

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

Prof. Dr. Ana León Mejía

Department of Sociology and Communication, University of Salamanca, 37008 Salamanca, Spain

Dr. Roberto Sánchez-Cabrero

Department of Evolutive and Education Psychology, Universidad Autónoma de Madrid, 28049 Madrid, Spain

Deadline for manuscript submissions

30 June 2025



Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 2.6
Indexed in PubMed



mdpi.com/si/212767

Behavioral Sciences
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
behavsci@mdpi.com

[mdpi.com/journal/
behavsci](https://mdpi.com/journal/behavsci)





Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 2.6
Indexed in PubMed



[mdpi.com/journal/
behavsci](https://mdpi.com/journal/behavsci)



About the Journal

Message from the Editorial Board

Editors-in-Chief

Prof. Dr. Gianluca Serafini

Department of Neuroscience, Rehabilitation, Ophthalmology, Genetics, Maternal and Child Health (DINO GMI), Section of Psychiatry, University of Genoa, 16132 Genoa, Italy

Prof. Dr. Jerrell Cassady

Department of Educational Psychology, Ball State University, Muncie, IN 47306, USA

Author Benefits

High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2 (Development)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 27 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2024).