A review of cyberbullying and suggestions for online psychological therapy

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# Abstract

"Investigations of cyberbullying are beginning to emerge in the scientific literature because of their implications for child and adolescent development. In particular, cyberbullying victimisation has been associated with similar negative consequences to traditional or face-to-face bullying such as lower academic achievement, anxiety, and sometimes even suicide. Research has also started to emerge investigating the impact of such incidences on the life of adults. The literature in this area has been steadily growing over the last decade and this review highlights the current situation in terms of relevant features and the psychological impact on victims. The selection process consisted of a comprehensive search that was conducted in January 2015 in the following databases: PsychInfo, ERIC, Web of Science and Medline. A total of 19 papers were included. We conclude with suggestions for online psychological treatment for victims and bullies as a means of coping with the distress caused from cyberbullying experiences"

# Outcome

The definition of cyberbullying is discussed in light of current research
The psychological impact of cyberbullying on victims, bullies and bully/victims is highlighted
Current intervention and prevention strategies for cyberbullying are described
Online psychological therapy is discussed as an intervention for cyberbullying experiences