

calculated as an emotion-based and solution-based score out of eight possible reactions when children experience problems. The four basic emotions (happy, sad, angry and anxious) were asked via a 0–10 scale. Preliminary results: 25% of the children (27% boys, 23% girls) were at risk for stress, as they experienced more life-events than norm-based cut-offs. A significant ( $P < 0.05$ ) negative Spearman correlation (adjusted for age and sex) was found between the solution-based score and systolic blood pressure. Significant ( $P < 0.05$ ) partial positive correlations were found between negative events in the last year and BF%; and between waist-to-hip ratio and negative events in the last

6 or 9 months. Mann–Whitney  $U$  test revealed that children at risk by events during the last 9 or 3 months had a higher waist-to-hip ratio.

*Conclusions:* Our results revealed some influence of stress on body composition among Belgian children. Stressed children (experiencing more life-events) had a bigger chance to have obesity-related symptoms like higher waist-to-hip ratio and BF%.

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## 76 – Preschoolers' neophobia and pickiness in association with parental characteristics

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*Aim:* To investigate food neophobia and pickiness in pre-schoolers and in their mothers, with regard also to food consumption patterns, feeding and weaning.

*Design:* Matched child and maternal data collected by means of self-report questionnaires administered to mothers.

*Setting:* Kindergartens of the City of Rome Municipality, Italy.

*Participants:* One hundred and twenty-seven mother–child pairs. Children aged from 2 to 6 years.

*Main outcome measures:* Mothers' and children's food neophobia and pickiness.

*Analysis:* Mann–Whitney  $U$  and Kruskal–Wallis tests for intergroup comparisons. Correlation analyses were performed using Spearman's  $\rho$ .

*Results:* Mothers' and children's neophobia and pickiness were associated (neophobia  $\rho = 0.223$ ,  $P = 0.012$ , pickiness  $\rho = 0.311$ ,  $P = 0.001$ ). Pickiness and neophobia were related in both mothers' ( $\rho = 0.186$ ,  $P = 0.037$ ) and children's ( $\rho = 0.528$ ,  $P = 0.001$ ) samples. Maternal and child nutritional patterns were correlated ( $\rho$  between 0.18 and 0.69,  $P = 0.01$ ). Overweight and obese children were more neophobic (5.72 (SD 2.7) *v.* 6.87 (SD 2.2);  $P = 0.03$ ) and picky (5.72 (SD 2.7) *v.* 6.87 (SD 2.2);  $P = 0.03$ ) than normal weight children.

*Conclusions and implications:* Food neophobia, pickiness and parental dietary patterns influence child food acceptance/avoidance. Counselling for parents in clinical practice is important for the reduction of child neophobia and pickiness.

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## 77 – Differences of energy, macronutrient (carbohydrate, protein and fat) and micronutrient (vitamin B<sub>12</sub>, calcium and zinc) intake among stress postgraduate students of public health sciences

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