

Caregiver Outcomes From a Parent-Mediated Intervention May Be Dependent on Caregiver Skills & Confidence at Intervention Initiation

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Caregivers are an essential piece of family routine and practices with many interventions in the home being mediated by caregiver involvement. However, little research focuses on how participation as an intervention partner influences caregivers' outcomes. This study aims to evaluate caregiver outcomes of stress, self-efficacy, and positive feeding responses and confidence following participation in the Engaged Eaters Program delivered by Telehealth. A quasi-experimental pre-post-test design was used to evaluate caregiver outcomes following participation in the Engaged Eaters program. Data from the Engaged Eaters Program intervention telehealth study was used. Caregivers completed pre- and post-intervention measures to capture changes in their global stress, parenting efficacy and positive feeding responses and feeding confidence. Individual differences were explored using standardized mean difference scores. Non-parametric Wilcoxon signed-rank tests were completed for all pre-and post-intervention scores. Individual differences revealed trends that suggest caregiver outcomes may be dependent on their level of efficacy and skills at intake. Group-level analysis of pre-post-intervention changes were non-significant. Detailed measurement of caregiver outcomes including their baseline skillset and knowledge developed throughout the intervention may be helpful in providing insight into shifts in daily practices to promote their child's participation in mealtime. This study informs future research targeted at identifying ways to optimize the measurement of caregiver baseline skills and outcome measures. Occupational therapy is uniquely equipped to holistically engage both children and caregivers in intervention. Results of this study support tailored intervention approaches and the importance of evaluating caregiver capacity using sensitive measures that represent the wide range of caregiver skills.

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