

POST-TRAUMATIC GROWTH

IN INTERNALLY DISPLACED PERSONS:

MECHANISMS OF FORMATION AND REALIZATION

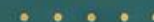
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BACKGROUND



The stress of the current war is one of the most **powerful and dangerous distress factors**, which is closely related to the risk of **psychopathological disorders**, psychosocial maladjustment and significant deterioration in the **quality of life** and **psychosocial functioning**, especially in the most vulnerable populations, including **internally displaced persons**.



One of the most promising psychological phenomena aimed at **offsetting the negative effects** of severe psychosocial distress is **post-traumatic growth (PTG)**.



RESILIENCE
ADAPTATION





AIM

To study the mechanisms of formation of **post-traumatic growth** in forced displaced persons with stress-associated disorders.



MATERIAL AND METHODS



STUDY PERIOD: 2022 & 2024



PARTICIPANTS: 67 internally displaced persons with adaptation disorders (ICD-10, code F43.2)



CONTEXT: forced to leave their place of residence because of full-scale russian aggression



ETHICS: the study was conducted on the basis of informed consent

The survey included the use of the following standardized **psychometric instruments**:



The Mississippi Scale for Civilian PTSD



The Posttraumatic Growth Inventory (PTGI)



Maddi 2-item modification of Hardiness test



Connor-Davidson Resilience Scale



Ways of Coping Questionnaire Folkman & Lazarus



Zimet Multidimensional Scale of Perceived Social Support



UNDERSTANDING MECHANISMS.
BUILDING RESILIENCE.
FOSTERING GROWTH.

RESULTS



PTG is a psychological phenomenon, the ability to form which is conditioned by the state of **intrapsychic and interpersonal sources** of the personality resource base, and variants of their interaction, **authentic for each patient**.



The **level of resilience** is associated with a higher expression of **constructive coping strategies**.

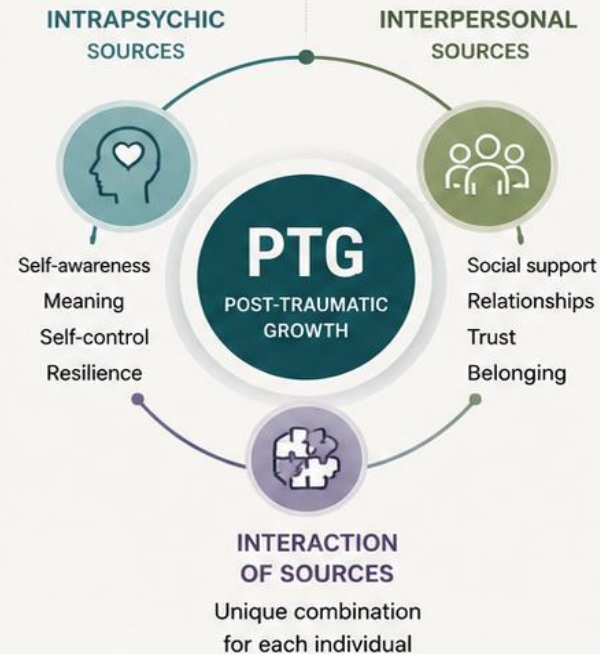


The **ability to resist stress and recover from distress** (resilience and resistance) are basic parameters of intrapsychic functioning, the state of which directly correlates with the level of resilience.



A **high level of social support** is a significant interpersonal resource of PTG.

PERSONALITY RESOURCE BASE



CORE COPING STRATEGY: SELF-CONTROL



LOW PTG

combined with confrontational coping



HIGH PTG

combined with



seeking social support



accepting responsibility



planning problem solving



positive reassessment

VS.



A high level of social support is a significant interpersonal resource of PTG.



CONCLUSIONS

“ The identified patterns **should be taken into account** when formulating treatment and rehabilitation tactics for the management of patients with stress-related mental disorders.



UNDERSTAND

individual psychological resources and



PERSONALIZE

treatment and rehabilitation



SUPPORT

resilience, coping strategies and



FOSTER GROWTH

to promote recovery, adaptation and

