

# Psychological Aspects of Cyber Safety and Security

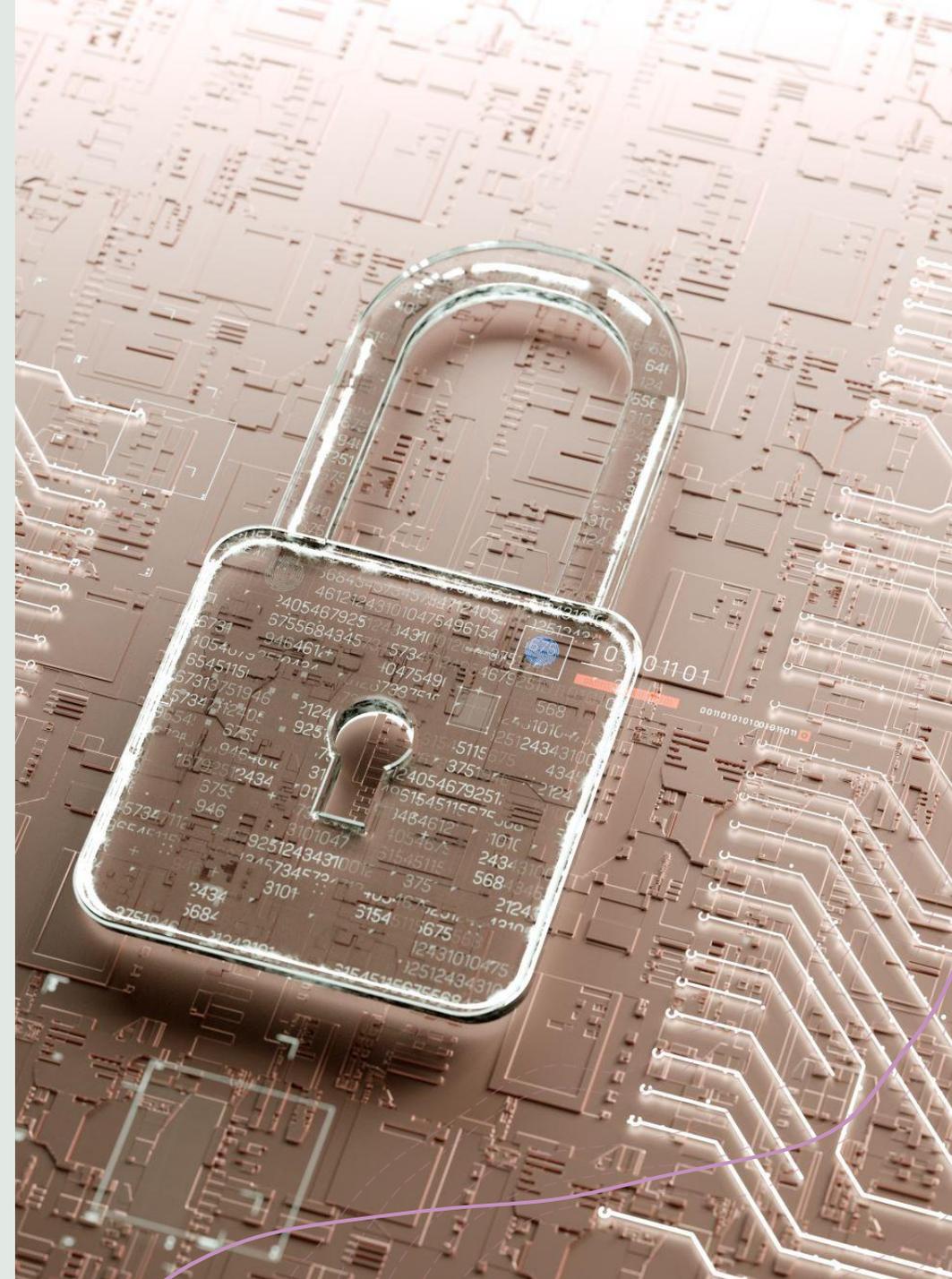
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# Outline of presentation



Dimensions of cyber safety and security

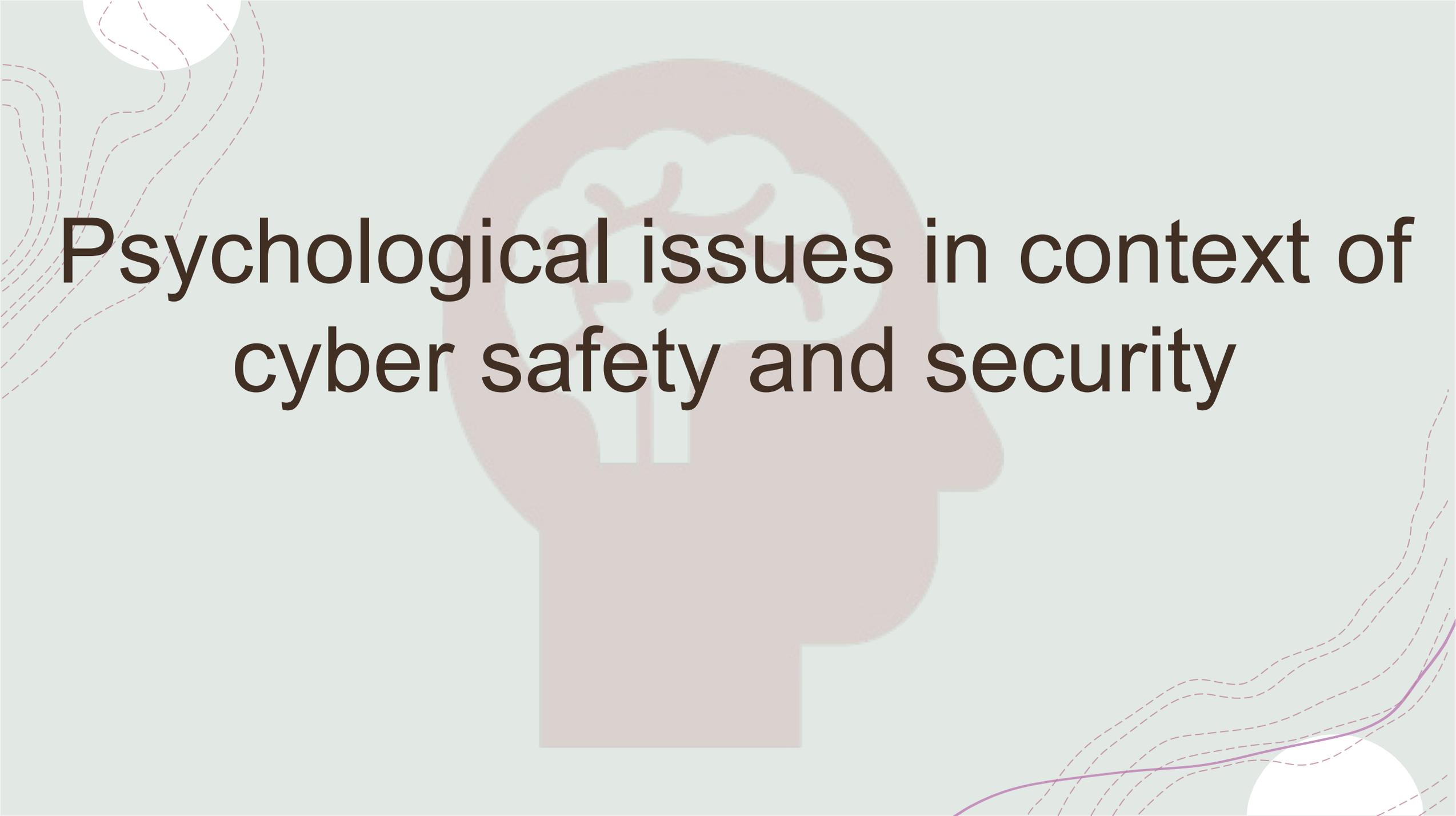


Psychological issues in context of cyber safety and security



Ensuring psychological well-being in cyber space

# Psychological issues in context of cyber safety and security



# Emotional reactions

- + Panic
- + Fear
- + Frustration
- + Anger





# Acute Stress Disorder

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Mental health disorder that can occur in the first month after a traumatic event

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Intrusion symptoms

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Negative mood

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Dissociative symptoms

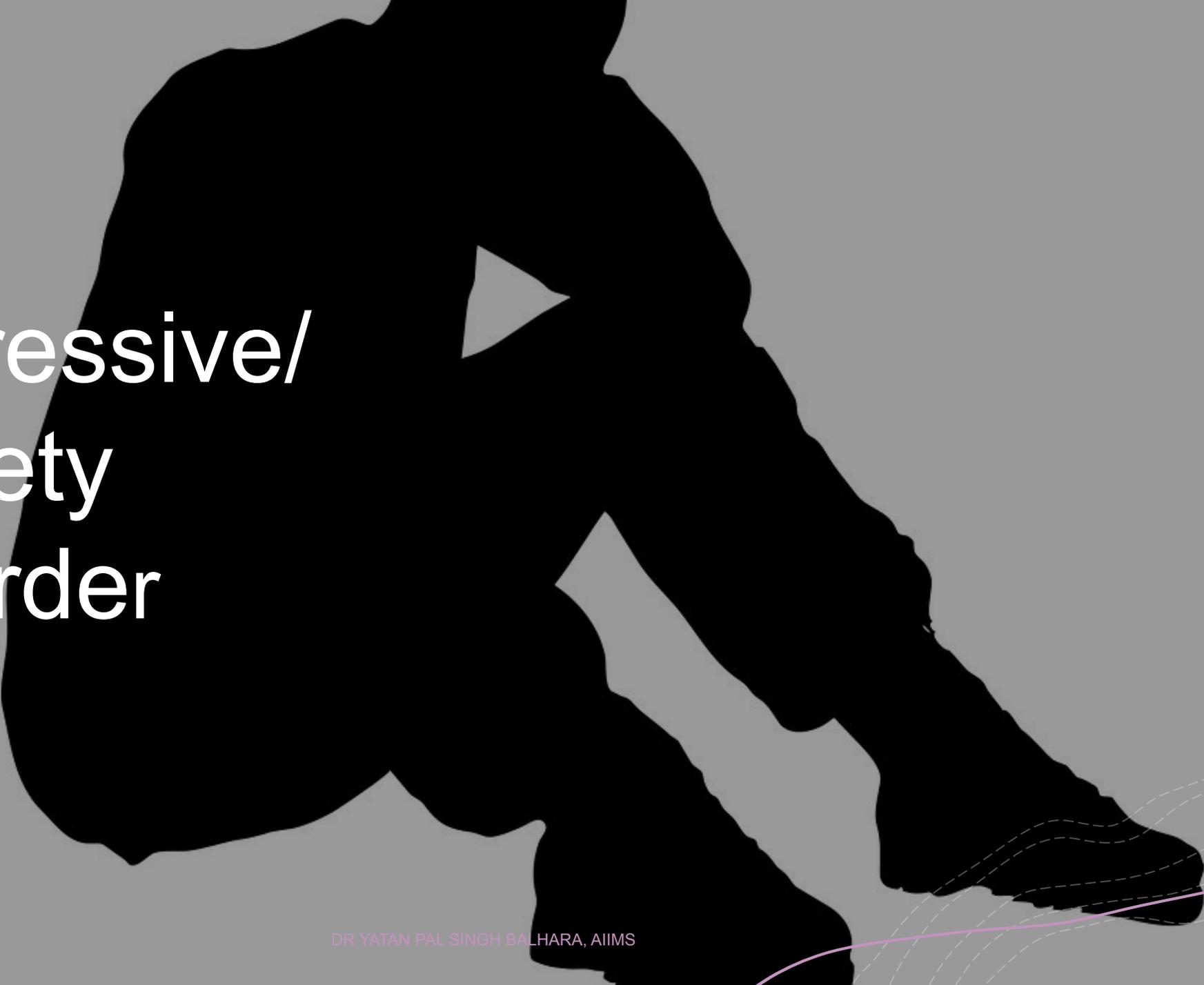
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Avoidance symptoms

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Arousal symptoms

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# Depressive/ Anxiety Disorder



# Psychological issues in context of cyber safety and security

**In context of excessive time spent in cyber space**

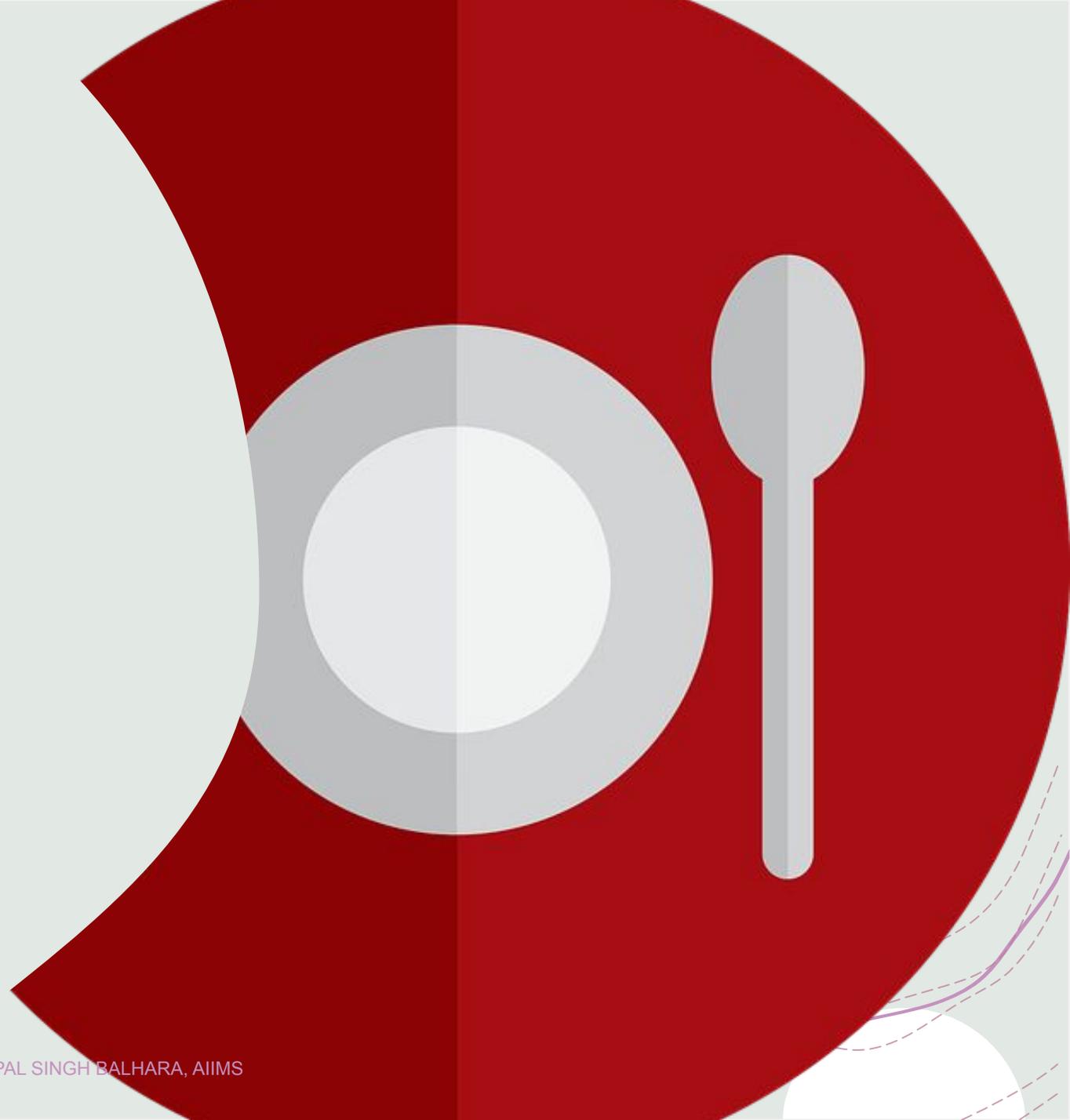


- + Excessive time spent
- + Intent/ expectation

# Sleep-wake cycle



# Eating habits



The background features a blue and purple color palette with a digital theme. It includes vertical columns of binary code (0s and 1s) and abstract, glowing geometric shapes that resemble data networks or fiber optic paths. In the lower portion of the image, there are silhouettes of a laptop, a tablet, and a smartphone being held by a hand, all set against the digital backdrop.

# Excessive and problematic internet use

# Excessive and problematic internet use

- Loss of control
- Neglect of alternate activities
- Continued use despite of negative consequences



**World Health  
Organization**

# Gaming Disorder

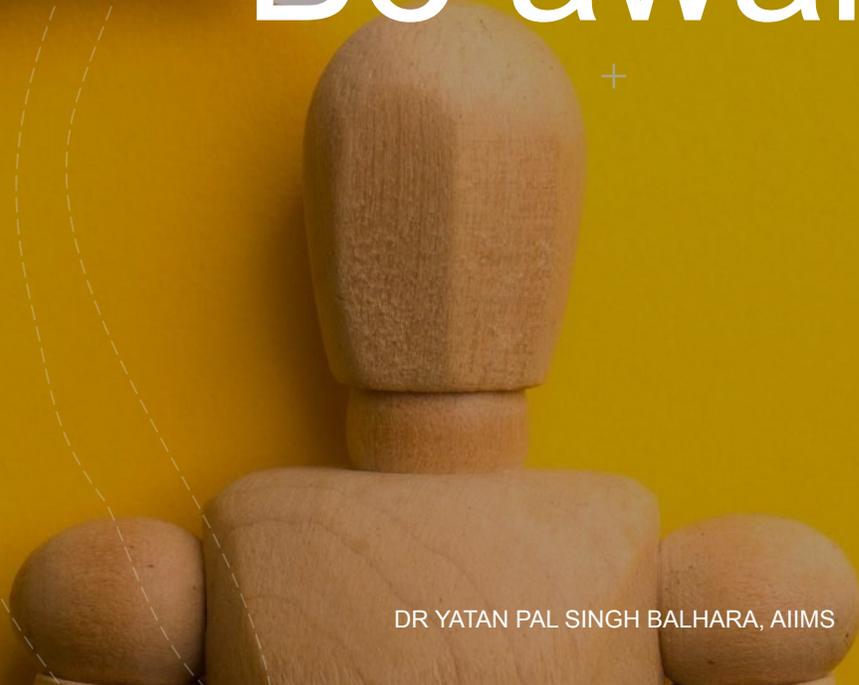


# Ensuring psychological well-being in cyber space



Be aware

+





Practice cyber safe behavior

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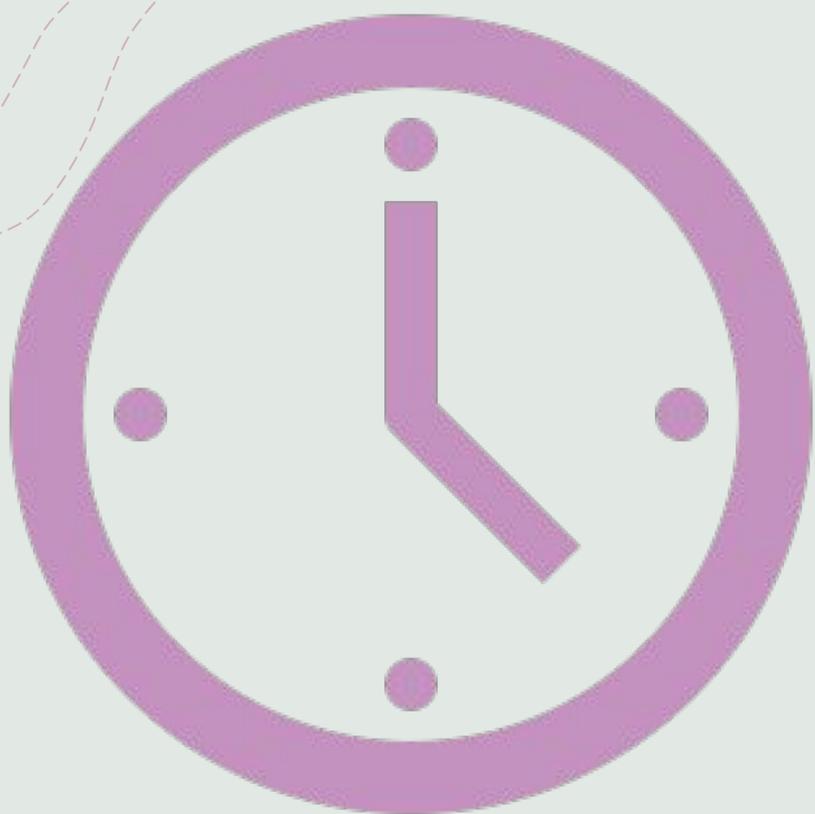
A small green plant with several leaves is growing out of a crack in a grey concrete surface. The background is a blurred, light-colored wall with some brown stains. The overall image conveys a message of resilience and growth in difficult conditions.

# Develop resilience



Have a long-term perspective

# Be aware of how much time you spend in cyber space



The background features a view of Earth from space, showing the blue oceans, white clouds, and brownish-green landmasses. On the left side, there is a semi-transparent topographic map overlay with white contour lines. A thin, curved pink line is visible in the bottom right corner.

# Cyber space NOT as a substitute

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# Follow a daily routine

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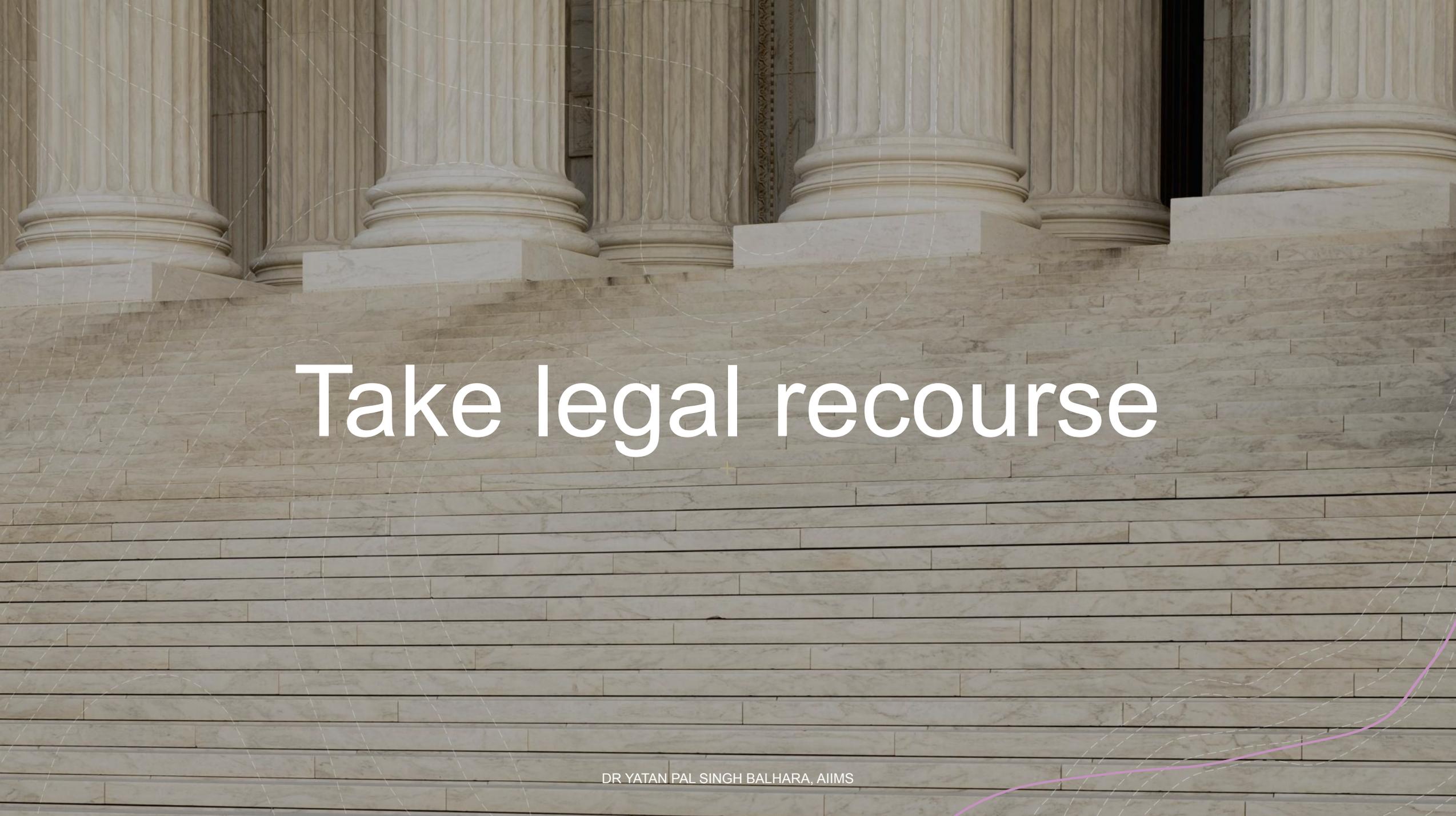
# Leading a balanced healthy life



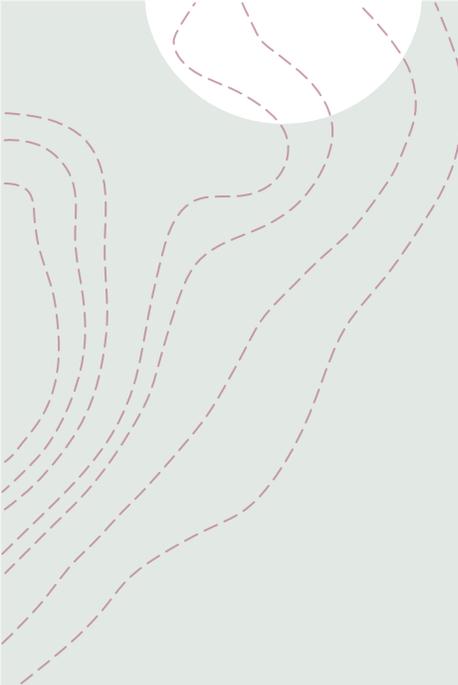


# Formal help

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Take legal recourse



# Thank You

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