

CLINICAL AND PSYCHOLOGICAL CHARACTERISTICS OF MALADAPTIVE STATES IN THE CIVILIAN POPULATION IN CONDITIONS OF MACROSOCIAL STRESS AND HYBRID WARFARE

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Since 2014, Ukraine has been in the state of hybrid warfare, the key point of which is massive brainwashing the population using means of information-psychological war.

The purpose of the work is to allocate the clinical specificity of the maladaptive states in the civilian population under the influence of macro-social stress, depending on the vulnerability to the action of information and psychological technologies, as part of the hybrid warfare.

Methods. 221 patients of general-somatic profile were examined, in which the manifestations of psychological maladaptation were diagnosed. The main group consisted of 112 people with high involvement in the use of information-psychological war exposure via TV, Internet or periodicals, and the comparison group - 109 patients with the low level of using information-psychological war means. The examination was carried out with the help of clinical-psychological and psycho-diagnostic methods, and included a clinical interview and psychodiagnosis.

Results. Patients in the primary medical network who are exposed to destructive information and psychological influences due to excessive involvement in watching TV, Internet use and reading of periodicals, have a greater severity of pathopsychological symptoms of maladaptive states compared with those with a safe level of TV and Internet use ($p < 0.01$). They are characterized by a high level of severity of psychosocial stress, formed (38.4%) or expressed (37.5%) neuro-psychological maladaptation, with the predominance of anxiety and depressive manifestations of the clinically significant level. The leading pathopsychological phenomenon in them is pathological anxiety, which is realized in the form of dominance of anxious-depressive (33.0%) or anxious-dysphoric (38.4%) constellations and less pronounced asthenic radicals (17.0% - astheno-depressive, 11.06% - astheno-hypochondria manifestations), which prevails in patients who are not fond of using means of information-psychological war.

The obtained data confirm the presence of negative influence of the information-psychological war on the state of mental health of the civilian population, which requires further study of this problem with the development of specific countermeasures.

Key words: macrosocial stress, information-psychological war, psychological maladaptation, civilians.