

## Final report for granted project

<b>Submission Date</b>	2018-06-12 04:09:37
<b>Date of sending out the form:</b>	31-05-2018
<b>Contact person/applicant:</b>	Magdalena Mattebo
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<b>Title of the granted project</b>	Reproductive life planning (RLP) for adolescents
<b>Amount granted by the ESC (in euro)</b>	4000
<b>Project number:</b>	P-2015-A-03
<b>Allocated mentor:</b>	S. Rowlands
<b>Date project actually started:</b>	01-04-2016
<b>Date of completion:</b>	31-12-2017
<b>Please provide a report of your findings and data.</b>	<p>The aim of our study was to explore adolescents' beliefs and awareness regarding fertility and preconception health, as well as their views and experiences of information about fertility and preconception health directed at their age group. We performed seven semi-structured focus group interviews among upper secondary school students (n=47) aged 16–18 years in two Swedish counties. Data were analysed by qualitative content analysis. One theme ('important but far away') and five categories ('starting a family far down on the list'; 'high awareness but patchy knowledge of fertility and preconception health'; 'gender roles influence beliefs about fertility and preconception health'; 'wish to preserve fertility and preconception health in order to keep the door to procreation open'; 'no panacea – early and continuous education about fertility and preconception health') emerged from the interviews. Participants recognised the importance of preconception health and were highly aware of the overall importance of a healthy lifestyle. Their knowledge, however, was patchy and they had difficulties relating to fertility and preconception health on a personal and behavioural level. Participants wanted more information but had heterogeneous beliefs about when, where and how this information should be given. The adolescents wanted information on fertility and preconception health to be delivered repeatedly as well as through different sources.</p>
<b>Please provide a final detailed budget on how much you have spent. Was any money not spent? Receipts may be requested.</b>	<p>Recording Equipment 80 Euro Travel expenses 500 Euro Transcriptions of interviews 930 Euro Conference fee 700 Euro Reimbursements participants 790 Euro Proof reading 500 Euro Ethical approval 500 Euro</p>
<b>How will your findings be presented?</b>	<p>Publication in journal Presentation</p>

**Was your paper published?  
Indicate journal and  
acceptance date**

The European Journal of Contraception and Reproductive Health Care,  
accepted for publication 22nd of May 2018

**Presentation – note meeting  
organisation and date**

Annual national conference "Reproductive Health", Ass. for midwives in Sweden,  
Stockholm 15-16 May 2018, 600 conference participants.

**Add any other information  
you feel we should have**

We are planning to present the study at the Nordic Conference for midwives in  
Iceland, May 2019.

**Please let us know whether  
having a mentor has been  
helpful or not**

We have not been in contact with a mentor.

**Full Name**

Magdalena Mattebo

**Date**

12-06-2018

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