

# THE RELATION AMONG ADDICTIONS WITH AND WITHOUT SUBSTANCE AND BULLYING: MORE THAN A CASUAL QUESTION

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## INTRODUCTION

Alcohol and other drug use in minors continues to be a source of serious social concern, as reflected in the latest edition of the European School Survey Project on Alcohol and Other Drugs [ESPAD] in 2015 (ESPAD Group, 2016). However, this is not the only area to be addressed in the field of addictions, especially in minors. Problematic Internet use (PIU), as well as Gambling and Gaming in adolescents are sparking a degree of social alarm. And bullying and cyberbullying constitute another challenge facing society currently, generating growing concern among researchers, families and institutions. Despite evidence of severe implications of this issue in school life, on wellbeing, and on the personal development of adolescents, little research has been conducted on the relationship between these three problems. Therefore, the main objective of this study is to investigate the relationship between these aforementioned problems, so that it may guide the development of comprehensive prevention strategies.

## METHODS



**Selective methodology:** a survey of Compulsory Secondary Education and baccalaureate students from Santiago de Compostela and its metropolitan area

**Convenience sampling:** 12 schools

Initial sample: 3431 adolescents

**Final sample:** 3188 adolescents aged between 12 and 17 ( $M = 14.44$ ;  $SD = 1.67$ ). 50.4% female



**All statistical analyses were conducted using IBM SPSS Statistics 24**

After a descriptive analysis, a bivariate tabulation was carried out using Chi-square test of independence for the comparison of percentages in qualitative variables.

### Ad hoc questionnaire

#### Screening tests for risky uses

- Alcohol Use Disorders Identification Test [AUDIT]
- Substance Abuse Screening Test [CRAFTT]
- Cannabis Abuse Screening Test [CAST]
- Problematic Internet Use in adolescents [PIUS-a]

#### Consumption habits for alcohol and other drugs

- National Survey on Drug Use in Secondary School students in Spain [ESTUDES]
- European School Survey Project on Alcohol and Other Drugs [ESPAD]

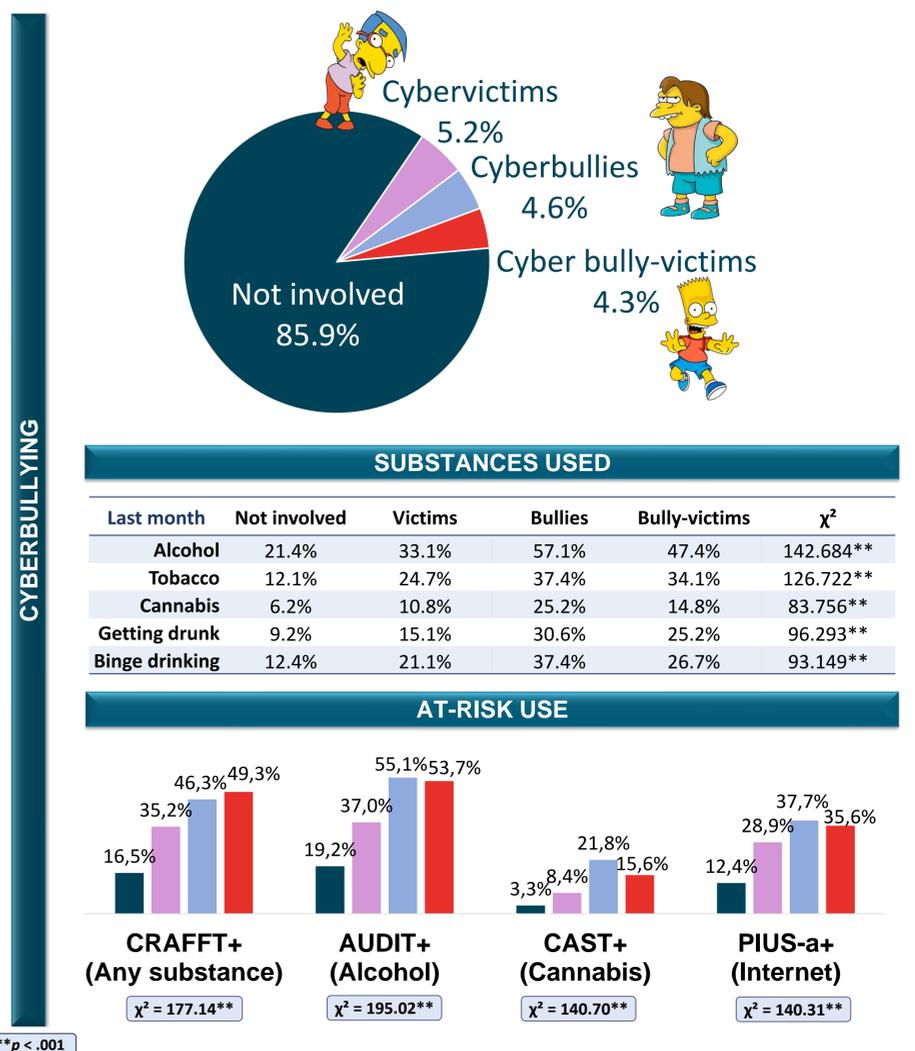
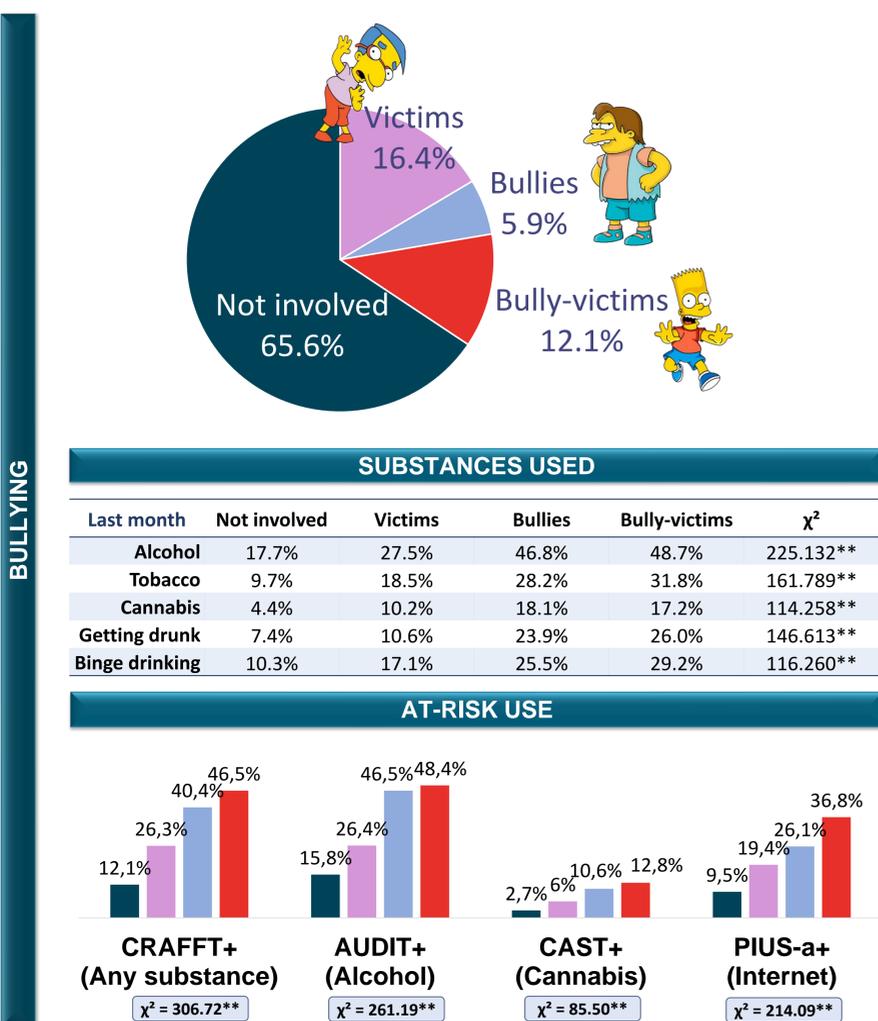
#### Bullying and cyberbullying questionnaires

- European Bullying Intervention Project Questionnaire [EBIP-Q]
- European Cyberbullying Intervention Project Questionnaire [ECIP-Q]



- Data were collected in their own classrooms through a self-administered questionnaire, in small groups.
- The information was collected by a group of psychologists from the Universidade de Santiago de Compostela with extensive experience in carrying out this type of work.
- The purpose of the study was stated in the questionnaire. Participants were assured of the complete anonymity and confidentiality of their responses.
- This study was carried out with the consent and cooperation from both the school leadership and respective parents' associations.
- The Bioethics Committee of the Universidade de Santiago de Compostela approved this study.

## RESULTS



## DISCUSSION AND CONCLUSIONS

The results obtained from this study show the prevalence of bullying and cyberbullying in our context (Spain). Data show that about a third of students (34.4%) have been involved in bullying situations. These figures are similar to those found in review papers (Zych, Ortega-Ruiz & Del Rey, 2015). The results reveal that this issue is associated with other risky adolescent behaviors. It was found that percentages of substance use, risky substance use, binge drinking, and PIU were significantly higher among those who were involved in bullying or cyberbullying situations compared to those who were not. Bullies and bully-victims have significantly higher positive rates in the AUDIT, the CRAFTT, the CAST, and the PIUS-a tests, with figures that triple the percentage of those who are not involved. It should be noted that percentages of victims are also considerably high. Our findings demonstrate the need to understand the multiple and complex circumstances within which today's adolescents are growing up, thus enabling the implementation of a comprehensive approach to prevention strategies.



• ESPAD Group (2016). *ESPAD report 2015: Results from the European school survey Project on alcohol and other drugs*. Luxembourg: Publications Office of the European Union. Retrieved from: <http://www.espad.org/sites/espad.org/files/TD0116475ENN.pdf>  
 • Zych, I., Ortega-Ruiz, R., and Del Rey, R. (2015). Systematic review of theoretical studies on bullying and cyberbullying: Facts, knowledge, prevention, and intervention. *Aggression and Violent Behavior*, 23, 1–21.