Heterogeneous presentation of symptoms resulting in school refusal behavior (SRB)
SRB due to negative reinforcement:
Intending to get away from something unpleasant at school. Students often avoid objects such as buses, fire alarms, gymnasia, playgrounds, hallways, and classroom items. Also includes avoidance of social situations and verbal or physical interactions with others.
SRB due to positive reinforcement:
Intending to pursue someone or something attractive outside of school. may include seeking parent attention or to gain physical closeness and extra attention. Students often seek tangible rewards such as watching TV or playing video games at home, sleeping, playing sports, shopping, engaging in parties with friends, and using substance.
A) To avoid school-related objects and situations (stimuli) that provoke negative affectivity (symptoms of dread, anxiety, depression, and somatic complaints)
C) To receive or pursue attention from significant others outside of school
B) To escape aversive social and/or evaluative situations at school
D) To obtain or pursue tangible rewards outside of school
Resulting internalizing and externalizing symptoms (often students display a combination of both)
Common Internalizing behaviors:
general and social anxiety, social withdrawal, depression, fear, fatigue, and somatic complaints (stomachaches, headaches, nausea, and tremors)
Common externalizing behaviors:
temper tantrums (crying, screaming, flailing), verbal and physical aggression, reassurance-seeking, clinging, refusal to move, noncompliance, and running away from school or home
Resulting in chronic and/or acute absenteeism across a spectrum of school refusal behavior
School attendance with stress and pleas for nonattendance
Repeated misbehaviors in the morning to avoid school
Repeated tardiness in the morning followed by attendance
Periodic absences or skipping of classes
Repeated absences or skipping of classes mixed with attendance
Complete absence from school during a certain period of time
Complete absence from school for an extended period of time