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RESULTS OF THE STUDY ON THE EFFECTIVENESS OF PRACTICAL TOOLS FOR DEVELOPING STRESS RESISTANCE USING THE BASIC PH MODEL

Background. The article presents the results of a study on the effectiveness of practical tools for developing stress resistance using the BASIC PH model. The study aimed to identify and evaluate the effectiveness of practical tools designed to help Ukrainians develop resilience to stress under wartime conditions. The article introduces practical tools for enhancing personal stress resistance in accordance with the BASIC PH model developed by M. Lahad. This model encompasses six key methods of coping with stress: through beliefs, meanings, and values; by experiencing and releasing emotions; through social connections; via critical thinking, analysis, and reflection; using imagination, creativity, humor, and the ability to dream; and by activating bodily sensations. Each of these channels can serve as a foundation for an individualized approach to overcoming stress and crises, while also allowing for engagement of other channels to avoid reliance on only one or two dominant resources.

Methods. The article describes a new tool for developing stress resistance – a set of metaphorical cards called "Resources". These cards combine visual materials with tasks for implementation. The tool is aimed at activating personal resources that can help maintain resilience to stress factors even under the most challenging circumstances. Its purpose is not only to facilitate rapid recovery from stress but also to foster the adoption of new strategies for overcoming difficulties. It helps individuals identify and activate their own resources, encouraging them to find new ways to recover. The methods chosen to evaluate the effectiveness of this tool include the Boston Stress Resilience Questionnaire, Ehlers' Reactive and Trait Anxiety Test, and Wagner's projective Hand Test.

Results. The article presents the results of the study on the effectiveness of practical tools, particularly the metaphorical cards "Resources". The practical toolkit was integrated into a short-term psychological intervention program consisting of individual and group work with clients. Participants in the program included individuals who had experienced difficult life situations due to the war. The experimental group comprised 42 individuals aged 18 to 26, including 29 women and 13 men.

Conclusions. The study found that activating various resource channels based on the BASIC PH model using practical tools significantly increased the general level of stress resistance and reduced reactive anxiety among participants. However, no significant effects were observed on trait anxiety levels.

Keywords: BASIC PH model, stress resistance, resilience, resource channels, anxiety.

Background

In today's world, stressful events such as war, natural disasters, and socio-economic crises often challenge an individual's psychological resilience. The same event can devastate some individuals while providing a foundation for inner growth for others. In extreme situations, some people succumb to deep depression, while others resolutely cope with the challenges. Can resilience, as a positive outcome of experiencing adverse, stress-inducing, and traumatic events, influence the preservation, recovery, and improvement of an individual's mental health?

Under certain conditions, the process of experiencing a crisis can lead to self-reflection and a deeper understanding of one's place in life, encouraging a person's desire to change their usual lifestyle, pursue self-improvement, and foster personal growth.

The emergence of crisis events can be triggered by stressors of various levels (macrosocial, social, interpersonal, personal); such an event is subjectively perceived as challenging, life-altering, uncontrollable, and imposes specific demands on the individual, forcing them to change their usual way of life and adapt to a changed situation. Due to their extraordinary nature, crisis events threaten the individual's inner balance and disrupt the stability and continuity of their life path. Simultaneously, each crisis event potentially contains two paths: a destructive one, leading to disruption of familiar relationships or posing a risk to their existence; and a constructive one, providing an opportunity for the individual to transition to a new level of functioning.

Responding to large-scale contemporary crises necessitates the development of a more comprehensive and flexible arsenal of strategies for coping with stressful situations. This arsenal aims to sustain an individual's resilience even in the most challenging conditions.

Methods

One approach to understanding the form and content of personal resources for maintaining resilience in

overcoming difficult life situations is the multifactor BASIC PH model. This model was developed by Israeli professor Mooli Lahad in 1979–1980 during his volunteer work with populations in Israel affected by bombings and terrorist attacks.

In the multifactor BASIC PH model, the author proposes a systematic approach to understanding and developing various resource channels that individuals can utilize to maintain resilience. The model encompasses six key coping strategies:

1. Coping through beliefs, meanings, and values.
2. Coping by experiencing and releasing emotions.
3. Coping by engaging in social connections.
4. Coping through critical thinking, analysis, and reflection.
5. Coping through imagination, creativity, humor, and the ability to dream.
6. Coping by activating bodily sensations.

Each of these channels can serve as a foundation for an individual coping style in stressful situations and crises, while allowing the integration of other channels to avoid dependence on only one or two dominant resources. However, as practice shows, without prior preparation and conscious effort to activate all resource channels, people often find it challenging to realize the full potential of this model (Lahad, Ayalon, & Shacham, 2013).

To facilitate the development of the different channels within the BASIC PH model, we have created a new tool: the metaphorical "Resources" cards, intended for daily use to support and activate personal resources. These cards aim to help individuals form a habit of using diverse coping strategies, making them more resilient to life's changing conditions, better able to adapt to new challenges, and more resilient to stress factors, while empowering them to overcome difficulties.

Today, the BASIC PH model is actively applied in helping individuals in crisis situations and managing acute stress responses. Activating the six resource channels helps prevent destructive behavioral patterns and maintain

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productive, adaptive strategies. This practical work is implemented through a comprehensive set of tools, including both individual and group exercises.

In psychological work with clients, the method of actively listening to the BASIC PH channels is often used to identify a person's dominant resources. Key phrases and idioms used by the client can indicate their stress-coping mechanisms. Each resource channel has indicators that manifest in thinking patterns, perception, and communication style. For example, phrases like "God's will" indicate dominance in the belief channel (B), while frequent mentions of emotional states ("happy," "sad") point to the dominance of the emotional channel (A). The social connection channel (S) is marked by references to significant others, the imagination channel (I) by creative images and metaphors, the thinking channel (C) by a tendency toward logic and detail, and the physiological channel (Ph) by a focus on bodily sensations and actions.

An effective tool for identifying dominant resource channels is the BASIC PH questionnaire, which consists of 18 questions. Additionally, the narrative psychological exercise "The Hero's Journey" has both diagnostic and therapeutic aspects. It employs elements of therapeutic storytelling, helping clients create a six-part story that reflects their resources and coping strategies. By analyzing these coping methods, the most active resources of the client can be identified, assisting in selecting suitable interventions. For instance, logotherapy may be effective for those relying on beliefs, while cognitive exercises are more suitable for those needing alternative solutions. It is also essential to consider the client's social connections and imagination, suggesting socially oriented goals or solutions that extend beyond conventional approaches.

A comprehensive set of practical techniques and exercises aimed at building resilience is described in the author's program "Post-Traumatic Growth for Children Affected by War" (Sazonova, 2023). Over more than ten years of implementation, this program has demonstrated convincingly that an initial intervention plan can be structured for each client in a relatively short time. Based on this program, a long-term therapy plan can also be developed.

The BASIC PH model can also be effectively used in group psychological work. For example, the "Resource Star" exercise invites participants to fill the six points of the Star of David with personal sources of strength for each channel. This exercise helps participants better understand their own resources, and during the discussion, they learn about other strategies from the group, broadening their range of possible coping methods.

The creator of the BASIC PH model believes, and we share this view, that every individual is naturally capable of coping with stress through all six resource channels, even though most people typically rely on only one or two dominant methods. But is this enough? Unfortunately, there are situations where a familiar coping method may become ineffective or depleted, like a dried-up well. In such moments, it's crucial to have alternative resources to

prevent psychological exhaustion. For example, if logic does not help, one might try calming down through physical activity or connecting with loved ones. Therefore, the ability not only to use familiar resources but to develop all six resource channels prepares a person for any challenges. It is especially important to do this in advance, before a critical need arises, by creating strong neural connections for each coping method. In stressful situations, it's easier to use well-known, "practiced" strategies than to seek new solutions under emotional pressure.

To support recovery and sustain a person's resourceful state, we created a new tool: the metaphorical "Resources" cards. These cards aim to activate "dormant" resources that can help maintain resilience even under the most challenging circumstances. The purpose of this tool is not only to facilitate recovery after stress but also to help individuals acquire new coping strategies. They assist in understanding and activating personal resources, teaching people to find new paths to recovery.

The cards feature tasks carefully developed based on practical data collected over four years of psychological consultations and workshops for Ukrainians and Israelis affected by war. The "Resources" cards can be used in both individual and group settings. They come in two sets, titled "Day" and "Night."

The "Day" and "Night" sets offer two different forms of practical exercises. Tasks from the "Day" set are designed to be completed immediately, providing an instant emotional boost. In contrast, tasks from the "Night" set require more time and can serve as a foundation for deeper self-reflection. Participants are invited to select a card based on the image without reading the task on the back. Tasks from the "Day" set are carried out directly in the session with a psychologist, while tasks from the "Night" set can be done independently as "homework." Examples of such tasks include walking barefoot on grass, creating a photo story with friends, imagining the end of a favorite story, or naming three things you are grateful for. The "Resources" cards are designed as a tool for daily self-care to develop resilience, helping individuals uncover and nurture their sources of strength and joy.

Results

To evaluate the effectiveness of the described psychological tools based on the BASIC PH model, we conducted an empirical study. We employed test methodologies to measure resilience levels using the Boston Questionnaire, reactive and personal anxiety levels using the Ehlers Anxiety Scale, and Wagner's "Hand Test." The experimental group consisted of 42 individuals aged 18 to 26, including 29 women and 13 men. The measurements were conducted in two phases: initial testing before implementing the BASIC PH model-based psychological intervention program, and a second test following the psychological work with the participants.

The empirical data on resilience levels measured by the Boston Questionnaire are presented in Tab. 1 and illustrated in Fig. 1.

Table 1

Results of resilience measurement using the Boston questionnaire

Resilience level	Experimental group after program, %	Experimental group before program, %	Fisher's criterion, ϕ	Statistical significance level, p
Very High	3,03	0,18	1,17	$p > 0,1$
High	8,76	3,35	1,29	$p > 0,1$
Medium	77,43	60,22	1,66	$p = 0,07$
Low	10,78	36,25	2,59	$p < 0,01$

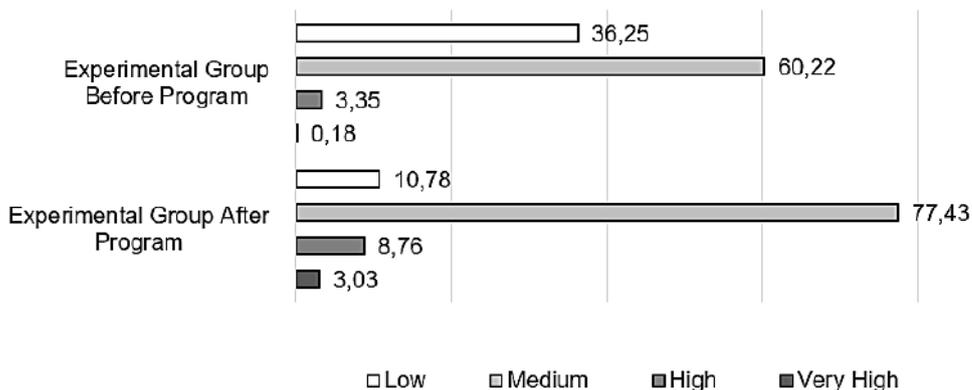


Fig. 1. Results of resilience measurement using the Boston questionnaire

As the measurements indicate, individuals in the experimental group demonstrated a significant improvement in resilience levels following the implementation of the psychological intervention program based on the BASIC PH model. Although changes in the high resilience levels were not statistically significant, there

was a substantial reduction in the low resilience levels, and the medium resilience levels also significantly increased, which is statistically confirmed. These results thus support the effectiveness of the proposed practical tools.

The empirical data on levels of reactive and personal anxiety are presented in Tab. 2 and illustrated in Fig. 2.

Table 2

Levels of reactive and personal anxiety

Anxiety level	Experimental group after program, %	Experimental group before program, %	Fisher's criterion, ϕ	Statistical significance level, p
Reactive Anxiety				
High	31,76	76,50	7,12	$p < 0,01$
Medium	32,45	22,30	1,65	$p = 0,09$
Low	35,79	1,20	6,32	$p < 0,01$
Personal Anxiety				
High	12,95	14,21	1,32	$p > 0,1$
Medium	75,18	72,00	1,47	$p > 0,1$
Low	11,87	13,79	1,26	$p > 0,1$

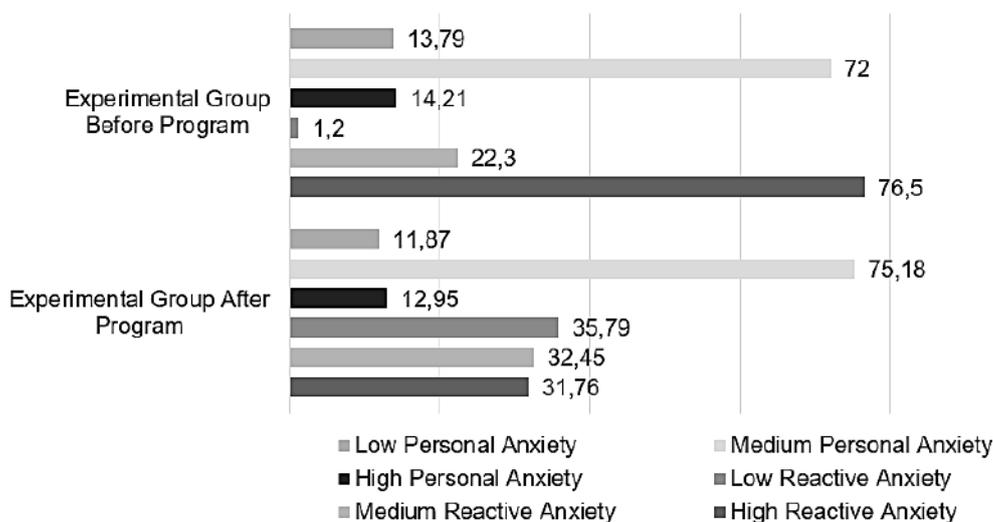


Fig. 2. Levels of reactive and personal anxiety

After implementing the resilience development program, the reactive anxiety levels of the participants showed statistically significant changes, with substantial

improvement. In contrast, personal anxiety did not experience significant changes, as confirmed by the statistical data. This indicates that the proposed program

had a significant overall positive effect; however, stable personal markers of anxiety require more intensive and prolonged interventions and a considerably longer period to verify the effectiveness of such interventions. Nonetheless, this does not diminish the overall effectiveness of the proposed tools for building resilience.

The empirical data on anxiety levels measured by the projective method "Hand Test" are presented in Tab. 3 and illustrated in Fig. 3.

The results of the anxiety level measurement using the projective "Hand Test" method indicate significant changes in the experimental group after the program's implementation. There was a substantial decrease in high anxiety levels, accompanied by a notable increase in low anxiety levels, as confirmed by statistical data. This generally indicates a positive shift toward reduced anxiety levels under the influence of the program, providing grounds to consider the implemented program effective.

Table 3

Anxiety levels measured by the projective method "Hand test"

Anxiety level	Experimental group after program, %	Experimental group before program, %	Fisher's criterion, ϕ	Statistical significance level, p
High	40,01	75,01	4,89	$p < 0,01$
Medium	33,97	11,12	2,39	$p < 0,01$
Low	26,02	13,87	1,75	$p = 0,06$

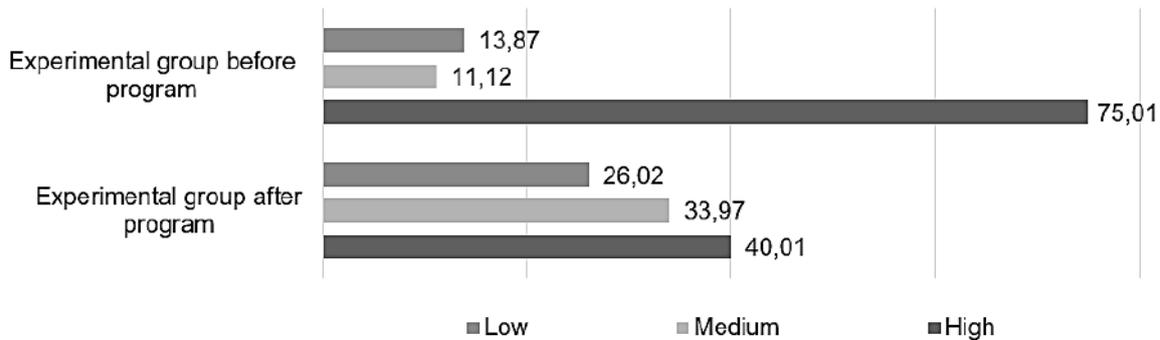


Fig. 3. Anxiety levels measured by the projective method "Hand test"

Discussion and conclusions

Research in mental health has shown that during prolonged or intense stress, even the most effective habitual coping strategies may become exhausted or lose their effectiveness (Bonanno, Westphal, & Mancini, 2011). Many people in critical situations rely on a limited set of dominant resources, shaped individually by life experiences and personal characteristics. This tendency to use one or two coping mechanisms may ensure stability in familiar situations but often proves insufficient under heightened or prolonged stress, leading to emotional and physical exhaustion (Hobfoll, 1989). According to D. E. Shenell and S. T. Gontkovsky, people in crisis situations require not only a reduction in stress and anxiety levels but also a re-evaluation of basic beliefs about life. Traditional psychotherapeutic methods focus on alleviating anxiety and stress; however, the main goal of psychological intervention is to facilitate adaptation to new conditions and restore the individual's functionality (Shenell, & Gontkovsky, 2014).

Authors A. Brown and J. Choi identified seven complementary ways to facilitate recovery after traumatic experiences:

1. Building therapeutic relationships with a psychotherapist, with others who have experienced similar trauma, and with close friends, family, and relatives, as well as strengthening these relationships.
2. Considering individual variations and conditions for recovery.
3. Accepting certain "periods of chaos" at both psychological and physiological levels.

4. Engaging in empathetic listening, which supports the development of a narrative about the traumatic event and the person's experience.

5. Supporting the formation of meanings, which may include a sense of value derived from the experience.

6. Enhancing positive aspects defined by the individual who has experienced trauma.

7. Supporting the process of evaluation, goal-setting, and problem-solving (Brown, & Choi, 2017).

The approaches to the issue of personal resilience in challenging conditions and the facilitation of recovery after traumatic events focus on reducing stress and anxiety and finding effective coping strategies. Building on these approaches, our study also emphasized these aspects. However, we aimed to enhance stress resistance and reduce anxiety by utilizing the resource channels outlined in the BASIC PH model during short-term psychological interventions, which is particularly relevant and appropriate in the context of war.

Stressful events and crises deeply affect an individual's psycho-emotional state, particularly in situations where familiar coping mechanisms prove insufficient or become exhausted. In this context, the BASIC PH model emphasizes the scientifically grounded necessity of developing and maintaining all resource channels as a foundation for psychological resilience and adaptation to challenging situations.

The metaphorical cards "Resources" serve as a practical tool that embodies the concepts of the BASIC PH model, offering the integration of this multi-channel coping system

into daily life. The scientific significance of this development lies in introducing a systemic approach to overcoming stress and difficult life situations. This approach enables individuals to use diverse strategies, maintain flexibility, and adapt to changing conditions.

The practical value of the "Resources" cards lies in their versatility and accessibility. They can be employed in individual counseling, therapeutic work, group psychological sessions, and even independently to support and develop personal resilience. With an easy-to-use format, the metaphorical cards "Resources" help individuals master a broader range of coping strategies, enhance stress resistance, and expand their adaptive capabilities daily. This not only promotes emotional stability for individuals but also has the potential to increase overall societal resilience to stress, making this tool a significant contribution to the field of psychological support and mental health improvement.

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РЕЗУЛЬТАТИ ДОСЛІДЖЕННЯ ЕФЕКТИВНОСТІ ПРАКТИЧНИХ ІНСТРУМЕНТІВ РОЗВИТКУ СТРЕСОСТІЙКОСТІ ЗА МОДЕЛЛЮ BASIC PH

Вступ. Представлено результати дослідження ефективності практичних інструментів розвитку стресостійкості за моделлю BASIC PH. Дослідження мало на меті віднайти і перевірити ефективність практичних інструментів, що спрямовані допомогти розвивати стійкість до стресів в українців в умовах війни. У пропонованій статті проаналізовано практичні інструменти для розвитку стресостійкості особистості відповідно до моделі BASIC PH, розробленої М. Лахадом. Модель охоплює шість ключових способів подолання стресів: за допомогою переконань, смислів і цінностей; через проживання і вивільнення емоцій; шляхом залучення в соціальні зв'язки; за допомогою критичного мислення, аналізу, рефлексії; завдяки уяві, творчості, гумору, здатності мріяти; через активізацію тілесних відчуттів. Кожен із цих каналів може слугувати основою для індивідуального підходу у подоланні стресових ситуацій та кризових подій і, водночас, дає змогу залучатися іншим каналам, щоб уникати обмеження лише на один або два домінуючі ресурси.

Методи. Описано новий інструмент для розвитку стресостійкості, що являє собою набір метафоричних карток "Ресурси". Він поєднує в собі не тільки візуальний матеріал, а й завдання для виконання. Цей інструмент спрямований на активацію особистісних ресурсів, що можуть бути корисними для збереження стійкості до стресових факторів навіть у найскладніших обставинах. Метою застосування цього інструменту є не лише швидке відновлення після стресу, а й засвоєння нових стратегій подолання труднощів. Він допомагає зрозуміти й активізувати власні ресурси, підштовхує людину знаходити нові шляхи для відновлення.

Методами перевірки ефективності запропонованого інструменту обрані такі: Бостонський опитувальник стресостійкості, тест реактивної та особистісної тривожності Елерса, проєктивний тест "Тест руки" Вагнера.

Результати. У публікації представлено результати дослідження ефективності практичних інструментів, зокрема метафоричних карток "Ресурси". Практичний інструментарій упроваджувався у програму короткострокової психологічної інтервенції, що складалася з індивідуальних і групових форм роботи з клієнтами. Учасниками програми стали особи, які пережили складні життєві ситуації внаслідок війни. Експериментальну групу досліджуваних сформували 42 особи віком від 18 до 26 років, з них 29 жінок і 13 чоловіків.

Висновки. Унаслідок дослідження встановлено, що активація різних ресурсних каналів на основі моделі BASIC PH за допомогою практичних інструментів значно підвищила загальний рівень стресостійкості та знизила реактивну тривожність учасників. Однак на рівень особистісної тривожності суттєвих впливів виявлено не було.

Ключові слова: модель BASIC PH, стресостійкість, життєва стійкість, ресурсні канали, тривожність.

Автор заявляє про відсутність конфлікту інтересів. Спонсори не брали участі в розробленні дослідження; у зборі, аналізі чи інтерпретації даних; у написанні рукопису; в рішенні про публікацію результатів.

The author declares no conflicts of interest. The funders had no role in the design of the study; in the collection, analyses or interpretation of data; in the writing of the manuscript; in the decision to publish the results.