



RESEARCH STUDIES

*workplacebullying.org*

**The WBI Website  
2011 Instant Poll-L  
Who Supports Bullied Individuals?**

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## Who Supports Bullied Individuals?

### WBI 2011-L Instant Poll

WBI Instant Polls are online single-question surveys that rely upon self-selected samples of individuals bullied at work (typically 98% of any sample comprised of currently and formerly bullied individuals). No demographic data are collected, but IP respondent samples are typically 80% or higher female. Our non-scientific Instant Polls accurately depict the perceptions of workers targeted for bullying at work as contrasted with the views of all adult Americans in our scientific national surveys.

November 2011 WBI Instant Poll,  $n = 528$

Bullying isolates bullied individuals, sometimes deliberately (“icing out”, ordered exclusion), sometimes inadvertently when coworkers fear for their own on-job status and stay away from their former friends.

The question asked: *“For targets of workplace bullying: who is your greatest supporter?”*

Respondents had to pick their major supporter, making only one choice from the following options.

Spouse/significant other, result = .318

Myself, result = .179

A coworker, result = .164

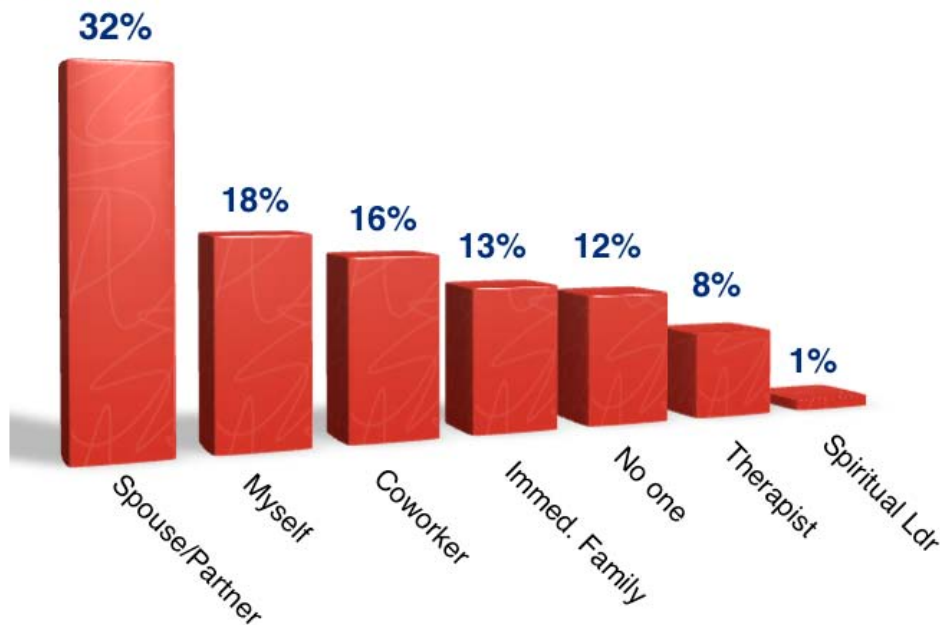
Immediate family (parent, sibling, child), result = .127

No one, result = .119

Therapist/medical professional, result = .077

Spiritual leader, result = .013

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Family — partners and immediate relatives — were credited as the prime source of support by 45% of respondents.

Interesting is that a voluntary reliance upon oneself is given the second highest rating (18%). This could be a healthy reliance, an introspective journey, one characterized by strength and deliberate purpose. Of course, this counters the vast anecdotal record of targets who call WBI for help and who overestimate their power to rectify their employer-generated problem.

The “No one” gives support option (chosen by 12%) suggests that those targets are involuntarily left alone to deal with the bullying situation that resulted from the combination of efforts by several do-nothing, intervention-averse people. They may have asked for help and been denied. Hence, they were isolated.

Families are present for targets in 45% of cases; while 30% of bullied targets are left to cope alone.

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