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**Mykola VORONIN**

Pilot study of the electronic version of the author Test "10 Voronin Questions"

MYKOLA VORONIN. Pilot study of the electronic version of the author Test "10 voronin questions". *The article presents an electronic version of the test for studying the preferences of Ukrainian veterans regarding receiving psychological help "10 Voronin Questions" (10VQ). The electronic version of the test was implemented by the author using three programming languages. The implemented version was displayed on a separate web page, which was visited by randomly selected respondents to take the test. The author developed a method for analyzing the results and implemented software that helped analyze the results obtained using this method. The conducted pilot study of the electronic version of "10 Voronin Questions" is described. The conclusions that can be seen from the conducted pilot study are presented and analyzed.*

Keywords: war veterans, psychological help preferences, Zeigarnik effect, pilot study, veterans motivation.

1. Introduction

In the recent publication (Voronin M. 2024) author presented a questionnaire developed for improving motivation of war veterans to acquire psychological help named "10 Voronins' Questions" (10VQ). Different studies proved that psychological help seeking can have various barriers for veterans. Good review on barriers veterans can face seeking for psychological help is described in the article McGuffin, J. J., Riggs, S. A., Raiche, E. M., & Romero, D. H. (2021) presented. To help veterans break those barriers 10VQ was designed. It is also supposed to help psychologists to identify which way a veteran prefers to acquire psychological help and have the opportunity to suggest some ways a psychologist can provide. It was also designed to prevent suicide attempts by using Zeigarnik effect. And it can also help veterans to break the stigma barrier in seeking psychological assistance which was described in an earlier author study (Voronin M. 2020). Detailed description of 10VQ one can read at the author publication (Voronin M. 2024) mentioned above. To describe it briefly one can say it is two pages 10 plus 2 questions questionnaire made to identify ways veterans prefer to receive their psychological help. It was conducted on a paper with a certain condition: after you turn the first page you can not go back to it, filling the second one. To accommodate one more way of conveying it, an electronic version of that questionnaire was designed.

2. Electronic version of 10VQ

The task was to implement an electronic version as close as possible to the paper version. So the electronic version was designed to look the same in question positions and style as the paper one. As there were a small number of answer variants, the author decided to code the first page of electronic 10VQ by utilising one letter of the alphabet as shown on picture 1. According to the plan, respondents' answers, encoded in this manner, should be written to a file on the server as the respondents fill out the electronic questionnaire.

The second page answers were written to another file to be analysed separately. One can compare electronic and paper versions on picture 1 and picture 2.

a

The survey is conducted anonymously, as part of a study of veterans' motivation.

b Your gender

☐ Male.

Your age

c ☐ Female

I am _____ years old.

1. Do veterans need psychological help?

d ☐ Yes. Help is needed

e ☐ No need

2. Do you think that psychological counseling should be mandatory after the end of the service, or should veterans seek psychological help on their own?

f ☐ Yes. All veterans must be consulted.

g ☐ No. Veterans must decide for themselves whether they need psychological help.

3. Do you think that it is a shame to go to a psychologist?

h ☐ Yes. It's a shame.

i ☐ No. This is normal practice.

4. Would you receive help from a psychologist after the service?

j ☐ Yes. There is nothing wrong with consulting a psychologist.

k ☐ No. I do not need psychological help.

5. Which psychologist do you think should consult after the service: civilian or military?

l ☐ Civilian.

m ☐ Military.

6. Is it enough to consult via the Internet or phone or do you think it is better to meet a psychologist in person after the service?

n ☐ enough online advice

o ☐ enough consultation by phone

p ☐ it is better to meet in person

7. Would you like to get psychological help right now?

q ☐ Yes. I feel the need for psychological counseling.

r ☐ No. I don't need psychological help now.

8. Which psychologist do you think should consult during the service: civilian or military?

s ☐ Civilian.

t ☐ Military.

9. Is it enough to consult via the Internet or phone or do you think it is better to meet a psychologist in person during the service?

u ☐ enough online advice

v ☐ enough consultation by phone

w ☐ it is better to meet in person

10. How can veterans be saved from suicide?

The survey was developed by Mykola Voronin as part of a study of veterans' motivation and the "Care Together" initiative to help veterans.

Picture 1. First page of paper 10VQ (Voronin M. 2024) coded by one alphabet letter for electronic version.

Опитування проводиться анонімно, в рамках дослідження мотивації ветеранів.

Вкажіть Вашу стать:

☐ Чоловік
☐ Жінка

Вкажіть Ваш вік: років.

1. Чи потрібна психологічна допомога ветеранам?

☐ так потрібна
☐ ні не потрібна

2. Ви думаете що психологічна консультація має бути обов'язковою після закінчення служби, чи ветерани мають звертатися по психологічну допомогу самостійно?

☐ Так. Треба проходити консультацію обов'язково усім ветеранам.
☐ Ні. Ветерани самостійно мають вирішувати чи потрібна їм психологічна допомога.

3. Чи вважаєте Ви, що ходити на консультації до психолога соромно?

☐ Так. Це соромно.
☐ Ні. Це нормальна практика.

4. Ви б звернулись по допомогу до психолога після служби?

☐ Так. У консультації психолога нічого поганого немає.
☐ Ні. Мені психологічна допомога не потрібна.

5. Який психолог ви вважаєте має консультувати після служби: цивільний чи військовий?

☐ Цивільний.
☐ Військовий.

6. Достатньо консультації через інтернет чи телефон чи ви вважаєте, що краще після служби персонально зустрітись з психологом?

☐ достатньо інтернет консультації
☐ достатньо консультації по телефону
☐ краще зустрітись персонально

7. Ви б хотіли отримати психологічну допомогу прямо зараз?

☐ Так. Я відчуваю потребу у психологічній консультації.
☐ Ні. Мені психологічна допомога зараз не потрібна.

8. Який психолог ви вважаєте має консультувати під час служби: цивільний чи військовий?

☐ Цивільний.
☐ Військовий.

9. Під час служби достатньо консультації через інтернет чи телефон чи ви вважаєте, що краще під час служби персонально зустрітись з психологом?

☐ достатньо інтернет консультації
☐ достатньо консультації по телефону
☐ краще зустрітись персонально

10. Як можна врятувати ветеранів від самотності?

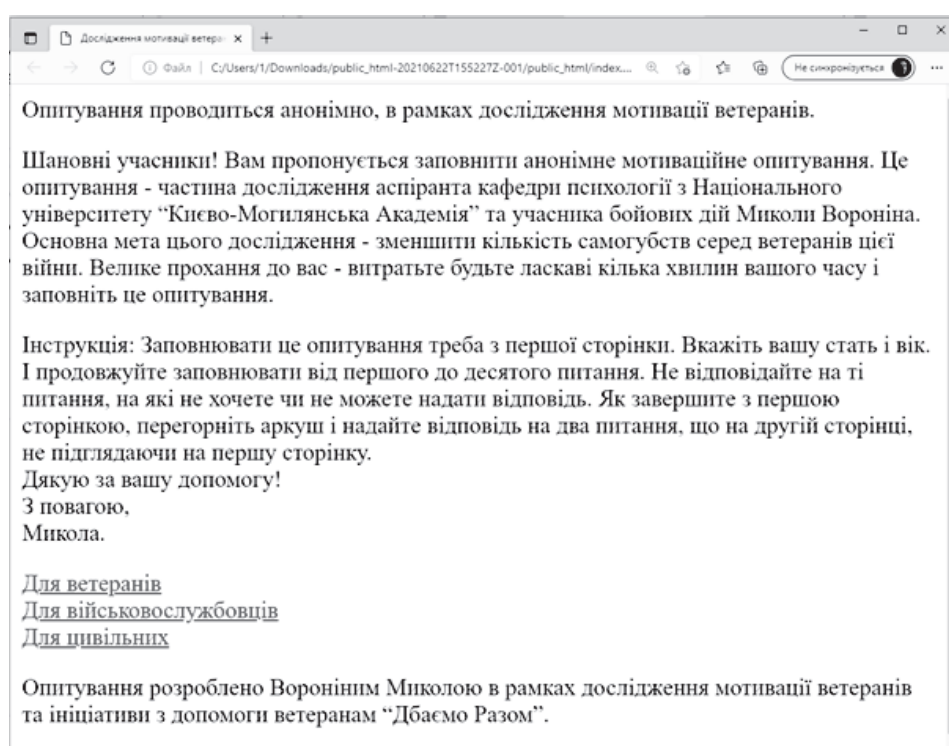
[перейти до заповнення другої сторінки](#)

Опитування розроблено Ворониним Миколою в рамках дослідження мотивації ветеранів та ініціативи з допомоги ветеранам "Діагноз Разом".

Picture 2. First page of electronic 10VQ.

3. Pilot study with electronic 10VQ

It was decided to divide the electronic survey into three groups: “veterans”, “military personnel”, “civilians”. This was done in order to compare and contrast the answers for each group and, if possible, assess the difference between them, if any, and increase the number of respondents who can be interviewed at the expense of civilians. To separate these groups a special greeting page was designed with links to every group accordingly that can be observed on picture 3.

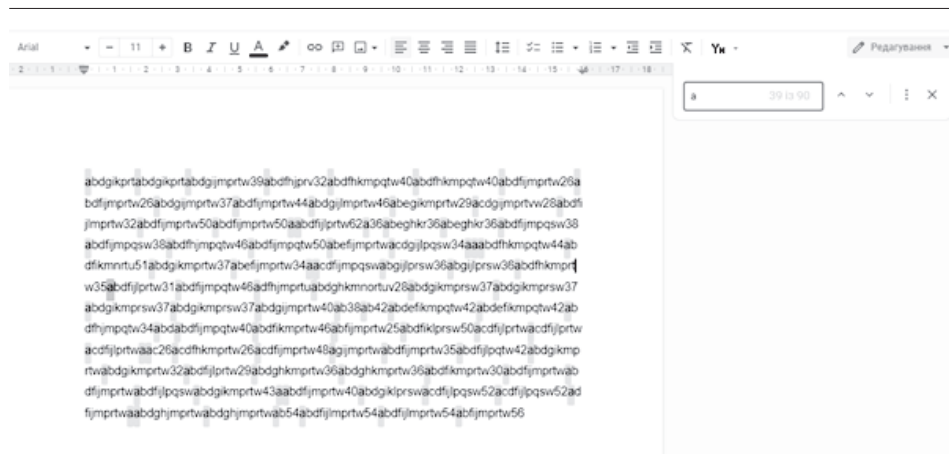


Picture 3. Greeting page of electronic 10VQ.

Results of the survey were delivered to text file and could be something like *abdfijlmnoprstuvw41* for one respondent where Latin letter "a" represented separation between respondents and the number in the end represented respondent age. Result files *vet.txt*, *mil.txt* and *civ.txt* can be retrieved from the author's private repository (Voronin M. 2021).

To process those results one can just search for special letters in those files in a text editor. Let's say we need to find out the number of respondents in the "Veterans" group who completed the survey. We enter the Latin letter "a" in the search field of the text file (Picture 4) and see that there are 90 letters "a" in the file *vet.txt*.

Results of the survey were delivered to text file and could be something like *abdfijlmnoprstuvw41* for one respondent where Latin letter "a" represented separation between respondents and the number in the end represented respondent age. Result files *vet.txt*, *mil.txt* and *civ.txt* can be retrieved from the author's private repository (Voronin M. 2021).

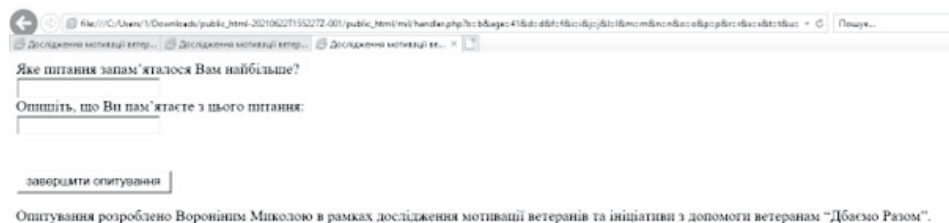


Picture 4. Using a search for the Latin letter “a” in the file “vet.txt” to estimate the number of respondents who completed the survey.

To process those results one can just search for special letters in those files in a text editor. Let's say we need to find out the number of respondents in the “Veterans” group who completed the survey. We enter the Latin letter “a” in the search field of the text file (Picture 4) and see that there are 90 letters “a” in the file vet.txt.

Sometimes in the text we face double or triple “a”. This means a respondent has sent an empty page without answers once or twice which was assumed as not a unique respondent.

Second page of the electronic 10VQ looked like the paper second page of 10VQ (Picture 5) with the button “finish survey” and was processed separately as it required typing.



Picture 5. Second page of electronic 10VQ.

Results of the second page processing can be retrieved from the authors' private repository: files vet1.txt, mil1.txt and civ1.txt for each group accordingly (Voronin M. 2021).

To sort respondents by age, a separate program on Python programming language was designed; one can retrieve sample code from agesiv.py at authors' private repository (Voronin M. 2021). Which produced sorted by age results (Table 1) one can retrieve from agevetsort file (Voronin M. 2021).

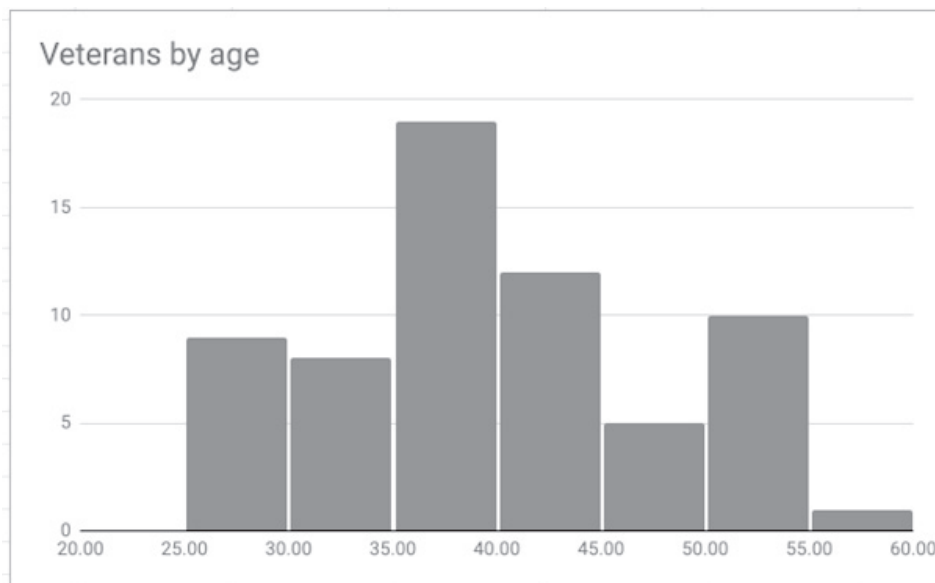


Table 1. Sorted by age veteran respondents.

From the sorted by age veterans (Table 1) one can see that veterans were mostly from 35 to 45 years old.

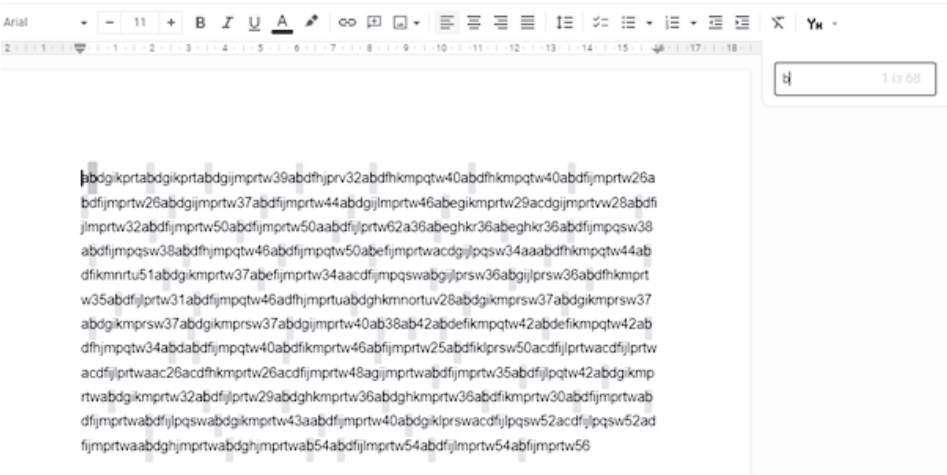
So in the electronic 10 VQ pilot study 83 unique veterans took part (Picture 1).

To find out how many male veterans we need to search for letter "b" in file vet.txt file (Voronin M. 2021) as shown on picture 6. As we see 68 veterans picked male box. The same way female veterans can be identified: search at the file for "c" letter. 11 veterans identified themselves as female. If we subtract the number of men (68) and women (11) from the total number of unique respondents (which is 83) calculated earlier, we get 4 respondents who did not indicate their gender ($83 - 68 - 11 = 4$).

Moving on to numbered questions 62 veterans answered positively (letter “d”) on the first numbered question (Table 2) and 7 picked a negative answer (letter “e”), 14 did not answer that question ($83 - 62 - 7 = 14$).

1. Do veterans need psychological help?	Yes. Help is needed.	No need.
	62	7

Table 2. Answers to the first numbered question of 10 VQ distribution.



Picture 6. Searching for “b” letter in file vet.txt (Voronin M 2021)

So one can see that the electronic version confirms previous paper results (Voronin M 2024) that most veterans understand that psychological help is needed if they are being asked this way. We had 42 versus 1 there.

49 veterans versus 28 preferred mandatory psychological help instead of seeking it on their own (Table 3) compared to 31 versus 13.

2. Do you think that psychological counseling should be mandatory after the end of the service, or should veterans seek psychological help on their own?	Yes. All veterans must be consulted.	No. Veterans must decide for themselves whether they need psychological help
	49	28

Table 3. Answers to the second numbered question of 10 VQ distribution.

16 to 61 at the third question while it was 3 to 40 in the paper version (Table 4).

3. Do you think that it is a shame to go to a psychologist?	Yes. It's a shame.	No. This is normal practice.
	16	61

Table 4. Answers to the third numbered question of 10 VQ distribution.

49 to 28 at the fourth question while it was 31 to 12 in the paper version (Table 5).

4. Would you receive help from a psychologist after the service?	Yes. There is nothing wrong with consulting a psychologist.	No. I do not need psychological help.
	49	28

Table 5. Answers to the fourth numbered question of 10 VQ distribution.

19 to 57 at the fifth question while it was 16 to 26 in the paper version .
2 to 1 to 73 at the sixth question while it was 1 to 1 to 43 in the paper version.

18 to 59 at the seventh question while it was 14 to 29 in the paper version.

15 to 59 at the eighth question while it was 11 to 32 in the paper version.

3 to 3 to 69 at the ninth question while it was 3 to 6 to 36 in the paper version (Voronin M. 2024).

4. Conclusion

In conclusion it can be seen that the electronic version of 10VQ pilot study results correlate with paper study results (Voronin M. 2024). So the same conclusions can be made that veterans engaged in this pilot study prefer personal meetings with the psychologist during and after service, but during service they can take online advice or phone consultation as an option more preferably than after the service. They trust more in military psychologists than in civil ones, and military psychologists are more preferable than civil ones during service (Voronin M. 2024). Although the idea of the electronic version was to simplify 10VQ analysis, the author's experience tells that it is much easier to monitor but still not very easy to analyse obtained results. But responses show significant value in analysing ways veterans like to obtain their psychological help. The

initial code of the 10VQ electronic version designed by author using three different programming languages can be retrieved from the electron10vq.zip file in the authors' private repository (Voronin M. 2021)

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Abstracts

МИКОЛА ВОРОНІН. Пілотне дослідження електронної версії розробленого автором тесту "10 питань Вороніна". У статті представлено електронний варіант тесту для дослідження переваг українських ветеранів щодо отримання психологічної допомоги «10 питань Вороніна» (10VQ). Електронну версію тесту було реалізовано автором за допомогою трьох мов програмування. Реалізовану версію було виставлено на окрему веб-сторінку, яку відвідували респонденти набрані випадково, щоб пройти тестування. Автором було розроблено методичку аналізу результатів та реалізовано програмне забезпечення, що допомагало аналізувати за цією методикою отримані результати. Описано проведене пілотне дослідження електронної версії «10 питань Вороніна». Представлено та проаналізовано висновки, які можна побачити з проведеного пілотного дослідження.

Ключові слова: ветерани війни, переваги психологічної допомоги, ефект Зейгарника, пілотне дослідження, мотивація ветеранів.

MYKOLA VORONIN. **Pilotażowe badanie elektronicznej wersji testu „10 pytań Voronina” opracowanego przez autora.** W artykule przedstawiono wersję elektroniczną testu służącego do badania preferencji ukraińskich weteranów w zakresie otrzymywania pomocy psychologicznej, zatytułowanego „10 pytań Voronina” (10VQ). Elektroniczna wersja testu została wypracowana przez autora przy użyciu trzech języków programowania. Wdrożona wersja została udostępniona na dedykowanej stronie internetowej, którą odwiedzali losowo wybrani respondenci w celu przystąpienia do testowania. Przez autora została opracowana metodologia analizy wyników oraz zostało wdrożone oprogramowanie ułatwiające analizę wyników uzyskanych za pomocą tej metody. Opisano przeprowadzone badanie pilotażowe wersji elektronicznej „10 pytań Voronina”. Przedstawiono oraz przeanalizowano wnioski, które można wyciągnąć z przeprowadzonego badania pilotażowego.

Słowa kluczowe: weterani wojny, atuty pomocy psychologicznej, efekt Zeigarnik, badanie pilotażowe, motywacja weteranów.