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A Systematic Review and Meta-analysis of Interventions to Decrease Cyberbullying Perpetration and Victimization: An in-depth analysis within the Asia Pacific Region

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Research Symposium 2022:

“Towards an Inclusive Malaysia: Research Insights on the Implications of Digital Communications on Society”

Where are we at right now?



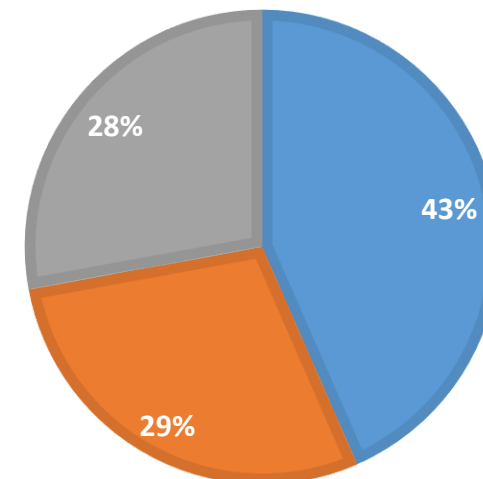
In a global survey by IPSOS, Malaysia ranks third after South Africa and Peru, with 34% reporting knowing a child who has been cyberbullied (Newall, 2018).

Common modes of cyberbullying in Asia Pacific:

1. Social networking sites (e.g. [Instagram](#))
2. Online messaging platforms (e.g. [Twitter](#))
3. Mobile messaging (e.g. [WhatsApp](#))

PERPETRATORS OF CYBERBULLYING IN ASIA PACIFIC

- Classmate of Victim
- Young person who is a stranger
- Adult stranger



What has been done?



1. Increased school-based interventions to target cyberbullying → **results have been varied.**

2. Previous systematic reviews and meta-analyses on the topic → **fall short in highlighting the specific components of interventions that are effective** (e.g., Gaffney et al., 2019, Pyżalski & Poleszak, 2019, Polonin et al., 2021),

3. Meta-analyses **on effectiveness of cyberbullying interventions within the Asia Pacific region is still unknown**, thus warrants further study.

Findings may help provide appropriate, specific, and concrete responses to cyber violence policy and practice especially here in Malaysia and within the Asia Pacific region.



What we proposed to do:

- Conduct an updated systematic review on intervention effects to decrease cyberbullying perpetration and victimization **focusing literature within the Asia-Pacific region**
- Establish **pooled effect sizes** of these interventions and conduct subsequent **meta-comparisons** on study designs, theory applications, intervention locations, and age range.

What was the main aim?



To identify cyberbullying interventions that really work to be adopted and adapted at a systemic level in Malaysia.

What studies did we look for?



- 1. Experiment-based intervention studies within Asia Pacific***
- 2. Outcome variables on cyberbullying victimization and perpetration***

What method did we use?



Inclusion/Exclusion Criteria

Population

Intervention studies

Comparison group

Research design

Primary outcome measures

Timeframe

Publication status

Language and Country of Origin

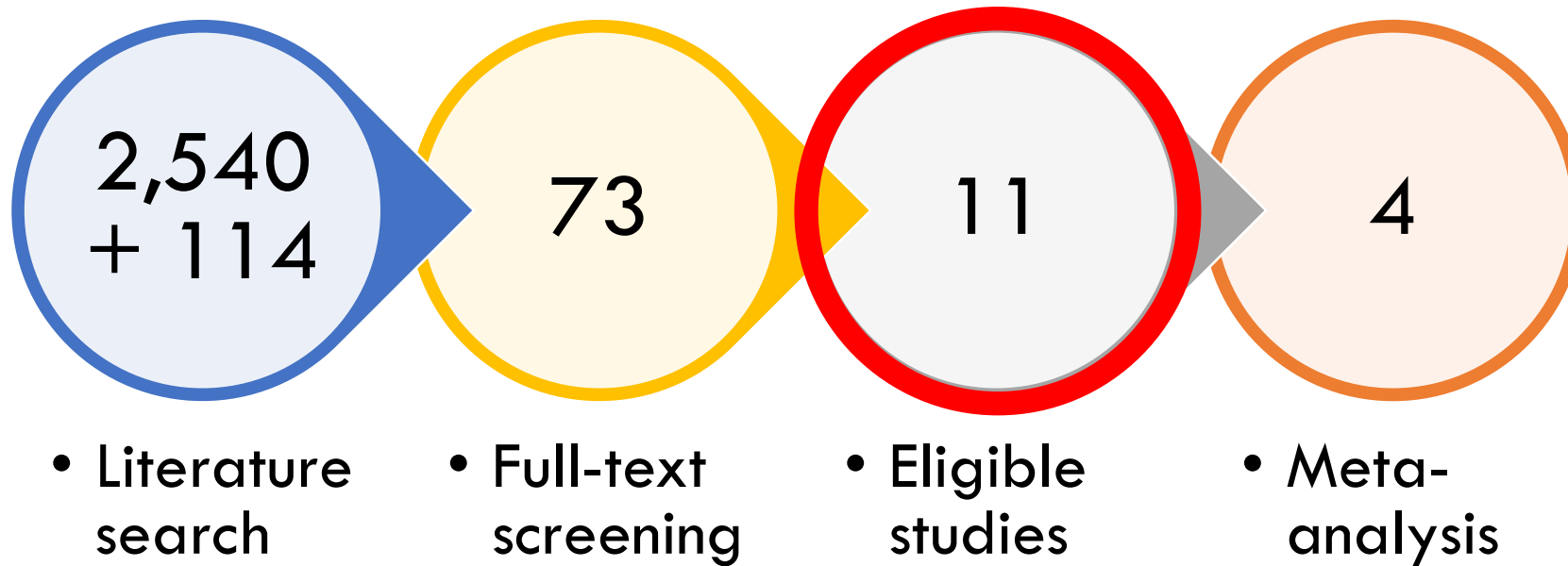
Literature Search and Screening

Conducted an electronic bibliographic search of the literature to identify qualifying studies.

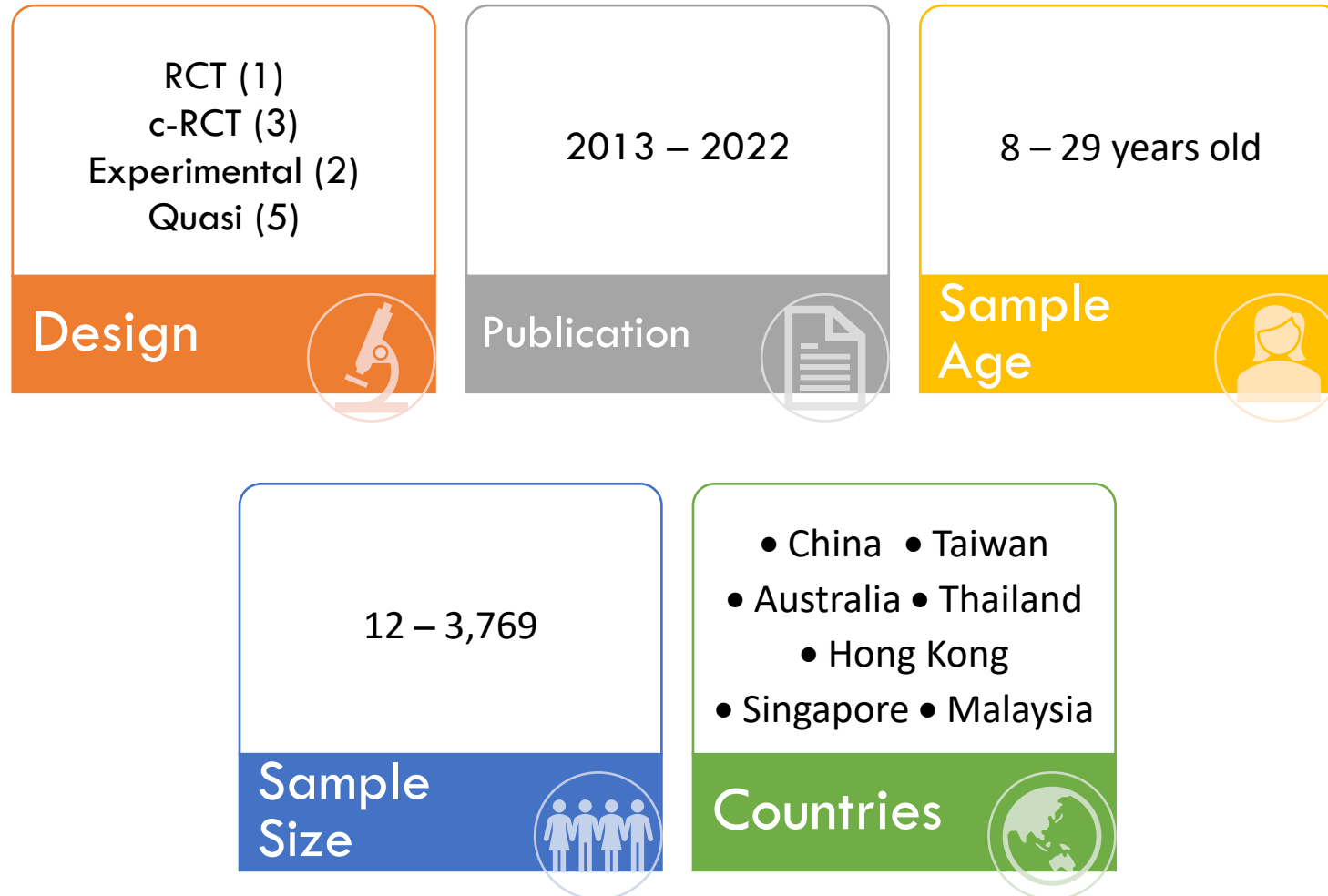
Conducted auxiliary searches to ensure that all available studies were found.

Screened abstracts using Rayyan software citations based on the PRISMA flowchart.

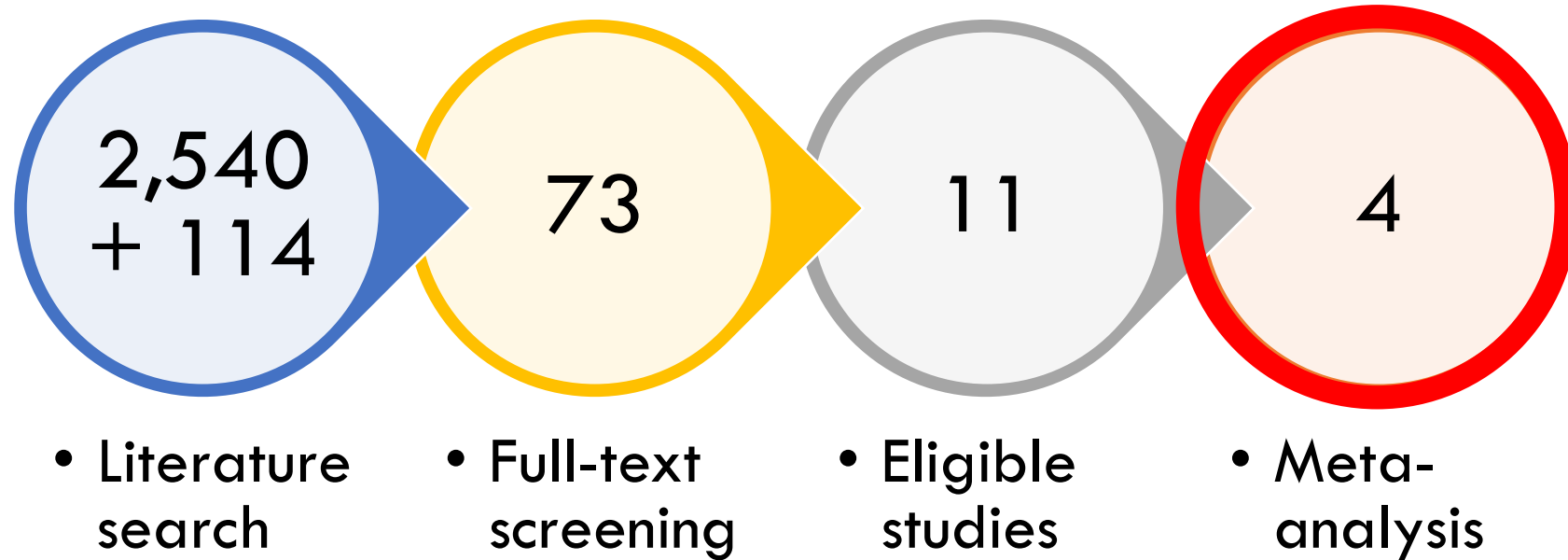
What did we find?



Eligible Studies Included in the Review



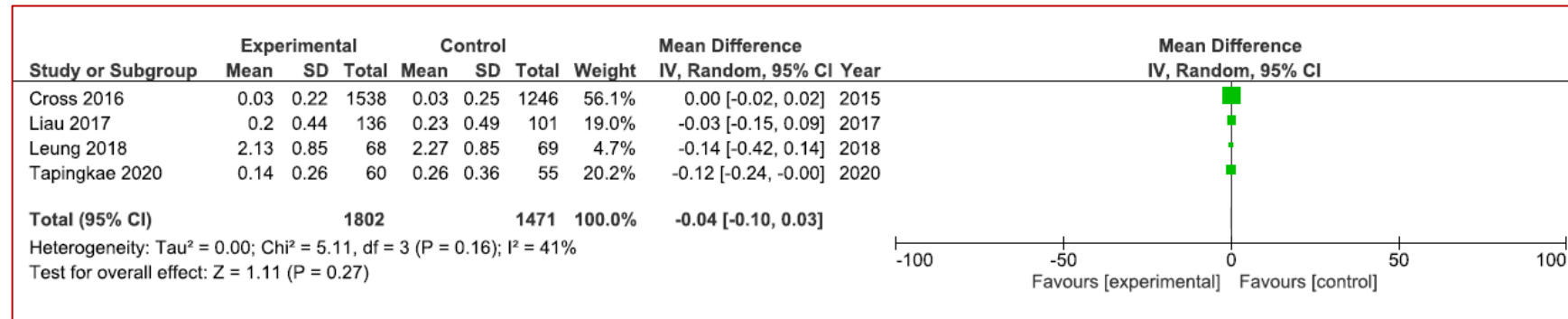
What did we find?



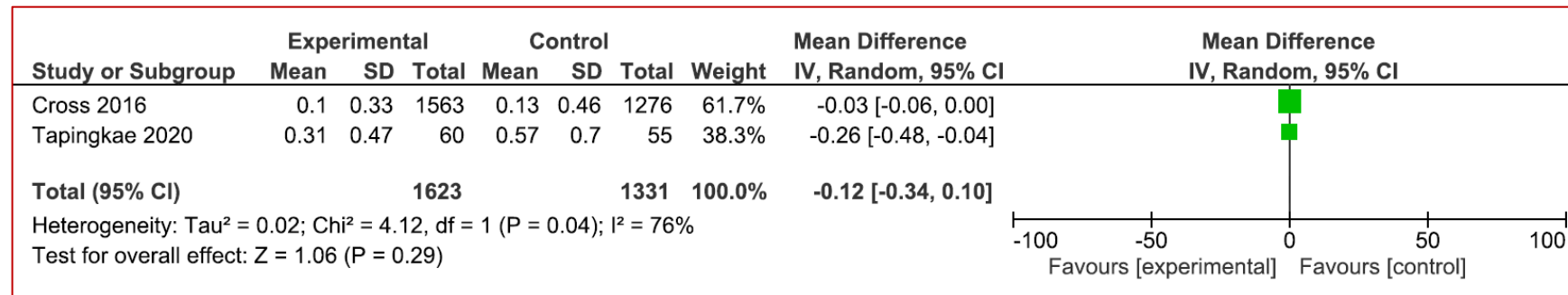
Meta-Analysis Results



Forest plot of bullying perpetration frequency at post-intervention among four included studies reporting continuous data



Forest plot of cyberbullying victimization frequency at post-intervention among two included studies reporting continuous data



What can we learn from this study?



- The meta-analyses showed **no significant effects** of cyberbullying interventions in decreasing cyberbullying perpetration and victimization.
- This research highlights that the endeavor for cyberbullying intervention is **still developing** in the Asia-Pacific region, currently involving a limited set of stakeholders, settings, and delivery modes
- Intervention must be designed **systemically** to address the challenge cyberbullying poses.
- Malaysia could be the **first in the region** to pursue this systemic approach (multi-stakeholders' involvement)

What is next?

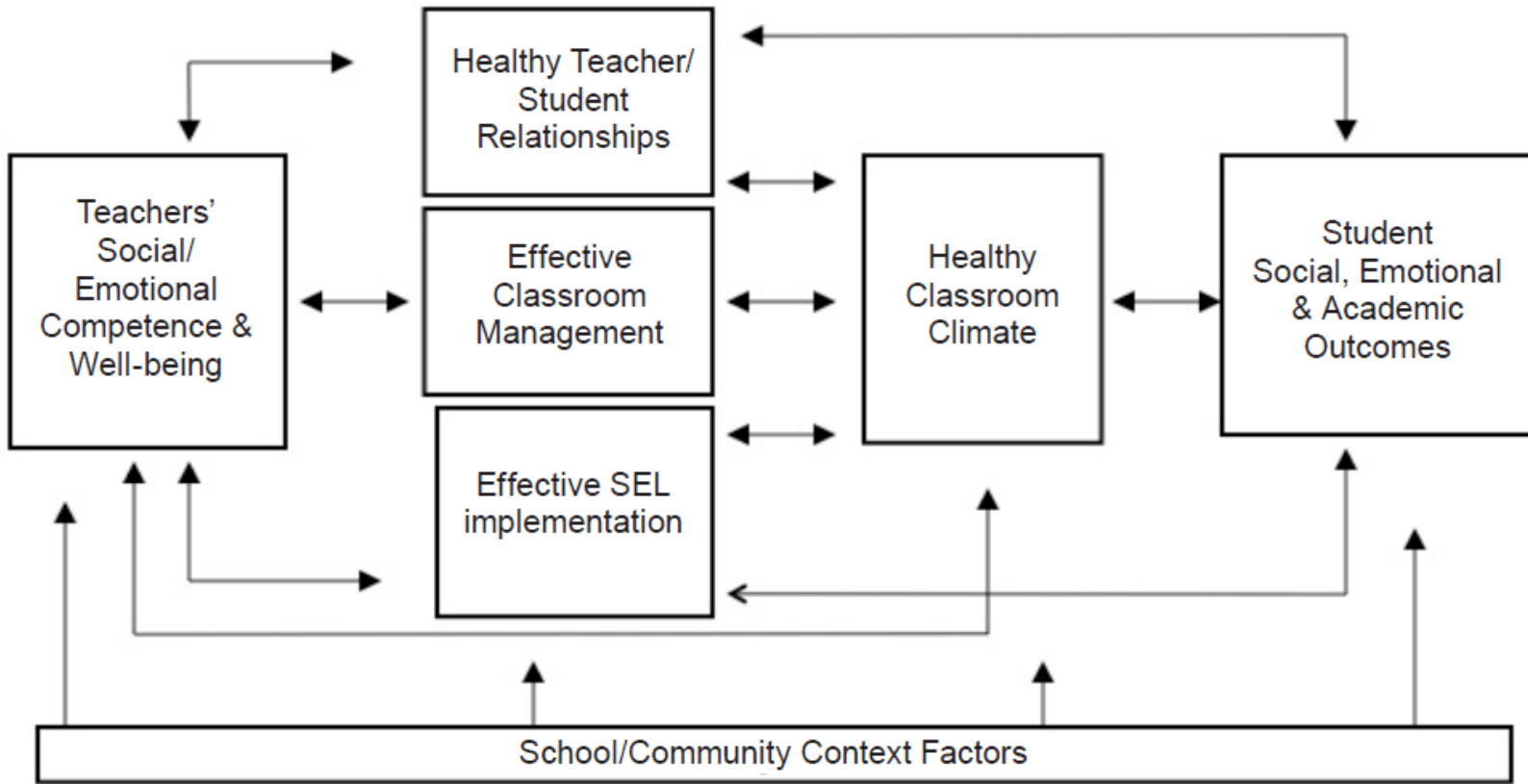


- Cyberbullying is not static in nature but evolves in form and severity with the advancement of technology. Interventions should be designed with this view in mind.
- Educational institutions should embed cyber awareness and media literacy in existing subjects, taught implicitly throughout classroom practices.
- Interventions should be theoretically-grounded and exercised systemically.

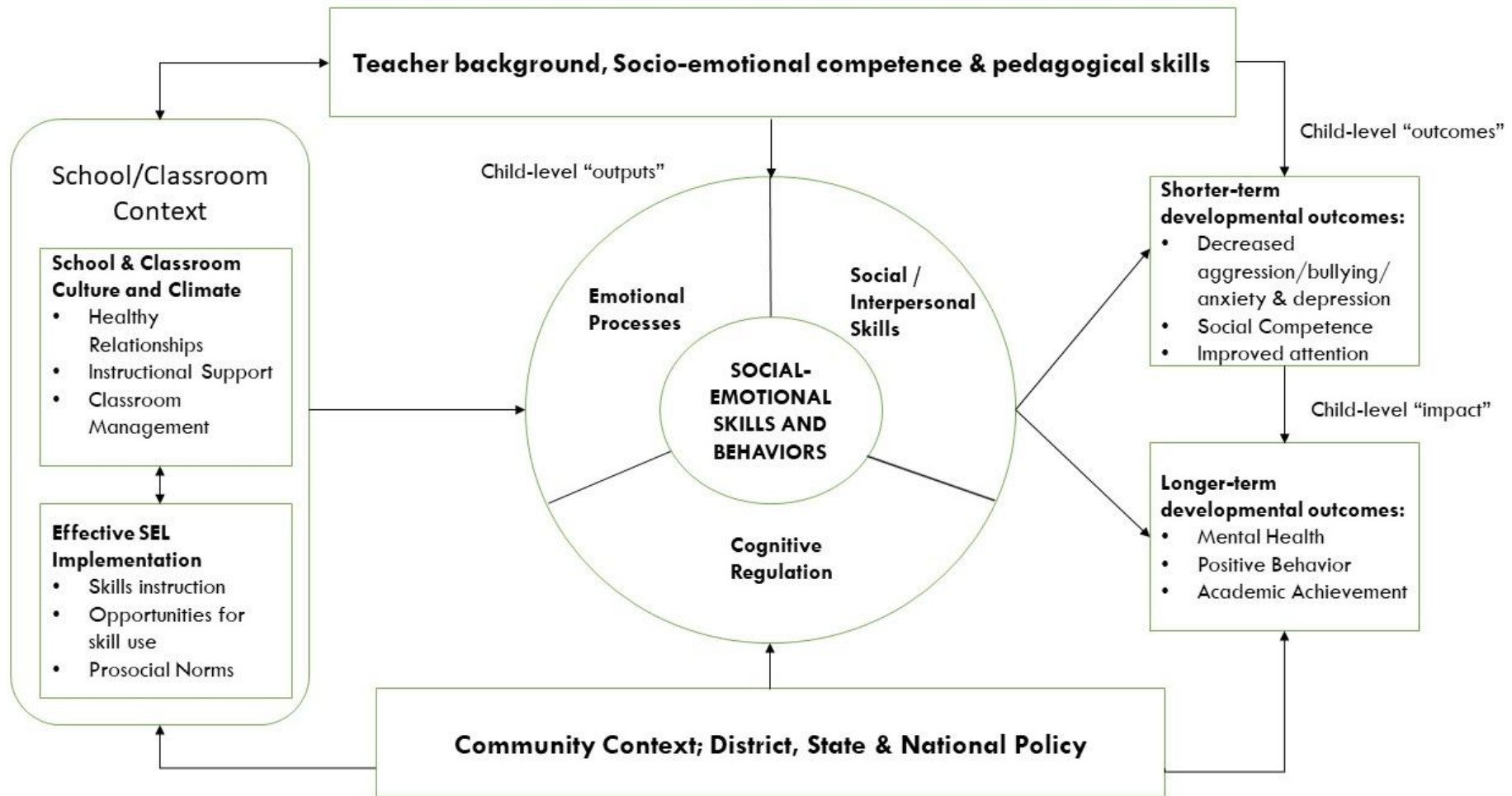


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THANK YOU



The Prosocial Classroom



Proposed Organizing Framework for systemic SEL implementation to address cyberbullying and cyber victimization in Malaysia