

P39: Cyberbullying, anxiety, depression and stress among adolescents

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Introduction: Cyberbullying is an aggressive intentional act carried out by a group/individual, using electronic forms of contact against a victim who cannot easily defend him/herself (Smith et al., 2008). It elicits depression/anxiety/stress that affect victims and perpetrators (Çetin et al., 2012), since their roles are less defined on online environments (Park, Na & Kim, 2014).

Objectives: To identify cyberbullying existence and its relationship with anxiety, depression and stress.

Materials and Methods: Sociodemographic questionnaire, specific questionnaire for cyberbullying (adapted from Campos, 2009) and the EADS (Lovibond & Lovibond, 1995) to assess anxiety, depression and stress, were applied to 1358 students of north region, who anonymously participated. Mean age was 14.4 years, 56% were female and they were 10-14% distributed between 5th to 12th school year.

Results and Discussion: Cyberbullying was found on 27% participants and 10% had dual role of victims/perpetrators, varying with gender (more female victims), age and academic achievement (more frequent between 13-15 years and on unsuccessful academic cases). Higher association between cyberbullying and anxiety/depression/stress appears on victims or dual role cases.

Conclusion: During adolescence, violence using new technologies elicits psychological discomfort, involving the teenager, educators, parents and other professionals (Çetin et al., 2012). School health promotion programs should be more alert to diagnose these situations and to help victims and perpetrators.

References

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