

D14. Frontier FASD Online Academic Course Post-test

The following is the post-test survey for the FASD online course you just completed. Post-test responses will be compared to pre-test responses collected at the beginning of the course, and used to assess the impact of the course materials on students' FASD-related knowledge and attitudes, and to improve future courses. Thank you in advance for your participation.

Thank you for your time.

Please enter the personal ID code you created for the pre-test survey.

First letter of your mother's
first name

First digit of your social
security number

Last digit of your social
security number

First letter of your mother's
maiden name

The public reporting burden of this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer; 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333 ATTN: PRA (XXXX-XXXX).

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The following items will be used only to describe the demographic makeup of the class.

Are you Hispanic or Latino/a?

- No Yes

How do you describe your race? (select all that apply)

- American Indian/Alaska Native Native Hawaiian/Pacific Islander
 Asian White
 Black/African American

What is your current grade level?

- Freshman Senior
 Sophomore Graduate student
 Junior

What is your current area of study?

- Counseling Occupational therapy
 Nursing Physical therapy
 Social work Speech & language therapy
 Addictions Medicine
 Psychology

Other (please specify)

If you are a medical student, please select your residency specialty.

- OB/GYN resident Internal medicine resident
 Pediatric resident Genetics resident
 Psychiatry resident Dentistry resident
 Family medicine resident

Other (please specify)

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Below are 2 (two) scenarios that describe alcohol-related behaviors in women. Please read each scenario carefully and respond to the questions that follow regarding the described individual and behavior.

Scenario 1

Over the past few months, Sally has started to drink more than her usual amount of alcohol. In fact, she has noticed that she now needs to drink twice as much in order to get the same effect. Several times she has tried to cut down or stop drinking. However, each time she tried she became very agitated and couldn't sleep, so would start drinking and the symptoms would go away. Her family has complained that she is often hung over, moody, and has become unreliable – making plans one day and cancelling them the next. In fact, they report that she frequently calls them while intoxicated and has no memory of the calls or what she promised the next day.

In your opinion, how likely is it that Sally's situation might be caused by...

| | Not at all likely | Not very likely | Neither likely nor unlikely | Somewhat likely | Very likely |
|--------------------------------------|-----------------------|-----------------------|-----------------------------|-----------------------|-----------------------|
| her own bad character. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| a chemical imbalance in her brain. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| the way she was raised. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| stressful circumstances in her life. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| a genetic or inherited problem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| God's will. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Scenario 2

During the past year, Jessica has started to drink more than her usual amount of alcohol. In fact, she has noticed that she now needs to drink twice as much in order to get the same effect. Three months ago, Jessica found out that she is pregnant and her doctor told her she should not drink alcohol during her pregnancy. Jessica has tried but so far has not been able to stop drinking. Some of Jessica's friends told her that when they were pregnant the taste and/or smell of alcohol made them sick. Jessica was hoping that she would have the same reaction, but that has not been the case. Out of concern for Jessica's health and the health of her baby, her family has tried several times to talk with her about it. However, they are telling her that she is being selfish and not behaving in the best interest of her child. This approach is only increasing how guilty and ashamed Jessica is feeling about not being able to stop. As a result, Jessica has become very secretive about her drinking, sneaking a drink whenever she has a chance.

In your opinion, how likely is it that Jessica 's situation might be caused by...

| | Not at all likely | Not very likely | Neither likely nor unlikely | Somewhat likely | Very likely |
|--------------------------------------|-----------------------|-----------------------|-----------------------------|-----------------------|-----------------------|
| her own bad character. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| a chemical imbalance in her brain. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| the way she was raised. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| stressful circumstances in her life. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| a genetic or inherited problem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| God's will. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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The following items deal with factors related to fetal alcohol spectrum disorders.

The best public health message related to alcohol consumption by women of childbearing age is

- Women who know they are pregnant should not consume alcohol.
- Women who are pregnant or could become pregnant should not consume alcohol.
- All sexually active women should not consume alcohol.
- Women of childbearing age should not consume alcohol.
- Alcohol use, in moderation, is safe for all women.

An episode of “binge” drinking for women of childbearing age is defined as:

- 2 drinks or more per occasion
- 3 drinks or more per occasion
- 4 drinks or more per occasion
- 5 drinks or more per occasion
- 6 drinks or more per occasion

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Which one of these is NOT considered a standard drink:

- 12 ounces of beer
- 12 ounces of wine cooler
- 5 ounces of wine
- 3 ounces of vodka
- All of the above are standard drinks

Which of the following is NOT an essential element of all brief interventions?

- Empathy
- Responsibility
- Advice
- Confrontation
- Feedback

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Although specific deficits experienced by individuals with an FASD vary widely, behavioral deficits are likely to include which of the following:

- memory problems, underactivity, and self-injurious behavior
- inattention, memory problems and hyperactivity
- particular mannerisms, hoarding, and memory problems
- emotion regulation, weight loss, fatigue, irritability
- auditory hallucinations, disorganized speech, and flat affect

Which of the following include all three facial abnormalities associated with fetal alcohol syndrome?

- Low set ears, large eye openings, large forehead
- Small palpebral fissures, smooth philtrum, thin upper lip
- Large palpebral fissures, smooth philtrum, thin upper lip
- Large forehead, flattened cheeks, small eyes
- Thin upper lip, distinct philtrum, ectropion

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Which one of the following statements is NOT correct?

- Persons with FASDs may experience problems in school and in getting along with other children.
- Persons with FASDs generally do not need support and services to live and work independently as adults.
- Persons with FASDs can benefit from obtaining an early diagnosis.
- Persons with FASDs may need support and services throughout their lives.
- Persons with FASDs may be at an increased risk for victimization and high risk behaviors.

Which of the following is a safe amount of alcohol for a pregnant woman to consume?

- A standard drink twice a week
- A drink that is less than a standard amount twice a week
- After the first trimester, it is safe to have an occasional standard drink
- It is safe to drink alcohol during the third trimester
- No known amount of alcohol is safe during pregnancy

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Which of the following are considered protective factors against secondary disabilities associated with FASDs?

- Living in stable and nurturing home environments
- Early diagnosis (before 6 years of age)
- Absence of exposure to violence
- Consistency in caregivers
- Eligibility for social and educational services
- All of the above

If there is time to ask non-pregnant women only one alcohol-use screening question, which of the following can be used?

- Do you get annoyed with people when you drink?
- On any single occasion during the past 3 months, have you had more than 4 drinks containing alcohol?
- What time of the day do you typically start drinking?
- Are you pregnant?
- None of the above can be used

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To what extent to you agree with the following statements?

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|--|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| Lifestyle changes don't occur automatically. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| FASD is an umbrella term that covers multiple problems related to prenatal exposure to alcohol | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| There are no societal costs related to FASDs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Alcohol affects multiple organ systems throughout pregnancy... particularly the central nervous system | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Only pregnant women need to be screened for alcohol use | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| There is no safe time, no safe type, and no known safe amount of alcohol that can be consumed during pregnancy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Brief interventions promote reductions in alcohol use among non-dependent individuals | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Supportive, non-judgmental counseling can lead to decreased alcohol use during pregnancy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Which of the following is NOT reported as an outcome of research-based interventions for children with FASDs?

- improved social functioning
- improved child behavior
- development of executive functioning and self-regulation
- increased parental distress
- improved parenting attitudes

Positive responses given to items on the TWEAK or the T-ACE screening instruments indicate

- a diagnosis of alcoholism.
- the likelihood that the woman will seek treatment for alcohol abuse.
- the need for the health care provider to discuss the risks associated with drinking alcohol, especially when the woman is pregnant.
- the difference between binge drinking and problem drinking.
- the need for immediate admission to a treatment facility for further evaluation.

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Alcohol use during pregnancy

- interferes with the normal proliferation of nerve cells.
- alters the brain's ability to produce or regulate cell growth, division, and survival.
- alters the expression of certain genes.
- alters the pathways of biochemical or electrical signals within cells.
- All of the above

Which one of the following statements is NOT correct?

- Some women expose their fetus to alcohol because of alcohol dependence or addiction.
- Health providers seek the best outcomes for women and fetuses by efforts to increase foreseeable benefits and minimize foreseeable harms.
- Most medical societies advocate coercive methods as a first intervention for women who expose a fetus to alcohol.
- Health providers have an ethical duty to respect their patients.
- The legal status of fetuses is addressed by federal and state laws.

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Which of these is NOT part of the addictive disease process?

- Craving and compulsion
- Violent behavior
- Loss of control
- Continued use despite adverse consequences
- All of the above are part of the addictive disease process

Scientific studies of the effects of alcohol on the fetus have shown that:

- Alcohol has no effect on the development of the fetus in the third trimester.
- Alcohol can only affect fetal development in the first trimester.
- A small to moderate amount of alcohol is safest during the second trimester.
- Of all the different types of alcohol, wine is the safest for a pregnant woman to consume.
- None of the above is correct.

Which of the following is NOT required to confirm a diagnosis of fetal alcohol syndrome (FAS)?

- Facial dysmorphism
- Growth retardation
- Central nervous system (CNS) abnormalities
- Documentation of prenatal alcohol exposure
- All of the above are required for a diagnosis of FAS

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In this final section, we would like to know what you thought about the FASD training. Please circle the number that most closely represents the extent to which you agree with the following statements.

To what extent do you agree with the following statements?

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|--|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| Overall, the FASD training was interesting. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The training content will be useful to me professionally. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The training content increased my awareness & knowledge of the harmful effects of alcohol on the developing fetus. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The training exercises were relevant to the topics covered. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The training handouts enhanced the lecture material. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The instructor seemed knowledgeable about the topics. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The instructor seemed comfortable presenting the material. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I am satisfied with my experience in this training. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Thank you for your time...