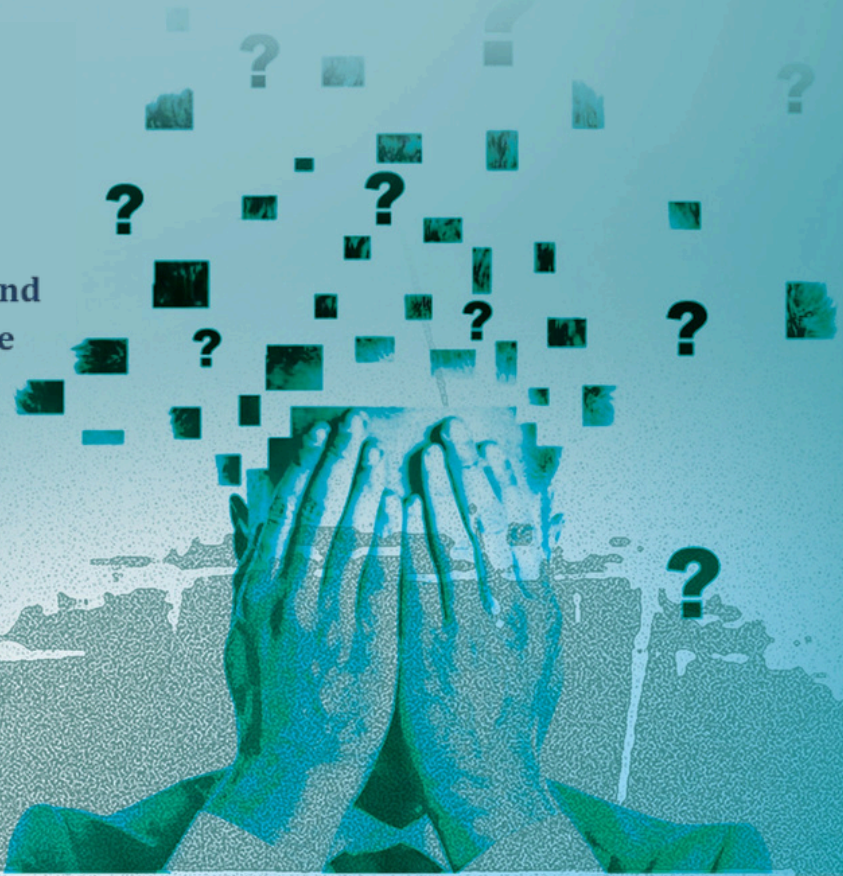




Shahid Beheshti
University of
Medical Sciences



Student Counseling and
Mental Health Office



Methods of Dealing with the Enemy's Psychological Warfare

Preparation and organization:
Management of Counseling and Mental Health of
Students of Shahid Beheshti Medical University

Various methods can be used to confront the enemy's psychological warfare, which generally include boosting the morale of friendly forces, raising awareness and education, dealing with rumors and divisiveness, and using the media to one's advantage.

1. Boosting the morale of friendly forces

■ Dissemination of positive news

Providing information of success and news in various military, economic, and social fields can help boost morale and hope among the people and friendly forces.

■ Show strength and capability

Demonstrating the country's military, economic, and cultural capabilities can intimidate the enemy and give hope to friendly forces.

■ Create a sense of unity and empathy

Relying on shared values and strengthening a sense of national belonging can create resistance against the enemy's divisiveness.

■ Introduction of heroes and role models

Introducing national heroes and successful role models in various fields can increase motivation and hope among people.


2. Awareness and education

■ Improving media literacy

Teaching people media literacy skills helps them seek news and information from credible sources and stay protected from propaganda.

■ Teaching the principles and techniques of dealing with psychological warfare

Training in how to identify and encounter psychological warfare techniques helps people be vigilant against these types of attacks.

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■ Explaining goals and ideals

Providing clear and transparent explanations about the goals and ideals of the national and Islamic Revolution can prevent misunderstandings and spreading suspicions by the enemy.

3. Dealing with rumors and divisiveness

■ Identifying and denying rumors

Using media and communication tools, we can identify and refute the enemy's rumors and false news and inform the public.

■ Create an atmosphere of dialogue

By creating an atmosphere of dialogue and constructive criticism, we can prevent divisions and disagreements and strengthen unity and cohesion.

■ Strengthening national cohesion

By emphasizing shared values and strengthening a sense of national belonging, we can resist the enemy's divisiveness.

4. Use of media

■ Creating attractive and persuasive content

By producing engaging and persuasive content in various formats such as videos, podcasts, infographics, etc., you can convey your messages to your audience.

■ Use of appropriate language and literature

Using language and literature that is appropriate to the audience's culture and beliefs can increase the impact of messages.

■ Using modern communication tools

By using modern communication tools and social networks, you can connect with a larger audience.

By implementing these strategies, you can encounter the enemy's psychological warfare and protect yourself from its harm.