

# Ouder worden met de oorlog - alertering

Updates 16 september 2025

Voor veel mensen wordt het verleden belangrijker naarmate ze ouder worden. Voor mensen die de Tweede Wereldoorlog hebben meegemaakt kunnen ervaringen, herinneringen en emoties die men voorheen nog door bijvoorbeeld hard werken en vermijden verre van zich kon houden, nu alsnog naar boven komen.

Elk kwartaal zet de ARQ-bibliotheek, geassisteerd door ChatGPT, nieuwe publicaties over *ouder worden met de oorlog* op deze lijst. Wilt u liever een mail ontvangen met referenties naar geselecteerde publicaties, geef dan uw e-mailadres door aan de [ARQ-bibliotheek](#). Ook voor eerdere updates kunt u mailen naar de [ARQ-bibliotheek](#).

Deze attendering hoort bij het themadossier [Ouder worden met de oorlog](#)

1.

Ballis, A., et al. (2025). "Who will be Interested in Seeing this in 100 Years?" Holocaust Survivors' Perspectives on 'Dimensions in Testimony' and the 'Forever Project'. Technology Meets Testimony: Digital Pathways to Holocaust Survivors' Biographies. A. Ballis, F. Duda and M. Gloe. Wiesbaden, Springer Fachmedien: 355-369, [https://doi.org/10.1007/978-3-658-45924-6\\_18](https://doi.org/10.1007/978-3-658-45924-6_18)

This article examines the use of interactive testimonies to document Holocaust survivors' memories, focusing on initiatives by the USC Shoah Foundation and Forever Holdings. It analyzes the viewpoints of eight survivors from the US, Canada, Great Britain, and Germany on digital testimonies collected from 2019 to 2022. The research explores survivors' attitudes towards technology, the recording process, and the digital media for Holocaust Education. Introducing the concept of a "digital echo," the study highlights how survivors' stories are transformed into digital media that resonate across generations, preserving their narratives and boosting educational efforts. Survivors discuss balancing respect for their past with the adoption of digital advancements to keep their stories accessible and impactful. Despite challenges, they recognize the significance of digital projects in educating future generations. The study concludes with survivors viewing their participation as contributing to a peaceful future.

2.

Bergman, Y. S., et al. (2025). "Associations between death anxiety and probable posttraumatic stress disorder and clinical depression and anxiety in older Israeli adults during wartime." Journal of Traumatic Stress n/a(n/a): 23131. 10.1002/jts.23131

The outbreak of the Israel–Hamas war on October 7, 2023, has presented unprecedented challenges to older adults' mental health, including increased posttraumatic stress, anxiety, and depression. The current study examined potential war- and age-related factors associated with probable posttraumatic stress disorder (PTSD), clinical depression (probable depression), and generalized anxiety disorder (probable anxiety) among older adults during the ongoing war. Moreover, due to the continued threat of death, we examined whether death anxiety is an

additional contributing factor to older adults' probable PTSD, depression, and anxiety. Data were collected January–March 2024 from 554 community-dwelling older adults (Mage = 73.90 years, SD = 7.35, range: 61–96 years) who completed online scales assessing sociodemographic variables, war exposure (distance from the Gaza Strip, exposure to terror attacks/blasts), and age-related constructs (assistance in daily activities [ADL], cognitive decline, physical illnesses, death anxiety). Increased ADL was associated with probable depression,  $B = 0.62$ ,  $OR = 1.87$ , and anxiety,  $B = 0.42$ ,  $OR = 1.53$ , and cognitive decline was associated with probable depression,  $B = 1.52$ ,  $OR = 4.56$ . Older adults with high levels of death anxiety were almost 3 times as likely to meet the criteria for probable PTSD,  $B = 1.05$ ,  $OR = 2.85$ , and more than 1.5 as likely to meet the criteria for probable depression,  $B = 0.54$ ,  $OR = 1.71$ , and anxiety,  $B = 0.50$ ,  $OR = 1.65$ . The importance of death anxiety as a potential risk factor for negative psychological outcomes among older adults during war is discussed.

3.

Bouskos, J. T. (2025). Somatic Psychotherapy's Efficacy on Reducing Trauma Symptoms in Genocide Survivors: A Metasynthesis, San Francisco State University. Master of Social Work, <https://scholarworks.calstate.edu/downloads/gq67k150v>

This metasynthesis ponders the question “are somatic psychotherapies effective in reducing trauma symptoms in genocide survivors and those with ethnic histories of genocide?” This population (direct genocide survivors and their descendants as well as individuals belonging to social identity groups who have experienced genocide regardless of direct exposure themselves) experiences higher rates of both single-instance and complex trauma symptoms than the general population. Somatic psychotherapies -- therapies which involve integration between the body, felt sensation, and mental processes in processing trauma – have gained popularity in the west in recent decades and may provide a conduit to healing for genocide survivors and those with ethnic histories of genocide. This paper conducts a systematic review of the existing literature around somatic therapy's efficacy in treating trauma symptoms in genocide survivors, noting themes such as the cultural attunement made possible by engaging the body and traditional forms of movement, the accessibility and adaptability of somatic therapies' less manualized approach, as well as challenges with cultural scripts around seeking and accepting help in communities impacted by genocide. The existing literature supports the use of somatic psychotherapies in treating trauma symptoms in genocide survivors while also highlighting the need for future research regarding this population's needs, existing barriers to treatment, and the possible benefits of continual work around decolonizing mental health treatment for trauma symptoms

4.

Ephraim, D., et al. (2025). "Rorschach assessment of holocaust trauma." Rorschachiana. 10.1027/1192-5604/a000193

In discussing Holocaust trauma, Jean Améry famously asserted: “Whoever was tortured, stays tortured.” Empirical studies comparing Holocaust survivors with control groups have also found evidence of irreversible psychological and neurobiological damage decades after the traumatic events took place. The finding that a proportion of survivors have demonstrated resiliency and experienced psychological growth despite their continued vulnerability has also garnered attention. This article explores the relevance of both themes, enduring vulnerability and resiliency, by examining in depth the Rorschach responses of three female survivors contacted in their community who experienced a similar sequence of atrocities half a century prior to the assessment. In the context of some self-reported information about their life before, during, and after the war, the article outlines both shared characteristics and distinctive features in their Rorschach protocols. The case studies illustrate how the method allows clinicians to observe the trauma manifestations and resiliency features in action, revealing patterns of strengths and vulnerabilities that are unique for each individual. Other issues discussed in the article include patterns of constriction and affective dysregulation, depictions of danger and helplessness scenarios, scoring issues regarding trauma-related thought-disordered responses, and specific Holocaust-related imagery. While mostly adopting a qualitative, experiential approach to the discussion of Rorschach findings, quantitative data are also presented and briefly discussed. (PsycInfo Database Record (c) 2025 APA, all rights reserved)

5.

Halioua, B., et al. (2025). "International study of the perceived stress and psychological impact of the 7 October attacks on Holocaust survivors." European Journal of Psychotraumatology 16(1): 2428025. 10.1080/20008066.2024.2428025

**Objective:** The terrorist attacks of 7 October 2023 in southern Israel had a significant impact on the mental health of Holocaust Survivors (HS), who are considered to be particularly vulnerable to traumatic events. The aim of the study was to assess the severity of perceived stress and the psychological impact of the 7 October attacks on HS. **Methods:** The study was conducted from 30 October to 15 December 2023 among HS who were contacted through HS support organisations (OSE, Aloumim). They completed a questionnaire consisting of four sections: socio-demographic data and experiences during the Holocaust, assessment of psychological stress using the Perceived Stress Scale (PSS-10), feelings of isolation, health consequences, and reactions to the 7 October attacks. **Results:** 171 HS completed the questionnaire with 61 males (35.7%) with a mean age of 86.6+/-4.4 years (min 79–max 97). 59.6%, lived outside Israel, mainly in France. The mean score on the PSS-10 was 17.7 +/-6.0 on a scale of 5 to 40. The average PSS 10 score is not significantly higher in cases of age ≤90 years (18.0 ± 6.0 vs 15.7 ± 6.4, NS), or for those living in Israel (17.2 ± 5.3 vs 18.1 ± 6.6, NS). About a quarter reported feelings of isolation or loneliness following the attacks. The impact of the 7 October attacks was particularly significant among those living outside Israel. Approximately two-thirds felt that the events had rekindled memories of their Holocaust experiences, and nearly one-third

observed a decline in their health since the attacks. Among survivors living outside Israel, 86.6% expressed concern about the future safety and identity of their children and grandchildren as Jews. Conclusion: Identifying Holocaust survivors (HS) who are experiencing psychological distress is crucial to providing them with appropriate therapy. 75.3% of Holocaust Survivors experienced moderate to severe distress in the two months following the 7 October terrorist attacks, as measured by the PSS-10 questionnaire. Non-Israeli HS tend to think more frequently about the Holocaust period (87% vs 62.7%,  $p \leq .05$ ) and more often make a spontaneous link between the images broadcasted of the October 7 massacre and what happened during the Holocaust (83.7% vs 66.7%,  $p \leq .05$ ). Compared to non-Israeli HS, those living in France and Canada are more anxious about the future of their children and grandchildren as Jews (86.6% vs 58.8%,  $p \leq .05$ ). 75.3% of Holocaust Survivors experienced moderate to severe distress in the two months following the 7 October terrorist attacks, as measured by the PSS-10 questionnaire. Non-Israeli HS tend to think more frequently about the Holocaust period (87% vs 62.7%,  $p \leq .05$ ) and more often make a spontaneous link between the images broadcasted of the October 7 massacre and what happened during the Holocaust (83.7% vs 66.7%,  $p \leq .05$ ). Compared to non-Israeli HS, those living in France and Canada are more anxious about the future of their children and grandchildren as Jews (86.6% vs 58.8%,  $p \leq .05$ ).

6.

Kadri, A., et al. (2025). "What Factors are Associated with Posttraumatic Growth in Older Adults? A Systematic Review." Clinical Gerontologist 48(1): 4-21. 10.1080/07317115.2022.2034200

Posttraumatic growth (PTG) is of increased theoretical and clinical interest. However, less is known about PTG in older adults specifically. This systematic review aimed to identify domains where PTG is studied for older adults; investigate factors associated with PTG in older adults; consider how these might differ between historical and later life traumas. Online databases were searched for quantitative studies examining PTG outcomes in adults aged  $\geq 60$  years. 15 studies were subject to a narrative synthesis. Older adults can experience substantial levels of PTG, from traumas during later life or across the lifespan, and historical wartime traumas. Traumas can be diverse, some studies found equivalent levels of PTG from different traumas across the lifespan. Social processes may be a key variable for older adults. Additional psychosocial factors are found; however, diverse findings reflect no overall model, and this may be consistent with variations found in other PTG literature. Clinical considerations are discussed. As diverse studies, findings may not be widely generalizable and directions for further research are highlighted. PROSPERO: CRD42020169318.

7.

Keller, S., et al. (2025). "Mental illness severity and characteristics among holocaust survivor immigrants, Non-Holocaust immigrants, and native israelis: A historical prospective study." Social Psychiatry and. 10.1007/s00127-025-02979-0

**INTRODUCTION:** Holocaust survivors were exposed to extreme trauma. More than half a million survivors immigrated to Israel over the years, as well as immigrants who didn't suffer the atrocities of the holocaust. Trauma and immigration are both risk factors for mental disorders. **AIM:** To describe differences in hospitalization characteristics and to determine whether there are differences in illness severity between mentally ill Holocaust Survivor Immigrants (HSI), non-Holocaust immigrants (NHI), and Native Israelis (NI). **METHODS:** An unidentified list of hospitalized psychiatric patients was extracted from the Israel psychiatric case registry according to the following criteria: Jewish patients who were born in Europe or Israel before 1944 and were admitted to a psychiatric ward between 1945 and 2010. 30,539 records were divided into three groups: Holocaust Survivor Immigrants, Native Israelis, and Non-Holocaust Immigrants. **RESULTS:** The number of first hospitalizations after age 70 is significantly higher at the HSI and NHI compared to NI. A significantly higher rate of suicide attempts was observed among HSI (13.8%), compared with the NI (11.8%) and NHI (9.7%). The odds for severe mental illness were significantly higher among HSI and NHI compared to NI by 84% and 66% among patients with psychotic disorders, twofold higher, and higher by 37% among patients with affective disorders, and threefold and 2.5 times higher among patients with anxiety. **CONCLUSIONS:** Exposure to the Holocaust trauma has an effect on patterns of psychiatric hospitalizations and the severity of Holocaust survivors' psychiatric illness. Immigration is an independent risk factor for severe mental illness, although its influence was less pronounced than direct Holocaust exposure. Exposure to severe trauma such as war during childhood has long-term effects on the course and severity of mental illnesses.

8.

Maytles, R., et al. (2025). "Psychological reactions of Holocaust survivors following the October 7 attack in Israel." *Psychiatry Research* 343: 116305. 10.1016/j.psychres.2024.116305

Holocaust survivors may be sensitive to additional traumatic events that can awaken memories of their past. The study examined Holocaust survivors' reactions to the October 7 terrorist attack. Data were collected from 118 Israeli Jewish older adults, who were divided into three groups: Survivors with high ( $n = 17$ ), and with low PTSD symptom levels ( $n = 69$ ) and a comparison group ( $n = 32$ ), matched for background variables. Results demonstrate that survivors who reported high PTSD symptom levels due to the Holocaust reported more anxiety ( $p < .001$ ,  $\eta^2 = 0.13$ ), depression ( $p = .006$ ,  $\eta^2 = 0.08$ ), and PTSD symptoms due to the Israel–Hamas War ( $p < .001$ ,  $\eta^2 = 0.22$ ), compared to low-PTSD-level survivors and comparisons – those not directly exposed to the Holocaust. However, there were no group differences in hope, activity engagement, and community resilience. The findings highlight the heightened distress experienced by highly traumatized Holocaust survivors following additional mass trauma, while also demonstrating their remarkable resilience.

9.

Mazuz, K. and R. Yamazaki (2025). "Trauma-informed care approach in developing companion robots: a preliminary observational study." Frontiers in Robotics and AI 12: 1476063. 10.3389/frobt.2025.1476063

**Introduction:** This study explores the integration of Trauma-Informed Care (TIC) principles into the development of companion robots for elderly trauma survivors, particularly those with Post-Traumatic Stress Disorder (PTSD). The psychological effects of trauma, especially in aging populations, can complicate mental and physical health, highlighting the need for tailored technological solutions. **Methods:** The research involved two focus groups with Holocaust survivors (N = 12) who engaged directly with a social robot. Discussions explored their needs, barriers, and coping strategies based on their longitudinal experiences of trauma, resilience, and aging. Transcripts were thematically analyzed, identifying key TIC-related themes—safety, trust, self-compassion, and self-efficacy—in relation to engagement with companion robots. **Results:** Findings revealed that trauma survivors face significant challenges in communication and technology use. Safe and trusting environments were fundamental for meaningful engagement with robots. Self-compassion and self-efficacy emerged as essential to overcoming initial barriers, indicating that TIC-informed design features could facilitate better uptake and acceptance. **Discussion:** The study emphasizes the importance of incorporating TIC principles to ensure these robots meet the complex needs of trauma survivors. Findings also underscore the personal histories, ongoing changes in recollecting the trauma, and the need for stable, empathetic interactions highlights the complexity of designing assistive robots for profoundly affected populations. This study contributes to digital mental health and aging technologies by emphasizing stability, empathy, and user-centered design in developing assistive robotics as a universal, scalable solution.

10.

Swartz, H. A. (2025). "How to Cope in 2025: Advice From a Holocaust Survivor." American Journal of Psychotherapy 78(2): 77-78. 10.1176/appi.psychotherapy.20250029