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. 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. 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:

- Articles identified by database searching: 27,912
- Total articles searched and unscreened: 27,917
- Articles identified through unscreened sources: 5
- Articles excluded by database filters: 26,759
- Articles remaining after exclusion with database filters: 1,158
- Articles excluded by eliminating duplicates: 162
- Articles remaining after exclusion of duplicates: 996
- Articles excluded by title and abstract relevancy: 945
- Articles remaining after titles and abstracts screened: 51
- Articles excluded by full text relevancy: 35

N=16 % (N) of Articles Reporting 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% [B] of studies contain nationally representative samples. Percentages apply to the remaining 50% (8) studies.

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.

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