

Review Article

The impact of war and its adverse effects on women's health: A media approach to the mental and emotional health of female

Jamshid Arasteh ¹, Mandana Saniee ^{1*}, Ani Mirzakhaniyan ¹, Hedyeh Sadat Mirtorabi ²

¹ Department of Social Communication Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran.

² Department of Law, East Tehran Branch, Islamic Azad University, Tehran, Iran.

Corresponding author and reprints: Mandana Saniee, Assistant Professor, Department of Social Communication Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran.

Email: Mandana.saniee@iau.ac.ir

Received: 24 Feb 2024

Accepted: 17 May 2024

Published: 20 May 2024

Abstract

The modern world and the world of technology claim order and regularity in several aspects of life. However, the disruption of the balance in the global power structure, the existing disorder, and the ringing of the bell of war by the violent people make the daily life of human societies a system of disorder and chaos. The media plays an effective and significant role both in formulating and developing women's legal literature in international relations and global communications and the development of the women's health system. This study has criticized the performance of the media from the viewpoint of providing the right to women's health by analyzing and describing the news published about women in the recent wars. The evidence suggests that female combatants experience war in the same way as male ones, but the experience after the war has not been pleasant for them and has brought many psychological consequences for them, and their emotional health has been affected. The media's approach to the role, position, and contribution of women during the recent war indicates the impact of the power institution and authoritarian structures, which is necessary for the media, health, and legal system of the country, to develop a legal-media system for empowering female combatants and not limiting their right to health in times of war and peace considering the ethnic, cultural, religious commonalities.

Keywords: Armed Conflicts; Communications Media; Right to Health; Social Responsibility; Women.

Cite this article as: Arasteh J, Saniee M, Mirzakhaniyan A, Mirtorabi HS. The impact of war and its adverse effects on women's health: A media approach to the mental and emotional health of female. *Soc Determinants Health*. 2024;10(1):1-11. DOI: <http://dx.doi.org/10.22037/sdh.v10i1.44735>

Introduction

Women's emotional and psychological health is more affected by the social factors of crises and their conflicts due to the dual definitions of the media system and the power structure of women's issues. The responsibility of the media demands ethically to find a solution to ensure the mental security and social health of women. Although women are still marginalized in peace literature and politics is still considered a male affair, the role and position of women in the international law system are defined based on their social

nature The transfer of lived experiences and change in the governance system are two issues that the media can stabilize and improve the psychological security and social character of female combatants, empower them during conflicts, and increase their health care with the help of its social responsibility and promotion of media literacy. The impact of the media in describing the unusual and critical conditions of the emotional and mental health of female combatants in conflicts and rethinking, is one of the most

significant functions of the media. In this regard, it can be justified by transferring experiences and empowering women after the war by presenting a sublime image of women who have had an effective presence in social developments, movements, and revolutions (1). It is essential to design post-violence intervention policies to respond to their diverse and complex needs in specific conditions. The present study aimed to discover the multidimensional nature of the war experiences of female combatants. To form literature on women's international relations, it is necessary to use the female combatants' experiences to enrich relevant studies (2). The media can increase the useful and effective literacy of society and introduce healthy, active, capable, and loyal women to society and family values by relying on the three Socratic values. By explaining some reasons for the lack of empowerment of female combatants from the perspective of emotional and mental health, stemming from the lack of attention of the powerful institutions such as the media during armed conflicts and peace after, the present study rethinks the traditional definitions of women and identifies the capabilities of women as an active and effective arm of the family and society in terms of the right to health. By analyzing and describing the news released about the women in recent wars, the present study has criticized the performance of the media from the viewpoint of realizing the right to health to avoid the possibility of distorting the social definitions of female combatants in the media and diminish the idea that they were merely imitator and consumerists.

War and gender

Some consider the female gender free from war and violence and argue that the female gender plays a role in creation and nature, not in war. The historical power of women in forgiveness starts with the fertility goddesses of the earth in the ancient world and continues until what is today the life, earth, and environment movement (3).

Also, wars are started by men who have grown up in patriarchal systems. Pietila, states that the idea of killing another human being is extremely alien to women, the aggressors have always been men, and there is no case in which women have planned to loot and conquer a place" (4). At least 99% of the world's wars have been started and fought by men. However, due to the prolongation of wars, the presence of women in the armed forces has accelerated, and most industrialized countries have benefited from women's military engagement in non-revolutionary conditions (3). Also, one of the outcomes of the Persian Gulf War was a reduction in the gap between American men and women's military duties, although the deployment of about twenty thousand women from the United States to the Persian Gulf War changed childcare patterns in the United States (where grandmothers played a role of taking care of the child and the mothers were fighting). This gender change has somehow changed the war patterns inside Israel as well. In Islam, both genders have dignity and equality, although different fair roles are defined for them regarding the family and children. Most Islamic countries have accepted the Convention on the Prohibition of Discrimination against Women with some conditions. Giri, interprets the agency of female ex-combatants in the post-war environment as "strategic silence and intelligent resistance to the extent that women are often "the bed of moral dignities" both in political issues and interpersonal relations (5). Sometimes women diminish or eliminate their social agency. Purification is not the solution and the diversity and plurality of ideas and genders have a more favorable result in building society. Female combatants are disappointed by social restrictions in normal situations. They are also prohibited from telling the secrets of atrocities and crimes against them during conflicts. The soldier can't even explain to her mother that the food given to her is not enough, and in case of injury, she is not given proper

medical treatment. The European Court of Human Rights has commented that the right to freedom of expression cannot be prevented from entering the gates of military barracks (6).

War and rules governing the rights of war

War is a social phenomenon leading to political changes in the relations between two countries and the implementation of special rules between them and third countries. Some governments use the doctrine of lawfare in their transnational policies to impose their will on the other side and stop their political will. Lawfare is called one of the hybrid wars. Although it is resort to force and there is a possibility of harming innocents, women, and children, a shadow of legitimacy is cast on it to enjoy the legal system. The international law definition of war is a method of coercion with the use of force. War has 4 characteristics including material (armed), spiritual (intended), purposeful, and organized. War is not a battle between humans, but based on Jean-Jacques Rousseau, it is the relationship between one country and the other country in which people have accidentally become enemies, not as human beings, but as defenders." The sources of the law of war include the same sources of international law: customs, general legal principles, and international agreements. Two other points are the law against war, which focuses on the general limitation of war and the reduction of threats to international peace and security, and rights at war, which focuses on humanitarian rights in war and the care of civilians and the environment.

Some of the most crucial international agreements in the area of the law of war are as follows: the 1856 Paris Declaration regarding maritime war, the 1986 Geneva Convention regarding the protection of the wounded, patients, and medical personnel, the 1874 Brussels Declaration regarding the difference between military and civilian, the 1899 and 1907 Hague Conventions

regarding the rules and customs of land warfare and the limitation of the use of military forces to collect demands and the rules for starting hostilities, and the 1981 Convention regarding the limitation of the use of classical weapons. Damage to enemy nationals, including civilians, women, children, refugees, prisoners, and innocents, is one of the red lines of the international law system (7).

International law and women in war

Due to various acts of violence against women since the beginning of the 1990s, International monitoring and legislative organizations took extensive support measures. For example, the United Nations planned dozens of conventions, declarations, conferences, and treaties. Convention on Prohibition of Buying and Selling Persons and Exploiting the Prostitution of Others (1949) (1949); Convention on the Nationality of Married Women (1957); Convention on Consent to Marriage and the Minimum Age for Marriage and its Registration (1962); Convention (1951) on the Status of Refugees (1951) 1967); Convention on the Political Rights of Women; Supplementary Convention on the Abolition of Slavery, Slave Trade and Institutions Similar to Slavery (1956) in 1987 and then, the "Women and the Third World" Convention, the jurisdiction of the Women's Commission and their duties such as promoting equality-seeking goals, development, peace, and supervision of its implementation under the title of Looking to the Future Strategy" (8).

Article 27 of the 4th Geneva Convention explicitly protects the right of women against any rape and prostitution. Due to the ineffectiveness of some legal documents at the beginning of the third millennium, the United Nations Security Council adopted some resolutions specific to women to reduce violence against women during conflicts (9). Some of the most important of them are presented here:

1. Resolution 20001325 as a legal and political framework about the role of women in maintaining international peace and security
2. Resolution 1820 approved in 2008 emphasizes the prohibition of sexual violence against women as a military tactic and method
3. Resolution 1888 in 2009 about the perpetration of gender-based violence against women in situations of armed conflict
4. Resolution 2122 in 2013 about the participation of women in the process of peace, reconstruction, and restoration of the situation in countries involved in armed conflicts

International humanitarian law has given women the same right to public security as men and emphasizes that special attention should be paid to their special needs. International Committee of the Red Cross has performed gender-related activities in Lebanon, Algeria, Peru, Afghanistan, and Mexico.

Women's right to health and emotional health

As part of the global community and like all human beings, women have the right to health, although, in international documents and treaties, the scope of the right to health is independent of any kind of discrimination and gender. The right to health is one of the explicit rights in human rights literature and among the implicit concepts in the right to life. Standardization of life indicators is one of the first definitions of the right to health in the United Nations Charter (Clause A of Article 55). The second step in the statute of the World Health Organization (1948) states that one of the fundamental rights of every human being is enjoying the highest achievable standard and considers "the health of nations" as a requirement for peace and security. The most developed literature in the area of the right to health is

embodied in the International Covenant on Economic, Social, and Cultural Rights (Clause 1, Article 12), which considers governments responsible for recognizing the "highest achievable standard of physical and mental health". Other clauses of this article emphasized improving environmental health, prevention and treatment of contagious, native, and professional diseases, and providing appropriate conditions for providing medical services to the public.

Three international treaties namely the Convention on the Elimination of All Forms of Discrimination against Women (Article 12), the Convention on the Elimination of All Forms of Racial Discrimination (Article 5), and the Convention on the Rights of the Child (Article 24), we have seen the terms such as "public health, medical care, health care services, disease treatment facilities, and health rehabilitation". The significance of the right to health is to the extent that this human concept has been prioritized at the regional levels, and everyone is trying to apply it. African Charter of Human Rights (Article 21), the American Convention on Human Rights (Article 11), the European Social Charter, and Article 21 of the Declaration of Human Rights in Islam (Cairo) have paid attention to this issue. Medical care is included in Article 25 of the Universal Declaration of Human Rights as one of the health rights (10).

Media literacy speaks about the growth of the tree of virtue and ethics and considers three principles of good, truthful, and useful content and news as the only way for it. The Constitution of the Islamic Republic of Iran (Article 29) has stated the need for healthcare services and medical care as a universal right". Clause 12 of Article 3 of the Iranian constitution states about "eliminating any deprivation in the area of health" and Clauses 20, 21, and 43 have spoken about the types of right to health such as "right to health during pregnancy of women", non-discrimination between

women and men as a basic need in the area of human rights and health. Female combatants achieve health and social health when they face cultural and social discrimination and limitations in the area of struggle and in less developed societies in the area of accessing health necessities. Based on the General Commentary 14 of the Economic, Social and Cultural Rights Committee dated May 11, 2000, in the area of the right to health in the international human rights system, four essential elements in the realization of the right to health include "being at disposal, being available, being acceptable, and quality". The issue of health and public health is one of the vital issues of UNESCO's 2030 Sustainable Development Document (September 2015). Governments are responsible for observing it. Female combatants suffer from mental health and emotional health like other groups of people (11).

Emotional health

A part of mental health or human health is emotional health. Based on the World Health Institute, the concept of emotional health became the background of public awareness in the early 50s of the 20th century. Although there is a history of emotional health from the ancient days, especially in China and India, the contemporary world has considered physical and mental health to be emotional health for several decades. With increasing tensions and challenges of a person, the intensity of his emotional health decreases. When a person's attitude to facing the crises is rational, his mental health is guaranteed. However, when there is no control, it will manifest in the form of muscle tension, constant fatigue, and illness. Thus, female combatants are exposed to the greatest threats to their emotional health. Also, as stated before, the negative emotions caused by this defect increase their stress and disorders, leading to immune system defects, hypertension, heart diseases, and lack of concentration.

Conversely, when the rulers provide the conditions for their social participation, they will have higher emotional health and consequently, a strong physical immune system, and more positive thinking. The use of the emotional freedom technique (EFT) is one of the solutions recommended to free people from negative feelings and thoughts (12).

Media social responsibility

The media is also responsible for society in addition to being responsible for itself. By developing four press theories, Wilber Schramm was most interested in MSR (media social responsibility). The result is the continuation of this view until today and the audience's demand from the media to act on it. Relying on this theory will balance social interactions, including the axis of people, governments, and international organizations. something. It is less seen in the area of women, especially in recent wars in the world. Among the media's responsibilities are ethics, fairness, avoiding profiteering, and publishing appropriate news. Appropriate news is virtuous news. A clear example of it is seen in Islamic and Quranic teachings, where in verse 70 of Surah Ahzab, it speaks about certainty, firmness, and accuracy of the news as the task of informing a narrator and a good media. Also, the sixth verse of Surah Al-Hujurat, prohibits releasing fake news (fake news) and emphasizes media ethics. Socrates, a Greek thinker, emphasizes the importance of media social responsibility and states that it provides appropriate conditions to remove the deprivation of all social groups from the free flow of information and good news or "balanced information". The Responsible media has a mission to help improve the ethical values and relationships of the context by improving the audience's media literacy. The relationship between the media and women is equal to the relationship between the media and men. The media alphabet is based on generality and the title mass media is defined as reaching "a large volume of

people" and no discrimination, and gender differences in media coverage of social groups are accepted. The government must provide the highest level of diversity and plurality of media with public access by observing the principles of impartiality and neutrality (13).

From a historical viewpoint, the media have been exposed to censorship and propaganda during conflicts so some media have turned into propaganda machines of the parties to the conflict. The media have been exposed to censorship and propaganda throughout history and during conflicts. War journalism began with the presence of journalists in the Crimean War (1854-1855) and continues to this day. The principle of media social responsibility makes the media enter the areas of conflict and cover news related to all risks to respond to public opinion and their news needs. One of the functions of the media before the start of hostilities is to educate and promote international humanitarian rights, early warning to prevent the occurrence of hostilities and national reconciliation, and to promote de-escalation. In the book describing the rules of the 1977 supplementary conventions, education has been considered as the best guarantee for the implementation of the rules of international humanitarian law (14).

The media are among the civilians. They should be also educated and aware of their rights in conflicts. If they do not have sufficient knowledge, they will ignore the cases of human rights violations. In this regard, Pulitzer Prize-winning American journalist, Guttman, believes that this issue occurred in the Yugo-Islamic War despite the presence of thousands of reporters. In this regard, the UNESCO statute states that since war begins in the minds of men, the defense of peace should also be established in the minds of men (15). The media has a double responsibility in asserting their rights in many war-torn countries where women have a lower level of literacy than men. Radio stations should support women

and programs should be arranged to give more real benefits to women (16). The diversity of voices creates unity among the nation (17).

Modern wars and the health of female combatants

Many people have been killed or injured on both sides since the beginning of modern wars, which has been going on in the last two years. Modern war is a war in which the physical man is less involved and revolves more around the orbit of the intelligent man. In this type of war, the parties involved are focused on the subject based on technological data and with modern weapons and usually achieve the desired result. An estimated 10000 women have been reportedly killed by Israeli forces in Gaza to date. Every day the war in Gaza continues, at the current rate, an average of 65 women will continue to be killed. Many of them are reported to be dead under the rubble. An estimate 40 mothers are killed every day, leaving their families devastated and their children with diminished protection. 4 in 5 women (84 percent) in Gaza indicate that at least one of their family members had to skip meals during week. In 95 percent of those cases, mothers are the ones going without food (18-20).

In 2023, 44% of the 17.6 million people who need humanitarian aid will be women and 11% will be girls. Finding a new livelihood is also a crucial challenge for displaced women. Also, sexual violence and violation of the rights of women in the recent wars have been reported. Sexual violence is the worst type of violence against women and the most severe type during war and armed conflicts, which is described in detail in Article 7 (1) (G)-6 of the International Criminal Court Statute (Appendix) concerning crimes against humanity and sexual violence. By referring to the complicated situation of pregnant women and babies in the recent wars, the United Nations Population Fund (UNFPA) states that about 180000 women gave birth in countries at war in 2020 and due to

proper health care restrictions, the number of premature babies and abortions increases. Also, it has caused conditions such as eclampsia (convulsions caused by hypertension). Also, women's nutrition has been compromised due to months of displacement and physical exhaustion (21).

The status of women displaced by the war and the migration of millions of refugees to other countries cannot be justified. The modern wars continue and cause casualties until conducting this study. There is no sign of its end, no sign of the victory of the parties over each other, and no sign of its positive impact on the nation of the two sides of the conflict.

It seems that modern wars are not necessarily military confrontations: it is "a cultural conflict between the European Union, the West (22).

A) Functional discourse analysis of the news agencies of the Islamic Republic of Iran (IRNA), BBC (BBC), and CNN (CNN). By examining IRNA, BBC, and CNN news agencies in the area of women's rights since the beginning of last two years of war; From March 2021, to March 2023 has been done. From the description view of IRNA news agency's perspective, an operational pattern of discourse analysis in level-level justification analysis, text-level depth approach, and the level of depth and interpretation of the original text indicate: an approach to children and women affected by war is creating a narrative; the loss of hundreds of thousands of jobs has a direct impact on women's employment; financial support for families has a social impact; single-gender approach leads to the breakup of families; focusing only on the women of one side of conflict in the war leads to increasing women's distance from their right are significant. In interpretative view, IRNA news agency's the Western narrative of the war; emphasizing the indirect presence of the West on women's employment and health; and revealing the effects of war on security and human rights are dominant in recent wars.

From the description view of BBC (BBC) perspective, invasion of markets and hospitals violates the laws of war; the West supports women's rights; forced migration of families imposes the highest harm on women; chosen authoritarianism instead of democracy; The foundation of the family is jeopardized are significant. In interpretative view, criticism of social outcomes of migration of women and families; and highlighting the limitations of human and women's rights are the perspective of BBC. The summary of description and interpretation stages of CNN's discourse analysis in the recent wars in 2021-2023 in the area of women's and family rights express cases similar to the BBC. From the description view, CNN (CNN) focused on refugees' flock to the borders; leading to genocide; the impact of war on the mental health of women and families; and Women are the main victims of the recent wars. Finally, revealing disregard for the right to health; Highlighting human rights violations; and revealing single-gender view of its social policies is in the interpretative view of CNN.

b) A deeper discourse analysis of the news media of the Islamic Republic of Iran (IRNA), BBC, and CNN

1) News Agency of the Islamic Republic of Iran

When the social policies of a media are based on human values and justice, its view and discourse on war will also be in line with its ideology. This news agency considers a status and position for the family and woman that any attack on them is not compatible with any criteria and standards. The inclusion of news such as "War in Islam is condemned except for the defense of self and homeland" in the Islamic Republic of Iran news agency is a symbol of the Iranian-Islamic media's valuing of life, humanity, and most importantly, peace. It refers to America as a "war mafia" and believes that wars all over the world start with the lobby of the United States for the sale of military weapons, but

it is unaware that the result of every war, either directly or indirectly, is the victimization of women and finally, the emotional health of female combatants is reduced and the institution of the family is destroyed.

The inclusion of the news with the theme of "depression of the people of the world from war news" emphasizes the pacifism of the news media of the Islamic Republic of Iran and its concern for the mental health and emotions of all human beings. Finally, IRNA emphasizes the limitations of Europe in dealing with refugees and indicates the ethical sensitivity of the Islamic media to the position of the family and women, and their political and social rights. However, the imbalance in the world order (international law) and the rights of women in war and after war is worrying for it.

2) BBC News Agency

However, by the inclusion of news "attacking the camp of war prisoners", it should have referred to thousands killed in the Camp of Dachau in Nazi Germany and the US Army's re-attack on April 29, 1945. Although the focus of several media news on the attack on civilians, women, and children is a concern for human rights, BBC and military weapons trade by its government as one of the world's largest arms has become a paradox in international security and peace. It has not prioritized the emotional health of human beings, especially the institution of family and women, so far.

3) CNN News Agency

reminded such literature. Security Council's addressing the issue of the killing of civilians by CNN news agency is a news reflecting its role in international peace and security, while US government has been always involved in major Middle East wars such as Iraq, Afghanistan, and Syria, and it has left them without a positive result. The implications of the discourse analysis of these three news agencies indicate that humanitarian principles and rights,

especially the right to the health and rights of women, children, and civilians, are less investigated in international conflicts and crises. These affairs are analyzed in the form of a few articles not in the form of war laws to examine their social and political aspects.

Discussion

By describing some views (and some disputes) related to women's issues and war and peace, this study indicates that the differences and commonalities between men and women are more complex than they are mostly depicted. Studies indicate that female combatants are not an integrated social unit. They are classified based on their race, class, culture, and their life experiences in their analysis of the structure of power. The media system is one of the reasons for the lack of a common health system and the provision of women's emotional health. Some women attribute their lack of social rights and structures to government and political power, while others attribute it to people's non-involvement in the governance system. However, others are disappointed with both approaches and believe that masculine power is non-participatory.

The recent wars indicate that there is still a traditional, stereotypical, and non-social view of the media on today's woman, and what is displayed in the media is merely her motherly, emotional, and emotional role that needs compassion. Such an approach does not consider any woman deserving of being in society and performing civil responsibilities. The majority of displaced and damaged women have limited the media's patriarchal rule to two decisions. Some argue that the solution to this problem is providing health, welfare, social, educational, and cultural services to these women to protect and care for them and their children. Others recommend entrusting some of the middle and low-rank job positions to these women as the solution. None of the media has addressed the impact of women's thinking on the

tomorrow of war and international peace and security issues and refuses to think once about women's creativity in reducing crises and violence. This issue has led to the elimination of women from involving in domestic and international political areas, the lack of benefiting from political decisions, and ultimately reducing women's focus and increasing their social anxiety. The world will suffer from the consequences of displacement and the individual and social harm of women, especially female combatants, in the next three decades. Issues related to the emotional health of women in the modern war are called crises. Finally, the war between countries in recent years is neither merely a military nor a gender struggle (23).

countries pay very high price for their freedom and independence from the dominion from others even if it is at the cost of war and military occupation. The solution is the international community's involvement more than ever and the insistence on the return of the involved parties to the international and human rights table. The traces of feminine thought in the structure of social power and communication systems are seen, and one day, history will oblige criminals to pay all the costs of violating the international law system and its negative impact on the physical and mental health of societies (24).

Recommendations

It is recommended that the role of virtue in the terminology of the right to health and its interaction with the agency of the media in solving social conflicts and women's rights should be studied. Another issue is whether women always face such conflict in their social and even family positions during the war and after the war. The third recommendation is to identify mediating factors, reviving local peace mechanisms, and local mediating tools and its role is in stabilizing the emotional health of women in war and generalizing it to the area of international law and health.

Conclusion

From the media social responsibility viewpoint, this study sought to solve a problem such as the right to women's health in war and after war. The war has changed the position of human rights and gender equality values. Most than all, women have been left out of politics at the domestic level, and its negative psychological outcomes on women's emotional health reinforce the existence of gender discrimination. The political and social action of female combatants will remain ambiguous as long as we seek to expand masculine definitions of politics, rule in everyday conflicts, and think about the survival of power relations in society. Many results indicate that female combatant groups are a homogeneous group with similar interests and identities and have the same experiences of war and "peace" after the war, and they experience war in the same way. However, the unequal experience of "peace" of female combatants after the war has led to identity inequalities and limited security and mental health.

Some of the measures that should be taken in this regard are encouraging the education of women, adopting ethical and professional guidelines to reduce discrimination, and creating media monitoring groups. The participation of female combatants and the transfer of their lived experiences in the areas of information and communication technology, including virtual space, should also be highlighted as a means to strengthen the role of women in social processes. Although the number of wars has decreased in the contemporary world, the severity of their psychological consequences has increased the range of social anomalies and dissatisfactions, especially among women due to the media coverage of conflicts and crises, and it has left different forms of frustrations, emotional breaks, and even deviations and crimes. The media's approach to the role, status, and contribution of women during wars

indicates the effect of the power institutions and authoritarian structures.

The media system sometimes faces interruptions or obstacles in reflecting the pains and sufferings of female combatants, and the human and economic development policies of the power structure. Thus, the international law system, the health system, and the media system must redefine the right to women's health. The study indicates that the occurred changes are primarily caused by the intersection of gender, war, and militarism (and other intertwined variables such as race, ethnicity, and gender) in the form of the media system, international law, international organizations, and religious institutions, and other non-governmental organizations. Given the fundamental impact of mothers on the nationality, religion, and identity of children in the future, development policies and programs should be based on the same capabilities of all genders.

Authors' contribution

Jamshid Arasteh and Mandana Saniee developed the study concept and design. Ani Mirzakhanian and Hedyeh Sadat Mirtorabi acquired the data. Jamshid Arasteh and Mandana Saniee analyzed and interpreted the data, and wrote the first draft of the manuscript. All authors contributed to the intellectual content, manuscript editing and read and approved the final manuscript.

Ethical Considerations

Questionnaires were filled with the participants' satisfaction and written consent was obtained from the participants in this study.

Funding/financial support

There is no funding.

Conflict of interest

The authors declare that they have no conflict of interests.

References

1. Majid AA. The crisis of professional responsibility in Iraqi journalism: avoiding incitement to violence and armed conflict. *International Review of the Red Cross*. 2007;89(868):893-913. <https://doi.org/10.1017/S1816383108000131>
2. Parashar S. Feminist international relations and women militants: case studies from Sri Lanka and Kashmir. *Cambridge Review of International Affairs*. 2009;22(2):235-256. <https://doi.org/10.1080/09557570902877968>
3. Driscoll A. "Women Writing War and Peace in Post Vietnam Era", *PSU McNair Scholars Online Journal*. 2004;1(12):108-148. <https://doi.org/10.15760/mcnair.2005.110>
4. Pietila H. *Women's Peace Movement as an Innovative Proponent of the Peace Movement as a Whole*, Groningen Netherlands;1984.
5. Giri K. Strategic Silences and Epistemic Resistance: Agency of Women Ex-Combatants in 'Post-War' Space. In *The Emerald International Handbook of Feminist Perspectives on Women's Acts of Violence*. Emerald Publishing Limited;2023. <https://doi.org/10.1108/978-1-80382-255-620231017>
6. Rowe P. *The impact of human rights law on armed forces*. Cambridge University Press;2006.
7. Thompson J. Women and war. *Women's Studies International Forum*. 1991;14(1):63-75. [https://doi.org/10.1016/0277-5395\(91\)90084-U](https://doi.org/10.1016/0277-5395(91)90084-U)
8. West G, Blumberg RL. *Reconstructing social protest from a feminist perspective*;1990.
9. Staudt K. *Women, International Development: And Politics*. Temple University Press;2010.
10. Snoubar Y. Mental Health of Women Affected By Conflict and War: What Social Workers Can Do?. *International Studies in Social, Human and Administrative Sciences*;2023. https://www.researchgate.net/publication/371985743_Mental_Health_of_Women_Affected_By_Conflict_and_War_What_Social_Workers_Can_Do
11. Tehranian M. Peace journalism; A discussion on the ethical principles of global media, *Rasaneh*, 2001;12(4):2-13. <https://www.sid.ir/paper/448103/fa>
12. Predko V, Schabus M, Danyliuk I. Psychological characteristics of the relationship between mental health and hardiness of Ukrainians during the war. *Frontiers in Psychology*. 2023;14(1):1282326-34. <https://doi.org/10.3389/fpsyg.2023.1282326>

13. Van Ommeren M, Saxena S, Saraceno B. Mental and social health during and after acute emergencies: emerging consensus? *WHO Bull.* 2005;83(1):71–76. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2623467/>
14. Padilla JM. Lawfare: The Colombian Case. *Revista Científica General José María Córdova.* 2012;10(10):107-42. http://www.scielo.org.co/scielo.php?pid=S1900-65862012000200006&script=sci_arttext
15. Behrouzi Khah A. Human Rights Education for Peace, Human Rights Master's Thesis, Shahid Beheshti University;2022.
16. Murthy RS, Lakshminarayana R. Mental health consequences of war: a brief review of research findings. *World psychiatry.* 2006;5(1):25-38. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1472271/>
17. UN Women's calculation estimates are based on OCHA reported numbers.
18. Bartone PT, McDonald K, Hansma BJ, Solomon J. Hardiness moderates the effects of COVID-19 stress on anxiety and depression. *J Affect Disord.* 2022;317(1):236-244. <https://doi.org/10.1016/j.jad.2022.08.045>
19. Cesur R, Sabia JJ, Tekin E. The psychological costs of war: Military combat and mental health. *Journal of Health Economics.* 2013;32(1):51-65. <https://doi.org/10.1016/j.jhealeco.2012.09.001>
20. Strelnyk O. Gender, Citizenship and War: How Russia's War on Ukraine Affects Women's Political Rights. *Femina Politica—Zeitschrift für feministische Politikwissenschaft.* 2023;32(1):87-94.
21. Solomon S, Bayer YA. Is all mental harm equal? The importance of discussing civilian war trauma from a socio-economic legal framework's perspective. *Nordic Journal of International Law.* 2023;1(2):1-20. https://brill.com/view/journals/nord/92/4/article-p528_002.xml
22. Graff, Agnieszka/Korolczuk, Elżbieta, 2022: The Culture War and the Actual War. Democracy Seminar. Internet: <https://democracyseminar.newschoool.org>.
23. Niaz U, Tariq Q. Challenges in Women's Mental Health: Care in Conflict and Post-Conflict Situations. *Mental health and illness of women;*2020. https://doi.org/10.1007/978-981-10-2369-9_4
24. Pols H, Oak S. War & military mental health: the US psychiatric response in the 20th century. *Am J Public Health.* 2007;97(12):2132-2142. <https://doi.org/10.2105/AJPH.2006.090910>