

**Title:** Implementing a Cyberbullying Management Protocol to Enhance Mental Health Providers' Self-Efficacy in a Mental Health Clinic

**Background:** Cyberbullying is a serious issue impacting the mental health of adolescents and young adults, particularly those aged 15 to 24. In this age group, suicide is the second leading cause of death, with a suicide occurring every 40 seconds globally. The prevalence of cyberbullying is alarming, with 55% of students reporting having been victims. Despite its clear association with increased risks of depression, anxiety, and suicide, there is a lack of targeted strategies to help mental health providers effectively manage cyberbullying. This study seeks to address this gap by developing, validating, and implementing a cyberbullying management protocol aimed at enhancing the self-efficacy of mental health providers in a mental health clinic.

**Objective:** The primary objective of this study was to evaluate the impact of a cyberbullying management protocol on the self-efficacy of mental health providers. The study focused on measuring changes in providers' confidence in key areas, including recognizing signs of cyberbullying, assessing its severity, intervening effectively, and creating tailored support plans for affected patients.

**Methods:** The study began with the development of a cyberbullying management protocol, which was validated by expert consultation to ensure its relevance and applicability in clinical settings. Following validation, mental health providers participated in a structured training program designed around the protocol. To assess the impact of the training, a paired t-test analysis was conducted to compare pre- and post-implementation self-efficacy scores across seven key areas, including the recognition of cyberbullying signs, severity assessment, intervention effectiveness, and overall management of cyberbullying cases.

**Results:** The implementation of the protocol led to a significant increase in providers' self-efficacy. Notably, the ability to develop tailored intervention plans showed a statistically significant improvement ( $p = 0.003$ ). Positive trends were also observed in other areas, such as recognizing signs of cyberbullying, assessing its severity, and effective intervention.

**Conclusion:** The development, validation, and implementation of the cyberbullying management protocol significantly enhanced mental health providers' self-efficacy in managing cyberbullying cases. This study underscores the importance of integrating validated protocols into clinical practice to better equip providers in addressing this critical issue, ultimately leading to improved mental health outcomes for at-risk adolescents and young adults.