

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ  
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



## **МАТЕРІАЛИ**

**105-ї підсумкової науково-практичної конференції  
з міжнародною участю  
професорсько-викладацького персоналу  
БУКОВИНСЬКОГО ДЕРЖАВНОГО МЕДИЧНОГО УНІВЕРСИТЕТУ  
присвяченої 80-річчю БДМУ  
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Матеріали підсумкової 105-ї науково-практичної конференції з міжнародною участю професорсько-викладацького персоналу Буковинського державного медичного університету, присвяченої 80-річчю БДМУ (м. Чернівці, 05, 07, 12 лютого 2024 р.) – Чернівці: Медуніверситет, 2024. – 477 с. іл.

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У збірнику представлені матеріали 105-ї підсумкової науково-практичної конференції з міжнародною участю професорсько-викладацького персоналу Буковинського державного медичного університету, присвяченої 80-річчю БДМУ (м. Чернівці, 05, 07, 12 лютого 2024 р.) із стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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improvement and development of previously acquired knowledge of professional English in the medical field for conducting professional and scientific research activities.

**Borysiuk A.S.**

## **MENTAL HEALTH IN A STATE OF WAR**

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**Introduction.** The issue of mental and psychological health of the population of Ukraine is becoming increasingly relevant. The number of mental disorders and borderline conditions is rapidly increasing. A large number of our fellow citizens have neurotic problems, typical not only for a "transitional" society with its economic instability, high unemployment, fast-paced life, and significant personal responsibility, but also due to the state of war. In times of war, familiar values are lost, old stereotypes are destroyed, and behavioral patterns change.

**The aim of the study.** Theoretical overview of social and psychological features of mental health of the individual during state of war.

**Material and methods.** Theoretical analysis, synthesis and generalization of research results. War has caused numerous irreversible processes that will be extremely difficult, and sometimes impossible, to restore in life.

**Results.** Common reactions to strong distress include behavioral responses such as crying, screaming, laughter, hyperactivity, immobility, aggression, sleep disturbances, and fears; emotional responses like shock, irritability, fear, sadness, anxiety, shame, numbness, rapid emotional changes; cognitive responses such as poor concentration, forgetfulness, confusion, reflection, indecision; and general responses like lack of energy, emptiness, hopelessness, and social withdrawal. Adaptation in times of war is a necessary element of self-preservation. Reactions like anger, despair, shame, fear, and hatred are entirely typical and normal. Each person has the right to react in their own way to changes and protect themselves from negative consequences. In this way, the personality becomes accustomed, accepts the situation, and adjusts to constant "emotional swings." This defensive reaction allows individuals to continue living, enjoying life, being happy, and working. For a long time after the war, we will encounter individuals with vividly expressed "warrior psyche" complexes, including a strong desire to be understood – to have such reciprocal communication with their surroundings that justifies morally their participation in brutal violence for social benefit; to be socially recognized; to strive for acceptance in the system of social relationships and peaceful life with a higher social status than before; and astonishment at the realities of peaceful life (at a time when they risked their lives, nothing has changed in the country, and society did not notice their absence); insufficient measures or violations/absence of consistency and sequence in the implementation of rehabilitation measures lead to the development of addictive disorders. Three main groups of symptoms that tend to intensify over time are identified: excessive arousal; periodic episodes of depressive mood; features of dissociative reactions.

**Conclusions.** Therefore, the content of mental health is not limited only to medical and psychological criteria, but includes those social norms that affect a person's life. Mental health is a state of well-being in which each person can realize their potential, cope with life stresses, work productively and fruitfully, and contribute to the life of their community.

**Manchul B.V.**

## **EXPLORATION INTO THE HARMONY OF INTERDISCIPLINARITY: CROSSING BOUNDARIES AND ADVANCING COOPERATION**

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**Introduction.** The ongoing discourse continues to delve into the nuanced equilibrium within interdisciplinary exploration, where the focal points revolve around fostering collaborative frameworks, mitigating disciplinary separations, and optimizing tools to enhance seamless interdisciplinary communication. This intricate tapestry of discussions underscores the multifaceted