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**THE FEATURES OF PSYCHO-EMOTIONAL STATES OF UKRAINIAN
FORCED MIGRANTS WITH DIFFERENT LEVELS OF ADAPTABILITY IN
THE UNITED KINGDOM DURING THE SECOND YEAR OF THE FULL-
SCALE INVASION**

**ОСОБЛИВОСТІ ПСИХОЕМОЦІЙНИХ СТАНІВ УКРАЇНСЬКИХ
ВИМУШЕНИХ МІГРАНТІВ З РІЗНИМИ РІВНЯМИ АДАПТОВАНOSTІ
У ВЕЛИКОБРИТАНІЇ НА ДРУГОМУ РОЦІ ПОВНОМАСШТАБНОГО
ВТОРГНЕННЯ**

Анотація. Стаття висвітлює результати емпіричного дослідження особливостей психоемоційних станів вимушених українських мігрантів у Великобританії на другому році повномасштабного вторгнення. У зв'язку із повномасштабним вторгненням у лютому 2022 року значна кількість українських громадян були вимушені покинути свої домівки. Перед українськими вимушеними мігрантами постали завдання, пов'язані з адаптацією до нового соціокультурного середовища, пошуками житла та роботи, налагодженням нових соціальних зв'язків на фоні сильних емоційних переживань, викликаних не лише персональним досвідом переживання травми війни, а й шоком акультурації та вторинною травмою, обумовленою тим, що частина їх родичів та друзів продовжують залишатися у небезпеці в Україні.

В емпіричному дослідженні взяли участь 52 вимушених українських мігрантів, які на момент його проведення перебували на території

Великобританії. Адаптованість та емоційні стани респондентів були виміряні за допомогою психодіагностичних опитувальників: методика діагностики соціально-психологічної адаптації К. Роджерса і Р. Раймонда (адаптована О.К. Осницьким); Шкала депресії Бека (адаптована Н.В. Тарабріною); Особистісна шкала проявів тривоги Тейлора (адаптована В.Г. Норикадзе); опитувальник «Самооцінка станів тривожності, фрустрації, агресивності та ригідності» (варіант методики Г. Айзенка, адаптований С.Д. Максименко, Л.М. Карамушкою, Т.В. Зайчиковою); Методика Холмса-Раге (адаптована О.П. Єлісєєвим). Отриманий масив даних був опрацьований з використанням адекватних меті та гіпотезам дослідження математико-статистичних методів. Згідно з отриманими результатами українські вимушені мігранти з високим рівнем адаптованості стикаються із меншим проявом негативних психоемоційних станів. Менш адаптовані мігранти, своєю чергою, характеризуються більшою емоційною нестабільністю: мають вищий рівень тривожності, фрустрованості, агресивності та ригідності. Відсутність у вибірці українських вимушених мігрантів осіб з низьким рівнем адаптованості, вочевидь, вказує на успішність інтеграційної політики Великобританії. Проте, стрес акультурації та травма війни залишаються актуальними проблемами українських вимушених мігрантів, відбиваючись на їх психоемоційному стані.

Ключові слова: психоемоційні стани, адаптація, адаптованість, вимушені мігранти, тривожність, фрустрація, агресивність, ригідність.

Abstract. The article highlights the results of an empirical study of the features of the psycho-emotional states of forced Ukrainian migrants in Great Britain in the second year of the full-scale invasion. Many Ukrainian civilians were compelled to flee their homes due to the full-scale invasion that occurred in February 2022. Ukrainian forced migrants face the challenge of adapting to a new socio-cultural environment, securing housing and employment, and forming new social bonds, all while dealing with intense emotional trauma caused not only by their own war experiences but also by acculturation shock and secondary trauma, as many of their friends and relatives remain in danger in Ukraine.

The empirical study involved 52 forced Ukrainian migrants who were living in Great Britain at the time the survey was conducted. Features of adaptability and emotional states of respondents were measured using psychodiagnostic questionnaires, including the Questionnaire of Social and Psychological Adaptation (C. Rogers & R. Diamond, adapted by O. Osnytsky), Beck's Depression Inventory (adapted by N. Tarabrina), the Taylor's Manifest Anxiety Scale (adapted by V. Norikadze), the H. Eysenck's

Questionnaire "Self-assessment of States of Anxiety, Frustration, Aggressiveness, and Rigidity" (adapted by S. Maksymenko, L. Karamuska, and T. Zaychikova), Holmes and Rahe Stress Scale (adapted by O. Eliseev).

The resulting data were processed using mathematical and statistical methods appropriate to the goals and hypotheses of the research. According to the results, Ukrainian forced migrants with a high level of adaptability experience fewer negative psycho-emotional states. Less adapted migrants, on the other hand, are characterised by greater emotional instability, displaying higher levels of anxiety, frustration, aggressiveness and rigidity. The absence of individuals with a low level of adaptability in the sample of Ukrainian forced migrants likely reflects the success of the UK's approach to migrant integration. However, acculturation stress and war trauma remain issues for Ukrainian forced migrants, significantly impacting their psycho-emotional state.

Keywords: psycho-emotional states, adaptation, adaptability, forced migrants, anxiety, frustration, aggressiveness, rigidity.

Problem identification. Russian military aggression and a full-scale invasion in February 2022 drove a large number of Ukrainians to flee their homes in search of safety. The damage to civilian infrastructure, the daily missile strikes, and the amount of civilian casualties push people to stay abroad or make a deliberate decision to move.

According to the UNHCR portal, as of August 2024, over 6 million Ukrainians are temporarily displaced in various countries throughout the world. By the end of 2023, the most common countries of residency will be Germany (1,118,205), Poland (958,935), the Czech Republic (369,550) and the United Kingdom (246,760).

Not everyone is able to give up their entire life, leave everything behind and start over in an unfamiliar country, especially during a difficult, life-changing event such as war. Ukrainian migrants are currently facing new challenges, one of which is adapting to a new socio-cultural setting. Understanding their psycho-emotional state during the adaptation process is critical for providing effective psychological support and ensuring their successful integration into the new environment.

There are still substantial issues that Ukrainian migrants experience in the UK. The Office for National Statistics analysis highlights the primary obstacles to successful adaptation in the UK. However, while these surveys address topics such as work, housing and social integration, they do not adequately investigate migrants' psycho-emotional state, as the majority of Ukrainians have never accessed NHS mental health services.

There is a lack of research into the psycho-emotional states of Ukrainian migrants, particularly those living in the United Kingdom. This gap leaves the psycho-emotional experiences of Ukrainian migrants largely unexplored, especially in terms of adaptability. Our research aims to address the issue by investigating the psycho-emotional states of Ukrainian migrants in the UK, specifically focusing on depression, anxiety, frustration, aggressiveness, rigidity, and stress, and how these states relate to the level of adaptation. This study offers deeper insights into the psycho-emotional landscape of this population, highlighting areas for intervention and support that may facilitate their adaptation and well-being.

Theoretical analysis. Theoretical analysis of scientific sources enabled us to deduce the occurrence of specific psycho-emotional states with varying levels of adaptability among Ukrainian forced migrants in many parts of the world. Studies have begun to be actively conducted by both foreign and Ukrainian scientists.

In general, many researchers have discovered various negative psycho-emotional states in Ukrainian migrants.

For instance, Bakhmutova L. and Neska A. examined the peculiarities of psychological disorders among Ukrainians in Poland. The most common disorders were psychophysiological and psychosomatic, as well as cognitive and socio-psychological [1].

South Korean researchers also conducted a study to analyze the mental health of Ukrainian refugees. They discovered elevated levels of traumatic events, anxiety and stress, and concluded that teenagers, rather than children, were more prone to traumatic experiences [6].

Some studies have focused on the effects of war stress, emphasizing that forced refugees endure substantial psychological and emotional problems as a result of the tragic events they witnessed during the Russian invasion in 2022.

For instance, the neurobiological effects of acute war stress have been significantly observed in Ukrainian refugees in the Czech Republic. Researchers discovered that acute and persistent war stress had a significant neurological influence on refugees – they showed elevated levels in brain areas linked to post-traumatic stress disorder, anxiety and depression [9].

Additionally, according to V. Pedorenko, forced Ukrainian migrants in Germany exhibit significant levels of anxiety, frustration, aggressiveness, and rigidity. They have high emotional tension, anger, emotions of dread, impulsiveness and considerable issues connecting with others. They also have low self-esteem, have a tendency to avoid challenges, fear failure and are rigid in their conduct, ideas and beliefs. Furthermore, they experience significant feelings of guilt, humiliation and anxiety,

which may have long-term effects, as this emotional state can lead to a «refugee syndrome» [7].

However, O. Lytvynenko and L. Koenig disagree with the above statement. Research on the impact of psycho-emotional states on nutrition suggests that even after adjusting to new living conditions, many Ukrainian refugees in Germany still experience depression, stress and anxiety, requiring psychological or psychotherapeutic intervention [3].

It is critical to recognize the distinction between forced and voluntary migration. Catastrophic events, such as the full-scale invasion resulted in the forced relocation of Ukrainian citizens abroad and the necessity to adjust to a new environment. Yu. Maksymenko in co-authorship with O. Morozova-Johannessen discovered that Ukrainian refugees in Norway are actually pessimistic, maladapted to changes in the sociocultural space, intolerant of uncertainty, experience emotional discomfort, have ambivalent perceptions of novelty and complexity, have a tendency to reject others and exhibit dominance [4].

When we analyze recent research on Ukrainian forced migrants in the United Kingdom, the first thing that comes to mind is the Office for National Statistics surveys, which were conducted to investigate the experiences, characteristics and service needs of visa holders entering the UK through Ukraine Humanitarian Schemes. The findings of this study shed light on the primary challenges to successful adaptation in the UK, as well as how far Ukrainians have progressed. However, while these surveys address topics such as work, housing, and social integration, they do not completely investigate migrants' psycho-emotional state, as the majority of Ukrainians have never used mental health facilities provided by the National Health Service. This statement is supported by scientific research.

O. Poppleton and co-authors discovered that Ukrainians in the United Kingdom experienced a decline in their mental health and wellbeing. Ukrainians are subjected to a triad of traumas as a result of the ongoing conflict, including personal painful experiences, trauma from residing in a foreign environment and secondary trauma from close relatives who stay in Ukraine. Mental health screening reveals undiagnosed and underdiagnosed anxiety. Both depression and post-traumatic stress disorder are likely underdiagnosed. The authors believe that the roots of this phenomenon may lie in the opposing views of Ukrainians and British residents on mental health and cultural presentations of illness. Historically, mental health care in Ukraine has been institutionalized. The stigma connected with mental health, delays in seeking care and somatization are all typical phenomena. Ukrainians frequently prefer to discuss «real» physical problems above psychological illnesses [8].

At last, M. Halytska's research on stress in migrants found that Ukrainian refugees in the UK experience culture shock and acculturative stress [2].

The purpose of this study is to empirically investigate the features of psycho-emotional states of Ukrainian forced migrants in the United Kingdom with different levels of adaptability during the second year of the full-scale invasion.

Presentation of the main material. We selected five psychodiagnostic tools, including the Questionnaire of Social and Psychological Adaptation (C. Rogers & R. Diamond, adapted by O. Osnytsky), Beck's Depression Inventory (adapted by N. Tarabrina), the Taylor's Manifest Anxiety Scale (adapted by V. Norikadze), the H. Eysenck's Questionnaire «Self-assessment of States of Anxiety, Frustration, Aggressiveness, and Rigidity» (adapted by S. Maksymenko, L. Karamuska, and T. Zaychikova), Holmes and Rahe Stress Scale (adapted by O. Eliseev).

The research was conducted through an internet survey in December 2023. A total of 52 adults living in Great Britain took voluntary participation in the study. Of these respondents, 79% were female and 21% were male. The participants were adults, with 54% aged 25-40, 33% aged 18-25, and only 13% aged 40-60. The majority of respondents (63.5%) migrated to Great Britain after the start of the full-scale invasion and have been here for 1-2 years; 23% moved less than a year ago, and another 13.5% arrived two years ago. Additionally, 62% of respondents cannot decide on their future plans, while the rest were planning to stay in the UK long-term. It should be noted that there were no respondents over the age of 60, all respondents had higher education, and none indicated plans to return to Ukraine or migrate from the UK to another country.

The Mann-Whitney U test ($p < 0.05$) was chosen for mathematical and statistical processing of the research results. We compared indicators of psycho-emotional states in two groups of respondents with a lower and higher level of adaptability (table 1).

To assess the level of adaptability of migrants, we used the so-called Rogers-Diamond Scale of socio-psychological adaptation. We found out that most of the respondents are actually adapted. No respondents were found with an adaptation index below the norm. So, we identified two groups of respondents:

1. A group with an average level of adaptability. The integral index of adaptation was 54%. The average level indicates a drop in a number of markers, which may indicate the presence of a psychotraumatic situation and the use of psychological protection mechanisms.

2. A group with a high level of adaptability. The integral index of adaptation was 46%. At this level, a person shows the ability to resist the disorganizing influences of the environment, exercises self-control and self-regulation of behaviour, perceives life

holistically, that is, is able to take into account past experience and correlate it with their plans for the future.

Table 1.

Differences in indicators of psycho-emotional states between Ukrainian migrants with high and average levels of adaptability

	Main ranks		Mann-Whitney <i>U</i> Test	<i>p</i> -value
	Average level of adaptability (<i>n</i> =28)	High level of adaptability (<i>n</i> =24)		
Depression	25,6	27,5	312	0.6741
Anxiety*	35,77	15,69	76.5	0.00000094
Anxiety**	34,03	17,71	125	0.00005019
Frustration	36,63	14,69	52.5	0.000000076
Aggressiveness	31,27	20,94	202.5	0.006992
Rigidity	35,39	16,13	87	0.0000018
Stress resilience	26,5	26,5	336	0.5037

* level of anxiety measured by Taylor's Manifest Anxiety Scale;

** level of anxiety measured by an adapted version of H. Eysenck's method.

We must also admit 85% of respondents have a high level of self-perception. This indicates that our respondents are generally optimistic about themselves and appraise themselves in a variety of life scenarios.

However, according to the «acceptance of others» indicator, there is a distinct distribution – 38% have a high level, while 62% have an average level. This scale measures how Ukrainian migrants perceive the British or other migrants around them. Given that Great Britain has a big number of migrants from many nations, such statistics are understandable.

According to the indication of emotional comfort, the average level prevails (77%), with 23% of respondents having a high level. This could imply some uncertainty or stress in the adaptation process. However, because our individuals did not exhibit a low level of emotional comfort, we can conclude that they are not experiencing severe emotional crises.

The integrity scale measures an individual's willingness to accept responsibility for their life. 54% of respondents have average integrity and can be characterized by the

tendency to partially blame external circumstances for some failures, while 46% of respondents accept responsibility for their own life.

Only 23% of respondents have a strong desire for dominance and wish to hold leadership roles, while 77% have an average desire for dominance and prefer more equal partnerships.

Separately, according to this scale of lies, 8% of respondents demonstrate an overly critical attitude, attempting to portray themselves in a more unfavorable light than they actually are.

Also, according to the escapism scale, 10% of migrants are prone to escapism, which is defined as a desire to stay away from issues, evade, or escape. In contrast, 37% of respondents want to address rather than avoid difficulties.

Using Beck's Depression Inventory, we determined that the overall level of depression is low, in particular, 37% of the subjects have no depressive symptoms, 40% of the subjects have mild depression, 8% are characterized by moderate depression, and 15% have severe depression. No signs of extreme depression were found among the respondents.

However, no significant difference was detected in depression levels between the two groups of migrants with higher and average levels of adaptability ($U=312$; $p>0,05$). Perhaps that is can be explained by the fact that our study was conducted in different circumstances, when migrants had 1–2 years to adapt to a new socio-cultural environment and experience psycho-traumatic situations as a result of a full-scale invasion, as opposed to other scientists' studies, which were frequently conducted in the first year after a full-scale invasion of Ukraine.

We can conclude that depression levels may not be directly related to adaptability but rather influenced by exposure to psychotraumatic events associated with military activities.

We used Taylor's Manifest Anxiety Scale to evaluate the level of anxiety in migrants. We discovered that migrants have high levels of anxiety, with 31% having high level, 38% having medium (tending to high) level, 25% having medium (tending to low) level, and 6% having low anxiety level. There were no individuals who experienced extremely high levels of anxiety and required immediate psychological intervention.

Using U Mann-Whitney, we were able to prove the hypothesis that migrants with a lower level of adaptability have higher levels of anxiety compared to migrants with higher level of adaptability, since the results were unambiguous ($U=76,5$; $p\leq 0,01$).

Using an adapted version of H. Eysenck's method, we measured the level of anxiety, frustration, aggressiveness, and rigidity.

High level of anxiety has 13% of the respondents. Such respondents are characterized by a high level of tension, mistrust the world around them, and worrying for no good reason. An average level of anxiety was found in 33% of the respondents. Such respondents are characterised by moderate internal tension, but sometimes it is difficult for them to cope with manifestations of anxiety. The majority of migrants (61%) have a low level of anxiety – they do not have internal conflicts, calmly perceive the world around them, adequately assess internal and external circumstances, and adequately perceive the world around them.

According to the frustration indicator, 6% of migrants have a high level. Such migrants are characterized by low self-esteem, fear of failure, avoidance of problems, tendency to apathy. Such a state leads to aggression towards oneself or others, and emotional exhaustion. The average level of frustration has 33% of migrants, which is an acceptable level, although frustration is present. Frustration arises when the migrant's needs are not met and are difficult to satisfy. The majority of migrants (61%) do not feel frustrated.

As for aggressiveness: 6% of migrants are characterized by a high level of aggressiveness, manifested in intemperance, difficulties in communicating with others, outbursts of anger, and impulsive behavior. The majority (62%) of the subjects have an average level of aggressiveness, 32% of the subjects have a low level of aggressiveness.

High level of rigidity has 6% of respondents, i.e., they show stereotypical thinking, as well as fear of changes, 23% of respondents have an average level of rigidity, 71% of respondents have a low level of rigidity, which indicates flexibility of thinking, ability to adapt to changes in the environment, openness to new things.

Using the Mann-Whitney U test, we found a difference between the respondents with high and average levels of adaptability in indicators of anxiety, frustration, aggressiveness, and rigidity (table 1). It was found that migrants with a higher level of adaptability have lower indicators of anxiety, frustration, aggressiveness, and rigidity compared to migrants with a lower level of adaptability.

Interestingly, despite the pronounced index of aggressiveness in general, it is less related to the level of adaptability compared to indicators of anxiety, frustration, and rigidity. This may indicate the influence of other factors on the level of aggressiveness.

In order to test the hypothesis that migrants with a higher level of adaptability have a greater ability to resist stress compared to migrants with a lower level of adaptability, we examined migrants' ability to resist stress using the Holmes-Rage method.

Low ability to resist stress has shown 60% of the respondents. This indicates that such respondents are vulnerable, they are at risk of burnout or psychosomatic illness, as experiencing stress of such force can lead to nervous exhaustion.

This indicates that during the past year of living in migration, the respondents experienced many stressful situations, most of which may not be related to military operations, but stress due to migration and the adaptation process.

However, no significant difference was found in the ability to resist stress between the two groups of migrants with higher and average levels of adaptability ($U=336$; $p>0,05$).

Our other hypothesis that migrants with a lower level of adaptation experience a higher level of acculturation stress compared to migrants with a higher level of adaptation was partially confirmed. Acculturation stress is the response of migrants to the surrounding events, if they exceed their ability to cope with them.

On the one hand, our subjects have increased levels of anxiety, frustration, aggressiveness and rigidity, which depend on the level of adaptability.

On the other hand, the subjects had some depressive symptoms and a low ability to resist stress, but those are not related to the level of adaptability. In particular, among our respondents, no migrants with a low level of adaptability were found.

Conclusions. Our study revealed that most Ukrainian migrants in the UK exhibit an average to high level of adaptability, largely due to the effectiveness of British integration programs, such as the Homes for Ukraine and Family Scheme, as well as language support and financial assistance. The relatively quick adaptation period, ranging from a few months to a year, suggests that these migrants are benefiting from an environment that fosters social and cultural integration.

Migrants with higher levels of adaptability tend to experience fewer negative psycho-emotional states. Specifically, they exhibit lower levels of anxiety, frustration, aggressiveness, and rigidity, indicating their ability to manage the disorganizing influences of the environment and integrate more smoothly into British society. Their emotional state is generally more stable, marked by higher self-regulation and emotional comfort, which contributes to their overall well-being and ability to plan for the future.

In contrast, migrants with lower levels of adaptability experience higher levels of anxiety, frustration, aggressiveness, and rigidity. These individuals struggle more with the challenges of adaptation and are prone to emotional instability, which may result in increased stress and difficulty coping with the uncertainties of their new environment. This heightened emotional tension can lead to long-term psychological effects, such as avoidance behavior, emotional exhaustion, and difficulty establishing social connections.

Although no significant differences were found between the two groups of migrants with higher and average levels of adaptability in terms of depression or stress resilience, our findings suggest that adaptability plays a crucial role in mitigating

certain psycho-emotional states The lack of migrants with low adaptability further underscores the success of the UK's approach to migrant integration, though factors like acculturation stress and trauma from the war remain prevalent concerns that require targeted psychological support and interventions.

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