

## Key findings from a Delphi Study on the Novel Prenatal Alcohol Risk Perception (PARP) Model

May Na Erng<sup>1\*</sup>, Natasha Reid<sup>2</sup>, Karen M Moritz<sup>3</sup>, Mieke van Driel<sup>4</sup>

<sup>1</sup>The University of Queensland, Child Health Research Centre, South Brisbane, 4101, Australia, PhD Candidate, <sup>2</sup>The University of Queensland, Child Health Research Centre, South Brisbane, 4101, Australia, Research Fellow, <sup>3</sup>The University of Queensland, School of Biomedical Sciences, St Lucia, 4067, Australia; Professor, <sup>4</sup>Primary Care Clinical Unit, The University of Queensland, Herston, 4006, Australia; Emeritus Professor of General Practice.

Presenter's email: [m.erng@uqconnect.edu.au](mailto:m.erng@uqconnect.edu.au)

**Introduction / Issues:** The Prenatal Alcohol Risk Perception (PARP) model was developed from a systematic review of the literature and illustrated women's perceptions of prenatal alcohol exposure (PAE) risks [1]. This study aimed to collect feedback from relevant experts on the constructs, factors, and structure of the PARP model to assess its applicability in PAE risk education.

**Method / Approach:** The Delphi methodology characterised by group consensus building and iterative process was used. 37 international experts from healthcare and academia participated. Three rounds of online surveys constituted by two types of questions - 4-point Likert scales and free text comments were administered via REDCap. After each round, Likert scales were analysed using descriptive statistics and free text comments analysed using thematic analysis. Non-consensus items (set a-priori at 80%) and the model were reviewed and revised. The revised model and summary of collective responses were presented to the participants after each round.

**Key Findings:** The socioecological perspective adopted by the revised PARP model reflected the individual, sociocultural and institutional/political/organisational contexts, and dynamic characteristics of women's PAE risk perceptions. The relevance-to-self and multidimensionality of PAE risks were emphasized. Women's perceptions of own susceptibility, the extent of harm (to self, baby, and family) associated with PAE, and their feelings/emotion were important dimensions to explore in PAE risk communication.

**Discussions and Conclusions:** The PARP model provides an overview of the contexts and dimensions of women's PAE risk perceptions and can support effective risk communication across a wide range of contexts and settings.

**Implications for Practice or Policy:** Communication of PAE risks must consider the different contexts and dimensions of women's perceptions of PAE risks. The PARP model can provide a guide and serve as a reference point for health professionals, policymakers and developers of health promotion messages and materials to communicate about PAE risks more effectively.

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Reference:

- 1 Erng MN, Reid N, Moritz KM *et al.* Prenatal alcohol exposure risk perception dimensions and influencing factors: A systematic review and conceptual model *Aust N Z J Public Health* 2023;**47**:100047-100047. 10.1016/j.anzjph.2023.100047.