

Workplace bullying is nowadays recognized as a serious and widespread health and safety problem in work life. Academic interest to explore the multiform phenomenon of bullying has expanded to numerous countries all over the world since the mid 1980s, when the pioneer work of Docent Heinz Leymann was carried out in Sweden. 'Bullying' refers, in this dissertation, to a situation in which one or more individuals are subjected persistently and repeatedly to negative or hostile acts by one or more co-workers, supervisors or subordinates, and the person feels unable to defend him/herself.

This study examined the prevalence of bullying, the risks of bullying in the work environment, different bullying strategies, as well as gender differences in facing workplace bullying in different organizational settings. Associations between bullying, and well-being and health of both the victims and the witnesses of bullying were also investigated.

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– A study on the work environment, well-being and health

