How to Obtain Contact Hours by Reading Articles in This Issue

Instructions
4.0 contact hours will be awarded by Vindico Medical Education upon successful completion of the posttest and evaluation. To obtain contact hours:

1. Read the following articles carefully, noting the tables and other illustrative materials, which are provided to enhance your knowledge and understanding of the content:

   **Two Sides of the Coin: The Bully and the Bullied**
   Barbara Jones Warren, PhD, RN, CNS-BC, PMH, on pages 22-29.

   **Bullying in a Caring Profession: Reasons, Results, and Recommendations**
   Barbara S. Broome, PhD, RN, FAAN; and Shiphrah Williams-Evans, PhD, RN, PMHNP-BC, on pages 30-35.

   **What is Cyberbullying and How Can Psychiatric-Mental Health Nurses Recognize It?**
   Susan G. Williams, MSN, RN; and Alice J. Godfrey, MPH, RN, BC, on pages 36-41.

2. Read each question and record your answers on the CNE Registration Form on page 43.

3. Complete all sections of the CNE Registration Form, including indicating the total time spent on the activity (reading articles and completing quiz). Forms and quizzes cannot be processed if this section is incomplete. All participants are required by the accreditation agency to attest to the time spent completing the activity.

4. Forward the completed form with your check or money order, drawn on a US bank, for $20 (USD) made out to JPN-CNE. CNE Registration Forms must be received no later than October 31, 2013.

Contact Hours
Vindico Medical Education is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver, by the American Nurses Credentialing Center’s Commission on Accreditation, P188-6/09-12. This activity is co-provided by Vindico Medical Education and the Journal of Psychosocial Nursing.

This is a Learner-Paced Program. Answers to the posttest will be graded, and you will be advised that you have passed or failed within 60 days of receipt of your completed test. A score of 70% or above will comprise a passing grade. A certificate will be awarded to participants who successfully complete the test. A contact hour is 60 minutes of instruction. Contact hour verification can be awarded only at the completion of a program.

Activity Objectives
1. Discuss how nurses can intervene with those involved in situations of bullying.
2. Describe the effects of bullying within the nursing profession.
3. Identify unique issues related to cyberbullying.

Author Disclosure Statements
• Dr. Warren discloses that she has no significant financial interests in any product or class of products discussed directly or indirectly in this activity, including research support.
• Dr. Broome and Dr. Williams-Evans disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity, including research support.
• Ms. Williams and Ms. Godfrey disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity, including research support.

Commercial Support Statement
All authors and planners have agreed that this activity will be free of commercial bias. There is no commercial support for this activity. There is no non-commercial support for this activity.
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Objectives
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Questions #1-7 refer to the article about the bully and the bullied by Warren on pages 22-29.
1. Bullying is grounded in coercive tactics aimed at:
   A. avoiding responsibility.
   B. controlling other people.
   C. improving self-esteem.
   D. avoiding work.
2. A primary goal of bullying is to:
   A. socially exclude or isolate individuals from others at school or work.
   B. replace symptoms of depression with a sense of power.
   C. force respect from other people.
   D. appear confident while at school or work.
3. An imbalance of _____ exists between the bully and the bullied.
   A. support.
   B. self-esteem.
   C. power.
   D. confidence.
4. According to several studies, people who are bullied may incur mental health disorders that place them at greater risk for:
   A. poor work performance.
   B. disability.
   C. poor interpersonal relationships.
   D. suicide.
5. Statistics indicate that one in _____ children have experienced some level of bullying in their lifetime.
   A. 5.
   B. 10.
   C. 15.
   D. 20.
6. The percentage of child bullies who become adult bullies is estimated to be:
   A. 10%.
   B. 20%.
   C. 30%.
   D. 40%.
7. The predominant focus of assessment and intervention needs to center on eliminating repeated bullying acts and:
   A. improving self-esteem.
   B. providing education related to assertiveness techniques.
   C. protecting those being bullied.
   D. encouraging group therapy.

Questions #8-14 refer to the article about bullying in a caring profession by Broome and Williams-Evans on pages 30-35.
8. Jean Watson’s Theory of Human Caring focuses on the nurse’s ability to provide compassion to patients and how caring can contribute to the nurse’s own:
   A. moral development.
   B. self-actualization.
   C. skill level.
   D. self-esteem.
9. Vessey, DeMarco, Gaffney, and Budin found that _____ of nurses surveyed reported being bullied at work.
   A. 25%.
   B. 37%.
   C. 43%.
   D. 70%.
10. Bullying among nurses affects both retention of nurses at the bedside and:
    A. promotion of nurses to managerial positions.
    B. recruitment of new nurses.
    C. retention of nurses in outpatient settings.
    D. patient outcomes.
11. A term used by Longo to describe peer-to-peer aggression is called:
    A. vertical violence.
    B. hierarchical violence.
    C. horizontal violence.
    D. selective violence.
12. Nonverbal innuendo, withholding information, and undermining activities are examples of:
    A. lateral violence.
    B. hierarchical violence.
    C. selective violence.
    D. vertical violence.
13. According to a study by Hansen et al., people who were bullied in the past 6 months:
    A. had lower salivary cortisol levels.
    B. reported no disturbances in relationships.
    C. had lower scores for depression and higher scores for somatic symptoms.
    D. had higher scores for stress and lower scores for depression.
14. Several studies have found that nurses who have been bullied experience symptoms consistent with:
    A. major depressive disorder.
    B. posttraumatic stress disorder.
    C. dysthymia.
    D. attention-deficit disorder.
Questions #15-20 refer to the article about cyberbullying and how psychiatric-mental health nurses can recognize it by Williams and Godfrey on pages 36-41.

15. Cyberbullying most commonly occurs:
   A. in school libraries.
   B. in school computer labs.
   C. outside the school.
   D. during verbal telephone conversations.

16. According to a study by Lenhart, adolescents’ favorite way to communicate is:
   A. face-to-face interaction.
   B. verbal conversations via cell phone.
   C. texting.
   D. instant messaging via the computer.

17. Approximately _____ of children ages 12 to 17 in the United States own a cell phone.
   A. 40%.
   B. 65%.
   C. 75%.
   D. 85%.

18. The most accurate statement related to Internet use and cyberbullying is:
   A. girls tend to post photos more often than boys.
   B. boys are more likely than girls to report cyberbullying to an adult.
   C. 55% of teens have a profile on sites such as Facebook or MySpace.
   D. boys tend to spread rumors in cyberspace more often than girls.

19. The area of the adolescent brain that is not fully developed and controls assessment of risk behaviors and consequences is called the:
   A. limbic system.
   B. prefrontal cortex.
   C. temporal lobe.
   D. parietal lobe.

20. Alcohol and marijuana use has been found to be _____ times more common in those who are victims of cyberbullying.
   A. 2.
   B. 2.5.
   C. 3.
   D. 4.

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Please register me for the Learner-Paced program for 4.0 contact hours.

Print or Type

Name
Address
City State Zip
Telephone number (in case we have questions)
Date of Birth (used for tracking contact hours only)
Education Level (Circle highest): Diploma, ADN, BSN, MSN, PhD
Other (Please specify)
Position:

PAYMENT OPTIONS
A $20 payment must accompany the CNE Registration Form. Payment must be in US dollars drawn on a US bank. Checks/money orders should be payable to JPN-CNE. MasterCard, VISA, and American Express credit cards are accepted for payment. CNE Registration Forms must be received no later than October 31, 2013. Copyright © 2011 by SLACK Incorporated. All rights reserved.

If paying by credit card, you may fax your form to (856) 853-5991.
For credit card payment, please check one:
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Account number:___________________________________ Expires:_____________
3-4 digit security code:_______________
I authorize my credit card to be charged $20 for this activity.
Signature __________________________________________

EVALUATION: Must be completed for contact hour certificate to be awarded.

1. The content of the articles was accurately described by the learning objectives:  Yes  No
   • Discuss how nurses can intervene with those involved in situations of bullying.
   • Describe the effects of bullying within the nursing profession.
   • Identify unique issues related to cyberbullying.

2. The content met my educational needs.
3. The content was relevant to my nursing practice.
4. How much time was required to read the articles and take the quiz? 240 265 290 315 340 (minutes spent)
5. Please list topics you would like to see future activities address: ____________________________

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