

primary studies - published RCT

## Behavioral and nutritional treatment for preschool-aged children with cystic fibrosis: a randomized clinical trial.

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

Randomized clinical trial

### Participants

78 children aged 2 to 6 years (mean age, 3.8 years) with CF and pancreatic insufficiency (intervention, n = 36 and control, n = 42). The study was conducted at 7 CF centers between January 2006 and November 2012

### Interventions

Behavioral intervention combined individualized nutritional counseling targeting increased energy intake and training in behavioral child management skills. The control arm provided education and served as a behavioral placebo controlling for attention and contact frequency. Both treatments were delivered in person or telehealth (via telephone). Sessions occurred weekly for 8 weeks then monthly for 4 months (6 months). Participants then returned to standard care for 1 year, with 12-month follow-up thereafter.

### Outcome measures

Changes in energy intake and WAZ score were examined from pretreatment to posttreatment (6 months) and change in HAZ score was assessed pretreatment to follow-up (18 months). Covariates included sex, *Pseudomonas aeruginosa* status at baseline, and treatment modality (in person vs telehealth).

### Main results

At baseline, mean (SD) energy intake was 1462 (329) kcals/d, WAZ score was -0.44 (0.81), and HAZ score was -0.55 (0.84). From pretreatment to posttreatment, the intervention increased daily energy intake by 485 calories vs 58 calories for the control group (adjusted difference, 431 calories; 95% CI, 282 to 581; P

### Authors' conclusions

Behavioral and nutritional intervention improved energy intake and HAZ score outcomes but not WAZ score outcomes. Our results provide evidence that behavioral and nutritional treatment may be efficacious as a nutritional intervention for preschoolers aged 2 to 6 years with CF and pancreatic insufficiency.

<http://dx.doi.org/10.1001/jamapediatrics.2015.0636>

### See also

JAMA Pediatr. 2015 May 4;169(5):e150636. doi: 10.1001/jamapediatrics.2015.0636. Epub 2015 May 4.

### Keywords

Child; Gastrointestinal Diseases; non pharmacological intervention - psycho-soc-edu-org; Pancreas insufficiency; Pancreatic Diseases; Malabsorption; Nutrition Disorders;