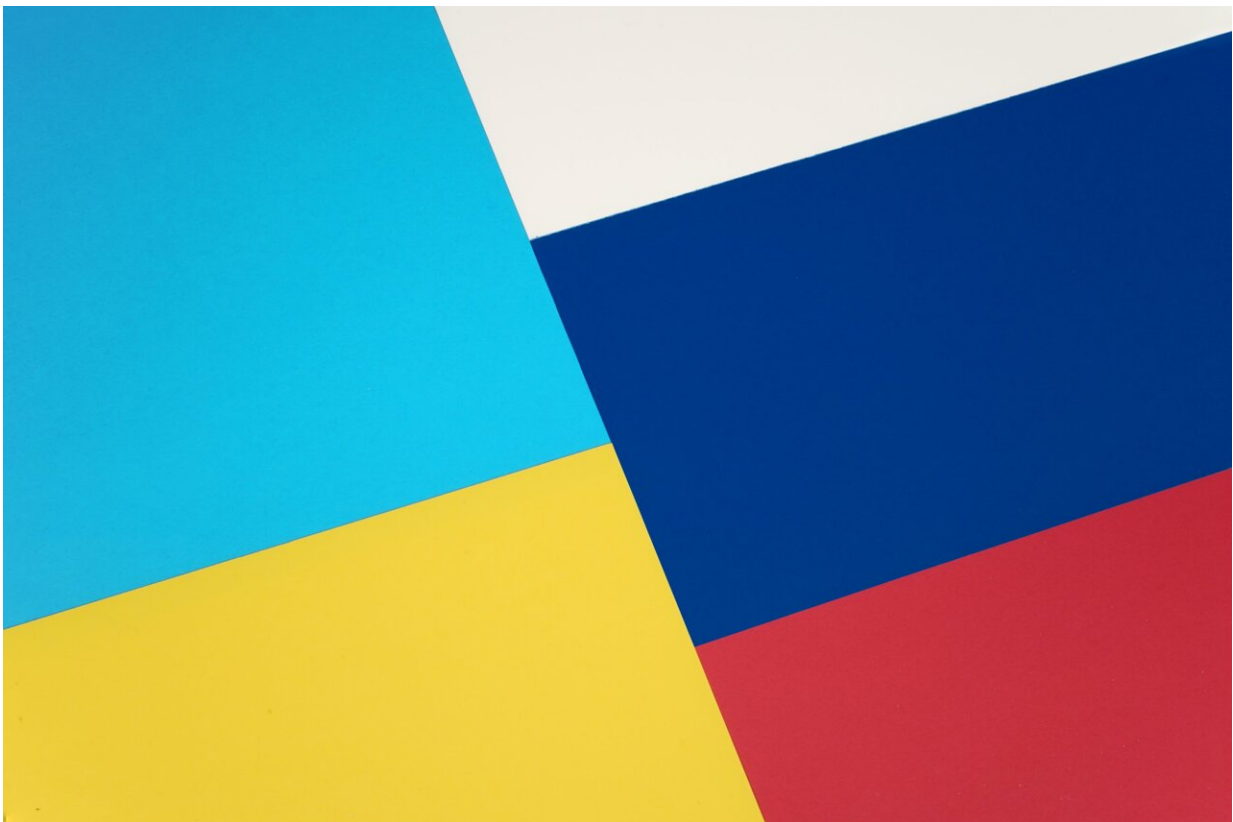


Following news about Russo-Ukrainian war may be associated with depressive symptoms, says international study

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The University of Eastern Finland is involved in an international study exploring how watching the Russo-Ukrainian war is associated with

university students' experiences of stress, interference with study or work, and psychological well-being. The study found that the more a student follows news about the war, the more depressive symptoms and interfering thoughts they have.

"The study was conducted in Finland, Canada and Germany, with each country showing similar results: watching the war is associated with interfering thoughts that are linked to experiences of depressive symptoms," says Professor of Health Psychology Taina Hintsala.

The findings are published in the *Journal of Health Psychology*. This information is useful for, e.g., providers of [student](#) health care and other experts working with [university students](#).

"International collaboration on this topic continues. In Finland, we have also collected data on students' sleep and sleep difficulties, with new findings to be published later on," says University Lecturer of Psychology Petri Karkkola.

More information: Petra Begic et al, Mediation of cognitive interference on depression during the Russo-Ukrainian war in three national samples, *Journal of Health Psychology* (2023). [DOI: 10.1177/13591053231184065](https://doi.org/10.1177/13591053231184065)

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