

The Impact of Trolling on Mental Health

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Abstract: *This study explores the mental health consequences of online trolling, emphasizing its impact on victims from diverse demographic backgrounds. Through a combination of qualitative interviews and quantitative survey data, the research reveals the emotional distress, anxiety, and depression faced by individuals who experience trolling. The paper addresses the long-term psychological effects of persistent harassment and highlights the importance of social support systems in mitigating these impacts. Furthermore, it investigates how various groups, particularly marginalized communities, may encounter trolling in distinct ways, resulting in unique mental health challenges. The findings emphasize the critical need for comprehensive mental health resources and support for individuals affected by online harassment.*

Keywords: Trolling, Mental Health, Emotional Distress, Anxiety, Depression, Cyberbullying, Online Harassment, Victimization, Social Support, Psychological Effects