

## Final report for granted project

<b>Submission Date</b>	2016-11-25 07:15:56
<b>Date of sending out the form:</b>	25-11-2016
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<b>Title of the granted project</b>	Bring the men to the table: to evaluate knowledge around contraceptive methods, contraceptive behaviour and the desired role of young men in decisions regarding
<b>Amount granted by the ESC (in euro)</b>	6000
<b>Project number:</b>	P-2015-A-02
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### Introduction

In most European countries little is known about the role of young men in the decision making with regard to contraception, their knowledge about available contraceptive methods, their attitudes towards contraceptive methods and their willingness to be part of the decision process. Improved education of males might contribute to avoid unplanned pregnancies.

### Methods

A link to an anonymous questionnaire was distributed at the University of Zurich to male students. We excluded students of medicine, biology and biochemistry to avoid preconditions. The questionnaire comprised 37 questions about contraceptive methods, sexual experience, contraceptive behaviour and experience.

1500 questionnaires were distributed, 76 of the 437 returned questionnaires were excluded. > 95% of the respondents were Swiss, German or Austrian. Mean age was 21.9 years (14/41) Many, 60,2% were in a stable relationship when they answered the questionnaire. 84,4% had used a contraceptive method during their last intercourse. 10% of the respondents never had intercourse, about 10% had more than 10 sexual relations.

90% have knowledge of the combined pill, the condom and sterilisation of the men as well as the Morning after Pill. Less known methods are (< 20%) the Billings method and Progestin only Pill. Several myths exist around negative health effects of the methods.

### Conclusions

Despite the preconceptions the combined pill was mentioned as preferred method from 60,8% of the respondents.

Despite of the high education level 15,5% of the respondents ever used coitus interruptus as a contraceptive method, 10,2% used this method when they were having a One Night Stand and did not have STD protection.

Even though 86,1% of the respondents would like to accompany their girlfriend to the gynecologist, only 14,4% ever did. Only 18,4% of the respondents mentioned the MD as their source of information.

28% of the respondents never informed themselves about contraceptive methods.