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*primary studies - published, non RCT*

## **Examining clinical trial results with single-subject analysis: an example involving behavioral and nutrition treatment for young children with cystic fibrosis.**

**Code:** PM16014819

**Year:** 2006 **Date:** 2006

**Author:** Powers SW

### **Study design (if review, criteria of inclusion for studies)**

non randomized trial

### **Participants**

young children with cystic fibrosis

### **Interventions**

The 5-week treatment included nutrition counseling and child behavioral management training for parents

### **Outcome measures**

energy intake measured by diet diaries

### **Main results**

Energy intake changed at each meal, only when treatment was introduced (week 1: snacks, 420 to 691; week 2: breakfast, 325 to 443; week 4: lunch, 350 to 443; and week 5: dinner, 373 to 460 calories per day). Total daily intake increased in a systematic fashion that exceeded the criterion set each week during treatment.

### **Authors' conclusions**

Toddlers and preschoolers with CF meet energy intake recommendations as a result of behavioral intervention. Single-subject research designs are important methodologies for advancing clinical investigation in pediatric psychology.

<http://dx.doi.org/10.1093/jpepsy/jsj049>

### **See also**

J Pediatr Psychol. 2006 Jul;31(6):574-81. Epub 2005 Jul 13.

### **Keywords**

Food; non pharmacological intervention - diet; non pharmacological intervention - psycho-soc-edu-org; Supplementation; Behavioural interventions;