



HUNGARIAN UNIVERSITY OF
AGRICULTURE AND LIFE SCIENCES



15th International Scientific–Methodical– Practical Conference on Sustainable Regional Development Economics, Management, Law and Technology Opportunities 2023

Klaipeda, Lithuania, 6–7th October 2023

Abstract Book

Editors: Jurgita Martinkienė, Tibor László Csegődi



15TH INTERNATIONAL SCIENTIFIC-METHODICAL-PRACTICAL
CONFERENCE ON SUSTAINABLE REGIONAL DEVELOPMENT

***ECONOMICS, MANAGEMENT, LAW, AND TECHNOLOGY
OPPORTUNITIES 2023***

Klaipeda, Lithuania, 6-7th October 2023

Abstract Book

Editors

Jurgita Martinkiene – Tibor László Csegődi



Magyar Agrár- és Élettudományi Egyetem
Gödöllő, 2023

Editors

Assoc. prof. dr. Jurgita Martinkiene
(Lithuania Business College, Lithuania)

Assoc. prof. dr. Tibor László Csegődi
(Hungarian University of Agriculture and Life Sciences, Gödöllő, Hungary)

© Authors, 2023

© Editors, 2023

*This is an open access journal under the terms and conditions of the Creative Commons
attribution ([CC-BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)) license 4.0.*



Published by

Hungarian University of Agriculture and Life Science, Gödöllő, Hungary
Under the supervision of Csaba Gyuricza

H-2100 Gödöllő, Práter Károly u. 1.

Tel.: +36-28/522-000

<https://www.uni-mate.hu>

ISBN 978-963-623-074-6 (pdf)

Artur Airapetian, Valentas Gružas

Faculty of medicine, Vilnius University, 03101 Vilnius, Lithuania;

artur.airapetian@mf.stud.vu.lt

Institute of Computer Science, Vilnius University, 08303 Vilnius, Lithuania;

valentas.gruzas@mif.vu.lt

Impact of the Russia-Ukraine War on the Mental Health of the Lithuanian Population One Year after the Invasion

Abstract

The persistent recurrence of armed conflicts throughout human history has inflicted immeasurable suffering and loss. While some societies have successfully fostered peace and cooperation, others remain ensnared by protracted conflict. This disparity raises a fundamental question: What factors contribute to the ability of certain groups and nations to sustain cooperation, while others grapple with recurring violence and strife? The ongoing conflict in Ukraine serves as a poignant exemplar of this global quandary, casting its shadow not only over the Ukrainian population but also over neighboring countries. Russia's invasion of Ukraine, which commenced in February 2022, is widely regarded as the largest military offensive in Europe since the Second World War. Beyond the tangible destruction wrought by war, it has inflicted profound psycho-emotional trauma upon the affected populace. However, the Ukraine conflict engenders broader questions about the psychological repercussions of war, encompassing not only those directly embroiled in the conflict but also the wider regional population. Lithuania, by virtue of its geopolitical proximity, stands directly exposed to the repercussions of this conflict. Yet, it is not solely the unpredictable actions on the ground that evoke fear and anxiety but also the ominous rhetoric, exemplified by former Russian Prime Minister Mikhail Kasyanov's assertion that "if Ukraine falls, the Baltic countries will be next." Such pronouncements reverberate in society, eliciting a spectrum of reactions characterized by anxiety, uncertainty regarding the future, stress, depression, and feelings of hopelessness. In many instances, these psychological afflictions extend their reach to manifest as physical health issues, such as insomnia, high blood pressure, or even heart attacks. While economic policies strive to mitigate the impact of rising inflation, it remains imperative to address the psychological well-being of the Lithuanian populace. This study thus aims to elucidate the changing levels of depression within the Lithuanian population before the outbreak of the Ukraine conflict, during its course, and one year following its initiation. Through this investigation, we seek to discern the necessity for psychological support, as indicated by the PHQ-9 scale's threshold values. Methodology: This study employs a cross-sectional analytical design, utilizing an anonymous electronic survey that was disseminated immediately after the Russian invasion of Ukraine in March 2022, with a follow-up data collection conducted in July 2023. The research specifically investigates the war's impact on the psycho-emotional state of the Lithuanian population, focusing on the prevalence of depression as measured by the PHQ-9 questionnaire. The study sample consisted of up to 430 Lithuanian citizens, selected through purposive cluster sampling. In March 2022, a sample of approximately 1000 individuals was recruited, and their levels of depression were assessed both prior to

and at the commencement of the conflict. The study aims to shed light on how depression levels have evolved over time, comparing the periods before the war, during its onset, and one year after its initiation. Results: The study included 298 female and 132 male participants, totaling 430 respondents. Among them, 228 individuals held a secondary education, 146 had tertiary education, 41 possessed post-secondary qualifications, 14 had basic education, and 1 had primary education. The study encompassed 221 students, 176 employed individuals, 9 unemployed, 16 pensioners, and 8 respondents not actively engaged in the workforce. Analysis of PHQ-9 scores revealed a mean score of 7.74, a median of 7, a minimum score of 0, and a maximum score of 27, with a standard deviation of 6.077. It is noteworthy that scores below 5 typically indicated the absence of a depressive disorder, scores in the range of 5-9 generally denoted non-depressed individuals or those with subthreshold depression, scores of 10-14 encompassed a spectrum of patients, and scores of 15 or higher typically signified major depression. Recommendations: In light of regional variations in PHQ-9 depression scores, we propose region-specific interventions to address elevated depression levels. Municipalities with higher depression prevalence should receive targeted education on psychological resilience, alongside increased accessibility to psychological support services. Prioritizing mental health initiatives is imperative, particularly in regions where external geopolitical factors may exacerbate psychological distress.

KEY WORDS: War, Mental health, Aggression, Depression, PHQ-9.