Pilot testing questionnaires related to dietary salt intake among children and their parents

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The purpose of this project was to pilot test two questionnaires that could be used in a future study that seeks to reduce the amount of salt Australian families consume. The first questionnaire targeted children aged 7-10 years, while the second questionnaire targeted parents of these children. Pilot testing of each questionnaire was needed to determine the test-retest reliability of the questionnaire. In other words, we wanted to know if the questionnaires produce similar results on repeated occasions.

Forty three parents and 49 children completed the questionnaire assessing salt related knowledge, attitudes and behaviours at both time points.

Key findings
The majority (95%) of parents were females and the average age of parents was 41 years. Just over half of children (61%) were male and the average age of children was 9 years.

Parent questionnaire
In total, 16% of questionnaire items showed no agreement/poor agreement, (21%) of items showed fair agreement, 33% of items showed moderate agreement, 22% of items showed substantial agreement and (8%) of items showed perfect agreement. The instrument displayed good to excellent test-retest reliability for each of the survey construct scores

Child questionnaire
In total, 10% of questionnaire items displayed poor/slight agreement, 48% of items showed fair agreement, 34% of items showed moderate agreement and 7% of items showed substantial
agreement. Overall, the questionnaire displayed moderate to good test-retest reliability for each of the survey construct scores

**Conclusion**

These findings indicate acceptable reliability of two questionnaires which can be used to assess salt related knowledge, attitudes and behaviours among parents and children aged 7-10 years. Future work should consider revision of those individual questionnaire items that displayed poor/slight agreement. However, overall our findings indicate that the questionnaire works well and is well accepted by the target group and can be used in future research studies.