IMPACT OF CYBER STALKING ON MENTAL HEALTH: MODERATING ROLE OF FEAR OF MISSING OUT AMONG UNIVERSITY STUDENTS

Ayesha Bibi

Department of Psychology, University of Lahore, Sargodha Campus, Sargodha,Pakistan
ashimalik3454@gmail.com.

Ayesha Rafaqat

Department of Psychology, University of Lahore, Sargodha Campus, Sargodha,Pakistan
Ayesha.rafaqat@psy.uol.edu.pk

Rukhsar Fatima

Department of Psychology, University of Lahore, Sargodha Campus, Sargodha,Pakistan

Fatimarukhsar83@gmail.com

Corresponding Author: * Rukhsar Fatima (fatimaruksar83@gmail.com)

ABSTRACT

The aim of the current study was to measure the effects of cyber stalking on university students' mental health. The current study used a cross-sectional survey research design to conduct a correlation investigation. University students (N=400) from various universities in Pakistan made up the sample for the study. These students were further divided into males (N=200) and females (N=200). To gather the data, a purposeful sampling strategy was employed. To measure hypotheses, three self-report measures were used. The amount of cyber stalking was determined by scoring responses to 15 statements on a liker-type scale (Isabella et al., 2021). The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS), which is consists on 14 items, was used to measure mental health (tennant et al., 2007).Fear of missing out was measured using and The score from The Fear of Missing Out Scale FoMO (Przybylski, et al., 2013). To guarantee the normalcy of the sample, psychometric characteristics and descriptive statistics were established. The results of a correlation analysis showed a substantial inverse relationship between cyber stalking and mental health, with the fear of missing out playing a

Significant moderating effect. For testing hypotheses, multiple regression and moderation analysis were used. All variables had gender-related mean differences that were statistically significant. The results showed that moderating role of fear of missing out on the relationship of fear of cyber stalking and mental health, while cyber stalking had a considerable detrimental influence on mental health.

Keywords: Cyber stalking, mental health and Fear of missing out.

INTRODUCTION

Cyber stalking, a type of stalking that is one of the most prevalent types of interpersonal violence in today's world (Worley et al. 2017,) is an intriguing problem. Cyber stalking is described as "the repeated pursuit (2 or more times), by the same person, of an individual using communication technologies that causes the individual to experience a substantial emotional response or feel fear for their safety or the safety of someone close to them" (Fissel & Reyns, 2020).The limitations of the phenomenon are provided by this definition: the relentless pursuit, the desire to elicit a feeling, and the concern for the victim's or others' safety. This definition also highlights the uniqueness of the technologies, which sets them apart from offline recurrence of recurring undesirable behaviors like direct forms of surveillance, face-to-face intrusive communication, and physical or visual proximity.

According to Sheridan and Grant's investigation (Sheridan & Grant. 2007), 47.5% of 1051 self-described stalker victims reported harassment online. This indicates that the phenomenon is common. According to the research by Reyns and colleagues (Reyns, Henson, & Fisher. 2012), 40.8% of the survey respondents had been the victim of cyber stalking. Cyber stalking was determined to be 6.3% prevalent among 6379 participants, according to Dressing and colleagues (Dressing et al. 2014).

information obtained from a survey by the FRA, an agency of the European Union. According to (European Union Agency,2014) 4% of all women in the EU between the ages of 18 and 29 are female victims of cyberstalking (stalking by email, text message, or the internet).When Short and colleagues (Short, Guppy, Hart, and Barnes. 2015) examined data from 353 self-identified stalking victims, they discovered that 240 of the victims were female, with the majority of them being between the ages of 20 and 39 (58.6%).Two of the authors of this work (Begotti ,Acquadro&Maran, 2019) conducted a prior study.

Recently, a number of studies have been carried out to examine various aspects of cyber stalking, including victimization risk (Welesh and Lavoie, 2012). Additionally, prior research has concentrated on identifying motivational correlations (Dreßing et al., 2014), the effects of personality traits (Smoker and March 2017), and the effects of cyber stalking, including negative effects on mental health (Morris et al., 2019), the use of coping mechanisms (Begotti and Maran, 2019), management tactics (Tokunaga and Aune, 2017), and patterns in reporting the offences (Fissel, 2018).

Despite the rise in cyber stalking studies over the past ten years, few academic studies have attempted to develop a holistic and thorough understanding of the phenomenon e.g.

(Ahlgrim and Terrance, 2018).(Pereira and Matos, 2016).(Reyns, 2019).(Reyns et al., 2018). According to the existing literature, there aren't enough studies that rigorously evaluate theories and conduct empirical research to reinforce the conceptual underpinnings of cyber stalking (Reyns et al., 2018).This suggests that in the interest to draw scholarly attention to emerging issues that have received insufficient attention and/or call for additional validation, it is necessary to reexamine cyber stalking and the literature on this topic. In order to fill this gap, the current project will conduct a systematic literature review (SLR) of empirical studies of cyber stalking conducted over the last ten years, with the explicit goal of summarizing prior work and outlining future research directions.

The impact of social media on mental health is usually regarded in a negative light. As an example, the American Association of Suicidology recently issued a press release. As stated by the (American Association for Suicidology 2017) All types of social media can have a serious detrimental effect on mental health, especially among young people. In a similar vein, survey data from a large sample of adolescents was used by the Royal Society for Public Health in 2017 to give evidence of links between social media use and mental health concerns. (Royal Society for Public Health. 2017).Some academics, however, disagreed with that report (Ferguson,

2017).(Orben,2017). There is a chance that demand characteristics (participants predicting the study hypotheses and responding accordingly) will lead to false results because of the study's poor design, inconsistent outcomes that are overblown, and unsophisticated design.

A 2011 study by the American Academy of Paediatrics (AAP, 2011) is frequently cited by those who express concerns about social media use. It suggested that young individuals who use social media extensively may face Depressive States (American Academy of Paediatrics, 2011). The study itself, however, sparked controversy when it emerged that the AAP had mostly used false news reports rather than original research to support its conclusions (Magid ,2011).One academic clearly denied that her research could be used to support claims of a Face book Depression (Davila, 2011), despite having material that was referenced in a newspaper story that the AAP had used as a source. Because of the pervasive issues with advocacy groups inflating research findings in public, the situation has grown unclear.

"Pervasive apprehension that others might be having rewarding experiences from which one is absent" is how FOMO is defined. The need to constantly be aware of what other people are doing is what defines FOMO, according to (Przybylski et al., 2013). Despite the fact that it can happen at any time in a person's life (Baker et al, 2016). Due to its link to social media

and detrimental effects on one's health, FOMO has attracted a lot of attention. According to (Baker et al, 2016), FOMO has been linked to an increase in depressed and anxiety symptoms. (Wolniewicz et al, 2018). According to (Baker et al,2016), greater stress is associated with decreased psychological wellbeing, social anxiety, rejection sensitivity, negative effect, and participation in life.(Browne et al., 2018) In addition to harming social interactions, sleep quality, productivity, and stress levels, FOMO can also have these effects (Busch, 2016).(Lemola et al, 2015).

According to research, FOMO drives daily behaviours like using Facebook more frequently, picking up the phone as soon as you wake up, checking it constantly throughout the day, and using it before bed and during meals. These behaviours are said to have an impact on overall mood and life satisfaction (Przybylski et al., 2013). For instance, focusing on and responding to social media activity might impair functionality because it requires effort to stop and resume a task, as well as concentration on the task at hand (such as driving, working, or attending school) (Busch, 2016).

According to neuroscientific studies on human social behavior, distinct forms of social contact are associated with distinct regions of the brain (Young, 2008). It is simple to see how social media and social networking have drawn the kinds of people and levels of connection that they have given this fundamental need for social interaction. Social media is used by almost three billion people (Kemp, 2018), and according to (Statist , 2018), people spend 136 minutes a day on social media on average. There's no denying social media's allure. Therefore, it is possible to contend that the experience of social media is motivated by FOMO, or the fear of missing out, in addition to the need to connect.

Objective

1. To study the relationship between these variables.
2. To examine impact of cyber stalking on mental health.
3. To examine moderating role of fear of missing out between cyber stalking and mental health.
4. To explore the role of demographics on study variables

Hypotheses

- There will be significant negative relationship between cyber stalking and mental health.
- there will be significant moderating fear of missing out role

between cyber stalking and mental health.

- There will be significant gender differences among study variable.

METHODOLOGY

Research Design

Cross Sectional Research Design and Correlation Research Design was used in this study.

Participants

The sample was comprise of 400 university students,which was divided into two groups i.e 200 male and 200 females.Questionaires were distributed into university students by convenient sampling technique.Data collected from university studentshas been used only for research purpose and does not belong to any other project. The intendof the study and that participation is voluntary were mentionat the start of the questionnaires.uneducated people was not part of my research only educated and pakistani students from pakistani universities was part of my research.

Operational Definitions

Cyber stalking. Cyber stalking is define as "The use of the Internet, e-mail, or other electronic communications devices to stalk another person" (Patchin & Hinduja., 2008)

Mental Health. Defined as not merely the absence of a psychological problem; rather it is a condition of complete psychological stability and wellbeing (Goldberg et al, 1978).

Fear of Missing out. Fear of missing out is characterized as a nervous reaction to the feeling that they are missing out on meaningful interactions with their social peers, leading to a constant need to stay updated about what other people are up to, frequently via social media. (Franchina et al, 2018)

Instruments

Cyber stalking scale . Instrument of cyber stalking is consist on fifteen items that are answered with five points on a likert-type scale (Isabella et al., 2021) ranging from totally agree to totally disagree. Items on the survey deal with the respondent's actions (for example, "I've interacted with someone online using fictitious accounts to conceal my identity") as well as their acceptance of these behaviors (for example, "When you're interested in someone, it's okay to browse through their acquaintances' social media accounts to learn more about them"). The participants were instructed to read the sentences carefully and indicate how much they agreed with them in their response. Five items were

excluded based on the results,

The internal consistency of the cyber stalking scale was found (α = 0.86).

Mental Health **.** The 14 questions on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) are related to a person's mental well-being (thoughts and feelings) over the preceding two weeks (Tennant et al., 2007). On a 5-point rating system, with "none of the time" to "all of the time," responses are provided. Positive language is used in each item, and taken as a whole, they address most aspects of mental health, albeit not all of them, from both hedonic and eudaimonic viewpoints.Things like spirituality and life's purpose are not discussed. where a higher number denotes a higher state of mental health. High convergent validity was demonstrated by WEMWBS with relationship humour and happiness scales. It also exhibited a negative correlation with the felt stress scale, demonstrating excellent discriminant validity. The scale did not exhibit ceiling effects and was typically distributed throughout the population.

Fear of missing out scale. The scale of fear of missing out The development of FoMO (Przybylski, et al., 2013) was aimed at providing an empirically grounded explanation of the phenomena of fear of missing out. Using their daily experiences, individuals' fear of missing out is evaluated using the Fear of Missing Out Scale. A five-point Likert scale with the following anchor points was used in the original FoMOs, which had 32 items: 1 for "Not At All True of Me," 2 for "Slightly True of Me," 3 for "Moderately True of Me," 4 for "Very True of Me," and 5 for " Extremely true of me," Fomo is measured via a single factor measure with ten likert-type items. The developers of it were (przybylskiet al2013). In a study index, the scale reliability was a=0.81.

Higher scores on the scale reflect a higher level of FOMO (fear of missing out).The internal consistency of fear of missing out scale was found (α=.90).

Procedure

First, the supervisor's permission was obtained, and institutional authority for collection of data. Head of departments was approached from different institutes. The participants were informed about the objectives and quality of the study. After the permission of participants, university students were approached. They were informed from the nature and aim of study. Written consent was taken from the participants. Instructions was provided to participants about filling the questioners in an honest way. Moreover The surveys included an appropriate demographic sheet attached at the top to

collect the required demographic data. At the end of data collection the participants was thank with bless wishes for their cooperation.

RESULTS AND DISCUSSIONS

Table: 1

Frequency and percentage of demographic variables(N=400)

Demographic Variables	*F*	%
Gender		
Men	200	50.0
Women	200	50.0
Residence		
Rural	210	52.3
Urban	190	47.3
Family system		
Joint	244	60.8
Nuclear	156	38.8

Table No 1 shows frequency and percentages of university students with respect to gender, residence and family system. Men (f = 200, 50%)and women(f = 200, 50%) are eual in number in frequency and percentage. Rural area students (f = 209, 52.3%) were more in numbers as compare to students from Urban area(f = 189, 47.3%). joint family system's students (f =243, 60.8%) were more numerous than those in the nuclear family system (f = 155, 38.8%).

Table: 2

Psychometricproperties of study variables (N=400)

Variables	*N*	*M*	*SD*	*A*	Actual

Cyberstalking	400	38.84	9.50	.77	15-73
Mental health	400	41.21	10.14	.75	17-118
Fear of missing out	400	24.54	6.65	.70	13-62

Table 2 shows psychometric properties of study variables. The reliability analysis indicates that the reliability coefficient of scale is .77, .75, 70, and .77respectively which indicates satisfactory internal consistency.

Table: 3

Correlation Matrix for all variables used in the study(N=400)

Variables	1	2	3
Cyber stalking	--	-.48***	.43***
Mental health		--	-.49***
Fear of missing out			--

1= *Note.**p < .01.*

Table 3 describes inter-correlations among scales. Results suggest that cyber stalking have significant negative correlation with mental health. Meanwhile fear of missing out has significant moderating role with cyber stalking and mental health.

Table: 4

Mean ,Stander deviation and t-values for gender(N=400)

Variables	Male (n = 200)		Female (n = 200)				95% CI		Cohen's d
	M	SD	M	SD	P	t(398)	LL	UL	
Cyberstalking	42.19	10.08	35.50	7.53	.000	7.51	4.93	8.44	.07
Mental health	35.88	6.37	46.53	10.43	.000	-12.3	-12.35	-8.95	.10
Fear`ofmissingout	26.76	6.79	22.32	5.71	.011	7.06	3.20	5.66	.10

Results in Table 4 demonstrate the mean gender differences on cyberstalking, mental health and fear of missing out. The mean difference exist between variables. The mean difference is found to be significant on all the variables under research.

Table: 4.7

Regression analysis of cyber stalking on mental health among university students(400).

Variables	B	B	SE
Constant	61.14		1.87
Cyber stalking	-.51	-.48***	.04
R^2	.23		

*Note. N = 400.**p<.01.***p<.001.*

Table 8 shows moderation of fear of missing out between cyber stalking an mental health among university students. The R^2 value of .23 shows 23% of variance. The findings indicate significant results of cyber stalking, mental health and fear of missing out.

Discussion

In this study variables based on demographics. Technology has grown at an exponential rate The current study aims to investigate how cyber stalking affects mental health and how FOMO plays a moderating effect among university students. Furthermore, the research aimed to investigate variances, which resulted in the creation of multiple next-generation media and communications platforms (such as Instagram, Facebook, and Snapchat) that promote higher degrees of technology-enabled worldwide interaction among

individuals. In 2019, there were 3.4 billion active social media users and over 4 billion Internet users (Statista, 2019). The majority of states describe stalking as the purposeful, malicious, and persistent pursuit and harassment of another person, while each state has its own legal definition (National Criminal Justice Institute, 1993). Our research builds directly on the National Violence Against Women (NVAW) survey, which included eight types of behaviors—such as being followed, spied on, or receiving unsolicited phone calls—plus two additional criteria to establish victimisation from stalking. "Only respondents who were extremely terrified or feared bodily harm [to themselves or someone close] were counted as stalking victims," according to (Tjaden & Thoennes ,1998). Multiple instances of the same behaviour were required for it to meet the legal requirements of a pattern of behavior. According to (Mullen et al.,2000), although stalking can lead to physical violence, its most prevalent consequences on victims seem to be related to their fear of violence and the ongoing, unpredictable nature of the breaches of their privacy. Therefore, we consider the level of fear that stalker-like behaviours elicit as a crucial factor in assessing the health effects. It seemed imperative to examine dangerous stress-reduction practises such as self-medication and drug and alcohol misuse, as these behaviors may have negative consequences on one's health and may also be linked to poor mental health due to anxiety levels.

Cyber stalking, which is characterised as a type of harassment (regularly observing, persistently contacting) that utilises technological tools and the virtual environment to control, manipulate, and coerce the victim, is one of the detrimental effects (Sheridan & Lyndon, 2012). enumerate the primary elements of cyberstalking: gathering information about the victim from social networks and other online spaces; sending repeated unsolicited messages; electronic sabotage (transmitting viruses or breaching accounts); assuming a false identity; publishing inaccurate information; and persuading other users to aid in your persecution, even if only tangentially.

It is important to remember, nevertheless, that these fundamental components of cyber stalking are always evolving to keep up with the rapid advancement of technology and the introduction of new features that become commonplace in the virtual world. When comparing studies carried out over a period of time, this problem is evident: While both studies discuss using technology to manage or pursue a loving partner, (Burke et al., 2011)'s research concentrated on texting, emailing, and Face book use, whereas (Smoker and March, 2017) studied the same functions. already deal with problems like Instagram, information screenshots, and tracking apps.

Emotional, social, and psychological well-being are all a part of mental health, which is an essential part of total well-being. According to the World

Health Organization, mental health is more than just the absence of illness or damage; it encompasses all aspects of one's physical, mental, and social well-being (Kessler & Üstün, 2004). Recent times have seen the recognition of mental health as a vital component of a happy life and as a necessary resource for one's social, personal, and physical abilities (Holte et al., 2014). The adage "there is no health without mental health" emphasizes how crucial mental health is to general wellbeing and how good it is (Adamson, 2007).

Prior to measuring the relationship between the variables of the current study for evaluating various constructs, the psychometric soundness of the instrument was examined.To quantify online harassment A 15-item instrument with likert-type scale responses was employed (Isabella et al., 2021). Five items were excluded based on the results, and the scale was then found to be valid and trustworthy (α = 0.86).The literature on psychology contains various metrics related to cyber stalking. Eight items were created based on three subcategories of cyber stalking in a study on problematic social media use (Kircaburunetal, 2018): harassment of de-spiced individuals, persecution of current partner, and persecution of previous or wanted relationship. But in the study, this tool was only applied in a dichotomous fashion. A 21-item test was presented by (Smoker and March, 2017), drawing from research and laws pertaining to traditional forms of stalking. Although the scale shows

internal consistency, its application should be restricted to assessing behaviors that are only associated with a present love partner. These authors also draw attention to the dearth of particular tools in the literature for quantifying cyberstalking (Smoker & March, 2017). One of the objectives of the current study was to create a quick tool to gauge cyber stalking in light of these constraints. This scale took into account not just romantic connections (past, present, and desired), but also the persecution of acquaintances and those whom the offender dislikes or accuses.

The 14 questions on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) are related to a person's mental well-being (thoughts and feelings) over the preceding two weeks (Tennant et al., 2007). The WEMWBS is a mental health well-being scale that only considers positive elements of mental health. It shows potential as a tool for population-level mental health monitoring because it is a brief, psychometrically sound scale without ceiling effects in a population sample. Although WEMWBS ought to be attractive to those assessing mental health promotion programmes, it is crucial to confirm the scale's adaptability before recommending it in this particular situation. A reliable psychometric instrument for assessing mental health in a variety of settings and demographics is the WEMWBS (Stewart-Brown & Janmohamed, 2008). The scale is a useful and promising measure of mental well-being since it emphasises positive elements of mental

health, setting it apart from other mental well-being instruments. The conciseness and ease of use of the WEMWBS instrument further contribute to its attractiveness, especially in situations where administering more complicated scales can be viewed as time-consuming. The scale is especially useful in situations where concentrating on negative mental health symptoms is inappropriate because it is one of the few completely positive single measures of mental well-being. Numerous researches have shown that the WEMWBS is a useful tool for assessing mental health in a variety of age and demographic groups. The WEMWBS proved useful in assessing the mental health of teenagers as young as 13 (Clarke et al., 2011). In a similar vein, (Tennant et al., 2007) used the WEMWBS to assess mental health in a sizable adult population and found that the scale showed strong construct validity and internal consistency. The 14 items on the WEMWBS scale, which participants must complete to gauge their current state of wellbeing, offer compelling evidence of the scale's capacity to assess mental health in a variety of populations. According to (Stewart-Brown and Janmohamed,2008), these elements include feeling upbeat about the future, feeling helpful, feeling at ease, feeling interested in other people, having extra energy, handling problems well, thinking clearly, feeling good about oneself, feeling close to others, feeling confident, being able to make up one's own mind, feeling loved, being curious about new things, and feeling cheerful. A greater and higher level of well-being is indicated by higher scores, which are assigned on a scale of 1 to 5. After the scales are gathered, each participant's scores can be calculated for analysis. Completing the responses takes ten to fifteen minutes. The task requires participants to rate the statement that most accurately captures how they are feeling right now after reflecting on their events over the previous two weeks.

The current investigation's findings demonstrated a strong relationship between cyberstalking, mental health, and FOMO. The findings imply a strong negative link between cyberstalking and mental health

The first hypothesis '' The current study provided evidence for a strong favourable link between cyberstalking and mental health. We look at the degree of dread that stalking-like behaviours cause as a critical component in determining the impact on mental health. Examining harmful stress-reduction techniques like self-medication and drug and alcohol abuse seemed crucial as well, as these practises may have detrimental effects on one's health and the level of fear itself may be a factor in poor mental health (Tjaden & Thoennes, 1998).

Conclusion

The current study was conducted to explore the impact of cyber stalking on mental health It was examined in the current study that cyber stalking have negative significant

impact on mental health. This study explain the relationship of cyber stalking, mental health and fear of missing out. It was found that students with high cyber stalking shows the negative impact on mental health. Moreover it prove that fear of missing out have moderating impact on cyber stalking and mental health. In addition, this study measures the gender differences in study variables. According to this study results male have more cyber stalking impact on mental health then female.

Implications

Present research has some significant implications. The current study will be useful for others. This will lead to new ways for knowledge. The study will be useful for different age and gender to look over the impact of cyber stalking on mental health and moderating role of fear of missing out. The result of current research have implication in school and colleges and also in other field of life. If whichever study will conduct for investigating the relationship or impact 0f cyber stalking on mental health among university students with moderating role of fear of missing out on each other or on any other variable then the findings or result of this research may be useful to describe the study findings more efficiently.

Limitations and Suggestions

1. This research will open the door for plenty of research in nation and international level. This research can be the way forward to the additional variable. Moreover, this research can be further refined by devising some better scales and test to understand the relation among the variables by increasing number of respondents.

2. Future studies should recruit participants from more than only Pakistan in order to increase the findings applicability. This would help researchers better understand the potential effects of geographical and cultural factors on the study's variables.

3. An important next step would be to do a longitudinal research. An approach like this would permit long-term follow-up, shedding light on the connections between cyber stalking, mental health and fear of missing out.

4. A mixed methods strategy could be used in future studies to address the short comings of depending entirely on self reported data. To get a fuller picture of what life is like for students with cyber stalking impact on mental health, researcher would need to combine qualitative interviews with quantitative surveys.

5. Random sampling approaches should be used in the future to reduce selection bias. This would increase the study's external validity by making sure the sample is typical of cyber stalked cases among university students in general.

6. Future studies dive more deeply into cultural and regional variables that can effect the experience of students with cyber stalking. This involves investigating the effects of regionally=specific cultural norms, family dynamics, and societal influences on mental health.

7. Future study can look into developing and evaluating therapies as well as exploring the links between the disorder and cyber stalking, mental health and fear of missing out. Improvements in students quality of life due to cyber stalking impact on mental health and moderating role of fear of missing out on cyber stalking and mental health.

8. By including a wide range of participants, including university faculty and family members of students with cyber stalking problems, in future research. Their perspectives and stories can help paint a fuller picture of difficulties and resources associated with cyber stalking impact on mental health and moderating role of fear of missing out.

9. Instruments and technologies used in this research can be used to collect more objectives and real time data on cyber stalking, mental health and fear of missing out. Future research that take these recommendations into account and work to solve the study limitations will help researchers to get a deeper knowledge of the condition and its repercussions.

10. Along with self report inventories different techniques can be used in future researches. Scales shouled be in simple and easy English language or in Urdu version to make better results for future researchers.

11. Future researchers should use constant feedback for data collection, so the participants participate in research with interest. It will reduce the random responses.

REFERENCES

Przybylski, A. K., Murayama, K., De Haan, C. R., Gladwell, V. Motivation, emotional, and behavioral correlates of fear of missing out. (2013). *Computers in Human Behavior, 29,* 1841-1848.

Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007). The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): Development and UK validation. *Health and Quality of Life Outcomes*, 5(1), 63.

Worsley, J.D.; Wheatcroft, J.M.; Short, E.; Corcoran, R. (2017). Victims' voices: Understanding the emotional impact of cyberstalking and individuals' coping responses. *Sage*

Worsley, J.M. et al. (2017). Victims' voices: understanding the emotional impact of cyberstalking and individuals' coping responses. SAGE Open, 7 (2) (2017), pp. 1-

Fissel, E.R.; Reyns, B.W. (2020). The aftermath of cyberstalking: School, work, social, and health costs of victimization. *Am. J. Crim. Justice*.

Sheridan, L.P.; Grant, T. (2007). Is cyberstalking different? *Psychol. Crime Law*.

Short, E.; Guppy, A.; Hart, J.A.; Barnes, J. (2015). The impact of cyberstalking. *Stud. Media Commun*.

Reyns, B.W. (2012). Henson, B.; Fisher, B.S. Stalking in the twilight zone: Extent of cyberstalking victimization and offending among college students. *Deviant Behav*.

Dreßing, H. et al. (2014). Cyberstalking in a large sample of social network users: prevalence, characteristics, and impact Upon victims. *Cyberpsychol. Behav. Soc. Network.*, 17 (2) (2014), pp. 61-67,

European Union Agency for Fundamental Rights (FRA). *Violence against Women Survey, Survey Data Explorer*; Publications Office of the European Union: Luxembourg, 2014.

Short, E.; Guppy, A.; Hart, J.A.; Barnes, J. (2015). The impact of cyberstalking. *Stud. Media Commun*.

Begotti, T., &Maran, D. A. (2019). Characteristics of cyberstalking behavior, consequences, and coping strategies: a cross- sectional study in a sample of Italian University students *Future Internet*, 11 (0) (2019), pp. 1-11

Welsh and Lavoie, (2012). *Lavoie Risky eBusiness: an examination of risk-taking, online disclosiveness, and cyberstalking victimization*.

Morris et al. (2019). Pain in the acute aftermath of stalking: associations with posttraumatic stress symptoms, depressive symptoms, and posttraumatic cognitions.

Smoker, E. March. (2017). Predicting perpetration of intimate partner cyberstalking: gender and the Dark Tetrad Comput. *Human Behav.*, pp. 390-396,

Tokunaga. R. S., &Aune, K. S. (2017). Cyber-defense: a taxonomy of tactics for managing cyberstalking*J. Interpers. Violenc.*, 32 (10) (2017), pp. 1451-1475

Fissel, E. R. (2018). The reporting and help-seeking behaviors of cyberstalking victims. *J. Interpers. Violenc.*, 00 (0) (2018), pp. 1-26

Ahlgrim, B., & Terrance, C. (2018). Perceptions of cyberstalking: impact of perpetrator gender and Cyberstalker/victim relationship J. *Interpers. Violenc.*, 00 (0) pp. 1- 20

Pereira, F., & Matos, M. (2016). Cyber-stalking victimization: what predicts fear among portuguese adolescents *Eur. J. Crimin. Policy Res.*, 22 (2), pp. 253-270,

Reyns, B. W. (2019).Online pursuit in the twilight zone: cyberstalking Perpetration by College students. *Victims Offender.*, 14 (2) (2019), pp. 183-198,

Reyns, B.W. et al. (2018). Explaining

cyberstalking victimization against college women using a multitheoretical approach: self-control, opportunity, and control balance. *Crime Delinquency*, 64 (13) (2 018), pp. 1742-1764

American Association for Suicidology. (2017). *Validity of the blue whale challenge is disputed, but social media's impact on young people's mental health is real*. Retrieved

Royal Society for Public Health. (2017). Social media and young people's mental health and wellbeing.

Ferguson, C. J. (2017). Should we panic about teens' social media use? *Houston Chronicle*.

Orben A. (2017). No, it hasn't been proven that BInstagram is worst for young mental health^. We need to stop misleading the public with social media pseudoscience.*Medium.com*.

American Academy of Pediatrics. (2011). Clinical report—the impact of social media on children, adolescents, and families. Pediatrics.

Magid, L. (2011). Facebook depression: A nonexistent condition.

Davila, J. (2011). The BFacebook depression controversys

Baker, Z. G., Krieger, H., LeRoy, A. S. (2016). Fear of missing out: relationships with depression, mindfulness and physical symptoms.

Translational Issues in Psychological Science, 2(3), 275-282.

Baker, Z. G., Krieger, H., LeRoy, A. S. (2016). Fear of missing out: relationships with depression, mindfulness and physical symptoms. Translational Issues inPsychological Science, 2(3), 275-282.

Wolniewicz, C. A. Tiamiyu, M. F., Weeks, J. W., &Elhai, J. D. (2018). Problematic smartphone use and relations with negative affect, fear of missing out, and fear of negative and positive evaluation. Psychiatry Research, 262, 618-623.

Browne, B. L., Aruguete, M. S., McCutcheon, L. E., & Medina, A. M. (2018). Social and emotional correlates of the fear of missing out. North American Journal of Psychology, 20(2), 341-354.

Lemola, S., Perkinson-Gloor, N., Brand, S., Dewald-Kaufmann, J. F., &Grob, A. (2015). Adolescents' electronic media use at night, sleep disturbance, and depressive symptoms in the smartphone age. Journal of Youth and Adolescence, 44(2), 405-418.

National Criminal Justice Institute. (1993). Project to develop a model antistalking code for states. Washington, DC: United States Department of Justice, National Institute of Justice.

Tjaden, P., &Thoennes, N. (1998). Stalking in America: Findings from the National Violence Against Women survey (NJ Report No. 169592). Washington, DC: United States Department of Justice.

Mullen, P., Pathe, M., & Purcell, R. (2000). Stalkers and their victims. New York: Cambridge University Press.

Smoker, E. March. (2017). Predicting perpetration of intimate partner cyberstalking: gender and the Dark Tetrad Comput. Human Behav., pp. 390-396,

Kircaburun, K., Jonason, P. K., & Griffiths, M. D. (2018). The dark tetrad traits and problematic social media use: The mediating role of cyberbullying and cyberstalking. Personality and Individual Differences, 135, 264–269

Sheridan,L.,&Lyndon,A.E.(2012).Theinfluenceofpriorrelationship, gender, and fear on the consequences of stalking victimization. Sex Roles, 66(5), 340–350. https://doi.org/10.1007/s111990-010-9889- 9.

Kessler, R. C., & Üstün, T. B. (2004). The world mental health (WMH) survey initiative version of the world health organization (WHO) composite

international diagnostic interview (CIDI). International Journal of Methods in Psychiatric Research, 13(2), 93–121.

Holte, A., Barry, M., Bekkhus, M., & Trommsdorff, G. (2014). Psychology of Child Well-Being, 555–631.

Adamson, P. (2007). Child poverty in perspective: An overview of child Well-Being in rich countries. Innocenti report card 7. UNICEF.

Stewart-Brown, S., & Janmohamed, K. (2008). Warwick-Edinburgh mental well-being scale. User guide. Version, 1(10.1037).

Clarke, A., Friede, T., Putz, R., Ashdown, J., Martin, S., Blake, A., Adi, Y., Parkinson, J., Flynn, P., Platt, S., & Stewart-Brown, S. (2011). Warwick-Edinburgh Mental Well-being Scale (WEMWBS): Validated for teenage school students in England and Scotland. A mixed methods assessment. BMC Public Health, 11(1), 487.

Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007). The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): Development and UK validation. Health and Quality of Life Outcomes, 5(1), 63.