

JIRAPORN CHOMBOON (2012). Effectiveness of Behavioral Intervention Program to Modify Healthy Eating and Exercise Behavior among Obese Children in Hua Chiew Hospital, Bangkok. Dissertation, Ph.D. (Applied Behavioral Science Research). Bangkok: Graduate School, Srinakharinwirot University. Advisor committee: Assoc. Prof. Dr. Dusadee Yolao, Assoc. Prof. Chittiwat Suprasonsin, Dr. Patcharee Duangchan.

The main aim of this experimental research is to examine the effectiveness of Behavioral Intervention Program and the sub aim is to determine changes in psychological and behavioral variables after the implementation of behavioral intervention as well as those between intervention and control groups. The samples were 26 children aged 10-13 years old at Hua Chiew Hospital, which 14 of those were assigned to the intervention group, and other 12 were assigned to the control group. The intervention group was implemented with one class behavioral intervention program which consists of two activities : 1) Activity to educate on fundamental knowledge of obesity, nutrition and exercise, and cultivate the attitude towards the behaviors through the eight sub-activities, and 2) Activity to shape healthy eating behavior and proper physical activity behavior by using the process of self-control within 5 weeks time. The control group received regular program from hospital, and make self record about eating and exercise in daily life. This experimental design was pretest-posttest control group design and ABF control group design. Data were collected by the test of knowledge about obesity, the self-report questionnaires of attitude towards healthy eating and physical activity including daily life's record forms of eating and exercise. Data were mainly tested by two-way MANOVA with Repeated Measures. In addition, I analyzed the qualitative data gathered from interviewing the samples regarding healthy eating behavior and proper physical activity behavior.

The results showed that the intervention group had positively significant increased knowledge about obesity, attitude towards healthy eating behavior and attitude towards proper physical activity after the program, and more than the control group. Secondly, after the intervention, the results showed that healthy eating behavior and proper physical activity behavior of group received the behavioral intervention program were significantly better than before entering the program but it was not significant different from the control group. Thirdly, data from the interview showed that there were changes in healthy eating behavior of intervention group as following: 1) Their eating behavior changed in both type of food and intake 2) The changes derived from parents support including provided food and joined

eating 3) After program period, participants and their parents pay less attention to eating behaviors resulting from external factors such as extra tutorial class, final examination, examination for new school together with family circumstance changed. Lastly, Changes in proper physical activity behavior of intervention group consist of: 1) They changed exercises in terms of its pattern and period time 2) Family reminder was leading to the changes 3) Similar to healthy eating behaviors, participants and their parents declined focusing on exercise after the program because of external factors.