

## The Health-Related Quality of Life of Students Involved in School Bullying

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### Abstract (600 Words):

To analyse health-related quality of life (HRQL) in relation to participation in bullying (frequency and role). The main goal was to investigate how effects of bullying are related to role and to determine whether the effect of bullying involvement on HRQL is independent of perceived social support. Effects of sex and role on various HRQL dimensions were investigated in a representative sample of students (N=769) in Talavera de la Reina (Spain) using Kidscreen-52. T-tests were used to analyse sex differences in HRQL, victimisation and aggression; a chi square test was used to investigate role effects and ANOVA was used to identify the HRQL profile associated with each role. Linear regression was used to determine whether the effects

of victimisation and aggression on HRQL were independent of the potential effect of social support. Being involved in school bullying negatively affects children's HRQL, whose impact is greater in aggressive victims and pure victims, respectively. Aggression has no independent effect on HRQL, whereas victimisation has a negative effect on HRQL and mood regardless of level of social support; life satisfaction is generally higher among students with social support. Stability and persistence of victimisation appear to influence HRQL such that the effects of bullying on HRQL are greatest in roles that have greatest involvement in bullying during early days of schooling.

### Importance of research (200 words):

Bullying is defined as a form of exercise of power that damages intentionally and persistently to a classmate. In children and adolescents victimisation causes serious, persistent health problems. Suffering bullying has been associated with mental health problems such as anxiety and depression, difficulties in psychosocial adjustment, low academic achievement, low self-esteem and negative effects on physical health such as headaches or stomach problems, irritability and difficulty sleeping. Finally, it has been associated with participation in behaviours which are harmful to health, such as abuse of alcohol, illegal drugs and tobacco. Aggressors also exhibit mental health problems including risk behaviours to health, and may develop problems of anti-social behaviour and delinquency. In other words, involvement in bullying as either victim or aggressor seems to compromise the healthy development of children and adolescents; it affects the physical, psychological and social wellbeing of those involved at time and these effects may endure into the medium and long term. Although behaviour which meets formal definitions of bullying has the deeper and more persistent consequences, occasional or less victimisation or intimidation which does not meet the criteria for bullying may also have consequences for the children involved.

### Biography (200 words)

Dr. Serdar Kahraman is a neurosurgeon with 22+ years of experience. He is a member of Turkish Neurosurgery Society, Turkish Spine Society, European Association of Neurosurgical Societies (EANS), European Spine Foundation (AO Spine), European Spine Society (Eurospine), Minimal Invasive Spine Society-Turkey and Gülhane Military Medical Academy. He has expertise in Brain and nerve surgery, Spinal surgery, Neuroendoscopy and Spinal endoscopic surgery. Dr. Kahraman completed his specialty education in neurosurgery from GATA Medical School and training in neuro spinal endoscopy from The Free University of Berlin. He has also participated in various courses such as WFNS (World Federation of Neurosurgical Societies) Course, ISO Quality Assurance Course, Bio-Statistics Course, TOD Examiner Course, AO Spine Basic & Advance course and more. Serdar Kahraman studied neuroendoscopy and spinal endoscopic surgery in Germany at the Free University of Berlin and Greifswald University in 1999. Between 2010 and 2013, he worked for AO Spine Turkey Neuro-Education. From 2013 to 2015, Prof. Dr. Yilmaz is the President of the Turkish Spine Society.

**Info of Institute and laboratory (200 words):**



Founded in 1995, Spinal and peripheral nerve surgery group is not only the most effective, institutionalized and having the highest number of members of the education and training group of Turkish Neurosurgery Association, but also the driving force leading spine surgery in our country. We owe this to its institutionalized structure, which is supported by a sharing atmosphere provided by regular meetings, publications and numerous national and regional educational activities, and by the adoption of the principles of its founders by all group members, which are sharing and transfer of knowledge. We perceive the main purpose of SPSCG as “maximizing the competencies of its members in spinal and peripheral nerve surgery”. For this reason, our aim is to reach the knowledge, understanding and structure of our group to the highest standards of the day and to identify all our problems in that way. Being determined, rational, transparent, democratic and sharing will be our principles on that way..

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