

2016

Replication Study: Evaluating a Caregiver Skills Training Programme for Challenging Behaviours in Children with Fetal Alcohol Spectrum Disorder in the Western Cape

T, h, a, n, d, i, w, e, N, k, o, s, i, ,, P, i, e, t, e, r, v, a, n, d, e, r, B, e, r, g

DOI: <https://doi.org/10.5281/zenodo.18535044>

| Abstract

Fetal alcohol spectrum disorder (FASD) is a notable public health concern in South Africa. Children with FASD frequently exhibit challenging behaviours that affect family wellbeing. A caregiver skills training programme, developed and evaluated in a high-income setting, required assessment within a low-resource context. This replication study aimed to evaluate a culturally adapted caregiver skills training programme for managing challenging behaviours in children with FASD in the Western Cape. Its objective was to measure the programme's effect on caregiver-reported child behaviour and parenting stress. A quasi-experimental, pre-test/post-test design was used. Primary caregivers of children diagnosed with FASD were recruited from clinical services. They participated in a manualised, group-based training programme. Standardised measures assessed child behaviour and caregiver stress at baseline and post-intervention. Quantitative data were analysed using paired samples t-tests. Post-intervention data indicated a statistically significant reduction in the severity of child behaviour problems. A mean decrease of 22% was observed on the Eyberg Child Behaviour Inventory intensity score. A significant reduction in overall parenting stress was also reported by caregivers. The findings support the effectiveness of the adapted caregiver skills training programme in this low-resource setting. It appears to be a feasible intervention for improving child behaviour and reducing caregiver

stress within the Western Cape. Future research should employ a randomised controlled design and include longer-term follow-up assessments. Consideration should be given to integrating the programme into routine community health and social services to enhance accessibility for families. Fetal alcohol spectrum disorder, caregiver training, behaviour management, South Africa, replication study, parenting stress This study provides evidence for the cross-contextual applicability of a behavioural intervention, contributing to the limited literature on practical support strategies for families affected by FASD in low-resource settings.
