

Beyond Unmet Need: Desired *versus* Actual Contraceptive Use

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Disclosures

- None

Background

- Many studies examine women's contraceptive use
- Some study method satisfaction
- Fewer study whether women would prefer a different method
- Only two compare desired *versus* actual use of methods

Unmet Demand for Highly Effective Postpartum Contraception in Texas

- Prospective cohort study
 - 3 hospitals in Austin and El Paso, TX
- 800 postpartum women
 - Aged 18–44
 - Wanted to delay childbearing for at least 24 months
 - Interviewed in hospital following delivery

Unmet Demand for Highly Effective Postpartum Contraception in Texas

- Participants asked:
 - At baseline, which method they would prefer to use at 6 months after delivery
 - At 6-month follow-up, current contraceptive use

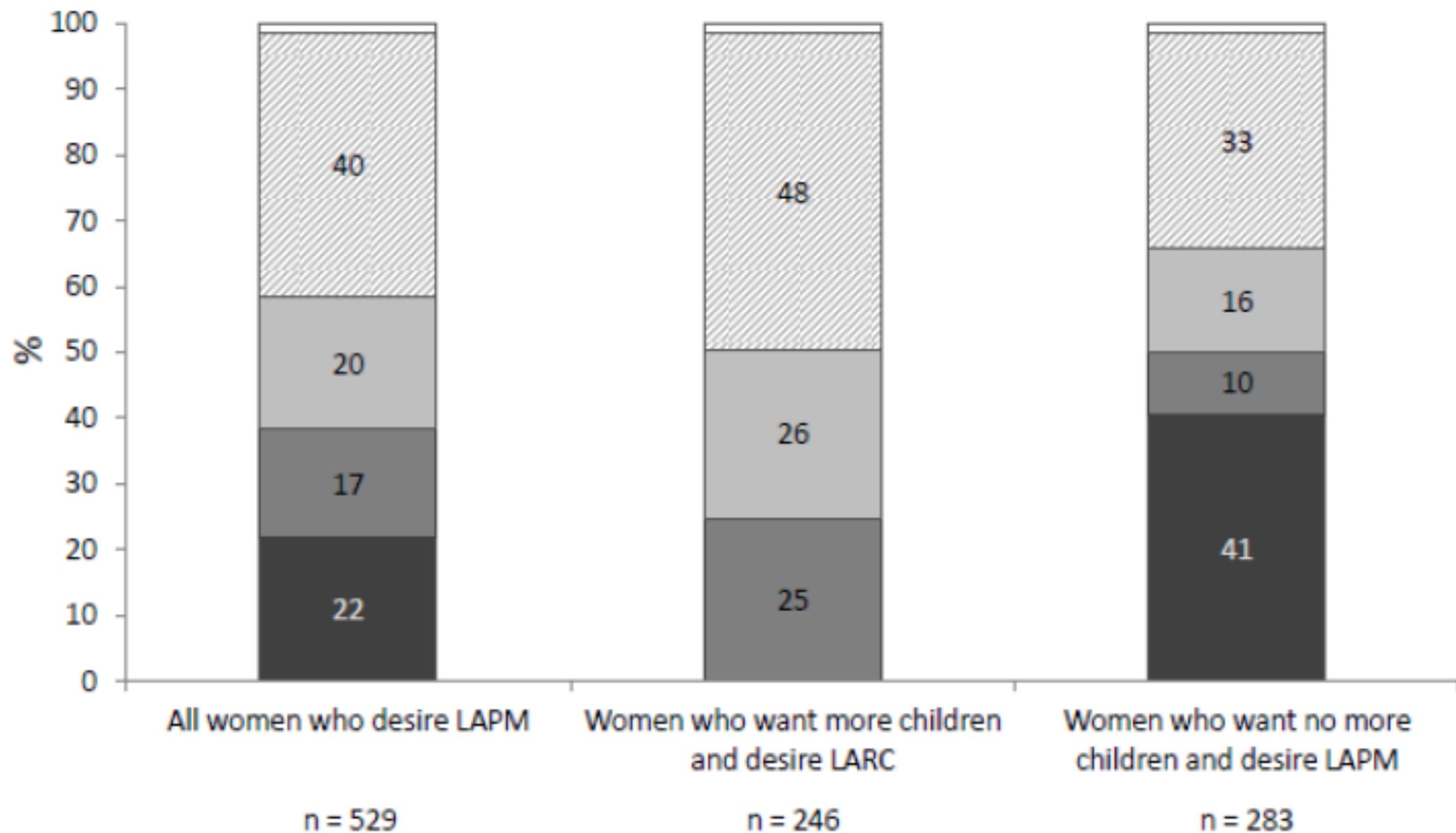
Unmet Demand for Highly Effective Postpartum Contraception in Texas

- At 6 months postpartum:
 - 13% using intrauterine contraception or implant
 - 17% sterilized or partner had a vasectomy
 - 24% using other hormonal methods
 - 45% using less effective methods (condoms & withdrawal)

Unmet Demand for Highly Effective Postpartum Contraception in Texas

- Intrauterine contraception or implant:
 - 34% preferred
 - 13% actually using
- Sterilization:
 - 44% preferred
 - 17% actually using

■ Sterilization ■ LARC ■ Hormonal ▨ Less Effective Methods □ No method



Barriers to Getting Preferred Method

- Insurance coverage or other financial
- Health system

Pregnancy within 24 Months

- 34% among those who did not obtain preferred method
- 12% among those who obtained preferred method

Unplanned Pregnancy and Contraceptive Use in Hull & East Yorkshire

- Recruited women at:
 - First **antenatal** appointment
 - **Abortion clients** at gynecology clinic
- 2-page questionnaire including:
 - Validated **pregnancy intendedness scale** (London Measure of Unplanned Pregnancy)
 - **Contraceptive use** and access prior to this pregnancy

Unplanned Pregnancy and Contraceptive Use in Hull & East Yorkshire

- Abortion patients:
 - 648 evaluable questionnaires
 - 75.8% pregnancies unplanned
- Antenatal patients:
 - 1001 evaluable questionnaires
 - 5.5% pregnancies unplanned

Unplanned Pregnancy and Contraceptive Use in Hull & East Yorkshire

- Among those with unplanned pregnancies who were not using contraception:
 - 31% unable to obtain method they wanted
- Among those using a method immediately prior to the index unplanned pregnancy:
 - 33% not using method they wanted
 - Of these, 75% preferred sterilization, implant, injectable or intrauterine contraceptive

Reported Barriers to Getting Preferred Method

- Could not get appointment
- Could not get to clinic when open
- Wanted sterilization but under 30
- GP would not give me anything because I had irregular periods
- Was informed I could not get pregnant
- Waiting to start the pill until after my period

Conclusions

- More research needed on *actual versus desired method*