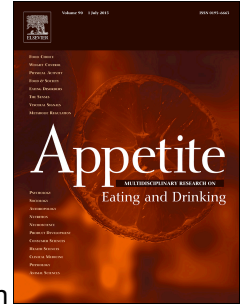


Accepted Manuscript

Cross-sectional associations between maternal self-efficacy and dietary intake and physical activity in four-year-old children of first-time Swedish mothers

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PII: S0195-6663(16)30638-9

DOI: [10.1016/j.appet.2018.01.026](https://doi.org/10.1016/j.appet.2018.01.026)

Reference: APPET 3765

To appear in: *Appetite*

Received Date: 25 October 2016

Revised Date: 19 January 2018

Accepted Date: 22 January 2018

Please cite this article as: Friis R.J., Benjamin B., Daniel B., Hansson Lena M., Peder F., Lykke M.E., Lilienthal H.B. & Finn R., Cross-sectional associations between maternal self-efficacy and dietary intake and physical activity in four-year-old children of first-time Swedish mothers, *Appetite* (2018), doi: 10.1016/j.appet.2018.01.026.

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1 **Cross-sectional associations between maternal self-efficacy and dietary intake and**
2 **physical activity in four-year-old children of first-time Swedish mothers.**

3

4 **Abstract**

5 **Background:** Healthy dietary and physical activity behaviours are established early in life
6 where children learn by observing their parents. Therefore, parents can act as role models
7 and influence their children toward a healthier lifestyle. Besides a strong association
8 between parental and child health behaviours, parents also influence their children's health
9 behaviours through socio-cognitive processes, where perceived self-efficacy is the central
10 component.

11 The objective was to examine if parental self-efficacy among Swedish mothers was
12 associated with their four-year-old children's dietary and physical activity behaviours.

13

14 **Methods:** This cross-sectional study was based on information from control participants
15 that took part in the Swedish primary prevention trial of childhood obesity (PRIMROSE)
16 (n=420 mother-child pairs). Linear regression models were used to examine the
17 associations between parental self-efficacy (Parental Self-Efficacy for Promoting Healthy
18 Physical Activity and Dietary Behaviours in Children Scale) and children's dietary intake
19 (parent reported) and levels of physical activity (accelerometer) with adjustments for
20 potential confounders.

21

Abbreviations

AIC	Akaike Information Criterion
BMI	Body mass index
CI	Confidence interval
CPM	Counts per minute
FFQ	Food frequency questionnaire
MVPA	Moderate-to-vigorous physical activity
PA	Physical activity
PSE	Parental self-efficacy
PSEPAD	Parental Self-Efficacy for Promoting Healthy Physical Activity and Dietary Behaviours in Children Scale
SE	Perceived self-efficacy
SES	Socio-economic status
SSB	Sugar sweetened beverages
V _m	Vector magnitude

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