

Parental asthma related anxiety and feeding practices in families of children living with controlled and inadequately controlled asthma

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Evidence suggests that parental anxiety correlates with asthma control. Thus far, there is limited understanding of how asthma-related anxiety can influence dietary behaviours thought to exacerbate asthma. This study aimed to establish if there were differences in asthma-related anxiety and feeding practices between parents of children living with controlled and inadequately controlled asthma. Parents of children aged 10-16 years living with asthma (n=301) completed questionnaires measuring parental asthma-related anxiety, parental feeding, and child asthma control. Parents of children living with inadequately controlled asthma reported significantly greater asthma-related anxiety and un-healthy feeding practices (e.g. use of food for emotion regulation). A positive relationship was found between parental asthma-related anxiety and the use of food for emotion regulation in only the inadequately controlled asthma sample. These findings suggest that parental asthma-related anxiety may indirectly influence asthma outcomes through un-healthy parenting practices. Interventions to manage parents' anxiety may offer opportunities to modify parental feeding and asthma out-comes.