



## European Society of Contraception and Reproductive Health

ESC Central Office - Opalfeneweg 3 - 1740 Ternat - Belgium

Tel. + 32 2 582 08 52 - Fax +32 2 582 55 15

info@escrh.eu - www.escrh.eu

### Grant application form Second half year 2015 Seeking ESC support for a PROJECT

#### Introduction

The ESC will provide funding to support an individual, group, institute or organisation with a project related to the aims of the ESC. Examples include: research, audit, review, needs assessment. The money **MUST** be used for a definite project within a definite time period.

#### Application

Please use this application form. Note sections with a maximum word count. Forms will be returned if the word count is exceeded.

If granted, the project must start within 12 months and must be completed within 3 years, with a final report sent to ESC within 6 months of completion.

A maximum of 10,000 euro per project application can be requested. A detailed budget including salary costs, overheads etc should be attached as an appendix to the application form.

#### Who can apply?

Applicants must be paid-up ESC members.

Applicants should be Europeans. However, a European applicant is allowed to submit a project that will take place outside Europe.

#### Deadline

Applications **MUST** be received at ESC Central office by **31 December 2015**.

#### Budget

A maximum of 10,000 euro per project application can be requested for projects received between 1 July and 31 December 2015. The ESC may not be in a position to fully fund all applications.

#### Part A Name of the applicant requesting the funding

**Name of applicant:** Angel M. Foster, DPhil, MD, AM

**Job title:** Endowed Chair in Women's Health Research & Associate Professor, University of Ottawa

**Address:** Institute of Population Health, University of Ottawa  
1 Stewart St, Room 312-B, Ottawa, ON K1N 6N5 Canada

**Tel no.:** +1-613-562-5800 ext. 2316

**Email:** angel.foster@uottawa.ca

**Date of submission of this form:** December 27, 2015

## Part B Proposed project

**Name of the person responsible for the project (If different to the person named in box A):**

Florida Doci, MSc (c) (Project Director)  
Angel M. Foster, DPhil, MD, AM (Supervisor)

**Contact details of the person noted in this box B:**

Name of person, job title, address, tel no. email  
Florida Doci  
MSc Candidate, Interdisciplinary School of Health Sciences  
Institute of Population Health, University of Ottawa  
1 Stewart St, Room 312-B, Ottawa, ON K1N 6N5, Canada  
florida.doci@uottawa.ca  
+1-613-562-5800 ext. 1798

## Part C Background of the project – narrative summary

**Title of the project:**

Emergency contraception in Albania: A multi-methods study of awareness, attitudes and practices

**Comprehensive description of the project (max 200 words):**

The political, economic, and social turbulence in post-communist Albania have impacted the availability and accessibility of reproductive health services. Government reports indicate that women are well-aware of modern contraceptive methods [1,2], which have long been available both in walk-in clinics as well as from pharmacists. Yet independent studies have shown that lack of knowledge and misconceptions are very common among women, men, and health service providers [3,4,5]. In the Albanian context, progestin-only emergency contraception (EC) could play a significant role in addressing women's need for a discrete, woman-controlled method of contraception [5,6]. However, the limited available information on EC in Albania suggests that use is minimal and misinformation abounds [7,8]. This multi-methods project combines an online, community-based survey of 200-300 women of reproductive age in different regions of the country with key informant interviews, structured interviews with retail pharmacists, and six focus group discussions with married and unmarried women to explore the dynamics shaping EC availability, access, and practices. Rigorous research promises to fill a significant gap in the literature and has the potential to inform efforts by non-governmental organizations, clinicians, and women's organizations to increase access to contraceptive services and utilization of modern methods.

**When would it start / finish? (Max 20 words)**

All phases of the project will be completed over a 12 month period: June 1, 2016 – May 31, 2017

**Where will it take place – country / town, establishment? (Max 20 words)**

We will collect data in Tirana, Albania (summer 2016) and will analyse the data in Ottawa, Canada.

**Objectives and needs identified. (Max 20 words)**

- Explore different stakeholders' awareness of and experiences with EC;
- Identify barriers to access;
- Develop recommendations to improve service delivery.

**Sector in the area of contraception, sexual and reproductive health:**  
Emergency contraception

**Is it a 'new' project? Yes/No**  
Yes

**If extension of an existing programme, provide information on original programme (Max 50 words)**  
N/A

**What outcomes will be measured? List. (Max 20 words)**

- Document women's experiences with EC
- Develop Albanian-language materials about EC and study findings
- Engage with stakeholders to improve service delivery

**Do you foresee any reasons (political, climatic, etc) why this project may be adversely affected? (Max 20 words)**

Upcoming elections in Albania could introduce political challenges. However, we are prepared to modify our timeline to complete this project.

## Part D Financial related information

**Are there other partners or organisations supporting this same project? If so, list.**

Although there are currently no organizations that we are aware of that are looking at this specific question, we will be collaborating with a number of local women's, youth, and reproductive health organizations as we complete this project. This includes YWCA Albania, New Vision, UNIQue Junior Enterprise, the Albanian Women Empowering Network, Nesmark, and the Albanian Institute of Public Health. Further, we will work closely with the European Consortium for Emergency Contraception during the dissemination phase of the project.

**Have you already obtained any funding towards this project? (If yes or still awaiting a response, please give details) (Max 20 words)**

We have obtained a grant from uOttawa of EUR325 (CAD500) to support this project

**How much money are you requesting (up to a maximum of 5% can be used to cover overhead costs) ? A maximum of 10,000 euro per project application can be requested. An overview of the budget must be provided here (max 50 words) and a detailed budget should be attached as an appendix to the application form.**

We are requesting EUR6,500 to complete this project. These funds will cover the costs associated with data collection in Albania, participant incentives, and the development and distribution of a bilingual (English-Albanian) report that shares the findings of the study and medically-accurate information about EC.

**Will this be part of a larger fund or stand alone? (Max 20 words)**

This will be a stand-alone fund.

**Who will oversee the budget & keep accounts?**

Dr. Angel M. Foster

## Part E Follow-up

I / We, as responsible agents for this project, agree to the following 6 points:

I/We agree that all monies will be spent appropriately	✓
I/We agree to advise you at the earliest time if this project is delayed or cannot be completed	✓
I/We agree to provide a report to the ESC within 6 months of the end of the project and yearly, if the project lasts longer than 1 year.	✓
I/We agree to present the ESC treasurer with a detailed budget at the end of the project. <i>(if the project is longer than 1 year, the funding may be awarded in stages and be dependent on appropriate reporting)</i>	✓
I/We agree that if you need to make any significant changes to the duration, contents or funding of the project after it has been awarded, I/we will advise the ESC Treasurer.	✓
I/We agree to acknowledge the ESC as a donor in any publications and oral communications resulting from this project. Ideally any manuscript should be sent to the ESC journal in the first instance.	✓



Signed

Date December 26, 2015

Name Angel M. Foster, DPhil, MD, AM

**Please return this form (by email) to:**

ESC Central Office  
Opalfeneweg 3  
B-1740 Ternat, Belgium  
Tel +32 2 582 08 52  
Fax +32 2 582 55 15  
[info@escrh.eu](mailto:info@escrh.eu)

## Appendix I: Detailed budget proposal

Description/Justification	Amount
<b>International travel costs</b>	<b>EUR1,200</b>
Ticket (YOW-TIA-YOW) and travel expenses for data collection in Albania	
<b>Living expenses in Albania*</b>	<b>EUR2,400</b>
Accommodation and food (3 months @ EUR600/month = EUR1,800)	
Local transportation (3 months @ EUR100/month = EUR300)	
Communication (phone & internet) (3 months @ EUR100/month = EUR300)	
*Estimated living expenses from: <a href="https://www.expstatan.com/cost-of-living/tirana">https://www.expstatan.com/cost-of-living/tirana</a>	
<b>Personnel costs</b>	<b>EUR1,200</b>
<b>Local research assistant.</b> Ms. Doci, who is Albanian-Canadian, will lead all components of the data collection. However, we will also hire a local research assistant to help with recruitment, logistics, and facilitation of FGDs. This research assistant will also work with Ms. Doci on the translation of both study materials and the final report. (150 hours @ EUR8/hour = EUR1,200)	
<b>Participant incentives</b>	<b>EUR825</b>
<b>Survey:</b> Participants in the online survey will be invited to participate in a draw for one of three EUR75 prizes (one prize, per 100 participants which totals EUR225). Response rates for online surveys are traditionally low. However monetary incentives have been shown to have a positive impact on response rates [9]. These amounts are not large enough to be coercive, but large enough to be rewarding for participation. Gajic et al. (2012) examined the effect of incentives on the response rates of web-based community surveys and reported that the preferred incentive is a lottery with a small number of large prizes [10].	
<b>Focus group discussions (FGDs):</b> We will hold six FGDs with 5-10 participants (anticipated average is 8 participants/group). As a token of our appreciation and to cover costs associated with local transportation, we will provide each FGD participant with EUR10 (Total = EUR480). We will also provide snacks and drinks at each FGDs (6 FGDs @ EUR20/FGD = 120)	
<b>Other study and dissemination costs</b>	<b>EUR1,200</b>
Printing of study materials (EUR300)	
Audio-recorder, batteries, transcription pedal (EUR300)	
Printing and distribution of final report (EUR600)	
<b>Total budget</b>	<b>EUR6,825</b>
<b>Support from uOttawa</b>	<b>EUR325</b>
<b>Total funds requested</b>	<b>EUR6,500</b>

### References:

1. INSTAT. (2015). *Births and abortions, 1994-2014* (Population Figures). Albanian Institute of Statistics (INSTAT). Retrieved from <http://www.instat.gov.al/en/themes/population.aspx?tab=tabs-5>
2. INSTAT, IPH & ICF Macro. (2010). *Albania Demographic and Health Survey 2008-09*. Tirana, Albania: Institute of Statistics, Institute of Public Health and ICF Macro.
3. Morris, L., Herold, J., Bino, S., Ylli, A., & Jackson, D. (2005). *Reproductive Health Survey Albania, 2002* (Final Report). Albania. Retrieved from <http://ghdx.healthdata.org/record/albania-reproductive-health-survey-2002>
4. Stolarsky, G., and DeCamp, K. (2010). Albania: Expanding method choice and increasing quality of family planning services (Program Report). Washington DC: ACCESS-FP. : [https://www.k4health.org/sites/default/files/ACCESS-FP%20Final%20Report\\_31March11.pdf](https://www.k4health.org/sites/default/files/ACCESS-FP%20Final%20Report_31March11.pdf)
5. Zazo, A., Dragoti, E., Karaj, T., & Volle, J. (2011). Albania family planning: Improving access to and use of modern contraceptive methods among young men and women. (C-Change). Washington, DC: AED.
6. Boci, A., Eichleay, M., & Searing, H. (2013). *Factors Influencing Women's Reproductive Health Choices in Tirana, Albania* (RESPOND Project Study Series: Contributions to Global Knowledge No. 12). New York: EngenderHealth.
7. Gryboski, K., Hoxha, E. G., Volle, J., & others. (2009). Women's perspectives on contraception: A qualitative study among university students in Tirana Albania. *Report of findings*. Retrieved from <http://www.poline.org/node/210054>

8. ICEC. (2015). Status and availability database: Albania. *International Consortium for Emergency Contraception Country-by-country information*. Retrieved on November 2015 from <http://www.cecinfo.org/country-by-country-information/status-availability-database/countries/albania/>
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10. Gajic, A., Cameron, D., & Hurley, J. (2012). The cost-effectiveness of cash versus lottery incentives for a web-based, stated-preference community survey. *The European Journal of Health Economics*, 13(6), 789-799.