Bullying, pain, and analgesic use in school-age children

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Conclusions:

Bullying occurs in all schools, and its effects on health are pervasive. Interventions aimed at reducing bullying and promoting health in schools are important and may reduce the use of analgesics in adolescents.

Aim:

The aim of this study was to examine whether the self-reported use of analgesics is associated with being a victim of bullying.

Methods:

This cross-sectional, school-based survey included all students in grades 6 (11 years old), 8 (13 years old), and 10 (15 years old) in Iceland (response rate: 84%; n=10,626). The students filled out an anonymous standardized questionnaire: the Icelandic Contribution to the International Health Behavior in School-Aged Children (HBSC) Study.

Results:

Being bullied was associated with increased use of analgesics even after controlling for self-reported pain.

Key notes:

- The aim of this study was to examine whether the self-reported use of analgesics was associated with being bullied.

- Being bullied was associated with increased use of analgesics even after controlling for self-reported pain.

- Interventions aimed at reducing bullying and promoting health in schools is important and might reduce the use of analgesics in adolescents

Table. Multiple logistic regression analysis of factors associated with using analgesics during the past week (n=10,626).

	Used analgesics last week [% (n)]	Odds ratio	95% CI for odds ratio	P-value
Pain1 Having weekly pain Not having weekly pain	25.0 (1538) 4.1 (184)	7.45	6.32-8.78	**<.001**
Bullied2 Bullied Not bullied	33.5 (196) 15.2 (1526)	2.10	1.73-2.55	**<.001**
Age Grade 6 (11 y) Grade 8 & 10 (13-15 y)	13.8 (455) 17.2 (1210)	1.18	1.05-1.34	**.007**
Gender Boy Girl	14.2 (739) 18.0 (938)	.92	.82-1.03	**.131**
Socio-economic status (FAS III)3 Low affluence Medium/high affluence	17.7 (184) 16.0 (1538)	1.01	.84-1.22	**.883**

Note:

1 Any weekly symptoms of pain (either headache, stomach ache, backache, and/or neck & shoulder pain).

2 Bullied was defined as being bullied at least 2–3 times monthly.

3 Socio-economic status is measured with the Family Affluence Scale (FAS III) score. The relative affluence score is furthermore used to identify groups of young people in the lowest 20% (low affluence) and middle/high (medium/ high affluence). Hosmer and Lemeshow goodness-of-fit test = .27; Nagelkerke R2 = .16. p < 0.05 is considered significant and marked in boldface.
OR: odds ratio CI: confidence interval

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Reference
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