

[Get Access](#)[Share](#)[Export](#)

Journal of the National Medical Association

Volume 107, Issue 2, June 2015, Pages 74-79

ORIGINAL COMMUNICATION

Parent & Family Influences on Adopting Healthy Weight-Related Behaviors: Views and Perceptions of Obese African-American Female Adolescents

Keeley J. Pratt Ph.D., LMFT ... Susan Sumner Ph.D.

 [Show more](#)

[https://doi.org/10.1016/S0027-9684\(15\)30027-4](https://doi.org/10.1016/S0027-9684(15)30027-4)

[Get rights and content](#)

Acknowledgments

RTI International is acknowledged for supporting the time of Susan McRitchie, Keeley Pratt and Susan Sumner to participate in the design, execution, or analysis of this study. East Carolina University would like to acknowledge Brittney France for being a triangulated investigator for the qualitative analysis and to the Pitt Memorial Hospital Foundation for financial support of the healthy lifestyles camp.

Our purpose was to evaluate the views of obese African-American (AA) female adolescents concerning parent and family factors relating to obesity and a healthy lifestyle. Obese AA female adolescents enrolled in a residential healthy lifestyle program completed inventories measuring family functioning and perceptions of parenting styles, and participated in focus groups to identify themes regarding parent and family involvement in healthy lifestyle change. The majority of participants' mothers were scored as "inductive/authoritative" and fathers were "indulgent". Mothers reportedly were seen as more likely to encourage dieting to control weight than fathers. Common themes of the focus groups included a desire for family involvement, identification of family behaviors that were supportive as well as those which were perceived as unhelpful. Though generalizability of these results is limited by a homogenous small sample size, our results suggest that obese adolescents seeking weight loss treatment desire significant family involvement in their efforts.

[Previous](#)[Next](#)

Keywords

Adolescents; Focus groups; Obesity; Family Functioning; Parenting Styles

[Recommended articles](#)[Citing articles \(1\)](#)

Financial disclosure statement: We do not have any financial interests or other conflicts to disclose.

