



# Basic skills of psychosocial support

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## Annotation

This text is a thesis for a qualifying graduate thesis on the topic "Basic skills of psychosocial support". The following is devoted to the effectiveness of teaching basic psychosocial skills to people.

## Relevance

Psychosocial support is important for maintaining mental health and overcoming stress. However, not everyone has access to such support. This study examines the effectiveness of teaching people basic psychosocial skills that can help them cope with stress and support others.

## Objective

The purpose of this study was to determine the effectiveness of teaching basic psychosocial skills to a sample of 14 students through a psychosocial support program. The study was conducted on the ZOOM platform, and the subjects were tested on the sites where the methods were posted, as well as completed a quick survey on the Mentimeter website.

## Materials and methods

The study was conducted on the ZOOM platform, and the subjects were tested on the sites where the methods were posted, as well as took an express survey on the Mentimeter website. The study consisted of three stages: preparatory, research, and data processing. The research procedure included organizational, empirical, and data processing methods, as well as an interpretive method to identify structural elements. The following methods were used: The Hospital Anxiety and Depression Scale (HADS), A. Wessman and D. Ricks' self-assessment of emotional states, the Coping Strategies Indicator, and the Mentimeter questionnaire.

## Results

The program proved to be effective in teaching participants basic psychosocial skills, as evidenced by the improvement of scores on the Hospital Anxiety and Depression Scale (HADS) and the A. Wessman and D. Ricks self-assessment of emotional states. The indicator of coping strategies was also useful for determining coping mechanisms. The Mentimeter questionnaire helped to track the progress of the respondents who participated in the study.

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procedure included organizational, empirical, and data processing methods, as well as an interpretive method to identify structural elements. The results showed that the program was effective in teaching participants basic psychosocial skills, as evidenced by improvements in the Hospital Anxiety and Depression Scale (HADS) and the A. Wessman and D. Ricks self-assessment of emotional states. The indicator of coping strategies also proved to be useful in determining coping mechanisms. The Mentimeter questionnaire helped to track the progress of the respondents who participated in the study. The study demonstrates that basic psychosocial skills can be taught to anyone, and with this knowledge, a person can apply these supportive skills not only to themselves but also to their environment.

## Conclusions

This study demonstrates that basic psychosocial skills can be taught to anyone, and with this knowledge, a person can apply these supportive skills not only to themselves but also to their environment. The program of teaching the subjects basic psychosocial support skills proved to be effective, as evidenced by the improvement of the Hospital Anxiety and Depression Scale (HADS) and self-assessment of emotional states by A. Wessman and D. Ricks. The indicator of coping strategies was also useful for determining coping mechanisms. The Mentimeter questionnaire helped to track the progress of the respondents who participated in the study.

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