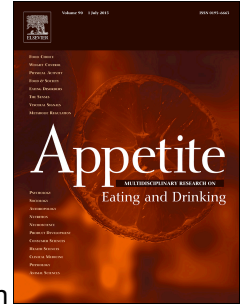


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Cross-sectional associations between maternal self-efficacy and dietary intake and physical activity in four-year-old children of first-time Swedish mothers

Rohde Jeanett Friis, Bohman Benjamin, Berglund Daniel, M. Hansson Lena, Frederiksen Peder, Mortensen Erik Lykke, Heitmann Berit Lilienthal, Rasmussen Finn



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1 **Cross-sectional associations between maternal self-efficacy and dietary intake and**
2 **physical activity in four-year-old children of first-time Swedish mothers.**

3

4 **Abstract**

5 **Background:** Healthy dietary and physical activity behaviours are established early in life
6 where children learn by observing their parents. Therefore, parents can act as role models
7 and influence their children toward a healthier lifestyle. Besides a strong association
8 between parental and child health behaviours, parents also influence their children's health
9 behaviours through socio-cognitive processes, where perceived self-efficacy is the central
10 component.

11 The objective was to examine if parental self-efficacy among Swedish mothers was
12 associated with their four-year-old children's dietary and physical activity behaviours.

13

14 **Methods:** This cross-sectional study was based on information from control participants
15 that took part in the Swedish primary prevention trial of childhood obesity (PRIMROSE)
16 (n=420 mother-child pairs). Linear regression models were used to examine the
17 associations between parental self-efficacy (Parental Self-Efficacy for Promoting Healthy
18 Physical Activity and Dietary Behaviours in Children Scale) and children's dietary intake
19 (parent reported) and levels of physical activity (accelerometer) with adjustments for
20 potential confounders.

21

Abbreviations

| | |
|----------------|---|
| AIC | Akaike Information Criterion |
| BMI | Body mass index |
| CI | Confidence interval |
| CPM | Counts per minute |
| FFQ | Food frequency questionnaire |
| MVPA | Moderate-to-vigorous physical activity |
| PA | Physical activity |
| PSE | Parental self-efficacy |
| PSEPAD | Parental Self-Efficacy for Promoting Healthy Physical Activity and Dietary Behaviours in Children Scale |
| SE | Perceived self-efficacy |
| SES | Socio-economic status |
| SSB | Sugar sweetened beverages |
| V _m | Vector magnitude |

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