



THE NORWEGIAN CENTER FOR
CHILD BEHAVIORAL DEVELOPMENT

Konsekvenser og tiltak i forhold til mobbing - del 1

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Thormod Idsøe

NUBU – Nasjonalt utviklingscenter for barn og unge



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Sosial smerte - hjerteskjærende



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Mobbing gjør vondt



Fokus del 1

- Mobbing kan gi traumesymptomer/PTSD symptomer
 - Hva er traumesymptomer
 - Traumesymptomer og mobbing
 - Hvorfor får vi traumesymptomer?
 - Kan man gjøre noe med det?



Vi vet at mobbing har sammenheng med emosjonelle faktorer:

- Depresjon
- Ensomhet
- Angst
- Selvmordstanker/selvmordsforsøk
- *Selv mord*

e.g. (Arseneault et al. 2010)



Men mobbing har også sammenheng med:

1. Akademiske prestasjoner

(Beran, 2009; Buhs, Ladd & Herald, 2006; Fite et al 2014; Liu, Bullock & Coplan, 2014)

2. Atferd (reaktivitet, impulsivitet, mer aggresjon, vansker med å gjenkjenne og regulere emosjoner, tilbaketrekking, ulydighet, dissosiering)

3. Relasjoner (dårlig selv-bilde, tror at de fortjener smerte, de fortjener ikke å bli elsket, dårlige relasjoner med skolens personale, problemer i relasjoner med venner, dårlige sosiale egenskaper, trekke seg tilbake sosialt, bli avvist/utstøtt av venner)



- Det varierer hvor mye «det går innpå» de som blir mobbet
 - Har sammenheng med tidligere livserfaringer
 - Ulik sårbarhet

- Noen er mer utsatt for å bli mobbet
 - F.eks. stille og innadvendte barn

- Vekselvirkninger



PTSD – Diagnose (fordi den forklarer symptomene)

- A) Man må ha opplevd en eller flere hendelser som innebar livsfare eller trussel om død, alvorlig skade eller trussel mot egen/andres fysiske integritet
- B) Man må ha fått en emosjonell reaksjon (angst, hjelpeløshet eller redsel) når det skjer

•



1 - Intrusjon

- Påtrengende minner (bilder, stemmer, lukt, berøring) - "*flashbacks*"
- Utløses/trigges av påminnere
- Tidsforskyvning
- Vansker med søvn/drømmer



2 - Unnvikelse

- Situasjoner som minner om traume
- Tanker knyttet til traume
- Følelser knyttet til traume



3 – Kroppslig aktivering

- I beredskap
- Urolig
- Irritabel
- Problem med oppmerksomhet og konsentrasjon
- Søvnvansker

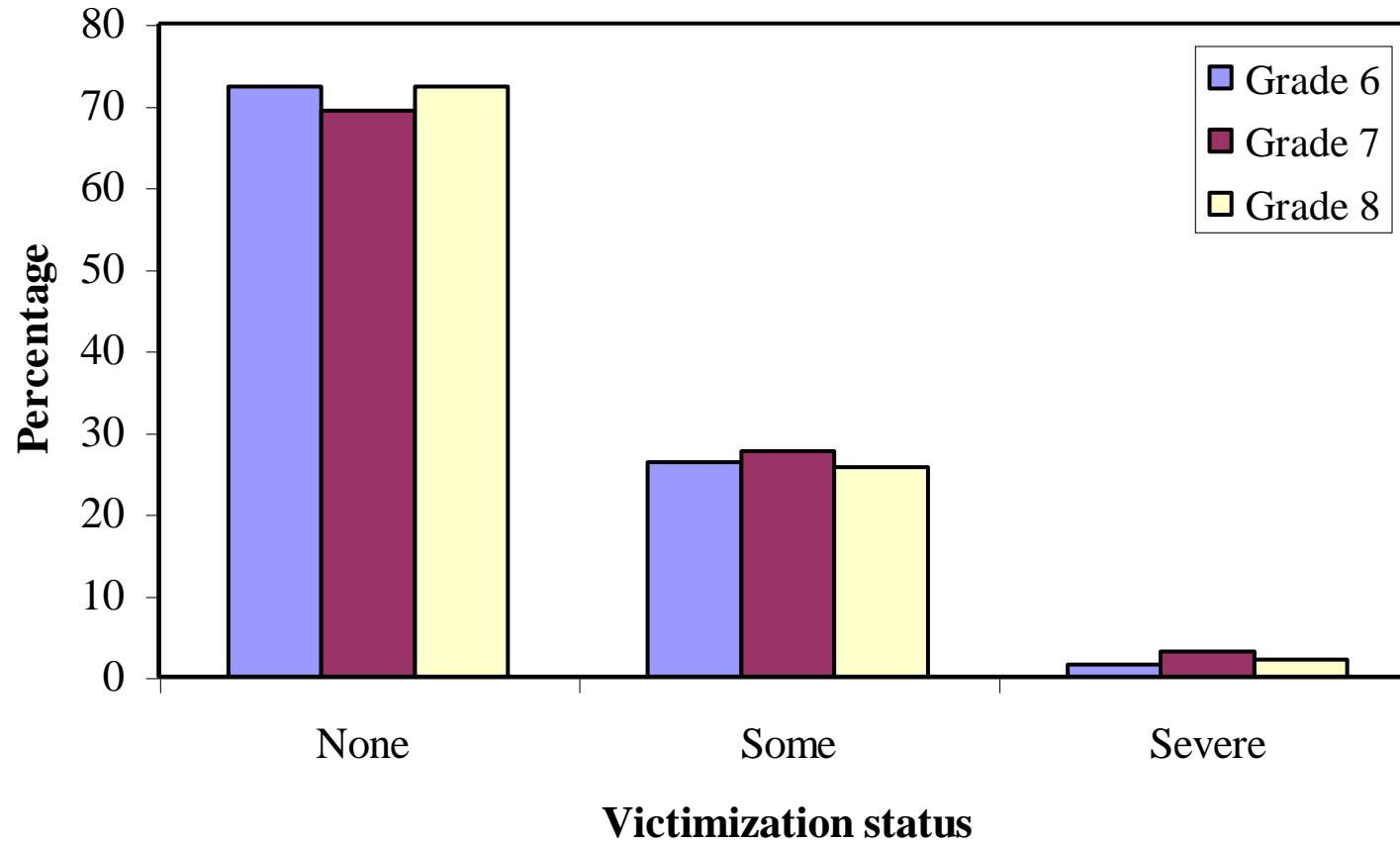


Relasjoner mellom mobbing i arbeidslivet og PTSD

- 66 mobbeofre (helse- og sosialarbeidere) rapporterte mobbing over en to-årsperiode. **44% av disse skårer høyt på PTSD** (Tehrani, 2004).
- **63% av et utvalg mobbeofre (n=102) rapporterer høye nivåer på PTSD-symptomatikk** (særlig påtrengende minner og unngåelse) i en studie gjennomført ved Universitetet i Bergen (Matthiesen & Einarsen, 2004)
- I en studie gjennomført av Mikkelsen & Einarsen (2002) **rapporterer 76% av de som er mobbet på jobben (n = 118, age 20-64) PTSD-symptomatikk.**

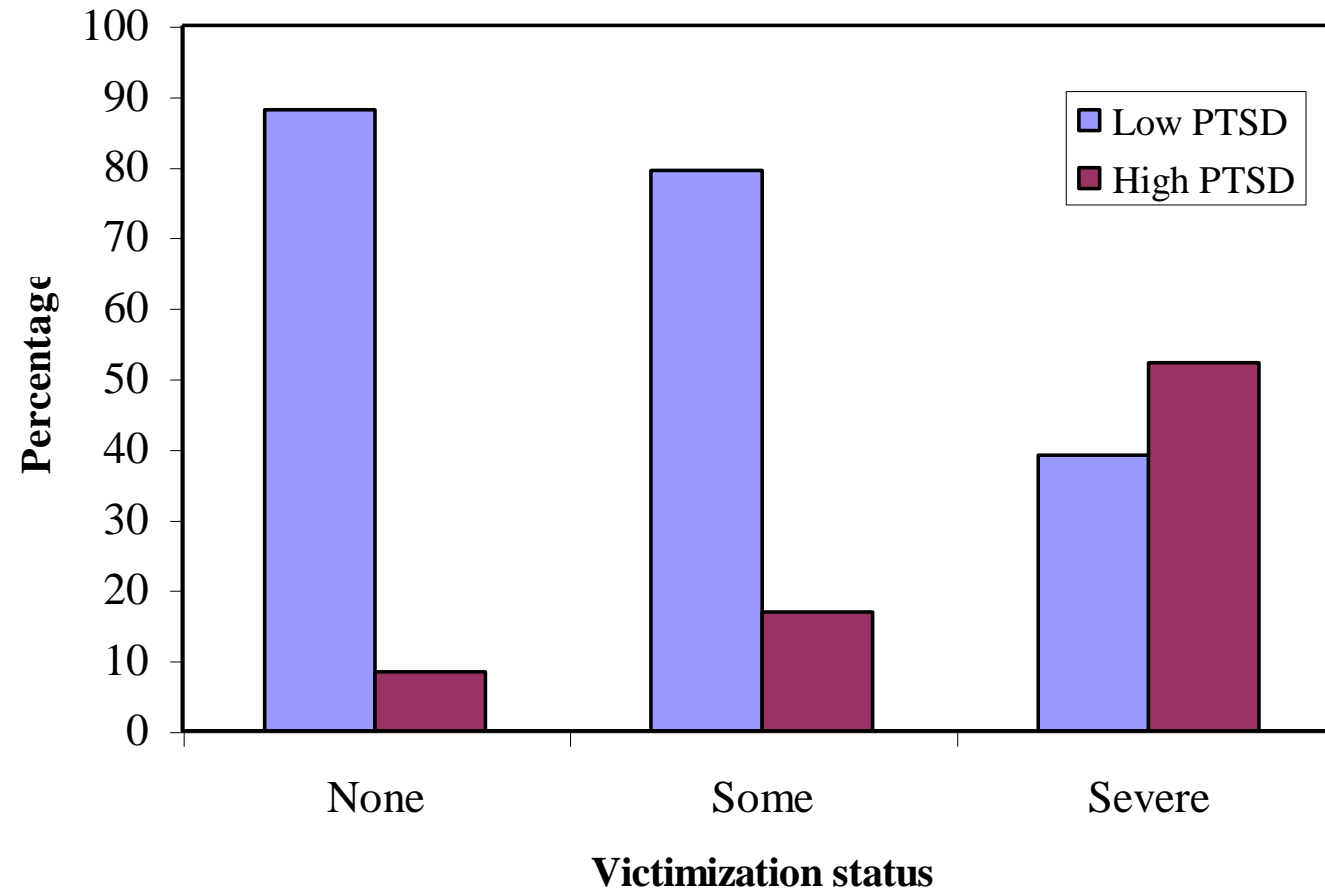


Victimization status by grade. (McKenney, Pepler, Craig, & Connolly, 2005).





Prevalence of PTSD symptoms by victimization status. (McKenney, Pepler, Craig, & Connolly, 2005).





Bullying and PTSD Symptoms

Thormod Idsoe · Atle Dyregrov · Ella Cosmovici Idsoe

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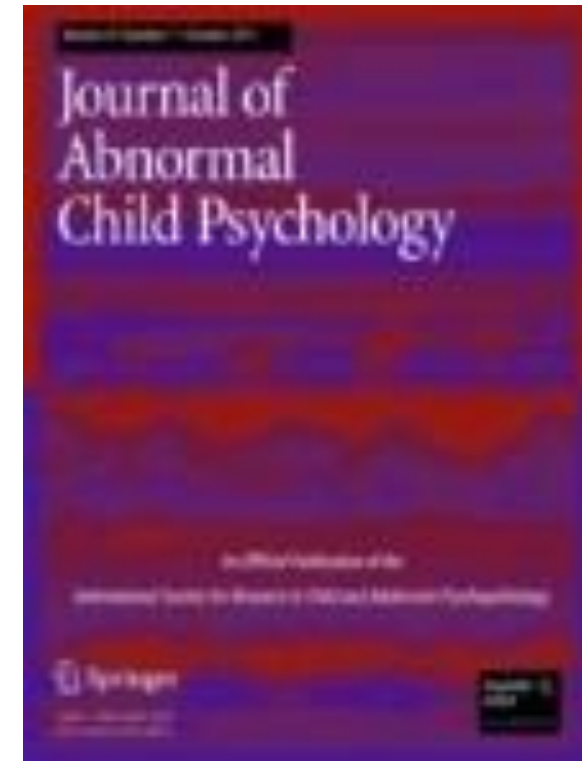
Abstract PTSD symptoms related to school bullying have rarely been investigated, and never in national samples. We used data from a national survey to investigate this among students from grades 8 and 9 ($n=963$). The prevalence estimates of exposure to bullying were within the range of earlier research findings. Multinomial logistic regression showed that boys were 2.27 times more likely to be exposed to frequent bullying than girls. A latent variable second-order model demonstrated an association between frequency of bullying exposure and PTSD symptoms ($\beta=0.49$). This relationship was not moderated by gender. However, the average levels of PTSD symptoms as well as clinical range symptoms were higher for girls. For all bullied students, 27.6% of the boys and 40.5% of the girls had scores within the clinical range. A mimic model showed that youth who identify as being both a bully and a victim of bullying were more troubled than those who were victims only. Our findings support the idea that exposure to bullying is a potential risk factor for PTSD symptoms among students. Future research could investigate whether the same holds for PTSD through diagnostic procedures, but this will depend on whether or not bullying is decided to comply with the DSM-IV classification of trauma required for diagnosis. Results are discussed with regard to their implications for school interventions.

Keywords Bullying · Victimization · PTSD symptoms · School

Even though there has been discussion whether exposure to bullying complies with the classification of trauma required for diagnosis of Posttraumatic Stress Disorder (PTSD) as defined within the DSM-IV-TR (APA 2000), practitioners often report PTSD symptoms in victims of bullying (Scott and Stradling 1992; Weaver 2000). Research focusing on workplace bullying has established a relationship with PTSD symptoms that appears to be quite strong (Björkqvist et al. 1994; Leymann and Gustafsson 1996; Matthiesen and Einarsen 2004; Mikkelsen and Einarsen 2002). Few studies have investigated this in relation to school bullying (McKenney et al. 2005; Mynard et al. 2000), and none in national samples. The aim of our study was to examine the relationship between being bullied and PTSD symptoms in a representative sample of Norwegian pupils.

Bullying

Bullying is regarded as a subtype of aggressive behavior





- 27.6% av guttene og 40.5% jentene som ble mobbet skåret over klinisk cutoff på skalaen
- Jo oftere man ble mobbet, jo høyere nivå på symptomer
- De som mobber andre I tillegg til selv å bli mobbet hadde mest problemer



TC



Contents lists available at ScienceDirect

Aggression and Violent Behavior



Post-traumatic stress disorder as a consequence of bullying at work and at school. A literature review and meta-analysis



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- 23 studier
- 57% skårer over klinisk cut-off
- Korrelasjon = .40

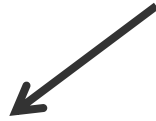


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Hvorfor får vi traumesymptomer



Krysse gaten



- Henter ut raskt
 - ”rask/automatisk
” kompetanse



Krysse gaten



- Henter ut raskt
 - "rask/automatisk"
kompetanse



- Henter ut
langsomt
 - "rasjonelle minner"



Krysse gaten



- Henter ut raskt
 - "rask/automatisk"
kompetanse



- Henter ut
langsomt
 - "rasjonelle minner"



- Lagrer nye
minner i
rasjonell
hukommelse



Krysse gaten





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Klassisk betinging

Pavlov



Kognitiv forklaringsmodell

(to hukommelses-systemer)

- To hukommelses-systemer (Brewin, 2003)



To typer minner

som kan opptre mer eller mindre samtidig

• Ordinære minner

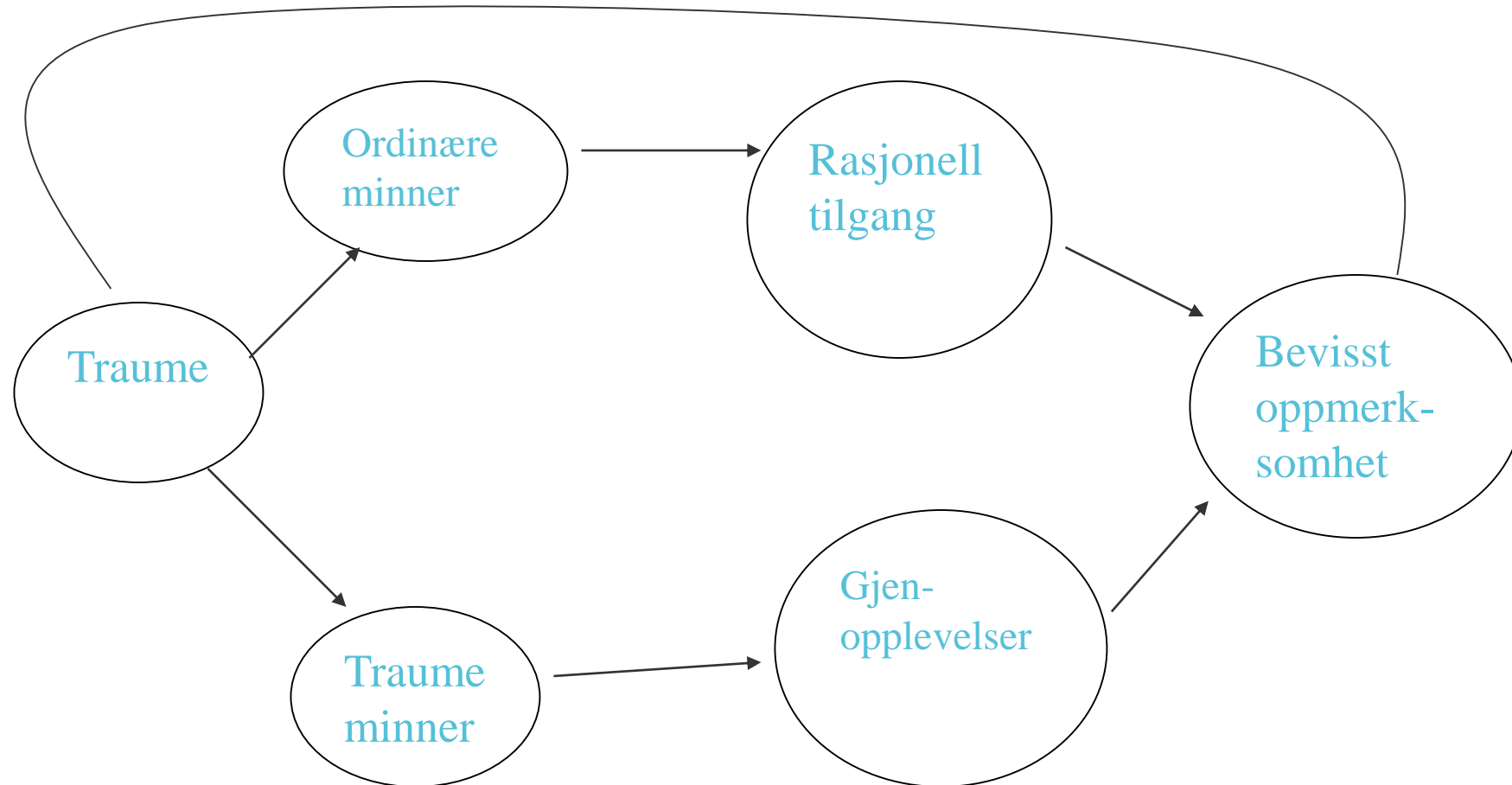
- Kan **bevisst gjenhentes**
- Inneholder **detaljer som ble fokusert** nok på til å innkodes i langtidshukommelsen
- Danner basis for tenkning, planlegging, kommunikasjon

• Traumatiske minner

- Usammenhengende opplevelser – kaotisk - fragmentert
- Forblir identiske over tid
- Fullpakket med sensoriske detaljer
- Livaktige
- Påtrengende



Modell for to hukommelses-systemer (Brewin, 2003)

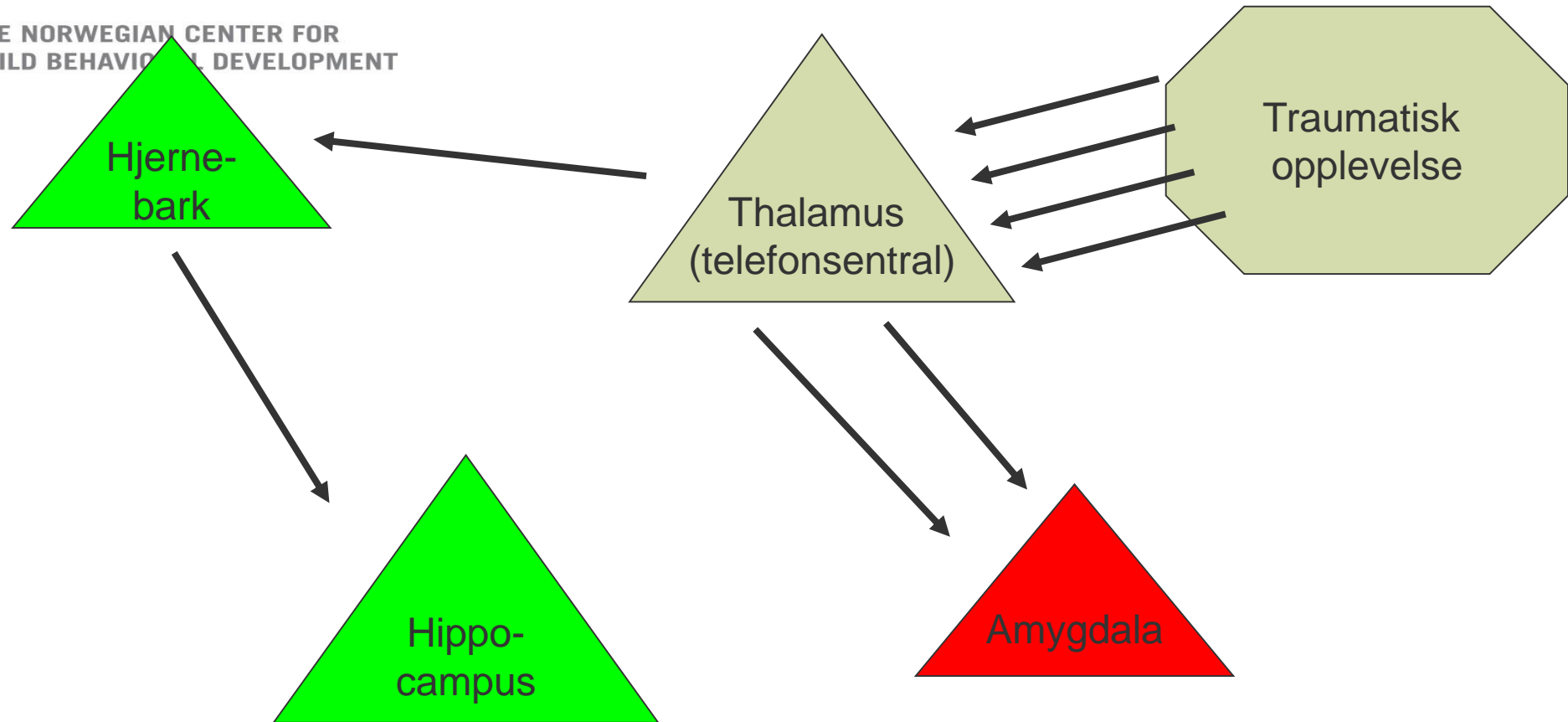




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Hva skjer i hjernen ?

(Psykobiologisk forklaringsmodell)



To "veier" i hjernen :

Rødt = automatisk og rask (traumatiske minner)

Grønn = rasjonell men mer langsom (ordinære minner)



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Editors: C. R. Martin, V. R. Preedy,
V. B. Patel

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Guide to
Post-Traumatic
Stress Disorder

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Bullying and PTSD Symptoms in Children and Adolescents

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Abstract

Bullying among children and adolescents is a frequent form of victimization that has been linked to a range of psychological outcomes. Findings indicate that exposure to bullying contributes uniquely to children's mental health. Extending findings on associations with mental health research have investigated the associations between bullying and PTSD among children and adolescents and have found quite strong associations between exposure to bullying and PTSD symptoms. Some studies show that more than 30 % of the bullied children scored within the clinical range for PTSD symptoms. No existing studies give absolute evidence for or against bullying as causing the diagnosis of PTSD. However, in accordance with findings related to PTSD in general, bullied children demonstrate dysregulations of the hypothalamic-pituitary-adrenal (HPA) axis. Children who are maltreated by caregivers have higher risk of being bullied by peers. Future studies should therefore examine the association between exposure to bullying and PTSD symptoms within a developmental framework with a specific attention to possible multiple victimization. Schools should create trauma-sensitive environments where a supportive culture allows bullied children to feel physically and emotionally safe.



Barns sosiale utvikling

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* *Fortsettelse av longitudinell studie som har pågått v/NUBU siden 2006 (n = 1157)*

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* *Den nye perioden 2018 – 2023 (mellomtrinn og ungdomstrinn)*

* *En av hovedproblemstillingene er sammenhengen mellom mobbing og symptomer over tid, og hva som eventuelt kan forklare dette*



Bullying and trauma

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