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Nota di contenuto	1. Introduction -- 2. Mental Health Online: Fact or Fiction?.-3. Mental Health Treatment Online -- 4. Social Media and Forms of Connectedness -- 5. Digital Aggression, Cyberbullying, and the Impact of COVID-19 -- 6. Information Overload and Zoom Fatigue -- 7. Artificial Intelligence, Virtual Reality, and Online Games -- 8. "The Self" Online -- 9. Conclusion.
Sommario/riassunto	<p>This second edition of this highly impactful book examines the intersection of mental health and digital technology to make informed decisions about the new options provided by digital technology. It highlights the rise in online therapy and social media and examines the ethical dilemmas involved in online research to suggest that the benefits created far outweigh the possible risks. This expanded and updated second edition, includes practical suggestions for clinicians and public, builds upon the first by updating readers on recent developments in technology and research in this area since 2015. It explores ways in which governments and practitioners responded to the mental health crisis caused by the Covid-19 pandemic, and looks at the challenges as well as the benefits of our increasing interaction online. Sheri Bauman is Professor Emerita in the College of Education at the University of Arizona, USA. She is the author of Special Topics for Helping Professionals and Cyberbullying: What Counsellors Need to Know, and is lead editor of Principles of Cyberbullying Research: Definition, Measures, and Methods. Ian Rivers is Associate Principal and Executive Dean of the Faculty of Humanities and Social Sciences at the University of Strathclyde, UK. He has a background in education and psychology, particularly the study of forms of discrimination and bullying behaviour.</p>