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Authors	Clarke, Rebecca;Farrow, Claire;Heath, Gemma;Nagakumar, Prasad;Pattinson, Helen
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Parental asthma related anxiety and feeding practices in families of children living with controlled and inadequately controlled asthma

Rebecca Clarke^{1*}, Claire Farrow¹, Gemma Heath², PrasadNagakumar³, Helen Pattison¹.

¹Department of Psychology, Aston University, Birmingham, UK;

²Department of Psychology, University of Wolverhampton, Wolverhampton, UK;

³Department of Paediatric Respiratory Medicine and Cystic Fibrosis, Birmingham Women's and Children's Hospital, Birmingham, UK

*corresponding author E-mail address:clarker3@aston.ac.uk (R. Clarke).

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.