

Supplementary Material 1

Intervention Models and Behaviour Change Techniques to reduce the risk of Alcohol

Exposed Pregnancies: A systematic review of interventions for non-pregnant women

Journal: Journal of Prevention

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PubMed

((((((((((((((("fetal alcohol spectrum disorders"[MeSH Terms]) OR (fetal alcohol spectrum disorders[Title/Abstract])) OR (fetal alcohol spectrum disorder[Title/Abstract])) OR ((prenatal[Title/Abstract]) AND (alcohol[Title/Abstract])) OR ((foetal[Title/Abstract]) AND (alcohol[Title/Abstract])) OR ((fetal[Title/Abstract]) AND (alcohol[Title/Abstract])) OR ((alcohol[Title/Abstract]) AND (defect* or neurodevelopment*))) OR (prenatal alcohol exposure[Title/Abstract])) OR (FASD)) OR (alcohol-exposed pregnancy[Title/Abstract])) OR (alcohol-exposed pregnancy[Title/Abstract])) OR ("alcohol drinking"[MeSH Terms])) OR ((alcohol) AND (consumption[Title/Abstract] OR consume[Title/Abstract] OR drinking[Title/Abstract] OR intake[Title/Abstract]))) AND (((((((((((((((("Pregnancy"[MeSH Terms]) OR ("Preconception Care"[MeSH Terms])) OR ("Prenatal Education"[MeSH Terms])) OR ("Prenatal Care"[MeSH Terms])) OR ("Prenatal Exposure Delayed Effects"[MeSH Terms])) OR (prenatal[Title/Abstract])) OR (pre-conception[Title/Abstract])) OR (preconception[Title/Abstract])) OR (periconception[Title/Abstract])) OR (peri-conception[Title/Abstract])) OR (expectant mothers[Title/Abstract])) OR (expectant mother[Title/Abstract])) OR (child-bearing age[Title/Abstract])) OR (child-bearing ages[Title/Abstract])) OR (child bearing age[Title/Abstract])) OR (prepregnancy[Title/Abstract])) OR (pre pregnancy[Title/Abstract])) OR (prepregnant[Title/Abstract])) OR (pre pregnant[Title/Abstract])) OR (pre-pregnant[Title/Abstract]))) AND (((((((((((((((("Health Behavior"[MeSH Terms]) OR ("Health Knowledge, Attitudes, Practice"[MeSH Terms])) OR ("Health Education"[MeSH Terms])) OR ("prevention and control"[MeSH Subheading])) OR

("Patient Education as Topic"[MeSH Terms])) OR ("Micronutrients"[MeSH Terms])) OR
 (Prevention[Title/Abstract])) OR (prevent[Title/Abstract])) OR (intervention[Title/Abstract]))
 OR (interventions[Title/Abstract])) OR (reduce[Title/Abstract])) OR
 (nutrition[Title/Abstract])) OR (micronutrient[Title/Abstract])) OR (choline[Title/Abstract]))
 OR (zinc[Title/Abstract])) OR (iron[Title/Abstract])) OR ("vitamin b")) OR
 (educate[Title/Abstract])) OR (education[Title/Abstract])) OR (educating[Title/Abstract]))
 OR (reduce[Title/Abstract])) OR (reduction[Title/Abstract])) OR (promote[Title/Abstract]))
 OR (promotion[Title/Abstract])) OR (promoting[Title/Abstract])) OR
 (intervention[Title/Abstract])) OR (intervene[Title/Abstract])) OR (treat[Title/Abstract])) OR
 (treatment[Title/Abstract])) OR (treating[Title/Abstract])) OR (therapy[Title/Abstract])) OR
 (supplement[Title/Abstract])) OR (supplementation[Title/Abstract])) OR
 (supplementing[Title/Abstract])) OR (nutrition[Title/Abstract])) OR
 (nutrient[Title/Abstract])) OR (micronutrient[Title/Abstract])) OR (choline[Title/Abstract]))
 OR (zinc[Title/Abstract])) OR (iron[Title/Abstract])) OR (vitamin B[Title/Abstract])) OR
 (promote[Title/Abstract])) OR (promotion[Title/Abstract])) OR (promoting[Title/Abstract]))
 OR (educate[Title/Abstract])) OR (education[Title/Abstract])) OR
 (educating[Title/Abstract])) OR (intervention[Title/Abstract])) OR
 (intervene[Title/Abstract])) OR (abstinence[Title/Abstract])) OR
 (contraception[Title/Abstract])) OR (contraceptive[Title/Abstract])) OR (family
 planning[Title/Abstract])) NOT ((Animals[MeSH Terms]) NOT (Humans[MeSH Terms]))
 [2019-2024]/py

CINAHL via EBSCOHOST

TI ((intervent* OR educat* OR promot* OR therap* OR treat*) AND (alcohol abstinence OR alcohol consum* OR drinking behaviour OR alcohol intake OR alcohol expos*)) OR AB ((intervent* OR educat* OR promot* OR therap* OR treat*) AND (alcohol abstinence OR alcohol consum* OR drinking behaviour OR alcohol intake OR alcohol expos*)) AND

TI ((prevent* OR interven* OR educat* OR reduc* OR promot* OR therap* OR supplement* OR nutrition* OR micronutrient OR choline OR zinc OR iron OR vitamin B OR treat*) AND (fetal alcohol syndrome OR foetal alcohol syndrome OR fasd OR fetal alcohol spectrum disorder OR foetal alcohol spectrum disorder OR alcohol-related neurodevelopmental disorder OR alcohol related neurodevelopmental disorder OR alcohol related birth defect OR alcohol-related birth defect OR prenatal alcohol exposure OR pre natal alcohol exposure)) OR AB ((prevent* OR interven* OR educat* OR reduc* OR promot* OR therap* OR supplement* OR nutrition* OR micronutrient OR choline OR zinc OR iron OR vitamin B OR treat*) AND (fetal alcohol syndrome OR foetal alcohol syndrome OR fasd OR fetal alcohol spectrum disorder OR foetal alcohol spectrum disorder OR alcohol-related neurodevelopmental disorder OR alcohol related neurodevelopmental disorder OR alcohol related birth defect OR alcohol-related birth defect OR prenatal alcohol exposure OR pre natal alcohol exposure)) AND

TI (pre pregnan* OR prepregnan* OR pre-pregnan* OR childbearing age OR child bearing age OR prenatal OR preconception OR pre-conception OR wom?n OR maternal OR (expectant mothers or pregnant wom?n)) OR AB (pre pregnan* OR prepregnan* OR pre-pregnan* OR childbearing age OR child bearing age OR prenatal OR preconception OR pre-conception OR wom?n OR maternal OR (expectant mothers or pregnant wom?n)) [2019-2024]/py

Embase via Ovid

“health behavior” OR “health knowledge attitudes and practice” OR (health AND knowledge) OR (health AND attitude) OR (health AND practice) OR “health education” OR (prevention AND control) OR “patient education” OR “trace element” OR prevention.ti,ab OR prevent.ti,ab OR interventions.ti,ab OR “vitamin b” OR reduce.ti,ab OR reduction.ti,ab OR treat.ti,ab OR treatment.ti,ab OR treating.ti,ab OR therapy.ti,ab OR supplement.ti,ab OR supplementation.ti,ab OR supplementing.ti,ab OR nutrition.ti,ab OR nutrient.ti,ab OR micronutrient.ti,ab OR choline.ti,ab OR zinc.ti,ab OR iron.ti,ab OR “vitamin b”.ti,ab OR promote.ti,ab OR promotion.ti,ab OR promoting.ti,ab OR educate.ti,ab OR education.ti,ab OR educating.ti,ab OR intervention.ti,ab OR intervene.ti,ab OR abstinence.ti,ab OR contraception.ti,ab OR contraceptive.ti,ab OR “family planning”.ti,ab

AND

“fetal alcohol syndrome”/exp OR “fetal alcohol syndrome” OR “drinking behavior” OR (alcohol adj3 drinking) OR “fetal alcohol spectrum disorders”.ti,ab OR “fetal alcohol spectrum disorder”.ti,ab OR (prenatal.ti,ab AND alcohol.ti,ab) OR (foetal.ti,ab adj3 alcohol.ti,ab) OR (fetal.ti,ab adj3 alcohol.ti,ab) OR (alcohol.ti,ab AND (defect* OR neurodevelopment*)) OR “prenatal alcohol exposure”.ti,ab OR fasd OR “alcohol-exposed pregnancy”.ti,ab OR (alcohol AND (consumption.ti,ab OR consume.ti,ab OR drinking.ti,ab OR intake.ti,ab))

AND

“pregnancy” OR “prepregnancy care” OR (prenatal AND education) OR (preconception AND care) OR “prenatal care” OR “prenatal exposure” OR pregnant.ti,ab OR pregnancy.ti,ab OR prenatal.ti,ab OR “pre conception”.ti,ab OR preconception.ti,ab OR periconception.ti,ab

OR “peri conception”.ti,ab OR “expectant mothers”.ti,ab OR “expectant mother”.ti,ab OR
“child-bearing age”.ti,ab OR “child-bearing ages”.ti,ab OR “child bearing age”.ti,ab OR
prepregnancy.ti,ab OR “pre pregnancy”.ti,ab OR prepregnant.ti,ab OR “pre pregnant”.ti,ab
[2019-2024]/py

Embase via Elsevier (used to search Embase during update in Dec 2025)

“health behavior” OR “health knowledge attitudes and practice” OR (health AND knowledge) OR (health AND attitude) OR (health AND practice) OR “health education” OR (prevention AND control) OR “patient education” OR “trace element”
OR prevention:ab,ti OR prevent:ab,ti OR interventions:ab,ti OR “vitamin b”
OR reduce:ab,ti OR reduction:ab,ti OR treat:ab,ti OR treatment:ab,ti OR treating:ab,ti OR therapy:ab,ti OR supplement:ab,ti OR supplementation:ab,ti OR supplementing:ab,ti OR nutrition:ab,ti OR nutrient:ab,ti OR micronutrient:ab,ti OR choline:ab,ti OR zinc:ab,ti OR iron:ab,ti OR “vitamin b”:ab,ti OR promote:ab,ti OR promotion:ab,ti OR promoting:ab,ti OR educate:ab,ti OR education:ab,ti OR educating:ab,ti OR intervention:ab,ti OR intervene:ab,ti OR abstinence:ab,ti OR contraception:ab,ti OR contraceptive:ab,ti OR “family planning”:ab,ti
AND
“fetal alcohol syndrome”/exp OR “fetal alcohol syndrome” OR “drinking behavior” OR (alcohol NEAR/3 drinking) OR “fetal alcohol spectrum disorders”:ab,ti OR “fetal alcohol spectrum disorder”:ab,ti OR (prenatal:ab,ti AND alcohol:ab,ti) OR (foetal NEAR/3 alcohol) OR (fetal NEAR/3 alcohol) OR (alcohol:ab,ti AND (defect* OR neurodevelopment*)) OR “prenatal alcohol exposure”:ab,ti OR fasd OR “alcohol-exposed pregnancy”:ab,ti OR (alcohol AND (consumption:ab,ti OR consume:ab,ti OR drinking:ab,ti OR intake:ab,ti))
AND
“pregnancy” OR “prepregnancy care” OR (prenatal AND education) OR (preconception AND care) OR “prenatal care” OR “prenatal exposure”
OR pregnant:ab,ti OR pregnancy:ab,ti OR prenatal:ab,ti OR “pre

conception":ab,ti OR preconception:ab,ti OR periconception:ab,ti OR "peri
conception":ab,ti OR "expectant mothers":ab,ti OR "expectant mother":ab,ti OR "child-
bearing age":ab,ti OR "child-bearing ages":ab,ti OR "child bearing
age":ab,ti OR prepregnancy:ab,ti OR "pre pregnancy":ab,ti OR prepregnant:ab,ti OR "pre
pregnant":ab,ti [17 Jul 2019- 12 Dec 2025]/py

PSYCHINFO via EBSCOHOST

(DE "Prevention") OR (DE "Client Education") OR (DE "Health Behavior")) OR (DE "Health Knowledge") OR (Prevention OR prevent OR intervention OR interventions OR reduce OR nutrition OR micronutrient OR choline OR zinc OR iron OR "vitamin b" OR educate OR education OR educating OR reduce OR reduction OR promote OR promotion OR promoting OR intervention OR intervene OR treat OR treatment OR treating OR therapy OR supplement OR supplementation OR supplementing OR nutrition OR nutrient OR micronutrient OR choline OR zinc OR iron OR vitamin B OR promote OR promotion OR promoting OR educate OR education OR educating OR intervention OR intervene OR abstinence OR contraception OR contraceptive OR family planning) TITLE OR (Prevention OR prevent OR intervention OR interventions OR reduce OR nutrition OR micronutrient OR choline OR zinc OR iron OR "vitamin b" OR educate OR education OR educating OR reduce OR reduction OR promote OR promotion OR promoting OR intervention OR intervene OR treat OR treatment OR treating OR therapy OR supplement OR supplementation OR supplementing OR nutrition OR nutrient OR micronutrient OR choline OR zinc OR iron OR vitamin B OR promote OR promotion OR promoting OR educate OR education OR educating OR intervention OR intervene OR abstinence OR contraception OR contraceptive OR family planning) ABSTRACT

AND

((DE "Pregnancy") OR (DE "Prenatal Care")) OR (DE "Prenatal Exposure") OR (Pregnancy OR pregnant OR prenatal OR pre-conception OR preconception OR periconception OR peri-conception OR expectant mothers OR expectant mother OR child-bearing age OR child-bearing ages OR child bearing age OR prepregnancy OR pre pregnancy

OR prepregnant OR pre pregnant OR pre-pregnant) TITLE OR (Pregnancy OR pregnant OR prenatal OR pre-conception OR preconception OR periconception OR peri-conception OR expectant mothers OR expectant mother OR child-bearing age OR child-bearing ages OR child bearing age OR prepregnancy OR pre pregnancy OR prepregnant OR pre pregnant OR pre-pregnant) ABSTRACT

AND

(DE "Fetal Alcohol Syndrome") OR (DE "Drinking Behavior") OR (fetal alcohol spectrum disorders OR fetal alcohol spectrum disorder OR (prenatal AND alcohol) OR (foetal AND alcohol) OR (fetal AND alcohol) OR (Alcohol AND (defect* OR neurodevelopment*)) OR prenatal alcohol exposure OR FASD OR alcohol-exposed pregnancy OR (alcohol AND (consumption OR consume OR drinking OR intake))) TITLE OR (fetal alcohol spectrum disorders OR fetal alcohol spectrum disorder OR prenatal AND alcohol OR (foetal AND alcohol) OR (fetal AND alcohol) OR (Alcohol AND (defect* OR neurodevelopment*)) OR prenatal alcohol exposure OR FASD OR alcohol-exposed pregnancy OR (alcohol AND (consumption OR consume OR drinking OR intake))) ABSTRACT [2019-2024]/py