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### The relationship between bullying and depression scales in the adolescent

**Background and Purpose:** This DNP scholarly project examined the relationship between bullying and depression scales in the adolescent 12-18 years of age. The literature review revealed that bullying is a leading risk factor in adolescent suicide. The tool selected was the Forms of Bullying Scale for victims and perpetrators (FBS- V/P) adapted to the primary care setting. Screening for bullying in the primary care setting will assist in identifying those with depression/suicidality.

**PICOT:** For nurses and practitioners in the clinical setting, how will the implementation of an evidence-based screening tool for bullying/cyberbullying during clinical visits; impact the identification of adolescents who have been bullied and the relationship with depression within an eight week period?

**Project Description:** The setting was two rural immediate care clinics. Adolescents who presented to the clinical setting, fitting the inclusion criteria were asked to participate. The questions consist of made to feel afraid (v) or deliberately made someone feel afraid or threatened (p); hurt by someone or ganged up on (v) or deliberately hurt or ganged up on someone (p); thing were damaged, destroyed, or stolen (v/p); lies or false rumors were told about me (v) or deliberately told lies or false rumors about someone (p).

**Methods:** The forms were given to the adolescent to fill out, then scored by the provider and if indicated the adolescent was given the PHQ-9A to complete. The other providers were given educational training on the FBS-V/P and refresher on the PHQ-9A and filled out pre and post-training evaluations. This is a quantitative correlative design. Two non-parametric Spearman's correlation, Wilcoxon signed-rank test, and frequency distribution were utilized statistically. Chamberlain College of Nursing IRB reviewed the project and found exempt.

**Evaluation:** The sample size (n=27) was one of convenience. All 27 took the FBS-V/P and of those nine took the PHQ-9A. The average age of participant was 14.78 years, the average grade was eighth and more males were screened than females. The most common reason for the visit to the clinic was a repetitive illness. Statistical significance was not found between the FBS-V/P and the PHQ-9A; however, there was a moderately positive relationship shown between the FBS-P and the PHQ-9A and a strong relationship between the FBS-V and the PHQ-9A.

**Conclusion:** As one of the preventable risk factor, there is a need for consistent routine screening for bullying. There is a need for a reliable self-reporting tool that will work within the constraints of the clinical setting. The relationship between the FBS-V/P and the PHQ-9A has been shown to be a positive one.

**Implications:** The FBS-V/P is a self-reporting tool that can be adapted to any setting. Being able to identify those at risk of suicidality from being bullied and starting treatment is one way to reduce the suicide rate.

**Dissemination:** Plans for dissemination presentation of a poster at the National Association for School Nurses and a scholarly presentation in an academic setting.

### Biography

Dr. Kelly Holben Weber, DNP, APRN, FNP-BC. Dr. Holben Weber is board certified by the American Academy Nurse Credentialing Center and the State of Illinois. Dr. Holben Weber has been a practicing Nurse Practitioner since 2014. Dr. Holben Weber has been a nurse for 30 years. Her background is as a Nurse Practitioner in Family Medicine with an interest in integrative and behavioral health; preventative and wellness in the family; chronic and episodic care of the family; and aesthetics. As an RN her background is Emergency Nursing, both pediatrics and adult; Operating Room; Pediatric Intensive Care Unit, and Supervisory Positions. Dr. Holben Weber presented her DNP project at the National School Nurses' Association conference and at Chamberlain College of Nursing in 2017 and is working on a manuscript of the project. Dr. Holben Weber is currently enrolled at Regis College for her PMHNP certification course with the anticipated graduation date of 12/2019. Dr. Holben Weber's strong academic and work foundation provides for the type of holistic approach to patients that she feels is critical for optimal patient care. Dr. Holben Weber believes that holistic care considers not only the physical aspects of a patient's illness but includes the emotional and the spiritual aspects as well. She believes that healing occurs when the matters of body, mind, and spirit are incorporated into the treatment plan.

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