

# Mindful parenting in pediatric obesity: From parenting practices to children and adolescents psychological adjustment

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**Self-evaluation:** 69%



## Key words

### 1/21. Theoretical question: which are the two main keywords of your research?

The focus of my research project is the relationship between mindful parenting and the psychological adjustment of obese children/adolescents.

Mindful parenting is a recently proposed parental practice that extends the mindfulness concepts to the context of parentchild relationships (Duncan, Coatsworth, & Greenberg, 2009).

Psychological adjustment is a broad concept to denote positive mental health, which reflects the relative adaptation of an individual to changing environmental conditions.

References: Duncan, L. G., Coatsworth, J. D., & Greenberg, M. T. (2009). A model of mindful parenting: Implications for parentchild relationships and prevention research. *Clinical Child and Family Psychology Review*, 12, 255270. doi: 10.1007/s1056700900463

**Self-evaluation:** 100%

## Streams of thought

### 2/21. Theoretical question: which are the two main streams of thought of your literature review?

Three opposite streams of thought about my research project are the perspective of attachment representations (Cowan et al., 1996), the perspective of selfcompassion (Neff, 2009) and the perspective of general mindfulness skills (Coatsworth et al., 2010).

The main debate between these three streams of thought is whether and how the parent's emotional regulation processes (attachment representations, selfcompassion, and general mindfulness skills) are associated with parenting practices and children's psychological adjustment, and how they relate with each other.

References:

Coatsworth, J. D., Duncan, L. G., Greenberg, M. T., & Nix, R. L. (2010). Changing parent's mindfulness, child management skills and relationship quality with their youth: Results from a randomized pilot intervention trial. *Journal of Child and Family Studies*, 19, 203-217. doi:10.1007/s1082600993048.

Cowan, P. A., Cohn, D. A., Cowan, C. P., & Pearson, J. L. (1996). Parents' attachment histories and children's externalizing and internalizing behaviors: Exploring family systems models of linkage. *Journal of Consulting & Clinical Psychology*, 64, 5363. doi: 10.1037/0022006X.64.1.53

Neff, K. D. (2009). SelfCompassion. In M. R. Leary, & R. H. Hoyle (Eds.), *Handbook of Individual Differences in Social Behavior* (pp. 561-573). New York: Guilford Press.

**Self-evaluation:** 0%

## Research gap

### 3/21. Theoretical question: which is the main gap that your research addresses?

Although expert panel recommendations strongly emphasize that pediatric obesity intervention should begin at the parent level (Barlow, 2007), there is still scarce literature dedicated to understand parental modifiable factors, such as mindful parenting, that may promote the psychological adjustment of obese children/adolescents. Moreover, even though mindful parenting has received an increasing attention in the last decade, it remains to be studied in the pediatric obesity context.

Reference: Barlow, S. E. (2007). Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: Summary report. *Pediatrics*, 120, 1641-192. doi: 10.1542/peds.20072329C

**Self-evaluation:** 100%

## Research question or hypothesis

### 4/21. Theoretical question: which is the main question or hypothesis of your research?

The research question of my study is whether and how mindful parenting correlates with the psychological adjustment of obese children/adolescents.

**Self-evaluation:** 100%

## State of the science

### 5/21. Theoretical question: which is the current answer to your research question or hypothesis?

The current answer to my research question is that mindful parenting has positive effects on the parent-child relationship, improving the quality of parenting and, consequently, the youth's psychological adjustment (Duncan, Coatsworth, & Greenberg, 2009).

Reference: Duncan, L. G., Coatsworth, J. D., & Greenberg, M. T. (2009). A model of mindful parenting: Implications for parent-child relationships and prevention research. *Clinical Child and Family Psychology Review*, 12, 255-270. doi: 10.1007/s1056700900463

**Self-evaluation:** 100%

## Philosophical stance

### 6/21. Methodological question: which is the philosophical stance of your research?

The specific term for the philosophical stance of my research is objectivist justification.

**Self-evaluation:** 0%

## Research strategy

### 7/21. Methodological question: which is the qualitative, quantitative or mixed method of your research?

My research strategy is a quantitative and cross-sectional study research.

Reference: Bryman, A. (2012). *Social Research Methods* (4th Ed.). Oxford, UK: Oxford University Press.

**Self-evaluation:** 50%

## Collection techniques

### 8/21. Methodological question: which are the data collection techniques of your research?

The data collection technique adopted in my research is the use of self-report questionnaires for obese children/adolescents and for respective parents/caregivers (e.g., Patton, 1990).

Reference: Patton, M. (1990). *Qualitative evaluation and research methods* (pp. 169-186). Beverly Hills, CA: Sage.

**Self-evaluation:** 100%

## Analysis techniques

### 9/21. Methodological question: which are the data analysis techniques of your research?

The data analysis techniques adopted in my research are path analysis or causal models with latent variables (Kline, 2010). The software adopted in my research to conduct all the statistical analysis is SPSS version 20.0 (IBM SPSS, Chicago, IL).

References:

IBM Corp. Released (2011). IBM SPSS Statistics for Windows, Version 20.0. Armonk, NY: IBM Corp.

Kline, R. B. (2010). Principles and practice of structural equation modeling (Third Edition). New York: Guilford Press.

**Self-evaluation:** 50%

## Quality criteria

### 10/21. Methodological question: which are the tactics of your research to ensure scientific quality criteria?

The quality criteria adopted in my research are external validity, internal validity, construct validity, convergent validity, and reliability (e.g., Cox & Hassard, 2010).

My research adopts tactics to increase external validity (sample for inferential statistical generalization), internal validity (inductive reasoning for theory development, and peer debriefing), construct validity (use of standardized selfreport questionnaires validated for the Portuguese language, brief explanation about the study, research assistant available to assist participants whenever necessary, open and closeended participant's responses to the questionnaire items), convergent validity (triangulation of streams of thought, collection techniques, and data origin), and reliability (informed consent form for the children/adolescents and for parents/caregivers, standardized techniques for the data collection, use of selfreport questionnaires validated for the Portuguese population and with good coefficients of internal consistency (Cronbach's Alpha), use of a statistical software for quantitative data analysis).

Reference: Cox, J., & Hassard, J. (2010). Triangulation. In Mills, A., Durepos, G., and Wiebe, E. (Eds.). Encyclopedia of Case Study Research, 944948. Thousand Oaks, California: Sage Publications, 2.

**Self-evaluation:** 50%

## Unit of analysis

### 11/21. Empirical question: which is the unit of analysis of your research?

The unit of analysis that I compare in reality to operationalise the relationship between mindful parenting and the psychological adjustment of obese children/adolescents are dyads composed by one obese children/adolescent seeking clinical treatment, or populationbased obese children/adolescent, or nonobese children/adolescent, and the respective parent or caregiver.

**Self-evaluation:** 50%

## Level of analysis

### 12/21. Empirical question: which is the level of analysis of your research?

The levels of analysis of the unit of analysis of my research are individual and dyadic.

**Self-evaluation:** 100%

## Nature of data

### 13/21. Empirical question: which is the nature of the data of your research?

The qualitative data collected in my research include words and sentences corresponding to answers to open questions by the participants.

The quantitative data collected in my research are numbers corresponding to closeended questions and to the questionnaire's coding.

**Self-evaluation:** 50%

## Origin of data

### 14/21. Empirical question: which is the origin of the data of your research?

The primary data collected in my research include text (answers to open questions) and numbers (answers to closeended questions).

The secondary data collected in my research include text (documents) and multimedia (Internet sites).

**Self-evaluation:** 50%

## Sample

### 15/21. Empirical question: which is the sample of your research?

The sample of my research will comprise three groups consisting of dyads composed by one parent/caregiver and the children (7-12 years) or adolescent (13-18 years). The groups are distinguished by the treatment status of obese youth, following methodological recommendations (Guilfoyle, Zeller, & Modi, 2010): obese children/adolescents seeking clinical treatment, population-based obese children/adolescents, and nonobese children/adolescents.

Each group will comprise 100 children and 100 adolescents and respective parent/caregiver, in a total of 300 participants per group. Reference: Guilfoyle, S. M., Zeller, M. H., & Modi, A. C. (2010). Parenting stress impacts obesity-specific health-related quality of life in a pediatric obesity treatment-seeking sample. *Journal of Developmental and Behavioral Pediatrics*, 31, 114. doi:10.1097/DBP.0b013e3181c73641

**Self-evaluation:** 100%

## Pathos

### 16/21. Rhetorical question: which are the positive and negative emotions of your research?

The positive emotions associated with my research are important theoretical advances in the area of mindful parenting which will allow the development of innovative scientific publications for the science, and the subsequent development of a mindful parenting based intervention protocol specifically designed to pediatric obesity for the clinical psychology industry and for the health services for the general population.

My research is not associated with negative emotions in terms of ethics and conflicts of interest as it is described in the letter for the parents explaining the study objectives, benefits and prejudices, where is required their informed consent before they and their children participate in the study. Informal consent is also required for the children/adolescents.

**Self-evaluation:** 100%

## Logos

### 17/21. Rhetorical question: which is the scientific logic of your research?

The scientific logic adopted in my research is hypothetico-deductive.

**Self-evaluation:** 50%

## Ethos

### 18/21. Rhetorical question: which are the limitations of your research?

The main theoretical limitation of my research is the absence of other streams of thought specifically about mindful parenting and obese children/adolescents psychological adjustment.

The main methodological limitation of my research is the absence of other research strategies apart from quantitative and cross-sectional study research.

The main empirical limitation of my research is the absence of data described by the obese and nonobese children/adolescents and respective parents or caregivers.

**Self-evaluation:** 0%

## Wisdom

### 19/21. Authorial question: which is your education and experience related with your research?

My education is a master degree in Psychology, sub area of Cognitive Behavioral Interventions in Psychological and Health Disorders, and the topic of my master thesis dissertation was "Psychosocial adjustment in pediatric obesity: The role of body image dissatisfaction". Therefore, my education is synergetic with my research topic in the role of mindful parenting as a modifiable mechanism to the promotion of the psychological adjustment of obese children/adolescents.

My experience includes diverse internships, among which a voluntary internship in the Pediatric Hospital in the Hospital University Center of Coimbra, which is also synergetic with my research topic in the role of mindful parenting as a modifiable mechanism to the promotion of the psychological adjustment of obese children/adolescents.

**Self-evaluation:** 100%

## Trust

### 20/21. Authorial question: who are the partners of your research?

My literature review is supported mainly by my supervisor, but also by other researchers from our research unit with expertise in the area of my investigation, and experts that I have contacted in conferences and congresses and by email.

The implementation of my research strategy is supported by my supervisor, other researchers from our research unit with expertise in methodological strategies, and experts in methodological strategies that I have contacted in methodological seminars and by email.

My data collection is supported by physicians and nutritionists from different health institutions, directors and professors from school units, and if necessary by relatives, friends, and acquaintances from the general population.

**Self-evaluation:** 100%

## Time

### **21/21. Authorial question: which is your availability of time and resources for your research?**

I have fulltime availability to conduct my research project.

I have a doctoral grant from the Foundation for the Science and Technology (FCT) to develop my research during four years entitled "Mindful parenting in pediatric obesity: From parenting practices to children and adolescents psychological adjustment" (ref. SFRH/BD/102722/2014).

Apart from this grant, I need specific grants to participate in national and international congresses and conferences. Furthermore, I have project management skills to conduct and conclude my research.

**Self-evaluation:** 100%