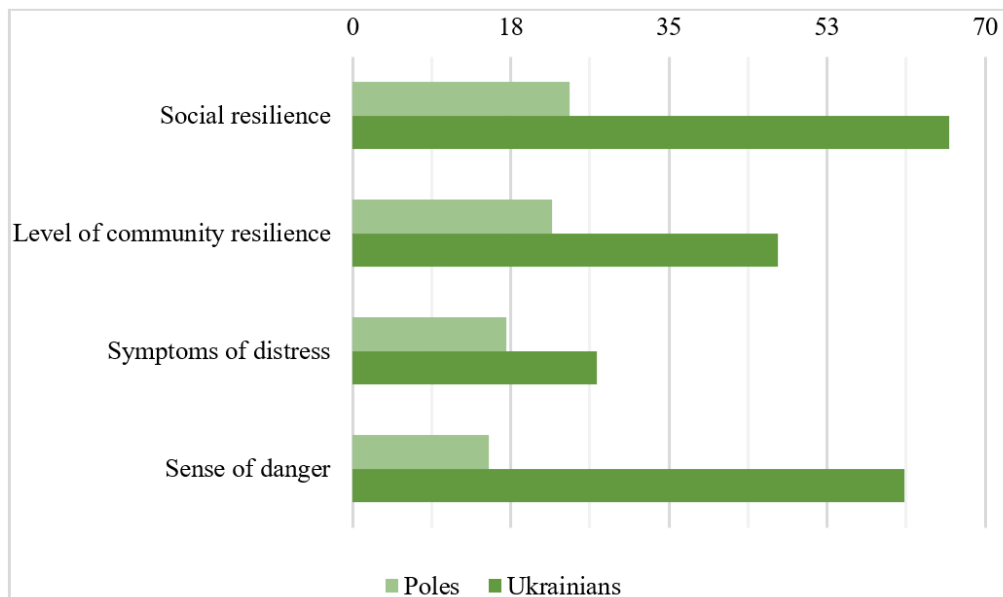
Source: Veterans Reintegration Program⁽¹⁹⁾

Figure 1. The most common psychological traumas experienced by combatants

It should be noted that increased risks to mental well-being during wartime are caused by traumatic experiences and dangerous situations, as well as the loss of loved ones or friends. The most common consequences are sleep problems, concentration and attention disorders, flashbacks, dizziness, etc.

Anxiety often manifests itself in obsessive restlessness, constant nervous tension, panic, and communication difficulties. If psychological support is not provided in a timely manner, the increased level of anxiety becomes entrenched at the subconscious level. This contributes to the development of persistent post-traumatic stress disorder, accompanied by flashbacks, feelings of helplessness, isolation, uncontrolled aggression, or anger. Given this, effective psychological and social support are essential for minimizing anxiety and tension.

Ukrainian respondents demonstrated high levels of feelings of danger (61 % vs. 15 %, respectively) and symptoms of distress (27 % vs. 17 %, respectively) in recent studies, compared to Polish citizens.⁽²⁰⁾ Despite this, the level of resilience among Ukrainians is also significantly higher (figure 2).



Source: Kimhi⁽²⁰⁾

Figure 2. Aspects of resilience in the context of military threat

The results shown in figure 2 confirm that strengths are more optimal indicators of adaptability in the event of serious risks and complications than vulnerability factors. It should be noted that with age, the level of importance of security needs in the structure of needs increases significantly, while negative experiences multiply and the ability to effectively counter risks decreases.

The process of psychological adaptation and increasing resilience of both combatants and civilians is considered to be of primary importance and requires the involvement of psychotherapists, psychologists, rehabilitation specialists, and the immediate social environment.⁽²¹⁾

The entrenchment of destructive psychological habits and the failure to meet key psychological needs lead to serious mental health disorders with long-term consequences. The state of frustration is characterized by increased complexity, causing feelings of irritation, helplessness, and disappointment. It is not easy for a person who has long been exposed to the destructive factors of war to return to a normal emotional state, so they often find themselves in a state of apathy. In such cases, social support is often more effective than any medication or psychological intervention.

At the same time, in the context of psychological assistance, targeted approaches that increase motivation and self-esteem, reduce stress levels, balance emotional states, and help to reduce anxiety are effective. Targeted psychological programs should focus on early diagnosis of stress and mental disorders, which will allow for the creation of an individualized supportive environment that synergizes the satisfaction of basic needs and active social support.

It is extremely important to implement projects to ensure resilience and mental health against the backdrop of general depression. Depression causes severe mood swings, lack of motivation, persistent feelings of guilt, apathy, low energy, and loss of self-confidence. Prolonged isolation from a supportive social environment leads to feelings of social isolation, loss of connection, and fear of uncertainty.

Cognitive behavioral therapy is considered one of the key methods of psychological support during wartime. It aims to change negative thinking patterns. Cognitive behavioral therapy is adaptable to different symptoms,

cultural specificities, and levels of severity. It is particularly effective in treating depression, although the nature of combatants' responses may differ significantly from the standard responses of civilians.⁽²²⁾

Creating a supportive environment for communication and practical interaction with society helps combat high anxiety and increase the resilience of the population. It is also important to raise public awareness of the potential mental health issues that both civilians and military personnel may face. This will help ensure the necessary support and minimize stigmatization.

Strategies for activating an individual's personal resources deserve special attention in the context of psychological and social support. The phenomenon of resilience and stress resistance should be considered as: the ability to effectively control emotions; the barrier of human mental adaptation; the ability to effectively perform specific tasks in extreme conditions; the ability to overcome heavy loads; effective self-regulation of the personality.

Adaptability, in general, focuses on the cognitive, emotional, and motivational development of personal consciousness. Supporting mental health through the development of personal resources is considered in the establishment and maintenance of the balance of mental regulation processes; effective interaction with the environment; transformation of personal ideals, values, and needs; adaptation of individual qualities to dynamic conditions. Thus, the concept of socio-psychological support for the development of resilience should be considered as an effective process of personality adaptation, which finds practical expression in the development of emotional, mental, and behavioral flexibility.

The effectiveness of evidence-based medicine is not comprehensive enough to demonstrate high rates of mental recovery among the population and military personnel who have been exposed to the destructive effects of war. The development of the spiritual component, which can significantly improve the quality of life and mental well-being of a person, is considered a necessary component of additional methods of treating depression, PTSD, apathy, suicide, aggression, and anger.

Spiritual overcoming of crisis psychological phenomena has a noticeable optimizing effect, and therefore concern for the spiritual well-being of both the civilian population and veterans and active military personnel should become an integral part of the nation's mental health support system. In religious patients, faith determines the system of values and beliefs regarding the concepts of suffering and well-being. A spiritually inclusive approach to the regeneration and therapy of war victims requires due attention in the process of planning the treatment system.

DISCUSSION

The problem of mental health support in the context of active combat operations contributes to the expansion of scientific debate.⁽²³⁾ Publications by Jones et al.⁽²⁴⁾ present the long-term consequences of mental health problems in military personnel, highlighting the need for social support for both military and civilian citizens in order to increase resilience and stress resistance and identify potential mental health problems.

The study by Buselli et al.⁽²⁵⁾ focuses on the specific mental health disorders of military personnel in combat zones. The authors note that the risks of developing post-traumatic stress disorder have a lasting impact on mental health and social resilience. Karstoft et al.⁽²⁶⁾ highlight early diagnosis and correction of mental disorders among contemporary practices of social and psychological support. It should be added that priority should be given to preventive concepts of mental health protection.

The work of Kennedy and Zillmer⁽²⁷⁾ is integrated into large-scale studies of the most common war-related disorders among the population. These include depression, substance use, post-traumatic stress disorder, and suicidality, and require an interprofessional approach and the involvement of personal resources. The authors argue that increasing the psychological resilience of the population during wartime requires a synergy between reflection and the cognitive sphere. The authors' position seems correct in the context of modern challenges, where the direct impact of active combat operations on mental health is exacerbated by information overload. This significantly intensifies and accelerates various psychological disorders.

Adams et al.⁽⁵⁾ examine the impact of military action on the mental health of the population from a gender perspective and conclude that women are more prone to long-term psychological disorders against the backdrop of the destructive impact of war, including depression, post-traumatic stress disorder, and suicidal tendencies. Naturally, women have advantages in terms of emotionality, social integration, reflection, and cognition. It is worth noting that the authors' findings are particularly significant in the context of the war in Ukraine, where women make up a high percentage of military personnel.

Misca et al.⁽²⁸⁾ note the potential effectiveness of social support in mitigating the destructive effects of war. The researchers emphasize that both military personnel and civilians are at increased risk of gaps in depression treatment during wartime. The solution to this problem lies in updating diagnostic tools and timely screening.

Williamson et al.⁽²⁹⁾ pay particular attention to the style of military leadership, which determines the level of mental well-being of military personnel and veterans. This problem is particularly significant in the context of active hostilities in Ukraine, where the issue of military personnel rehabilitation remains unresolved.

Practical support for the mental health of civilians and combatants should be a key priority for civilian support to the nation in times of war. Psychological resilience, critical thinking, and critical thinking can strengthen the country's resource potential. Achieving this goal requires effectively overcoming prejudices and forming a sustainable social support system. An important role in this process should be given to spiritual centers, social support hubs, and individualized psychological support, which, in synergy, create maximum opportunities for the unimpeded spiritual recovery of civilians and military personnel. Only in such conditions will veterans be able to activate their personal resources for mental health recovery and successful socialization in a peaceful society.

CONCLUSIONS

Supporting the mental health of civilians and military personnel is an extremely important process that requires the involvement of the social environment, psychologists, and professional rehabilitation specialists. Building resilience at this critical stage of Ukraine's development involves restoring psychological balance and social contacts, rethinking values and beliefs, and increasing motivation and self-esteem.

Radical emotional changes, chronic exposure to stressors, and loss of psychological support have an extremely destructive effect on the mental health of both the civilian population and combatants. This is exacerbated by psychological unpreparedness for the position of witness or victim of war crimes. The entrenchment of destructive psychological habits and the failure to meet key psychological needs lead to serious mental health disorders with long-term consequences. In particular, it leads to the development of persistent post-traumatic stress disorder, accompanied by flashbacks, feelings of helplessness, isolation, uncontrolled aggression, or anger. Given this, effective psychological and social support are essential.

Support from the social environment, awareness of one's own emotions, the mobilization of personal resources, and practical psychological support against the backdrop of active spiritual revival will contribute to the effective overcoming of difficulties and stress. It is also important to raise public awareness of the potential mental health problems that both civilians and military personnel may face. This will help ensure the necessary support and minimize stigmatization.

REFERENCES

1. World Health Organization. World mental health report: transforming mental health for all [Internet]. Geneva: WHO; 2022[cited 2025 Jun 9]. Available from: <https://www.who.int/publications/i/item/9789240049338>
2. Goto R, Pinchuk I, Kolodezhny O, Pimenova N, Skokauskas N. Mental health services in Ukraine during the early phases of the 2022 Russian invasion. *Br J Psychiatry*. 2023;222(2):82-7. <https://doi.org/10.1192/bjp.2022.170>
3. Chepurko H, Soboliev A. Mental health of Ukrainians: wartime challenges. In: Collection of scientific papers «ΛΟΓΟΣ»; 2023 May 26; Boston, USA. p.179-82. <https://doi.org/10.36074/logos-26.05.2023.048>
4. Simms A, Fear NT, Greenberg N. The impact of having inadequate safety equipment on mental health. *Occup Med (Lond)*. 2020;70(4):278-81. <https://doi.org/10.1093/occmed/kqaa101>
5. Adams RE, Hu Y, Figley CR, Urosevich TG, Hoffman SN, Kirchner HL, et al. Risk and protective factors associated with mental health among female military veterans: results from the veterans' health study. *BMC Womens Health*. 2021;21:1-10. <https://doi.org/10.1186/s12905-021-01181-z>
6. Randles R, Finnegan A. Veteran help-seeking behaviour for mental health issues: a systematic review. *BMJ Mil Health*. 2022;168(1):99-104. <https://doi.org/10.1136/bmj-military-2021-001903>
7. Kostruba NS, Kostruba A. Social support as a factor of mental health in wartime conditions: Communication and interaction. *Sci Stud Soc Polit Psychol*. 2024;30(1):39-45. <https://doi.org/10.61727/ssppj/1.2024.39>
8. Rozanov V, Frančišković T, Marinić I, Macarenco MM, Letica-Crepulja M, Mužinić L, et al. Mental health consequences of war conflicts. In: Javed A, Fountoulakis K, editors. *Advances in Psychiatry*. Cham: Springer; 2019. p. 281-304. https://doi.org/10.1007/978-3-319-70554-5_17
9. Russell DW, Russell CA, Hill RP. Mental health service utilization after military missions: The double-edged consequences of unit-level organizational support. *Psychol Serv*. 2022;19(Suppl 2):113-25. <https://doi.org/10.1037/ser0000542>

10. Anjum G, Aziz M, Hamid HK. Life and mental health in limbo of the Ukraine war: How can helpers assist civilians, asylum seekers and refugees affected by the war? *Front Psychol.* 2023;14:1129299. <https://doi.org/10.3389/fpsyg.2023.1129299>
11. Zasiiekina L, Duchyminska T, Bifulco A, Bignardi G. War trauma impacts in Ukrainian combat and civilian populations: Moral injury and associated mental health symptoms. *Mil Psychol.* 2024;36(5):555-66. <https://doi.org/10.1080/08995605.2023.2235256>
12. Mialkovska L, Pimenova O, Savchuk N, Moklytsia H, Stasiuk L, Shkarlatiuk K. Crisis communication in human capital management during war: Addressing social and psychological challenges. *Amazon Investiga.* 2024a;13(84):183-96. <https://doi.org/10.34069/AI/2024.84.12.11>
13. Mialkovska L, Sternichuk V, Petruk V, Honchar K, Knysh E, Panchenko V, et al. Contemporary English media discourse: Linguistic, pragmatic, social and digital aspects. *Ad Alta J Interdiscip Res.* 2024b;14/01-XXXIX:51-156. <https://doi.org/10.33543/140139151156>
14. Britt TW, Wilson CA, Sawhney G, Black KJ. Perceived unit climate of support for mental health as a predictor of stigma, beliefs about treatment, and help-seeking behaviors among military personnel. *Psychol Serv.* 2020;17(2):141-50. <https://doi.org/10.1037/ser0000362>
15. Easterbrook B, Brown A, Millman H, Blyderveen SV, Lanius R, Heber A, et al. The mental health experience of treatment-seeking military members and public safety personnel: A qualitative investigation of trauma and non-trauma-related concerns. *Health Promot Chronic Dis Prev Can.* 2022;42(6):252-60. https://ir.lib.uwo.ca/neurosci_inst_pubs/140/
16. Korolchuk O, Zyma I, Khrapatyi S, Vikhliaiev M, Zavalko K. Current issues of state regulation of psycho-social support in the conditions of war in Ukraine. *Neuropsychiatr Neuropsychol.* 2023;18(1-2):76-84. <https://doi.org/10.5114/nan.2023.129075>
17. Thériault FL, Gardner W, Momoli F, Garber BG, Kingsbury M, Clayborne Z, et al. Mental health service use in depressed military personnel: a systematic review. *Mil Med.* 2020;185(7-8):e1255-62. <https://doi.org/10.1093/milmed/usaa015>
18. Bürgin D, Anagnostopoulos D, Vitiello B, Sukale T, Schmid M, Fegert JM. Impact of war and forced displacement on children's mental health - multilevel, needs-oriented, and trauma-informed approaches. *Eur Child Adolesc Psychiatry.* 2022;31(6):845-53. <https://doi.org/10.1007/s00787-022-01974-z>
19. Veterans Reintegration Program: Analytical report dated 14 July 2021 [Internet]. IREX; 2021. <https://www.irex.org/sites/default/files/Veterans%E2%80%99%20Current%20Employment%20Conditions%20%E2%80%93%20Ukrainian.pdf>
20. Kimhi S. Prediction of societal and community resilience among Ukrainian and Polish populations during the Russian war against Ukraine. *Int J Disaster Risk Reduct.* 2023;93:103792. <https://doi.org/10.1016/j.ijdr.2023.103792>
21. Mialkovska L, Yanovets A, Sternichuk V, Nykoliuk T, Honchar K, Khnykina O. Manipulative tactics in modern English-language media discourse. *Conhec Divers.* 2023;15(38):345-62. <https://doi.org/10.18316/rcd.v15i38.11077>
22. Williams NL. Cognitive Behavioral Therapy in treating veterans with PTSD: Efficiency and multiculturalism. *J Ment Health Soc Behav.* 2021;3(1):JMHSB-129. <https://doi.org/10.33790/jmhsb1100129>
23. Jones N, Jones M, Greenberg N, Phillips A, Simms A, Wessely S. UK military women: mental health, military service and occupational adjustment. *Occup Med (Lond).* 2020;70(4):235-42. <https://doi.org/10.1093/occmed/kqaa019>
24. Muñoz Abreu YL, Niazoa J, Ron M. Professional development and its health implications in military women from the gender perspective. *Nursing Depths Series.* 2025 Jul. 4;4:168.

25. Buselli R, Corsi M, Veltri A, Baldanzi S, Chiumiento M, Del Lupo E, et al. Mental health of Health Care Workers (HCWs): a review of organizational interventions put in place by local institutions to cope with new psychosocial challenges resulting from COVID-19. *Psychiatry Res.* 2021;299:113847. <https://doi.org/10.1016/j.psychres.2021.113847>
26. Karstoft KI, Eskelund K, Gradus JL, Andersen SB, Nissen LR. Early prediction of mental health problems following military deployment: Integrating pre-and post-deployment factors in neural network models. *J Psychiatr Res.* 2023;163:109-17. <https://doi.org/10.1016/j.jpsychires.2023.05.014>
27. Kennedy CH, Zillmer EA, editors. *Military psychology: Clinical and operational applications*. New York: Guilford Publications; 2022.
28. Misca G, Augustus J, Russell J, Walker J. Meaning(s) of transition(s) from military to civilian life at the intersection with mental health: implications for clinical settings. *Front Psychol.* 2023;14:1142528. <https://doi.org/10.3389/fpsyg.2023.1142528>
29. Williamson C, Palmer L, Leightley D, Pernet D, Chandran D, Leal R, et al. Military veterans and civilians' mental health diagnoses: an analysis of secondary mental health services. *Soc Psychiatry Psychiatr Epidemiol.* 2023;58(7):1029-37. <https://doi.org/10.1007/s00127-022-02411-x>

FINANCING

No financing.

CONFLICT OF INTEREST

None.

AUTHORSHIP CONTRIBUTION

Conceptualization: Oksana Maiboroda.
Data curation: Victoriia Petruk.
Formal analysis: Oksana Maiboroda.
Research: Victoriia Petruk.
Methodology: Kateryna Shkarlatiuk.
Project management: Iryna Berezna.
Resources: Iryna Berezna.
Software: Kateryna Shkarlatiuk.
Supervision: Oksana Maiboroda.
Validation: Victoriia Petruk.
Display: Volodymyr Terpeliuk.
Drafting - original draft: Volodymyr Terpeliuk.
Writing - proofreading and editing: Iryna Berezna.