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## **The New Zealand Psychological Society highlights psychological impact of global warfare**

The impacts of the psychological harm occurring in Gaza, Ukraine, and now Iran, on innocent bystanders is significant and long-lasting. Research has clearly shown the immediate and long-term generational effects of war on those directly involved and further afield.

War is harmful to all people. Armed conflict inflicts immediate trauma, loss, and displacement. It also deepens intergenerational harm, social fragmentation, and ecological damage. Psychological wellbeing is inseparable from peace, safety, and justice. We recognise that structural inequities and historical injustices amplify the harms of conflict for marginalised communities

**We support international efforts toward ceasefire and peaceful resolution, recognising that sustained violence causes profound psychological harm.**

The New Zealand Psychological Society leads by [our values](#) and our [Code of Ethics](#) – our collective commitment to upholding best practice for psychologists. This includes a commitment to nurturing the mauri of peoples and taiao (the environment), creating inclusive spaces, and amplifying the voices of diverse and marginalised communities. As psychologists, we are grounded in evidence-based research and practice, our code of ethics, and Te Tiriti-informed practice. We recognise the lasting impacts of colonisation, racism, institutional violence, and exclusion, and we work actively to address harm, uphold human dignity, and collective wellbeing.

The recent attack by the United States and Israel on Iran, and the ongoing hostilities are causing profound distress locally and globally. Beyond the immediate loss of life, communities connected to the region, including diaspora communities in Aotearoa New Zealand, are experiencing fear, grief, and uncertainty. Exposure to graphic media coverage and rapidly unfolding events can compound anxiety and vicarious trauma. Most concerning is the impact of war fatigue occurring at rapid levels globally.

Again, we urge immediate de-escalation, adherence to international law, and the prioritisation of civilian protection. We also call for trauma-informed, culturally

grounded support for affected communities. Psychosocial wellbeing and recovery are central to humanitarian responsiveness and long-term peace-building.

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**About the New Zealand Psychological Society**

The New Zealand Psychological Society (NZPsS) is the largest professional association for psychologists in New Zealand. It has around 2400 members, including students, and aims to improve individual and community wellbeing by representing, promoting and advancing the scientific discipline and practice of psychology.