

## HOW MANY BYTES DOES IT TAKE? A CONTENT ANALYSIS OF CYBER ISSUES IN COUPLE AND FAMILY THERAPY JOURNALS

Markie L. C. Blumer  
*University of Wisconsin Stout*

Katherine M. Hertlein  
*University of Nevada*

Justin M. Smith  
*Hope Counseling Services*

Harrison Allen  
*University of Nevada*

*In the fifteen years since the explosion of the Internet, using cyber technology for work and social functions has exponentially increased. Yet, questions around how to manage such changes remain elusive in family therapy literature. In this investigation, we conducted a content analysis to determine to what extent marriage/couple and family therapy (M/CFT) journals have responded to the integration of the Internet in couple and family life. We found 79 of 13,274 articles across seventeen journals focused on the Internet in some capacity. Implications for clinical practice, training, and future research are discussed.*

The extent to which the Internet is embedded within the contemporary lives of individuals, couples, families, and society makes it hard to picture a world without it. There are an estimated 313 million Internet users, 157 million of which are adopters of Facebook™, and approximately 224 million who are owners of personal computers in the United States today (Internet World Stats, 2011). The Internet now plays a pivotal part in education (Livingstone & Bober, 2005), entertainment (Whitty & McLaughlin, 2007), leisure activities (Vandelanotte, Sugiyama, Gardiner & Owen, 2009), relationship development and maintenance, professional networking (Luo, 2007), social engagement (Subrahmanyam, Reich, Waechter & Espinoza, 2008), and developing interpersonal relationships (Xie, 2007). The Internet is also a key component of the routine of daily life and household management such as shopping (Fenech & O’Cass, 2001; Liao & Cheung, 2001) and record keeping (Brown, 2008). Clients are also presenting with Internet-related concerns (Cooper, Scherer, Boies & Gordon, 1999; Goldberg, Peterson, Rosen & Sara, 2008), specifically with regard to online intimacy problems (Hertlein & Stevenson, 2010), Internet infidelity (Hertlein & Piercy, 2008), Internet use and teens (Landau, Garrett & Webb, 2008), and online gaming and relationships (Mitchell & Wells, 2007).

In addition to the role the Internet plays in daily life (Bargh & McKenna, 2004), there is also a growing inclusion of cyber practices in mental health. At least 5% of Internet searches are mental health-related (Bell, 2007; Eysenbach & Kohler, 2004) and approximately 300 online independent therapy or counseling practitioner sites exist in addition to three cyber therapy clinics (e.g., Mood-GYM, MyTherapyNet.com, etc.) with hundreds of therapists in each (Metanoia, 2001). MyTherapyNet.com, for example, has over 2,100 licensed mental health providers available (Derrig-

---

Markie L. C. Blumer, PhD, Assistant Professor, Marriage and Family Therapy Program, University of Wisconsin Stout, Las Vegas; Katherine M. Hertlein, PhD, Associate Professor and Program Director, University of Nevada, Las Vegas; Justin M. Smith, MS, Clinician, Hope Counseling Services; Harrison Allen, BS, Graduate Student, Marriage and Family Therapy Program, University of Nevada, Las Vegas.

Address correspondence to Markie L. C. Blumer, Associate Professor, PhD, Human Development and Family Studies, 342A Vocational Rehabilitation; E-mail: blumerm@uwstout.edu.

Palumbo, 2009). Internet usage by the general population is paralleled by its usage with online treatment providers (Metanoia, 2001). California, for example, has recently established guidelines in an attempt to standardize online practices (Hanks & Braveman, 2011).

Most of the research into cyber issues in therapeutic practice is conducted in psychology. Topics studied include the effectiveness of Internet-based therapies for panic disorder (Carlbring et al., 2005) and depression (Christensen, Griffiths & Jorm, 2004; Mackinnon, Griffiths & Christensen, 2008). In addition, online delivery of mental health services has the potential to reach clients that would otherwise be unreachable, such as those who are homebound because of psychological or physical illness, those who require anonymity, or those whose personal schedules do not permit outpatient treatment (Derrig-Palumbo, 2009). Another topic studied includes the use of the Internet in supervision. Trainees have indicated that they place value on learning how to conduct Internet-based services, specifically in relation to decision-making around the transition from offline to online therapy (Oravec, 2000). Further, the satisfaction of trainees who receive up to 50% of their supervision via online video conferencing remains stable (Gammon, Sorlie, Bergvik & Sorenson, 1998) and, as suggested by Oravec (2000), may even lead to more “playfulness and experimentation that could provide surprising (and sometimes useful) results in the therapeutic context” (pg. 127).

The field of family therapy is no different from psychology in the sense that the value of Internet-based treatment and supervision is recognized (see, e.g., Harder, 2002). While a good proportion of therapists may assess for cyber issues in their client’s lives, some therapists may still not fully recognize how embedded the Internet is in one’s relational life (Goldberg et al., 2008). Cyber issues have received limited attention by M/CFT researchers (Hertlein & Webster, 2008; Ritterband & Tate, 2009), resulting in ongoing lack of awareness in and attendance to such issues in practice.

Family therapy researchers have identified three ways in which therapists become educated about a given topic: workshop attendance and participation, training, and scholarly publications (Blumer, Green, Knowles, & Williams, 2012; Clark & Serovich, 1997). In each of these areas, however, M/CFTs experience barriers in developing their skill set. For instance, of the over 220 workshops and posters at the annual American Association for Marriage and Family Therapy (AAMFT) conference in 2010, only one was devoted to cyber issues. Between the years 2005 and 2009, 1.2% of all posters and workshops at the AAMFT conference focused on cyber issues; a statistic not surprising as a mere 17.72% (42 of 237 respondents) of licensed marriage and family therapists (LMFTs), and AAMFT clinical, student and approved supervisor members across the country recently surveyed indicated that such topics were included within their graduate coursework and training (Hertlein & Blumer, 2011). Information about cyber issues is also difficult to access as most of the journals in which it is published are not part of an M/CFT’s library (e.g., *Cyberpsychology and Behavior*), because therapists may not: (1) have access to library systems with these journals if they are not affiliated with a university and (2) receive the journal if it is not affiliated with their professional association (Hertlein, Lambert-Shute & Piercy, 2009). Therapists depend on workshops and other continuing education opportunities to remain ethical and current in practice.

Due to the increasing patterns of Internet usage, attention to the Internet as it affects couple and family life should be addressed within M/CFT training, coursework, workshops, and within the clinical and conceptual literature. A content analysis is a step toward adding to the current literature within the field, as well as exploring the literature that is already included for three main reasons. First, M/CFTs should have one place to identify the principal ways in which the field is attending to cyber issues (Hertlein & Webster, 2008; Ritterband & Tate, 2009). Second, therapists are ethically required to stay informed of relevant concerns of their clients, as well as to provide services that are competent at the very least and at best in alignment with current best practices, a core consideration given the increase in Internet involvement in couple and family problems (Shapiro & Schulman, 1996). Third, the existent base of knowledge can be expanded and refined if issues related to the Internet in the lives of individuals, couples, and families are included as important variables worthy of study.

## PURPOSE

The purpose of this project was to conduct a content analysis of articles in leading M/CFT journals to determine the scope and amount of attention given to cyber issues from 1996 through

2010. We focused on the extent to which M/CFT journals address Internet issues in theory, research, and practice. Specifically, we wanted to determine (a) the extent to which articles published in M/CFT journals addressed cyber issues, and (b) the common themes in the published literature with regard to cyber issues.

## METHOD

### *Process Procedure*

The process for this content analysis was guided by procedures described in prior content analyses (i.e., Blumer et al., 2012; Clark & Serovich, 1997; Morin, 1977), which focused on other content areas within the M/CFT literature. Upon obtaining Institutional Review Board (IRB) approval, we began by selecting journals starting in 1996—the year identified as the first period of explosive growth in terms of Internet usage (Coffman & Odlyzko, 1998). Ending the review at 2010 enveloped a 15-year period, allowing us to make some assertions about trends in the literature. We used 17 peer-reviewed journals identified as including topics of importance to M/CFTs; journals which were also used by Blumer et al. (2012) in a like study. Second, we collected data with regard to impact and immediacy ratings. Table 1 presents the number of scholarly articles of selected journals, the number of articles pertaining to Internet issues, percentages of articles pertaining to Internet issues in relation to the total number of articles of selected journals, impact factors, and immediacy indices.

Third, we conducted independent searches to gather information about the number of articles that discussed issues related to cyber-based technologies. Using search terms such as “computer,” “content analysis,” “cyber,” “cyberspace,” “cyber systems,” “cyber supervision,” “cyber technology,” “cyber therapy/cybertherapy,” “Internet,” “online,” “technology,” “virtual reality,” and “World Wide Web,” we sifted through the electronic versions of journals offered by our university’s library system. As an additional check, we also conducted a search with these terms using SOCIndex, PsychINFO, Academic Search Complete, ERIC, Family and Society Studies Worldwide, and MasterFILE Premiere.

Fourth, we created a table which organized the findings from the 17 journals by journal title, the authors, and the abstract. Any scholarly article that appeared between January 1, 1996 and December 31, 2010 was included. Based upon the works of Shortz, Worthington, McCullough, DeVries and Morrow (1994) and Tatman and Bischof (2004), articles that were excluded were categorized as either editorials, book reviews, or general publication components (e.g., abstracts, calls for papers, corrections from previous issues, duplicate listings, edition introductions, epilogues, movie reviews, media awards, author biographies, and memorial pieces). After implementing the exclusion criteria, the 14,591 references were reduced to 13,274 articles. This number was added to the number of excluded articles to ensure each article was classified.

### *Sorting Procedure*

Of the 13,274 articles that remained after the exclusion criteria were applied, 116 articles were located using the search terms. Each article was then reviewed through several sorts (as briefly described below). Through our sorting procedure, we found 37 articles that used the cyber search terms, but did not contain content that addressed cyber issues. Therefore, the final number of articles pertaining to cyber issues reviewed was 79 of the original 116 articles, or 0.006% of the total articles in the 15-year time period.

*First-Order and Second-Order Sorts.* To explore the content of the articles, we developed our own sort process and related categories. The first-order categorical sort was conducted en masse by the first three authors via a brief reviewing of the abstracts of each of the 116 originally identified articles. After the first-order sort, we each independently read and classified each of the 116 articles. After completion of the independent sorts and classifications, we reviewed and refined the second-order sort categories. The refined categories from the second sort were (a) online practice, (b) Internet sex, (c) child/adolescent Internet use, (d) online gaming, (e) clinical application, (f) ethics, (g) psychoeducation, (h) online support, (i) general computer-mediated communication, and (j) not applicable.

At this point, a fourth author was added to serve as a peer-reviewer to the previous and current sorting processes, whereby a check for both reliability and validity in our sorting process and categorical themes developed was conducted. The fourth author reviewed each of the 116 articles independently from the other three authors and without review of the previous categorical themes

Table 1  
*Information on Articles in Selected Journals*

Journal title	Total articles	Articles with cyber content	%	Impact factor	ImmediacyIndex <sup>a</sup>
American Journal of Family Therapy	537	3	0.006	0.377	0.065
Contemporary Family Therapy	291	3	0.01	N/A	N/A
The Family Journal	1,103	10	0.009	N/A	N/A
Family Process	469	0	0	1.275	1.176
Family Relations	916	13	0.014	1.318	0.113
Families, Systems, and Health (formerly Family Systems Medicine)	668	2	0.003	N/A	N/A
Journal of Consulting and Clinical Psychology	1,706	20	0.012	4.461	0.604
Journal of Counseling Psychology	746	1	0.001	2.244	1.100
Journal of Couple and Relationship Therapy (formerly The Journal of Couples Therapy)	714	10	0.014	N/A	N/A
Journal of Family Issues	455	2	0.004	1.368	0.164
Journal of Family Psychology	931	1	0.001	2.000	0.323
Journal of Family Psychotherapy	613	2	0.003	N/A	N/A
Journal of Family Therapy	534	2	0.004	0.603	0.167
Journal of Feminist Family Therapy	273	1	0.004	N/A	N/A
Journal of Marital and Family Therapy	817	7	0.009	0.892	0.083
Journal of Marriage and the Family	1,368	1	0.0007	1.553	0.182
Psychotherapy: Theory Research, Practice, & Training	1,133	1	0.0008	0.841	0.025

*Note.* <sup>a</sup>Indicates how rapidly articles in a journal are cited (Journal Citation Reports, 2009).

developed. The fourth author categorized the articles into his own themed categories at this time, which were as follows: (a) cybersex and couples, (b) teenager and child usage, (c) clinical practice, (d) education and training, (e) ethics, (f) addiction, (g) online support and resources, (h) administrative, and (i) not applicable.

*Third-Order Sort.* After completion of the fourth author's independent peer-reviewing, sorting and categorical theme development process, we all met to review and refine the third-order sort categories. From this third-order sort, we refined the previous categories into those of the following: (a) clinical practice, (b) cybersex and couples, (c) education and training, (d) online support and resources, (e) teenager and child usage, (f) administrative and the business of therapy, (g) cyber addiction, and (h) not applicable. We came to agreement on how to distill the previous categories into these through the following methodology—if there were three authors (75% of the research

team) or more who had placed articles into the categorical themes developed then it was agreed that the themes were the most valid and reliable for those articles. Any categories where two (50% of the research team) or less had placed articles within them were reviewed for categorization again and either collapsed into one of the other related dominant agreed upon categories or were dismissed. For example, two categories were deleted (e.g., gaming and general computer-mediated communication) because only one of the four authors had sorted and assimilated articles into these categories, however, one category (e.g., ethics) was collapsed into another category (e.g., administrative and business of therapy) because upon a re-reviewing of the articles, 75% of the four authors believed that while it was a category not prevalent enough to stand alone, it was similar enough to this other content area to be collapsed into this related category.

The categories with the strongest agreement of article assignment, as determined by the most amount of 75% or greater nominations of the article into a category, included the following (in order of most to least frequent): not applicable (100%), cybersex and couples (88%), teenager and child usage (75%), online support and resources (71%), clinical practice (65%), and education and training (53%). The remaining two categories—cyber addiction and administrative and the business of therapy—had the least amount of agreement of article assignment, as determined by a nomination of less than 75% of nominations of the article being placed into said categories.

After compiling the master list of the categories, the fourth author discarded the 37 articles of the 116 original articles that had been deemed not applicable and re-reviewed the remaining 79 articles for categorical theme confirmation and researcher agreement. Upon completion of the re-reviewing of the cyber articles, categorical themes assigned to each article, levels of researcher agreement for each article and theme, the content analysis and related themes from the exploration of cyber issues in the M/CFT literature was finalized.

## FINDINGS

Each of the 79 cyber articles is identified through abbreviated coding of the content categories and is embedded within the references section. The abbreviated codes used to indicate the content category of an article are as follows: clinical practice (CP), cybersex and couples (CS), education and training (ET), online support and resources (OS), teenager and child usage (TC), administrative and the business of therapy (AB), and cyber addiction (CA). These codes are indicated in the references section adjacent to the citation.

Content of the final 79 articles primarily focused on one of the following categories (in order of most to least frequent): clinical practice (28 articles; 35%); cybersex and couples (18 articles; 23%); education and training (17 articles; 22%); online support and resources (seven articles; 9%); teenager and child usage (four articles; 5%); administrative and the business of therapy (three articles; 4%); and cyber addiction (two articles; 2%). A table of the categories and the percentage distribution is included in Table 2. Furthermore, chi-square analysis revealed that there was a significant difference among the categories in terms of frequency in representation within the literature,  $\chi^2 = 51.72$ ,  $df = 6$ ,  $p < .001$  (Smith, Hertlein, Blumer & Allen, 2011).

We anticipated a parallel process between growth in Internet usage and that of publication with regard to cyber issues. Instead, we discovered variability in the number of articles published each year. This was particularly surprising given that we attended to articles published in the same time period as an exponentially steady rate of growth occurred in terms of Internet usage. Information with regard to the number of articles with cyber content by the year of publication is included in Table 3.

We were also interested in exploring the clinical implications contained within the articles. In general, the authors of articles relegated to the cybersex and couples category, for example, noted the difficulty in developing a definition of Internet infidelity because of the wide range of Internet behaviors that exist along a continuum. Also within this category, online affairs were reported to create similar problems as those occurring offline. Thus, such affairs can be clinically treated in a manner similar to those occurring in offline environments, but with additional considerations (e.g., identification of the types of technologies being used, increasing awareness about cybersex and its systemic effects on family, etc.).

Table 2 <i>Percentage Distribution of Cyber Categories</i>	
Cyber categories	Percentage distribution
Clinical practice	35%
Cybersex and couples	24%
Education and training	22%
Online support & resources	9%
Teenager and child use	5%
Administrative and the business of therapy	4%
Cyber addiction	2%

Table 3 <i>Articles with Cyber Content by Year of Publication</i>	
Year of publication	Number of articles with cyber content
1996	1
1997	2
1998	1
1999	4
2000	6
2001	4
2002	2
2003	3
2004	8
2005	8
2006	10
2007	5
2008	12
2009	6
2010	8

The articles related to teen use had a variety of implications for clinical practice ranging from psychoeducation to assessment to implementation of treatment strategies. The clinical practice articles focused on the benefits of electronic therapy for particular presenting problems and through specific theoretical modalities. The most common uses of computers and the Internet were identified and included: gaming, dating, sexual encounters, social networking, and work. The education and training articles highlighted how online education promotes positive changes in individual and family life, as well as the various ways in which a therapist might use cyber-technologies to augment treatment.

Articles classified in the online support and resources category highlighted the benefits of online forums and have pronounced implications for M/CFTs as an adjunct to outpatient treatment. The articles in the administrative and business section placed emphasis on the ethical implications for practice. The cyber addiction articles outlined clinical implications that attended to different stages and processes of treatment, such as the joining process, being strength-based, and noting the importance of reducing shame through the process of treatment.

Table 4  
*List of clinical implications by cyber category*

Category	Clinical implications
Clinical practice	<p>Usage of web-based treatment services            Acceptable for psychoeducation, online support groups, increased communication between couples, computer assisted interventions, and programmed distance writing</p> <p>History of use for treating problems like anxiety, depression, child anxiety, social phobia, gambling, body dissatisfaction, PTSD, eating disorders, recurrent headaches, and chronic insomnia</p> <p>Advantages            Effective for couples, parents, and families            Same outcomes for Internet-delivered interventions and face-to-face interventions for some presenting problems suggesting the Internet may be a much more convenient way to deliver behavioral interventions</p> <p>Web-based interventions can reach numerous people at low cost            Can enable families of lower SES attain better access to services and information            Using a web-based scheduling program can reduce how long clients wait for first time appointments and increase the number of kept appointments            Successful termination can occur after a few sessions</p> <p>Disadvantages            Ethical concerns around issues like assuring confidentiality, management of emergency situations, proper credentialing of the clinical provider, determining the accuracy of the identities of the client and the clinician, etc.</p> <p>Treatment fidelity tends to be lower for online therapy            Technological failures and difficulties can hinder delivery of therapeutic services.</p> <p>Clinical considerations            Necessary to consider and be aware of online counseling guidelines, ethical codes and receive training around the conducting of online therapy</p>
Cybersex & couples	<p>Treatment            Multiple frameworks for treating infidelity include Glass, Weeks, Gordon, Baucom, Snyder, Johnson, and Blow            Online affairs create similar problems as traditional infidelity and thus can be treated similarly with the addition of considerations like identification of the types of technologies being used, and increasing awareness about cybersex and its systemic effects on family            Group and bibliotherapies can also be helpful</p>
Education & training	<p>Usage of online training for clinicians            Internet as a tool in aiding clinicians in understanding how to learn and implement certain modalities (i.e., EFT) as well as assisting clients with information management, transformation of information into useful knowledge, and communication</p>

Table 4  
Continued

Category	Clinical implications
Online support & resources	<p>New information and refinement of existing models may be presented to clinicians for putting into practice in real time</p> <p>Clinical considerations</p> <ul style="list-style-type: none"> <li>Internet is a useful tool for improved health and psychological adjustment</li> <li>Be cautious of online misinformation and fraudulence by asking who produced websites and for what purpose/s</li> <li>Foster understanding the cultural considerations inherent within the Internet for oneself and one's client/s</li> </ul> <p>Treatment</p> <ul style="list-style-type: none"> <li>Clinicians should be aware of and investigate the many different online communities available as resources to clients</li> <li>Provides information on psychoeducation and online communities to clients</li> <li>Educate client/s that communication patterns may differ in online communities and environments</li> </ul>
Teen & child use	<p>Treatment</p> <ul style="list-style-type: none"> <li>Assessment of Internet problems like issues around sex and sexual predators</li> <li>Address any problematic areas like behavior related to sex and seek to understand the underlying issues</li> <li>Internet interventions can improve communication between parents and children around certain issues like sex</li> <li>Psychoeducation regarding what children and teens are doing online.</li> <li>Monitor computer use</li> </ul>
Administrative & the business of therapy	<p>Clinical considerations</p> <ul style="list-style-type: none"> <li>Clinicians need to be computer literate</li> <li>Ethical considerations in relation to the administration and business of online therapy must be attended to and considered fully</li> </ul>
Cyber addiction	<p>Treatment</p> <ul style="list-style-type: none"> <li>Psychoeducation of the problem of cyber addiction itself and how to help the person suffering from such an addiction</li> <li>Invitation interventions suggested including clinical skills like respectfulness, non-shaming of the addict, joining, restructuring, and non-secrecy around the addiction related activities and behaviors</li> <li>Suggested framework for treating cyber addiction includes the ARISE method</li> </ul>

Finally, across multiple articles, the authors noted that more research needs to be done relating to how the computer affects families. There were, however, two general trends. For one, the articles emphasized that therapists need to develop an awareness with regard to the emerging technologies in the way of their abilities. Authors also advocated for the need for clinicians to be well informed and up-to-date with regard to clinical practices. Secondly, the authors put an emphasis on the ability for the Internet to be used as a therapeutic tool, as well as a resource (both

in offering support and education) to couples and families. See Table 4 for a complete outline of clinical implications for each category.

## DISCUSSION AND IMPLICATIONS

Given the information regarding how infrequently cyber practices are addressed in the training programs and conference workshops, it was not surprising to discover a fairly meek representation of this topic in the M/CFT literature. Particularly troubling is the lack of information available to current and emerging M/CFTs with regard to assessment and treatment of cyber issues. A combined 59% of the articles we reviewed attended to the clinical implications and couples therapy; yet, this percentage represents only 47 articles over a 15-year period or an average of 3.13 articles across a total of 17 journals per year.

There were also several notable concepts missing, which are areas worthy of attention in future scholarly endeavors. For example, there was only one article (Merkle & Richardson, 2000) on online dating. This is particularly surprising given the popularity of online dating in contemporary society. This makes it difficult for clinicians to be fully prepared to at least offer a “Do’s and Don’ts” list to their clients with regard to things like available websites and proper social etiquette in the area of online dating. We also noted that there were few articles focusing on the use of this technology among high school and college students who seem to be the predominant users in this cyber era. Another finding was the lack of information in the M/CFT literature with regard to safety and the Internet for teens and youth. In fact, there was only one article that directly mentioned monitoring the safety of this population within the implications section. Paired with the increase in incidents of youth being harassed online (Wolak, Mitchell & Finkelhor, 2006), it is imperative that M/CFTs begin to articulate the strategies they employ to protect young clients from being harmed in the online environment (Hertlein & Blumer, in preparation).

There are a number of contributing factors likely playing a part in the lack of attention paid to cyber information within the literature. First, although many therapists acknowledge the importance of the Internet in daily life, it may be difficult to conduct research or conceptualize exactly *how* the various forms of cyber-developments actually directly impact couple and family life, because of the silent nature of the technological revolution (Hertlein, 2012). Second, the age-based majority of M/CFTs may not perceive themselves as proficient in a technological world, whereas the age-based minority may see themselves as having a high degree of technological knowledge (Blumer & Hertlein, 2011) but without a clear understanding of what to do with it in practice. For instance, Hertlein and Piercy (2008) found that younger M/CFTs are more likely to treat Internet infidelity cases differently than the age-based majority of older therapists. Younger therapists tend to employ environmental strategies (e.g., moving the computer to another room rather, suggesting getting rid of the computer, etc.), which although not necessarily the most effective, do involve the acknowledgement of technology as part of the problem. Older therapists, however, tend to focus on the infidelity part of the problem without acknowledging the aspects related to the Internet. This finding suggests that the next generation of family therapists may recognize the importance of cyber issues in family life, but may be unsure how to manage them. With the trend of clear guidance regarding clinical practice around cyber issues lacking in the literature, those who are in need of such education—emerging therapists—will likely remain unsure how to manage such issues. Our findings, therefore, have direct implications for both scholars of the field and training programs.

In general, there should be more publications with regard to the teaching and training of cyber issues. Included in this is the need for developing teaching methods that are specific to this topic like incorporating education around the Internet usage patterns of individuals, couples, and families and discussing these in the context of how the Internet changes relationship structure and processes (Hertlein, 2012). A way to discuss such issues in context may be for educators to include cyber issues in the clinical vignettes and case studies utilized in coursework during the teaching and training of students. Through such inclusion it may bolster the next generation of M/CFTs overall visual acuity of Internet-related problems, send the messages that cyber issues in the lives of clients are worthy of attention, and assist them in thinking about systemic problems and solutions related to such presenting concerns.

Finally, although we outlined a list of general clinical implications in Table 4, therapists need an overall comprehensive way to think about the issues raised in couples and families by the Internet. Drawing from the implications contained within the cybersex and couples category in particular, may serve as a vehicle through which therapists can begin to move closer to having such a comprehensive framework. Implications from this category that can be useful in broadening a clinician's framework around cyber issues in the lives of their clientele include: conducting a good assessment, establishing better definitions of the problematic behavior, and having the therapist become more educated on how the specific mechanism (the Internet) contributes to a client/s's problem or adds to the solution.

## LIMITATIONS

As with other scholars who have conducted content analyses of M/CFT scholarly field journals in the past (Blumer et al., 2012; Clark & Serovich, 1997; Tatman & Bischof, 2004) similar limitations exist in the current study. For instance, it is not possible to determine how many manuscripts are submitted for publication and are consequently rejected. Thus, there is no way to determine the degree of bias in the submission and acceptance process with regard to issues of a cyber or Internet-based nature. In general, however, the use of our method of reviewing the predominate M/CFT scholarly journals was effective in terms of providing us with answers as to the content of what is being published within the field with regard to cyber-based issues as was the previous, yet similar methods employed by our predecessors in differing topical areas (Blumer et al., in press; Clark & Serovich, 1997; Tatman & Bischof, 2004).

## FUTURE DIRECTIONS

Cyber-based technologies impact couple and family life at every level. Consequently, future research into how these technologies affect couples, families, and systemic therapists can incorporate a very wide range of topics. For example, research on cyber issues can include investigation into social networking and couples, online dating, intimacy developed through online chat functions, social networking and teens, Internet technologies on smart phones as they are used by individuals in social situations, or even online gaming. Our investigation found the fewest articles were in the areas of cyber-technologies and teen/child use, the administrative uses for a therapist, and cyber addiction. Further studies can focus on how families manage emerging Internet issues with their children. Finally, the research should focus on application primarily with regard to couples and families, as we discovered most articles regarding the Internet are not easily accessible to M/CFTs and do not focus on the impact on couples and families, but rather on individuals and society primarily through perspectives from the fields of communications, sociology, or psychology. It is our hope that M/CFTs will be motivated to be at the forefront of conducting research and clinically attending to how cyber topics tie directly to couple and familial structures and processes in what is the current and future technological age.

## REFERENCES

- [CP] Andersson, G., Carlbring, P., Holmström, A., Sparthén, E., Furmark, T., Nilsson-Ihrfelt, E., et al. (2006). Internet-based self-help with therapist feedback and *in vivo* group exposure for social phobia: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 74*(4), 677–686.
- [CS] Atwood, J. D. (2005). Cyber-affairs: "What's the big deal?" Therapeutic considerations. *Journal of Couple & Relationship Therapy, 4*(2/3), 117–134.
- [TC] Atwood, J. (2006). Mommy's little angel, daddy's little girl: Do you know what your pre-teens are doing?. *American Journal of Family Therapy, 34*(5), 447–467.
- [CS] Atwood, J. D., & Schwartz, L. (2002). Cyber-sex: The new affair treatment considerations. *Journal of Couple & Relationship Therapy, 1*(3), 37–56.
- [CP] Baltimore, M. L. (2000). Ethical considerations in the use of technology for marriage and family counselors. *Family Journal, 8*(4), 390.
- Bargh, J. A., & McKenna, K. A. (2004). The Internet and social life. *Annual Review of Psychology, 55*, 573–590.

- Bell, V. (2007). Online information, extreme communities and Internet therapy: Is the Internet good for our mental health? *Journal of Mental Health, 16*(4), 445–457.
- [ET] Benotsch, E. G., Kalichman, S., & Weinhardt, L. S. (2004). HIV-AIDS patients' evaluation of health information on the Internet: The digital divide and vulnerability to fraudulent claims. *Journal of Consulting and Clinical Psychology, 72*(6), 1004–1011.
- Blumer, M. L.C., Green, M. S., Knowles, S. J., & Williams, A. (2012). Shedding light on thirteen years of darkness: Content analysis of articles pertaining to transgender issues in Marriage/Couple and Family Therapy Journals. *Journal of Marital and Family Therapy, 38*(2), doi:10.1111/j.1752-0606.2012.00317.x
- Blumer, M. L. C., & Hertlein, K. M. (2011, September/October). "Twitter, and texting, and youtube, oh my!" MFT networking via new media. *Family Therapy Magazine, 24–25*.
- [OS] Brady, E., & Guerin, S. (2010). Not the romantic, all happy, coochy coo experience: A qualitative analysis of interactions on an Irish parenting web site. *Family Relations: An Interdisciplinary Journal of Applied Family Studies, 59*(1), 14–27.
- Brown, S. A. (2008). Household technology adoption, use, and impacts: Past, present, and future. *Information Systems Frontiers, 10*, 397–402.
- [CP] Calear, A. L., Christensen, H., Mackinnon, A., Griffiths, K. M., & O'Kearney, R. (2009). The YouthMood project: A cluster randomized controlled trial of an online cognitive behavioral program with adolescents. *Journal of Consulting and Clinical Psychology, 77*(6), 1021–1032.
- [ET] Canfield, B. S., Low, L., & Hovestadt, A. (2009). Cultural immersion as a learning method for expanding intercultural competencies. *Family Journal, 17*(4), 318–322.
- [CP] Carlbring, P., Nilsson-Ihrfelt, E., Waara, J., Kollenstam, C., Buhrman, M., Kaldø, V., et al. (2005). Treatment of panic disorder: Live therapy vs. self-help via the Internet. *Behaviour Research and Therapy, 43*, 1321–1333.
- Carlbring, P., & Smit, F. (2008). Randomized trial of Internet-delivered self-help with telephone support for pathological gamblers. *Journal of Consulting and Clinical Psychology, 76*(6), 1090–1094.
- [CP] Celio, A. A., Winzelberg, A. J., Wilfley, D. E., Eppstein-Herald, D., Springer, E. A., Dev, P., et al. (2000). Reducing risk factors for eating disorders: Comparison of an Internet- and a classroom-delivered psychoeducational program. *Journal of Consulting and Clinical Psychology, 68*(4), 650–657.
- [OS] Chang, T., Yeh, C. J., & Krumboltz, J. D. (2001). Process and outcome evaluation of an on-line support group for Asian American male college students. *Journal of Counseling Psychology, 48*(3), 319–329.
- [CS] Chesley, N. (2006). Families in a high-tech age: Technology usage patterns, work and family correlates, and gender. *Journal of Family Issues, 27*(5), 587–608. doi: 10.1177/0192513X05285187
- Christensen, H., Griffiths, K. M., & Jorm, A. F. (2004). Delivering interventions for depression by using the Internet: Randomised controlled trial. *British Medical Journal, 31*(328), 265.
- Clark, W. M., & Serovich, J. M. (1997). Twenty years and still in the dark? Content analysis of articles pertaining to gay, lesbian, and bisexual issues in marriage and family therapy journals *Journal of Marital and Family Therapy, 23*, 239–253. doi:10.1111/j.1752-0606.1997.tb01034.x
- Coffman, K. G., & Odlyzko, A. M. (1998). *The size and growth rate of the Internet*. Retrieved on August 2, 2012 from AT&T Labs at <http://www.research.att.com/~amo>
- [OS] Colvin, J., Chenoweth, L., Bold, M., & Harding, C. (2004). Caregivers of older adults: Advantages and disadvantages of Internet-based social support. *Family Relations: An Interdisciplinary Journal of Applied Family Studies, 53*(1), 49–60.
- Cooper, A., Scherer, C. R., Boies, S. C., & Gordon, B. L. (1999). Sexuality on the Internet: From sexual exploration to pathological expression. *Professional Psychology: Research and Practice, 30*(2), 154–164.
- Cottrell, S. A., Branstetter, S., Cottrell, L., Harris, C. V., Rishel, C., & Stanton, B. F. (2007). Development and validation of a parental monitoring instrument: Measuring how parents monitor adolescents' activities and risk behaviors. *The Family Journal, 15*(4), 328–335.
- [TC] Delmonico, D. L., & Griffin, E. J. (2008). Cybersex and the e-teen: What marriage and family therapists should know. *Journal of Marital & Family Therapy, 34*(4), 431–444.
- Derrig-Palumbo, K. (2009, November/December). Profile: Kathleen Derrig-Palumbo. *Family Therapy Magazine, 24–25*.
- Duncan, S. F., Steed, A., & Needham, C. (2009). A comparison evaluation study of web-based and traditional marriage and relationship education. *Journal of Couple & Relationship Therapy, 8*(2), 162–180.
- [ET] Duplassie, D., Macknee, C., & Williams, M. (2008). Critical incidents that help and hinder learning emotionally focused therapy for couples. *Journal of Couple & Relationship Therapy, 7*(1), 1–18.
- [ET] Elliott, M. (1999). Classifying family life education on the World Wide Web. *Family Relations: An Interdisciplinary Journal of Applied Family Studies, 48*(1), 7–14.
- [ET] Ellis, R. (1999). Patterns of e-mail requests by users of an Internet-based aging-services information system. *Family Relations: An Interdisciplinary Journal of Applied Family Studies, 48*(1), 15–22.
- [OS] Eppler, C., & Walker, E. K. (2004). Electronic ecology: An ecosystemic exploration of sisters communicating via e-mail. *Journal of Feminist Family Therapy: An International Forum, 16*(1), 19–37.

- Eysenbach, G., & Kohler, C. (2004). Health-related searches on the internet. *Journal of American Medical Association*, 291(24), 2946.
- Fenech, T., & O'Casey, A. (2001). Internet users' adoption of web retailing: User and product dimensions. *The Journal of Product and Brand Management*, 10(6/7), 361–380.
- [A<sup>B</sup>]Frame, M. (1997). The ethics of counseling via the Internet. *The Family Journal*, 5(4), 328–330.
- Gammon, D., Sorlie, T., Bergvik, S., & Sorenson, T. (1998). Psychotherapy supervision conducted by videoconferencing: A qualitative study of users' experiences. *Journal of Telemedicine and Telecare*, 4, 33–35.
- [O<sup>S</sup>]Gelatt, V. A., Adler-Baeder, F., & Seeley, J. R. (2010). An interactive web-based program for stepfamilies: Development and evaluation of efficacy. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 59(5), 572–586.
- [C<sup>P</sup>]Glantz, K., Durlach, N. I., Barnett, R. C., & Aviles, W. A. (1996). Virtual reality (VR) for psychotherapy: From the physical to the social environment. *Psychotherapy: Theory, Research, Practice, Training*, 33(3), 464–473.
- [C<sup>S</sup>]Goldberg, P. D., Peterson, B. D., Rosen, K. H., & Sara, M. (2008). Cybersex: The impact of a contemporary problem on the practices of marriage and family therapists. *Journal of Marital & Family Therapy*, 34(4), 469–480.
- [C<sup>S</sup>]Gonyea, J. (2004). Internet sexuality: Clinical implications for couples. *American Journal of Family Therapy*, 32(5), 375–390.
- [O<sup>S</sup>]Halford, W., Wilson, K., Watson, B., Verner, T., Larson, J., Busby, D., et al. (2010). Couple relationship education at home: Does skill training enhance relationship assessment and feedback?. *Journal of Family Psychology*, 24(2), 188–196.
- Hanks, N., & Braveman, S. (2011). *Skype technology: An open invitation to practice diversification*. San Diego, CA: Workshop presented at the Annual Association for Sexuality Educators, Counselors, and Therapists Conference.
- Harder, H. G. (2002). Technically ethical. *Family Therapy Magazine*.
- [C<sup>P</sup>]Hertlein, K. M. (2010). The integration of technology into sex therapy. *Journal of Family Psychotherapy*, 21(2), 117–131.
- Hertlein, K. M. (2012). Digital dwelling: Technology in couple and family relationships. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 61(3), 374–387.
- Hertlein, K. M., & Blumer, M. L. C. (2011). *Clinical realities in a cyber world: Common problems, therapeutic suggestions, and ethical considerations*. Anchorage, AK: Workshop presented at the Annual Alaska Association for Marriage and Family Therapy Conference.
- Hertlein, K. M., & Blumer, M. L. C. (in preparation). Couple and family therapists' use of web-based technologies in clinical practice. *Target journal: Contemporary Family Therapy: An International Journal*.
- Hertlein, K., Lambert-Shute, J., & Piercy, F. (2009). The journal reading habits of practicing MFTs. *Journal of Family Psychotherapy*, 20, 28–45.
- [C<sup>S</sup>]Hertlein, K. M., & Piercy, F. P. (2005). A theoretical framework for defining, understanding, and treating Internet infidelity. *Journal of Couple & Relationship Therapy*, 4(1), 79–91.
- [C<sup>S</sup>]Hertlein, K. M., & Piercy, F. P. (2006). Internet infidelity: A critical review of the literature. *Family Journal*, 14(4), 366–371.
- [C<sup>S</sup>]Hertlein, K. M., & Piercy, F. P. (2008). Therapists' assessment and treatment of Internet infidelity cases. *Journal of Marital & Family Therapy*, 34(4), 481–497.
- Hertlein, K.M., & Stevenson, A. (2010). The seven "as" contributing to Internet-related intimacy problems: A literature review. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 4(1), article 1. Retrieved on July 13, 2012, <http://cyberpsychology.eu/view.php?cisloclanku=2010050202&article=1>
- [C<sup>S</sup>]Hertlein, K. M., & Webster, M. (2008). Technology, relationships, and problems: A research synthesis. *Journal of Marital & Family Therapy*, 34(4), 445–460.
- [C<sup>S</sup>]Hertlein, K. M., & Weeks, G. R. (2007). Two roads diverging in a wood: The current state of infidelity research and treatment. *Journal of Couple & Relationship Therapy*, 6(1/2), 95–107.
- [C<sup>S</sup>]Hertlein, K. M., Wetchler, J. L., & Piercy, F. P. (2005). Infidelity: An overview. *Journal of Couple & Relationship Therapy*, 4(2/3), 5–16.
- [E<sup>T</sup>]Hughes, R. (2001). A process evaluation of a website for family life educators. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 50(2), 164–170.
- [C<sup>P</sup>]Hughes, R., & Hans, J. D. (2001). Computers, the Internet, and families: A review of the role new technology plays in family life. *Journal of Family Issues*, 22(6), 776–790.
- Internet World Stats (2011). Internet world stats: Usage and population statistics. Retrieved May 22, 2012, from <http://www.internetworldstats.com/stats.htm>
- Journal Citation Reports (2009). Immediacy Index. Retrieved on May 10, 2011, from [http://admin.isiknowledge.com/JCR/help/h\\_immedindex.htm](http://admin.isiknowledge.com/JCR/help/h_immedindex.htm)
- [E<sup>T</sup>]Kalichman, S. C., Cherry, C., Cain, D., Pope, H., Kalichman, M., Eaton, L., et al. (2006). Internet-based health information consumer skills intervention for people living with HIV/AIDS. *Journal of Consulting and Clinical Psychology*, 74(3), 545–554.

- [<sup>CP</sup>] Khanna, M. S., & Kendall, P. C. (2010). Computer-assisted cognitive behavioral therapy for child anxiety: Results of a randomized clinical trial. *Journal of Consulting and Clinical Psychology, 78*(5), 737–745.
- [<sup>CP</sup>] L'Abate, L. (1999). Taking the bull by the horns: Beyond talk in psychological interventions. *Family Journal, 7*(3), 206–220.
- [<sup>CA</sup>] Landau, J., Garrett, J., & Webb, R. (2008). Assisting a concerned person to motivate someone experiencing cybersex into treatment. *Journal of Marital & Family Therapy, 34*(4), 498–511.
- [<sup>CP</sup>] Lange, A., Rietdijk, D., Hudcovicova, M., van de Ven, J., Schrieken, B., & Emmelkamp, P. G. (2003). Interapy: A controlled randomized trial of the standardized treatment of posttraumatic stress through the internet. *Journal of Consulting and Clinical Psychology, 71*(5), 901–909.
- Liao, Z., & Cheung, M. T. (2001). Internet-based e-shopping and consumer attitudes: An empirical study. *Information & Management, 38*, 299–306.
- [<sup>CP</sup>] Liess, A., Simon, W., Yutsis, M., Owen, J. E., Piemme, K., Golant, M., et al. (2008). Detecting emotional expression in face-to-face and online breast cancer support groups. *Journal of Consulting and Clinical Psychology, 76*(3), 517–523.
- [<sup>ET</sup>] Lim, S., & Hernández, P. (2007). Application of family therapy theory to complex social issues: Using the webquest in family therapy training. *Journal of Family Therapy, 29*(4), 355–358.
- Livingstone, S., & Bober, M. (2005). Taking up online opportunities? Children's uses of the Internet for education, communication and participation. *Conference Papers—International Communication Association, 1–34*. Retrieved from EBSCOhost.
- Luo, J. S. (2007). Social networking: Now professionally ready. *Primary Psychiatry, 14*(2), 21–24.
- Mackinnon, A., Griffiths, K. M., & Christensen, H. (2008). Comparative randomised trial of online cognitive-behavioural therapy and an information website for depression: 12-month outcomes. *British Journal of Psychiatry, 192*(2), 130–134.
- [<sup>CP</sup>] Manwaring, J. L., Bryson, S. W., Goldschmidt, A. B., Winzelberg, A. J., Luce, K. H., Cunning, D., et al. (2008). Do adherence variables predict outcome in an online program for the prevention of eating disorders? *Journal of Consulting and Clinical Psychology, 76*(2), 341–346.
- [<sup>ET</sup>] McCarthy, B. W. (2004). Primary prevention and secondary intervention with sexual problems and dysfunction. *Journal of Family Psychotherapy, 15*(4), 15–25.
- [<sup>CS</sup>] Merkle, E. R., & Richardson, R. A. (2000). Digital dating and virtual relating: Conceptualizing computer mediated romantic relationships. *Family Relations: An Interdisciplinary Journal of Applied Family Studies, 49*(2), 187–193.
- Metanoia (2001). ABC's of Internet therapy. Retrieved March 26, 2011, from <http://www.metanoia.org/imhs/interview.htm#whoismla>
- [<sup>CP</sup>] Miller, J. K., & Gergen, K. J. (1998). Life on the line: The therapeutic potentials of computer-mediated conversation. *Journal of Marital & Family Therapy, 24*(2), 189–202.
- [<sup>CS</sup>] Millner, V. S. (2008). Internet infidelity: A case of intimacy with detachment. *Family Journal, 16*(1), 78–82.
- [<sup>ET</sup>] Millner, V. S., & Kiser, J. D. (2002). Sexual information and Internet resources. *Family Journal, 10*(2), 234–239.
- Mitchell, K. J., & Wells, M. (2007). Problematic Internet experiences: Primary or secondary presenting problems in persons seeking mental health care? *Social Science & Medicine, 65*, 1136–1141.
- Morin, S. F. (1977). Heterosexual bias in psychological research on lesbianism and male homosexuality. *American Psychologist, 32*, 629–637.
- [<sup>ET</sup>] Morris, S. N., Dollahite, D. C., & Hawkins, A. J. (1999). Virtual family life education: A qualitative study of father education on the World Wide Web. *Family Relations: An Interdisciplinary Journal of Applied Family Studies, 48*(1), 23–31.
- [<sup>AB</sup>] Negretti, M. A., & Wieling, E. (2001). The use of communication technology in private practice: Ethical implications and boundary dilemmas in therapy. *Contemporary Family Therapy: An International Journal, 23*(3), 275–293.
- [<sup>CP</sup>] Neighbors, C., Lee, C. M., Lewis, M. A., Fossos, N., & Walter, T. (2009). Internet-based personalized feedback to reduce 21st-birthday drinking: A randomized controlled trial of an event-specific prevention intervention. *Journal of Consulting and Clinical Psychology, 77*(1), 51–63.
- [<sup>CP</sup>] Neighbors, C., Lewis, M. A., Atkins, D. C., Jensen, M. M., Walter, T., Fossos, N., et al. (2010). Efficacy of web-based personalized normative feedback: A two-year randomized controlled trial. *Journal of Consulting and Clinical Psychology, 78*(6), 898–911.
- [<sup>CS</sup>] Nelson, T., Piercy, F. P., & Sprenkle, D. H. (2005). Internet infidelity: A multi-phase delphi study. *Journal of Couple & Relationship Therapy, 4*(2/3), 173–194.
- Oravec, J. (2000). Online counseling and the Internet: Perspectives for mental health care supervision and education. *Journal of Mental Health, 9*(2), 121–135.
- [<sup>CS</sup>] Parker, T. S., & Wampler, K. S. (2003). How bad is it? Perceptions of the relationship impact of different types of Internet sexual activities. *Contemporary Family Therapy: An International Journal, 25*(4), 415.

- [CP] Pollock, S. L. (2006). Internet counseling and its feasibility for marriage and family counseling. *Family Journal*, 14(1), 65–70.
- [ET] Radey, M., & Randolph, K. A. (2009). Parenting sources: How do parents differ in their efforts to learn about parenting? *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 58(5), 536–548.
- [CP] Ritterband, L. M., Cox, D. J., Walker, L. S., Kovatchev, B., McKnight, L., Patel, K., et al. (2003). An internet intervention as adjunctive therapy for pediatric encopresis. *Journal of Consulting and Clinical Psychology*, 71(5), 910–917.
- Ritterband, L. M., & Tate, D. F. (2009). The science of Internet interventions. *Annals of Behavioral Medicine*, 38(1), 1–3.
- [CP] Scherger, J. E. (2005). The biopsychosocial model is shrink wrapped, on the shelf, ready to be used, but waiting for a new process of care. *Families, Systems, & Health*, 23(4), 444–447.
- Shapiro, D. E., & Schulman, E. C. (1996). Ethical and legal issues in e-mail therapy. *Ethics and Behavior*, 6(2), 107–124.
- Shortz, J. L., Worthington, E. L. Jr, McCullough, M. E., DeVries, H., & Morrow, D. (1994). Published scholarship on marital therapy. *Journal of Marital and Family Therapy*, 20, 185–189.
- [ET] Silliman, B., Kerpelman, J., Bogenschneider, K., & Gross, E. (2004). Key issues in the practice of youth development. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 53(1), 12–25. Retrieved from EBSCOhost.
- [ET] Smith, C. A. (1999). Family life pathfinders on the new electronic frontier. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 48(1), 31–35.
- Smith, J. S., Hertlein, K. M., Blumer, M. L. C., & Allen, H. (2011). *Taking a byte into cyber systemic issues in M/CFT*. Fort Worth, TX: Poster presented at the Annual American Association of Marriage and Family Therapy Conference.
- [ET] Soh-Leong, L., & Hernández, P. (2007). Application of family therapy theory to complex social issues: Using the WebQuest in family therapy training. *Journal of Family Therapy*, 29(4), 355–358.
- [CP] Spence, S. H., Holmes, J. M., March, S., & Lipp, O. V. (2006). The feasibility and outcome of clinic plus Internet delivery of cognitive-behavior therapy for childhood anxiety. *Journal of Consulting and Clinical Psychology*, 74(3), 614–621.
- [ET] Steimle, B. M., & Duncan, S. F. (2004). Formative evaluation of a family life education web site. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 53(4), 367–376.
- [AB] Stevens-Smith, P. (1997). Of cyberspace, managed care, and family counseling: Entering the 21st century. *The Family Journal*, 5(1), 53–55.
- [CP] Ström, L., Pettersson, R., & Andersson, G. (2000). A controlled trial of self-help treatment of recurrent headache conducted via the Internet. *Journal of Consulting and Clinical Psychology*, 68(4), 722–727.
- [CP] Ström, L., Pettersson, R., & Andersson, G. (2004). Internet-based treatment for insomnia: A controlled evaluation. *Journal of Consulting and Clinical Psychology*, 72(1), 113–120.
- Subrahmanyam, K., Reich, S. M., Waechter, N., & Espinoza, G. (2008). Online and offline social networks: Use of social networking sites by emerging adults. *Journal of Applied Developmental Psychology*, 29(6), 420–433.
- [CP] Tambling, R., Johnson, L., Templeton, G. G., & Melton, M. (2007). Using web-based technology to facilitate client engagement. *Contemporary Family Therapy: An International Journal*, 29(3), 177–183.
- Tatman, A. W., & Bischof, G. H. (2004). Contribution patterns in major U.S. marital and family therapy journals: 1992 through 2002. *Contemporary Family Therapy: An International Journal*, 26(1), 83–95.
- Vandelanotte, C., Sugiyama, T., Gardiner, P., & Owen, N. (2009). Associations of leisure-time Internet and computer use with overweight and obesity, physical activity and sedentary behaviors: Cross-sectional study. *Journal of Medical Internet Research*, 11(3), 1–8.
- [CP] Villarruel, A. M., Loveland-Cherry, C. J., & Ronis, D. L. (2010). Testing the efficacy of a computer-based parent-adolescent sexual communication intervention for Latino parents. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 59(5), 533–543.
- [CP] Wade, S. L., Carey, J., & Wolfe, C. R. (2006). An online family intervention to reduce parental distress following pediatric brain injury. *Journal of Consulting and Clinical Psychology*, 74(3), 445–454.
- [TC] Wang, R., Bianchi, S. M., & Raley, S. B. (2005). Teenagers' Internet use and family rules: A research note. *Journal of Marriage & Family*, 67(5), 1249–1258.
- [OS] Weingarten, K. (2000). Using the Internet to build social support: Implications for well-being and hope. *Families, Systems, & Health*, 18(2), 157–160.
- [CS] Whitty, M. T., & Carr, A. N. (2005). Taking the good with the bad: Applying Klein's work to further our understandings of cyber-cheating. *Journal of Couple & Relationship Therapy*, 4(2/3), 103–115.
- [CS] Whitty, M. T., & Quigley, L. (2008). Emotional and sexual infidelity offline and in cyberspace. *Journal of Marital & Family Therapy*, 34(4), 461–468.

- <sup>[CP]</sup>Wing, R. R., Papandonatos, G., Fava, J. L., Gorin, A. A., Phelan, S., McCaffery, J., et al. (2008). Maintaining large weight losses: The role of behavioral and psychological factors. *Journal of Consulting and Clinical Psychology, 76*(6), 1015–1021.
- <sup>[CP]</sup>Winzelberg, A. J., Eppstein, D., Eldredge, K. L., Wilfley, D., Dasmahapatra, R., Dev, P., et al. (2000). Effectiveness of an Internet-based program for reducing risk factors for eating disorders. *Journal of Consulting and Clinical Psychology, 68*(2), 346–350.
- Wolak, J., Mitchell, K., & Finkelhor, D. (2006). *Online victimization of youth: Five years later*. Alexandria, VA (CV138): National Center for Missing & Exploited Children Bulletin—#07-06-025.
- Xie, B. (2007). Using the Internet for offline relationship formation. *Social Science Computer Review, 25*(3), 396–404.
- <sup>[CS]</sup>Young, K. S. (2006). Online infidelity: Evaluation and treatment implications. *Journal of Couple & Relationship Therapy, 5*(2), 43–56.
- <sup>[CA]</sup>Young, K. (2009). Understanding online gaming addiction and treatment issues for adolescents. *American Journal of Family Therapy, 37*(5), 355–372.
- <sup>[CP]</sup>Zabinski, M. F., Wilfley, D. E., Calfas, K. J., Winzelberg, A. J., & Taylor, C. (2004). An interactive psychoeducational intervention for women at risk of developing an eating disorder. *Journal of Consulting and Clinical Psychology, 72*(5), 914–919.

Copyright of Journal of Marital & Family Therapy is the property of Wiley-Blackwell and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.