

Bullying in school-aged children in Iceland: A cross-sectional study

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Purpose

We describe the frequency and variations in bullying among a representative national sample of school-age children and examine whether sociodemographic characteristics are associated with bullying.

Methods

A cross-sectional school-based survey—the Icelandic contribution to the international research network Health Behaviour in School-aged Children (HBSC). The study population included all students in Iceland in grades 6, 8 and 10 (mean ages: 11, 13 and 15 years, respectively) (participation rate: 84%; n=11,018).

Results/Conclusions

- The self-reported frequency of being bullied \geq 2-3 times every month was 5.5% among Icelandic school-aged children.
- Being bullied was associated with younger age, speaking a foreign language, not living with one's parents, and rural area.
- Sociodemographic antecedents should be considered when planning interventions to reduce bullying at school.

Implications for nursing practice

- A small group of individuals frequently visit psychiatric emergency rooms (PFV)
- PFV claim a considerable amount of resources
- There is a lack of knowledge with regards to self-assessed needs in PFV
- There is also a lack of care and support models focusing on meeting their needs.

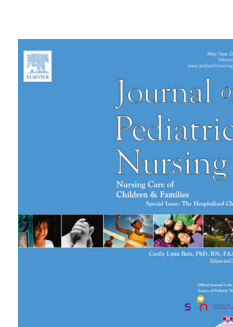
Screening questions could be

- I'd like to hear about how school is going. How many good friends do you have in school?
- Do other kids ever bully you at school, in your neighborhood or online?
- Who bullies you?
- When and where does it happen?
- What do they say or do?

Table 1. Variations of bullying in schoolchildren (n=10,390). Frequencies of being victimized from bullying \geq 2-3 times a month.

Variations of bullying	6 grade M=11 y n=3,333	8 grade M=13 y n=3,631	10 grade M=15 y n=3,426	Total M=13 y n=10,390
Bullied in school (%)	7.0	5.6	4.0	5.5
Being lied to (%)	11.4	10.9	6.8	9.3
Left out (%)	10.4	8.8	5.1	8.1
Called names (%)	9.3	9.0	4.8	7.7
Bullied because of body growth, (%)	4.8	6.1	3.5	4.8
Beaten, (%)	6.3	4.2	1.9	4.1
Bullied because of being foreign (%)	3.0	3.2	1.8	2.7
Cyber bullying: text (%)	2.2	3.3	2.3	2.6
Cyber bullying: picture (%)	2.1	2.9	1.9	2.3
Bullied because of disability or illness (%)	1.9	2.1	1.3	2.0
Bullied because of religion (%)	2.1	2.3	1.1	1.9
Bullied because of sexuality (%)	1.9	2.2	1.2	1.7

Note: Missing values: <3%. M=mean, y=years



Reference

Garmy P, Vilhjálmsson R, Kristjánsdóttir G. (2017) Bullying in school-aged children in Iceland: A cross-sectional study. *Journal of Pediatric Nursing*. First published: June 2, 2017. DOI: 10.1016/j.pedn.2017.05.009