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### **Looking at Cybercrime through a Mental Health Lens**

This article examines how the pandemic has changed how the world uses technology due to social distancing. Industries such as healthcare began to rely heavily on technology, and this was when electronic health records and telemedicine were introduced. With the modern world's dependence on technology, cybercrime has been on the rise. In this article, a connection is made between psychiatry and cybersecurity by bringing awareness to how people with pre-diagnosed mental health issues may be more susceptible to becoming a victim of cybercrime. The authors emphasize that psychiatrists need to recognize the threat of cybercrime and its potential to harm their patients. Victims of online romance scams also experience the loss of a relationship, and report feelings of depression, guilt, deep shame, and embarrassment (Monteith et al., 2021). This article touches on psychology, sociology, and public health, and it ties into the idea that cybercrime is not only a technical issue.

### **The social science aspect of this article and research overview**

One social science principle that relates to the article is psychology, which explains how human behavior and mental health conditions can make individuals vulnerable to cyberattacks such as malware, phishing, and financial fraud. Victims of online fraud are older, impulsive, sensation seeking, have an addictive disposition, and follow routine activities, placing them at risk for fraud like online banking and shopping (Monteith et al., 2021). Mental conditions and personality traits can affect online behavior, increasing the risk of becoming a victim of an

attack. Individuals experiencing psychotic symptoms or in a crisis can be targeted by cybercriminals looking to influence people's behavior. (Monteith et al., 2021). Sociology relates to this article when the authors discussed the impact the pandemic has on society. People with a history of anxiety or mood disorders experience more severe pandemic-related fears, and those with mental problems frequently report insomnia. Pandemic-related stress may increase alcohol and substance use (Monteith et al., 2021). This article examines how the pandemic has increased mental health issues and how cybercrime affects vulnerable people based on social and individual factors.

The research methods employed include diverse multidisciplinary sources such as cybersecurity, psychiatry, behavioral science, and law enforcement. Academic journals and scholarly sources were combined to review the topic. Reports from academic journals, government agencies, cybersecurity organizations, CDC data, and FBI cybercrime statistics showed that cybercrime and internet use have increased since the pandemic. The cybersecurity literature was used to explain phishing, ransomware, and human factors to support the claim of how increased internet usage. This article links psychiatry and cybersecurity to suggest that individuals with mental health conditions may be more vulnerable to cyberattacks.

### **How this Article Ties into Class Lessons**

This article showcases elements from module 5 "Applying Psychological Principles of Cyber Offending, Victimization, and Professionals. The authors talk about how older people are usually targeted due to factors such as impulsiveness, sensation seeking, or having an addictive disposition (Monteith et al., 2021). This falls under the psychological role of victims in cybersecurity incidents and the Big Five personality traits. The specific personality trait this falls under is openness to experience, which older people are prone to, leading them to try new things

that could put them at risk. Another personality trait this falls into is Agreeableness. This is shown when older people can be manipulated into sharing sensitive information with hackers.

Another concept that this article applies to is behavior and risk. In this lesson, individuals' behaviors can increase their risk of cyber victimization. This article discusses how people with mental health conditions could make them more vulnerable to cyber-attacks. "Some people with mental illness may go online while experiencing psychotic symptoms, during a crisis, or have some degree of cognitive or memory impairment. Lower short-term memory and negative affect in old age may contribute to increased risk of online deception" (Monteith et al., 2021). This statement connects how people with certain mental conditions, like cognitive memory impairment or short-term memory, can engage in risky online behaviors.

#### **How this Topic discusses marginalized groups and their contributions to Society**

This article discusses the vulnerabilities and disadvantages faced by individuals with mental illness who are marginalized in society. It also explores people with limited access to digital technology. Due to social, economic, or health-related factors, these groups can face higher risks. The contributions of this article to society is that it integrates psychiatry and cybersecurity to give a different perspective on mental health with cybercrime. Professional awareness is presented to psychiatrists to discuss cybersecurity with their patients, given their increased vulnerability. This article also connects human factors and technology, showing that cybersecurity is more than just technical.

#### **Conclusion**

Overall, this article emphasizes how the COVID-19 pandemic changed the way the world uses technology and created more opportunities for cybercrime. The increase in online communication and digitalization has raised exposure to cyber threats and revealed

psychological and social vulnerabilities. This can make some individuals more susceptible to cyber exploitation. By connecting cybersecurity risks with mental health, the authors present a new perspective on cybercrime and its potential victims. The authors reframe cybersecurity as both a technological and psychological issue.

### *Works Cited*

Monteith, S., Bauer, M., Alda, M., Geddes, J., Whybrow, P. C., & Glenn, T. (2021). Increasing cybercrime since the pandemic: Concerns for psychiatry. *Current Psychiatry Reports*, 23(4), 18.

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