**Johns Hopkins Nursing Evidence-Based Practice**

**Individual Evidence Summary** **Tool**

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| Article Number | Author and Date | Evidence Type | Sample, Sample size, setting | Findings that help in answering the EBP Questions | Observable Measures | Limitations | Evidence Level, Quality |
| I | Aftosmes-Tobio, A., Ganter , C., Gicevic , S., Newlan, S., Simon, C. L., Davison, K. K., & Manganello, J. A. (2016). A systematic review of media parenting in the context of childhood obesity research. *BMC Public Health, 16*, 320. https://doi.org/10.1186/s12889-016-2981-5 | Quantitative study. The study involved systematic review with the analysis of the results based on the use of the percentages. Quantitative content analysis was used to code the full text articles. | A sample of 103 articles were used. | Measures of parenting practices is focusing largely on the rules that is specific to limiting the screening time.  More detailed measurements of the media use is reflecting n the present technology trends and the diverse context of use are required to help in a better understanding the media use and the parent regulation of child media exposure. The research work is important in addressing the problem since it shows the importance of media use and the parenting regulation on the exposure of a child to obesity | Childhood obesity and parenting, and media use and the media related parenting practices and skills. | There were restriction of the review to English-langauge and non-intervention studie and this might have limited the final sample of studies available for evaluation. The researchers failed to assess the risk of the bias across studies or the strength of the evidence for a study outcomes because they were not important to the research | I, Moderate |
| 2 | Ash , T., Agaronov , A., Aftosmes-Tobio, A., & Davidson, K. K. (2017). Family-based childhood obesity prevention interventions: a systematic review and quantitative content analysis. *International Journal of Behavioral Nutrition and Physical Activity, 14*(1), 113. https://doi:10.1186/s12966-017-0571-2 | Quantitative, that used comprehensive search strategy using PubMed, PsycIFO, and CINAHL databases. | 84 sample from the underserved population and non-traditional families and as well as the racial or ethnic composition were used | Limited number of interventions targeting the diverse populations and obesity risk behaviors beyond diet and physical activity inhibited the development of the comprehensive and tailored intervention. The article is revealing the importance of family-based childhood obesity intervention that can be used to tackle the issue of obesity among children | Family-based childhood obesity prevention on the incidence of childhood obesity. | The focus was on the articles that were published over relatively narrow time-period. The researchers also failed to evaluate the effectiveness or the quality of the intervention thus limiting the potential of the review. The outcome of the study can be influenced by the number as well as the choice of the databases searched thus subjecting it to the publication bias | III, High |
| 3 | Li, L., Zhang , S., Huang, Y., & Chen , K. (2017). Sleep duration and obesity in children: A systematic review and meta‐analysis of prospective cohort studies. *Journal of paediatrics and child health, 53*(4), 378-385. https://doi:10.1111/jpc.13434 | Quantitative; systematic review performed by searching the PubMed, Embase, and Cochrane Library. | A systematic review whereby 12 studies that consisted of 15 population and met the criteria for the inclusion in the meta-analysis were used | The short sleep duration is leading to the increase in the risk of childhood obesity. Sufficient sleep is important in combating the obesity. The researchers showed the need of having intervention effort especially in the low- and middle-income nations. The study is therefore revealing the importance of family-based childhood obesity intervention that can be used to tackle the issue of obesity among children | The sleep duration and its impacts on the obesity and the body mass index (BMI) of children. | There was bias in the publication that was discovered through the use of Begg’s test which was re-evaluated RR through the use of the trim and fill technique. Majority of the cohort were from the United States and Europe thus making the results not to represent the Asian and the African populations. The researchers failed to consider the impacts of the sleep quality and sleep patterns on children’s risk of weight gain | V, Moderate |