

IMPACT OF PARENTS' PSYCHOLOGICAL WELL-BEING VARIABLES ON THE FEEDING STYLES AND PRACTICES APPLIED TO THEIR CHILDREN

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Área: Ciências da Vida

Linhas de Pesquisa: Positive parenting

Breve descrição das atividades de pesquisa

This research group is focused on studying how parents' (mothers and fathers) psychological and behavioural variables are related to the feeding styles and practices that they are applying to their children. Also, analyse if there are behavioural differences depending on parents' gender. In addition, we would like to explore the effect that all those variables have on children eating behaviours and their BMI. The work of this group is contextualized in the ecological framework, covering nutritional and psychological topics, reaching a whole perspective of the parenting feeding field with the final goal of obtaining information to design new childhood obesity prevention strategies.

Impacto das pesquisas desenvolvidas para a sociedade e ciência

Currently, obesity is considered a global challenge, affecting all societies. Our group studies, among other aspects, how parental practices impact the risk of developing overweight and obesity in their children. Identifying how factors related to parents' behaviours and their context influence their feeding practices and consequently their children's outcomes are key to designing new strategies to prevent this population from non-communicable diseases and mental health issues. An effective prevention program, including parents in children's nutritional education programs by teaching them how to interact with their children better during meals, could have favourable economic results by reducing government spending on the healthcare system.