

# Do parent and child expectations of weight management align?

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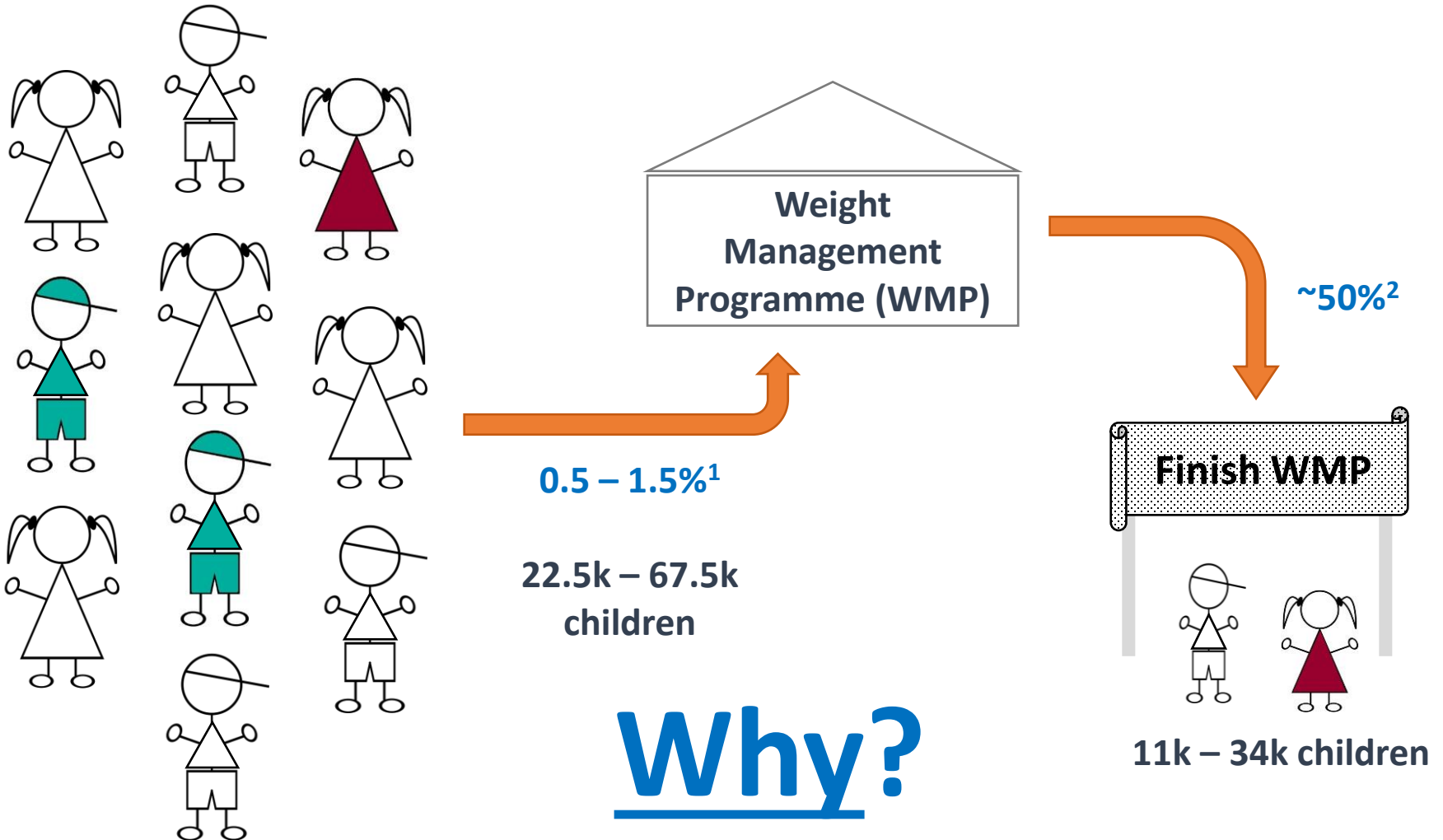
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ASO UK Congress on Obesity, Nottingham



# Background



4.5m children with OW or OB

# What do we know?

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- Intervention effectiveness seriously challenged by low participant engagement and drop-out<sup>3</sup>
  - Engagement = level of participation in a programme<sup>4</sup>
- Reduced cost-effectiveness<sup>3</sup>
- Call for detailed understanding of participant engagement trajectories<sup>3,5</sup>
- Misaligned and unrealistic outcome expectations have been hypothesised as a reason for low engagement<sup>5</sup>.

# Aim

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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

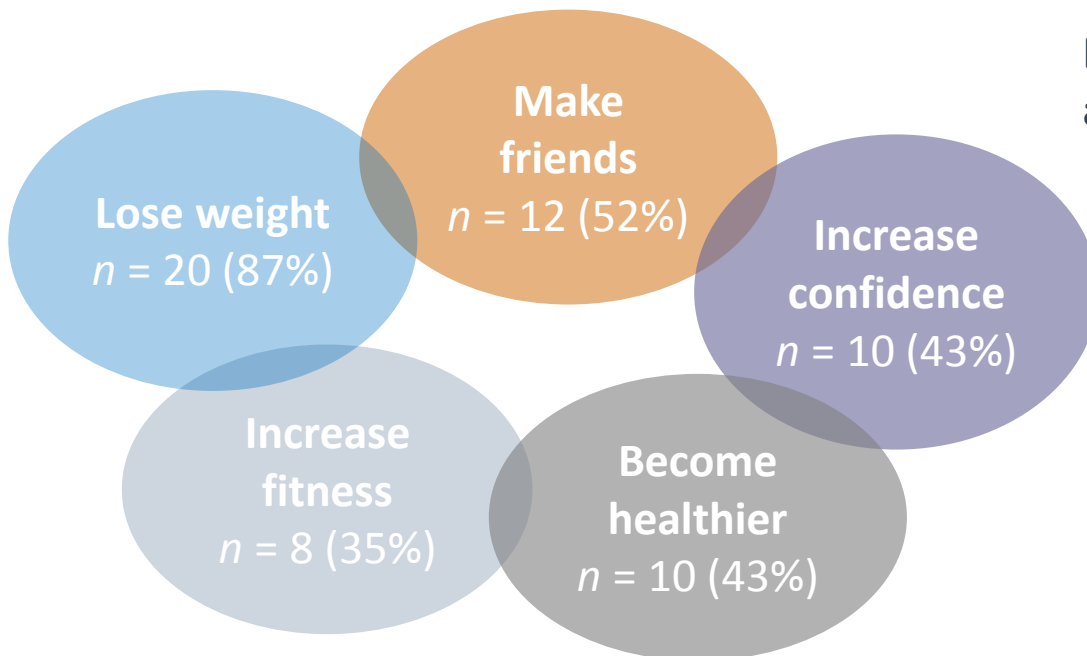
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- Lines of inquiry
  - Deductive - used multiple psychological- and socio-ecological- theories<sup>6,7,8</sup>
- Analysis
  - Thematic analysis<sup>9</sup>
  - Abductively coded
- Ethical approval granted by Leeds Beckett Research Ethics Committee



# Results

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



Expectations from programme attendance:

n = **26**

Median Exp./YP: **4**

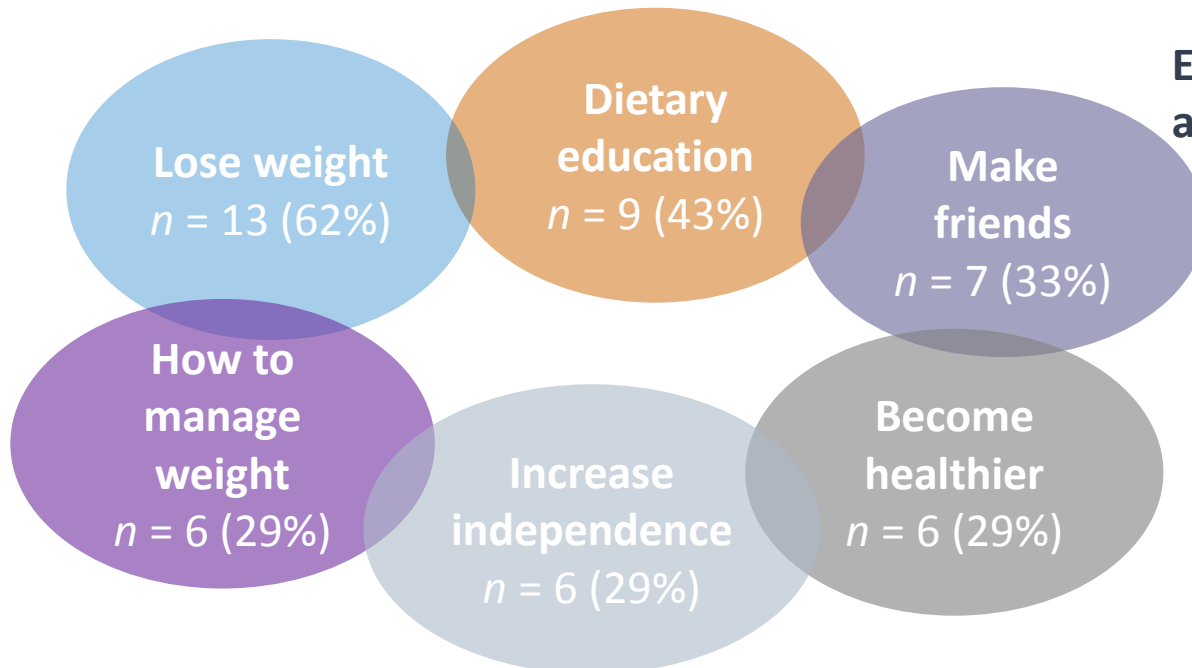
Min: **1**

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: <b>2</b>
Become healthier	4 (17%)	Max. expectations aligned: <b>3</b>
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

## 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

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- 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

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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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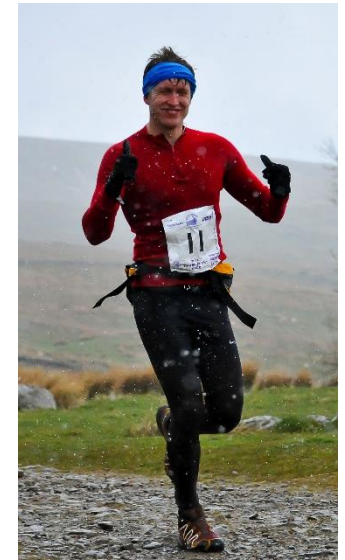
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# References

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