

A review of reasons for women's contraceptive switching and discontinuation

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Background:

More than half of pregnancies in the United States are unplanned.¹ It is estimated that 95% of unintended pregnancies in the United States are a result of contraceptive non-use, incorrect use or inconsistent use, and only 5% result from contraceptive failure.² This suggests a lack of effective contraceptive use and education among U.S. women. It is important to know why women switch and discontinue contraceptive methods so future programs can plan their educational approach and tailor to the aspects of contraceptive agents that are most important to women.

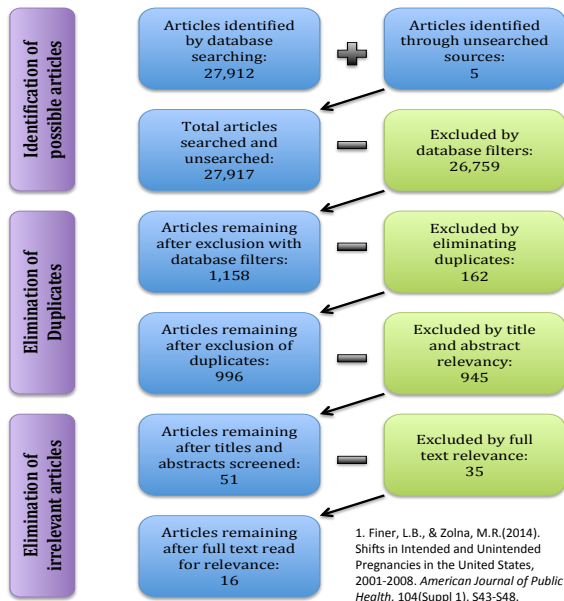
Methods:

The review was conducted using the PRISMA guidelines adapted to the scope and purpose of the project. The results were screened and analyzed based on a set of specific eligibility criteria.

Purpose:

To review the current literature on the reasons for contraceptive switching and discontinuation among U.S women.

Literature Review Exclusion Process:



Databases:

- CINHAL,
- Psycinfo
- Medline,
- PubMed
- ScienceDirect

Search Terms:

- *Female contraceptive agents*
- *Women*
- *Change*
- *Contraception*
- *Methods*
- *Behavior change*

Results:

Characteristics of Reviewed Studies			
N=16	% (N) Of Studies That Reported	Characteristic of Study	% (N) Of Studies
Study Design	100% (16)	Qualitative	18.8% (3)
		Quantitative	86.7% (13)
Socioeconomic Status	43.8% (7)	High and Low	31.3% (5)
		Low	12.5% (2)
Sample Size	100% (16)	<100	12.5% (2)
		100-999	18.8% (3)
		>1000	68.8% (11)
Level of Evidence	100% (16)	I	1
		II	9
		III	1
		IV	4
		V	1

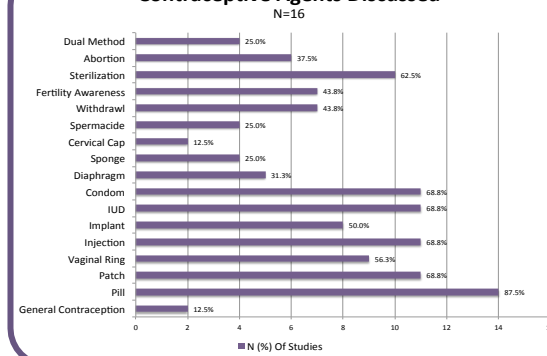
Characteristics of Study Participants			
N=16	% (N) Of Studies That Reported	Characteristic of Participants	Average % Of Participants
Race/Ethnicity*	100% (16)	White	46.3%
		African American	25.3%
		Hispanic/Latino	22.6%
		Other	8.9%
Insurance	31.3% (5)	No Insurance (%)	21.9%
		Has Insurance(%)	74.7%
		Private insurance (%)	54.8%
		Public insurance (%)	27.6%
		Medicaid	10.8%
Parity	37.5% (6)	0 Births	53.7%
		1+ Births	46.4%
Marital Status	31.3% (5)	Single/Dating	39.0%
		Married/Cohabiting	57.9%
		Divorced/Separated	7.1%
Education	56.3% (9)	High School or Less	41.3%
		Some College/Degree	56.6%
Participant Age	100% (16)	Ages 13-55	100.0%

*50% (8) Of studies contain nationally representative samples. Percentages apply to the remaining 50% (8) studies.

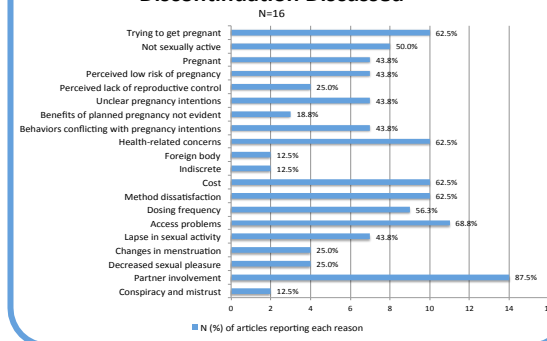
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Contraceptive Agents Discussed



Reasons for Contraceptive Switching/Discontinuation Discussed



Implications:

Considering that partner involvement is the most frequently reported reason for contraceptive switching or discontinuation, male partners are involved in contraceptive decisions, and they should be included in educational programs and research on unintended pregnancy. Educational programs will also need to teach women and men about forms of contraception, how each option works and associated side effects as well as addressing any concerns clients might have. Future research on contraceptive switching and discontinuation should explore how to develop more effective and relevant teaching methods and materials, and encourage men and women in consistent contraceptive use.