

# Contraception attitudes among Spanish women

## (6th DAPHNE survey, 2009)

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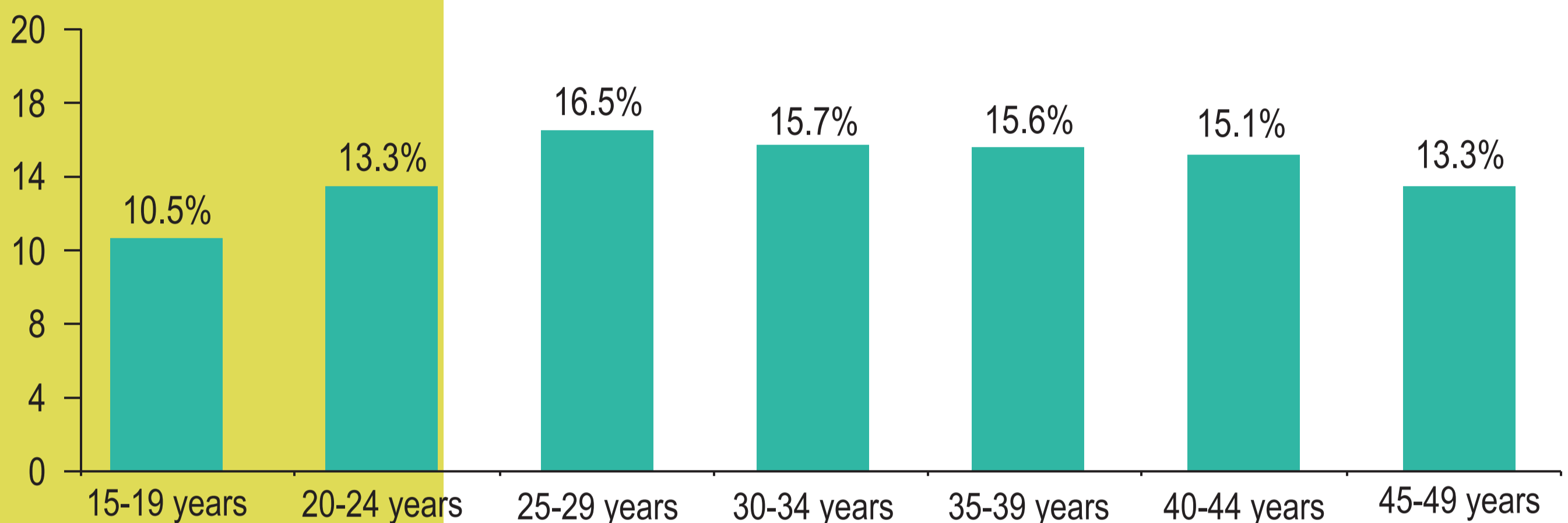
### OBJECTIVES

To study Spanish women's attitudes in the use and satisfaction of current contraceptive methods (CM) and to analyze their evolution over the last 10 years.

### RESULTS

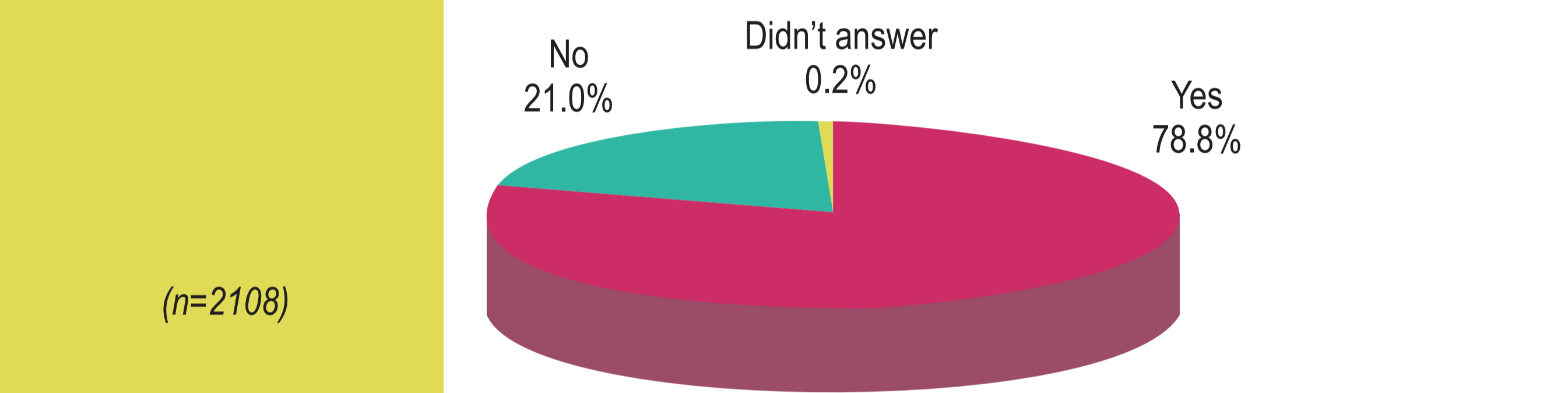
A total of 2108 women distributed homogenously by age ranks were interviewed; all childbearing age rank were represented at the sample, as shown in Figure 1.

FIGURE 1. Distribution per age of women interviewed



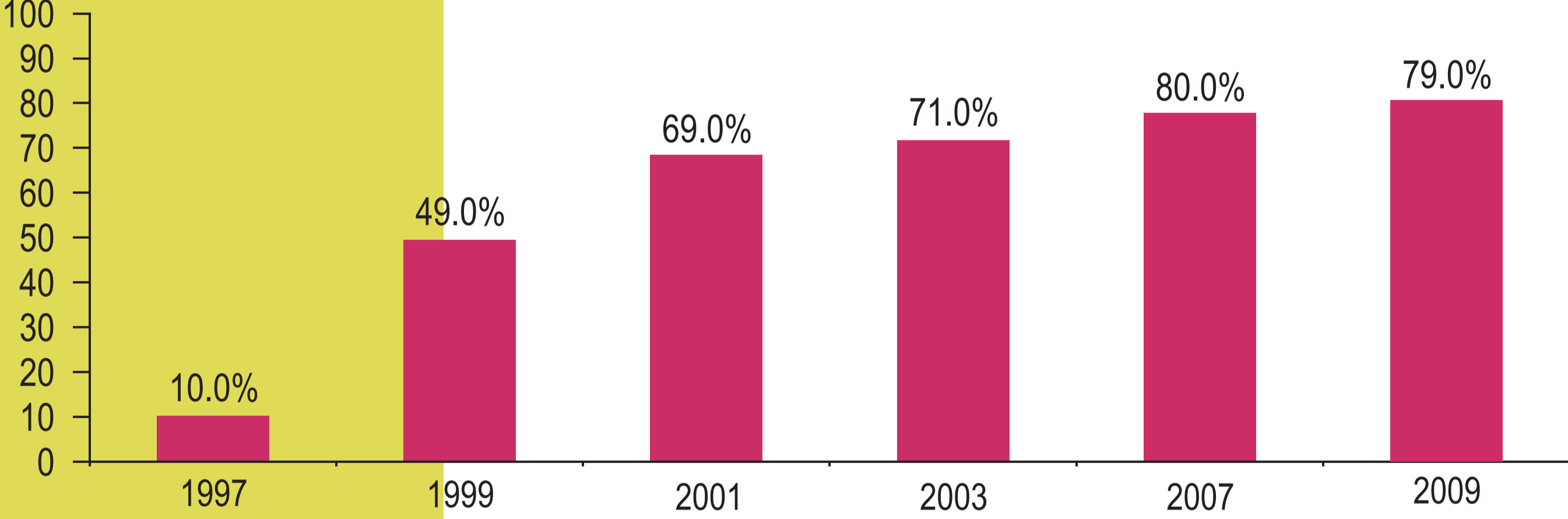
62% of the women interviewed were working outside home, 54.6% were employee and just 7.4% had their own business. Most women (48.2%) were married, followed by singles (44.2%). The 79% of the interviewed sample declared to use a contraceptive method.

FIGURE 2. Use of contraceptive methods



Comparing previous surveys we observed a clear increasing trend in the use or contraceptive methods from 1997 to 2007, whereas regarding the last two years (2007-2009) the figures seems to remain stable.

FIGURE 3. Use of contraceptive methods per age reported on DAPHNE 2007 and 2009 surveys



When comparing data from the last two surveys (2007 and 2009) in contraceptive use, differences were observed in the group of young women, 15 - 19 years and 20 - 24 years (60% vs. 65% and 79% vs. 90%), and in the 45 to 49 years' group (76% vs. 69%).

FIGURE 4. Use of contraceptive methods per age reported on DAPHNE 2007 and 2009 interviews



### CONCLUSIONS

- Condom was the most frequently used contraceptive method, followed by the pill (OC).
- Most of women interviewed were very satisfied with its current method; particularly OC users had shown the highest degree of satisfaction among the other more used methods.
- In spite of the progressive increase in contraceptive methods use over the last 10 years a fourth of the Spanish women in childbearing age is still exposed to unplanned pregnancy.

### DESIGN & METHODS

Personnel interview to assess CM use, performed in January 2009 to women in childbearing age (15 to 49 years). Women were selected following a probabilistic stratified random sampling. Results obtained were compared with other DAPHNE's interviews previously performed since 1997 with a biannual frequency.

Analyzing the type of contraceptive methods use reported over the last 10 years, condom stills being the most frequently used since 1997 up to 2009. A modest increase in the use of other methods has been observed; and double method (Condom + OC) use has increased more than thrice 2007's figures; 54% of women declared to be aware about what a double method is.

TABLE 1. Type of contraceptive methods used 1997-2009

Contraceptive method	1997	1999	2001	2003	2007	2009
Condom	21.0%	21.9%	29.5%	31.9%	38.8%	37.3%
Oral contraceptive	14.3%	16.5%	19.2%	18.3%	20.3%	17.9%
Intrauterine devices	5.7%	5.9%	4.7%	4.6%	4.5%	4.9%
Vasectomy	0.0%	6.4%	6.5%	6.8%	4.3%	4.6%
Tubal occlusion	5.2%	4.5%	5.3%	5.3%	4.1%	4.3%
Other methods (Patch, Implants, Injections...)	0.5%	0.5%	0.7%	1.1%	4.5%	5.7%
Double method (Condom +OC)	0.0%	0.0%	0.0%	0.0%	0.4%	1.5%
Withdrawal (coitus interruptus)	1.5%	4.3%	2.6%	2.9%	2.5%	2.2%
Rhythm method or other natural methods	0.9%	0.7%	0.6%	0.3%	0.5%	0.6%
No contraceptive method	50.9%	39.3%	30.9%	28.8%	20.1%	21.0%

Condom (37%) and oral contraceptive (18%) were the most frequently used methods at any age. On the other hand, 21% of women declared not to use any contraceptive method at the time of the interview. Most women not using any contraceptive were in the age groups of 15 to 19 and 45 to 49 years (35% and 31%, respectively).

Among women not using a CM, main reasons argued were: not being sexually active (47%) or wish to become pregnant (15%).

TABLE 2. Type of contraceptive methods per age rank in DAPHNE 2009

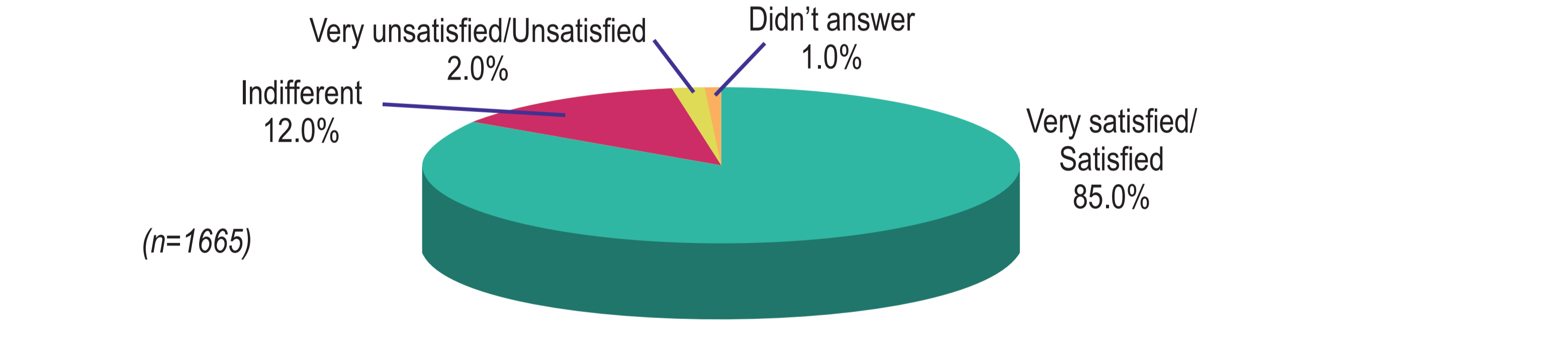
Contraceptive method	15 – 19 years	20 – 24 years	25 – 29 years	30 – 34 years	35 – 39 years	40 – 44 years	45 -49 years	Total
Condom	47.1%	49.5%	38.8%	36.7%	34.8%	28.0%	29.6%	37.3%
Oral contraceptive	11.3%	27.0%	30.5%	23.2%	14.3%	12.3%	2.9%	17.9%
Intrauterine devices	0.9%	1.1%	2.6%	6.3%	4.6%	9.7%	8.2%	4.9%
Vasectomy	0.0%	0.0%	0.0%	2.1%	6.4%	12.6%	10.0%	4.6%
Tubal occlusion	0.0%	0.4%	0.3%	2.1%	5.8%	9.1%	11.8%	4.3%
Other methods (Patch, Implants, Injections...)	3.2%	7.1%	9.2%	6.6%	5.7%	3.4%	3.3%	5.7%
Double method (Condom +OC)	0.9%	2.1%	3.4%	1.5%	1.2%	0.6%	0.4%	1.5%
Withdrawal (coitus interruptus)	1.4%	2.5%	1.1%	1.8%	3.4%	2.8%	2.5%	2.2%
Rhythm method or other natural methods	0.0%	0.4%	0.3%	0.9%	0.6%	0.9%	0.7%	0.6%
No contraceptive method	35.3%	10.0%	13.8%	18.7%	23.2%	20.4%	30.7%	21.0%

Among women using condoms we found that 78% of the women had a correct use and 22% reported inconsistent use, mainly for unforeseen sexual intercourse.

Results obtained indicate that 18% of Spanish women are exposed to an unplanned pregnancy.

Regarding satisfaction with current CM, 85% declared to be very satisfied.

FIGURE 5. Satisfaction with the contraceptive method used



Among women using oral contraceptives (OC), 89% were very satisfied and reported additional benefits. More common OC benefits seek by women other than preventing pregnancy, were menstrual cycle regulation (61%) and symptoms relief during menstrual period (32%).

FIGURE 6. Benefits reported with oral contraceptives

