

Full source reference:

Srija, S. S., Sugi, S., & Srinivasan, D. (2019). Efficacy of social stories in coping with bullying among children with childhood psychiatry conditions: A randomized controlled interventional study. *The Indian Journal of Occupational Therapy*, 51(2), 52.

Free access link:

N/A

Article Overview:

The study investigated the effectiveness of teaching coping strategies and using social stories to n=22, 8-12 years old children diagnosed with special education needs (ADHD, learning disabilities).

One group of participants were taught coping strategies through social stories, while the control group received conventional occupational therapy with coping strategies and role play.

Results showed that both interventions were effective in improving coping skills with bullying situations, and that social stories resulted in a significant improvement in children's performance.

Sample: 8-12 year olds with special education needs

Key take home messages:

1. The use of social stories (sessions lasting 30 minutes, 3 days per week) seems to be effective in teaching coping strategies relating to bullying. This can be done using flash cards for each target behaviour (e.g. calling names), explaining coping strategies, asking children how to change maladaptive behaviours, and doing role play.
2. It is important to focus on teaching children adequate responses e.g. 'not reacting to bullying and moving away from the place'.
3. Children in the study still showed some maladaptive strategies → recommendation to use social stories for a long duration.
4. Social stories are shown to have a slightly greater impact on coping skills than verbal teaching in children for coping with bullying situations.