

WAR MEDIA TRAUMA INTENSITY AND PTSD SYMPTOMS DURING RUSSIA INVASION IN UKRAINE

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Background. Concept of media traumatization has been repeatedly described after terrorist attacks, technological disasters, and other traumatic events covered by the media. The influence of the media as a trigger that worsens the condition of victims has been noted for TV viewers (Dart Center). Researchers of media practices in social networks regarding the viewing and reposting of videos of traumatic events confirm the statistical significance of these factors on the formation of users' post-traumatic stress disorder (PTSD) (Abdalla et al., 2021). However, media traumatization remains one of the least researched components of the development of war PTSD for the civilian population.

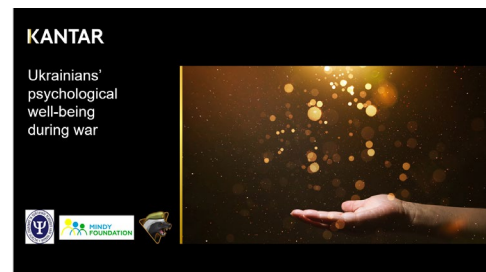
Objectives. The main purposes of the research were to measure the level of traumatic stress of Ukrainians during war and evaluate the role of media impacts on stress experience.

Methods. National scale survey (CAT) of the adult habitants of cities and towns (50 thousand +) in Ukrainian during August 2022 (N=1000) about trauma experience; survey with educators and students in October 2022 (N=455) about media trauma intensity, including PCL-C, IES-R.

Results. 57% of urban participants have high levels of PTSD symptoms, 43% of them say that media consumption is their war stress experience (vs 28% personal). The most intensive media trauma is through images of children during war.

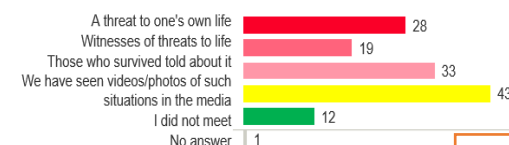
Conclusion. Media content is a factor of stress experience with a high scale of this impact during war.

Reference
 Abdalla, S.M., et al. (2021). Media Exposure and the Risk of Post-Traumatic Stress Disorder Following a Mass traumatic Event
 doi: [10.3389/fpsyg.2021.674263](https://doi.org/10.3389/fpsyg.2021.674263)

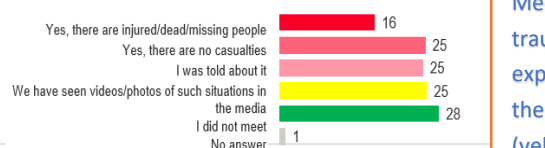


Which of the following events do you attribute to your stress experience?

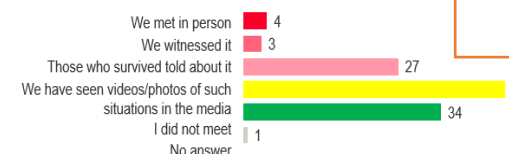
% Being in a war zone



Family members were or are in the war zone



Being under occupation, captivity or threat of violence

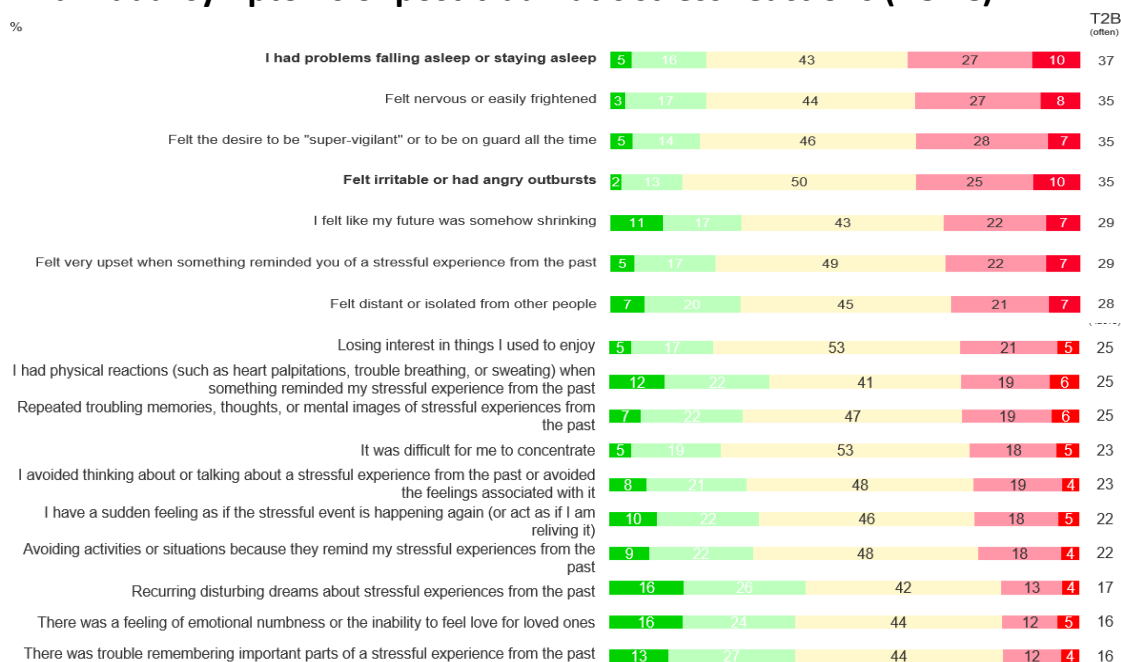
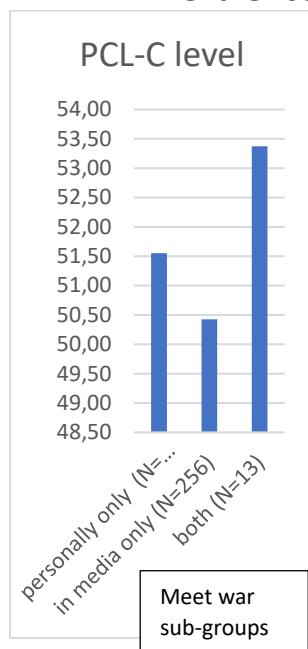


Media traumatic experience is the largest (yellow)



All-Ukrainian. N=1000, urban 50%, August 2022, 57% men.

Prevalence of individual symptoms of post-traumatic stress reactions (PCL-C)



What is the most traumatic media content? A video interview with a teenage girl who was abused in Bucha*: the lower part of her face was visible. Photos of the destruction of familiar places in my hometown. Notification of shootings of residents of Bucha. Report on February 25 shootings of cars of civilians (peaceful residents) on the highway near Gostomel. The condition of the Azov people after the capture. About torture, rape, burial and children (quotes from respondents' answers).

*Bucha is a small town near Kyiv