



The Effectiveness of Cybersecurity Awareness Training on Employee Behaviour in UK Small and Medium-Sized Enterprises (SMEs)

Introduction

Cybersecurity threats are increasing in UK SMEs, with human error being one of the main causes of security breaches. Cybersecurity awareness training is widely used to reduce these risks; however, its effectiveness in influencing employee behaviour remains uncertain.

Research Objectives

- Identify common cybersecurity threats in SMEs
- Assess employee awareness and behaviour
- Evaluate the effectiveness of training programmes
- Explore challenges faced by employees
- Provide recommendations for improving training



Aim

To evaluate the effectiveness of cybersecurity awareness training on employee behaviour in UK small and medium-sized enterprises (SMEs).

BACKGROUND

- SMEs face increasing cybersecurity threats
- Human error is a major cause of security breaches
- Cybersecurity awareness training is widely used
- However, its effectiveness varies across organisations



Method

Research Design

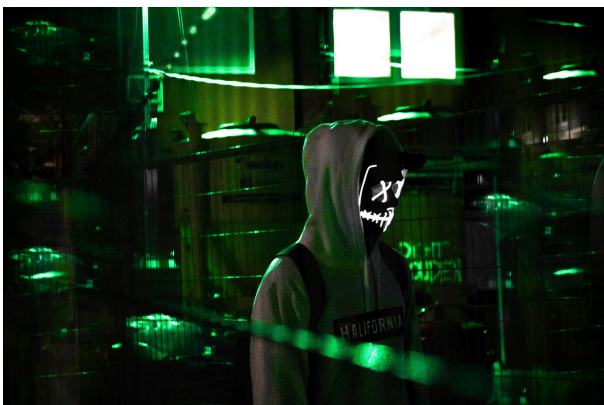
Mixed-method approach combining quantitative and qualitative data.

Participants

- Survey: 25 participants
- Interviews: 5 participants
- Employees, Managers, IT/Security staff

Data Analysis

Excel/SPSS (quantitative) and thematic analysis (qualitative)



Challenges Identified

- Forgetting training over time
- Human error
- Time pressure and workload
- Lack of cybersecurity awareness
- Complex policies and procedures
- Sophisticated phishing attacks

Conclusion

Employee behaviour in SMEs is generally improved by cybersecurity awareness training. However, organisational support, training frequency, and relevance are critical to its success. Reducing cybersecurity risks associated with people requires ongoing, useful, and interesting training.

Recommendations

- Provide training more frequently (not just annually)
- Use phishing simulation exercises
- Include real-life examples and case studies
- Improve management involvement
- Deliver shorter and more engaging training sessions
- Make training role-specific

Yanis Popov
Student ID: 2241239
Module: Independent Project
Module Code: LCLM6005