

PhD Summary

Full Name of the Doctoral Candidate

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Title of the Doctoral Dissertation

"Development and Pilot Evaluation of an Interdisciplinary Individualized Nutritional Intervention for Children with Cerebral Palsy in Greece: Effects on Feeding Behaviour, Nutritional Status and Quality of Life"

Three-Member Committee

1. Christoforos Papandreou, Assistant Professor, Hellenic Mediterranean University
 2. George A. Fragkiadakis, Associate Professor, Hellenic Mediterranean University
 3. Anastasia Markaki, Chair of the Department of Nutritional Sciences and Dietetics, Hellenic Mediterranean University
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Abstract

Introduction

Cerebral Palsy is one of the most common causes of childhood physical disability and is frequently associated with feeding difficulties, swallowing disorders and an increased risk of malnutrition. These challenges can negatively affect nutritional status, growth, health outcomes and quality of life, while also placing a considerable burden on caregivers and families.

Research Aim

The aim of this doctoral research is to develop and pilot-test an individualized interdisciplinary nutritional intervention for children with Cerebral Palsy in Greece and to investigate its effects on feeding behaviour, nutritional status and quality of life.

Methodology and Sample

The study will be conducted as a pilot randomized controlled trial involving 50 children aged 4–12 years with a diagnosis of Cerebral Palsy receiving services through ELEPAP rehabilitation centres. Participants will be randomly assigned to either an intervention group or a control group. The assessment protocol will include feeding and swallowing assessment tools (FNST, FHI-C and EDACS), quality of life evaluation using CPCHILD, anthropometric measurements and additional nutritional assessment procedures.

Significance of the Study

The study is expected to contribute to the development of evidence-based nutritional support strategies for children with Cerebral Palsy in Greece. Furthermore, it will provide pilot data regarding the feasibility and preliminary effectiveness of an interdisciplinary nutritional intervention, supporting future large-scale clinical research and improved models of care.

Keywords

Cerebral Palsy, nutrition, feeding difficulties, nutritional status, quality of life, interdisciplinary intervention.