Do parent and child expectations of weight management align?

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Background

0.5 – 1.5%¹
22.5k – 67.5k children

Why?

4.5m children with OW or OB

Finish WMP

~50%²

11k – 34k children

Weight Management Programme (WMP)
What do we know?

• Intervention effectiveness seriously challenged by low participant engagement and drop-out\(^3\)
  • Engagement = level of participation in a programme\(^4\)

• Reduced cost-effectiveness\(^3\)

• Call for detailed understanding of participant engagement trajectories\(^3,5\)

• Misaligned and unrealistic outcome expectations have been hypothesised as a reason for low engagement\(^5\).
Aim

This sub-study aimed to explore the following question:

1. What are the parent and child outcome expectations of weight management?

2. To what extent do parent and child outcome expectations of weight management align?
Methods

Early Intervention: Factors associated with early programme engagement?

Adults (and Weigh to Go YP) – Semi-structured interviews
Young people – Participatory Research Methods and semi-structured interviews

Late Intervention: Factors associated with continued programme engagement?

Adults (and Weigh to Go YP) – Semi-structured interviews
Young people – Participatory Research Methods and semi-structured interviews

Cases

SHINE Health Academy

MORElife

Participants

$n = 10$ families
10 parents
12 young people

$n = 11$ families
11 parents
11 young people

Data Collection

Early Intervention: Factors associated with early engagement?

Adults – Semi-structured interviews
Young people – Participatory Research Methods and semi-structured interviews
Methods

• Lines of inquiry
  • Deductive - used multiple psychological- and socio-ecological- theories\textsuperscript{6,7,8}

• Analysis
  • Thematic analysis\textsuperscript{9}
  • Abductively coded

• Ethical approval granted by Leeds Beckett Research Ethics Committee
Results

What are the weight management outcome expectations of young people?

Other expectations include: improve diet \((n = 5)\), become happier \((n = 4)\), to be active \((n = 4)\), have fun \((n = 3)\), increase self-esteem \((n = 2)\), manage depression \((n = 1)\), and become normal \((n = 1)\).
Results

What are the weight management outcome expectations of parents [for their child]?

Other expectations include: increase confidence ($n = 5$), reinforce parent messages ($n = 5$), to be happier ($n = 4$), understand consequences of weight ($n = 4$), anger management ($n = 2$), become more feminine ($n = 1$), and for YP to take responsibility ($n = 1$).
## Results

To what extent do child and parent WM outcome expectations *align*?

<table>
<thead>
<tr>
<th>Expectation</th>
<th>n aligned</th>
<th>Median expectations aligned: 2</th>
<th>Max. expectations aligned: 3</th>
<th>No alignment between: 6 families</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lose weight</td>
<td>11 (47%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Become healthier</td>
<td>4 (17%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendships</td>
<td>3 (13%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase confidence</td>
<td>3 (13%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase activity</td>
<td>2 (9%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduce NAFLD risk</td>
<td>1 (4%)</td>
<td></td>
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</tr>
</tbody>
</table>

Other expectations did not align
Results

What type of expectancies were misaligned?

Parent expectations focus on:
- Education
- Reinforcement
- Tangible benefits (differ from YP)

Child expectations focus on:
- Weight loss, not management
- Emotional wellbeing
- Tangible benefits (e.g. ↑ fitness)
- Friendship
- Social acceptance
Conclusive remarks

• Families have expectations alongside weight-related outcomes
  • Must be taken into consideration

• Other than weight loss, little alignment between parent and child expectations

• Would closer alignment of outcome expectations help improve WMP engagement?
Conclusive remarks

Yes...

Clearer [parent and practitioner] understanding of expectations

Able to observe and identify benefits of attending (e.g. confidence increases, friendships etc...)

Seeing benefits from WMP linked to ↑ engagement

Better engagement linked to ↑ in WL
Acknowledgements

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References


