



**CALIFORNIA STATE SCIENCE FAIR
2016 PROJECT SUMMARY**

Name(s) Sadie L. Cook	Project Number J0406
Project Title Cyber Sadness	
Abstract Objectives/Goals The object of this study is to determine whether every case of cyberbullying, no matter the size, affects the symptoms of depression. Methods/Materials I developed a questionnaire to evaluate the affects of cyberbullying on the symptoms of depression. I was given guidance by Dr. Shanna Puels in creating my questionnaire. The questionnaire was administered to 104 Heritage students who had experienced cyberbullying. Results After doing my science project, I discovered that my hypothesis was incorrect. Not every case of cyberbullying affected the symptoms of depression. However a great majority of the bullied students did begin to show symptoms, or an increase in symptoms, after being bullied. I realized that more girls were affected than boys, but also many more girls were cyber bullied. There is still much to discover by looking further into my project because there are indefinite causes, symptoms, and types of depression. Conclusions/Discussion I hypothesized that ever case of cyberbullying would affect the symptoms of depression. However, after completing my project, I discovered that I was wrong. Some people were not affected by the bullying. Many of the students did experience an increase in symptoms, but not every student. I realized some people may have not taken the quiz entirely truthfully, and answered how they wanted to feel instead of how they truly felt. It dawned on me that a great majority of my classmates may be depressed, and many of them put up very convincing defenses. I learned that while surveys are a great way to learn about people, it is also extremely insubstantial way to evaluate a person. My project helped students understand more about how they feel, and it also helped people understand the situation. It is really necessary for students to understand the ways their peers may feel, that way instead of judging others, they can help them. However, it is equally important for teachers and counsellors to understand, and to try to make a difference as well. My project can help show that to everyone.	
Summary Statement I created and administered a questionnaire that showed not every case of cyberbullying affects the symptoms of depression.	
Help Received Mrs. Shanna Puels, a psychologist in my area, answered some of my questions and gave me a Childhood Depression Evaluation to base my questionnaire.	