

## Parent vs Child Perception of HRQOL in Healthy Weight and Overweight Children

Authors: Timothy Flanagan, B.A., David W. Brock, PhD, Payal Desai, B.S., John Lavoie, Jessica Donahue, Jessica Page, Connie L. Tompkins, PhD

**Background:** An individual's perceived psychological and social health may be measured by obtaining their health-related quality of life (HRQOL). Obtaining a measure of HRQOL provides insight regarding the effects of disorders, disabilities, and diseases in an individual's day-to-day life. Previous studies reported that obese children displayed lower and impaired HRQOL compared to healthy weight children. Furthermore, parents of obese children reported significantly impaired HRQOL compared to their children.

**Objective:** To examine HRQOL in healthy weight and obese children as well as their parent's perception of their HRQOL

**Design:** A cross-sectional analysis of 29 participants [14 obese (>95th body mass index (BMI) percentile, 15 healthy weight (25th - ≤85th BMI percentile), 26 Caucasian, 2 Asian, 1 African-American, 7-10 years; 15 males, 14 females] prior to participation in a before-school physical activity program.

**Methods:** The Pediatric Quality of Life Inventory (PedsQL) Measurement Model for children ages 8-12 years along with a parent proxy-report of child HRQOL was administered. Height and weight were measured and BMI [wt(kg)/ht(m)<sup>2</sup>] was calculated.

**Results:** Although not significant, obese children displayed lower HRQOL total scores (80.6) compared to healthy weight children (85.3). Parents of obese children reported lower HRQOL (79.7) compared to their children (80.6). Healthy weight children reported similar HRQOL to their parents (85.3 vs. 83.5, respectively). Parents of healthy weight children reported higher HRQOL scores on all scales [physical (89.0), emotional (78.7), social (85.7), and school (77.3) functioning] than parents of obese children (85.5, 73.2, 76.8, and 79.6, respectively).

**Conclusions:** Consistent with findings reported in the literature, obese children reported lower HRQOL compared to their healthy weight peers. Perceptions of HRQOL observed between the obese children and their parents were also similar to previous studies. Research plans include further investigation of HRQOL in young children of various weights as well as their parents' perception of HRQOL.