

LUDOVIKA UNIVERSITY OF PUBLIC SERVICE
DOCTORAL SCHOOL OF MILITARY SCIENCES

THESIS STATEMENT

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**An analytical evaluation of military psychological activities in the
Hungarian Defence Forces after 1990**

author's introduction to the doctoral (PhD) thesis titled above

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1. FORMULATION OF THE SCIENTIFIC PROBLEM

Recent security policy changes affecting Hungary have made it necessary to review the country's defense capabilities. One of the results and an instrument of this is Zrínyi HHP, which has a significant impact on achieving better the compliance with the basic mission of HDF. The program has a significant impact on personnel, and it is achieved, among other things, by purchasing and using new technologies and instruments, creating a new organizational culture, and changing the management and leadership order.

What can military psychology add to the ability of the personnel of the defence forces to meet training and deployment requirements, and what is the psychological activity that can most effectively approach and achieve the desired goal during the process formulated in the tasks? What needs to be changed in existing practice, what new dimensions have emerged and may emerge, which also require a psychological reaction? What is the opinion of the stakeholders, the personnel about the psychological activity, especially the psychological work related to the missions? In addition, there was a lack of feedback experience that queries the complex deployment environment, criteria and the need for professional care of the personnel in positions.

This gives rise to the following questions.

- How did military psychology adapt to the organizational requirements of the Hungarian Defence Forces during the period under review?
- Is there a demand for military psychology on the part of the personnel, especially regarding mental health care?
- What conditions does HDF provide for those acting as psychologists in its relevant organizational task system?
- Regarding the success of military peacekeeping operations, one of the most important tasks of HDF, to what extent can the work and activity of military psychology and psychologists be useful and effective? How is it seen by those involved, i.e. the soldiers involved in the operations?

2. RESEARCH HYPOTHESES

Some of my research hypotheses are theoretical to which I will give a theoretical answer through systematization and searching interdependences in connection with the events of the past period. The other part of my hypotheses are confirmed through empirical studies.

H1: I would like to prove that during its development, military psychology has adequately adapted to the preventive needs of all military personnel in the Defence Forces.

H2: I would like to prove that the personnel of the Hungarian Defence Forces demand as well as use the psychological service supporting their mental health.

H3: I would like to certify that the existing working conditions and financial conditions of psychologists working in the Hungarian Defence Forces positively affect their degree of satisfaction in connection with their position/job.

H4: I would like to prove that the professional activities of psychologists working in the Hungarian Defence Forces are sufficiently diverse and provide an opportunity for professional development.

H5: I would like to prove that the necessity as well as the perception of psychological work related to mission tasks has a positive relationship with the expectations of the personnel in this regard.

H5/1st sub-hypothesis: I would like to prove that the integrated psychological preparation conducted as part of the preparation for an international area of operation is seen as necessary and useful by the personnel concerned.

H5/2nd sub-hypothesis: I would like to prove that the personal presence of a psychologist in contingents involved in international operations is useful, it provides applicable knowledge and, if necessary, helps to maintain the mental balance of the personnel.

H5/3rd sub-hypothesis: I would like to prove that reintegration training after international operations is considered necessary and useful by the personnel concerned.

3. RESEARCH OBJECTIVES

In the theoretical part of my dissertation, I intend to present the areas of military psychology from the 1990s to the present day that have ensured and continue to ensure that the personnel serving in the Hungarian Defence Forces are in adequate mental health condition. During the period examined, there were general and public policy impacts that affected the management and leadership relevance of troop psychology, a new field in military psychology, for which I am looking for answers. Regarding this:

- I intend to examine the factors affecting the changes, development process of military psychology after the 90s as well as the factors affecting its core purpose.

My goal is to organize and present the tasks and indicators of the psychology fields in the military medical services related to this topic. I intend to examine the special tasks of the field of psychology, I highlighted its mission-related and domestic application environment and tasks. Regarding this:

- my goal is to present the direct experiences and turnover data of military psychology at troops, in border operations and on missions, which are indicators of the necessity and usefulness of troop psychology.

I find it important to know the opinions of psychologists about the military relevance of their respective field. To achieve this:

- based on questionnaires made with psychologists, I intend to learn about the problems related to their work, their opinions about their professional activities, and the extent of their satisfaction with their position/job.

I intend to reveal the opinion of the personnel meeting with psychologists concerning professional usefulness, necessity and effectiveness. Regarding this:

- I intend to verify my research with a statistical study that psychological activity related to operations provides useful and applicable knowledge to personnel in the different (preparation - task performance - arriving home) phases of the mission.

In a broader sense, my goal is to prove that the presence of psychology and psychologists in HDF's task system and organization is necessary and useful.

4. RESEARCH METHODS

To start the research, I prepared a research plan. In the course of collecting the theoretical materials necessary for establishing research goals and hypotheses, I designed and carried out the tests necessary to prove my hypotheses. In my research, I placed emphasis on collecting data available to me in the field, which is a collection of information obtained in part from regular, periodic reports, and also, in other cases, from ad-hoc reports.

In order to prove my hypotheses directly related to the test section of my research, i.e., psychologists, I designed a questionnaire. I used questionnaires that were filled out in connection with quality assurance during mission preparation and reintegration. From these questionnaires, I highlighted questions more closely related to the topic. To assess the psychologist actively fulfilling mission duties, the personnel of HDF KFOR 27¹ was involved, together with the psychologist deployed with the contingent.

I evaluated the data obtained from the questionnaires and the quality assurance sheets and analyzed the results using the mathematical statistics method, using the R package², in a quantitative and qualitative manner. The analysis of the first test Welch gives the distribution of the whole sample, the degree of freedom, the significance (p-value) value of the groups with a two-sample t-test, and I also take into account the mean and standard deviation values of the groups. The second study measures the significance value of the groups using a Wilcoxon signed-rank test. In the third study, I examined the significance value by performing an Binomial exact test. For each study, a significance level of 5% ($p \leq 0.05$) was determined.

¹ HDF KFOR (Kosovo Force). Rotation 27 provided service in Kosovo between September 2022 and February 2023, which is the largest military mission of the Hungarian Defence Forces in terms of headcount led by NATO (North Atlantic Treaty Organization).

² The R is a free, open source, professional and continually developed statistical software package. Online: <https://r-projekt.hu/mi-az-r/>

5. A BRIEF DESCRIPTION OF THE STUDIES CARRIED OUT IN EACH CHAPTER

In order to verify my third, fourth and fifth hypotheses, I demonstrated three studies. In the first study, I was looking to verify my third and fourth hypotheses. The purpose of the study, which was conducted in January and February 2022, was to seek the opinions of psychologists about the conditions of their work, their professional opportunities and plans, and, of course, the perception of their own work. The sample (N=43) consisted of the entire staff of active psychologists available in military medical services, more than half of which serves as troop psychologists, performing direct, daily mental health care tasks. The smaller half consists of two groups. One of them carries out specific suitability assessment tasks, and the other group carries out the professional tasks related to missions, supplemented with thematic training courses and individual consultancy.

My third hypothesis, i.e., the existing working conditions and material conditions of psychologists working in the Hungarian Defence Forces positively affect their level of satisfaction, was verified by *the overall result of the whole sample*. The average (\bar{x} : 4.15) of the relevant questions (14-20) shows "mostly satisfied" psychologists. Statistically processing questions 14-20 of the questionnaire filled out by the psychologists elaborated this in more detail. Different conditions can be observed when placed in different facilities, and in three cases there was a significant ($p \leq 0.05$) difference between the groups, but, based on the whole sample, the psychologists did not think that seriously and negatively affected their satisfaction and work.

My fourth hypothesis, i.e., the professional activities of psychologists working in the Hungarian Defence Forces are sufficiently diverse and provide an opportunity for professional development, which means satisfied employees overall, *I consider to be verified*. The average of \bar{x} : 4.06 of the total sample means that based on the answers given to the positive questions regarding professional activity, the given question can be described as a "mostly typical" case or situation. Within this, I assumed that I would find a significant difference between the specialties, that is, the more varied work of troop psychologists is significantly different from the routine activity of aptitude testers or the work of those holding training courses who are

forced to constantly commute. There was a significant difference (at least $p \leq 0.05$) between the values of the three groups in twenty-one cases regarding questions 14-45.

The second part of the empirical chapter presents two studies with a total element number of $N=261$. Examination of psychological preparation and reintegration. The first part relates to the usefulness and necessity of mission preparatory training and the assessment of psychologists. In this section, I was able to separate five contingents for different areas of operation. The most critical was the personnel in the HDF KFOR contingent. The evaluation of the training courses and the trainer showed a median of 5 in two components among thirteen questions on a five-grade evaluation sheet. All other components also gave a significant ($p \leq 0.05$) result, and the median of 4 is definitely a good result when occupations are evaluated, therefore, considering the partial and overall results, ***the first sub-hypothesis of my fifth hypothesis can be considered verified***, since *psychological preparation is considered necessary and useful by the personnel concerned*.

The reintegration training was evaluated by the soldiers returning from a mission. I was unable to complete the mission-specific assessment from the evaluation sheets available because the identification section is mostly not filled out on the sheets. In this part, too, a median of 5, the best value, was achieved, based on which the knowledge and preparedness of my colleagues are the highest rated. Considering the overall results, ***I consider that the third sub-hypothesis of my fifth hypothesis is also verified***, because *the personnel concerned finds reintegration training after international operations to be necessary and useful*.

To confirm the second sub-hypothesis of my fifth hypothesis, I was able to conduct an examination among the soldiers of the KFOR mission in Kosovo ($N=127$) with direct participation from the contingent psychologist. I examined six questions from the questionnaire, which is also suitable for quality assurance. The binomial statistical test showed clear usefulness. The evaluation of the mission psychologist brought the same result. It can be concluded that *the presence of a contingent psychologist is useful and the soldiers are satisfied with their professional work with the personnel*, therefore, ***I consider the second sub-hypothesis of my fifth hypothesis also to be verified***. Overall, considering the sub-hypotheses, my fifth hypothesis was verified based on the examinations performed.

6. FINAL CONCLUSIONS

When writing my dissertation, my goal was to present how psychology as an applied science has been present in the Hungarian Defence Forces through a historical overview, and to analyze its appearance, forms, content and structure as well as related indicators. I tried to summarize and quantify a field in military medical services, because in previous periods, the scientific publications and PhD dissertations that were written presented a part, a sub-field or a special application of military psychology activity.

Military psychology has undergone significant transformations in Hungary from World War I till the present day. Initially, psychological activity was mainly limited to aptitude and screening tests, then mental health care activities also appeared on a base of the Military Hospital. The objectives of the Human Service, established in 1994, included human resource management, psychological care, recreation and socialization problems. However, by the mid-2000s, the professional supervision of troop psychologists had become a controversial issue, and the lack of qualified psychologists was an additional problem.

Mental health care activities included the HDF Drug Alert program, which focused on addictions and drug addiction. In this task, human resources and health care professionals and psychologists also participated together. Competency issues between the two specialties arose most sharply in connection with this program. Due to the organizational changes that took place at the end of the 2000s, troop psychology lost a significant institutional background, however, the military health care system was relatively stable in this area and gradually took over the professional management of troop psychology.

In 2009, a new network concept was approved for troop psychology, which later on, pursuant to Ordinance No. 89/2010. (X. 22.) HM of the Ministry of Defence, subordinated all psychological activities to HDF Medical Center. In the chapter, I also explained the protocols and psychological fitness testing methods used by some NATO member states.

The first hypothesis, according to which during its development, military psychology has adequately adapted to the preventive needs of all military personnel in the Defence Forces, has been partially proven. I find this claim partially proven in that there was a critical period in

troop psychology in terms of positions filled and professional supervision in the few years preceding 2010.

In the second chapter, I described recent activities of troop psychology and provided numerical data on the areas of psychological work. HDF's psychological care system can be divided into two main areas by their content: elements performing central functions and troop elements. The Troop Psychology Service, which is a unit-based element, has undergone several organizational periods. Current occupancy indicators for troop psychologist positions are favorable, and psychologists have varied skills, training, and experience. I present in detail the main areas of the troop psychologist activity, such as direct and continuous psychological work troop in units, participation in the border tasks and mission-related psychological tasks. I also provide quantitative data on the volume and nature of psychological work. HDF's military leadership strongly requires this activity and sets high expectations. Concerning commanders and in-unit commanding staff, experiences related to their attitude towards psychology are heterogeneous. The goal to achieve full acceptance, knowing how diverse people's value choices and personal attitudes are, may be unrealistic, but it is necessary to systematically share psychological knowledge with a wide range of HDF personnel.

I deal with the special challenges arising from the geopolitical (migration) situation and the global health emergency in separate subchapters. I highlight the psychological challenges experienced during border policing tasks and the efforts made to address them, as well as the importance of strategic adaptations during the pandemic in managing stress and negative emotions.

I consider *my second hypothesis* to be verified, as the data support the fact that HDF personnel require and use the services of troop psychologists. Psychologists have the trust of the vast majority of the personnel and their professional competence is recognized. These results confirm the importance of psychological support and its importance in a military environment, especially in missions and crisis situations.

In the empirical part of my dissertation, I presented three studies. The first study is the examination of psychologists in military medical services. In the study, I sought an answer to the question of whether the working conditions of psychologists need to be improved or

changed in terms of quality? To conduct the study, I used a questionnaire that studies satisfaction. To this end, I had a detailed questionnaire filled out by all available psychologists at the time. Regarding the dissertation, it was relevant to evaluate several points of the questionnaire, which I analyzed with an appropriate statistical program. The psychologists working in the Hungarian Defence Forces have not yet been examined in a complex manner, so this is definitely a novelty among the dissertations on military psychology. The statistical analysis carried out showed that although there are objections to the placement criteria and care conditions, they are not significant overall. Furthermore, considering that the psychologist personnel examined works in three special fields under different conditions, as a result, there are significant differences between these groups regarding several questions. However, if we look at the whole picture, they balance out each other, so ***my third hypothesis was verified***, because psychologists are satisfied in their positions/jobs given the existing working conditions.

To verify my fourth hypothesis, in the dissertation, I devoted great length to the area that looked at professional work and satisfaction. Overall, in the questions examined, the psychologists considered the items to be typical for themselves. Based on the answers given to the positive questions regarding professional activity, the average of \bar{x} : 4.06 of the total test sample gave a "*mostly typical*" result, which verified my assumption that the work of a psychologist is sufficiently diverse and provides an opportunity for professional development. My assumption that there are significant differences between special fields of psychology when comparing both the conditions and satisfaction was also verified.

In my second examination I processed the quality assurance questionnaires related to mission preparation and reintegration. I discuss preparation and reintegration jointly because the structure and content of the relevant questionnaire are the same. The difference lies in which period it was recorded.

The first sub-hypothesis of my fifth hypothesis was related to the one in which I asked the soldiers in preparation whether they regarded preparation necessary or useful. ***My first sub-hypothesis is considered verified*** because the results showed a number of significant values. My third sub-hypothesis belongs here, although not based on order, but because of the previous paragraph. The questionnaire asked about the psychologist's work in the period after returning home, the necessity and effectiveness of the training carried out at that time. The quality

assurance questionnaires processed also showed clear satisfaction with the psychologist's work. Thus, *my third sub-hypothesis can also be considered verified*. To confirm my second sub-hypothesis, I used a questionnaire taken during the mission. The third topic of the empirical studies was the evaluation of the mission psychologist's activity. This study was conducted with the help of the psychologist currently on the respective mission. The personnel of the HDF KFOR-27 contingent participated in the study, and I analyzed and evaluated only those questions in the questionnaire that were specifically related to the work of a psychologist and its evaluation. The questionnaire recorded with the soldiers in the mission also contained questions that were related to the preparation period in retrospect, so the validity of what was said at the preparation can be checked. *I also consider my second sub-hypothesis to be verified*, because the personnel interviewed clearly considers the work of psychologists to be useful, effective and necessary based on the questionnaires evaluated. *My fifth hypothesis is thus considered to be verified*.

In the summary of the fourth chapter, I highlight the following findings, which underline the role, challenges and development directions of the psychological service of HDF in the context of the challenges of modernization and 21st century warfare.

1. Dual presence of psychological activity: HDF's psychological care system is present in two main areas: elements performing central functions and troop elements. The integration of these structures is necessary in order to make optimal use of human resources and increase the effectiveness of psychological care. Unified coordination and professional management of the entire psychologist staff are also necessary to carry out the tasks³ newly emerging from July 2024.

2. Maintaining the dynamics of troop psychology: The Troop Psychology Service has undergone several organizational periods. Current occupancy indicators are favorable and the expertise of psychologists is well-suited in different areas. Taking into account the previous point, psychology should strive as much as possible to be available to personnel locally, on an ongoing basis. In terms of critical events, it is also important to be able to reach out as soon as possible to a psychologist who knows the personnel receiving care.

³ Participation in Mobile Aptitude Testing Groups, which HDF Medical Center provides across Hungary based on the needs of recruitment centers.

3. Challenges and adaptation strategies: The dissertation also highlights the challenges created by geopolitical (migration) and health crises, as well as the importance of strategies used during the pandemic in managing stress and negative emotions. These challenges, both in protocol and preparation, call for the preservation of mental health and the development of adaptive abilities.

4. Development of cognitive abilities: The values of the cognitive abilities presented fundamentally influence the development of effective pedagogical and psychological methods for education and training processes. Additional pilot programs are needed to create complex programs in collaboration with multiple disciplines.

5. Relationship with Zrínyi HHP (Defence and Military Development Program): The Zrínyi Defence and Military Development Program is aimed at state-of-the-art systems and instruments as well as the modern and continuous training and the psychological preparation of military personnel. This dual focus facilitates the development of a well-trained, prepared human resource that is fundamental to responding to the challenges of the 21st century. Psychology, within its own competence, must play a role in the renewal of HDF.

6. Researchable human resource challenges: In the case of military medical services, too, it is worth noting the handling of human resources problems, with the introduction of a new career model. Considering the organizational transformations of the past decades, it is necessary to allocate resources efficiently and optimize the leadership structure. Psychology has good occupancy indicators, but in this respect, this means that those joining the Hungarian Defence Forces should have the highest level of qualification and experience.

7. Integrated psychological support and cooperation: The importance of cooperation between military psychologists and commanders is given special attention during missions. Optimal integration of human factors into military decision-making is essential to promote the mental well-being of soldiers and the effectiveness of teamwork. Expanding the psychological culture of commanders and military leaders is not an end unto itself, but also represents the interest of the subordinate personnel.

8. A need for a structural review: For the psychological service of HDF to be effective, a periodical structural review and a review of the core purpose is required. This ensures that psychological services are constantly and adequately adapted to changing needs and challenges, thus contributing to maintaining and developing defensive capabilities and military readiness.

7. NEW SCIENTIFIC FINDINGS

1. I presented in a complex manner the activities of the psychological field that was established in the early nineties in the Hungarian Defence Forces, first operating as the Troop Psychology Service, then integrated into military medical services, which serves to maintain and develop the appropriate mental health condition of personnel. The entire field of troop psychology was forced to adapt, which it successfully did, to continuous change and eventually found its place in HDF's military medical services, so my H1 hypothesis was partially verified during the period examined.

2. I proved that the personnel of the Hungarian Defence Forces widely needs the services of the psychological field, which I confirmed by analyzing the turnover data of the troop psychologist activity, in line with my H2 hypothesis. This preventive activity provides an opportunity to maintain and develop the appropriate mental health status of the personnel.

3. In connection with the hypothesis H3, I found that psychologists working in the Hungarian Defence Forces are overall satisfied with the different infrastructure, assets, working conditions and the conditions of their professional work. The study also objectively revealed areas that require improvement in the professional work of the field.

4. I have examined in detail the questions and opinions related to the professional work of psychologists. I confirmed my H4 hypothesis empirically. The military is a suitable environment for satisfying and developing the wide range of professional interests of psychologists. I have identified a number of significant results between troop psychologists and the group called the central element, which serve as a basis for further investigation.

5. I examined the necessity and importance of the field with the involvement of Hungarian Defence Forces personnel preparing for, carrying out or returning from a mission. I confirmed

my H5 hypothesis. The personnel interviewed gave a rating of 4 (good) and 5 (very good) to the psychologists involved in their preparation and reintegration. Satisfaction with the psychologist working in the mission showed a significant, satisfactory result. These results also provide important feedback for the development of further specific (mission-related) materials.

8. RECOMMENDATIONS

The dissertation is for the memory of the late Dr. György Kiss, professor. I recommend it to my colleagues for carrying out similar studies and learning more about the effectiveness of certain areas, especially training, and I recommend it to those interested military leaders who consider the participation of this field in health prevention in military preparation and training.

I recommend the dissertation to leaders in the field for conducting a similar internal study in order to get a more accurate picture of the thinking, professional development needs and satisfaction level of their own colleagues on issues considered relevant to the profession. I recommend it for the evaluation of the work of professional staff involved in the training of soldiers by those to be trained, as well as the evaluation of the soldiers giving specialized training by the personnel participating in the training.

Although the results of the study may satisfy psychologists based on the opinions of soldiers in missions, but that is why I recommend methodological developments. For soldiers who participate in missions, it is necessary to maximize the knowledge that supports their combat readiness and serves their physical, mental and spiritual integrity.

9. PRACTICAL USE OF RESEARCH RESULTS

The theoretical chapters of my dissertation are useful for psychologists who have newly joined the defence forces. I introduce psychologists who join up to the areas that they potentially meet in their work, regardless of the nature of their position, concerning a military career. The theoretical part shows the results of the psychological work done in the Hungarian Defence Forces through numbers and statistics. The theoretical part is also useful for commanders of military sub-units, for higher-ranking leaders so that they can familiarize themselves better with the field, and for expanding the culture and awareness of psychology.

The investigative part of the dissertation can be used to compare questionnaires and analyses containing research with a similar profile. The questionnaire for psychologists, after adaptation, may also be useful for other fields of work, whereby they can learn about the attitudes, commitment, ambitions of those working in that field, as well as the conditions in which they work and their (self-)reflection.

10. LIST OF PUBLICATIONS

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7. ANDÓ Sándor (2022): A csapatpszichológiai tevékenység számokban. Szelei Ildikó (szerk.): *Hadtudomány és a 21. század*. Budapest: Doktoranduszok Országos Szövetsége Hadtudományi Osztály, 235-247.

8. ANDÓ Sándor (2023): A kognitív képességfejlesztés pszichológiai lehetőségei. *Honvédségi Szemle*, HSZ 2023/3. szám, 118 – 129., DOI: 10.35926/HSZ.2023.3.9 (ORCID: 0000-0002-1181-8698; MTMT: 10077829)
Online: <https://kiadvany.magyarhonvedseg.hu/index.php/honvszemle/article/view/977>
9. ANDÓ Sándor (2023a): Hogyan érzi magát a pszichológus a hadseregben? *Hadtudományi Szemle*, 16. évfolyam (2023) 2. szám 171-185. DOI: 10.32563/HSZ.2023.2.13
Online: <https://folyoirat.ludovika.hu/index.php/hsz/article/view/6638>
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11. CURRICULUM VITAE

Colonel Sándor Andó is in charge of the HDF Medical Center Psychology Institute. In 1986, he applied for HPA György Killián Aviation Technical College, fighter control-surveillance major. He took his first position in Tata, in the Aviation Department of 1st Mechanized Corps HQ of HDF. Due to organizational changes, he was transferred to Ercsi, to HDF 123rd József Eötvös Line Construction Signal Regiment. From here, he applied in 1994 for the psychology department of Lajos Kossuth University and fulfilled the position of troop psychologist.

As of 1 September 1997, he was posted to Székesfehérvár with the Human Directorate of HDF Ground Forces General Staff, where he was responsible for coordinating psychological activity among troops under the general staff. After a successful application, as of 16 April 1999, he became the deputy head of department, then the head of department of the Psychological Aptitude Testing Department of the HDF Health Protection Institute. During this time, he was responsible for managing psychological aptitude testing for the HDF, participated in the drafting of relevant legislation, and was a co-author of the Industrial and Organizational Psychology Protocol of the Hungarian Psychological Association. During this period, he was a presenter at several scientific conventions and conferences. In 2002, he graduated from the Budapest University of Technology as industrial and organizational psychologist.

Between 1 April 2005 and 30 November 2011, he worked at the MOD Human Policy Division, then at the MOD Planning and Coordination Division. During that period, he was responsible for participating in drafting psychology-related regulations, giving opinions on such materials;

participation in psychology-related research concerning the HDF; participation in professional projects between ministries; supervision of psychological aptitude testing and selection.

As of 1 December 2011, he returned to military medical services. Deputy head of department, head of department, head of institute, and he fulfilled the role of HDF's chief psychologist. In the health care, his main tasks included conducting psychological training for soldiers preparing for operations (missions); participating in the selection of soldiers for special operations using the AC method; participating in cooperation with fellow armed forces (TEK) using the AC method (research) and professional management of the activities of the Troop Psychology Service. Between 2015 and 2018, he represented the Hungarian Defence Forces in NATO COMEDS Military Mental Health Expert Panel.

He is a member of the Hungarian Psychological Association and the Hungarian Military Science Society. He has an intermediate knowledge of English (STANAG 2.2.2.2.) and a basic knowledge of Russian. In 1998, he became an autogenic trainer, in 2004 an NLP trainer, then obtained further trainer qualifications in 2014 in the organization of the Leadership and Advanced Education Institute of Ludovika University of Public Service and the Hungarian Psychological Association.