

Anxiety, depression and psychological trauma: The invisible effects caused by cybercrime

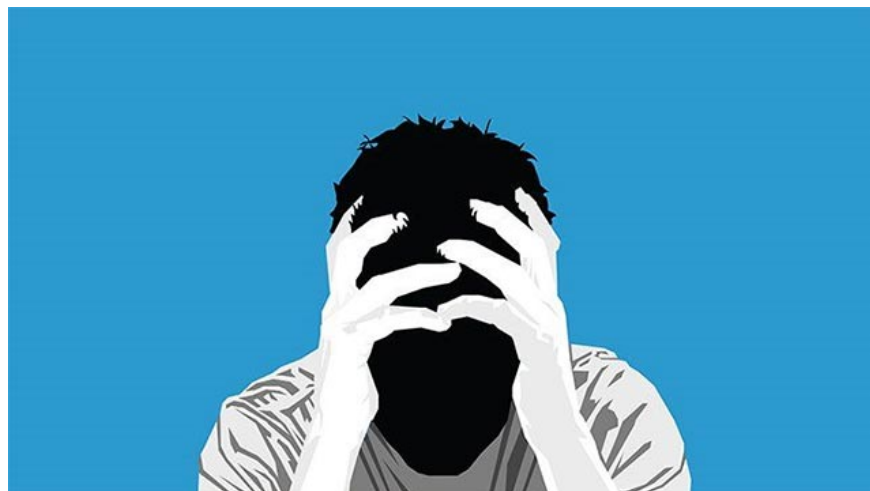
We have long judged the severity of a cyber security disaster through financial losses and forgetting of negative mental consequences.

We have long considered the severity of a cyber security disaster through the financial damage it causes to an organization, business or individual, without forgetting the negative consequences of The mental side of the victims of cyber attacks is also extremely terrible.

Mental health experts say the consequences of data breaches and other types of cybercrime are causing severe psychological damage to tens of millions of people worldwide. Of course the degree of serious or minor damage depends on the damage from the attack, but anxiety, depression and psychological trauma (PTSD) . These are the most common types of injury.

Immediately after the incident, the victim will enter a 'struggle' phase with a sense of helplessness and vulnerability. Their sleep can be interrupted, their feelings of boredom invading them will no longer have the will and energy to work. In major cyber security disasters, victims suffer heavy losses such as demotion, dismissal, or corporate collapse . the more negative the psychological impact will be. They themselves 'treat' the unpleasant sensation that is invading the body with alcohol and negative foods. Worse is the post-traumatic syndrome (type of psychological disorder, traumatic mental disorder, manifested by the symptoms of significant anxiety after facing a traumatic event and continuing to drag long after the event has ended long ago).

It's no exaggeration to say that cyber-attacks and data theft can even destroy one's life. Losing one's career, assets, divorce, being condemned by society . after having stolen important personal information is a situation not uncommon in today's globalized internet world.



In fact, there have been many in-depth studies on this issue. According to a recent survey by Identity Theft Resource Center, up to 86% of victims of identity theft say they feel anxious, angry and frustrated. Nearly 70% feel that they can no longer trust others and always feel insecure. 59% fell into a state of depression. While half of the victims completely lost interest in familiar activities or hobbies.

Worth mentioning, these negative emotions can completely cause physical effects on the body. Nearly 85% of people surveyed reported disturbances in their sleeping habits, 77% talked about increased stress levels and nearly 64% said they had difficulty concentrating. Fatigue, headache and cramps are symptoms accounting for nearly 57% of the respondents.

Besides, feelings of guilt and shame are common reactions to victims of data theft.

So how to overcome the bad state after becoming the victim of a cyber attack? There are a few tips to apply:

1. **Let's talk more about it.** After an unexpected situation occurs, you should not keep it in your heart but talk, share more with the person you feel confident. Sympathy and sincere advice from them will be valuable medicine for your mood.
2. **Regain control.** Keep up the work, the plan you are doing, which is an effective way to remedy what happened.
3. **Do not let go of yourself** . Don't turn to alcohol after a bad situation happens. Instead, go to the gym as usual. Also, don't delay the scheduled party, and go to bed early as usual.
4. **Do not blame yourself.** Even if the source of the problem stems from you, think of it as a passing event and calmly try to fix it. Self-torment will only make your mood worse
5. **Seek help** . If the situation gets too bad, seek medical attention as soon as possible.

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