



Mental health characteristics and psychological profiles of National Guard of Ukraine servicemen

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◆ **Abstract.** This article examined the study and analysis of the characteristics of mental health and their relationship to the individual psychological typology of servicemen of the National Guard of Ukraine. The aim of the study was to compare the results obtained using adapted Ukrainian-language psychodiagnostic instruments, the “Brief Mental Health Scale” and the “Individual Typological Questionnaire”, and to provide a conclusion regarding an individual’s psychological suitability for service and combat-related activities. The article employed theoretical methods, including the analysis of scientific sources, synthesis, comparison, generalisation, systematisation, and classification of psychological literature, as well as regulatory documents concerning the maintenance of servicemen’s mental health; international and domestic experience in supporting the mental health of personnel within the security and defence sector. Empirical methods included psychodiagnostic assessment, correlation analysis, surveys, expert evaluation, and related approaches. The findings present the level and structure of servicemen’s mental health and various types of individual personality profiles, which are characterised as favourable, less favourable, or unfavourable for service and combat activities within the National Guard of Ukraine. It has been demonstrated that mental health characteristics and the individual typology of servicemen are closely interconnected, and that this relationship may be utilised to address the key objectives of psychological support for the professional activities of National Guard personnel. The study shows that the emergence of signs of maladjustment depends on dominant personality tendencies; thus, typological individual personality traits are prognostically significant factors in predicting potential behavioural disturbances in servicemen and possible forms of maladjustment under the adverse influence of the specific conditions of military service. The practical value of the

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research lies in its contribution to the development of methods for managing servicemen's psychological condition in extreme situations and for modelling conditions aimed at minimising neuropsychological maladjustment

♦ **Keywords:** mental well-being; psychological assessment; personnel of the National Guard of Ukraine; individual typological profiles; adaptation; stress resilience

♦ Introduction

The issue of maintaining, preserving and assessing the mental health of personnel in the security and law enforcement agencies has remained a topical subject for psychological science over the years. It is particularly important to establish the interrelationship and correlation between an individual's level of mental health and their individual psychological traits and manifestations, and to identify groups of individuals who, due to a specific combination of psychological traits and mental health characteristics, possess a greater or lesser degree of psychological suitability for performing operational combat operations in special and extreme conditions.

In contemporary psychological science, mental health is regarded as a multidimensional state of optimal personal functioning, which ensures an individual's ability to think effectively, regulate emotions, maintain social relationships and realise their own potential. It enables individuals to successfully cope with stress, work productively and participate in social life; indeed, E. Jenkins *et al.* (2020) argue that it does not simply mean the absence of psychopathological symptoms, but encompasses a broad spectrum of structural components relating to mental processes, states and traits. Thus, the cognitive component of mental health characterises an individual's ability to adequately perceive, process and interpret information; its main indicators include the characteristics of mental processes: perception, attention, thinking, imagination, etc. The motivational-volitional and emotional components reflect the degree to which life goals have been established, internal motivation, perseverance and the capacity for self-control, and also encompass the mechanisms of emotional regulation: the stability of one's emotional state and the appropriateness of one's emotional responses. M. Iasiello *et al.* (2024) consider that the socio-behavioural component reflects an individual's ability to establish and maintain interpersonal contacts, adhere to social norms and function effectively in a social environment. Furthermore, researchers T. Hill *et al.* (2023) note that impaired social interaction often leads to isolation, interpersonal conflicts and a reduced quality of life. Thus, mental health is a complex systemic construct that combines cognitive, emotional, motivational, personality and socio-behavioural characteristics.

The current state of mental health research is characterised by a significant increase in academic interest in this field, driven both by global security challenges and the impact of prolonged stress on various social groups, particularly military personnel. In scientific research conducted between 2021 and 2025, mental health is regarded as an integral indicator of psychological well-being, resilience and an individual's adaptive potential. Recent

international research by C. Civilotti *et al.* (2022) indicates that psychological resilience is a key factor in maintaining mental health, as it enables an individual to function effectively under conditions of chronic stress and to recover from psychotraumatic experiences. It has been established that a high level of resilience reduces the risk of developing post-traumatic disorders, depressive states and emotional burnout. The study by N. Galbraith *et al.* (2021) emphasises the significance of individual personality characteristics as predictors of psychological resilience. In particular, emotional stability, self-control and social engagement are associated with better mental health outcomes, whilst anxiety and rigidity may contribute to a predisposition to maladaptive states. Studies by T. VanderWeele *et al.* (2020) and S. Koydemir *et al.* (2021) justify the use of a typological approach to analysing the personalities of military personnel. The authors note that individual psychological profiles can serve as an effective tool for predicting behaviour in extreme conditions, as well as being used in the development of psychological support programmes.

An important area of current research is the refinement of psychodiagnostic tools for assessing mental health. To this end, a number of standardised methods have been developed internationally, one of the most widely used being the Mental Health Continuum – Short Form (MHC-SF) questionnaire (Keyes, 2002). This questionnaire demonstrates high psychometric indices of internal consistency, reliability and validity. Indeed, the short form of the MHC-SF has demonstrated high internal consistency (>0.80) and discriminant validity among adolescents (aged 12-18 years) and adults in the USA, the Netherlands and South Africa. The test-retest reliability of the MHC-SF over three consecutive 3-month periods averaged 0.68, whilst that for a 9-month retest was 0.65. The three-factor structure of the long and short forms of the MHC – emotional, psychological and social well-being – was confirmed in representative samples of US adults, university students and a nationally representative sample of adolescents aged 12 to 18. In fact, this questionnaire forms the methodological basis for the conceptualisation of mental health. According to this theory, it is possible to have good mental health whilst also having a mental illness, and conversely, it is possible to have mental health problems without having a mental illness. This dual-continuum model is based on the idea that mental health is more than just the absence of mental illness; these are related but somewhat distinct dimensions. The MHC-SF questionnaire assesses mental health through three key components of well-being: emotional (feelings of happiness and life satisfaction), social (sense of integration into society) and psychological (self-acceptance, autonomy and personal growth). Respondents rate

the frequency with which they experience these states on a six-point scale ranging from 0 (never) to 5 (daily), which enables a quantitative analysis of mental health levels.

Despite the significant body of contemporary research, the issue of the relationship between mental health levels and the individual-typological characteristics of military personnel remains under-explored. The scholarly works of K. Ruggeri *et al.* (2020) and Y. Pylypchuk & L. Ponomarenko (2024) focus on the study of specific mental states or clinical manifestations (in particular, post-traumatic stress disorder), whilst a comprehensive analysis of personality profiles as a factor in mental health has been used only to a limited extent. At the same time, the classic studies by Y. Suarez-Balcazar *et al.* (2020) and H. Marsh *et al.* (2020) laid the scientific foundations for understanding the structure of mental health and confirmed the three-factor model of well-being, which includes emotional, social and psychological components. These findings remain relevant and serve as the theoretical basis for contemporary empirical research. Thus, an analysis of contemporary and classical scientific sources indicates the need for further study of the relationship between the level of mental health and the individual-typological characteristics of military personnel's personalities, which underlines the relevance of this study.

The aim of this article was to highlight and analyse the characteristics of military personnel's mental health based on the use of the MHC-SF questionnaire and the main types of individual personality profiles, in order to enable psychologists in psychological support units and unit commanders to make scientifically grounded predictions regarding an individual's psychological suitability for operational combat duties within the Ukrainian National Guard. The objectives of the article were: to explore the theoretical foundations of contemporary approaches to the study of mental health; to characterise the features of mental health and the main types of individual personality profiles among military personnel; to highlight the relationship between mental health characteristics and psychological profile types, and their impact on an individual's level of psychological fitness for combat duties. The scientific novelty of the study lay in the fact that, for the first time, a study was conducted into the psychological characteristics of mental health and the nature of its relationship with the individual personality profiles of servicemen of the National Guard of Ukraine.

◆ Materials and Methods

The conceptual foundation of this study was the "Mental Health Continuum" model, which views mental well-being not merely as the absence of psychopathology, but as the presence of positive characteristics of personal functioning. This approach allows for a more comprehensive characterisation of mental health and the identification of both its resources and potential risks (Keyes, 2002). In order to address the research objectives, theoretical methods of analysing scientific sources were applied at various stages of the study: synthesis, comparison, generalisation, systematisation

and classification of the results of scientific research in this field, scientific and psychological literature, and regulatory documents governing efforts to ensure the mental health of military personnel; Ukrainian and international experience in maintaining the mental health of military personnel; as well as empirical methods: questionnaires: the "Individual-Typological Questionnaire" (ITQ); the "Short Form Mental Health Continuum Scale" (Keyes, 2002); psychological diagnosis; correlation analysis; questionnaires and surveys; and expert assessment (to determine the level of success in the professional activities of military personnel). The questionnaires were administered in adapted Ukrainian-language versions (Barko *et al.*, 2022).

The empirical part of the study was carried out between February and October 2025; it involved military personnel: 145 second- and third-year cadets at the National Academy of the National Guard of Ukraine, aged between 19 and 30, with military ranks ranging from private to sergeant. There were 15 women (10.3%) among the respondents; all respondents were assessed by experts as high achievers (the experts were study group supervisors and subject lecturers who were thoroughly familiar with the cadets' performance in both their military service and academic studies). This sample size enabled the formulation of statistically reliable conclusions (at the $p \leq 0.05$ and $p \leq 0.01$ levels); these values are traditionally considered acceptable error limits. Statistical analysis of the empirical data was carried out using the standardised IBM SPSS Statistics 23.0 software package.

The survey of cadets was conducted in the morning in group sessions; each group comprised 12-15 respondents, and the premises met the necessary hygiene requirements regarding lighting and ventilation. The questionnaire instructions and texts were presented to each respondent on paper forms in Ukrainian; the survey took approximately 30 minutes to complete. The cadets took part in the survey voluntarily and were sufficiently motivated to complete the test tasks, as the psychologist had informed them in advance that the survey was aimed at assessing their level of mental health and certain components of their psychological suitability for study and professional service. The study was conducted in accordance with the ethical standards of the American Sociological Association's Code of Ethics (2018). The object of the study was the mental health and individual personality traits of the cadets; the subject was the level and structure of mental health, and the types of individual personality profiles.

◆ Results and Discussion

The study utilised C. Keyes' (2002) "Short Form Mental Health Continuum Scale" (MHC-SF) questionnaire, which is one of the most reliable and valid instruments for identifying comprehensive indicators that capture the nature of mental health. Tables 1-2 show the distribution of the "raw" mental health indices of cadets by level (using an ordinal scale from 0 to 4 points), as well as their distribution by levels of mental health and its components.

Table 1. Distribution of cadets' mental health indicators by level (based on a five-point scale) (points)

	Components	Range	Low (0)	Reduced (1)	Average (2)	Above average (3)	High (4)
1	Overall level	0-70	0-14	15-27	28-41	42-55	56-70
2	Emotional	0-15	0-3	4-6	7-9	10-12	13-15
3	Social	0-30	0-5	6-11	12-17	18-24	25-30
4	Psychological	0-25	0-4	5-10	11-16	17-21	22-25

Source: compiled by the authors

Table 2. Distribution of respondents by levels of mental health and its components (%)

	Components	Low (0)	Reduced (1)	Average (2)	Above average (3)	High (4)
1	Overall level	0	11.7	35.8	42.0	10.5
2	Emotional	0	11.0	38.0	41.3	9.7
3	Social	0	8.2	39.3	42.0	10.5
4	Psychological	0	8.2	37.2	42.7	11.9

Source: compiled by the authors

The findings indicate that the majority of respondents demonstrated either an average (35.8%) or an above-average (42.0%) overall level of mental health. A relatively small proportion of those surveyed exhibited a high (10.5%) or reduced (11.7%) level of mental health, while no respondents were found to have a low level. With regard to the individual components of

mental health, these were predominantly at average (37.2-39.3%) and above-average levels (41.3-42.7%). The psychological component was found to be the most developed, whereas the emotional and social components were developed to a lesser extent. Table 3 presents the mean values of the mental health components among military personnel.

Table 3. Average values for the components of mental health

	Components	X		σ	
		absolute	level	absolute	level
1	General level	57.50	3.38	11.3	0.58
2	Emotional	12.70	2.97	3.20	0.49
3	Social	21.22	3.28	3.95	0.54
4	Psychological	23.30	3.41	3.8	0.59

Source: compiled by the authors

As can be seen from Table 3, the overall mental health indices are quite high – 3.38 points, which corresponds to above-average level, and 57.50 absolute points. A similar pattern is observed for the indicators of individual components. The psychological component is the most developed (score of 3.41 and 23.30 absolute points), as is the social component (score of 3.28 and 21.22 absolute points). The emotional component has the lowest scores (score of 2.97, absolute value of 12.70). The dominance of the psychological component indicates that military personnel possess individual traits that are important for operational and combat activities, such as an adequate sense of self-worth, a sense of responsibility for one's own behaviour, the ability to overcome life's challenges and move towards self-actualisation, self-control and self-confidence.

The individual-typological questionnaire is based on the orthogonal model of personality and the theory of leading tendencies. In accordance with the proposed methodology, the individual-personality typology is based on a combination of oppositely directed (orthogonal) traits – extraversion-introversion, anxiety-aggressiveness, lability-rigidity, and sensitivity-spontaneity – which are linked to characteristics of the nervous system: activation-inactivation, lability-inertia, dynamism of excitation-dynamism

of inhibition, and strength-weakness (Fig. 1). Thus, the ITO enables the diagnosis of individual psychological characteristics in accordance with these factors, which allows for the construction of a military personnel's individual personality profile. The latter comprises a set of qualitative characteristics, as well as their quantitative indices, which psychologically describe a successful professional in the field of operational and combat activities; it is an important psychological characteristic of the individual (Barko *et al.*, 2022). The principal scales of the ITQ (within their normative ranges) are as follows. The Extraversion scale indicates a person's psychological orientation towards the real world, good sociability and activity, a tendency to socialise, and optimism; Spontaneity – a tendency towards self-assertion, self-actualisation, decisiveness, courage, and a desire to defend one's own interests; aggressiveness – a tendency towards exploratory behaviour, a clear personal stance, achievement motivation, boldness, self-confidence and rapid decision-making; rigidity – traits such as meticulousness, stress resilience, perseverance, thoroughness, practicality and straightforwardness; introversion – reflects a lack of sociability, modesty, passivity, and a focus on internal experiences; sensitivity – emotional sensitivity, empathy, vulnerability,

and the ability to sympathise with and help others; anxiety – caution in decision-making, responsibility, intuition, reflectiveness; lability (emotionality) – heightened nervous activity, mood swings, expressiveness. The questionnaire contains 91 statements, as well as scales for falsehood and exaggeration. Scores within the normal range (3-4 points) indicate a well-balanced personality; moderately pronounced scores (5-7 points) indicate accentuated

traits; and excessively pronounced scores (7-9 points) indicate emotional tension and difficulties with adaptation (Barko et al., 2022). To assess the degree of an individual's psychological suitability for military service, a three-level ordinal scale was proposed: Level 1 – high level of suitability for service; Level 2 – sufficient; Level 3 – insufficient (low). Research using the ITO helped to identify different psychological profiles among military personnel.

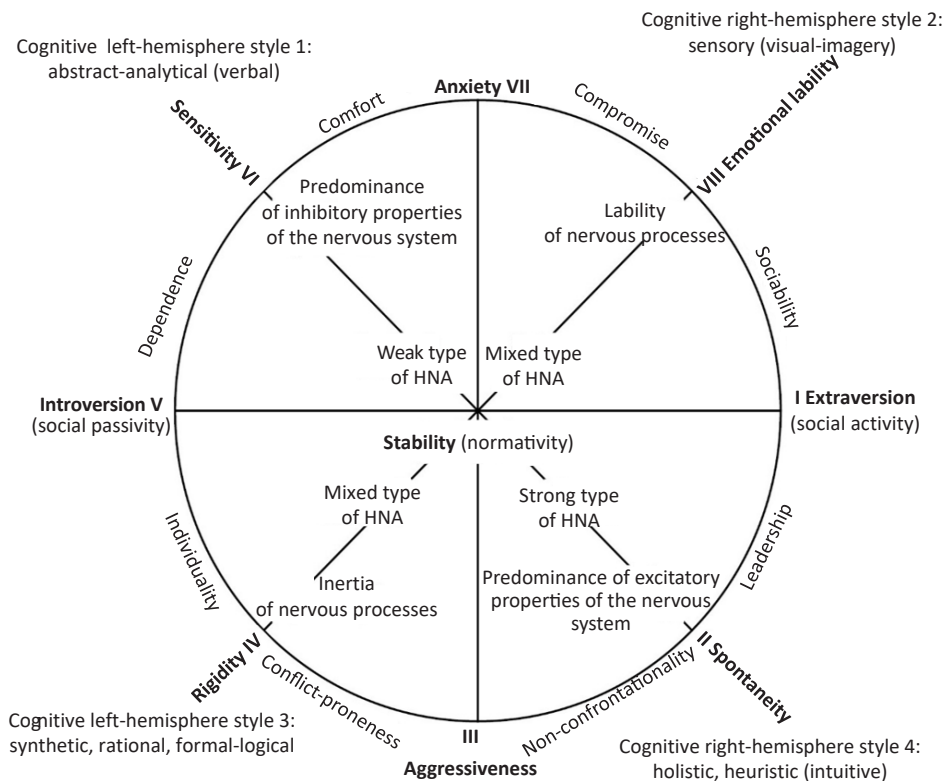


Figure 1. Orthogonal model of individuality

Source: compiled by the authors based on V. Barko et al. (2022)

1. The “balanced” profile (25 individuals, 17.2% of respondents) – a mixed response type. Such military personnel are characterised by balanced dominant tendencies, with all scales falling within the normal range (3-4 points). All tendencies are expressed evenly. They exhibit a mixed (moderate-strong) type of higher nervous activity (HNA), normal lability of nervous processes, and well-balanced excitatory and inhibitory properties; the left- and right-hemispheric features of thinking, as well as its rational and heuristic components, are equally developed. Characterological traits – stability, equanimity and composure, friendliness, stress resilience, sociability, a willingness to help others, optimism, work capacity, adequate self-esteem, perseverance and flexibility in achieving goals, and normative behaviour. Level of mental health – high or above-average. Prognosis for success in operational and combat activities – high.

2. “Hyperthymic” profile (22 individuals, 15.2%) – hypersthenic response type. Among military personnel, indicators of extraversion, spontaneity and aggressiveness

(scales 1, 2 and 3) are above-average (5-7 points). Characteristic features include a strong type of higher nervous activity, high lability of nervous processes, a predominance of excitatory processes, and a right-hemispheric cognitive thinking style, in particular its heuristic component. Characterological features include activity, sociability, moderate aggressiveness and egocentrism, high self-esteem, decisiveness, courage, bravery, stress resilience, tendencies towards self-actualisation, independence, defending one's own interests, and leadership. Adaptability is high. Level of mental health – high or above-average. Prognosis for success in operational and combat activities – high.

3. “Active-communicative” profile (22 individuals, 15.2%) – mixed response type. Among military personnel, the indices of extraversion and lability (scales 1 and 8) are above-average (5-7 points). Characterised by a mixed type of higher nervous activity, a moderately strong nervous system, and high lability of nervous processes. A predominance of excitatory processes, a right-hemispheric cognitive style, and a visual-imaginative cognitive style.

Characterological traits include activity, openness, sociability, a desire to be part of a group, talkativeness, ease in establishing contacts, a need for external stimulation of activity, an inability to cope with monotonous work, mood swings, emotional instability, demonstrativeness, dependence on a reference group, inflated self-esteem, and a need for guidance from management. Adaptability is within the normal range. Level of mental health – high or above-average. Prognosis for professional success – Level 1 (high).

4. The “independent” profile (19 individuals, 13.1%) – a mixed response type. Among military personnel, the extraversion and rigidity scales (1; 4) are above-average (5-7 points). Characterised by a strong type of higher nervous activity, considerable strength and moderate lability of nervous processes. Right-hemispheric, holistic heuristic (intuitive) cognitive type; left-hemispheric, synthetic, rational thinking. A combination of excitation and inhibition processes. Characterological traits – activity, self-confidence, independence, pedantry, practicality, meticulousness, principledness, a desire for dominance, persistence, suspiciousness, selfishness, active defence of one's views, high stress resilience. Adaptability is hampered by independence and stubbornness. Level of mental health – high or above-average. Prognosis for success in operational and combat activities – adequate (intermediate).

5. “Compromise” profile (15 individuals, 10.3%) – mixed response type. Among military personnel, anxiety and lability scores (7; 8) are above-average (5-7 points). Characteristic features include a mixed type of higher nervous activity, a moderately weak nervous system, high lability of nervous processes, a predominance of inhibitory processes, and a right-hemispheric, visual-imagery cognitive style. Characterological features include: a capacity for cooperation; a willingness to compromise in conflict situations; empathy; a willingness to help; anxiety over minor details and a tendency to worry; restlessness; an inability to focus on a goal; a certain lack of discernment in interpersonal relationships; and a need for supervision whilst carrying out tasks. Adaptability is within the normal range. Mental health level is predominantly average. The prognosis for success in operational and combat activities is intermediate (sufficient).

6. “Hypostenic” profile (14 individuals, 9.6%) – a hypothyroid response type. Among military personnel, indicators of introversion, sensitivity and anxiety (scales 5-6-7) are above-average (5-7 points). Characterised by a weak type of higher nervous activity, low strength and moderate lability of nervous processes, a predominance of inhibitory processes in the nervous system, and a predominant left-hemispheric, abstract-analytical (verbal) style of thinking. Characterological features include caution in decision-making, a sense of responsibility for assigned tasks, modesty, sensitivity, a tendency towards solitude and independence, dependence on the group, a propensity for compromise, sensitivity to environmental influences, somewhat low self-esteem, and self-criticism. Also characteristic are a subdued emotional state, weakened psychological defence

mechanisms, and inertia in decision-making. Adaptation is hampered by inertia, a neurotic structure of emotional experiences, vulnerability and a need for protection and support, and low self-esteem. Mental health level – average. Prognosis for success in operational and combat duties – intermediate (sufficient).

7. The “individualistic” profile (14 people, 9.6%) – a mixed response type. Among service personnel in this group, indicators of introversion and rigidity (scales 4-5) are above-average (6-7 points). Characteristic features include a mixed type of higher nervous activity, low lability of nervous processes, social passivity, and a left-hemispheric cognitive thinking style dominated by formal-logical operations. Characterological features include individualism, pessimism, rigidity of attitudes, subjectivism, stubbornness and suspiciousness, depressive tendencies, withdrawal, and slowness in decision-making. Adaptation is hampered by subjectivism, stubbornness and rigidity of attitudes. Level of mental health – average. Prognosis for success in operational and combat activities – intermediate (sufficient).

8. “Schizoid” profile (9 individuals, 6.2%) – mixed response type. Indicators of introversion and spontaneity (scales 2 and 5) are above-average (6-7 points). Characteristic of a mixed type of higher nervous activity: a combination of low lability with strong nervous processes, as well as left- and right-hemispheric cognitive styles and rational and intuitive modes of thinking. Characterological traits include individualism, introversion, reserve, steadfastness in one's own views and convictions, a tendency towards mood swings, and a combination of heightened sensitivity with emotional coldness and detachment in interpersonal relationships. Adaptation is hampered by difficulties in interpersonal interaction with those around them. Level of mental health – average or low. Prognosis for success in military service and combat activities – low (insufficient).

9. “Infantile” profile (5 individuals, 3.4%) – a mixed response type. Indicators of extraversion, spontaneity and lability (scales 8-1-2) are above-average (6-7 points). Characteristic of a mixed type of higher nervous activity, a combination of high lability and strength of nervous processes, as well as a right-hemispheric, visual-imaginative style of thinking with a right-hemispheric holistic heuristic (intuitive) approach. Characterological traits include activity, openness, sociability, motor disinhibition, irresponsibility, self-confidence, an inability to adhere to subordination, unpredictability in behaviour and speech, and narcissism verging on “delusions of grandeur”. Adaptation is significantly hampered by difficulties in communicating with those around them. Mental health level – average or below average. The prognosis for success in operational and combat activities is low (insufficient).

Consequently, more than half (60.7%) of military personnel demonstrated profiles characterised by high and above-average levels of mental health (profiles 1-4); a slightly smaller proportion (47.6%) also possess a high level of psychological suitability for military and combat duties (profiles 1-3). The majority of service personnel

predominantly exhibit balanced psychological characteristics within the normal range; hyperthymic or active-social profiles are also possible, characterised by traits such as extraversion, activity, optimism, some aggressiveness, adequate self-esteem, courage, a drive for self-actualisation, and a tendency to dominate and assert themselves. A proportion of respondents (29.5%) have an intermediate (average) level of mental health (profiles 5-7); slightly more respondents (42.6%) demonstrate a sufficient (average) level of readiness for operational and combat activities (profiles 4-7). Such individuals are characterised by normal indices, or slightly above-average indices on sthenic-type scales (spontaneity, aggressiveness), or above-average values on hyposthenic or mixed-register scales (introversion, sensitivity, anxiety, lability). A sufficient level of readiness

indicates the individual's general fitness for service and combat duties and adequate adaptability.

A small group of respondents (9.6%) demonstrate a low level of mental health (profiles 8-9); moreover, these same respondents demonstrated a low level of psychological fitness – that is, one insufficient for successful military service. Such cadets are characterised by traits such as individualism, conflict-prone behaviour, and schizoid or infantile profiles, for which there is a high probability of manifesting forms of maladjustment (hysterical, depressive, etc.) under the specific and extreme conditions of military service and combat operations. Significant correlations have been identified between levels of mental health and the characteristics of military personnel's psychological profiles ($p \leq 0.01$) (Table 4).

Table 4. Relationship between mental health levels and characteristics of psychological profiles

Mental health level	Profile type								
	1	2	3	4	5	6	7	8	9
High and above average	0.78	0.63	0.61	0.48	0.43	0.35	0.17	-0.28	-0.30
Average	0.28	0.38	0.29	0.28	0.45	0.48	0.39	0.20	0.11
Reduced and low	0.17	0.18	0.26	0.37	0.39	0.44	0.47	0.58	0.62

Note: the numbering of profile types corresponds to the list in the text

Source: compiled by the authors

As can be seen from Table 4, high and above-average levels of mental health correlate positively with the scales for balanced and sthenic profile types among military personnel ($r = 0.61-0.78$) and negatively with the scales for mixed (8 schizoid and 9 infantile) ($r = -0.28-0.30$), whilst low and reduced levels correlate positively with the hyposthenic scale (profile 6) and the scales of certain mixed types (profiles 7, 8 and 9). It has been established that borderline mental disorders are closely linked to a person's underlying personality traits. In particular, differences in the manifestations of maladjustment are often determined by the underlying response type of a military personnel's personality. Thus, neurotic disorders sometimes develop on the basis of the dominance of constitutional hyposthenic traits in the personality structure (Profile 6). At the same time, minor deviations (neurotic over-control, pessimism, heightened anxiety and introversion) may be exacerbated by situational factors and transform into more serious forms of maladjustment – hypochondria, depressive symptoms, obsessive phobias and “escape” (psychological escape). Conversely, behavioural reactions characteristic of psychopathic, excitable individuals arise from a hyperthymic personality type (Profile 2). Moreover, the “intermingling” within the structure of the hyperthymic response pattern of traits such as impulsivity in extreme situations, rigidity and withdrawal (the fourth profile), may intensify and form a stable pattern of explosive, expansive-schizoid, aggressive-non-conformist or emotionally unstable behaviour; that is, they may manifest as various shades of psychopathic variants of the hyperthymic personality type.

According to the authors' own psychodiagnostic research, the two types of response (hyposthenic and

hypersthenic) differ in the direction of aggression: a) intrapunitive, in which aggression is linked to a sense of dissatisfaction and is directed by the individual towards themselves; b) extrapunitive, where aggression is directed at one's immediate environment and manifests as the social maladjustment characteristic of psychopathic personalities. These primary response types may be accompanied by a range of additional characteristics; however, the hyposthenic response type is characterised by a predominance of inhibitory reactions (of the “flight-or-freeze” type), whilst the hypersthenic type is characterised by a predominance of excitatory traits. It should be noted that hysterical neurosis, which can develop into psychopathy due to a mixed reaction type, occupies a special place. This is evidenced by a combination of divergent and contradictory tendencies manifesting with equal intensity, and a clash between strong (spontaneous and rigid) and weak (anxious and emotive) characteristics. This conflicting combination of individual-typological traits often leads to numerous somatic disorders (for example, profiles 8 and 9). Thus, the present study identified psychodiagnostic indicators for distinguishing three principal non-psychotic forms of maladjustment: neurotic, psychopathic, and psychosomatic.

The works of C. Overstreet *et al.* (2018) and P. Galanis *et al.* (2021) emphasise that, in the training of future military personnel, it is important to accurately identify the psychological states in which they may find themselves in various situations during their service, to identify the causes of misunderstandings in interpersonal communication with others, and to pinpoint the sources of stereotypical destructive behavioural tendencies that do not facilitate professional communication. Y. Pylypchuk &

L. Ponomarenko (2024) point out that it is important to bear in mind that there may be individuals among subordinates who are prone to deviant behaviour and professional deformation, and that in cases of severe neuropsychological overload, certain mental health disorders may develop in some military personnel (particularly those with weak nervous systems).

In order to prevent the onset of neuropsychological instability, it is important to take into account its causes and symptoms. Researchers, notably Z.-F. Yao & S. Hsieh (2019) and D. Shvets *et al.* (2020), note that various psychogenic factors may be responsible for the onset of neuropsychological instability in workers engaged in extreme occupations. A study by I. Prykhodko *et al.* (2020) showed that the main factors include: setbacks at work and in personal life; frequent work-related situations perceived as dangerous to life and health; chronic fatigue and conflicts with colleagues; low professional competence; psychologically traumatic family factors; harmful habits (smoking; consumption of alcohol, narcotic and toxic substances); and a tendency to lie. Research by scholars, such as M. Mojallal *et al.* (2022) and the U.S. Army MWR (n.d.), also indicates that signs of neuropsychological instability in military personnel may include: the onset of fatigue even under normal work loads; a reduction in the employee's overall activity; a decline in memory; somatic symptoms (headaches; pain in the lower back or chest area; loss of appetite; general malaise, etc.); slowed thought processes; the emergence of negative emotions (irritability, anger, aggression, low mood); and a loss of self-control over one's own actions. Managers are advised to pay attention to service personnel who are easily agitated, hot-tempered or prone to conflict, as well as those who are withdrawn, resentful, excessively fearful or shy. Some authors, for example, I. Correia *et al.* (2023), also consider it important to identify individuals who display arrogance or condescension, who try at all costs to stand out from those around them or, conversely, have become the subject of jokes and ridicule, who engage in senseless behaviour, or who exhibit inappropriate behaviour. Research by V. Bondarenko *et al.* (2022) suggests that even difficult situations at work and psychological trauma, which in most people cause typical depressive symptoms, in strong-willed individuals with a sthenic response type may be accompanied by sthenic manifestations – optimism, increased self-esteem, self-assertion, and active and aggressive behaviour.

Researchers H. Jackson & N. Haslam (2022) emphasise that studies of various somatic disorders arising from excessive emotional stress have revealed a predominance of the mixed reaction type in patients with asthma, gastric ulcers, hypertension, neurodermatitis and ischaemic heart disease. Analysis of psychodiagnostic data showed that, in response to an adverse situation, such patients develop states characterised by the mutual blocking of both neurotic and hypersthenic response types, which is precisely why aggressive defence tendencies cannot be channelled through any of the emotional outlets –

neither the extrapunitive nor the intrapunitive channels. This results in an elevated level of emotional tension, against which biological abnormalities and somatic diseases manifest themselves.

◆ Conclusions

A person's mental health can be regarded as a multidimensional state of optimal functioning, which enables them to think effectively, regulate their emotions, maintain social relationships and realise their full potential. It is not merely the absence of psychopathological symptoms, but encompasses a whole spectrum of components relating to mental processes, states and characteristics, each of which contributes to an individual's mental well-being. Researchers in this field have a fairly broad range of diagnostic methods at their disposal for a comprehensive study of mental health. The results of the study indicate that the vast majority of cadets have a general level of mental health that is above-average (42.0%) or average (35.8%). A small proportion of those surveyed have high (10.5%) or low (11.7%) levels of mental health; no respondents with a low level were identified. As for the individual components of mental health, these are predominantly at average (37.2-39.3%) and above-average levels (41.3-42.7%); the psychological component is the most developed, whilst the emotional and social components are less so. The overall mental health score is quite high – 3.38 points (above-average).

The survey using the ITO confirmed that the majority of military personnel exhibit balanced psychological characteristics within the normal range; there are also hyperthymic and active-sociable profiles, with traits of extroversion, activity, optimism, moderate aggressiveness, adequate self-esteem, courage, self-actualisation, and a tendency to dominate and assert themselves. Hypostenic, individualistic, schizoid and infantile profiles are not typical of military personnel. More than half (60.7%) of military personnel have individual-typological profiles characterised by high and elevated levels of mental health (profiles 1-4); the first three profiles (1-3) are also characterised by a high level of psychological fitness for duty (47.6%). One-third (29.5%) of respondents have an average level of mental health and an intermediate (sufficient) level of readiness for service (these are profiles 5-7). Such individuals are characterised by normal or slightly elevated scores on the sthenic-type scales (spontaneity, aggressiveness), with possibly slightly elevated scores on the hypostenic or mixed-type scales (introversion, sensitivity, anxiety, lability). A sufficient level of readiness indicates the individual's general suitability for operational and combat duties and sufficient adaptability. A small group of respondents (11.7%) demonstrate a reduced level of mental health (profiles 8-9); moreover, the same proportion (and the same respondents) demonstrated a level of psychological fitness insufficient for successful military service. Such cadets are characterised by traits such as individualism, conflict-prone behaviour, and schizoid or infantile profiles, for which there is a high

probability of manifesting forms of maladjustment (hysterical, depressive, etc.) under the specific and extreme conditions of military service and combat operations.

The characteristics of mental health and the typological characteristics of military personnel were found to be closely interrelated. It has been established that indicators corresponding to high and elevated levels of mental health correlate positively with the scales of balanced and sthenic profile types among military personnel, and negatively with the scales of mixed (schizoid and infantile) types, whilst indicators of low and reduced levels correlate positively with the scales for the hypothymic (Profile 6) and the mixed-type profiles (Profiles 7, 8, and 9). The same patterns can be observed with regard to the indices of the components of mental health. The identified psychological characteristics of mental health and the typological characteristics of military personnel can be utilised in addressing the key tasks of psychological support for the professional activities of National Guard personnel. The predictive significance of the factors that reveal the leading individual-personality tendencies in the profile will facilitate the timely identification of possible types of neurotic maladjustment among military personnel even before they are exposed to the stressors of their service duties. It

is important to bear in mind that the emergence of signs of maladjustment is directly dependent on the dominant personality tendencies of each military personnel member. Consequently, typological individual-personality traits are prognostically significant factors that can indicate a military personnel member's likely behaviour and a possible form of maladjustment (including a clinical syndrome, should they be subjected to the negative impact of specific conditions of military service). Prospects for further research lie in the fact that, based on the results presented in this article, it is possible to develop and implement additional psychological methods and tools that will facilitate the diagnosis and correction of mental health issues among military personnel, as well as other employees in the security and defence sector of the Ukrainian state.

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Особливості ментального здоров'я та психологічні профілі військовослужбовців Національної гвардії України

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◆ **Анотація.** Стаття присвячена проблематиці вивчення й аналізу особливостей ментального здоров'я та їх зв'язку з індивідуально-психологічною типологією військовослужбовців Національної гвардії України. Метою роботи було співставлення результатів, отриманих на основі застосування адаптованих українськомовних психодіагностичних інструментів «Коротка шкала ментального здоров'я» та «Індивідуально-типологічний опитувальник» і надання висновку щодо психологічної придатності особи до службово-бойової діяльності. У статті використано теоретичні методи аналізу наукових джерел, синтезу, порівняння, узагальнення, систематизації, класифікації науково-психологічної літератури, нормативних документів щодо забезпечення ментального здоров'я військовослужбовців; міжнародного й вітчизняного досвіду підтримки ментального здоров'я персоналу сектору безпеки й оборони; емпіричні методи психодіагностики, а також кореляційного аналізу, опитування, експертної оцінки тощо. Представлено результати дослідження рівня і структури ментального здоров'я військовослужбовців та різних типів індивідуально-особистісних профілів, які характеризуються як сприятливі, менш сприятливі та несприятливі для службово-бойової діяльності в системі Національної гвардії України. Доведено, що особливості ментального здоров'я, а також індивідуальна типологія військовослужбовців тісно пов'язані між собою, цей зв'язок може бути використаний задля вирішення основних задач психологічного забезпечення професійної діяльності військовослужбовців Національної гвардії. Показано, що поява ознак дезадаптації залежить від провідних особистісних тенденцій, отже, типологічні індивідуально-особистісні властивості є прогностично значущими чинниками прогнозування ймовірних порушень поведінки військовослужбовця, можливих варіантів дезадаптації за умови негативного впливу особливих умов службової діяльності. Практична цінність дослідження полягає у тому, що воно є важливим для розробки методів управління станом військовослужбовців в екстремальних ситуаціях, моделювання умов для мінімізації нервово-психічних дезадаптацій

◆ **Ключові слова:** психічне благополуччя; психологічна діагностика; особовий склад Національної гвардії України; індивідуально-типологічні профілі; адаптація; стресостійкість