



LEEDS
BECKETT
UNIVERSITY

Citation:

Nobles, JD and Griffiths, C and Pringle, A and Staniford, LJ and Gately, PJ (2016) Do parent and child outcome expectations align when attending a weight management programme? In: UK Congress on Obesity, 19 September 2016 - 20 September 2016, Nottingham.

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/3130/>

Document Version:

Conference or Workshop Item (Presentation)

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.

Do parent and child expectations of weight management align?

Nobles, J., Griffiths, C., Pringle, A.,
Staniford, L. & Gately, P.

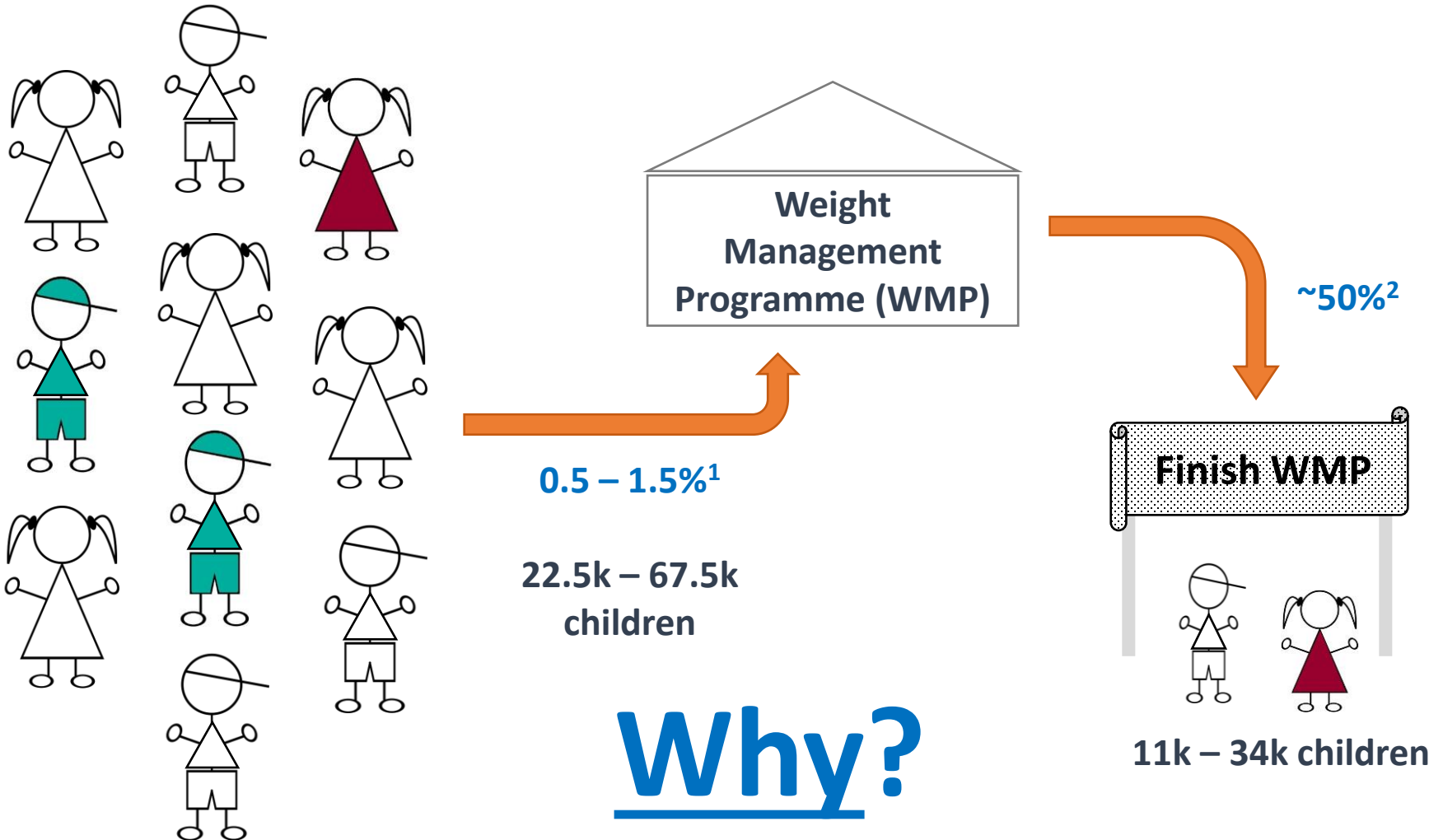
j.d.nobles@leedsbeckett.ac.uk

19th September 2016

ASO UK Congress on Obesity, Nottingham



Background



4.5m children with OW or OB

What do we know?

- Intervention effectiveness seriously challenged by low participant engagement and drop-out³
 - Engagement = level of participation in a programme⁴
- Reduced cost-effectiveness³
- Call for detailed understanding of participant engagement trajectories^{3,5}
- Misaligned and unrealistic outcome expectations have been hypothesised as a reason for low engagement⁵.

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

Cases



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

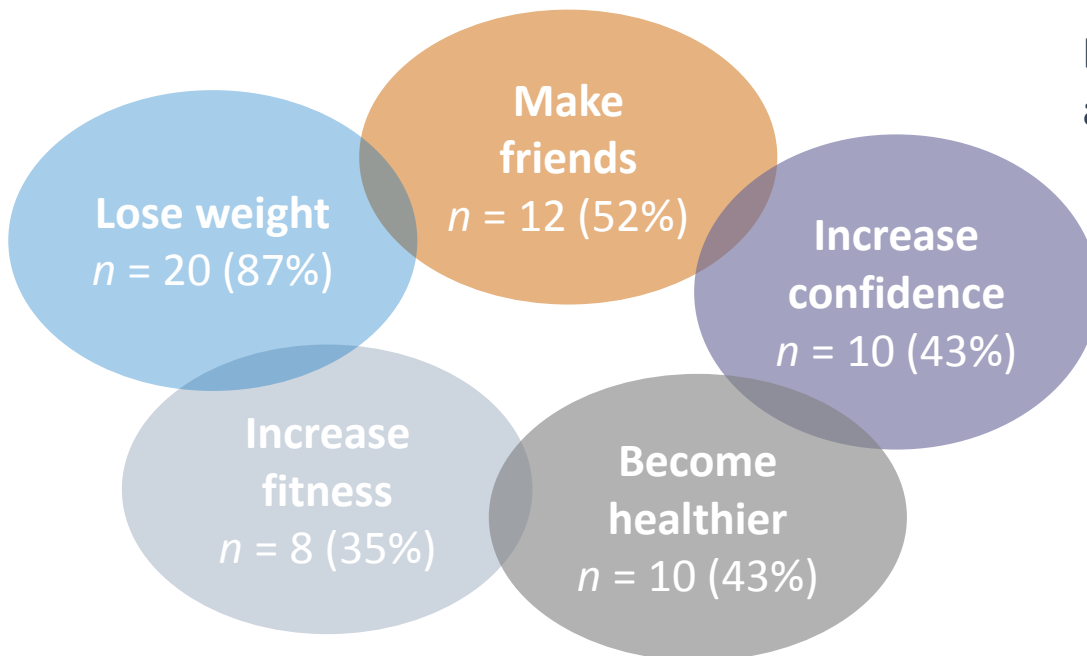
Methods

- Lines of inquiry
 - Deductive - used multiple psychological- and socio-ecological- theories^{6,7,8}
- Analysis
 - Thematic analysis⁹
 - Abductively coded
- Ethical approval granted by Leeds Beckett Research Ethics Committee



Results

What are the weight management outcome expectations of *young people*?



Expectations from programme attendance:

n = **26**

Median Exp./YP: **4**

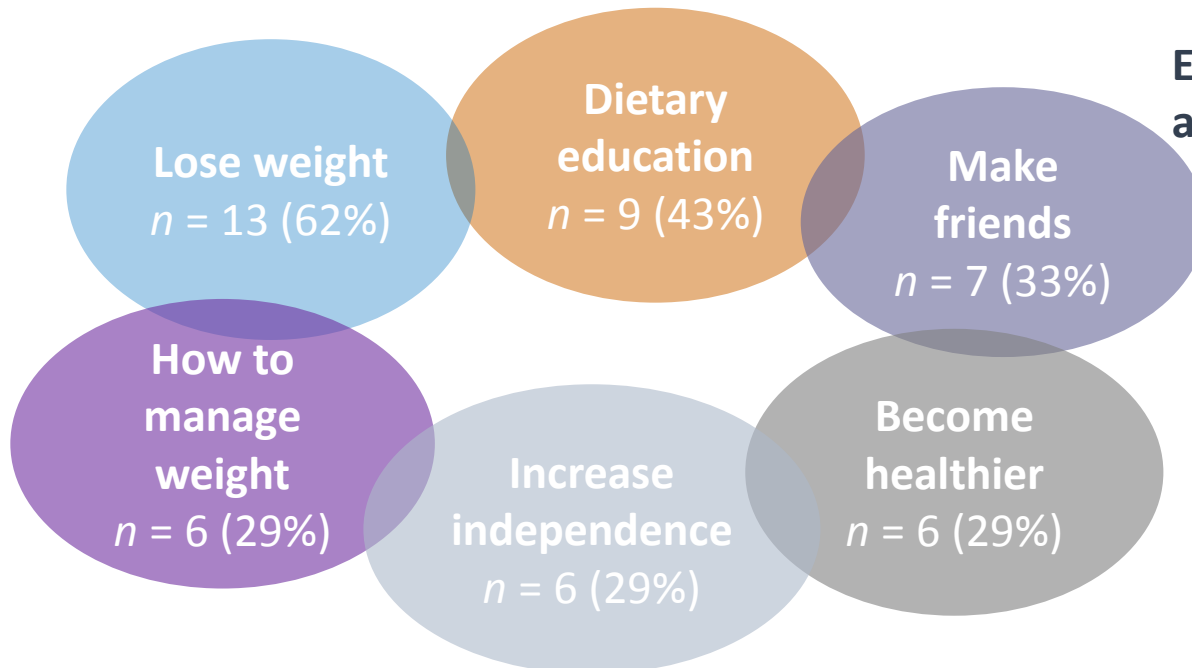
Min: **1**

Max: **7**

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]?



Expectations from programme attendance:

n = **25**

Median Exp./Parent: **4**

Min: **1**

Max: **7**

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*?

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

6 families

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

To all the participants from the three WMPs and to the staff for assisting with data collection and the research process



300 Prince of Wales Road
Sheffield
S2 1FF



St Johns Way
Ragworth
Stockton
TS19 0FB



12 Clyde Square
Greenock
Inverclyde
PA15 1NB

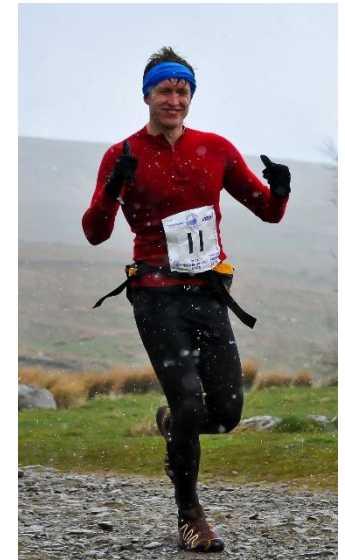
Contact Details

James Nobles (Research Fellow and PhD Student)

- **Email:** j.d.nobles@leedsbeckett.ac.uk
- **Tel:** 0113 81 29110
- **Twitter:**



Centre of Active Lifestyles, Leeds Beckett
University, Headingley



References

- ¹NICE (2013) **Costing Report - Managing Overweight and Obesity among Children and Young People: Lifestyle Weight Management Services**. Manchester.
- ²Skelton, J.A. & Beech, B.M. (2010) Attrition in Paediatric Weight Management: A Review of the Literature and New Directions. **Obesity Reviews**, 12, 273-281.
- ³Miller, B. & Brennan, L. (2014) Measuring and Reporting Attrition from Obesity Treatment Programmes: A Call to Action. **Obesity Research & Clinical Practice**, 16.
- ⁴Nobles, J., Griffiths, C., Pringle, A. & Gately, P. (2016) Design Programmes to Maximise Participant Engagement: A Predictive Study of Programme and Participant Characteristics Associated with Engagement in Paediatric Weight Management. **International Journal of Behavioural Nutrition and Physical Activity**.
- ⁵Dhaliwal, J., Nosworthy, N., Holt, N.L., Zwaigenbaum, L., Avis, J., Rasquinha, A. & Ball, G.D. (2014) Attrition and the Management of Pediatric Obesity: An Integrative Review. **Childhood Obesity**, 10, 1-13.
- ⁶Bandura, A. (1977) Self-Efficacy: Toward a Unifying Theory of Behavioral Change. **Psychology Reviews**, 84, 191-215.
- ⁷Deci, E.L. & Ryan, R.M. (1985) The General Causality Orientations Scale: Self-Determination in Personality. **Journal of Research in Personality**, 19, 109-134.
- ⁸Ajzen, I. (1991) The Theory of Planned Behavior. **Organizational Behavior and Human Decision Processes**, 50, 179-211.
- ⁹Braun, V. & Clarke, V. (2006) Using Thematic Analysis in Psychology. **Qualitative Research in Psychology**, 3, 77-101.