

Mechanisms of Psychological Adaptation of Citizens to Post-War Reality and Overcoming Traumatic Experience

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This integrative review examined evidence concerning psychological support programmes intended to facilitate adaptation to post-war reality and reduce trauma-related consequences. The analysis combined theoretical synthesis with descriptive comparison of PTSD prevalence and classification of psychosocial interventions. PTSD estimates varied markedly: approximately 3–4.4% in the general population, 16–34% among civilians in the post-war Balkans, 12–18% among Vietnam veterans, 7.3–14.2% in Cambodian populations, and 25.9% of surveyed Ukrainian parents and 23.5% of people aged 10–26 years during 2022–2024; rates reached approximately 70% in treatment-seeking Ukrainian children and adolescents. The reviewed evidence supports multilevel, individualised care combining early crisis intervention, psychotherapy, social support, and longer-term rehabilitation adapted to children, adolescents, displaced persons, civilians, and veterans. Integrating psychosocial services into healthcare and community systems may improve emotional stabilisation, social functioning, resilience, and post-traumatic growth. The findings may inform psychologists, healthcare professionals, and social services planning post-conflict support.

Keywords: anxiety level, post-traumatic stress disorder, support in crisis situations, population categories, stressful situations.

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North American Journal of Psychology, 2026, Vol. 28, No. 3, 1694-1713

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