

MASS PSYCHOLOGICAL TRAUMA

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Keywords: Mass psychological trauma, wars, psychological traumas, "historical trauma", collective or totalitarian trauma, pandemics and epidemics, shock, mitochondrial dysfunction, autophagy (mitophagy), mitochondria, Electro - Ion Membrane Distress Syndrome, Microcirculatory-Mitochondrial Distress Syndrome

Goal of the study: Mass traumas such as wars, man-made or natural disasters, mass violence, as well as pandemics and epidemics provoke mass psychological trauma. The purpose of this study is to determine the psychological consequences of current hostility.

Introduction: Recently, research on mass psychological trauma has turned to the concept of "historical trauma," which explains well the impact of collective or totalitarian trauma. Totalitarian dictatorships, mass trauma, wars, man-made or natural disasters, mass violence, as well as pandemics and epidemics give rise to mass psychological trauma. Any aggression evokes emotions of fear, anger, despair, horror, confusion, and hatred, leading to hostility. In this direction, research is carried out by scientists all over the world [1-7].

Material and methods: Have been analyzed articles from Google Scholar database, from the last 6 years 2021-2026, mentioned such words as Mass psychological trauma, wars, psychological traumas, "historical trauma", collective or totalitarian trauma, pandemics and epidemics, shock, mitochondrial dysfunction, autophagy (mitophagy), mitochondria, Electro - Ion Membrane Distress Syndrome, Microcirculatory-Mitochondrial Distress Syndrome.

Results: This paper summarizes concepts and findings on "historical traumas" that describe such long lasting effects. The focus is on the side of the victims and their family descendants and thus also on the moral hairs of the dissidents, which also fits into Mass psychological trauma. Described by Nobel Prize Laureate A. Solzhenitsyn and others in their worksp [8].

Conclusion: The trauma sequelae commonly reported by survivors of the atrocities of the Stalinist repressions can be subsumed as man-made traumatic experiences by the diagnoses of post-traumatic stress disorder (PTSD) or complex PTSD. Another level of diagnostic conceptual classification can make use of the concepts of "totalitarian trauma" existing in the literature or the "post-communist syndrome." The latter (consisting of "learned helplessness," incivility, and lack of civic virtues) aims to describe the overall situation of the directly persecuted and the general population in countries during the post-communist transition. Continuing into modern times, wars, traumas, man-made or natural disasters, mass violence, as well as pandemics and epidemics, have caused mass psychological trauma.

In which people experience fatigue, insomnia, and disability due to disturbances in energy homeostasis, the function of cellular biological membranes [9], mitochondrial disorders, autophagy (mitophagy), and Microcirculatory-Mitochondrial Distress Syndrome [10-61]. Thus, not only mass psychological trauma is established, but individual also chronic multiple organ failure and, of course, Electro-Ion Membrane Distress Syndrome Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) [9].

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