Fetal Alcohol Spectrum Disorder (FASD)

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HL 367
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Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)

The mission of MOFAS is to eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with Fetal Alcohol Spectrum Disorders (FASD) throughout Minnesota. Our vision is a world in which women do not drink alcohol during pregnancy and people living with Fetal Alcohol Spectrum Disorders (FASD) are identified, supported and valued.
Our Mission:

To increase awareness of Fetal Alcohol Spectrum Disorder (FASD) in pregnant women ages 14-18 through education.
General Need

FASD is a term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. FASD includes, but is not limited to Fetal Alcohol Syndrome (Saddler, 2008).

MOFAS states that there is a need for awareness of FASD because we need to provide education and training so FASD is better understood and works to ensure that all women know that there is no safe level of alcohol use during pregnancy (MOFAS, 2011).

Human malformations caused by alcohol consumption in pregnancy have been recognized as the fetal alcohol syndrome for almost 40 years. Prenatal exposure to ethanol is now established as causing permanent brain alterations leading to lifetime adaptive disability (Clarren & Salmon, 2010).
General Need: Increase awareness of FASD.

Our Mission: To increase awareness of FASD in pregnant women ages 14 to 18 through education.

Agency's Mission: To eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with FASD.
Our Mission:
To increase awareness of Fetal Alcohol Spectrum Disorder (FASD) in pregnant women ages 14 -18 through education

Dependent variable: awareness of FASD

Target Population: pregnant women ages 14 to 18

Independent variable: education
Theoretical Definition of Awareness of FASD

The awareness of FASD is having knowledge of what FASD is, how it occurs, how it affects the unborn child and ways to prevent FASD from occurring. FASD is a disorder occurring as a result of an alcohol-exposed pregnancy with the most severe consequences including central nervous system problems, facial malformations and cognitive, behavioral and growth deficiencies; developing and disseminating screening and intervention approaches, clinical guidelines, and tools for primary care providers, and providing education and training (Floyd, O'Connor, Bertrand, Sokol, 2006)(Caley, 2010)(Ricci, 2010).
Dependent Variable Test

Awareness of FASD Test

The scale is designed from 0 to 5 based on the awareness pertaining to the questions; 0 being no awareness and 5 being high awareness. Please leave comments in regard to your answer.

I am aware of what Fetal Alcohol Spectrum Disorder (FASD) is.
0 1 2 3 4 5
Define it:

I am aware of how Fetal Alcohol Spectrum Disorder (FASD) occurs.
0 1 2 3 4 5
Explain:

I am aware of the effects that Fetal Alcohol Spectrum Disorder (FASD) has on an unborn child.
0 1 2 3 4 5
Identify the effects you are aware of:

I am aware of ways to prevent Fetal Alcohol Spectrum Disorder (FASD).
0 1 2 3 4 5
Identify the ways you are aware of:

Total: / 20
Logical validity is when a test measures what it purports to measure, so it is valid when the test measures the awareness of FASD as we theoretically defined it.

A test that is **reliable** will be dependable and give the same results when no intervention is presented. Our test will be **reliable** if it measures and gives consistent results for measuring awareness of FASD in pregnant women ages 14 to 18 before the intervention.
The behavior change model we have chosen for our project is the Health Belief Model.

We can use this model to help predict the reasons for use or avoidance of alcohol during pregnancy in women ages 14 through 18.
FASD Health Belief Model Test

This test was composed to assess the concepts of the Health Belief Model in the understanding and prevention of Fetal Alcohol Spectrum Disorders. The scale is designed from 0 to 5 based on the awareness pertaining to the questions: 0 being no awareness and 5 being high awareness. Please leave comments in regard to your answer.

Perceived Susceptibility

I am aware that alcohol consumption during pregnancy can make the unborn child susceptible to developing FASD.
0 1 2 3 4 5
Comments:

Perceived Seriousness

I am aware of the seriousness of the health problems that consuming alcohol during pregnancy can have on the developing fetus.
0 1 2 3 4 5
Comments:

Perceived Barriers

I am aware of the barriers to preventing FASD in an unborn child.
0 1 2 3 4 5
Comments:

Perceived Benefits

I am aware of the benefits to non-consumption of alcohol on the fetus during pregnancy.
0 1 2 3 4 5
Comments:
Objective Statements: Dependent Variable Test

The student will increase their awareness of what FASD is by two points, per the *awareness test*, by the end of the 40 minute presentation.

The student will increase their awareness of how FASD occurs by two points, per the *awareness test*, by the end of the 40 minute presentation.

The student will increase their awareness of the effects of FASD on an unborn child by two points, per the *awareness test*, by the end of the 40 minute presentation.

The student will increase their awareness of ways to prevent FASD by two points, per the *awareness test*, by the end of the 40 minute presentation.
Objective Statements: Health Belief Model Test

The student will increase their awareness of susceptibility of FASD, per the *Perceived Awareness of FASD Test*, by the end of the 40 minute presentation.

The student will increase their awareness of the seriousness of the health problems that come from consuming alcohol during pregnancy by two points, per the *Perceived Awareness of FASD Test*, by the end of the 40 minute presentation.

The student will increase their awareness of the barrier to preventing FASD in an unborn child, per the *Perceived Awareness of FASD Test*, by the end of the 40 minute presentation.

The student will increase their awareness of the benefits to non-consumption of alcohol on the fetus during pregnancy, per the *Perceived Awareness of FASD Test*, by the end of the 40 minute presentation.
Our Program:

- We have based our program using the model created by L. Boulter (2007), which is a peer-led FAS/FAE prevention presentation program that is available for local middle and high schools.
- We chose this program because it was one of the few models and because it appeared to be effective at increasing awareness of FASD. HOWEVER, to meet our purposes, we shall modify the program.

- Netvibe: [Teen Awareness of FASD](#)
Our Program:

• Our program was designed to increase the awareness of FASD in pregnant women ages 14-18.
• The program will consist of students from Marquette Senior High School, Bothwell Middle School, and the Marquette Alternative Education School. It will take place during the scheduled health and physical education classes at each individual school, in each grade.
• We will start out by presenting the student body with the Awareness of FASD pre-test. Then we will begin a lecture and PowerPoint presentation that will last approximately 40 minutes.
• After questions are asked and notes are taken, the student body will complete the Perceived Awareness of FASD post-test consisting of the understanding and the ways of prevention.
## Evaluation Design:

<table>
<thead>
<tr>
<th>Student Body</th>
<th>Pretest</th>
<th>Intervention</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>N= 2,000</td>
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|                | Awareness of FASD (DV test) = 5/20 | Modified Peer-led FAS/FAE prevention program (Boulter, 2007). 40 minute presentation and demonstration | Awareness of FASD (DV test) = 16/20 Perceived awareness of FASD (BC test) = 16/20 |

|                | O       | X           | O         |
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<td>40 minute presentation and demonstration</td>
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</tr>
<tr>
<td></td>
<td><a href="#">Not a Single Drop</a></td>
<td><a href="#">Image of butterfly and knot</a></td>
<td><a href="#">Image of feet forming a heart</a></td>
</tr>
</tbody>
</table>
Internal Validity

Internal validity is whether observed changes can be attributed to our program and **not** to other possible causes. Evidence should be shown that what we did in the program provided the results of the post test to happen.

For our evaluation design, One-Group Pretest-Posttest, a few threats to internal validity that may be present are History, Maturation, Testing, Instrumentation and Regression.
Communication Venues:

**Marketing Poster for FASD Awareness**
[https://wiki.ace.nmu.edu/bx962x7/...FASD_flyer.pdf](https://wiki.ace.nmu.edu/bx962x7/...FASD_flyer.pdf)

**Brochure for Information on FASD**
[https://wiki.ace.nmu.edu/bx962x7/...Brochure_on_FASD.pdf](https://wiki.ace.nmu.edu/bx962x7/...Brochure_on_FASD.pdf)
This foundation is an independent, non-profit foundation created to promote interest and fund research related to the short and long-term bio-medical, psychological and social effects of alcohol consumption during pregnancy, and the prevention of fetal alcohol spectrum disorders (FASD).

The mandate of the Foundation is:

• to increase awareness about fetal alcohol effects and facilitate prevention of fetal alcohol spectrum disorder and its consequences;
• to promote and disseminate new knowledge related to FASD through quality research.

The Canadian Foundation on Fetal Alcohol Research purpose is very compatible with our mission. It's main focus is to increase awareness about and prevention of FASD. This foundation would be extremely helpful in funding our program.
References

Boulter, L. (n.d.)(2007). The effectiveness of peer-led FAS/FAE prevention presentations in middle and high schools. The business network: health publications. *The Effectiveness of Peer-led FAS/FAE Prevention Presentations in Middle and High Schools*


FASD impacts us all. (2011). Minnesota Organization of Fetal Alcohol Syndrome (MOFAS). *Minnesota Organization on Fetal Alcohol Syndrome*
References


Netvibe: Teen awareness of FASD


Video: Teen FASD Awareness

http://www.thejobexplorer.com/Job_Description/Program_Coordinator.html