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ЕЖЕМЕСЯЧНЫЙ НАУЧНЫЙ ЖУРНАЛ

Медицинские новости Грузии
საქართველოს სამედიცინო სიახლენი

GEORGIAN MEDICAL NEWS

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GMN: Georgian Medical News is peer-reviewed, published monthly journal committed to promoting the science and art of medicine and the betterment of public health, published by the GMN Editorial Board since 1994. GMN carries original scientific articles on medicine, biology and pharmacy, which are of experimental, theoretical and practical character; publishes original research, reviews, commentaries, editorials, essays, medical news, and correspondence in English and Russian.

GMN is indexed in MEDLINE, SCOPUS, PubMed and VINITI Russian Academy of Sciences. The full text content is available through EBSCO databases.

GMN: Медицинские новости Грузии - ежемесячный рецензируемый научный журнал, издаётся Редакционной коллегией с 1994 года на русском и английском языках в целях поддержки медицинской науки и улучшения здравоохранения. В журнале публикуются оригинальные научные статьи в области медицины, биологии и фармации, статьи обзорного характера, научные сообщения, новости медицины и здравоохранения. Журнал индексируется в MEDLINE, отражён в базе данных SCOPUS, PubMed и ВИНТИ РАН. Полнотекстовые статьи журнала доступны через БД EBSCO.

GMN: Georgian Medical News – საქართველოს სამედიცინო სიახლენი – არის ყოველთვიური სამეცნიერო სამედიცინო რეცენზირებადი ჟურნალი, გამოიცემა 1994 წლიდან, წარმოადგენს სარედაქციო კოლეგიისა და აშშ-ის მეცნიერების, განათლების, ინდუსტრიის, ხელოვნებისა და ბუნებისმეტყველების საერთაშორისო აკადემიის ერთობლივ გამოცემას. GMN-ში რუსულ და ინგლისურ ენებზე ქვეყნდება ექსპერიმენტული, თეორიული და პრაქტიკული ხასიათის ორიგინალური სამეცნიერო სტატიები მედიცინის, ბიოლოგიისა და ფარმაციის სფეროში, მიმოხილვითი ხასიათის სტატიები.

ჟურნალი ინდექსირებულია MEDLINE-ის საერთაშორისო სისტემაში, ასახულია SCOPUS-ის, PubMed-ის და ВИНТИ РАН-ის მონაცემთა ბაზებში. სტატიების სრული ტექსტი ხელმისაწვდომია EBSCO-ს მონაცემთა ბაზებშიდან.

WEBSITE

www.geomednews.com

К СВЕДЕНИЮ АВТОРОВ!

При направлении статьи в редакцию необходимо соблюдать следующие правила:

1. Статья должна быть представлена в двух экземплярах, на русском или английском языках, напечатанная через **полтора интервала на одной стороне стандартного листа с шириной левого поля в три сантиметра**. Используемый компьютерный шрифт для текста на русском и английском языках - **Times New Roman (Кириллица)**, для текста на грузинском языке следует использовать **AcadNusx**. Размер шрифта - **12**. К рукописи, напечатанной на компьютере, должен быть приложен CD со статьей.

2. Размер статьи должен быть не менее десяти и не более двадцати страниц машинописи, включая указатель литературы и резюме на английском, русском и грузинском языках.

3. В статье должны быть освещены актуальность данного материала, методы и результаты исследования и их обсуждение.

При представлении в печать научных экспериментальных работ авторы должны указывать вид и количество экспериментальных животных, применявшиеся методы обезболивания и усыпления (в ходе острых опытов).

4. К статье должны быть приложены краткое (на полстраницы) резюме на английском, русском и грузинском языках (включающее следующие разделы: цель исследования, материал и методы, результаты и заключение) и список ключевых слов (key words).

5. Таблицы необходимо представлять в печатной форме. Фотокопии не принимаются. **Все цифровые, итоговые и процентные данные в таблицах должны соответствовать таковым в тексте статьи**. Таблицы и графики должны быть озаглавлены.

6. Фотографии должны быть контрастными, фотокопии с рентгенограмм - в позитивном изображении. Рисунки, чертежи и диаграммы следует озаглавить, пронумеровать и вставить в соответствующее место текста **в tiff формате**.

В подписях к микрофотографиям следует указывать степень увеличения через окуляр или объектив и метод окраски или импрегнации срезов.

7. Фамилии отечественных авторов приводятся в оригинальной транскрипции.

8. При оформлении и направлении статей в журнал МНГ просим авторов соблюдать правила, изложенные в «Единых требованиях к рукописям, представляемым в биомедицинские журналы», принятых Международным комитетом редакторов медицинских журналов - <http://www.spinesurgery.ru/files/publish.pdf> и http://www.nlm.nih.gov/bsd/uniform_requirements.html В конце каждой оригинальной статьи приводится библиографический список. В список литературы включаются все материалы, на которые имеются ссылки в тексте. Список составляется в алфавитном порядке и нумеруется. Литературный источник приводится на языке оригинала. В списке литературы сначала приводятся работы, написанные знаками грузинского алфавита, затем кириллицей и латиницей. Ссылки на цитируемые работы в тексте статьи даются в квадратных скобках в виде номера, соответствующего номеру данной работы в списке литературы. Большинство цитированных источников должны быть за последние 5-7 лет.

9. Для получения права на публикацию статья должна иметь от руководителя работы или учреждения визу и сопроводительное отношение, написанные или напечатанные на бланке и заверенные подписью и печатью.

10. В конце статьи должны быть подписи всех авторов, полностью приведены их фамилии, имена и отчества, указаны служебный и домашний номера телефонов и адреса или иные координаты. Количество авторов (соавторов) не должно превышать пяти человек.

11. Редакция оставляет за собой право сокращать и исправлять статьи. Корректур авторам не высылаются, вся работа и сверка проводится по авторскому оригиналу.

12. Недопустимо направление в редакцию работ, представленных к печати в иных издательствах или опубликованных в других изданиях.

При нарушении указанных правил статьи не рассматриваются.

REQUIREMENTS

Please note, materials submitted to the Editorial Office Staff are supposed to meet the following requirements:

1. Articles must be provided with a double copy, in English or Russian languages and typed or computer-printed on a single side of standard typing paper, with the left margin of 3 centimeters width, and 1.5 spacing between the lines, typeface - **Times New Roman (Cyrillic)**, print size - 12 (referring to Georgian and Russian materials). With computer-printed texts please enclose a CD carrying the same file titled with Latin symbols.

2. Size of the article, including index and resume in English, Russian and Georgian languages must be at least 10 pages and not exceed the limit of 20 pages of typed or computer-printed text.

3. Submitted material must include a coverage of a topical subject, research methods, results, and review.

Authors of the scientific-research works must indicate the number of experimental biological species drawn in, list the employed methods of anesthetization and soporific means used during acute tests.

4. Articles must have a short (half page) abstract in English, Russian and Georgian (including the following sections: aim of study, material and methods, results and conclusions) and a list of key words.

5. Tables must be presented in an original typed or computer-printed form, instead of a photocopied version. **Numbers, totals, percentile data on the tables must coincide with those in the texts of the articles.** Tables and graphs must be headed.

6. Photographs are required to be contrasted and must be submitted with doubles. Please number each photograph with a pencil on its back, indicate author's name, title of the article (short version), and mark out its top and bottom parts. Drawings must be accurate, drafts and diagrams drawn in Indian ink (or black ink). Photocopies of the X-ray photographs must be presented in a positive image in **tiff format**.

Accurately numbered subtitles for each illustration must be listed on a separate sheet of paper. In the subtitles for the microphotographs please indicate the ocular and objective lens magnification power, method of coloring or impregnation of the microscopic sections (preparations).

7. Please indicate last names, first and middle initials of the native authors, present names and initials of the foreign authors in the transcription of the original language, enclose in parenthesis corresponding number under which the author is listed in the reference materials.

8. Please follow guidance offered to authors by The International Committee of Medical Journal Editors guidance in its Uniform Requirements for Manuscripts Submitted to Biomedical Journals publication available online at: http://www.nlm.nih.gov/bsd/uniform_requirements.html
http://www.icmje.org/urm_full.pdf

In GMN style for each work cited in the text, a bibliographic reference is given, and this is located at the end of the article under the title "References". All references cited in the text must be listed. The list of references should be arranged alphabetically and then numbered. References are numbered in the text [numbers in square brackets] and in the reference list and numbers are repeated throughout the text as needed. The bibliographic description is given in the language of publication (citations in Georgian script are followed by Cyrillic and Latin).

9. To obtain the rights of publication articles must be accompanied by a visa from the project instructor or the establishment, where the work has been performed, and a reference letter, both written or typed on a special signed form, certified by a stamp or a seal.

10. Articles must be signed by all of the authors at the end, and they must be provided with a list of full names, office and home phone numbers and addresses or other non-office locations where the authors could be reached. The number of the authors (co-authors) must not exceed the limit of 5 people.

11. Editorial Staff reserves the rights to cut down in size and correct the articles. Proof-sheets are not sent out to the authors. The entire editorial and collation work is performed according to the author's original text.

12. Sending in the works that have already been assigned to the press by other Editorial Staffs or have been printed by other publishers is not permissible.

**Articles that Fail to Meet the Aforementioned
Requirements are not Assigned to be Reviewed.**

ავტორთა საქურაღებოლ!

რედაქციაში სტატიის წარმოდგენისას საჭიროა დაიცვათ შემდეგი წესები:

1. სტატია უნდა წარმოადგინოთ 2 ცალად, რუსულ ან ინგლისურ ენებზე დაბეჭდილი სტანდარტული ფურცლის 1 გვერდზე, 3 სმ სიგანის მარცხენა ველისა და სტრიქონებს შორის 1,5 ინტერვალის დაცვით. გამოყენებული კომპიუტერული შრიფტი რუსულ და ინგლისურენოვან ტექსტებში - **Times New Roman (Кириллица)**, ხოლო ქართულენოვან ტექსტში საჭიროა გამოვიყენოთ **AcadNusx**. შრიფტის ზომა – 12. სტატიას თან უნდა ახლდეს CD სტატიით.

2. სტატიის მოცულობა არ უნდა შეადგენდეს 10 გვერდზე ნაკლებს და 20 გვერდზე მეტს ლიტერატურის სიის და რეზიუმეების (ინგლისურ, რუსულ და ქართულ ენებზე) ჩათვლით.

3. სტატიაში საჭიროა გაშუქდეს: საკითხის აქტუალობა; კვლევის მიზანი; საკვლევი მასალა და გამოყენებული მეთოდები; მიღებული შედეგები და მათი განსჯა. ექსპერიმენტული ხასიათის სტატიების წარმოდგენისას ავტორებმა უნდა მიუთითონ საექსპერიმენტო ცხოველების სახეობა და რაოდენობა; გაუტკივარებისა და დაძინების მეთოდები (მწვავე ცდების პირობებში).

4. სტატიას თან უნდა ახლდეს რეზიუმე ინგლისურ, რუსულ და ქართულ ენებზე არანაკლებ ნახევარი გვერდის მოცულობისა (სათაურის, ავტორების, დაწესებულების მითითებით და უნდა შეიცავდეს შემდეგ განყოფილებებს: მიზანი, მასალა და მეთოდები, შედეგები და დასკვნები; ტექსტუალური ნაწილი არ უნდა იყოს 15 სტრიქონზე ნაკლები) და საკვანძო სიტყვების ჩამონათვალი (key words).

5. ცხრილები საჭიროა წარმოადგინოთ ნაბეჭდი სახით. ყველა ციფრული, შემაჯამებელი და პროცენტული მონაცემები უნდა შეესაბამებოდეს ტექსტში მოყვანილს.

6. ფოტოსურათები უნდა იყოს კონტრასტული; სურათები, ნახაზები, დიაგრამები - დასათაურებული, დანომრილი და სათანადო ადგილას ჩასმული. რენტგენოგრამების ფოტოასლები წარმოადგინეთ პოზიტიური გამოსახულებით **tiff** ფორმატში. მიკროფოტოსურათების წარწერებში საჭიროა მიუთითოთ ოკულარის ან ობიექტივის საშუალებით გადიდების ხარისხი, ანათალების შედეგის ან იმპრეგნაციის მეთოდი და აღნიშნოთ სურათის ზედა და ქვედა ნაწილები.

7. სამამულო ავტორების გვარები სტატიაში აღინიშნება ინიციალების თანდართვით, უცხოურისა – უცხოური ტრანსკრიპციით.

8. სტატიას თან უნდა ახლდეს ავტორის მიერ გამოყენებული სამამულო და უცხოური შრომების ბიბლიოგრაფიული სია (ბოლო 5-8 წლის სიღრმით). ანბანური წყობით წარმოდგენილ ბიბლიოგრაფიულ სიაში მიუთითეთ ჯერ სამამულო, შემდეგ უცხოელი ავტორები (გვარი, ინიციალები, სტატიის სათაური, ჟურნალის დასახელება, გამოცემის ადგილი, წელი, ჟურნალის №, პირველი და ბოლო გვერდები). მონოგრაფიის შემთხვევაში მიუთითეთ გამოცემის წელი, ადგილი და გვერდების საერთო რაოდენობა. ტექსტში კვადრატულ ფხიხლებში უნდა მიუთითოთ ავტორის შესაბამისი N ლიტერატურის სიის მიხედვით. მიზანშეწონილია, რომ ციტირებული წყაროების უმეტესი ნაწილი იყოს 5-6 წლის სიღრმის.

9. სტატიას თან უნდა ახლდეს: ა) დაწესებულების ან სამეცნიერო ხელმძღვანელის წარდგინება, დამოწმებული ხელმოწერითა და ბეჭდით; ბ) დარგის სპეციალისტის დამოწმებული რეცენზია, რომელშიც მითითებული იქნება საკითხის აქტუალობა, მასალის საკმაობა, მეთოდის სანდოობა, შედეგების სამეცნიერო-პრაქტიკული მნიშვნელობა.

10. სტატიის ბოლოს საჭიროა ყველა ავტორის ხელმოწერა, რომელთა რაოდენობა არ უნდა აღემატებოდეს 5-ს.

11. რედაქცია იტოვებს უფლებას შეასწოროს სტატია. ტექსტზე მუშაობა და შეჯერება ხდება საავტორო ორიგინალის მიხედვით.

12. დაუშვებელია რედაქციაში ისეთი სტატიის წარდგენა, რომელიც დასაბეჭდად წარდგენილი იყო სხვა რედაქციაში ან გამოქვეყნებული იყო სხვა გამოცემებში.

აღნიშნული წესების დარღვევის შემთხვევაში სტატიები არ განიხილება.

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THE STUDY OF CORRELATIONS OF PSYCHOLOGICAL FACTORS ENSURING THE FAMILY MENTAL HEALTH

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Abstract.

The research presented in the article was conducted in response to the challenges to family well-being arising from the 2020 military operations and subsequent migration in Armenia. It is also grounded on the 3rd goal of the United Nations sustainable development programs, which is particularly relevant in Armenia. The aim of the study is to examine the relationships between key psychological factors that contribute to mental health within the family. Specifically, the study focuses on personal values, psychological safety, and well-being as psychological factors. They are considered important for ensuring mental health and are discussed in various approaches and research. The central research question explores whether the connections between well-being, psychological safety, and personal values play a primary role in maintaining mental health. The study involved 100 adult participants (51 female and 49 male), all over the age of 18. The sample was randomly selected, and the principle of voluntary participation was maintained. Based on well-being indicators, the participants were divided into three study groups: a/ low well-being (n=12), medium well-being: n=56 and high well-being: n=32. Each group was analyzed separately. The findings indicate that individuals at different levels of well-being structure their value systems differently. In the low well-being group, the values of self-affirmation and pleasure, were less pronounced, in the medium group, psychological safety and stability are more prominent, while in the high well-being group, self-realization and harmonious expression of psychological safety prevail. The research confirms that values and psychological safety are interconnected and may be considered key prerequisites for promoting well-being and ensuring mental health within the family.

Key words. Well-being, values, psychological safety, family mental health.

Introduction.

The rapid changes that have taken place in Armenia in recent years – namely political revolution in 2018, the COVID-19 pandemic in 2019, the 2020 war, territorial losses in 2023, post-war economic crises, and the influx of refugees and increased social pressures- along with transformations in value systems, and emerging challenges to the citizens' psychological safety, have created a pressing need to reassess family mental health. The family is a stable system, and its stability also ensures the stability of the individual and society as a whole [1]. Among the psychological factors contributing to family mental

health, personal psychological safety has received particular attention in recent years [2]. Psychological safety refers to a sense of security and peace; it is a feeling of confidence and self-realization, and serves as a foundation for sustainable development. Psychological safety is integrally interconnected with fundamental aspects such as trust, happiness, well-being, faith, and values [3]. This perspective is also supported by S. Schwartz and his associates (2012, 2018), who emphasize that personal values play a key role in shaping well-being by guiding behavior and social relationships [4]. Similarly, E. Deci and R. Ryan (2000) in their self-determination theory demonstrate that the core components of psychological security and well-being - autonomy, relatedness, and competence - are directly linked to an individual's value system [5]. Abulkhanova-Slavskaya (2019) [6], Asmolov (2008, 2025) have studied how values shape self-awareness and social adaptation, thereby contributing to well-being [7]. Armenian studies (Harutyunyan 2019) have also shown that value conflicts can generate tension and hinder family stability [1], and document the connection between psychological security and well-being (Papoyan, Galstyan, Aghuzumtsyan 2015-25) [2]. Taken together, these findings confirm that values and psychological safety are essential for an individual in the process of forming well-being, however their specific characteristics in post-crisis contexts require in-depth investigation. They need to be observed and studied within the family, as the primary environment for mental health. The issue of family mental health and well-being is also a key priority within the UN Sustainable Development Goals, especially their strategic point 3, which focuses on health and well-being, where the planning until 2030 sets the tasks of preventing mortality, drug addiction, sexually transmitted infections, promoting fertility and mental health [8]. Generalizing these provisions, it becomes clear that in all goals, the person and his family, the individual and the microenvironment in which the person experiences his individual development are extremely important, the socialization of which is important for it to be healthy and safe.

Despite the importance of these contextual factors, there is still limited empirical research explaining how personal values and psychological safety interact to influence family well-being in post-crisis Armenian society. This gap justifies the need for the present study.

The aim of this study is to examine and identify the correlations between psychological factors that contribute to mental health within the family, and to observe the role of personal values, psychological safety, and well-being.

Research questions:

1. Psychological safety is positively associated with well-being.
2. Personal values significantly differ across levels of well-being.
3. Psychological safety is related to specific value orientations.

Research planning and methodology.

The study is based on Sh. Schwartz's (1992) [9] theory of values, Keyes' (2002) [10] model of well-being, and the psychological safety system approach (Aghuzumtsyan R., Papoyan V., Galstyan A., Sargsyan D. (2006-2021). The research was conducted in the Republic of Armenia between 2023 and 2025, and consisted of three stages. The first stage assesses the issue of ensuring mental health within the family in the RA health and UN sustainable development programs. A study of previous research on the issue was conducted. Based on this analysis, the research goals and objectives were designed, questions were posed, methods were developed, and the selection was determined. The second stage focused on data collection and processing. The third stage involved summarizing and systematizing the research findings. The entire research process and its results were discussed during scientific seminars organized at the YSU Psychology Research Center.

The research methods employed included the analysis of academic sources and materials, psychological assessment, and statistical tools and programs. The study utilized the following instruments: Schwartz's <Values Questionnaire> (Schwartz Value Survey), which includes an assessment of values in 10 main blocks, totaling 57 values [11]. The "Personal Security Assessment Scale", compiled by the former YSU Personal Professional Research Laboratory (2006-2021), which now operates at the YSU Psychology Research Center. This instrument covers nine domains: family, work, friends, health, information, human rights, society, culture and ecology. Each of these sections contains a person who represents the values of relationships, for example, the family section consists of seven components [12]. The Well-being Questionnaire developed by Corey Keyes assesses your mental health. It is considered a short measure based on three types of well-being: emotional, psychological, and social [13,14].

The data were processed using modern statistical software: SPSS 23 was used to extract the average values of the test base, their deviations, and Pearson's linear correlation analysis of the relationships between variables was performed. The study sample consisted of 100 participants over the age of 18, including 51 females and 49 males. The sample was randomly selected, and the principle of voluntary participation was maintained.

Comments on basic concepts:

Psychological safety. Psychological safety, as a fundamental human need, has been widely discussed since the second half of the 20th century, under the humanistic approach of A. Maslow. It is generally defined as the absence or reduction of perceived threats and includes respect for personal boundaries, clarity in social relationships, emotional stability, a stable sense of identity, life satisfaction, and a general feeling of security and protection. This allows us to assume that limiting psychological safety will lead to fear, hopelessness, a sense of instability, and

self-doubt, hindering a person's normal life activities and social adaptation [3,15].

Personal values: Personal values are various aspects that have a guiding influence on people's choices, actions, relationships, evaluations of life realities, and other events. Schwartz and Bilsky's view identifies three basic requirements that underlie values:

1. Biological requirements, which ensure the satisfaction of a person's physical and psychological necessities.
2. Social requirements, which contribute to the effective organization of interpersonal relationships.
3. Personal requirements, which are aimed at group survival and development [4].

The authors of the theory also present eight major motivational domains, that regulate the structure of an individual's value system. These values have various interrelationships with each other, which shape the structural organization of value systems. Compatibility of values for anti-epidemic and responsible individuals in terms of how their value is ranked according to priority [16].

Well-being:

According to the World Health Organization, well-being is defined as "the quality of life and the ability of individuals and societies to contribute to the world with meaning and purpose. A focus on well-being promotes the equitable distribution of resources, shared prosperity, and sustainability. The well-being of societies can be measured by their resilience, ability to develop and overcome challenges" [17].

Different researchers have studied it from different perspectives, dividing it into a structural picture, which allows for a better understanding of its nature. This research group analyzed the models proposed by different scientists. Although preference was given to the Corey Keyes model, which represents the structure of well-being: emotional, psychological and social well-being. K. Keyes' also identifies five core components of social well-being: Social Integration, Social Contribution, Social Solidarity, Social Actualization, and Social Acceptance. The structural analysis of well-being shows that it is formed as a result of the interaction of both the individual's internal psychological resources and the social environment, and the same target environment is the family.

Mental health – family mental health:

When talking about mental health, we recommend the International Health Charter: <Mental health is an integral and essential component of health. According to the WHO constitution, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities> [18,19]. Within the family context, mental health is reflected in mutual support and care. An individual's emotional development and, accordingly, the pathology of emotionality directly depend on the nature of the "mother-child" relationship in early childhood [20]. Health in the family not only indicates the need to maintain well-being, but also reflects how personal values shape the family's overall healthy lifestyle and patterns care. Family members' acceptance of health as an

important value promotes trust and support, which are important foundations for psychological safety [21,22].

Summary and systematization of research results.

Value system:

We summarize the analysis of S. Schwartz's personal values questionnaire based on the general characteristics of the respondents $n=100$. In the value system, security, willpower, determination, and achievements are primary or highly valued. Compared to other values, traditionalism is valued less: Highest rating of security ($M= 4.87, \sigma=1.96$), High rating of willpower ($M= 4.69, \sigma= 1.84$), Achievements ($M= 4.69, \sigma= 1.92$), Independence ($M= 4.58, \sigma= 2.04$), Traditionality ($M= 2.85, \sigma= 2.5$).

An individual with this profile, who has personal and social stability, is determined, strong-willed, and has low traditionalism, then we would expect a creative person. However, contrary to this expectation, we observe differences in the average assessment of universalism ($M=4.17$), which creates a certain contradiction. According to the latter assessment, it can be suggested that the subjects recognize their highly valued values, but these are not the fundamental values of guiding their lives, or at least not all of them. The result of the assessment of the psychological safety of the person ($M = 2.69, s = 1.63$) is evaluated. This can be considered as a definition of certain results, which indicate a sufficiently high, but not completely stable psychological safety. This study suggests that the respondents' experience confidence, support and a certain degree of stability in their lives, although this does not guarantee that they are free from external and internal pressures.

The result of $M= 2.69$ may indicate that certain circumstances related to an individual's natural psychological safety can temporarily affect their emotional state, which can occur throughout a person's life. This indicator of psychological safety is considered to be a state where a person can feel confidence, security, but sometimes also emotional instability or variability, which should be present in his general condition. It is important to emphasize that this data does not indicate serious dangers, but rather points to a generally stable condition with positive tendencies.

We can interpret the score thresholds as follows (1.00-2.66 was considered low, 2.67-4.33 was considered medium, and 4.34-6.00 was considered high).

The psychological well-being score ($M= 4.6, \sigma= 1.45$) is considered high, meaning that the respondents experience personal growth, a sufficient level of self-esteem, and a sense of meaning in their lives. They have a clear sense of identity, feel capable, and have control over different areas of their lives. The emotional well-being score ($M= 4.0, \sigma= 1.52$) is at an average level, which indicates that the respondents experience positive emotions relatively often, but have not yet reached a high level. Their emotions are generally positive, which reflects a certain degree of psychological stability. Social well-being ($M= 3.32, \sigma= 1.69$) is also at an average level, but this is relatively lower than the other dimensions. This indicates that the respondents are somewhat involved in social life, but may have limitations in forming community ties or integrating into society.

Grouping:

The sample was stratified according to overall well-being data, with respondents divided into three groups: low (1.00-2.66), medium (2.67-4.33), and high (4.34-6.00) well-being individuals. This classification allows us to determine how well-being levels are related to different values and perceptions of personal security, revealing possible patterns. The division into three groups was based on standardized score ranges of the Keyes Mental Continuum, which allows classification of individuals into low, medium, and high levels of well-being.

In the group of respondents with low well-being, security ($M=5.17, \sigma=2.23$) and willpower ($M=4.97, \sigma=2.03$) were rated highly. This suggests that the psychological needs of this group are mainly aimed at ensuring stability, social support, and protection. A high assessment of security indicates a perception of threat prevailing among individuals with low well-being. They strive for predictable conditions, controllability, which can reduce their internal anxiety. A high indicator of willpower indicates that these people value supportive, warm, and reliable social ties. It is possible that they build their psychological safety on interpersonal harmony.

Low scores are observed in this group for the values of stimulation ($M=2.56, \sigma=2.27$) and hedonism ($M=3.0, \sigma=2.34$). This indicates a low motivation for novelty, change, and spontaneous adventures, and pursuit of pleasure. It suggests that the group with low well-being directs most of its energy toward ensuring self-preservation and protection, which logically reduces the desire for development, adventures, pleasure, and innovative ways of thinking. Thus, the psychological profile of this group's value priorities can be characterized as "survival-oriented", where values aimed at satisfying basic needs are of primary importance. This clearly reflects not only limited emotional resources, but also a strong reliance on social ties. A different picture emerges in the group with average well-being. Here we observe a more balanced value system, based on both personal development and social harmony. High ratings are given to security ($M=4.65, \sigma=1.96$), independence ($M=4.53, \sigma=1.94$), achievements ($M=4.49, \sigma=1.9$) and willpower ($M=4.44, \sigma=1.77$). The high evaluation of these values may indicate that the participants of this group possess a certain level of psychological stability, which enables them to pursue personal progress while maintaining social harmony. The combined importance of independence and achievements indicates a tendency toward self-realization; however, this group still appears to be in the pre-development stage of this path. They are motivated toward self-improvement, but at the same time seek to maintain a high sense of security.

A notable result was observed for the value of traditionalism ($M=2.55, \sigma=2.42$), which received the lowest score. This suggests that members of the medium-well-being group tend to move away from traditions, while becoming more open-minded and adaptable. They demonstrate a developing need for inner freedom, which is combined with a revised approach to social norms. This group has a certain degree of psychological flexibility, thanks to which it is able to maintain relative stability in values.

The high-well-being group is dominated by values focused on self-improvement, social harmony, and internal stability.

The highly valued dimensions are security ($M=5.15$, $\sigma=1.81$), willpower ($M=5.04$, $\sigma=1.83$), and achievement ($M=5.06$, $\sigma=1.9$). This combination indicates that members of this group possess sufficient resources not only to feel protected, but also to support others, make autonomous decisions, and dedicate themselves to goal attainment. This group also places a high value on independence ($M=4.94$, $\sigma=1.94$), suggesting openness to new ideas and experiences where they can be alone. Traditionalism ($M=3.24$, $\sigma=2.53$) is also rated low in the high

group, however, compared to the middle group, it has a higher score. This indicates that these high-achieving individuals are guided more by internal orientations rather than social norms.

Comparative analysis: The increase in the level of well-being is achieved through trends in changing values that reflect the psychological needs of each group.

- Low-well-being individuals are dominated by values that prioritize security, stability, and social support. Motivation for novelty and growth is reduced.

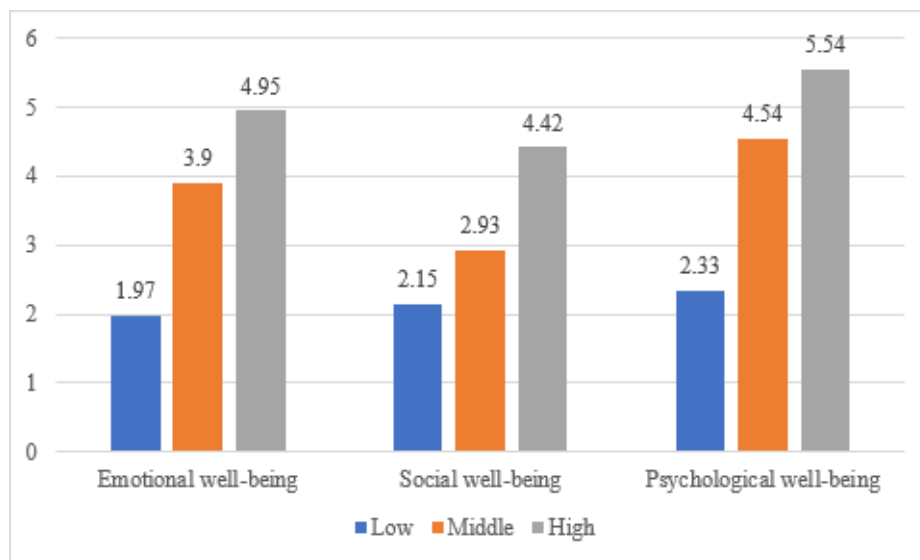


Figure 1. Comparison of welfare choice evaluations of the three groups.

Table 1. The correlation of variables (in a group of low well-being).

Variables	Emotional well-being	Social well-being	Psychological well-being	Psychological safety
1.Conformity	.388	.105	-.209	-.123
2.Tradition	-.416	.666*	-.333	.258
3.Benevolence	.278	.232	-.334	.150
4.Universalism	.225	.236	.020	.060
5.Self-direction	.590*	-.528	.128	-.092
6.Stimulation	.367	.084	.212	.110
7.Hedonism	.481	-.704*	.390	-.113
8.Achievement	.305	-.112	.077	-.078
9.Power	.059	-.704*	.370	-.046
10.Security	.328	-.042	.133	-.016

Note. Values represent Pearson correlation coefficients.
 $N = 12$. * $p < 0.05$ (1-tailed)

Table 2. The correlation of variables (in a group of medium well-being).

Variables	Emotional well-being	Social well-being	Psychological well-being	Psychological safety
1.Conformity	.132	.068	.155	.381**
2.Tradition	.222	.277*	-.015	.361**
3.Benevolence	.124	.165	-.065	.096
4.Universalism	.045	.229	-.009	.041
5.Self-direction	.063	-.135	-.241	-.318*
6.Stimulation	.191	.116	-.168	-.349**
7.Hedonism	.231	.002	-.092	-.068
8.Achievement	.067	.070	-.187	-.226
9.Power	-.066	.002	-.130	.101
10.Security	-.172	.097	-.055	.190

Note. Values represent Pearson correlation coefficients.
 $N = 56$. * $p < 0.05$, ** $p < 0.01$

Table 3. The correlation of variables (in a group of high well-being).

Variables	Emotional well-being	Social well-being	Psychological well-being	Psychological safety
1.Conformity	-.045	.393*	.164	.009
2.Tradition	-.300	.310	.157	.076
3.Benevolence	.089	.407**	.096	.225
4.Universalism	.242	.390*	.057	.184
5.Self-direction	.458**	-.240	-.022	.090
6.Stimulation	.060	-.335	-.067	-.204
7.Hedonism	-.019	-.244	-.196	-.364*
8.Achievement	-.157	.272	.027	-.214
9.Power	-.039	-.036	.005	.139
10.Security	.398*	.494**	.073	.455**

Note. Values represent Pearson correlation coefficients.

N = 32. * $p < 0.05$, ** $p < 0.01$

- The medium-well-being group exhibits flexibility, combining elements of security, personal growth, and social harmony. This group represents a transitional stage toward self-actualization.
- High-well-being individuals have an enhanced and expanded value system that encompasses independence, achievement, social harmony, and open-mindedness.

These differences can be interpreted through the lens of Maslow's hierarchy of needs, i.e. when basic needs are not satisfied, individuals gain more security. However, once these needs are satisfied, the individual's consciousness begins to shift.

In the assessment of well-being and functioning by the group with low well-being, emotional well-being ($M=1.97$, $s=0.74$) and social status ($M=2.15$, $s=0.76$) are at a rather low level, some evidence that people in this group often do not experience positive emotions, have internal anxiety. They find it difficult to establish and maintain interpersonal relationships. A slightly higher indicator of psychological well-being ($M=2.33$, $s=0.59$) is observed, which shows the picture of internal resources. These results may indicate widespread low self-esteem, lack of meaning in life, as well as insecurity. The absence of positive and emotional social connections may contribute to the development of productive feelings and social isolation.

In the average well-being group, significant contrasts are assessed. Psychological well-being ($M=4.54$, $\sigma=0.72$) is at a relatively high level, people in this group possess personal stability, self-awareness and sense of inner balance. In contrast, social well-being ($M=2.93$, $\sigma=0.71$), which is assessed relatively low. It may indicate elements of social isolation or some problems related to it. Emotional well-being ($M=3.9$, $\sigma=0.97$) is at an average level, suggesting that members of the average group are capable of experiencing positive feelings, although some emotional tension and unmet needs remain. Members of this group primarily rely on their internal psychological resources.

The three well-being groups receive high scores, especially psychological well-being ($M=5.54$, $s=0.38$), reflecting a high level of internal satisfaction and a strong sense of meaning in life among members of this group. Emotional well-being ($M=4.95$, $s=0.92$) is also high, indicating the presence of positive emotions, they have well-developed emotional self-regulation skills and a positive outlook towards life. Social well-

being ($M=4.42$, $s=0.78$) is similarly high, suggesting healthy social ties, support for relatives or stable relationships within the community. The results for this group can be interpreted as reflecting systematic well-being, since they have not only internal stability, but also external resources are provided and these resources complement each other.

Comparative analysis: The distributions of well-being factors across group highlights their relationship between overall level of well-being and their emotional, social, and psychological factors.

- Individuals with low well-being demonstrate consistently low scores all three domains, indicating widespread psychological vulnerability, weak social ties, and a lack of emotional resources.
- The middle group shows relatively strong psychological self-regulation, while social and emotional components remain comparatively undeveloped.
- Individuals with high well-being exhibit high levels across all domains, indicating multifaceted adaptation, self-realization, and positive interpersonal relationships.

Low Well-Being Group:

The average psychological safety score for this group ($M=4.68$, $s=2.47$) falls within the positive range, indicating that members do not perceive an immediate threat. However, the highest score among the three groups suggests a vulnerability in terms of psychological safety. It is likely that these individuals experience:

- difficulties in self-expression,
- fears of rejection or social inadequacy,
- obstacles to the free sharing of emotions and thoughts.

This process may limit the realization of potential and reinforce internal insecurity, which is consistent with low levels of emotional, social, and psychological well-being.

Medium well-being group: The average psychological safety index ($M=2.66$, $\sigma=2$) indicates a stable positive perception. Members of this group:

- are relatively confident in their environment,
- are able to open up,
- but may avoid criticism or limit self-expression.

Overall, the environment is perceived as safe for them, consistent with the level of psychological well-being.

High well-being group: The lowest score ($M=1.99$, $\sigma=1.65$)

indicates the level of psychological safety. This group is characterized by:

- uninhibited self-expression,
- acceptance of mistakes without fear of condemnation,
- mutual respect and a sense of social support.

This is also confirmed by high indicators of emotional and psychosocial well-being, which indicate the optimal interaction of internal resources and a favorable environment.

Comparative analysis: Perceptions of psychological safety coincide with levels of well-being, which indicates the interrelationship of these two phenomena.

- People with low well-being are both internally and externally insecure, can adapt to lack, passivity.
- People with average well-being have a built-in stability, where psychological safety can become a driving force.
- People with high well-being perceive not only their own lives positively, but also the events happening around them, which increase their initiative, healthy interpersonal relationships.
- Overall, this indicates that the fact that psychological safety is not only a result of well-being, but also its prerequisite.

Analysis of correlations.

The values questionnaire used in the study allows for the identification of 10 fundamental values, namely: Conformity, Tradition, Benevolence, Universalism, Self-Direction, Stimulation, Hedonism, Achievement, Power, and Security. At the same time, the well-being test includes a three-component structure: emotional, social, and psychological well-being. In addition, the study incorporates another variable taken from the personal security questionnaire: family security. The study examines the existing connections between these variables, using correlation analysis, which makes it possible to explore how individual's value system, well-being differences, and perception of security are interconnected.

First, we present the results for the low well-being group, where we have 12 participants. It should be noted that the data reported for the 12 participants refer only to the low well-being subgroup within the overall sample. The study itself was conducted with 100 participants; however, for analytical purposes, the sample was divided into groups according to levels of well-being. Thus, the group of 12 participants represents only one subgroup and not the total study sample. Despite the limited number of participants, the data analysis revealed several correlations that provide insight into the psychological characteristics of this group. These findings can serve as a foundation for further studies aimed at identifying ways to enhance well-being.

Emotional well-being - Self-direction (r= 0.590):

This positive significant relationship suggests that within the lower well-being group, a sense of choice is important for ensuring emotional stability. Autonomy within the family can act as a protective factor, contributing to the fact that a person can overcome interpersonal problems, reduce dependence on family members, and have a high level of self-confidence. All this, in turn, has a positive effect on the psychological climate of the family environment. When autonomy is supported within the family, its members feel more like themselves, which leads to a decrease in dependence on others and creates intrapersonal and interpersonal tension.

Social well-being - Tradition (r= 0.666):

These variable relationships are positively significant, suggesting that traditional values may serve as a foundation for stronger social ties. In the low well-being group, the family is perceived as a social support, where traditional values (such as respect for parents, family and moral norms) contribute to the maintenance and stabilization of family relationships. These data suggest that traditionalism contributes not only to the preservation of the individual, but also to the emotional stability of the family as a whole, fostering mutual support and care.

Social well-being - Hedonism (r= -0.704):

The relationship between hedonism and social well-being is negative and significant. This shows that people who prioritize pleasure tend to be less socially integrated. It has a protective effect on the family, because social isolation and individual pleasure tend to go to the family, where the well-being of the family can be. When family members prioritize their personal satisfaction over mutual involvement, it undermines intimacy and support, jeopardizing the stability of the family.

Social well-being - Power (r= -0.704):

The final correlation exists between the variables of power and social well-being, and this relationship was negative. Here we can assume that in conditions of low well-being, power may be associated with social conflicts and unfavorable conditions within the family. When an individual places greater emphasis more on his or her dominance, it can weaken the trust among family members and the sense of psychological safety of the family. Power-based dynamics often create unbalanced relationships, in which some members may feel oppressed, thereby undermining mutual understanding and support [23].

This analysis demonstrates that within a group with low well-being, the values of individuals are the ones who shape the well-being of family relationships. Identity and traditional values appear to contribute to stability, without particular pleasure and can undermine one's own energy. To enhance family well-being, it is essential to foster mutual trust and healthy relationships [24].

Social well-being - Tradition (r = 0.277):

The preservation of traditional values, which include respect for elders, family unity, and adherence to cultural norms, contribute to an individual's integration into social life. This is clearly emphasized in the middle-wellbeing group, where an individual has a traditional mindset and is more involved in community, family, and social ties. This may indicate that fertile ground has been created for traditional social ties, which is the case in the middle-wellbeing group [25].

Psychological safety - Conformity (r = 0.381):

This strong connection suggests that, under conditions of psychological safety, people in this group are more inclined to adhere to social norms and behavioral expectations. Conformity is seen here as a means of maintaining harmony and order, which supports psychological safety. This can be interpreted in the family in such a way that mutual agreement and respect are necessary for a safe environment.

Psychological safety - Tradition (r = 0.361):

The justification for this correlation is the previous connection

that thinking based on traditional values is positively related to psychological safety. Traditional values provide an individual a point of support, stability and predictability, which creates a sense of psychological safety. The preservation of traditional values within the family is created in an environment where one can expect behavioral patterns and therefore greater trust. This environment in the family is one of the guarantees of security [26].

Psychological safety - Self-direction ($r = -0.318$):

Here we have an inverse correlation, which can be said that when a person begins to adapt to the norms created by the family, society and finds psychological safety in them, certain manifestations decrease. If individuals conform to these expectations, they may limit their initiative. This connection indicates that the feeling of psychological safety is opposed to self-expression, development [27].

Psychological safety - Stimulation ($r = -0.349$):

Another negative correlation in the middle well-being group reflects a trade-off between the need for stimulation and psychological safety. Stimulation involves the pursuit of novelty, risk, adventure, which contradicts stability and predictability, which is also for psychological safety. The result is that in conditions of middle well-being, where people are familiar, in a safe environment, where there are no new challenges. In the family, when stimulation is absent or lacking, it can become an obstacle to self-expression and development [28].

The analyses of the middle well-being group demonstrate what traditional values of psychological safety are closely related to, which contribute to the family stability. In this group, the negative correlations with self-direction and stimulation indicate that the need for individual expression often gives way to the need for a safe and predictable environment. It is for the sake of well-being and individual preservation that people with average well-being self-expression and social harmony.

Emotional well-being - Self-direction ($r = 0.458$):

Here the relationship is positive, which indicates that the level of emotional well-being is directly proportional to the choice. Positive emotions, their stability, and life satisfaction contribute to the personality. In the family, this relationship can be interpreted in such a way that people with a stable emotional state tend to take greater responsibility and act freely.

Emotional well-being - Security ($r = 0.398$):

This positive relationship suggests that emotionally stable individuals also tend to feel safe and secure, both personally and socially. People with high levels of well-being tend to value a stable environment, order, and security as the foundation of emotional well-being. This relationship within the family would suggest that a stable, safe, calm, and predictable environment is conducive to positive emotions.

Social well-being - Conformity ($r = 0.393$):

The relationship between social well-being and conformity variables indicates that integration and contribution to social life can be achieved through a willingness to adapt to norms. Conformity is assumed to reduce conflict and promote social harmony, which in turn makes people work harder. An individual

feels better, is protected in an environment where there are clear expectations that can be met, and can avoid conflicts. In the family context, this may be expressed in the form of respect for elders within the family, agreement on common values, and the stability of relationships also increases.

Social well-being - Benevolence ($r = 0.407$):

People with high social well-being tend to value the care and support of others. Benevolence is a value that contributes to mutual understanding, reciprocity, and the development of trust, as well as the creation of social bonds. This relationship highlights that social engagement encourages human-centered behavior. In the family, the willingness to support and empathize one another preserves family life.

Social well-being - Universalism ($r = 0.390$):

This link suggests that individuals with high well-being prioritize values such as equality, expression, and environmental stewardship, which in turn enhance their quality of life. They actively contribute to the unity of their communities based on well-being. Such people have a stabilizing influence in society, and they themselves have caring and connected relationships. The implication is that well-being is not just about material values, it is closely linked to many humanistic values [29].

Social well-being - Security ($r = 0.494$):

This reveals that a sense of personal community and security underlies well-being. People who enjoy stability and predictability are drawn to connected relationships. Such relationships, where trust and honesty reduce stress, also contribute to security. In the family context, this is expressed in the form of maintaining order and mutual respect, as well as they should be created specifically for family members, safe [30].

Psychological safety - Hedonism ($r = -0.364$):

In the high-well-being group, we have a significant independent correlation. This relationship suggests that the pursuit of pleasure and social satisfaction may conflict with the demands of psychological safety. Hedonic conflicts are often characterized by instability, variable uncertainty, and some psychological stability. This family relationship may be strained if there is no relationship between pleasure and family rules.

Psychological safety - Security ($r = 0.455$):

And the final link in the group with high well-being shows that psychological safety is supported by the value of security and its feeling. The value of security, which leads to a special state, reduces internal tension. This relationship suggests, if a person values security, they may help create a positive family atmosphere for peace and stability, that is, he will contribute to all those living things, will increase the psychological safety of the family [31]. It can be inferred that in the group with high well-being, the value system and psychological safety have a harmonious combination. The group members are able to maintain their identity, while contributing to family stability, where psychological safety serves as a foundation for healthy relationship. This group understands the values received by this group: security, mutual respect, universal values, as well as trust, a source of self-expression and social consumption. In

the group with high well-being, family well-being is based on a stable value system and open relationships.

Conclusion.

1. A person's value system and psychological safety are fundamental determinants of well-being. Depending on the configuration of values, the difference in values has different effects on emotional stability, social relationships, and the family atmosphere. The analysis of the psychological, social, and emotional experience of the development of well-being demonstrated that a high level of psychological safety promotes a high level of well-being.

2. Value orientations differ depending on the level of well-being. In the case of people with low well-being, values reflecting the prioritization of basic needs tend to prevail. In the group with average well-being, we have values aimed at personal growth and social harmony, while maintaining the priority of the need for stability. In the well-being group, there are sufficient resources, due to which values /u200b/u200bworthy of self-improvement and creativity, willpower prevailed closer to them. It is confirmed that with the increase in well-being, values /u200b/u200bfrom the nature of survival to self-realization.

3. The level of psychological safety is closely associated with the level of well-being. In the low well-being group, vulnerability of psychological safety is observed, in the medium well-being group, stable development, and in the high well-being group, psychological safety is complete, which is realized by emotional stability and trust. It has been proven that the family is the key environment for the formation and protection of psychological safety, where feelings of trust and protection are strengthened. The level of psychological safety contributes to the stability of the person and a high manifestation of well-being.

4. The relative development of the well-being domains serves as a determinant of the overall level of well-being. Low and medium well-being groups are characterized by unstable development of emotional social functioning, which also includes the maintenance of psychological stability, which remains due to the lack of general social resources. These results indicate that for a high level of well-being, psychological resources alone are not enough, stable social ties and involvement are necessary.

5. The correlation results for the low-well-being group indicate that people in this group value social control, status, and emotional well-being. This sentence should be rewritten because its meaning is unclear.

6. The average well-being group places significant emphasis on psychological safety, which is formed due to stable values. A high level of psychological safety is associated with a greater readiness to engage with new experiences and risks. Emotional support has a positive effect on psychological safety. At the average level of well-being, people will live in harmony with primary care and order, where there are no risks.

7. The value system of people with well-being is in harmony with psychological safety, fostering trust, a characteristic of self-expression and mutual understanding. These individuals equally convey both security and self-realization. Psychological safety is not merely an outcome, but embedded within a stable value system, self-knowledge and high well-being.

8. The study contributes to understanding how psychological safety and value systems interact to shape well-being in post-crisis family contexts in Armenia

If we summarize the research questions and problems, then security, conformity, traditional and analytical values - being closely interconnected with the security of psychological well-being- contribute to the development of a well-functioning personality, a special emotional and social culture.

The study is limited by its cross-sectional design and sample size; therefore, further longitudinal research is recommended.

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