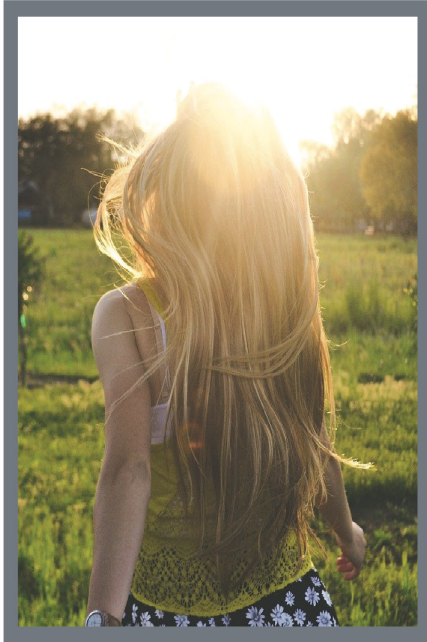




The National FASD Database NEWSLETTER

AFFECT REGULATION

Affect regulation includes mood and anxiety disorders. Severe impairment in affect regulation is present when an individual meets the DSM-V criteria for Major Depressive Disorder, Persistent Depressive Disorder, Disruptive Mood Dysregulation Disorder, Separation Anxiety Disorder, Selective Mutism, Social Anxiety Disorder, Panic Disorder, Agoraphobia, or Generalized Anxiety Disorder.



AFFECT REGULATION AND THE NATIONAL FASD DATABASE

In the National FASD Database, 420 individuals with FASD (32.9%) had a significant impairment in the affect regulation domain. Of those 420 individuals, the impairment in affect regulation increased with age. 20.9% of children aged 3-6 years old met the criteria for affect regulation, compared to 32.4% of adolescents aged 7-17 years old and 61% of adults >18 years old.

Compared to individuals with FASD who did not meet the criteria for an impairment in affect regulation, individuals with FASD who had an impairment in affect regulation were significantly more likely to:

- Have more overall brain domains of impairment ($M=5.1$)
- Have higher rates of FASD with sentinel facial features (13.7%)
- Have a higher rate of IQ >85

Individuals with FASD who had an impairment in affect regulation were also more likely to have a number comorbid diagnoses, including conduct disorder, PTSD, attachment disorder, suicidal ideation or serious suicide attempts, and ADHD.

CURRENT ASSESSMENT MEASURES

The current Canadian diagnostic guideline outlines a list of test measures for assessment; however, little research has explored which specific measures are being used in clinical practice.

A survey conducted earlier this year with 44 diagnostic clinics across Canada invited clinics to report the measures used to evaluate the ten brain domains involved in FASD assessment.

The most commonly reported measures for Affect Regulation included:

- The Behaviour Assessment System for Children – 3rd Ed. (46%);
- The Beck Depression Inventory – 2nd Ed. (25%); and
- The Beck Anxiety Inventory (21%).

Overall, clinics reported 13 distinct measures that are used in their assessment of this brain domain. This publication is in preparation so stay tuned for the full findings.

FIRST PAPER PUBLISHED ON DATABASE!

Congratulations to Valerie Temple, Jocelynn Cook, Kathy Unsworth, Hasu Rajani, and Mansfield Mela who published the first paper on the National FASD Database.

Their paper entitled *Mental Health and Affect Regulation Impairment in Fetal Alcohol Spectrum Disorder (FASD): Results from the Canadian National FASD Database* was published earlier this year in *Alcohol and Alcoholism*.

The results of their work indicate that affect regulation impairment is strongly related to several mental health diagnoses among individuals with FASD and presents some promising possibilities for targeted early intervention.

For more information visit:

<https://academic.oup.com/alcalc/article-abstract/54/5/545/5520694?redirectedFrom=fulltext>