

# Family Health and Wellness: Thai Mothers' Perceptions



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# Disclosure Information

- Learning Objectives
  - Identify concerns of Thai mothers on the health and wellness of their families.
  - Identify how demographic factors impacted Thai mother's perceptions on the health and wellness of their families.
- There are no relevant financial relationships related to this presentation/program. There is no sponsorship/commercial support of this presentation/program. The content being presented will be fair, well-balanced and evidence-based.
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# Background

- Traditionally, mothers within the Thai culture are responsible for ensuring the health and wellness of the family.
- Limited information exists regarding what Thai mothers perceive to be the health and wellness needs of the family.



# Background



- Healthcare providers need to optimize health promotion initiatives,
- Therefore, it is important to have insight into the mother's perspectives of health and wellness.

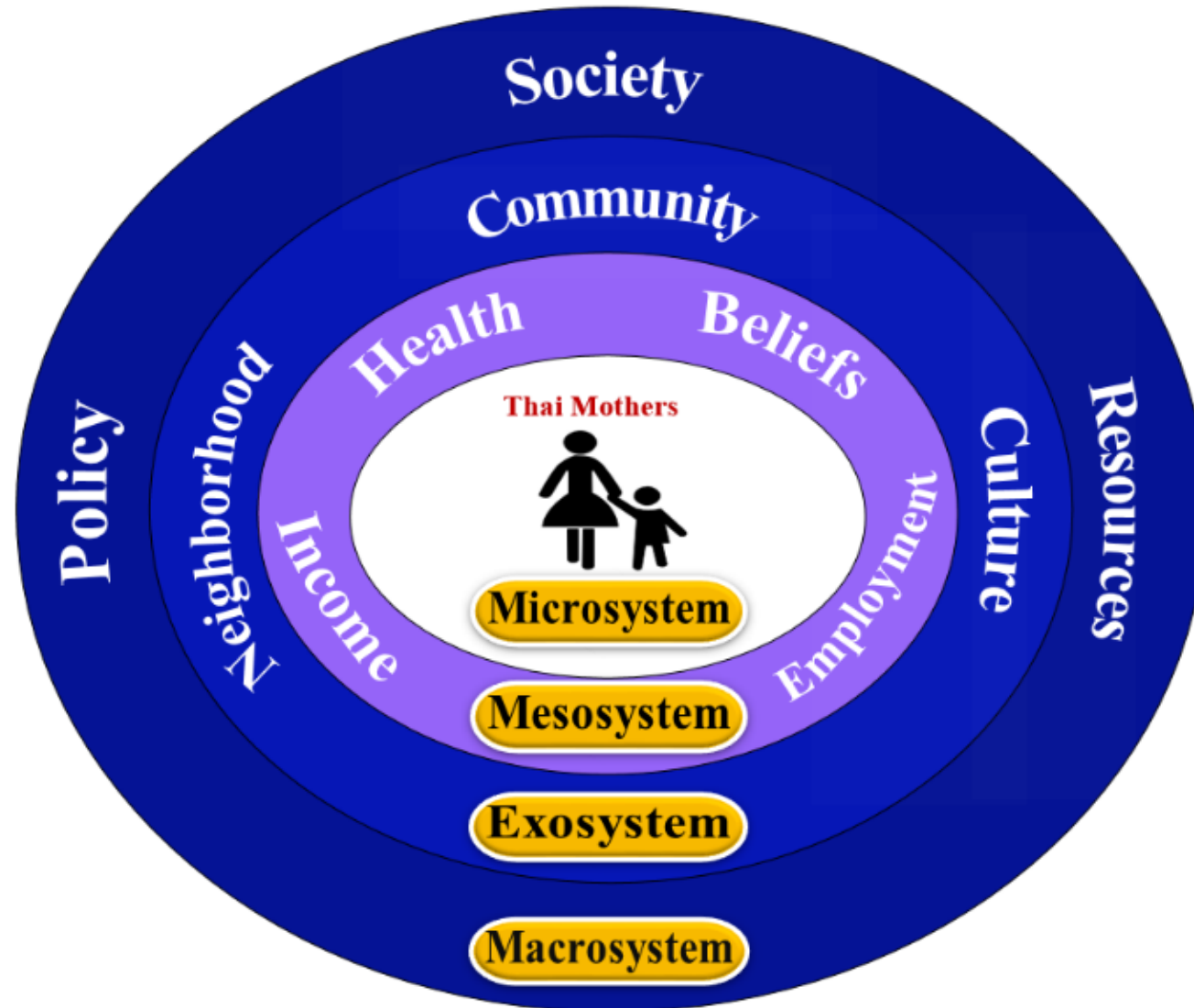


# Purpose

- To examine Thai mothers' perceptions of the health and wellness needs of their family.



# Socioecological Model



Adapted from Bronfenbrenner's Social Ecological Model (2005)

# Design

- Exploratory cross-sectional
- Survey
- IRB approval obtained from the University of Wisconsin-Milwaukee.

# Sample and Setting

- Purposive sample (N = 153).
- Thai mothers of elementary school-aged children.
- Elementary school in Thailand.





# Data Collection Procedure

- Surveys distributed to mothers at elementary school
- No names or identifiable data collected

# Instrument

- *Parents Perception of Familial Health and Well-Being Scale* (Investigator Developed)
- 92 items
- Subscales: Cronbach's Alpha ranged from .77 to .93

# Data Analysis

➤ Descriptive data

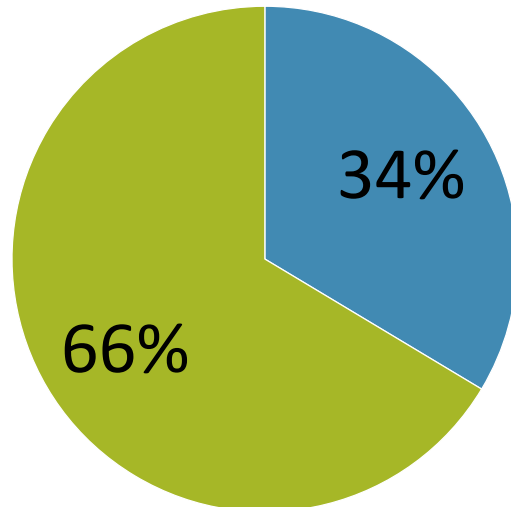
➤ T-tests

➤ Chi-square

# Findings: Demographic

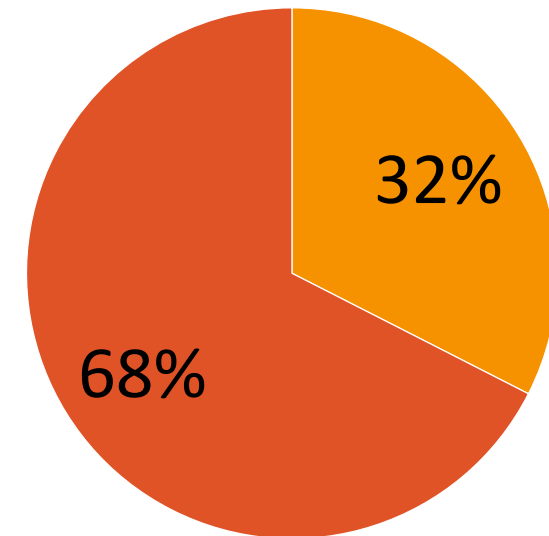
## Education of Thai Mothers

- less than college degree
- college and graduate degree



## Employment of Thai Mothers

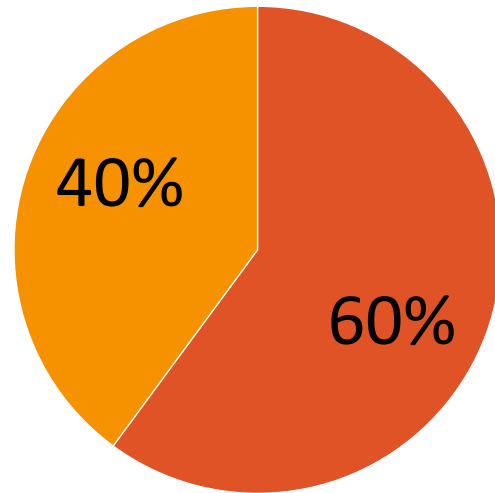
- part time
- full time or more



# Findings: Demographics

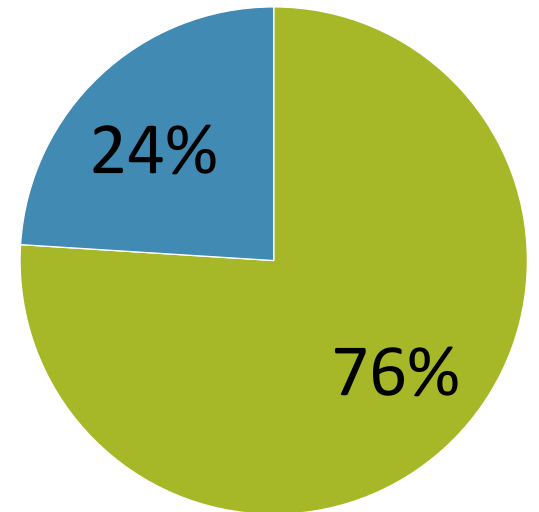
## Thai Mothers Perceived Weight Category

- underweight/  
normal weight
- overweight



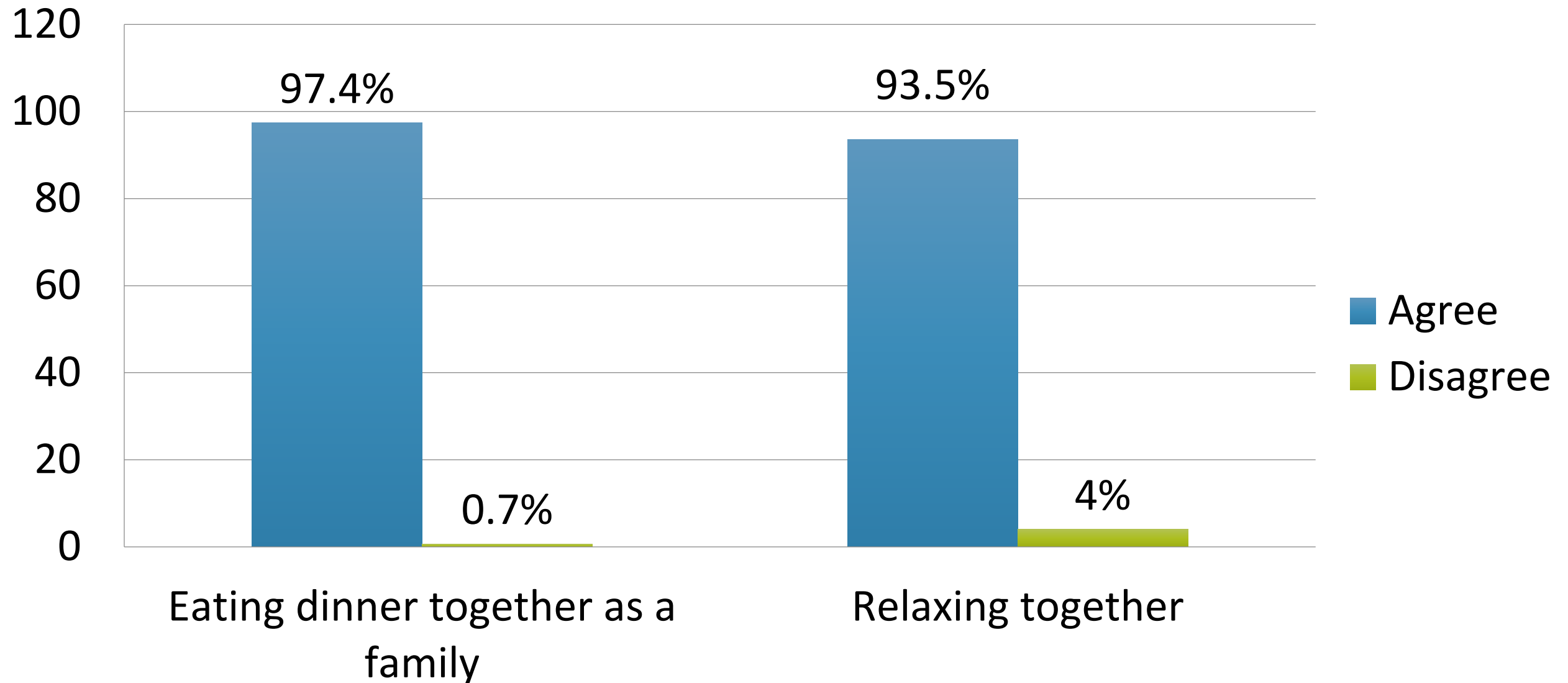
## Thai Mothers Income

- <300,000 THB
- >300,000 THB





# Findings: Mothers Across Wt. Categories



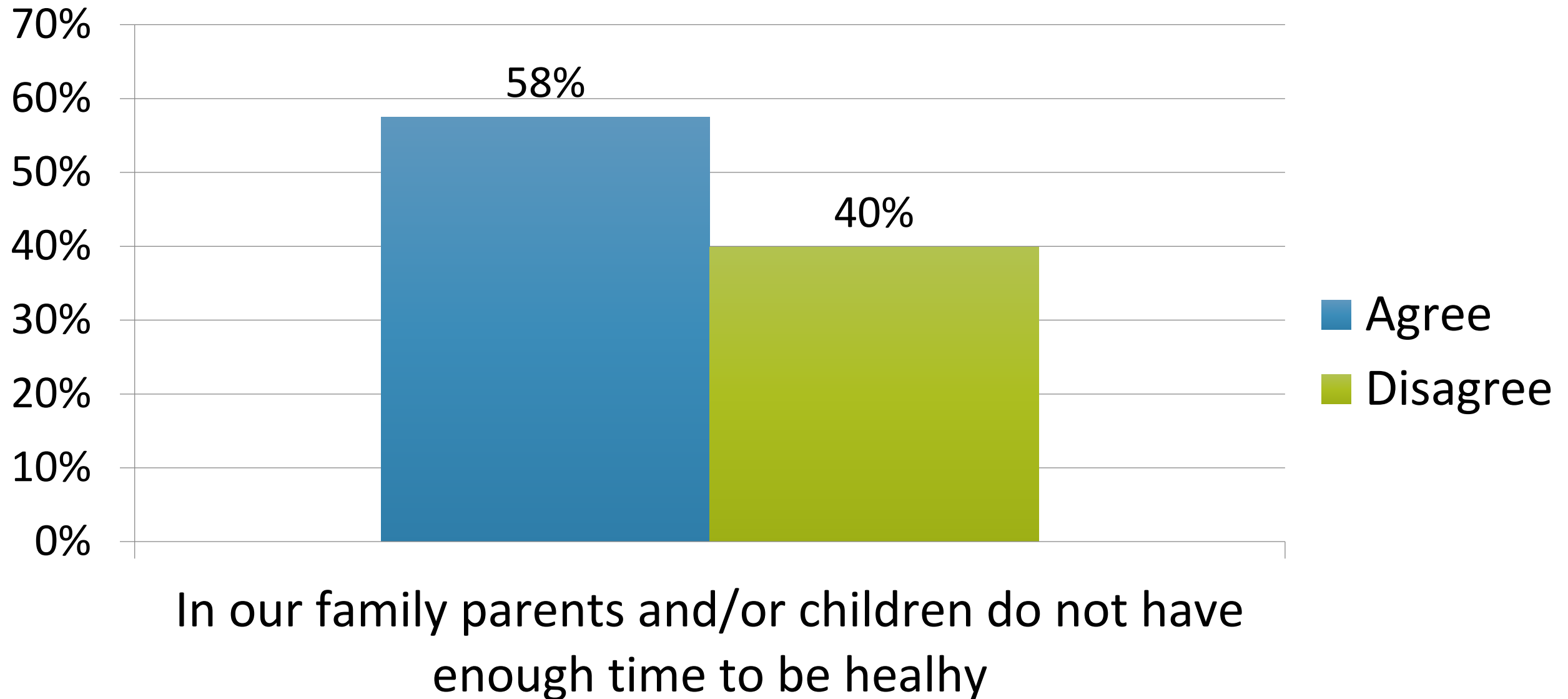
# Findings: Mothers' in Overweight Category

- Mothers who perceived themselves as overweight or obese were more concerned than mothers who were normal/underweight about:

- Family dinners ( $t = -2.066$ ,  $df = 150$ ,  $p = 0.041$ )
- Relaxing together ( $t = -2.095$ ,  $df = 147$ ,  $p = 0.038$ )



# Findings: Mothers Across All Educational Levels

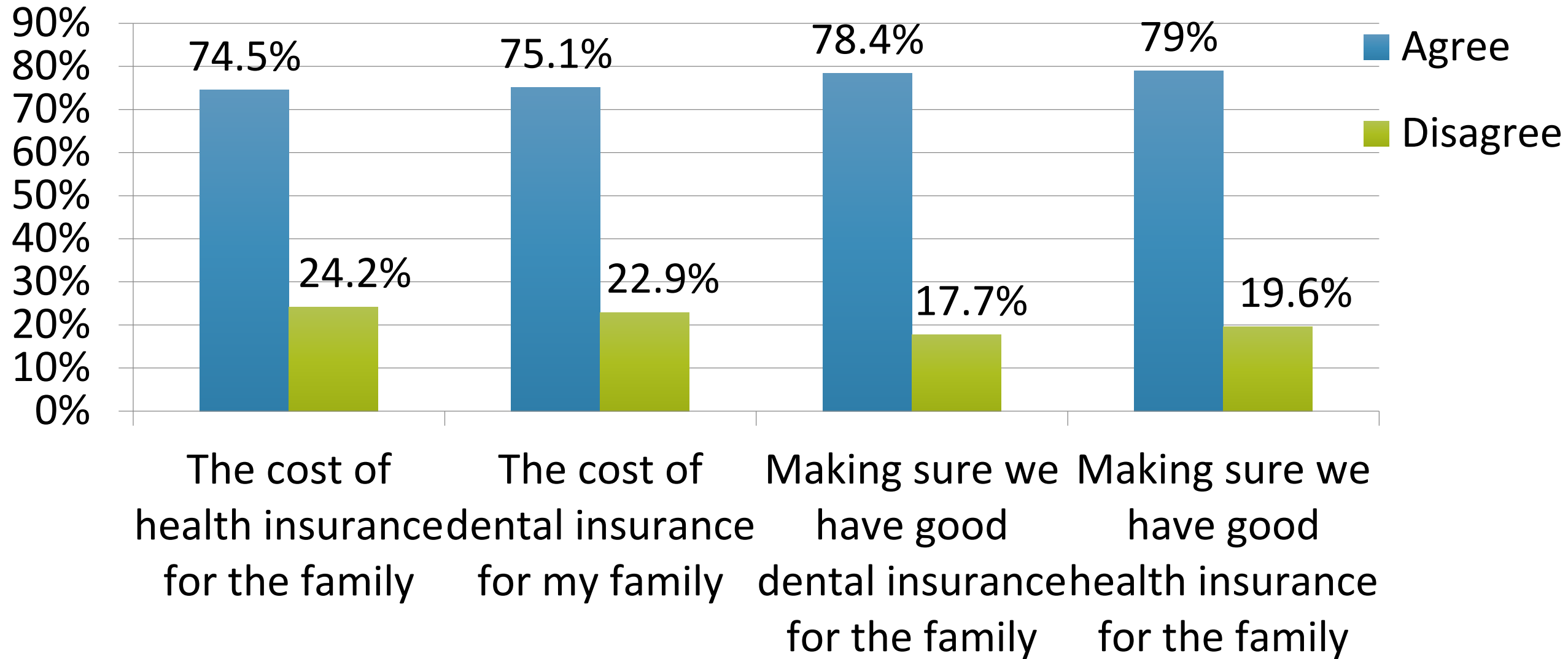


# Findings: Mothers' High School Education



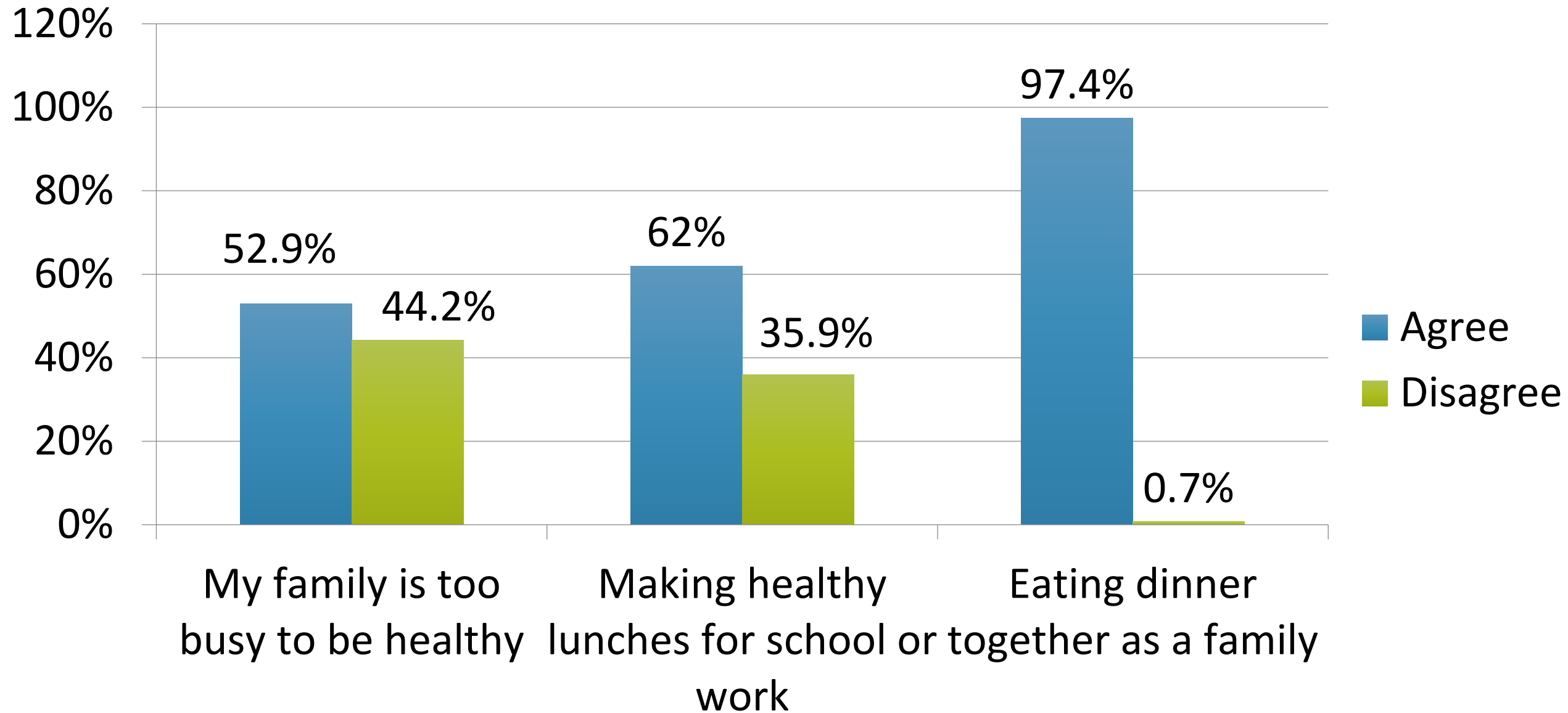
Mothers who had < college education were more concerned about their family not having enough time to be healthy than mothers with a college education ( $t = 2.19$ ,  $df = 146$ ,  $p = 0.03$ )

# Findings: All Mothers Agreed

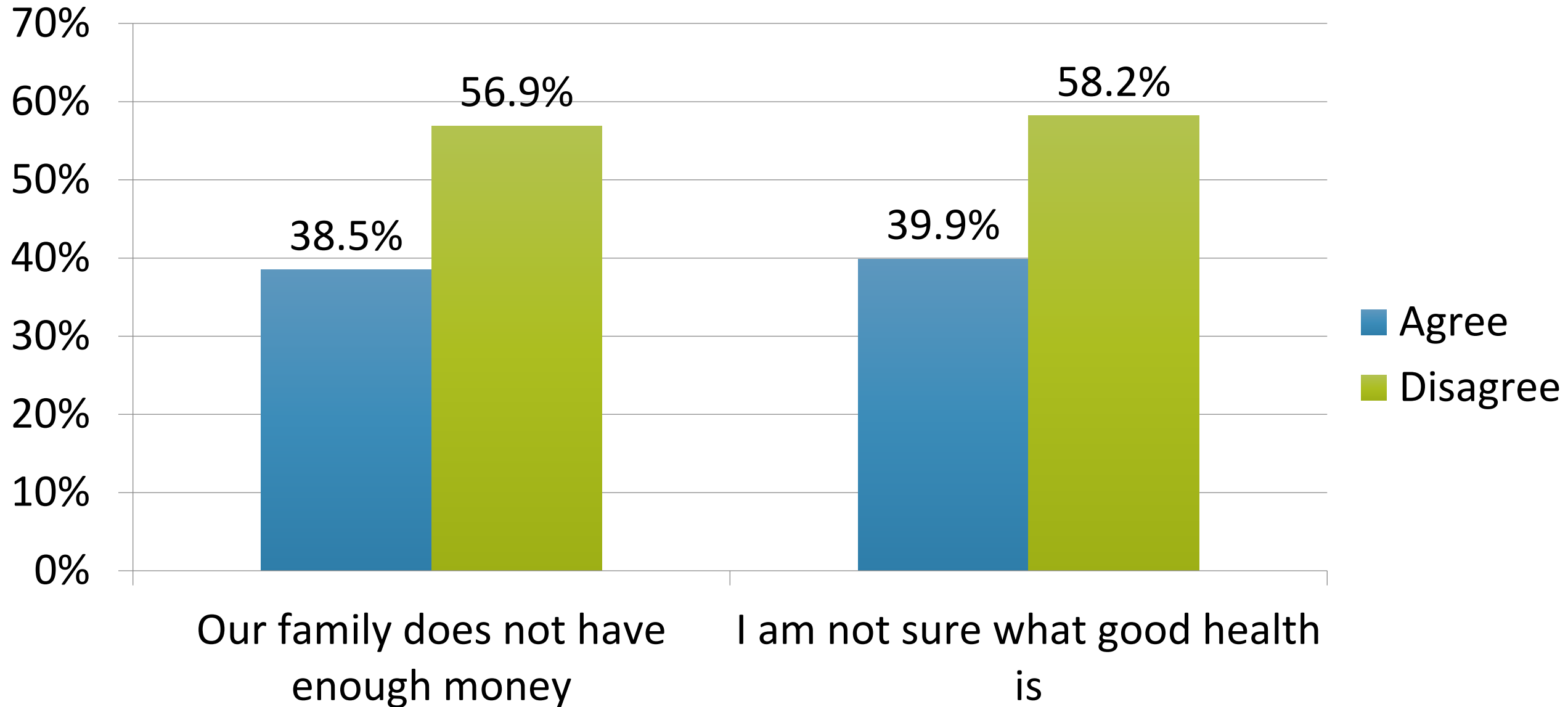




# Findings: All Mothers' Agreed



# Findings: All Mothers Disagreed



# Findings: Mothers' Employed Part-Time

- Mothers who were employed part time were more concerned than mothers who were employed full time about:
  - Eating dinner together as a family  
( $t = -2.476$ ,  $df = 146$ ,  $p = 0.014$ )
  - Healthy lunches for school or work  
( $t = 1.946$ ,  $df = 146$ ,  $p = 0.054$ )

# Findings: Mothers' Employed Part-Time

- Mothers who were employed part time were more concerned than mothers who were employed full time about:
  - Cost of family health insurance  
( $t = 2.229$ ,  $df = 147$ ,  $p = 0.027$ )
  - Unsure what good health is  
( $t = 2.044$ ,  $df = 146$ ,  $p = 0.043$ )

# Findings: Mothers' with Lower Incomes

- Mothers who made <300,000 Baht (about \$8,720) were more concerned than mothers who made >300,000 Baht about:
  - Ensuring good health insurance for family  
( $t = 3.01$ ,  $df = 147$ ,  $p = 0.003$ )
  - Cost of family health insurance  
( $t = 146$ ,  $df = 146$ ,  $p = 0.007$ )



# Findings: Mothers' with Lower Incomes

- Mothers who made <300,000 Baht (about \$8,720) were more concerned than mothers who made >300,000 Baht about:
  - Ensuring good family dental insurance  
( $t = 2.01$ ,  $df = 144$ ,  $p = 0.045$ )
  - Cost of family dental insurance  
( $t = 2.37$ ,  $df = 146$ ,  $p = 0.019$ )

# Findings: Mothers' with Lower Incomes

- Mothers who made <300,000 Baht (about \$8,720) were more concerned than mothers who made >300,000 Baht about:
  - Their family does not have enough money  
( $t = 3.69$ ,  $df = 143$ ,  $p < 0.001$ )
  - Their family is too busy to be healthy  
( $t = 2.03$ ,  $df = 145$ ,  $p = 0.044$ )

# Results: Mothers Perception of Childs' Diet

- Children of overweight/obese mothers were more likely to have fast food two or more times a week than children of mothers who were normal/underweight ( $\chi^2=3.829$ ,  $df=1$ ,  $p=0.05$ )
- Children of mothers who had <college education are more likely to have fast food two or more times a week than children of mothers with a college/graduate degree ( $\chi^2=7.315$ ,  $df=1$ ,  $p=0.007$ )

# Results: Child's Exercise

- Children of parents who make >300,000 THB are more likely to exercise or play sports 2 or more times a week than children of parents who make <300,000 THB  
( $\chi^2=4.11$ ,  $df=1$ ,  $p=0.043$ )



# Discussion

- Significant differences found in mothers' perspectives based on:
  - Education
  - Weight
  - Work hours
  - Income
- Mothers' familial concerns included diet, activity level, and access to insurance.



# Conclusion and Implications



- Provides insight into mothers' perceptions of the health and wellness needs of Thai families.
- Future studies should look at Thai mothers' specific concerns regarding the health and wellness needs of the family.
- Future studies should explore Thai mothers' perceptions on universal health coverage.

# Acknowledgment

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