

The study was approved by the Ethical Review Board of the University of the Basque Country (Spain).

3. Results

Table 2 shows median scores at pre-test and post-test on each of the four scales used to assess the children's clinical symptoms, as well as results of the Wilcoxon signed-rank test and effect sizes associated with differences between ranks.

Table 2. Median scores at pre-test and post-test on the scales used to assess clinical symptoms, results of the Wilcoxon signed-rank test and effect sizes associated with differences between ranks.

Variable	Assessment	Mdn.	N	Z	Sig.	Effect Size
Internalizing Problems (CBCL)	Pre-test	15.00	19	−2.360	0.018	0.38
	Post-test	12.00	19			
Externalizing Problems (CBCL)	Pre-test	16.00	19	−1.142	0.253	0.19
	Post-test	17.00	19			
CBCL-PTSP	Pre-test	12.00	19	−2.407	0.016	0.43
	Post-test	9.00	19			
CBCL-DP	Pre-test	30.00	19	−1.656	0.098	0.27
	Post-test	28.00	19			

The first point to note is that although scores on the CBCL indicated that the majority of children had clinical or sub-clinical levels of internalizing, externalizing and post-traumatic stress symptoms, 30% of the sample scored below the cut-offs for the presence of these psychological problems.

In order to examine the impact (post-test vs. pre-test) of the *Leaving a Mark* programme on the emotional and behavioural symptoms of children and adolescents who had been exposed to domestic violence we applied the Wilcoxon test. The results showed a statistically significant improvement in internalizing symptoms following participation in the programme ($Z = -2.360$; $p = 0.018$). The effect size associated with the difference between ranks (post-test vs. pre-test) was moderate ($r = 0.38$).

Regarding externalizing symptoms, post-test scores were not significantly better than those at pre-test ($Z = -1.142$; $p = 0.253$) and the effect size associated with the difference between ranks was small ($r = 0.19$). Thus, participation in the programme was not associated with a significant improvement in aggressive behaviour and rule-breaking behaviour.

By contrast, the results indicated that participation in the programme was associated with a statistically significant improvement in post-traumatic stress symptoms ($Z = -2.407$; $p = 0.016$). The effect size associated with the difference between ranks was moderate ($r = 0.43$).

Finally, although scores on the dysregulation profile (CBCL-DP) were lower at post-test, the difference was not statistically significant ($Z = -1.656$; $p = 0.098$) and the effect size associated with the difference between ranks was small ($r = 0.27$).

We then conducted a second analysis using the Mann-Whitney U test to examine whether there were differences between boys and girls both before and after their participation in the programme. The results are shown in Table 3.