

Interdisciplinary Study on the Peculiarities of Preserving the Mental Health of Minors and Youth in Conditions of Martial Law

Valentyn Shapovalov (Doctor of Pharmaceutical Sciences, Professor, Attorney-at-law, Private Scientific Institution "Scientific and Research University of Medical and Pharmaceutical Law", Ukraine)

Halyna Zakalyk (Senior Lecturer, Lviv Medical University, Ukraine)

Olga Gubaryeva (Candidate of Psychological Sciences, Associate Professor, Kharkiv National Automobile and Highway University, Ukraine)

Corresponding author: Halyna Zakalyk

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Abstract. According to estimates by experts from the World Health Organization, approximately 10 million citizens in Ukraine may be at risk of mental disorders that are directly associated with post- and long-COVID conditions, as well as the ongoing effects of martial law. These challenges have led to significant changes in the nation's psycho-neurological and psycho-emotional health. Under ICD-11, recognized risk factors span infections, depression, substance addictions, polydrug use, smoking, and excessive consumption of alcohol or psychoactive substances. In wartime, such mental health disorders can reduce educational attainment, limit athletic performance, and undermine work capacity and professional qualifications. Recognizing the urgent need to address these issues, an interdisciplinary study has been conducted to identify the root causes and the conditions that give rise to mental health challenges among minors and youth. Drawing on

forensic medical practice, it emphasizes the necessity of protecting the psychological well-being of the younger population during martial law. In addition, the study clarifies its relevance by examining factors that adversely affect minors and youth, including the stressful impacts of ongoing conflict and restricted access to support systems. It also explores psychological support methods that are both environmentally safe and sanctioned for use in Ukraine. Findings show that when psychologists with specialized training are involved, minors' and youth mental health is safeguarded. By using evidence-based approaches, they boost resilience and foster healthier outcomes under challenging conditions. Such efforts not only preserve individual well-being but also support the broader goal of sustaining a capable population in times of crisis.

Keywords: psychology, medicine, jurisprudence, psychologist, doctor, lawyer, life, mental health, citizen, minor, patient, youth, ICD-11.

Introduction. The Director of the European Regional Office of the World Health Organization, Dr. Hans Kluge, at a press conference at the Ukrainian National News Agency "Ukrinform" (September 12, 2024) emphasized that, according to expert estimates, about 10 million citizens in Ukraine are at risk of mental disorders [1].

The development of certain forms of mental disorders significantly affects the level of education, sports, work capacity, and qualifications in times of war. Losses from problems related to mental health disorders can reach 4 to 5% of the country's GDP [2]. Cases of suicide, when a person cannot be saved, also pose a particular threat.

That is why, in psychology, medicine and jurisprudence, at least a dozen types of health are conditionally distinguished, which are interconnected and are significant for every citizen from the day of his birth, study, work, life, sports, recreation, illness and until death. The state of health can be noted in [3-6]:

- a child at birth and in the first years of life (up to 6 years);
- a preschooler, schoolchild, and student (7-25 years);
- an able-bodied citizen, a mature person, or an elderly citizen (26-90 years), etc.

At the same time, at each stage of a person's life, we can clearly talk about his health: physical, social, spiritual, mental, psychological, neurological, psychiatric, professional, etc. [7-13].

According to the definition of the World Health Organization [14, 15], mental health is:

- awareness and feeling of continuity, constancy, and identity of one's own physical and mental "I";
- criticality of the individual in relation to oneself, one's mental activity and its results;
- correspondence and adequacy of mental reactions to the strength and frequency of environmental influences, social circumstances, and situations;
- the ability to manage one's behavior in accordance with social norms, rules, laws, as well as the ability to plan one's own life activities and implement them in life;
- the ability to change one's behavior style depending on life situations and circumstances.

Covid, post-Covid, long-Covid disorders [16-24], martial law [25] has caused changes in the psycho-neurological and psycho-emotional health of our society. Risk factors for disorders include infections, depression, addictions, polydrug addiction, smoking, use of alcoholic beverages and psychoactive substances in accordance with the ICD-11 [26-44].

The issue of preserving, treating, and restoring the health of citizens of different age groups remains relevant. The study of aspects of mental, psychiatric, and neurological health of citizens in the system of legal relations "doctor-patient-pharmacist" is of wide interest in scientific circles. The works of leading scientists of Ukraine Varia M.Y., Haiduchok I.H., Reheda M.S., Gumenyuk O.M., Fedorov Yu.V., Shapovalova V.O., Pyndus T.O., Pyndus V.B., Ryabukha O.I., Tsisnetska A.V., Apanasenko G.L., Baeva O.V., Boychuk Yu.D., Kotsan I.Ya., Lozhkin G.V., Matsko N.V., Pylypiv O.G., Nevzghoda O.A., Nevzghoda A.A., Shapovalov V.V., Voloshyna N.P., Linsky I.V., Minko O.I., Osintseva A.O., Sosin I.K., Chuiev Yu. F. and many others [18, 21, 28, 30, 33, 45-62]. This problem is also given great attention in the studies of foreign specialists, in particular Kaplan R.M., Milstein A., Matarazzo J., Ruiz A., Muñoz I., Ramírez A., Arbeláez A., Terris M. The studies conducted by these scientists indicate the interdisciplinary nature and multifaceted nature of the problem of modern life and citizen health, but at the same time they are aimed at:

- identifying cause-and-effect relationships with mental problems;
- establishing a diagnosis of the disease;
- prescribing treatment and pharmacotherapy;
- preserving, strengthening, and supporting working capacity and longevity;
- placing a significant emphasis on psychological care, both for an individual and for public health.

At the same time, it is possible to generalize certain indicators that determine mental health, and therefore the division into separate types of health can be considered conditional, since they are all interconnected [63].

However, mental health is an integral part of the general physical condition of a person. At the same time, when we talk about mental health, we put more emphasis on the individual characteristics of the course of mental processes and the properties of a person, for example, his arousal, emotionality, sensitivity; or on properties related to the peculiarities of thinking, character, or abilities.

Therefore, the purpose of the research is an interdisciplinary study of the causes and conditions that cause mental disorders (using examples from forensic medical practice) and the features of preserving the mental health of minors and youth in conditions of martial law.

Materials and methods. The basis of the study is interdisciplinary imperative materials, data from the World Health Organization, laws of Ukraine, regulatory legal acts, resolutions of the Cabinet of Ministers of Ukraine, orders of the Ministry of Health of Ukraine, examples from forensic medical practice.

General scientific and specific research methods were used: bibliographic, documentary, graphic, regulatory, survey, comparative, retrospective, systemic, observational, tabular, testing, and experimental.

During the study, standardized psychological methods were used: "Determination of the tendency to deviant behavior" (Orel O.M.), "Methods for diagnosing indicators and forms of aggression" (Bass A., Darka A.), "Diagnostics of choosing a certain leadership style" (Ilyin E.).

Respondents – adolescents, aged 11 to 14 years. The study was conducted during 2015-2024 in the Lviv region. The work of Zakalyk G.M. [64-71] was used.

The research of the article is a fragment of the research works:

- National University "Lviv Polytechnic", approved by the Academic Council Protocol dated October 04, 2016 No. 03/16/17 on the topic of the Department of Theoretical and Practical Psychology "Psychology of National Security and Well-being of the Individual" (implementation period 2016-2020);
- Lviv Institute "Interregional Academy of Personnel Management", approved by the Academic Council Protocol dated November 18, 2020. No. 04/20/21 (with amendments and additions, Protocol No. 01/21/22 dated August 30, 2021) on the topic of the Department of Psychology "Modern Psychological Forms and Methods of Developing Flexible Skills in Applicants for Higher Education" (14.35.07 Education and Training in Higher Professional School UDC 378, implementation period 2021-2025);
- Lviv Medical University on the topic "Improvement of the Drug Circulation System during Pharmacotherapy on the Principles of Evidence-Based and Forensic Pharmacy, Organization, Technology, Biopharmacy and Pharmaceutical Law" (state registration number 0120U105348, implementation period 2021-2026);
- Private Scientific Institution "Scientific and Research University of Medical and Pharmaceutical Law" on the topic "Multidisciplinary research of post-traumatic stress disorders during war among patients (primarily combatants)" (state registration number 0124U002540, implementation period 2024-2029).

Results and discussion. The results of the study (Fig. 1) indicate that among adolescents there is a low level of deviations (25%). Respondents have pronounced verbal and physical aggression and a lower tendency of adolescents to other types of aggression. The main results are presented as follows:

- Tendency to deviant behavior:
 - ✓ 40% of adolescents tend to addictive behavior;
 - ✓ 30% demonstrate a very weak tendency to any type of deviant behavior;
 - ✓ 25% of respondents demonstrate a tendency to deviant behavior;
 - ✓ 5% have tendencies to delinquent behavior.
- Manifestations of aggression:
 - ✓ 56% of adolescents tend to physical aggression;
 - ✓ 62% demonstrate verbal aggression;
 - ✓ 46% demonstrate indirect aggression.
- Emotional manifestations:
 - ✓ 36% experienced negativism;
 - ✓ 16% experienced irritability;
 - ✓ 14% experienced suspicion;
 - ✓ 28% of adolescents experienced feelings of resentment.

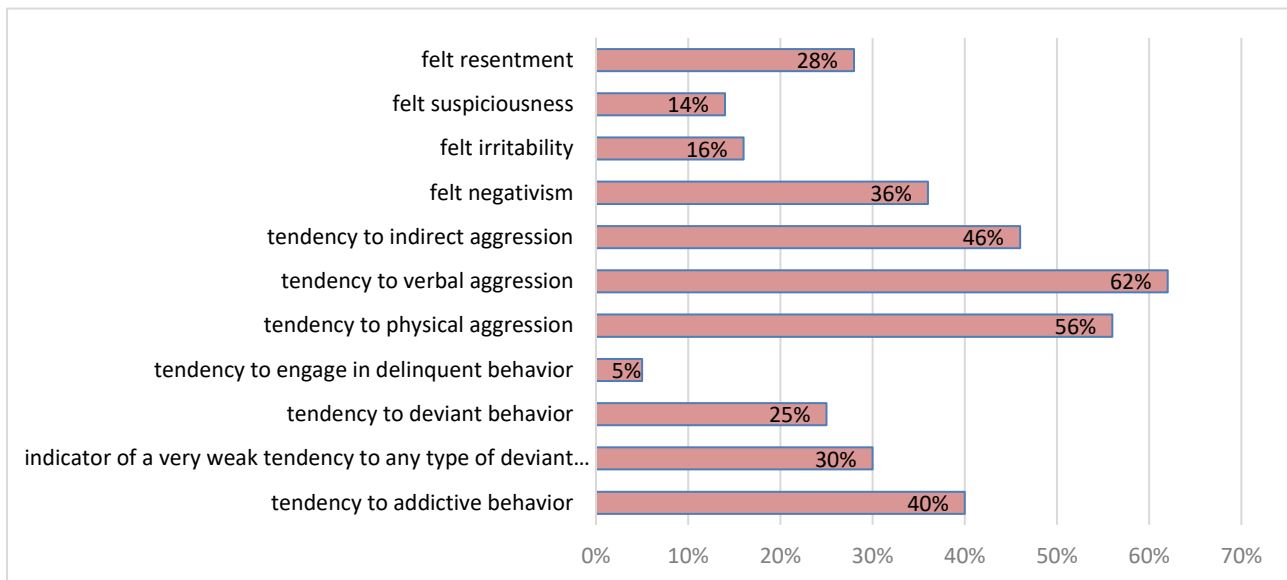


Fig. 1. Levels of manifestations of deviant and aggressive behavior among adolescent respondents.

The data obtained indicate the presence of certain emotional and behavioral difficulties among adolescents, which can be the basis for the development of correctional programs.

At the same time, the generalization of the data showed that:

- ✓ among boys, there was a tendency to manifestations of physical aggression more often, they played the role of the aggressor and were more inclined to the readiness to manifest addictive and delinquent behavior;
- ✓ among girls, the highest percentage reached verbal aggression and expressed feelings of resentment, however, a significant part noted a tendency to addictive behavior.

In their studies, Kim-Cohen J., Caspi A., Moffitt T.E. note the presence of psychiatric diagnoses according to DSM criteria at the ages of 11, 13, 15, 18, 21 and 26 years. More than 50% of all adult mental disorders begin before the age of 14, and 75% before the age of 18 [72].

In addition, Kessler R.C., Berglund R., Demler O., Jin R. conducted an analysis from February 2001 to April 2003 using a fully structured version of the World Health Organization's global mental health survey, the Composite International Diagnostic Interview [73]. The study participants were 9,282 English-speaking respondents aged 18 years and older. Respondents were found to have the following main indicators of anxiety, mood, impulse control, and substance use disorders throughout their lifetime according to DSM-IV (Fig. 2):

- ✓ major depressive disorder (16.6%);
- ✓ alcohol abuse (13.2%);
- ✓ specific phobia (12.5%); social phobia (12.1%);
- ✓ anxiety disorders were the most common class of disorders (28.8%);
- ✓ impulse control disorders (24.8%);
- ✓ mood disorders (20.8%);
- ✓ substance use disorders (14.6%);
- ✓ lifetime prevalence of any disorder (46.4%);
- ✓ 27.7% of respondents had 2 or more disorders in their lifetime;
- ✓ 17.3% of respondents had 3 or more disorders in their lifetime.

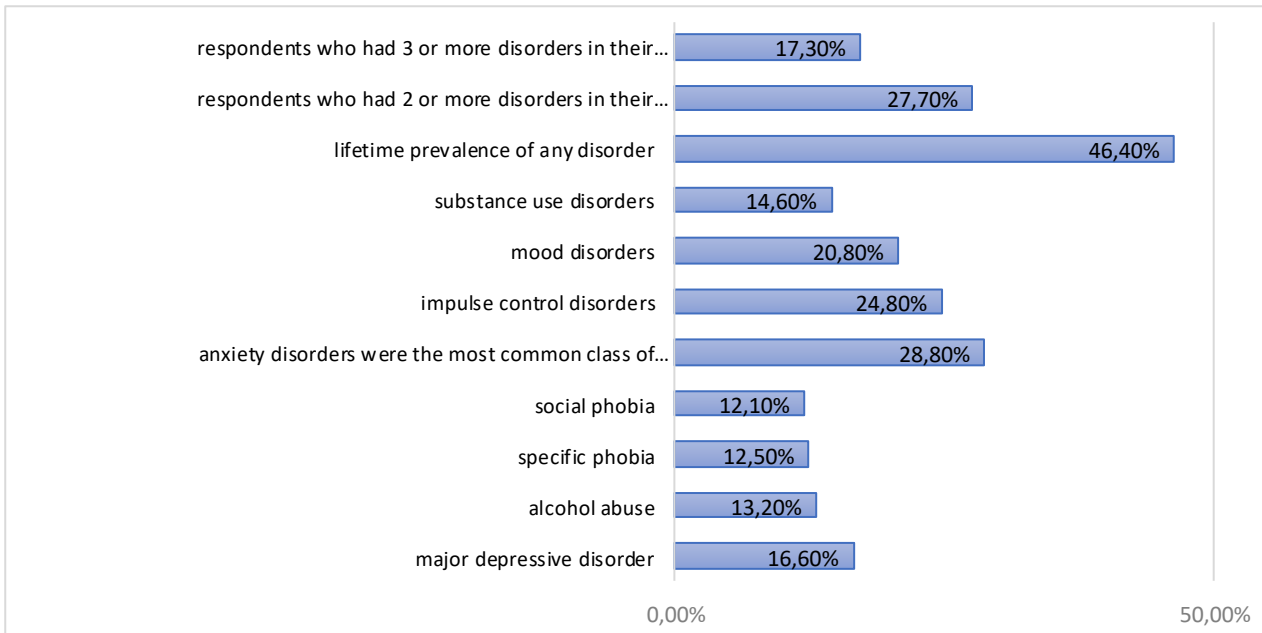


Fig. 2. Results of the World Mental Health Survey [73].

It remains relevant to identify and investigate the manifestations of trauma in the school environment, as emphasized by Artsymeeva D., Terentyeva G., Pankiv N., Zalyubovska L., who distinguish four main categories [74]:

- cognitive - difficulties with concentration, anxiety caused by tests or tests, problems with adaptation to changes, memory impairment;
- behavioral – outbursts of anger, avoidance of classmates and teachers, conflicts with peers, excessive vigilance, decreased performance, problems with maintaining eye contact;
- emotional – obsessive thoughts, decreased or lack of motivation, low self-esteem, social anxiety, which may appear as a lack of communication with peers or teachers, difficulties with managing emotions;
- physical – frequent illnesses or somatic symptoms, for example, abdominal pain.

According to the data of the Main Department of Statistics in Lviv region for 2020 regarding the recorded number of intentional self-harm, Lviv region ranks the 5th in comparison with other regions of Ukraine, which is 2.5% of the national indicator, namely [75]:

- ❖ in 2020, 155 citizens committed suicide in Lviv region, which is 12.4% less than in 2019;
- ❖ the fewest suicides were committed in Ternopil region (93 cases, or 1.5%), and the most in Dnipropetrovsk region, where 633 cases of suicides (10.4%) were recorded;
- ❖ from 2005 to 2020, the number of suicides in the Lviv region decreased by 31% (on average, there were six suicides per 100,000 people, in Ukraine – 15 cases);
- ❖ more often suicides were committed by men (85%) of all intentional self-harm, which is almost 6 times more than women;
- ❖ there are 11 suicides per 100,000 men in the Lviv region, and two suicides per 100,000 women;
- ❖ in rural areas, suicides were committed on average 21% more often than in cities;
- ❖ more than half of all suicides were committed by citizens aged 35-59, with 20% by young people aged 15-34;
- ❖ suicides accounted for 10th place among external causes of death and in the 2nd place after road accidents, and in the age category 15-34 years - in 3rd place (11%).

Therefore, it is important from a professional point of view to consider examples from forensic medical practice (examples No. 1-6) to study the causes and conditions that became the cause – the impetus for psychological health disorders in minors and youth. The consequences – the commission of lethal acts. It is necessary to carry out work of psychologists with parents,

specialists, teachers, minors, and youth to prevent emergency situations and preserve the gene pool of the state.

Example from forensic and medical practice No. 1. The investigator of the Main Directorate of the State Police in Lviv region under the procedural guidance of the prosecutor of Lviv region registered criminal proceedings under Part 1 of Article 121 of the Criminal Code of Ukraine with the mark suicide [76].

During the pre-trial investigation, it was established that on Sunday, April 28, 2024, at about 11:00 a.m. in the city of Lviv, a 14-year-old lyceum student jumped out of the window of the 3rd floor of the Heroes Krut Military Lyceum, who was taken to the intensive care unit of the health care institution by ambulance doctors with injuries. During the forensic medical examination, it was established that the lyceum student's condition is moderate to severe, which constitutes serious bodily injuries.

The head of the military lyceum said that the management of the educational institution is also investigating the circumstances of the tragic incident:

- the lyceum student is from Zaporizhzhia, is in the 8th grade of the lyceum;
- the cause was a conflict with his parents, who live in Turkey.

The investigator is conducting a pre-trial investigation, establishing all the circumstances of the case, and has ordered a forensic medical examination.

Example from forensic and medical practice No. 2. The investigator of the Main Directorate of the State Emergency Service in Lviv region, under the procedural guidance of the prosecutor of Lviv region, registered a criminal case under Part 1 of Article 115 of the Criminal Code of Ukraine with the mark suicide [77].

During the pre-trial investigation, it was established that in the city of Lviv on February 21, 2024, in the room of dormitory No. 4 of the National Forestry University, the body of a 17-year-old boy with no signs of life was found. An investigative and operational group worked at the scene. It also became known that at 13.53, the operational line 103 of the Lviv Regional Center for Emergency Medical Care and Disaster Medicine received a call about a student who was not breathing and unconscious. The dispatcher tried to advise the caller on conducting cardiopulmonary resuscitation, but he refused. Medics promptly arrived at the scene at 14.01. It turned out that the 17-year-old boy was already dead. The boy left a suicide note, where he wrote "about his uselessness and indicated the code to the phone." During the forensic medical examination, it was determined that the student was poisoned by taking pills and energy drinks.

The investigator conducts a pre-trial investigation, establishes all the circumstances of the incident, and orders a forensic medical examination.

Example from forensic and medical practice No. 3. The investigator of the Main Directorate of the State Emergency Service in Lviv region, under the procedural guidance of the prosecutor of Lviv region, registered a criminal case under Part 1 of Article 121 of the Criminal Code of Ukraine with the mark suicide [78].

During the pre-trial investigation, it was established that on February 2, 2024, at about 4:30 p.m., a 21-year-old boy "fell" from the 15th floor of an apartment building in the city of Lviv. He fell onto the roof of a car parked near the house, which saved his life. Ambulance doctors took the victim with serious injuries to the intensive care unit of a health care facility.

Witnesses showed during their interrogation by members of the investigative and operational group:

- 21-year-old guy first climbed onto the glass partition of the 15th floor balcony and then fell onto a car;
- video on the Internet shows the victim lying on the damaged roof of the car;
- after the fall, the guy was conscious and answered questions from the police, who found out that the Lviv resident did not live in this building;
- victim admitted on his Instagram page that he was suffering from depression and published farewell words, and then turned on the stream;

- doctors at the Lviv Regional Center for Emergency Medical Care and Disaster Medicine noted that the guy was in serious condition; he was taken to St. Panteleimon Hospital with a preliminary diagnosis of “catatrauma”; Doctors diagnosed a fracture of the cervical vertebra, fractures of the forearm and tibia, there is no threat to life, which according to the forensic medical assessment are serious bodily injuries.

The investigator conducts a pre-trial investigation, establishes all the circumstances of the incident, and appoints a forensic medical examination.

Example from forensic and medical practice No. 4. The investigator of the Main Police Department of Ivano-Frankivsk region under the leadership of the regional prosecutor's office conducts a pre-trial investigation under Part 1 of Article 115 of the Criminal Code of Ukraine (intentional murder) with the mark suicide [79, 80].

During the pre-trial investigation, it was established that on February 15, 2024, in the morning in the city of Lviv, a 16-year-old boy, Gr. N., who left his house in Kolomyia on February 7, 2024 and disappeared without a trace, was found dead. There was no contact with him.

The investigator is conducting investigative actions, a forensic medical examination has been ordered, and the teenager's body has been sent to an expert institution.

Example from forensic and medical practice No. 5. The investigator of the Main Police Department of Lviv region, under the leadership of the regional prosecutor's office, is conducting a pre-trial investigation under Part 1 of Article 121 of the Criminal Code of Ukraine, marked as suicide [81].

During the pre-trial investigation, it was established that on January 30, 2024, a 19-year-old girl “fell” out of the window of an apartment on the 9th floor. Ambulance doctors took the girl in a coma to the intensive care unit of the St. Panteleimon healthcare facility. A forensic medical examination has established that the girl has a preliminary diagnosis of a catatrauma and a closed craniocerebral injury, which is classified as serious bodily injuries.

The investigator is conducting investigative actions, a forensic medical examination has been ordered.

Example from forensic and medical practice No. 6. An investigator of the Main Criminal Police Department in Lviv region, under the leadership of the regional prosecutor's office, is conducting a pre-trial investigation under Part 2 of Article 115 of the Criminal Code of Ukraine (intentional murder) with the mark suicide [82].

During the pre-trial investigation, it was established that on January 23, 2024, a 20-year-old student (he rented an apartment on the 9th floor) fell out of the window of a high-rise building. He received injuries incompatible with life.

The investigators are establishing the circumstances of this case. A forensic medical examination has been ordered.

The TSN journalist notes that it is currently unknown about the causes of the tragedy and whether anyone will be held responsible for the death of the teenagers. The pre-trial investigation is ongoing.

The examples given from forensic and medical practice (No. 1-6) indicate that:

- parents pay little attention to their children, schoolchildren, lyceum students, students (talking about difficulties, participating in providing advice, solving failures, taking up sports or hobbies, etc.);
- in schools, lyceums, colleges, and educational institutions there is a low level of participation of psychologists in interviews with teachers, class teachers, parents, minors, and students;
- on the Internet, on the websites of schools, lyceums and educational institutions there are no links to the hotline numbers of psychologists, who can be contacted free of charge (anonymously, confidentially) in times of depression, nervous breakdown, conflict (with peers, teachers, lyceum students, etc.), low self-esteem, failure, feeling of uselessness, humiliating attitude, shock, loss of a loved one, family, injury, etc.;

- heads of local authorities and local self-government bodies should contribute to the creation of conditions for a developed network of free socio-psychological assistance to all versts of the population, the establishment of telephone "hotlines" (near schools, lyceums, colleges, educational institutions);
- heads of local authorities and local self-government bodies should participate in open lessons of schools, lyceums, colleges every year on September 1, invite psychologists and lawyers to participate, with whom appropriate contracts should be concluded, for example, "school-class-psychologist/lawyer";
- energy drinks "energy", which are freely available for sale in retail establishments, should have restrictions on circulation and sale (beer, energy drinks);
- leaders in schools, lyceums, colleges, pre-university and higher education institutions, dormitories should create free clubs (volunteer movement, aircraft modeling, forensic and instrumental, mastering the 1st profession, etc.) to involve schoolchildren, lyceum students and students in their free time;
- minors and youth should know that it is not shameful to talk about suicidal thoughts;
- when a thought appears, there should be two people to whom they could turn for help - one from relatives or loved ones and a specialist, because the first 15 minutes are important, during which the life of a suicidal person can be saved;
- heads of local authorities, local self-government bodies should contribute to correcting the situation so that minors and youth know where to go for an interview with a psychologist/lawyer [83];
- for each criminal case initiated under Art. 121 and Art. 115 of the Criminal Code of Ukraine, the investigator must order a commission psychological and psychiatric examination of the victim (under Art. 115 of the Criminal Code of Ukraine – posthumous);
- it is necessary to separately note to journalists about objectively describing the facts in order to establish the reasons and conditions that cause suicidal behavior, as well as to adhere to the ethics of teaching the material, maintain a tolerant and empathetic attitude towards such a person;
- to implement measures to prevent new cases of suicide, indicate institutions that provide modern socio-psychological or legal and psychological assistance to parents, children, schoolchildren, lyceum students and students at a convenient and urgent time.

In the TSN story, journalist Volosatska N. talks about the tragedy that occurred in a residential area of the city of Lviv. A 14-year-old girl “jumped from the 15th floor of her house” and left behind a note with words of hatred for her parents [84]. Psychologists say that communication problems are inherent even in families that seem quite promising at first glance. Residents of the house claim that the 14-year-old girl was calm, balanced, a little withdrawn, lonely, and unsociable – she did not communicate with anyone, she had no friends. The head of the Frankivsk police department, Dovhanych V., points out that such children go unnoticed by class teachers and relevant services because they are not violent. Teachers and classmates at school noted that the girl studied well, and they did not notice any signs of depression. Psychologists are sure that the trouble happened due to a lack of parental attention and a breakdown in communication in the “parent-child” dyad. Psychologists warn that communication is an art between parents and a child that needs to be learned. Parents are advised to talk to their children for at least an hour a day, and this should be done respectfully, face to face, and not involuntarily, for example, while washing dishes or going to work.

Psychologist for child and adolescent trauma of the NGO "Confidence", Maly-Prasol R., told TSN.ua in a comment that factors that increase the risk of suicide in a child, in addition to mental health disorders, include certain life circumstances, namely [85]:

- ✓ the fact of adoption;
- ✓ loss of close friends or family members or difficulties in relationships with them;
- ✓ family history of mental disorders, suicide or actions that could lead to suicide;
- ✓ experience of physical or sexual violence, psycho-emotional violence, or bullying;

- ✓ access to means with which it is possible to commit suicide, for example, weapons, medicines, pesticides, etc.

Specialists of the National Social Service of Ukraine believe that a wave of suicides among adolescents has shaken the regions of the country. The phenomenon of “romanticization of suicide” and a state of affect, when the emotional pain seems so deep that it cannot be stopped otherwise, are motivating factors [86]. Under such conditions, parents often begin to actively check their children’s social networks. The following steps should be considered (Fig. 3):

- act with their privacy in mind, by following their pages publicly, so as not to violate their trust and personal space;
- it is important to remember that even the slightest changes in the emotional state of adolescents can be noticed in time and they can be provided with the necessary support;
- if a list of alarming “red flags” that should not be ignored and advice on harmless intervention for adults has been compiled;
- be attentive to your relatives, create conditions for harmonious live communication, ask open questions to find answers together, remember that the best thing you can give your children is love and support in life.

How to recognize danger?

TOP-5 red flags:

- Change in the child's emotional state, apathy, or aggression
- Anxiety, low self-esteem
- Change in social circle, preference for virtual space
- Giving others their favorite things (farewell ritual)
- Self-harm (scratches, burns)



How to help? #tips

1. Establish a trusting relationship with the child, try to understand his emotional state. When starting a conversation, show understanding and support
2. Avoid emphasizing the word “problem” in the conversation, instead find out what is bothering the child
3. Offer the opportunity to visit a psychologist or use specialized helplines
4. Speak frankly about your own feelings and experiences, reinforcing this with positive attitudes, showing that this is a temporary and difficult period
5. Support and show that you are always there. Help should be sincere, friendly, and unobtrusive
6. Accept the child without criticism and comparison with others. Use examples, but avoid insults. Instead of “You are behaving badly”, use approaches that express your love and respect, for example “I understand you”, “I love you very much, but your behavior/your actions/actions upset me”
7. Respect the child’s thoughts and point of view, express confidence that you will always be on his/her side, ready to overcome difficulties together

Fig. 3. How parents can recognize the danger to their children (necessity to inform parents, teachers, social services, lawyers) [86].

In turn, as Serov I. notes, depression is one of the main factors leading to the development of suicidal behavior in young people. About a third of suicide victims among young people had clinical depression or other mental disorders, and direct risk factors include [87]:

- ❖ abuse of psychoactive substances (tobacco, alcoholic beverages, beer, energy drinks, psychotropic and potent substances, narcotic and intoxicating drugs, precursors, volatile solvents, etc.);

- ❖ physiological changes associated with adolescence;
- ❖ prolonged illness.

In addition, hormonal waves combined with cardinal changes in social status. Adolescence itself is a psycho-emotional and severe crisis phenomenon. Along with rights and freedoms, comes the burden of personal responsibility for one's life and choices. Naturally, unfamiliar, and unknown territories, lack of experience in living an adult life cause a high level of anxiety. Thus, boys and girls seem to:

- have one foot still in childhood, the other in adulthood;
- being in such a "twinkle" for a teenager-young person, at least very uncomfortable, and often scary, incomprehensible, and painful;
- lack the skills to cope with stress in a healthy way, so it can be very difficult for a young citizen in society to cope with the difficulties of adolescence, namely:
 - rejection;
 - mistakes;
 - relationship breakdowns;
 - problems in school, sports, or work;
 - everyday difficulties in the family, etc.

An extremely important point is that the problem of suicidal behavior in the teenage and youth environment is relevant today. This is evidenced by data from law enforcement agencies, up to one and a half hundred minors commit suicide every year [88]. In the transitional age, children, adolescents, and young people are very vulnerable, they can be acutely worried about quarrels with friends, bad grades at school, feel like outcasts among their peers. Therefore, they often keep quiet about their emotions, suffering and inner experiences. However, it is possible to prevent a tragedy if you pay attention to the "alarm bells", which have 7 signs that may indicate that a teenager is really on the verge of committing suicide:

1. *Changes in emotional state*, when: a teenager can "explode" over trifles, or, conversely, loses interest in the former joys of life; tears and aggression may occur for no apparent reason at first glance; An alarming signal is a sharp change in the stereotype of behavior in general (for example, a teenager has become withdrawn and joyless, although this is not like him, or vice versa - a previously silent and calm child becomes excited with a half-turn;
2. *Sleep disturbances*, when: a teenager has difficulty falling asleep, he suffers from superficial sleep, drowsiness and weakness during the day, his attention is scattered, and this affects his studies.
3. *Talks about suicide*, when: a teenager sees an emphasis on suicide episodes in films, media, communication, etc. A teenager can write depressive poems or draw "difficult" pictures.
4. *Visiting forums and groups on social networks where suicide is discussed*: teenagers who are experiencing depression look for such groups themselves, and, unfortunately, find them, despite the active struggle of law enforcement officers.
5. *Loss of interest in their appearance, negative statements about themselves*: a teenager, who is thinking about suicide, may forget to eat on time, or eat previously favorite dishes without appetite, neglect the rules of hygiene, which he always followed before.
6. *Change in the circle of communication*, when: the teenager withdraws from friends, prefers virtual communication, or may stop all communication altogether and withdraws into himself.
7. *Giving away favorite and most valuable personal items* (clothes, toys, jewelry, phone, computer, etc.), when: this happens to a teenager, which is an extremely alarming signal that hides an unspoken request for help, a cry that a painful wound in the soul cannot heal.

Another marker of suicidal behavior of a teenager is self-harm (this refers to bodily injuries – cuts, scratches, wounds, burns from cigarette butts on the skin of the body).

The causes and characteristics of suicidal behavior in student life are revealed by Fedorenko R.P. [89, 90], who emphasizes the course of the educational process with its typical stresses and trials, which exacerbates the problems existing in the individual, often leading to a crisis, the

indicator of which is the destruction of life plans with an acute feeling of powerlessness of one's own will. The classification of the most typical crises associated with the cycle of study in a higher educational institution and approximate ways out of the crisis was developed by Khazratova N. (any of the above problems (or their complex) when exacerbated can develop into a critical state, provoke an attempt on life-suicide):

- crisis of adaptation to the conditions of study at a university (1st year);
- crisis of the "middle" of study (2-3 years);
- crisis of completion of study and transition to a different social status (5th year – beginning of work);
- crisis of expulsion from the university;
- collapse of the ideal of love (such a crisis is somehow provoked by traumatic events in the sphere of intersexual relations);
- existential crisis;
- typical student psychological problems, such as non-acceptance of one's interpersonal status in a group;
- conflicting relationships with a teacher or administration; problems of self-realization of creatively gifted students.

To raise awareness of mental health problems, World Mental Health Day is celebrated every year on October 10. Deputies of the Committee of the Verkhovna Rada of Ukraine on National Health, Medical Care and Medical Insurance, to draw attention to the problems, indicate that [91, 92]:

- problems related to a person's mental state require constant attention and the need to support people with such diseases;
- support is needed for citizens who do not have mental disorders, but are going through difficult times and need willpower and resilience to cope with life's difficulties.

Instead, mental health reflects the picture of a person's internal state. That is, the concept includes intrasystemic and systemic-environmental homeostasis of the brain, a state of mental well-being of a person, characterized by the absence of painful mental manifestations and the ability to consciously regulate behavior and activity [93]. At the same time, it is the basis of well-being and effective functioning for a person and for the community in which he lives.

Mental health should be considered as a structure that includes two factors: structural-process mental health and psychological health. Structural-process mental health concerns mental activity, characteristics of processes and properties of the cognitive and emotional-volitional spheres [94].

Only a mentally healthy person can understand and manage their emotional states, build healthy relationships with others and be open to learning, work, and personal development; have a positive attitude towards themselves and be able to make independent decisions; be able to adapt to new changing life conditions and actively overcome various challenges and at the same time receive satisfaction, joy, and feel happy from life.

Psychological health is the embodiment of social, emotional, and spiritual well-being (as a resource and a state), since it is a potential prerequisite for ensuring a person's vital needs for an active way of life, achieving their own goals, adequate and optimal interaction with people, social and other environments.

Psychological health concerns the semantic aspects of mental health, the properties of the Self and the noogenic sphere of a person. If structural-process mental health concerns mechanisms, then psychological covers the essential properties of the value-motivational and noogenic sphere of a person, his beliefs, properties of the Self and identity, and affects his spiritual sphere [94].

In the conditions of the invasion of the Russian occupiers and the beginning of a full-scale war, scientists note violations of mental and psychological health. There are frequent facts of manifestations of mental disorders, such as depression, anxiety, neurotic, and post-stress disorders, etc. [26, 94]. Imbalance in the mental leads to changes at the level of the physical body and vice versa, when violations occur at the somatic level, changes occur in the psyche.

Today, all citizens of Ukraine are living in very difficult times, namely [95]:

- the destinies of thousands of people have been ruined;
- heavy losses of loved ones, relatives, friends;
- an unstable situation and for some, a loss of faith in tomorrow;
- a situation of general distrust and an understanding of the unreliability of modern international security guarantees in general, which provokes the possibility of despair and loss of the meaning of life for any citizen.

We should note that Ukraine has faced a rather serious problem – the psychological and physical unpreparedness of some men to participate in combat operations, as well as the unpreparedness of the civilian population, regardless of whether we are talking about those who were in the frontline zone under constant rocket and artillery fire, bomb strikes, were occupied, or those who experience anxiety from the sounds of air raids and periodic rocket and drone strikes, etc.

This war is of a hybrid nature, as the aggressor uses all possible resources that contradict international law and conventions. This is not only the use of prohibited weapons on the contact line, but also massive shelling of the entire territory of Ukraine, the destruction of residential buildings, hospitals, the death of civilians. The murder of children or their abduction and removal to foreign territories is also part of this execution.

The enemy resorts to terror, cyberattacks and is waging an information war that focuses on the spread of disinformation and psychological influence on public opinion through propaganda. All this is aimed at sowing panic among the population. All these actions are aimed at destroying the nation both physically and psychologically.

The problem of losing a sense of security is also acute, because citizens (families, children, youth) in all regions of the state, and especially those with the status of “internally displaced persons”, are becoming unsure of where they can find a safe place (living, working, studying), which further increases their vulnerability.

The growing sense of helplessness, reinforced by the displacement of the civilian population to other regions or countries and the associated loss of a familiar comfortable environment, also has a negative impact – loss of one’s own housing, inability to provide for one’s daily needs, instability of financial situation due to loss of work, a general decrease in the level of income of the population and a simultaneous increase in prices for basic products; anxiety for relatives and friends. In part, this is also social isolation. Night raids are especially dangerous. The signal is “Air alarm!” (when you need to run to a bomb shelter, shelter or follow the “two walls” rule), which significantly increases the vulnerability of our fellow citizens to psychosocial stress. The aggressor does this consciously and his actions are purposeful [95]. The impact of a traumatic event on a person can be schematically depicted as follows (Fig. 4).

Fixed psychotrauma passes into long-term memory. As a result of the action of stressors under certain conditions (when a person encounters a trigger – a certain phobia), the fixed trauma is brought to the field of consciousness, to then be “rewritten” again. This is how it is stored in the brain, and most often this happens with an even stronger emotional “charge”.

Depending on the level of stress resistance of the body, a person may experience the negative impact of the actions of terrorists in different ways, but in any case, it will be noted on his health.

Obviously, one must agree with Maloletkova O. that in today's conditions it is important to form and maintain a new culture of attitude towards mental health [96]. After all, it is well known that carrying out preventive measures, applying methods of working with people in a state of acute crisis and during an acute crisis period can ensure the avoidance of mental trauma and reduce the risk of developing PTSD.

This is what prompted us to create friendly conditions for providing medical care and psychological support to the population and military psychologists, psychotherapists, and helpers, that is, persons involved in helping professions.

To educate and teach modern methods of working with both the civilian population and demobilized, former soldiers of the Armed Forces of Ukraine, the Lviv Medical University has

launched a course "Psychology of Trauma and Loss". During the classes, students of various specialties master the necessary skills for working with patients who have experienced physical or psychological trauma and need not only medical but also psychological support.

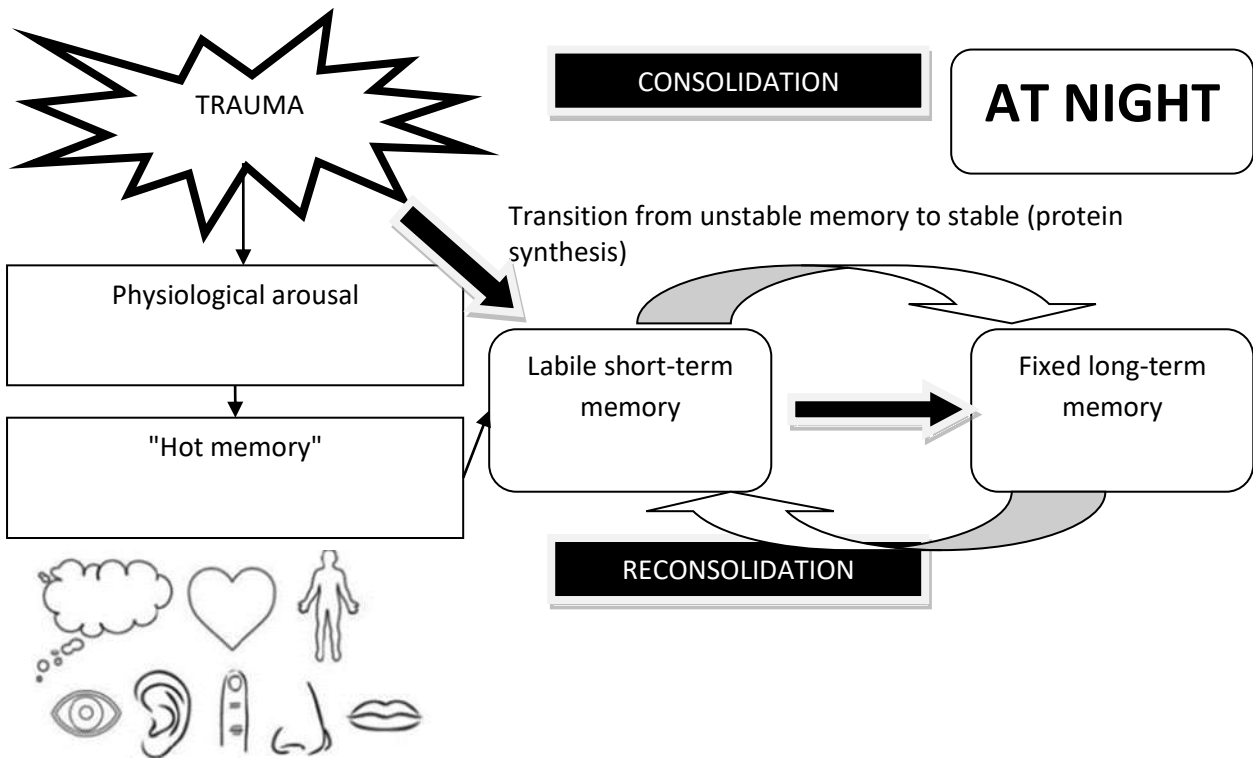


Fig. 4. Fixation of psychological trauma in long-term memory [95].

Our youth receive knowledge that allows, first, to understand and feel what is happening to a person on a mental level when experiencing stress and trauma. They acquire the skills to listen to their physical state, that is, to understand how the body reacts to psychological trauma and stress and what feelings arise inside us when we are anxious, scared, tired and exhausted. They acquire knowledge on how to help, first, themselves, to feel grounded, to restore their state when tired; how to find internal resources and how to strengthen the feeling of self-actualization and self-confidence. "Take care of yourself" is the first rule of everyone who wants to help others. Only a mentally stable person will be able to come to the rescue and fulfill their duty – to help others [97].

In practical classes, higher education students acquire skills in forming trusting relationships, and this is the way to build interaction not only with patients in their future profession, but also the ability to use them in everyday life – with their family, loved ones, friends. This is establishing contact and understanding what a person can feel, depending on what information they receive and how we present it. After all, there is a well-known phrase: "You can kill with words, you can also heal with words". This is THE POWER OF THE WORD, which focuses on either its destructive or healing meaning.

For a medical worker, it is extremely important not only to be a professional in his field of activity, but also to own the word, to be able to use it correctly, to put good messages, hope and faith into the content of what is said.

A doctor not only treats the body, he must heal the soul [98]. At the same time, a doctor must have the ability to be psychologically healthy. Therefore, it is necessary to possess effective exercises and techniques, both foreign and well-known in our country, that calm and stabilize the state of a citizen and a patient.

Let us list some of them. First, it is important for a doctor to monitor whether he is in the "window of tolerance!" or how much he can return to it - this is the first condition for his own stability. The "Four Magnets" technique, proposed by the American psychologist, trauma therapist

and psychoenergetics Art Geiser, is effective. It is an easy and quick way to relieve fatigue and heavy energy, restore one's own energy resource.

Of the Israeli methods of working with a person in a state of acute crisis and panic, the most effective are the "Candle and Flower" technique, "Lemons", "Lazy Cat", "Feather and Statue", "Stress Relief Ball", "Turtle" [99] and the "Square Breathing" exercise [100], which help stabilize a person's mental state. Next, to get out of the "tunnel perception" of the world and a great way to ground yourself is to involve the sensory system using the "Look Around and Feel Yourself" exercise, which activates all sensory channels. Grounding, body awareness, and stability expand internal reserves and enable one to use one's own resources to overcome stress and recover from psychological trauma. This process is best reinforced with the Butterfly or Hug Yourself exercise [101-103].

The course provides training in the elements of aiding when a person experiences a loss. These losses are often traumatic, regardless of whether they can be material or physical, and concern different aspects of a person's life. Each of them carries with it psychological loss and psychological trauma, invisible to the human eye, but very painful at the level of the soul.

Timely psychological support, assuring a person that they are not alone in their experiences, and that there is help and support nearby is an opportunity to reduce their suffering, make it easier to go through an acute crisis, prevent post-traumatic stress disorder, and therefore maintain health. This is training in the manifestation of empathy - compassion for another and empathy with him.

Based on certain techniques, the psychologist teaches, and the applicant learns [104-107]. How can one accept the situation and change one's attitude towards it (the "Flipper" exercise is one of the famous American techniques) [108]. The ability to find an internal resource to restore one's condition (Dr. David Muss – founder of the Rewinding Traumatic Experience Technique) [109, 110]. The ability to independently neutralize automatic reactions (Evelina Novozhilova's "Anchor Collapse" technique) and renew one's attitude towards one's own life, regarding the ability to find the meaning of life.

A personal place in psychological assistance to a schoolchild and student can be occupied by the psychotherapeutic technique "STRESS-ANALYSIS" ®, the author of which is the Ukrainian-Israeli scientist Iurii Titarenko, PhD, and which is recommended by the Ministry of Health of Ukraine.

The author notes that [111-112]:

- traumatic experience is recorded by the subconscious in the form of separate information files;
- files with records of traumatic experience have clear neural connections and can subsequently reactivate (restimulate) each other;
- files with records of traumatic experience are counter-survival, but are stored by the mind as "important survival programs" (pseudo-survival concepts);
- any psychotrauma stored in memory files (subconscious) becomes part of the mind and the internal control system of a person ("I-concept");
- the future of a person is dominantly determined by the accumulation of traumatic experiences and blocks the person from full self-realization (as an example: depression, PTSD, etc.);
- mental "programs" generated by traumatic experiences (in the presence of highly methodical psychotherapeutic technology) can be successfully detected and neutralized, which allows a person to acquire a highly socialized, highly effective, and highly ethical "I-concept".

"STRESS-ANALYSIS" ® is such a technique, which allows achieving 98% of successful results (except for severe mental and psychiatric pathologies caused by physiological disorders of the brain).

At the same time, as Titarenko I. notes, "STRESS-ANALYSIS" ® is an in-depth analysis of the causes and consequences of stress, as well as a method for releasing "units of vitality", as the authors note, has a huge and rapid therapeutic effect. The impact of stress in different areas of life

and in different situations and its consequences are considered in “STRESS-ANALYSIS” ® as the main cause of deterioration of a person’s life and health. This deterioration is associated with the loss of control over “units of life force” (a term coined by the American author Alan S. Walter), which we can understand as “mental-psycho power”, the potential of psycho-physical energy.

Below are some of the main reasons for the loss of this potential [113-115]:

- consequences of negative upbringing;
- guilt, harmful actions;
- loss of health;
- unsuccessful love experiences;
- financial losses and failures;
- compromise with one’s own principles;
- betrayal of personal goals and ideals;
- lack of principles of positive thinking (negative mental attitude).

“STRESS-ANALYSIS” ® is a technique that allows for effective and rapid restoration of the mental, emotional, and physical state of any person of any age, including adolescents, for which there is the concept of “child and adolescent stress analysis”.

“STRESS-ANALYSIS” ® also has a separate purpose [116], as a technique that could eliminate the consequences of deep and severe injuries, to relieve the pain effects that are a consequence of such injuries, in particular, the ability to eliminate the so-called “phantom pain”, which is currently very relevant in the circumstances of martial law.

Conclusions. An interdisciplinary study of the causes and conditions that cause mental disorders (using examples from forensic medical practice) and the features of preserving the mental health of minors and youth in martial law conditions was conducted. The relevance of the study was substantiated. Factors that influence negative changes in the psycho-neurological and psycho-emotional health of minors and youth were presented. Forensic and medical practice was analyzed. Psychological support techniques were studied. The proposed techniques are environmentally safe and allowed for study and use in Ukraine.

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