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## Problematic Child Mealtime Behavior and Caregiver Mobile Phone Use

Libby Milkovich

Meredith Dreyer

Brooke Sweeney

Sarah Nyp

Benjamin Black

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# Problematic Child Mealtime Behavior and Caregiver Mobile Phone Use

**Libby Matile Milkovich, MD**

**Meredith Dreyer, PhD, Brooke Sweeney, MD, Sarah Nyp, MD, Ben Black, MD**

**Platform Presentation**

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**Toronto, Canada**



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## Background

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



1. Pew Research Center (2018). *Mobile Device Fact Sheet*. Pew Internet and American Life Project. Retrieved from: <http://www.pewinternet.org/fact-sheet/mobile/>.
2. McDaniel, B. T., & Radesky, J. S. (2018). Technoference: Parent distraction with technology and associations with child behavior problems. *Child development*, 89(1), 100-109.

# 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

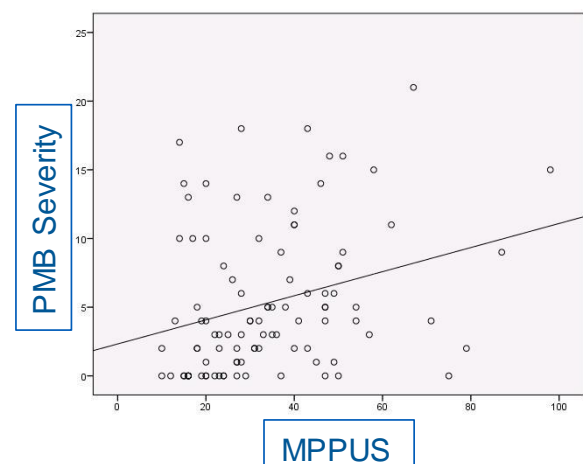
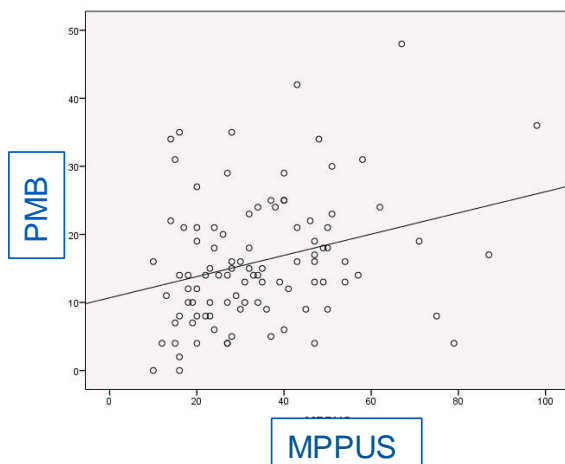
# Results

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

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# Results

Correlation of MPPUS and PMB $p$ -value (r)	
Total PMB	Severity PMB
0.039(0.289)	0.008(0.333)



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# 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