

CHRD 2024: Abstract Submission Form

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Presenter Status
Non-Trainee

Role in the project
Perform Experiments
Write Abstract

Research Category
Clinical

Title

Building Circles of Support, an Education Series about Children and Adolescents with Prenatal Alcohol Exposure: A Preliminary Program Evaluation

Background

Twice a year, Building Circles of Support (BCS) offers an 8-week educational series on fetal alcohol spectrum disorder (FASD). Typically, caregivers, service providers, and educators of children and adolescents with prenatal alcohol exposure (PAE) attend the series.

Objective

The aim of the study was to learn if participating in the BCS series changes (1) participants' understanding of FASD, (2) participants' understanding of child behavior, and (3) participants' thoughts about themselves as caregivers. It also investigated participants' impressions of the program.

Methods

Participants were recruited across three consecutive BCS series. Participants were eligible for the study by attending at least one session. Six caregivers and eight supporters were recruited. Participants completed surveys before and after the series consisting of demographic information, their understanding of FASD and PAE, and hopes and reflections about the series. Caregivers answered additional questionnaires about caregiver attributions and parenting sense of competence.

Results

Six participants had similar scores for understanding FASD after ($M = 1.33$, $SD = 0.52$) than before ($M = 1.17$, $SD = 0.75$) this series; however, formal analyses could not be conducted due to low power. There was not enough information to determine if caregivers' understanding of child behavior changed; however, there were promising results to indicate an improvement in a caregiver's sense of competency post-series ($M = 69$, $SD = 7.07$, $n = 2$) compared to pre-series ($M = 62$, $SD = 11.36$, $n = 3$). Participants reported enjoying and learning a lot from the series, and suggested additional sessions on strategies, sleep, community resources, and time for connecting as attendees be included in future BCS series.

Conclusion

This study highlighted that caregivers and supporters value an educational series about PAE and FASD, which may lead to improved caregiving. It also uncovered insights that can be used to improve the BCS series and future research studies.

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No

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