



## European Society of Contraception and Reproductive Health

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### Interim report form for a granted project

#### ESC Central Office only

Date of sending out the form: 8<sup>th</sup> September 2016

Contact person/applicant: Magdalena Mattebo

Country: Sweden

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Title of the granted project: Reproductive life planning (RLP) for adolescents

Amount granted by the ESC (in euro): 4000

Initial funding (part of the grant received already) in euro: 3000

Final amount to be paid by ESC (in euro): 1000

**Project number: P-2015-A-03**

**Allocated mentor: Sam Rowlands**

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#### Your interim report

Date project actually started: April 2016

Planned date of completion: December 2017

Have there been any problems or issues with starting or continuing this project? No, problems. If so, what impact will that have on your planned completion date?

Have you discussed the project status and any problems with your Mentor? No.

Please provide:

- A synopsis of your findings and data so far (max 500 words)  
We have conducted seven focus group discussions with all together 30 young men and 17 young women in first year of senior high school, average age 17 years. The participants attended both vocational and university preparatory high school programmes. We have conducted initial coding and are in the middle of the process of continuous analysis according to content analysis (Burnard, 2008). Our preliminary analysis show many insightful thoughts when the participants talked about good living habits in relation to fertility and pregnancy. Each interview began with finding out which words and concepts young people themselves felt comfortable to use when talking about this subject. What does fertility really mean or what does it mean to be fertile?  
Some of the participants had a good understanding of and could give examples of what a healthy lifestyle includes. However, many participants showed shortcomings in knowledge of

fertility and reproduction and very diverse knowledge regarding how health and living habits can affect one's fertility. One example of this was the following citation - "Smoking is bad for fertility, but mostly if girls smoke, right? Or can the sperm also be affected"? Drugs, over- and underweight and alcohol were other factors that were mentioned but mostly without the understanding how it could affect one's reproductive health.

No one could remember that they talked about health and fertility during sex education in school where the focus instead was on information about sexually transmitted infections, to prevent unwanted pregnancy and contraception. Many wished that the school also would talk more about what you can do yourself to improve the chances for a healthy pregnancy when that day would come.

Several emphasized the need to feel enlightened with positive and empowering health messages, in dialogue, rather than getting information in form of lectures focusing on risks. The discussions brought many thoughts and insightful discussion among participants. Despite the widely varying prerequisites the groups agreed: it is important to discuss and inform young people about healthy lifestyle and how it is linked to fertility and future pregnancy. No one wanted to unknowingly expose themselves to risks that could jeopardize the ability to become a parent in the future. The school was considered a natural platform where information on health and lifestyle linked to fertility could easily be discussed as everybody goes to school. In addition to school the participants wanted to obtain information via youth clinics, online websites, campaigns, and theme days. The participants emphasized the importance of the person who held the training, also would be trained in the subject. School nurses or midwives had great confidence among the youth.

- A current budget on how much you have spent to date. Receipts may be requested.  
Recording equipment: 80 Euro  
Travel expenses: 250 Euro  
Reimbursements and refreshments for participants during the interviews: 750 Euro  
Transcriptions of interviews: 930 Euro
- Add any other information you feel we should have at this stage.
- Sign and date the form and return to the ESC Office.

Once received and assessed, you will be contacted regarding the final payment.

Signed – Name:



Magdalena Mattebo

Date: 8<sup>th</sup> September 2016

**Please return this form (by email) to:** ESC Central Office at [info@escrh.eu](mailto:info@escrh.eu).