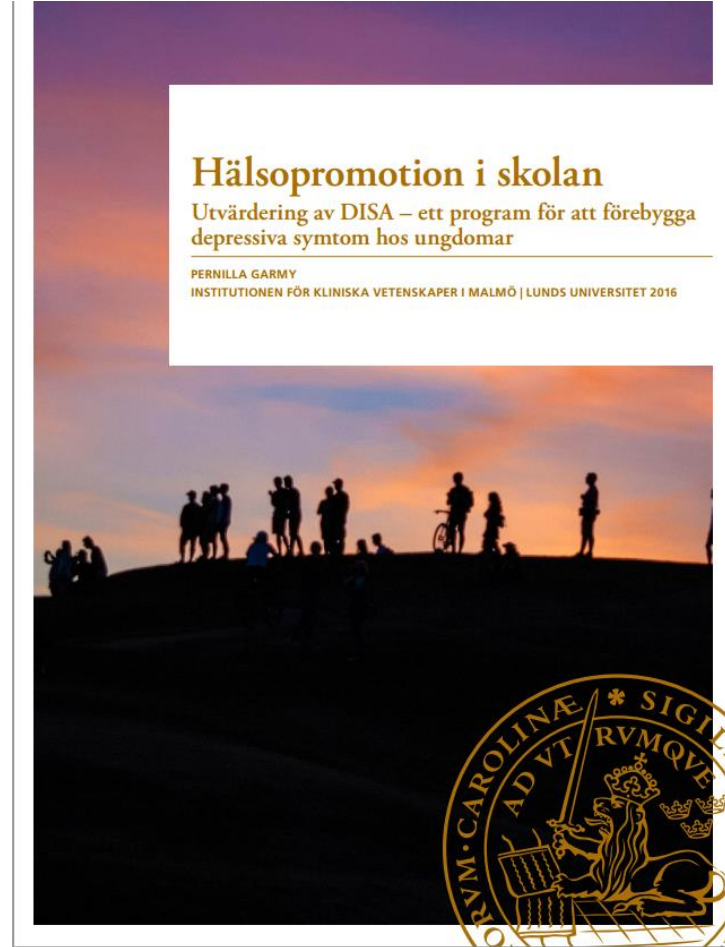
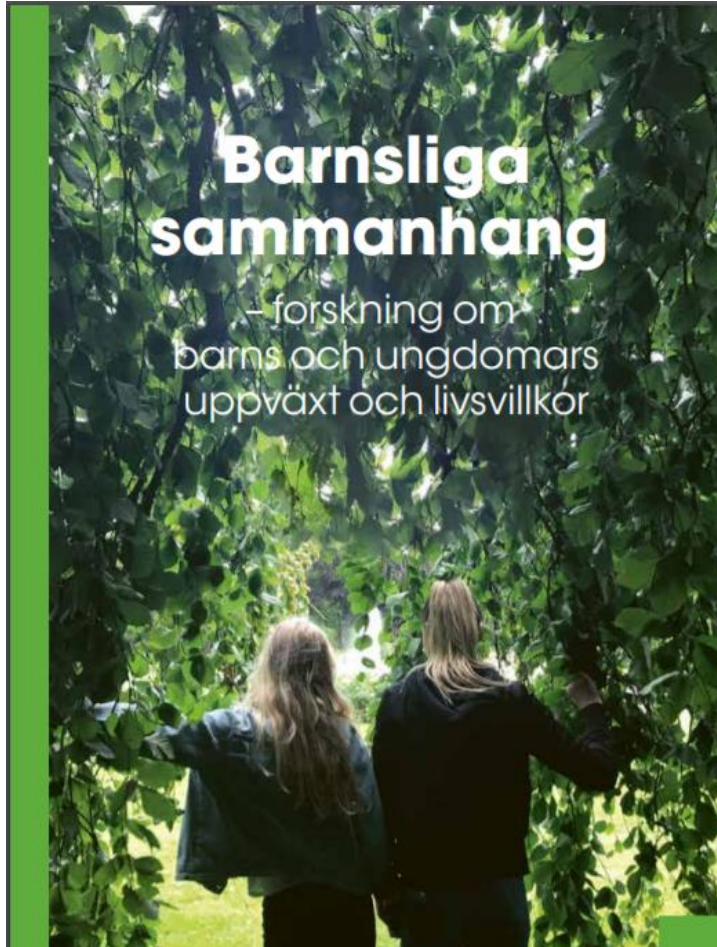


Att förebygga stress och
nedstämdhet hos ungdomar

Utvärdering av det
skolbaserade programmet Disa

Pernilla Garmy,

Docent, biträdande
professor vid Högskolan
Kristianstad / Lunds
universitet



- Barnsliga sammanhang:
<http://urn.kb.se/resolve?urn=urn:nbn:se:hkr:diva-20145>

CLINICAL HEALTH PROMOTION CENTRE

WHO Collaborating Centre for Implementation of Evidence-Based Clinical Health Promotion

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Welcome

Welcome to the Clinical Health Promotion Centre, a WHO Collaborating Centre with Lund University and Region Skåne, for the Implementation of Evidence-Based Clinical Health Promotion focusing on Alcohol, Tobacco, Drug, Malnutrition, Overweight, Physical Inactivity and Comorbidity (noncommunicable diseases).

Our Mission

Our mission is to work towards better health gains for patients, staff and community via the following avenues of clinical health promotion:

"A critical stage in life is when a person becomes a patient and enters a short or longer clinical pathway. To undergo



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CYPHiSCO - Children's and Young People's Health in Social Context

[Lansering av ny antologi](#)

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Children's and Young People's Health in Social Context - CYPHiSCO

Forskningsmiljön CYPHiSCO förenar forskare vid Högskolan Kristianstad med intresse av barns, tonåringars och unga vuxnas psykiska och fysiska hälsa, välbefinnande och delaktighet.



Flera vetenskapliga ämnen bidrar med sina olika perspektiv: hälsovetenskap, folkhälsovetenskap, omvårdnad, idrottsvetenskap, psykologi, pedagogik och socialt arbete. CYPHiSCO är mångprofessionellt och fakultetsövergripande. De olika disciplinerna sätter ungas hälsa i kontext av mellanmännsliga relationer, levnadsvillkor, livsstil och sociala förhållanden. Hälsa ses som kontinuum med välbefinnande och delaktighet på ena sidan och uttryck för ohälsa samt kliniska diagnoser på den andra. Inom miljön bedrivs grundforskning om faktorer som har samband med hälsa/ohälsa och tillämpad forskning





Article

Sadness and Other Health Complaints among Swedish Adolescents: A Cross-Sectional Study

Tide Garnow ^{1,*}, Eva-Lena Einberg ¹ , Anna-Karin Edberg ¹ and Pernilla Garmy ^{1,2} 

¹ Faculty of Health Sciences, Kristianstad University, SE-291 88 Kristianstad, Sweden; evalena.einberg@hkr.se (E.-L.E.); anna-karin.edberg@hkr.se (A.-K.E.); pernilla.garmy@med.lu.se (P.G.)

² WHO-CC (World Health Organization Collaborative Centre), Clinical Health Promotion Centre, Lund University, SE-205 02 Malmö, Sweden

* Correspondence: tide.garnow@hkr.se; Tel.: +46-44-2503-920

Abstract: Health complaints are increasing among adolescents and are recognized as a global public health issue. Health complaints are an indicator for subjective ill-being, but little is known about the relationship between sadness and other health complaints. The aim of this study was



Tide Garnow

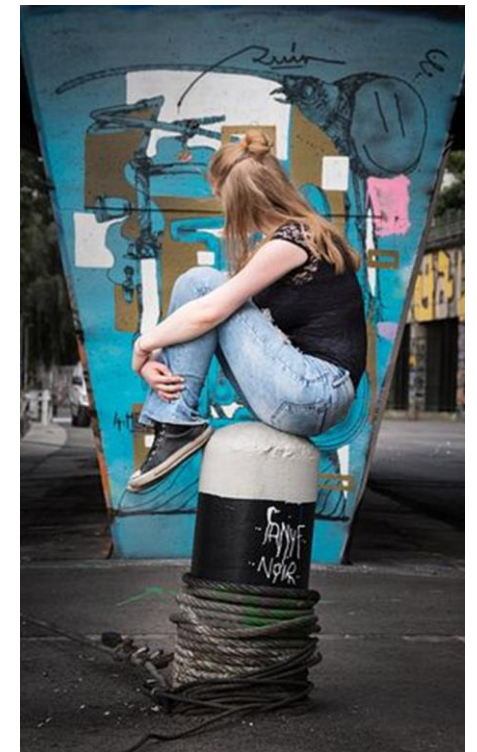
Leg. Sjuksköterska, specialisering inom psykiatri
Doktorand i vårdvetenskap, Högskolan Kristianstad



Article

Sadness and Other Health Complaints among Swedish Adolescents: A Cross-Sectional Study

Tide Garnow ^{1,*}, Eva-Lena Einberg ¹, Anna-Karin Edberg ¹ and Pernilla Garmy ^{1,2}



Syfte: Undersöka ledsenhet och andra hälsobesvär hos ungdomar

Metod: Tvärsnittsstudie baserad på gymnasieungdomars enkätsvar ($n = 1489$, 15-17 år)

Resultat: 21,8 % uppgav att de var ledsna ofta eller alltid (flickor: 17,9 %, pojkar: 26,7 %, annat kön: 28.0 %).

Ledsenhet var relaterat till följande hälsobesvär:

huvudvärk, sömnsvårigheter, nedsatt aptit, spänningar och koncentrationssvårigheter.



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Association of Depressive Symptoms with Consumption of Analgesics among Adolescents

Momota Hena^a, Cherry Leung^b, Eva K. Clausson^c, Pernilla Garmy^{a,c,*}

^a Clinical Health Promotion Centre, Medical Faculty, Lund University, Lund, Sweden

^b Department of Community Health Systems, University of California, San Francisco, United States of America

^c Faculty of Health Sciences, Kristianstad University, Kristianstad, Sweden

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Stomachache

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ABSTRACT

Purpose: To investigate the prevalence of depressive symptoms, pain (headaches and stomachaches), and analgesic consumption in addition to the association between depressive symptoms and analgesic consumption among adolescents.

Design and methods: This cross-sectional study was conducted in southern Sweden. The survey was distributed among students in grade 8 (aged 13–15 years, n = 878).


Results: The prevalence of depressive symptoms (Center for Epidemiological Studies Depression Scale ≥ 16) was 37% among girls and 13% among boys. The prevalence rate of analgesic consumption to ease headaches and/or stomachaches during the last several weeks was 57% among girls and 29% among boys. Depressive symptoms are significantly associated with analgesic consumption among adolescents even after controlling for pain.

Conclusion: The knowledge that there is a higher use of analgesics in adolescents with depressive symptoms implies that healthcare professionals should focus on complex psychosocial problems, not only physiological pain.



REGULAR ARTICLE

Bullying, pain and analgesic use in school-age children

Pernilla Garmy (pernilla.garmy@hkr.se)^{1,2} , Erika Hansson³, Rúnar Vilhjálmsson⁴, Guðrún Kristjánsdóttir^{4,5}

1.Faculty of Health Sciences, Kristianstad University, Kristianstad, Sweden

2.Clinical Health Promotion Centre, Medical Faculty, Lund University, Lund, Sweden

3.Faculty of Education, Kristianstad University, Kristianstad, Sweden

4.Faculty of Nursing, University of Iceland, Reykjavik, Iceland

5.Landspítali University Hospital, Reykjavik, Iceland

Keywords

Adolescents, Analgesics, Bullying, School-aged children

Correspondence

Pernilla Garmy, Ph.D., Faculty of Health Sciences, Kristianstad University, S-291 88 Kristianstad, Sweden.

Tel: +46 44 2503000 |

Email: pernilla.garmy@hkr.se

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12 September 2018; revised 14 January 2019; accepted 25 March 2019.

DOI:10.1111/apa.14799

ABSTRACT

Aim: The aim of this study was to examine whether the self-reported pain was associated with being a victim of bullying.

Methods: This cross-sectional, school-based survey included 200 (11 years old), 80 (13 years old) and 100 (15 years old) in Iceland (n = 380). The students filled out an anonymous standard Icelandic Contribution to the International Health Behavior in School Study.

Results: Being bullied was associated with increased use of analgesics for self-reported pain.

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





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REGULAR ARTICLE

ACTA PÆDIATRICA
WILEY

Schoolchildren's experience of pain—A focus group interview study

Sara Persson¹  | Alexandra Warghoff¹  | Eva-Lena Einberg¹  | Pernilla Garmy^{1,2} 

¹Faculty of Health Sciences, Kristianstad University, Kristianstad, Sweden

²Clinical Health Promotion Centre, Medical Faculty, Lund University, Lund, Sweden

Correspondence

Pernilla Garmy, Faculty of Health Sciences, Kristianstad University, S-291 88 Kristianstad, Sweden.
Email: pernila.garmy@hkr.se

Funding information

Ebba Danelius Foundation

Abstract

Aim: To explore the experience of pain in 10- to 12-year-old children.

Methods: This interview study included students (n = 42) in grade 4-6 in focus groups (n = 10) in southern Sweden (52% girls); mean age, 11.3 years (range 10-12 years). The interviews were audio-recorded and transcribed verbatim and analysed with qualitative content analysis.

Results: The analysis resulted in one theme: Pain as a unique experience for each individual, which was divided into five categories: (a) Feeling bodily pain; (b) Pain related to the school environment and schoolwork; (c) Internal pain related to sorrow and grief; (d) Pain related to conflicts and remorse; and (e) Pain can be good.

Erfarenheter av smärta hos skolbarn 10-12 år

- **Smärta en unik erfarenhet för var och en**
- Ont i kroppen
- "Skolsmärta" - skolmiljö och skolarbete
- "Inombordssmärta" – ledsenhet/sorg
- Bråk och dåligt samvete
- Smärta som något bra



25 jun 2020 / Nyhet / Student / Utbildning / Forskning / Samverkan

Skolbarns tankar om stress blev vetenskaplig artikel

Stressen dyker upp lite varstans. Över att inte hinna i tid, inte prestera tillräckligt bra, inte kunna hantera kompisrelationerna.

Distriktssköterskestudenterna Alexandra Warghoff och Sara Persson lät skolbarnen själva beskriva stressen, och nu är orden och tankarna publicerade i en internationell tidskrift.







International Journal of
*Environmental Research
and Public Health*



Article

A Focus Group Interview Study of the Experience of Stress amongst School-Aged Children in Sweden

Alexandra Warghoff ¹ , Sara Persson ¹ , Pernilla Garmy ^{1,2,*}  and Eva-Lena Einberg ¹ 

- ¹ Faculty of Health Sciences, Kristianstad University, 291 88 Kristianstad, Sweden; alexandra.warghoff@gmail.com (A.W.); Sara.persson90@hotmail.com (S.P.); evalena.einberg@hkr.se (E.-L.E.)
² Clinical Health Promotion Centre, Medical Faculty, Lund University, 221 00 Lund, Sweden
* Correspondence: pernila.garmy@med.lu.se; Tel.: +46-44-2503877

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Abstract: The study explored experiences of stress in children aged 10–12. An inductive qualitative design was used. Ten focus group interviews were conducted with Swedish schoolchildren ($n = 42$) aged 10–12. The interviews were audio-recorded, transcribed verbatim, and analyzed using qualitative content analysis. The study identified one theme—“Body and mind react”—and three subthemes: (1) Friendships matters, (2) Parental stress affect, and (3) Trying to do my best. Stress often occurred in the children’s everyday environment. The children had experienced how stress could be expressed both physically and mentally, inside and outside school. The children also had the experience of



Article

School Nurses' Experience of Working in School Health Service during the COVID-19 Pandemic in Sweden

Eva Martinsson ¹, Pernilla Garmy ^{1,2} and Eva-Lena Einberg ^{1,*}

¹ Faculty of Health Sciences, Kristianstad University, 29188 Kristianstad, Sweden; evamartinsson7@gmail.com (E.M.); pernila.garmy@hkr.se (P.G.)

² Clinical Health Promotion Centre, Lund University, 22100 Lund, Sweden

* Correspondence: evalena.einberg@hkr.se; Tel.: +46-44-250-3159

Abstract: The COVID-19 pandemic has had a vast influence on Swedish society. Related recommendations and political decisions have greatly affected schools. This study aimed to describe school nurses' experience working in Sweden during the pandemic in 2020. The study used a qualitative method with an inductive approach. Interviews with 17 school nurses in five focus groups and one individual interview were conducted. Qualitative content analysis was used. The impact of the pandemic on school nurses can be described through three categories: "Changes in working methods in relation to the students/guardians", "Impact on cooperation with school staff", and "The school nurse's prerequisites for major changes." Overall, school nurses experienced a transition to a digital way of working. Policies and decisions on global and local levels affected the work situations of school nurses as well as the school nurses' social, cultural, and professional experience. The highest priority for school nurses is students, and school nurses adapted their working methods to give support to students during the changing circumstances. School nurses are both pragmatic and highly



6 fokusgruppintervjuer, 17 skolsköterskor.

Förändringar av arbetssätt i relation till
eleverna/vårdnadshavarna

Påverkan av samarbete med annan personal

Skolsköterskans förutsättningar vid större förändringar

Health Among Schoolchildren From the School Nurse's Perspective

Ann-Sofi Ellertsson, MMS, RN¹, Pernilla Garmy, PhD, RN^{1,2}, and Eva K. Clausson, PhD, RNT¹

Abstract

The aim of the study was to investigate Swedish school nurses' perceptions of schoolchildren from two national surveys in which school nurses responded to questions about schoolchildren ($n = 129$). A statistical comparison showed that physical and mental health of schoolchildren was as worse than that of children in low-risk areas. There were no differences regarding the


Original Research

School Nurses' Experiences Working With Students With Mental Health Problems: A Qualitative Study

Julia Jönsson, MSN, RN¹, Malin Maltestam, MSN, RN¹, Anita Bengtsson Tops, PhD, RN¹, and Pernilla Garmy, PhD, RN^{1,2}

Abstract

The aim was to describe school nurses' experiences working with students with mental health problems. In this inductive qualitative study, interviews were conducted with 14 school nurses in Sweden. The content analysis revealed three themes: (1) sense of worriedness about working with students with mental health problems, (2) taking care of students with mental health issues was an opportunity for personal and professional development, and (3) the experience of making a difference for young people with mental health problems. The school nurses working with students who have mental health problems had to cope with their own emotions, worries, and feelings of insufficiency. However, the school nurses also found the work to be

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School Nurses' Experiences Working With Unaccompanied Refugee Children and Adolescents: A Qualitative Study

Ermira Musliu, MSN, RN¹, Snezana Vasic, MSN, RN¹, Eva K. Clausson, PhD, RN¹, and Pernilla Garmy, PhD, RN^{1,2}

Abstract

School nurses are one of the first health-care professionals to meet unaccompanied refugee children and adolescents and therefore have an important impact on health outcomes. The aim of this study was to describe school nurses' experience working with unaccompanied refugee children and adolescents. Semistructured interviews were conducted with school nurses



International Journal of
*Environmental Research
and Public Health*



Article

Supporting Students with Neurodevelopmental Disorders in School Health Care—School Nurses' Experiences

Andrea Berglund Melendez^{1,†}, Maria Malmsten^{1,†}, Eva-Lena Einberg¹, Eva K. Clausson¹, and Pernilla Garmy^{1,2,*}

- ¹ Faculty of Health Sciences, Kristianstad University, 291 88 Kristianstad, Sweden; andrea.melendez8608@gmail.com (A.B.M.); mariahoive@yahoo.se (M.M.); evalena.einberg@hkr.se (E.-L.E.); eva.clausson@hkr.se (E.K.C.)
 - ² Clinical Health Promoting Centre, Lund University, 221 00 Lund, Sweden
- * Correspondence: pernila.garmy@med.lu.se; Tel.: +46-44-2503877
† Equal contribution as first author.

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Abstract: Students with neurodevelopmental disorders (NDDs) are present in every school, and most likely, there are a few students in every class. School health care is responsible for providing support to all students, especially those with special needs. The aim of the study was to describe school nurses'

Skolsköterskans hälsopromotion



Skolsköterskans hälsopromotion

- Hälsosamtal – individnivå
 - Grupp-samtal
 - Klassrums undervisning
 - Föräldramöten
-
- Information via skolans lärplattform/ hemsida
 - Broschyrer, planscher, kondomer
 - Väntrummet – en oas

Hälsofrämjande insatser i skolan

- 100-tals program används i Sverige
- De flesta är inte vetenskapligt utvärderade
- Risk att ineffektiva program används

Källa: SBU 2010, Socialstyrelsen 2008



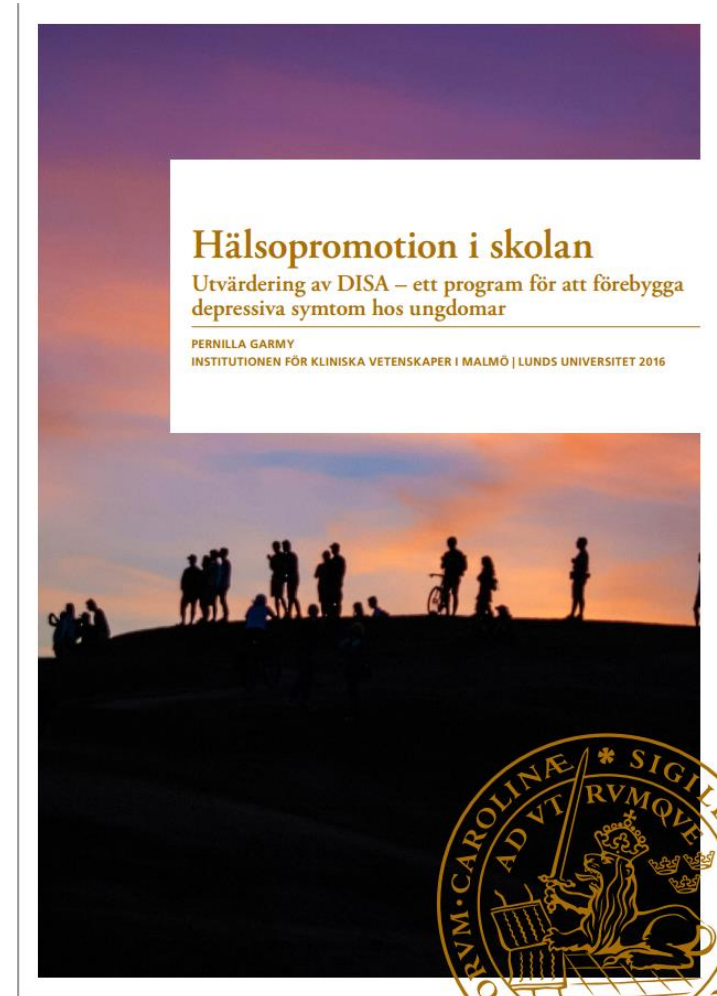
Ungdomars mentala hälsa

- Depression – största orsaken till sjukdom / funktionsnedsättning globalt.
 - Vanligt med första symtom vid 14 år.
 - Suicid – 3:e vanligaste dödsorsaken.
-
- Health for the world's adolescents – WHO 2014



DISA

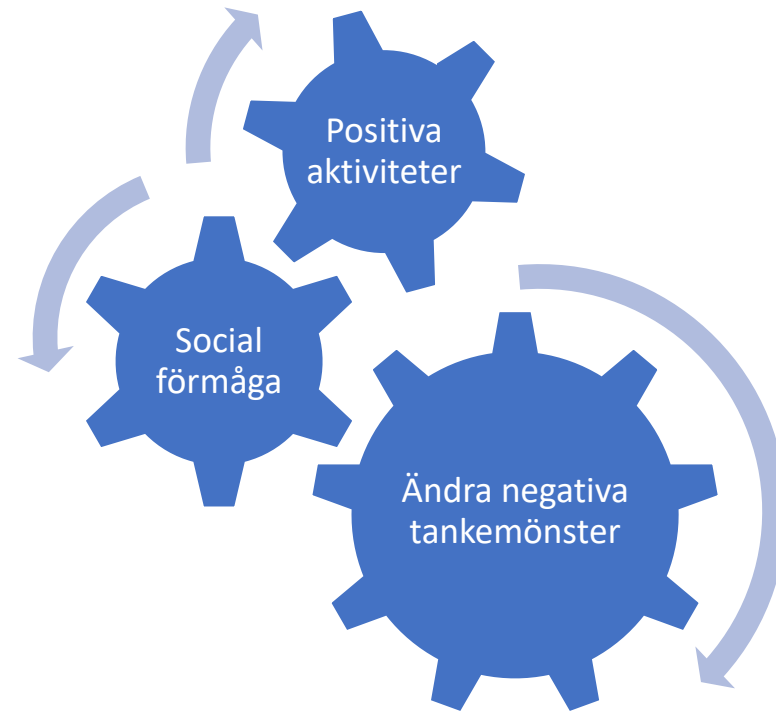
- Depressive symptoms In Swedish Adolescents
- Din Inre Styrka Aktiveras



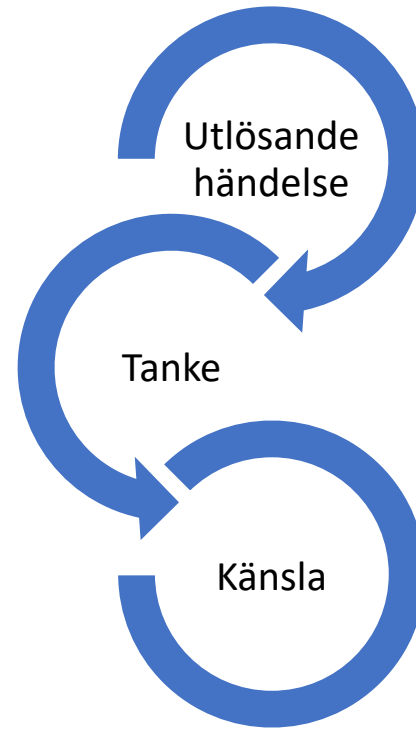
DISA

- Manualbaserat program
- Förebygga stress och depressiva symtom
- Målgrupp: ungdomar 13-15 år
- KBT-baserat
- 10 träffar, 1 gång/ veckan, 1½ timme per tillfälle
- Ledare: skolkurator, skolsköterska, pedagoger

DISA



Positiva och negativa spiraler



Saker som sätter igång negativa spiraler kan vara:

- Att ha för lite roligt/meningsfullt att göra
- Att skjuta på sådant som måste göras
- Att tänka negativa tankar
- Att uppleva stressfyllda händelser.

Saker som sätter igång positiva spiraler kan vara:

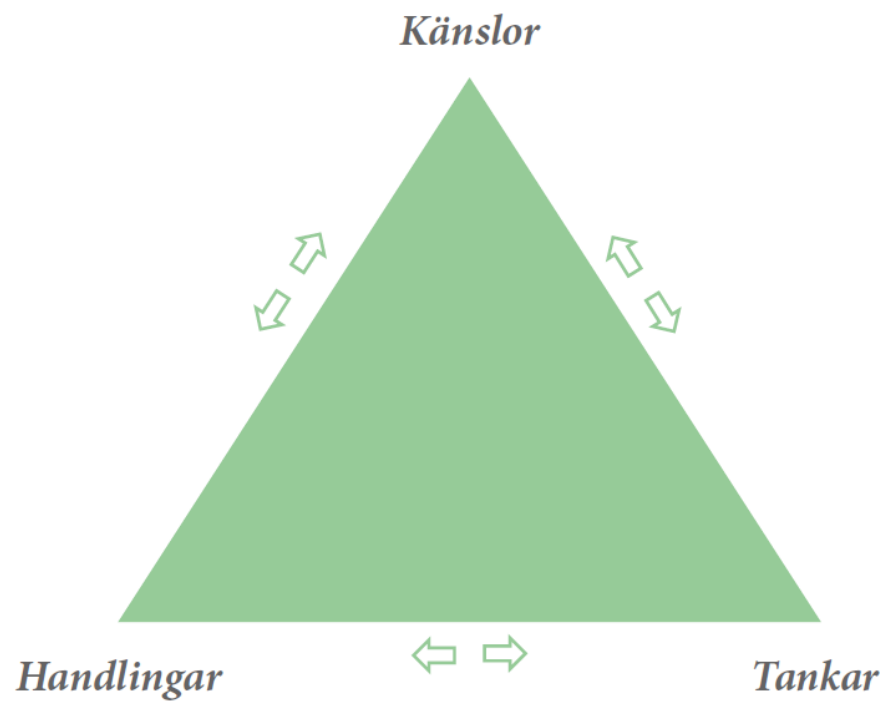
- Att lyckas bra med någon aktivitet i eller utanför skolan
- Att göra roliga saker
- Att lära känna nya vänner



Det är bra att
förstå...

- ...hur känslor, tankar och handlingar hänger ihop både när vi är deppiga men även när vi är jättegglada.
- De två viktigaste verktygen vi har för att förändra hur vi mår är våra handlingar och tankar.
- Ur Disa Gruppledarmanual, 2017, s14

Hur kan jag påverka mina känslor?



DISA
Din Inre Styrka Aktiveras



Kroppen som verktyg- att andas i fyrkant



Andas in, räkna till fyra, håll kvar, räkna till fyra, andas ut, räkna till fyra, håll kvar, räkna till fyra

Tankefällor

- Övergeneralisering
- Katastroftänkande
- Automatiska, negativa tankebanor

Hantera tankar

- Distraktionsmetoder
 - Gå upp och ner för trappan
 - "Hårnoddsmetoden"
 - ...
- Acceptans – vara medvetet närvarande i ögonblicket
 - "just nu är det precis så här"
 - "somnar jag så somnar jag, annars så vilar jag ju i alla fall"



Avhandlingens slutsats

- DISA är ett av flera sätt som skolorna kan använda för hälsopromotion
- DISA minskar depressiva symtom och stärker ungdomars självskattade hälsa
- Kostnaden för DISA är låg i förhållande till dess effekt
- De positiva aspekterna i manualen behöver betonas mer för att stärka ungdomarnas förmågor
- DISA-ledarna behöver få utrymme och flexibilitet för att kunna möta ungdomarnas behov

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Tack för uppmärksamheten

- Pernilla.garmy@hkr.se