



8 November 2023

The Prime Minister of Israel,
Mr. Benjamin Netanyahu

Re: Warning against the distribution of the IDF video from 7/10

The Israeli Psychology Association joins the National Council for Post Trauma in warning that exposure to the IDF's video depicting the horrific events from 7/10 may cause irreversible damage and secondary traumatization to its viewers.

During these difficult, uncertain times, while we are still at war, and considering the exposure of large populations to acute traumatic events, it is the role of our leaders to strengthen the resilience of the citizens of Israel.

The Israeli Psychology Association issues a severe warning regarding the damaging effects of watching videos which contain severe violence and graphic images. Exposure to this kind of content is known to increase the risk of developing PTSD and psychopathology comparable to direct exposure to these events.

It is our recommendation that the general public avoid exposure to the very disturbing content relating to the events of 07/10/23 that has been distributed. It is of utmost importance to prevent children and teenagers from exposure to this video.

Studies from around the world conducted after 11/9 and other major disasters have indicated that people who were indirectly exposed to the events on social media, showed signs of increased mental illness. It is important to note that vulnerable populations, owing to previous traumatic experiences or previous mental illness are at an even higher level of risk.

We, who stand at the forefront of protecting the mental health of the citizens of Israel, can report that there has been a rise in requests for help from the psychological services during this period, resulting from stress-related reactions from viewing the content available in the media and on social media.

We call on the prime minister and the IDF to ensure supervised distribution of this video in order to sustain the resilience of Israel's population during these difficult times and to ensure that the citizens of Israel, both adults and children will not be exposed unsupervised to the very disturbing contents of this video.

With warm regards,

Yoram Schleyer, Chairperson
Israel Psychological Association