



UNIVERSITI PUTRA MALAYSIA

**VALIDITY AND RELIABILITY OF THE MALAY VERSION OF THE
COMPREHENSIVE FEEDING PRACTICES QUESTIONNAIRE (CFPQ-M)
TESTED AMONG MOTHERS OF SCHOOL CHILDREN
IN THE KLANG VALLEY, MALAYSIA**

WONG YOKE WEI

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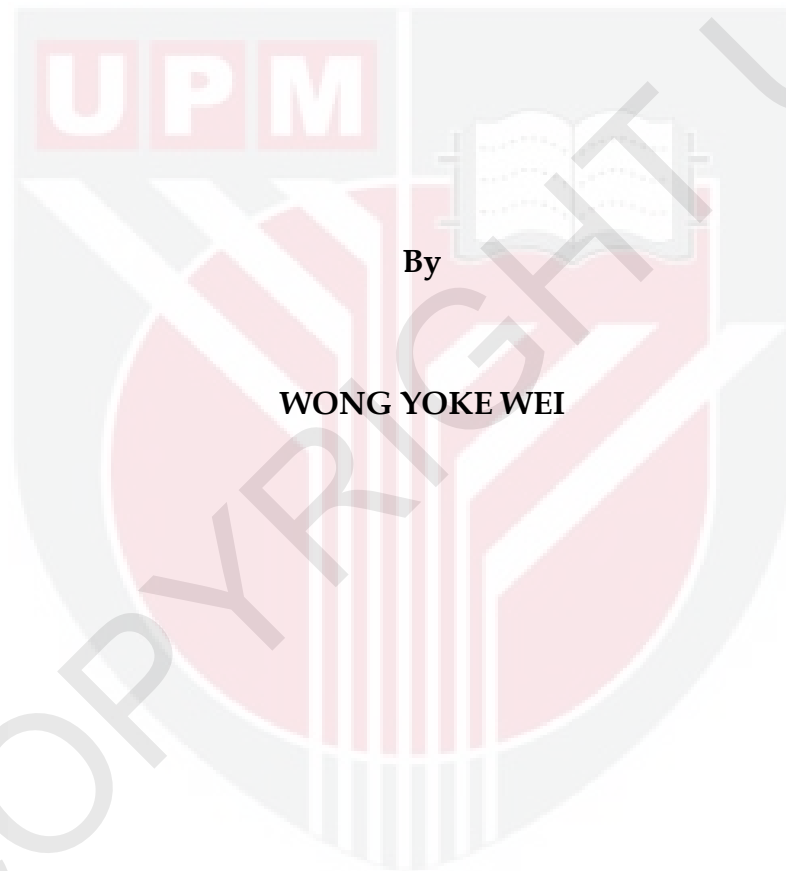


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**MASTER OF SCIENCE
UNIVERSITI PUTRA MALAYSIA**

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By

WONG YOKE WEI

**Thesis submitted to the School of Graduate Studies, Universiti Putra
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Master of Science**

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of
Master of Science

**VALIDITY AND RELIABILITY OF THE MALAY VERSION OF THE
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By

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February 2012

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Increasing prevalence of childhood obesity has become the main health issue in Malaysia. There is a need to have improved public health preventive programs which should be started in the early childhood. Parents could be described as an obesigenic agent for children. Their feeding practices have been found to be related to childhood obesity. Hence, a valid and reliable instrument to examine parental feeding practices is needed.

The objective of this study was to examine the validity and reliability of the Comprehensive Feeding Practices Questionnaire (CFPQ), an instrument that assesses child-feeding practices. The Malay version CFPQ (CFPQ-M) was tested among 397 mothers of primary school children (Year 1-3) from schools in Selangor, Kuala Lumpur and Putrajaya.

CFPQ-M contained 12 subscales on feeding practices including monitoring (mean=3.36±0.86), emotion regulation (mean=2.04±0.75), food as reward (mean=2.72±1.12), child control (mean =2.57±0.63), modelling (mean=4.12±0.76), restriction for weight control (mean=3.34±0.95), restriction for health reasons (mean=3.86±1.20), teaching about nutrition (mean=4.24±0.80), encouraging balance and variety (mean=4.02±0.74), pressure to eat (mean score=2.89±1.00), healthy environment (mean=4.26±0.83) and involvement (mean=3.88±0.84).

A series of tests including confirmatory factor analysis (CFA) were used to examine the psychometric properties of the clinical instrument. A hypothesized model was examined and revised which was then respecified in order to get the best fitted model. A series of fit indices were used to determine a good fit model. Of 49 items, 39 items with loading factors >0.40 were retained. The CFA revealed that the final model (twelve-factor model with 39 items and 2 error covariances) displayed the best fit for our sample (Chi-square=1147, df=634, p<.05, CFI=0.900, RMSEA=0.045, SRMR=0.058).

The Cronbach's alphas for the subscales ranged from 0.45 to 0.90. Convergent validity was obtained for most of the CFPQ-M subscales by assessing the relationships between mean scores of the subscales and child's dietary fat intake over the past seven days, which was obtained using the self-modified Patient-centered Assessment and Counseling for Exercise Plus Nutrition (PACE+) dietary fat screener. The variables were correlated as

expected (all $r > 0.10$, $p < 0.05$). One week test-retest reliability of the instrument was tested using paired-sample t-test and the results were acceptable (t ranges from -1.26 to 0.86, all $p > 0.05$).

A valid and reliable instrument is very important as it helps to explore many possible related researches and assure the quality of the data and results. The importance of the present study was further supported by a high prevalence of childhood obesity (13.9%) in the present study. This study showed that the translated instrument with some modifications was valid and reliable. The instrument will help researchers to better understand the relationships between parental feeding practices and child's dietary intake and weight status. Various of interventions to reduce childhood obesity can be organized in order to prevent the health problems associated with childhood obesity.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah
Master Sains

**KESAHIHAN DAN KEBOLEHPERCAYAAN BORANG SOAL SELIDIK
KOMPREHENSIF TENTANG AMALAN PEMBERIAN MAKANAN
VERSI BAHASA MELAYU (CFPQ-M) YANG DIUJI DI KALANGAN
IBU KEPADA KANAK-KANAK SEKOLAH DI LEMBAH KLANG,
MALAYSIA**

Oleh

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Februari 2012

Pengerusi: Shamarina Shohaimi, PhD

Fakulti: Fakulti Sains

Peningkatan prevalens obesiti di kalangan kanak-kanak telah menjadi isu kesihatan yang utama di Malaysia. Penambahbaikan program pencegahan kesihatan masyarakat amat diperlukan. Program tersebut perlu dimulakan dari peringkat kanak-kanak. Ibu bapa merupakan agen kegemukan bagi kanak-kanak. Amalan pemberian makanan mereka didapati mempunyai kaitan dengan kegemukan kanak-kanak tetapi kekurangan instrumen yang bolehpercaya dan sah untuk mengkaji amalan tersebut.

Tujuan utama kajian ini adalah untuk menguji kesahihan dan kebolehpercayaan Borang Soal Selidik Komprehensif Tentang Amalan Pemberian Makanan (*Comprehensive Feeding Practices Questionnaire* atau

CFPQ) yang merupakan satu instrumen untuk mengkaji amalan pemberian makanan kepada kanak-kanak. CFPQ versi Bahasa Melayu (CFPQ-M) diuji ke atas 397 orang ibu kepada kanak-kanak sekolah rendah (Darjah 1-3) di kawasan bandar di sekitar Selangor, Wilayah Persekutuan Kuala Lumpur dan Putrajaya.

CFPQ-M mengandungi 12 faktor termasuk pemantauan (*monitoring*) (min=3.36±0.86), kawalatur emosi (*emotion regulation*) (min=2.04±0.75), makanan sebagai ganjaran (*food as reward*) (min=2.72±1.12), kawalan diri kanak-kanak (*child control*) (min =2.57±0.63), model (*modelling*) (min=4.12±0.76), larangan untuk mengawal berat badan (*restriction for weight control*) (min=3.34±0.95), larangan untuk sebab kesihatan (*restriction for health reasons*) (min=3.86±1.20), mengajar tentang pemakanan (*teaching about nutrition*) (min=4.24±0.80), menggalakkan keseimbangan dan kepelbagaian (*encourage for balance and variety*) (min=4.02±0.74), tekanan untuk makan (*pressure to eat*) (min score=2.89±1.00), persekitaran yang sihat (*healthy environment*) (min=4.26±0.83) and penglibatan (*involvement*) (min=3.88±0.84).

Satu siri penilaian termasuk analisis faktor konfirmatori (CFA) dijalankan untuk mengkaji kesahihan dan kebolehpercayaan instrumen kajian tersebut.

Dengan menggunakan CFA, model hipotesis disemak dan ditentukan semula untuk mendapatkan model yang paling sesuai. Daripada 49 item, 39 item dengan faktor muatan melebihi 0.40 dikekalkan. CFA menunjukkan

model yang mengandungi 12 faktor dengan 39 item dan 2 ralat kovarians paling sesuai dengan sampel (khi kuasa dua=1147, df=634, $p < 0.05$, CFI=0.900, RMSEA=0.045, SRMR=0.0580). Nilai Cronbach's alpha bagi subskala berada dalam lingkungan 0.45 dan 0.90.

Kesahihan konvergen bagi kebanyakan subskala dikaji melalui pemeriksaan hubungan antara skor min subskala dengan skor min pengambilan lemak dalam makanan oleh kanak-kanak bagi tujuh hari yang lepas. Pengambilan lemak dalam makanan dikaji dengan instrumen yang bernama *Patient-centered Assessment and Counseling for Exercise Plus Nutrition (PACE+)* yang telah diubahsuaikan. Pembolehubah-pembolehubah tersebut berhubung secara terjangka (semua $r > 0.10$, $p < 0.05$). Kebolehpercayaan ujian berganda CFPQ-M diuji dengan ujian t bersandar adalah memuaskan ($t = -1.26$ to 0.86 , semua $p > 0.05$).

Instrumen yang sahih dan bolehpercayaan adalah sangat penting kerana ia membantu meneroka banyak kajian yang berkaitan dan memastikan kualiti data dan hasil kajian. . Prevalens obesiti kanak-kanak yang tinggi (13.9%) didapati dalam kajian ini meningkatkan kepentingan kajian ini. Kajian ini menunjukkan bahawa instrumen kajian yang telah diubahsuaikan adalah sahih dan boleh dipercayai. Instrumen tersebut akan membantu para penyelidik dalam pemahaman hubungan antara amalan pemberian makanan ibu bapa dan pengambilan makanan kanak-kanak serta berat

badan kanak-kanak. Program pencegahan obesiti kanak-kanak boleh diadakan supaya membantu pencegahan penyakit-penyakit yang berkaitan dengan obesiti kanak-kanak.



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I certify that an Examination Committee has met on 2.2.2012 to conduct the final examination of Wong Yoke Wei on her thesis entitled “Validity and Reliability of the Malay Version of the Comprehensive Feeding Practices Questionnaire (CFPQ-M) Tested Among Mothers of School Children in the Klang Valley, Malaysia” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the student be awarded Master of Science Degree.

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DECLARATION

I declare that the thesis is an original work except quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institutions.

WONG YOKE WEI

Date: 2 FEBRUARY 2012

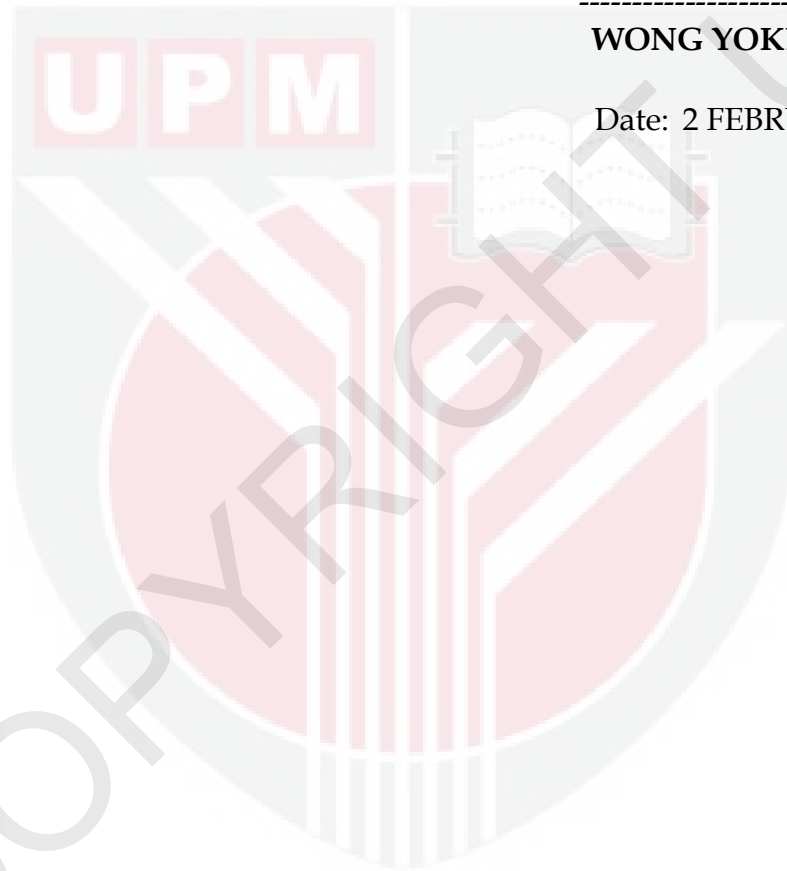


TABLE OF CONTENT

		Page
ABSTRACT		ii
ABSTRAK		v
ACKNOWLEDGEMENTS		ix
APPROVAL		xi
DECLARATION		xiii
LIST OF TABLES		xviii
LIST OF FIGURES		xx
LIST OF APPENDICES		xxi
LIST OF ABBREVIATIONS		xxii
CHAPTER		
1	INTRODUCTION	1
	1.1 Background study	1
	1.2 Problem statement	4
	1.3 Significance of study	6
	1.4 Conceptual framework	7
	1.5 Objectives	9
2	LITERATURE REVIEW	10
	2.1 Prevalence of childhood obesity	10
	2.2 Childhood obesity and health consequences	11
	2.3 Obese child and the obesigenic agent – the parents	13
	2.4 Parenting in child feeding	16
	2.5 Parental feeding practices and parental feeding styles	17
	2.5.1 Classification of parental feeding practices	18
	2.5.2 Classification of parental feeding styles	21
	2.6 Parental feeding practices and childhood obesity	22
	2.6.1 Maternal feeding practices and childhood obesity	24
	2.7 Relationships between parental feeding, child's eating and child's weight	25
	2.8 Relationships between parental feeding practices and parents' characteristics	30
	2.9 Common instrument to assess child-feeding practices	35
	2.9.1 Child Feeding Questionnaire (CFQ)	35

	2.9.2 Preschooler Feeding Questionnaire (PFQ)	37
	2.9.3 Comprehensive Feeding Practices Questionnaire (CFPQ)	38
2.10	Translation of instrument	40
	2.10.1 Translation practices	41
2.11	Types of validity and reliability	42
	2.11.1 Content validity	42
	2.11.2 Criterion validity	43
	2.11.3 Construct validity	44
	2.11.4 Structural validity	46
	2.11.5 Face validity	47
	2.11.6 Internal consistency reliability	47
	2.11.7 Test-retest reliability	48
2.12	Examining psychometric properties of instruments assessing parental feedings	49
2.13	Testing structural validity with confirmatory factor analysis	54
	2.13.1 Model specification	54
	2.13.2 Identification	54
	2.13.3 Estimation	54
	2.13.4 Model fit testing	55
	2.13.5 Model re-specification	57
3	METHODOLOGY	58
	3.1 Study design	58
	3.2 Study location	58
	3.3 Study population	58
	3.4 Sample size and sampling	60
	3.4.1 Sample size and calculation	60
	3.4.2 Sample selection criteria	60
	3.4.3 Sampling method	61
	3.5 Study protocol	63
	3.6 Measures	64
	3.6.1 Mother's questionnaire	64
	3.6.2 Anthropometric measurement	70
	3.7 Ethical consideration and consent	73
	3.8 Translation and pretesting	73
	3.9 Pilot study	78
	3.10 Data collection	78
	3.10.1 Participants	79
	3.11 Response rate	79
	3.12 Statistical analyses	82
	3.12.1 Descriptive statistics and other inferential statistics	83

	3.12.2 Testing for psychometric properties and validation of the final model	83
4	RESULTS	89
	4.1 Demographic description of children	89
	4.2 Demographic description of mothers	91
	4.3 Maternal responses to the CFPQ-M items	95
	4.4 Dietary fat intake if children over the past seven days	101
	4.5 Confirmatory factor analysis	102
	4.5.1 Hypothesized model	102
	4.5.2 Modified models	105
	4.6 Description of the final model	107
	4.6.1 Factor loadings	107
	4.6.2 Correlations between subscales	107
	4.6.3 Subscale reliability	111
	4.6.4 Test-retest reliability	114
	4.6.5 Convergent validity	115
	4.7 Maternal feeding practices across ethnicity	116
	4.8 Relationships between feeding practices and demographic variables	117
	4.9 Relationships between BMI, feeding practices and child's dietary fat intake respectively	119
5	DISCUSSION	121
	5.1 General discussion	121
	5.2 Factor structure of hypothesized model of CFPQ-M	122
	5.2.1 Eliminated items	123
	5.2.2 Error covariances	129
	5.3 Validity of the final model of CFPQ-M	130
	5.4 Reliability of the final model of CFPQ-M	131
	5.5 Relationships between feeding practices subscales	132
	5.6 Relationships between feeding practices and demographic variables	132
	5.7 Relationships between feeding practices and child's dietary fat intake	134
	5.8 Relationships between BMI, feeding practices and child's dietary fat intake respectively	136

6	CONCLUSION	139
	6.1 Summary	139
	6.2 Conclusion	140
	6.3 Implication of study	141
	6.4 Recommendations	141
	6.5 Limitations and strengths of study	142
	REFERENCES	145
	APPENDICES	160
	BIODATA OF STUDENT	182
	LIST OF PUBLICATIONS	184

