Professor SVAJONĖ BEKEŠIENĖ, General Jonas Zemaitis Military Academy of Lithuania, Silo 5a, LT-10322 Vilnius, Lithuania, Building Cognitive Defence Mechanisms Against Adversarial Cyber and Information Warfare.

The rising prominence of adversarial information and cyber warfare presents a significant challenge to modern armed forces, requiring robust psychological and cognitive defences among military personnel. This study investigates key developmental trends in enhancing soldiers' resistance to Information Warfare Threats (IWT), aiming to strengthen their readiness for modern operational environments. Drawing from an extensive literature review, five core IWT dimensions were identified: Awareness of Resistance to Informational Threats (A), Information Dissemination Sources (B), Impact of Information Threats (C), Decision-Making in the Environment of Information Attacks (D), and Strengthening Resistance to Informational Threats in LAM (E). These dimensions reflect a holistic understanding of IWT's psychological, interpersonal, and systemic impacts. To assess interrelationships among these dimensions, expert evaluations were collected using linguistic pair-wise comparisons and analysed through a trapezoidal fuzzy DEMATEL method. The analysis revealed three primary causal dimensions—Awareness (A), Impact (C), and Strengthening (E)—as key drivers of cognitive resilience. Notably, the Decision-Making (D) dimension emerged as a central node, aligning with prior research emphasizing its influence on soldiers' adaptive responses under information pressure. The findings contribute to the strategic development of cognitive defence mechanisms by identifying critical leverage points for training and operational planning. Practical implications include the prioritization of targeted educational and psychological resilience programs focused on improving awareness, adaptability, and decision-making in the face of propaganda and cognitive manipulation. Furthermore, the fuzzy DEMATEL methodology proved valuable in modelling the complexity of IWT influence structures and offers a replicable framework for resilience assessment in defence contexts. These insights underscore the necessity for military organizations to proactively evolve cognitive defence strategies in alignment with evolving hybrid threats, ensuring that future warfighters are mentally equipped to counteract the manipulative tactics of modern information warfare.