

Multidisciplinary school-based intervention reduces negative symptoms in victims of bullying

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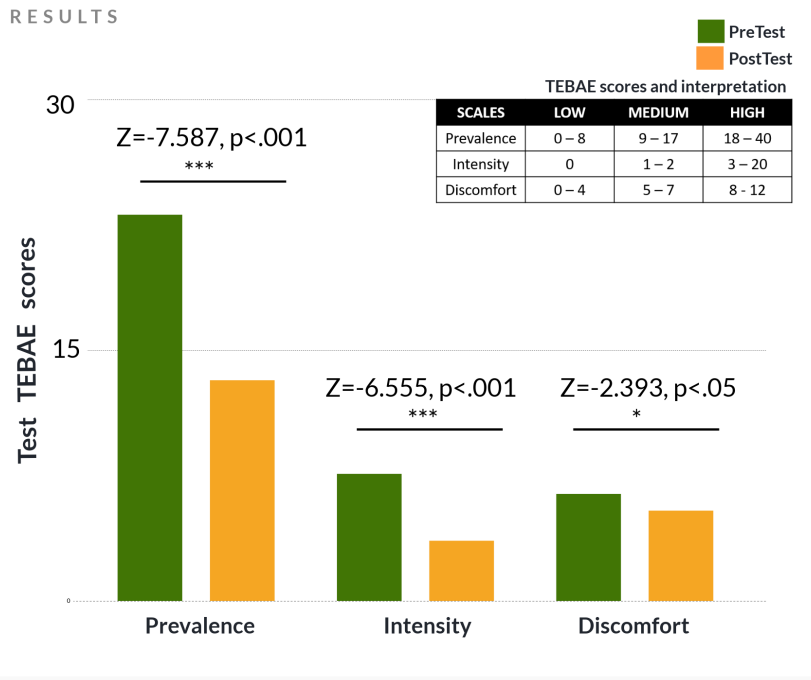
INTRODUCTION

BULLYING is an intentional, repeated, long-term and unjustified aggression perpetrated by some students on their peers (Smith et al., 2008). Since prevention is a matter of public health, many school-based intervention programs have been developed (eg. KiVa, Kärnä et al, 2011). We present the results of a transversal intervention conducted by the Spanish Association for Bullying Prevention (AEPAE).

AIMS

- Identify prevalence of bullying:** Perception of bullying will be considered as prevalence of bullying. We will pool all data from the different age groups, therefore test TEBAE results will show the mean prevalence of bullying. Scores range from 0 till 40, see below in the graph the interpretation of TEBAE's scores.
- Prevent new bullying episodes:** We will look at pre-post scores in the prevalence scale. In case there are significant differences and post scores are lower, we will show that the prevention masterclass and the program intervention were successful at reducing new cases of bullying.
- Prevent/Reduce intensity in resistant bullying episodes:** We are aware that 0 bullying is difficult to achieve, but intensity may decrease after our school-based intervention. We will look at pre-post scores in intensity scale to see whether there are significant differences and the post scores in the intensity scale are lower.
- Reduce victims' discomfort:** Test TEBAE indicates whether students show psychological discomfort commonly found in victims of bullying. We will pool the data and compare pre-post scores in the discomfort scale to see whether the masterclass was successful in significantly reducing general psychological discomfort at class and, given the program was only applied to victims, next we will look at within subjects scores in this scale.

RESULTS



VICTIMS/SAMPLE

2nd= 24 (N=110)
3rd= 31 (N=184)
4th= 6 (N=140)
5th= 14 (N=177)
6th= 9 (N=201)
7th= 3 (N=122)
8th= 4 (N= 95)
9th= 8 (N=86)
10th= 2 (N=76)

SCHOOLS

5 public schools
non-religious
urban and rural
2nd grade (7y-o)
10th grade (15y-o)

VICTIMS' PROGRAM MODULES

1. SELF-DEFENSE

Learning non-offensive techniques to respond to potential aggression

2. THEATRE

Learning how to express emotions assertively

3. PSYCHOLOGY

Increasing low self-esteem

DISCUSSION

Our prevention masterclass and program were successful at decreasing the prevalence of bullying (from 23% to 13%) at 5 public schools in Spain. Both the prevalence of bullying and the intensity of the remaining bullying episodes decreased from "high" to "medium". The program was successful because the level of psychological discomfort was lower in victims (although it remained at the medium level). However, new cases of psychological discomfort appeared in the post-test in previously non-victimized children. Further masterclasses should strengthen the prevention area to avoid displacing violence to new subjects and the victims' program should improve the Psychology Module to achieve lower levels of discomfort.

REFERENCES

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