

# 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

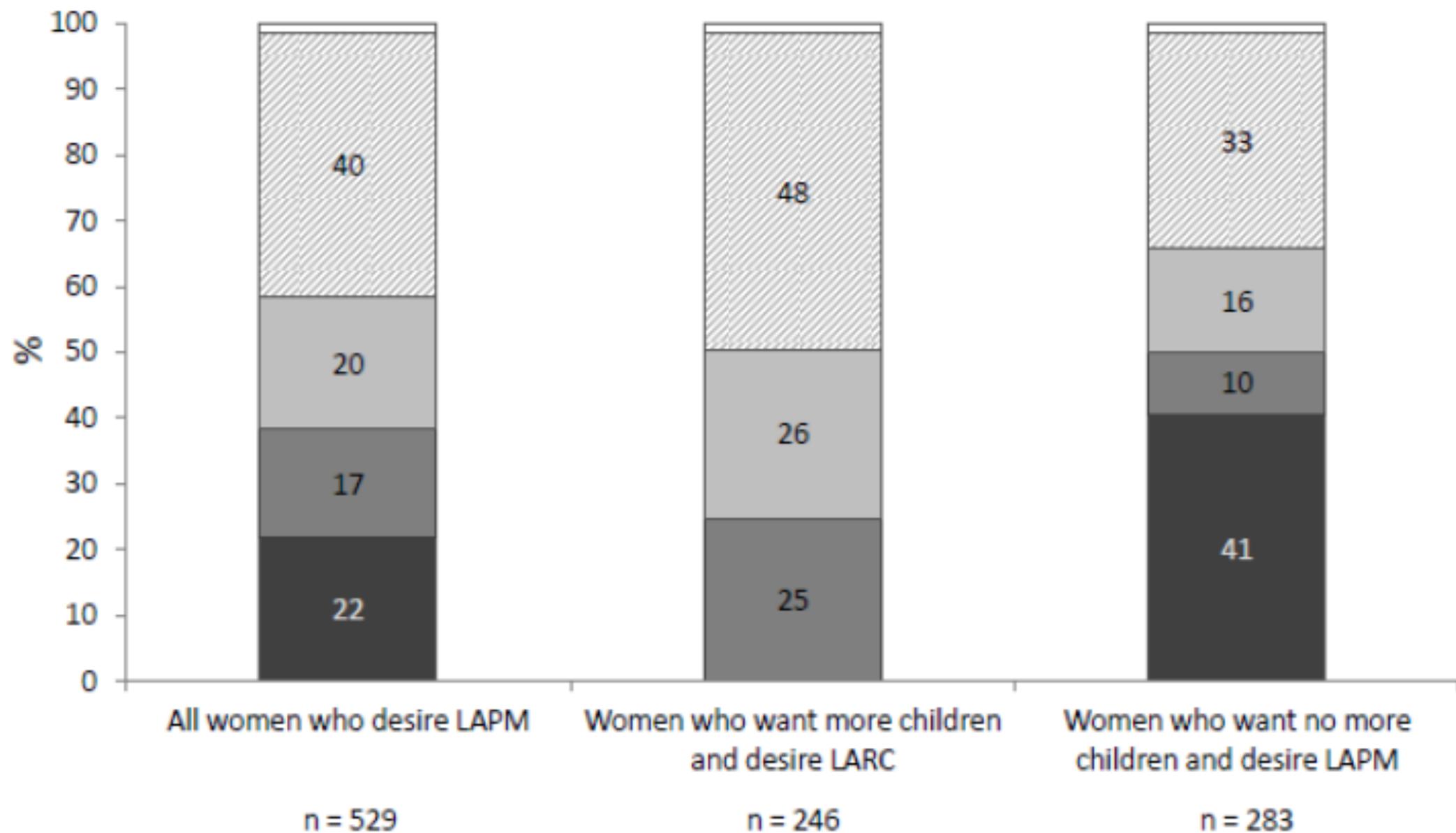
# Unmet Demand for Highly Effective Postpartum Contraception in Texas

- 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