



**PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA**  
**ALL-RUSSIAN PUBLIC ORGANIZATION**  
**NATIONAL HEALTH LEAGUE**  
**MANPOWER RECRUITMENT COMPANY**  
**CLEVER CONSULTING**  
**PSYCHOLOGICAL INSTITUTE AT RAS**  
**RUSSIAN PSYCHOLOGICAL SOCIETY**  
**FEDERATION OF EDUCATIONAL PSYCHOLOGISTS OF RUSSIA**  
**LOMONOSOV MOSCOW STATE UNIVERSITY**  
**NATIONAL RESEARCH UNIVERSITY**  
**“HIGHER SCHOOL OF ECONOMICS”**  
**PSI CHI – THE INTERNATIONAL HONOR SOCIETY IN PSYCHOLOGY**  
**INSTITUTE FOR EDUCATIONAL RESEARCH, BELGRADE, SERBIA**  
**UNIVERSITY OF BANJA LUKA, BOSNIA AND HERZEGOVINA**  
**RUSSIAN-ARMENIAN (SLAVIC) UNIVERSITY, ARMENIA**  
**AL-FARABI KAZAKH NATIONAL UNIVERSITY**  
**MENTAL HEALTH FILM FESTIVAL**

### INFORMATION LETTER

*Dear colleagues,*  
**On October 5-7, 2023**

The fourth International Scientific and Practical Conference "Commitment to Mental Health Issues" will be held at the Patrice Lumumba Peoples' Friendship University of Russia at the Psychology and Pedagogy Department (Philology Institution)

The conference is planned as a scientific and practical interactive platform where scientists and practitioners will be able to share their methods and technologies in the sphere of diagnostics, correction and maintenance of mental health and psychological well-being in the modern society. The project provides for holding not only a plenary session and thematic sections, but also master classes, a youth section representation, an art therapy festival, a professional development program for conference participants and other interactive forms of communication.

*The conference will be held in face-to-face and remote formats using the MS Teams online platform. The working languages of the conference are Russian and English.*

**The preliminary program of the conference includes:**

**October 5 and 6, 2023** – plenary and sectional meetings, including a special section of young scientists, a competition of poster reports and brain-ring for graduate and undergraduate students.

**October 7, 2023** – II International Art Festival

**October 5-7, 2023** – an advanced training program "*Modern technologies for mental health and psychological well-being*"

***Thematic areas of the conference:***

- The problem of mental health and psychological well-being: from methodology to practical technologies.
- Technologies for maintaining and preserving students and teachers' mental health and psychological well-being.
- Digitalization of secondary and higher education. Technologies for developing new skills in Internet hygiene and digital ethics.
- Technologies for preserving professional health in conditions of emotional tension.
- Social mental health. Psychological diagnostics and support in situations of emotional instability.
- Provision of emergency and crisis assistance to participants of educational relations: technologies and methods;
- Psychological support of students.

**The following are invited to participate in the conference:** university teaching staff, researchers, doctoral students, postgraduates, applicants, undergraduates, students, practical psychologists, teachers and doctors, educational institutions employees; representatives of public organizations that solve mental health problems.

Students and postgraduates present the results of their research on the topic of the conference in the form of abstracts and/or poster reports. Posters can be prepared as an addition to abstracts or as an independent report.

**By the beginning of the conference**, it is planned to publish an electronic collection of articles and a collection of young scientists' abstracts (with an ISBN index, registration in the RSCI), *see the presentation rules in Appendices 2-3*.

Requirements for publications in the collections of papers and abstracts are given in *Appendices 2-3*.

**Deadlines for submitting applications for participation in conference events:**

1. Applications for participation in the conference (see *Appendix 1*) and articles/abstracts in the conference proceedings are accepted until **July 15, 2023** by e-mail: **mental.health@rudn.ru** under the subject "Conference materials" (*see the presentation rules in Appendix 2-3*).

**2. Rules for messages:**

- subject: "Application to the conference /October/2023" or "Conference materials/October/2023";
- one needs to attach to the message:

- 1) application for the conference (see the form in Appendix 4), the file name is **Application\_Author's Name**;  
the article or abstracts designed according to the requirements (file name – **Theses\_Author's name**) – **to participate with the publication.**

**CONTACT INFORMATION:**

**Postal address of the Organizing Committee:** 117198, Moscow, Miklukho-Maklaya str., 10/2, Department of Psychology and Pedagogy at People's Friendship University of Russia (office 627);

**Phone numbers:** (495) 434-43-64, (495) 787-38-03 (ext. 12-66); +7-906-701-08-22

**For further training and participation in the Art Festival program, call:** +7-967-272-81-60

**Email:** mental.health@rudn.ru

*Appendix 1*

**Application for participation in the Fourth International Scientific and Practical Conference  
"Commitment to mental health issues"**

*(please, fill in all columns without abbreviations)*

1.	Last name, first name, patronymic if applicable	
2.	Country	
3.	City	
4.	Place of work or study (university, department, etc.)	
5.	Position	
6.	Academic degree, title	
7.	Telephone	
8.	E-mail	
9.	Participation form, choose	Face-to-face with the report Face-to-face without a report Remote with the report Remote without a report Face-to-face with a poster report and publication Face-to-face with a poster report without publication
10	Title of the report/article (if available)	
11.	Mailing address (in case you want to receive the copy of the published collection by mail)	

**REQUIREMENTS FOR THE ARTICLES' DESIGN**

**Volume:** up to 5 pages

**Computer set:** MS Word format, extension \*.doc or \*.docx; Times New Roman font; size 12; line spacing 1.0; without page numbering; margins: top – 6.1 cm, bottom - 6.5 cm, right and left 4.9 cm; paragraph indentation – 1 cm.

**Text structure:**

- title (fully typed in bold **CAPITAL LETTERS**, center formatting);
- in 1 line: the author/authors' initials and surname (lowercase letters, **bold italics**, center formatting);
- the author's place of work (for each author: full name of the university, organization, etc.; city, country (lowercase letters, regular font, center formatting);
- after 1 line: abstract of the article content (5-7 lines);
- list of keywords (5-7);
- after one line: English translation of the paper title;
- transliteration of the author(s)' name and surname;
- official English translation of the name of the organization, city, country;
- English translation of the abstract and the keywords;
- after one line: the text of the paper;
- if necessary, the text may include maximum 2 tables and 1 figure, which should be titled and included directly in the text (should not go beyond the margins); all columns and lines in the tables should be named; figures should be clear, contrasting and only **black and white**; abbreviations used in tables and figures as well as the symbols must be deciphered (the note under the table or figure);
- after the text, **a list of references** is placed under the title (**no more than 7 sources!**) and it is typed in **10 font**. The output data of the sources referenced in the text are indicated **alphabetically**. First, the literature in Russian is listed, and then – in foreign languages. References to literature in the text are made in square brackets in the form of a number corresponding to the number of this work in the list of references (for example: [1]). Footnotes are not allowed. When using quotations, it is mandatory to specify the source page (for example [3, p. 17]);
- the list of references is included in the total volume of the article – it is printed after the main text in font 10, under the heading. The **bibliography** is indicated alphabetically, the sources are numbered alphabetically.

**Materials submitted after July 15, 2023 will not be accepted!**

After reviewing and acceptance or rejection of the application and materials for publication, the Organizing Committee of the conference sends a response to the author /authors; in case of a positive decision, accompanied with the registration fee payment details.

### **Sample design of the paper**

## **PSYCHOLOGICAL WELL-BEING AND ATTITUDES TOWARD SEEKING MENTAL HEALTH SERVICES IN RUSSIAN UNIVERSITY STUDENTS**

*E.B. Bashkin*

Peoples' Friendship University of Russia (RUDN University), Moscow, Russia

**Abstract.** (5-7 lines)

**Keywords:** 5 - 7 words (phrases), contributing to indexing articles in search engines.

Paper text

### **Bibliography**

*Mikhailova O.B., Khairova Z.R., Bashkin E.B.* Mental health as a priority of modern society: Results of the International scientific and practical conference on Commitment to Mental Health // RUDN Journal of Psychology and Pedagogics. 2021. Vol. 18. No 4. Pp. 915-922. <https://doi.org/10.22363/2313-1683-2021-18-4-915-922>

### *Appendix 3*

**Requirements for abstracts (for graduate and undergraduate students participating in the youth section)**

**Volume – 3 pages, abstract – 3 lines, keywords – 3-4, without tables or figures, no more than 5 bibliographical sources.**

*The rest of the requirements, structure and design rules are similar to those presented in Appendix 2*