

The Incidence of Mental Health of Public Security Agents of The Military House of Espírito Santo in the Protection of Dignitaries

Aderico dos Santos Correa Filho¹, Pedro Luiz Ferro²

1 Graduated in Psychology from the Federal University of Espírito Santo.

2 Post-doctorate in Social Sciences from the Federal University of Espírito Santo, Doctor and Master in Social Sciences from the Pontifical Catholic University of São Paulo, Graduated in Psychology from the University of Vila Velha, University Professor and Clinical Psychologist.

ABSTRACT: The main purpose of this article is to analyze the impact that the modern world has had on the security agents of dignitaries of the military house secretariat of Espírito Santo and what strategies the secretariat and the military police have adopted to maintain an effective and efficient team in fulfilling their constitutional duty and concomitantly healthy and integrated professionals.

KEYWORDS: Public security agents, Military house, Mental health.

I. INTRODUCCION

The security of an authority deals with complex and extraordinary problems, consequently, it needs to have an equally differentiated team, specialized resources, not made available to other security organizations, with security agents committed to the mission of protecting the authority, demonstrating qualifications compatible with the profile requirement.

It is important to note that in addition to the appropriate characteristics for the needs of their profession, the dignity protection agent needs to be trained in some personal skills such as foreign language, general knowledge about tourism, culture, history and techniques against terrorist attacks. (HASSOUN, 2015, p.117).

The need for a special group for the protection of dignitaries proves to be fundamental for the continuity of the public service, ensuring the protected authority the necessary condition for the creation, development and improvement of the proposed project, promoting quality of life for the citizen.

The problem that emerges in the face of so many issues is how is the health of the man and woman under the uniform? What price has the security of authority charged from its agents? What care has been taken to prevent physical and mental illness? What strategies are being used by the servers who remain healthy? Is anxiety and depression present in the lives of professionals working at the Military House Secretariat? If the police officer gets sick, where can he seek help? Does this professional feel that he has the necessary tools to perform such a satisfactory job to the point of being recognized and valued? Is the police officer accompanying the transformations that are taking place in the world?

The objective of this research is to gather data and transform it into information so that it is possible to promote the mental and physical health of the police officers. Draw attention to the importance that the work environment has on the professional's life and the need to maintain a safe and healthy environment for the practice of police work, within this complex connected globe.

II. HISTORICAL ANALYSIS

Security represents the most primitive goal of man, the right to life. Throughout the history of the world, many truths and myths have been told about men and women who stood out and had their lives modified, for ascension and/or for decline, in many cases reaching death, like Abel murdered by his brother Cain (BÍBLIA SAGRADA, 1993). The death of the Roman Emperor Julius Caesar executed by the Roman Senate with family assistance (DE ARAÚJO, 2008) dimensions the intensity provoked by the power directed to the figure, when the most powerful symbol of the world at the time, is a victim of it.

With the fragmented fall of the Western Roman Empire in the late 4th century AD, Ribeiro Machado (2015), Western Europe began to live under the feudal regime where the most influential institution was the Catholic Church.

During feudalism, the figures of authority "received" one more ally to their security, divine protection, as written by the Apostle Paul in his letter to the Romans:

Everyone must submit themselves to the governing authorities, for there is no authority that does not come from God; the authorities that exist were established by him.

Therefore, he who rebels against authority is opposing what God has instituted, and those who do so will bring condemnation upon themselves. (HOLY BIBLE, 1993).

The Protestant Reformation of Martin Luther, De Mattos (2011), when he questioned the integrity of the sacred, raised the existence of a new social arrangement, which would no longer be organized in the feudal tripod (church, nobility and people).

In addition to the battle between the Catholic Church and the Protestant movement, the modern age brought important transformations in the political, artistic, philosophical, scientific, technological fields, among others, that we will not go into details. We briefly mention events such as the emergence of Absolutism and Enlightenment, the French Revolution and the Industrial Revolution.

The sum of these events caused changes in the family and consequently in the formation and organization of societies, which began to have steam engines, Nicolaci-da Costa (2002).

Industrialization prompted a rural exodus, leading to the formation of industrialized societies. A new social, economic, state and society organization (CASTELLS, 1999) was taking effect in the Western world.

The bourgeoisie, which had previously suffered from its political irrelevance, became the most powerful emerging group, as described by Bigoto (2017). Ascending socially then came to represent the will, the desire, the identification of many who agree, admire or/and desire the social object for the return it is capable of offering. The counterpart is that the paving of the road to success in the industrialized society came filled with speed bumps, returns and tolls. Today's driver may come to be tomorrow's pedestrian. Providing opportunity is not the same as providing a guarantee, and this can generate instability, which does not necessarily mean something negative, as stated:

For the uncertainty produced by industrial society does not inevitably result in chaos or catastrophe; on the contrary, incalculable uncertainty can also be a source of creativity, a reason to allow the unexpected and experiment with the new (Beck, 2010, p. 361).

The individual who seeks and achieves the protagonist role knows that "no one" did it and will do it alone. The position of power is independent of the person who occupies it, since the feeling of approval or disapproval comes from the position or function it requires, as in the attempted assassination of Pope John Paul II in St. Peter's Square, Vatican described by Souza (2021).

When this protagonism is in the field of politics (the main objective of this article), the gaze will always be more delicate. As mentioned earlier "no one achieves success alone" in politics this rule is more resonant since the strength of the candidate or/and elected is in his alliances within the party, in his electoral stronghold, in the good relationship with other powers and even with other parties.

That said, it is not possible to exhaust the motives/reasons that lead a citizen to nurture or exacerbate feelings for the politician, given that the windows of opportunity for this type of occurrence are numerous and in many cases unknown. U

III. TIME FRAME

When we access the internet and type in the Google search engine personalities who were assassinated throughout the 19th, 20th and 21st centuries, we find an extensive list. Among many, we highlight: monarchs, dictators, political, social and environmental activists, heads of state, artists and revolutionaries. The motivation of the crime, its family extension and the place of occurrence vary, in such a way that the search for a single pattern is unfeasible.

We then selected some crimes that presented to society the indivisibility of the real, imaginary and symbolic field. Deaths that buried bodies and eternalized symbols, remaining forever in the popular imagination. That created political and social ruptures, delayed social progress and lit the fuses of war.

We draw attention to the fact that the United States of America has had four presidents assassinated while in office. Cases that still reverberate in the popular imagination, formulating theories and speculations about the causes and consequences of the deaths in question.

Abraham Lincoln: The 16th President of the United States of America was assassinated on April 14, 1865 by a gunshot while watching a play. The motivation for the crime would have been the causes defended by the president. Lincoln became a symbol of struggle in leading the country during its worst crisis-the Civil War, keeping the territory intact and ending black slavery, and is still notably the most represented American ex-president in the cinema. All accounts that address the president's death highlight the absence of his bodyguard at the time of the incident.

James AbramGarfield: The 20th American president was assassinated before completing six months in office. On July 2, 1881, a lawyer who believed he had played an important role in the president's victory had his request denied to take on a high public office, he then followed the president and taking advantage of the favorable conditions, in a train station, shot twice with a revolver against James A. Garfield, who also did not have personal security at the location, however his death was not immediate, but it would come two months later, on September 19 of the same year, with serious medical malpractice.

William McKinley: The 25th American president was hit on September 6, 1901 by an anarchist who did not agree with the way McKinley was conducting the country's politics. Seeking to take the president's life, the assassin attended a public event, pretended to have a deformity in one hand using a handkerchief, to hide a revolver, approach and fire shots against the president who was greeting the public and did not identify him as a threat. The president died on September 14, 1901. There are no reports of the president's security at the time of the incident.

Francisco Ferdinando: The archduke was assassinated on June 28, 1914 in the city of Sarajevo while riding in an open car with his wife the Duchess Sofia, who was also assassinated. The assassin belonged to a separatist movement called "Black Hand". The death of the heir to the Austro-Hungarian throne and his wife was the trigger for the First World War.

Jhohn Kennedy: The 35th President of the United States was assassinated while participating in an open-top parade in the city of Dallas, Texas on September 22, 1963 by a sniper with an unknown motivation, the shots came from the side and hit the president who was in the back seat along with the First Lady. The president's security was positioned in front of the vehicle.

Yitzhak Rabin: The Israeli Prime Minister was assassinated on November 4, 1994 in Tel Aviv, the capital of Israel. The motivation for the assassination would have been the agenda defended by the minister who was seeking a peace agreement between Israel and Palestine. The executor was an ultra-nationalist Jew who took advantage of an event convened by the Prime Minister to publicize his peace agenda, waited for him to finish his speech, descend the stairs and then shot him in the back. There Rabin died and apparently also his idea.

Shinzo Abe: Former Prime Minister of Japan, assassinated on June 8, 2022, while delivering a speech at a political event in the city of Nara in Japan. The longest-serving Prime Minister of Japan was hit by two gunshots. The shooter was able to progress through the crowd watching the rally, without the security noticing him, drew a homemade firearm and shot at the politician's life. After the attack, the dignitary's security detained the suspect.

We note that all the assassinations occurred in countries considered to be first world. Considering the due proportions of time, it is still possible to extract that, in the cases cited, the assassin was a shooter who approached the authority closely enough to fire small-range firearms.

IV. CURRENT CONTEXT

As proposed by Dourado (2010), the individual when in a prominent position, and this condition gives him the power to make decisions that will reflect on the lives of many people, begins to arouse feelings that range from love to hate, this mix of emotions can put the public figure in a vulnerable position. It is important to emphasize that, when addressing the issue of vulnerability, we are not limited to the physical contact part, given that the forms of offending and violating the other's right accompany technological evolution and sometimes social transformations. The discussion goes much further, since it is necessary to consider the emotional factor and the importance of the group, in the formation of thought, and the influence it has on the decision-making of the individual, who is not always the main subject of his own story.

The political aspect immediately inserts the reflection on the technological issue in the power space: a field of confrontation of immediate economic interests but also a contradictory and open space of the relationship of forces, of conflict, of violence, of will. That it is not will in the singular but a result of wills, in the plural, which use several levels of the institutional space to manifest themselves. (Porto 2022.p 81,82.).

Faced with this scenario, dignitary security is concerned with the threat, the construction of the threat and the disguise it gains over time. Working 24 hours with the threat, so that it does not become a disaster, understanding threat equivalent to risk and disaster to chaos, using the definitions of risk and chaos of Becker: "Risk does not mean catastrophe; it means anticipation of catastrophe. Risks consist of staging the future in the present, while the future of future catastrophes is in principle unknown. (Beck,2010, p.362).

When the military house divides the demand into operational plans - always subordinate to strategic and tactical planning - it seeks to reduce risk, anticipate spontaneous demand and multiply knowledge. Within the secretariat, the unit responsible for this function is the Special Operations Nucleus. It is the NOE that first comes into contact with external and internal data and filters it, so that communication is clear and concise. In its attributions we find: I - to plan, coordinate and execute the security activities of the governor and vice-governor, as well as the security of authorities and personalities on official visit to the State, when determined. (Espírito Santo, 2006).

The importance of such a group lies in the risk presented by the unknown, which attacks from "very close" and hides "very far", taking advantage of the internet tool, which often protects the true mentors, taking advantage of the emotional fragility of several individuals, forming criminal groups as stated by Castells:

Criminal activities and mafia-style organizations around the world have also become global and informational, providing the means to encourage prohibited hyperactivity and desire, along with any and all forms of illicit business sought by our societies, from sophisticated weapons to human flesh. (Castells, 1999, p. 22).

Becker points out that two of the main elements that have the potential to increase security risks are "visualization techniques and mass communication". Elements present in the main social networks used in the country. With this, the author seems to elect the great adversaries that the military house needs to overcome.

The paradox seems to lie in the thin line within the technological logic. The expansion of social networks that occurred in the 2000s Martino (2014), boosted the speed of communication and the technique of mass visualization. Candidates and elected politicians from municipalities, states and the federation, found in the social network via the internet, usefulness for interaction with the public, thanks to the Brazilians' internet browsing time, which according to Ciribeli (2011), is at the top of world users.

The internet has accelerated the speed of communication and increased its reach, providing the formation of virtual social groups at the national and international levels, it has opened the door to the unknown, a space that cannot be measured, in constant mutation and that presents conflict zones, which, until they are strange to several members of the group, however, being a member, they feel the need to sympathize with the group.

Social networks exist everywhere and can be formed by people or organizations that share common values and goals. They are not limited to a hierarchical structure or medium and can be in school, at work, in music, in politics and even in the family. (Ciribeli, 2011, p.59).

In this environment, power figures are "judged" daily by the online, without any manifestation of the "victim" or consideration of the origin, integrity, truthfulness or synchronization of the analyzed "fact". The intention is to remove from the prominent position the one who occupies it, even if there is no intention to succeed him.

Currently, lynchings take on other forms and adapt significantly to the technological context of digital social networks, in theory transferring the brutal acts of violence on the streets to the screen of a communication device. Thus, an acceleration of the

relationships of individuals with regard to the use of such devices as a means of allegedly executing social justice is perceptible, which legitimately entails a kind of "virtual tribunal". (Carvalho, 2018, p. 2).

Considering these peculiarities, it is reasonable to think that the demand presented to the dignitary security agent - daily - requires a physical and mental effort distinct from that expressed for public security in general. There is a need to be connected and attentive to the virtual world with the same affinity as real life. The protected is, is, and may come to be. It is a person who has his family relationships, is representing the democratic vote and may come to be a symbol.

Considering this, we ask how the policeman behind the uniform is doing and under what conditions he is working. For this, a questionnaire was presented to the military police of the Military House of Espírito Santo. Related to physical, mental health and professional activity.

V. RESEARCH RESULTS

A survey was conducted within the scope of the Military House Secretariat with military police directly involved in the protection of dignitaries. Where a questionnaire containing 33 questions was presented, with the voluntary participation of the agents. 47 military personnel, distributed in the ranks of officers and enlisted men, contributed to the research.

Based on the collected results, we can assimilate that the male population is the majority, adding up to 92%. As for the city where they reside, 98% are from the Vitória metropolitan region.

This is an experienced troop, 60% have between 9 and 15 years of career and are relatively new in the secretariat, approximately 50% said they have less than 5 years and 40% are between 6 and 11 years in the military house. This information suggests a pattern in the choice of the profile that best suits the secretariat's intelligence activities, given that the professional's discretion, personal experience, self-care, self-control and information processing suggest being vital characteristics for the good exercise of the dignitary protection activity, in addition to the resilience capacity that an experienced professional has to learn new functions and occupy new places.

Checking the mental health of the participants, approximately 85% said they had already felt stressed and anxious while performing their duties at the military house. When asked if the military was feeling stressed at the time of the survey, this number dropped to around 30%, while the number of anxious people was close to 46%. Around 30% said they had already used medication against stress and/or anxiety.

Knowing the importance that rest has for the body and mind, that quality sleep generates health, almost 70% of the military said they sleep an average of 6h and 30 min per night and 50% revealed that they wake up at least once a night. Close to 70% have already taken sleep medication and around 30% reported that they frequently use some medication.

Regarding the search for professional assistance, only 22% had sought the help of a psychologist and approximately 18% sought the help of a psychiatrist. Within the group that sought help, almost 90% noticed improvement after treatment.

Participants highlighted the practice of physical activity as being of paramount importance for the life of the police officer, 96% practice some physical activity and almost 92% believe that physical activity helps the mental health of the professional. Another practice that was observed quite a bit was the incidence of religion in the life of the military, about 85% say they feel part of some religion while around 83% consider that religion is of paramount importance.

Koenig (2007) points out reasons why religion has been widely studied by mental health scholars in the search to qualify the approach and offer treatment to patients who seek help and that this help is associated with the search for well-being, an improvement in mental health and in coping with stressful situations, as suggested by 83% of the police officers interviewed.

In an open-ended question, respondents were asked to indicate an activity for a police officer who was feeling stressed or anxious, the most common responses were: going to the gym, practicing physical activity and running. Oliveira (2011) corroborates the data provided by the military police in the indication of physical activity, whether aerobic or anaerobic, as a strong ally in promoting mental health.

Regarding the family's participation in the life of the military, approximately 98% of the respondents consider it of paramount importance. This reinforces the theory of the more experienced agent profile, more focused on the family, without going into the merits of the type of family. The number decreases when the importance is for professional assistance from a psychologist and/or psychiatrist to help the police officer, close to 85%, which is still a high number, revealing the importance that the psychologist and psychiatrist professional has in the vision of the military police of the military house secretariat, who are constantly in a state of alert. Still on the presence of these professionals, almost 80% consider it of paramount importance for police units to have a professional trained in psychology and/or psychiatry.

Regarding the evaluation of personal and professional performance, individual and team, only 51% said they were fully satisfied with their performance, while around 80% stated that they are part of a team where the relationship with their colleagues is excellent, the same applies to about 78% who also classified as excellent their relationship with their immediate superior, 60% responded that they are fully satisfied to work in the military house secretariat. Positively, the health of the teams and the relationship that the subordinate has with his immediate commander stand out, which facilitates the communication of the error, the doubt, the success and the positive conflict that occurs within successful teams.

VI. CONCLUSION

Within a preliminary conclusion - which suggests further studies, with more specific and in-depth research on mental health within military institutions as mental health studies alone require a sensitive regular process of perception, listening and data analysis, since the way it presents itself is not static. We conclude that the individual who today wears the uniform of the military house secretariat and experiences the daily occurrence of police work, which as Teixeira (2022) states is a professional exercise that wears out the professional even before it begins and extends after its conclusion, share an extra burden due to the nature of the operations that are intended for the security of the dignity.

The data analysis suggests that the participants have sought anchoring in the family, in religion, in physical activity, in a healthy service team and in the relationship with the hierarchical superior to build healthy spaces and maintain mental health.

The fact that almost 46% of the interviewees reported feeling anxious and the main characteristics of this emotional reaction, as described by Castilho (2000), being fear, apprehension and the anticipation of the danger of something unknown, potentiates the risk that the agents of the military house have of remaining anxious or even evolving this condition into an illness due to the predominant specificity of the work developed by them, which consists of investigating the anticipation of criminal acts against the political authority.

When 30% of the military say they are stressed at the time of data collection, added to the previously mentioned anxiety scale and the nature of police work described as being properly stressful Teixeira (2022), we note that however applied the police officer is, considering all the factors they described as being of paramount

importance for mental health, there is a gap that needs to be filled, the gap existing due to the absence of the psychologist/psychiatrist.

The absence of mental health professionals in the composition of specialized groups in the military units is noted, the search for psychological and psychiatric attention proved to be low within the participating group, however it is not possible to state the cause of the low demand, since around 80% classified the presence of the psychologist as being of paramount importance to compose the work environment and around 90% who sought professional help, noticed improvement.

Finally, the social transformations that are taking place in the globalized world have increasingly demanded the presence of health professionals in the work units. The police officers have seen this need for the promotion and maintenance of health. The research showed that there is no single formula for the resilience of the subject, however, successful strategies have kept this group of police officers mostly healthy. The police officers did not deny the importance of using drugs to combat psychosomatic diseases, many reported using medication frequently, but not conditioning health to the drug seems to have been the solution found by them. The inclusion of health professionals in the work environments seems to suggest promotion in the physical and mental health of employees.

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