



Identifying the mental health resilience factors of cyberbullying

Cyberbullying victimisation increases mental health risks. Analysing 1,000s of variables from 14,000+ teens in the UK and Australia, **this study found 12 possible ways to bolster mental health resilience**, such as increasing self-esteem and trust in others.

We analysed...

Ages
14-15
(Baseline)

Ages
16-17
(Follow-up)

1,466
modifiable
baseline factors

► **UK millennium cohort of around 10,000.** 40% report experiencing cyberbullying victimisation at age 14.

We identified...



478



factors associated with subsequent mental health

We found...

31 possible mental health resilience factors of cyberbullying

We harmonised & replicated...

25 factors harmonised in the Longitudinal Study of Australian Children for replication

Around 4,000 individuals

We conclude...

12 resilience factors were consistent in both cohorts across individual, family and friends, community, and structural domains

Highlighting the complex multifaceted nature of resilience.