Abstract

Introduction: parenting represents challenges. Mothers of overweight (OW) - obesity (OB) children face their children’s lifestyle behaviors related to body weight. Objectives: 1) To assess the reliability of The Lifestyle Behaviour Checklist (LBC) in Spanish, 2) To evaluate the children’s lifestyle behaviour that represent for the mother a problem for managing (PB) and self-efficacy (SE) to manage them in mothers of children with and without OW-OB and 3) To verify the differences between groups. Methods: participated 367 dyads (mother / child). Mothers answered the LBC with two scales, problems behaviour scale (PBS) and self-efficacy to managing them scale (SMS). The dyads’ weight and size were measured. Cronbach’s alpha coefficient, descriptive statistics and ANOVA were calculated. Results: Cronbach’s alpha for PBS was 0.86 and 0.96 for SMS. Watches too much television was the greatest problem in managing for mothers of children with and without OW-OB (F = .232, p = .630). The mothers of children with OW-OB had lower self-efficacy compared to mothers of children without OW-OB (F = 14.155, p = .001). The mothers of children with OW-OB perceived more PB (Mean = 55.40) and less SE compared to mothers of children without OW-OB (F = 15.45, p <.001). Conclusions: LBC in Spanish had acceptable internal consistency. The mothers of children with OW-OB perceived more PB and had less SE. We recommend the implementation of programs that would strengthen the maternal SE.

Keywords

Self efficacy, Child rearing, Life style, Body weight, Pediatric obesity.