UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Cyberpsicologia

2526-2-F5106P029

Learning area

Learning area of social psychology and economic and decision psychology

Learning objectives

1. Knowledge and understanding
   By the end of the course, students will have developed an in-depth understanding of cyberpsychology as an emerging field within psychology, with a specific focus on the relationship between humans and technology across the offline–online continuum.
   They will be able to describe and critically engage with the psychological and social impact of new technologies—including virtual reality, social media, smartphones, and artificial intelligence—on the self, interpersonal relationships, and individual and collective behavior.

2. Applying knowledge and understanding
   Students will be able to analyze and interpret the dynamics of digital and online environments through a psychosocial lens, drawing on relevant theoretical frameworks and empirical research.
   They will develop the ability to critically assess case studies and scientific literature related to the psychological impact of emerging technologies, and apply this knowledge to concrete, interdisciplinary contexts (e.g., educational, organizational, clinical, and social settings).

3. Making judgements
   Students will be able to formulate independent and well-founded evaluations of the psychological implications of digital technologies. They will demonstrate the ability to identify opportunities and challenges, integrate different sources of evidence, and reflect on the ethical dimensions of digitally mediated interactions.

4. Communication skills

Students will be able to clearly and effectively communicate the core concepts, findings, and implications of cyberpsychology to both specialist and non-specialist audiences.
They will be capable of collaborating in interdisciplinary settings, using appropriate terminology and adapting their communication style to suit different audiences and professional contexts.

5. Learning skills
   Students will develop the ability to independently update and expand their knowledge in response to the fast-paced evolution of digital technologies and their psychological implications.
   They will be equipped to integrate new insights into a coherent theoretical and methodological framework, maintaining a critical and reflective attitude toward technological innovation.

Contents

The class aims to address the use and impact of digital technologies with respect to the cognitions, emotions, and behaviors of individuals both at the level of the individual and at the cosial level, exploring the psychological implications of cyberspace, the web, the metaverse, and emerging technologies such as Virtual Reality, Augmented Reality, Artificial Intelligence, social media, and smartphone usage.

Most recent theoretical models and theories analysing behaviour, emotions and consequences (positive and negative) of the relationship between individuals and technology will be presented.

Detailed program

- Cyberpsychology: an emerging field
- Technology-mediated communication
- Online identity and self-expression
- The self in social media
- Online group dynamics
- Media aggression, trolling and online hating
- Internet, technology and addictions
- Smartphone and social connections
- Virtual reality, embodiment and sense of presence
- Perception of Artificial Intelligence, Big data and datafication

Prerequisites

No previous knowledge is required. A good understanding of the basis of Social Psychology enables a more aware fruition of the course contents.

Teaching methods

Teaching activities: 28 lectures (corresponding to 56 hours and 8 CFUs) in presence. The course is based on in

presence lectures. During classes, students participation will be encouraged through classroom discussions and interactive activities. Part of the teaching will be delivered through guided discussion of scientific papers and group discussions. This approach aims to stimulate critical thinking and encourage direct involvement, allowing students to apply theory to real-world situations.

All the materials (slides and, scientific articles and audio recordings) will be made available on the e-learning web page of the course so that also non-attending students can use it.

Assessment methods

The exam consists of a written test that includes both multiple-choice and open-ended questions. Its aim is to assess students' understanding of theoretical concepts as well as their ability to critically apply this knowledge to the analysis of digital contexts.

Assessment criteria include the accuracy of responses, the ability to construct coherent arguments, to synthesize information, to make meaningful connections between concepts, and to critically interpret real-world scenarios.

No oral integration of the written exam grade is foreseen.

Erasmus students may contact the instructor to arrange the use of English-language materials and/or to take the exam in English.

Textbooks and Reading Materials

Manuale di Cyberpsicologia (Laterza, 2026).
The full reading list will be provided at the beginning of the course and published on the e-learning platform.

Sustainable Development Goals

QUALITY EDUCATION