



Perceived childhood parenting styles, childhood feeding practices, and current maladaptive and adaptive eating behaviors among Chinese adolescents and adults

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Introduction

Family environment is crucial for children's eating behaviors. Child Feeding practice (CFP; i.e., concern, monitoring, pressure to eat, and restriction) is affected by parenting style (PS; i.e., emotional warmth, rejection, and overprotection) and also affect children's eating behaviors. Thus, we assumed that CFP plays a mediating role in between. For eating behaviors, we tended to focus on both intuitive eating (IE) as adaptive eating and disordered eating (DE) as maladaptive eating.

A previous study collected child feeding practice directly from parents, let children report only intuitive eating. The current research collected children/adults' perceived parents' feeding practices, and assessed participants' current intuitive eating and disordered eating behaviors.

Aim: exploring the relationship among PS, CFP, IE, and DE among Chinese adolescents and adults.

Methods

- **Sample:** 499 adolescent (aged 16-18, 58.5% female) in TJ and 501 adults (aged 18-45, 49.7% female) nationwide

- **Measurement:**

s-EMBU: for measuring parenting style

Adapted Retrospective CFPQ: for measuring parents' child feeding practices

IES-2: for measuring current intuitive eating

12 itemed EDE-QS: for measuring current disordered eating

- **Data Analysis:**

Mediation and Pearson's bivariate correlation analysis by using R.

Results

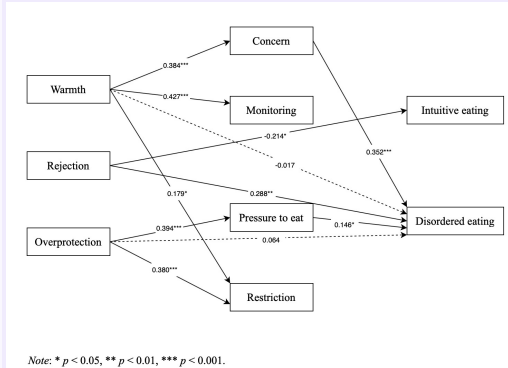


Figure 1: mediation role among Chinese male adults

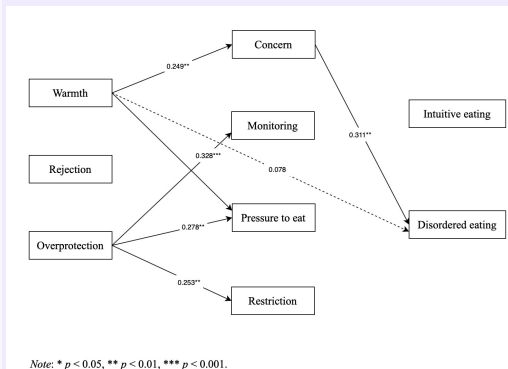


Figure 2: mediation role among boys

Both current intuitive eating as an adaptive eating and disordered eating as maladaptive eating were significantly related to childhood feeding practice in Chinese adults and adolescents, with disordered eating showed a stronger relationship. For disordered eating only, it was more significantly related to CFP especially in Chinese adult women, adult men, and girls.

In Chinese adult men, the relationship between emotional warmth and disordered eating was fully mediated by concern with a total indirect effect of .14 (95%CI .08, .24; $p < .001$); and the relationship between overprotection and disordered eating was fully mediated by pressure to eat with a total indirect effect of .06 (95%CI .01, .14; $p = .054$).

In Chinese boys, the relationship between warmth and disordered eating was fully mediated by concern with a total indirect effect of .08 (95% CI .02, .18; $p = .045$).

However, none of the childhood feeding practices showed mediating effects between perceived childhood parenting and eating behaviors in Chinese adult women and girls.

Discussion

The parenting style and CFP are perceived ones by participants, which involves unavoidable subjective influence. This may be critical in quantitative research but also necessary in qualitative research. Considering the cultural context in China, we had also collected who (parents or grandparents) are mainly responsible for participants' diets, assuming there can be a cross-generation effect. Comparisons between males and females, between adolescents and adults, need to be detailedly discussed. Further multi-group comparison and exploration will be conducted.

Conclusion

Perceived childhood parenting styles and childhood feeding practices are more related to adolescents' and adults' current maladaptive than adaptive eating behaviors.

Parents' feeding practices might be a mediator between childhood parenting styles and current disordered eating behaviors, especially in males.

Meeting Information

Please feel free to discuss with us via Tencent Meeting on Oct. 9th

Link:

<https://meeting.tencent.com/dm/4qyVY7zJGpgO>

ID : 190 177 928