

while adherence to iron supplementation was suboptimal, with attitude being the strongest predictor.

## **OP 9**

### **The Role of parenting style and child feeding practices in predicting the nutritional status of children (5- 14 years) admitted to Paediatric wards, Teaching Hospital, Jaffna.**

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**Introduction:** Nutrition-related health problems among children are on the rise worldwide; the majority of them can be prevented. We believe that parents play a key role in determining children's nutritional status through their feeding practices.

**Objectives:** To determine the role of parenting styles, feeding practices, and their relationship to the nutritional status of the children (5-14 years).

**Design, Setting and Method:** A hospital-based descriptive cross-sectional study was conducted in all Paediatric wards, Teaching Hospital, Jaffna, among 431 children aged 5–14 years admitted for minor ailments and their parents. Data was collected using two self-administered questionnaires: The Parenting Style Questionnaire and the Child Feeding Questionnaire. Ethical approval was obtained from the University of Jaffna Ethical Review Committee (Ref: J/ERC/24/161/NDR/0324). Anthropometric measurements were taken, and WHO Anthro Plus Survey Analyzer was used to determine the nutritional status. Data was analyzed using SPSS 25.0, and path analysis was conducted using SPSS AMOS 26.0.

**Results:** Among 431 participants, mean age was  $8.86 \pm 2.65$  years, and 53.8% were males and 46.2% were females. The majority of parents (87.9%) practiced authoritative parenting. The structural equation model showed  $\chi^2 (180) = 308.6$ ,  $p$

< 0.001; Comparative Fit Index > 0.95 (good fit); Tucker-Lewis Index > 0.9 (acceptable fit); Root Mean Square of Approximation < 0.05 (good fit). Authoritative parenting showed significant positive correlation ( $p < 0.001$ ) with Child feeding factors, including perceived responsibility, concern about child weight, pressure to eat, and monitoring. It showed positive association with child nutritional status ( $r = 0.091$ ,  $p = 0.06$ ). The children were categorized into four groups: normal, underweight, overweight, obese and stunting, with percentages of 57.5%, 18.5%, 13.7%, and 10.2% and 15.8% respectively

**Conclusions:** The study highlights that authoritative parenting is associated with better nutritional outcomes in children. Appropriate feeding practices also positively influence growth and development. These findings emphasize the importance of promoting positive parenting approaches and educating caregivers on healthy feeding behaviors to maintain child nutrition.

## OP 10

### **Prevalence of Nomophobia and its associated factors among Grade 10-13 students in Jaffna district**

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**Introduction:** Nomophobia is being anxious of not having access to a mobile phone or to mobile phone services. With increasing smartphone use among adolescents, nomophobia is becoming more common, potentially affecting behavior, mental health, and quality of life.

**Objectives:** This study aimed to determine the prevalence and severity of nomophobia and to identify associated sociodemographic and behavioral factors among Grade 10–13 students in Jaffna.