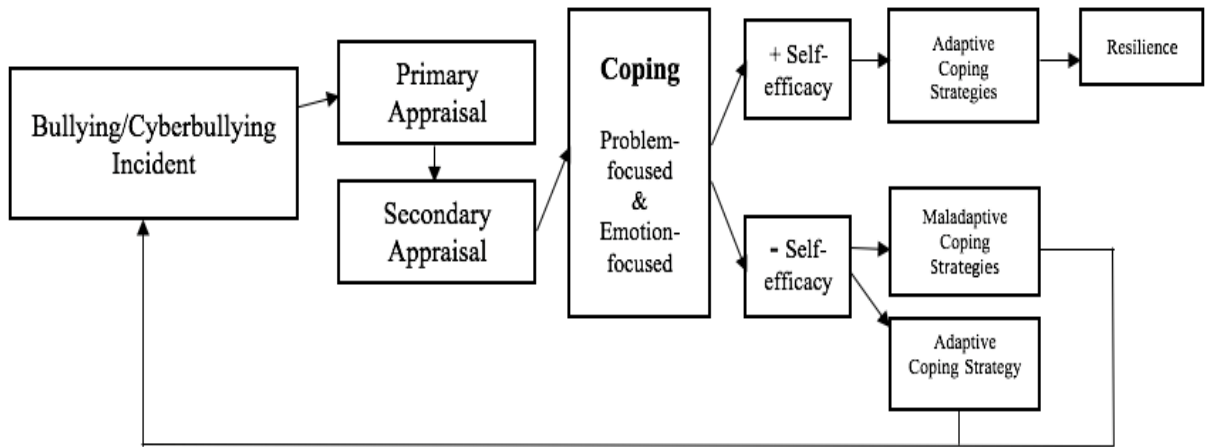


Conceptual Framework for Bullying/Cyberbullying Victimization

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Adapted from Folkman and Lazarus (1988) Coping as a mediator of emotion

Primary Appraisal: assessment of a situation

Secondary Appraisal: evaluation on whether the situation can be resolved, secondary appraisal (Folkman, Lazarus, DeLongis, & Gruen, 1986).

Coping

- ***Problem-focused:*** ways to alter a stressful situation, or environment, by reducing the emotional reaction to the incident (Folkman & Lazarus, 1988)
- ***Emotion-focused:*** aims to reduce or manage the distress (Folkman & Lazarus, 1988)

Coping Strategies

- ***Adaptive:*** the highest level of processes that intervene between a stressful situation and potential outcomes in which information about the environment is gathered and a possible means of escape are explored (Skinner, Edge, Altman & Sherwood, 2003).
- ***Maladaptive:*** ineffective strategies for regulating emotions that impede on wellbeing, can create a vicious cycle of cybervictimization, and encourage mood or anxiety disorders (Campbell-Sills, Barlow, Brown & Hoffman, 2006; Gratz & Roemer, 2008)

Self-efficacy influence: a person's beliefs about their capabilities to exercise control over a situation (Bandura, 1991)

Resilience: overcoming adversity (Masten & Coatsworth, 1998)