P30 (continued)

female) was 36.3 (SD = 14.5) years. Higher frequency of adoption of 6 health behaviors within the 'high income group' as compared to counterparts was indicated by *t* tests. Notable mean differences in behavior included choosing steamed over fried foods ($P < 0.01$), using small amounts of oils ($P < 0.05$), eating healthful snacks ($P < 0.05$), and following traditional healthful Chinese food patterns ($P < 0.01$). Stronger self-efficacy levels in the 'high income group' for 7 out of 9 items reflecting the performance of dietary behaviors were also indicated by *t* tests.

Conclusion: Nutrition professionals must assess client's living environments in the adoption of obesity prevention behaviors. In fostering behavioral confidence, investigating the impact of individuals' neighborhood in various residential areas are warranted.

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P31 Management of Disordered Eating Behavior Risk in Clients Varies Among Outpatient Dietitians: A Qualitative Thematic Analysis

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Background: Sixty-two percent of dietitians recommend nutrition apps to patients, with calorie-tracking apps the most popular. While previous research has indicated common characteristics of nutrition app users, little is understood about how client characteristics impact dietitians' decisions about recommending apps. Addressing this relationship would provide guidance for dietitians to make evidence-based practice decisions regarding which clients would benefit.

Objective: To explore the role of client characteristics in outpatient dietitians' decisions to recommend apps.

Study Design, Setting, Participants: Twenty- to 60-minute semi-structured interviews conducted by phone, videoconferencing, or in-person from November 2019 to July 2020 with U.S. outpatient dietitians ($n = 20$).

Measurable Outcome/Analysis: Interviews investigated dietitian experiences surrounding their app decision-making process, including the client-, app-, and practice-related factors involved. Two coders conducted a qualitative thematic analysis of the client-related factors.

Results: Dietitians years in practice ranged from 2 to 42 year and they identified weight management and diabetes as top counseling topics. We identified 3 client-related themes: motivation, tech/health literacy, and disordered eating behaviors. While clients' motivation and literacy level may impact the dietitian's decision, the presence of disordered eating behaviors more consistently impacted these decisions, leading dietitians to avoid or carefully

select apps for clients, especially calorie-tracking apps. Many participants perceived that apps would benefit or harm clients based on a nuanced set of characteristics, such as being numbers-oriented vs obsessive. Several participants reported they avoided the use of calorie-tracking apps for all clients, including those without concerning characteristics or behaviors, due to worries that their use would increase risk of developing disordered eating behaviors.

Conclusion: While several client features influenced dietitians' app decisions, disordered eating behaviors appeared to be the most consistent characteristic leading to avoidance or adjusted use. Despite this consistency, dietitians differed regarding whether apps promote these behaviors in all clients. Further research to understand this relationship is needed to guide dietitians and app design.

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P32 Self-Efficacy Among Students in Various Dietetics Programs

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Background: In educational programs, student perceptions are often overlooked; yet, have been shown to contribute to motivation, engagement, and academic performance. Conversely, a lack of self-efficacy can be a barrier to professional and effective clinical practice.

Objective: The objective of this research is to explore student self-efficacy in various dietetics programs.

Study Design, Setting, Participants: A cross-sectional study design assessed self-efficacy among dietetics students ($n = 44$) in 4 programs: coordinated undergraduate, coordinated graduate, dietetic internship, and the Future Education Model Graduate Program. Students were classified as first year of the program or subsequent year, as well as first year or subsequent year(s) as undergraduate and graduate students.

Measurable Outcomes/Analysis: The Self-Efficacy Scale for Nutrition Students in the Clinical Setting is a survey consisting of 20 statements based on ACEND competencies for programs. Survey statements are rated on a 4-item Likert scale ranging from 'not at all confident' to 'fully confident.' This survey was administered electronically and mean self-efficacy scores across all items were compared using independent samples *t* test and ANCOVA.

Results: Students in the first year of a dietetics program had significantly lower scores (2.9 ± 0.53) than in students in subsequent years (3.4 ± 0.41 , $P = 0.004$). First year graduate students had significantly lower scores (2.79 ± 0.38) than second year graduate (3.37 ± 0.46) and undergraduate students (3.47 ± 0.29 , $P = 0.008$). Areas of highest confidence among all students were ability to abide by the code of ethics, collect food and nutrition-related history,

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