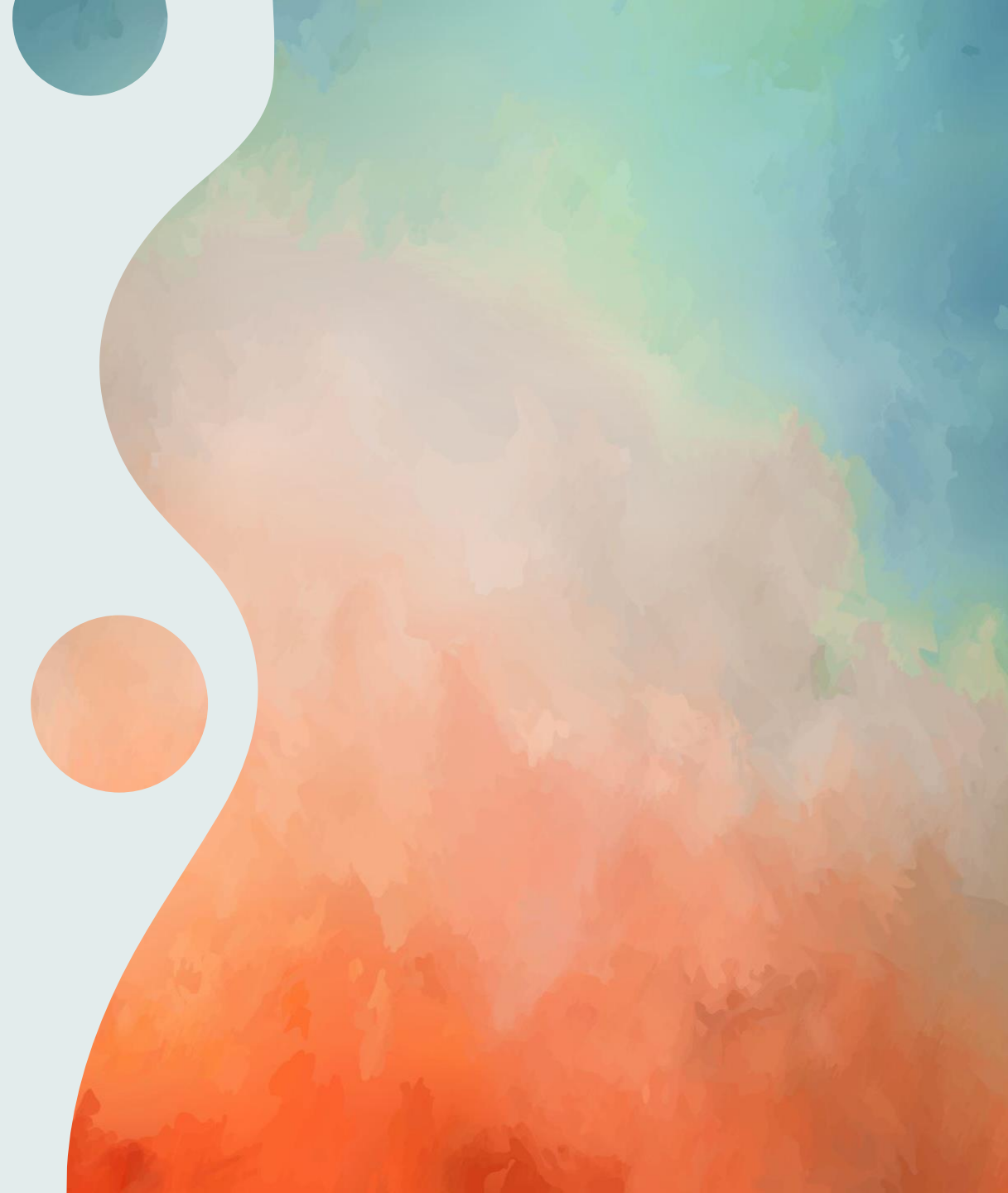


Comparing Stressors and Resources Across Prenatal Alcohol Exposure Groups

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Claire Coles, Ph.D.



Why this matters

Anecdotal evidence suggests that prenatal alcohol exposure (PAE) is associated with long-term psychosocial risk which increases the risk for secondary disabilities



Objective

- ❖ Compare life stressors and social resources across three groups:
 - Non-PAE controls
 - PAE (no dysmorphia)
 - PAE Dysmorphic (FAS)
- ❖ Determine the areas of social adversity and lack of resources which may impact long term neurobehavioral outcomes as well as overall well-being and quality of life

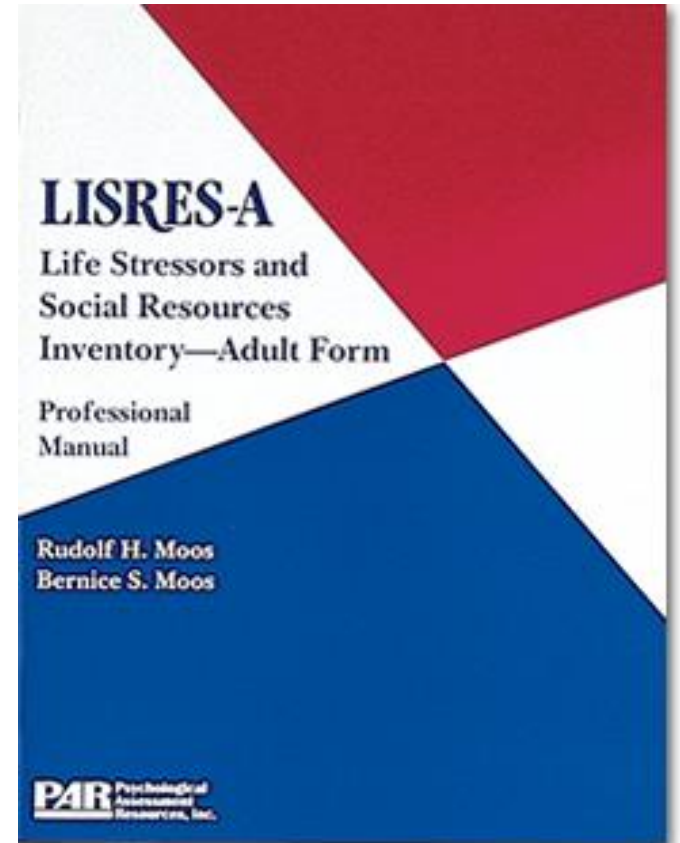
Sample

Two longitudinal cohorts of individual recruited prenatally and followed into adulthood:

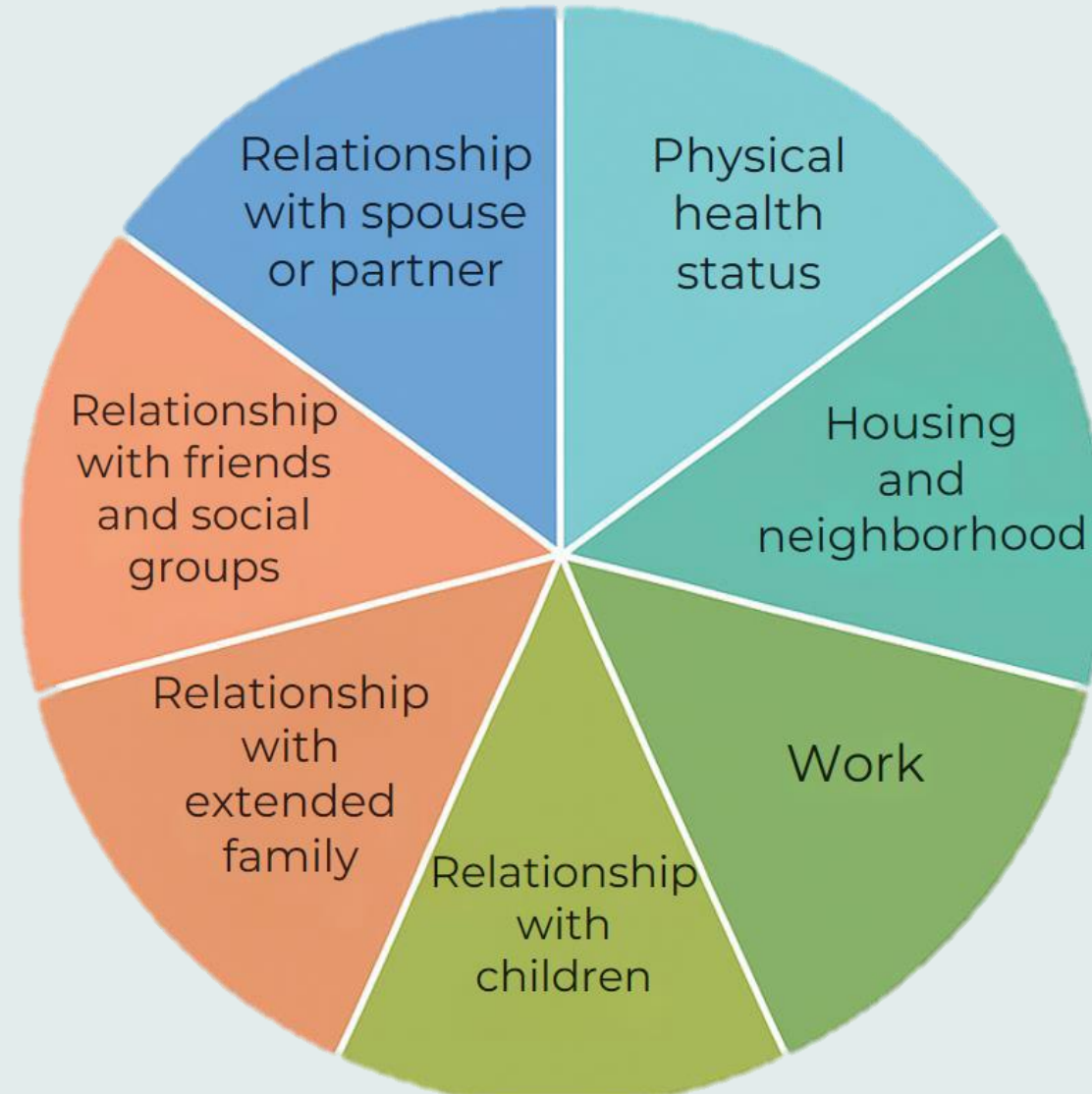
- n=205
- Atlanta: primarily Black individuals/low SES
- Seattle: primarily a White cohort

Life Stressors and Social Resources Inventory (LISRES)

- The LISRES is a structured interview that assesses both life stressors and social resources across key areas of functioning.
- Rather than focusing on stress alone, it captures the balance between adverse experiences and the supports available to manage them.



8 Domains



Analytic Plan

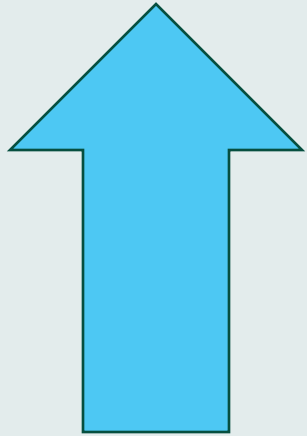
One-way ANOVAs conducted for each domain

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graph TD; A[One-way ANOVAs conducted for each domain] --> B[Independent variable: Groups (Non-PAE, PAE No Dysmorphia, PAE Dysmorphic/FAS)]; B --> C[Dependent variables: Stressor and resource scores]; C --> D[Post-hoc tests used to identify specific group differences];
```

Independent variable: Groups (Non-PAE, PAE No Dysmorphia, PAE Dysmorphic/FAS)

Dependent variables: Stressor and resource scores

Post-hoc tests used to identify specific group differences

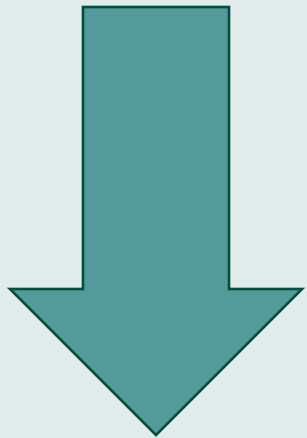


Stressors:

Negative life events

Home/neighborhood conditions

Family Stressors



Resources:

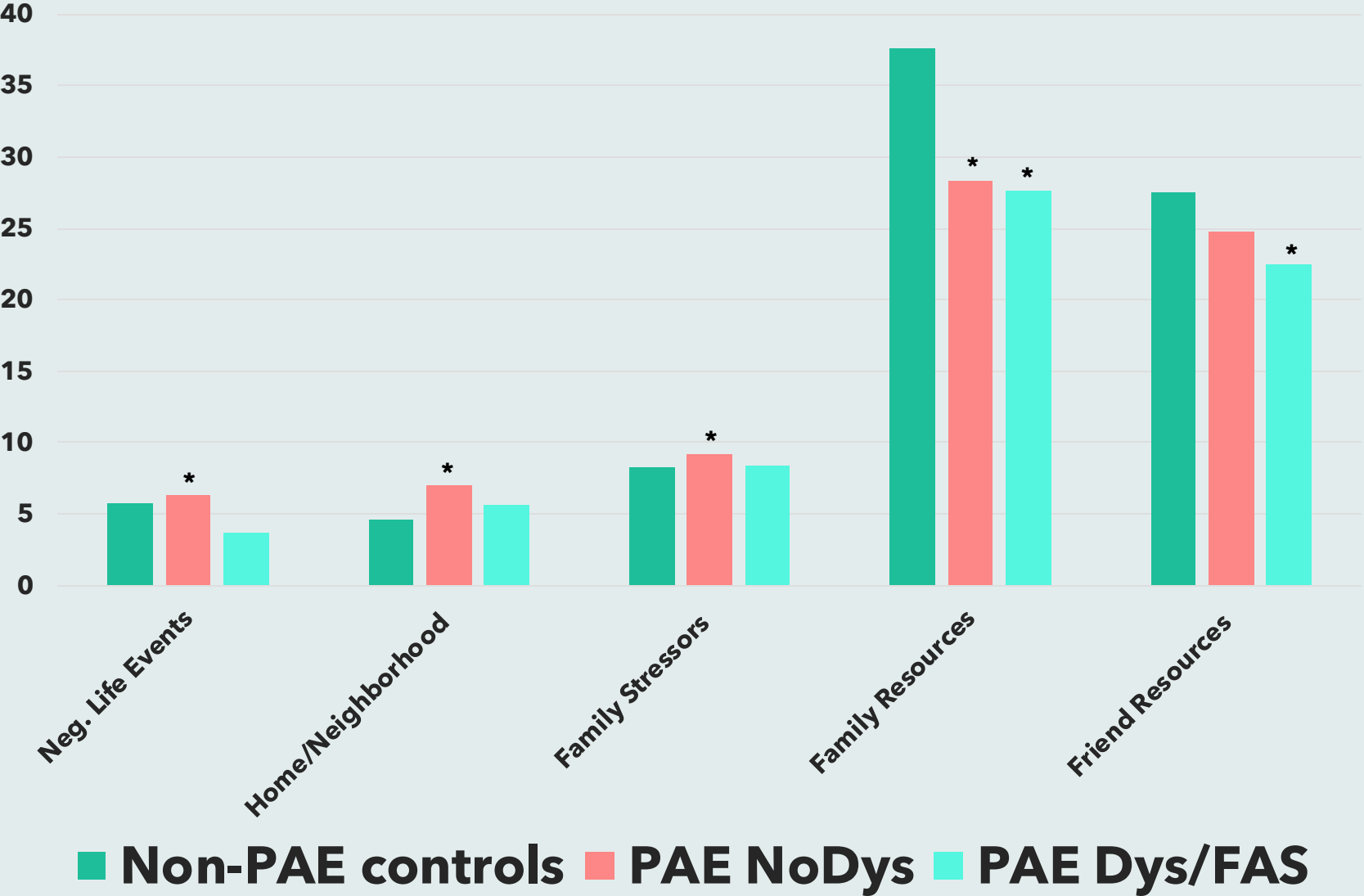
Family

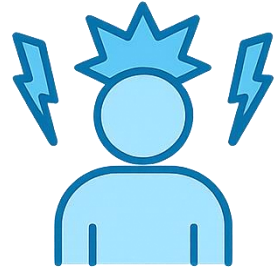
Friends



Results: Pattern of Risk and Protection

Domains with Significant Group Differences





STRESSORS



RESOURCES

Interpretation

- Individuals with FAS experience a compounded psychosocial burden
 - PAE (no dysmorphia) = High stress
 - PAE (dysmorphia/FAS) = low resources
- Higher stress can increase vulnerability while social support deficits may intensify mental and physical health challenges



Implications

- Interventions should:
 - Strengthen family functioning and support
 - Family-based interventions
 - Build peer and community connections
 - Promote community inclusion and improve access to resources
 - Address environmental stressors
 - Utilize case management and service coordination
- Enhancing social resources may buffer effects of chronic stress
- Policy Alignment:
 - Consistent with the RESPECT Act, findings highlight the need for funding for coordinated family- and community-based supports



The FASD Respect Act
Building the Foundation for Change
#FASDRESPECT