

## Special Issue

# Tackling Cyberbullying, Social Media, and Problematic Internet and Mobile Use: Research and Strategies for Effective Intervention

### Message from the Guest Editors

The rapid proliferation of digital technologies and social media platforms has fundamentally transformed the way individuals interact, communicate, and engage with the world. While these advancements offer significant benefits, they also present new challenges, particularly in the realms of social interaction and health impact. Excessive or problematic use of the internet, mobiles, and social media has been linked to various negative health outcomes, including anxiety, depression, suicidal ideation, sleep disturbances, eating disorders, phobias, addictions, and social isolation, to mention just a few. There is a pressing need for research that not only explores the adverse effects of these phenomena but also identifies and evaluates innovative approaches to mitigate their impact, focusing on preventive strategies and psychoeducational interventions. Call for Contributions: We invite original research articles and reviews on these topics:

- Impact of problematic internet/mobile use, as widely understood, on wellbeing and behavior.
- Effective intervention and prevention strategies

### Guest Editors

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### Deadline for manuscript submissions

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#### Editor-in-Chief

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