

# THE EFFECT OF THE PROGRAM “DON'T BITE YOUR NAILS, CUT THEM” BEHAVIOR OF BITING

**Kamer Gur\*.Saime Erol\*\*. İncir N\*\*\***

\* PhD, Assistant Professor, Marmara University, Faculty of Health Sciences, Department of Nursing, Public Health Nursing Section

\*\* PhD, Associate Professor, Marmara University, Faculty of Health Sciences, Department of Nursing, Public Health Nursing Section

\*\*\* Nurse, Istanbul University

Contact information: kgur@marmara.edu.tr

## AIM

The purpose of this study is to show the effect of the program “Don't Bite Your Nails, Cut Them” in changing the nail biting behavior.

## MATERIAL AND METHOD

The population of the study, conducted with pretest/posttest quasi-experimental design, consisted of 299 students who were studying in the first and fourth grades of a primary school located in Istanbul in 2015 (N=1083), had nail biting (n=339), and were voluntary to participate in the study, and whose parents gave consent. The data of the study was collected by using the questionnaire of descriptive information and independent variables, “schedule for follow-up of the nail biting behavior”, and the photographs of hands. This chart is consisted of seven questions: I bit my nails today, I pulled off and threw my nails, I pulled off and bit my nails, I pulled off my cuticles, I cut my nails, My cuticles bled, My cuticles hurt. Chosen as Yes or No. Question form of variation stages: 4 questions were asked to the participants. They were expected to mark the appropriate option for them as “Yes or No” by thinking their intention about changing nail biting behaviours. I have been biting my nails for more than six months, I have been biting my nails for a month, I am biting nails but I am planning to give up in a month, I am biting nails but I am planning to give up in six months. Evaluation of the Data: Findings of the study were evaluated with descriptive and analytical statistics methods on SPSS program for statistical analyze. The data were analyzed with Mc-Nemar test and Cochran Q test. Statistical significance was accepted as  $p < 0.05$  Ethics Committee Approval of Marmara University was received (23.03.2015-13). The parents had been informed that a questionnaire to diagnose the students' nail biting behaviours was going to be applied and to ensure the change of behaviour, short meetings were going to be held, photos of hands were going to be taken without giving the identity information and they approved.

## Stage of the Program “Don't Bite Your Nails, Cut Them”

First Stage	Second Stage Pre-test	Third Stage Intervention	Fourth Stage		Fifth Stage Post-test
			1. Follow-up	2. Follow-up	
<ul style="list-style-type: none"> <li>➢The students and teachers were informed about the purpose and the process of the program.</li> <li>➢The students' nails were assessed in the classroom and those with nail biting behavior were determined.</li> <li>➢These students and their parents were invited for participation in the program.</li> </ul>	<ul style="list-style-type: none"> <li>➢The data collection forms were applied on the students and their parents.</li> <li>➢The schedule for follow-up of the nail biting behavior was delivered to them.</li> <li>➢The participants were expected to give an answer to the question “I cut my nails” just at the weekends and to the other questions at the end of everyday.</li> <li>➢ The photographs of their hands were taken.</li> </ul>	<ul style="list-style-type: none"> <li>➢A training on nail biting behavior was provided to the students</li> <li>➢their parents and brochures were delivered</li> <li>➢ Nail Follow-Up Chart was used</li> <li>➢Pictures of the hands of the students were taken in order to see the variations of the nails.</li> <li>➢Find the differences between healthy and unhealthy nail pictures activity was done.</li> <li>➢In Health Office, nail care was provided by a nurse when necessary.</li> </ul>	<ul style="list-style-type: none"> <li>➢Nail Follow-Up Chart was checked.</li> <li>➢Short face to face meetings was held.</li> <li>➢Feedback was given with the help of the weekly photos</li> </ul>	<ul style="list-style-type: none"> <li>➢Nail Follow-Up Chart was checked.</li> <li>➢Short face to face meetings was held.</li> <li>➢Feedback was given with the help of the weekly photos</li> </ul>	<ul style="list-style-type: none"> <li>➢ Nail Follow-Up Chart was checked.</li> <li>➢Question form of variation stages was applied</li> <li>➢Photos of the nails were taken.</li> <li>➢The successful students were given certificates.</li> </ul>

## RESULTS

The population of the study was %54,2 girls and %45,8 boys, age average was 8,76 (min:6-max:11), %89,6 was elementary family, %56,5 of the students stated their economical status as average. According to results of the school nurse's survey, %31,3 of the students bit their nails and %68,7 didn't. %75,9 of the students said that biting nails was a harmful behaviour. Fathers of %27,8, mothers of %50,8 and siblings of %9,4 of the students were reported as biting nails. It was stated that %23,1 of the students were deficient, %51,8 were average, %23,1 were fine and %2 were strong in being active in reduction/giving up nail biting. %57,5 of the families said they hadn't received any help about giving up this behaviour before. %22,4 of them didn't have a nail clipper.

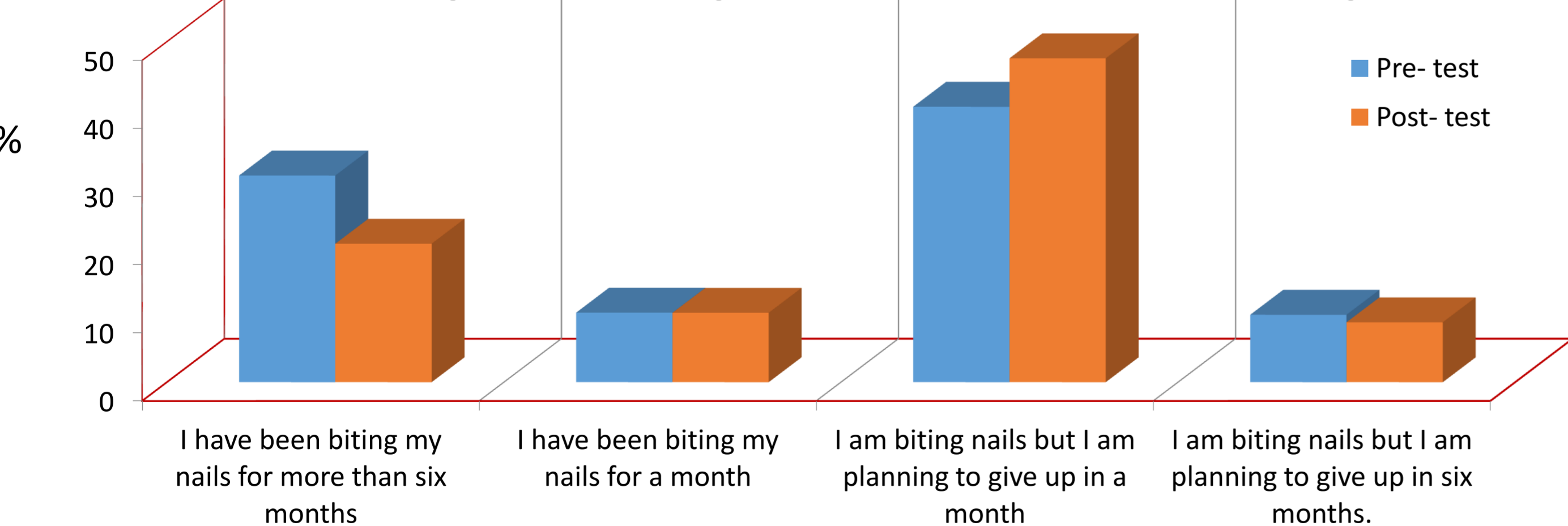
**TABLE 1: COMPARISON OF PRE-POST AND FOLLOW UP OF BEHAVIOURS NAIL BITING STUDENTS**

Nail Biting Behaviour	Pre-test (a)		1. Follow-up (b)		2. Follow-up (c)		Post-test (d)		$\chi^{2**}/ p$ -value	$\chi^{2**}/ p$ -value	$\chi^{2**}/ p$ -value	$\chi^{2**}/ p$ -value	Q*/p-value
	n	%	n	%	n	%	n	%	a-b	b-c	c-d	a-d	(a-b-c-d)
I didn't bite my nails today	51	17.05	247	82.60	262	87.62	281	93.97	166.7; .00	2.47; .00	-----; .00	222.2; .00	4.88; .00
I pulled off and threw my nails today	217	72.5	211	70.60	190	63.5	81	27.0	.288; .64	7.84; .00	91.8; .00	103.5; .00	1.92; .00
I pulled off and bit my nails today,	175	58.5	47	15.70	18	6.02	2	0.66	98.3; .00	27.3; .00	-----; .00	171.0; .00	3.74; .00
I pulled off and threw my cuticles today	82	27.4	21	7.02	14	4.60	11	3.67	38.7; .00	-----; .16	-----; 2.50	56.32; .00	1.41; .00
My cuticle bled today,	92	30.8	27	9.03	13	4.30	3	0.99	62.7; .00	-----; .01	-----; .00	81.5; .00	1.65; .00
Sides of my nails are hurting today	174	58.1	86	28.76	20	6.60	9	3.00	46.1; .00	49.1; .00	-----; .02	151.9; .00	2.89; .00
I cut my nails this weekend	1	0.33	22	7.30	84	28.0	169	56.52	-----; .00	60.0; .00	83.0; .00	164.0; .00	3.57; .00

\*Cochran Q test, \*\* Mc nemar test

According to the Nail Biting Children's Nail Biting Behaviour Follow-up Chart; rate of the students who said “I didn't bite my nails today, I pulled off and threw my nails today, I pulled off and bit my nails today, I pulled off and threw my cuticles today, My cuticle bled today, Sides of my nails are hurting today” reduced statistically significantly in the first and second follow-ups, and post-test when compared to pre-test( $p < .001$ ) (table-1). Rate of the students who said “I cut my nails this weekend” increased statistically significantly in the first and second follow-ups, and post test when compared to pre-test( $p < .001$ ).

**Chart 1: The variation stages of nail biting behaviour before and after the program**



According to the variation stages of nail biting behaviour; before the program, %32,4 of the students said “I have been biting my nails for more than six months”, however, this rate reduced to %27,5 after the program. Students saying “I have been biting my nails for a month” reduced from %16,4 to %14,5. Students saying “I have been biting my nails for six months and I am not planning to give up” reduced from %9 to %8. Rate of the students saying “I have been biting nails and planning to give up in a month” increased from %42,1 to %50.

## CONCLUSION

The program “Don't Bite Your Nails, Cut Them” had a positive effect in decreasing the nail biting of children. It can be recommended for the school nurses to implement the program.

**TABLE 2: COMPARISON OF PRETEST AND POSTTEST OF NAILS ACCORDING TO NURSE SURVEY**

The condition of the nails	Ön Test		Son Test		Mc nemar test	p
	n	%	n	%		
Normal nail appearance	48	16,1	281	94,0	229.0	0.00
Observing at least one of the conditions of abnormality in nails, biting nails, too short nails, disorder of nail edges	251	83,9	18	6,0		

Before the program, appearance of the nails of %16,1 of the students was normal and after the program this rate increased to %94. Before the program general appearance of the nails of %83.9 of the students was abnormal and that rate was %6 after the program.

