



# MENTAL HEALTH AND SUBSTANCE USE OF UNIVERSITY STUDENTS DURING THE WAR



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Taras Shevchenko National  
University of Kyiv

July 23, 2024



# Ukraine before the war

**1991**

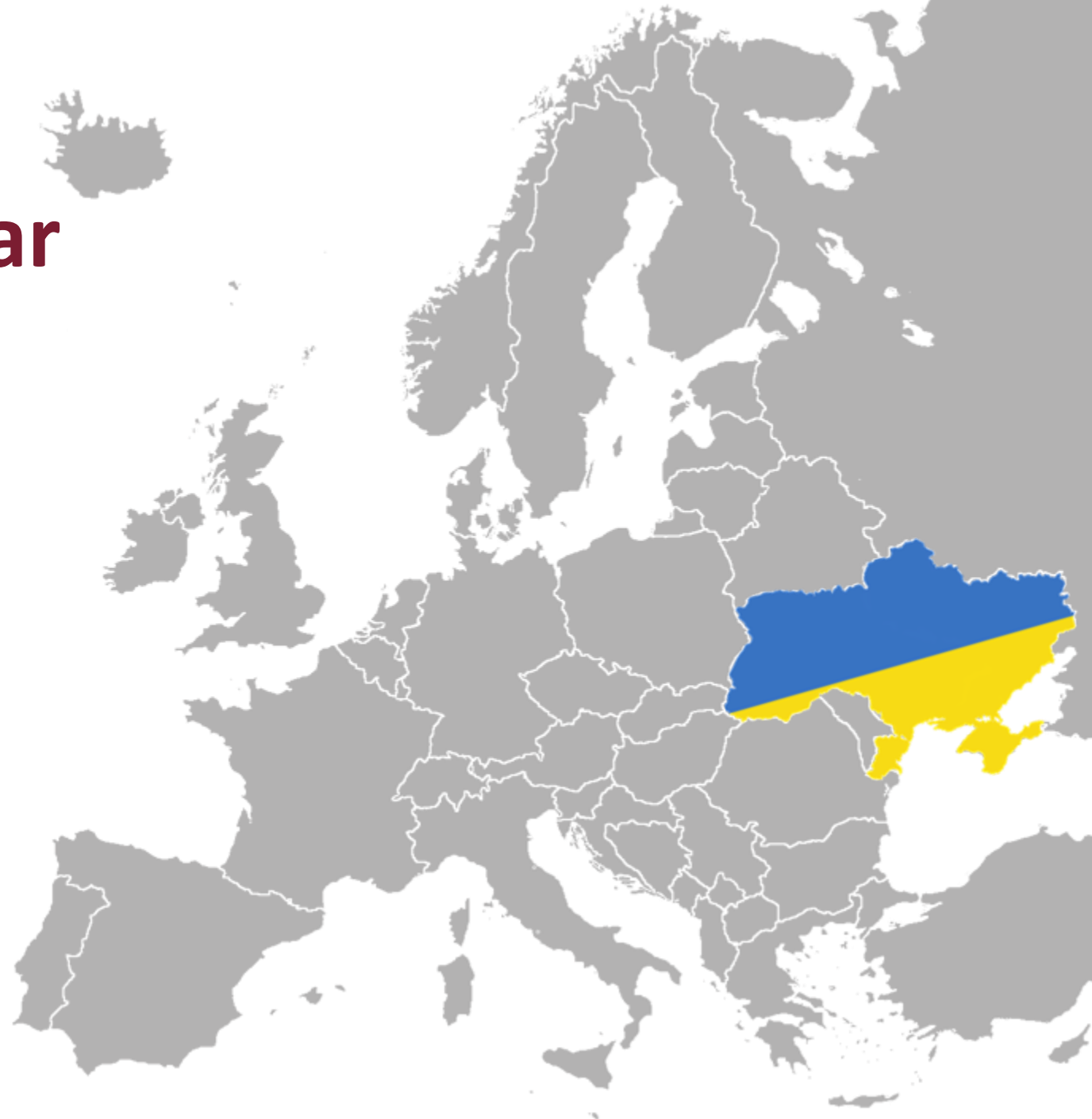
year of independence

**603,700 km<sup>2</sup>**

before Russian occupation

**45 million**

population in 2014



# Stages of the war

2014 — 2021

Hybrid

since Feb 24, 2022

Full-scale

% of the occupied territory

7%

18%

killed civilians

3,106

10,582

injured civilians

7,000

18,875



# Other consequences of the full-scale war



**250,000**  
damaged and  
destroyed buildings



**19,546**  
Ukrainian children deported to  
Russian-controlled territories

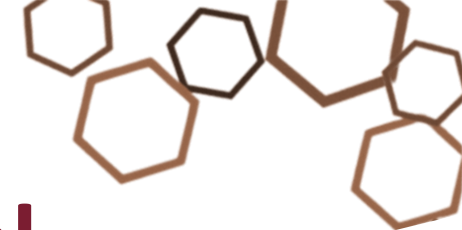


**5 million**  
internally displaced  
Ukrainians

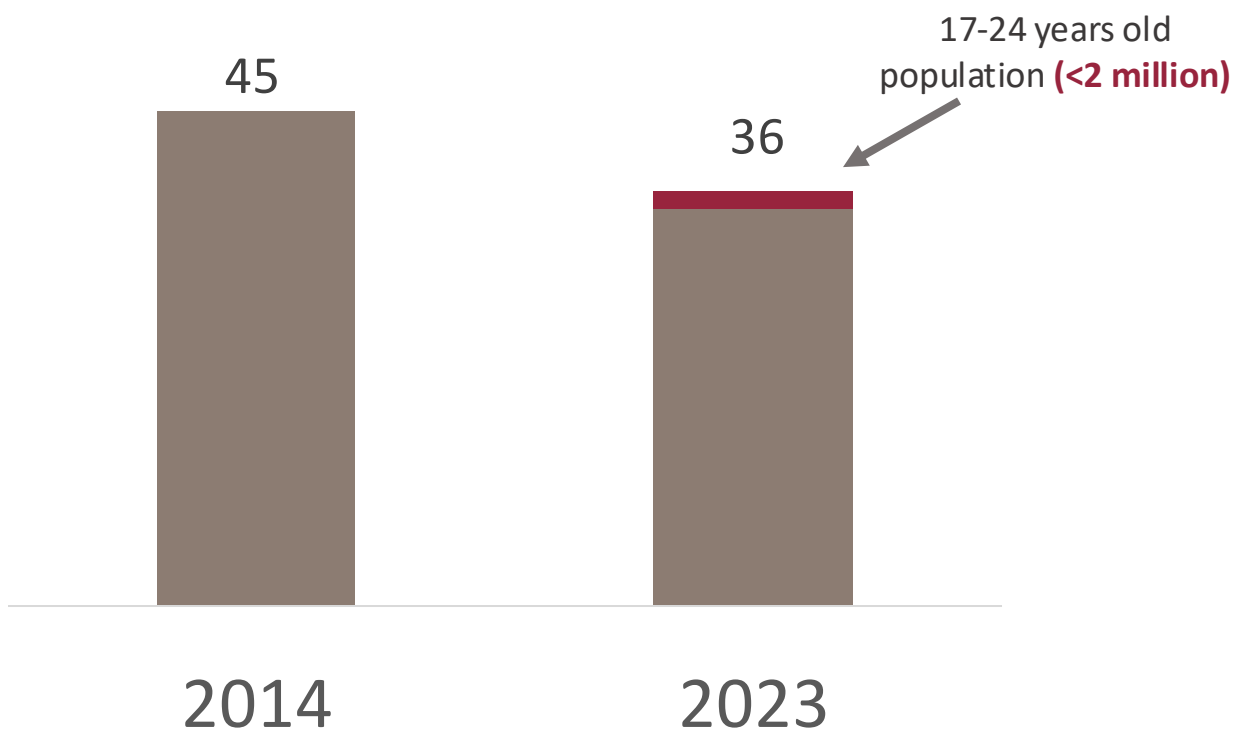


**6.5 million**  
refugees from Ukraine  
recorded globally

# Segment of university students in the general structure of the Ukrainian population



Total population



Demographic pyramid, 2023



State Statistics Service. [Statistical collection "Distribution of the permanent population of Ukraine by gender and age"](#). January 2015.  
State Statistics Service. [Statistical collection "Distribution of the permanent population of Ukraine by gender and age"](#). January 2021.  
Population Pyramid Net. [Population Pyramids of the World from 1950 to 2100: Ukraine, 2023](#).

# The impact of the war on the educational sector



**3,798**

damaged and destroyed  
educational institutions



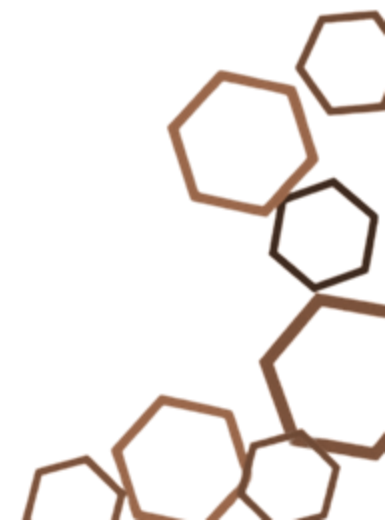
**67%**

of all educational institutions  
are provided with shelters



**5,392**

hours of air raids  
(7.5 months of life)





Students of the art college are studying in the Kyiv subway during a massive missile attack

Kharkiv students  
organized a prom  
near the ruins of  
their school





Проекція сили  $G$  на  $OX$   
 $G_x = G \cdot \cos \alpha = m \cdot g \cdot \cos \alpha$   
 Проекція сили  $G$  на  $OY$   
 $G_y = (m_1 + m_2) \cdot g \cdot \sin \alpha$   
 Сила тертя з урахуванням коефіцієнта  $\mu$   
 $F_{tr} = \mu \cdot G_x = \mu \cdot m \cdot g \cdot \cos \alpha$

Проекція сили  $G$  на  $OX$   
 $G'_x = m_2 \cdot g \cdot \sin \alpha$   
 Проекція сили  $G$  на  $OY$   
 $G'_y = m_2 \cdot g \cdot \cos \alpha$   
 Сила тертя з урахуванням коефіцієнта  $\mu$

Проекція сили  $G$  на  $OY$   
 $G_y = N > 0$   
 на  $OY$   
 $G_y' = F_{tr} + F_{tr}' - G_y = 0$   
 Значення  $F_{tr}' = -G_y + F_{tr} + G_y$

Проекція сили  $G$  на  $OY$   
 $G_y = N > 0$   
 на  $OY$   
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 Значення  $F_{tr}' = -G_y + F_{tr} + G_y$

Проекція сили  $G$  на  $OX$   
 $G_x = m \cdot g \cdot \cos \alpha$   
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 $G_y = m \cdot g \cdot \sin \alpha$   
 Сила тертя з урахуванням коефіцієнта  $\mu$

Приложенію meet.google.com предоставлен доступ к вашему экрану. [Закрыть доступ](#) [Скрыть](#)

Игорь веде презентацію

Игорь

Олекса...

Валент...

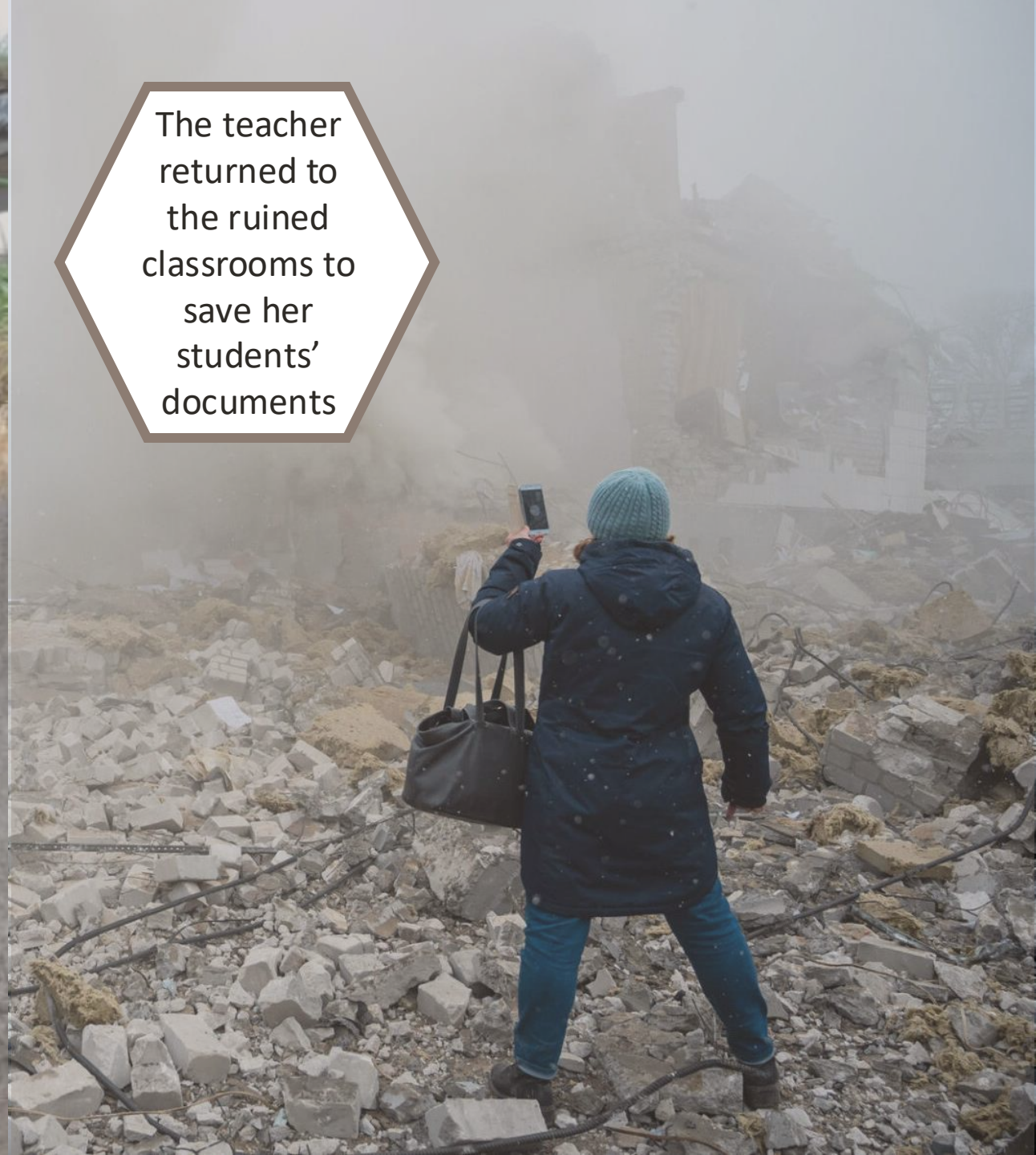


A student defended his diploma paper from the frontline



Professor  
gives lectures  
right from the  
trenches

The teacher  
returned to  
the ruined  
classrooms to  
save her  
students'  
documents





Students gathered for the funeral of their colleague Ivan Rybytva, who was killed in action

# Unissued Diplomas Exhibition



**UNISSUED DIPLOMA**  
In memory of those Ukrainian students whose lives were brutally taken by Russian aggression

**POLINA ZHELDAK, 20**  
Національний державний університет ім. М. Грушевського  
Київський національний університет

Polina loved life, the people around her, and her country. She could always find the right words to support those who needed to hear them, and dreamed of opening her own study center and teaching the world with her fiancé Yerkes. Polina worked as an English teacher. In addition, she wrote poetry, played the guitar, and was fond of drawing. She had the valuable skill of always finding the right words to support those who needed to hear them.

Polina died in Chernivtsi on March 1, 2022, under the rubble of a building destroyed in a Russian attack on the residential area of the city.

**UNISSUED DIPLOMA**  
In memory of those Ukrainian students whose lives were brutally taken by Russian aggression

**KYRYLO OSHPENKO, 22**  
Національний технічний університет «Харківський національний інженерно-архітектурний університет ім. С.Ф. Стефанишина»  
Київський національний університет

Kyrylo was a great friend and a loving son. He was a pillar of support for his mother and his friends from his hometown of Kostiantynivka, Donetsk region. He wanted to do programming, studied it in the 5th year of university, and worked for an IT company. He constantly worked on developing his professional skills. He passed in his first time. Kyrylo and his mother moved to Kharkiv in 2014 after fleeing from the war that caught up with them in his own home.

He was killed in the Russian missile attack on the Regional Administration building in Kharkiv on March 1, 2022.

**UNISSUED DIPLOMA**  
In memory of those Ukrainian students whose lives were brutally taken by Russian aggression

**TETIANA KOTLUBEI, 20**  
Національний державний університет ім. М. Грушевського  
Київський національний університет

Tetiana was a light-hearted and kind girl who was fond of modeling. She was in love with her boyfriend Dmytro. The couple met at university. She wanted to continue her education abroad and get a Master's Degree.

Tetiana died in Mariupol on March 11, 2022, when a Russian artillery shell hit the house she was in.

18 червня 2022 року під час виконання бойових завдань в Україні.  
Загинув 18 червня 2022 року під час виконання бойових завдань на Харківщині.





Buildings of the Taras Shevchenko University of Kyiv after attacks

Yulia Zdanovska was killed by a Russian missile. Now the street of our student campus is named after Yulia.



The project title:

**Innovative model of mental health protection  
of students during and after the war**



# Research team



**Irina Pinchuk**  
Project supervisor  
Doctor of Medicine

## Principal researchers



**Vitalii Pishel**  
Doctor of Medicine



**Volodymyr Virchenko**  
Doctor of Economics

## Senior fellows



**Maryna Polyviana**  
PhD in psychology



**Nataliia Stepanova**  
PhD in psychology

## Support staff and assistants



**Oleksiy Kolodezhny**  
Chief engineer



**Nataliia Pimenova**  
Senior assistant



**Violetta Seleznova**  
Senior assistant



# Research stages

1<sup>st</sup>

- Conducting a survey and focus groups

2<sup>nd</sup>

- Development of an innovative model for prevention and recovery of the students' mental health



# Design of the survey

## Pilot study

April - June 2022

1,142 students

PC-PTSD-5, PHQ-9, GAD-7,  
ISI, SCOFF, CAGE

## Main study

September – November 2023

2,364 students

PC-PTSD-5, PHQ-9, GAD-7,  
ISI, CRAFFT, PSS

# Traumatic events among Ukrainian students

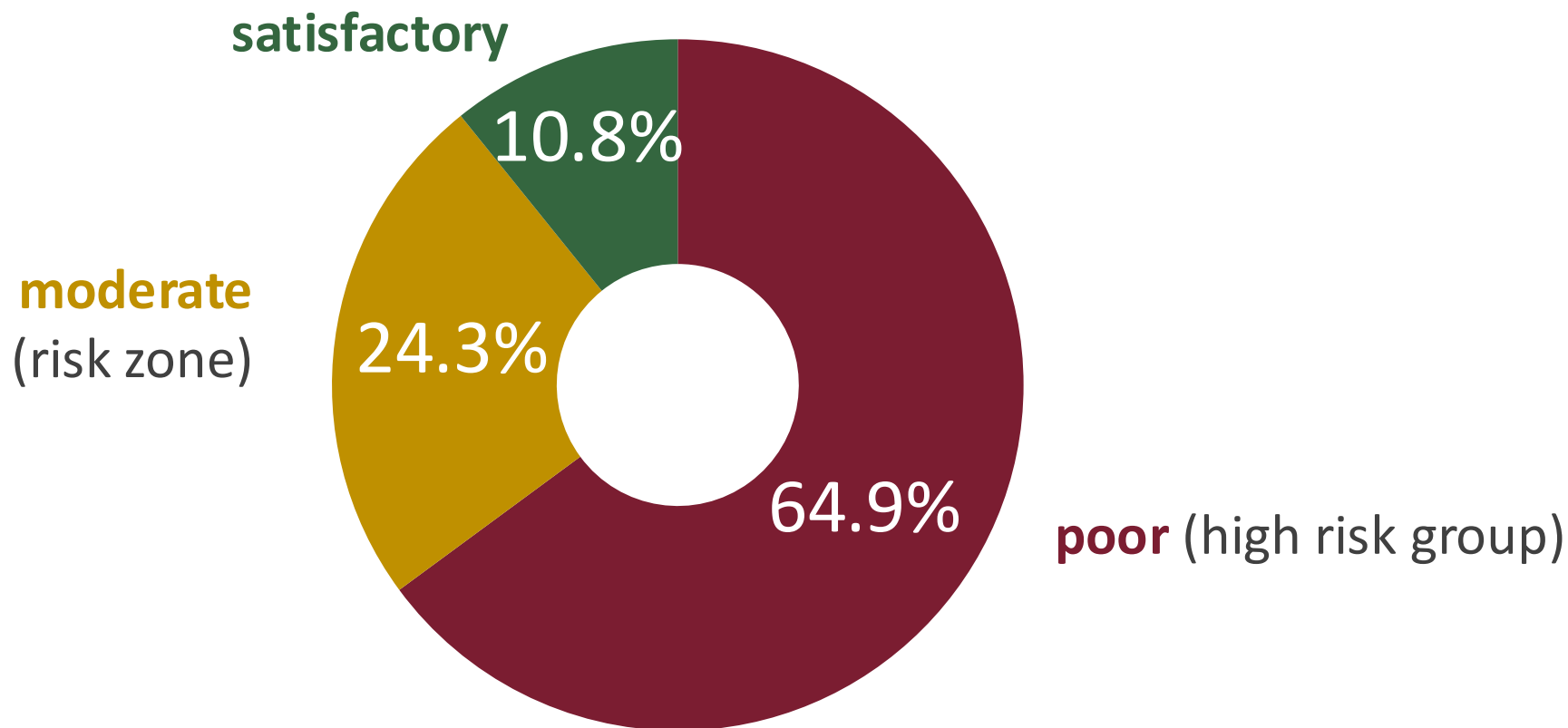
Traumatic event	Pilot study, 2022		Main study, 2023	
	N	%	N	%
Death of a loved one	516	40.0	635	29.8
Direct exposure to shelling or bombing	222	17.2	345	16.2
Seeing someone killed or injured	182	14.1	218	10.2
Physical violence	149	11.6	171	8.0
Property loss or damage	-	-	168	7.9
Serious accident or fire	129	10.0	138	6.5
Sexual violence	91	7.1	107	5
Being under occupation	-	-	100	4.7
Captivity	-	-	5	0.2
Other	-	-	246	11.5

In a pilot study, **67.3%** of students reported having traumatic experience since the beginning of the full-scale war.

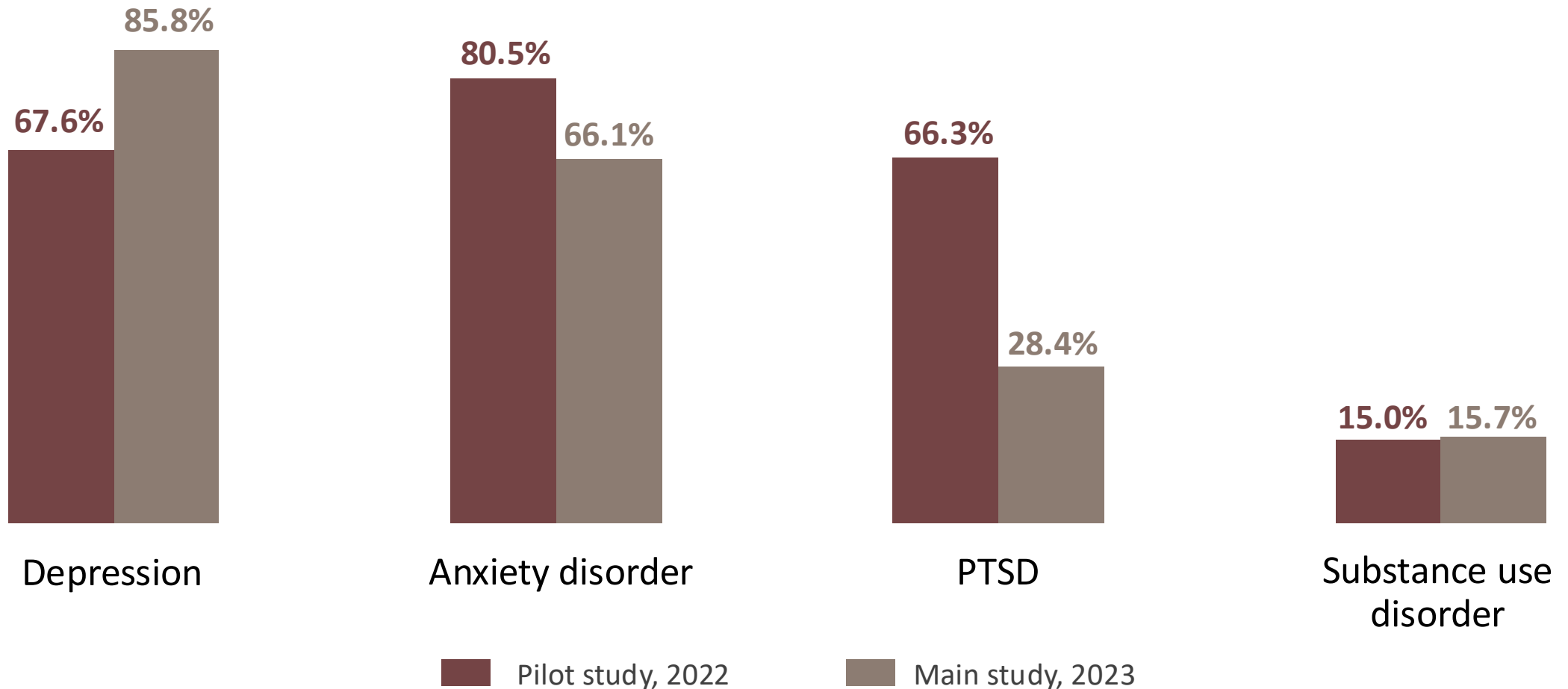
In the main study, this share increased to **78.1%**.

# Self-assessment of the mental state, %

Main study, 2023

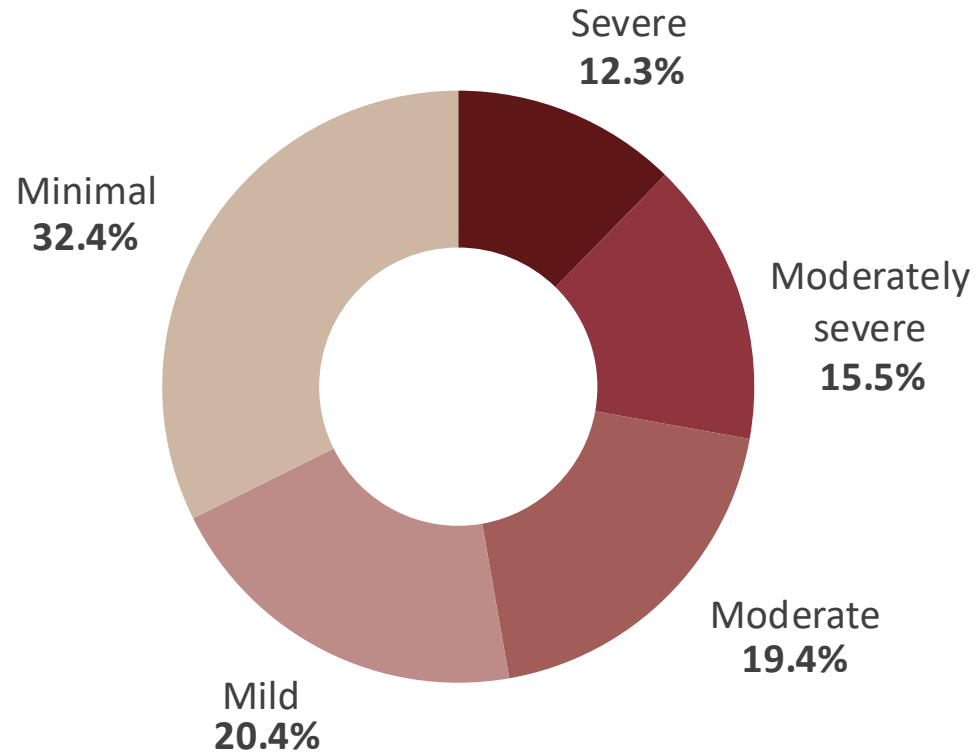


# Symptoms of mental health conditions, %

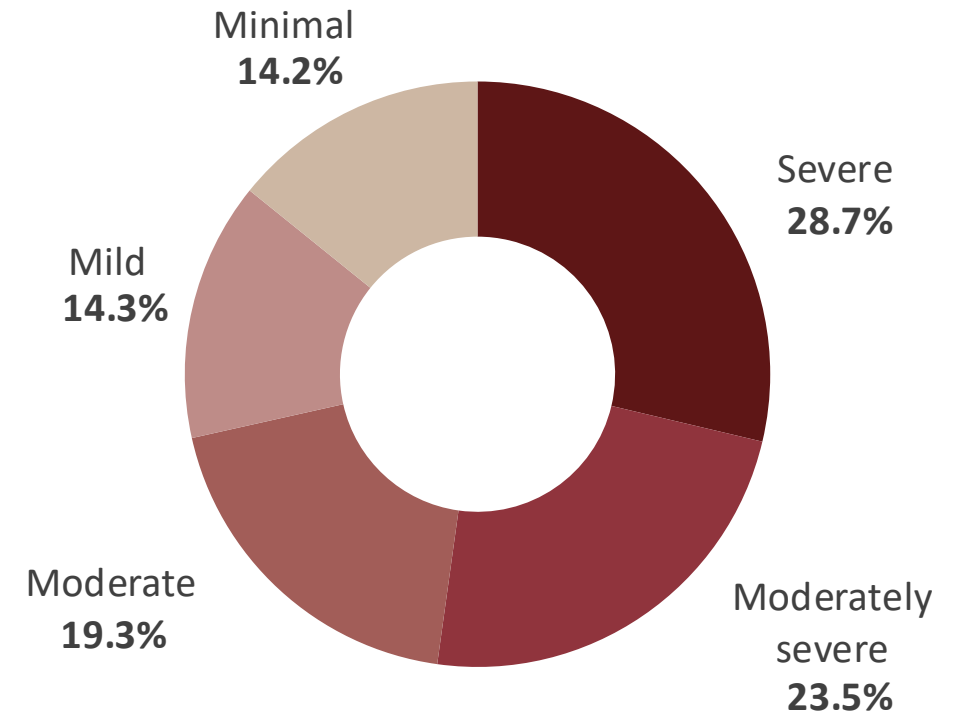


# Symptoms of depression. PHQ-9, %

Pilot study, 2022

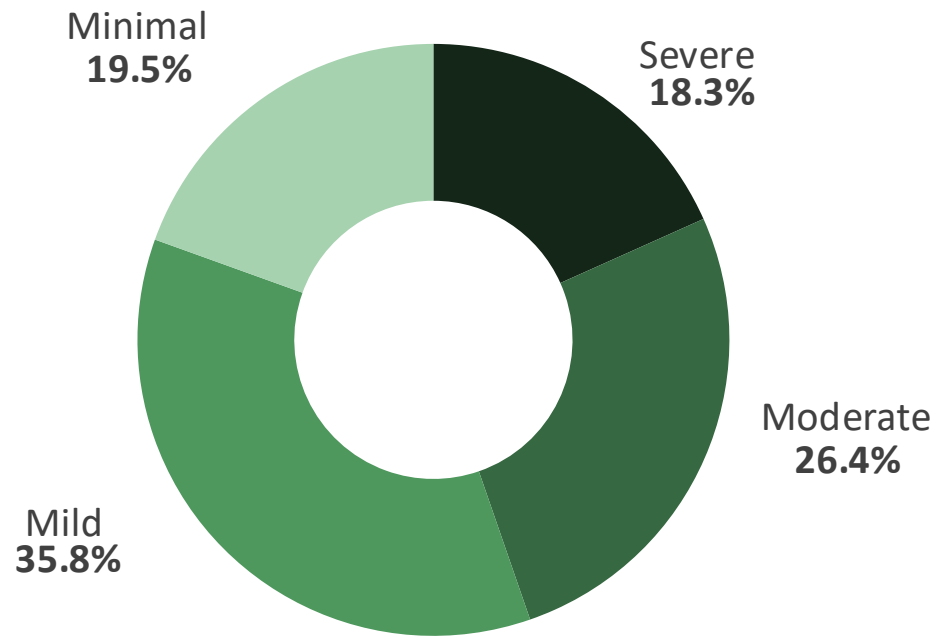


Main study, 2023

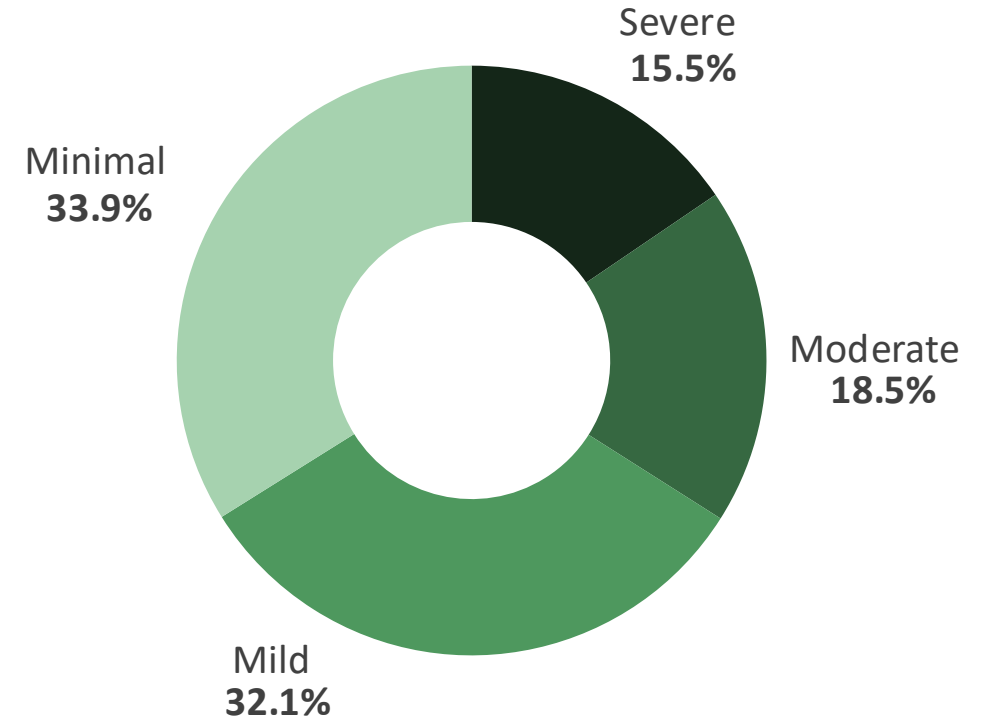


# Symptoms of anxiety disorder. GAD-7, %

Pilot study, 2022

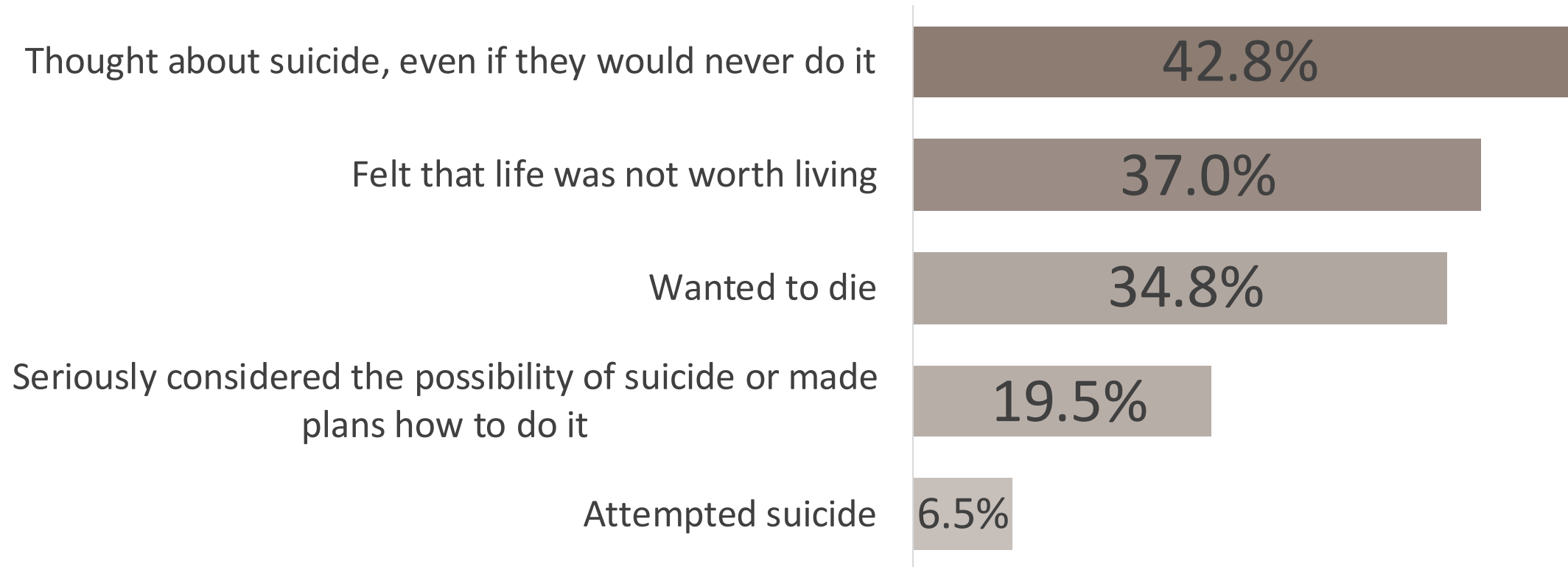


Main study, 2023



# Risk of suicidal behavior. PSS scale

## Main study, 2023





# Substance use disorder, %

Pilot study, 2022  
(1,142)

CAGE



Main study, 2023  
(2,364)

CRAFFT



# Findings from other studies of substance use among Ukrainian students (or youth)

## Before the full-scale invasion

ESPAD Report (2019). [Results from the European School Survey Project on Alcohol and Other Drugs](#)

alcohol consumption among students 16+ years of age during their lifetime

85.0%

illicit drug use among students 16+ years of age during their lifetime

8.6%

Pavlenko, V. et al. (2022). [Mental Health and Substance Use Among Ukrainian "Help Profession" Students During the COVID-19 Pandemic](#). International journal of mental health and addiction

Ukrainian students had used substances in the past month

71%

## After the full-scale invasion

[National Report On Drug and Alcohol Situation in Ukraine, 2023 \(based on data 2022\)](#)

respondents aged 15-24 years had used psychoactive substances

18.8%

Goto, R. et al. (2024). [Mental Health of Adolescents Exposed to the War in Ukraine](#). JAMA pediatrics

war-exposed Ukrainian adolescents aged 15–18 years screened positive for substance use disorder

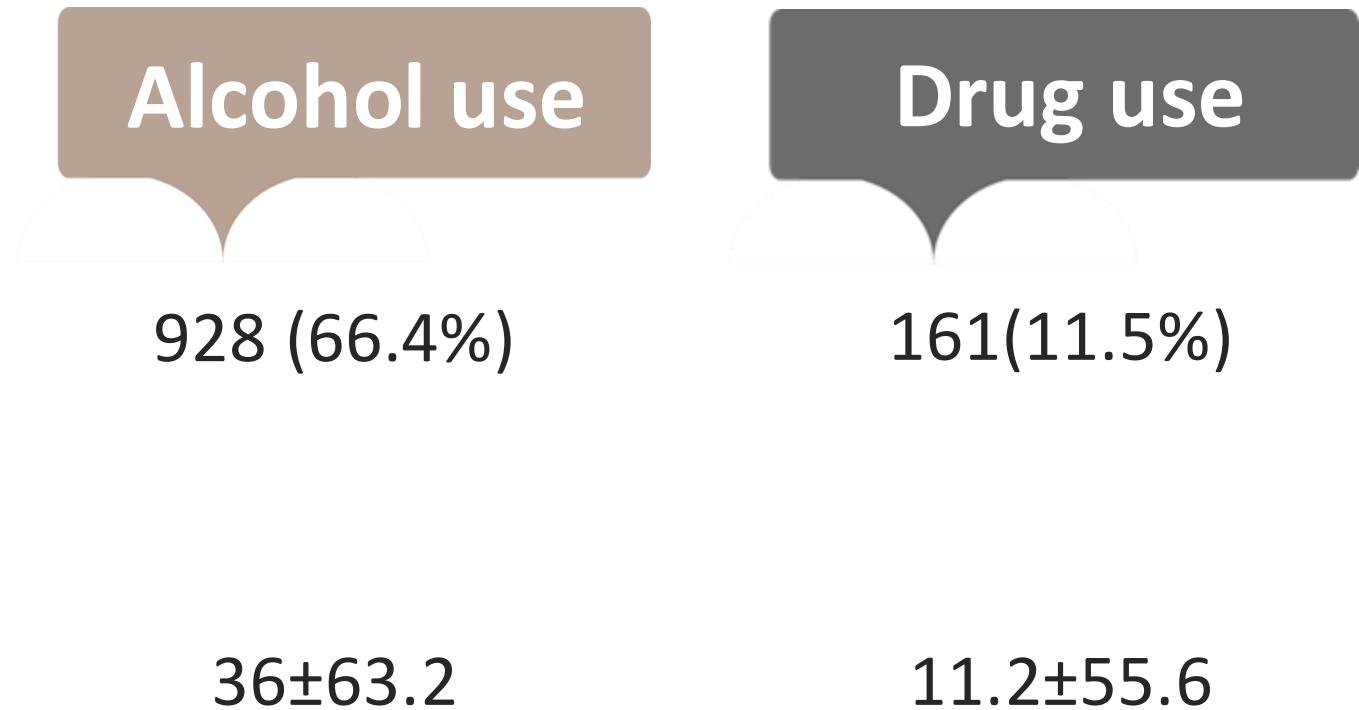
20.5%

# Substance use. Main study, 2023.

Most of the students indicated that they had substance use experience during the last year:

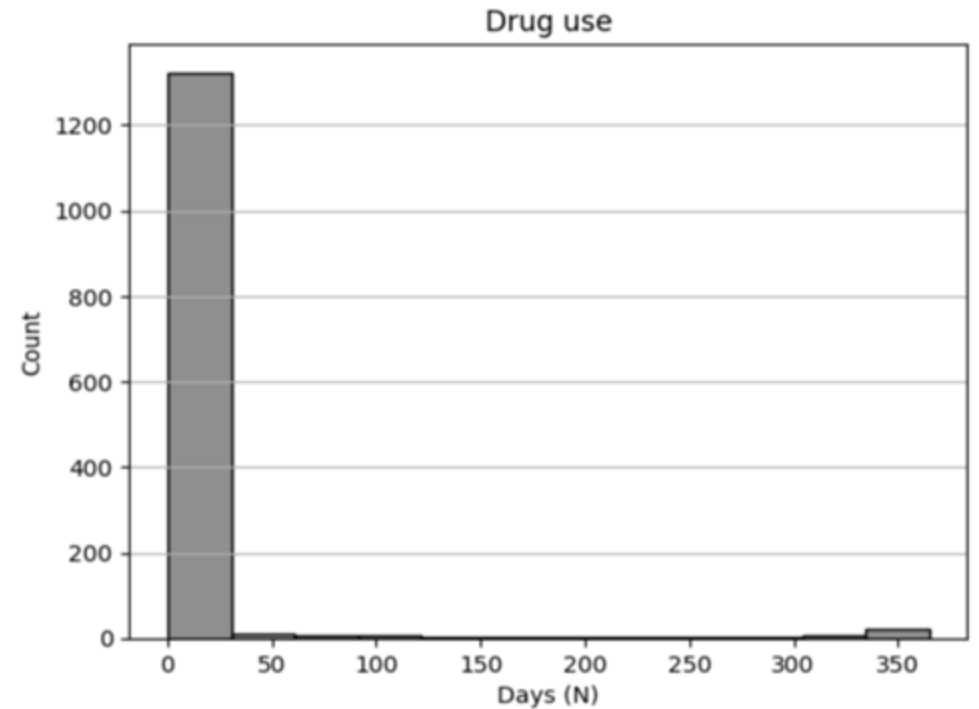
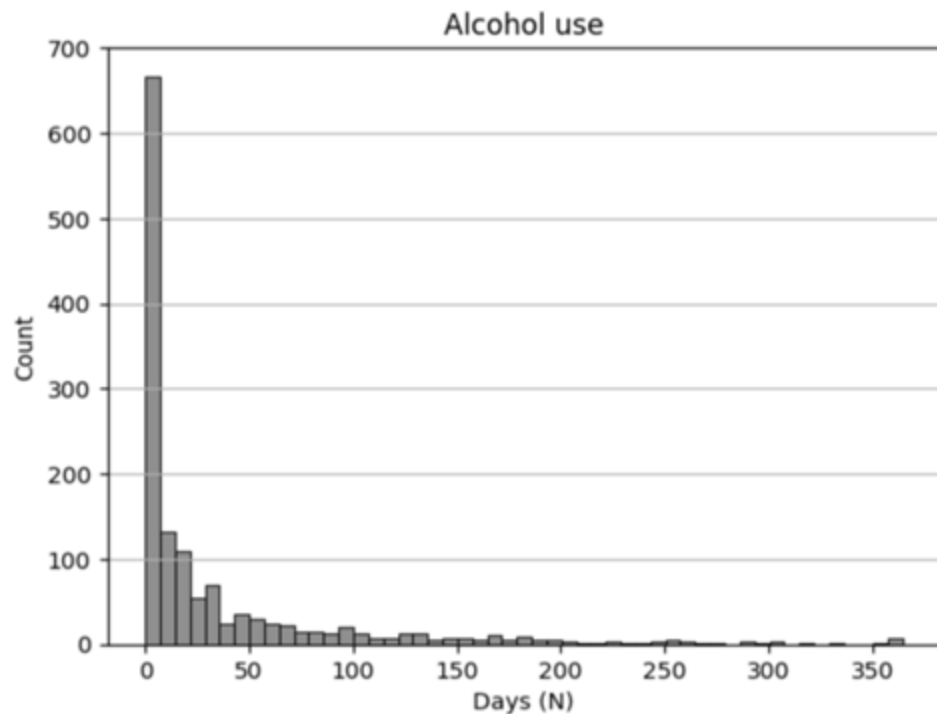
% of all the respondents experienced substance use during the last year

average number of days using substance during the last year



# The distribution of participants by the number of days of substance use during last year

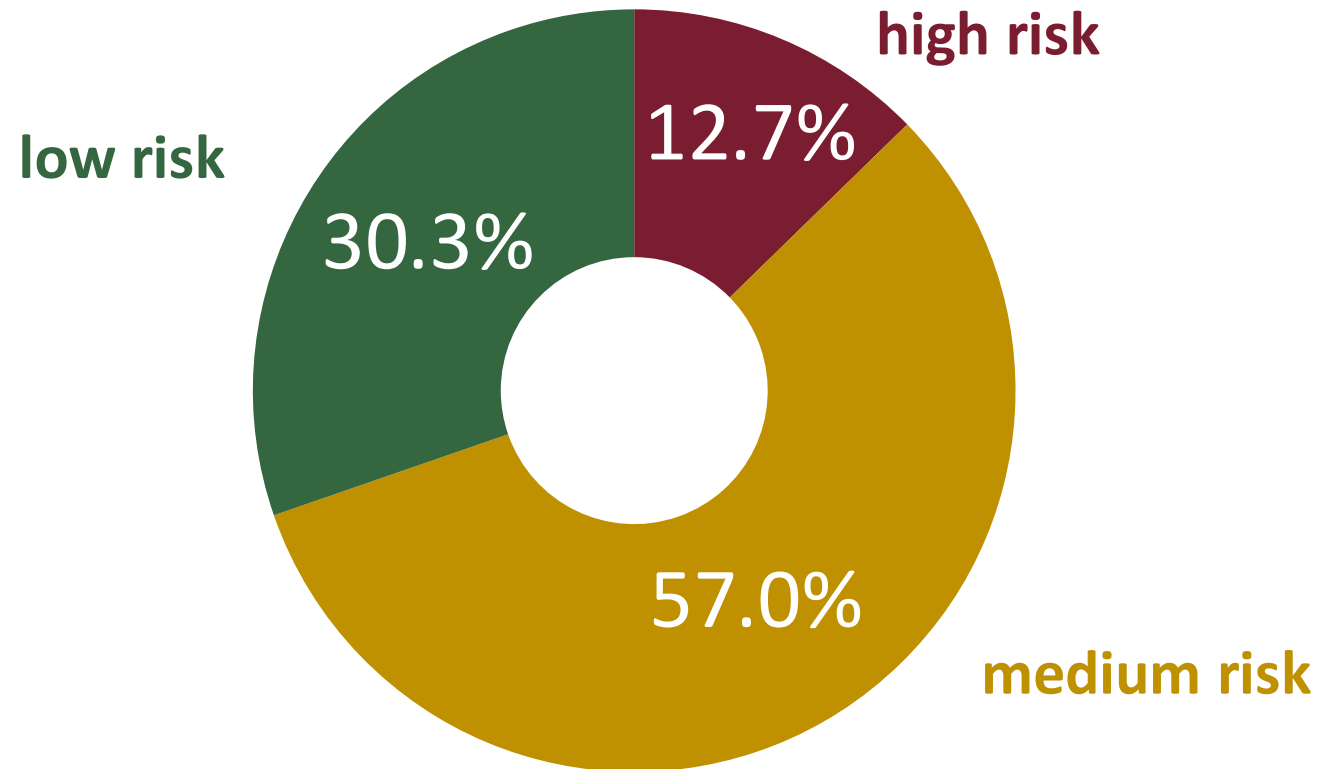
Main study, 2023.



Half of the study participants used alcohol for **more than 40 days** during last year

# Substance use risk. CRAFFT, %

Main study, 2023



# Top-5 socio-demographic factors affect the CRAFFT risk score. Main study, 2023

- ① Multiple trauma
- ② Need for professional support
- ③ Age
- ④ Stopped education
- ⑤ Living alone

# Problems and suggestions identified by teachers and students during the focus group discussion

## Teachers

- Importance of establishing preventive work;
- Conducting lectures, seminars, webinars, online courses, conferences on psychological health support on an ongoing basis;
- Introducing express mental health screenings for students.

## Students

- The need for psychoeducation and psychosocial support;
- Problem of stigma;
- Lack of understanding about who to contact and where to receive support.

# Mental health programs offered to students

**SH+**

**WHO**

**Offline**

**Group up to 30 people**

**5 weeks**

**Stress Management**

**INEP**

**ICUDDR**

**Online**

**Group up to 30 people**

**6 weeks**

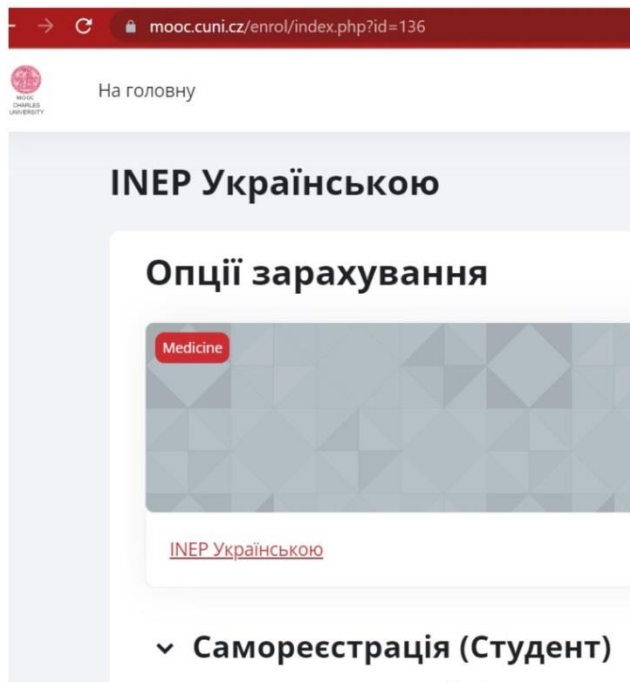
**Prevention of the substance use**



# Implementation INEP during the Russian invasion of Ukraine

## The INEP course was translated into Ukrainian

<https://mooc.cuni.cz/course/view.php?id=136>

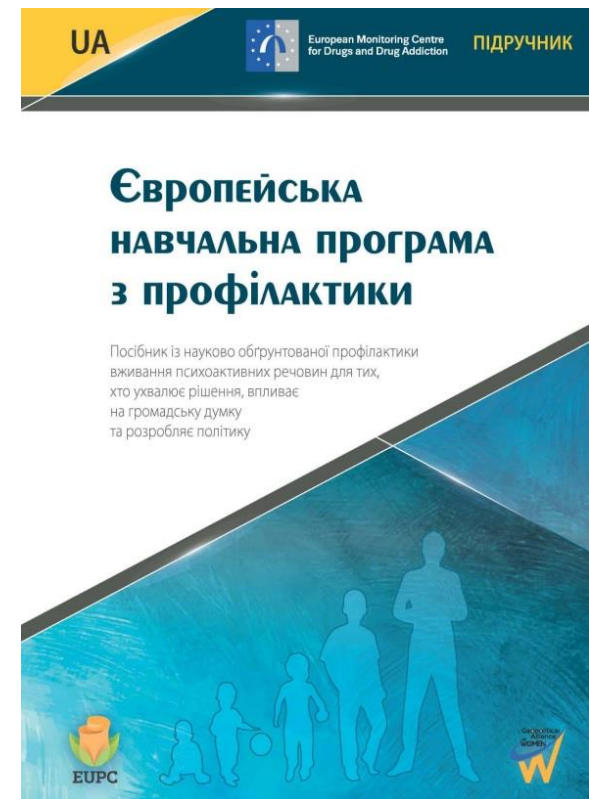


The screenshot shows the course page for 'INEP Українською' (INEP in Ukrainian). The page is in Ukrainian and features a navigation menu with 'На головну' (Home) and 'Опції зарахування' (Enrollment options). A 'Medicine' tag is visible. The main content area includes a link to 'INEP Українською' and a dropdown menu for 'Самореєстрація (Студент)' (Self-registration (Student)).

From March 2022 as part of scientific research work “Study the Implementation of the Introduction to Evidence-Based Prevention (INEP) online course: A Feasibility Study in the University Settings in Ukraine, Peru and Czechia” the implementation of the INEP Plus course has started!

**INEP Plus: 5 certified facilitators**

Translated EUPC Handbook into Ukrainian



The cover of the translated EUPC Handbook into Ukrainian features a blue and yellow color scheme. It includes the Ukrainian flag (UA), the European Monitoring Centre for Drugs and Drug Addiction logo, and the word 'ПІДРУЧНИК' (Handbook). The title is 'Європейська навчальна програма з профілактики' (European educational program for prevention). Below the title, there is a short description: 'Посібник із науково обґрунтованої профілактики вживання психоактивних речовин для тих, хто ухвалює рішення, впливає на громадську думку та розробляє політику' (A handbook for evidence-based prevention of psychoactive substance use for those who make decisions, influence public opinion and develop policy). The cover also features silhouettes of people and the EUPC logo at the bottom.

# Provided training

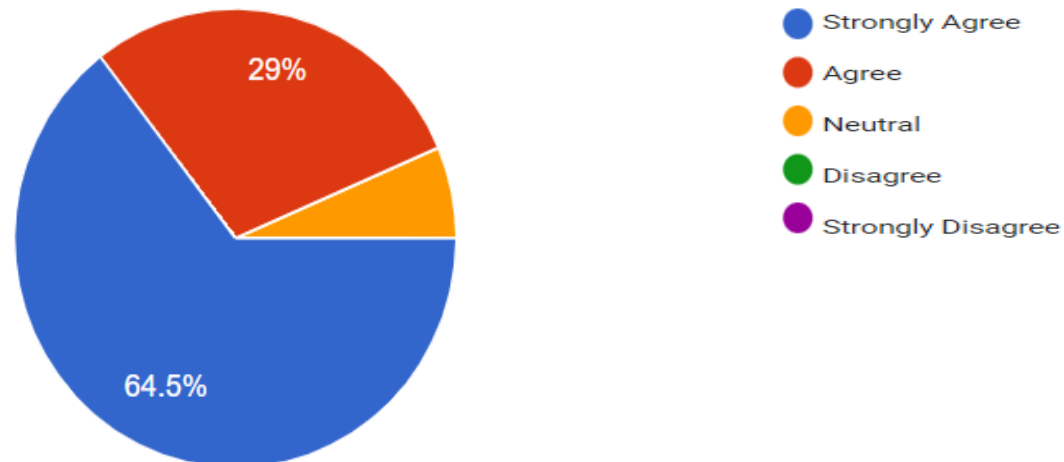
3 online sessions were held

45 participants completed the course

Involved students: lawyers, economists, journalists, psychologists, social workers and others

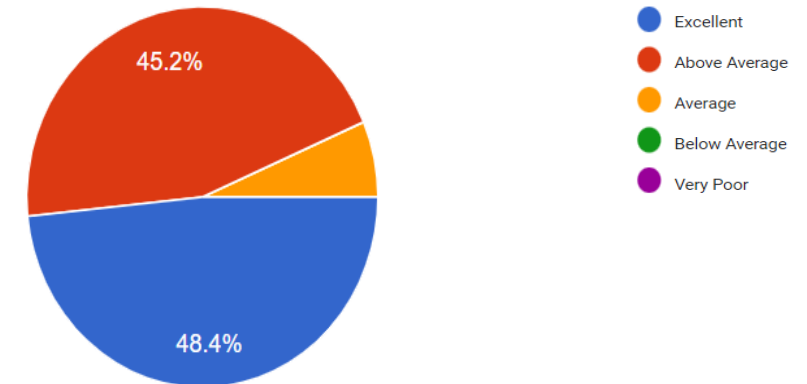
## *The e-lectures content was relevant*

31 responses



## Rate your enjoyment of the e-lectures

31 responses



Were used special assessment tools for student's feedback  
These assessment tools previously were used with success in the UPC-Adapt project

**Problems with  
electricity  
supply in  
Ukraine during  
the Russian  
aggression.**



# Introduction of the INEP course in university curricula

The INEP course has been integrated into the practical training program in psychiatry for second-year master's students in psychology. The first group, consisting of 13 students, began their practical training on February 6, 2023

Attachment 4

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
КИЇВСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ ІМЕНІ ТАРАСА ШЕВЧЕНКА  
ІНСТИТУТ ПСИХІАТРІЇ

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ЗАТВЕРДЖУЮ  
Директор Інституту психіатрії  
Київського національного  
університету імені Тараса Шевченка  
І. Я. Пінчук  
«23» січня 2023 р.

ПРОГРАМА ВИРОБНИЧОЇ ПРАКТИКИ  
СТУДЕНТІВ ОСВІТНЬОГО РІВНЯ «МАГІСТР» ТАЛУЗІ  
ЗНАНЬ 05 «СОЦІАЛЬНІ ТА ПОВЕДІНКОВІ НАУКИ»  
СПЕЦІАЛЬНОСТІ 053 «ПСИХОЛОГІЯ»  
на базі Інституту психіатрії  
Київського національного університету  
імені Тараса Шевченка

Розглянуто та затверджено  
На засіданні Вченої ради Інституту  
психіатрії КНУ імені Тараса Шевченка  
від 23 січня 2023 року, -  
протокол № 1

Київ — 2023

# Conclusion

- ✦ The study showed a high prevalence of symptoms of mental disorders among Ukrainian students in the first months of the full-scale war
- ✦ Most students reported symptoms of depression, insomnia, PTSD, and anxiety, while eating disorders and substance use were significantly less common
- ✦ There is an urgent need for decisive action to support students' mental health. The implementation of programs for the prevention of substance use and mental disorders is crucial

# Approbation of research results



**Psychological well-being of Ukrainian students three months after the emerge of full-scale war**  
Irina Pinchuk, Andrii Solonskyi, Yuliia Yachnik, Oksana Kopchak, Katarzyna Klasa, Jerzy A. Sobański, Tetiana Odintsova

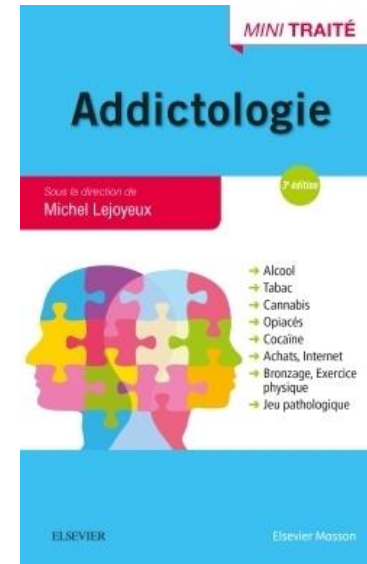
DOI: <https://doi.org/10.12740/PP/177073>



**The battle for mental well-being in Ukraine: mental health crisis and economic aspects of mental health services in wartime**

Violetta Seleznova, Irina Pinchuk, Inna Feldman, Volodymyr Virchenko, Bo Wang & Norbert Skokauskas

<https://ijmhs.biomedcentral.com/articles/10.1186/s13033-023-00598-3>



**Students' Experience with the Online Course in Prevention Science in Two Distinct University Settings: A Pilot Study**  
Gabrhelík R., Pinchuk I., Chumak S., Pimenova N., Salazar F., Miovský M., Horalek H., Lukavská K.

[https://adiktologie-journal.eu/wp-content/uploads/2024/06/ADDICTOLOGY\\_01\\_2024\\_digital\\_007-014\\_Gabrheli%CC%81k.pdf](https://adiktologie-journal.eu/wp-content/uploads/2024/06/ADDICTOLOGY_01_2024_digital_007-014_Gabrheli%CC%81k.pdf)

**WILL BE PUBLISHED SOON**


**Risk factors of substance use among university students in Ukraine during wartime**

Olga Myshakivska, Marina Polyvianaia, Yulia Yachnik, Irina Pinchuk



Thank you for your attention!  
Any questions?

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 [ipsycho.knu.ua](http://ipsycho.knu.ua)

