

REPORT ABOUT HEALTH PSYCHOLOGY DEVELOPMENT IN UKRAINE DURING 2013-2015

Academic developments

The most part of the articles (24% from general quantity 60 articles published by Ukrainian researchers) was devoted to analysis of relationship between individual-psychological features of the respondents and their tendency to maintain healthy life style. It comes to psychological defense mechanisms, attitudes, etc. On the second place (17%) there are the clinical articles, in particular on pregnant women, peoples with personality disorders, formation of health of premature babies, children with AD/HD, cerebral palsy, respiratory disorders etc. In third place there are two groups of articles that have the equal frequencies (11%). One from these groups includes papers on health care management and healthy conditions organization in the different institutions. The second group of articles describes problems with health and well-being of representatives of different social groups, e.g. children, adolescents or elders, rural people or citizens, men and women, different educated people. On the fourth place there are also two article groups (8% in each group). It were: 1) the articles devoted to personal training for professionals who should be responsible for popularization and health life style forming in others (it comes to educators, social workers, physicians, curators). 2) The papers which concerns of specific healthy lifestyle violation, e.g. smoking, unhealthy eating, etc. Fifth and last place is occupied by three publication groups with the equal frequencies (7% in each group). 1) The articles which describe health problems of some professional groups, e.g. physicians, educators, sportsmen. 2) The articles which devoted to theoretical and methodological research aspects in the health psychology. 3) The articles which discussing different types of healthy lifestyle interventions and their effectiveness. For instance, using of art-therapy, esthete-therapy, psychological training for healthy motivation maintenance, etc.

In thesis of N.V. Goncharenko was studied psychological factors of mental health saving of future doctors. This research was carried out in Bogomolets National Medical University in Kiev. The M.S. Kanibolotska's thesis which was carried out in

Institute of Social and Political Psychology in Kiev was dedicated to social-psychological characteristics of attitude to health of youth with different economic status. In O.Y. Gabelkova's thesis which was carried out at the Applied Psychology Department of V.N. Karazin Kharkiv National University revealed personality features of students who are tend to violate health behavior. Also in this thesis was developed new psychometric test 'Questionnaire of health behavior violations'.

Applied developments

In V.N. Karazin Kharkiv National University is organized practical project "Students' Health" which aimed to implement health conception as general value; implementation of students' health monitoring; initializing and maintenance students activities focused on health; creation by students-physicians the volunteer movement of basic medical knowledge dissemination, skills of emergency care, healthy lifestyle, planning and self-control of learning process, etc. (http://www.univer.kharkov.ua/ua/student/sport/student_health).

Education

Health psychology courses are offered in many universities where there is teaching in psychology specialty. Usually they are named as 'Health psychology' but sometimes they have more specific names, e.g. 'Social-psychological problems of health' or 'Personality orthobiosis'.

Legislation

Within the Ukrainian Ministry of Health is creating a working group to amend the legislation to prohibit drug advertising (it is scheduled to 30 March 2015).

A number of state institutions (Ministry of Youth and Sports of Ukraine, Department of Public Health, State Sanitary and Epidemiological Service of Ukraine, State Enterprise "State Research Center for Food Hygiene", "Ukrainian Institute of Strategic Research of Ministry of Health of Ukraine") signed an agreement to use a tool of social media advertising to promote a healthy lifestyle. Implementation is planned for the year.

Department of Public Health and State Sanitary and Epidemiological Service of Ukraine to December 2015 planned development and implementation of public

health system "Ukraine 80+" to increase the longevity of the citizens of Ukraine and creation of National (Ukrainian) Public Health Center.

Department of Public Health, "Ukrainian Institute of Strategic Studies", State Sanitary and Epidemiological Service of Ukrainian Ministry of Health preparing materials and participating in events devoted to "Day of Health" for healthy eating and healthy lifestyle, the World Immunization Week (April 2015) and dedicated to the World No Tobacco Day (May 2015).

November 3, 2015 the Parliament of Ukraine adopted a law (№2686) on the obligatory free psychological rehabilitation of military men after combat tasks in Antiterrorist Operation in Eastern Ukraine.

Conferences

International scientific-practical conference 'Health, education, science and self-realization of youth' is held seventh time in the different Ukraine cities. Last times it was hold in Lutsk (2013), then in Chernivtsi (2014) and then in Rivne (2015).

Also All-Ukrainian scientific-practical conference of young scientists and students with international participation 'Healthy lifestyle forming problems of youth' it is held annually in Odessa. In 2015 it was held eighth time.

Scientific-practical conference of Kyiv Regional Scientific-Practical Society of Psychiatrics, Narcologist and Clinical psychologists 'The main ways to optimize the psychological and psychiatric care for Ukrainians at the present stage' took place 12th December 2014 in Kyiv where it was discussed design and implementation of the approaches to optimize the psychological and psychiatric care for victims and internally displaced persons because of armed conflicts, peaceful confrontation, radiation accidents at nuclear reactors and the use of "dirty bombs" and tactical nuclear weapons.

Some conferences were not entirely devoted to Health Psychology but included certain sections dedicated to it, e.g. Xth scientific-practical conference of students and young scientists 'Psychological problems of modernity' which took place in Lviv 11-12 April 2013 or Ist International scientific-practical conference 'Cognitive and emotional-behavioral factors of fully functioning person: cultural-historical approach'

which was hold 18-19 October 2013 in Kharkiv. By the way this conference under number IInd will be held again in Kharkiv 25-26 October 2015.

All this conferences covered wide range of topics from theoretical-methodological to very practical and even organizational issues, e.g. student government role in the formation of healthy lifestyle of young people, etc.

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