



**Universität
Zürich** UZH



**Sumy
State
University**

Monitoring Mental Health in der Ukraine

Public Health Schweiz Konferenz,
Fribourg, September 4, 2024

Milo Puhan, MD, PhD



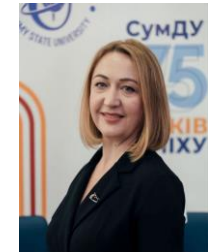
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Ukraine hatte Serie von traumatisierenden Ereignissen, nun der Krieg



Holodomor famine



Chernobyl Nuclear disaster



COVID-19 pandemic



1932
Great Patriotic War in the Soviet Union
World War 2

2014
Russian invasion

2022
Russian war



Bewusstsein für psychische Gesundheit in der Ukraine und Aktivitäten

“Mental health is one of the biggest global challenges of the future”

First Lady Olena Zelenska, September 2023

Ukraine Public Health Systems Recovery and Resilience

Strengthening Public Health
(commitment of FL Olena Zelenska)

IREX's Veteran Reintegration Program

Supporting Veterans

reSCORE Ukraine (USAID & SeeD)

Monitoring of political and socio-economic developments

Mental Health for Ukraine (MH4U)

Development of community based services

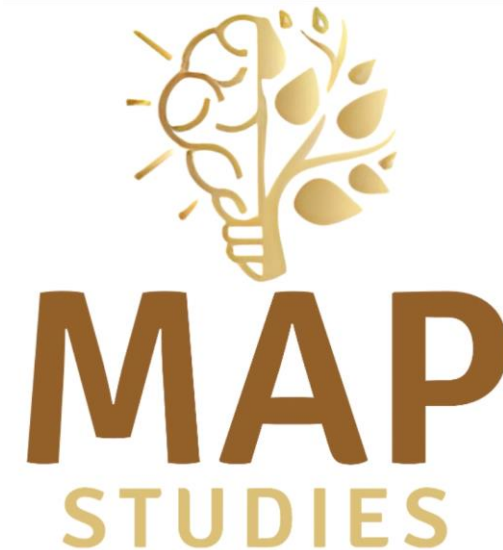
Aber: Kein Monitoring der psychischen Gesundheit und deren Determinanten

Mental Health Assessment of the Population (MAP)

Ziele

Aufbau und Aufrechterhaltung einer agilen, weitgehend digitalen Überwachung der psychischen Gesundheit von Menschen, die in verschiedenen Teilen der Ukraine oder im Kanton Zürich, Schweiz, leben.

Schaffen einer Grundlage für ein langfristiges Monitoring der psychischen Gesundheit



Seit Anfang Einbezug wichtiger Stakeholder

Collegium
Helveticum



Mental Health Surveillance in Ukraine – an Essential Basis for Public Mental Health

Workshop | March 31, 2023 | Collegium Helveticum



Collegium Helveticum
Meridian-Saal
Schmelzbergstrasse 25
8006 Zurich
Switzerland

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Collegium
Helveticum

OVERALL GOALS:

- to determine the primary instruments (questionnaire) Ukraine and in the diaspora
- to determine the method surveillance
- to fit the public mental health and clinical mental

PROGRAM

10:00 – 10:30 REGISTRATION

10:30 – 11:30 WELCOME &

10:30 Welcome wo Collegium Helv

10:40 Introduction

10:45 – 11:30 MENTAL HE

10:45 Marianne Gg

11:10 Claire Payer

11:30 – 11:45 MENTAL HEALTH MONITORING IN UKRAINE 2000 TO TODAY

Meridian-Saal

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In gemeinsamer Trägerschaft von Universität Zürich, ETH Zürich und Zürcher Hochschule der Künste
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Universität
Zürich UZH



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Agency for Development
and Cooperation SDC



SSPH+
SWISS SCHOOL OF
PUBLIC HEALTH



Swiss Confederation
Federal Department
of Home Affairs FDHA
Federal Office
of Public Health FOPH



ICRC



Swiss TPH
Swiss Tropical and Public Health Institute

Auswahl der Instrumente erfolgte durch einen systematischen, breit abgestützten Prozess

PTSD



PCL-5

PCL-5

Instructions: Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

In the past month, how much were you bothered by:	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Repeated, disturbing, and unwanted memories of the stressful experience?	0	1	2	3	4
2. Repeated, disturbing dreams of the stressful experience?	0	1	2	3	4
3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0	1	2	3	4
4. Feeling very upset when something reminded you of the stressful experience?	0	1	2	3	4
5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0	1	2	3	4

depression



PHQ-9

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

ID #: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "1" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

add columns: + + + =

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card). TOTAL: _____

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get _____
 Not difficult at all _____
 Somewhat difficult _____

anxiety



GAD-7

GAD-7 Anxiety

Over the last two weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals: _____ + _____ + _____ + _____ = _____

Total score: _____

alcohol abuse



AUDIT

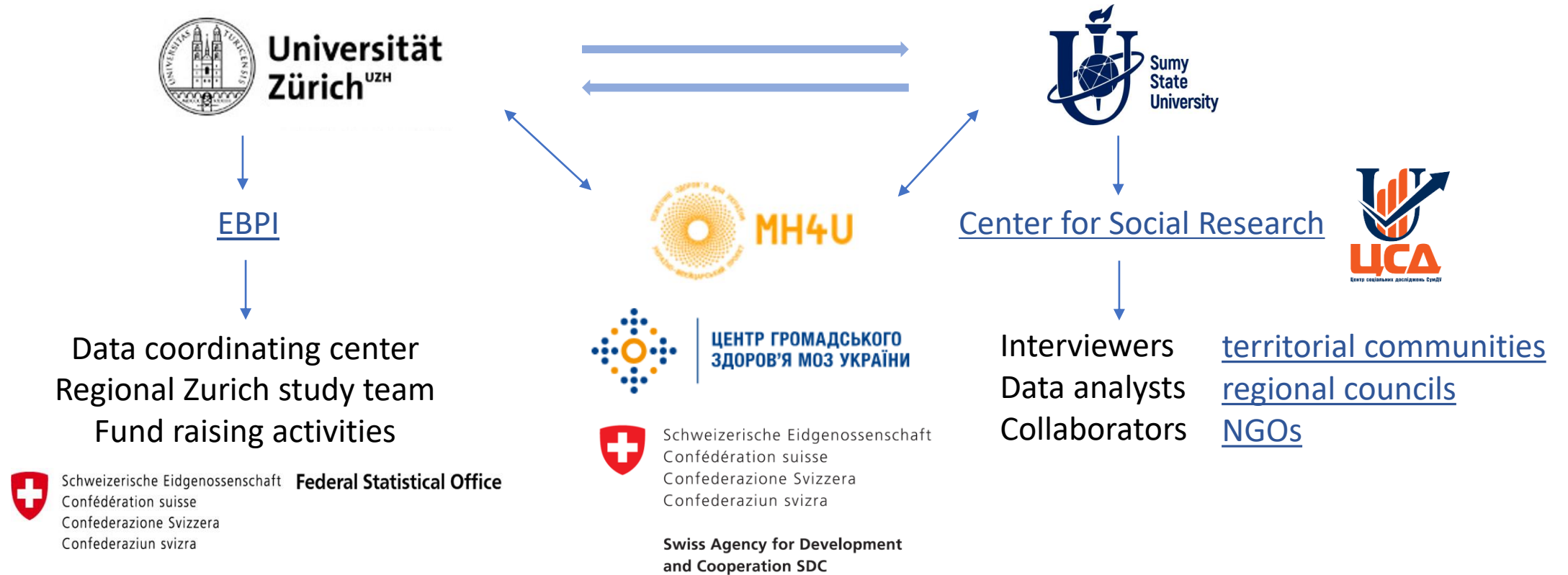
AUDIT questionnaire

Please circle the answer that is correct for you

1. How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

Organisation and Zeitplan

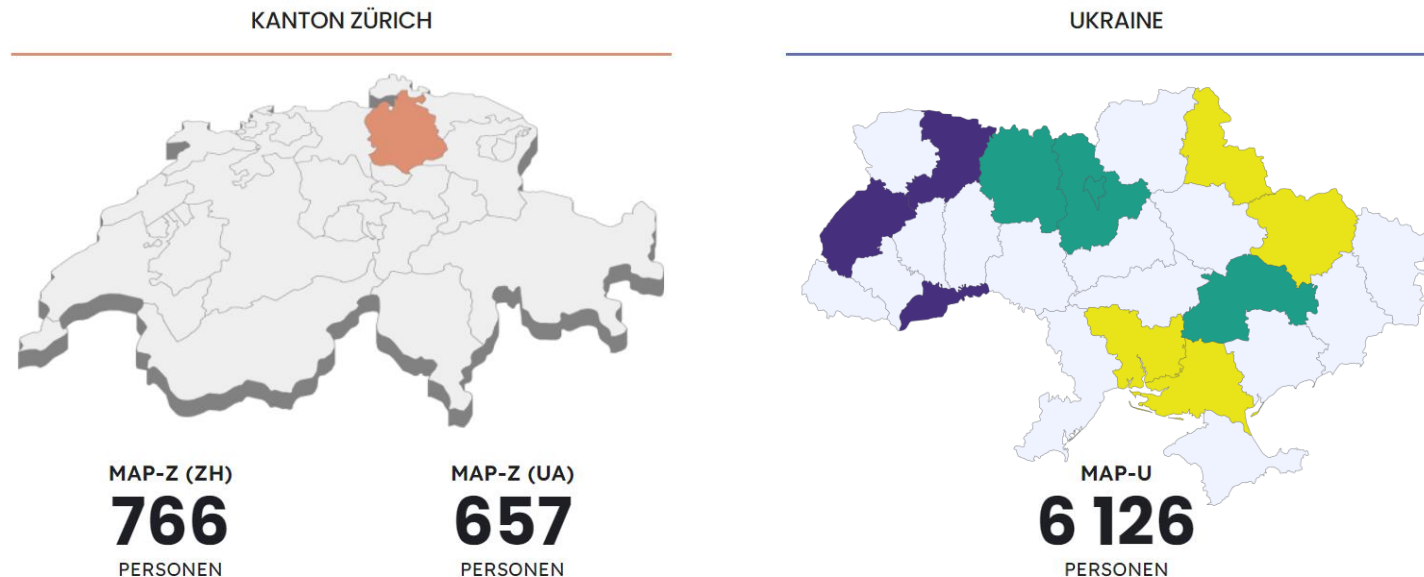


Enrolment: April to August 2024 **Follow-up:** Starting September 2024

Burden of disease analyses (prevalence, DALYs, etc): Starting August 2024

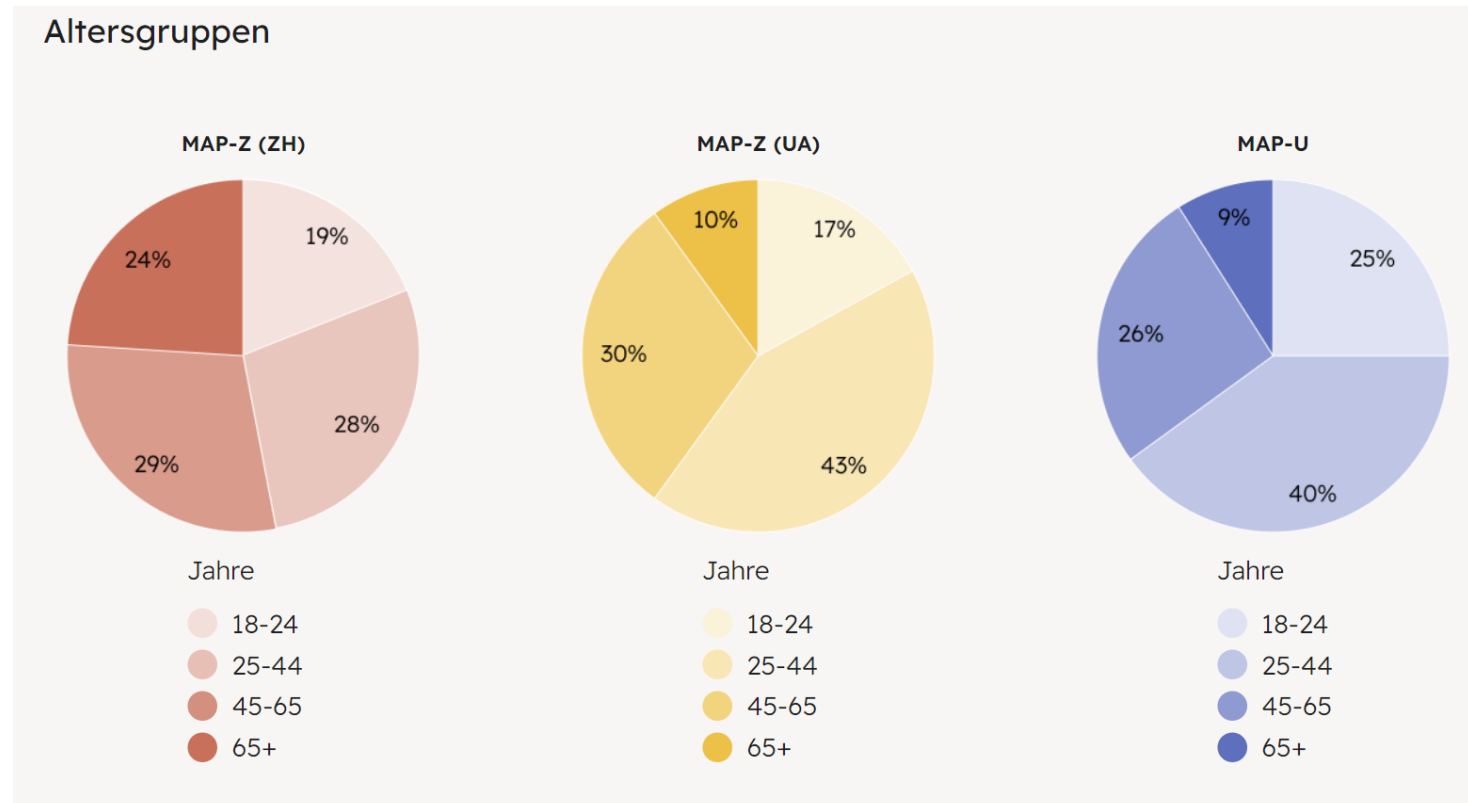
Wichtige Charakteristika der MAP Studien

- Kohortenstudie (d. h. longitudinal) mit rund 7'000 Personen, zufällig ausgewählt aus drei Regionen der Ukraine sowie dem Kanton Zürich und aus vier Altersgruppen
- Schwerpunkt liegt auf posttraumatischer Belastungsstörung, Depression, Angsterkrankung, Alkoholabhängigkeit und Körper-Stressyndrom.
- Ermöglicht Vergleiche in Bezug auf kriegsbedingte Expositionen, Alter, Geschlecht, sozioökonomische Faktoren, Gesundheit und Verhalten Inanspruchnahme von Gesundheitsleistungen usw



Charakteristika der Teilnehmenden

- Frauen/Männer ausgeglichen für Zürich
- 75% Frauen/25% Männer für MAP-Z (UA) und MAP-Z (U)



(Grosse) Herausforderungen und Lösungen

MAP-U

- Die überwiegende Mehrheit der E-Mails landete im Spam.
- Persönliche Umfragelinks waren inaktiv (zB abgeschnitten)
- In einigen Fällen wurden die E-Mails überhaupt nicht zugestellt.

Senden einer E-Mail-Einladung über den E-Mail-Dienst SendPulse
Versenden von Einladungs-E-Mails per Telegram und Viber durch Interviewer
Telefonanrufe mit Angebot zur Teilnahme an der Studie

MAP-Z CH

- Zürcher Bevölkerung verstand nicht, warum sie teilnehm soll

Erläuterung der Bedeutung der Beteiligung der Zürcher Allgemeinbevölkerung als „Kontrollgruppe“.

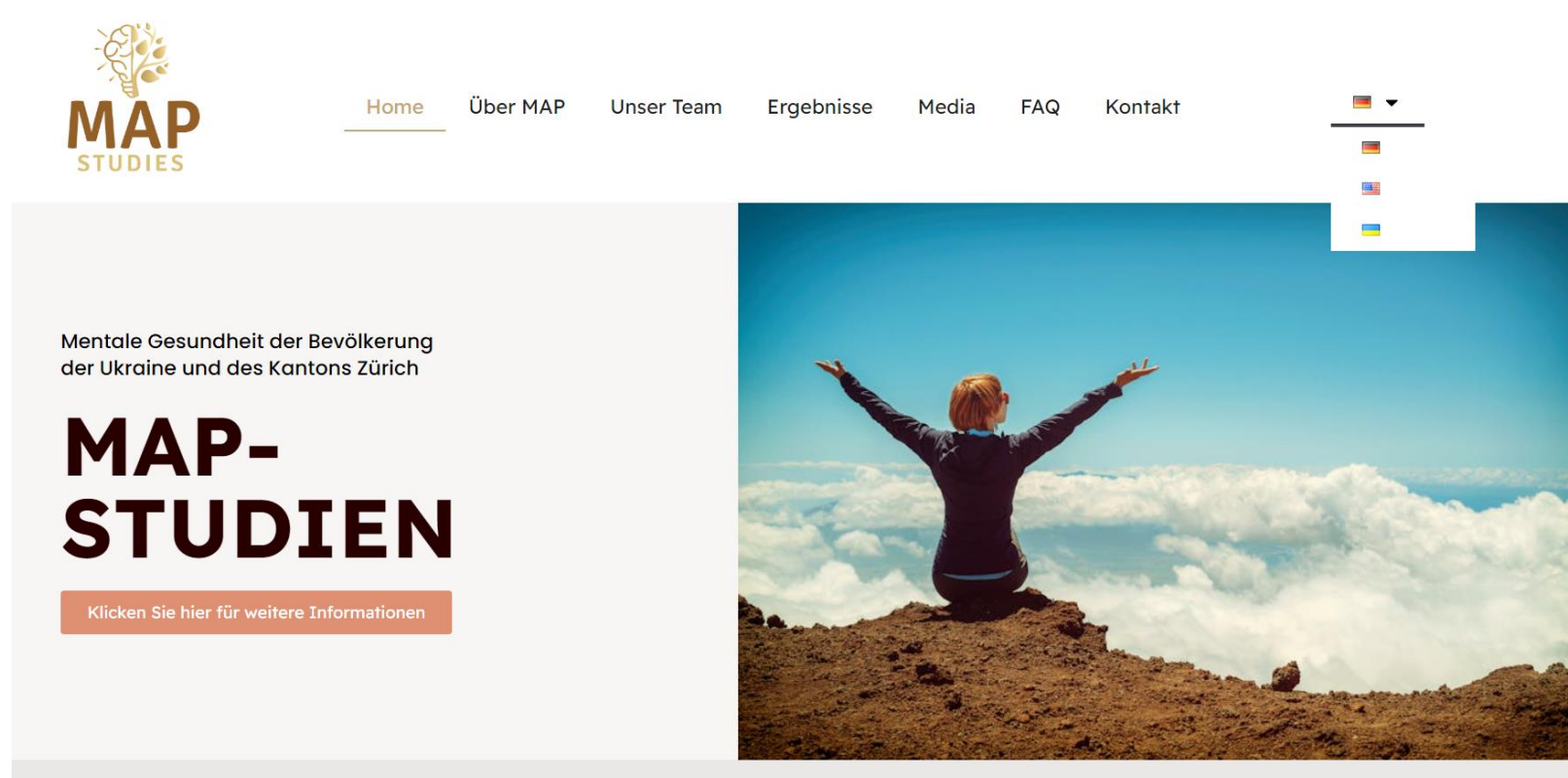
MAP-Z UA

- 1.200 Postbriefe wurden Ukrainern nicht zugestellt aufgrund fehlerhafter Adressen

BfS korrigierte zeitnah und Aktivierung lokaler Communities in den sozialen Medien



Folgen Sie MAP und unseren learnings



The screenshot shows the homepage of the MAP STUDIES website. At the top left is the logo for MAP STUDIES, which features a stylized lightbulb with a plant growing from it. To the right of the logo is a navigation menu with the following items: Home (underlined), Über MAP, Unser Team, Ergebnisse, Media, FAQ, and Kontakt. On the far right of the navigation bar is a language selection dropdown menu showing flags for German, Spanish, English, and Ukrainian. Below the navigation bar is a large hero section. On the left side of the hero section, the text reads: "Mentale Gesundheit der Bevölkerung der Ukraine und des Kantons Zürich" followed by the large, bold title "MAP-STUDIEN". Below the title is a button that says "Klicken Sie hier für weitere Informationen". On the right side of the hero section is a photograph of a person sitting on a rocky peak, looking out over a vast landscape of white clouds under a clear blue sky, with their arms raised in a gesture of triumph or joy.