

The Turkish adaptation of the family and nutrition and physical activity (abfa-tr) screening tool

Merve Çolak

H Ikişik¹, E Ekici², H Ankaralı¹, G Manav³, M Yetim², EH Kozan²

¹Faculty of Medicine, Istanbul Medeniyet University, Üsküdar, Istanbul, Turkey

²Faculty of Health Sciences, Uskudar University, Üsküdar, Istanbul, Turkey

³Faculty of Health Sciences, Sıtkı Koçman University, Muğla, Turkey

Contact: merve.yetim@uskudar.edu.tr

Background:

Assessing the dietary and physical activity state of the family is important in determining the causes of obesity in the child. The aim of this study is to adapt The Family Nutrition and

Physical Activity Screening Tool (FNPA) to Turkish and evaluate its reliability and validity.

Methods:

In this methodological research, mixed probabilistic sampling methods were used. The sample size was not calculated and it was aimed to reach all of the 1126 students and families in the three primary schools with different socioeconomic status (high, medium, low) in Uskudar, Istanbul. A total of 727 students' and their families' data were collected. Research data were collected by a two-part questionnaire. Survey forms were composed of an introductory information form and the Turkish version of the (FNPA). The low total score on the scale means high-risk family environment and behavior, and the high total score means a more positive family environment and behavior. Prior to the implementation of the scale in the field, a pilot application was made.

Results:

The Cronbach alpha coefficient for the internal consistency of the scale was 0.724. The test-retest reliability coefficient of the scale had a medium to very high level ranged from 0.422 to 0.925. The Kaiser-Meyer-Olkin test result of the 20 questions in the scale was found to be appropriate as 0.771. To evaluate the validity of the content, relationships between the scale score and the answers given the questions about the eating behaviors of the family which were not included in the scale. When these relationships were evaluated, the mean scores of those who had regular breakfast were significantly higher ($P = 0.001$).

Conclusions:

The study shows that the ABFA-TR scale is a valid and reliable measurement tool for Turkish population.

Key messages:

- It is likely that home environments and parental behaviors with interchangeable risk factors for obesity and overweight may alleviate or aggravate the potential risk of obesity.
- The development and use of measurement tools related to the family environment as an element of obesogenic environment are among the important steps taken to fight obesity.