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 - psyco-soc-edu-org; Supplementation; Behavioural interventions;