

## Alcohol and Parental Impact

**Abstract**

The aim of this study is to identify the methods and findings on the research field of alcohol exposure in parents that links to some adverse effects. It examines two research papers to list the similarities and differences of aims and strategies. It further provides a detail of the method implied in the selected research paper and analyze some findings of the research. It also highlights the subsequent interpretation of each study. Moreover it discusses the impact of the findings of these research papers in the field of alcohol and parenting. At the end, it presents some new strategies for future implications.

**Contents**

Abstract .....	2
Introduction .....	4
Discussion .....	4
Methods and Findings .....	5
Subsequent Interpretation .....	6
Impact of the Findings from the Research Papers .....	7
New Strategies for Future Implication .....	7
Conclusion.....	8
References .....	9

## Alcohol and Parental Impact

### Introduction

The use of alcohol has increased largely in the United States in past few decades. People of almost every age have been reported to be involved in the assumption of alcohol. It has also been noted that many of the alcoholic people are women, who have intense ration of being affected by co-morbid disorder. However, the excessive use of alcohol affects both men and women, but extreme adverse affects are identified in women. These affects include ill-parenting, miscarriages, stillbirths, preterm deliveries, and sudden infant death, and this is all due to the heavy parental alcohol exposure. This paper examines a couple of research papers to identify the factors that lead to this prevalent issue. Besides this, it highlights the methods and findings of the two research studies in the same field. In addition to this, it elaborates the subsequent interpretation of each study by analyzing the key findings of research. It also illustrates the impact of the findings of these research studies in the field of alcohol and parenting. Lastly, it underlines some new strategies for future implications.

### Discussion

Thomas, Warren, and Hewitt have stated in their research about the identification of alcohol as a teratogen that can create developmental disruption in fetus. Alcohol is regarded among such highly harmful substances that can directly affect the life of a forth coming person. It distorts the physical, behavioral, and neurological development of the child, and affects it on the very early stage of a fetus. It damages the societal impact and harms the personal relations of an individual. The research article “*Fetal Alcohol Spectrum Disorders: From Research to*

*Policy*” identifies some of the methods through which, the NIAAA- National Institute on Alcohol Abuse and Alcoholism contributes to examine the range and prevalence of fetal alcohol spectrum (FASD). It also underlines some methods of prevention and treatment from FASD.

### **Methods and Findings**

NIAAA specified their goal to confirm the ability of alcohol as a disruptive element in the development of a fetus, and if it is confirmed, NIAAA would further exemplify the conditions of it. NIAAA has gone far in experimenting and researching with the relevance of the prevalent issue of extreme alcohol usage in disrupting the development of fetus. The initial researches of NIAAA brought forward some concerns that argued over the use of alcohol. It stated if alcohol affects childbirths, thousands of alcoholic women have previously been given birth and nothing of the sort has been highlighted. Thomas et.al (2010) examined that FAS has been described with three diagnostic criteria which includes, a different pattern of facial dysmorphology, pre and post birth and growth deficiencies, and dysfunctioning in the central nervous system. NIAAA further worked for the identification of the factors of FAS. It turned out to be obvious in all the data that excessive use of alcohol has a negative impact of neurodevelopment, physical, and behavioral development. It increases the risks of miscarriages and stillbirths.

On the other hand, the research article, “*Prenatal Alcohol Exposure and Miscarriage, Stillbirth, Preterm Delivery, and Sudden Infant Death Syndrome*” by Bailey and Sokol illustrates the extreme adverse effects of alcohol abuse in pregnancy and birth outcomes. Research studies elaborate that excessive use of alcohol during pregnancy increases the danger of stillbirths, miscarriages, preterm delivery, and sudden death of the infants. Bailey and Sokol (2011) came

across a great difficulty in analyzing the factors and collecting the data related to the research. They examined that the exposure to alcohol during pregnancy is considered as a risk factor for adverse physical and behavioral difficulties for the future of the children and parents. Initially, it affects the birth of the child, and later impacts the growth, which is mainly ended with retardation. While researching for the data, Bailey and Sokol (2011) exposed that there had been no particular biomarker available to calculate the data. Secondly, many alcoholic women did not want to disclose the amount of alcohol intake on daily basis. This raised an issue that alcoholic women were regarded as non-drinkers due to the false denial on drinking statement. That is why Bailey and Sokol (2011) argue that the collection of data on the consumption of alcohol by women cannot be considered fully accurate due to the misinformation shared by the participants.

### **Subsequent Interpretation**

The selected research papers identify that excessive drinking of alcohol drinks raises the chances of spontaneous abortion. Women, who have been reported to intake at least one alcoholic drink per day during their pregnancy had more sudden abortions. However, women, who were reported to have taken at least three alcohol drinks during their pregnancy, have three times multiple chances of spontaneous abortions (Bailey and Sokol, 2011). According to their research, Bailey and Sokol (2011) analyzed that in the United States, 6.22 out of every 1000 pregnancies observe stillbirths or fetal termination after 20 weeks of fetus development. This ratio is largely the outcome of disproportionate intake of alcohol during the days of pregnancy. Women who did not disclose their amount of alcohol intake were reported to have more stillbirths. Bailey and Sokol (2011) also identified that in the United States; almost half of the million deliveries every year are reported to be the cases of preterm births that are equal to

12.1% of the total births of the year. Again, the primary reason for the high rate of preterm births was the heavy and disproportionate intake of alcohol during pregnancy. Thomas et.al (2010) examined that NIAAA has identified that this area of research needs better recognition and diagnosis of the full series of FASD and FAS.

### **Impact of the Findings from the Research Papers**

The selected research of Thomas et.al (2010) and Bailey and Sokol (2011) have a great impact on the collection of findings they have disclosed so far. It underlines that excessive consumption of alcohol is considered the main and most prevalent factor of disruptive fetus and infant mortality in the United States. It has become the need of the hour to initiate some awareness programs in order to eliminate this mayhem from the society.

### **New Strategies for Future Implication**

Many other research articles have defined some new strategies for future implications with relevance to the prevalent issue of impact of alcohol on the rate of infant death. Murphy et.al (2013) exemplifies that the government policies must be shaped according to the fundamental need. It has become a necessity now that improvement steps must be taken in order to provide the best possible resources to pregnant women who are involved in alcohol abuse. The increasing rate of fetus disorder due to the excessive alcohol drinking is the major factor that causes infant deaths. Bailey et.al (2011) identified that drinking and intake of any substance abuse can cause higher rates of improper fetus development and infant death. Therefore, it is necessary to initiate some awareness programs for the women involved in such alcohol and substance abuse. Pregnant women must strongly be advised to be aware of the significance of

their condition and its impact on the child (Bailey et.al, 2011). Claire (2010) illustrates that children born of such women are likely to develop behavioral and physical problems. Thus, it is highly important to understand that the nine months of pregnancy are very critical and the woman is responsible for it.

### **Conclusion**

This paper has analyzed the two selected research papers that elaborate the affect of alcohol intake during pregnancy. The significance of the study, methods, and findings show that this substance abuse has to be ceased in order to have a health generation. This paper as presented the subsequent interpretation of each study by analyzing the key findings of research. It has also illustrated the impact of the findings of these research studies in the field of alcohol and parenting. Lastly, it has underlined some new strategies for future implications.



### References

- Bailey, A. B., McCook, G. J., Hodge, A., and McGrady, L (2011) "Infant Birth Outcomes among Substance Using Women: Why Quitting Smoking during Pregnancy is Just as Important as Quitting Illicit Drug Use" *Maternal Child Health Journal*, Data retrieved from [http://www.etsu.edu/tips/documents/Smoking\\_and\\_Illicit\\_Drugs.pdf](http://www.etsu.edu/tips/documents/Smoking_and_Illicit_Drugs.pdf) on August 26, 2014
- Bailey, A. B., and Sokol, J. R (2011) "Parental Alcohol Exposure and Miscarriage, Stillbirth, Preterm Delivery, and Sudden Infant Death" *National Institute on Alcohol Abuse and Alcoholism*, Data retrieved from <http://pubs.niaaa.nih.gov/publications/arh341/86-91.htm> on August 26, 2014
- Coles, D. C (2010) "Maternal Substance Abuse, Child Development and Drug Endangered Children" *Drug, DUI and Mental Health Court Conference*, Data retrieved from <http://www.psychiatry.emory.edu/PROGRAMS/GADrug/Training/Drug%20Count%20Presentation.pdf?Drug%20Count=Drug%20count%201> on August 26, 2014
- Murphy, J. D., Mullally, A., Cleary, J. B., Fahey, T., and Barry, J (2013) "Behavioral Change in Relation to Alcohol Exposure in Early Pregnancy and Impact on Prenatal Outcomes- A Prospective Cohort Study" *BMC Pregnancy and Childbirth*, Data retrieved from <http://www.biomedcentral.com/content/pdf/1471-2393-13-8.pdf> on August 26, 2014
- Thomas, D. J., Warren, R. K., and Hewitt, G. B (2010) "Fetal Alcohol Spectrum Disorders: From Research to Policy" *Alcohol Research and Health*, Vol. 33. (1 and 2), Data retrieved from <http://come-over.to/FAS/PDF/ResearchToPolicyJenniferThomas.pdf> on August 26, 2014