

Why do young people and their parents engage in a solution-focused health promotion feasibility trial?

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BACKGROUND:

- Children and young people with physical disability (CWPD) are at higher risk for suboptimal dietary and physical activity (PA) behaviours
- Understanding the motivation of children and parents to participate in health promotion studies helps us to design acceptable, feasible, and rigorous interventions

PURPOSE:

- To explore CWPD and their parents' expectations and motivations upon entering a randomized controlled trial on solution-focused coaching

METHODS:

- Semi-structured survey
- Participants included:
 - Children with cerebral palsy or spina bifida, aged 10-18, cognitive ability and willingness to set PA or dietary goals, English-speaking, independent body movement with/without device
 - Caregivers of child participants, English-speaking


Children and parents participated in a health promotion intervention study to increase their knowledge, facilitate healthy lifestyles, and help other children with physical disabilities

RESULTS:


Four themes identified:

1. Parents and children were jointly motivated to participate in the study to achieve a healthier lifestyle
2. Children wanted to participate to increase their own knowledge and ability to make healthy choices more independently
3. Parents wanted to increase their knowledge to support their child's health
4. Parents and children described altruistic motivations, such as helping other CWPD

Generally, we try to participate in all studies, maybe we benefit, but if not us someone will.



During my time in the study, I hope that I will gain the information that will help me to be healthier and act in a healthier way in the long run.



We are taking part in the study to encourage healthy eating and more exercise in everyday life. We hope she will take interest and want to learn about new activities and exercise and want to try new healthy recipes.

