

DO BULLYING PREVENTION PROGRAMS REDUCE DEPRESSION AND ANXIETY EXPERIENCED BY STUDENTS?



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BACKGROUND

Bullying - systematic, aggressive and goal-directed behavior that intends to harm individuals (Olweus, 1993).

Healthy Context Paradox: Victimization -> -ve Health Impact -> Depression and Anxiety



THEORY

Person-group Dissimilarity Model

Victimization -> Group Norm Deviation -> -ve Judgement of Victims

Social Comparison Theory

Upward Social Comparisons and Lack of Support -> -ve Mental Health

Similarity Attraction Hypothesis of Friendship Formation

Bullied are befriended by others who are victimized.

METHOD: META-ANALYSIS

01 Conducted literature searches on electronic databases

02 **Selection criteria:** RCTs and pretest posttest studies

03 Single effect size type selected (Cohen's D)

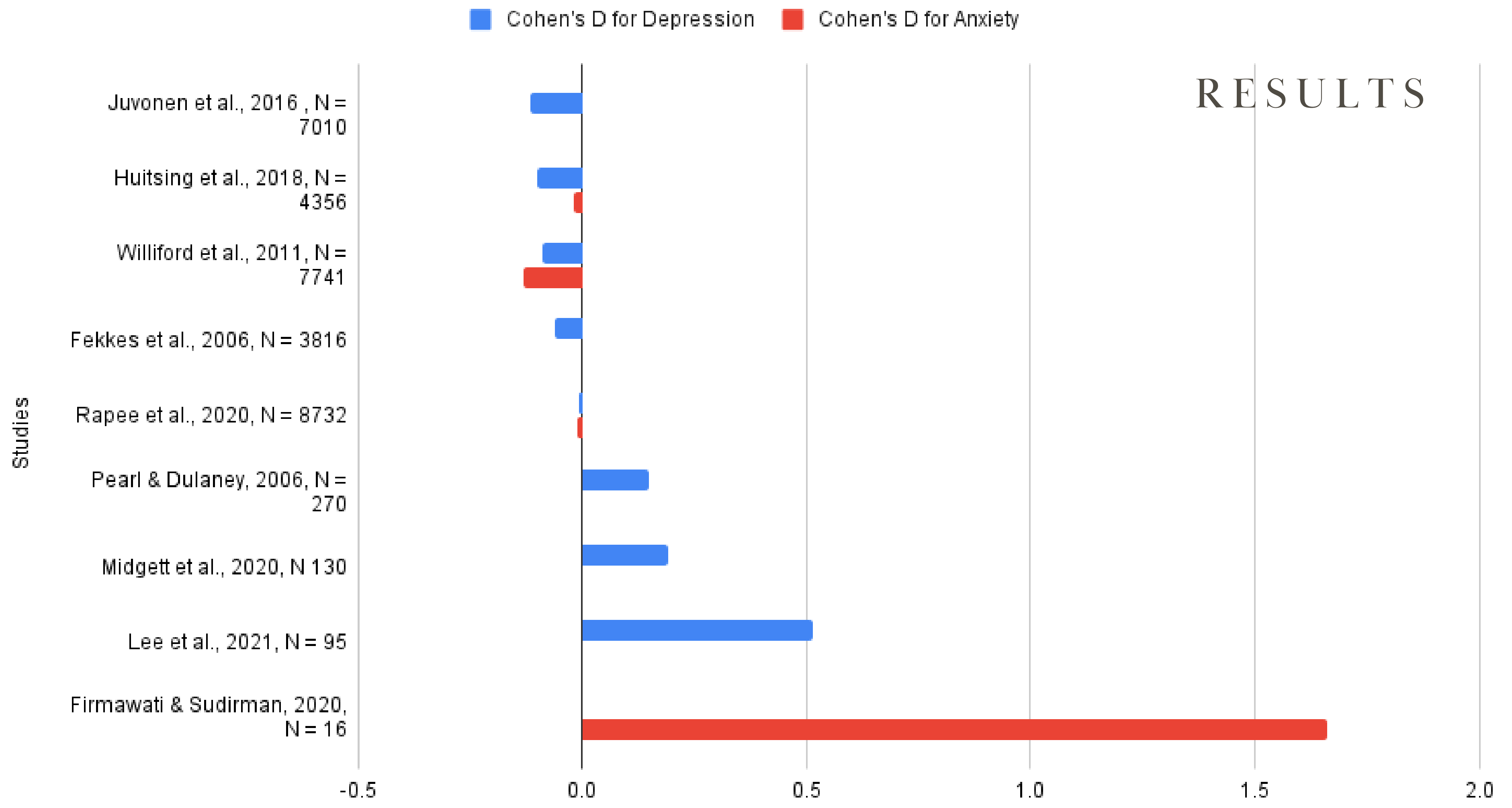
04 Weighted mean effect size calculated

05 **Total no. of studies discovered:** 9 (7 RCTs + 2 pretest posttest studies, one of which was qualitative)

06 **Sample:** Total sample=32,396 3rd to 12th-grade students.
Range: 16 - 8732 students

07 **Data was collected after intervention:** 2 days-1 month-1/2 years

RESULTS





CONCLUSION AND FUTURE IMPLICATIONS

- Weighted mean effect size = 0.034 (Depression) and -0.049 (Anxiety)
- Studies with larger sample sizes show a negative or negligible effect.
- Only low-sample studies show a large positive effect.
- Future studies- measure victimization + negative mental health effects
- Healthy context paradox might exist -> develop adaptive interventions for dealing with bullying

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