Ministry of Foreign Affairs

Activity: Recovery. Sexual Life (25-0002451)

Id	25-0002451
Date	01-12-2025
SAP application number	

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Key data

Activity basics

Type	Standard
Short name	Recovery. Sexual Life
Contract party	Olena Pinchuk Foundation (30213403)
ODA	Yes
Amount and Currency	2287200 UAH
Amount EUR	49404
Start date	01-11-2025
End date	01-11-2026
Full name	Advancing Sexual Rehabilitation. Recovery. Sexual Life.
Summary	Post-Traumatic Stress Disorder (PTSD) and mild Traumatic Brain Injury (mTBI) are highly prevalent among Ukrainian veterans and are frequently associated with sexual dysfunctions. These challenges significantly reduce quality of life, worsen emotional well-being, and strain romantic relationships. Despite their prevalence, sexual health concerns among veterans remain severely under-researched in the Ukrainian scientific and medical landscape. Sexual rehabilitation is a critical but often overlooked aspect of recovery. It contributes not only to individual mental health but also to relationship stability, reproductive health, and overall quality of life. Yet in Ukraine, this field remains underdeveloped. There is a significant shortage of trained professionals and virtually no localized research or protocols to guide clinicians in providing support to trauma survivors. To address this, the Olena Pinchuk Foundation has begun engaging international experts to train Ukrainian psychologists, psychotherapists, occupational therapists, and other healthcare professionals. However, capacity building must be accompanied by research tailored to Ukraine's wartime context. The capacity-building component of the project will include a structured set of activities aimed at strengthening Ukraine's institutional ability to integrate sexual and reproductive health (SRH) into national veteran-care and mental-health systems. The sustainability of the project's results is a central design consideration, with several mechanisms in place to ensure that its impact extends well beyond the project's end date. The project has been developed in close collaboration with key Ukrainian stakeholders, including the Ministry of Health, Ministry of Defense. These partners are directly involved in all phases of implementation, from data collection to policy engagement, ensuring that the findings are embedded within national institutions and professional networks. The resulting evidence and tools will be integrated into existing rehabilitation, mental health, and medical education systems.

Activity details

Date of receipt of proposal	03-10-2025
Proposal's reference number	

Budget holder	Ambassade Kyiv (8231KIE)
Limit access	No
Related activity	

Accounting data

SAP application number	
Funds center	KIE General ODA activities contributions (1705U02160066)

Policy data

Cooperation modality	Project support
Technical assistance	50% or more of the activity budget
CRS code	72010 Material relief assistance and services
Policy Keywords	
Refugees & host communities	No
Team Europe Initiative	No
Policy Markers	
__Trade & The Economy	Not targeted
_Security & Stability	Not targeted
Biodiversity	Not targeted
Climate change: adaptation	Not targeted
Climate change: mitigation	Not targeted
Desertification	Not targeted
Equality between men & women	Significant
Migration	Not targeted
Reproductive and sexual rights	Principal
Reproductive health	Principal
Explain your choices	Activity aligns thematically the best with CRS code 72011: Provision of health services (basic health services, mental health, sexual and reproductive health), medical nutritional intervention (therapeutic feeding and medical interventions for treating malnutrition) and supply of medicines for the benefit of affected people. Excludes supplemental feeding (72040). However, mission KYI could not select that CRS code, so hence mission selected 72010.

Beneficiary location

Beneficiary location	Country
Country	Ukraine
Location type	Other
Specific location	Country

Policy Appraisal

Policy relevance

- What policy objectives, as set out in the annual plan, policy notes etc., will this activity contribute to?

The capacity-building component of the project will include a structured set of activities aimed at strengthening Ukraine's institutional ability to integrate sexual and reproductive health (SRH) into national veteran-care and mental-health systems. The sustainability of the project's results is a central design consideration, with several mechanisms in place to ensure that its impact extends well beyond the project's end date. The project has been developed in close collaboration with key Ukrainian stakeholders, including the Ministry of Health, Ministry of Defense. These partners are directly involved in all phases of implementation, from data collection to policy engagement, ensuring that the findings are embedded within national institutions and professional networks. The resulting evidence and tools will be integrated into existing rehabilitation, mental health, and medical education systems.

One of the project's core outcomes is the development of evidence-based training materials and protocols for Ukrainian health professionals. These resources will be disseminated through professional associations, medical universities, and clinical networks, ensuring ongoing use in the training and supervision of medical personnel. In addition, a cohort of Ukrainian clinicians and researchers involved in the study will be equipped with advanced knowledge and tools to continue this work independently. Elaborating training and policy tools for medical personnel based on conducted scientific research.
By aligning with national recovery strategies and working directly with government partners, the project ensures relevance to Ukraine's ongoing health reform and veteran reintegration agenda. Policy briefs and stakeholder dialogues will support the institutional uptake of the findings, including the incorporation of sexual health into clinical guidelines and service delivery frameworks. The project will produce a set of open-access materials, including validated assessment tools, prevalence data, research findings, and policy recommendations. These resources will be made publicly available and shared with health and humanitarian actors working in Ukraine and other post-conflict contexts, facilitating replication and scale-up.

Rationale

- What issue/problem will be addressed by the activity
- Why does the activity help to address the issue/problem?

  For ODA activities over EUR 250.000, please explain the Theory of Change

Sexual functioning is a core component of overall physical health and psychological well-being, yet it remains one of the most neglected aspects of veteran and military personnel care. Difficulties in this domain can profoundly affect quality of life, intimate relationships, and psychological adjustment. In the context of war and post-war societies, sexual and reproductive health is also increasingly recognized as a matter of public health importance, with long-term implications for family stability and demographic recovery.
Despite its prevalence and clinical significance, sexual dysfunction remains highly stigmatized among both veteran/military communities and health care providers (Sipahimalani et al., 2025; Douvos et al., 2025). This stigma extends the treatment gap and creates barriers to care. Furthermore, the lack of systematic research on risk pathways limits the development of tailored and effective interventions across different levels of care adapted to the specific veteran population.
This project directly addresses these challenges by systematically assessing the prevalence and severity of sexual dysfunction among Ukrainian war veterans and military personnel after trauma, and by identifying the key cognitive, behavioral, social, and biological factors that contribute to it. By clarifying the role and relative impact of these mechanisms, the study will help uncover pathways underlying sexual dysfunction in this high-risk group. These insights are critical for developing targeted screening programs and psychosocial and medical interventions that improve both individual well-being and partner relationship stability, thereby addressing a significant but under-recognized dimension of veteran health.

Contextual analysis

- Who is/are the target group(s) and why?
- Who are the other main stakeholders?
- To what extent have stakeholders been involved in formulating the proposal?
- Is the intervention aimed at a specific geographical location, and if so, why?

Although precise figures are unavailable, it is estimated that around one million Ukrainians have been recruited into the Armed Forces since February 2022 and have taken part in intensive combat. The massive use of missiles, artillery, and drones has resulted in unprecedented levels of physical injuries and psychological strain. While comprehensive data on the mental health burden in the military are lacking, initial insights from the Ukrainian National Initiative on Trauma Study (UNITY Study) suggest that among a convenience sample of help-seeking veterans, 67.4% met diagnostic criteria for ICD-11 PTSD/CPTSD and 34.4% for depression (Hyland et al., under peer review). Given that most recruits are men and women of working and reproductive age,

sexual dysfunction in this cohort carries profound implications for family systems, intimate relationships, and the country's demographic stability.
At the same time, Ukraine's health care system, already disrupted by the war through damage to infrastructure and displacement of medical staff, faces major challenges in ensuring accessible and effective care. Despite ongoing governmental reforms, persistent stigma surrounding mental health disproportionately affects both military personnel and health professionals, creating additional barriers to addressing trauma-related disorders and their consequences, including sexual dysfunction. These challenges are compounded within predominantly masculine veteran communities, where such problems often remain hidden.
Together, these factors highlight the urgent need to strengthen existing models of care and to develop new, integrated approaches for the reintegration and long-term support of an unprecedentedly large veteran population. While Ukraine's situation is unique in scale, it sets important precedents for addressing the health and psychosocial consequences of mass mobilization in modern conflicts, making the current project both nationally critical and internationally relevant.

Additional remarks (if applicable)

Results

Monitoring and evaluation

Monitoring

- Specify what reporting information is required for this activity, based on the activity analysis decision tree (see Help). Interim and Annual Narrative and financial reporting regarding project completion, detailing progress regarding planned activities, expenditures, and results.

  key project indicators include number of participants assessed, complete of questionnaire data, number of stakeholder activities (workshops, etc.).

  Data Collection and Monitoring Methods

  - Surveys and instruments used in data collection:
    - *IIEF-15* for sexual functioning
    - *ITQ* (Posttraumatic stress)
    - *IDQ* (Depression)
    - *IAQ* (Anxiety)
    - *DAS-7* (Relationship quality)
    - *WHO-5* (Well-being)
    - *OSU TBI-ID* (Traumatic Brain Injury)
    - Sociodemographic information including age, education, BMI, marital status, and presence of physical trauma

  Data Analysis Methods:

    - Descriptive statistics for prevalence estimation
    - Logistic regression to identify predictors
    - Network analysis to model interrelated symptoms across domains

  Monitoring & Evaluation Tools:

    - Participant database with tracking of response completeness
    - Pre/post-event feedback forms for stakeholder sessions
    - Uptake tracking (citations, downloads, mentions in policy/guidelines)
    - Internal M&E framework aligned with logical framework indicators

Finance

Budget breakdown

- Include an overview of the activity budget, including overhead costs.
- Is the budget arithmetically correct?
- Are the amounts/rates in the budget acceptable?
- Briefly explain the structure of the budget.
- Are overheads proportional to outputs? What is included? What is recharged?
- Is implementation conditional on the budget being amended in an inception phase? (Specify the requirements that the budget must satisfy and the date by which the budget must be amended)

The budget is correct and well structured. It includes staff, copying, printing, publishing, communication, activities with no **overheads**. No budget changes are required at the start.

Earmarking

- Is the Dutch contribution to the programme earmarked (i.e. reserved for a specific purpose)? If so, specify the reasons why.

The Dutch contribution is 2,287,200 UAH. It is fully earmarked for the Olena Pinchuk Foundation project and will only be used for the agreed activities.

Prepayments

- Based on the prepayment decision tree (see Help), do the payments need to be entered as prepayments and why? In the case of a lump sum, assess this against the applicable criteria and give the reasons for your choice.
- What is the maximum percentage that can be paid as prepayment, and why?
- Which are the reporting obligations on the basis of which prepayments can be closed?

Payments will be according to the standard procedure, as 95% prepayment at the start and 5% after the project is completed and reports are received.

ANNEX I: Project budget										
Name of project:		Recovery.Sexual life								
								Number of units, first reporting period		
Organisation:		Olena Pinchuk Foundation								
Currency:		UAH								
	Budget item Стаття бюджету	Unit Одиниця виміру	Number of units Кількість	Direct or indirect costs Прямі чи непря	Cost per unit Вартість за одиницю	Number of units, first reporting period К-сть	Embassy contribution Внесок посольства	Liquidity plan: Embassy contribution first reporting period Планові	Cost share Власний внесок *	Total project cost Всього

				мі витрати		одиниць, перший звітний період		витрати: перший звітний період		
1	Fees and Honoraria / Оплата праці						UAH 1,380,000.00	UAH 1,380,000.00	UAH 0.00	UAH 1,380,000.00
1.1.	Project manager	month	12	direct	45000	12	540,000.0	540,000.0		540,000.0
1.2.	Coordinator	month	10	direct	35000	10	350,000.0	350,000.0		350,000.0
1.3.	Head of the ethics committee	month	2	direct	45000	2	90,000.0	90,000.0		90,000.0
1.4.	Psychologist	month	4	direct	45000	4	180,000.0	180,000.0		180,000.0
1.5.	Social worker	month	4	direct	30000	4	120,000.0	120,000.0		120,000.0
1.6.	Assistant	participants	500	direct	200	500	100,000.0	100,000.0		100,000.0
1.7.							0.0	0.0		0.0
1.8.							0.0	0.0		0.0
1.9.							0.0	0.0		0.0
1.10.							0.0	0.0		0.0
1.11.							0.0	0.0		0.0
1.12.							0.0	0.0		0.0
1.13.							0.0	0.0		0.0
1.14.							0.0	0.0		0.0
1.15.							0.0	0.0		0.0
1.16.							0.0	0.0		0.0
1.17.							0.0	0.0		0.0
1.18.							0.0	0.0		0.0
1.19.							0.0	0.0		0.0
1.20.							0.0	0.0		0.0
2	Copying, printing, publishing / Витрати на						UAH 200,000.00	UAH 200,000.00	UAH 0.00	UAH 200,000.00

	тиражування та друк									
2.1.	Design of printed materials	service	1	direct	50000	1	50,000.0	50,000.0		50,000.0
2.2.	Printing of inforamtional materials/manuals	item	2000	direct	75	2000	150,000.0	150,000.0		150,000.0
2.3.							0.0	0.0		0.0
2.4.							0.0	0.0		0.0
2.5.							0.0	0.0		0.0
2.6.							0.0	0.0		0.0
2.7.							0.0	0.0		0.0
2.8.							0.0	0.0		0.0
2.9.							0.0	0.0		0.0
2.10.							0.0	0.0		0.0
3	Communication / Витрати на зв’язок та Інтернет						UAH 7,200.00	UAH 7,200.00	UAH 0.00	UAH 7,200.00
3.1.	Internet for tablets	month	6	direct	1200	6	7,200.0	7,200.0		7,200.0
3.2.							0.0	0.0		0.0
3.3.							0.0	0.0		0.0
3.4.							0.0	0.0		0.0
3.5.							0.0	0.0		0.0
4	Supplies / Витратні матеріали та канцтовари						UAH 0.00	UAH 0.00	UAH 0.00	UAH 0.00
4.1.							0.0	0.0		0.0
4.2.							0.0	0.0		0.0
4.3.							0.0	0.0		0.0
4.4.							0.0	0.0		0.0
4.5.							0.0	0.0		0.0
4.6.							0.0	0.0		0.0
4.7.							0.0	0.0		0.0
4.8.							0.0	0.0		0.0
4.9.							0.0	0.0		0.0
4.10.							0.0	0.0		0.0
5	Activities / Витрати на проведення заходів						UAH 0.00	UAH 0.00	UAH 0.00	UAH 0.00

5.1.							0.0	0.0		0.0
5.2.							0.0	0.0		0.0
5.3.							0.0	0.0		0.0
5.4.							0.0	0.0		0.0
5.5.							0.0	0.0		0.0
5.6.							0.0	0.0		0.0
5.7.							0.0	0.0		0.0
5.8.							0.0	0.0		0.0
5.9.							0.0	0.0		0.0
5.10.							0.0	0.0		0.0
5.11.							0.0	0.0		0.0
5.12.							0.0	0.0		0.0
5.13.							0.0	0.0		0.0
5.14.							0.0	0.0		0.0
5.15.							0.0	0.0		0.0
5.16.							0.0	0.0		0.0
5.17.							0.0	0.0		0.0
5.18.							0.0	0.0		0.0
5.19.							0.0	0.0		0.0
5.20.							0.0	0.0		0.0
6	Facility rent / Оренда приміщень						UAH 0.00	UAH 0.00	UAH 0.00	UAH 0.00
6.1.							0.0	0.0		0.0
6.2.							0.0	0.0		0.0
6.3.							0.0	0.0		0.0
6.4.							0.0	0.0		0.0
6.5.							0.0	0.0		0.0
7	Office equipment / Офісне обладнання						UAH 0.00	UAH 0.00	UAH 0.00	UAH 0.00
7.1.							0.0	0.0		0.0
7.2.							0.0	0.0		0.0
7.3.							0.0	0.0		0.0
7.4.							0.0	0.0		0.0

7.5.							0.0	0.0		0.0
7.6.							0.0	0.0		0.0
7.7.							0.0	0.0		0.0
7.8.							0.0	0.0		0.0
7.9.							0.0	0.0		0.0
7.10.							0.0	0.0		0.0
8	Travel expenses / Витрати на відрядження						UAH 0.00	UAH 0.00	UAH 0.00	UAH 0.00
8.1.							0.0	0.0		0.0
8.2.							0.0	0.0		0.0
8.3.							0.0	0.0		0.0
8.4.							0.0	0.0		0.0
8.5.							0.0	0.0		0.0
8.6.							0.0	0.0		0.0
8.7.							0.0	0.0		0.0
8.8.							0.0	0.0		0.0
8.9.							0.0	0.0		0.0
8.10.							0.0	0.0		0.0
9	Accommodation and boarding expenses / Витрати на проживання та харчування						UAH 0.00	UAH 0.00	UAH 0.00	UAH 0.00
9.1.							0.0	0.0		0.0
9.2.							0.0	0.0		0.0
9.3.							0.0	0.0		0.0
9.4.							0.0	0.0		0.0
9.5.							0.0	0.0		0.0
9.6.							0.0	0.0		0.0
9.7.							0.0	0.0		0.0
9.8.							0.0	0.0		0.0
9.9.							0.0	0.0		0.0
9.10.							0.0	0.0		0.0
10	Other direct costs / Інші витрати						UAH 700,000.00	UAH 700,000.00	UAH 0.00	UAH 700,000.00
10.1.	Tablets	item	4	direct	10000	4	40,000.0	40,000.0		40,000.0

10.2.	questionary developing	service	1	direct	186000	1	186,000.0	186,000.0		186,000.0
10.3.	screening and psychometric research	service	1	direct	300000	1	300,000.0	300,000.0		300,000.0
10.4.	data analysis and scientific interpretation	service	1	direct	174000	1	174,000.0	174,000.0		174,000.0
10.5.							0.0	0.0		0.0
10.6.							0.0	0.0		0.0
10.7.							0.0	0.0		0.0
10.8.							0.0	0.0		0.0
10.9.							0.0	0.0		0.0
10.10.							0.0	0.0		0.0
	TOTAL / ВСЬОГО						UAH 2,287,200.00	UAH 2,287,200.00	UAH 0.00	UAH 2,287,200.00