

Systematic Review of International Cyberbullying Intervention Components for Youth and Parents



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Background

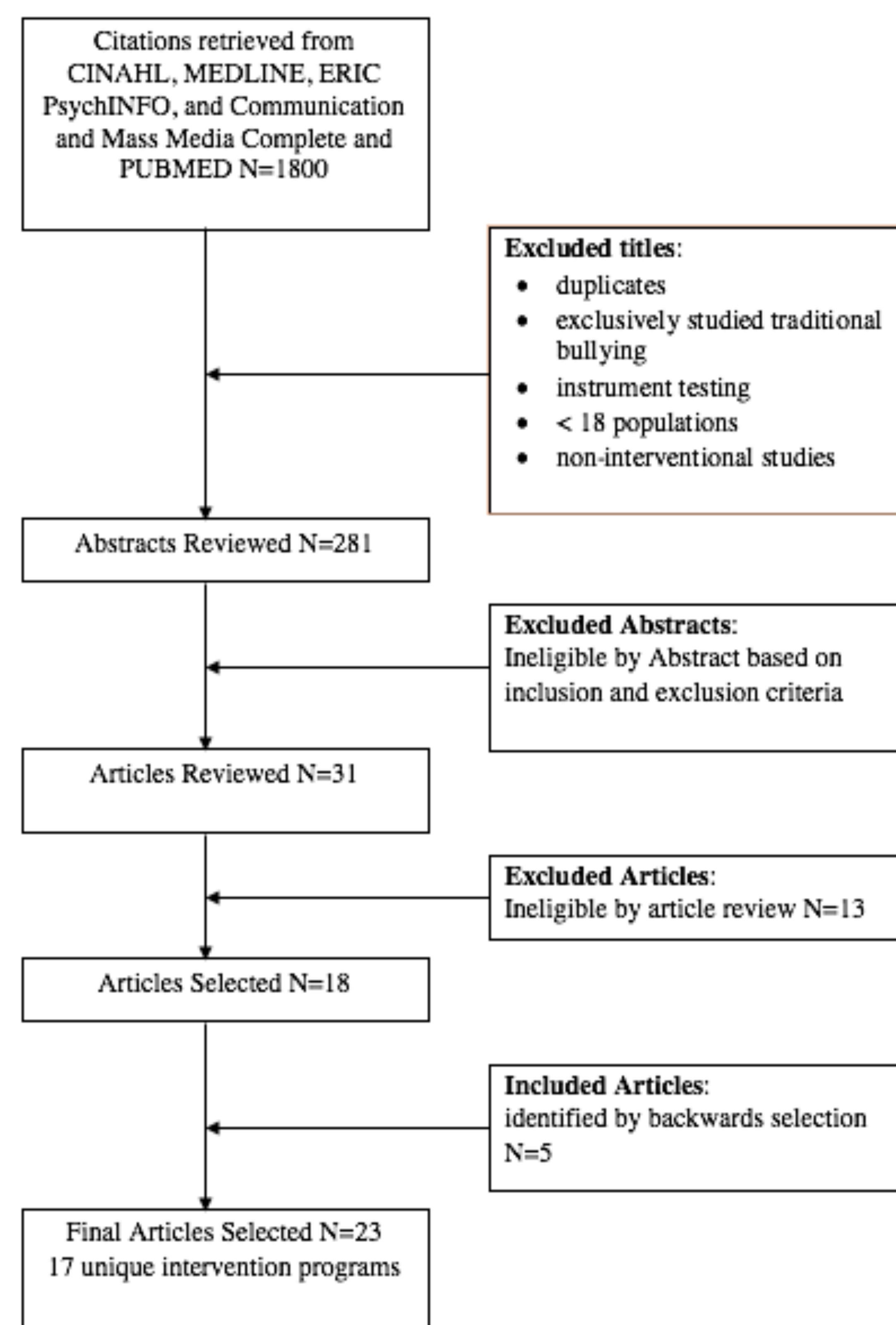
- Cyberbullying (CB): “Willful and repeated harm inflicted through aggressive actions through the use of computers, cell phones, and other electronic devices” (1)
- Consequences include physical and mental health concerns such as depression, anxiety, and somatic concerns (2).
- Victims with physical and mental sequelae are recommended to visit a pediatric or psychiatric provider.
- To date, no interventions exist in the healthcare setting for youth who are victims of CB.



Methods

- Comprehensive search conducted in Oct. 2016.
- Search terms included: “cyberbullying” + “intervention” or “treatment” or “therapy” or “program.”
- Studies were excluded if published in a language other than English.

The Cochrane Collaborations Tool was used to assess the risk of bias. Melnyk and Fineout-Overholt tool captured data quality (3,4).



Purpose

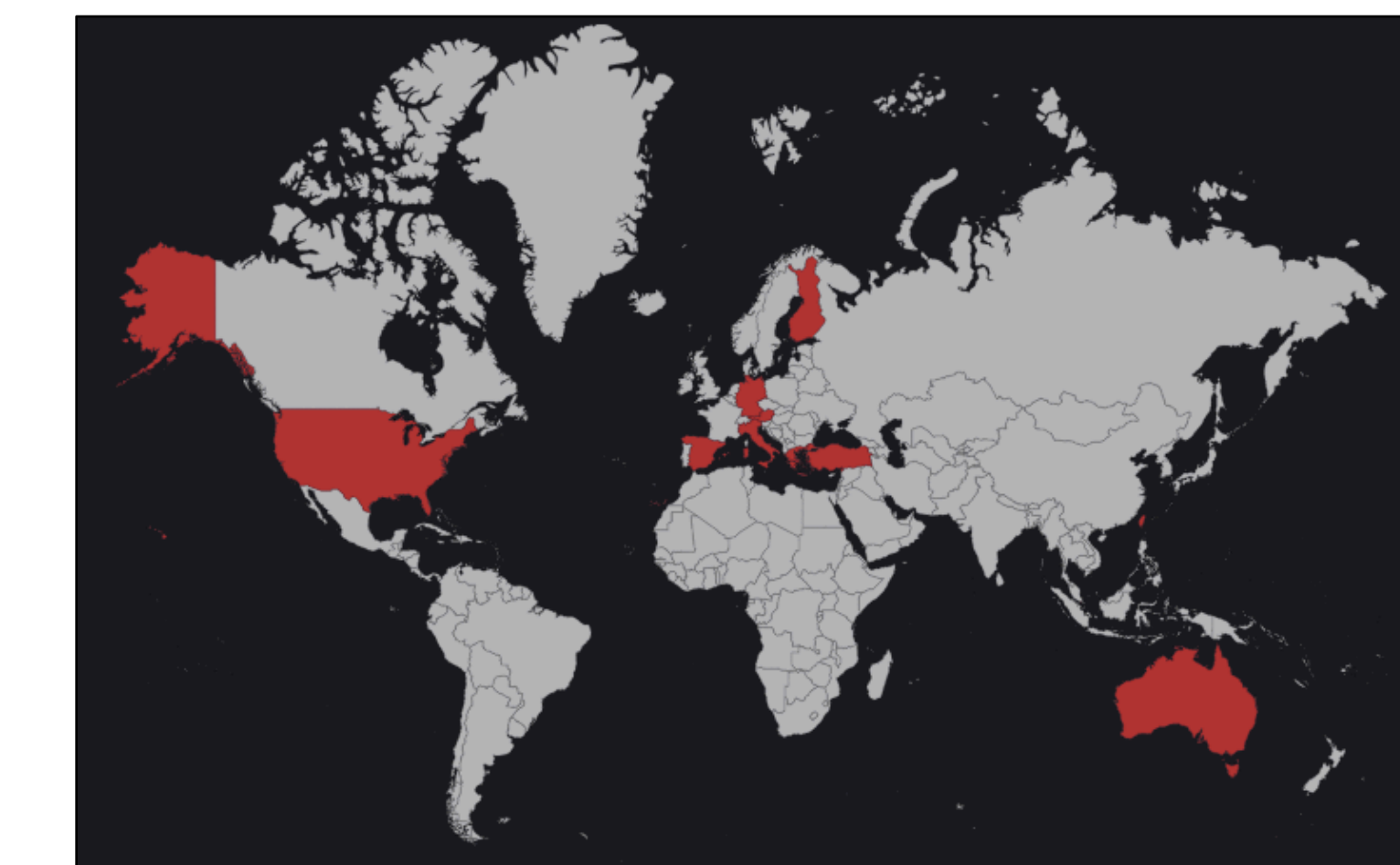
- To review evidence of CB intervention programs in pediatric populations.
- Goal: provide recommendations on effective intervention components to guide research and clinical practice

PICO Question

- **P:** In youth who have been involved in CB
- **I:** What individual components from CB intervention programs exist
- **C:** Versus other types of interventions
- **O:** To decrease the frequency of CB?

Results

- 17 CB intervention programs in 23 articles met search criteria
- Data was globally representative with intervention programs from 11 countries across 4 continents
- All of the programs were conducted in the school setting.
- Sample ages ranged from 10 to 20 years old.
- 9 programs found a significant decrease in youth participating in CB
- 10 programs found significant decreases in frequency of cyber-victimization



Most Frequently Used Intervention Components

Component	Definition
Communication/Social Skills	Teaching the youth effective and appropriate skills to communicate in the social setting, either online or in person
Empathy Training	Teaching the youth to look at the cyberbullying situation from the perspective of the victim or bystander
Coping Skills	Ways for the youth to respond to cyberbullying
Education on Cyberbullying	Teaching the youth what cyberbullying is and other important information related to cyberbullying awareness
Parent Education	Educating the parents on important cyberbullying topics
Digital Citizenship	Using technology in a responsible way or being a good citizen online

Discussion

As more youth present with symptoms related to CB, effective interventions are needed to guide evidence-based practice. CB is a global phenomenon with both short and long-term negative consequences, thus, evidence-based clinical guidelines are urgently needed.

References

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