



مركز شؤون المرأة - غزة
Women's Affairs Center - Gaza



Research Paper on Impact of the 2023/2024 War on Gaza on Adolescent Girls

2024



مركز شؤون المرأة - غزة
Women's Affairs Center - Gaza

**Research Paper on:
Impact of the 2023/2024 War on Gaza on Adolescent Girls**

Contents:

Summary	3
Introduction	4
Research Paper Objectives	5
Research Paper Terminology	5
Research Methodology	5
Data Collection Tools	6
Findings	6
1- Health Repercussions	7
2- Psychological and Emotional Repercussions	8
3- Social and Familial Repercussions	9
4- Gender-Based Violence	9
5- Access to Water and Personal Hygiene	11
6- Education	11
7- Adolescent Girls with Disabilities	12
Needs	12
Recommendations	13
Sources and References	14

Impact of the 2023/2024 War on Gaza on Adolescent Girls

Summary:

The paper aimed to study the impacts of the October 2023 war on Gaza on adolescent girls aged (12-18), with a particular focus on those who were forcibly separated from their families. It sought to identify the repercussions of the war on their psychological, health, legal, social, and economic conditions, pinpointing their urgent needs and priorities, and provide recommendations for designing interventions to improve their circumstances.

A mixed-methods approach was used to collect data from a sample of (70) adolescent girls from all governorates of the Gaza Strip who currently reside in the southern part of the Strip. Data collection involved conducting five FGDs with adolescent girls and five in-depth individual interviews with service providers. The researcher utilized observation, literature review, and individual quotations as tools to gather the required data.

The paper concluded with a set of key findings, the most important of which are: The lives of adolescent girls have been drastically altered by the war, and they have been facing very harsh conditions since then. Most of the girls are currently living in tents and shelters, experiencing feelings of insecurity, fear, and anxiety, as well as sleep and eating disorders. They have endured significant psychological pressures and emotional deprivation.

Additionally, adolescent girls have faced health problems due to the spread of epidemics, lack of appropriate medical care, and shortages of medication.

Factors such as lack of privacy, inadequate protection mechanisms, and mistreatment in some shelters have led to an increase in violence against these girls. In some cases, girls were subjected to violence and sexual harassment either within the shelters or by their host families. Girls with disabilities were particularly vulnerable to negligence. Additionally, the provision of essential services, such as food, healthcare, and safe shelters, was often insufficient. Girls who were separated from their families faced unique challenges; in addition to grieving the loss of familial support, they endured mistreatment, humiliation, exploitation, deprivation, and intrusive control over their lives. They were often taken advantage of to serve their relatives, who treated them as inferior minors.

The paper presented a set of practical recommendations, including the development of comprehensive programs and projects specifically targeting adolescent girls, particularly those separated from their families, to enhance their social, health, psychological, and educational conditions.

Introduction:

Since October 7, 2023, the Gaza Strip has endured an unprecedentedly destructive war, leading to widespread devastation. Homes, essential facilities, water and food resources, agricultural lands, and roads have been severely damaged, which has, in turn, crippled the economy and industry, and polluted the environment. The war has resulted in the deaths and injuries of tens of thousands of civilians and has displaced the majority of the population. Furthermore, a suffocating siege has been imposed, hindering the delivery of essential supplies and cutting off electricity and water, which has led to an unembellished humanitarian crisis. Environmental conditions in Gaza are also deteriorating due to severe pollution from munitions, the mixing of sewage with potable water, and the accumulation of waste, posing significant risks to public health and environmental safety.

The children of Gaza have particularly suffered, with over (14,000) children reported killed and thousands more injured or have lost family members, as per the latest statistics from the Palestinian Ministry of Health. Reports published in 2024 by the Palestinian Central Bureau of Statistics indicate that children make up approximately half of the Palestinian population with (2,432,534) individuals under the age of 18 in Palestine. This includes (1,067,986) children in the Gaza Strip. Children constitute 47% of the total population in Gaza, with (544,776) boys and (523,210) girls, with about 15% of them, approximately (341,790) boys and girls, being under the age of five.¹

The Israeli occupation forces kill four children every hour in the Gaza Strip.

Also, (43,349) children in Gaza are living without one or both parents in Gaza. Famine and malnutrition pose severe threats to children's lives, and more than (816,000) children are in need of psychological support in the aftermath of the ongoing Israeli aggression on the Gaza Strip.

The United Nations Children's Fund (UNICEF) estimates that around (17,000) children in Gaza have been orphaned, having lost one or both parents since October 7, 2023².

As reported by the Palestinian Central Bureau of Statistics in its Population Day Statement in September 2024, the number of injured people has been estimated at (88,000) Gazans, with 70% of them being women and children. More than (39,000) Palestinians have been martyred, representing 1.7% of the total population of Gaza, including approximately (16,000) children. Furthermore, (630,000) students in Gaza have been deprived of their right to education, with more than (9,565) students killed and (15,129) injured. The ongoing war has led to the disruption of schools and universities owing to the security concerns it entails and the destruction of many educational institutions, some of which are serving as shelters. As a result, (39,000) students were unable to take their high school exams this year. All children in Gaza have endured the devastating effects of war, which are likely to have long-term consequences, especially for adolescent girls, as many of them are suffering from severe injuries, exhaustion, various illnesses, malnutrition, and psychological trauma³.

1. The Palestinian Central Bureau of Statistics: Dr. Awad reports on the situation of Palestinian children on the eve of Palestinian Children's Day, 05/04/2024: Available as of August 18, 2024: <https://www.pcbs.gov.ps/postar.aspx?lang=ar&ItemID=4733>.

2. (UNICEF): Stories of Loss and Grief: At least 17,000 unaccompanied or separated children in the Gaza Strip: Available as of August 18: <https://www.unicef.org/mena/ar/>

3. Same previous reference

Research Paper Objectives:

- Assessing the bearings of the genocide on the legal, health, psychological, economic, and social conditions of adolescent girls (12-18 years old), including those forcibly separated from their families.
- Identifying the key challenges faced by adolescent girls (12-18 years old), with a focus on those forcibly separated from their families during the war.
- Determining the most urgent needs of adolescent girls, particularly those forcibly separated from their families during the war.
- Formulating recommendations to inform interventions that aim at addressing the needs of adolescent girls (12-18 years old), including those forcibly separated from their families, and ensuring their access to various essential services during and after the war.

Research Paper Terminology:

- **Child Protection:** A comprehensive set of measures and frameworks designed to prevent child abuse, exploitation, negligence, violence, and any harmful behavior affecting a child's psychological or physical well-being. These measures align with the United Nations Convention on the Rights of the Child, various human rights treaties, and relevant national laws.
- **Violation:** Any conduct that infringes upon or harms human rights, as defined by UNICEF. This includes, but is not limited to, depriving children of access to adequate healthcare, nutrition, education, or protection from violence.

- **Gender-Based Violence:** An umbrella term for any harmful act perpetrated against a person's will, whereas the causes are attributed to socially constructed gender roles and inequalities between females and males.
- **Social Welfare:** A variety of programs and services provided through voluntary and charitable efforts by governmental and non-governmental entities, aiming to support individuals and groups in need. These services seek to ensure dignified living conditions for those under care, including beneficiaries of social security pensions.
- **Case Management:** A structured approach to provide assistance to children and their families by addressing and preventing incidents of negligence, abuse, discrimination, exploitation, or violence. This process involves providing direct support or indirect support via referrals to appropriate service providers, within the context of emergency responses or broader social programs.

Research Methodology:

Qualitative research tools were employed to collect and analyze the data. The paper shed light on the challenges adolescent girls have endured during the war, and thus the researcher reviewed all relevant statistics and reports concerning these girls and their experiences.

Research Paper Sample: It included adolescent girls aged (12-18) who were displaced and/or separated from their families due to the war. The sample was randomly selected from refugee camps and affected areas in the Gaza Strip.

Data Collection Tools:

- Five FGDs were held in the southern area of the Gaza Strip, with each session attended by (10-15) girls (See Annex 1).
- Five in-depth individual interviews were conducted with professionals and specialists who provide services to the girls (See Annex 2).
- Field observations: The living conditions and social interactions of the girls were monitored and documented.

Findings:

The participating girls were asked questions with the purpose of gaining insight into their daily lives, including their routines, the events they witnessed, and their personal experiences before and during the war.

The paper also aimed at identifying how their lives have changed, the main sources of support they rely on now, and how their perception of themselves and their future has changed as a result of these experiences.

The discussions revealed that:

- The lives of the participating girls have changed dramatically. Most now live in tents and shelters, enduring harsh conditions like extreme heat and insects spread. They shared how their roles have shifted, taking on responsibilities typically not assigned to girls, such as fetching water. They also spoke of the challenges due to the overcrowding in the shelters as well as the long queues they had to take part in to obtain food from community kitchens and access sanitary facilities.

- The future hopes and aspirations of most of these girls have diminished. The war has deprived them of the chance to continue their education and pursue their hobbies. Some have lost hope of returning to their normal lives, expressing deep grief upon seeing their peers, who were able to leave, resume their lives as if nothing had changed.

* "We dream of the end to this war so that we could return to our lives; the lives that we never really liked."

(S.A., 16 years old)

* "Our life has turned into a nightmare from which we do not know how to wake up."

(A.K., 17 years old)



1-Health Repercussions:

- Adolescent girls in displacement camps face major health issues and harsh living conditions. Findings of this paper indicated that the ongoing war has contributed to the spread of Hepatitis among the girls, primarily because of the shared use of bathrooms and lack of personal hygiene supplies.

- Many girls also suffer from skin diseases caused by extreme heat, prolonged exposure to the scorching sun, and the infestation of insects, including the spread of lice.

Menstrual health issues pose an additional concern. Some girls experience delayed or heavy periods, while others encounter difficulties managing their first menstrual cycle in these cruel wartime conditions.

- FGDs results revealed that girls in displacement camps face a varied range of severe health problems. At the forefront is weakened immunity, affecting 90% of the girls. Additionally, 80% of them reported experiencing sleep disorders, which negatively impact their overall health. Loss of appetite is another prevalent issue, affecting nearly half of the participating girls. Moreover, almost one-third of the girls (30%) suffer from chronic physical pain, compounding their daily struggles. Digestive issues, primarily caused by poor nutrition and the prolonged consumption of canned food products, some of which were expired, have affected one-quarter of the girls participating in the study.

- Girls' health situation was further exacerbated by the lack of adequate medical care, a severe shortage of medical facilities, an absence of specialized doctors, and a scarcity of essential medicines, including basic painkillers.

These impacts on adolescent girls require urgent attention and immediate action to improve their living conditions and ensure their safety and well-being during the war.

* "I am so embarrassed that someone might see me because I have become so dark and slim that people no longer recognize me."

(T.A., 14 years old)

* "I contracted hepatitis and went to the medical center, but they did not examine me or give me the necessary treatment. They just told me to eat honey and fruits, which we could not afford to buy because we do not have any money."

(T.A., 14 years old)

* "My sister has vitiligo and she was receiving treatment in Gaza. During the war, however, her condition worsened, and children started to bully her. Thus, she kept crying all the time."

(Z. S., 12 years old)



2-Psychological and Emotional Repercussions:

Based on the participants' responses, it became evident that the war has had profound psychological and emotional impacts on adolescent girls in the Gaza Strip, as indicated in the following:

- The girls have experienced a wide range of acute psychological symptoms as a direct result of the dire conditions they have endured during the war. These symptoms include constant anxiety, depression, and panic attacks, particularly triggered by loud noises or shouting. They have also reported intense fear, especially at night, difficulty concentrating, forgetfulness, and feelings of loneliness, often stemming from repeated displacement and reluctance to form new friendships, and, in some cases, suicidal thoughts. Unusual symptoms, such as episodes of hysterical laughter in inappropriate situations, like when a parent is shouting at them, and tendencies toward excessive sleep and lethargy, were also observed.
- The girls' fear could be directly justified by their anxiety about their future, especially concerning the potential loss of their homes due to the extensive destruction of houses, which, for them, leads to the possibility of remaining displaced even after the war. To cope with these overwhelming feelings, they have adopted various mechanisms, including sleeping, engaging in cleaning and water fetching tasks, pursuing hobbies, crying, and talking with friends, particularly those who still live in Gaza City when possible.
- Despite the severity of these symptoms, most of the girls have not received any psychological support or professional counseling.

Their perspective for the future is largely pessimistic owing to the widespread destruction of homes, schools, and crossings. Only a small minority of the participants were optimistic about the prospects for reconstruction and a return to a sense of normalcy.

- Adolescent girls separated from their families have particularly suffered, grappling with grief over the loss of familial support and care. Some, who now live with relatives, reported mistreatment and a lack of autonomy, increasing their feelings of grief and anger. They experienced humiliation, deprivation, and pressure, as their relatives viewed them as dependent minors and took advantage of them to meet their own needs. Still, many of these girls have not fully disclosed their suffering, fearing it would add to their families' burdens.
- To maintain their mental well-being, some of the girls have resorted to practices such as sleeping, reading the Quran, walking, cleaning their surroundings, and bathing or swimming, particularly in areas near the sea. Participants' responses underscored the severe psychological challenges that adolescent girls are facing and highlighted their urgent need for psychosocial support. There is also a critical need to address the mistreatment and negligence that some girls are experiencing in displacement camps.

* "No one is helping us with food; why should we expect that they would help us improve our mental well-being?!"

(R.H., 13 years old)

* "My hair has turned gray and is falling out due to excessive fear."

(M.S., 16 years old)

3-Social and Familial Repercussions: 4-Gender-Based Violence:

Adolescent girls face significant challenges in communication and integration, feeling overwhelmed by a pervasive sense of insecurity and lack of community support. Participants' opinions were varied: some reported feelings of isolation and loneliness because of cultural, social, and economic differences, while others were so preoccupied with ongoing events that they had little time for personal reflection.

Many adolescent girls struggle to communicate with those around them, including friends in Gaza City due to frequent disruptions in communication services. This challenge was further exacerbated by a near-total absence of support from both friends and the local community, increasing the girls' sense of isolation.

Participating girls unanimously expressed feeling unsafe and insecure in their current living situations and being deprived of opportunities for positive social interaction.

* "We often think that maybe staying in Gaza, maintaining our dignity, and dying there would have been better than the humiliation we are undergoing now."

(D.A., 17 years old)

* "We were subject to a lot of discrimination from the local residents who were always benefiting from all the aid, like the cooking gas and frozen chicken."

(H.Z., 15 years old)

* "People here think that we came from a nomadic life and that we were living in tents."

(W.G., 15 years old)

In the context of the 2023-2024 war on the Gaza Strip, adolescent girls, particularly those displaced, have faced individual risks owing to the deteriorating humanitarian and economic conditions. During FGDs, the concept and the various forms of gender-based violence (GBV) were clarified to the participating adolescent girls. Many of them then disclosed that they had indeed been subjected to violence. While some girls preferred not to answer detailed questions, several key findings emerged:

- Physical violence was a common experience among adolescent girls, often perpetrated by a family member, such as a father, mother, or older sibling.

- Psychological violence was unanimously reported as the most pervasive form, with 70% of the participants also acknowledging having experienced physical violence, which typically occurred more than twice.

Sexual violence was mentioned the least; nonetheless, this does not imply it did not occur.

- Threats and verbal abuse were recurrent practices the girls endured, particularly when they were waiting in queues for water or food. They also encountered insults from service providers, camp representatives, and local residents.

- On the subject of sexual violence and harassment, many girls hesitated to talk about this, though some confirmed experiencing harassment in crowded places such as markets. While cases of rape were not directly mentioned, several individual interviews suggested that such incidents had occurred in shelters.

- Girls unanimously confirmed that they had not received any assistance after experiencing violence, though some families did receive aid due to displacement. In shelters, psychological support was minimal, limited to a one-time consultation.

- Early marriage was also a significant issue, reported both through media outlets and observed by the researcher in the fieldwork. Some participants in the study sample had been married off either before or during the war, highlighting the occurrence of forced marriage. This aligns with the findings of the 2017 population census, which revealed that one in ten women aged (20-24) had been married before reaching the age of 18.

In conclusion, participating girls stressed that the support provided was inadequate and, when available, was not sustained. They also highlighted the absence of a designated entity to which they could be referred for essential assistance.

* "My father stayed in Gaza City, and my uncle keeps hitting because, as he says, my father asked him to take care of us."

(E.H., 14 years old)

* "The people we have sought refuge at are very abusive towards us; sometimes they act as if we are the ones who started the war. They blame us for everything that goes wrong, even if it were the sewage."

(S.M., 13 years old)

* "Many times we have been sexually harassed in crowded places, but we are afraid to speak about it."

(R.M., 17 years old)

* "A neighbor in the tent next to mine hit his daughter in the middle of the night because she asked for food."

(S.D., 18 years old)

"Many girls aged between 16 and 17 got married for convenience in order to get aid and support for their families, who were relieved also to get rid of their daughters."

(N.F., 18 years old)



5-Access to Water and Personal Hygiene:

The findings revealed that adolescent girls face severe health and environmental challenges. All participants reported difficulties in obtaining basic personal hygiene supplies, which, even if available, were often unaffordable for them and their families.

- Menstruation-related issues and struggles reported by adolescent girls varied but included amenorrhea, heavy bleeding, severe and unusual pain, and irregular menstrual cycles. Moreover, many girls struggled to access sexual and reproductive health information and services.

- Girls unanimously reported a complete lack of sanitary conditions in their displacement areas, with rare access to clean and safe drinking water. These poor environmental conditions led to the spread of various illnesses among the girls, including hepatitis, skin allergies, kidney diseases, and chronic infections.

Overall, participants' responses indicated a significantly deteriorating health and environmental situation, with substantial challenges in obtaining essential personal hygiene and healthcare necessities. This situation requires urgent intervention to improve the living and health conditions for adolescent girls in the Gaza Strip.

* "We use hand soap instead of shampoo because we cannot afford to buy shampoo."

(Z.H., 12 years old)

* "A lot of diseases are wide spread now, most of which are infections owing to lack of cleanliness."

(R.M., 17 years old)

6-Education:

Adolescent girls' responses revealed the profound bearings the war has had on their lives and future aspirations, as it has led to the following:

- An entire academic year has been disrupted, creating a significant gap in the girls' educational progress, expressly for high school students and those preparing for it. This disruption caused immense distress, which became more evident when some of the girls became emotional and cried during the meeting.

- Adolescent girls have adopted various coping strategies, ranging from constant crying to engaging in activities such as reading, writing, and drawing.

- Girls have expressed a deep yearning for their homes, particularly their own rooms, and a strong sense of nostalgia for their schools, friends, and various social activities.

Despite these challenges, some girls mentioned that they have developed new skills under the current circumstances, such as water fetching, cleaning, hand washing, and sewing clothes. They also noted an improvement in their ability to endure harsh conditions like prolonged sun exposure and carrying heavy loads, which reflects growth in their resilience and adaptability in the face of adversities.

* "There are no schools, no classes, no books, and no time to study!"

(R.H., 13 years old)

7-Adolescent Girls with Disabilities:

The focus groups included girls with disabilities, whose impairments were partially or directly caused by the effects of war. Many of them expressed their need for assistive devices that were lost or damaged during their displacement.

* "My glasses broke and no one is able to make me a new pair."

(R.A., 13 years old)

* "We cannot sleep for fear of being bombarded by a rocket and of being torn apart. We are scared of the night, of snakes, and of insects that we usually find in our tent and sting us all night long."

(A.K., 17 years old)

Needs:

FGD results highlighted the girls' urgent need for comprehensive and integrated health, psychological, educational, and nutritional services. Participants also expressed a strong need for personal hygiene supplies, clothing, and psychosocial support, particularly emphasizing the importance of psychological support, which underscores the immense stress they endure. Key findings include:

- There is a critical need for programs that raise awareness of personal hygiene, sexual harassment, and reproductive health.
- There is a need for both individual and group psychosocial support services, along with activities that promote self-care and emotional expression.
- Comprehensive assessments and rehabilitation sessions for displaced adolescent girls are also key needs as these

girls have suffered physical injuries and/or severe psychological trauma since the launch of this war; moreover, there is a need for involving these girls in various activities in the shelters, such as initiatives and craft workshops, to help them regain self-confidence and a sense of productivity.

- Significant efforts are also needed to help girls who have been separated from their families reintegrate with extended relatives, such as uncles or grandparents, through intensive support for both the girls and their host families. In cases where no relatives are available, girls should be referred to specialized institutions, such as SOS Village, and engaged with organizations that provide comprehensive case management services to meet their needs.

- There is a need to foster social connection by encouraging adolescent girls to build constructive social relationships through recreational activities, drawing, and various initiatives.

- There is an urgent need for classroom-based educational programs to address learning gaps, particularly for primary school grades, with prospects of expanding these programs to include higher levels. These classes should incorporate recreational and skills-building activities, such as drawing and creative writing, to foster the continuation of education despite the war. Additionally, basic supplies like stationery and books should be provided to encourage reading and skills development through diverse courses aligned with the girls' interests and hobbies. These efforts will help mitigate the negative impact of displacement and war, offering a supportive environment for their personal and educational growth, even under the current difficult circumstances.

Recommendations:

Findings of this research paper indicated that adolescent girls have been profoundly impacted by the October 2023 war on the Gaza Strip, highlighting the pressing need for continuous support and care for this vulnerable group. Based on these findings, we present the following recommendations:

1. Developing comprehensive and sustainable programs specifically targeting adolescent girls, particularly those separated from their families, to improve their social, health, psychological, and educational conditions. These programs should aim to empower their abilities, enhance their self-confidence, and support their reintegration into society.
2. Launching continuous awareness campaigns addressing issues affecting adolescent girls, with a well-defined strategy that takes into consideration the unique needs and privacy of this age group.
3. Intensifying international and local efforts to provide integrated support for displaced adolescent girls, including mental and physical health services, and education, as well as creating safe environments that promote their coping abilities.

4. Developing flexible and adaptable policies that ensure the protection of children's rights and provide a safe environment for their positive growth and development, with a specific focus on the needs of adolescent girls.

5. Conducting in-depth and comprehensive studies on each issue tackled in this paper to assess the impact of the war on girls and implement immediate corrective measures to address both their urgent and long-term needs.

6. Supporting rebuilding social networks for adolescent girls, particularly those separated from their families, to support their psychological recovery and social reintegration.

7. Implementing clear and sustainable strategies that address both the individual and collective needs of adolescent girls, supported by educational and practical approaches to ensure a positive and lasting impact.

Sources and References:

- Ministry of Education. Summary of the Israeli Occupation Violations Against Education in Palestine 07/10/2023-02/04/2023. Ramallah – Palestine.
- Conditions and Rights of Displaced Girls and Women During the Israeli Aggression on Gaza Strip – Protection in the Wind (2014), Culture and Free Thought Association, available at: <https://2u.pw/5bo9h3yS>
- UNICEF Report "Children in Gaza Urgently Need Life Saving Support - (2024, July 10) - available at: <https://2u.pw/B6veL6F>
- Brown, F. L., de Graaff, A. M., Annan, J., & Betancourt, T. S. (2017). Annual research review: Breaking Cycles of Violence—a systematic review and common practice elements analysis of psychosocial interventions for children and youth affected by armed conflict. *Journal of Child Psychology and Psychiatry*, 58 (4), 507-524.
- Burgin, D., Anagnostopoulos, D., Vitiello, B., Sukale, T., Schmid, M., & Fegert, J. M. (2022). Impact of War and Forced Displacement on Children's Mental Health: Multilevel, needs-oriented, and trauma-informed approaches. *European Child & Adolescent Psychiatry*, 31(6), 845-853.
- Buheji, M., & Buheji, B. (2024). Mitigating Risks of Slow Children Development Due to War on Gaza 2023. *International Journal of Psychology and Behavioral Sciences*, 14(1), 11-21, available at: <https://doi.org/10.5923/j.ijpbs.20241401.02>
- Buheji, M; Al-Muhammad, K (2023) Mitigating Risks of Environmental Impacts on Gaza - Review of Precautions & Solutions Post (2023 War), *International Journal of Advanced Research in Engineering and Technology*, 14(7), pp. 15-47
- ESCWA. (2023). War on Gaza 2023: An unprecedented and devastating impact, available at: https://www.unescwa.org/sites/default/files/pubs/pdf/war-gaza-unprecedented-devastating-impact-english_2.pdf
- Food and Agriculture Organization of the United Nations. (2024, June 26). FAO sounds alarm over high risk of famine across Gaza Strip amidst humanitarian access constraints. FAO Regional Office for the Near East and North Africa, available at: <https://www.fao.org/neareast/news/details/fao-sounds-alarm-over-high-risk-of-famine-across-gaza-strip-amidst-humanitarian-access-constraints/ar>

- Malaguti, E. (2023). Children Surviving War and Peace Education: Goals for Sustainable Development. *Form@re - Open Journal Per La Formazione in Rete*, 23(3), 5–18.

- Nikitina, I. M., Synkina, A. A., Yakymchuk, Y. B., Sukhostavets, N. P., Kopytsia, T. V., Herasymenko, S. F., & Babar, T. V. (2023). Menstrual Disorder in Adolescents during War. **Wiadomo ci Lekarskie**, *76*(5), 11-15, available at: <https://doi.org/10.36740/WLek202305115>

- Save the Children. (2022). Trapped: The Impact of 15 Years of Blockade on the Mental Health of Gaza's Children. Save the Children, available at: <https://resourcecentre.savethechildren.net/document/trapped-the-impact-of-15-years-of-blockade-on-the-mental-health-of-gazas-children/>

- Smith, E. et al. (1986). Psychosocial Consequences Of A Disaster. In J. Shone (ED.), *Disaster Stress Studies: New Methods Findings*. Washinton: D.C.: American Psychiatric Press.

- Yost, J. (1987). Posttraumatic Stress Disorder in Former POWS. In Tom Williams (ED.) *Posttraumatic Stress Disorders: A Handbook for Clinicians*. Washington, D. C. American Psychiatric.