Problematic Child Mealtime Behavior and Caregiver Mobile Phone Use

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Problematic Child Mealtime Behavior and Caregiver Mobile Phone Use

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Platform Presentation
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Toronto, Canada

Background

▪ Social norm exists for mobile device use
▪ Pervades family life
▪ Interrupts in-person interaction

Background

- Caregiver-child interactions → child behavior
- Mealtimes representative of caregiver-child interactions
- Clinically relevant
  - Positive interactions during mealtimes protective to health outcomes

Purpose

- Evaluate correlation of caregiver mobile phone problematic use (MPPU) and children’s poor mealtime behaviors (PMB)
- Hypothesis: Caregivers with ↑ MPPU report ↑ PMB
Methods

- Participants: Caregivers of children 2-8 years old
- Survey
  - Demographics
  - Meals in our Household Questionnaire
  - Mobile Phone Problematic Use Scale

Analysis

- Bivariate analysis
- Linear regression
- Multivariate models
  - Covariates with $p$-values of $\leq 0.05$
Results

- 103 participants
  - Caregivers
    - Female (84%), White (67%), Non-Hispanic (95%), some college education (38%), average age 32.9 years
  - Children
    - Female (51%), not overweight/obese (61%), average age 5.4

Results

- Significant covariates
  - ↑ MPPU
    - Younger age of caregiver
    - Female caregiver
    - Television being on during meals.
  - ↑ PMB
    - Younger age of child
Results

▪ Significant covariates
  ▪ ↑ MPPU
    ▪ Younger age of caregiver
    ▪ Female caregiver
    ▪ Television being on during meals.
  ▪ ↑ PMB
    ▪ Younger age of child

<table>
<thead>
<tr>
<th>Correlation of MPPUS and PMB p-value (r)</th>
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<tbody>
<tr>
<td>Total PMB</td>
</tr>
<tr>
<td>0.039(0.289)</td>
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</tbody>
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![Graphs showing correlation between MPPUS and PMB](image-url)
Discussion

- ↑ MPPU associated with ↑ PMB
- ↑ MPPU perceive children’s behaviors as more severe
- ↑ MPPU higher media users
- Limitations
  - Cross-sectional
  - No measure of caregiver mental health

Conclusion

- Mobile device use interrupts in-person interactions
- Caregiver-child interactions influence child’s behavior
- ↑ MPPU associated with ↑ PMB
- Caregiver MPPU needs be considered