P-ISSN 2579-2504
E-ISSN 2738-2664

ԱՐԴԻ ՀՈԳԵԲԱՆՈՒԹՅՈՒՆ
ԳԻՏԱԿԱՆ ՀԱՆԴԵՍ

MODERN PSYCHOLOGY
SCIENTIFIC BULLETIN

АКТУАЛЬНАЯ ПСИХОЛОГИЯ
НАУЧНЫЙ ВЕСТНИК

ԵՐԵՎԱՆ 2026, №1 (18)

DOI: https://doi.org/10.46991/SBMP/2026.9.1.003

THE EFFECTS OF ARMED CONFLICT CONDITIONS ON PERSONALITY ADAPTATION MECHANISMS: A REGRESSION ANALYSIS

Anastasiia Shumarova (Yerevan State University, Yerevan, Armenia)

a.shumarova@ysu.am

Received: 12.05.2026

Revised: 18.05.2026

Accepted: 18.05.2026

This article examines the influence of the psychological conditions of prolonged armed conflict on personality adaptation mechanisms among civilians under direct and indirect conflict exposure. The relevance of the study is determined by the insufficient understanding of adaptation among individuals for whom the threat has not ended, as well as by the limitations of PTSD-oriented models in describing conditions of ongoing traumatization. The theoretical framework of the study is the concept of continuous traumatic stress (CTS), within which armed conflict is considered as a prolonged context of civilian life that includes both conditions of continuing threat and specific responses to them. The aim of the study is to identify how conflict-related conditions influence defense mechanisms and coping strategies through internal personality factors in groups exposed to the conflict directly and indirectly. The empirical part of the study was conducted within a quasi-experimental comparative design with two naturally formed groups. The model was tested using mediation regression analysis in PROCESS v4.2 for SPSS; dominant states and world assumptions were examined as mediators. The results showed that the influence of conflict-related conditions on adaptive mechanisms is predominantly mediated and is more often realized through specific indirect pathways. In the direct exposure group, stronger associations were found with CTS factors and dominant states, reflecting the burden on mental state and the depletion of resources. In the indirect exposure group, protective factors and world assumptions became more important, especially assumptions about the benevolence and justice of the world. The findings support the theoretical model of a unified protective-regulatory system of personality adaptation under CTS and demonstrate differences in adaptation profiles under direct and indirect armed conflict exposure.

Keywords: *armed conflict, continuous traumatic stress, personality adaptation, defense mechanisms, coping strategies, mediation analysis, civilian population.*

Introduction

Armed conflicts affect not only those directly involved in hostilities, but also millions of civilians who, against their will, become drawn into the confrontation. Some continue to live in areas where military actions take place, whereas others are affected indirectly through the information environment, emotional involvement, and social ties. Nevertheless, psychological research has traditionally focused either on military personnel and veterans or on groups who have already been removed from the situation of direct exposure, such as refugees and internally displaced persons. As a result, civilians for whom the threat has not ended but remains part of everyday reality have received considerably less scholarly attention. At present, studies on the psychological impact of armed conflicts on civilian populations are conducted primarily in countries where this issue has direct practical relevance, including Armenia (Kh. V. Gasparyan et al., 2022; D. Hayrapetyan et al., 2024; S. G. Sukiasyan et al., 2025), Ukraine (T. E. Khraban, 2022; I. Pavlova et al., 2024; A. Kurapov et al., 2024), and Russia (A. G. Samokhvalova et al., 2025).

A key feature of contemporary armed conflicts is their protracted nature, as well as the extensive use of various forms of influence — economic, political, informational, psychological, and others — that affect all spheres of life. Under these conditions, it is not only the fact of traumatic exposure itself that becomes crucial, but the broader context of ongoing traumatization. For civilians, this means not merely coping with the consequences of armed conflict, but adapting to life under new conditions of continuing threat. For this reason, traditional approaches to adaptation and to the assessment of psychological consequences, which are largely based on the concept of post-traumatic stress disorder, appear insufficient. The concept of continuous traumatic stress (CTS) provides a more appropriate framework for analyzing this context; however, studies explicitly based on this approach remain scarce, and the most consistent development of this line of research is found within the Israeli research tradition (G. Eagle, D. Kaminer, 2013; A. Goral, 2022). At the same time, armed conflict may exert a negative impact not only through direct exposure, but also through indirect exposure. Yet it remains unclear how this form of influence affects the adaptation process and whether its effects differ from those of direct exposure.

Thus, **the aim of the present study** is to identify the specific effects of the psychological conditions of prolonged armed conflict on personality adaptation mechanisms in groups exposed to the conflict directly and indirectly.

Theoretical background

Psychological adaptation is a multilevel regulatory process through which individuals use various ways of maintaining psychological equilibrium, processing stressful experience, and organizing behavior under changed life conditions. The mechanisms most frequently discussed in this context include psychological defenses and coping strategies. Their activation and functional significance depend on the situation in which the individual finds himself or herself and on the internal resources available to them. Thus, F. Cramer emphasizes that defense mechanisms should be considered in relation to the context in which they are used, while the assessment of their adaptiveness should take into account both the individual's internal characteristics — developmental level, cognitive maturity, and functional limitations — and the external conditions of the situation [3]. Accordingly, less mature defenses cannot automatically be regarded as maladaptive: under some conditions, they may temporarily reduce tension and support functioning, whereas under others, they may limit the processing of experience and hinder more flexible regulation. Studies on the relationship between coping and adaptation also show that this relationship substantially depends on the characteristics of the stressor, including its nature, duration, context, and, in particular, controllability. Thus, in their review, C. Carver and J. Connor-Smith [2] discuss evidence indicating that the effectiveness of coping is largely determined by the fit between the strategies used, the controllability of the stressor, and the resources available.

As a specific context of civilian life, armed conflict differs from a single traumatic event located in the past both in the nature of the threat and in the way it affects the individual. Under conditions of prolonged and ongoing danger, traumatization becomes embedded in everyday life: it is shaped not only by what has already been experienced, but also by the persistence of real threat and the anticipation of repeated exposure [6]. This distinction is central to differentiating the traditional PTSD framework from the concept of continuous traumatic stress (CTS). Moreover, CTS studies emphasize that responses to continuous threat may be broader and more intense than responses to a completed traumatic event [9] and may include additional cognitive, behavioral, and emotional components [5, 10]. These responses are most commonly associated with a diminished sense of safety, perceived threat and loss of control, and anxious anticipation of renewed exposure. Empirical studies confirm that more than 60% of individuals living under continuous threat report a low sense of safety for themselves and their close relatives [1], and anticipated trauma underlies anxiety in conditions of ongoing threat [4, 7]. At the same time, some CTS-specific responses are not represented in the DSM-5 criteria for PTSD and therefore remain outside standard diagnostic instruments [5]. Conversely, typical PTSD symptoms — intrusion, avoidance, and alterations in arousal and reactivity — may be absent in the context of continuing threat or may acquire adaptive significance.

The distinction between PTSD and CTS is also reflected in the understanding of indirect exposure. In the CTS framework, indirect exposure is conceptualized more broadly than in the diagnostic criteria for PTSD. Alongside direct witnessing of traumatic events or personal connection to those injured or killed, it also includes informational exposure through social networks and mass media. Empirical studies indicate that such forms of exposure may substantially impair the psychological well-being of civilian populations [11, 13]. For instance, research on the events of October 7 showed that, even among individuals without direct exposure, intensive news consumption and viewing graphic materials during the first week were associated with a higher likelihood of PTSD; when both factors were present, the estimated prevalence of PTSD reached approximately 31.7% [13].

These features of the armed conflict context directly affect the adaptation process. As D. V. Sochivko notes [12], adaptation to extreme conditions does not occur through the simplification of behavior leading to personality deformation, but through the increasing complexity of psychodynamic integration. Therefore, the analysis of extreme life conditions should take into account not only the external parameters of exposure, but also the internal, personality-related component through which extremity is evaluated. In this context, the study of personality requires a shift from a situational to a biographical approach, focused on a person's prolonged existence under extreme conditions. The focus is not on the possibility of leaving the situation and returning to habitual life circumstances, but on the processes of profound restructuring of personality psychodynamics.

Thus, based on the theoretical analysis conducted, we propose a theoretical model of a unified protective-regulatory system of personality adaptation, which reflects the dynamics of adaptive mechanisms under conditions of continuous traumatic stress (CTS). In this model, adaptation is viewed as a multilevel interconnected system comprising defense mechanisms and coping strategies that function within a field of simultaneously acting and often multidirectional factors. The first level is formed by conflict-related conditions: objective characteristics of stress exposure, subjectively experienced psychological conditions of the conflict, and protective factors that may potentially mitigate its consequences. Together, these parameters determine the intensity, duration, and structure of the stress load, thereby shaping the context in which adaptation unfolds. The second level consists of internal factors through which conflict-related conditions are perceived and evaluated. The third level is represented by adaptive mechanisms as responses to these conditions. The central premise of the model is that the influence of conflict-related conditions on the adaptive response is realized primarily through internal factors that perform a mediating function: they shape the perception and meaning-based processing of the stressful environment and may change under the

influence of different conflict characteristics, leading to different trajectories of adaptation.

Study Design. The data presented in this article are part of a dissertation research project and reflect the empirical testing of the proposed theoretical model of adaptation under conditions of continuous traumatic stress (CTS). The study was conducted using a quasi-experimental comparative design with naturally formed groups.

Sample. This article reports data from two of the three main groups, classified according to the type of armed conflict exposure:

– direct exposure group (G1): n = 100; M = 23.79; SD = 10.30; men — 25 participants (25%), women — 75 participants (75%);

– indirect exposure group (G2): n = 101; M = 22.00; SD = 4.77; men — 6 participants (5.9%), women — 95 participants (94.1%).

Procedure and Measures. To test the hypothesis that conflict-related conditions influence adaptive mechanisms through mediating variables, all components of the proposed theoretical model were first analyzed step by step. The context of prolonged armed conflict, psychological conditions, and protective factors were assessed using an author-developed biographical questionnaire. Internal factors were measured with the World Assumptions Scale (WAS, adapted by M. A. Padun and A. V. Kotelnikova) and the Dominant State Inventory (DS-6, L. V. Kulikov). Personality adaptation mechanisms were assessed using Heim's Coping Strategies Inventory, adapted by L. I. Wasserman et al., and the Psychological Defense Measurement Inventory (PDM; E. R. Pilyugina, R. F. Suleymanov, 2020).

Mediation effects were tested using the PROCESS v 4.2 macro for SPSS, which allows direct (X→Y) and indirect (X→M→Y) effects to be estimated using a bootstrap procedure. The dependent variables (Y) were aggregated groups of defense mechanisms — psychotic, infantile, neurotic, and adaptive — as well as composite coping indicators across three domains: emotional, behavioral, and cognitive. The predictors (X) included the psychological conditions of the conflict, represented by CTS factors — exhaustion/detachment (ED), rage/betrayal (RB), and fear/helplessness (FH) — as well as protective factors: social support (SA), change in social circle (SC), and future orientation (FO). The mediators (M) were dominant states (DS) and world assumptions (WAS). The DS block included six scales: active/passive attitude toward the life situation (Ak), high/low tone (To), calmness/anxiety (Sp), stability/instability of emotional tone (Us), satisfaction/dissatisfaction with life as a whole (Ud), and positive/negative self-attitude (Po). The WAS block included five scales: self-worth (SW), benevolence of the world (BW), justice (J), luck (L), and controllability (C).

The regression analysis design involved estimating a separate model for each predictor, with the remaining factors included as covariates. Under this approach,

including the full set of mediators together with covariates would have led to excessive model parameterization for the available sample size. Therefore, the mediators were divided in advance into two blocks and analyzed separately: DS and WAS. Each series of models was estimated in two versions — without covariates and with covariates — to compare the stability of direct and indirect effects under different levels of control for accompanying factors. This article presents only covariate-adjusted models in which statistically significant direct, total indirect, or specific indirect effects were identified. For the selected models, we report R^2, overall model significance, direct effect estimates, total and specific indirect effects with 95% bootstrap confidence intervals, and significant X→M and M→Y paths.

Results. The analysis of mediation models examining the effects of conflict-related conditions on adaptive mechanisms in G1 (Table 1) shows that significant associations were predominantly mediated and, in most cases, operated through specific indirect pathways. Direct effects were found only for two predictors: SC on psychotic mechanisms and ED on infantile mechanisms.

The most pronounced results were obtained for psychotic and infantile mechanisms: the models reached overall significance at $p \leq 0{,}001$, with explained variance ranging from $R^2 = 0{,}2819$ to $0{,}4615$. For adaptive mechanisms, significant models were found only when the DS block was included; models with WAS mediators did not reach overall significance. ED was the dominant predictor: its effect was mediated by dominant states — through the total indirect effect for psychotic mechanisms, through a decrease in Us for infantile mechanisms, and through a decrease in Ud for adaptive mechanisms. RB and FO predicted the use of infantile mechanisms through BW and J, whereas FH and FO predicted the use of adaptive mechanisms through Ak. For neurotic mechanisms, the models did not reach overall significance; however, separate specific indirect pathways were identified: within the WAS block, RB had a significant effect through a decrease in BW, and FO through J, whereas in the DS models, FH and FO operated through Ak.

The analysis of regression models for coping mechanisms in G1 shows that the strongest effects were observed in the emotional domain: all models in this domain were significant at $p < 0{,}001$ and had the highest explanatory power ($R^2 = 0{,}3005$–$0{,}3685$). Unlike the models for defense mechanisms, the highest R^2 values were obtained for the model with WAS mediators. The identified associations were mediated: in the DS models, FH and FO predicted emotional coping through Ak, whereas in the WAS model, the effect of FO was mediated by SW. No significant direct or indirect effects were found in the behavioral domain. In the cognitive domain, the models did not reach overall significance; however, at the level of separate pathways, ED, FH, and FO were associated with cognitive coping through To.

Table 1.1 Regression Models of Adaptive Mechanisms (G1)

X	Med. set	R^2	Model p (Y)	Direct p	BootCI (total indirect)	Specific indirect (sig)	Significan X→Med. paths	Significant med. M→Y
Psychotic mechanisms								
ED	DS	0,4615	<0,001	0,7605	[0,3920; 2,3878]*	—	ED↑→T0↓*; Sp↓**; Us↓***; Ud↓*; Po↓*	—
SC	DS	0,4615	<0,001	0,0199*	[-0,7259; 0,3770]	—	—	—
SC	WAS	0,2819	0,001	0,0476*	[–0,6391; 0,1556]	—	—	—
Neurotic mechanisms								
RB	WAS	0,2281	0,0762	0,9685	[-0,2332; 1,9757]	BW:[0,0892; 1,9878]*	RB↑→BW↓***	J↑→Y↑***
FH	DS	0,2609	0,0668	0,202	[–1,0450; 1,5761]	Ak:[–1,6466; –0,0223]*	FH↑→Ak↓***; T0↓; Sp↓***	—
FO	DS	0,2609	0,0668	0,7133	[-1,0935; 1,5181]	Ak:[-1,7707; -0,0558]*	FO↑→Ak↓***; T0↓*; Ud↓***	—
FO	WAS	0,2281	0,0762	0,798	[-0,9942; 1,4437]	J:[-1,4915; -0,0484]*	FO↑→J↓*; SW↓***; C↓***	J↑→Y↑***
Infantile mechanisms								
ED	DS	0,3661	<0,001	0,932	[0,4601; 2,6323]*	Us:[0,3285; 2,5068]*	ED↑→T0↓*; Sp↓**; Us↓***; Ud↓*; Po↓*	Us↑→Y↓**
ED	WAS	0,2975	<0,001	0,0377*	[-0,5946; 0,9942]	—	—	BW↑→Y↓***; J↑→Y↑**
RB	WAS	0,2975	<0,001	0,8606	[0,4071; 2,3222]*	BW:[0,5768; 2,4406]*	RB↑→BW↓***	BW↑→Y↓***; J↑→Y↑**
FO	WAS	0,2975	<0,001	0,5347	[-0,6376; 1,3012]	J:[-1,0959; -0,0404]*	FO↑→J↓*; SW↓***; C↓***	BW↑→Y↓***; J↑→Y↑**
Adaptive mechanisms								
ED	DS	0,2991	0,0012	0,7096	[-1,4479; 1,1554]	Ud:[0,1613; 2,3941]*	ED↑→T0↓*; Sp↓**;Us↓***; Ud↓*; Po↓*	Ak↑→Y↑***; Ud↑→Y↓**
FH	DS	0,2991	0,0012	0,2725	[-2,4369; 0,5267]	Ak:[-2,7505; -0,5879]*	FH↑→Ak↓***; T0↓*; Sp↓***	Ak↑→Y↑***; Ud↑→Y↓**
FO	DS	0,2991	0,0012	0,3973	[-1,7161; 1,1072]	Ak:[-2,9040; -0,6593]*; Ud:[0,4322;2,9765]	FO↑→Ak↓***; T0↓*; Ud↓***	Ak↑→Y↑***; Ud↑→Y↓**

Note: * p < 0,05 or CI excludes 0; ** p < 0,01; *** p < 0,001.

Table 1.2 Regression Models of Adaptive Mechanisms (G1)

X	Med. set	R^2	Model p (Y)	Direct p	BootCI (total indirect)	Specific indirect (sig)	Significan X→Med. paths	Significant med. M→Y
Emotional coping domain								
FH	DS	0,3005	<0,001	0,9814	[-0,4856; -0,0601]*	Ak:[-0,3457; 0,0392]*	FH↑→Ak↓***; T0↓*; Sp↓***	Ak↑→Y↑**
FO	DS	0,3005	<0,001	0,2506	[-0,4623; -0,0026]*	Ak:[-0,3458; 0,0510]*	FO↑→Ak↓***; T0↓*	Ak↑→Y↑**
FO	WAS	0,3685	<0,001	0,3153	[-0,4585; -0,0822]*	SW:[-0,4100; 0,0715]*	FO↑→J↓*; SW↓***; C↓***	SW↑→Y↑**
Cognitive coping domain								
ED	DS	0,1151	0,2306	0,4533	[-0,2204; 0,1024]	T0:[0,0044; 0,2325]*	ED↑→T0↓*; Sp↓;** Us↓***; Ud↓*; Po↓*	T0↑→Y↓*
FH	DS	0,1151	0,2306	0,7418	[-0,3119; 0,0881]	T0:[0,0014; 0,3284]*	FH↑→Ak↓***; T0↓*; Sp↓***	T0↑→Y↓*
FO	DS	0,1151	0,2306	0,3655	[-0,2577; 0,1694]	T0:[0,0014; 0,2539]*	FO↑→Ak↓***; T0↓**; Ud↓***	T0↑→Y↓*

Note: * $p < 0,05$ or CI excludes 0; ** $p < 0,01$; *** $p < 0,001$.

In G2 (Table 2), the regression models are characterized primarily by a shift of mediated effects toward the WAS block. Thus, whereas all models for psychotic mechanisms reached a significance level of $p < 0.001$, for infantile mechanisms significance was higher in the WAS block, and for neurotic mechanisms and the behavioral coping domain it emerged only in the WAS models. For adaptive mechanisms, as well as for the emotional and cognitive coping domains, the opposite pattern was observed: significance was found primarily in models with DS mediators.

As in G1, mediated associations predominated in G2; a direct effect was found only for the cognitive coping domain and was associated with SC. At the same time, the set of significant predictors differed. Among the CTS factors, significant effects were found only for RB and FH: RB predicted psychotic, neurotic, and infantile mechanisms through a decrease in BW, whereas FH produced a total indirect effect on psychotic mechanisms. The remaining associations involved protective factors. SA predicted psychotic, neurotic, and infantile mechanisms through an increase in BW. The largest number of associations was found for FO, mainly in models with DS mediators: for psychotic mechanisms, a total indirect effect was identified; for neurotic and infantile mechanisms, a specific pathway through Us was found; for adaptive mechanisms, the pathways operated through Us and Po; and for emotional coping, through Ak. In addition, in the model with WAS mediators, the effect of FO on infantile mechanisms was mediated through J.

Table 2. Regression Models of Adaptive Mechanisms (G2)

X	Med. set	R^2	Model p (Y)	Direct p	BootCI (total indirect)	Specific indirect (sig)	Significan X→Med. paths	Significant med. M→Y
Psychotic mechanisms								
RB	WAS	0,3068	<0,001	0,5109	[-0,1853; 1,5787]	BW:[0,1277; 1,3984]*	RB↑→BW↓**	BW↑→Y↓*
FH	DS	0,3876	<0,001	0,9823	[0,0285; 2,3072]*	—	FH↑→Sp↓***; Ud↓*	—
SA	WAS	0,3068	<0,001	0,0864	[-3,6254; 1,3330]	BW:[-3,2179; -0,2581]*	SA↑→BW↑**	BW↑→Y↓*
FO	DS	0,3876	<0,001	0,3771	[0,5337; 2,7224]*	—	FO↑→Ak↓**;T0↓*;Sp↓**; Us↓**; Ud↓**; Po↓**	—
Neurotic mechanisms								
RB	WAS	0,2309	0,0044	0,7199	[-0,1099; 1,6894]	BW:[0,1638; 1,6444]*	RB↑→BW↓**	BW↑→Y↓**
SA	WAS	0,2309	0,0044	0,2879	[-4,3507; 1,2704]	BW:[-3,6688; -0,4031]*	SA↑→BW↑**	BW↑→Y↓**
FO	WAS	0,2225	0,0618	0,8201	[-0,2848; 2,0535]	Us:[0,1813; 1,8878]*	FO↑→Ak↓**,T0↓*,Sp↓**, Us↓**, Ud↓**, Po↓**	Us↑→Y↓*
Infantile mechanisms								
RB	WAS	0,2597	0,0012	0,7317	[0,0356; 1,6717]	BW:[0,3205 ; 1,8780]*	RB↑→BW↓**	BW↑→Y↓***; J↑→Y↑**
SA	WAS	0,2597	0,0012	0,6284	[-4,6855; 0,5673]	BW:[-4,4933; -0,7458]*	SA↑→BW↑**	BW↑→Y↓***; J↑→Y↑**
FO	DS	0,2405	0,0379	0,1176	[0,4333; 2,4532]*	Us:[0,1807; 1,7296]*	FO↑→Ak↓**;T0↓*;Sp↓**; Us↓**; Ud↓**; Po↓**	Us↑→Y↓**
FO	WAS	0,2597	0,0012	0,856	[-0,9345; 1,1706]	J:[-0,9400; -0,0603]*	FO↑→J↓*; L↓***; C↓**	BW↑→Y↓***; J↑→Y↑**
Adaptive mechanisms								
FO	DS	0,1721	0,0333	0,5939	[-1,2184; 0,9725]	Us:[-2,0036; -0,0968]*; Po: [0,0527; 1,3438]*	FO↑→Ak↓**; T0↓*; Sp↓**; Us↓**; Ud↓**; Po↓**	Us↑→Y↑*; Po↑→Y↓*
Emotional coping domain								
FO	DS	0,2984	<0,001	0,5956	[-0,4318; -0,0111]*	Ak:[-0,3092; -0,0406]*	FO↑→Ak↓**;T0↓*;Sp↓**; Us↓**; Ud↓**; Po↓**	Ak↑→Y↑*
Cognitive coping domain								
SC	DS	0,1674	0,0275	0,0323*	[-0,0652; 0,1037]	—	SC↑→Sp↓*	—
SC	WAS	0,1188	0,2558	0,0149*	[-0,1197; 0,0630]	—	—	—

Note: * $p < 0,05$ or CI excludes 0; ** $p < 0,01$; *** $p < 0,001$.

Discussion

The analysis of the main effects revealed two common features in the configuration of associations. First, all the factors considered were involved in the system of influence on personality adaptation mechanisms. This influence was realized through both blocks of internal factors and, less frequently, directly. Across the models, the general direction of the predictors' effects on internal factors was also preserved: CTS factors were systematically associated with lower scores on the corresponding scales, whereas protective factors, by contrast, were associated with higher scores. Second, in both groups, more significant associations were found for defense mechanisms than for coping, which indicates a stronger influence of conflict-related conditions on the less conscious level of regulation.

However, the mechanisms of influence and the structure of these associations differed depending on the type of armed conflict exposure. G1 was characterized by a pronounced influence of all CTS factors, whereas protective factors were represented mainly by future orientation (FO). The pattern of associations in G1 indicates stress accumulation and resource depletion, primarily affecting the respondents' mental state. This was most clearly reflected in the influence of exhaustion/detachment (ED), which appeared both as a total indirect effect and through decreases in emotional tone stability (Us), life satisfaction (Ud), and tone (To). In addition, in the models for three groups of defense mechanisms, two atypical effects emerged at the second stage of mediation, that is, in the effect of the mediator on the dependent variable, expressed in specific indirect pathways through Ak and J. In these cases, a decrease in active attitude toward the life situation and in belief in the justice of the world was associated not with an increase, but with a decrease in the use of defense mechanisms. Unlike most other models, internal factors here did not function as a buffering link through which conflict-related conditions led to greater activation of defenses; rather, they indicated a reduction of protective-regulatory activity itself. Given that both scales had the lowest scores in G1 and that their changes were primarily associated with FH and FO, this pattern may be interpreted as a shift toward a passive attitude to the situation against the background of helplessness and perceived injustice, and consequently as a refusal of active responding, forming a configuration close to learned helplessness. At the same time, this effect was not uniform: at the level of cognitive coping, CTS factors and FO reduced To, but lower tone activated cognitive coping mechanisms, represented in this group mainly by problem analysis and meaning-making.

At the emotional level, the structure of regulation was different. In the models of infantile mechanisms, ED exerted its effect through a decrease in Us. In the emotional coping domain, in addition to the already noted effect of Ak, whose

decrease was associated with reduced use of coping strategies, FO influenced self-worth (SW), and through its increase was associated with more frequent use of coping mechanisms. Considering the important role of emotional regulation in situations of uncertainty and uncontrollability [8], as well as the fact that under continuing threat the processing of traumatic experience is often postponed in favor of responding to current and future danger [2], the dominant mechanisms identified at the emotional level, namely denial and suppression of emotions, may be viewed not only as defensive, but also as adaptive forms of response that support relative stability of emotional regulation by available means. In this context, comparing psychotic mechanisms with the behavioral coping domain helps explain the absence of significant associations in this domain: when real control over the situation is impossible, behavioral regulation relies less on conscious strategies and therefore shifts toward a deeper and less conscious defensive level.

G2 was characterized by a more pronounced role of world assumptions and, overall, a larger number of associations with protective factors. Mediation through DS was considerably weaker: in the models of psychotic mechanisms, it was represented only by a total indirect effect, whereas the remaining mediated associations were linked only to FO. At the same time, unlike in G1, where FO operated through both mediator blocks, in G2 it acted mainly through dominant states. Associations with CTS factors were also noticeably fewer: no significant associations were found for ED, and FH influenced only psychotic mechanisms. The most pronounced effect was that of RB through BW, which occupied a central mediating position within the block of world assumptions, indicating the significance of moral injury and the importance of preserving belief in the benevolence of the world. At the same time, the same reverse effect of J was found in the group of infantile mechanisms: in the FO model, a decrease in justice was associated with a decrease in the use of mechanisms.

The greatest differences in the G2 profile were related to the group of adaptive mechanisms. FO showed two opposite and atypical effects in this group. On the one hand, optimism increased Us, and greater stability, unlike in other models, was associated with stronger adaptive mechanisms. On the other hand, optimism increased Po, but an increase in this scale, by contrast, was accompanied by a decrease in the use of mechanisms. This effect may be related to the experience of guilt, which is consistent with the predominance of the corresponding type of frustration overcoming in G2. At the level of cognitive coping, social circle played a significant role: its expansion was associated with increased use of coping mechanisms, among which problem analysis, self-worth, and dissimulation predominated. Thus, the identified effects show that in G2 the immediate influence of threat is regulated to a greater extent at a more conscious level. This, in turn, may reflect the difference between direct and indirect exposure: the absence of

immediate threat allows not only the processing of traumatic experience, but also the use of more adaptive mechanisms for its regulation. Overall, the G2 profile appears more adaptive and is oriented primarily toward preserving belief in the benevolence of the world rather than toward maintaining mental state.

Conclusions

Thus, the results of the regression analysis confirm that conflict-related conditions influence adaptive mechanisms predominantly indirectly, through internal personality factors. Moreover, this influence was found to be realized in most cases through specific indirect pathways: particular conflict-related conditions affect specific scales of internal factors, and changes in these scales mediate the character of the adaptation process. The generalization of the obtained data also shows that associations between the key components of the system are identified at all levels of analysis. This makes it possible to conclude that the theoretical model of a unified protective-regulatory system proposed for conditions of prolonged ongoing stress received empirical support in this sample. At the same time, the profiles of adaptive mechanisms under direct and indirect exposure to armed conflict have their own specificity.

Considering all indicators as a unified system shows that externally similar manifestations may be based on different foundations of regulation, different mechanisms of influence, and ultimately different goals of the adaptation process. This has both theoretical and practical significance, since it makes it possible to take into account the specific features of the adaptation process, identify the most vulnerable components of adaptation in each group more precisely, and accordingly provide more targeted psychological assistance:

– in G1, special attention should be paid to decreased activity and weakened belief in the justice of the world; it is also necessary to consider the pronounced influence of exhaustion and the presence of continuing danger, under which some mechanisms usually regarded as maladaptive may perform an adaptive function;

– in G2, attention should be paid to preserving assumptions about the benevolence and justice of the world, as well as to working with guilt.

References

1. Bleich, A. Exposure to terrorism, stress-related mental health symptoms, and coping behaviors among a nationally representative sample in Israel / A. Bleich, M. Gelkopf, Z. Solomon // Journal of the American Medical Association. – 2003. – Vol. 290. – No. 5. – P. 612–620. – DOI 10.1001/jama.290.5.612.
2. Carver, C. S. Personality and coping / C. S. Carver, J. Connor-Smith // Annual Review of Psychology. – 2010. – Vol. 61. – P. 679–704. – DOI 10.1146/annurev.psych.093008.100352.

3. Cramer, P. Understanding Defense Mechanisms / P. Cramer // Psychodynamic Psychiatry. – 2015. – Vol. 43, № 4. – P. 523–552. – DOI 10.1521/pdps.2015.43.4.523.
4. Diamond, G. M. Ongoing traumatic stress response (OTSR) in Sderot, Israel / G. M. Diamond, J. D. Lipsitz, Z. Fajerman, O. Rozenblat // Professional Psychology: Research and Practice. – 2010. – Vol. 41. – No. 1. – P. 19–25. – DOI 10.1037/a0017098.
5. Goral, A. Differences in posttraumatic stress characteristics by duration of exposure to trauma / A. Goral, M. Lahad, L. Aharonson-Daniel // Psychiatry Research. – 2017. – Vol. 258. – P. 101–107. – DOI 10.1016/j.psychres.2017.09.079.
6. Goral, A. "In the Middle, between Anxiety Victims and PTSD, There Are People That Have Some Kind of a Disorder That Has No Name Yet". Insights about the traumatic stress consequences of exposure to ongoing threat / A. Goral, P. Feder-Bubis, M. Lahad, L. Aharonson-Daniel // Trauma Care. – 2022. – Vol. 2. – No. 2. – P. 185–196. – DOI 10.3390/traumacare2020015.
7. The link between death anxiety and post-traumatic symptomatology during terror: direct links and possible moderators / Y. Hamama-Raz, M. Mahat-Shamir, S. Pitcho [et al.] // Psychiatry Research. – 2016. – Vol. 245. – P. 379–386. – DOI 10.1016/j.psychres.2016.08.059.
8. Marx, B. P. Perceived uncontrollability and unpredictability, self-regulation, and sexual revictimization / B. P. Marx, J. M. Heidt, S. D. Gold // Review of General Psychology. – 2005. – Vol. 9. – No. 1. – P. 67–90. – DOI 10.1037/1089-2680.9.1.67.
9. Nuttman-Shwartz, O. Continuous traumatic situations in the face of ongoing political violence: the relationship between CTS and PTSD / O. Nuttman-Shwartz, Y. Shoval-Zuckerman // Trauma, Violence, & Abuse. – 2016. – Vol. 17. – No. 5. – P. 562–570. – DOI 10.1177/1524838015585316.
10. Psychiatric reactions to continuous traumatic stress: A Latent Profile Analysis of two Israeli samples / L. Itzhaky, M. Gelkopf, Y. Levin [et al.] // Journal of Anxiety Disorders. – 2017. – Vol. 51. – P. 94–100. – DOI 10.1016/j.janxdis.2017.06.006.
11. Shoshani, A. A longitudinal study of the associations between war exposure, psychiatric symptoms, digital engagement, and substance use in adolescents / A. Shoshani, A. Kor // Journal of Adolescence. – 2026. – Vol. 98. – No. 1. – P. 272–280. – DOI 10.1002/jad.70060.
12. Sochivko, D. V. Psikhodinamika lichnosti v ekstremal'nykh usloviyakh zhiznedeyatel'nosti : spetsial'nost' 19.00.06 «Yuridicheskaya psikhologiya» : avtoreferat dissertatsii na soiskaniye uchenoy stepeni doktora

psikhologicheskikh nauk / Sochivko Dmitriy Vladislavovich ; Akademiya upravleniya MVD Rossiyskoy Federatsii. – Moskva, 2003. – 61 s. (Russian)
13. Social media impact and smartwatch monitoring: Prevalence and early markers of PTSD and anxiety following mass traumatic events / D. Yamin, S. Lev-Ari, M. Mofaz [et al.] // PLOS Mental Health. – 2025. – Vol. 2. – No. 9. – Art. e0000195. – DOI 10.1371/journal.pmen.0000195.

ՋԻՆՎԱԾ ՀԱԿԱՄԱՐՏՈՒԹՅԱՆ ՊԱՅՄԱՆՆԵՐԻ ԱԶԴԵՑՈՒԹՅՈՒՆԸ ԱՆՁԻ ՀԱՐՄԱՐՈՂԱԿԱՆ ՄԵԽԱՆԻԶՄՆԵՐԻ ՎՐԱ. ՌԵԳՐԵՍԻՈՆ ՎԵՐԼՈՒԾՈՒԹՅՈՒՆ

Անաստասիա Շումարովա (Երևանի պետական համալսարան, Երևան, Հայաստան)

Սույն հոդվածն ուսումնասիրում է երկարատև զինված հակամարտության հոգեբանական պայմանների ազդեցությունը քաղաքացիական բնակչության մոտ անհատական հարմարողական մեխանիզմների վրա՝ հակամարտությանը անմիջական և անուղղակի ներգրավվածության պայմաններում: Հետազոտության տեսական հիմքը շարունակական տրավմատիկ սթրեսի հայեցակարգն է, որի շրջանակում զինված հակամարտությունը դիտարկվում է որպես քաղաքացիական կյանքի երկարատև համատեքստ, որը ներառում է ինչպես շարունակվող սպառնալիքի պայմաններ, այնպես էլ դրանց նկատմամբ ձևավորվող յուրահատուկ արձագանքներ: Հետազոտության նպատակն է բացահայտել, թե ինչպես են հակամարտության հետ կապված պայմանները ներանձնային գործոնների միջոցով ազդում պաշտպանական մեխանիզմների և հաղթահարման ռազմավարությունների վրա՝ հակամարտությանը անմիջական և անուղղակի ենթարկված խմբերում: Հետազոտության էմպիրիկ մասը իրականացվել է քվազի-էքսպերիմենտալ համեմատական դիզայնի շրջանակում՝ բնական ձևավորված երկու խմբերով: Մոդելը ստուգվել է միջնորդավորված ռեգրեսիոն վերլուծության միջոցով՝ օգտագործելով PROCESS v4.2-ը SPSS ծրագրում, իսկ միջնորդ փոփոխականների դերում ուսումնասիրվել են դոմինանտ վիճակներն ու աշխարհի մասին հիմնարար պատկերացումները: Արդյունքները ցույց են տվել, որ հակամարտության պայմանների ազդեցությունը հարմարողական մեխանիզմների վրա հիմնականում միջնորդավորված բնույթ ունի և առավել հաճախ իրականացվում է կոնկրետ անուղղակի ուղիներով: Անմիջական ներգրավվածության խմբում արձանագրվել են ավելի ուժեղ կապեր շարունակական տրավմատիկ սթրեսի գործոնների և դոմինանտ վիճակների հետ, որոնք արտացոլում են հոգեկան վիճակի ծանրաբեռնվածությունն ու ռեսուրսների սպառումը: Անուղղակի ներգրավվածության խմբում առավել նշանակալի են դարձել պաշտպանական գործոններն ու աշխարհի մասին

հիմնարար պատկերացումները, հատկապես աշխարհի բարեհաճության և արդարության վերաբերյալ պատկերացումները: Ստացված արդյունքները հաստատում են շարունակական տրավմատիկ սթրեսի պայմաններում անձի հարմարողական միասնական պաշտպանական-կարգավորիչ համակարգի տեսական մոդելը և ցույց են տալիս հարմարողական պրոֆիլների տարբերությունները զինված հակամարտությանը անմիջական և անուղղակի ենթարկվածության պայմաններում:

Հանգուցային բառեր՝ *զինված հակամարտություն, շարունակական տրավմատիկ սթրես, անձի հարմարում, պաշտպանական մեխանիզմներ, քոփինգ ռազմավարություններ, մեդիատոր վերլուծություն, քաղաքացիական բնակչություն:*

ВЛИЯНИЕ УСЛОВИЙ ВООРУЖЕННОГО КОНФЛИКТА НА АДАПТИВНЫЕ МЕХАНИЗМЫ ЛИЧНОСТИ: РЕГРЕССИОННЫЙ АНАЛИЗ

Анастасия Шумарова (Ереванский государственный университет, Ереван, Армения)

Статья посвящена анализу влияния психологических условий длительного вооруженного конфликта на адаптивные механизмы личности у гражданского населения при прямом и косвенном воздействии конфликта. Актуальность исследования определяется недостаточной изученностью адаптации лиц, для которых угроза не завершена, а также ограниченностью ПТСР-ориентированных моделей при описании условий продолжающейся травматизации. Теоретической основой работы выступает концепция непрерывного травматического стресса (CTS), в рамках которой вооруженный конфликт рассматривается как длительный контекст жизнедеятельности мирного населения, включающий условия продолжающейся угрозы и специфические реакции на них. Цель исследования — выявить особенности влияния условий конфликта на защитные механизмы и копинг-стратегии через внутренние факторы личности в группах прямого и косвенного воздействия. Эмпирическая часть выполнена в квазиэкспериментальном сравнительном дизайне с двумя естественно сложившимися группами. Для проверки модели использовался медиаторный регрессионный анализ в PROCESS v4.2 для SPSS; в качестве медиаторов рассматривались доминирующие состояния и базисные убеждения. Результаты показали, что влияние условий конфликта на адаптивные механизмы преимущественно носит опосредованный характер и чаще реализуется через отдельные специфические пути. В группе прямого воздействия более выражены связи с факторами CTS и доминирующими состояниями, что отражает нагрузку на психическое состояние и истощение ресурсов. В группе косвенного воздействия большее значение приобретают

защитные факторы и базисные убеждения, прежде всего представления о доброжелательности и справедливости мира. Полученные данные подтверждают теоретическую модель единой защитно-регуляторной системы адаптации личности в условиях CTS и показывают различие адаптационных профилей при прямом и косвенном воздействии вооруженного конфликта.

Ключевые слова: *вооруженный конфликт, непрерывный травматический стресс, адаптация личности, защитные механизмы, копинг-стратегии, медиаторный анализ, гражданское население.*

Information about author

Anastasiia Shumarova - PhD student, Yerevan State University, a.shumarova@ysu.am, https://orcid.org/0009-0003-7868-5716

ԲՈՎԱՆԴԱԿՈՒԹՅՈՒՆ * СОДЕРЖАНИЕ * CONTENTS