

A Systematic Review of Mental Health & Addictions Interventions for Individuals with Fetal Alcohol Spectrum Disorder/ Prenatal Alcohol Exposure

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Individuals with FASD commonly encounter mental health & addictions challenges



FASD-Informed

Evidence based interventions are required to improve mental health & addictions outcomes



Original Search

Titles from searching Medline, Psych Info, Web of Science, Cochrane Library

7629

Summary of Findings



There are virtually no studies that provide evidence for specific intervention strategies for individuals with FASD as they seek treatment for Mental Health or Addictions challenges

There are some interventions showing improvements on relevant childhood variables such as:

- Emotional problem solving (Wells et al. 2012)
- Social skill development (Frankel et al. 2006, O'Connor et al. 2006)
- Self-regulation (Coles et al., 2015 & 2018, Kabel et al., 2016, Nash et al, 2014 & 2017, Soh et al., 2015)

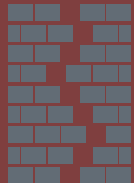
These interventions may also have a role in prevention of future mental health/addictions outcomes.

A few other studies explored overlapping factors with:

- Community-based interventions (Grant et al. 2004, Denys et al., 2011)
- The use of creative arts strategies (Keightley et al., 2018)
- A program targeting alcohol use (O'Connor et al., 2016)



Even with early supports, mental health and addictions challenges are still present in adults living with FASD. While understanding early intervention is critical, many adults are still in need of FASD-informed interventions, leaving a substantial gap in the existing evidence.



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