

# Acceptability, feasibility, and initial results from a behavioral intervention for early adolescents with food allergy: The Food Allergy Mastery Program

Linda Herbert, PhD;<sup>1,2</sup> Ashley Ramos, PhD;<sup>1,2</sup> Frances Cooke, BA;<sup>1</sup> Sharon Shih, PhD<sup>1,2</sup>

<sup>1</sup>Children's National Hospital, Washington DC <sup>2</sup>George Washington University School of Medicine



## BACKGROUND

This project developed and assessed the feasibility, acceptability, and initial results of a behavioral intervention for early adolescents with FA: The Food Allergy Mastery (FAM) Program.

## METHODS

Early adolescent-caregiver dyads (10-14 years) from food allergy clinics participated in 2-hour focus groups about FAM Program content and logistics and completed the 6-session FAM Program via Zoom.

Adolescents completed baseline/follow-up questionnaires via online survey:

- Food Allergy Knowledge Test
- Food Allergy Independent Measure
- Food Allergy Self-Efficacy scale

## FOCUS GROUPS

Nine focus group participants believed the proposed session content was appropriate and relevant, and that a focus on food allergy management in social situations and anxiety management was important. Dyads emphasized the need for connection with FA peers.

## PILOT RESULTS

8 participants completed the pilot program (13% White, 50% Black, 37% >1 race, 13% Hispanic; 75% male).

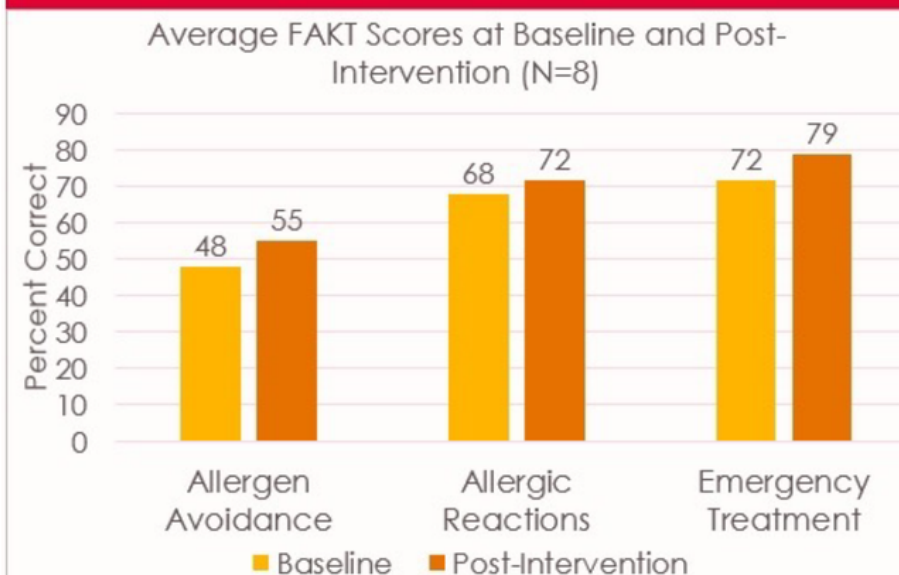
They reported that the FAM Program was relevant and enjoyable, and liked the Zoom virtual format.

## CONCLUSIONS

The FAM Program is a promising option for providing support to teens with food allergy.

Next step: R01 awarded by NIAID for an RCT comparing FAM Program to usual care.

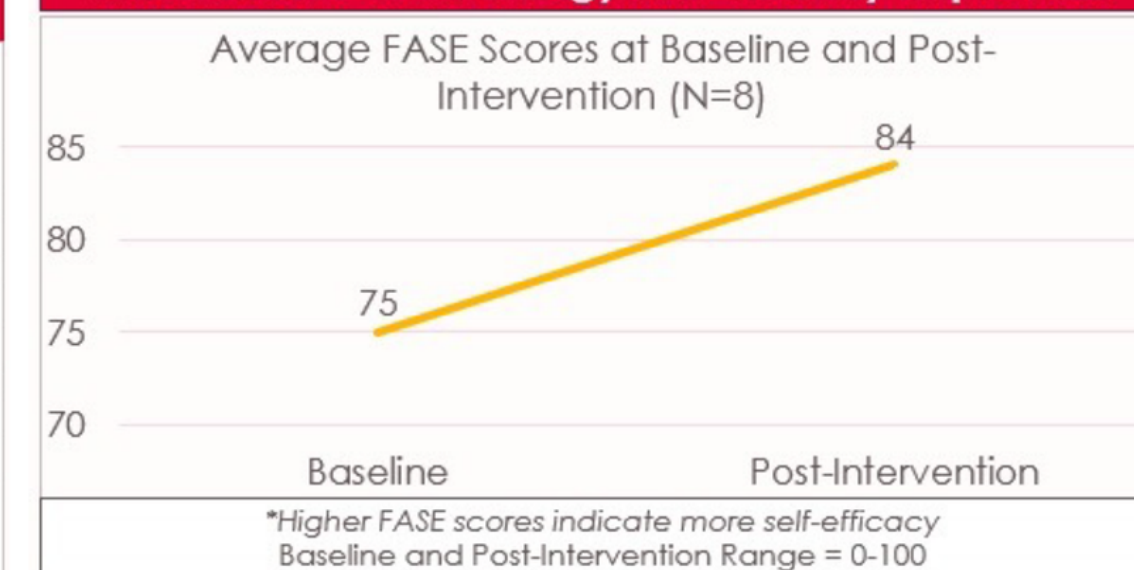
### Food Allergy Knowledge Test (FAKT) scores improved across several domains.



Allergen Avoidance: Baseline Range = 29-100%, Post-Intervention Range = 43-100%  
 Allergic Reactions: Baseline Range = 41-95%, Post-Intervention Range = 59-95%  
 Emergency Treatment: Baseline Range = 15-85%, Post-Intervention Range = 38-85%

Session	Topic	Attendee(s)
Session 1	Orientation	Adolescent & Caregiver
Session 2	FA self-management planning and organization	Adolescent
Session 3	Navigating FA social situations	Adolescent
Session 4	Managing FA stress and worries	Adolescent
Session 5	FA self-efficacy/Putting it all together	Adolescent & Caregiver
Group Session	Social support from peers with FA	Adolescent

### Adolescents' food allergy self-efficacy improved.



### Adolescents' perceptions of their ability to effectively deal with allergic reactions improved.

