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### **MOTIVATION TO PSYCHOLOGICAL HELP EXPERIMENT AT FRONTIER**

**INTRODUCTION.** In recent times motivation to ask for psychological help has become crucial, especially among Ukrainian combatants. There are working methods of psychological help in Ukraine, for example Common Elements Treatment Approach (CETA) that was researched here [1] and a significant number of other methods. But no help can be provided if the person that needs help never asks for it.

**Experiment description.** 8 volunteer combatants at frontier agreed to participate in an experiment where they were tested by the test designed by the author [2]. Before it there was a pilot study conducted among 43 random war veterans testing this test anonymously [3]. This experiment was not anonymous. Author was present near the respondent while tested and had the opportunity to ask questions afterwards with the permission to record answers. Anonymised records can be found at author private repository [4].

**Conclusions.** All respondents noticed the positive influence of this test on their motivation to ask for psychological help. This test was a reason to start conversation with respondents and not only ask questions but also give some answers concerning psychological help as well as explain reasons for receiving it. One respondent even asked for assistance in receiving psychological help. Based on his test results (respondent answered that psychological help by the phone is preferable) phone psychological help was offered. The respondent accepted this offer and started to receive professional psychological help by phone.

### References

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