

# AN OLD MOBBING STORY AND COVID-19

Duygu Aydemir<sup>1,2</sup>, Nuriye Nuray Ulusu<sup>1,2</sup>

<sup>1</sup> Koc University, School of Medicine, Department of Medical Biochemistry, Istanbul, Turkey

<sup>2</sup> Koc University, Research Center for Translational Medicine (KUTTAM), Istanbul, Turkey

ORCID: D.A. 0000-0002-6449-2708; N.N.U. 0000-0002-3173-1389

**Corresponding author:** Nuriye Nuray Ulusu, **E-mail:** nulusu@ku.edu.tr

**Received:** 21.03.2022; **Accepted:** 07.09.2022; **Available Online Date:** 29.09.2022

©Copyright 2021 by Dokuz Eylül University, Institute of Health Sciences - Available online at <https://dergipark.org.tr/en/pub/jbachs>

**Cite this article as:** Aydemir D, Ulusu NN. An Old Mobbing Story and COVID-19. J Basic Clin Health Sci 2022; 6: 977-980.

## ABSTRACT

Innovative medical education greatly relies on lifelong learning with universal standards in research, for generating novel knowledge for improvement maximum patient care. The other side of innovative medical education relies on success of development of novel ideas, perspective; skill building, future career objectives. Leaders have curious roles in the research assistant education. In the current century, both technology and education raced forward in many countries. Mobbing and bullying is an important problem in all fields, every sphere of life in workplaces. Unethical behavior must not take place in universities because universities are the centers of learning, and best academic teaching in ethical standards. Bullying may damage every individual in every academic degree and effect academic performance. In this paper I will discuss a mobbing case which is done to a young academician in many years ago, which is not most frequently observed type. However, such bullying behaviors may increase due to COVID-19 pandemic. Because COVID-19 pandemic may cause various problems in social groups difficulties, anxiety, and economic challenges, problems. Nowadays everybody is experiencing worry, uncertainty, anxiety, fear of economic problems, fear of dying. COVID-19 pandemic has created some unexpected problems to everybody however, academic researchers have additional worries and fears such as; the expiration time of chemicals, problems on chemicals are not imported from abroad on time also difficulties of knockout or transgenic experimental animals cannot be imported from abroad on time, and all these problems cause fear of unsuccessful experimental results, spending extra time. All these anxieties may cause arouse increasing unstable friendships and mobbing possibilities. The COVID-19 disease takes our future and experimental plans to waste basket and change everything including friendship.

**Keywords:** mobbing; chylomicron, ethics, education, COVID-19 pandemic

## INTRODUCTION

All living things which have consciousness mobbed each other till the life begun on earth for to be alive. Mobbing is no innocent way struggle for life which the powerful, strong carry into effect on the weak. Some of the rules we learned from nature are exactly accurate and we have learned mobbing from animals which swoops and hits each other (1). In animals mobbing is done in various dimensions such olfactory, visual and, auditory communicative behaviors to the other colony or animals. Plus, sexual differences have a heading dominance and importance between the animals (2). Mobbing moreover means harassing, ganging up on someone,

or psychologically terrorizing others at work. Although mobbing is a very old phenomenon, it was not described and systematically researched until the early 1980's (3). However, the meaning of this word; mobbing has many meanings, properties, kinds, deeps behaviors which are one kind of rudeness or the law of the jungle (2). However, the definition of bullying and mobbing or workplace aggression was explained by Lorelei Keashly and Joel H. Neuman at work in a very clearly that bullying means harassing, offending, socially excluding someone or negatively affecting someone's work tasks and an important point is this type of manner or behavior should be repeated regularly in a period (4). There is a race in

every part of life. However, this race must be done in ethic rules and everybody has its race by himself or herself not with the others. The academician should behave like the Themis in every respect (5,6). Academicians, advisors and/or lecturers should provide the conditions for their young generations' in which they can learn easily. This is very vital for academic performance and effects problems solving, research success. For this reason, terms and conditions will help in general and special arrangements, necessities, supply requirements, provisions, rules, specifications, and standards that form an integral part of an arrangement of medical education problems.

Chylomicrons are lipoproteins and the transporters of medium and long chain fatty acids, which are absorbed from the intestine to other tissues, where their triglyceride components are hydrolyzed by the activity of the lipoprotein lipase, allowing the released free fatty acids to be absorbed by the tissues. This lipoprotein and plays a central and crucial role in lipoprotein metabolism, which is very important and essential for healthy life (7,8). Chylomicrons are the largest lipoprotein in structure and have the lowest in density due to high lipid/protein ratio; highest in triacylglycerol and triglycerides are transported by the largest and most lipid-rich of the lipoprotein particles (9). Chylomicrons have vital importance and an essential role in lipid metabolism and in our life. However, this key element of lipid metabolism is used to destroy innocent research assistants' academic life.

### **A Fairy Tale**

Being a chylomicron? I heard of this being a chylomicron several years ago. An academician using Chylomicron as a name, nickname for its' own assistant at a university. This academician was calling this assistant as my chylomicron even with the near the other research assistants, colleagues, on the audience, in a meeting everywhere in every place (I am writing as this assistant because I don't want to emphasize gender of this assistant). However, this academician is also finding itself comic or simpatico. In this fairy tale guess what happened then. This academicians' young assistant doesn't come up with this situation and does not want to study anymore and leave the university. Other research assistants' take on many days to persuade and changes this research assistants' mind to complete her/his thesis without staying in touch with the advisor. Then, this research

assistant turns back to university and tried to finish experiments. However, advisor never gives up calling this research assistant as chylomicron. This is repeated and again like a cycle; this research assistant many times give up the experiments and left the university then and persuading by other assistants taking back this assistant back to university. And the other academicians talked with this academician not to call this research assistant as chylomicron.

Psychological abuse does not end with a success story. I want to write this research assistant finished the master of thesis despite everything and begun to doctorate in a different university with a different advisor.

### **Bullying and COVID-19**

COVID-19 is a novel infectious disease and cause more than 6 100 000 deaths, and 471 193 675 cases. The number of the cases and deaths from this infection is increasing every hour (10-17). COVID-19 pandemic affects people in different ways and most common symptoms of this disease is fever, dry cough, and tiredness and all these ones are known by every population however this pandemic is changed most of our regular daily life and our habits and finally research (10-18). COVID-19 effected the geriatric patients whom have common comorbidities such as found diabetes mellitus, kidney failure, hypertension, enzyme deficiencies and aged related diseases (19-32). COVID-19 pandemic has affected all our lives from every aspects. Most of the research laboratory is closed or partially opened due to pandemic. Nothing will be the same after the COVID-19 pandemic and one of the important lessons from this pandemic it may affects emotional dysregulation and unable to manage in constructive ways. The coronavirus pandemic has caused noteworthy fear and behavior and pattern of unstable friendships causing problems functioning in everyday laboratory research life. One of the main reasons the increased unfriendly competition between the young research assistants is the future anxiety, anxiety about finding staff in academia in COVID-19 pandemic.

### **CONCLUSION**

We have one life to be live and education is the cornerstone of our lives. Education is very valuable for building the future lives in the society. Every word and everybody language must obey to the ethical rules, human rights and laws in universities. High and

low; rich and poor; handsome, beautiful and ugly, woman and man, old and young everybody, but everybody has same international covenant on economic, social, cultural rights and human rights. There must not be discriminated between even academician and assistant on the human rights. On the other hand, COVID-19 pandemic may be stressful for researcher; first one is the fear and worry about own health and the second one is the fear of not getting enough research. Both fears may increase the bullying in the scientist especially in the younger scientists.

**Acknowledgments:** None.

**Author contribution:** D.A. and N.N.U were responsible for the conceptualization, writing and editing.

**Conflict of interests:** The authors have no conflicts of interest to declare.

**Ethical approval:** None.

**Funding:** None.

**Peer-review:** Externally peer-reviewed.

## REFERENCES

- Dow DD. Displays of the Honeyeater *Manorina melanoccephala*. *Zeitschrift Für Tierpsychologie* 2010;38:70–96.
- Tandy JM. Communication in *Galago crassicaudatus*. *Primates* 1976;17:513–26.
- Leymann H. The content and development of mobbing at work. *European Journal of Work and Organizational Psychology* 1996;5:165–84.
- Keashly L, Neuman JH. Faculty Experiences with Bullying in Higher Education. *Administrative Theory & Praxis* 2010;32:48–70.
- Aydemir D, Ulusu NN. Identifying and solving scientific problems in the medicine: key to become a competent scientist. *Turkish Journal of Biochemistry* 2020;45.
- Ulusu NN. Current publishing system. *Turkish Journal of Biochemistry* 2012;37:215–6.
- Hooper AJ, Burnett JR, Watts GF. Contemporary Aspects of the Biology and Therapeutic Regulation of the Microsomal Triglyceride Transfer Protein. *Circulation Research* 2015;116:193–205.
- Randolph GJ, Miller NE. Lymphatic transport of high-density lipoproteins and chylomicrons. *Journal of Clinical Investigation* 2014;124:929–35.
- Gotto AM. Interrelationship of triglycerides with lipoproteins and high-density lipoproteins. *The American Journal of Cardiology* 1990;66:A20–3.
- Aydemir D, Ulusu NN. Correspondence: Angiotensin-converting enzyme 2 coated nanoparticles containing respiratory masks, chewing gums and nasal filters may be used for protection against COVID-19 infection. *Travel Medicine and Infectious Disease* 2020;37:101697.
- Aydemir D, Ulusu NN. Commentary: Challenges for PhD students during COVID-19 pandemic: Turning crisis into an opportunity. *Biochemistry and Molecular Biology Education* 2020;48:428–9.
- Aydemir D, Ulusu NN. Influence of Lifestyle Parameters – Dietary Habit, Chronic Stress and Environmental Factors, Jobs – on the Human Health in Relation to the COVID-19 Pandemic. *Disaster Medicine and Public Health Preparedness* 2020;14:e36–7.
- Aydemir D, Ulusu NN. Correspondence: Importance of the validated serum biochemistry and hemogram parameters for rapid diagnosis and to prevent false negative results during COVID-19 pandemic. *Biotechnology and Applied Biochemistry* 2021;68:390–1.
- Aydemir D, Ulusu NN. Are Angiotensin II Receptor Blockers for Hypertension a Gleam of Hope or not Against COVID-19 Infection? *The Journal of Basic and Clinical Health Sciences* 2020.
- Aydemir D, Ulusu NN. People with blood disorders can be more vulnerable during COVID-19 pandemic: A hypothesis paper. *Transfusion and Apheresis Science* 2021;60:103080.
- Aydemir D, Dağlıoğlu G, Candevir A, Kurtaran B, Bozdoğan ST, Inal TC, et al. COVID-19 may enhance risk of thrombosis and hemolysis in the G6PD deficient patients. *Nucleosides, Nucleotides & Nucleic Acids* 2021;40:505–17.
- Aydemir D, Ulusu NN. Are Angiotensin II Receptor Blockers for Hypertension a Gleam of Hope or not Against COVID-19 Infection? *The Journal of Basic and Clinical Health Sciences* 2020.
- Aydemir D, Ulusu NN. The role of biotin metabolism in the COVID-19 infection. *Turkish Journal of Biochemistry* 2020;45:671–2.
- Guz G, Demirogullari B, Ulusu NN, Dogu C, Demirtola A, Kavutcu M, et al. STOBADINE PROTECTS RAT KIDNEY AGAINST ISCHAEMIA/REPERFUSION INJURY. *Clinical and Experimental Pharmacology and Physiology* 2007;34:210–6.

20. Tandogan B, Kuruüzüm-Uz A, Sengezer C, Güvenalp Z, Demirezer LÖ, Nuray Ulusu N. In vitro effects of rosmarinic acid on glutathione reductase and glucose 6-phosphate dehydrogenase. *Pharmaceutical Biology* 2011;49:587–94.
21. Ulusu NN. Evolution of Enzyme Kinetic Mechanisms. *Journal of Molecular Evolution* 2015;80:251–7.
22. Ulusu NN. Curious Cases of the Enzymes / Neobiča Istorija Enzima. *Journal of Medical Biochemistry* 2015;34:271–81.
23. Evlice A, Ulusu NN. Glucose-6-phosphate dehydrogenase a novel hope on a blood-based diagnosis of Alzheimer's disease. *Acta Neurologica Belgica* 2017;117:229–34.
24. Aydemir D, Karabulut G, Şimşek G, Gok M, Barlas N, Ulusu NN. Impact of the Di(2-Ethylhexyl) Phthalate Administration on Trace Element and Mineral Levels in Relation of Kidney and Liver Damage in Rats. *Biological Trace Element Research* 2018;186:474–88.
25. Das-Evcimen N, Ulusu NN, Karasu C, Doğru B. Adenosine triphosphatase activity of streptozotocin-induced diabetic rat brain microsomes. Effect of vitamin E. *General Physiology and Biophysics* 2004;23:347–55.
26. Dogru Pekiner B, Das-Evcimen N, Ulusu NN, Bali M, Karasu C. Effects of vitamin E on microsomal Ca<sup>2+</sup>-ATPase activity and calcium levels in streptozotocin-induced diabetic rat kidney. *Cell Biochemistry and Function* 2003;21:177–82.
27. Gokturk H, Ulusu NN, Gok M, Tuncay E, Can B, Turan B. Long-term treatment with a beta-blocker timolol attenuates renal-damage in diabetic rats via enhancing kidney antioxidant-defense system. *Molecular and Cellular Biochemistry* 2014;395:177–86.
28. Ulusu NN, Gok M, Erman B, Turan B. Effects of timolol treatment on pancreatic antioxidant enzymes in streptozotocin-induced diabetic rats: An experimental and computational study. *Journal of Medical Biochemistry* 2019;38:306–16.
29. İşeri-Erten SÖ, Dikmen ZG, Ulusu NN. Comparison of Spectrophotometric and Fluorimetric Methods in Evaluation of Biotinidase Deficiency. *Journal of Medical Biochemistry* 2016;35:123–9.
30. Erbayraktar Z, Evlice AT, Yilmaz G, Yazici C, Yener G, Ulusu NN. Evaluation of Renal Function in Alzheimer's Disease and Geriatric Patients: Results from a Turkish Two-Center Study. *Journal of Medical Biochemistry* 2017;36:54–61.
31. ULUSU NN, YILMAZ G, ERBAYRAKTAR Z, EVLİCE AT, ARAS S, YENER G, et al. A Turkish 3-center study evaluation of serum folic acid and vitamin B12 levels in Alzheimer disease. *TURKISH JOURNAL OF MEDICAL SCIENCES* 2015;45:1159–66.
32. Ulusu NN. Glucose-6-phosphate dehydrogenase deficiency and Alzheimer's disease: Partners in crime? The hypothesis. *Medical Hypotheses* 2015;85:219–23.