Systematic Review of International Cyberbullying Intervention Components for Youth and Parents

Elizabeth Hutson, MS, RN, PMHNP-BC, PhD Student; Stephanie Kelly, PhD, RN, FNP, Lisa Militello, PhD, MPH, RN, CPNP

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).

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

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

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.

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?

References