*primary studies - published RCT*

# Mealtime problems predict outcome in clinical trial to improve nutrition in children with CF.

**Code:** PM19953660 **Year:** 2010 **Date:** 2010 **Author:** Opipari-Arrigan L

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

clinical trial

### Participants

67 children, aged 4-12 years with cystic fibrosis

### Interventions

Behavioral intervention and nutrition education

### Outcome measures

Participants completed baseline measures of mealtime behavior problems, maternal depression, and fat absorption, and baseline and post-treatment caloric intake and weight.

### Main results

Assignment to behavioral group (R(2) change = 0.09), higher baseline weight (R(2) change = 0.10), fat absorption (R(2) change = 0.02), and lower frequency of mealtime behavior problems (R(2) change = 0.06) predicted greater weight gain baseline to post-treatment. Less frequent mealtime behavior problems led to better calorie intake and weight gain in a 9-week clinical trial of behavior intervention and nutrition education to improve nutritional status in cystic fibrosis.

### Authors' conclusions

The key implication from these findings is that early referral to behavioral intervention as soon as growth deficits become a concern will likely yield the best nutritional outcomes.

http://dx.doi.org/10.1002/ppul.21147

### See also

Pediatr Pulmonol. 2010 Jan;45(1):78-82.

### Keywords

Caloric Intake; Child; Depression; Food; Mental Disease-Psychiatric Conditions; non pharmacological intervention - diet; non pharmacological intervention - psyco-soc-edu-org; Nutrition Disorders; Supplementation; Behavioural interventions;