

# INTERNATIONAL CONFERENCE ON MENTAL HEALTH CARE



## Global challenges of XXI century

### CONFERENCE PROCEEDINGS

of international Conference "Mental Health: Global challenges of XXI century". Hosted by  
Interregional Academy of Personnel Management (Ukraine), 26-27 October 2017

Київ 2017

**Organizer:**

***Interregional Academy of Personnel Management (Ukraine)***

*International Academic Mobility Center*

***Lviv Polytechnic National University (Ukraine)***

*Institute of Humanities and Social Sciences*

*International "Integration" Centre for Professional Partnerships*

*Department of Sociology and Social Work*

*Department of Physical Education*

**Co-organizers:**

***Mohamed Lamine Debaghine, Sétif 2 University (Algeria)***

***University of Manitoba (Canada)***

*Canadian Centre on Disability Studies (CCDS)*

***Julius Maximilian University of Würzburg (Germany)***

*Faculty of Human Sciences Sports*

*Center Contact and Information Service Center for students with disabilities  
and chronic illnesses*

***Technological Educational Institute of Thessaly (Greece)***

***NDSAN Network (Italy)***

***Kyiv National Economic University named after Vadym Hetman  
(Ukraine)***

***Taras Shevchenko National University of Kyiv (Ukraine)***

*Faculty of psychology*

УДК 159.922.27:316.33(811.111)

П 86

**Edited by  
Dr. Viktor Vus,**

PhD in psychology, Associate Professor, Head of International Academic Mobility Centre, Interregional Academy of Personnel Management (Ukraine)

П 86

Mental Health: global challenges of XXI century (Kyiv, 2017, Interregional Academy of Personnel Management) / [edited by Dr. Viktor Vus]. – Житомир : Вид-во ЖДУ ім. І.Франка, 2017. – 104 с.

The conference proceedings contains research papers of International Conference “Mental Health: Global challenges of XXI century”. The papers highlight multidisciplinary aspects of Mental Health Care system in globally.

**УДК 159.922.27:316.33(811.111)**

The authors are responsible for validity of data

© Interregional Academy of Personnel Management, 2017

*The problem of Mental Health Care in the contemporary world becomes global with many negative consequences. Thus, according to the World Health Organization, mental and behavioral disorders are extremely common and affect up to 25% of all people in certain periods of their lives. The WHO notes that in the future, given the aging population and worsening social problems, the number of cases of this category will increase considerably.*

*Each country in the world faces significant hindrances in both socio-psychological and economic aspects of the Mental Health Care system. No country has yet completely solved this problem in full. This create an urgent need in joint efforts to solve this problem.*

**The conference aims to:**

- 1) attract attention of world researchers to problems of MHC in developing countries and to global MHC problems*
- 2) investigate perspectives and solutions of specific issues of MHC in multidisciplinary and multicultural aspects. To facilitate pooling researches to effectively solve global MHC problems*
- 3) provide the platform for exchanging of ideas, building of academic networks, developing of future collaborations between researchers across the different regions of the world.*

Conference Coordinators:

**Viktor Vus**

*Ph.D. in Psychology, Head of Center of International Academic Mobility, IAPM*

**Naouel Abdellatif Mami**

*Vice Recteur Chargée des Relations Extérieures, La Coopération, de l'Animation et de la Communication et des Manifestations Scientifiques Université Sétif 2 (Algeria)*

---

**SPECIFIC ISSUES OF MHC: CHILD NEUROPSYCHIATRY, SUPPORT OF  
DISABLED PEOPLE, ELDERLY AGE PEOPLE; MHC IN RURAL AREAS**

---

<b>I. Bakhov</b> Problems of mental health in student youth of American universities and colleges	6
<b>L. Borisenko, I. Zhuravska, I. Mendruk</b> Healthcare educational technologies as a means of optimizing students' learning	7
<b>I. Bykova</b> The efficiency of leadership styles: the socio-psychological aspect	8
<b>K. Havryilovska, L. Falkovska, L. Muzychko</b> Social well-being of single women in the modern world	9
<b>L.M. Falkovska, K.P. Havryilovska, L.V. Muzychko</b> "Health" construct in the structure of consciousness of student youth	10
<b>L. Muzichko, L. Falkovska, K. Havryilovska</b> High school professors' professional burnout and their health	12
<b>M. Holovaty, O. Holich</b> The psychology of health in the context of the radical crisis situations of globalized century	14
<b>N. Palm</b> Psychological aspects of myth-creation in the contemporary culture	15
<b>I. Papathanasiou, K. Tsaras, E. Christodoulou, A. Daglas, M. Kourakos, C. Kleisiaris, E. Fradelos</b> Burnout in staff of mental units: the role of working conditions	16
<b>V. Puzyrnyi</b> Intelligence development and personality socialization	17
<b>K. Rassvetalova</b> The transformation of family in the conditions of global society	18
<b>A. Shamne</b> Subjective welfare as a component of the mental health of Ukrainian modern youth	19
<b>M. Shkoliar</b> Possibilities of community social work in the process of internally displaced persons inclusion into the new territorial communities	20
<b>E. Shopsha</b> The impact of interpersonal conflicts on mental health performance of theater actors	22
<b>O. Turynina</b> The peculiarities of the formation of mental health among students of higher education institutions	24
<b>T. Vakulich</b> The psychological factors of Ukrainian women' victim behavior formation	25

*I.S. Bakhov (Kiev, Ukraine)*

# **PROBLEMS OF MENTAL HEALTH IN STUDENT YOUTH OF AMERICAN UNIVERSITIES AND COLLEGES**

**Interregional Academy of Personnel Management**

Resume: The article is devoted to the analysis of mental disorders in US student youth. Based on the sources of American universities and psychological centers, the causes of the disorders are analyzed, the characteristic signs of depression, anxiety, dependence, suicide among US students are described, diagnostics and recommendations for the prevention of these types of disorders are offered.

Key words: mental disorders, students, depression, anxiety, suicide, addiction, abuse.

*L.L. Borisenko, L.M. Zhuravska, I.M. Mendrukh (Kiev, Ukraine)*

## **HEALTHCARE EDUCATIONAL TECHNOLOGIES AS A MEANS OF OPTIMIZING STUDENTS' LEARNING**

**Kyiv National Economic University named after Vadym Hetman**

According to the research objective the article discloses the major applications of healthcare educational technologies in contemporary system of higher education. These technologies are considered as a means of optimizing students' learning on the basis of ergonomic approach which prevents health damaging while creating a system of favorable conditions for the health of all participants of this process. The methodological base for the research is the theory of educational process optimization (Yu. Babansky) and the theory of efficient education management (V. Bospalko, T. Ilyina, N. Talyzina).

The results of the research reveal the following reasons for the appearance of negative functional states of the students: considerable overload of students with different types of learning activity and increasing volume of information to be mastered by them that cause anxiety, worries, tiredness and lower academic performance of students. To optimize students' learning certain measures regarding the creation of suitable organizational as well as social and psychological conditions of learning that meet ergonomic requirements are offered.

Key words: healthcare educational technologies, ergonomic approach, optimization of students' learning, healthcare educational environment, functional states of students.

*I.M. Bykova (Kiev, Ukraine)*

## **THE EFFICIENCY OF LEADERSHIP STYLES: THE SOCIO-PSYCHOLOGICAL ASPECT**

**Interregional Academy of Personnel Management**

The study analyzed authoritarian and democratic leadership styles; identified and described social, psychological and personal factors affecting mental well-being of employees in the business organization. The psycho-correctional program and psychological recommendations for managers were elaborated. Within the frame of experimental research, methods aimed at studying leadership styles and their impact on psychological climate of organization were used.

As a result of the study, the relationship between the dominant management style, the socio-psychological climate in the organization and the level of satisfaction within the context of work was revealed. The practical importance of the research is to develop and justify a psycho-correctional program aimed at facilitating the effective interaction between leaders and subordinates, reducing emotional tension within the team, establishing favorable psychological climate.

Keywords: leadership style, authoritarian style, democratic style, socio-psychological factors, psychological workplace climate.

*K.P. Havryilovska, L.M. Falkovska, L.V. Muzychko (Ukraine)*

## **SOCIAL WELL-BEING OF SINGLE WOMEN IN THE MODERN WORLD**

**Zhytomyr state university named after Ivan Franko  
Kyiv National Economics University named after Vadym Hetman**

The aim of the study is to identify the factors of social well-being of single women. It has been revealed that social environment, in which there are single women with others` attitude towards them, is of great importance for experiencing social well-being. An empirical study has been carried out within the psychosemantic approach. The results of the study show a negative attitude of men towards single women who bring up one child or several children. There is a need to continue this study in order to identify the subjective experiences of the single women themselves about their loneliness. The value of this study lies in the identification of the problem of a low level of tolerance and acceptance towards single women, which requires searching the ways to improve this situation.

Key words: social well-being, loneliness, single woman, unmarried mother, unmarried mother`s image, masculinity, negative emotions.

*K.P. Havryilovska, L.M. Falkovska, L.V. Muzychko (Ukraine)*

## **"HEALTH" CONSTRUCT IN THE STRUCTURE OF CONSCIOUSNESS OF STUDENT YOUTH**

**Zhytomyr state university named after Ivan Franko;  
Kyiv National Economic University named after Vadym Hetman**

The article reveals the results of empirical research of social ideas of students about health, namely - the features of systematization, the content of this construct, and the presence of line of conduct of recreational behaviour in young people`s minds. The methodological basis is principles of the theory by S. Moskovichi on the essence and nature of social ideas which construct and define the social nature of cognition of certain groups and indicate a certain attitude towards social objects. It has been proved that the most appropriate in these circumstances is the application of the psychosemantic method (by V.F. Petrenko), which allows to study features of stable social ideas of student youth regarding health by means of using the capacities of the Statistics 13.0 program. The article states that subjective ideas regarding the health status of freshmen and fourth-year students differ in the direction of increasing realism and absence of declarativeness in judgments of senior students. Reconstruction of the psychosemantic space of "health" construct revealed four relatively independent factors: "health-promoting circumstances", "evidence of health", "methods of health-improvement" and "health benefits" which determine the main tendencies in the attitude of student youth to health. In accordance with the obtained results, the conclusions have been made on the necessity of developing state, public and personal programs which should orient, organize and motivate young people towards choosing actually effective health practices.

Keywords: "health" construct, social ideas regarding health, subjective ideas regarding own status of health, mental health, psychosomatic well-being.



*L. Mizichko, L. Falkovska, K. Havrylovska (Ukraine)*

## **HIGH SCHOOL PROFESSORS' PROFESSIONAL BURNOUT AND THEIR HEALTH**

**Zhytomyr state university named after Ivan Franko;  
Kyiv National Economic University named after Vadym Hetman**

Professional burnout is an indicator of an psychosocial state of a teacher, and his psychosocial welfare is an indicator of University's human capital state. The aim of the article is to investigate the signs of job burnout of professors in modern conditions as well as to discover the appropriate ways of its overcoming by means of an organization which structure is more flexible compared with public institutions. The questionnaire of the emotional exhaustion level diagnostics of V.V.Boiko has been chosen as the main diagnostic instrument. The research methodology has been complemented by the authors' questionnaire to itemize organizational conditions and to obtain subjective evaluation of the system of factors which cause neuro-emotional stress of professors. The results analysis shows an escalation of the emotional exhaustion syndrome among professors of modern higher educational institutions. The traditional factors have been weighted down with stresses originated from the educational institution. The essential role in the occurrence of negative psycho-emotional states of teachers is performed by the organizational stress, which the administration is mainly responsible for. With the general systemic negative issues on the background the serious source of stress is organizational problems and changes in educational institutions. Systemic measures aiming at creation of an amiable psychosocial environment are expected to be the job burnout prevention and job burnout overcoming resource for professors. The creation of an internal social cultural space will mitigate the impacts of the external environment and allows to develop new plans of personal professional development for every teacher.

Key words: emotional burnout, mental health, professional health, teacher, high school.

*M.F. Holovaty, O.M. Holich (Kyiv, Ukraine)*

## **THE PSYCHOLOGY OF HEALTH IN THE CONTEXT OF THE RADICAL CRISIS SITUATIONS OF GLOBALIZED CENTURY**

**Interregional Academy of Personnel Management**

Resume. The purpose of this publication is to raise and actualize the scientific consideration of the problem of mental health, which in the context of large-scale globalization processes acquired an extremely acute character in the third millennium. Attention is focused on the fact that a holistic, integrated and synergetic study of mental health, especially in Ukrainian scientific thought, is still not enough. The practical importance of the problem under study, in turn, concerns the deepening of the theoretical and methodological approach to the disclosure of the essence, features, significance of mental health in modern conditions, intensive and often bearing in itself constant threats to the lives of individuals and large social groups. The social significance of the problem under investigation is that the theoretical developments on this issue should be encouraged to develop public policies, programs, practical tools, technologies, methods of strengthening mental health, as a factor that seriously affects the healthy way of life of a person.

Key words: health, psychology of health, state policy on sustainable public health, personality psychology.

*N.D.Palm (Kiev, Ukraine)*

## **PSYCHOLOGICAL ASPECTS OF MYTH-CREATION IN THE CONTEMPORARY CULTURE**

**Interregional Academy of Personnel Management (Ukraine)**

The article deals with the complex of challenging issues related to the increasing influence of mass media on people's world view and value system, which leads to the reanimation of myth as the crucial component of the psychic health of humans. It is shown that the myth acquires special significance in periods of transformational changes while standing as one of the key facilities for constructing the identity and value system, as well as for the maintenance and reproduction of social order.

Keywords: collective consciousness, cultural and social space, values, myth-creation, information society

*Ioanna V. Papathanasiou (Larissa, Greece), Tsaras Konstantinos (Athens, Greece), Eleni Christodoulou (Athens, Greece), Aristides Daglas (Athens, Greece), Michael Kourakos (Heraklion, Greece), Christos Kleisiaris (Athens, Greece), Evangelos C. Fradelos (Larissa, Greece)*

# **BURNOUT IN STAFF OF MENTAL UNITS: THE ROLE OF WORKING CONDITIONS**

**Technological Educational Institute of Thessaly, Public Institute of Vocational Education "Sotiria", Hellenic Regulatory Body of Nurses, Technological Educational Institute of Crete**

Aim of this study is to investigate the level of professional burnout of mental health employees and to investigate the possible influence of various mental health factors on professional burnout. Methods: A cross - sectional methodology was employed to this study. A cohort of 217 employees who work in mental health settings in Greece was recruited. Data were collected with a three - part structured questionnaire consisted by questions on personal, professional and demographic data of the respondents, questions whose answers will give the profile of the working conditions and the Maslach Burnout inventory. Results: The average age was  $39.00 \pm 8.19$  years, 75.11% were women, 60.20% declared married , 47.50% of the sample members have graduated from higher education institutes (and as for the profession 63.13% are nurses, 14.28% doctors and 22.59% other specialties. Burnout levels were found to be can moderate, with the occupation, in particular nursing, understanding the context and purpose of work and cooperation between professionals, being aggravating factors. Conclusions: Research findings have shown moderate levels of burnout and several factors have been found to have an impact. Experience has been found as the most important factor for mental health sector.

Keywords: burnout; mental health staff; working conditions

*V.P. Puzyrnyi (Chernihiv, Ukraine)*

## **INTELLIGENCE DEVELOPMENT AND PERSONALITY SOCIALIZATION**

**Chernihiv National Technological University**

The article analyzes the basic concepts of the role of person intellectual potential in the adaptive possibilities development. Based on the analysis of facts from literary sources and the results of author's studies, it describes the value of human intelligence as a universal form of adaptation in society. The author develops the concept of intellectual education, which involves along with cognitive processes (the transfer to the young man of the knowledge about the environment around the world and the methods of its scientific study) the implementation of the psychological function – the formation of the subjective world of personality.

If the intellectual capabilities of the individuals are reduced, they are forced to act on the basis of simpler, primitive forms of regulation, which are formed spontaneously in the form of stereotypes and patterns of behavior, learned at somewhat lower levels of instruction. It should be noted that stereotyped can be not only forms of behavior, which are manifested in certain situations, but also the values that guides the individual in making a decision.

Key words: Intelligence, socialization, adaptation, personality, intellectual education, mental development.

*K. Rassvetalova (Kiev, Ukraine)*

## **The transformation of family in the conditions of global society**

**Interregional Academy of Personnel Management**

The object of research - Modern family.

The subject of research - Problems of the modern family and its development in a globalized society.

Purpose - To find out the features of family transformation under the influence of globalization.

The obtained results and their novelty: the socio-philosophical analysis of the traditional family under the conditions of globalist tendencies as a textual reality is conducted through the interaction of concrete scientific, every day, religious-normative, artistic discourses as the most common text forms which capture their attitude towards the family.

Nowadays, the presence of the family in Ukraine is quite popular and conducts in different areas, different sciences, which allows us to study it differently, because the family is one of the leading factors in the establishment and development of our Ukrainian community.

Keywords: globalization, family, family conflicts, family climate

*A.V. Shamne (Kyiv, Ukraine)*

## **SUBJECTIVE WELFARE AS A COMPONENT OF THE MENTAL HEALTH OF MODERN YOUTH OF UKRAINE**

**National University of Life and Environmental Sciences of Ukraine**

Abstract. The article is dedicated to the analysis of subjective wellness of different social age and gender groups of modern youth of Ukraine aged 12-20. The results are found by author's questionnaire "Psychological social questionnaire". The phenomenological picture of subjective wellness: trust to the world and people; the satisfaction of the process of life and self being, the feeling of happiness, the feeling of stream, fulfillment of life, inner motivation (taking part in useful activity). The results have shown that during adolescence the rates of subjective wellness decrease (the factor of age). The significant differences in statistics between boys and girls (the gender factor) haven't been found out. The content and level of subjective wellness depends the most on social situation of development and factor of group-social differentiation (the orphan children, sentenced children, students from technical schools have the low rates, the students of military schools, modern secondary schools (gymnasiums, lyceums), students members of Junior Science Academy have high rates.

Key words: mental health, subjective wellness, psychological social development, adolescence, social age group, trust to world, the satisfaction with life, the feeling of happiness, inner motivation.

*M. Shkoliar (Lviv, Ukraine)*

## **POSSIBILITIES OF COMMUNITY SOCIAL WORK IN THE PROCESS OF INTERNALLY DISPLACED PERSONS INCLUSION INTO THE NEW TERRITORIAL COMMUNITIES**

**Lviv Polytechnic National University**

Resume. Socio-psychological adaptation of the displaced persons to the conditions of host communities and, concordantly, search of the tools for their successful inclusion into a new social environment is considered to be one of the burning issues in the context of the migration processes in Ukraine in 2014-2017. In this article the possibilities of the implementation of different social work models with the communities aimed at integration of the internally displaced persons (IDPs) into the new territorial communities are justified. The fundamental principle that should be considered by a social worker-services provider lies in maintaining a balance between the person and the environment, as well as understanding that a new environment may become both the source of stress and desadaptation, and the resource in the problem solving process. Implementation of the “local development” model allows to intensify public initiatives, and to consider the IDPs interests together with the interests of the host communities in their attempts to find solutions of common problems. Implementation of the “social action” model is connected with engaging the IDPs into active advocacy of their own rights, drawing attention to unresolved problems, and establishing a dialogue with the authorities. The “social planning” model allows to focus on building a network between displaced persons, state social services, and NGOs for the sake of high quality services provision to the IDPs.

Key words: community social work, social work models of services provision in the community, socio-psychological adaptation, internally displaced persons (IDPs), host community.



*E. L. Shopsha (Kiev, Ukraine)*

## **THE IMPACT OF INTERPERSONAL CONFLICTS ON MENTAL HEALTH OF THEATER ACTORS**

**Interregional Academy of Personnel Management**

Conflicts and their relationship with mental health always go hand in hand, especially when it comes to theater actors. Despite the enormous role of the theater in the spiritual life of society, there are many contradictions that lead to conflicts that have negative consequences for the creative process and the integrity of the theater. Psychological methods of maintaining mental health actors in modern conditions of transformation of Ukrainian society are insufficiently developed in the scientific literature. This research is an attempt to study the factors affecting the quality of mental health in actors, which was conducted for ten years. Subgroups of actors were solicited separately: soloists, ballet dancers, chorus, orchestra. Based on the results of the study, the specificity of the experience of conflict situations in each group was determined. Three main types of employees of the theatrical collective in the style of interpersonal communication are singled out: conflict, passive and benevolent, where it was found a weak but statistically significant link between the expressiveness of the styles of behavior in the conflict situation and the divisions of the theater. The influence of the personal characteristics of members of the theatrical collective on interpersonal conflicts is stated. In particular, according to the characterological features of the actors, the negative accentuations of the cyclotomic, pedantic and hypertensive types were found to be negatively influenced, especially in the theater department such as the ballet. The results obtained were used as the basis for the development of a training program aimed at overcoming conflicts and preserving the mental health of actors.

Key words: creativity, conflicts, mental health, actors.



*Turykina O. (Kyiv, Ukraine)*

## **THE PECULIARITIES OF THE FORMATION OF MENTAL HEALTH AMONG STUDENTS OF HIGHER EDUCATION INSTITUTIONS**

**Interregional Academy of Personnel Management**

The publication is an attempt to deal with the peculiarities of the formation of mental health among students of higher education institutions. A brief analysis of theoretical and empirical research on the mental health of students is presented. The main attention is focused on the lack of a coherent system of research in psychological literature. The current theoretical and methodological aspects of this topic are discussed and a methodical toolkit consisting of a set of methods and techniques, in particular on an author's questionnaire, aimed at studying the determinants of person's mental health, is presented. The work focuses on the creation of a psychological model that introduces the factors affecting the mental health of students. The results of an empirical study, which revealed the criteria for the formation of psychological health, are presented. The program on formation and preservation of mental health of students is developed.

Key words: mental health, determination of mental wellbeing, psychological model, program for the formation and preservation of students' mental health

*T.M.Vakulich (Kyiv, Ukraine)*

## **THE PSYCHOLOGICAL FACTORS OF UKRAINIAN WOMEN' VICTIM BEHAVIOR FORMATION**

**Interregional Academy of Personnel Management (Ukraine)**

The research is devoted to the problem of the victim behavior of modern women. The results of empirical research identify specific factors shaping of modern women' victim behavior (lack of identification, distorting the perception of their own emotions, reduced capacity for adequate evaluation of own and others' behavior, the surrounding situation, violation of ego boundaries, using specific neurotic defense mechanisms etc). The article discusses the role of negative micro-and macro-social factors in the formation of the victim behavior of a modern woman. The mechanisms of the parent-child relations psycho-traumatic factors' influence on the personality of a woman are empirically revealed. The model of the formation of modern women' victim behavior and set of victimhood manifestation indicators are presented. The basic directions of prevention and correction of victim behavior of the person are determined. The received data could be used in choosing appropriate strategies and tactics of psychological intervention and psychological support of victim women suffering from violence and abusive behavior.

Key words: Victim, victim behavior, post-traumatic stress disorder, codependency, parent-child relationships

---

**SOCIAL WELFARE AND HUMAN WELLBEING IN THE CONTEXT OF  
GLOBALIZATION TRANSFORMATION**

---

<b>A. Bellini</b> Integrated rehabilitation projects for children and their families	27
<b>O. Gubska, E. Rybak</b> Occupational hazards in anaesthesia and intensive care	28
<b>L. Gumeniuk, O. Gubska, A. Kuzminets</b> Changes in the psychoemotional state and mental health of patients under the influence of liver pathology	29
<b>N. Hrabovenko, T. Evmenova</b> Diagnosing as a key stage of social work with families raising children with CP	30
<b>A. Hrys, O. Prokofieva</b> Inner experience of self-integrity as the basis of adolescents' mental health	32
<b>C. Iliadis, L. Kourkouta, A. Monios</b> Children with depression and family	33
<b>N. Koliadenko, D. Maltsev, Ch. Zhyvaho, L. Fedosova</b> Etiopathogenetic bases of development of rehabilitation potential in patients with Rett syndrome	34
<b>O. Lozova, O. Drobot, M. Fatieieva</b> The paradox of the need-motivational sphere of people suffering from orthorexia nervosa	35
<b>O. Mazyar</b> Psychophysiological mechanism of neurotic disorder formation	37
<b>N. Portnytska, I. Tychyna</b> To the Question of the Displays of Fear and Anxiety among Children with Mental Retardation	38
<b>O. Savchenko</b> Positive and negative aspects of externalization of destructive reflective style	39
<b>A. Shamne</b> The variability of the psychosocial development and the mental health of the personality during the juvenile and the adolescent age	40
<b>V. Shmarhun</b> The correlation between indicators of intelligence and cognitive styles in children mental development	41
<b>A. Vajpayee</b> Impact of visual literacy skill program on visual literacy of deprived children and non- deprived children	42
<b>O. Velentza, C. Baro, E. Fradelos</b> Psychoeducational interventions in a family with a psychotic member	43

*Angela Bellini*

## **INTEGRATED REHABILITATION PROJECTS FOR CHILDREN AND THEIR FAMILIES**

**Abilità per crescere, President – Italy**

The rehabilitation approach of “Abilità per Crescere” ONLUS stems from the desire to take care of disabled children and their families by enhancing their quality of life and responding to their needs in every respect, through the implementation and management of an integrated set of activities and services: rehabilitative, health, social, scholastic and economic. It is necessary to be aware of their feeling of discomfort with respect to the parameters of the “normal” society. Therefore, the rehabilitation project, for its effectiveness, should be deeply integrated within specific social contexts, starting looking at policy level at the services ensured by public health system in the field concerned: as soon as specific problems are identified, a personalized support path is planned and implemented for each child, according to her/his specific needs.

*O.Y. Gubska, E. V. Rybak (Kyiv, Ukraine )*

## **OCCUPATIONAL HAZARDS IN ANAESTHESIA AND INTENSIVE CARE**

**National Medical University by O.O. Bogomoltsa of Ukraine**

Resume: The article is devoted to professional harmfulness arising among medical personnel (anesthetists and nurses) working in departments of anesthesiology and intensive care. Considered are the physiological, physical and chemical hazards in the work of medical staff, and as well the factors that contribute to occupational diseases.

Key words: anesthetist, professional harmfulness, nurses, anesthesia, burnout syndrome.

*L.I. Gumeniuk, O.Ju. Gubska, A.A. Kuzminets (Kyiv, Ukraine)*

## **CHANGES IN THE PSYCHOEMOTIONAL STATE AND MENTAL HEALTH OF PATIENTS UNDER THE INFLUENCE OF LIVER PATHOLOGY**

**Bogomolets National Medical University**

Benchmarking study of Cognitive function and psychoemotional state of 30 hepatopathy patients. The distribution according to the nosologies of liver disease was the following: 41,67% of the above-mentioned patients had class C cirrhosis of the liver; 29,17 % of them had chronic hepatitis with cytolytic symptom and cholestasis altogether 20,83% had chronic hepatitis with moderate cytolytic symptom and 8,33% had cytolytic hepatitis with significant cytolytic symptom. From the results it is concluded that higher percent (20,83 %) of the patients with class C cirrhosis of the liver suffer from fourth extent of disease hepatic encephalopathy and significant fourth extent of depressive disorder. Patients with chronic hepatitis with moderate cytolytic symptom and chronic hepatitis with cytolytic symptom and cholestasis altogether (4,17 % each) suffer to a smaller extent from second or third extent of disease hepatic encephalopathy and first-second and third extent of depressive disorder, which confirms the influence of dismetabolic processes on the psychoemotional state and quality of life.

Key words: mental health, cognitive functions, hepatic encephalopathy.

N. Hrabovenko (Kyiv, Ukraine), T. Evmenova (Hlukhiv, Ukraine)

## **DIAGNOSING AS A KEY STAGE OF SOCIAL WORK WITH FAMILIES RAISING CHILDREN WITH CP**

**Interregional Academy of Personnel Management (Ukraine)  
Oleksandr Dovzhenko Hlukhiv National Pedagogical University (Ukraine)**

Emotional comfort of a child with cerebral palsy in a family environment is an important condition for the child's rehabilitation and development, adaptation and social inclusion. In order to effectively carry out the social work with families raising such children, professionals require a body of knowledge about the psychological characteristics of parents, children and other family members, as well as mastery of modern diagnostic and correction technology.

The purpose of this study is to determine the typology of families having children with cerebral palsy, by a composite indicator of the family's psychological and educational adaptation to disability of the child, and degrees of its formation on the basis of a comprehensive socio-pedagogical diagnostics.

The results of the study, which were put into practice in rehabilitation centres in Luhansk, Sumy, and Donetsk regions of Ukraine, show that taking into account the developed typology of families during social work with them in the rehabilitation centre environment has allowed, based on their social, psychological and pedagogical features, to effectively solve the problems of such families. The encouragement of parents to collaboration, improvement of their pedagogical culture and productive emotional adaptation have contributed to the socialization of the child with CP, development of his/her natural abilities; it has raised the degree of psychological and pedagogical adaptedness of the family to the disability issues of a child, creating the conditions for social inclusion of the family.

Key words: socio-pedagogical diagnostics, pedagogical culture of parents', family climate, psycho-pedagogical adaptation of the family to disability of the child, socio-psychological adaptation of the child with CP.

*A.M. Hrys, O.O. Prokofieva (Kyiv, Ukraine)*

## **INNER EXPERIENCE OF SELF-INTEGRITY AS THE BASIS OF ADOLESCENTS' MENTAL HEALTH**

**Interregional Academy of Personnel Management of Ukraine**

The work is devoted to the study of the inner experience of self-integrity as the basis of a growing person's mental health. Importance to study the system of interrelations of a person's self-image with other structural personal constructs is noted. These interrelations constitute personal experience wholeness and integration or vice versa disintegration during the person's adaptation to the socio-cultural environment.

A fragment of a psychologist's work in the framework of the proposed author's model is shown, in particular, psychodiagnostic capabilities of the "Emotions, sensations and experiences" technique, serving as a benchmark for further work with adolescents. Adolescents with high and average levels of anxiety, aggressiveness, hostility, low self-esteem, avoidance of difficulties, frustration have been determined empirically. Adolescents with high and average rigidity have been also determined.

It is argued that the most effective methods for the correction of emotional disorders and self-image are the association methods allowing lowering of the use of protective mechanisms during working through a person's traumatic negative experience, causing aggressiveness, anxiety and frustration at adolescents. Through their application, the process of self-knowledge and self-understanding is implemented, activating the desire to design consciously own Self.

Key words: self-image, anxiety, aggressiveness, mental health, wholeness

*Christos K. Iliadis, Lambrini I. Kourkouta, Alexandros G. Monios  
(Thessaloniki, Greece)*

## **CHILDREN WITH DEPRESSION AND FAMILY**

**Alexander Technological Educational Institute of Thessaloniki; Private Medical  
Center of Thessaloniki; 7TH High School of Athens**

Depression is a psychiatric disease with a predominant symptom, emotional disturbance, physical annoyances and difficulties in interpersonal relationships. It can occur at any age, even in children. About 3 % of all children may experience depression. Depression as a disease affects the whole body and has an impact on how the child feels, thinks and behaves. These symptoms are accompanied by a number of other symptoms that affect appetite, sleep, levels of activity and concentration, children's self-confidence, and the image they have formed for themselves. Children with depression are usually sad and generally experience the disease in a similar way to older people.

Key words: depression, children, family, treatment

*N.V. Koliadenko, D.V. Maltsev, Ch.S. Zhyvaho, L.O. Fedosova (Kyiv, Ukraine)*

## **ETIOPATHOGENETIC BASES OF DEVELOPMENT OF REHABILITATION POTENTIAL IN PATIENTS WITH RETT SYNDROME**

**Interregional Academy of Human Resources Management,  
Bogomolets National Medical University**

The aim of the work is to present the results of studying the rehabilitation potential of patients with Rett syndrome and its etiopathogenetic foundations. The methodology of the study is based on an integrated approach to the development of etiopathogenetically substantiated treatment and rehabilitation techniques for diseases of the autism spectrum based on personalistic anthropology.

Based on immunological studies, a role in the etiopathogenesis of Rett syndrome of herpesviruses due to immunodeficiency, genetically due to folate cycle failure, has been established. The expressed potentiating effect of high-dose intravenous immunoglobulin therapy on myelination / remyelination in the white matter of the cerebral hemispheres is proved, which makes Rett syndrome potentially curable. The leading role in cognitive and communicative activity of patients with Rett syndrome of auditory and visual analyzers has been established. On this basis, simulators have been developed to enhance the motivational component and the formation of purposeful attention. The originality (value) of this work consists in an innovative view of the etiopathogenesis of Rett syndrome as a genetically determined immunodeficiency herpesviral lesion of the central nervous system, as well as in demonstrating the presence of a significant rehabilitation potential in patients with this disease. Key words: autism spectrum disorders, Rett syndrome, etiopathogenesis, rehabilitation potential, synthetic psychotherapy, quality of life.

## **THE PARADOX OF THE NEED-MOTIVATIONAL SPHERE OF PEOPLE SUFFERING FROM ORTHOREXIA NERVOSA**

**Borys Grinchenko Kyiv University**

The purpose of the study is to highlight the phenomenon of extremely common eating behavior disorder - orthorexia nervosa. The research is one of the first attempts at empirical study of the specifics of the genesis of orthorexia nervosa in contemporary Ukrainian society. The research was carried out during 2015-2016. The peculiarities of the sphere of needs and motivations of individuals with signs of orthorexia were empirically studied. The sample comprised 260 people, men and women of middle age, all residents of Kyiv. The methodological basis was provided by the following methods: "the method of pair comparisons by V.V. Skvortsov"; "Rome Questionnaire of Orthorexia Nervosa" (ORTO-15); "Multidimensional scale of perfectionism" questionnaire by P. Hewitt - G. Flett. A significant prevalence of orthorexia in contemporary Ukrainian society was noted (66.6% of the subjects) during the study. It turned out that social needs were least important for respondents with orthorexia; more important were the need for security, self-actualization, and, most importantly - the need for self-affirmation. A direct connection was established between orthorexia, perfectionism and the need for self-affirmation and self-actualization. The results of the study proved that ORTO-15 questionnaire has its own limitations as a diagnostic tool, since it does not determine the tendency to orthorexia due to the influence of social environment and fashionable preferences. Diagnostic criteria for orthorexia, suggested by Morrows, also require further refinement. There is an urgent need for further study of this disorder, improvement of existing and invention of new methods of diagnosis of orthorexia, expansion of the range of research, as well as introduction of global experience of practical work with

people with eating behavior disorders in contemporary Ukrainian practice of psychotherapy.

Key words: Orthorexia nervosa, eating behavior disorder, diet, perfectionism, obsessive-compulsive disorder.

*O. V. Mazyar (Zhitomir, Ukraine)*

## **PSYCHOPHYSIOLOGICAL MECHANISM OF NEUROTIC DISORDER FORMATION**

**Zhytomyr State University named after Ivan Franko of Ukraine**

**Aim:** to specify features of the psychophysiological mechanism of human neurotic disorder formation.

**Methodology:** analysis of specific cases of neurotic disorder (on the example of the literary character behavior).

**Results:** neurotic disorder is the result of ultra paradoxical stage inertia of parabiosis, which undergoes three phases of changes in the formation of diplasty (binary emotional structure).

**Limitation of the chosen methodology:** impossibility to record the dynamics of nerve processes using objective methods (apparatus); lack of statistical confirmation of the results.

**Practical value:** predicting the dynamics of neurotic disorders and determination the ways of leveling personal problems.

**Originality:** for the first time, three phases of the ultraparadoxical stage of the nervous process are identified, which explain its initial inertia and fixation.

**Key words:** neurosis, personality problem, psychophysiology, ultraparadoxical condition, diplasty, inhibition, excitation.

*N. Portnytska, I. Tychyna (Zhytomyr, Ukraine)*

## **TO THE QUESTION OF THE DISPLAYS OF FEAR AND ANXIETY AMONG CHILDREN WITH MENTAL RETARDATION**

**Zhytomyr Ivan Franko State University**

**Aim:** The aim of the article is to study displays of children`s mental retardation. Combination of research methods, which envisage the self – appraisal of emotional reactions, with an expert evaluation, allows carrying out integral description of displays of anxiety and fears of schoolchildren with mental retardation.

**Results:** children with mental retardation show an increase in the level of anxiety towards the end of primary school age and a slight decrease in its rates during the transition to secondary school. There are gender differences in the experience of anxiety, which are manifested at the level of content and intensity of fears in children with mental retardation.

**Limitation of the chosen methodology:** low level of reflection and critical thinking of children with mental retardation during self-evaluation of anxiety and fears; subjective character of self-concept of own fears.

**Practical significance:** knowledge of age dynamics and gender peculiarities of the fears manifestation of children with mental retardation allows developing a complex of preventive and psychotherapeutic influences.

**Originality:** the dynamics and gender peculiarities of anxiety and fears among schoolchildren with mental retardation are described in terms of studying at a boarding school.

**Keywords:** mental retardation (MR), anxiety, children`s fears, emotional sphere, primary school age, younger teenage age.

## **THE CONSTRUCTIVE AND DESTRUCTIVE FORMS OF REFLECTION**

**Kyiv National Economic University named after Vadim Getman**

The purpose of the article is the identifying criteria of the constructiveness of personal reflection (as a factor of the mental health, the personality's optimal functioning), the describing the constructive and destructive reflective styles that determine the success of overcoming problem-conflict situations, the determining the relationship between the destructive style and the features of adaptation and behavior. On the results of correlation analysis were determined that students with a pronounced destructive reflective style rarely use sense-making operations, but they use the strategy of retreat from the environment's contact and flooding in the inner world that activates their metacognitive activity. The author suggested that constructiveness-destructiveness could be considered as phases of microcycle that composes the process of formation and development of the personality's reflective capacity, the character of which depends on the level of the formation of reflective practices. The author considers that the formation of the constructive style of overcoming problem-conflict situations through the phase of «destructiveness» is a factor of stable mental health and personal well-being.

Key words: mental health, sanogenic paradigm, sanogenic reflection, reflective style, reflection practices.

*A.V. Shamne (Kyiv, Ukraine)*

## **THE VARIABILITY OF THE PSYCHOSOCIAL DEVELOPMENT AND THE MENTAL HEALTH OF THE PERSONALITY DURING THE JUVENILE AND THE ADOLESCENT AGE**

**National University of Life and Environmental Sciences of Ukraine**

The article deals with the issue of the mental health as a factor of the constructive psychosocial development of the personality. The favorable and unfavorable psychological factors are analyzed of the process of coming of age and the formation of the mental health of the present-day young people. In that context, the substance, the dynamics and the continuity of the individual variability of the psychosocial development of the individual during the juvenile and adolescent periods are discussed. The distinctive features of the mental health of young people are represented by the different variants of the psychosocial development (constructive, non-constructive and destructive). The relationships between the types of the psychosocial development and the forms of the mental health of juveniles and adolescents are determined. The main relationship can be found along the lines of constructive or non-constructive development, the focus on oneself or others, the reliance on oneself or the dependence on the milieu and circumstances. The factors of typing of the psychosocial development and the formation of the mental health are identified: the regulation by the personality of his/her behavior and activities and his/her position in the system of relationships. The presence of deformations of the mental health in the representatives of the non-constructive and the destructive psychosocial development is revealed. A comprehensive approach to the psychological support, forecasting and correction of unproductive paths of development and disorders of the mental health in the juvenile/adolescent age is presented.

*V.M. Shmarhun (Kyiv, Ukraine)*

## **THE CORRELATION BETWEEN INDICATORS OF INTELLIGENCE AND COGNITIVE STYLES IN CHILDREN MENTAL DEVELOPMENT**

**National university of life and environmental sciences of Ukraine**

According to the results of longitudinal study of children with delay of mental development and ordinary children the attention should be given to relatively different structure of intellectual abilities of children from the target groups during the primary school children's age period and teenagers. It was observed that indicators of intellectual abilities and cognitive and style differences of these children demonstrate sustainable character that are proved by significant correlative connection according to the indicators of defined abilities and cognitive and style peculiarities of children, obtained during repeated study. The conclusion is the following: there is a specific correlation between intellectual abilities and style characteristics of children in this stage of ontogenesis.

Key words: development, children with delay of mental development, intellectual abilities, cognitive styles, intelligence test.

*Aparna Vajpayee (Kolkata)*

## **IMPACT OF VISUAL LITERACY SKILL PROGRAM ON VISUAL LITERACY OF DEPRIVED CHILDREN AND NON- DEPRIVED CHILDREN**

**School of Social Science, Adamas University (India)**

In the present study an effort has been made to evaluate the effect of early visual literacy skill program on visual literacy of deprived and non deprived children. There were three levels of visual literacy skill program and their impact on different groups of children was made to measure up the levels of visual literacy skill program on performance of both deprived and non deprived children. It was hypothesis that visual literacy skill program will level off the performance of both deprived and non deprived children. As the duration of visual literacy skill program increase it will result in better performance of pictorial perception and visual literacy. The findings of the study have revealed that by enriching the exposure of deprived children with visual literacy skill program one can enhance their performance to the level of non deprived children. An effort has also been made to address the issues related to the development of simulation program on visual literacy.

Key words: Visual literacy skill program, Early Intervention and Simulation, Amelioration of Deprivation with Early Intervention, Pictorial Perception Simulation, Deprivation and Cognitive Development, Early Child Development and Simulation.

*Olga Velentza, Chrysanthi Baro, Evangelos C. Fradelos*

## **PSYCHOEDUCATIONAL INTERVENTIONS IN A FAMILY WITH A PSYCHOTIC MEMBER**

**Mental Health Nurse, Msc Environment and Health, Aiginiteio Hospital, Athens.  
Ministry of Health and welfare, Athens, Greece.  
State Mental Hospital of Attica, Daphne, Athens, Greece**

Introduction. The role of the family in the complete treatment of mental disorder, especially of the serious and chronic form, is considered to be extremely important as the family is the main natural supportive system for the patient and the basic, often the unique source of care for him.

Various interventions have been developed that target both the patient and his / her family in order to meet the needs of families and contribute to better prognosis of mental illness.

These interventions follow the principles of the psychoeducational approach to the family and a number of research and meta-analyzes have underlined their positive effect both in improving the course of the patient's illness and in improving the family atmosphere and the overall quality of life.

The signs for family therapy come from the view that any individual change in behavior requires a change in the behavior of family members.

Key words: Psychoeducation, Family therapy, Mental illness, Psycho-education benefits.

Purpose The aim of this work is to record the psychoeducation programs in mental illnesses and to present the benefits of psychoeducational intervention both to mental sufferers and families and / or caregivers of them through a bibliographic review.

Methodology A bibliographic search was made by the Scopus, Ebsco, Pubmed, Wiley electronic databases, 31 articles from Greek and foreign literature were separated and studied. Information was sought from EKEPSYE.

Conclusions The family therapy is indicated after the patient's first hospitalization, as the patient is partially in remission and the family that face the first episode is in a state of crisis and must realize that the improvement will be slow. The family's usual practice of denying the psychotic episode often intensifies the family stigmatization which associated with the disease.

The mental illness has adverse and sometimes disorganizational consequences for the patient; at the same time has repercussions to the family as it affects all aspects of psychoemotional and social life. The family members, when they learn that there is one of them suffering from a serious mental illness, they find it difficult to accept and are in difficulty becoming reconciled with the new reality. The emotional burden of the family is often unbearable.

There are feelings of frustration and disappointment, guilt and shame, anxiety and fear, dissatisfaction and anger, bitterness, sadness and despair. Most of the time, they cannot express these emotions because of the negative image of mental illness but also of the influence of negative social stereotypes on the mental sufferer.

Today, the research data underline that psychoeducational of family therapy interventions are effective in delaying and preventing of relapse, especially in population of psychotic patients who are in contact with their relatives.

It is also noted that such efforts seem effective for different types of psychosis and can be applied in different environments.

In a family that a member suffer from a mental illness, the rationale for therapeutic intervention in the family is based on research that has shown that the family factor is related to the prevention of relapses.

The psychoeducational intervention combines the education in social skills and is the core of the social rehabilitation of the psychotic individual.

There are three main objectives:

1. To educate the patient about the close relationship of schizophrenia and stress and the importance of compliance with medication.

2. To increase the ability to solve problems related to environmental stress.

3. To educate the family and the patient in strategies to cope with pathognomonic persistent symptoms of schizophrenia or cope with environmental stress.

The family therapy with a psychotic member aims to eliminate the pathological communication and the alliances that be noticed within the family.

The experiences acquired from family therapy at Mental Health Centers are significant and positive. A large number of families have been helped, in relationship problems, in the treatment of psychopathological conditions due to the presence of a psychotic member, in the reduction of dysfunction or in separation issues. Thus, an intervention plan has been formulated, which seems to provide efficacy in treatment.

The psychoeducation stems from theories of expressed emotion, while the family education is based on theories of stress, treatment and adaptation.

The family education and therapy is aimed at the well-being of all members, while the psychoeducation aims to treat the patient effectively and to maintain the balance.

Results The family education helps the members to be more "efficient" in interventions for their mentally ill patient and to achieve better results when is grouped, as in this way promotes the exchange of views and the mutual encouragement.



---

## INNOVATIONS AND DEVELOPING OF MHC IN MULTICULTURAL SOCIETY

---

<b>I. Bidziura</b> Organization of mental health care in modern Ukraine	49
<b>G. Chrysostomou</b> Integrated care platforms to support mental health patients	50
<b>V. Dorichenko</b> Self-Disclosure as Indicator of Servicemen' Mental Health in the Conduct of Peacekeeping Operations	51
<b>E. Fradelos, I. Papathanasiou, M. Kourakos, S. Zyga, F. Tzavella, K. Tsaras</b> Religiosity in nursing: the translation, validation and cultural adoption of the centrality of religiosity scale – 10 in Greek language	53
<b>L. Golovko</b> The care of children' mental health and prevention of mental disorders in EU	54
<b>L. Kolesnichenko, A. Timakova</b> Experience of psychotherapy of psychosomatic disorders	55
<b>L. Kourkouta, C. Iliadis, I. Papathanasiou</b> Treatment of dermatological diseases related to mental disorders	56
<b>V. Ladychenko</b> The legal regulation of children's right to mental health in the EU	57
<b>M. Maksymov</b> Music space influence on human mental health	58
<b>N. Maksymova</b> Psychological diagnostics of predisposition to addictive behavior	59
<b>Y. Mielkov</b> Human personality in the complex world: pluralism of identities and the problem of world-attitude	60
<b>L. Omelchenko, V. Vus</b> The peculiarities of adaptive potential of wives of injured servicemen	61
<b>N. Pintus</b> The different conceptions of mental disability in European countries	63
<b>M. Reggio</b> Passepartout – arts as care	66
<b>V. Vitale</b> NDSAN (new DSA network). A European networking project for child neuropsychiatry as an integrated approach to cognitive health care	67
<b>O. Voitenko, T. Tkachuk</b> Psychological effects of combat stress on military servicemen	69
<b>G. Pazzano</b> Not for profit organizations engagement for social inclusion : The experience of social cooperatives in italy – a model to be replicated as a successful best practice	70

**V. Timashova, V. Timashov**

Mental health as a component of the conceptual sphere of health and a promising direction for the development of the mental health service in Ukraine

72

*I. P. Bidziura (Kyiv, Ukraine)*

## **ORGANIZATION OF MENTAL HEALTH CARE IN MODERN UKRAINE**

**Interregional Academy of Personnel Management (Ukraine)**

The paper is an attempt to analyze the current medical and social forms of mental health care in interdisciplinary approach. The purpose of the paper is a theoretical analysis of the representation specificity of the medical and social rehabilitation forms of persons with mental disorders in modern Ukrainian realities. There is used complex of general scientific methods for the analysis of interdisciplinary scientific literature in the paper.

As a result of the theoretical analysis, it is noted that most of the world's most modern programs for medical and social care of persons with mental disorders are based on the principles of community-based support.

The effectiveness of a balanced combination of psychiatric care and social support is confirmed. The effectiveness of the interdisciplinary approach to social rehabilitation of persons with mental disorders is defined. Practical recommendations for improving of effectiveness of social organizations' activities in the field of mental health care are presented.

Key words: mental health, medical and social support, mental health care system, social work

*G. Chrysostomou (Paphos)*

## **INTEGRATED CARE PLATFORMS TO SUPPORT MENTAL HEALTH PATIENTS**

**Pyramind Services Ltd (Italy)**

Integrated Care improve outcomes for both patients and their caregivers; creating access to better integrated socio-sanitary care e-Services (integration of health care, social care, long-term and self-care in any kind of health/living conditions) outside of hospitals; reducing unnecessary hospital admissions and enabling effective working of professionals. They can be considered as organizers of care around the needs of people with the aim of improving the health services through better coordination across different levels of socio-sanitary care and from different providers within each level.

The introduction of integrated care programmes could undeniably improve the quality of life of both patient suffering from mental health but also for their home care-givers. As a result, the Croatian Health Insurance Fund and the Rijeka City Department of Health and Social Welfare in collaboration with the Psychiatric Hospital "Lopača" (founded by the City of Rijeka), participated in the CIP-ICT-PSP Project "INclusive INtroduction of INtegrated CAre (INCA) " trials to evaluate how the use of such platform would affect the health and quality of life of the people suffering from mental health problems or other mental health disorders, their caregivers, their doctors and social services.

Key words: Integrated Care; e-health; mental health; social care; self-care; monitoring health; Chronic tele-health; inclusive; remote patient monitoring; socio-sanitary care integration; integrated care monitoring; accountable care; patient care repository; patient-centric communication; proactive care.

*Dorichenko V.A. (Kyiv, Ukraine)*

## **SELF-DISCLOSURE AS INDICATOR OF MENTAL HEALTH OF SERVICEMEN IN THE CONDUCT OF PEACEKEEPING OPERATIONS**

**Interregional Academy of Personnel Management**

In the practice and the theory of training modern Ukrainian soldiers there is no effective experience in supporting the civilian population in the zone of conducting peacekeeping operations. That is why studies that explicate aspects of the psychological training of servicemen for peacekeeping operations in the context of their mental health and positive impact on the civilian population are relevant.

The material for writing the article was the work of a psychologist in the training courses for officers of civil-military cooperation, which has three main functions: assistance to the civilian population, organization of interaction with local authorities, international organizations and assistance to units of the Armed Forces.

The article is devoted to the problem of identifying the main components of the psychological training of servicemen for peacekeeping operations. The article analyzes the views of scholars on such components of mental health as self-disclosure and its importance in the process of communication. The results of research of psychological peculiarities of self-disclosure of officers of civil-military cooperation are presented. The strategies to overcome stressful situations of officers are analyzed.

An experimental study of the self-disclosure of officers was carried out for three years through the organization and conduct of trainings for military personnel. The courses were attended by 1200 participants.

The empirical sample consisted of 30 officers of civil-military cooperation aged 30-45 years. Among the participants were 5 women and 25 men.

Key words: self-disclosure, assertiveness, strategies for overcoming stress situations.

*Evangelos C. Fradelos, Ioanna V. Papathanasiou, Michael Kourakos, Sofia Zyga<sup>1</sup>, Foteini Tzavella, Konstantinos Tsaras*

## **RELIGIOSITY IN NURSING: THE TRANSLATION, VALIDATION AND CULTURAL ADOPTION OF THE CENTRALITY OF RELIGIOSITY SCALE – 10 IN GREEK LANGUAGE**

**University of Peloponnese; Technological educational Institute of Thessaly; General Hospital "Asklepieio" Voulas (Athens, Greece)**

Religion has an important role in today's society. Understanding religious perception and aspects of a person is a very complex process and could reflect ones moral values, cultural background and tradition. Many nurses around the world are religious and some religious motivations often prompt becoming a nurse. Aim of the study was the translation of the centrality of religiosity scale (CRS-10) in Greek language and the validation of the scale for the Greek population. The CRS-10 questionnaire is an anonymous self-administered questionnaire that contains ten, five point Likert scale, closed questions (ranging 1–5). The questionnaire was translated into Greek language and then back translated in the English in order to be checked for any inconsistencies. The sample of the study was 318 nurses and nurse assistants. Exploratory factor analysis, with principal components analysis was performed for checking the construct validity of the questionnaire. The test–retest reliability and the internal consistency were also examined. Statistical analysis performed by the use of SPSS 21.0. Statistical significance level was set at  $P = 0.05$ . The final Greek version of the questionnaire includes all of the ten questions. The mean age of the participants was  $(43.01 \pm 7.60)$  years. One factor exported from the statistical analysis. The Cronbach-a coefficient was 0.919 for the total questionnaire. The CRS-10, is a valuable and reliable questionnaire that can be used for assessing religiosity in Greek population.

Key words: Validity, Reliability, religiosity, nursing.

*L. Golovko (Kyiv Ukraine)*

## **THE CARE OF CHILDREN' MENTAL HEALTH AND PREVENTION OF MENTAL DISORDERS IN EU**

**National University of Life and Environmental Science of Ukraine**

The right of a person to mental health should be considered in the context of the legal status of certain groups of persons (women, children, migrants, refugees, etc.). For the purposes of this article, we will consider the right of children to mental health. The choice of this category of persons is due, in particular, to the steady increase in the number of nervous, unbalanced, hyperactive children with mental disorders, both in Ukraine and in the world as a whole. The future mental health of the nation depends on the extent to which the growing person will be provided with conditions that would guarantee mental health, optimal physical, spiritual and social well-being. Proceeding from the general principles of the European vector of development of the state, the formation of an institution for the social protection of children and the implementation of European standards of children's right to mental health in order to create favorable conditions for the formation of future generations is the most important task for Ukraine.

## **EXPERIENCE OF PSYCHOTHERAPY OF PSYCHOSOMATIC DISORDERS**

**Kyiv National Economic University named after Vadim Getman**

Abstract. Purpose of the article – to define and describe the organizational and rich in content aspects of psychoanalytic - oriented psychotherapy of psychosomatic disorders as displays of violation of psychological health. In going near psychotherapy of psychosomatic disorders authors were use principle of complexity, principle of determinism, principle of integrity and principle of integrative. The organizational features of psychotherapy work are selected with psychosomatic disorders, which consist in obligatory combination of analytical therapy with pharmacological therapy and different kinds corporal-oriented and art-therapies, and also in combination a group and individual forms of psychotherapy. The rich in content features of psychotherapy work with psychosomatic disorders consist in the psychotherapy accompaniment of client through a row successive the stages, each of which has goals and tasks, dominant psychotherapy strategies and am preparatory for subsequent. Thus, authors are offer the algorithm of psychotherapy work with clients by psychosomatic disorders, developed taking into account their individual typology, psychoemotional and cognitive features.

Key words: psychological health, psychosomatic, psychosomatic disorders, strategies of adaptation, psychotherapy, psychoanalytic- oriented psychotherapy.

*Lambrini I. Kourkouta, Christos K. Iliadis, Ioanna V. Papathanasiou  
(Thessaloniki, Greece)*

## **TREATMENT OF DERMATOLOGICAL DISEASES RELATED TO MENTAL DISORDERS**

**Alexander Technological Educational Institute of Thessaloniki  
Private Medical Center of Thessaloniki  
Technological Educational Institute of Thessaly, Larisa, Greece**

The skin is a means of expressing feelings such as anger, fear, shame, disappointment and plays an important role in the socialization of the person, which begins from childhood and continues during his adulthood

The skin retains the ability to respond to endogenous and exogenous stimuli, feels and integrates environmental signals and at the same time "transmits" internal states to the outside world.

The medical practitioner should respond promptly to various questions before proceeding to his overall assessment through a well-structured consultation.

The treatment of skin symptoms and disorders could be particularly beneficial for patients.

Key words: dermatological diseases, psychosocial effects, social stigma, and depression

*V. Ladychenko (Kiev, Ukraine)*

## **THE LEGAL REGULATION OF CHILDREN'S RIGHT TO MENTAL HEALTH IN THE EU**

**National University of Life and Environmental Science of Ukraine**

Mental health is one of the important objects of the EU social policy. In addition to the prevalence of mental illness, the importance of developing a single EU policy to promote mental health for citizens is conditioned by the close link between mental illness and suicide, a significant burden on economic, social and educational systems, as well as trends in discrimination and stigmatization of people with mental illnesses, which is incompatible with the values of the EU.

The aim of our scholarly work is to explore legal regulation of children's right to mental health in the EU. Special attention was paid to Mental Health Declaration for Europe, European Mental Health Action Plan 2013 – 2020 and Green Paper improving the mental health of the population.

*M. Maksymov (Kyiv, Ukraine)*

## **MUSIC SPACE INFLUENCE ON HUMAN MENTAL HEALTH**

**Taras Shevchenko National University of Kyiv**

The research purpose was to clarify relations between the peculiarities of music perception and mental health, determining personal social adaptability. The personal qualities reflecting personal disharmony existence were studied. Such disharmonies, in turn, predetermine mental health disturbances. The research methods included: the stimulus materials - musical fragments having some psychological content, the technique for subjective control determining, the narrative technique, the Rosenzweig Frustration Test. The sample included 19-22 year-old people: students and young people registered in the psychoneurological early treatment centre because of their neurotic disorders of different genesis.

The obtained research results are: there are relations between the psychological characteristics of people with mental health problems and the peculiarities of their music perception, they tend to choose music of a destructive nature or expressing a passivity feeling.

Key words: mental health, perception of music, social adaptability, subjectivity, aggression, musical discourse.

*N. Maksymova (Kyiv, Ukraine)*

## **PSYCHOLOGICAL DIAGNOSTICS OF PREDISPOSITION TO ADDICTIVE BEHAVIOUR**

**Taras Shevchenko National University of Kyiv**

Multidimensional manifestations of addictive behaviour complicate the possibility of its prevention. The purpose of our research is to determine the parameters diagnosing a person's predisposition to psychotropic substance use. We take as a point of departure the assumption that there are psychological peculiarities that are a kind of "weak link". Namely, these peculiarities determine the desire to change a person's emotional state artificially. The experimental study of the parameters diagnosing predisposition to addictive behaviour has been performed by us for 15 years. Three groups with 90-100 adolescents in each were studied: well socially adapted adolescents - a "normative" group; socially maladapted adolescents who, however, did not use psychotropic substances; adolescents using psychotropic substances episodically. The study results show that the desire to use psychotropic substances is a symptom of a more general personal ill-being. Neutralization of negative personal formations prevents appearance of psychological readiness for psychotropic substance use.

Key words: addictive behaviour, personal predisposition, parameters, diagnostics, psychotropic substances, prevention.

*Y. Mielkov (Kiev)*

## **HUMAN PERSONALITY IN THE COMPLEX WORLD: PLURALISM OF IDENTITIES AND THE PROBLEM OF WORLD-ATTITUDE**

**Interregional Academy of Personnel Management**

The article is dedicated to the philosophical consideration of the problem of constituting the world-attitude in the situation of the complex world that serves as one of the key factors of the Weltanschauung disorientation that in turn leads to the decline in global health. Using post-non-classical methodologies and referring to the cases of social and political life in a nation state, the authors focuses his attention on the analysis of plurality of human identities as a problem that could not be solve by classical methods of the Modernity but requires the development of each personality as the subject of one's own life. The shortcomings of the proposed approach could be defined as a lack of analysis of empirical data that should form the subject of separate study. Practical and social meaning of the paper lies in the attempt to manifest the philosophical and Weltanschauung base of the process and structure of human identity in the present-day world.

Keywords: human personality, identity, complexity, philosophy of health, philosophy of democracy

*L. M. Omelchenko, V.I. Vus (Kyiv, Ukraine)*

## **THE PECULIARITIES OF ADAPTIVE POTENTIAL OF WIVES OF INJURED SERVICEMEN**

**Interregional Academy of Personnel Management;  
National University of Life and Environmental Science of Ukraine**

The research is devoted to the actual problem of social and psychological adaptation of the wives whose husbands were injured in combatant operations. This problem isn't deeply highlighted in the scientific literature. The article represents the results of empirical study of the peculiarities of the adaptive potential of women whose husbands were injured in war activities. The methodological basis is the systematic approach to the interpretation of the concept of "adaptation of the person" and the conceptual position on the interdependence of the adaptive potential of a person. Criterias for research are cognitive, affective and conative components of social and psychological adaptation of women. As a result of the analysis revealed: the problem situation is characterized by actualization in women's minds of family difficulties, causes changes in family identity, increases stress resistance; Adaptation is carried out according to the deviant type (non-conformist), which predetermines the frustration of the need for self-actualization, causes psychophysiological exhaustion; The factors that cause a deterioration of the well-being of women is the cognitive dissonance in the system "I - the others", the divergence of value orientations of the individual and society. The basic set of adaptive mechanisms is determined empirically. The basic directions of psychological support of families of injured servicemen are determined.

Key words: family of servicemen, social and psychological adaptation, adaptive potential, psychophysiological condition of women

## **THE DIFFERENT CONCEPTIONS OF MENTAL DISABILITY IN EUROPEAN COUNTRIES**

### **Progetto Filippide, President – Italy**

The Association “Sport e Società Filippide per l'autismo e le malattie rare” represents an introduction program to Sports for people with disabilities.

The Association was born in 2000. Actually, it consists of 20 sports associations widely distributed on national territory which support the Filippide program. Since 2010, the Association is one of the five Worthy Associations of the Italian Paralympic Committee and now it is a member of the Italian National Olympic Academy – AONI.

In particular the Program promotes the long-distance racing and swimming.

In fact, experience suggests that swimming is considered the best sport for children with ASD due to its specific characteristics: a controlled environment, recalling the prenatal intrauterine life, reassured by the continued supervision and presence of the coach.

The activities of the project are divided for three different age groups:

Children: first approach with water and swimming;

Teenagers: swimming and preparation to competition;

Adults: long-distance racing.

In all circumstances, a subject with ASD is followed by an operator with a one-on-one relation, in every phase of the activity. The task of the Operator is to mediate between the subject with ASD and the technician, following him/her in the athletic training, guiding him/her along the path towards autonomy, even in the changing room. In swimming, specialized federal instructors work always in a one-on-one relation with all learners, the operator follows them before and after the swimming lesson, and also during meals in the mess hall. The choice of running and swimming as matters of

engagement for people with ASD is not accidental. Running is nothing more than a succession of steps prolonged in time, it is circular, the same gesture is repeated, thus the stereotyped movements of a subject affected by ASD is recalled. (Movement and gesture repeated with no meaning). While running, attention and focus are channelled on the gesture that is happening, thus finalized at achieving objectives decided by the trainer and shared with the athlete.

Swimming, as already mentioned, revokes the prenatal intrauterine environment for children. In fact, the controlled space of the swimming pool limited by the lanes is more suitable, comforting and reassuring for children. For these reasons, swimming is definitively the best option to be introduced in Sports.

On 13th June of 2016, the Project Filippide took part in the X Conference of the United Nations on the Rights of Persons with Disabilities with a speech to the General Assembly of Member Countries.

In 2017, thanks to the approval of the ECAP project submitted under the Call for Proposal Erasmus+ for Not-for-Profit European Sport Events, the Filippide Project, in collaboration with Autism Europe, has analysed the state of the art in the field of sport activities for children with ASD .

A little collection of statistical data:

1. The incidence of ASD in Europe is 1/100;
2. In European Union there are about 500 million people (updated at 2013);
3. Among the 28 members countries, each one has fewer than 180,000 people affected by ASD .

As a result of our analysis, in EU Member States there isn't a univocal and uniform way to consider, evaluate and support a person affected by ASD in the medical, psychological and sportive fields.

Moreover, there are no Sportive Association in Europe dealing only with ASD. In fact, persons with ASD are often considered as intellectual and relational disabled, or even denied in the field concerned.

In conclusion, our analysis shows that there are three different ways to approach disability and ASD:

1. Neo-Latin approach, that involves Inclusion;
2. Anglo-Saxon approach, with its well-defined and specific paths for disabled and non-disabled people;
3. The East Country method.

*Marta Reggio*

## **PASSEPARTOUT – ARTS AS CARE**

**Passepartout, President – Italy**

A story-telling. The narration of a care path of a Theatre workshop through its main elements: body, time and space. Through personal, educational and life experiences, the author will report the experience of the Integrated Social Cooperative Passepartout, born within the Psychiatric Hospital “Santa Maria della Pietà” in Rome. A Care path made possible thanks to the relationship with the "artistic matter". Theatre and Cinema meant as places of Care, where to experience human relationships and a world of revolutionary strength and transformative power.

**NDSAN (NEW DSA NETWORK). A EUROPEAN NETWORKING PROJECT FOR CHILD NEUROPSYCHIATRY AS AN INTEGRATED APPROACH TO COGNITIVE HEALTH CARE**

**MFC – Maendeleo for Children, Italy**

MFC - Maendeleo for Children is a not-for-profit organization - Association of Social Promotion (ASP) that stems from the experience of social commitment of Maendeleo-Italia NPO, with the aim to carry out socially useful activities for children and young people with particular attention to disadvantaged young, suffering from socio-economic and health distress.

The association works for the protection of the right to education, with the aim to build real and concrete opportunities for children and young people to choose their future, by giving them all possible means for the full implementation of their personality and expectations.

MFC's founding members have an experience of more than 15 years as EU projects designers, experts in networking and partnership building, experts in monitoring and management tools, specialists in learning disorders and education, etc.

In partnership with other local organizations and institutions, MFC designs and manages projects with a strong innovative potential in various areas. In 2014, it has created the pilot network NDSAN (New DSA Network), mainly focused on Child Neuropsychiatry, and in particular, in neurodevelopmental disorders and diseases (ASD, specific learning disabilities and other special educational needs).

In just 2 years of implementation, MFC succeeded in creating the largest pilot network of the Lazio Region, now spread also at national and European level, with the participation of public and private entities working in neuropsychiatry, as well as different other organizations working in the third and not-for-profit sectors providing care and assistance services, as well as

institutions and entities working in the field of education, training, ICT and e-Health. To date, NDSAN represents an unicum at European level, as the first European network focused on Child Neuropsychiatry.

After obtaining the scientific patronage of the Italian Society of Telemedicine and e-Health, NDSAN now engages 56 public and private members, among which 8 from European countries and 4 from Extra-European countries, as well as 150 stakeholders involved.

Meetings, Thematic Round Tables with institutions and policy makers, Conferences, Research and Dissemination, Project Design and Management represent the core activities of the network. NDSAN adhesion is free and ensures to network members a wide networking at different levels, creating the conditions for a deep and solid cooperation in common fields of interest. Networking, in fact, is based on the approach of strategic partnership with high transnational added value, aimed at developing innovation - in favour of children - by creating synergies between public and private sectors, profit and non-profit entities.

*O.V. Voitenko, T.L. Tkachuk (Kiev, Ukraine)*

## **PSYCHOLOGICAL EFFECTS OF COMBAT STRESS ON MILITARY SERVICEMEN**

**Interregional Academy of Personnel Management (Ukraine)**

The aim of the study is broadening the scientific understanding of the psychological effects of combat stress and also changing the traditional research paradigm regarding its impact on the psychological health of military servicemen. The article attempts to correlate the semantic fields of the concepts of stress and combat stress. Both negative and positive effects of traumatic stress are considered. A definition of post-traumatic growth is provided. The expediency of using a positively oriented (existential-humanistic) approach to assessing the psychological effects of combat stress is substantiated. The research creates a theoretical and methodological basis for the development of effective psychological rehabilitation measures for combatants in conditions of peaceful living.

Key words: stress, combat stress, psychological trauma, post-traumatic stress disorder, post-traumatic growth.

**NOT FOR PROFIT ORGANIZATIONS ENGAGEMENT FOR SOCIAL INCLUSION : THE EXPERIENCE OF SOCIAL COOPERATIVES IN ITALY – A MODEL TO BE REPLICATED AS A SUCCESSFUL BEST PRACTICE**

**FIA - Fede In Azione, President – Italy**

The simple and brief definition of co-operative is “an enterprise owned and self-managed by its associates that can also be its workers”. A firm where every associate worker is also owner and involved in decisional actions in a democratic way

The first embryo of worker’s co- operative rose during the Industrial revolution and had different developments along the centuries in terms of composition of the associates, core activity of the co-operative, impact in the territorial context of reference .

Independently from the core activity the co-operative is an enterprise that embraces the needs of its associates is run by them for their mutual benefit and can produce benefits also for others in the society.

In particular “needs” can be various as educational and welfare services.

In 1991 the Italian Legislation fostered national expansion of such co-operatives through a framework law for fiscal and legal control of the now SOCIAL CO-OPERATIVES. This new juridical entity is great added value for the society because it can provide assistance and services to support or replace the institutional

activities destined to disable persons. Specifically for disability we can refer to mental disability, physical disability or social disadvantage .

Furthermore the great characteristic of Social Co-Operatives is that they must include as associates 30 % of working -associates with disadvantage “ mental, physical or social .

We face now an extraordinary tool, easy to replicate and socially effective “for” and “with” the involvement of disable people otherwise destined to the sideline of the communities.

## **MENTAL HEALTH AS A COMPONENT OF THE CONCEPTUAL SPHERE OF HEALTH AND A PROMISING DIRECTION FOR THE DEVELOPMENT OF THE MENTAL HEALTH SERVICE IN UKRAINE**

**National Pedagogical Dragomanov University  
Kyiv National University of Trade and Economics (Kiev, Ukraine)**

Abstract. The components of the conceptual are considered sphere of health in the aspect of physical, mental and social well-being. The notion of psychological and mental health is delimited Applying the principles of historicity, systemicity, objectivity. Indicated the main directions of researches of domestic scientists concerning psychosomatic, personality and socio-psychological aspects of life activity which are regulators of human mental health. The concept is delineated of psychological and mental health. The main directions are indicated the researches of domestic scientists concerning psychosomatic, personality and socio-psychological aspects of life activity, which are regulators of human mental health. It is emphasized that the review of modern health perceptions testifies to the complexity and ambiguity of this concept, but does not convey the completeness of actual tendencies in the conceptualization of health. The fact of the inclusion of mental health in the general conceptual framework. The framework of the theory of personality indicates the importance of mental health for harmonious personal growth and necessitates a special scientific interest in this topic. It is revealed that in modern scientific approaches to understanding the essence of human health to the fore are its subjective and psychological aspects. It is emphasized that the mental health of a person means conscious management of his behavior in extreme conditions by constructing effective models of behavior. The implementation of the community mental health is supported services in the practice of health care in Ukraine.

Key words: mental health, psychological health, level of functioning of health, self-regulation and actual updating, mental health, community services of mental health.

---

## INTERDISCIPLINARY APPROACH IN MHC

---

<b>Ali Hamaidia</b> Palliative care and mental health in Algeria: where is it in 2017?	76
<b>O. Artemchuk</b> Status of vaccination against influenza among the population of Ukraine on the example of the 2015-2016 influenza season	77
<b>N. Cheremshynska</b> The peculiarities of emotional characteristics of women who survived domestic violence. The tasks of psycho-correction	80
<b>T. Danylova, G. Salata</b> Beyond biological and social: a holistic approach to mental health	81
<b>E. Fradelos, I. Papathanasiou, K. Tsaras</b> Critical thinking in nursing higher education: perceptions and development. A qualitative approach	84
<b>O. Gubska, A. Taran, I. Rodionova, V. Aleksieieva, M. Privalov, T. Alianova, I. Lavrenchuk, A. Kuzminets</b> Study the effects of vegetarian diets on the development of depression	85
<b>V. Ladychenko, L. Golovko</b> European standards for the rights of children to mental health	86
<b>A. Martyniuk</b> The readiness of students for self-educational activity as a pledge of their social and mental wellbeing (methods and perspectives of research)	87
<b>I. Mykhailyuk</b> Phenomenology of personality changes under post-traumatic growth	88
<b>T. Nych</b> The phenomenon of suicide: existential choice of a person or social problem (philosophical and psychological analysis)	89
<b>M. Pavlyuk</b> Importance of independence in the context of future specialists' psychic health	90
<b>V. Popov</b> Mass mental disorders of civilian population in the context of armed confrontation (historical experience)	91
<b>E. Prokopovich, E. Krainikov, T. Traversay</b> Mental well-being and determination of adolescents' inclination to deviant behavior. The modern Ukrainian experience	93
<b>O. Savchenko</b> The constructive and destructive forms of reflection	94
<b>T. Solomka, O. Shopsha</b> Integrity as a factor of mental health in the context of the interdisciplinary problem of personal self-construction	95
<b>T. Tyurina, A. Zachepa</b> Spiritualization as factor of spiritual health of a person and society (in the	97

context of the doctrine about biosphere and noosphere of V. I. Vernadsky)	
<b>V. Vus, S. Kravchuk</b>	98
The value-semantic determination of firefighters and rescuers' mental health	
<b>S. Yashnyk, N. Terentieva</b>	99
Features Of Maintenance Of Mental Health Of Teachers In Ratings	

*Ali Hamaidia (Setif- Algeria)*

## **PALLIATIVE CARE AND MENTAL HEALTH IN ALGERIA: WHERE IS IT IN 2017?**

**Mohamed Lamine Debaghine, Sétif 2 University**

The link between the desire to fight, the quality of the morale of some patients and their healing or remission is no longer to be demonstrated. Generally causing psychological, spiritual and even social symptoms and sufferings, incurable diseases (Cancer, AIDS) appear in the foreground, the patients of which do not respond to the curative treatment. But they do not belong exclusively to biology and medicine, leaving psychology in the background; for the tragedy of these diseases can not leave anyone indifferent. It brings us back to human finitude and confronts us with it. Palliative care, therefore, is strongly needed in these cases. The different definitions proposed and attributed to this care do not determine the methods, approaches and techniques to be used, while the objectives and elements to be taken into account are prescribed by several references and researchers and bodies such as the WHO. As a result, palliative care appears to be more complex and not just to the medical side; because the psychic aspect remains important, even necessary. We will present in this article the results of an investigative research project aiming at: the state of the palliative care in Algeria and focusing on the psychoclinic aspect and its place in this care.

Key words: Palliative care – Psychology of Aids – End-of-life care – Public health psychologist

*O. O. Artemchuk (Kyiv, Ukraine)*

## **STATUS OF VACCINATION AGAINST INFLUENZA AMONG THE POPULATION OF UKRAINE ON THE EXAMPLE OF THE 2015-2016 INFLUENZA SEASON**

**Centre of influenza and ARVI of the State Institution "Ukrainian Center for control and prevention of diseases Ministry of health of Ukraine"**

### Introduction

Influenza is a seasonal, highly contagious infectious disease and one of the most important respiratory tract infections from a public health point of view.

The most efficient and cost-effective means of combating influenza in the world

Coverage of vaccination against influenza in Ukraine is low.

### Purpose of the article

To describe vaccination coverage, morbidity and mortality data.

To identify the main reason not to be vaccinated with the goal of developing a communication strategy.

### The theoretical part

Ukraine have an official published policy on seasonal influenza vaccination – an order №732 "On approval of normative legal acts on issues of organization and holding of sanitary and anti-epidemic measures aimed at preventing the occurrence and spread of influenza and acute respiratory infections" But seasonal influenza vaccination is recommended and the vaccine is neither free nor reimbursed.

### Methodology

We analyzed form №18 to the order № 732 and data from the national routine surveillance for influenza in the 2015-2016 season.

Results of survey were analysed and a communication strategy was suggested.

### Results and their analysis

During the season were ill 14.9 % of the population, 733 cases of severe acute respiratory infection were identified, of which 391 deaths, including 5 children under the age of 17, 2 pregnant women and 3 fatal cases among health care workers.

The population's coverage of the vaccine against influenza is very low. For season 2015 – 2016 0.3% of the population were vaccinated. Coverage of vaccination groups at risk is low.

The proportion of children vaccinated against influenza is 19,0 %, the most vaccinated age groups 5- 9 and 10-14 years.

Mostly influenza vaccines purchase of the funds of enterprises and organizations and for own funds of citizens. The greatest number of vaccinated against influenza had a place in the Dnipropetrovsk region, the least vaccinated among the population of Chernihiv, Zhytomyr and Khmelnytsky regions.

Vaccine effectiveness is not estimated in Ukraine and cost effectiveness estimated partially only for one region.

The Influenza Center and ARVI conducted a survey among randomly selected people in Kyiv with purpose: find out why ukrainians do not want to be vaccinated against influenza. The largest number of respondents answered that the health workers do not recommend vaccination. Strategy for communication with health workers was suggested: to conduct a training course for medical workers and other professionals involved in vaccination

#### Conclusions

1) Vaccination information was available for 93.5% of deaths in 2015-2016 influenza season and none were vaccinated for seasonal influenza.

2) The population's coverage of the vaccination is very low.

3) The results of survey show that the largest number of respondents answered that the health workers do not recommend vaccination. Communication strategy for health care workers was suggested.

Key words: seasonal influenza, Ukraine, influenza vaccination, risk groups, public health.

*Cheremshynska N. M. (Kyiv)*

## **THE PECULIARITIES OF EMOTIONAL CHARACTERISTICS OF WOMEN WHO SURVIVED DOMESTIC VIOLENCE. THE TASKS OF PSYCHO-CORRECTION.**

**Interregional Academy of Personnel Management (Ukraine)**

The research is aimed at analyzing the psychological characteristics of women who survived domestic violence. The choice of the object of research is due to the high level of aggression in the Ukrainian society, in particular, in the families. The outlined problem is not that new for Ukrainian scientists, however, for the first time, the research is carried out on the basis of revealing stereotypical emotional reactions that determine the level of adaptability of an individual. Thus, the domination of dysphoric and refractory types of emotional responses to external stimuli was empirically proved. According to the study, women who survived domestic violence are prone to morbidly diminished mood. The above mentioned determines a high level of socio-psychological maladaptation, the main factors of which, according to the results of the study, are: low self-esteem, rejection; emotional discomfort; dependence on others; desire for subordination, passivity in problem-solving, escape from difficulties. The main task of psycho-correction is substantiated: orientation towards the formation of adaptive forms of behavior, positive emotional response, reduction of anxiety, insecurity, and sensitivity. Elaboration of effective methods of psychoprevention and implementation of the world practice of women's victim behavior/mentality correction is an actual prospect for the further scientific research.

Keywords: family violence, type of emotional response, factors of maladaptation, psychocorrection, symbolic drama.

*T.V. Danylova (Kyiv, Ukraine), G.V. Salata (Kyiv, Ukraine)*

## **BEYOND BIOLOGICAL AND SOCIAL: A HOLISTIC APPROACH TO MENTAL HEALTH**

**National University of Life and Environmental Sciences of Ukraine  
Kyiv University of Culture**

The complex multifaceted essence of human as a biological, psychological, social being has attracted the attention of researchers and has caused hot debates during centuries. Still now, human being, her/his nature requires a broader understanding in the context of the synthesis of long-standing philosophical, psychological, religious traditions and contemporary sciences. A profound comprehension of the phenomenon of human, her/his nature is essential for clinical psychology and psychiatry.

The study of mental disorders is usually based on a particular model of human that can be defined as biopsychosocial. Although almost all researchers agree that biological, social and psychological factors are inextricably linked, there are significant differences in determining the causes of disorders, and accordingly in choosing treatment methods for them. Some scholars emphasize the predominant role of biology and neurology in mental health and human conduct. They consider that the tendency to provide predominantly nonspecific care even in serious situations, which require medication, does not benefit patients. On the other hand, their opponents support the idea that social, environmental dimension of human comes to the fore and professionals have to focus on these factors.

Although scientists are still that focused on the “nature-nurture” dichotomy, today we have come to the conclusion that the correct answer to this difficult question is neither biology nor social/cultural factors but their particular combination. Human mind and brain are not independent entities - on the contrary, they represent the different aspects of the same reality. The modern world demonstrates an urgent need for an integral, holistic paradigm of a human. Awareness of the integral unity of human nature attracts the

attention of researchers to the expansion of the functional field of treatment options for the various mental disorders and related psychosomatic diseases.

Through the lens of the unity of body and spirit, oriental practices are becoming increasingly popular in the Western world. In recent years, body-mind practices, such as Tai Chi, Qigong, Yoga, meditation, have been recognized by professionals in the field of mental health. Their positive impact on stress, anxiety, depression, chronic diseases is well-known. Their incorporation into our daily life brings many benefits. Nowadays, contemporary science is actively exploring the effect of spiritual and physical practices, which expand consciousness, on physical and mental health. However, additional multidisciplinary research and unbiased analysis of the results is required.

The expansion of the cognitive horizons also led to the revival of psychedelic medicine. For contemporary brain researchers an exploration of psychedelic drugs, which alter the “normal” brain state, is a way of studying human consciousness, modeling certain pathological conditions and their potential treatment. “This is to neuroscience what the Higgs boson was to particle physics”, professor D. Nutt emphasizes. An effective treatment for people with mental disorders should be based on a new transdisciplinary paradigm of human and implemented by an interdisciplinary team of specialists.

Keywords: mental health, mental disorders, biopsychosocial model of human, biological and social factors, holistic medicine, body-mind practices

*Evangelos C. Fradelos, Ioanna V. Papathanasiou,  
Konstantinos Tsaras (Larisa, Greece)*

## **CRITICAL THINKING IN NURSING HIGHER EDUCATION: PERCEPTIONS AND DEVELOPMENT. A QUALITATIVE APPROACH**

**Department of Nursing, Technological Educational Institute of Thessaly**

Aim of this study is to explore the concept of critical thinking (CT) among professors of higher nursing education and to record their experience on the development of CT within the classroom. A qualitative design was used for this study with a hermeneutic approach. A purposive sample of 4 nursing professors was interviewed. CT is perceived as a set of skills or/and dispositions as well as a competency. In order to facilitate its development they are using an overall approach such as Immersion & Infusion as well as specific type of interventions. Critical thinking in nursing has a diverse range of applications. It is widely agreed that it is a key competency that nurses today must have.

Key words: Critical thinking, higher education, nursing, critical thinking development

*O.Yu. Gubskaya, A.A. Taran, I.O. Rodionova, V.V. Aleksieieva, T.S. Alianova, M.A. Privalov,  
I.O. Lavrenchuk, A.A. Kuzminets (Kyiv, Ukraine)*

# **STUDY THE EFFECTS OF VEGETARIAN DIETS ON THE DEVELOPMENT OF DEPRESSION**

**Bogomolets National Medical University**

Purpose: to study the influence of the psycho-emotional state of vegetarians with a help of scales of depression, to establish a correlation of changes in the type of depression with the concentration of serum vitamin B12.

Methodology: 5 groups of people were analyzed: vegetarians (42 persons), vegans (61 persons), semi-vegetarians (14 people), lactovegetarians (12 people), adherents of the traditional nutrition model (54 people). They filled out QIDS questionnaires and Beck depression inventory. All groups were compared with omnivores.

During the second phase of the study, two groups were selected: vegans (15 people) and omnivores (15 people). In these groups, the concentration of vitamin B12 in serum was measured and the effect of reduced concentration of vitamin B12 on the development of depression was studied.

Results. The frequency of depression among the groups was studied, which is: vegetarians - 43%, vegans - 30%, semi-vegetarians - 43%, lactovegetarians - 33% and omnivores - 47%. There were no statistically significant differences in the frequency and severity of depression among the subjects. In the vegan group, a significantly higher number of subjects with vitamin B12 deficiency was identified in comparison with omnivores ( $p = 0.015$ ). The level of vitamin B12 in the blood does not affect the presence of depression in groups of vegans and omnivores ( $X^2 = 0.045$ ,  $p = 0.833$  for QIDS).

Key words: vegetarians, vegans, depression, vitamin B12, QIDS

*V.V. Ladychenko, L.O. Golovko (Kyiv, Ukraine)*

## **EUROPEAN STANDARDS FOR THE RIGHTS OF CHILDREN TO MENTAL HEALTH**

**National University of Life and Environmental Sciences of Ukraine**

The right of a person to mental health should be considered in the context of the legal status of certain groups of persons (women, children, migrants, refugees, etc.). For the purposes of this article, we will consider the right of children to mental health. The choice of this category of persons is due, in particular, to the steady increase in the number of nervous, unbalanced, hyperactive children with mental disorders, both in Ukraine and in the world as a whole. The future mental health of the nation depends on the extent to which the growing person will be provided with conditions that would guarantee mental health, optimal physical, spiritual and social well-being. Proceeding from the general principles of the European vector of development of the state, the formation of an institution for the social protection of children and the implementation of European standards of children's right to mental health in order to create favorable conditions for the formation of future generations is the most important task for Ukraine.

Key words: mental health, children's rights, legal regulation, prevention of mental health, early psychological help.

*A. Martyniuk (Kyiv, Ukraine)*

## **THE READINESS OF STUDENTS FOR SELF-EDUCATIONAL ACTIVITY AS A PLEDGE OF THEIR SOCIAL AND MENTAL WELLBEING (METHODS AND PERSPECTIVES OF RESEARCH)**

**National University of Life and Environmental Sciences of Ukraine**

Today, the readiness of students for self-educational activity is a pledge of their social and mental wellbeing. However, in the meantime there are no methods that would indicate the availability of self-educational activity, its characteristics, and recognize indicators of readiness for self-educational process and the structure of this readiness in psychological and pedagogical science. The author developed methods for diagnostic assessment: the structure of personality's readiness for self-educational process; performance of self-educational activity and its essence by students; the formation and completeness of its specific indicators. The article considers the results of empirical research according to these methods. Based on the results of the theoretical research, the author determined that readiness for self-educational process does the following: integrates personal qualities, abilities, motivation, knowledge, skills, skills; displays itself as a willingness to self-educational process and guarantees its effectiveness. The author highlighted the indicators of the readiness of an individual for self-educational process; described the three-component structure of the readiness for self-educational activity (personal, cognitive, activity components). The proposed instrumentarium can be used for comprehensive study of psychological peculiarities of the readiness for self-educational activity of students.

Key words: social and mental wellbeing, self-educational activity of students, readiness for self-educational process, research methods.

*I. V. Mykhailyuk (Kyiv, Ukraine)*

## **PHENOMENOLOGY OF PERSONALITY CHANGES UNDER POST-TRAUMATIC GROWTH**

**Interregional Academy of Personnel Management of Ukraine**

The article deals with the pressing issue of phenomenology of personality changes under post-traumatic growth. According to modern studies, traumatic events do not always inevitably lead to psychiatric disorders or dysfunctionality of life, they can also cause productive changes in the personality's life, so-called the post-traumatic growth. Scientific sources on the problem researched give grounds to believe that positive effects of post-traumatic growth are manifested in three main areas: attitude towards oneself, interpersonal relations, and philosophy of life. Research materials have been collected based on the analysis of domestic and international scientific professional psychological editions and periodicals for the period 2006-2016. It has been established that post-traumatic growth, in addition to qualitative transformational changes, can contribute to preservation, recovery and improvement of the personality's state of mental health as the highest individual and social value that promotes its social and psychological adaptation to the new forms of comprehending the reality.

Keywords: traumatic event, post-traumatic growth, positive changes, transformation, mental health, personality.

*T.V. Nych (Kyiv, Ukraine)*

## **THE PHENOMENON OF SUICIDE: EXISTENTIAL CHOICE OF A PERSON OR SOCIAL PROBLEM (PHILOSOPHICAL AND PSYCHOLOGICAL ANALYSIS)**

**Academy of Personnel Management**

The article is dedicated to the philosophical and psychological analysis of the phenomenon of suicide. The relevance of the topic is associated with the growth of suicidal behavior in modern society, the complexity of the problem and the urgent need to find ways to prevent suicidal behavior. The article attempts to analyze suicide in the unity of three important aspects of the problem: philosophical, psychological and social. The consideration of philosophical theories of different epochs, from antiquity to modern times, regarding the problem of suicide and comparative analysis of statistical data of cases of suicide in different countries, as well as in one country, but in different historical periods were combined. The scientific data of the suicidology, which is presented in the article, reflect the worsening of the problem in the modern world, in particular, in Ukraine. The practical and social value of the work consists in an attempt to unite the social, philosophical and psychological approaches in studying the reasons of suicidal behavior, and, respectively, in their prevention.

Keywords: suicide, philosophy of health, suicidology, suicidal behavior, philosophy of psychology, existentia.

*M.M. Pavlyuk (Kyiv, Ukraine)*

## **IMPORTANCE OF INDEPENDENCE IN THE CONTEXT OF FUTURE SPECIALISTS' PSYCHIC HEALTH**

**Interregional Academy of Personnel Management (Ukraine)**

The article presents the empirical study of the importance of the “independence” value in the context of future specialists’ psychic health. The article reveals correlations between the “independence” value and such students’ personality characteristics as internal and external motivation, beliefs about independence, an internal role position - functional ego-states, the power to build psychological boundaries, revealing information on the students’ internal and external spaces as an indicator of their psychic health.

The article shows that the “independence” value determines a number of the respondents’ personal characteristics: the higher importance of the “independence” value is the higher indicators of internal motivation, the deeper belief that the independence can be acquired (and it is not inherent) and it is a constructive personality trait, the higher self-esteem of independence, self-regulation and motivation, the internal role positions of “Parent-Controller” and “Quiet-Neutral boundaries” in relations with other people is used more often.

The deep mechanisms that hinder the future specialists’ independence formation are revealed: co-dependence, anti-dependence, false self, fear of existential loneliness. The conclusion is made that the independence is the result of a person’s internal work, his/her ability to set not only individual goals, tasks, but also determine the whole direction of own activities.

Key words: independence, values, psychological boundaries, motivation, role position, mental health.

## **MASS MENTAL DISORDERS OF CIVILIAN POPULATION IN THE CONTEXT OF ARMED CONFRONTATION (HISTORICAL EXPERIENCE)**

**Interregional Academy of Personnel Management**

The purpose of the study is to analyze the influence of external factors on the state of public consciousness, in this case these factors are periodically changing authorities and long-term fighting. The method was the analyzing of an array of historical documents of various origins. On the basis of generalized information from newspapers, memoirs, letters, official documents, the following results were obtained.

The events of the revolution and the civil war of 1917-1920 caused a deep psychological trauma for the population of Ukraine. Its characteristic features in the first period were a constant sense of anxiety, aggressiveness and intolerance towards others, massive pessimism, inadequate reactions for any reason. On the other hand, the townsfolk sought psychological protection in unreasonable optimistic rumors that periodically arose in the urban environment and never justified. Over the time, fatigue from endless external threats accumulated and reflected in mass apathy and indifference to any political process. At least a relative stabilization of situation became the main psychological need and people were ready to give up most of their rights and freedoms for it.

The unconditional lack of our research should be considered the inevitable fragmentation of the documentary base and the subjective nature of documents of personal origin. The declared subject has not yet been encountered in Ukrainian historiography, and work in this direction deserves to be continued.

Nevertheless, the conclusions made on the basis of the results of the study can be used already as recommendations for the forehanded

prevention of the negative consequences of distancing from the political sphere of the society that is developing in the mass consciousness.

Keywords: mass psychology, psychological defense, aggressiveness, apathy, mental transformations, psychological state.

*E.M. Prokopovich, E.V. Krainikov, T.M. Traversay (Kyiv)*

## **MENTAL WELL-BEING AND DETERMINATION OF ADOLESCENTS' INCLINATION TO DEVIANT BEHAVIOR. THE MODERN UKRAINIAN EXPERIENCE**

**Taras Shevchenko National University of Kyiv**

The paper analyzed the medical and psychological characteristics of the determination of adolescents' behavioral deviations, identified and described social psychological and personal factors that affect the dynamic indicators of deviant adolescents' mental well-being, developed the psycho-corrective programs for deviant adolescents.

The investigation found that significant factors underlying growth of adolescents' deviant behavior and decline in mental well-being is due to their parents' attitude towards the child's growing up and greater independence, as well as non-constructive pedagogical position, the specifics of communication between teachers and pupils. Thus, a psycho-correctional program should include psychological work with the whole family, group personality-oriented psychotherapy and modification of the teaching and communication style in the dialogue between teachers and pupils.

Keywords: adolescent, motivation, deviant behavior, psycho-correction program, psychological help

*O.V. Savchenko (Kiev, Ukraine)*

## **THE CONSTRUCTIVE AND DESTRUCTIVE FORMS OF REFLECTION**

**Kyiv National Economic University named after Vadim Getman**

The purpose of the article is the identifying criteria of the constructiveness of personal reflection (as a factor of the mental health, the personality's optimal functioning), the describing the constructive and destructive reflective styles that determine the success of overcoming problem-conflict situations, the determining the relationship between the destructive style and the features of adaptation and behavior. On the results of correlation analysis were determined that students with a pronounced destructive reflective style rarely use sense-making operations, but they use the strategy of retreat from the environment's contact and flooding in the inner world that activates their metacognitive activity. The author suggested that constructiveness-destructiveness could be considered as phases of microcycle that composes the process of formation and development of the personality's reflective capacity, the character of which depends on the level of the formation of reflective practices. The author considers that the formation of the constructive style of overcoming problem-conflict situations through the phase of «destructiveness» is a factor of stable mental health and personal well-being.

Key words: mental health, sanogenic paradigm, sanogenic reflection, reflective style, reflection practices.

*T. M. Solomka (Kiev), O. L. Shopsha (Kyiv, Ukraine)*

## **INTEGRITY AS A FACTOR OF MENTAL HEALTH IN THE CONTEXT OF THE INTERDISCIPLINARY PROBLEM OF PERSONAL SELF- CONSTRUCTION**

**Interregional Academy of Personnel Management of Ukraine**

The urgency of the problem is due to terminological differences and differences in its interpretation, the lack of developed psychological theories and models, as well as contradictions existing within modern society. The purpose of the study is to provide theoretical substantiation of the structural and functional aspects of the phenomenon of integrity in contextually substantiated representations of mental health and the process of personal self-construction. As a research criterion, a synergistic approach is used that allows us to consider the integrity factor as an unstable universe that prepares a person to overcome crises and disasters with minimal losses. As a result of the analysis it was established: violation of the integrity (fragmentation) of the individual, which entails the propensity for the emergence of psychosomatic pathology, can be distinguished in a separate group of maladaptive states, border disorder and psychosomatic diseases with symptoms of bulimia, depression and aliosity. By comparing the existing theoretical definitions of the violation of the integrity of the individual, it has been established that the destructive psychological mechanism is the fragmentation and insufficiency of regulatory activity, which ensures an active creative attitude to personal self-construction. The results of the research can be used in the development of educational and educational programs for psychologists, social workers, medical services and other professionals who, by the nature of their activities, contact with this category of persons.

Key words: personal self-construction, fragmentation, disorders with symptoms of bulimia, depression and alexithymia, integrity factor as an unstable universe.



*T. G. Tyurina (Lviv, Ukraine), A. M. Zachepa (Lviv, Ukraine)*

**SPIRITUALIZATION AS FACTOR OF SPIRITUAL HEALTH OF A PERSON  
AND SOCIETY (IN THE CONTEXT OF THE DOCTRINE ABOUT  
BIOSPHERE AND NOOSPHERE OF V. I. VERNADSKY)**

**"Lviv Polytechnic" National University  
Lviv Akademia Drukarstva**

Resume. The article considers issues of spiritual health of a person and society in the context of the doctrine about biosphere and noosphere of V. I. Vernadsky; close relationship and interaction between an individual's spiritual health and the spiritual health of society, humanity, civilization, the planet is shown, because on the information-energy level they are the integral Cosmo-planetary system, active component of the Cosmo-planetary world.

Key words: biosphere, noosphere; individual as a unity of cosmic and terrestrial beginning, a harmonious component of the Cosmo-planetary world; spirituality, de-spiritualization; spiritual health, biofield, energy-informational interaction.

*Vus V.I. , Kravchuk S. M. (Kiev, Ukraine)*

## **THE VALUE-SEMANTIC DETERMINATION OF FIREFIGHTERS AND RESCUERS' MENTAL HEALTH**

**Interregional Academy of Personnel Management (Ukraine)**

The paper is devoted to the problem of mental health of the specialists of rescue and fire-fighting services. The relevance of searching of the social and psychological ways of the firefighters and rescuers' mental health improving is noted, as the further destinies of many people, families and settlements depend on the quality and efficiency of their activities. The value-semantic determination of firefighters and rescuers' mental health are studied at the emotional, cognitive and conative levels. The research was performed on the basis of the method of "Valuable orientations" (Vus V.I.). Using of the specified technique has allowed to construct the personal "axiomatrix"; to research the "three-dimensional" structure of the individual value-semantic consciousness ; to study positive value-semantic determinants of the individual mental health. It is asserted that the specifics of their value comprehension of the world are caused by the cumulative impact of professional, social and individual and psychological factors. The personal axiogenesis of the specialists of rescue and fire-fighting services occurs against the background of activation of intellectualization and rationalization processes. A need of the growth of the qualitative indexes of social support, social facilitation, an improvement of social and psychological conditions of personal functioning of the specialists of rescue and fire-fighting services notes as if urgent.

Key words: mental health, axiogenesis, specialists of rescue and fire-fighting services, professional genesis.

*S. Yashnyk, N. Terentieva (Kyiv, Ukraine)*

## **FEATURES OF MAINTENANCE OF MENTAL HEALTH OF TEACHERS IN RATINGS**

**National University of Life and Environmental Science of Ukraine**

Aim: study of factors of stress of lecturers in higher educational institutions of the country. Methodology: a complex of general scientific theoretical methods, which correspond to the methodological and practical concepts of the pilot research, based on interrelated basis of such approaches as integral, systemic, synergetic, complex, activity approach, cultural-anthropological and others. Results: provided information about the ratings of the teaching staff of the universities where work authors of the publication. Ranking is presented as managerial innovation, which either supported or ignored by university lecturers. Some positions of ratings are as practically inachievable to teachers, others are real for being achieved for teachers with academic degrees as well as without ones. The activities of the teacher are considered as activities in special conditions that cause stress, conflict, psychosomatic manifestations, etc. Restrictions: scientific activity is chosen because it certifies creating a new knowledge product, which is quite complicated and demanding intellectual and time resources, where 10 academic months are not enough to complete a textbook, a monograph, dissertation research, development of the state budget theme, etc. Social meaning: optimizing own activity is a key task of modern scientists, whose activities are foreseens a series of representative official scientific events. Originality: start the author's pilot project.

Key words: mental health of teachers, special conditions, extreme conditions, stress factors, teaching activity, scientific work, new knowledge product, rating.

**ДЛЯ НОТАТОК**





Mental Health: global challenges of XXI century (Kyiv, 2017, Interregional Academy of Personnel Management)

## Conference proceedings

Edited by

**Dr. Viktor Vus,**

PhD in psychology, Associate Professor, Head of International Academic Mobility Centre, Interregional Academy of Personnel Management (Ukraine)

**Development layout and cover design**

Dr. Viktor Kyrychenko

Підписано до друку 05.10.17. Формат 60x90/16. Папір офсетний.

Гарнітура Century Gothic. Друк офсетний.

Ум. друк. арк. 5,9. Обл. вид. арк. 3. Наклад 300. Зам.54

---

Видавець і видання

Видавництво Житомирського державного університету імені Івана Франка

м. Житомир, вул. Велика Бердичівська, 40

Свідоцтво суб'єкта видавничої справи:

серія ЖТ №10 від 07.12.04 р.

електронна пошта (E-mail): [zu@zu.edu.ua](mailto:zu@zu.edu.ua)