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Do parent and child expectations of weight management align?

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

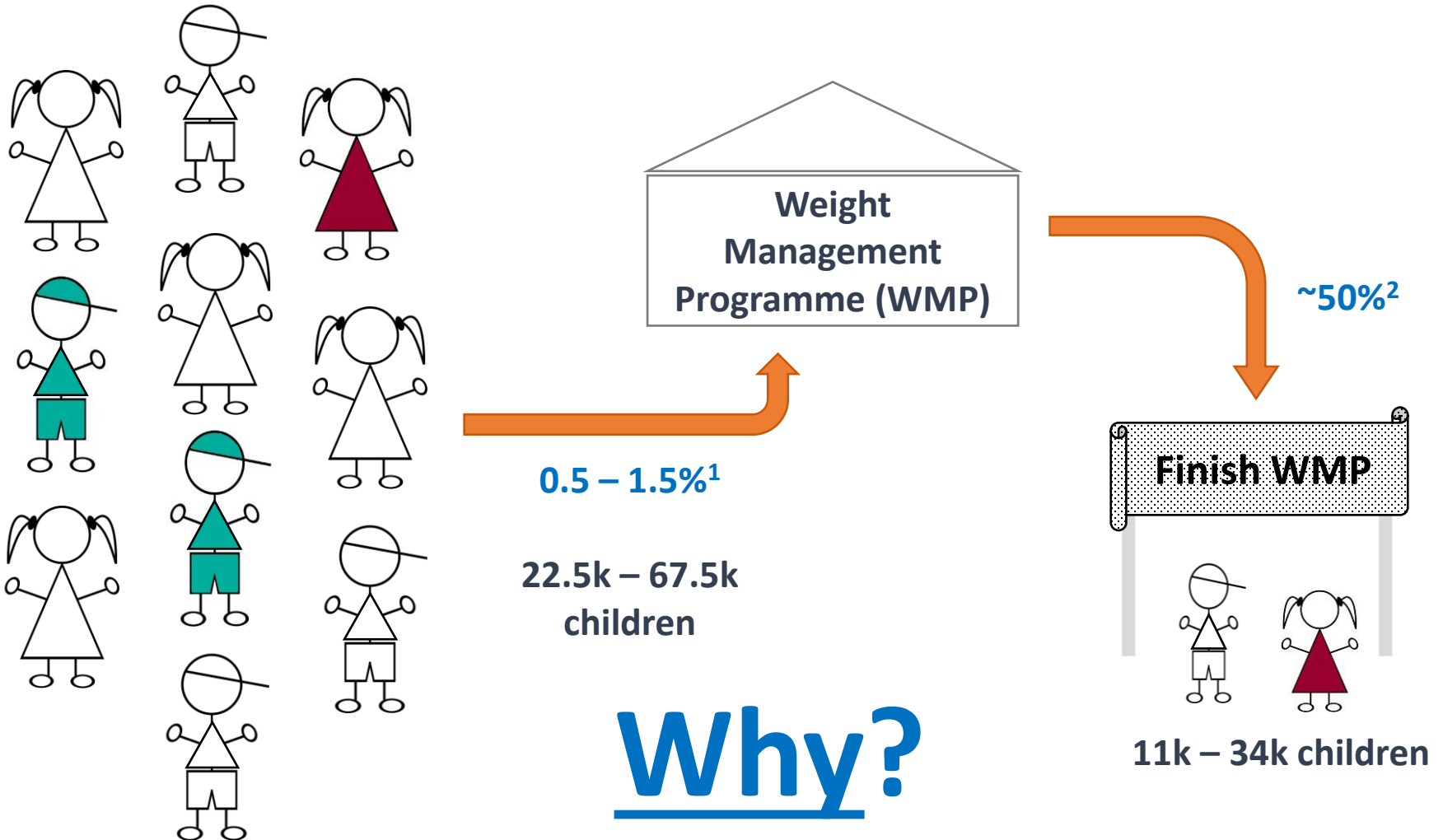
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19th September 2016

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

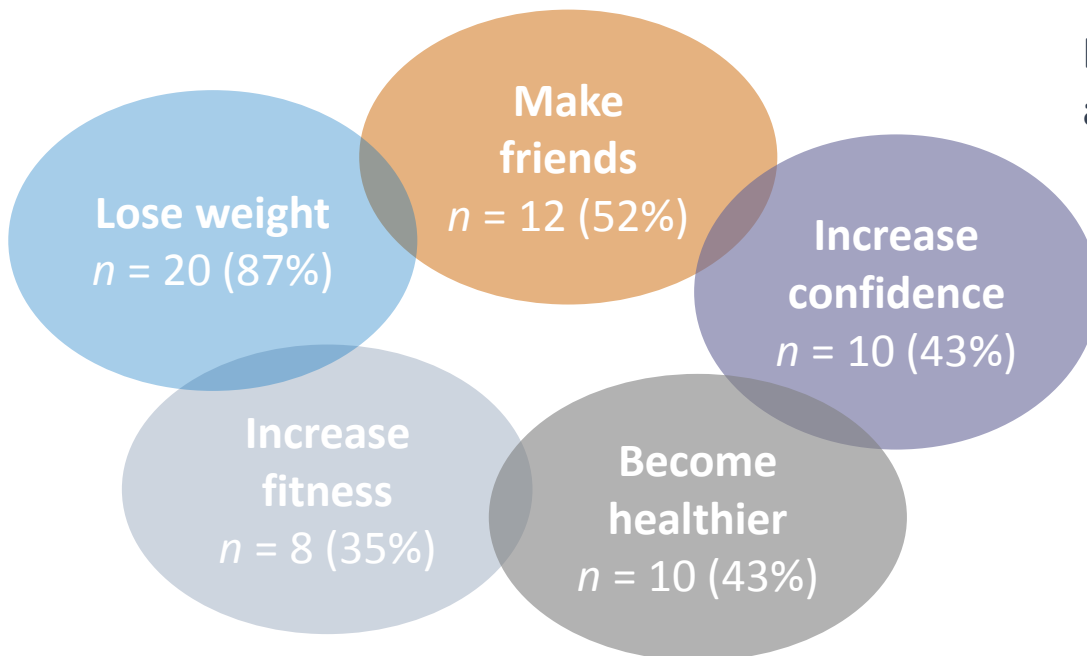
Methods

- 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**

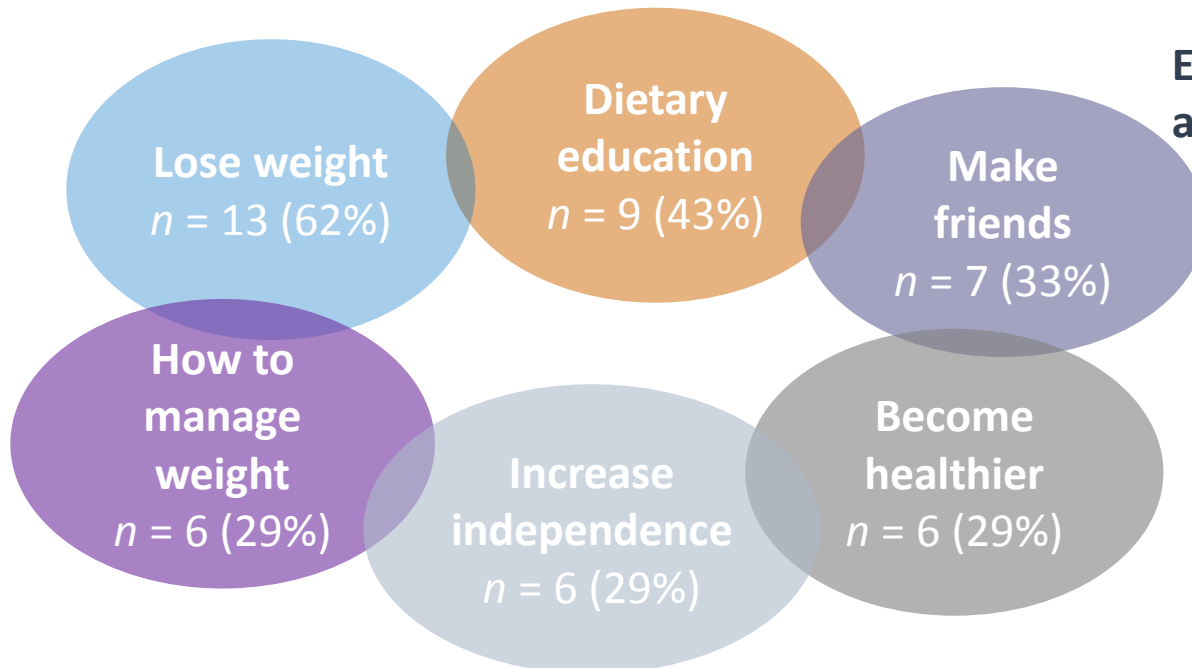
Min: **1**

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**

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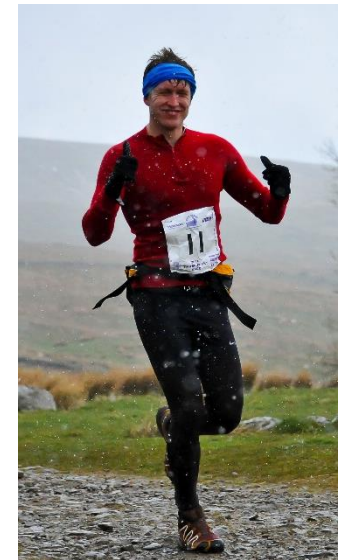
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