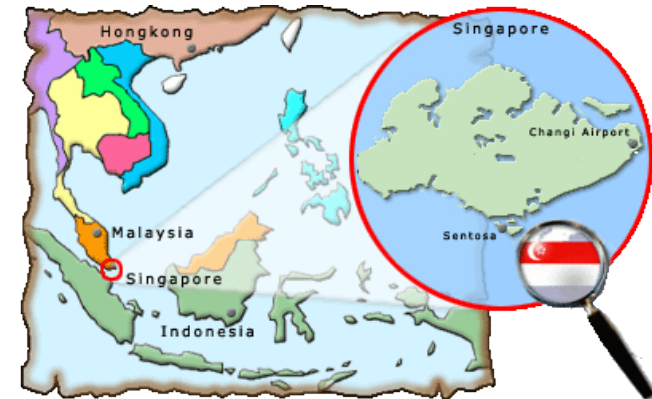


The Impact of Bullying on Mental Health in Adulthood

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July 2017

Where..... (is Singapore?)

- Masters of Clinical Psychology
- Research Thesis
- National University Hospital (outpatient department)



Bullying → mental health problems

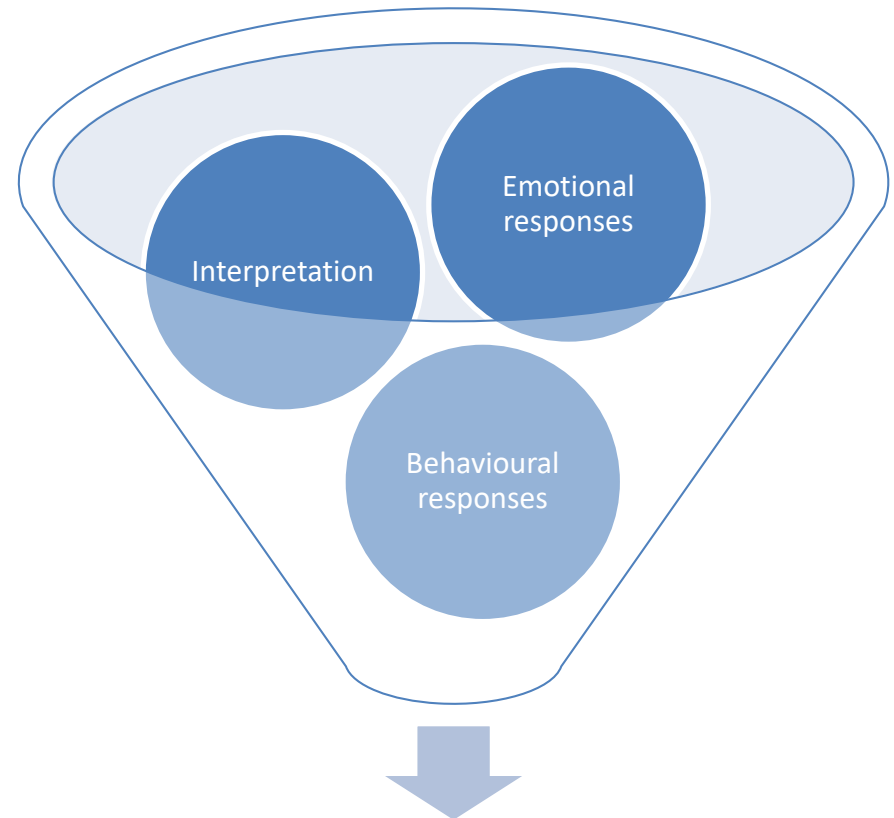
Negative psychosocial outcomes

- Anger
- Sadness
- Low self-esteem
- Excessive worrying
- Withdrawal
- Increased emotional arousal
- Fewer friends
- Depression
- Anxiety
- Suicidal ideation and attempts



What qualitative research can add

- Understanding the experience of being bullied from the perspective of the victim
 - Their individual reactions
 - Choices they made
 - Their unique outcomes
- Understanding what adult psychotherapy clients need from mental health services
 - Self-perceived long-term effects of victimisation



Mental Health Problems

The Study

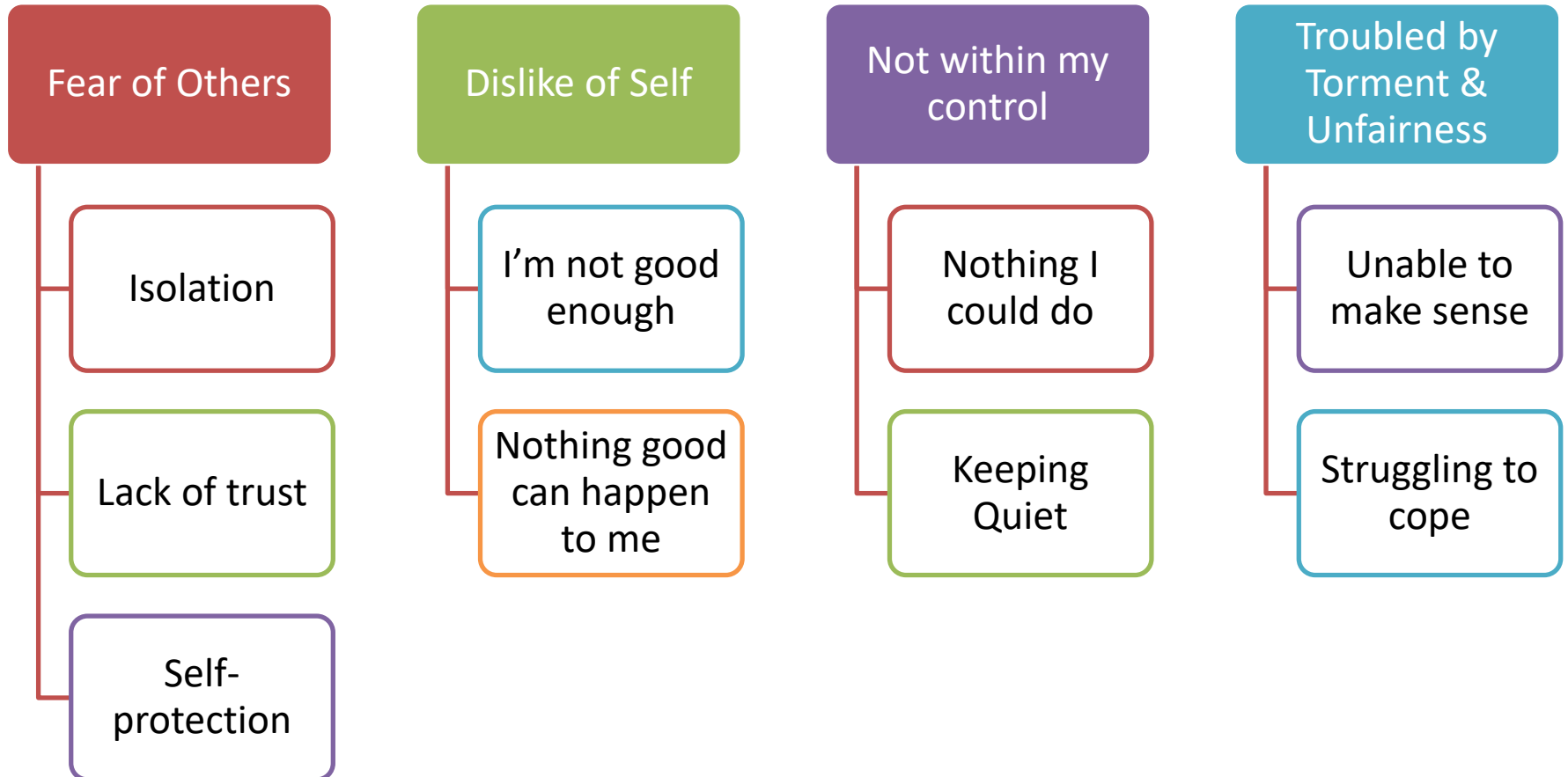
Participants

- 10 participants
- Aged 21 – 30
- Diagnosis of mood or anxiety disorder
- Self-identified victim of school bullying

Method

- 40-60 minute individual interview
- Semi-structured interview schedule
- IPA (*Smith & Osborn, 2003*)
- Primary and secondary analysts
- Auditing of themes

Results – The Themes



Fear of Others

*That was worse because...
they wouldn't be my friend,
they would gossip about me
then wherever they go, they
wouldn't call me so I felt
excluded.'*

*go away from me or
ignore me and I seen that
so many times in my
entire life, I just know
what to expect and I
don't want to it happen*

*I have to protect myself ...
just to be fierce... When
they see me come here,
they all go away.*

Impact on interpersonal relationships:

- Difficulties trusting others
- Hypervigilance to betrayal
- Avoidance of intimacy

Dislike of Self

I'm not very smart.. it's either you have to do very well in your studies, be a very good looking girl, or be very exceptionally talented... or like you are very rich , you could be part of the cool gang, otherwise.. you know, people would alienate you, gossip about you, insult you, make fun of you

bullying kills your confidence ... and once you don't have much confidence in one self, you will doubt yourself.'

I mean that I can see in my everyday life is that ... don't worry about today because tomorrow is going to get worse'

Impact on self-concept

- Attribution of fault to themselves for not measuring up to standards
- Affected self and future view

Not within my control

*Every time I watch movie ah ...
bullying, tell teacher then teacher help
.. but I realized that no such thing ah ..
if he want to bully you he will just
bully you .. There's nothing you can do
about it lah.*

*'the boy will disturb me more
and more.... so I just ignore him
lah ... I tried to ignore him and
just continue with my own life.*

Impact on self & other-efficacy

- Helplessness and powerlessness
- Passivity
- Low expectations of support

Troubled by Torment & Unfairness

*Anger and sad and nothing and
just want to why is she here
like to make my life difficult.*

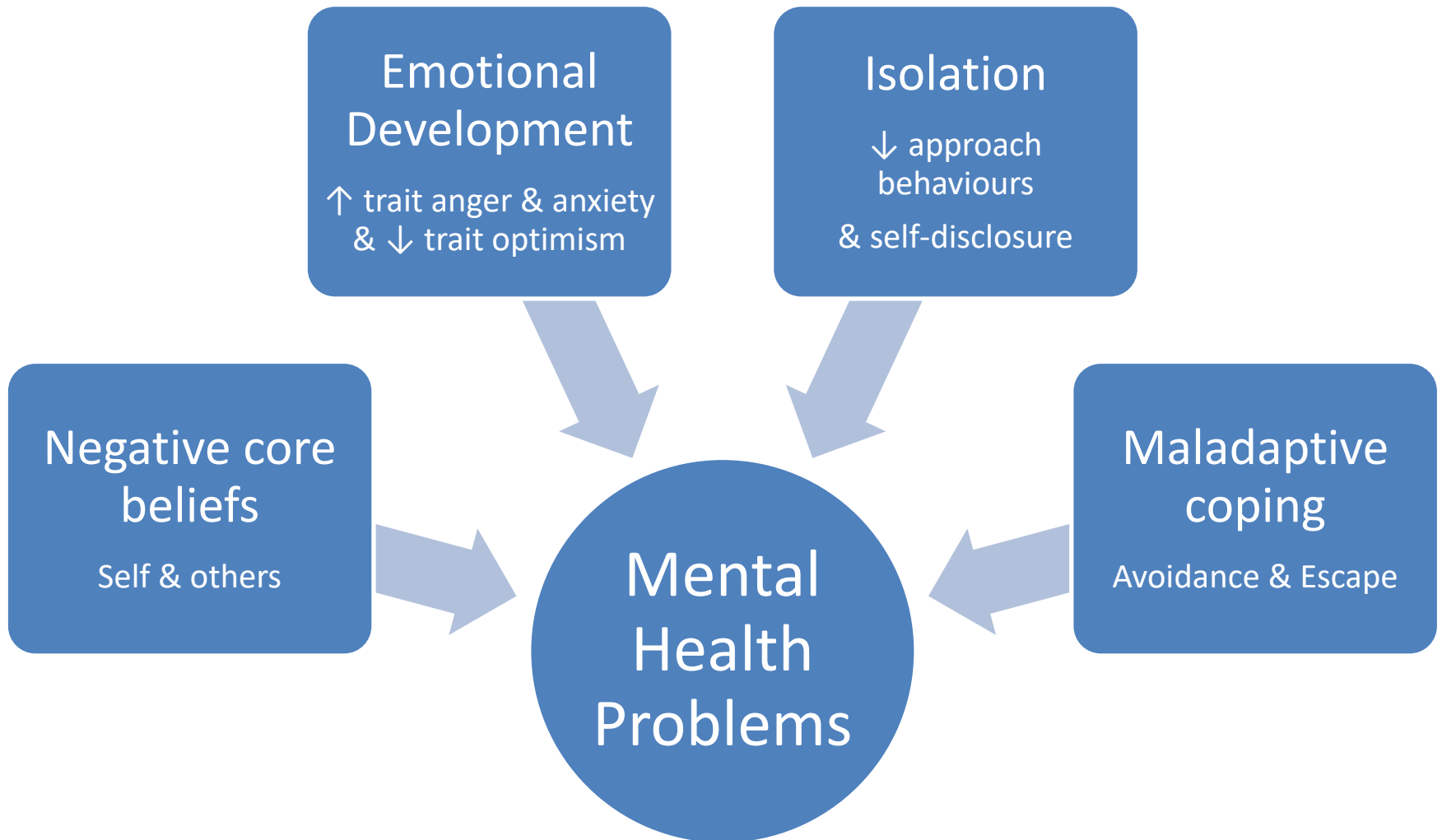
*'Because children is
either... you play, if not
you sleep, or if not you cry
... that's all.*

*Why should I go through all these
things?.. that's the first thought of
suicide and the first thought of why I
am being born.*

Impact on emotional regulation

- Overwhelming resources
- Sadness at being targeted
- Anger at perceived injustice
- Self-harm

Impact on Mental Health



Being pessimistic....

*As long as there is life,
there will be bullying*