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БЕЗБАР'ЄРНІСТЬ
громадська організація

STATE OF UKRAINIANS' MENTAL HEALTH. THEIR ATTITUDE TOWARDS PSYCHOLOGICAL HELP DURING THE WAR

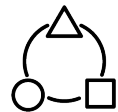
*within the initiative of First Lady Olena Zelenska to create a national
program of mental health and psychosocial support*



Data collection method: a survey self-administered via the mobile application.



Target audience of the study: men and women aged 18-60 who lived in cities with a population of 50 thousand and more on the territory of Ukraine before the beginning full-scale war.



Number of successful interviews: 2100



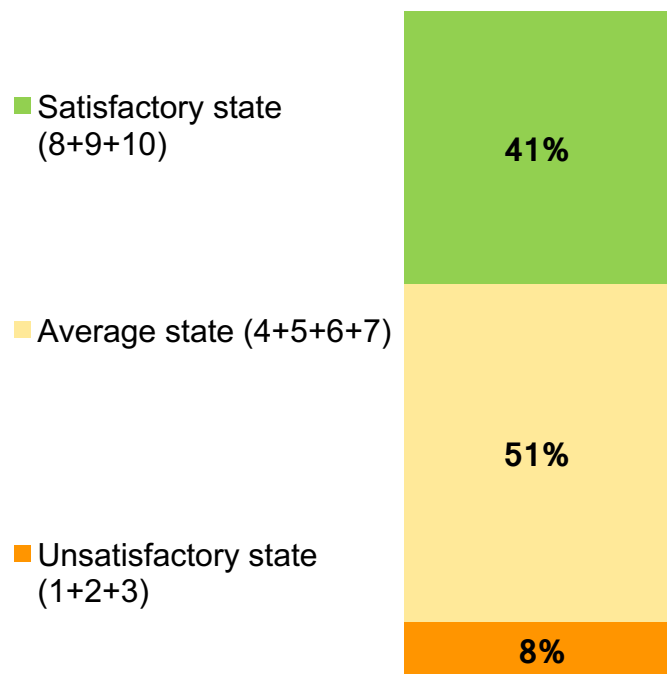
Field period of the survey: September 22 – September 26, 2022

**SURVEY OF UKRAINIANS:
PECULIARITIES OF MENTAL
HEALTH DURING FULL-SCALE
WAR**

SUBJECTIVE ASSESSMENT OF ONE'S OWN MENTAL HEALTH

41% of respondents evaluated their state of mental health as satisfactory, while half (51%) determined it as an average state. For the most part, people are guided by their own feelings/observations in determining their mental health state.

Assessment of mental health



How respondents determine their mental health state:



Base: all respondents, n=2100

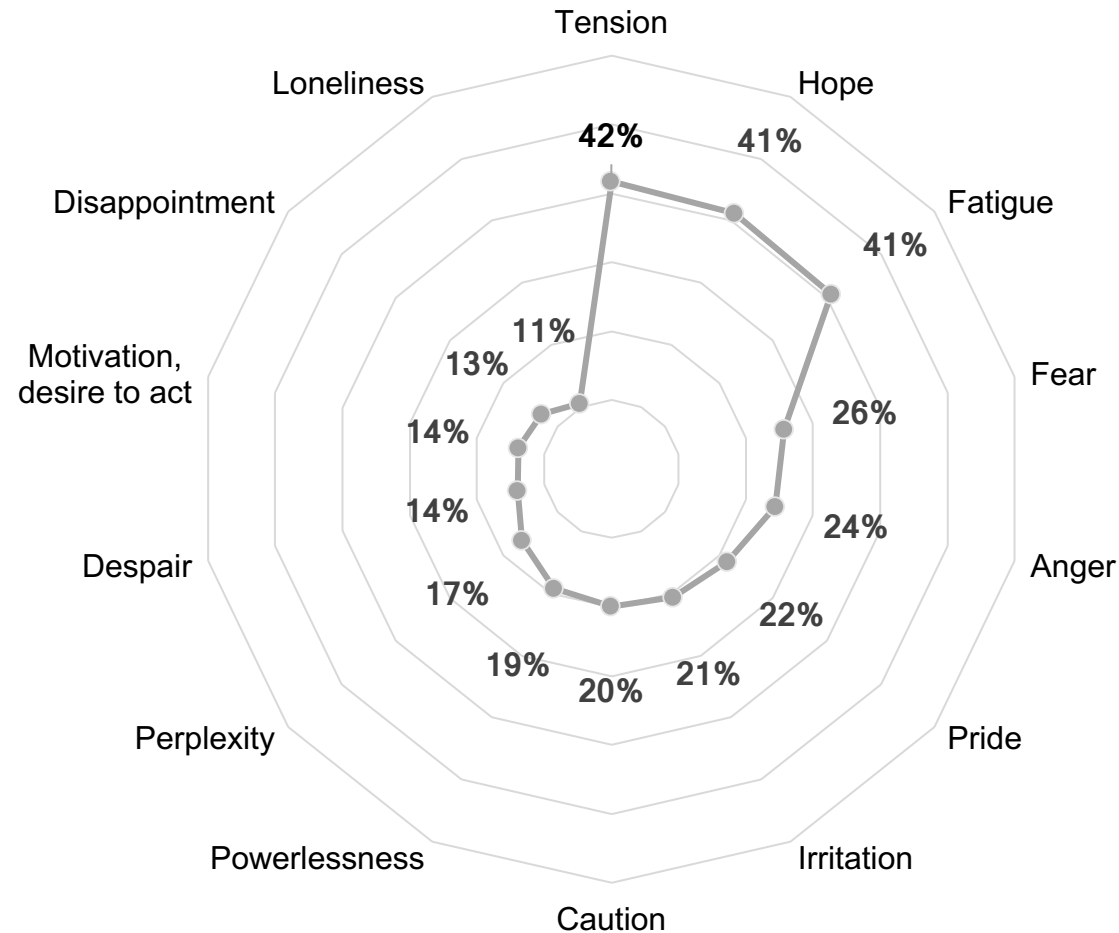
Please assess the state of your psychological (mental) health. Answer on a scale from 1 to 10, where 1 means 'I have a lot of problems with my psychological health' and 10 means 'I do not have problems with my psychological health at all'.

On the basis of what do you make such a conclusion?

Numbers that are statistically significantly **higher** / **lower** for women compared to the men. 4

EMOTIONS WHICH **MOST PREVAIL** IN THE MOOD OF UKRAINIANS RECENTLY

More than a third of respondents declare that they have recently felt tension (42%), hope (41%) and fatigue (41%).



The slide shows the emotions that received more than 10% mentions

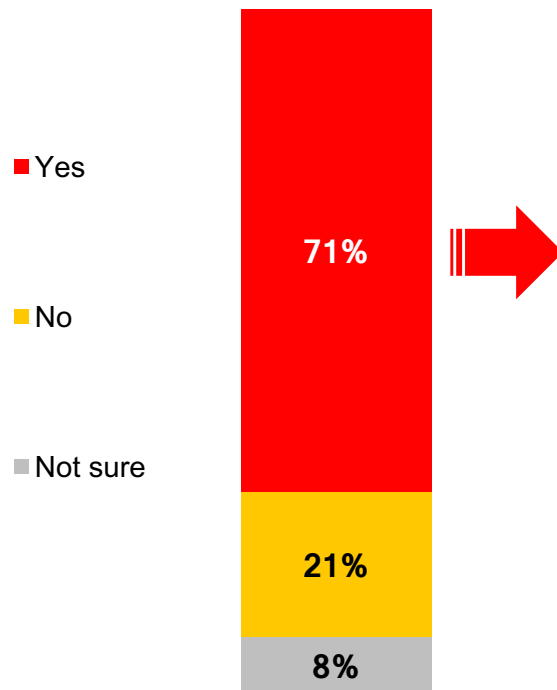
Base: all respondents, N=2100

What emotions recently prevail in your mood?

FEELING OF STRESS AND CAUSES OF STRESS

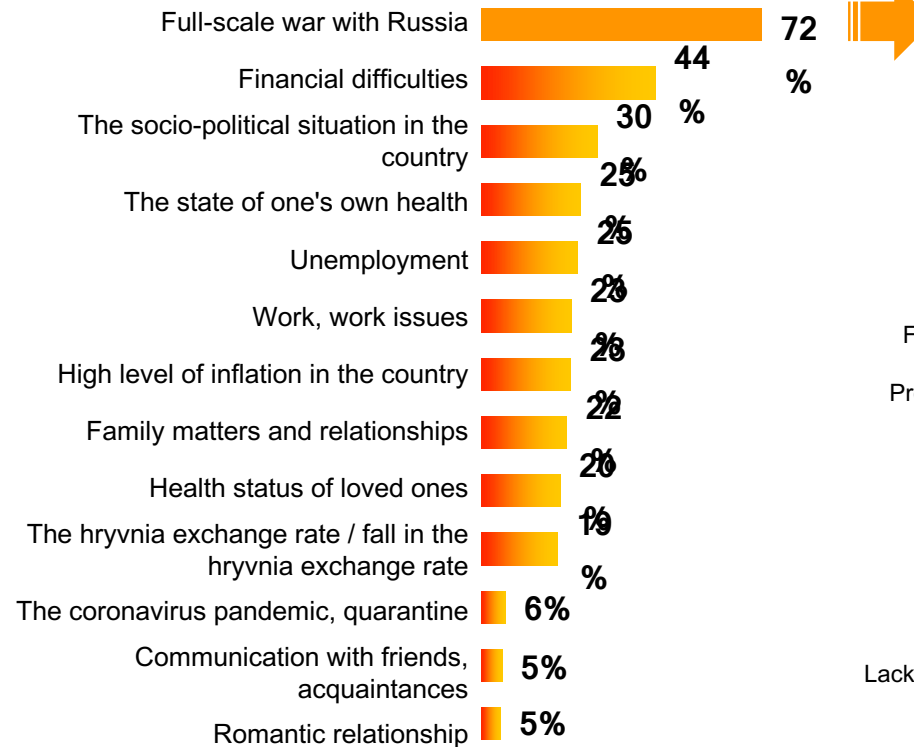
71% of respondents have recently felt stressed or very nervous. The war is most often mentioned among the causes of stress (72%), financial difficulties are in second place (44%). Among the aspects of war that cause stress, the safety of loved ones is in the first place (63%).

Feeling of stress or strong nervousness recently



Base: all respondents, N=2100

Causes of feeling of stress or strong nervousness recently



Base: respondents who have recently felt stressed or very nervous, N=1481

Aspects of war that cause stress or strong nervousness



Base: respondents who have recently felt stressed or very nervous due to full-scale war, N=1057

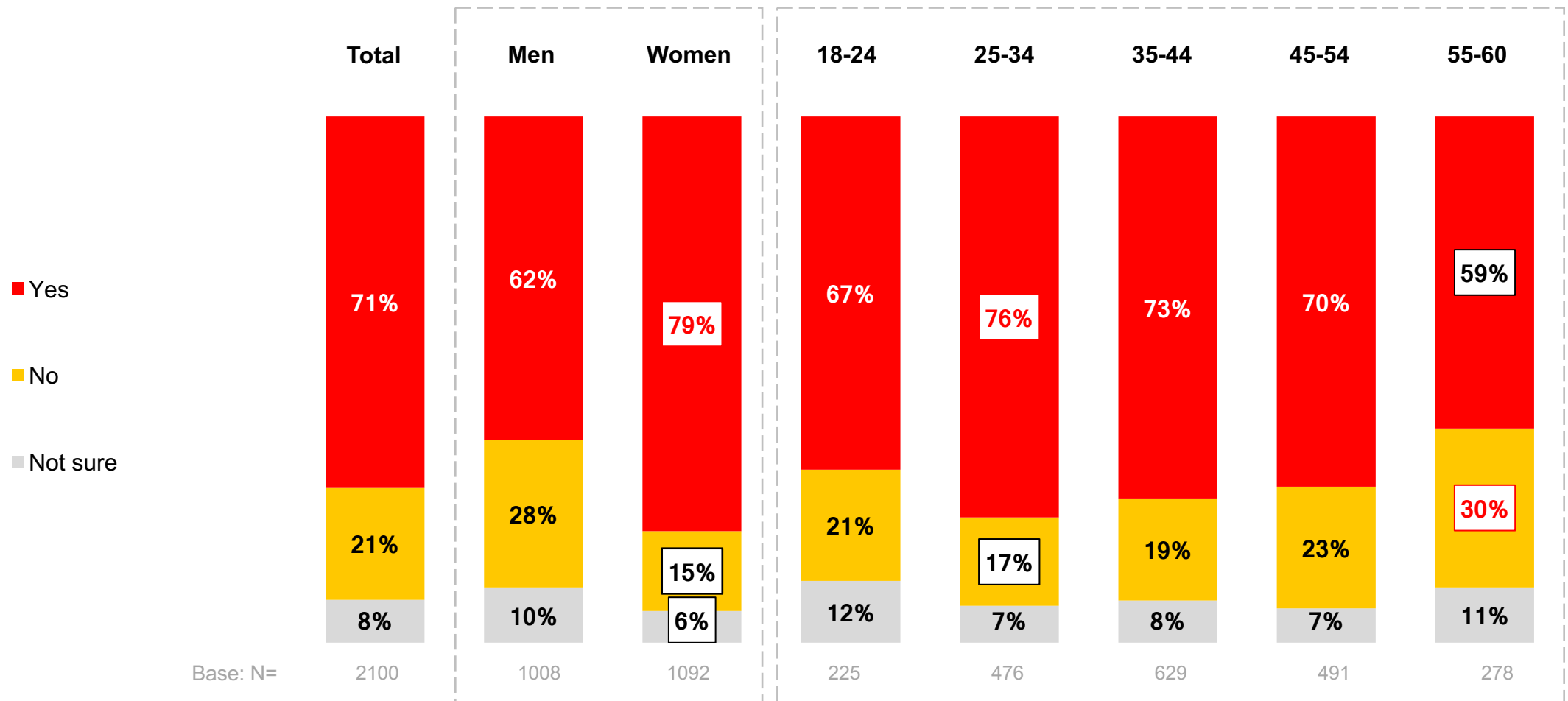
The slide shows alternatives that received more than 4% of mentions.

Please answer, have you recently felt stressed or very nervous? What exactly was the cause of your nervousness or stress recently? What aspects of the full-scale war with Russia were the cause of your stress or nervousness?

FEELING OF STRESS OR STRONG NERVOUSNESS RECENTLY

by gender and age

Women and people aged 25-34 years feel stress more often, while people aged 55-60 years, on the contrary, feel it less often compared to representatives of other age groups.



Base: all respondents
Please answer, have you recently felt stressed or very nervous?

Statistically significant differences **higher / lower** for the age group, compared to the sample as a whole. Women are compared to men.

CAUSES OF FEELING OF STRESS OR STRONG NERVOUSNESS RECENTLY

by gender and age

War is the dominant cause of stress in all gender and age groups, but women and people aged 55-60 mention this cause more often. Young people (people aged 18-24), on the contrary, feel stress due to the war slightly less often than representatives of other age groups, but they are more often concerned about other issues – work, family matters, the coronavirus pandemic, communication with friends and romantic relationships.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Full-scale war with Russia	72%	68%	74%	57%	71%	70%	74%	86%
Financial difficulties	44%	42%	46%	33%	49%	42%	47%	45%
The socio-political situation in the country	30%	30%	29%	32%	25%	27%	37%	30%
The state of one's own health	25%	22%	28%	28%	22%	22%	29%	32%
Unemployment	25%	24%	25%	24%	24%	25%	24%	27%
Work, work issues	23%	25%	22%	34%	20%	22%	24%	20%
High level of inflation in the country	23%	28%	19%	24%	22%	18%	31%	21%
Family matters and relationships	22%	19%	24%	30%	26%	20%	18%	18%
Health status of loved ones	20%	17%	23%	22%	18%	19%	17%	34%
The hryvnia exchange rate / fall in the hryvnia exchange rate	19%	23%	17%	18%	21%	19%	21%	13%
The coronavirus pandemic, quarantine	6%	5%	7%	12%	7%	4%	6%	6%
Communication with friends, acquaintances	5%	6%	5%	18%	4%	4%	2%	7%
Romantic relationship	5%	4%	6%	10%	6%	7%	1%	1%
Base: N=	1481	621	860	151	363	457	346	165

The slide shows alternatives that received more than 4% of mentions
Base: respondents who have recently felt stressed or very nervous
What exactly was the cause of your nervousness or stress recently?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

NEGATIVE STATES WHICH PEOPLE HAVE FELT RECENTLY

The largest share of respondents recently felt such negative states as anxiety, tension (50%), bad mood (45%), poor sleep (41%) and irritation & anger (38%). Among women, compared to men, there was recorded manifestation of a greater number of negative conditions. Among the audience aged 24-34, there are significantly more people who have recently felt bad mood, anger/irritation, fatigue, reduced productivity and eating disorders. Among the respondents aged 55-60, there are significantly more people who had sleep disorders (47% vs 41%)

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Anxiety, tension	50%	42%	57%	44%	51%	48%	52%	51%
Bad mood	45%	39%	51%	38%	53%	44%	44%	40%
Sleep disorders	41%	34%	47%	35%	38%	40%	44%	47%
Irritation, anger	38%	31%	44%	37%	44%	39%	37%	27%
Feeling of fatigue	32%	24%	40%	40%	37%	32%	32%	18%
Emotional instability	29%	22%	35%	32%	31%	24%	29%	30%
Lack of mental harmony	26%	21%	30%	26%	27%	25%	27%	23%
Reduced productivity	25%	21%	30%	30%	31%	22%	25%	20%
Obsessive negative thoughts	25%	22%	28%	32%	27%	20%	24%	29%
Apathy	25%	20%	29%	24%	29%	26%	23%	16%
Depression	24%	22%	27%	24%	26%	24%	25%	21%
Lack of motivation	23%	22%	25%	39%	26%	21%	23%	14%
Constant desire to cry	13%	4%	21%	15%	15%	10%	13%	10%
Eating disorders	12%	10%	15%	14%	18%	10%	11%	9%
Base: N=	2100	1008	1092	225	476	629	491	278

Base: all respondents
Which of these have you felt recently?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

WAYS TO COPE WITH STRESS OR STRONG ANXIETY

by gender and age

In general, among the ways to cope with stress, the respondents mention surfing the Internet (39%), communicating with loved ones (31%) and watching TV, movies or series (29%) most often. Ways to cope with stress also differ depending on gender and age groups. Thus, for example, young people (people aged 18-24) most often cope with stress with the help of music (men listen to it more often), while women spend time with loved ones, people aged 55-60 take sedatives.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Surfing the Internet	39%	38%	39%	35%	39%	35%	44%	41%
Communicate with friends, family	31%	28%	33%	33%	32%	29%	31%	30%
Watch TV / movies / series	29%	30%	27%	28%	35%	22%	35%	23%
Spend time with loved ones	24%	21%	28%	20%	27%	23%	23%	29%
Listen to music	24%	29%	20%	43%	31%	23%	18%	11%
Work significantly more	20%	20%	19%	17%	17%	21%	19%	23%
Engage in favorite activities, hobbies	19%	18%	20%	30%	20%	15%	21%	19%
Consume alcohol	16%	23%	11%	16%	17%	16%	19%	13%
Take medications for stress / to calm down	16%	8%	23%	11%	12%	14%	17%	27%
Read books	15%	12%	17%	13%	15%	13%	16%	20%
Eat more sweet / tasty food	14%	9%	18%	20%	18%	14%	11%	7%
Relax in nature	13%	13%	14%	7%	13%	14%	11%	24%
Do sports	10%	10%	10%	18%	11%	10%	10%	3%
Base: N=	2100	1008	1092	225	476	629	491	278

The slide shows the alternatives that received more than 10% mentions

Base: all respondents

What do you usually do to cope with nervousness or stress?

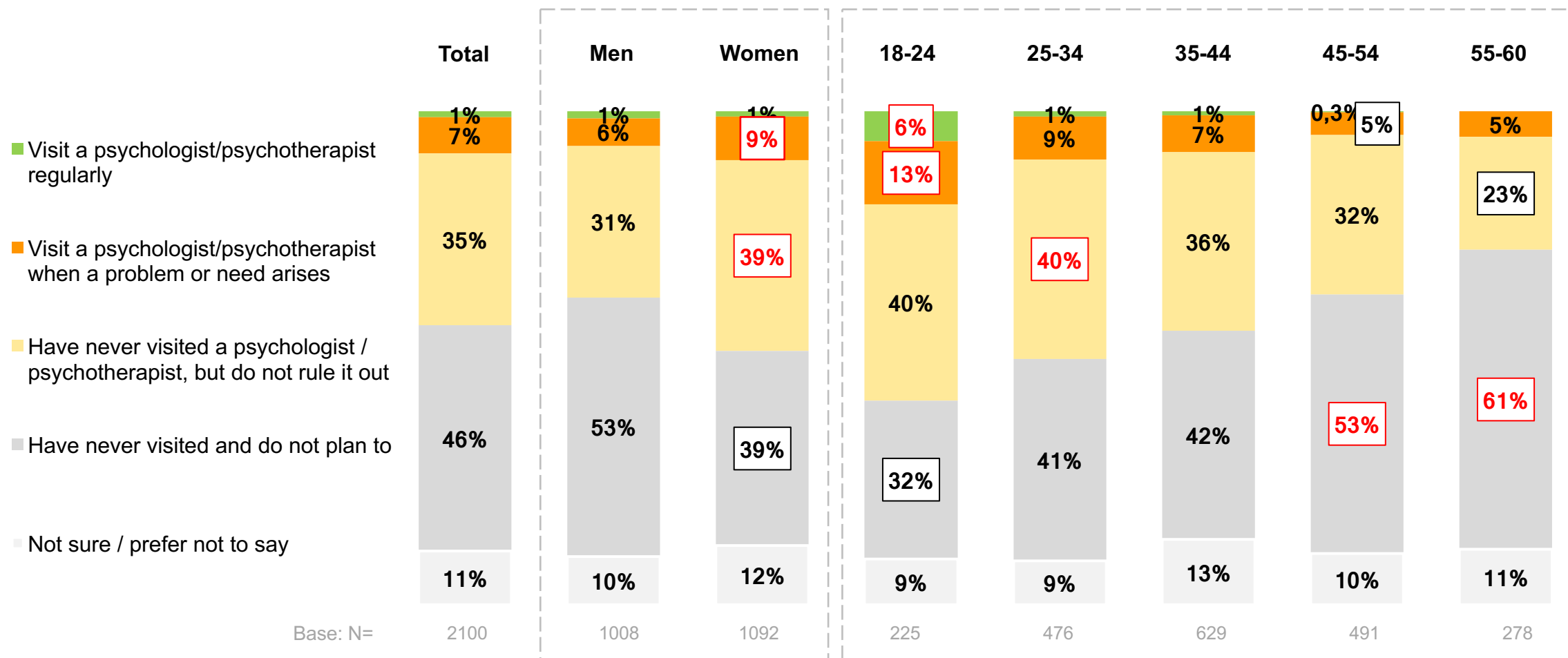


Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

**SURVEY OF UKRAINIANS:
EXPERIENCE OF SEEKING
PSYCHOLOGICAL HELP DURING
FULL-SCALE WAR**

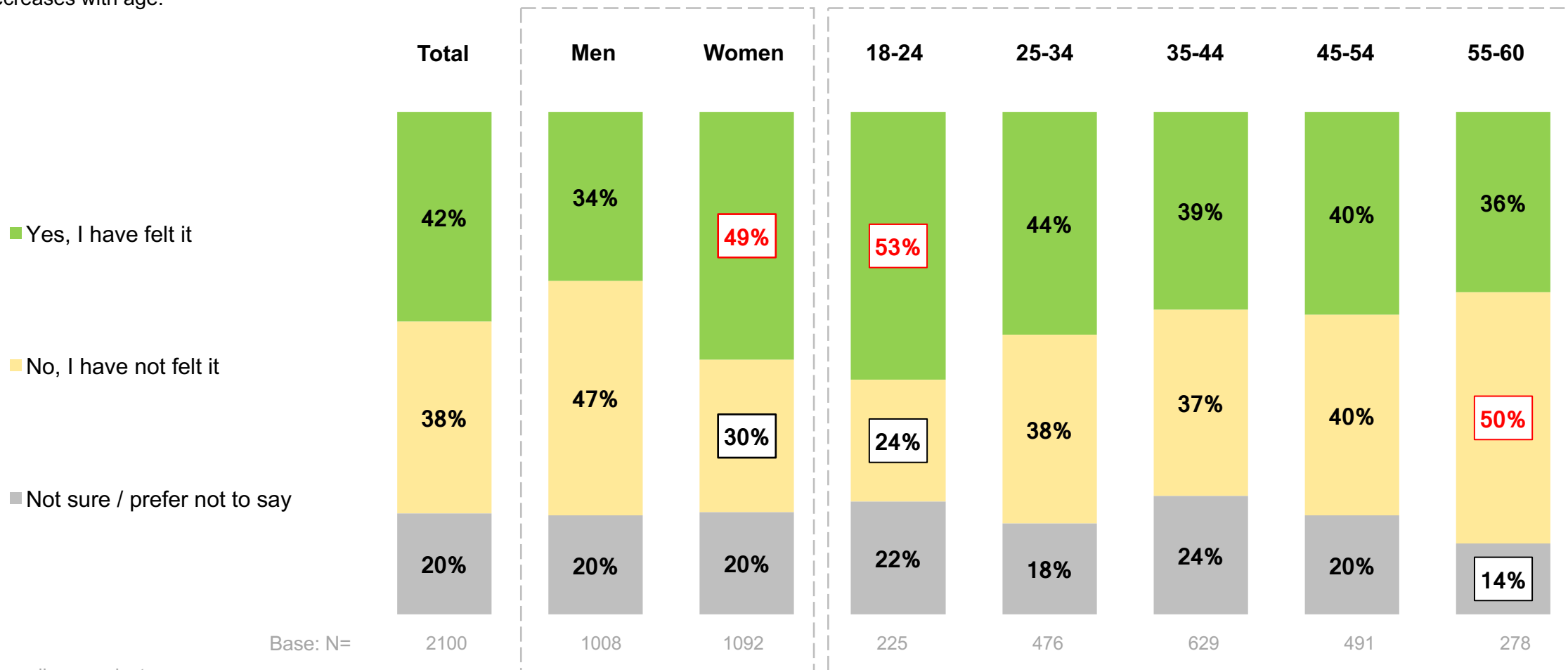
GENERAL EXPERIENCE OF CONTACTING TO A SPECIALIST

About half of the respondents (46%) have never visited a psychologist/psychotherapist and do not plan to do so in the future (a significantly higher share is among the 45+ audience). A third of respondents, although they have not visited specialists before, do not rule it out if necessary (the highest share of such people is recorded among women and the 25-34 age group). 7% of respondents had experience of visiting a psychologist/psychotherapist, and only 1% have regular sessions.



FEELING OF THE NEED FOR PSYCHOLOGICAL HELP DURING THE PAST 6 MONTHS

As for the feeling of need for psychological help during the past 6 months, respondents almost equally divided into those who have such feeling and those who do not have so: 42% felt the need, and 38% did not. In general, women and people aged 18-24 felt the need for psychological help during this time significantly more often than men and other age groups. At the same time, people aged 55-60, on the contrary, did not feel the need for psychological help significantly more often. In general, the feeling of need for such support decreases with age.



Base: all respondents

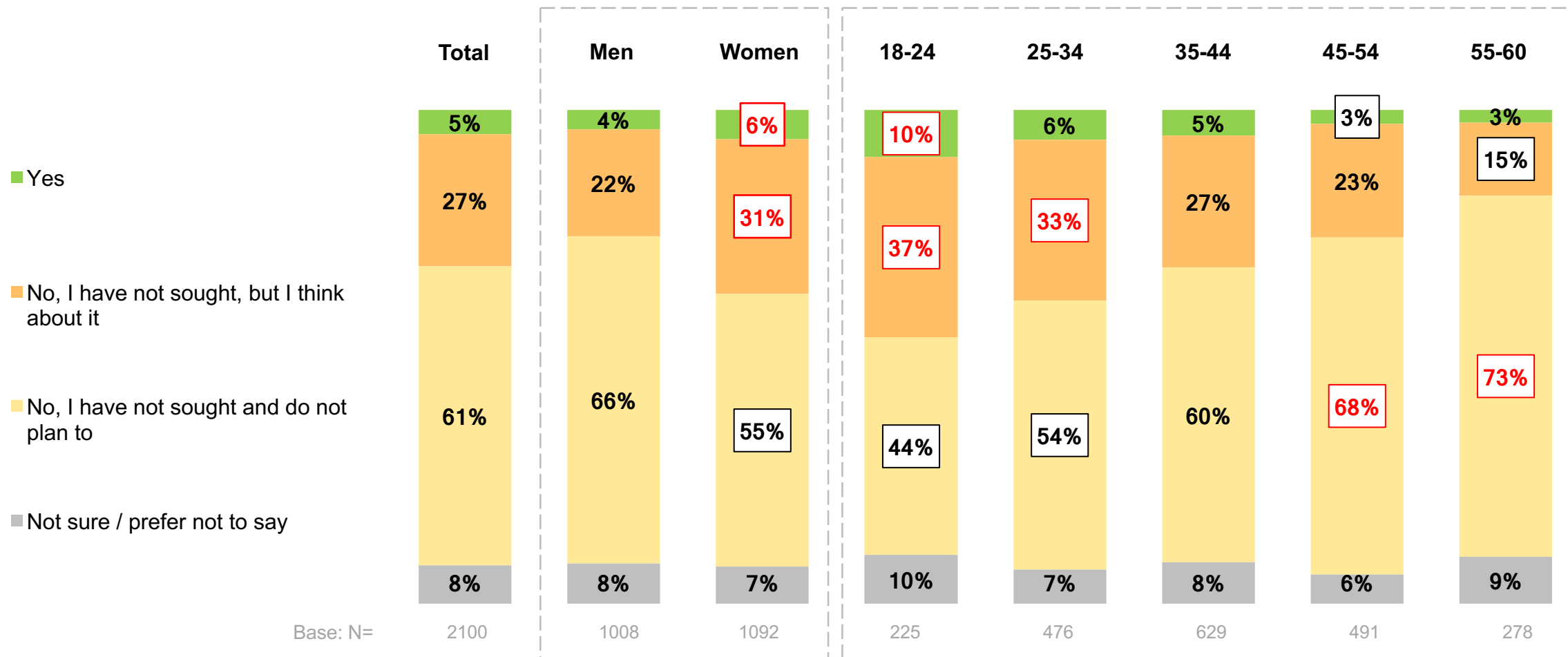
During the past 6 months, have you felt that you need psychological help?
(talk to someone, talk about your state)



Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

SEEKING PSYCHOLOGICAL HELP DURING THE PAST 6 MONTHS

The vast majority of respondents (88%) have not sought psychological help in the last 6 months, only 27% of them indicate that they intend to do so someday, while 61% do not plan to do so. Thus, 5% of respondents sought help (more often these are women and people aged 18-24). In general, the intention to seek psychological help decreases with age.



Base: all respondents
Have you sought psychological help in the last 6 months?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

PROBLEMS CONSIDERED SUFFICIENT TO SEEK PSYCHOLOGICAL HELP

According to the surveyed respondents, among the problems that are sufficient for seeking psychological help, the most often mentioned are being in captivity (45%), loss of the loved one due to war (43%), the presence of problems with psychological / mental health due to war (40%), participation in hostilities (39%) and occupation (38%). People aged 35-44 less often mention all these problems, with the exception of the last one. Women and people aged 18-24 consider most of the proposed problems sufficient to seek psychological help more often than men and the sample as a whole, while people aged 55-60 more often than other age groups say that such problems are only being in captivity, loss of loved one or housing due to war.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
To be a captive	45%	36%	53%	47%	44%	39%	43%	59%
Loss of a loved one due to war	43%	34%	51%	52%	43%	37%	42%	50%
The presence of problems with psychological /mental health due to war	40%	33%	47%	43%	44%	34%	40%	44%
Participation in hostilities	39%	30%	47%	45%	38%	33%	41%	45%
Stay in occupation	38%	28%	47%	48%	37%	35%	37%	41%
Staying nearby / directly in the zone of active hostilities	32%	21%	42%	39%	31%	28%	33%	35%
Loss of housing due to war	27%	19%	35%	35%	23%	25%	26%	34%
Presence of physical health problems due to the war	22%	16%	28%	30%	23%	20%	22%	17%
Loss of property (not housing) due to war	20%	13%	25%	20%	19%	20%	21%	18%
Relocation from the place of permanent residence because of the war in Ukraine	18%	12%	23%	28%	16%	15%	16%	20%
Job loss due to war	16%	11%	21%	18%	16%	16%	15%	19%
Relocation abroad	10%	6%	14%	15%	11%	8%	7%	12%
Base: N=	2100	1008	1092	225	476	629	491	278

Base: all respondents

Which of the following do you consider a sufficient problem to seek psychological help?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

GROUP OF PEOPLE WHO CURRENTLY NEED FOR PSYCHOLOGICAL HELP

According to about half of the respondents, people who have lost a loved one due to war (53%), as well as military personnel who took part in hostilities (51%) need for psychological help at the moment the most. This hierarchy is unchanged among gender and age groups. In general, women and people aged 55-60 mention a larger number of social groups who need for psychological help more often than men and other age groups. Women and people aged 18-24 also slightly more often mention that all Ukrainians currently need for psychological help.

A place among the general list

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
1 Those who lost a loved one due to war	53%	49%	57%	41%	48%	52%	62%	60%
2 Military personnel who took part in hostilities	51%	48%	53%	39%	49%	46%	57%	61%
3 Civilians with experience of being in the occupation	39%	35%	42%	37%	34%	39%	40%	47%
4 Civilians who were near or directly in the zone of active hostilities	37%	33%	41%	32%	37%	34%	41%	45%
5 Children	31%	26%	36%	29%	34%	29%	32%	33%
6 Those whose loved ones are in the Armed Forces of Ukraine	31%	27%	35%	26%	31%	30%	34%	32%
7 Those who have experienced material losses due to war	22%	21%	23%	19%	16%	21%	27%	27%
8 Seniors	21%	21%	21%	16%	16%	19%	25%	30%
9 Teenagers	19%	15%	23%	18%	22%	21%	17%	15%
10 Internally displaced persons	19%	17%	21%	14%	16%	18%	21%	26%
11 People with disabilities	17%	17%	17%	19%	14%	14%	19%	23%
12 Parents with children under the age of 18	10%	10%	10%	12%	10%	9%	10%	10%
13 Refugees abroad	9%	8%	10%	8%	9%	9%	11%	7%
14 Military personnel who did not participate in hostilities	8%	8%	8%	6%	8%	9%	9%	6%
All Ukrainians (alternative is mutually exclusive with others)	14%	9%	19%	25%	15%	12%	13%	12%
	Base: N= 2100	1008	1092	225	476	629	491	278

Base: all respondents
In your opinion, who needs psychological help now?

Statistically significant differences higher / lower for the age group, compared to the sample as a whole. Women are compared to men.

GROUP OF PEOPLE WHO CURRENTLY NEED FOR PSYCHOLOGICAL HELP **THE MOST**

The hierarchy of social groups who currently need for psychological help the most is almost the same as the answers in general. Thus, in the opinion of about half of the respondents, those soldiers who took part in hostilities (51%), as well as those who lost a loved one due to the war (48%) currently need for psychological help the most. There are differences in answers among gender and age groups.

A place among the general list

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
2 Military personnel who took part in hostilities	51%	47%	54%	41%	48%	46%	56%	64%
1 Those who lost a loved one due to war	48%	44%	51%	32%	40%	48%	59%	52%
3 Civilians with experience of being in the occupation	31%	28%	34%	30%	28%	32%	28%	41%
4 Civilians who were near or directly in the zone of active hostilities	29%	24%	34%	24%	26%	27%	33%	38%
6 Those whose relatives are in the Armed Forces of Ukraine	22%	19%	24%	20%	19%	21%	20%	32%
5 Children	21%	19%	23%	17%	22%	24%	19%	22%
7 Those who have experienced material losses due to war	11%	13%	10%	12%	10%	12%	10%	15%
8 Seniors	9%	10%	8%	10%	6%	6%	13%	13%
9 Teenagers	8%	8%	8%	8%	8%	10%	8%	4%
11 People with disabilities	6%	8%	5%	9%	6%	7%	5%	7%
10 Internally displaced persons	6%	7%	6%	2%	6%	4%	9%	10%
14 Military personnel who did not participate in hostilities	5%	5%	5%	2%	3%	6%	5%	6%
13 Refugees abroad	3%	4%	2%	4%	5%	3%	2%	1%
12 Parents with children under the age of 18	3%	3%	2%	2%	1%	4%	3%	2%
All Ukrainians <i>(alternative is mutually exclusive with others)</i>	14%	12%	16%	26%	17%	11%	13%	9%
	Base: N= 1875	861	1014	200	413	549	454	259

Base: those who answered questions about groups who currently need for psychological help
Who needs psychological help the most now? (MAX-5)

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

BARRIERS TO SEEKING PSYCHOLOGICAL HELP

Among the barriers to seeking psychological help during the last 6 months, the surveyed respondents most often mention the insignificance of their own problems (31%), confidence in their ability to cope independently (26%), the presence of people who currently have a greater need for help (20%), as well as the cost of such assistance (20%). The last three reasons are also more often mentioned by women as barriers, while people aged 18-24 also more often do not have time to seek.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Do not consider their problems sufficient for seeking	31%	32%	29%	21%	23%	29%	32%	53%
Were confident that they would be able to cope independently	26%	22%	31%	21%	25%	24%	31%	30%
There are enough of those who need it more now	20%	17%	23%	13%	20%	20%	22%	25%
It is expensive	20%	14%	25%	23%	21%	19%	21%	14%
Do not think it will help	15%	17%	13%	11%	15%	13%	18%	16%
This is not the time	13%	13%	13%	17%	13%	10%	14%	12%
Not ready to share the experience, worries	12%	11%	14%	7%	17%	13%	10%	13%
Did not know where to seek	10%	7%	13%	19%	13%	9%	6%	7%
Do not want to show the weakness	9%	9%	9%	5%	9%	10%	11%	5%
Do not trust in psychologists	8%	9%	7%	6%	7%	8%	10%	9%
Did not have time to seek	8%	8%	7%	24%	9%	6%	4%	4%
Feel shame / fear	7%	7%	8%	13%	10%	7%	4%	4%
Base: N=	1833	887	946	181	414	544	448	245

The slide shows the alternatives that received more than 2% mentions (Total)
Base: respondents who did not seek psychological help during the last 6 months
Why did you not seek psychological help during the last 6 months?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

**SURVEY OF UKRAINIANS:
KNOWLEDGE OF MENTAL
HEALTH INSTITUTIONS AND
TRUST IN THEM**

TRUST IN ORGANIZATIONS

Respondents trust Diya the most (37%), and the Ministry of Veterans Affairs - the least (3%). A quarter of respondents trust the World Health Organization (25%) and UNICEF (24%), every fifth (21%) - the Ministry of Health. The lowest level of trust in almost all of the listed organizations was recorded among representatives of the 45-54 age group, and the highest - among people aged 18-24 and 25-34 years.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60					
Diya	37%	37%	37%	47%	39%	32%	32%	47%					
World Health Organization (WHO)	25%	28%	21%	30%	30%	22%	23%	20%					
UNICEF / Unicef	24%	25%	23%	25%	31%	25%	19%	16%					
Ministry of Health (MoH)	21%	21%	20%	29%	28%	17%	17%	15%					
Ministry of Digital Transformation of Ukraine (Mintsifra)	16%	18%	14%	24%	19%	12%	12%	20%					
Ministry of Social Policy of Ukraine (Ministry of Social Policy)	9%	8%	10%	12%	11%	6%	6%	16%					
Ministry of Education and Science of Ukraine (MES)	8%	8%	8%	15%	12%	5%	5%	6%					
Ministry of Veteran Affairs (Minvet)	3%	4%	2%	5%	4%	2%	1%	7%					
None of the above	34%	32%	35%	24%	28%	36%	42%	28%					
	Base: N= 1947			932	1015				195	433	582	465	272

Base: respondents who know at least one of the following organizations
Which of the following organizations do you trust?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

TRUST IN STATE AND PUBLIC INSTITUTIONS

The Armed Forces of Ukraine are trusted the most (59%). The highest level of trust in the Armed Forces of Ukraine was recorded among representatives of the age categories 55-60 years (73%) and 45-54 years (68%), the lowest - respectively among young people (18-24 years) and middle-aged people (35-44 years). Next in terms of trust are the President of Ukraine (44%) and volunteer organizations (25%). The president of Ukraine is most trusted by young people (18-24 years old) and people of pre-retirement age (55-60 years old). In general, respondents trust the courts (2%) and the State Tax Service (1%) the least.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Armed Forces of Ukraine	59%	60%	59%	50%	53%	55%	68%	73%
President of Ukraine	44%	46%	43%	53%	47%	40%	39%	55%
Volunteer organizations	25%	28%	22%	22%	24%	21%	27%	33%
Doctors	17%	19%	16%	28%	17%	13%	15%	22%
Charitable organizations	14%	14%	14%	20%	14%	10%	14%	16%
International organizations	11%	14%	10%	13%	10%	11%	11%	15%
Church	11%	12%	9%	9%	8%	9%	16%	11%
National Police of Ukraine	9%	10%	8%	10%	11%	7%	7%	14%
Government of Ukraine	9%	10%	8%	16%	10%	5%	7%	14%
National Bank of Ukraine	5%	8%	4%	12%	6%	3%	4%	8%
Verkhovna Rada of Ukraine	5%	5%	5%	14%	7%	2%	4%	5%
Ministry of Finance of Ukraine	3%	4%	3%	8%	4%	1%	2%	7%
State Customs Service of Ukraine	2%	2%	3%	7%	4%	0,4%	1%	2%
Courts	2%	2%	1%	4%	2%	1%	1%	2%
State Tax Service	1%	2%	1%	3%	2%	0,2%	2%	0%
Base: N=	2100	1008	1092	225	476	629	491	278

Base: all respondents
Who do you trust from the state and public institutions listed below?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

TRUST IN PERSONS / SOURCES OF INFORMATION IN PSYCHOLOGICAL HEALTH ISSUES

Specialists in the field of psychology are the most trusted: psychologists / psychotherapists (27%), psychologists / psychotherapists on a free hotline (14%), psychiatrists (13%), while the least trusted are bloggers (2%), pharmacists (1%). Every fifth respondent trusts only his own opinion. According to gender and age distribution, psychologists / psychotherapists and psychiatrists are most trusted by women and persons aged 18-24. In addition, among other age groups, young people (18-24 years old) trust family doctors (17%) and psychologists' articles on the Internet (23%) the most.

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Psychologists / psychotherapists	27%	22%	32%	37%	29%	25%	28%	19%
Psychologists / psychotherapists on a free hotline	14%	10%	17%	19%	14%	10%	13%	19%
Psychiatrists	14%	12%	15%	20%	17%	11%	13%	11%
Relatives	13%	15%	10%	11%	15%	13%	12%	9%
Family doctor	12%	13%	11%	17%	12%	11%	11%	10%
Articles by psychologists/psychotherapists on the Internet	11%	10%	12%	23%	13%	10%	9%	5%
Friends	9%	10%	8%	7%	10%	8%	10%	11%
Participants of specialized forums	3%	3%	4%	8%	3%	3%	2%	3%
Famous personalities	3%	4%	2%	3%	2%	3%	4%	3%
Parishioners of my church	3%	3%	3%	6%	2%	2%	4%	2%
Bloggers	2%	3%	1%	4%	1%	3%	1%	0,1%
Pharmacists	1%	2%	1%	3%	2%	2%	1%	0,1%
Only my own opinion	17%	20%	14%	10%	14%	15%	24%	20%
Not sure	29%	28%	30%	26%	31%	32%	25%	31%
Base: N=	2100	1008	1092	225	476	629	491	278

Base: all respondents

Which of the following persons/sources of information do you trust in psychological health issues?



Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

**SURVEY OF UKRAINIANS:
SOURCES OF
INFORMATION WHICH ARE
USED BY PEOPLE**

SOURCES USED IN THE LAST MONTH

In the last month, the largest share of respondents used social networks (67% in general, and a higher share of usage is recorded among women), watched YouTube videos (67%) and used messengers (58% in general, and a higher share of usage is recorded among women and the 25-34 audience). In addition, about half of the respondents watched TV and read online media in the last month (52% of users each).

	Total	Men	Women	18-24	25-34	35-44	45-54	55-60
Used social networks	67%	62%	72%	60%	70%	68%	71%	62%
Watched videos on YouTube	67%	68%	66%	65%	67%	67%	70%	63%
Used messengers	58%	54%	61%	62%	64%	58%	57%	45%
Watched TV	52%	54%	50%	36%	48%	51%	59%	64%
Read online media	52%	52%	52%	53%	56%	51%	53%	46%
Listened to the radio	27%	33%	21%	16%	30%	28%	27%	24%
Read print media	13%	14%	12%	22%	15%	13%	10%	8%
Base: N=	2100	1008	1092	225	476	629	491	278

Base: all respondents

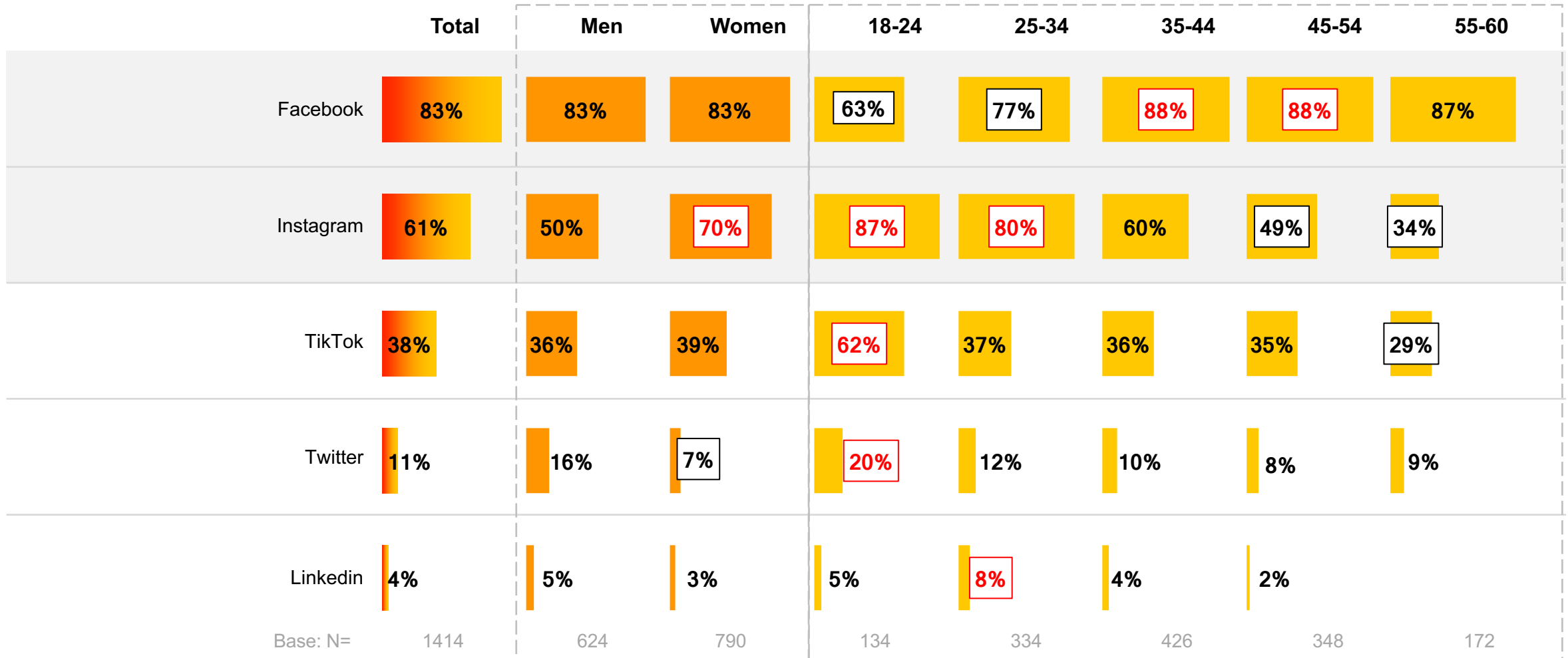
Which of the following have you done at least once in the last month?



Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

SOCIAL NETWORKS USED IN THE LAST MONTH

The most popular social networks among respondents are Facebook (83% of users) and Instagram (61% of users). Whereas Facebook is more popular among the 35-54 audience, and Instagram - among the 18-34 audience. In addition, among the 18-24 audience, there are also significantly higher shares of TikTok and Twitter users

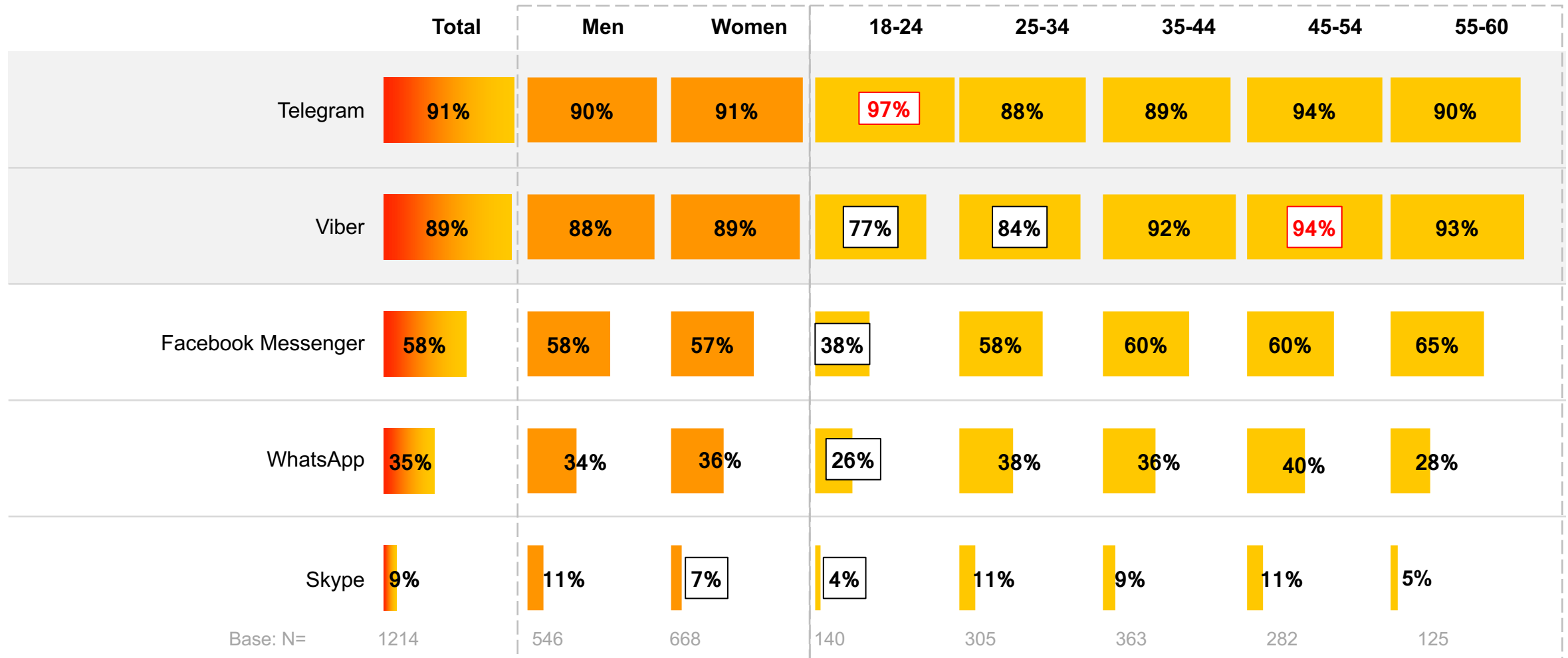


Base: respondents who used social networks for the last month.
What social networks do you use?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

MESSENGERS USED IN THE LAST MONTH

The most popular messengers among respondents are Telegram (91% of users) and Viber (89% of users). Telegram is more popular among the 18-24 audience, and Viber - among the 45-54 audience. In addition, among the 18-24 audience, there are significantly lower shares of Viber, Facebook Messenger, WhatsApp and Skype users.

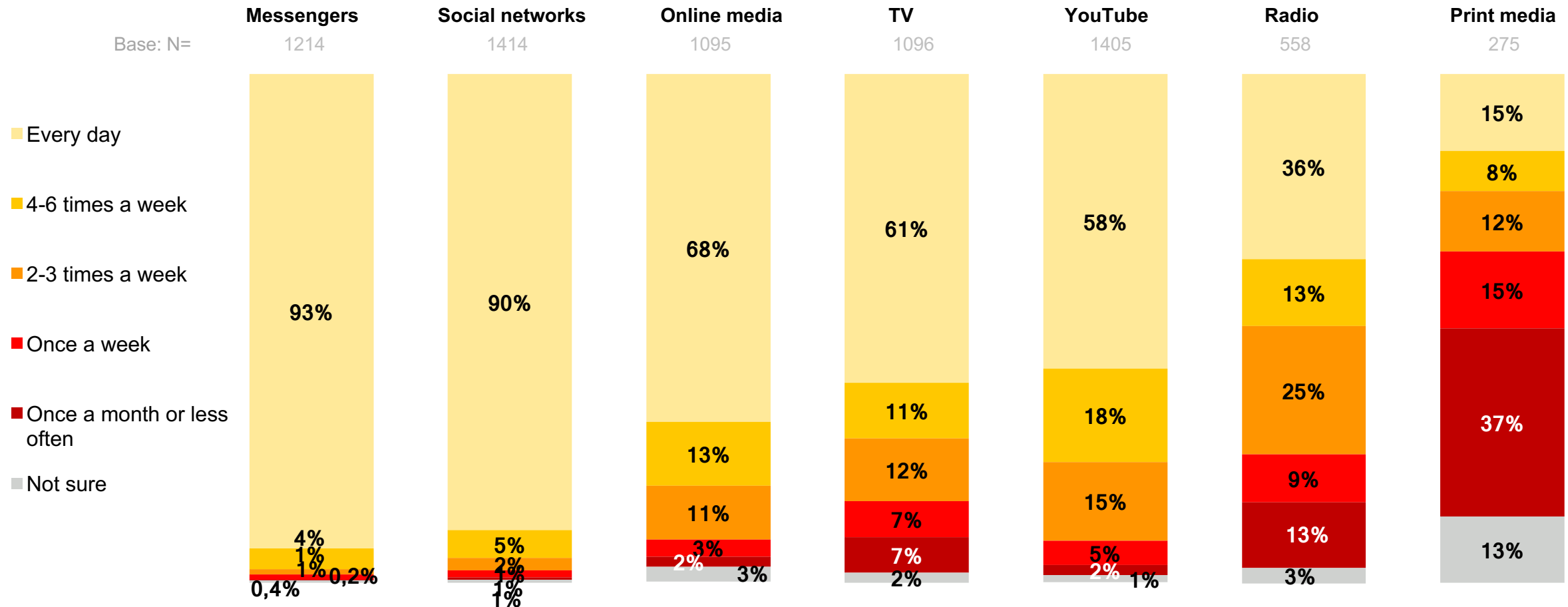


Base: respondents who used messengers in the last month
What messengers do you use?

Statistically significant differences **higher** / **lower** for the age group, compared to the sample as a whole. Women are compared to men.

FREQUENCY OF USAGE OF SOURCES

Messengers and social networks are the most popular among respondents - 93% and 90% use them every day, respectively. According to the frequency of usage, other popular sources are online media, TV, YouTube and radio (68%, 61%, 58% and 36% of respondents are considered to be their daily users, respectively). Among the indicated sources of information, respondents use print media the least often - the vast majority (37%) use them once a month or even less often.

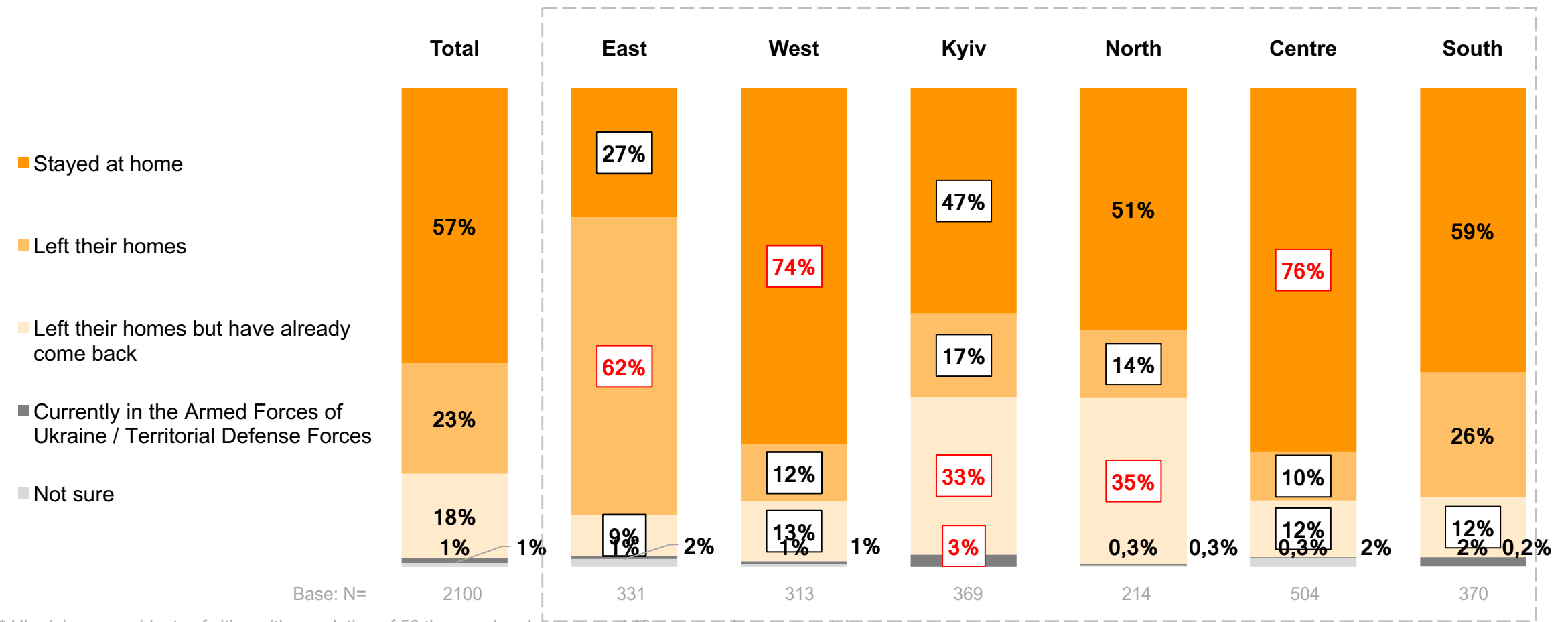


Base: respondents who used the relevant source
How often do you use the source...?

SURVEY OF UKRAINIANS: PROFILE OF THE INTERVIEWED UKRAINIANS*

RELOCATION OF UKRAINIANS* DUE TO THE FULL-SCALE WAR

More than half (57%) of the surveyed respondents remained at their place of residence since the beginning of the war, while 41% - left their place of residence (18% of them - have already returned home, and 23% - still remain far from their own home). In general, residents of the Western and Central regions remained at their place more often than residents of other regions, while residents of the East - left their place of residence, and residents of Kyiv and the North - more often migrated, but have already returned home.



* Ukrainians – residents of cities with population of 50 thousand and more, aged 18+ years, who use smartphones

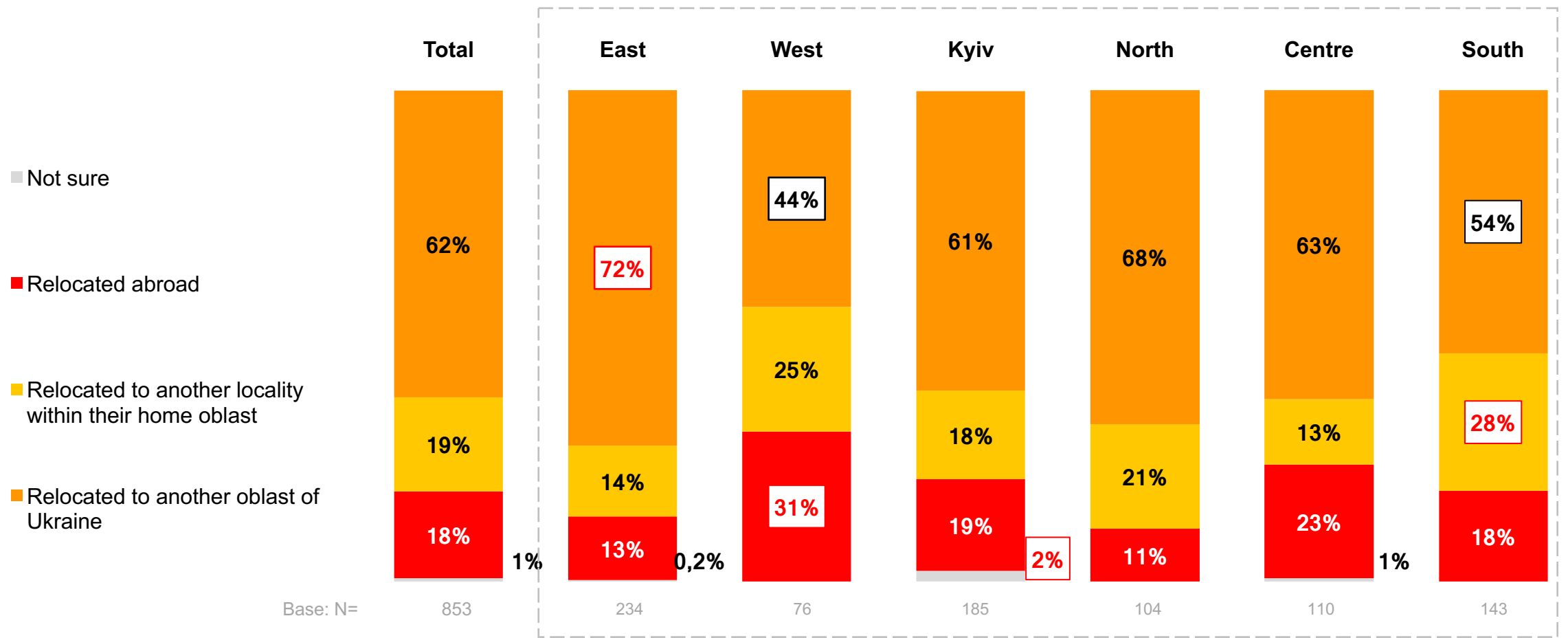
Base: all respondents

Which of the following phrases best reflects your actions in the situation of Russia's war against Ukraine:

Statistically significant differences **higher** / **lower** for the region, compared to the sample as a whole

DIRECTION OF RELOCATION DUE TO THE FULL-SCALE WAR

The vast majority (62%) of respondents were forced to relocate to another oblast due to the war, while 19% - migrated within their oblast, and 18% - migrated abroad. Residents of the Eastern region migrated to another oblast more often than residents of other regions, while residents of the Southern region – migrated within their oblast, and residents of the Western region - migrated abroad.



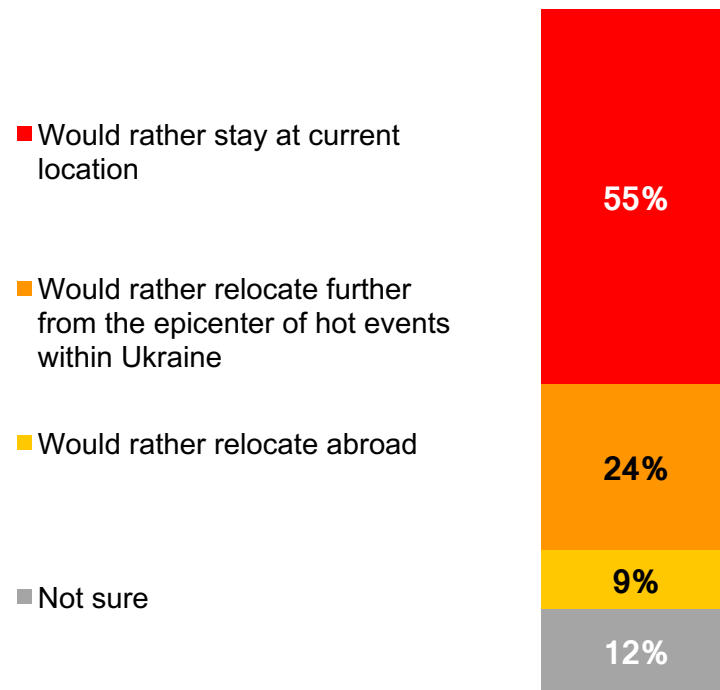
Base: respondents who relocated
In which direction were you forced to move

Statistically significant differences **higher** / **lower** for the region, compared to the sample as a whole

RELOCATION IN CASE OF AGGRAVATION. DESIRE TO RETURN TO UKRAINE

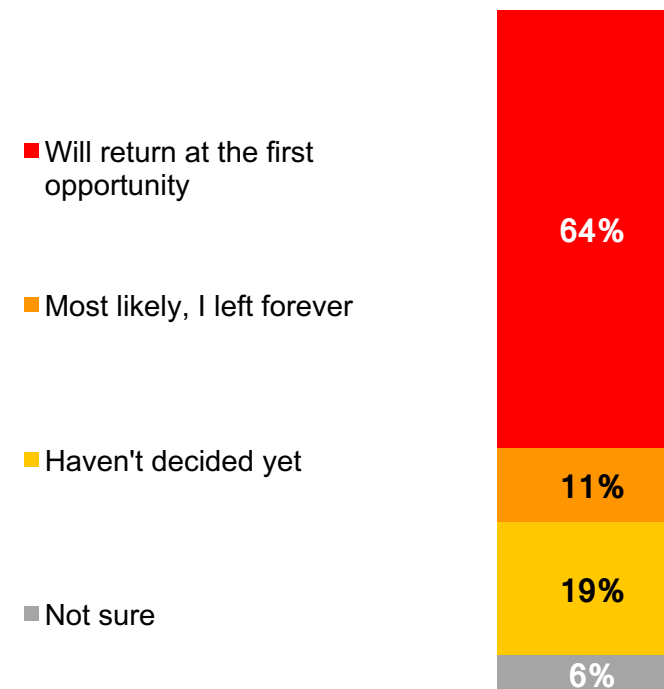
More than half of the respondents who currently remain in Ukraine intend to stay at their current place of residence in the event of a worsening of the situation in the country, while 24% - intend to relocate within the country further from the epicenter of hot events, and 9% - plan to go abroad in such case. When it comes to those who are currently abroad (forced to leave due to the war), 64% of respondents intend to return at the first opportunity, while 11% - most likely left permanently, and 19% - have not yet decided.

**In case of aggravation of the situation
would rather...
(currently in Ukraine)**



Base: respondents currently living on the territory of Ukraine, N=1903

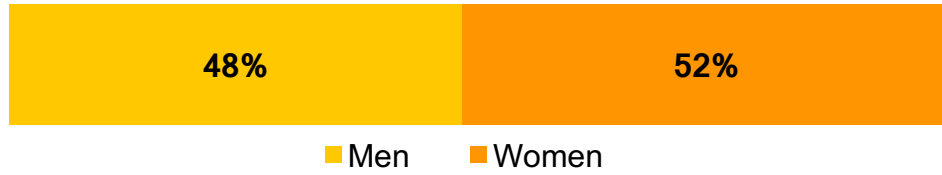
Intention to return (currently abroad)



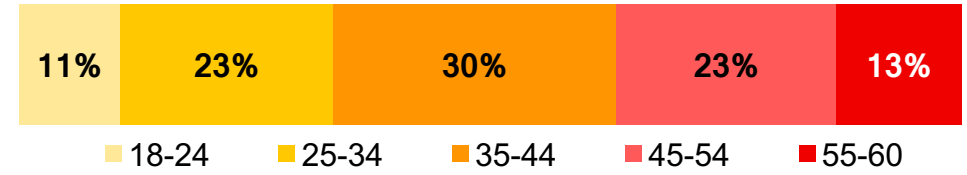
Base: respondents who went abroad and have not yet returned, N=99

SOCIO-DEMOGRAPHIC PROFILE

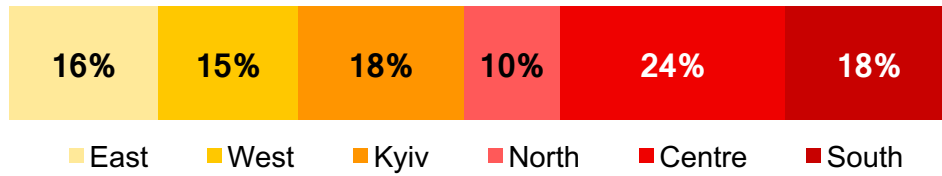
Gender



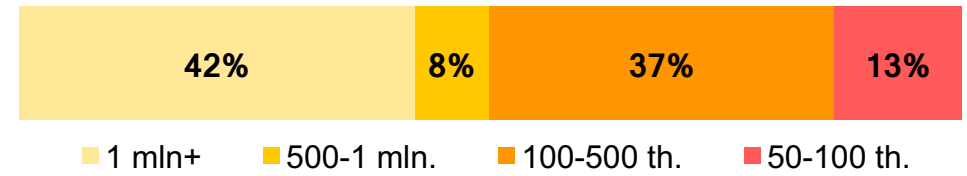
Age



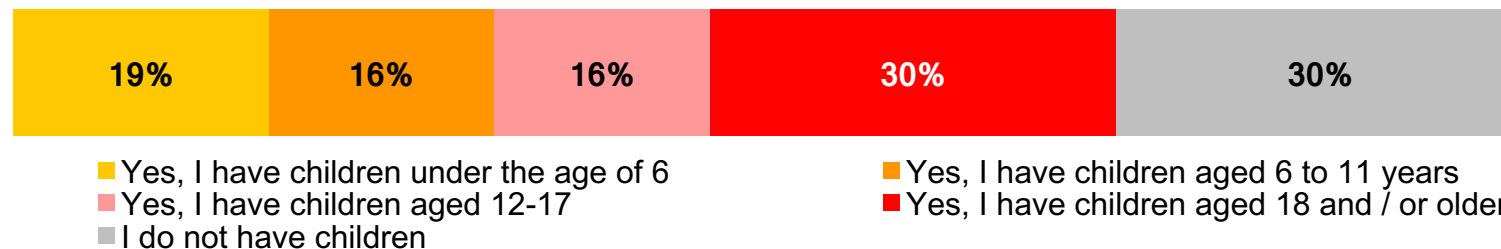
Region (before the war)



The size of the settlement (before the war)

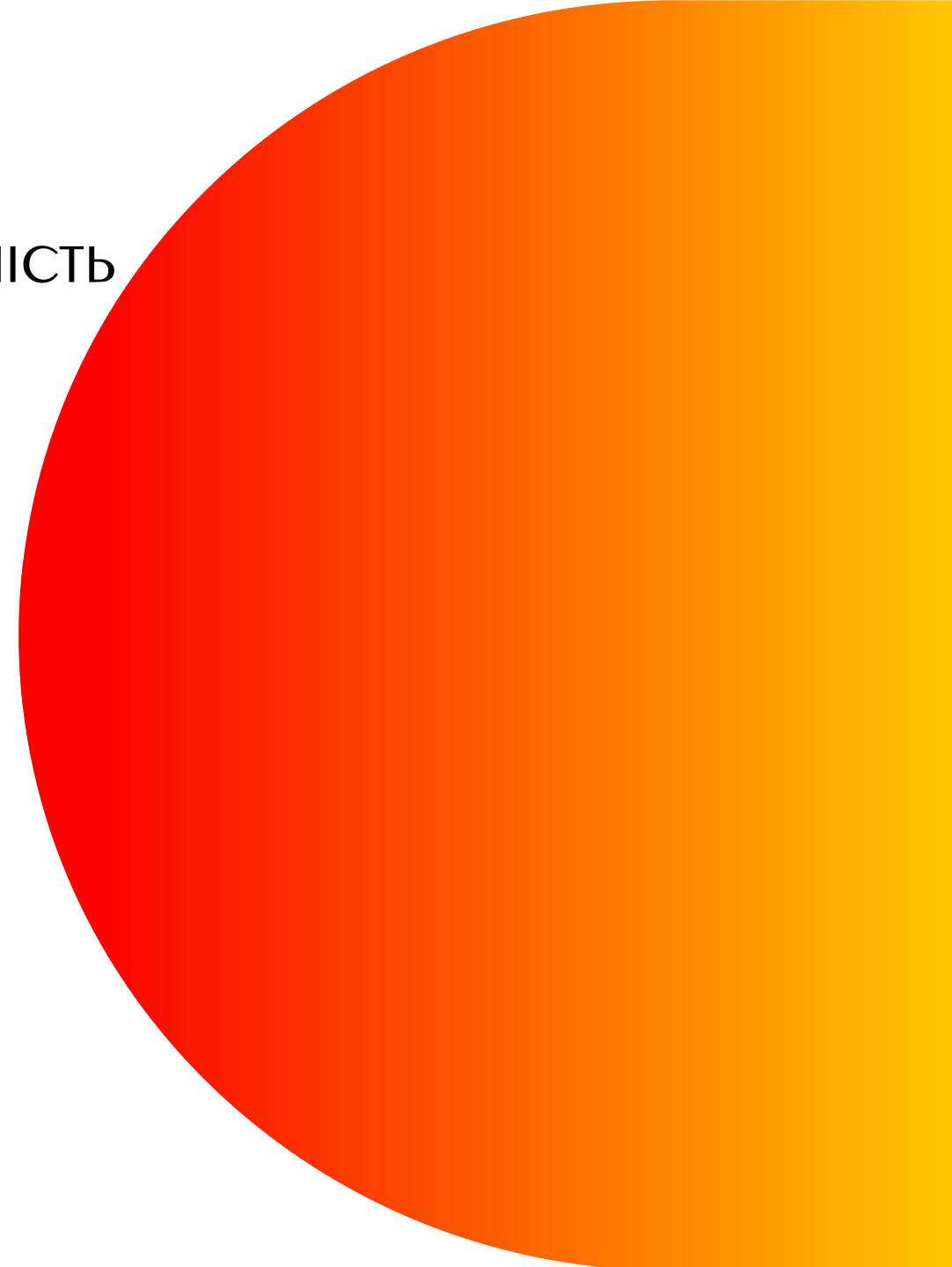


Having children





SURVEY OF EXPERTS





Data collection method: a survey self-administered via the mobile application.



Target audience of the study: psychologists and psychotherapists working in Ukraine, namely:

- Military psychologists, psychologists of the rehabilitation center for veterans
- Psychologists / social workers of the IRC, psychologists / social workers of a volunteer organization that works with people with disabilities
- Psychologists/psychotherapists with private practice
- Psychiatrists / psychotherapists with private practice

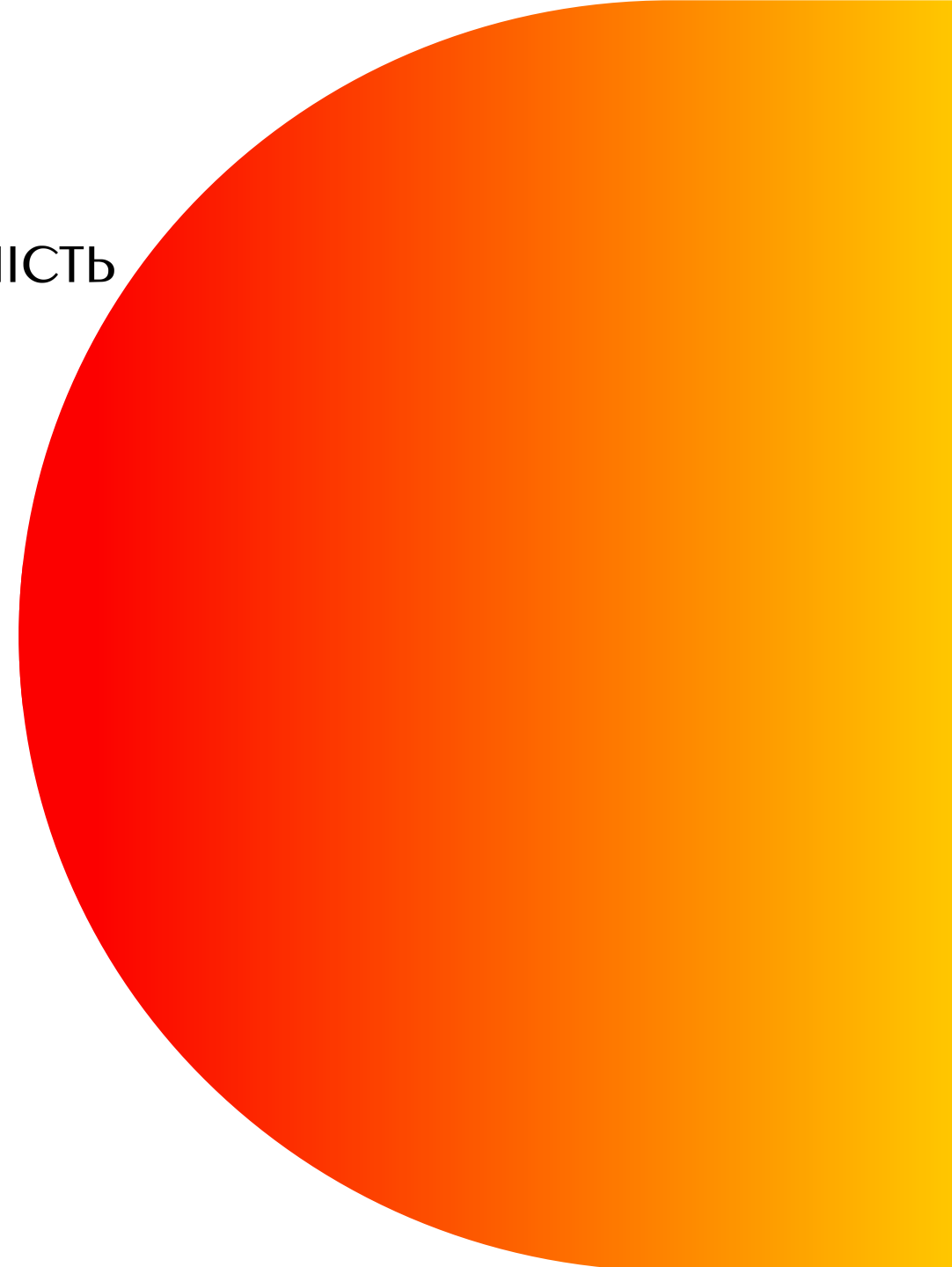


Number of successful interviews: 73.



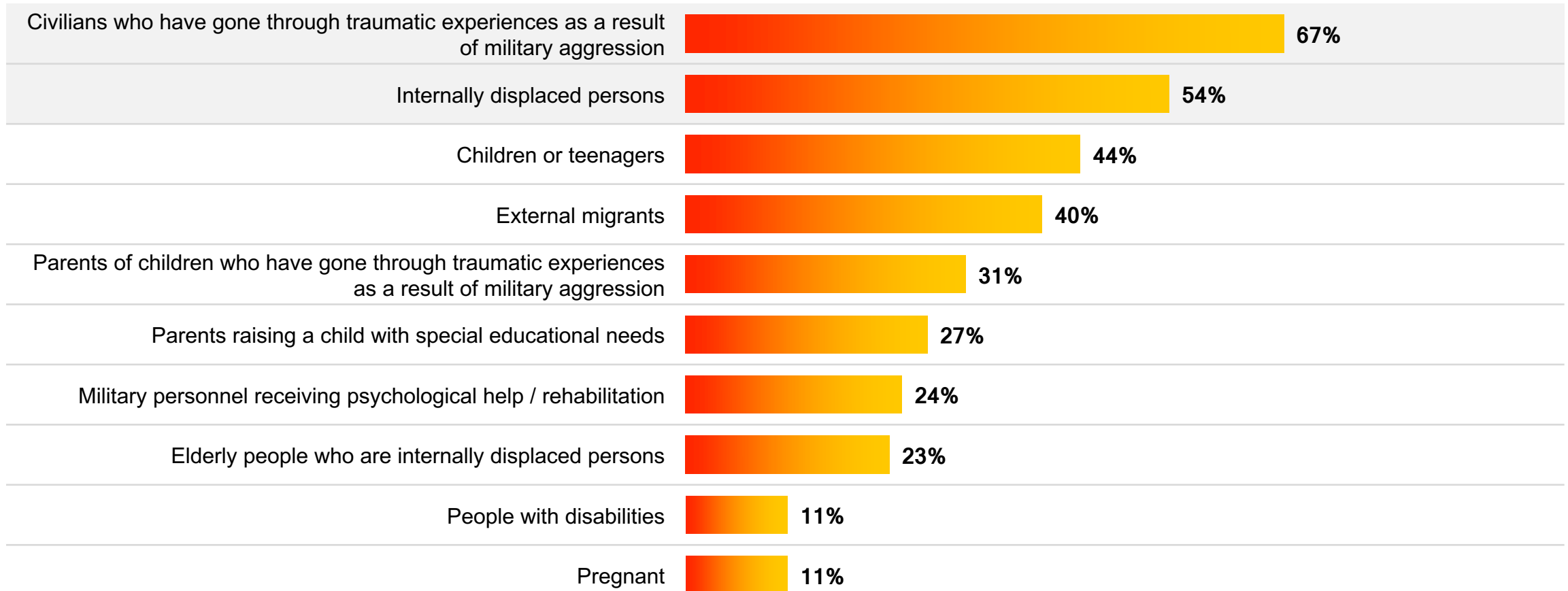
Field period of the survey: September 22 – September 29, 2022

**SURVEY OF EXPERTS:
EXPERIENCE OF PROVIDING
PSYCHOLOGICAL HELP
DURING THE FULL-SCALE
WAR**



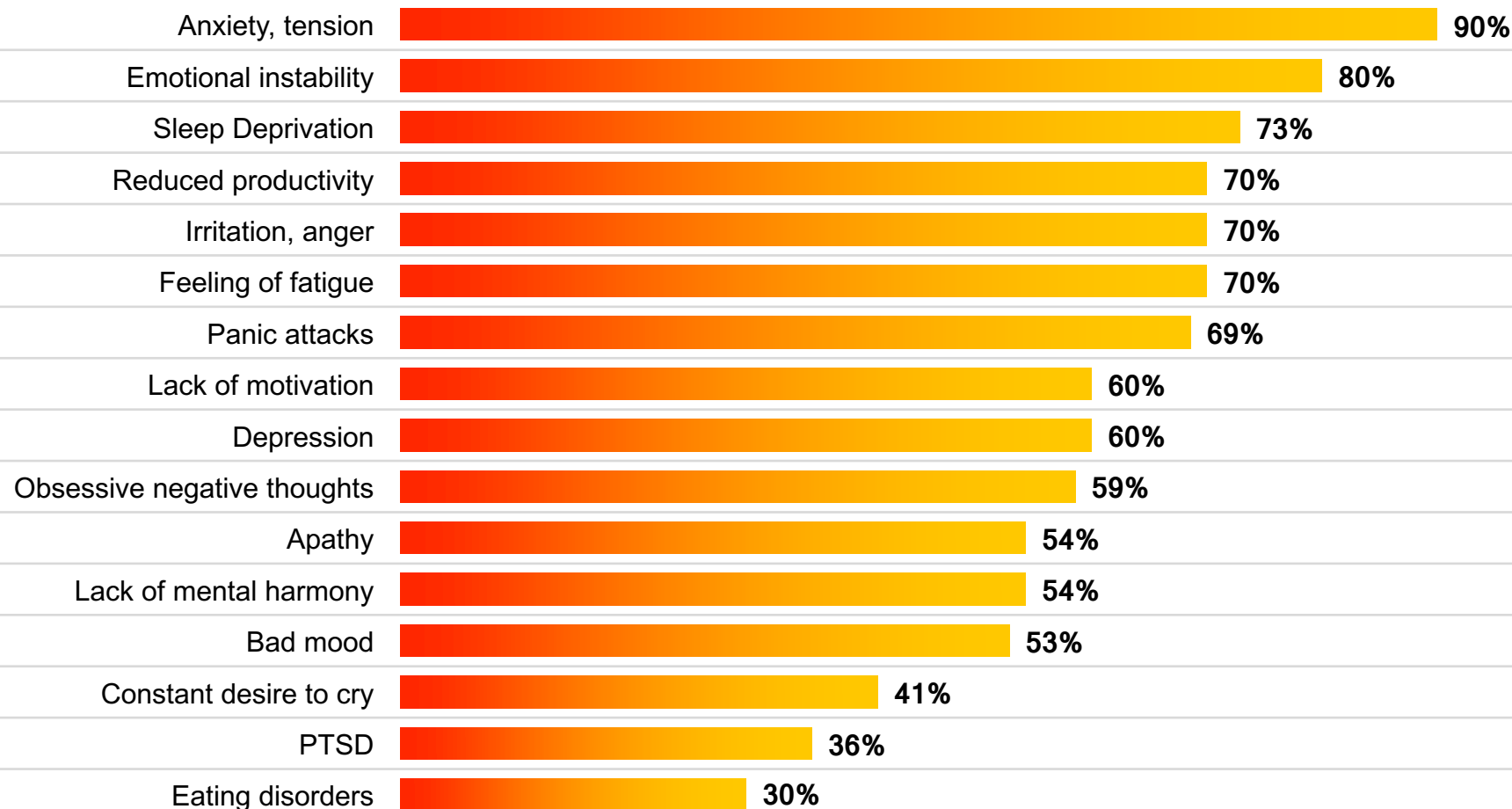
PROVISION OF PSYCHOLOGICAL HELP DURING THE WAR: **GROUPS OF SERVICE RECIPIENTS**

The interviewed experts most often provided psychological help to civilians who went through traumatic experience (67%), IDPs (54%). Also, less than half declare experience in child / adolescent therapy and work with foreign migrants. People with disabilities and pregnant women are the groups with which the interviewed experts had the least contact.



PROVISION OF PSYCHOLOGICAL HELP DURING THE WAR: **WHAT THE RECIPIENTS FELT**

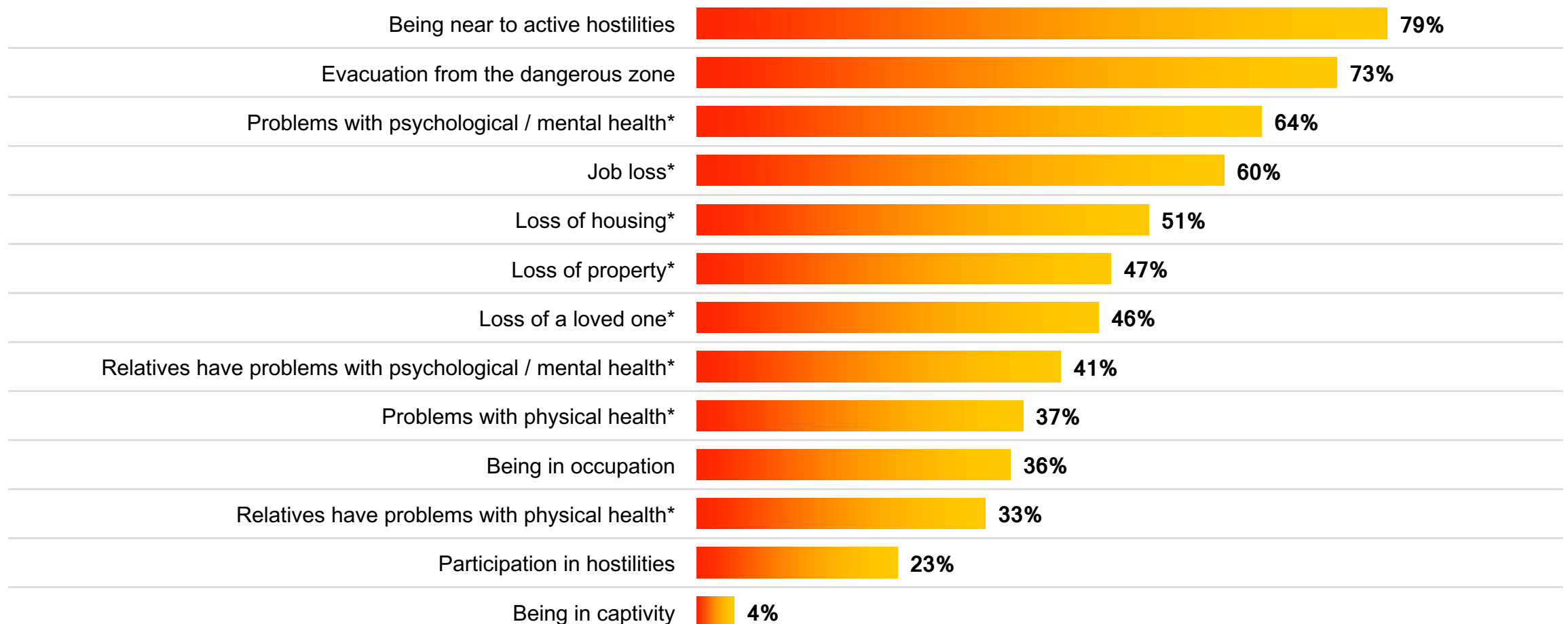
Most often, those who sought psychological help experienced changes in physical and emotional activity. This manifests itself through a feeling of inner anxiety and tension (including panic attacks), inability to control one's emotions, impaired sleep, as well as physical and emotional exhaustion (reduced productivity, lack of motivation, feeling of fatigue). The least common symptoms are eating disorders and PTSD.



PROVISION OF PSYCHOLOGICAL HELP DURING THE WAR: **TRAUMATIC EXPERIENCE**

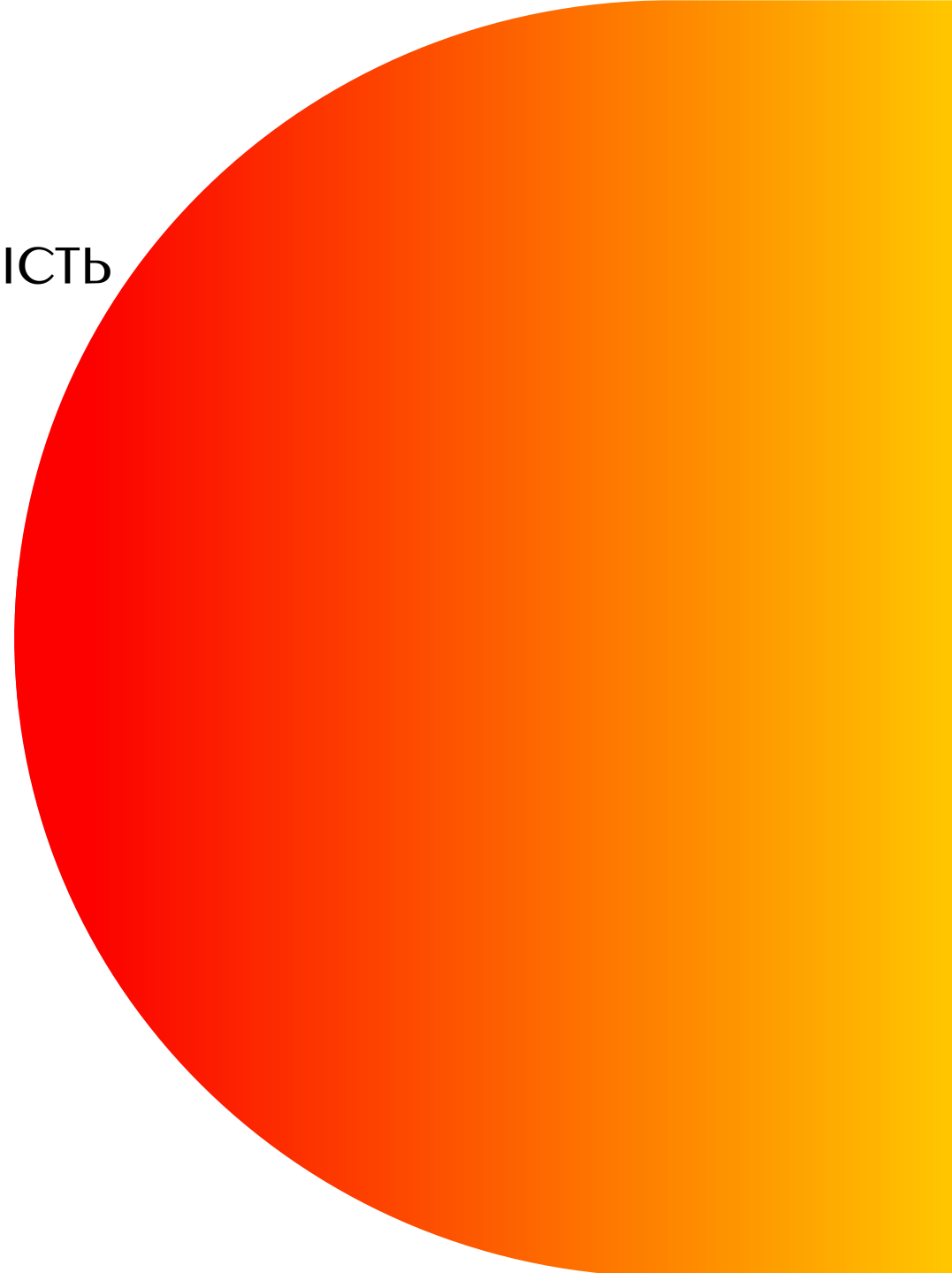
Among the recipients of psychological help, most often there are persons who were near or directly in the zone of active hostilities, including those who had experience of evacuation from a dangerous zone. Also, most of the experts worked with people who suffered losses as a result of the war (income, housing, property, loved ones) and acquired problems with mental and psychological health.

**as a result of full-scale war*





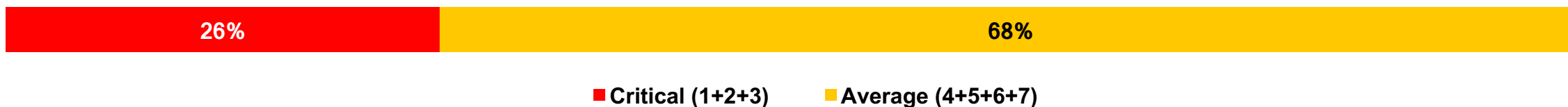
SURVEY OF EXPERTS: PSYCHOLOGICAL HEALTH OF UKRAINIANS



PSYCHOLOGICAL HEALTH OF UKRAINIANS

None of the interviewed experts evaluated the state of psychological health of Ukrainians as satisfactory, the majority evaluated it at an average level. In their opinion, persons who have directly encountered the consequences of war (loss of the person, participation in hostilities, being in occupation or near active hostilities) need psychological help the most.

The state of psychological health of the population of Ukraine (subjective expert assessment)

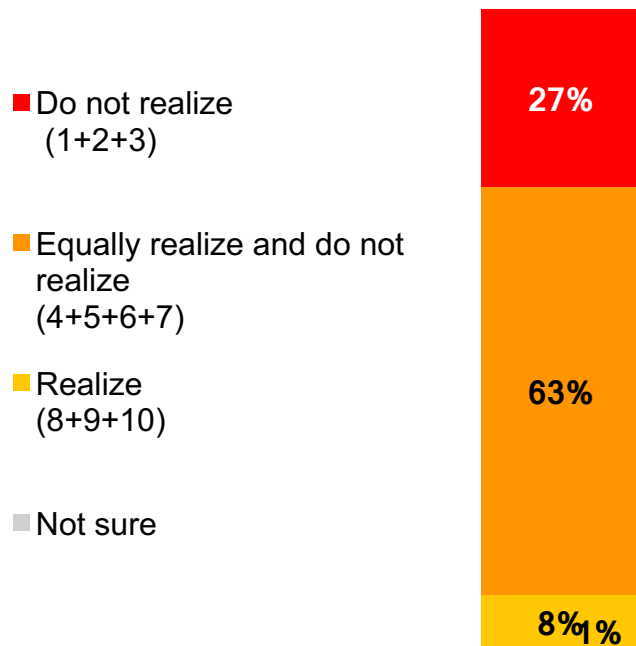


	Need psychological help:	Need psychological help the most:
All Ukrainians	45%	22%
Those who lost a loved one as a result of the war	45%	54%
Military personnel who were involved in hostilities	42%	54%
Civilians with experience of being in the occupation	47%	49%
Civilians who were close to active hostilities	41%	43%
Those whose relatives are in the Armed Forces of Ukraine	44%	33%
Children	30%	17%
Refugees abroad	33%	14%
Internally displaced persons	38%	13%
Teenagers	33%	11%
Those who suffered material losses as a result of the war	34%	7%

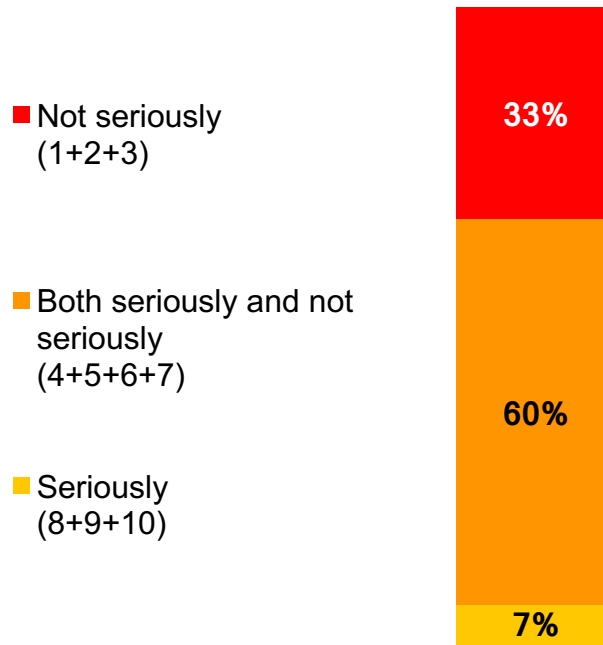
PSYCHOLOGICAL HEALTH: ATTITUDE AMONG UKRAINIANS

In general, according to experts, there is no developed culture of caring for one's psychological health among Ukrainians. Less than 15% of the interviewed experts consider that Ukrainians are aware of the importance of psychological health and have a serious attitude towards it, and that Ukrainians are also ready to change their attitude towards psychological health.

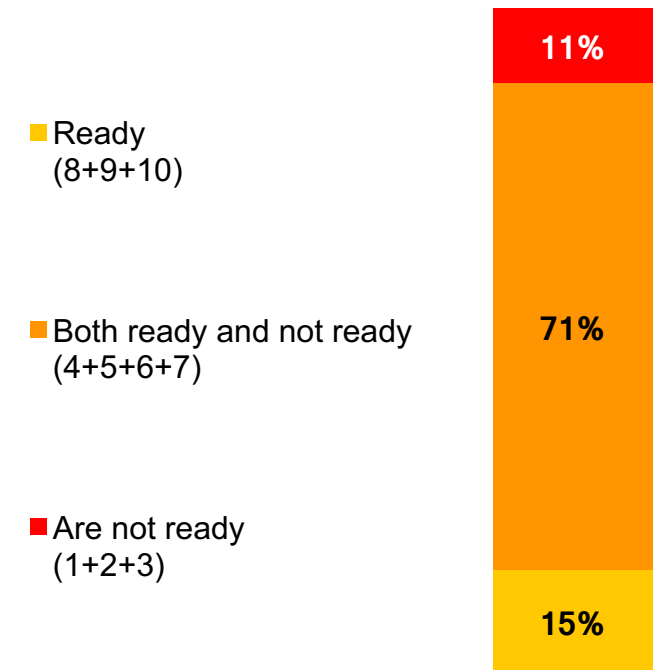
Awareness of the importance of psychological health among Ukrainians :
(subjective assessment)



Attitudes towards psychological health among Ukrainians:
(subjective assessment)



Readiness of Ukrainians to change their attitude to psychological health:
(subjective assessment)



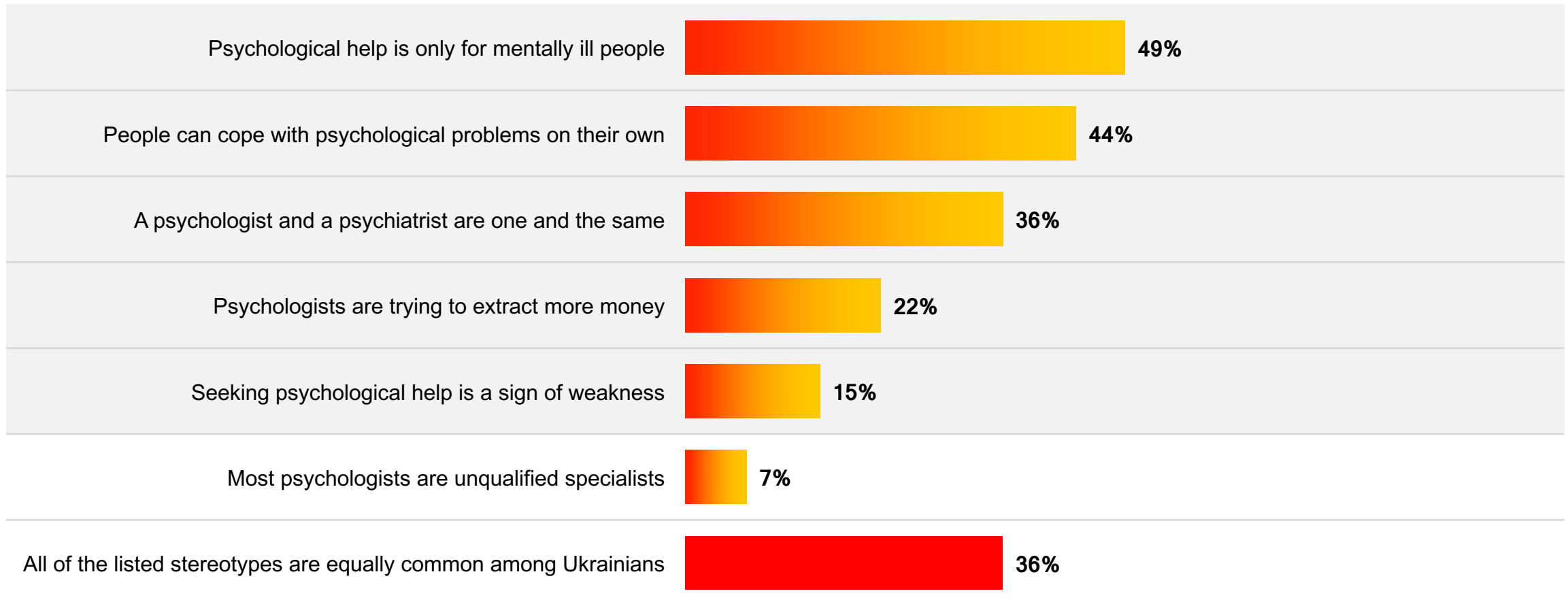
In your personal opinion, to what extent do Ukrainians realize the importance of psychological health?

In your personal opinion, how seriously do Ukrainians take their own psychological health?

In your personal opinion, to what extent are Ukrainians ready to change in their perception/awareness of the importance of the problem of psychological health?

PSYCHOLOGICAL HELP: STEREOTYPES

According to experts, the most common stereotypes are that only mentally ill people need psychological help and that people can cope with psychological problems individually. About a third declare that Ukrainians do not see the difference between a psychologist and a psychiatrist. Also, a third indicate that all the following stereotypes are equally common.

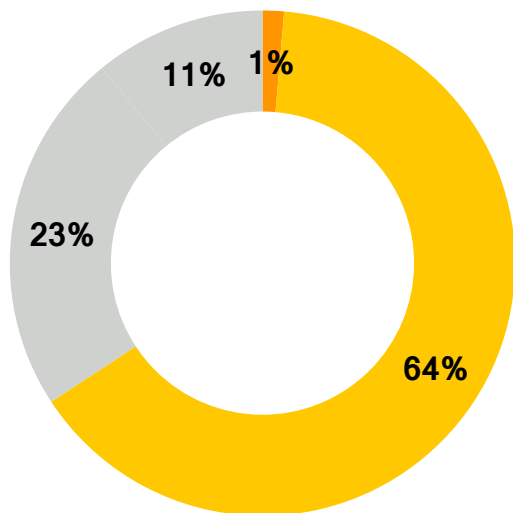


PSYCHOLOGICAL HEALTH: AWARENESS OF IMPORTANCE

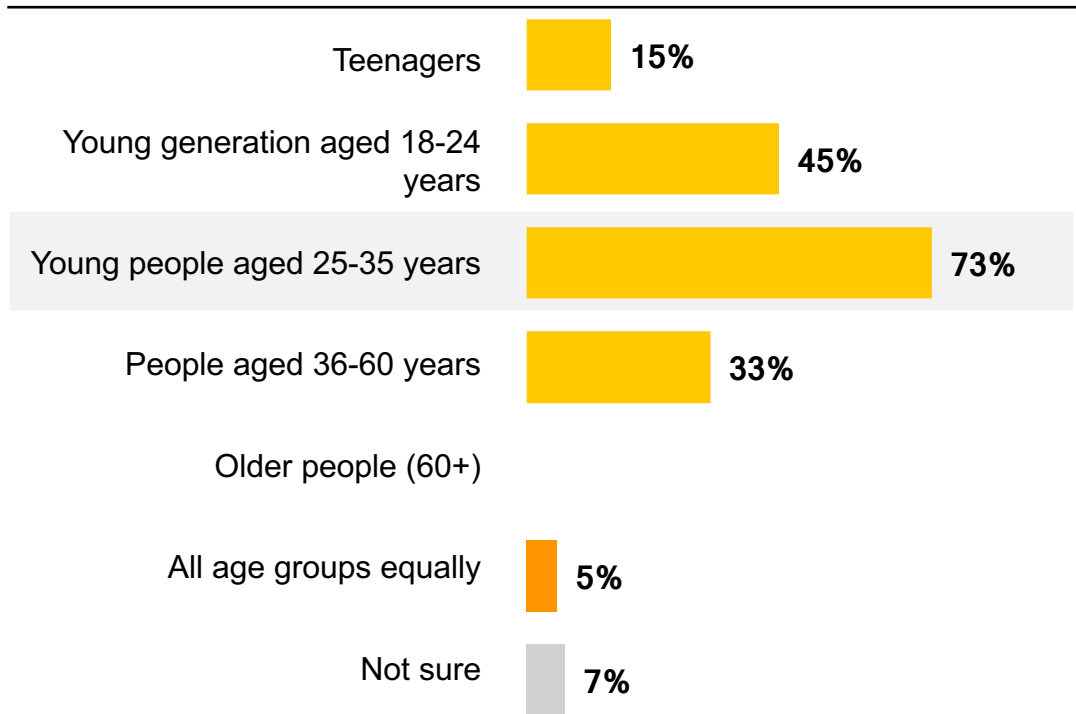
According to the overwhelming majority of experts, women and the young generation (18-35 years old) are the groups who are most aware of the importance of psychological health among the population of Ukraine.

Among gender groups:
(subjective assessment)

- Men
- Women
- Both men and women equally
- Not sure



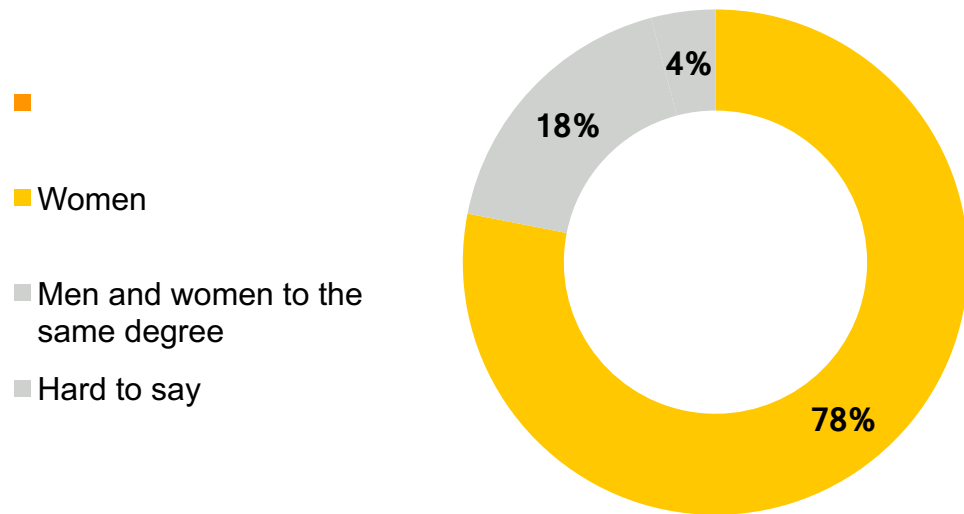
Among the age groups :
(subjective assessment)



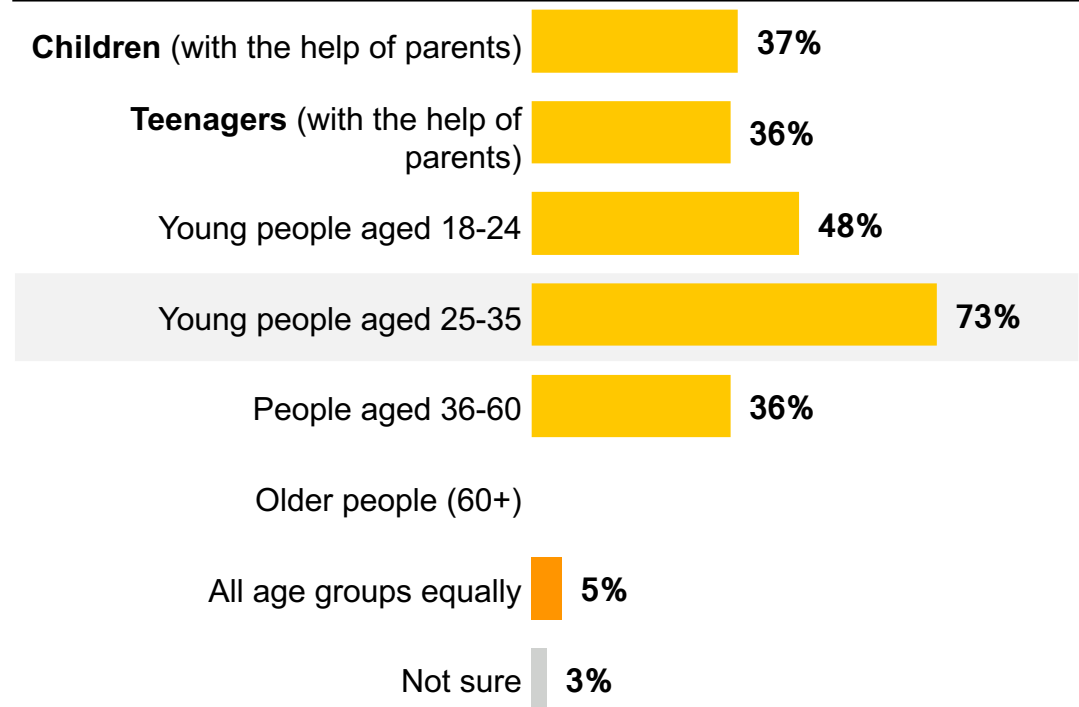
PSYCHOLOGICAL HELP: WHO IS INCLINED TO SEEK HELP

According to the vast majority of experts, women and millennials (25-35 years old) are the groups who are inclined to seek psychological help. In second place are young people aged 18-24. More than a third also declare that there were cases when parents have asked them for assistance for their children of younger / teenage age or when teenagers sought help individually. Among the interviewed experts, there are none who declare that men and older people (60+) are more likely to apply.

Among gender groups:
(subjective assessment)



Among the age groups:
(subjective assessment)



PSYCHOLOGICAL HELP: DRIVERS OF SEEKING HELP

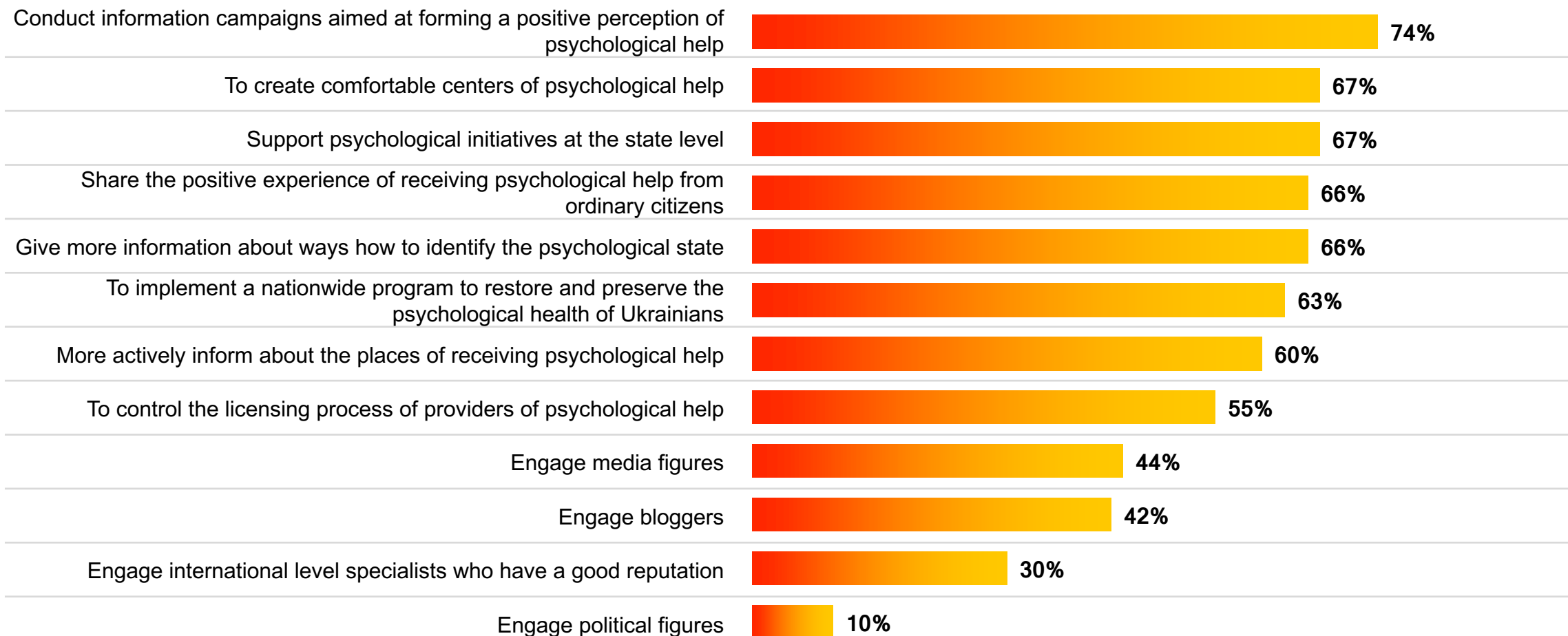
According to respondents, awareness and availability contribute to seeking psychological help, including the presence of positive feedbacks and awareness of ways to get help. 56% of the surveyed experts indicate the subjective feeling of necessity as a driver. The least effective circumstances are information from the state, advice from relatives and personal acquaintance with a psychologist / psychotherapist.



PSYCHOLOGICAL HELP: HOW TO CHANGE THE ATTITUDE OF UKRAINIANS

According to experts, in order to improve the attitude of Ukrainians to psychological health and psychological help, it is necessary to act comprehensively, namely:

- 1) raise public awareness about the importance of mental health, ways to identify psychological problems and places to get psychological help through information campaigns, positive feedback from ordinary citizens, etc.;
- 2) support initiatives at the state level, including the implementation of a nationwide program to restore and preserve the psychological health of Ukrainians;
- 3) Increase the comfort of receiving psychological services and trust in specialists by controlling the licensing process.



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