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# College Student Awareness of Fetal Alcohol Spectrum Disorders

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# College Student Awareness of Fetal Alcohol Spectrum Disorders

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## STATEMENT OF THE PROBLEM

### Background

- Fetal Alcohol Spectrum Disorders (FASDs) include a broad spectrum of fetal birth defects caused by alcohol consumption during pregnancy<sup>1</sup>
- FASDs affect up to **5% of Americans**, and there is **no cure**<sup>1</sup>
- FASDs are **100% preventable** by abstaining from alcohol during pregnancy<sup>2</sup>
- Lack of education plays a major role in the incidence of FASDs<sup>1</sup>
- Few people are aware of the consequences of drinking alcohol during pregnancy<sup>3,4,5</sup>
- Researchers have performed clinical interventions demonstrating expecting mothers' willingness to modify alcohol use after receiving education<sup>1,3,4,5</sup>

### Significance of the Problem

- **Little** published research specifically evaluating college students' knowledge of FASDs or on their attitudes as a whole toward drinking when pregnant or when likely to become pregnant
- Our project aims to address this gap so health care providers can more effectively target this demographic with needed interventions

## OBJECTIVE

To determine the knowledge of college students regarding alcohol use during pregnancy and when at risk of pregnancy both before and after a presentation on FASDs and their willingness to modify their behaviors regarding alcohol use.

## HYPOTHESES

H1: There will be a statistically significant difference in college students' knowledge about FASDs after a presentation on FASDs.

H2: There will be a statistically significant difference in the number of college students who self-report they are willing to modify their alcohol use when pregnant or likely to become pregnant than those who self-report that they would make no change.

## PROJECT TIMELINE



## PROPOSED METHODS

### Study Design

- Pre-Test/Post-Test Observational
- Pre-Test given at baseline
- Post-Test given immediately after intervention

### Sample

- Convenience Sample
- Adults ages **18+** enrolled in an undergraduate or graduate program

### Intervention

- 5 minute-long video presentation explaining the nature of FASDs and the consequences of drinking during pregnancy

### Data Collection

- Pre- and post-test consisting of questions about demographics, awareness of FASDs, and attitudes toward drinking
- Tests will be administered before and after watching a video presentation on FASDs.
- Questions developed from previous FASDs surveys<sup>4,5</sup>

### Measurements

- Knowledge of FASDs
- Willingness to modify alcohol consumption if pregnant or likely to become pregnant.

## PROPOSED ANALYSES

We will be using **SPSS**, where we will enter our data then run descriptive statistics and a Shapiro-Wilk test to determine if the data is distributed normally. For normal distribution, we will be running paired **t-tests** between the pre and post tests; if the data is not normal, we will run a Wilcoxon-signed rank test. We determined our statistics based on the fact that we are analyzing one group at two different points in time. The significance criterion will be an alpha less than 0.05. We will also look for trends in demographics and attitude/knowledge.

## LIMITATIONS

Age and Geographic Generalizability	Self-Reported results taken immediately after intervention	Convenience sampling method
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## FUTURE DIRECTIONS

- What methods can healthcare providers utilize to effectively educate college students on prevention of FASDs?
- Can similar interventions be used to effectively promote awareness of FASDs in populations not included in our study?

## REFERENCES

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