

Some thoughts about cyberbullying

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About me

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Definition

- Cyberbullying refers to the use of this technology to socially exclude, threaten, insult or shame another person.

Impact of social media on the health of children and young people (Richards et al., 2015)

- **The health impact** of social media on children and young people was **greatest on mental health and specifically in the areas of self-esteem and well-being**, with related issues around cyberbullying and 'Facebook Depression', with an association between the use of social media and self-esteem and **body image**.
- However, it is **difficult to determine the cause and effect**, which is likely to be related to the nature of the young person.
- There is little work on the impact of social media on younger children.
- More research is needed to identify those most at risk of harm from social media and risk mitigation strategies to assist health-care professionals to provide essential education for parents and young people.

Prevalence and Effect of Cyberbullying on Children and Young People: A Scoping Review of Social Media Studies (Hamm et al. , 2015)

- Meta-analysis of 34 studies
- The median reported **prevalence of cyberbullying** was **23.0%** (interquartile range, 11.0%-42.6%).
- Inconsistent and/or weak correlations between cyberbullying and **anxiety**.
- A statistically significant association between cyberbullying and report of **depression**.
- **Self-harm or suicidality**, with conflicting results.
- The most common reason for cyberbullying is **relationship issues**, with **girls** most often being the recipients.
- **Responses** to cyberbullying are most often **passive**, with a pervasive lack of awareness or confidence that anything can be done.

Cyberbullying and adolescent mental health: systematic review (Bottino et al., 2015)

- The prevalence of cyberbullying ranged from 6.5% to 35.4%.
- **Previous or current experiences of traditional bullying** were associated with victims and perpetrators of cyberbullying.
- Daily use of three or more hours of Internet, web camera, text messages, posting personal information and harassing others online were associated with cyberbullying.
- Cybervictims and cyberbullies had more emotional and psychosomatic problems, social difficulties and did not feel safe and cared for in school.
- Cyberbullying was associated with moderate to severe depressive symptoms, substance use, ideation and suicide attempts.

The Saving and Empowering Young Lives in Europe (SEYLE) study (Brunstein Klomek et al., 2016)

- n=11,110
- three types of victimization by bullying (**physical, verbal and relational**) as well as direct self-injurious behavior (D-SIB) were measured.
- additional risk factors (symptoms of depression and anxiety, suicide ideation, suicide attempts, loneliness, alcohol consumption, drug consumption), and protective factors (parent support, peer support, pro-social behavior) were included.
- as for the risk factors, depression, but not anxiety, partially mediated the effect of relational victimization and verbal victimization on D-SIB.
- students **with parent and peer support** and those with pro-social behaviors were at significantly **lower risk** of engaging in D-SIB after being victimized compared to students without support/pro-social behaviors.

Seven Fears and the Science of How Mobile Technologies May Be Influencing Adolescents in the Digital Age (George and Odgers, 2015)

- Three sets of findings emerge.
- First, with some notable exceptions (e.g., sleep disruption and new tools for bullying), **most online behaviors and threats to well-being are mirrored in the offline world**, such that offline factors predict negative online experiences and effects.
- Second, **the effects of mobile technologies are not uniform**, in that benefits appear to be conferred for some adolescents (e.g., skill building among shy adolescents), whereas risk is exacerbated among others (e.g., worsening existing mental health problems).
- Third, **experimental and quasi-experimental studies** that go beyond a reliance on self-reported information **are required** to understand how, for whom, and under what conditions adolescents' interactions with mobile technologies influence their still developing social relationships, brains, and bodies.

Some conclusions

- Prevalence up to 30%
- Related to real- life bullying or being bullied
- Related with mental health problems
- First of all depression but also with self-harm and suicides
- Good relations and parental supervision in real world are protective
- More studies about impact and effective interventions are needed