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ПРАКТИЧНОЇ  
ПСИХОЛОГІЇ**

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ДОНЕЦЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ ІМЕНІ ВАСИЛЯ СТУСА**

**АКТУАЛЬНІ ПРОБЛЕМИ  
ПРАКТИЧНОЇ ПСИХОЛОГІЇ**

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The majority of participants had a high level of education; most held a master's degree, a smaller part had a bachelor's degree, and a few held academic degrees [2].

*Table 1.*

**Gender distribution of study participants.**

Age category	Percentage of respondents
19–30	26%
32–45	66%
47–60	5.8%
60+	2.4%

The survey was conducted anonymously. Each question was accompanied by detailed instructions on how to complete it. Inclusion criteria were defined as adult citizens of Ukraine who had resided in the country since the beginning of the latest major conflict. Individuals living abroad without conflict experience and non-citizens of Ukraine were excluded from participation.

After data collection, mathematical and statistical analysis was conducted, including dispersion, correlation, and regression methods. One of the key strengths of this study is the relevance of the topic of eating behavior, which remains understudied in Ukraine, especially in the context of wartime. An especially interesting aspect is the analysis of the influence of personality traits as moderating factors [4].

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**FEELINGS OF GUILT AMONG INTERNALLY DISPLACED PERSONS  
DURING THE WAR**

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Due to the full-scale aggression, many people found themselves forced to leave their homes in search of safe shelter for themselves and their loved ones. Such circumstances can cause deep emotional experiences, and therefore, in our opinion, it

is especially important to study the phenomenon of guilt among internally displaced persons during the wartime period.

The purpose of this work was to determine the prevalence of guilt among people who were forced to leave their homes due to military actions, as well as to analyze its impact on psychological condition and possible ways to provide support. During the literature analysis phase, it became clear that very few studies focus exclusively on the feeling of guilt. Therefore, we examined this phenomenon within the framework of post-traumatic stress disorder.

To simplify the process of selecting studies in accordance with the stated scientific problem, key criteria were defined, covering the main aspects of sampling, intervention methods, comparison, and expected results [2].

**Exclusion criteria:**

- lack of full-text availability in open access;
- the study focuses on veterans or military personnel;
- the sample does not include individuals who have experienced combat;
- the material is a meta-analysis or systematic review;
- no English-language version of the article is available.

**Inclusion criteria:**

- the study is observational in nature (cohort or cross-sectional);
- scales are used to assess traumatic experience and feelings of guilt;
- the sample consists of internally displaced persons;
- the article is available in English.

A comprehensive search was conducted in electronic databases, including PubMed, ResearchGate, and Google Scholar, using English-language queries. At the initial stage, a trial search was conducted in ResearchGate to determine the main selection criteria and keywords that would help find studies relevant to the topic of our review [5].

Taking into account the PICO criteria, the main keywords for the search query were defined, including: “guilt”, “self-blame”, “refugee”, “war”, “PTSD”. Search limitations were also established.

As a result of the search, articles were found. After removing duplicates and performing an initial selection, 64 articles remained. Of these, 34 were excluded for not meeting the established criteria, mainly due to study type or lack of combat experience among participants. From the remaining 28 articles, 17 more were excluded because the sample included veterans and humanitarian workers ( $n=14$ ), the study of guilt was too limited ( $n=4$ ), or the number of participants was too small. The main information about the studies includes:

- title, authors, and year of publication;
- number of participants and sample characteristics;
- measurement methods used;
- obtained results.

To assess the quality of the articles, the following were analyzed: study objectives and design, sample characteristics, data collection methods, tools for

evaluating the primary construct under investigation, and statistical data processing methods [4].

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## EMPIRICAL ANALYSIS OF THE PSYCHOLOGICAL CHARACTERISTICS OF UKRAINIANS' RESILIENCE DURING THE MILITARY CONFLICT

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When organizing and conducting empirical research, a standard approach to psychological studies was followed. In particular, V. Bochelyuk indicates that every study should include the following main stages: “preparatory stage, research implementation, data processing, and the stage of interpretation and formulation of conclusions.”

During the preparation stage, a thorough selection of literary sources was carried out, along with a theoretical analysis of existing scientific works related to the chosen topic. Reliable and valid diagnostic tools were selected that best matched the aims and objectives of the study [4].

At the research stage, an empirical study was conducted on the psychological aspects of resilience among Ukrainians during the war. The following methods were used: the **Post-Traumatic Growth Inventory (PTGI)** by R. Tedeschi and L. Calhoun, and the **Connor-Davidson Resilience Scale – 10 (CD-RISC-10)**, adapted by N.V. Shkolin, I.I. Shapoval, I.V. Orlova, I.O. Kedyc, and M.A. Stanislavchuk.

During the data processing and analysis stage, both qualitative and quantitative assessments of the obtained results were carried out, followed by their interpretation. A comparison was made between the characteristics of resilience among Ukrainian citizens living in zones of direct danger near the front line and those in more distant, lower-risk regions [1].

The final stage of the study included the synthesis of theoretical and empirical results, as well as the formulation of overall conclusions based on the data obtained.

To investigate the psychological characteristics of respondents' resilience, the **Connor-Davidson Resilience Scale – 10 (CD-RISC-10)** was selected in the version adapted by N.V. Shkolin, I.I. Shapoval, I.V. Orlova, I.O. Kedyc, and M.A.