

Children and Teens in Charge of their Health (CATCH): Measure responsiveness to a healthy lifestyle solution-focused coaching intervention

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BACKGROUND

- Solution-focused coaching for pediatric rehabilitation (SFC-peds) may help children with physical disabilities work towards personally meaningful physical activity (PA) and dietary goals
- Feasibility studies are conducted to inform future efficacy studies and include an examination of outcome measure performance

OBJECTIVE

- To determine the responsiveness of goal attainment, PA, and dietary intake measures to an SFC-peds coaching intervention

METHODS

- Participants were 10 – 18 years old with a diagnosis of cerebral palsy or spina bifida
- Randomization into coaching or control group
- All participants were provided with booklet on PA and healthy eating
- Coaching group also received SFC-peds on PA or dietary goals for up to 8 sessions over 6 months. Measures used: **COPM**, **GAS**, **DSQ**, and **HAES** at T1 (baseline), T2 (6 months) T3 (9 months), and T4 (12 months)
- Parametric and non-parametric test were used to examine within and between group differences

RESULTS

- 19 participants (10 M, 9 F) were randomized (n = 8 SFC-peds)
- Between group differences on measures:
 - **COPM**: significant +ve change between T1 & T2
 - **GAS**: +ve change between T1 & T2
 - **HAES**: ↑ in weekend PA in SFC-Peds; ↓ in controls
 - **DSQ**: ↑ in Intake of fruits/vegetables/legumes in SFC-peds at all times; ↓ in controls at T2 and T3

KEY TAKE AWAY

- The measures appear sensitive to change and could be used in an efficacy study of SFC-peds



Measures of goal attainment, physical activity, and dietary intake detected positive changes after youth participated in a solution-focused coaching intervention



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