



ORIGINAL ARTICLE

Parents' perception of health-related quality of life in children and adolescents with excess weight^{☆,☆☆}



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KEYWORDS

Quality of life;
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Abstract

Objective: To evaluate the perception of parents or caregivers on the health-related quality of life (HRQOL) of children/adolescents with overweight/obesity and possible factors associated with this perception.

Methods: This was a cross-sectional study involving 297 caregivers of children and adolescents with normal weight ($n=170$) and with overweight/obesity ($n=127$), from public and private schools in the study municipality. HRQOL scores obtained through the Child Health Questionnaire – Parent Form 50 (CHQ-PF50) were compared according to the nutritional status and gender of the children/adolescents. Multiple regression analysis was used to determine the predictive value of studied variables for the variation in HRQOL scores.

Results: Parents of children/adolescents with overweight/obesity attributed lower HRQOL scores to their children in the following domains: physical functioning ($p<0.01$; $d=0.49$), self-esteem ($p<0.01$; $d=0.38$), parental impact-emotional ($p<0.05$; $d=0.29$), family cohesion ($p<0.05$; $d=0.26$), physical summary score ($p<0.05$; $d=0.29$), and psychosocial summary score ($p<0.05$; $d=0.25$). In the multiple regression models, the variables with the highest contribution to the variation in HRQOL scores were: in the physical functioning domain, parental

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PALAVRAS-CHAVE

Qualidade de vida;
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Sobrepeso;
Obesidade;
Autoimagem

impact-time ($\beta = 0.23$; $p < 0.05$); self-esteem, nutritional status ($\beta = -0.18$; $p \leq 0.01$); emotional impact on parents, impact on parents' time ($\beta = 0.31$; $p < 0.05$); and in family cohesion, global behavior ($\beta = 0.30$; $p < 0.05$).

Conclusions: A negative impact on HRQOL of children/adolescents with overweight/obesity was observed in the physical and psychosocial aspects. The nutritional status was the variable with the greatest contribution for the assessment the self-esteem of children and adolescents in this study.

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Percepção dos pais acerca da qualidade de vida relacionada à saúde de crianças e adolescentes com excesso de peso

Resumo

Objetivo: Avaliar a percepção dos pais ou cuidadores a respeito da qualidade de vida relacionada à saúde (QVRS) de crianças/adolescentes com sobrepeso/obesidade e os possíveis fatores associados a essa percepção.

Métodos: Estudo transversal com a participação de 297 cuidadores de crianças e adolescentes eutróficos ($n = 170$) e com sobrepeso/obesidade ($n = 127$), provenientes de escolas públicas e privadas do município do estudo. Escores de QVRS obtidos por meio do *Child Health Questionnaire – Parent Form 50* (CHQ-PF50) foram comparados de acordo com o estado nutricional e sexo das crianças/adolescentes. Análises de regressão múltipla foram utilizadas para determinar o valor preditivo das variáveis estudadas para a variação dos escores de QVRS.

Resultados: Pais de crianças/adolescentes com sobrepeso/obesidade atribuíram menores escores de QVRS para seus filhos nos domínios: função física ($p < 0,01$; $d = 0,49$), autoestima ($p < 0,01$; $d = 0,38$), impacto emocional dos pais ($p < 0,05$; $d = 0,29$), coesão familiar ($p < 0,05$; $d = 0,26$), Sumário do escore físico ($p < 0,05$; $d = 0,29$) e Sumário do escore psicossocial ($p < 0,05$; $d = 0,25$). Nos modelos de regressão múltipla, as variáveis com maior contribuição para a variação dos escores de QVRS foram: no domínio função física, impacto no tempo dos pais ($\beta = 0,23$; $p < 0,05$); autoestima, estado nutricional ($\beta = -0,18$; $p \leq 0,01$); impacto emocional nos pais, impacto no tempo dos pais ($\beta = 0,31$; $p < 0,05$); coesão familiar, comportamento global ($\beta = 0,30$; $p < 0,05$).

Conclusões: Há impacto negativo na QVRS de crianças/adolescentes com sobrepeso/obesidade em aspectos físicos e psicossociais. O estado nutricional foi a variável de maior contribuição para a avaliação da autoestima das crianças e adolescentes do presente estudo.

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Introduction

The prevalence of obesity has significantly increased in recent decades in both developed and developing countries. In Brazil, approximately one-third of children between 5 and 9 years of age have excess weight.¹ Among male and female adolescents, the prevalence is 21.7% and 19.4%, respectively.¹

With the increase in obesity, the onset of type 2 diabetes, hepatic steatosis, and orthopedic problems, and an increased risk of cardiovascular complications such as hypertension, dyslipidemia, atherosclerosis, and coronary disease have been observed in children and adolescents, which results in a decrease in life expectancy.² In the short term, the main consequences of obesity in the pediatric age range occur in the psychosocial context, such as low self-esteem, depressive symptoms, greater exposure to discrimination and bullying, and impaired health-related quality of life (HRQOL).³

Several studies have highlighted the negative impact on the perception of well-being, both in the physical and psychosocial dimensions, of children and adolescents with overweight and obesity, either reported by the children themselves or by their parents or caregivers. HRQOL assessment in children can be a problem, given the possible cognitive difficulties related to item interpretation.⁴ In this context, the perception of caregivers constitutes a very useful alternative for assessing the quality of life of children and adolescents.⁴

The Child Health Questionnaire – Parent Form 50 (CHQ-PF50) is a generic tool validated for Brazilian Portuguese and widely used in the literature to assess the quality of life of children and adolescents with chronic diseases from the parents' perspective. Only one study used the CHQ-PF50 to verify the perception of well-being of children and adolescents with overweight and obesity. However, the reliability of internal consistency of the tool was not verified, which hinders result interpretation.⁵

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