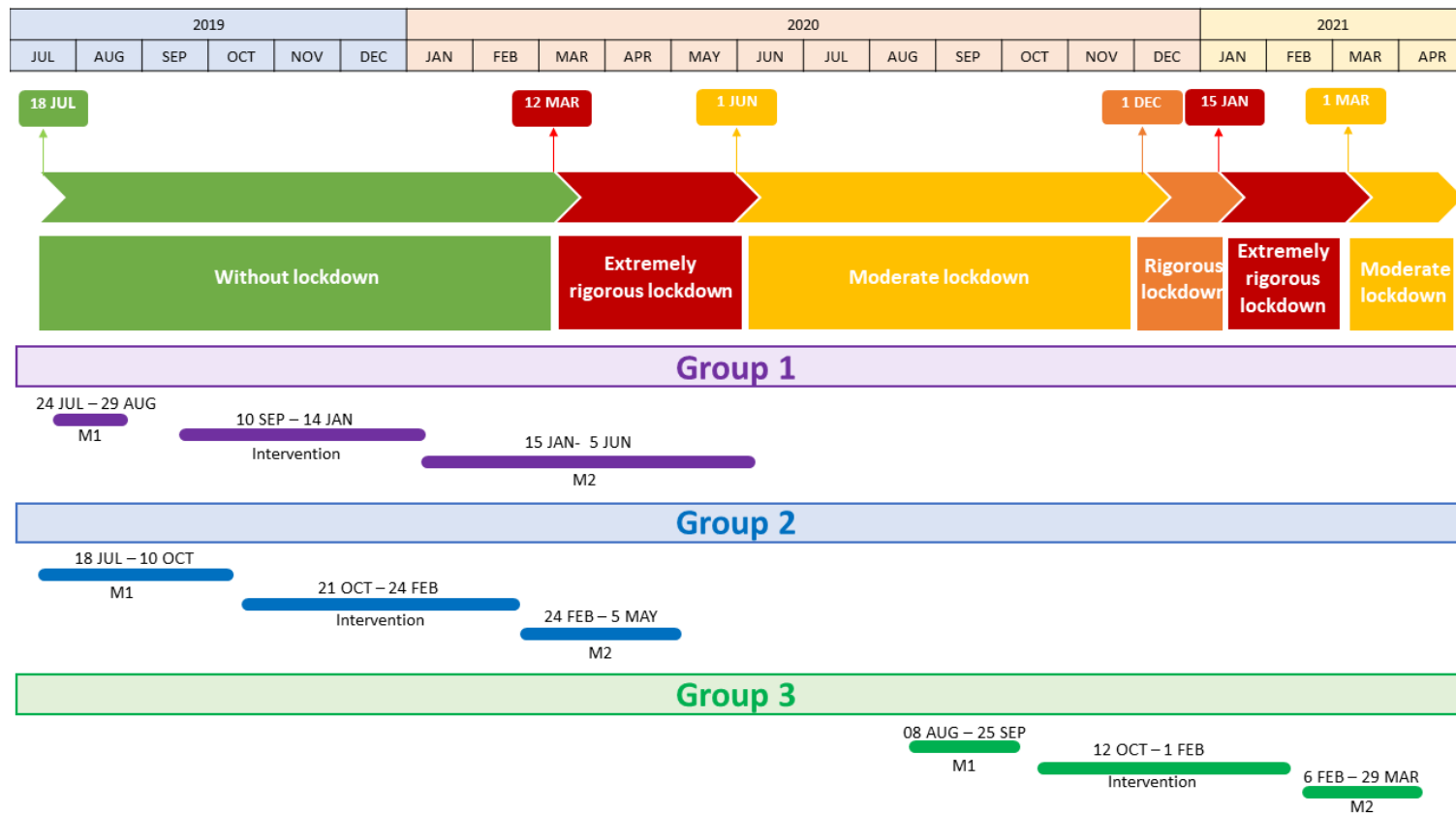


7. Appendices

7.1. Appendix A – Timeline of Interventions for Groups 1, 2 and 3 During COVID-19 Lockdown



Note. During the extremely rigorous periods of lockdown, regular school activity was suspended, and parents were required to work remotely. Non-essential business closed, and all group sports were prohibited. The stay-at-home order is widely implemented. During the moderate lockdown period, regular school

activity and group sports were allowed with social distancing and masks, non-essential businesses were open with little restrictions and remote work was recommended. During rigorous lockdown, the stay-at-home order was mandatory during the weekend. Parents were required to work remotely, and online school was implemented. Non-essential businesses had opening hours and capacity restrictions.

7.2. Appendix B – Descriptive Statistic for Anthropometric Measures

Table B1

Mean, standard deviation, skewness, and kurtosis of the anthropometric measures of the intervention group at M1 and M2

Variables	M (SD)		Skewness		Kurtosis	
	n		M1	M2	M1	M2
BMI z score	2.62 (.49) n = 29	2.54 (.62) n = 24	.19	.20	-.40	1.08
Lean mass %	31.53 (3.26) n = 27	32.07 (3.58) n = 24	.03	-.23	.70	-.72
Body fat %	40.39 (4.70) n = 27	39.47 (5.75) n = 24	.59	.14	-.79	-.71

Table B2

Mean, standard deviation, skewness, and kurtosis of the anthropometric measures of the control group at M1 and M2

Variables	M (SD)		Skewness		Kurtosis	
	n					
	M1	M2	M1	M2	M1	M2
BMI z score	3.27 (.93) n = 26	3.33 (1.03) n = 21	.54	.49	-.79	-.97
Lean mass %	29.95 (3.78) n = 25	30.24 (3.58) n = 19	1.59*	1.34*	4.45*	2.33*
Body fat %	42.12 (5.52) n = 25	40.38 (7.57) n = 19	-.22	-1.23*	.35	1.72*

*Problems with skewness or kurtosis

7.3. Appendix C – Descriptive Statistics of The Consumption of Fruits/Vegetables, Sweets/Pastries and Sodas/Fruit Juices in M1 and M2

Table C1

Mean, standard deviation, skewness, and kurtosis of the consumption of fruits and vegetables, sweets and pastries and sodas and fruit juices of the intervention group at M1 and M2

Variables	M (SD)		Skewness		Kurtosis	
	M1	M2	M1	M2	M1	M2
	(n = 30)	(n = 27)	(n = 30)	(n = 27)	(n = 30)	(n = 27)
Fruits and vegetables	5.66 (1.07)	6.41 (1.01)	-.06	-.82	-.91	.43
Sweets and pastries	2.87 (.96)	2.73 (.76)	-.09	.22	-.90	.15
Sodas and fruit juices	1.97 (.60)	1.76 (.55)	.03	.47	-.49	-.10

Table C2

Mean, standard deviation, skewness, and kurtosis of the consumption of fruits and vegetables, sweets and pastries and sodas and fruit juices of the control group at M1 and M2

Variables	M (SD)		Skewness		Kurtosis	
	M1	M2	M1	M2	M1	M2
	(n = 24)	(n = 18)	(n = 24)	(n = 18)	(n = 24)	(n = 18)
Fruits and vegetables	5.80 (1.00)	5.06 (1.76)	.10	-1.29*	-.86	1.61
Sweets and pastries	3.02 (1.07)	2.81 (.98)	.27	-.48	-.84	-.05
Sodas and fruit juices	1.99 (.63)	1.67 (.50)	.52	.36	.33	-.76

*Problems with skewness or kurtosis

7.4. Appendix D – Descriptive Statistics for Food Parenting Practices in M1 and M2

Table D1

Mean, standard deviation, skewness, and kurtosis of food parenting practices of the intervention group in M1 and M2

Variables	M (SD)		Skewness		Kurtosis	
	M1	M2	M1	M2	M1	M2
	(n = 30)	(n=24)	(n = 30)	(n=24)	(n = 30)	(n=24)
Monitoring	4.36 (.63)	4.67 (.55)	-.73*	-1.70*	-.42	2.47
Emotion regulation	1.27 (.65)	1.17 (.46)	3.15*	3.28*	10.88*	11.38*
Food as reward	1.78 (.87)	1.96 (.79)	1.11*	.51	.69	.20
Child control	2.00 (.75)	1.76 (.61)	.80*	1.04*	1.36	1.25
Modeling	4.29 (.90)	4.30 (.78)	-1.94*	-.65	4.92*	-1.00
Promotion of healthy eating	4.36 (.69)	4.57 (.45)	-2.85*	-.66	10.62*	-.81
Involvement	3.70 (1.08)	4.13 (1.07)	-.75*	-1.19*	.20	.07
Restriction	3.76 (.77)	3.68 (.56)	-1.42*	.01	2.87*	.84
Pressure to eat	2.28 (1.02)	2.33 (.98)	.83*	.80*	.34	.88

*Problems with skewness or kurtosis

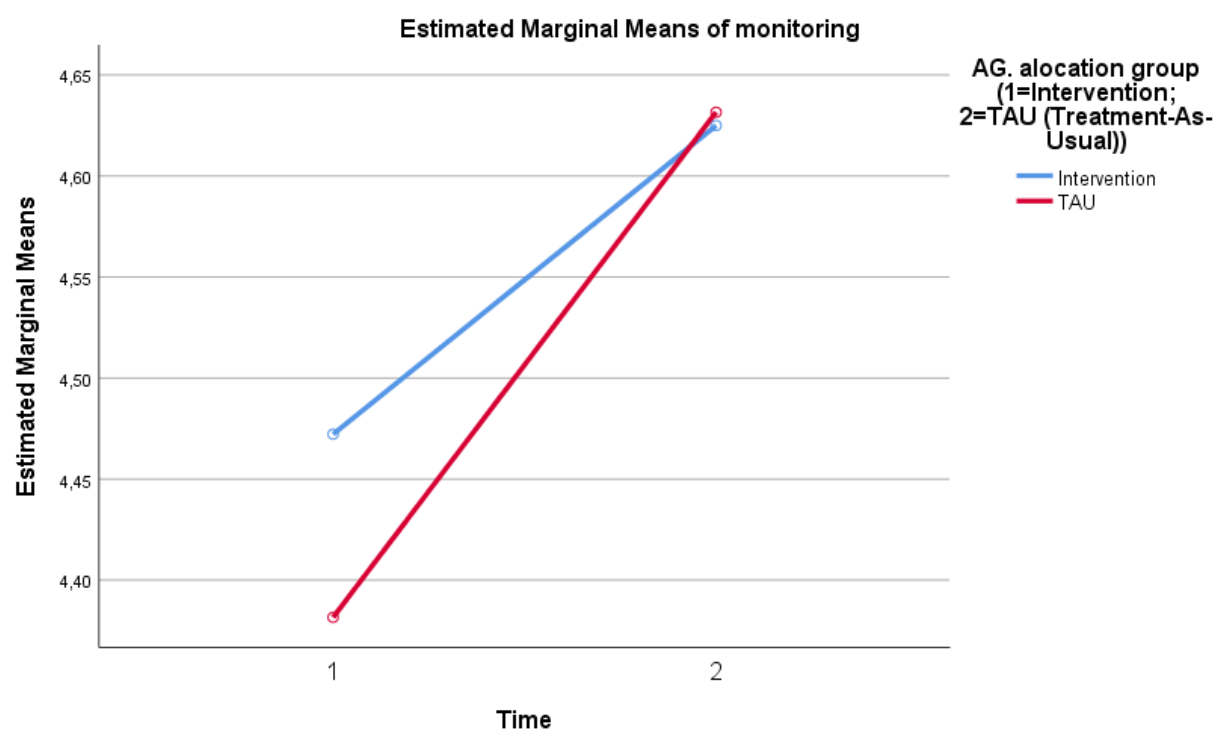
Table D2

Mean, standard deviation, skewness, and kurtosis of food parenting practices of the control group in M1 and M2

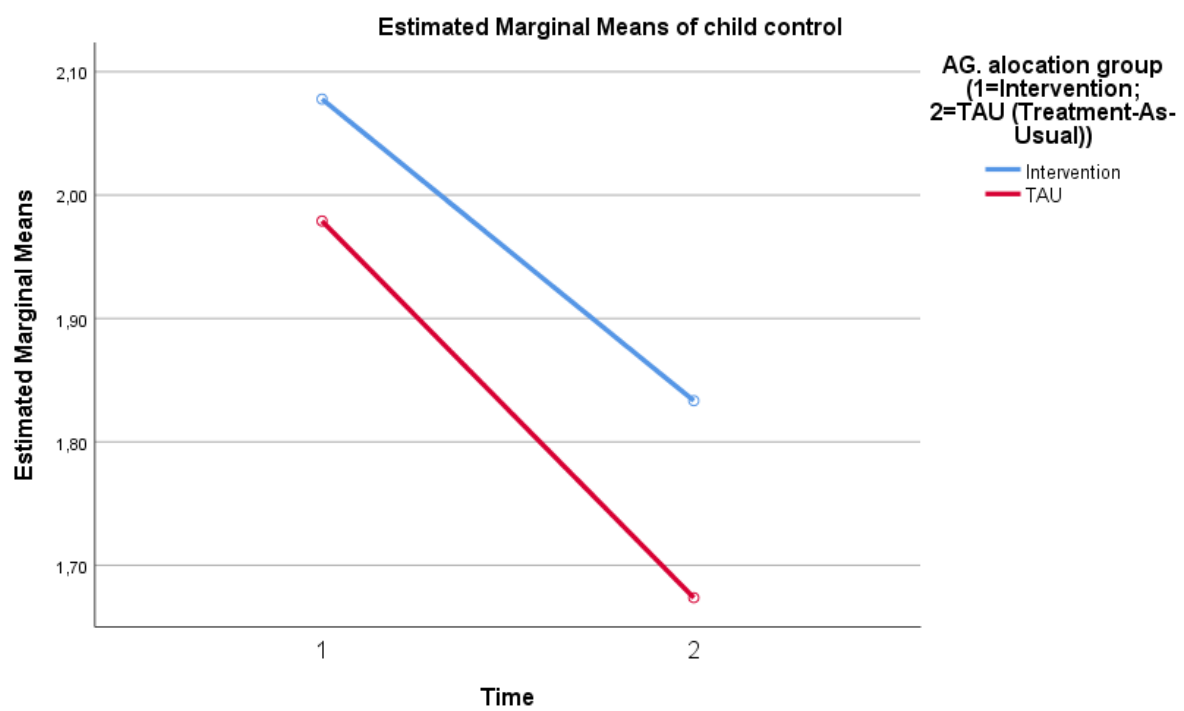
Variables	M (SD)		Skewness		Kurtosis	
	M1	M2	M1	M2	M1	M2
	(n = 27)	(n = 19)	(n = 27)	(n = 19)	(n = 27)	(n = 19)
Monitoring	4.40 (.67)	4.63 (.59)	-.68	-1.79*	-.98	2.52*
Emotion regulation	1.31 (.87)	1.12 (.32)	3.55*	3.41*	13.37*	12.72*
Food as reward	1.93 (.92)	1.56 (.67)	1.04*	.81	.84	-.64
Child control	1.91 (.65)	1.67 (.52)	.94	.75	.48	.80
Modeling	4.31 (.79)	4.59 (.57)	-1.24*	-2.18*	1.33	5.35*
Promotion of healthy eating	4.41 (.55)	4.56 (.60)	-1.10*	-1.87*	1.06	3.91*
Involvement	3.60 (.10)	3.95 (.84)	-.22	-.82	-.98	.45
Restriction	3.78 (.67)	3.70 (.69)	-1.15*	-.03	2.77*	-.89
Pressure to eat	2.27 (.71)	2.17 (.68)	.81*	-.51	-.13	-1.18

*Problems with skewness or kurtosis

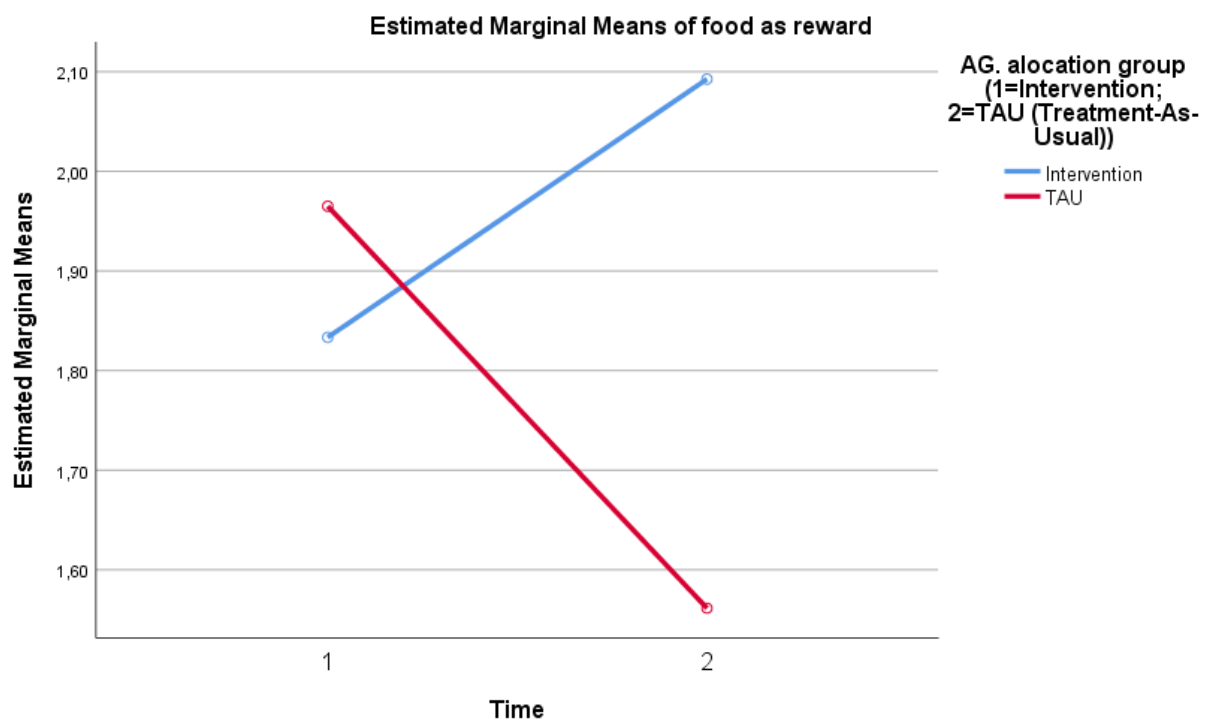
7.5. Appendix E - Pre- and Post-Intervention Results for Monitoring



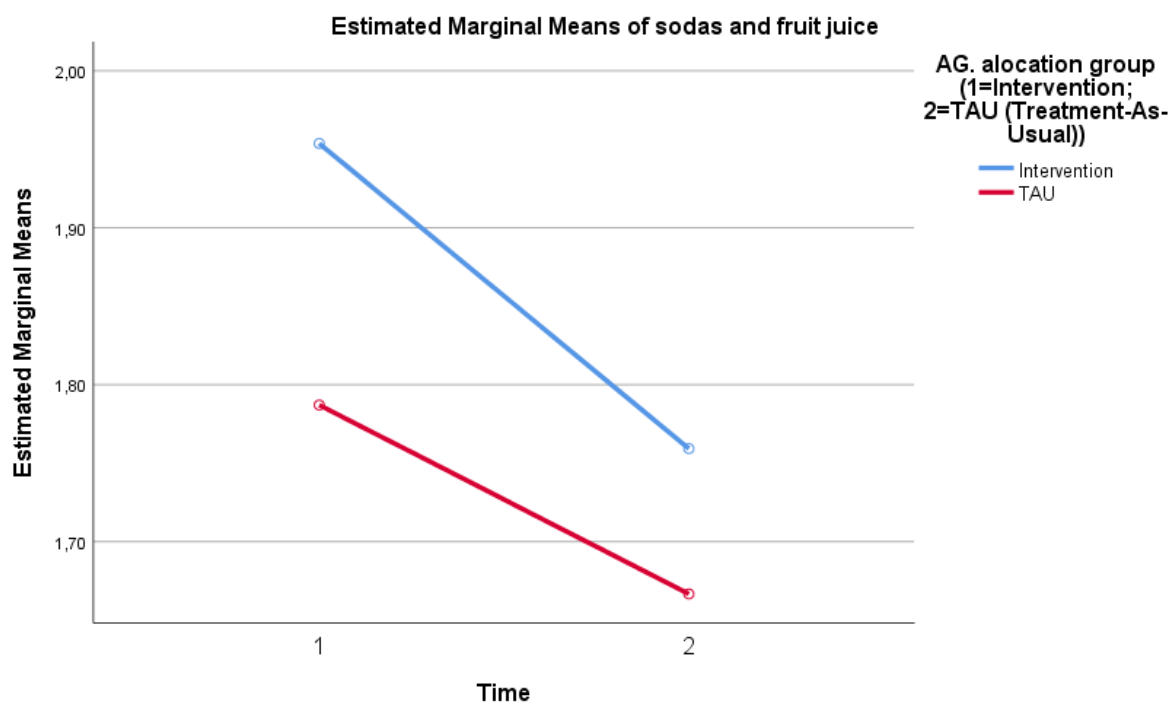
7.6. Appendix F - Pre- and Post-Intervention Results for Child Control



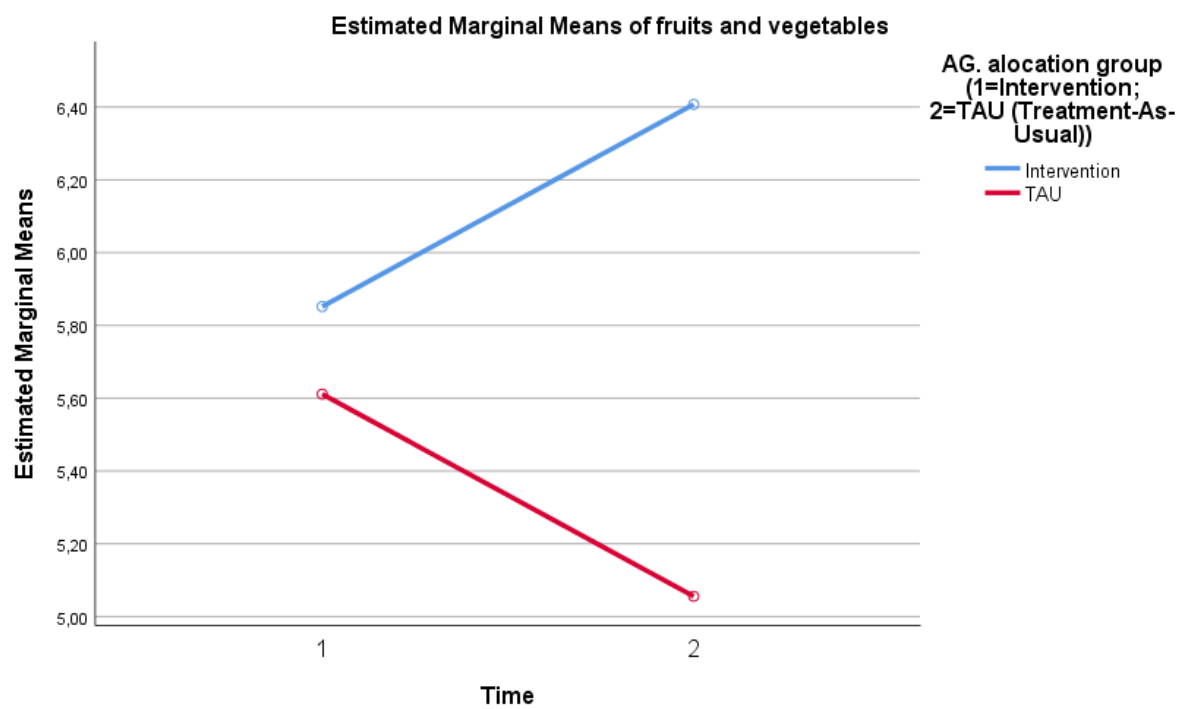
7.7. Appendix G - Pre- and Post-Intervention Results for Food as Reward



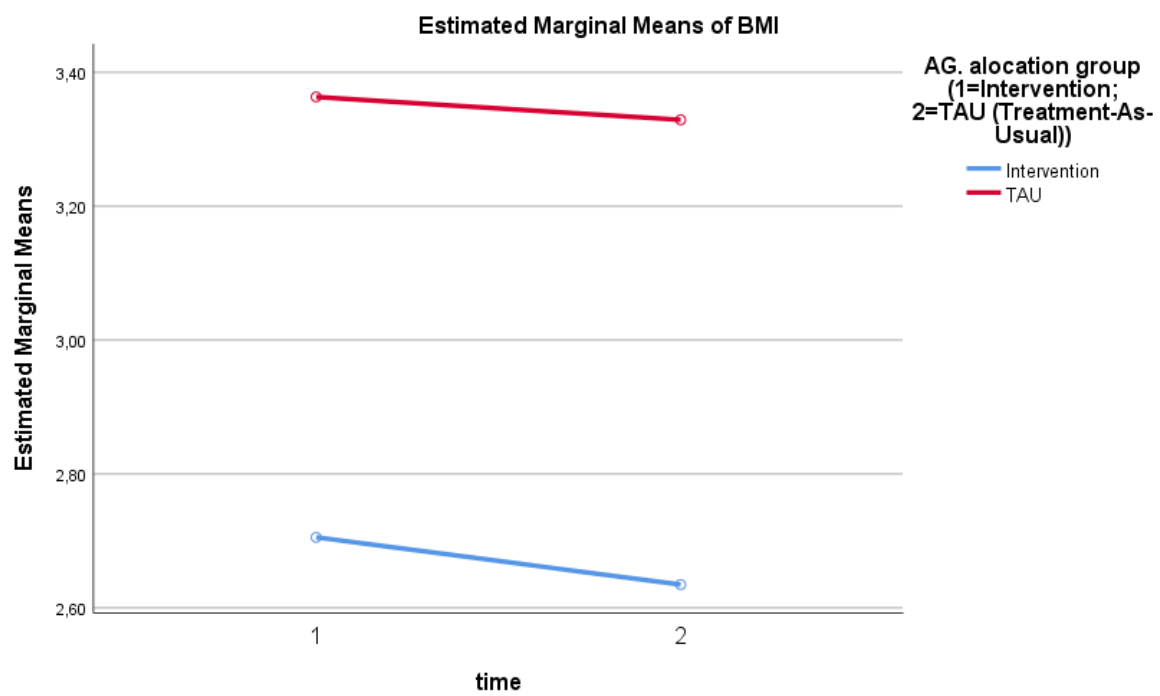
7.8. Appendix H - Pre- and Post-Intervention Results for Soda and Fruit Juice Consumption



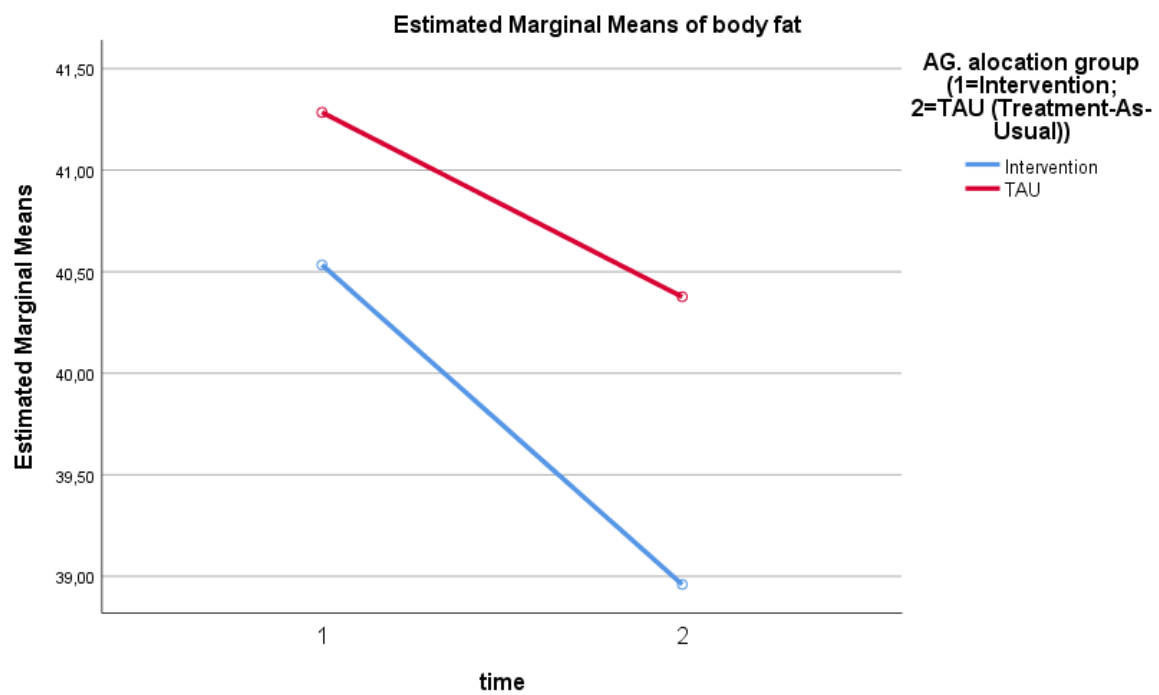
7.9. Appendix I - Pre- and Post-Intervention Results for Fruits and Vegetables Consumption



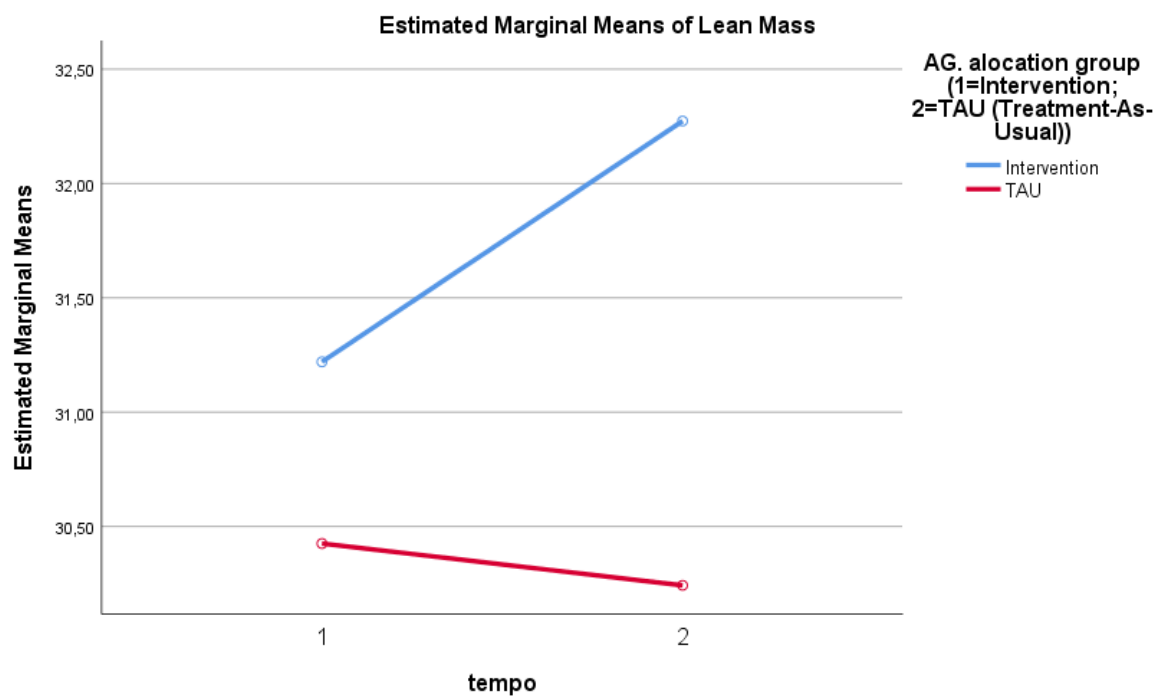
7.10. Appendix J - Pre- and Post-Intervention Results for BMI



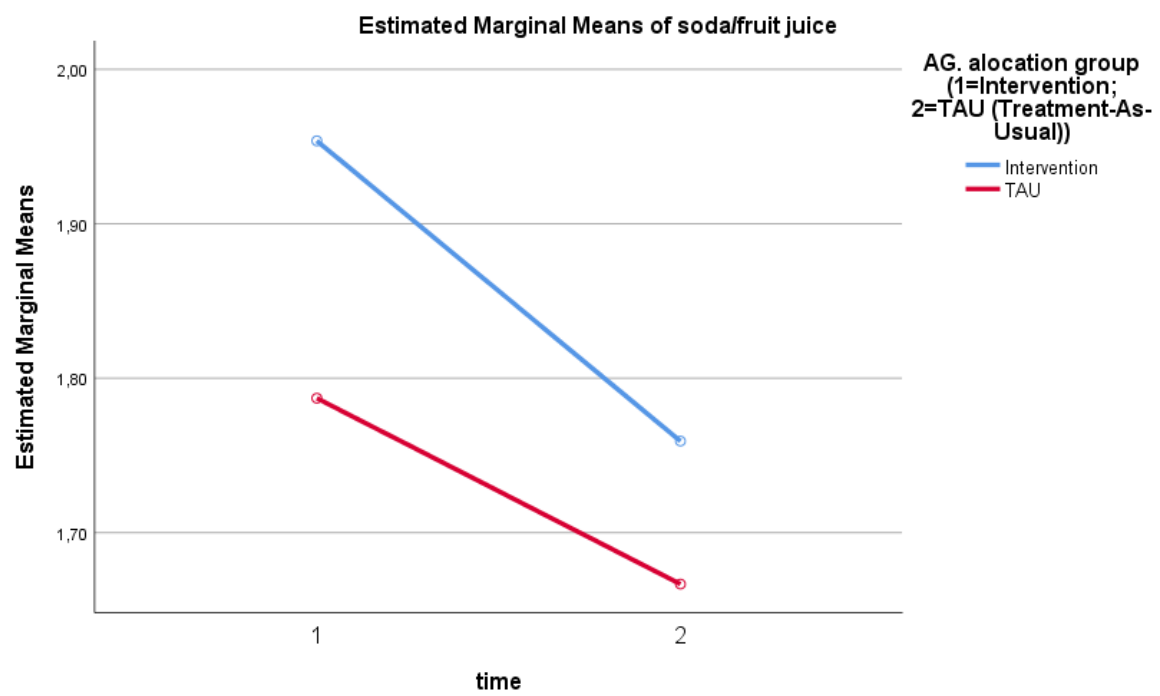
7.11. Appendix K - Pre- and Post-Intervention Results for Body Fat



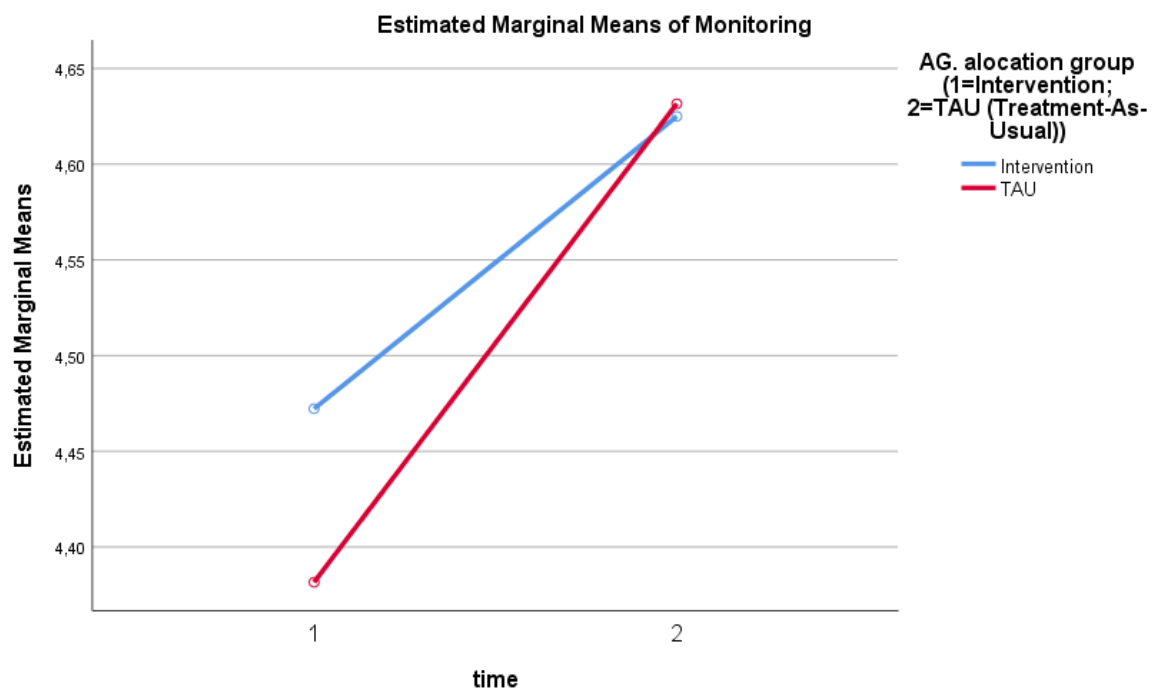
7.12. Appendix L - Pre- and Post-Intervention Results for Lean Mass



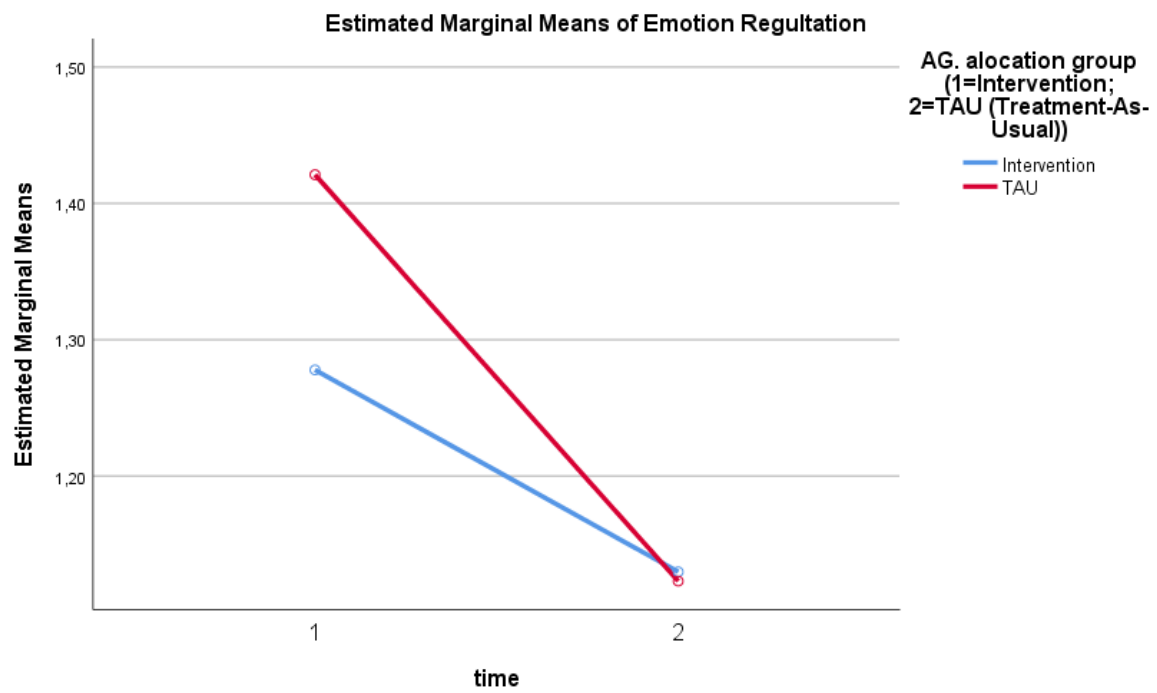
7.13. Appendix M - Pre- and Post-Intervention Results for Soda and Fruit Juice consumption



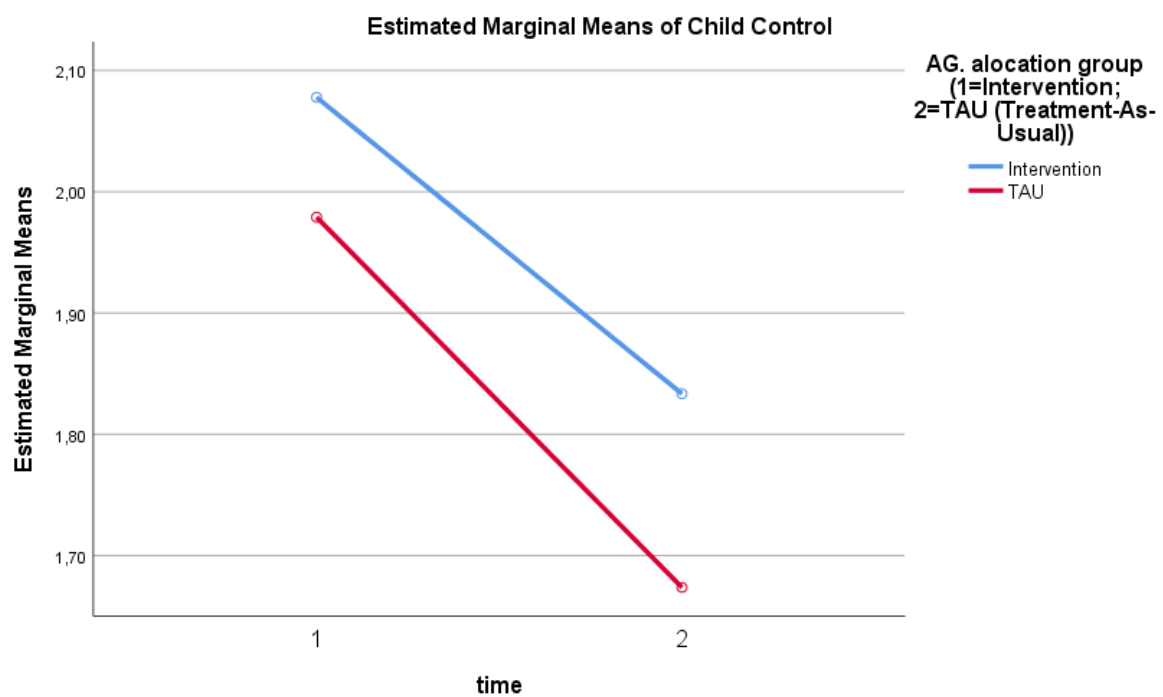
7.14. Appendix N - Pre- and Post-Intervention Results for Monitoring



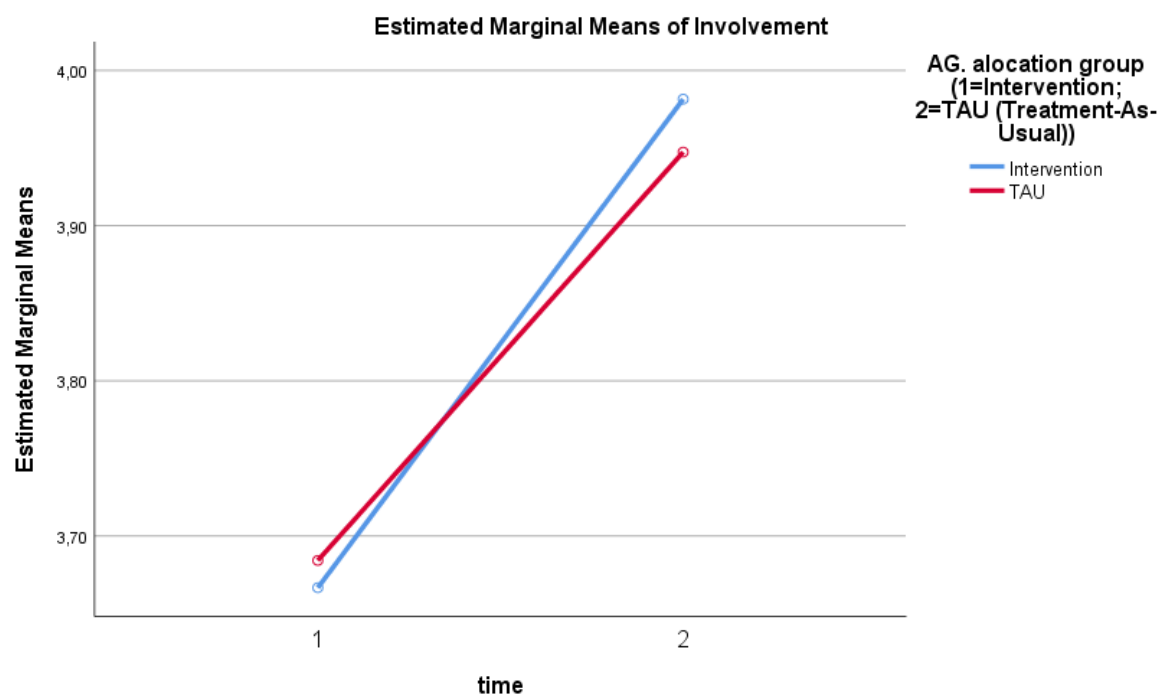
7.15. Appendix O - Pre- and Post-Intervention Results for Emotion Regulation



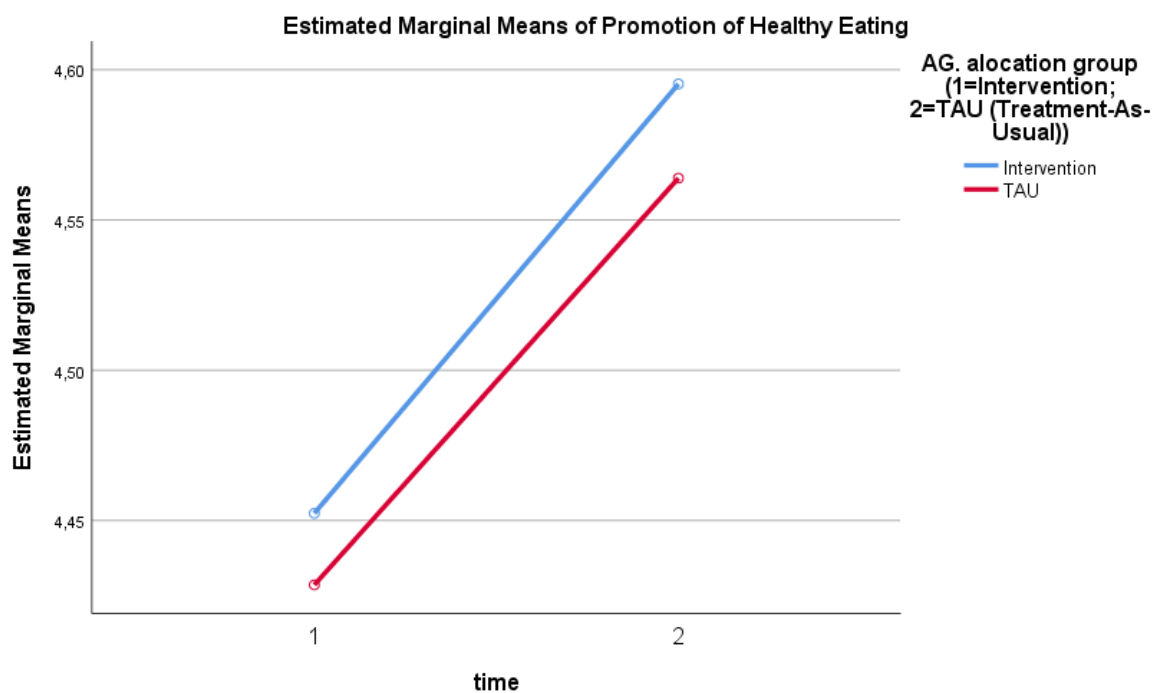
7.16. Appendix P - Pre- and Post-Intervention Results for Child Control



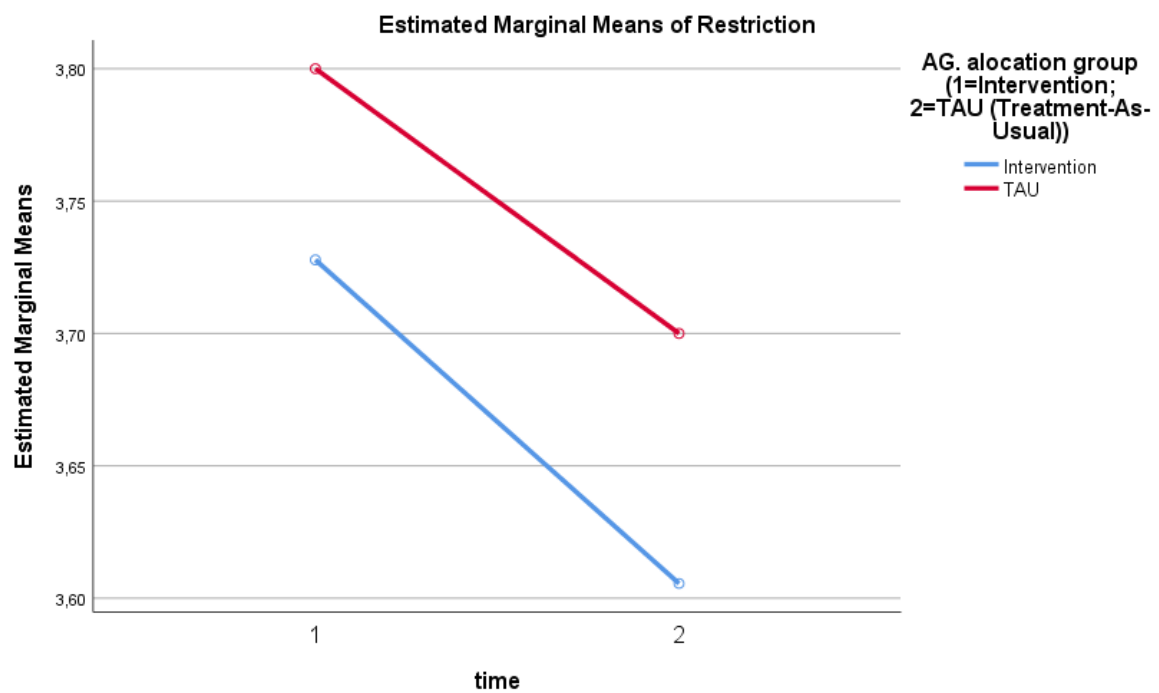
7.17. Appendix Q - Pre- and Post-Intervention Results for Involvement



7.18. Appendix R - Pre- and Post-Intervention Results for Promotion of Healthy Eating



7.19. Appendix S - Pre- and Post-Intervention Results for Restriction



7.20. Appendix T - Pre- and Post-Intervention Results for Modeling

