#Psybersecurity:
The Mental Health Attack Surface

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IEEE Symposium on Security and Privacy 2020
Psybersecurity = Psychiatry + Cybersecurity
Mental Health Landscape of Cybersecurity:

- Constantly on alert for threats
- Uncertainty and the unknown
- Limited resources, information, time
- Stress
- Anxiety
- PTSD-like symptoms
- Depression
- Paranoia
- Impacts to both first responders and victims (can be the same person)
The Mental Health Attack Surface: Psychiatric Engineering

Psychiatric Care:

Problem → Interview → Diagnosis → Assessment → Treatment → Response

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Psychiatric Care:

Problem → Interview → Diagnosis → Assessment → Treatment → Response

Psychiatric Engineering:

Signs & Symptoms Exploited → Altered Interview → Engineered Diagnosis → Altered Assessment → Altered Treatment → Compromised Response
Examples of COVID-19 Scams Revealing the Mental Health Attack Surface

- COVID-19 testing sites
- Masks, sanitizers, supplies
- Stimulus checks
- COVID-19 tracking apps
- Unemployment
- Charities

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Psybersecurity: Mental Health as a Foundation for Security

- Be aware and recognize mental health.
- Build mental health into the security plan.
- Foster a daily habit and culture of supporting strong mental health.
- No one is alone. Stay connected and don’t hesitate to get help from your trusted network.