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

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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.

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.