

# A PSYCHOSOCIAL AND LIFESTYLE ASSESSMENT FOR CHILDHOOD OBESITY: A SCOPING LITERATURE REVIEW AND FOCUS GROUPS WITH HEALTHCARE PROFESSIONALS

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## BACKGROUND

Childhood obesity is a complex disease resulting from the interaction of multiple factors. The effective management of childhood obesity requires assessing the psychosocial and lifestyle factors that may play a role in the development and maintenance of obesity.

### AIM

To add knowledge for further development of a psychosocial and lifestyle assessment for childhood obesity.

## METHODS



## RESULTS

First, a scoping review was performed by systematically searching on psychosocial and lifestyle assessments for childhood obesity in:

- Pubmed
- Embase
- PsycInfo
- IBSS
- Scopus
- Web of Science

Data were analysed by extracting data in Microsoft Excel.

Second, focus group discussions were held with healthcare professionals from a variety of disciplines and domains to explore their experiences and views about assessing psychosocial and lifestyle factors within the Dutch integrated care approach. Data were analysed using template analyses, complemented with open coding in MAXQDA.

The results provide an overview of relevant psychosocial and lifestyle factors that should be assessed and were classified as:

- Child
- Family
- Parental
- Lifestyle (e.g. nutrition, physical activity and sleep)

These factors were structured into psychological and social aspects.

Insights into how to assess psychosocial and lifestyle factors were identified as well, including:

- Talking about psychosocial factors lifestyle and weight
- The professional-patient relationship
- Attitudes of healthcare professionals.

## CONCLUSION

This study provides an overview of psychosocial and lifestyle factors that should be identified within the context of childhood obesity care, as they may contribute to the development and maintenance of obesity

The results highlight the importance of both what is assessed and how it is assessed.

Results of this study can be used to develop practical tools for facilitating healthcare professionals in conducting a psychosocial and lifestyle assessment.

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