

Bullying at school and mental health problems: Implications for interventions, policy and research

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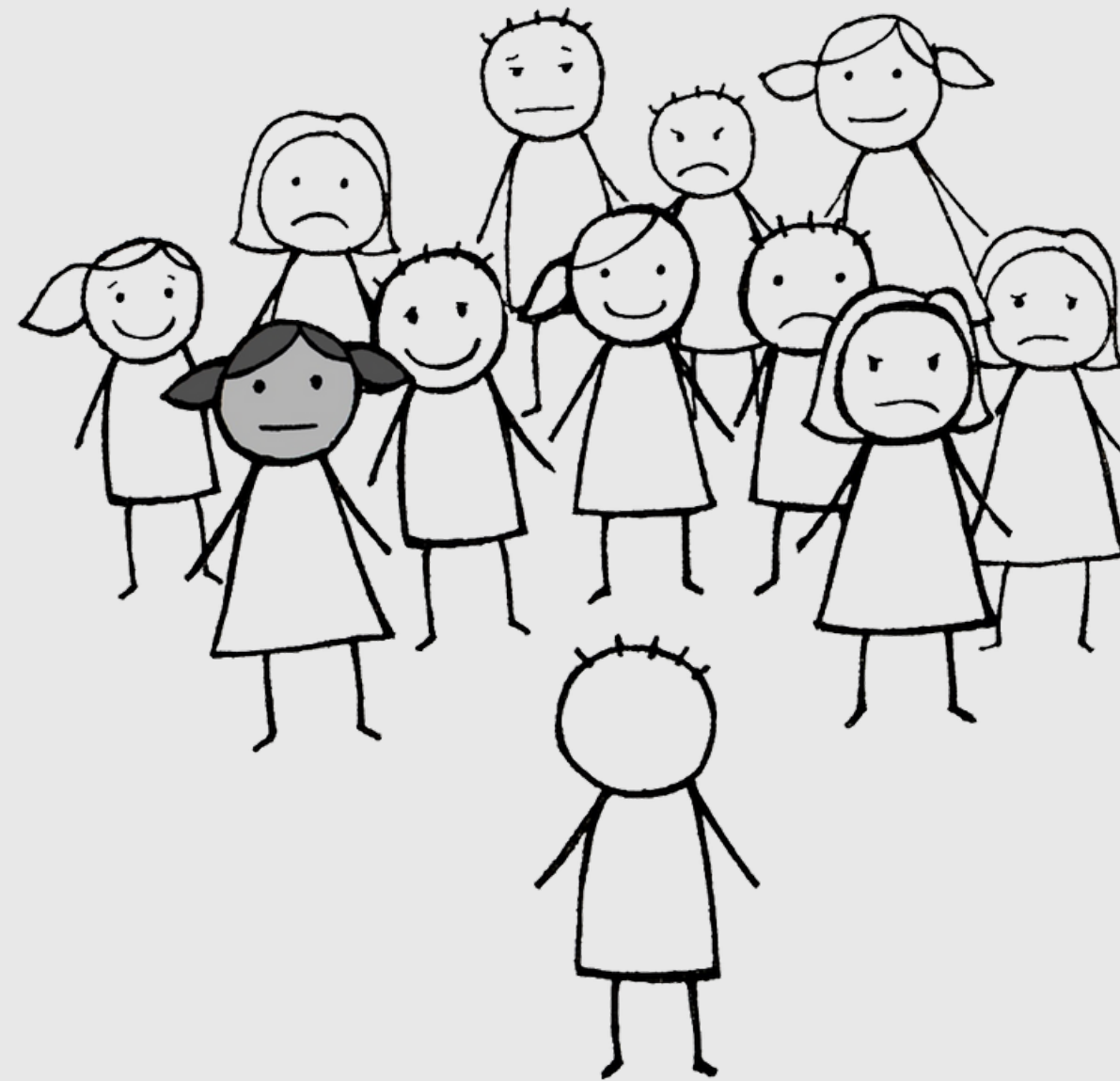
INRICH 14th Annual Workshop

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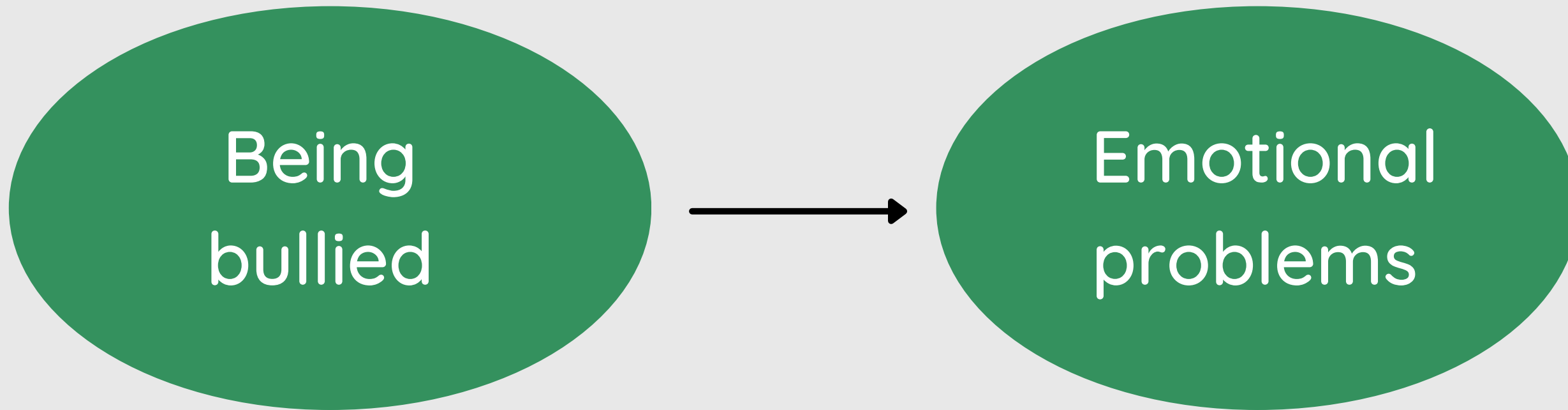
KING'S
College
LONDON

Bullying victimization and its impact on mental health problems across the lifespan



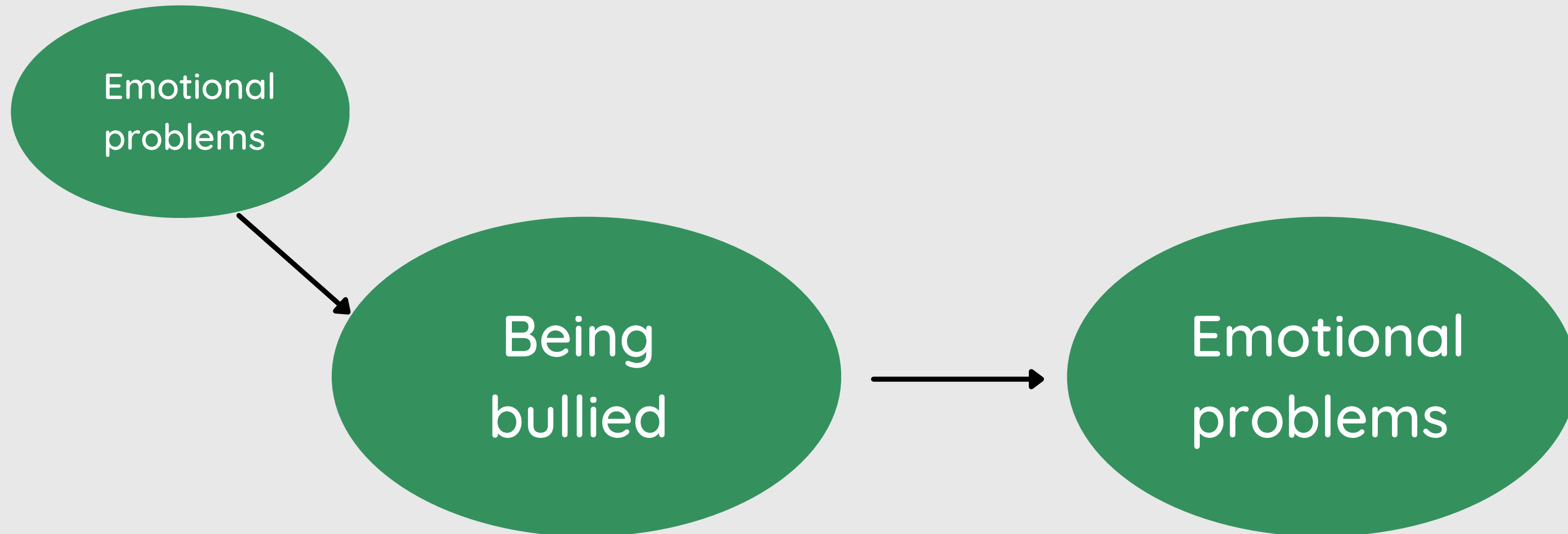


Can being bullied contribute to the development of emotional problems?



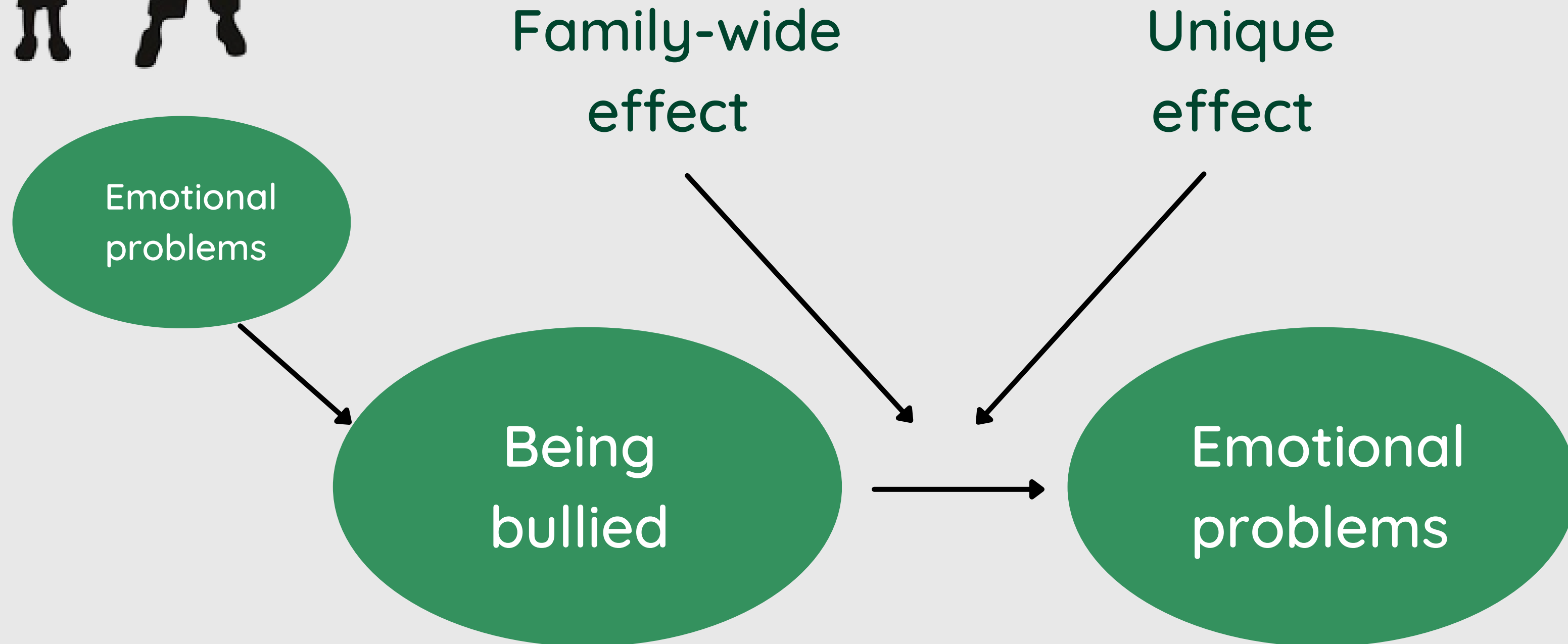


Can being bullied contribute to the development of emotional problems?





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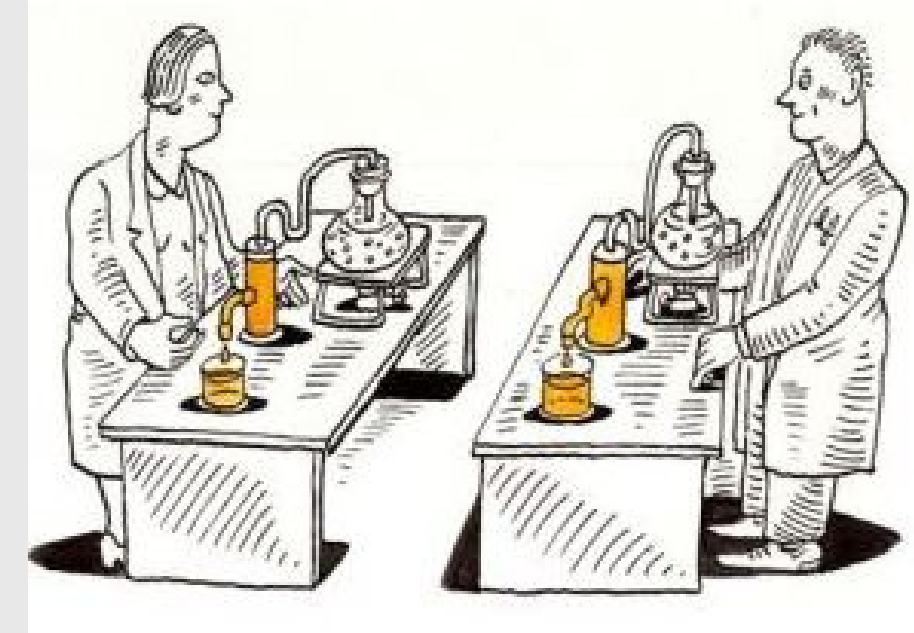


Being bullied leads to emotional problems

over and above the effect of family-wide factors
(including genes) and prior emotional problems



Reproducibility in science



Arch Pediatr Adolesc Med. 2008;162(2):145-150

ARTICLE

Being Bullied as an Environmentally Mediated Contributing Factor to Children's Internalizing Problems

A Study of Twins Discordant for Victimization

Louise Arseneault, PhD; Barry J. Milne, MSc; Alan Taylor, PhD; Felicity Adams, MSc; Kira Delgado, MSc; Avshalom Caspi, PhD; Terrie E. Moffitt, PhD

2017;74(11):1112-119. doi:1001/jamapsychiatry.2017.2678

JAMA Psychiatry | [Original Investigation](#)

Concurrent and Longitudinal Contribution of Exposure to Bullying in Childhood to Mental Health The Role of Vulnerability and Resilience

Timothy Singham, BSc; Essi Viding, PhD; Tabea Schoeler, PhD; Louise Arseneault, PhD; Angelica Ronald, PhD; Charlotte M. Cecil, PhD; Eamon McCrory, PhD; Frülhing Rijdsdijk, PhD; Jean-Baptiste Pingault, PhD

Psychological Medicine (2016), 46, 1875–1883. © Cambridge University Press 2016
doi:10.1017/S0033291716000362

ORIGINAL ARTICLE

Psychiatric outcomes of bullying victimization: a study of discordant monozygotic twins

J. L. Silberg^{1,2*}, W. Copeland³, J. Linker⁴, A. A. Moore^{2,5}, R. Roberson-Nay^{2,4} and T. P. York^{1,2}

¹Department of Human and Molecular Genetics, Virginia Commonwealth University School of Medicine, Richmond, Virginia, USA

²Virginia Institute for Psychiatric and Behavioral Genetics, Virginia Commonwealth University, Richmond, Virginia

³Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, North Carolina, USA

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Implication for intervention

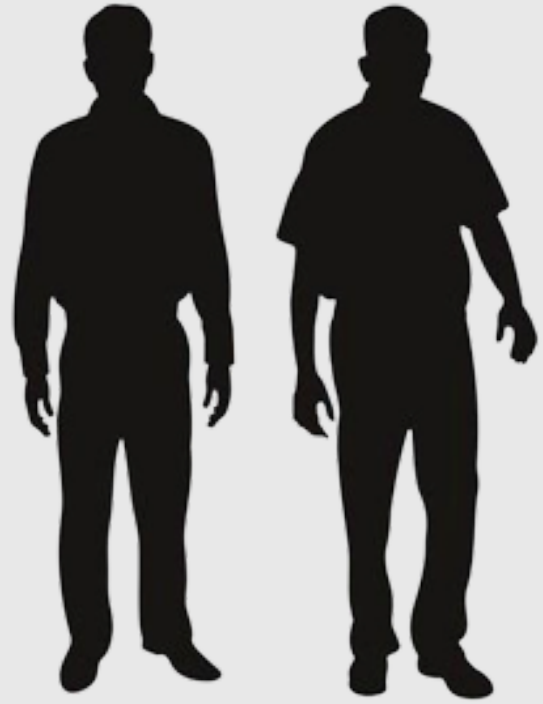


The Nordic way to stop bullying

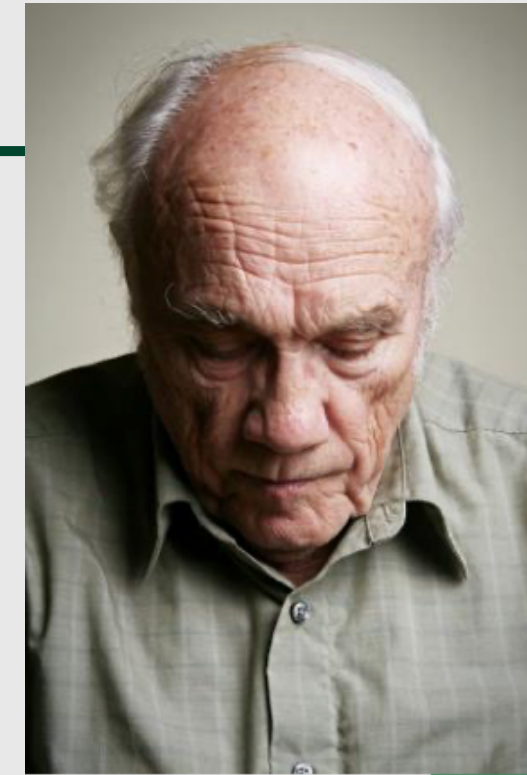


(Image credit: Getty Images)





Can the impact of being bullied last after the bullying behaviour has stopped?



Being
bullied

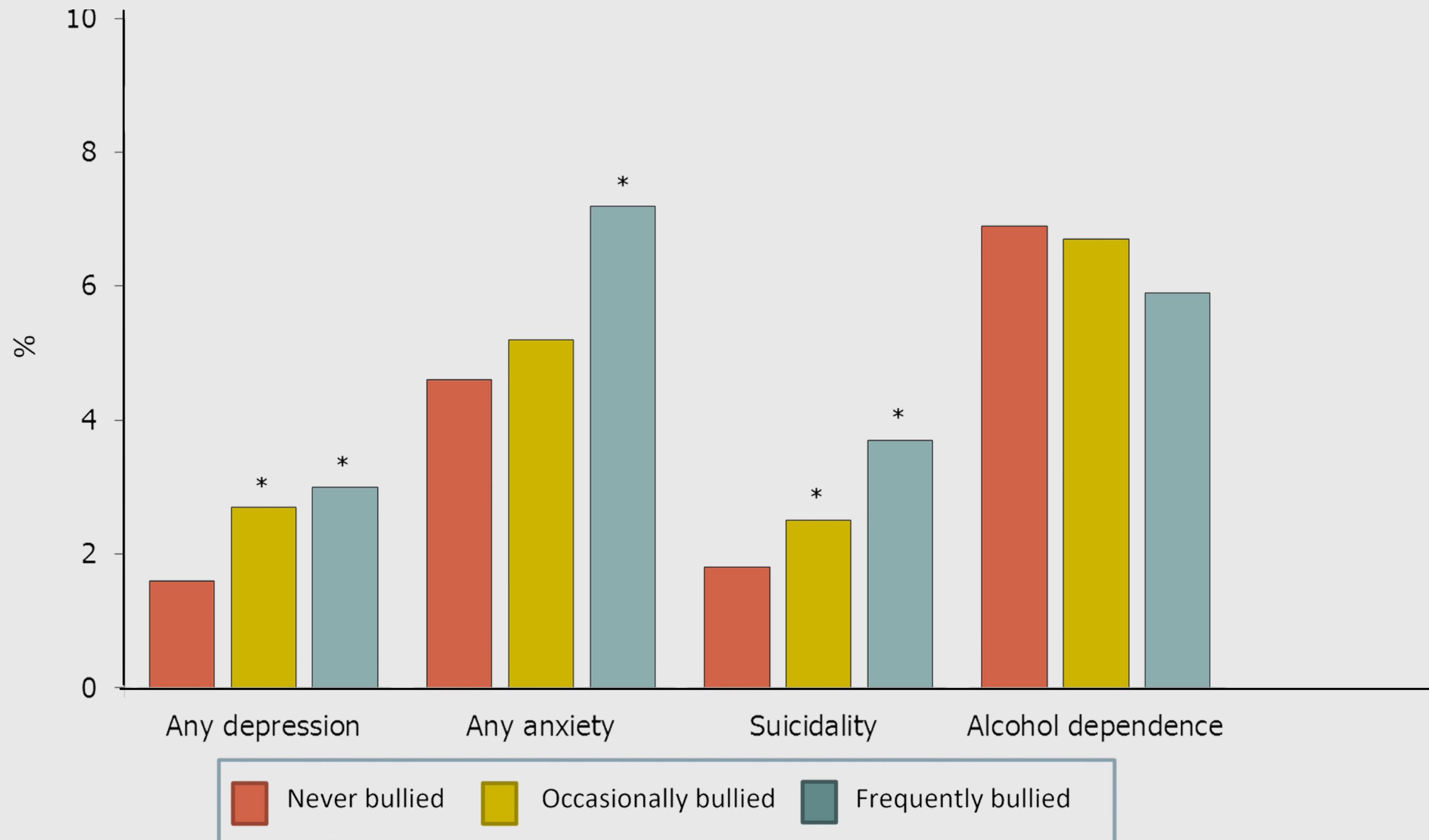
Mental health
problems



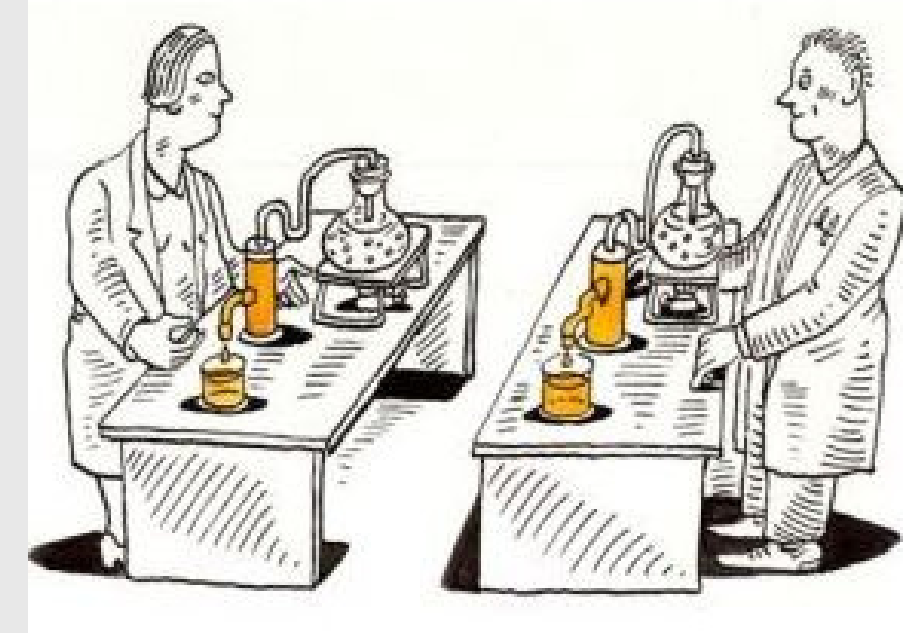
Being bullied in childhood is associated with psychiatric outcomes age 45



Ryu Takizawa
University of Tokyo



Reproducibility in science



Adult Psychiatric Outcomes of Bullying and Being Bullied by Peers in Childhood and Adolescence

William E. Copeland, PhD; Dieter Wolke, PhD; Adrian Angold, MRCPsych; E. Jane Costello, PhD
JAMA Psychiatry. 2013;70(4):419-426.

Article

Adult Health Outcomes of Childhood Bullying Victimization: Evidence From a Five-Decade Longitudinal British Birth Cohort

(Am J Psychiatry 2014; 171:777-784)

Ryu Takizawa, M.D., Ph.D.

Barbara Maughan, Ph.D.

Louise Arseneault, Ph.D.

Childhood Bullying Behaviors as a Risk for Suicide Attempts and Completed Suicides: A Population-Based Birth Cohort Study

ANAT BRUNSTEIN KLOMEK, Ph.D., ANDRE SOURANDER, M.D., SOLJA NIEMELÄ, M.D.,
KIRSTI KUMPULAINEN, M.D., JORMA PIHA, M.D., TUULA TAMMINEN, M.D.,
FREDRIK ALMQVIST, M.D., AND MADELYN S. GOULD, Ph.D., M.P.H.

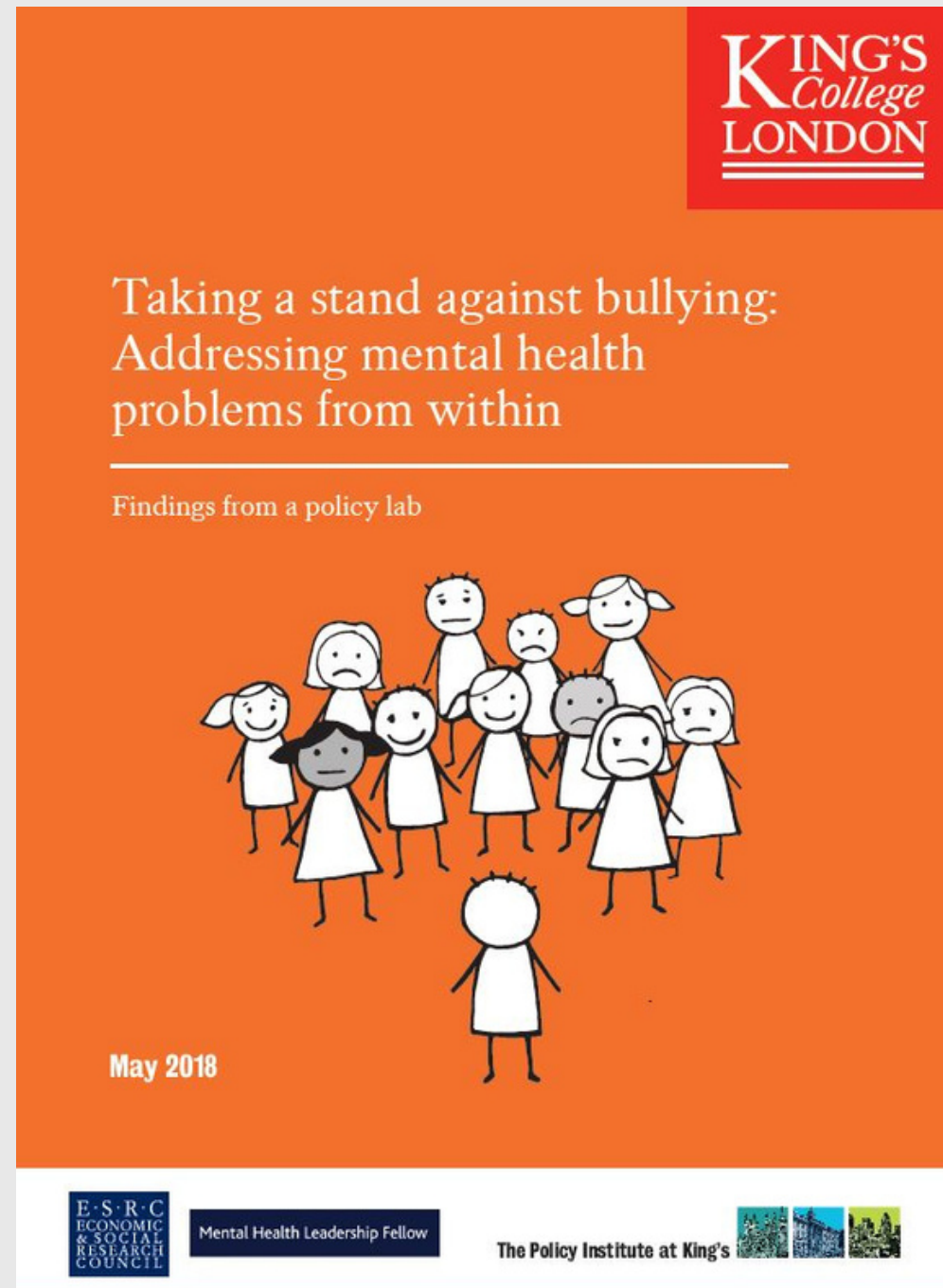
J. AM. ACAD. CHILD ADOLESC. PSYCHIATRY, 48:3, MARCH 2009

Bullying victimization/perpetration in childhood and later adjustment: Findings from a 30 year longitudinal study

Gibb, Sheree J.; Horwood, L. John; Fergusson, David M.

Journal of
**Aggression, Conflict
and Peace Research**

Implication for policy



Is it valuable, feasible and acceptable to strengthen interventions focusing on victims and potential victims of bullying in order to reduce and prevent mental health problems?



The Policy Institute at King's

Implication for policy

- 1** Be part of a wider wellbeing/mental health and education agenda, rather than standalone initiatives.
- 2** Integrate into existing resources/approaches wherever possible (both anti-bullying policies and mental health/wellbeing initiatives).
- 3** Blend universal intervention with targeted escalation for those at higher-risk of victimisation.

Implication for policy

1 Make a case for measuring the value of investing in interventions to reduce the mental health impacts of bullying.

2 Recognise that some interventions will take a long time to generate benefits, while seeking quick wins that demonstrate benefits within short-term budget cycles.

3 Support government to work across departments in integrating bullying into other programmes, maximising resources while avoiding incompatible approaches.



Can we build resilience among bullied children?



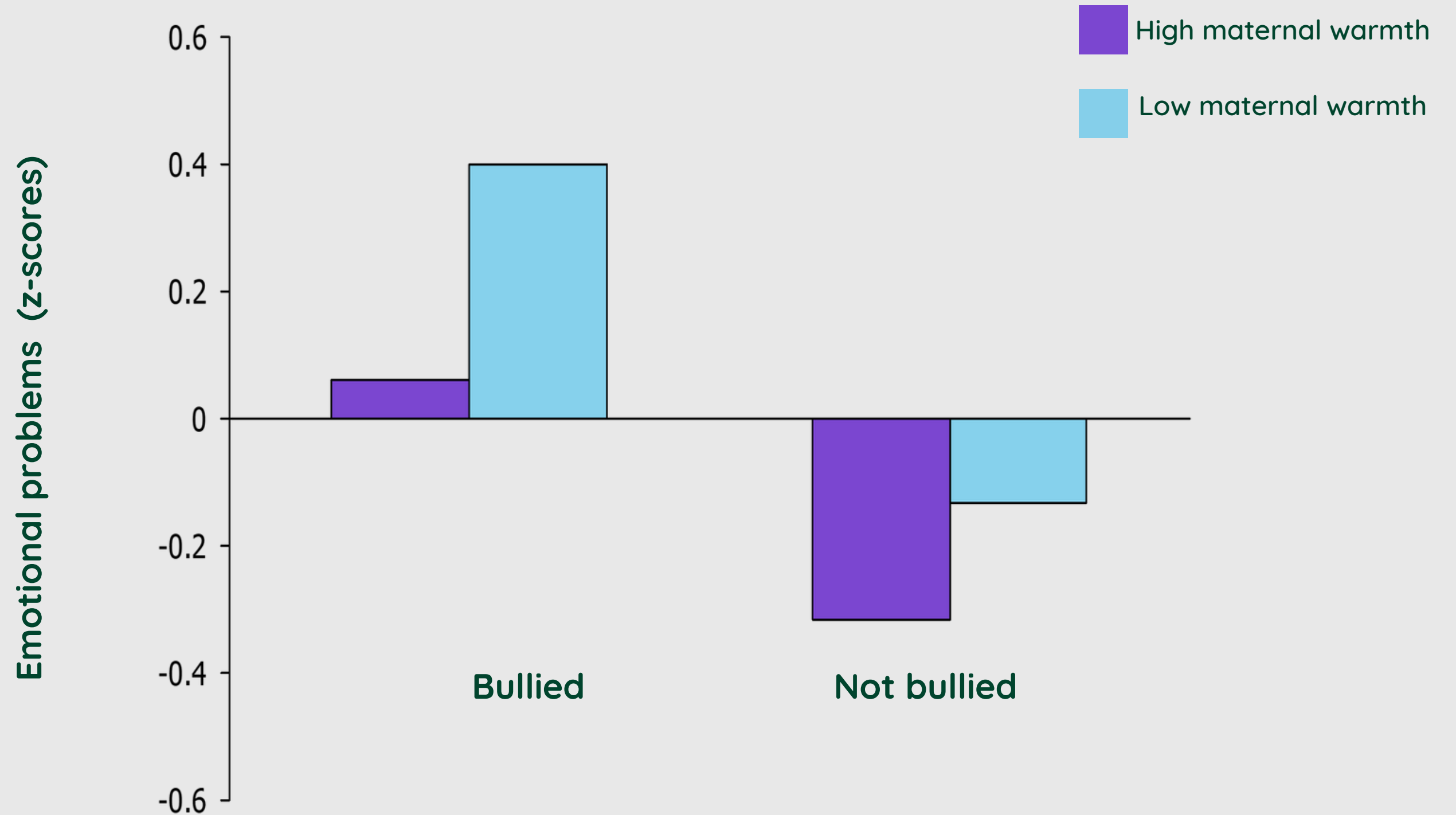
“a dynamic process encompassing positive adaptation within the context of adversity”



Maternal warmth protects children from the impact of being bullied



Lucy Bowes
Oxford University



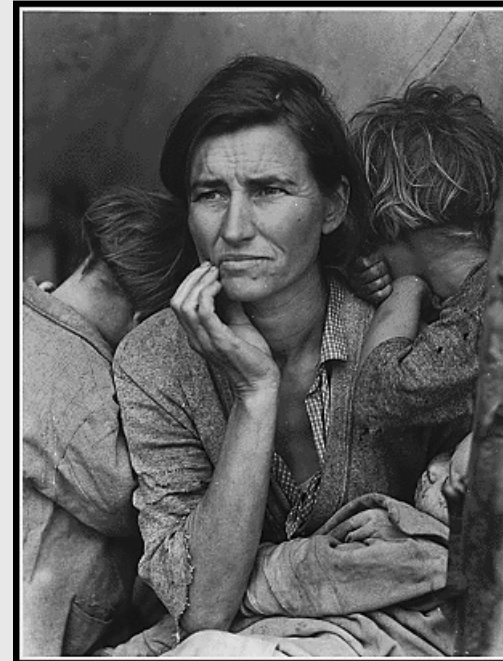
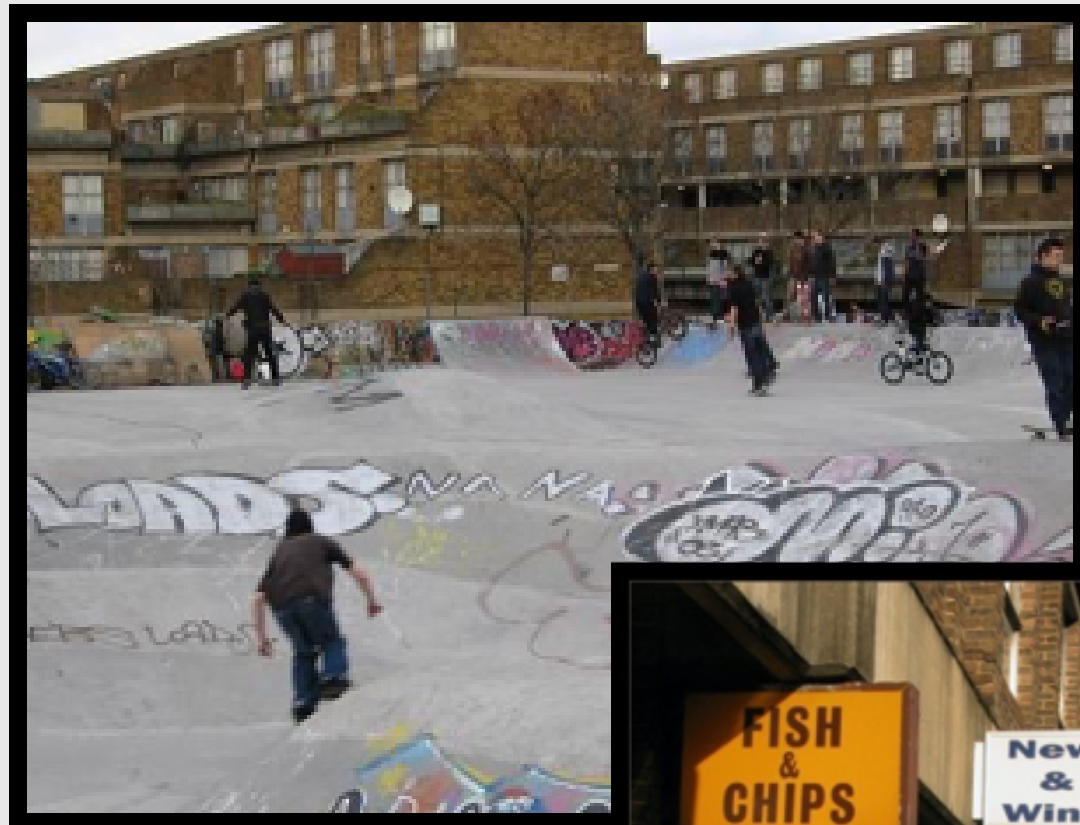
Implication for intervention



Implication for research



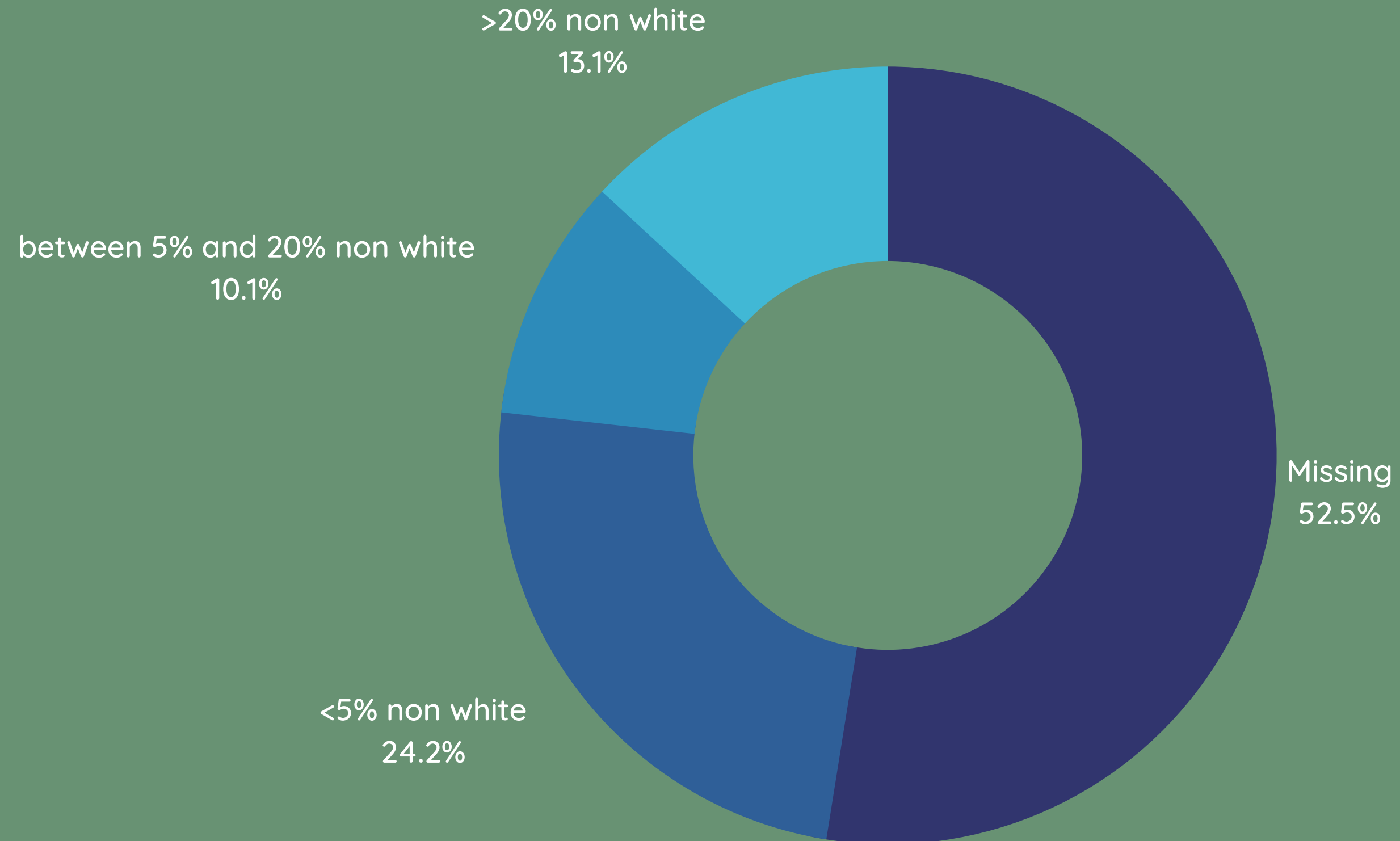
Implication for research



Population Ethnicity



Catalogue of
Mental Health Measures





Thank you!

