

**EFFECTS OF AN INDIVIDUAL-BASED INTERVENTION ON INTENTION
TO PERFORM EATING BEHAVIOR FOR WEIGHT CONTROL, EATING
BEHAVIOR, AND NUTRITIONAL STATUS AMONG OVERWEIGHT
CHILDREN**

MAYURACHAT KANYAMEE

**DOCTOR OF PHILOSOPHY
IN NURSING**

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่

Copyright © by Chiang Mai University
All rights reserved

**THE GRADUATE SCHOOL
CHIANG MAI UNIVERSITY**

FEBRUARY 2013

**EFFECTS OF AN INDIVIDUAL-BASED INTERVENTION ON INTENTION
TO PERFORM EATING BEHAVIOR FOR WEIGHT CONTROL, EATING
BEHAVIOR, AND NUTRITIONAL STATUS AMONG OVERWEIGHT
CHILDREN**

MAYURACHAT KANYAMEE

**A THESIS SUBMITTED TO THE GRADUATE SCHOOL IN
PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY
IN NURSING**

**THE GRADUATE SCHOOL
CHIANG MAI UNIVERSITY**

FEBRUARY 2013

**EFFECTS OF AN INDIVIDUAL-BASED INTERVENTION ON INTENTION
TO PERFORM EATING BEHAVIOR FOR WEIGHT CONTROL, EATING
BEHAVIOR, AND NUTRITIONAL STATUS AMONG OVERWEIGHT
CHILDREN**

MAYURACHAT KANYAMEE

THIS THESIS HAS BEEN APPROVED
TO BE A PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF DOCTOR OF PHILOSOPHY
IN NURSING

EXAMINING COMMITTEE

Tip Wonghongkul CHAIRPERSON
Associate Professor Dr. Tipaporn Wonghongkul

Warunee Fongkaew MEMBER
Associate Professor Dr. Warunee Fongkaew

Jutamas Chotibang MEMBER
Assistant Professor Dr. Jutamas Chotibang

Patcharaporn Aree MEMBER
Associate Professor Dr. Patcharaporn Aree

Christine Kennedy MEMBER
Professor Dr. Christine Kennedy

Suparat Wangsrikhun MEMBER
Lecturer Dr. Suparat Wangsrikhun

Rutja Phuphaibul MEMBER
Professor Dr. Rutja Phuphaibul

THESIS ADVISORY COMMITTEE

Warunee Fongkaew ADVISOR
Associate Professor Dr. Warunee Fongkaew

Jutamas Chotibang CO-ADVISOR
Assistant Professor Dr. Jutamas Chotibang

Patcharaporn Aree CO-ADVISOR
Associate Professor Dr. Patcharaporn Aree

Christine Kennedy CO-ADVISOR
Professor Dr. Christine Kennedy

28 February 2013

© Copyright by Chiang Mai University

ACKNOWLEDGEMENTS

For the success of studying in a doctoral program, I would like to express my sincere gratitude and deep appreciation to Associate Professor Dr. Warunee Fongkaew, my academic and major advisor for her guidance, invaluable advice, supervision and encouragement throughout my Ph.D work which planning the idea, and enabled me to complete this dissertation successfully. She was never lacking in kindness and support.

My deep gratitude intends to Assistant Professor Dr. Jutamas Chotibang, my co-advisor for her enthusiastic encouragement, her valuable suggestion, and accompanied by a wealth of worth comments and suggestions on this dissertation. I am also grateful to, Associate Professor Dr. Patcharaporn Aree, my co-advisor, for her expert guidance and for her opportunity that enabled me to conduct this study. Also, my most profound gratitude to Professor Dr. Christine Kennedy, my mentor, for her valuable advice and warmth supported during studying at the University of California, San Francisco, School of Nursing, USA. My deeply thankfulness goes to Mr. Jakkapob Dhatsuwan for his expertise and worth suggestion in data analysis.

My thankfulness goes to all of experts, Professor Dr. Ruja Phuphaibul, Associate Professor Dr. Noppawan Piaseu, Associate Professor Ladda Mo-suwan, Associate Professor Dr. Ungsinun Intarakamhang, and Assistant Professor Dr. Nongkran Viseskul for their valuable recommendations and beneficial comments regarding the research instruments.

I would like to express gratitude to the Commission on Higher Education for the financial support of this study. I also wish the special thanks to the Thailand Nursing and Midwifery Council, which granted partial funding of my research.

I also wish to thank the administrators of the Ban Pong Sanook School and Anuban Lampang School for their co-operation and generous assistance which allowed me to collecting data. Sincerely appreciation is also extended to all the students in this study for their cooperation.

A few words are not enough to express my gratitude to my big family especially my father, Lt.Col. Somkid Kanyamee and mother, Mrs. Buppha Kanyamee who accompanied me during my study from the first time when I went to the primary school. My lovely daughter, Chananchida, who are my inspiration and never let me give up. And I wish to thank my sisters and Mr. Trirat Suwannarat, my husband, for his encouragement, understanding and helpfulness. I would like to use my dissertation as a gift to offer them.

Mayurachat Kanyamee