

[A study of maternal psychological state among women with fetal alcohol effects (FAE) infants].

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Abstract: Frequent alcohol drinking during pregnancy may result in facial dysmorphism, growth retardation and central nervous system deficits in infants ranging from Fetal Alcohol Effects (FAE) to Fetal Alcohol Syndrome (FAS). However, few studies has been done to empirical research the psychosomatic approach among women with FAE. In this study, twelve women with FAE infants selected and interviewed at two or three days after delivery with CMI, MAS, and ANS-S, in order to elucidate the number of problems with mental health of them. All of women with FAE infants consumed alcohol during the pregnancy consumed 2 or 3 drinks per week (ethanol consumption less than 92.0 gms per week). The mean mother's age of FAE infants is 30.2 years (range 27-35) and healthy mother is 30.3 years (range 24-35). Eleven of 12 (91.7%) infants were identified having the smooth philtrum, 9 (75.0%) with thin upper lip, 3 (25%) with hypersensitivity, 3 (25%) with disturbance, 2 (16.7%) with growth retardation. Eighty-three percent of infant with FAE had an adequate body weight and height. In comparison with the women without FAE, women with FAE were noted to have a significant difference of the score of CMI ($p < 0.0001$), MAS ($p < 0.0001$), ANS-S ($p < 0.02$). Psychosomatic interview revealed that women with FAE infants have increased neurosis and stress state. Seventy-five percent of women with FAE infants had an anxiety compared with control group (18.8%). Our findings in this study are important because 12 women with FAE infants were not alcoholics and did not consider themselves to have alcohol problems. Therefore, obstetrician has to cut down women alcohol intake considerably during pregnancy for preventing adverse fetal effects. Alcohol consumption and psychometric works also need to be done for detecting at risk use of alcohol during the pregnancy.

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