

Jussuam Cardoso

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CYSE201S

Diwakar Yalpi

### **Introduction**

The psychological impacts of cyber threats is the issue I will be going over in my case study. The social sciences plays a huge role in this issue because human nature is a natural part of cybersecurity and any part that can be influenced by a human has room to be bypassed through social engineering attacks. This is known as human error in cyber attacks.

### **Research and Analyze**

Cybersecurity is about human behaviors more than it is about machine behaviors. Psychology plays a big role in cyber attacks and who gets authorization to access data. This is the basis for how social engineering attacks may happen. By understanding human behavior and psychology in the context of cybersecurity, attackers are able to trick people into giving them clearance. The social science perspective contributes to our understanding of psychology by allowing a person to understand the psychology of hackers when performing these kinds of attacks. [1]

### **Solutions**

Solutions that can be implemented to help with mental health in the cybersecurity scene is implementing training for social engineering attacks teaching employees how to spot these types of attacks in the framework. Another solution is to monitor direct incidents to report and archive incidents. [1] For the aftermath of a cyberattack's psychological damage, ensure that the victim of the cyber attack has proper coping mechanisms. More support can be helped with

support systems and help like therapy to help with the person going through it. [2] Some barriers include the training just not working due to some very tricky hackers. Some people will also feel extremely guilty for a while no matter the support they can get so being patient with them is also key to getting past that barrier.

### **Reflection**

The importance of combining prevalent issues in the field of cyber security and the study of social sciences is in the fact that humans are social creatures and humans are also the one who makes the machines. Whether it's attack machines or defense machines our socialness as creatures will eventually lead to conflict, this is reflected in our machines. Knowing how to traverse these battles and how to recover if fallen is super important in the fight against cyberattacks because not even the best hackers can win every attack.

### **Conclusion**

In conclusion, psychology issues are one of the top priorities when it comes to cybersecurity just like most things when it comes to humans. By having stable employees who are trained in what they need to be it will do wonders for your cybersecurity. Making mistakes is also a part of learning, so when an employee makes a mistake having support for them goes a long way in this field.

## References

1. Inkster B, Knibbs C, Bada M. Cybersecurity: a critical priority for digital mental health. *Front Digit Health*. 2023 Sep 14;5:1242264. doi: 10.3389/fdgth.2023.1242264. PMID: 37781452; PMCID: PMC10536959.
2. Ciambotti, Lorenzo. "Psychological Impact of Cyber Attacks." *eMazzanti Technologies*, 2 July 2025, [www.emazzanti.net/psychological-impact-of-cyber-attacks/](http://www.emazzanti.net/psychological-impact-of-cyber-attacks/).