

Track: Trauma Across the Lifespan

Background: It is well-known that radicalized individuals, including incels and far-right extremists, may inflict trauma, but despite indications that those susceptible to radicalization may struggle with trauma themselves, we lack knowledge about trauma and mental health in this group. Increasingly, radicalization is taking place online, including on chan-forums such as 4chan, and little is known about if and how they discuss mental health and trauma on these platforms.

Objective: The study aimed to investigate how and to what extent 4chan users discuss mental health and traumatic experiences. Research questions were: (1) How frequently is personal experiences with trauma and mental health problems disclosed on 4chan? (2) How are 4chan users responding to posts about trauma and mental health?

Methods: We accessed all communication on one 4chan thread March 2017–March 2024 and searched for identified terms during specific time periods. Using a mixed-methods design, we investigated frequency and content of posts about trauma and mental health.

Results: While not among the most common subjects, 4chan users do post about their mental health struggles and experiences with trauma. We will present categories of predominant themes, as well as other users' reactions to posts, categorized on parameters including supportiveness and ridicule. Quotes will be used to display how these issues are handled. Importantly, we will discuss the context in which interactions should be understood.

Conclusions: Preventive efforts aimed at far-right radicalization need to be present at online platforms, and our results suggest that efforts targeting trauma and mental health can be useful.

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Study of the hardiness of Ukrainians in conditions of uncertainty and unpredictability of wartime

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Track: Trauma, related to Injustice, War, and Violence

Background and Objective: At the crossroads of extreme uncertainty and threat, the issue of protecting oneself, actualising one's resilience, and developing tools to counter exhaustion becomes urgent. Such tools include the hardiness of the individual as an antidote to the existential anxiety of today's stormy challenges. Hardiness is a complex concept defining a person's ability to withstand difficult situations and resist stress. It includes three main aspects: inclusion, control, and challenge (S.C. Kobasa, S. Maddi).

Method: The report presents a study of the hardiness of Ukrainians during the war and an analysis of these indicators in the context of existential factors that can determine it, which include dialogical relations with the four fundamental dimensions of existence: relations with the world, relations with life, relations with oneself, and relations with meaning (concept of 4 fundamental existential motivations (M. Heidegger, A. Laengle), as well as the so-called anthropological characteristics of a person, namely, freedom, responsibility, the ability to self-distance and self-transcendence, the ability to appreciate one's own life, meaning and values (V. Frankl, A. Laengle).

Results: The results are obtained based on the following methods: Existence scale (Lengle, Orgler), Test of fundamental motivations -TEM (Lengle et al.); Professional resilience questionnaire (Kokun), The Hardiness Scale-21 (Merino-Tejedor et al.), The Resistant Personality Questionnaire-21 (Calvo & García).

Conclusions: Based on the received data, the ways, and methods of optimising the vitality of the individual have been determined, and practical recommendations have been developed and presented to update the fundamental factors of hardiness in the context of war and post-war times.

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Recall of potentially traumatic events under psychedelics

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