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

Potter et al. Contraception 2014
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

Potter et al. Contraception 2014
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)

Potter et al. Contraception 2014
Unmet Demand for Highly Effective Postpartum Contraception in Texas

- **Intrauterine contraception or implant:**
  - 34% preferred
  - 13% actually using

- **Sterilization:**
  - 44% preferred
  - 17% actually using
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

Bexhell et al. Contraception 2016
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

Bexhell *et al.* *Contraception* 2016
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

Bexhell et al. Contraception 2016
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