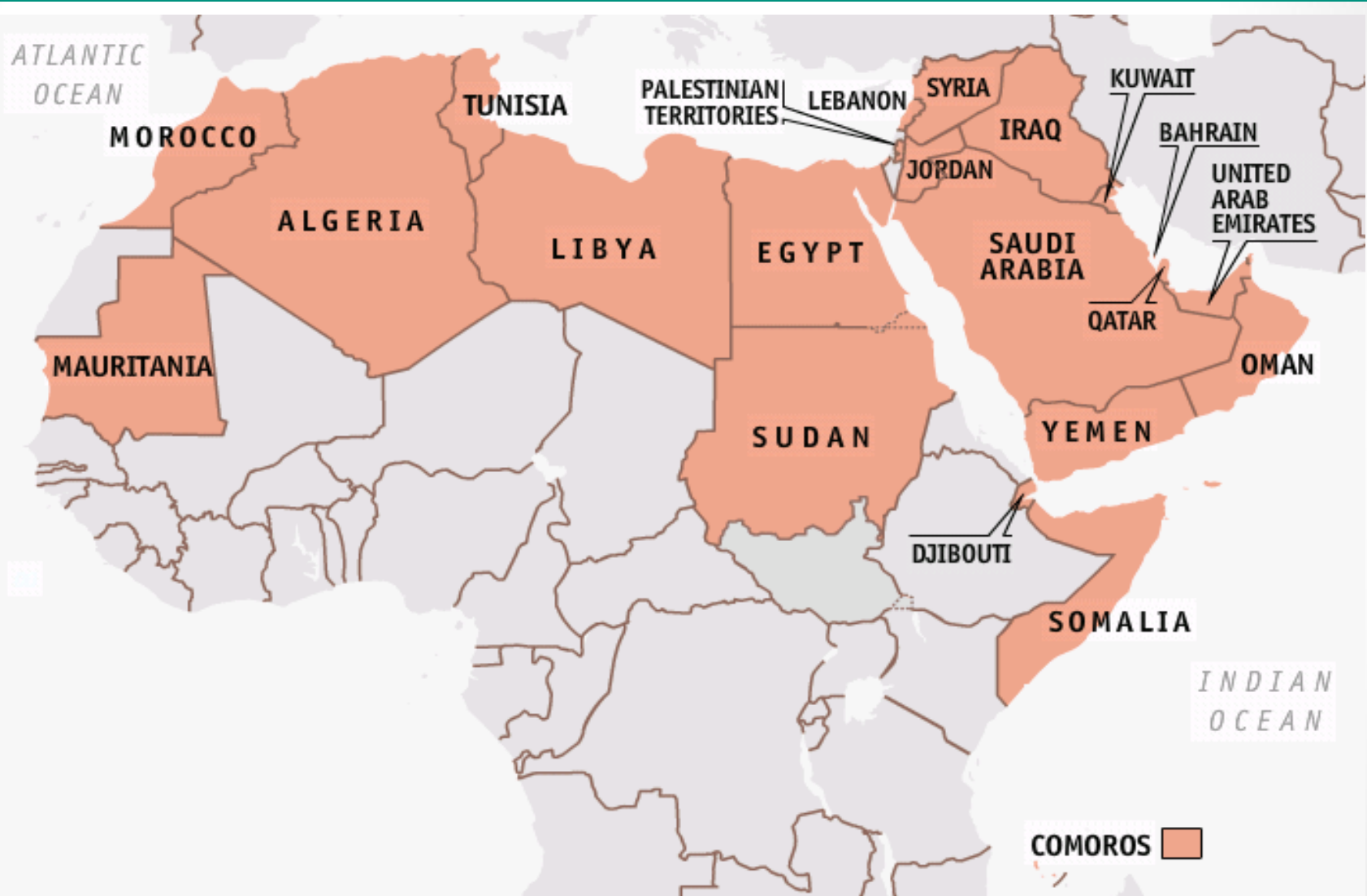


# ***Data Availability and Opportunities for Consolidating Data : MENA Region***

MAHA ALMUNEEF, MD. FAAP

SAUDI ARABIA

## Member states of the Arab league are 22 countries



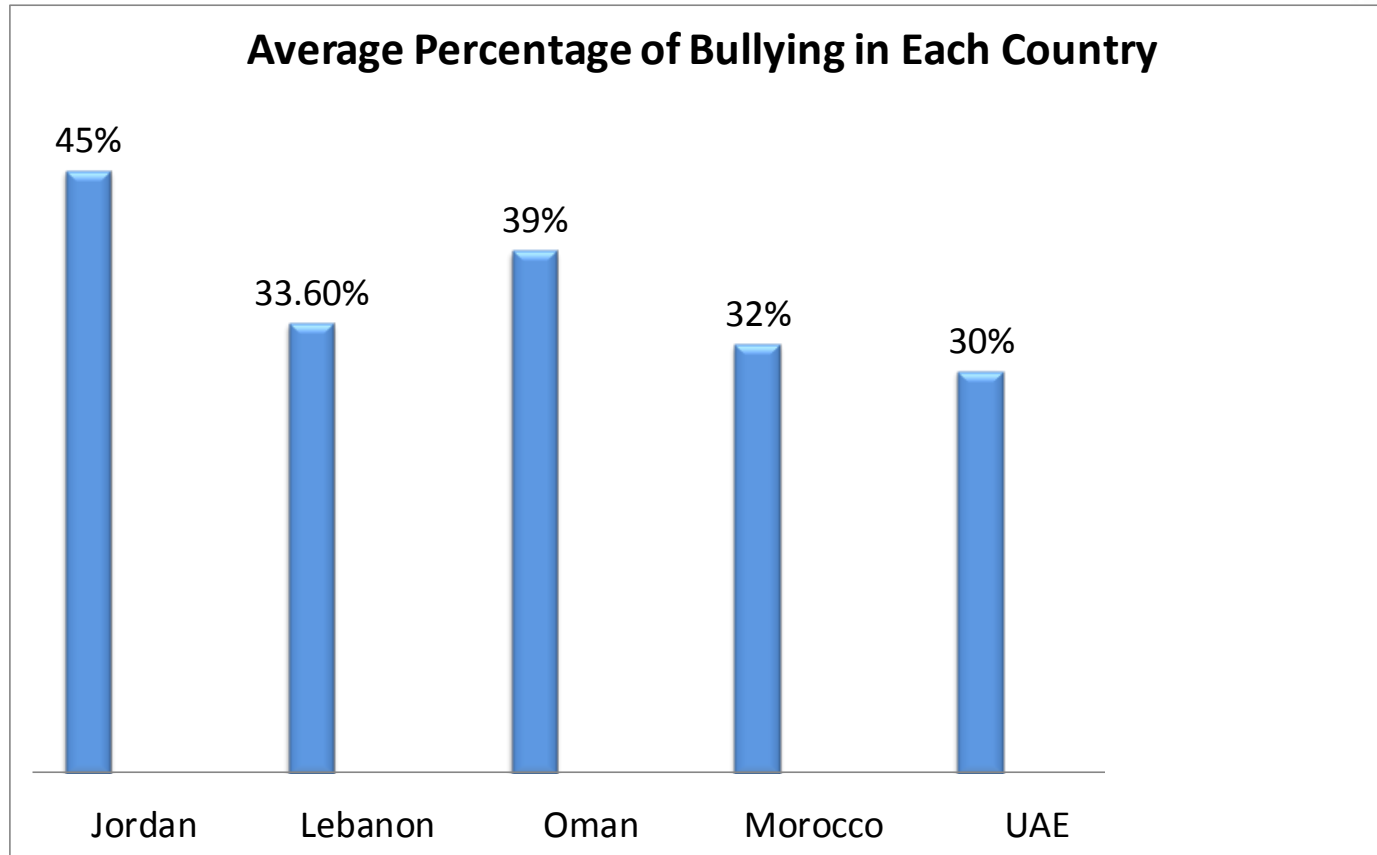
# The Translation of the Word “Bullying”

- The translation of the word “Bullying” is not the same in all Arab societies, which makes searching and collecting data on the bullying action specifically harder than other types of peer violence.
- The term bullying is fairly new to the region
- Under-researched

## Bullying in the Middle East

- Prevalence of bullying was 47% among Jordanian sixth-grade students. More boys reported being bullied than girls ( $p < 0.001$ ) (Al Bitar et al., 2013)

# Available data from the Arab World



# Bullying in Saudi Arabia

**AlBuhairan et al. Jeeluna. 2014**  
**Adolescent health survey ( 12,575 )**

- **One out of every 4 adolescents were found to have been bullied at school during the 30 days preceding the study (AlBuhairan et al., 2014)**

| Health risk behaviors                              | Prevalence     |        |       | Prevalence by gender |        |       |                      |        |       |
|--|----------------|--------|-------|----------------------|--------|-------|----------------------|--------|-------|
|  | n = 12,575 (%) | 95% CI |       | Male n = 6,444 (%)   | 95% CI |       | Female n = 6,131 (%) | 95% CI |       |
|  |                | Lower  | Upper |                      | Lower  | Upper |                      | Lower  | Upper |
| Dietary behaviors (daily)                          |                |        |       |                      |        |       |                      |        |       |
| Breakfast intake (sometimes/daily) <sup>a</sup>    | 54.8           | 50.8   | 58.7  | 62.3                 | 60.7   | 64.0  | 46.3                 | 44.6   | 48.0  |
| Fruit intake (≥1 servings)                         | 38.1           | 34.0   | 42.1  | 43.6                 | 41.5   | 45.7  | 31.8                 | 29.7   | 33.9  |
| Vegetable intake (≥1 servings)                     | 54.3           | 50.7   | 58.0  | 55.7                 | 53.8   | 57.7  | 52.8                 | 50.8   | 54.8  |
| Carbonated beverage consumption (≥2 drinks)        | 37.5           | 34.0   | 41.1  | 43.9                 | 41.9   | 45.9  | 30.4                 | 28.3   | 32.5  |
| Energy drinks consumption (≥1 drinks)              | 21.8           | 19.7   | 23.9  | 25.5                 | 23.8   | 27.2  | 17.7                 | 16.1   | 19.3  |
| Activity   |                |        |       |                      |        |       |                      |        |       |
| Physical exercise (daily)                          | 13.7           | 10.4   | 16.9  | 19.0                 | 17.4   | 20.6  | 7.7                  | 6.9    | 8.5   |
| Television viewing (≥2 hours/day)                  | 42.4           | 41.0   | 43.9  | 40.4                 | 38.8   | 42.1  | 44.7                 | 42.8   | 46.6  |
| Video game playing (yes)                           | 55.6           | 47.7   | 63.4  | 68.0                 | 66.4   | 69.6  | 41.6                 | 39.3   | 43.9  |
| Internet use (≥2 hours/day)                        | 30.1           | 26.8   | 33.4  | 26.0                 | 24.3   | 27.8  | 34.6                 | 32.5   | 36.8  |
| Cellular phone (>1 hour/day)                       | 14.8           | 13.2   | 16.3  | 13.2                 | 12.0   | 14.4  | 16.6                 | 14.8   | 18.3  |
| Traffic safety                                     |                |        |       |                      |        |       |                      |        |       |
| Seat belt using (sometimes/always)                 | 13.8           | 11.4   | 16.3  | 17.0                 | 15.3   | 18.7  | 10.2                 | 9.0    | 11.4  |
| Car taking without permission (yes)                | 17.9           | 11.7   | 24.2  | 28.6                 | 26.8   | 30.4  | 5.9                  | 5.1    | 6.7   |
| Bullying and violence                              |                |        |       |                      |        |       |                      |        |       |
| Exposure to bullying <sup>a</sup>                  | 25.0           | 23.0   | 27.0  | 27.1                 | 25.1   | 29.0  | 22.7                 | 21.3   | 24.2  |
| Exposure to violence at school <sup>b</sup>        | 20.8           | 15.8   | 25.7  | 28.9                 | 26.3   | 31.5  | 11.7                 | 10.4   | 12.9  |
| Exposure to violence in community <sup>b</sup>     | 19.7           | 17.6   | 21.8  | 22.9                 | 21.3   | 24.5  | 16.1                 | 14.6   | 17.6  |
| Tobacco and substance (ever use)                   |                |        |       |                      |        |       |                      |        |       |
| Cigarette smoking                                  | 16.2           | 12.5   | 19.9  | 22.1                 | 20.0   | 24.2  | 9.6                  | 8.2    | 10.9  |
| Sheesha smoking                                    | 10.5           | 8.4    | 12.5  | 13.5                 | 11.8   | 15.3  | 7.1                  | 5.7    | 8.4   |
| Solvents sniffing                                  | 16.2           | 12.7   | 19.6  | 11.5                 | 10.3   | 12.6  | 21.4                 | 19.7   | 23.0  |
| Prescription medication use for nonmedical purpose | 7.2            | 5.7    | 8.7   | 6.0                  | 5.3    | 6.8   | 8.5                  | 7.4    | 9.6   |
| Alcohol consumption                                | 1.4            | 1.1    | 1.8   | 2.1                  | 1.7    | 2.5   | .7                   | .5     | 1.0   |
| Stimulants use                                     | 1.5            | 1.1    | 1.9   | 1.6                  | 1.3    | 1.9   | 1.4                  | 1.0    | 1.8   |
| Marijuana use                                      | 1.0            | .6     | 1.5   | 1.6                  | 1.2    | 2.0   | .4                   | .2     | .6    |

# Regional prevalence of bullying among adolescents at schools in Saudi Arabia



AlBuhairan et al. Jeeluna. 2014



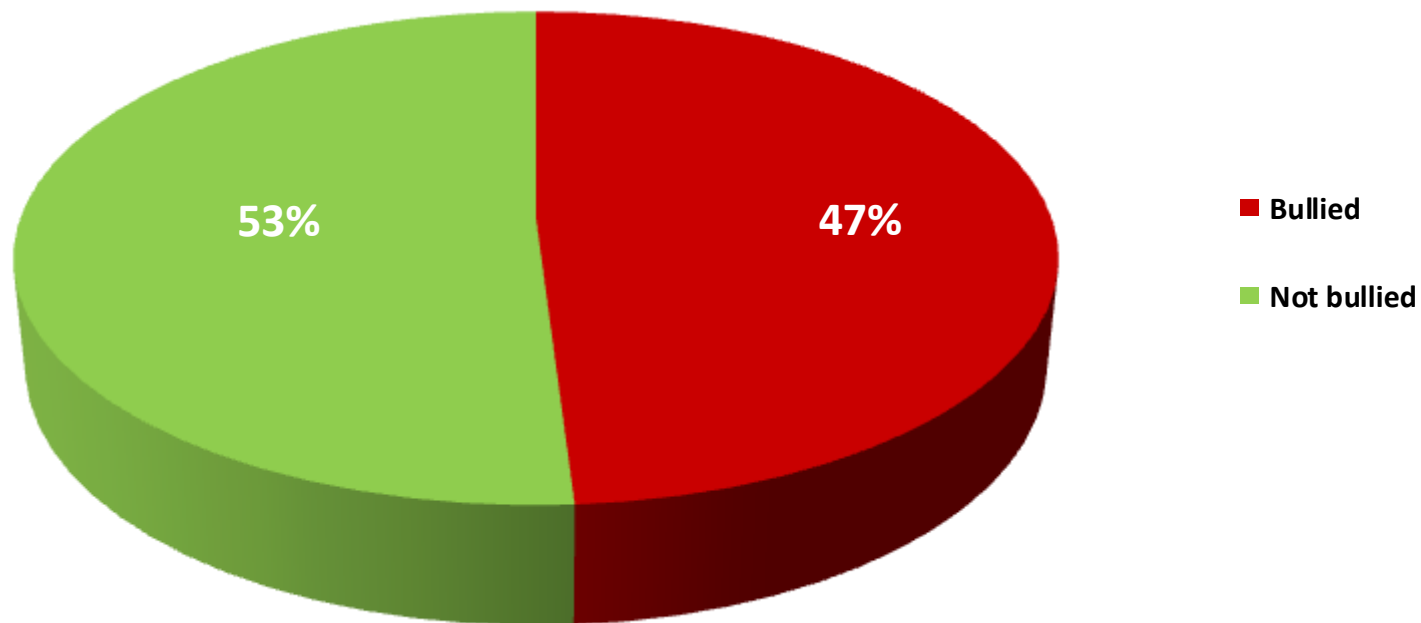


## Bullying in Saudi Arabia (cont.)

- (Al Eissa et al., 2013) ICAST-CH survey
- One out of every 2 adolescents (47%) of the students had been exposed to bullying during the year preceding the study, ICAST (Al Eissa et al., 2013)

## Bullying in Saudi Arabia (cont.)

Prevalence of Bullying Among Adolescents in Saudi Arabia  
(n=16,010)

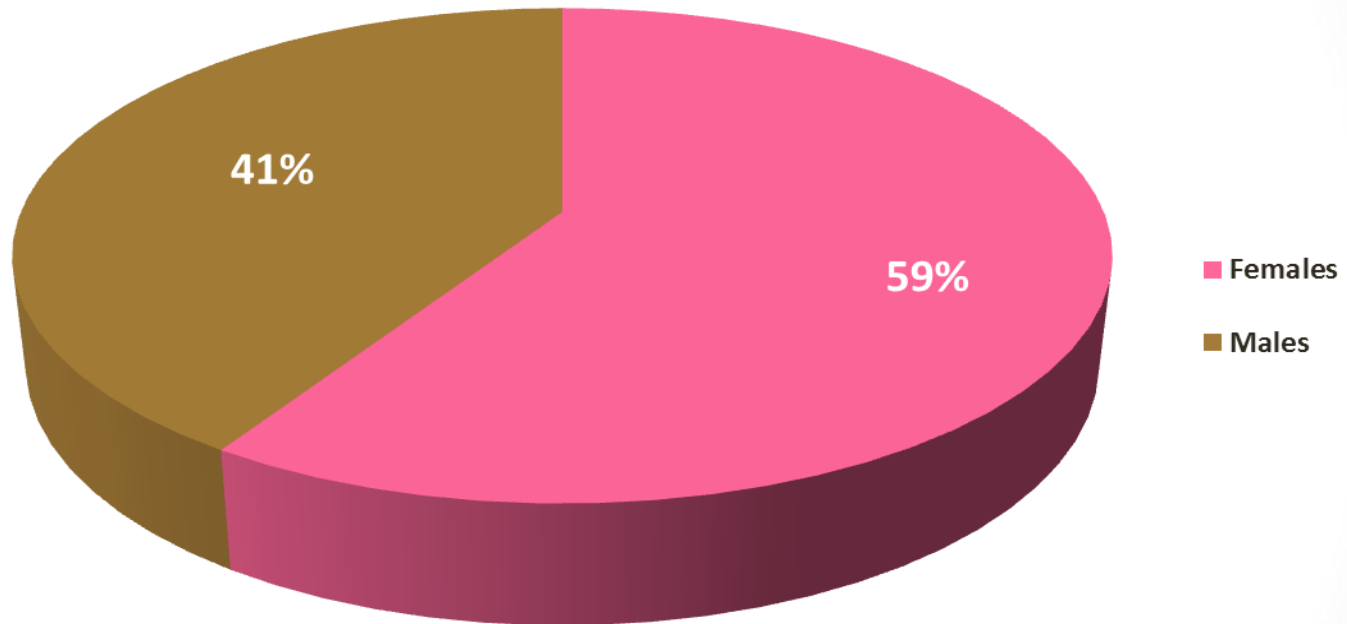


*AlEissa, et al., Child Abuse and Neglect International Journal, 2016*

## Bullying in Saudi Arabia (cont.)

### Gender Distribution of Bullied Adolescents in Saudi Arabia

ICAST-CH



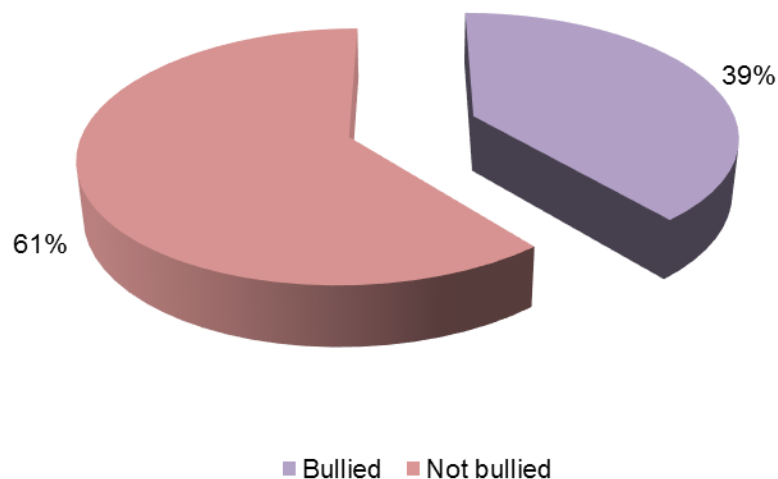
\* P-Value < 0.01

*AlEissa, et al., Child Abuse and Neglect International Journal, 2016*

## Bullying in Saudi Arabia (cont.)

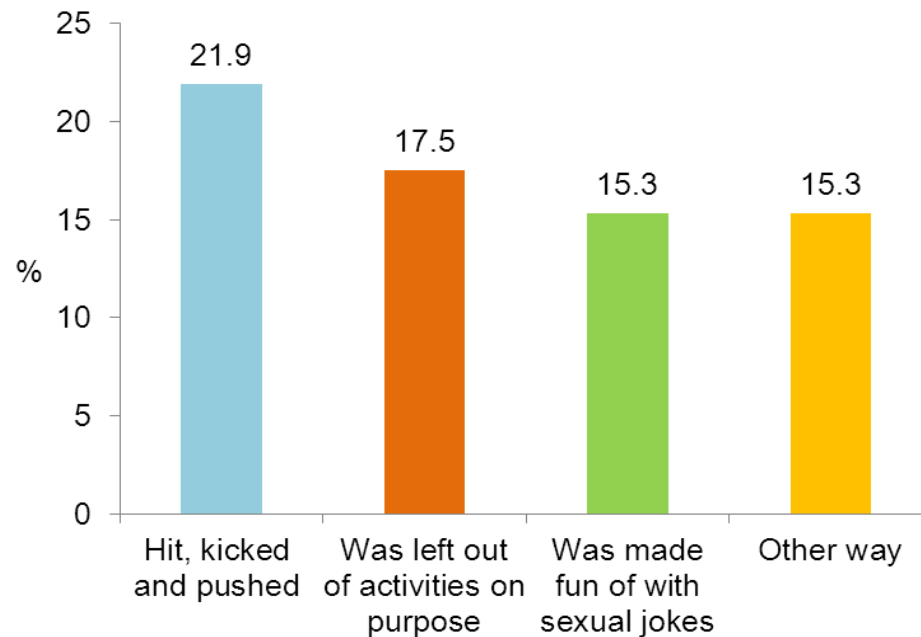
Almuneef – Adverse Childhood Experience –International  
Questionnaire (ACE-IQ )

**Figure 6: Prevalence of bullying during the first 18 years of life**



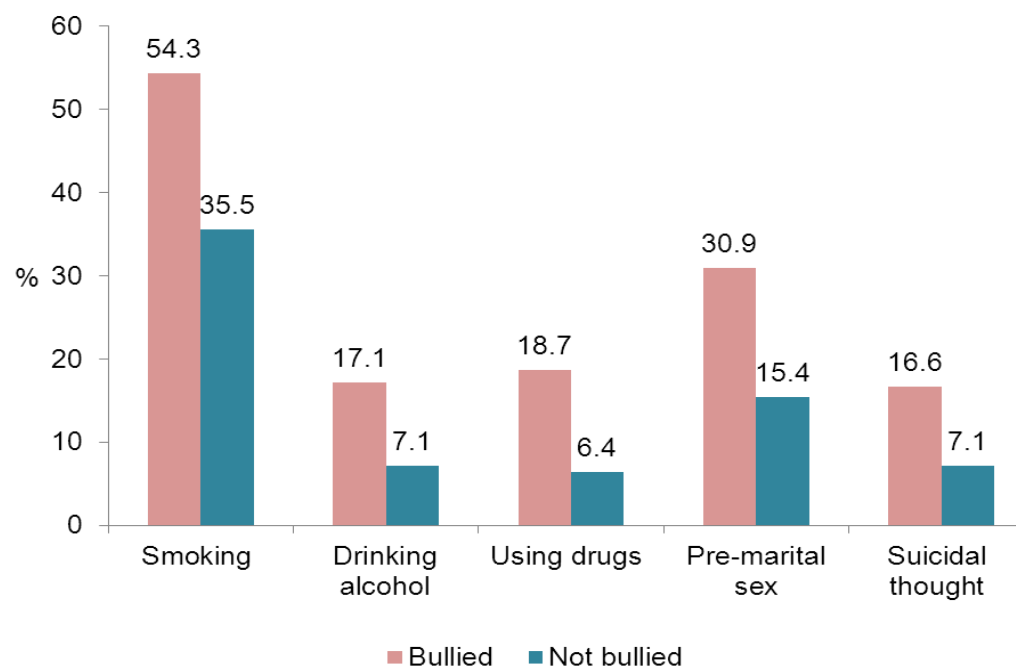
Almuneef et.al 2013 CAN Journal

**Figure 7: Types of childhood bullying**



## Bullying in Saudi Arabia (cont.)

**Figure 8: Relationship of childhood bullying and health-risk behaviors**



## Bullying in Saudi Arabia (cont.)

**Figure 9: Gender differences in the prevalence of childhood bullying and health-risk behaviors**

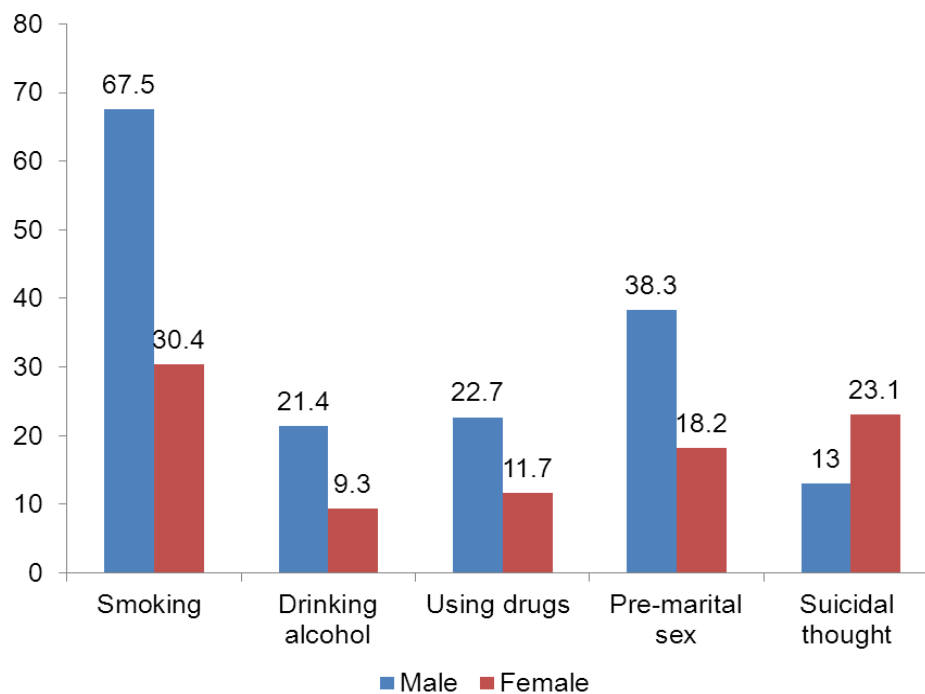
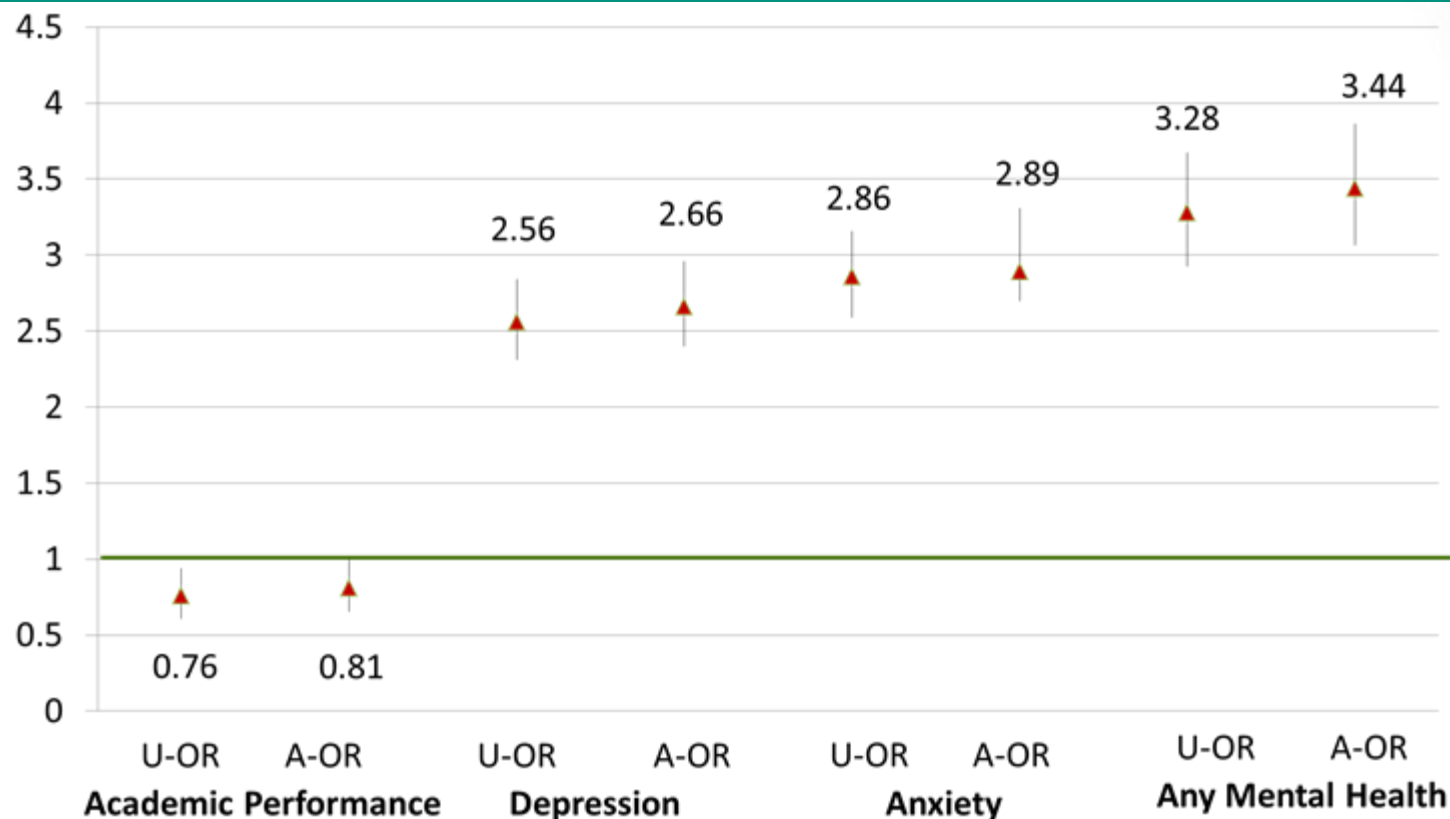


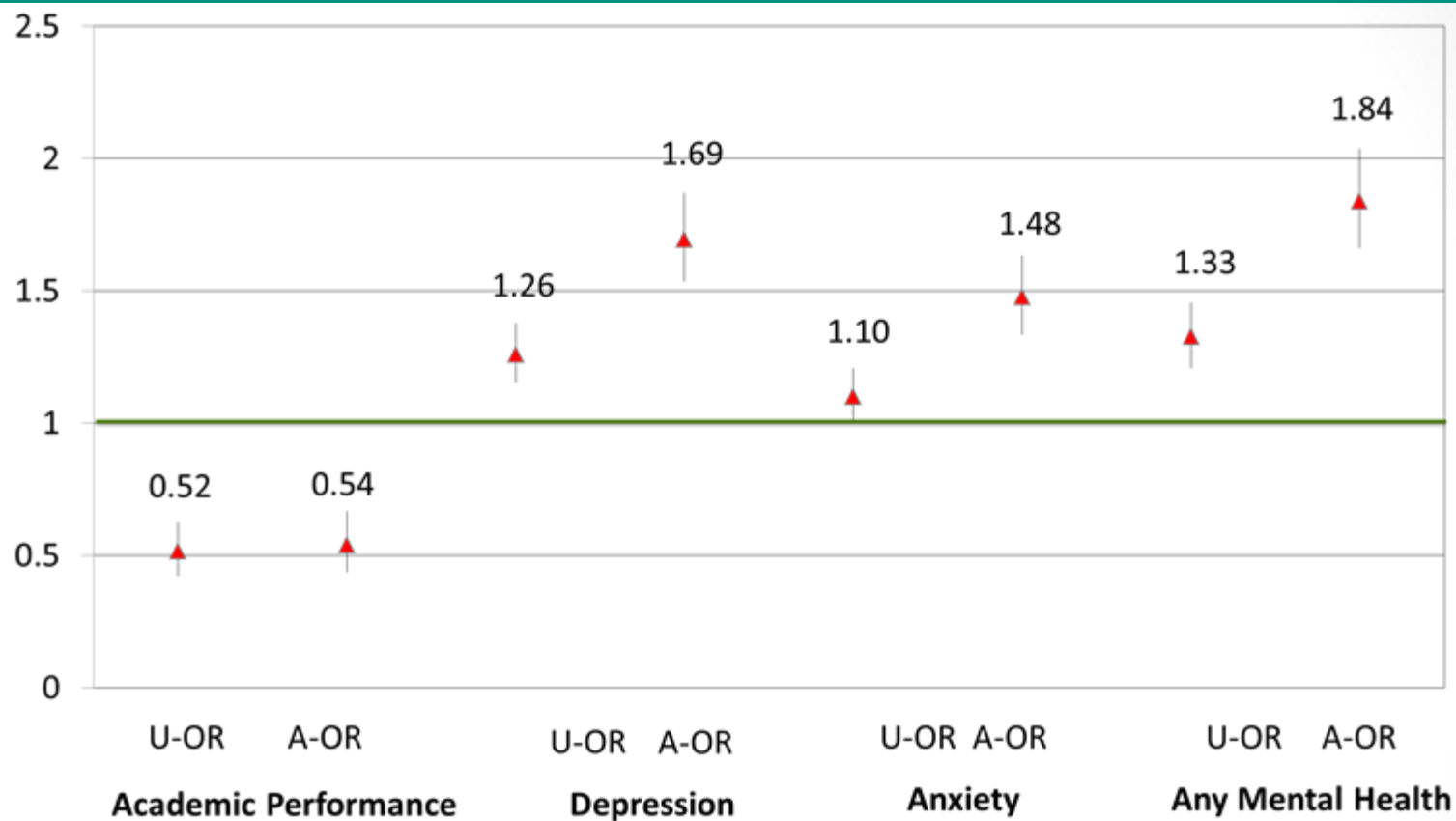
Figure 2: Association of academic performance and mental health with past 30 days verbal/emotional bullying, among a sample of adolescents in 11 regions in KSA, N = 9,073



The above 2 figures show how the impact on academic performance and mental health are **worse for verbal/emotional bullying than peer physical violence**



Figure 3: Association of academic performance and mental health with any past-year physical violence among a sample of adolescents in 11 regions in KSA, N = 9,073



# Data from child help line

- **In 2014 , SCHL received 211,460 calls.**
  - peer violence and bullying were the 5<sup>th</sup> problem category children calls for (social, school, family, abuse and neglect problem proceeding )
  - representing 12.4% of the total serious calls .(1 in 8 calls )
  - Girls : 13% physical, 68% psychological, 7% cyberbullying
  - Boys: 22% physical, 58% psychological, 5% cyberbullying
- **In 2015 , SCHL received 272,088 calls**
  - peer violence and bullying were the 5<sup>th</sup> category
  - representing 8% of the total serious calls .(1 in 12 calls)

# Bullying in Saudi Arabia

| Author                  | Sample # | % Bullying                         | Comment              |
|-------------------------|----------|------------------------------------|----------------------|
| AlBugami et.al<br>2009  | 369      | 56%                                | Female students only |
| AlKahtani<br>et.al 2010 | 1877     | 31%                                |                      |
| AlMuneef<br>et.al 2013  | 10156    | 36%                                | ACE-IQ               |
| AlEissa et.al<br>2013   | 16010    | 47%                                | ICAST-CH             |
| Buhairan<br>2014 et.al  | 12757    | 25%<br>(27% boys ,<br>23% female ) | Jeeluna              |
|                         |          |                                    |                      |

# Challenges in Data Collection

- Most of the statistics are collected through research studies only, which does not represent a whole community.
- The definition of bullying still remains unclear in Arab Societies.
- In Saudi Arabia and the Gulf Countries:
  - Schools are not implementing the rules and regulations of bullying in their system.
  - Bullying is still misunderstood and is integrated with abuse in general.
  - In case registration, bullying does not have it's own classification, which leads to inaccurate results and statistics.
  - Most of the research studies on bullying are master thesis that are not published, and are not open to public for review and reference.
  - The rules and regulations of behavior and attendance only applies to intermediate and high schools, and ignores the elementary schools.



Thank you

# Bullying in Saudi Arabia

- The Ministry of Education has developed “The Procedural Manual of Rules and Regulations on Behavior and Attendance in Intermediate and high schools, and bullying is listed under fourth degree violation of the rules and regulations of behavior and attendance, which requires strong reaction from the school management.

## Discussion (cont.)

- Males were more likely to smoke, drinking alcohol, using drugs, and had pre-marital sexual relationship whereas females were more likely to report suicidal thought ( $p<0.01$ )



# Bullying and risky behaviors

- **Modified Arabic version of the WHO ACE-IQ (13 domains)**
- **Bullying questions -**
  - **How often were you bullied while you were growing up during the first 18 years of your life?**
  - **How were you bullied by your peers most often while you were growing up during the first 18 years of your life?**



# Registration of Bullying in Saudi Arabia

- The registration of bullying cases in 2015:
  - The bullying cases received by the Child Help Line are 1.5%.
  - The cases counted by the Ministry of Education are categorized under abuse between students in general, with a total of <10%.

**Table 1: Logistic Regression for childhood bullying and health-risk behaviors**

|                                 | Number (%) | OR  | 95% CI  |
|---------------------------------|------------|-----|---------|
| Smoking                         | 678 (54.3) | 2.1 | 1.9-2.4 |
| Drinking alcohol                | 208 (17.1) | 2.6 | 2.2-3.2 |
| Using drug                      | 228 (18.7) | 3.3 | 2.8-3.9 |
| Pre-marital sexual relationship | 361 (30.9) | 2.4 | 2.1-2.8 |
| Suicidal thoughts               | 204 (16.6) | 2.6 | 2.1-3.1 |

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