

## Mental Health and Psychological Impact of Cyberbullying on Adolescents: A Bibliometric Study

Sutipyo Ru'iya<sup>1\*</sup>, Muhammad Farid<sup>2</sup>, Sujono Riyadi<sup>3</sup>, Hafid Ulinnuha<sup>4</sup>

<sup>1</sup>Universitas Ahmad Dahlan, Yogyakarta, Indonesia

<sup>2</sup>Universitas Ahmad Dahlan, Yogyakarta, Indonesia

<sup>3</sup>Universitas Jenderal Achmad Yani, Yogyakarta, Indonesia

<sup>4</sup>Universitas Ahmad Dahlan, Yogyakarta, Indonesia

\*Corresponding Author: E-mail: [sutipyo@pai.uad.ac.id](mailto:sutipyo@pai.uad.ac.id)

### ARTICLE INFO

**Manuscript Received:** 26 Jun, 2025

**Revised:** 05 Oct, 2025

**Accepted:** 14 Oct, 2025

**Date of Publication:** 02 Nov, 2025

**Volume:** 8

**Issue:** 11

**DOI:** [10.56338/mppki.v8i11.8474](https://doi.org/10.56338/mppki.v8i11.8474)

### KEYWORDS

Cyberbullying;  
Mental Health;  
Psychological Impact;  
Bibliometrics

### ABSTRACT

**Introduction:** The rapid growth of social media and internet use has increased the risk of cyberbullying, especially among adolescents. This issue became more prominent during the COVID-19 pandemic, as digital activity surged, creating greater opportunities for online harassment. The psychological impact of cyberbullying on students has become a global concern. This study aims to analyze global publication trends related to the impact of cyberbullying on adolescent mental health over the last decade.

**Methods:** A bibliometric analysis was conducted using data from the Scopus database, covering publications from 2015 to 2025. A total of 636 relevant documents were identified, focusing on psychology, public health, medical science, and social sciences. The analysis was performed using VOSviewer and R Studio, with key terms such as cyberbullying, mental health, and psychological impact.

**Results:** The results indicate a steady rise in publications on cyberbullying and adolescent mental health, with notable growth in recent years. The United States was the most productive country, with strong international collaboration patterns. Key research topics included cyberbullying, mental health, adolescents, and emotional outcomes such as anxiety and depression. The dominance of certain journals and keywords reflects increasing scholarly focus, particularly during and after the COVID-19 pandemic, which amplified both research interest and relevance.

**Conclusion:** This study highlights the growing global research interest in the psychological effects of cyberbullying. It provides valuable insights into key contributors, research focus, and collaboration trends, serving as a foundation for future studies and prevention efforts.

**Publisher:** Fakultas Kesehatan Masyarakat Universitas Muhammadiyah Palu

## INTRODUCTION

Since the early twentieth century, media technology has advanced rapidly, allowing interaction and dissemination information in a way wider in various layer public (1). Between impact significant from this development, one of them is emergence the phenomenon of cyberbullying, which is very influential especially among teenager. Increasing use of the internet increase along with the development of social media has trigger potential the occurrence online bullying (cyberbullying) among adolescents (2, 3). This phenomenon the more exacerbated by the presence of the COVID-19 pandemic, which requires part big activity public done online. This conditions enlarge opportunity the occurrence of cyberbullying, because interaction more social Lots taking place in the digital (4, 5).

Cyberbullying can define as destructive action in a way intentionally, well through device electronic like social media or other online media, which can affect the victim well in a way direct and also No direct (6). From time to time to time, various forms of cyberbullying have developed with covers discrimination, pollution Name good, and online harassment (7). Forms the can happen through various channels, including telephone or image, such as in the case of “*happy slapping*,” as well as through room internet chat like email (8).

Impact of cyberbullying on the mental health of victims is enormous and often prolonged one of the mediating factors that is often found in study is the related role of mindfulness with emergence symptom depression and anxiety (9). Previous study comparing the effects of post-traumatic stress disorder (PTSD) on victims of traditional bullying and cyberbullying show similarity the impact felt by teenagers (10). In addition, there are strong correlation between anxiety and cyber victimization, with difference significant based on type gender, where women more often experience this impact (11). Therefore, that's important for do steps prevention that involves education from school and family, as well as restrictions use of social media (12). Although a number of studies show that no there is influence significant cyberbullying against performance academic teenagers, attention special still need given to the victim, remembering impact psychological experiences (13).

Cyberbullying becomes global issues that affect lots individuals in different countries, bringing impact negative in lots aspect life, especially mental health (14). Various study has done for analyze the impact of cyberbullying, but many also show there is a gap in evaluation as well as need for study further in this field. Development latest in these studies important for understand whether Topic the Still relevant, and ow existing quotes and research can give description deeper about development this phenomenon, especially in context discipline science, topics, journals, and contribution writer (15, 16). Through analysis citation, we can identify trending topics ongoing research grow and give understanding wider about the changes that occur.

Recent studies on the impact of cyberbullying on mental health indicate a growing need for comprehensive evaluation and a clearer understanding of research developments in this area (17, 18). To address this, bibliometric analysis is employed as it enables a systematic examination of publication patterns, emerging themes, and knowledge gaps within the field (19, 20). Unlike traditional literature reviews, the bibliometric approach provides a data-driven and objective overview of the academic landscape, making it particularly effective in identifying influential works, collaboration networks, and underexplored topics (21). Therefore, this study uses bibliometric methods not only to map the evolution of research on cyberbullying and mental health, but also to highlight trends and areas requiring further investigation. This approach is expected to offer valuable insights into how this issue has been addressed over time and how it continues to shape scholarly discourse, particularly in relation to adolescent mental health.

## METHOD

This study employs a bibliometric analysis to evaluate the distribution of scientific publications discussing the impact of cyberbullying on students' mental health. This method was selected due to its ability to provide a quantitative overview of publication trends, reveal research gaps, and identify emerging and relevant topics within the field. Bibliometric analysis was considered appropriate for its capacity to present measurable data on publication patterns, international collaboration networks, and keyword distributions in related literature.

The research data were extracted from the Scopus SciVerse database (<https://www.elsevier.com/products/scopus/data>), which is a leading source of peer-reviewed literature. Data retrieval was performed on January 24, 2025, and covered documents published between 2015 and 2025. The subject areas included psychology, public health, medical sciences, and social sciences. Only documents published in English were

included to maintain consistency in language use. The analysis was limited to journal articles, excluding other publication types such as books, conference proceedings, editorials, reviews, and errata.

The following Boolean search string was used to retrieve relevant documents in the TITLE-ABS-KEY fields: ("cyberbullying") AND ("mental health" OR "psychological impact"). This search was designed to capture a wide range of studies related to the topic. Initially, 1,010 documents were retrieved. After applying a publication year filter (2015–2025), the dataset was reduced to 970. Further filtering for English-language documents yielded 935 entries. Finally, restricting the document type to journal articles resulted in 668 records. After manual screening to ensure topic relevance and removal of duplicates, a total of 636 articles met the inclusion criteria for final analysis. The document screening and selection process is presented in a flow diagram in Figure 1.

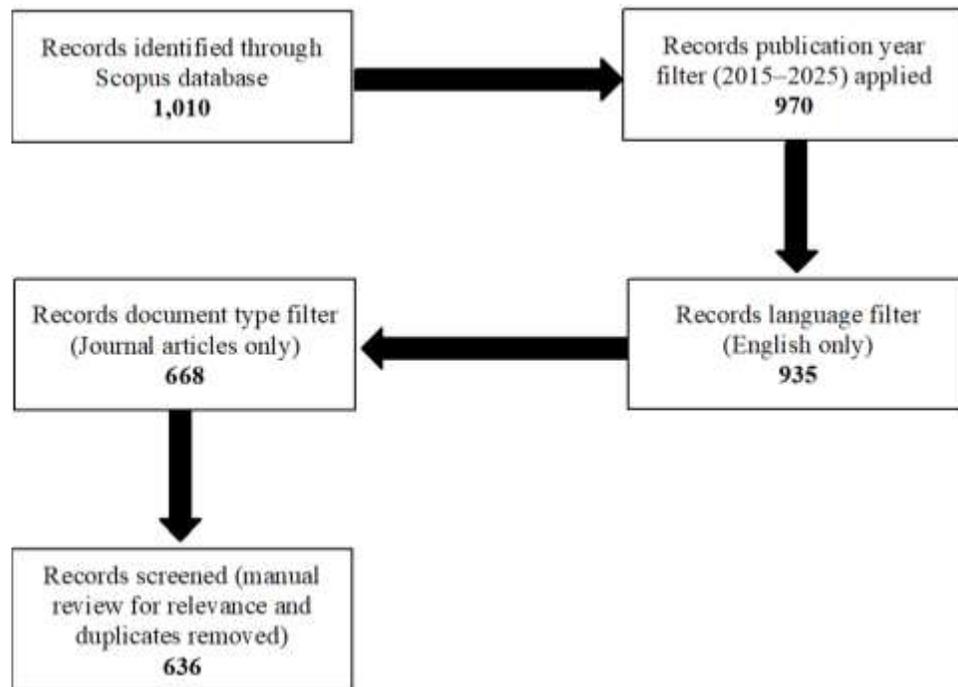


Figure 1. Flow diagram document screening and selection process

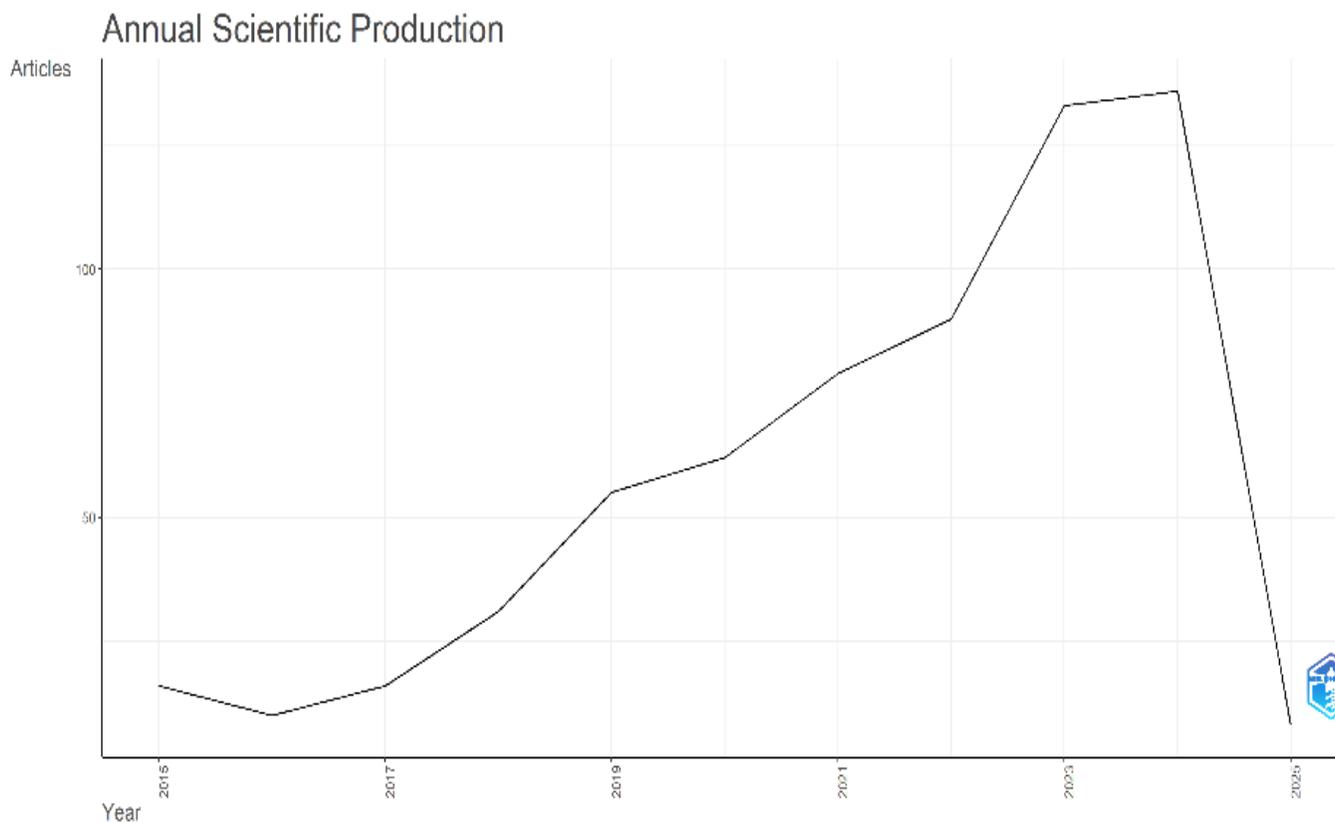
This study quantitatively analyzes the distribution of documents based on six key criteria: (1) publication trends over time, (2) countries with the highest publication output, (3) top contributing journals or sources, (4) most frequently occurring keywords, (5) patterns of international collaboration, and (6) most cited articles. All bibliometric metadata such as author affiliations, country of origin, keywords, and citation counts were extracted directly from Scopus records.

For data processing and visualization, VOSviewer (version 1.6.16) and RStudio (using the Biblioshiny package) were utilized. VOSviewer was employed to generate visual maps representing keyword co-occurrence networks, international collaborations, and thematic groupings within the dataset. The minimum keyword co-occurrence threshold was not predetermined, but rather adjusted dynamically based on the characteristics of the dataset during analysis, ensuring optimal clarity and interpretability of the resulting visualizations (22). The clustering of keywords was performed using the association strength normalization method, with resolution settings calibrated according to the structure of each network. Meanwhile, Biblioshiny supported additional analyses including author productivity, source impact, and the identification of trending research topics (23).

## RESULTS

### Publication development

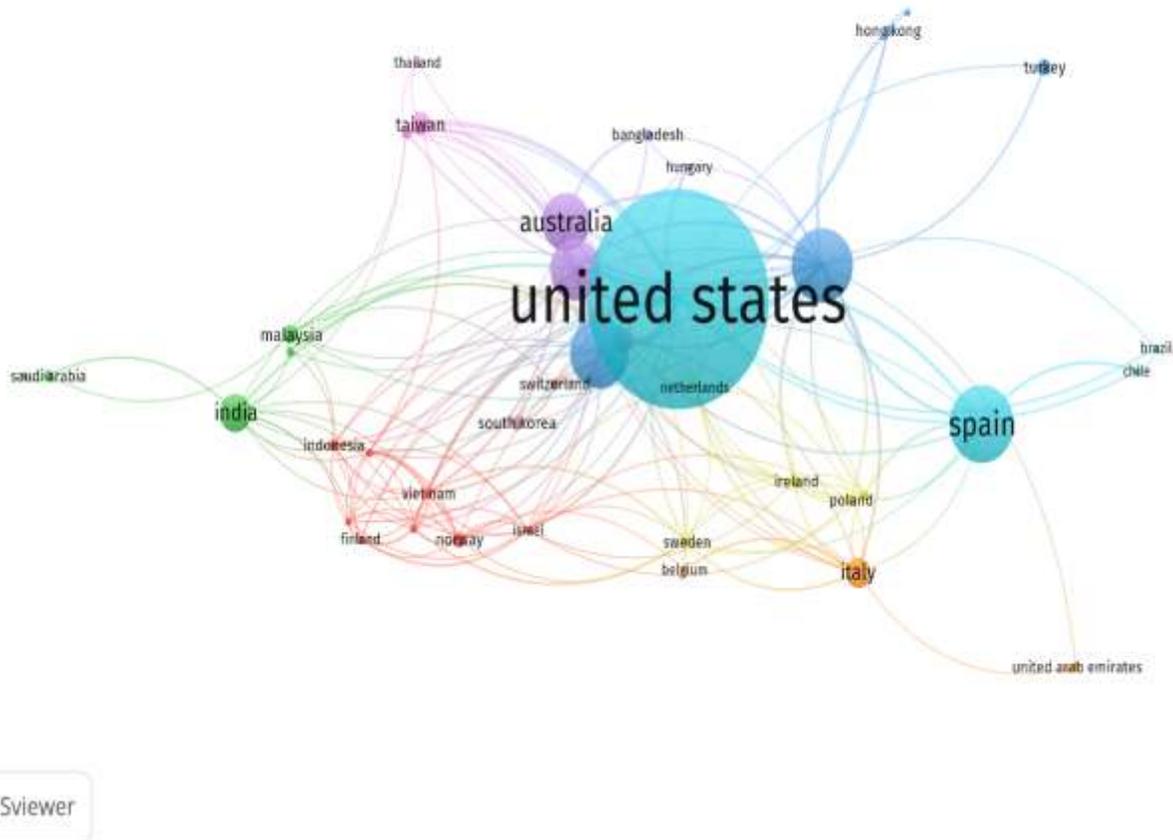
Analysis bibliometrics against 636 documents related study the impact of cyberbullying on student mental health show trend increased publication every year from 2015 to 2025 in figure 2. Peak highest occurred in 2024 with 136 articles, followed by 2023 with 133 articles, and 2022 with 90 articles. This reflects increasing attention of researchers to this topic, along with with the more expansion the impact of digital media in life teenager.



**Figure 2.** Publication development “The impact of cyberbullying on mental health” (2015-2025)

### Countries with highest document

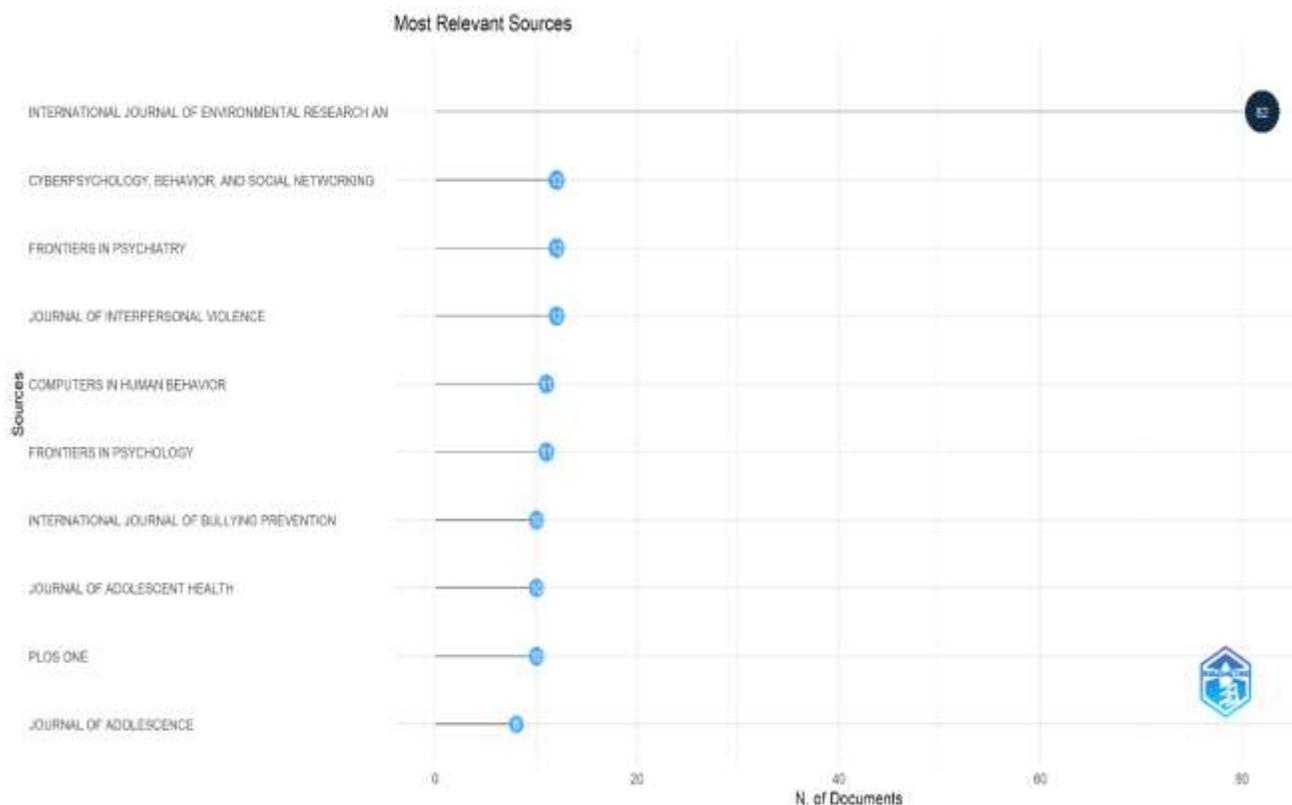
A total of 65 countries have contributed to research concerning the impact of cyberbullying on mental health. The analysis focused on a subset of 41 countries, each having published at least five documents in figure 3. Among these, the United States ranks first with 187 publications, which have been cited 3,941 times. Spain holds the second position with 64 documents and 1,427 citations, while the United Kingdom comes third with 62 publications and 1,377 citations. China and Canada are also among the top five, contributing 59 documents (971 citations) and 51 documents (1,588 citations), respectively. Canada notably has the second-highest citation count after the United States, reflecting the high impact and relevance of its research in this field.



**Figure 3.** Visualization the network that is formed from the author's country in study the impact of cyberbullying on mental health

### Source with highest document

A total of 313 sources has used in publication study related the impact of cyberbullying on mental health. Figure 4 showed top 10 source in this theme. Source with contribution highest is the International Journal of Environmental Research and Public Health with 82 documents that have been published published and 1,387 citations. The International Journal of Environmental Research and Public Health (IJERPH) emerged as the top contributing journal in this area. Its dominance may be attributed to its open-access policy, which increases visibility and accessibility of published articles. Furthermore, the journal's broad interdisciplinary scope, encompassing both public health and social science topics, aligns well with the multifaceted nature of cyberbullying and mental health research. Being indexed in major databases such as Scopus and Web of Science also contributes to its high publication volume and citation rate. Other significant sources including Cyberpsychology, Behavior, and Social Networking, Journal of Interpersonal Violence, and Frontiers in Psychiatry each with 12 documents. In addition, Computers in Human Behavior and Frontiers in Psychology each contributed 11 documents. The findings this reflect consistency and relevance sources this in support research that focuses on the impact of cyberbullying.

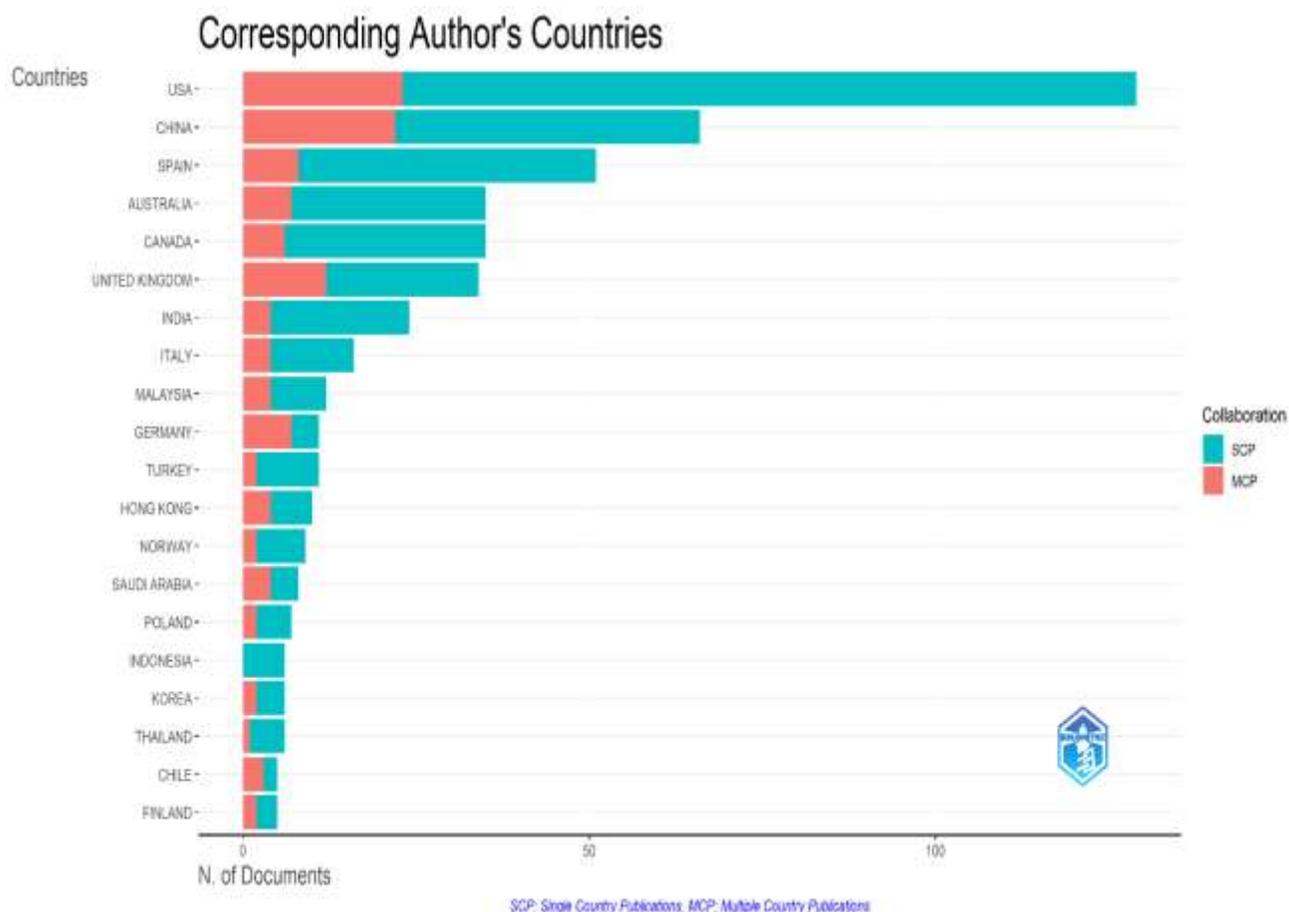


**Figure 4.** Top 10 sources that publish research on the impact of cyberbullying on mental health.

### Most frequent keywords used

This study identified a total of 1,394 keywords, with 35 of them meeting the minimum occurrence threshold of 10 repetitions to be included in the network analysis as showed in figure 5. Among these, "cyberbullying" was the most frequently used keyword, appearing 302 times, followed by "mental health" with 179 occurrences, "adolescents" with 109, and "bullying" with 94 mentions. The keyword "depression" appeared 75 times, indicating that it is one of the most commonly discussed mental health outcomes associated with cyberbullying. The network visualization grouped these keywords into six distinct clusters, each represented by a different color (red, green, blue, yellow, purple, and light blue). These clusters illustrate the various thematic areas and research focuses within the field, showing how topics are interconnected yet distinguishable, reflecting the multidisciplinary nature of studies on cyberbullying and mental health.





**Figure 6.** Visualization collaboration that was formed from between countries author in study the impact of cyberbullying on mental health

**Document with highest citation**

All over documentation analyzed through citation, 10 documents that have citation most shown in table -. Hamm, MP, et al. in 2015 published in JAMA pediatrics with the title "*Prevalence and Effect of Cyberbullying on Children and Young People: A Scoping Review of Social Media Studies*" has citation the highest namely 315. This article to study uses of social media by teenagers, including its impact on mental health, behavior social, and engagement in digital community, the results show that there is significant relationship between cyberbullying and depression. Findings show significant benefits and risks to development teenagers. Both There is Cheah, CSL, et al.'s in 2020 research entitled "*COVID-19 Racism and Mental Health in Chinese American Families*" was cited as many as 301. This research discuss impact COVID-19 pandemic on mental health of children and adolescents, with focus on social isolation and anxiety that has relatedness with cyberbullying discrimination Chinese ethnicity in America during the pandemic. Third namely Fahy, AE, et al.'s in 2016 research entitled "*Longitudinal Associations Between Cyberbullying Involvement and Adolescent Mental Health*" which was cited as many as 208 times. This article evaluate connection between use of social media with adolescent mental health, including depression, anxiety, and well-being psychological.

**Table 1.** Top ten documents citation

Paper	DOI	Total Citations
Hamm Mp, 2015, Jama Pediatr	10.1001/Jamapediatrics.2015.0944	315
Cheah Csl, 2020, Pediatrics	10.1542/Peds.2020-021816	301
Fahy Ae, 2016, J Adolesc Health	10.1016/J.Jadohealth.2016.06.006	208
O'Reilly M, 2018, Clin Child Psychol Psychiatry	10.1177/1359104518775154	200
Craig W, 2020, J Adolesc Health	10.1016/J.Jadohealth.2020.03.006	191
Viner Rm, 2019, Lancet Child Adolesc Health	10.1016/S2352-4642(19)30186-5	188
Abreu Rl, 2018, J Child Adolescent Trauma	10.1007/S40653-017-0175-7	180
Bozzola E, 2022, Int J Environ Res Public Health	10.3390/Ijerp19169960	167
George Mj, 2015, Perspect Psychol Sci	10.1177/1745691615596788	164
Hellfeldt K, 2020, Int J Environ Res Public Health	10.3390/Ijerp17010045	153

## DISCUSSION

The advancement of the digital era has brought social media become part not inseparable from life teenagers. Platforms like Instagram, TikTok, and Twitter have become means main for interact, share experience, and form identity myself. Even though offer Lots benefits, social media also saves risk big, one of them is cyberbullying. Cyberbullying, as form intimidation through digital media, has proven own impact deep to adolescent mental health. This trend become the more significant, as seen from improvement amount publication study in this topic from 2015 to 2025. Surge publication, with peaking in 2024, reflecting the more the magnitude attention to issue this is in the middle height prevalence use of digital media by teenagers.

This study showing the United States occupy position at the forefront as a country with contribution publication highest, good in amount document and also citations. A total of 187 documents published by researchers from the United States has cited as many as 3,941 times. Countries such as Spain, United Kingdom, China, and Canada also provided significant contribution. This is show role important for developed countries in to form global discourse on the impact of cyberbullying on mental health. More Far again, United States play a role as center Network study international, facilitating collaboration involving many countries. This collaboration no only expand global understanding, but also provides insights that can used for more intervention strategies effective in to overcome the impact of cyberbullying (24).

In terms of sources, journals leading play role important in spread this study. *International Journal of Environmental Research and Public Health* become journal with contribution the largest, followed by *Cyberpsychology, Behavior, and Social Networking*, and *Journal of Interpersonal Violence*. Every journal this own unique focus, starting from impact environment social until influence technology to behavior human. This articles to form strong foundation for understand the impact of cyberbullying and providing direction for study as well as future interventions. Journals this focusses on health society, including factor social influencing mental health, making it relevant in understand impact digital environment, as well as explore the influence of social media and technology to behavior humans, including cyberbullying.

This research reveals six prominent clusters of keywords commonly found in publications on the topic. The first cluster concerns both traditional and online bullying, highlighting their effects on children and adolescents. The second cluster focuses on how the digital age influences adolescent development, particularly regarding mental health impacts associated with internet and social media use. The third cluster delves into the effects of cyberbullying on adolescents' self-esteem and the social support networks they rely on. The fourth cluster emphasizes emotional outcomes such as anxiety, depression, and stress among victims of cyberbullying, also addressing gender-related matters and sexting within the mental health framework (25, 26). The fifth cluster is notable for examining the influence of the COVID-19 pandemic on adolescent mental health, noting that increased dependence on social media during this time has elevated the risk of exposure to cyberbullying. Cheah et al. (2020) further highlight how the pandemic intensified racial discrimination and social inequalities, especially affecting ethnic groups like Chinese Americans (27, 28). Lastly, the sixth cluster considers the interaction between physical and mental health consequences of cyberbullying, including impacts on sleep quality, physical activity, and obesity (29).

The findings of this study confirm that cyberbullying remains a significant concern in relation to student mental health; however, the bibliometric analysis provides deeper insights into how the academic community has approached this issue over time. Thematic clustering revealed that the research has predominantly focused on six major areas: psychological effects on adolescents, prevention strategies, digital behavior patterns, school-based interventions, legal frameworks, and social media as a platform for bullying. These clusters highlight the multidimensional nature of the topic and suggest opportunities for interdisciplinary collaboration. Moreover, the co-authorship network analysis showed a strong concentration of publications originating from the United States, the United Kingdom, and Spain, indicating regional leadership in this field. Yet, limited cross-country collaboration suggests potential for more inclusive and global research partnerships moving forward.

Various study supports these results. For example, Hamm showed that despite social media give benefit like support social, there is risk significant when used for behavior negative such as cyberbullying, which is related with depression (30). Fahy emphasized that excessive use of social media often associated with with anxiety and depression (31). Research by Viner shows that cyberbullying affects pattern sleep and activity daily teenager (32–34), while O'Reilly noted that victims of cyberbullying tend to interesting self from interaction social, worsening their mental condition (35). George explains more carry on that social media can trigger feeling worried consequence addiction, as well as increase trend for compare self with other people, potentially cause pressure psychological (36). In addition, the criticism received in cyberspace is increasingly to worsen atmosphere heart teenagers, creating deep fear will influence technology to life them. This impact no only limited to mental health, but also creates inability for undergo normal routine, which eventually to worsen condition them. In more cases extreme, impact psychological this can lead to disruption chronic sleeplessness, as well as disturbance atmosphere the heart is getting bigger critical.

Bozzola provide outlook interesting about how cyberbullying can contribute to the problem physique like obesity consequence pattern disturbed sleep and activity reduced physical (37). This matter often has an impact on the image body they, especially among teenager women, who are more prone to to problem like disturbance eating and dissatisfaction body (38). More far away, researcher as Rutter and Bozzola show that use excessive digital devices also affect health eyes, such as risk of myopia, infection, and syndrome eye dry (39, 40). This issues to emphasize importance study more carry on about impact the extent of cyberbullying, both both mentally and physically physique.

In addition, the comparison between cyberbullying and traditional bullying shows striking differences. Craig emphasized that the impact of cyberbullying is often more critical Because its persistent and difficult nature avoided (41). Teenagers who are victims of cyberbullying do not only face disturbance emotional but also the risk isolation more social tall. Hellfeldt stated that support from family and school are very important for helping victims of cyberbullying cope the impact (42). This support can in the form of mentoring emotional, understanding, and effort prevention that involves various party, both That family, school, and community around. Without existence adequate support, adolescents who are victims of cyberbullying are at risk develop more mental disorders serious, which can to be continued until age mature.

In general, overall, discussion this highlight complexity the impact of cyberbullying on adolescent mental health. This research ive significant insight about global trends, collaboration international, and focus research, at the same time open opportunity for development more intervention effective in to overcome issue this is a cross- country and cross-border effort. discipline become crucial for overcome impact negative from a continuing phenomenon this develop.

### **Limitations and Cautions**

This study has several limitations that should be taken into account for future investigations. Most of the articles analyzed were published in English-language journals, which may introduce language bias by excluding relevant studies in other languages. Access restrictions to subscription-based journals might have limited the scope of the dataset, potentially omitting important but less-cited research. Moreover, the study relies solely on the Scopus database, which could lead to incomplete coverage of the literature as other databases like Web of Science or PubMed were not included. Citation counts may also be affected by the limited citation window, particularly for recently published articles that have had less time to accumulate citations. Challenges related to author name disambiguation may have impacted the accuracy of co-authorship and productivity analyses. Additionally, the use of keyword-based

searches carries the risk of missing relevant documents due to synonymy and variations in terminology. To overcome these limitations, future research should consider integrating multiple databases, expanding language inclusion, and employing strategies to address name ambiguity and keyword variability. Furthermore, longitudinal cohort studies are recommended to provide more precise and comprehensive insights into the long-term effects within this field.

## **CONCLUSION**

This study shows that Topic the impact of cyberbullying on mental health is getting better become global attention, as proven by the trend increased publications, contributions significant from developed countries, and the use of relevant keywords. This analysis gives description comprehensive that can support development study further and efforts mitigation impact negative cyberbullying.

## **AUTHOR'S CONTRIBUTION STATEMENT**

Sutipyo Ru'iyah developed the research concept, conducted the analysis, and drafted the manuscript. Muhammad Farid collected data and contributed to data analysis. Sujono Riyadi supervised the study and reviewed the manuscript. All authors approved the final version.

## **CONFLICTS OF INTEREST**

The authors declare that there are no conflicts of interest related to this study.

## **DECLARATION OF GENERATIVE AI AND AI-ASSISTED TECHNOLOGIES IN THE WRITING PROCESS**

The authors acknowledge the use of AI-assisted technology, specifically Grammarly, to support language refinement and improve readability during the manuscript preparation. However, all content was critically reviewed and approved by the authors to ensure accuracy, originality, and adherence to academic standards.

## **SOURCE OF FUNDING STATEMENTS**

They have no financial or personal relationships that could have influenced the research outcomes.

## **ACKNOWLEDGMENTS**

The authors would like to express their sincere gratitude to Universitas Ahmad Dahlan for providing support and facilitating the completion of this research.

## **BIBLIOGRAPHY**

1. Han X, Han W, Qu J, Li B, Zhu Q (2019) What happens online stays online? — Social media dependency, online support behavior and offline effects for LGBT. *Comput Human Behav* 93:91–98
2. Sarangi A, Amor W, Co ELF, Javed S, Usmani S, Rashid A (2022) Social Media Reinvented: Can Social Media Help Tackle the Post-Pandemic Mental Health Onslaught? *Cureus*. <https://doi.org/10.7759/cureus.21070>
3. Yosep I, Hikmat R, Mardiyah A (2023) Nursing Intervention for Preventing Cyberbullying and Reducing Its Negative Impact on Students: A Scoping Review. *J Multidiscip Healthc* 16:261–273
4. Cheng C, Lau YC, Luk JW (2020) Social capital–accrual, escape-from-self, and time-displacement effects of internet use during the COVID-19 Stay-at-home period: Prospective, quantitative survey study. *J Med Internet Res*. <https://doi.org/10.2196/22740>
5. Kee DMH, Al-Anesi MAL, Al-Anesi SAL (2022) Cyberbullying on social media under the influence of COVID-19. *Global Business and Organizational Excellence* 41:11–22
6. Smith PK, Mahdavi J, Carvalho M, Fisher S, Russell S, Tippett N (2008) Cyberbullying: Its nature and impact in secondary school pupils. *J Child Psychol Psychiatry* 49:376–385
7. Pyżalski J, Smith P (2022) Nationality and ethnicity-based (cyber)bullying: how should we tackle this phenomenon in survey studies? *Psychology, Society and Education* 14:11–17

8. Ferrara P, Ianniello F, Villani A, Corsello G (2018) Cyberbullying a modern form of bullying: Let's talk about this health and social problem. *Ital J Pediatr*. <https://doi.org/10.1186/s13052-018-0446-4>
9. Liu C, Liu Z, Yuan G (2022) Longitudinal Associations between Cyberbullying Victimization, Mindfulness, Depression, and Anxiety: A Mediation Analysis. *J Aggress Maltreat Trauma* 31:121–132
10. Holfeld B, Mishna F (2021) The Development of Post-traumatic Stress Symptoms among Adolescents Who Experience Cyber and Traditional Victimization over Time. *J Youth Adolesc* 50:2339–2350
11. Zimmer-Gembeck MJ, Rudolph J, Webb HJ, Henderson L, Hawes T (2021) Face-to-Face and Cyber-Victimization: A Longitudinal Study of Offline Appearance Anxiety and Online Appearance Preoccupation. *J Youth Adolesc* 50:2311–2323
12. Tozzo P, Cuman O, Moratto E, Caenazzo L (2022) Family and Educational Strategies for Cyberbullying Prevention: A Systematic Review. *Int J Environ Res Public Health*. <https://doi.org/10.3390/ijerph191610452>
13. Ragusa A, Núñez-Rodríguez S, Vaz P, et al (2024) Impact of Cyberbullying on Academic Performance and Psychosocial Well-Being of Italian Students. *Children*. <https://doi.org/10.3390/children11080943>
14. Chun JS, Lee J, Kim J, Lee S (2020) An international systematic review of cyberbullying measurements. *Comput Human Behav*. <https://doi.org/10.1016/j.chb.2020.106485>
15. Donthu N, Kumar S, Mukherjee D, Pandey N, Lim WM (2021) How to conduct a bibliometric analysis: An overview and guidelines. *J Bus Res* 133:285–296
16. Bansal S, Garg N, Singh J, Van Der Walt F (2023) Cyberbullying and mental health: past, present and future. *Front Psychol*. <https://doi.org/10.3389/fpsyg.2023.1279234>
17. Lee J, Choo H, Zhang Y, Cheung HS, Zhang Q, Ang RP (2025) Cyberbullying Victimization and Mental Health Symptoms Among Children and Adolescents: A Meta-Analysis of Longitudinal Studies. *Trauma Violence Abuse*. <https://doi.org/10.1177/15248380241313051>
18. Singh A, Rejeb A, Nangru H, Pathak S (2024) Global research trends on cyberbullying: A bibliometric study. *Computers in Human Behavior Reports*. <https://doi.org/10.1016/j.chbr.2024.100499>
19. Cretu DM, Morandau F (2024) Bullying and cyberbullying: a bibliometric analysis of three decades of research in education. *Educ Rev (Birm)* 76:371–404
20. Denche-Zamorano Á, Barrios-Fernandez S, Galán-Arroyo C, Sánchez-González S, Montalva-Valenzuela F, Castillo-Paredes A, Rojo-Ramos J, Olivares PR (2023) Science Mapping: A Bibliometric Analysis on Cyberbullying and the Psychological Dimensions of the Self. *Int J Environ Res Public Health*. <https://doi.org/10.3390/ijerph20010209>
21. Aria M, Cuccurullo C (2017) bibliometrix: An R-tool for comprehensive science mapping analysis. *J Informetr* 11:959–975
22. Hutomo MA, Muttaqin 'alim A, Arliono TY, Abdullah A, Farid M, Nur Fadhli K, Yuniasih D (2025) A Bibliometric Analysis of Hospital Disaster Preparedness. *Jurnal Implementa Usaha* 6:104–114
23. Bakar A, Irham LM, Ningrum V (2024) Publication Trend on Oral Mucositis Induced by Chemotherapy 1978-2023: Bibliometric Analysis. *Scripta Medica (Banja Luka)* 55:631–638
24. Selkie EM, Fales JL, Moreno MA (2016) Cyberbullying prevalence among US middle and high school-aged adolescents: A systematic review and quality assessment. *Journal of Adolescent Health* 58:125–133
25. Penninx BW, Pine DS, Holmes EA, Reif A (2021) Anxiety disorders. *The Lancet* 397:914–927
26. Strothers HS (2002) Depression in the primary care setting. *Ethn Dis*. <https://doi.org/10.1056/nejmcp1712493>
27. Chen IH, Chen CY, Pakpour AH, Griffiths MD, Lin CY, Li XD, Tsang HWH (2021) Problematic internet-related behaviors mediate the associations between levels of internet engagement and distress among schoolchildren during COVID-19 lockdown: A longitudinal structural equation modeling study. *J Behav Addict* 10:135–148
28. Cheah CSL, Wang C, Ren H, Zong X, Cho HS, Xue X (2020) COVID-19 Racism and Mental Health in Chinese American Families. *Pediatrics*. <https://doi.org/10.1542/peds.2020-021816>
29. Albikawi ZF (2023) Anxiety, Depression, Self-Esteem, Internet Addiction and Predictors of Cyberbullying and Cybervictimization among Female Nursing University Students: A Cross Sectional Study. *Int J Environ Res Public Health*. <https://doi.org/10.3390/ijerph20054293>
30. Hamm MP, Newton AS, Chisholm A, Shulhan J, Milne A, Sundar P, Ennis H, Scott SD, Hartling L (2015)

- Prevalence and effect of cyberbullying on children and young people: A scoping review of social media studies. *JAMA Pediatr* 169:770–777
31. Fahy AE, Stansfeld SA, Smuk M, Smith NR, Cummins S, Clark C (2016) Longitudinal Associations Between Cyberbullying Involvement and Adolescent Mental Health. *Journal of Adolescent Health* 59:502–509
  32. Viner RM, Aswathikutty-Gireesh A, Stiglic N, Hudson LD, Goddings AL, Ward JL, Nicholls DE (2019) Roles of cyberbullying, sleep, and physical activity in mediating the effects of social media use on mental health and wellbeing among young people in England: a secondary analysis of longitudinal data. *Lancet Child Adolesc Health* 3:685–696
  33. Arshad D, Joyia UM, Fatima S, Khalid N, Rishi AI, Abdul Rahim NU, Bukhari SF, Shairwani GK, Salmaan A (2021) The adverse impact of excessive smartphone screen-time on sleep quality among young adults: A prospective cohort. *Sleep Science* 14:337–341
  34. Qanash S, Al-Husayni F, Falata H, Halawani O, Jahra E, Murshed B, Alhejaili F, Ghabashi A, Alhashmi H (2021) Effect of electronic device addiction on sleep quality and academic performance among health care students: Cross-sectional study. *JMIR Med Educ*. <https://doi.org/10.2196/25662>
  35. O'Reilly M, Dogra N, Whiteman N, Hughes J, Eruyar S, Reilly P (2018) Is social media bad for mental health and wellbeing? Exploring the perspectives of adolescents. *Clin Child Psychol Psychiatry* 23:601–613
  36. George MJ, Odgers CL (2015) Seven Fears and the Science of How Mobile Technologies May Be Influencing Adolescents in the Digital Age. *Perspectives on Psychological Science* 10:832–851
  37. Bozzola E, Spina G, Agostiniani R, et al (2022) The Use of Social Media in Children and Adolescents: Scoping Review on the Potential Risks. *Int J Environ Res Public Health*. <https://doi.org/10.3390/ijerph19169960>
  38. Chassiakos YR, Radesky J, Christakis D, et al (2016) Children and adolescents and digital media. *Pediatrics*. <https://doi.org/10.1542/peds.2016-2593>
  39. Rutter LA, Thompson HM, Howard J, Riley TN, De Jesús-Romero RD, Lorenzo-Luaces L (2021) Social media use, physical activity, and internalizing symptoms in adolescence: Cross-sectional analysis. *JMIR Ment Health*. <https://doi.org/10.2196/26134>
  40. Bozzola E, Spina G, Ruggiero M, et al (2019) Media use during adolescence: The recommendations of the Italian Pediatric Society. *Ital J Pediatr*. <https://doi.org/10.1186/s13052-019-0725-8>
  41. Craig W, Boniel-Nissim M, King N, et al (2020) Social Media Use and Cyber-Bullying: A Cross-National Analysis of Young People in 42 Countries. *Journal of Adolescent Health* 66:S100–S108
  42. Hellfeldt K, López-Romero L, Andershed H (2020) Cyberbullying and psychological well-being in young adolescence: the potential protective mediation effects of social support from family, friends, and teachers. *Int J Environ Res Public Health*. <https://doi.org/10.3390/ijerph17010045>