Chapter 17
Cyberbullying and Bullying in Spanish Participants With Eating Disorders

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ABSTRACT

There are few studies about the association between bullying, cyberbullying, eating psychopathology in clinical populations. This study aims to 1) analyze whether people with eating disorders were victims of bullying and cyberbullying, 2) explore whether bullying and cyberbullying were associated with eating disorders, psychopathology and coping strategies, and 3) analyze whether being a victim of bullying was a predictor of cyberbullying. Thirty-four participants with eating disorders filled out the questionnaires: EAT-26, DERS, EBIP-Q, ECIPQ, MBSRQ, BRIEF-COPE. Results showed that 100% of the patients had experienced both bullying and cyberbullying. Furthermore, bullying and cyberbullying were not associated with body satisfaction, eating attitudes, emotion deregulation, or coping strategies; however, a trend was found between cyberbullying, body satisfaction, and emotion deregulation. Finally, the authors found that having experienced bullying was a predictor of cyberbullying. The assessment and treatment of bullying and cyberbullying in eating disorders is necessary.

INTRODUCTION

Bullying is described as systematic abuse of face-to-face power through physical, verbal, or relational aggression (Vaillancourt, McDougall, Hymel, Krygsman, Miller, Stiver, & Davis, 2008). About 30% of young people are bullied every week throughout the world (Analitis, Velderman, Ravens-Sieberer, Detmar, Erhart, Herdman, Berra, Alonso, & Rajmil, 2009; Due, Holstein, Lynch, Diderichsen, Gabhain, Scheidt, & Currie, 2005). Being a victim of harassment chronically affects social, psychological, and psychiatric functioning (Haltingan & Vaillancourt, 2014; Juvonen, Graham, & Schuster, 2003; Wolke, Copeland, Angold, & Costello, 2013). Some studies have shown that being a victim is related to an increased risk of eating disorders (Copeland, Bulik, Zucker, Wolke, Lereya, & Costello, 2015; Kaltiala-Heino, Rimpelä, Rantanen, & Rimpelä, 2000). In addition, various studies have linked bullying to eating disorder symptomatology (Copeland et al., 2015; Kaltiala-Heino, Rimpelä, Rantanen, & Rimpelä, 2000), although more studies are needed.

Cyberbullying is a form of harassment through electronic media, and it currently has frequency rates ranging between 6.6% and 44.1% in the young population (Calvete, Orue, Estévez, Villardón, & Padilla, 2010; Garaigordobil, 2011; Kowalski & Limber, 2007; Kowalski, Giumetti, Schroeder, & Lattanner, 2014; Marco & Tormo-Irun, 2018; Patchin & Hinduja, 2013; Rice, Petering, Rhoades, Winetrobe, Goldbach, Plant, Montoya, & Kordic, 2015). It consists of a specific form of peer aggression that is unjustified, intentional, and extends over time (Tokunaga, 2010). One of cyberbullies' fixed topics is body appearance, which involves receiving harassing emails or text messages about one's appearance, telling others not to have a relationship with someone because of his/her weight, or being insulted or sending images of one's body over the Internet (Marco & Tormo-Irun, 2018; Menzel, Schaefer, Burke, Mayhew, Brannick, & Thompson, 2010). Frisén, Berne, & Lunde (2014) found that victims of cyberbullying had a poorer view of their overall appearance and weight compared to non-cyber victims. In addition, Ramos-Salazar (2017) found that body dissatisfaction and dieting to lose weight were associated with being cyberbullied in a sample of adolescents. Cyber victimization generates a series of psychological symptoms that can include anxiety, depression, and suicidal ideation (Hinduja & Patchin, 2010; Marco & Tormo-Irun, 2018; Raskauskas & Stoltz, 2007). However, to our knowledge, there is only one study that contemplates cyberbullying in a clinical sample with eating disorders. Marco, Tormo-Irun, Galán-Escalante and González-García, (2018) found that eating disorder symptomatology and cybervictimization were positively associated with dieting and food preoccupation, perceived social pressure, or eating distress. Furthermore, the results suggested that in patients diagnosed with eating disorders, a risk factor for the development of these disorders was cyberbullying victimization, but no significant results were found for body dissatisfaction.

BACKGROUND

Body Dissatisfaction and Eating Disorders Psychopathology

There is broad consensus that body image is a central variable in the etiology of eating disorders (Forrest, Jones, Ortiz, & Smith, 2018; Stice, 2016). Cash (2011) suggested that the body image construct is made up of two dimensions: evaluation and orientation. Evaluation refers to one's satisfaction or dissatisfaction with one's body as a whole, judgments and beliefs, and judgments about it. Orientation refers to the

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