

Health-related quality of life of parents of children with feeding disorders in a tertiary care clinical setting in Western Province, Sri Lanka.

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Background: Parents of children with Feeding Disorders (CFD) have to be much stronger in their lives by keeping good Health-Related Quality of Life (HRQoL), as they are primary caregivers of children. It is extremely beneficial for clinicians and researchers to explore the HRQoL of parents of CFD to continue optimal care for children in Sri Lanka.

Objective/s: The aim of the study was to examine the impact of children's Feeding Disorders (FD) on their parents' health-related quality of life (HRQOL) in Sri Lanka.

Methods: Demographic, economic, and feeding history were obtained from 246 parents of CFD, aged between 6 months and 7 years, who receive feeding therapy at a community multidisciplinary care center. Participants completed standard adapted assessments on identifying the severity of feeding disorders (Pedi-EAT) and its impact on their HRQoL (FS-IS). Statistical analysis was performed on data using the Statistical Package for the Social Sciences (SPSS) version 26.0.

Results: The results indicated that caring for CFD issues negatively affected the caregivers' health-related quality of life (HRQoL). Independent sample t-test revealed that mothers of CFD have significantly lower HRQoL compared to fathers ($t(245) = .947, p = .001$). HRQoL of parents has not significant different when the severity of feeding disorders of their children was higher. But socio-demographic factors directly affect HRQoL. Similarly, long-term FD in children showed significantly higher worry among parents and restrictions to their daily activities, reducing their HRQoL.

Conclusion/s: In conclusion, this is the first study of this nature conducted in Sri Lanka to investigate parents' HRQoL of CFD. The findings of the study expand our understanding of the impact of pediatric feeding disorders on the parents and families, which is a critical element in determining the effectiveness of healthcare intervention for CFD and their prognosis. Clinicians need to pay attention to factors that could improve the HRQoL of parents of CFD, in order to offer more effective care.