

Final report form

Date of sending out the form:

Tuesday, March 17, 2020

Contact person/applicant:

Zita Gyapjas

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Title of the granted project

The influence of factors on the choice of the first contraception method

Amount granted by the ESC (in euro)

4500

Project number:

P-2015-A-01

Allocated mentor:

S. Ozalp

Date project actually started:

Friday, August 5, 2016

Date of completion:

Thursday, October 3, 2019

Please provide a report of your findings and data.

Our aim was to get more information about the first choice of contraception among adolescent girls (14-20 years). Our focus was to discover whose advice they prefer to follow, and the circumstances which influence their decision on what method to choose.

Originally, our study period was from end of September 2015 – September 2017 after ethical committee approval. However, we experienced unexpected difficulties: To perform a questionnaire survey in school for youngsters <

18, in which sexual life behaviour and contraception were asked was quite difficult, as it needs permission either from the parents or from the special government-driven agency supervising the Hungarian public schools. Moreover, the position of Zita Gyapjas, PhD student was changed. She quit the programme due to personal reasons in the middle of the study period. Finally, we got the approval of the Ethical Committee on 30 June 2018. Thus, we were able to start the survey in the school term of 2018 Fall. Paper-based questionnaire was given to the interviewed teenagers. Before asking to fill in the questionnaire, the interviewer briefly explained the content of it. The questionnaire was anonymous and co-ordinated. There were some questions where more than one answers were acceptable. Finally, in Békés and Bács-Kiskun counties we surveyed 515 teenagers (aged 15-20) mainly from high schools and universities. The questionnaire was validated. For the analysis we used SPSS 24 program and performed descriptive and correlation statistical methods.

515 young people was enrolled between age 15-20 years. Town dweller: 324 persons, live in villages: 179 and in farms: 12. The three most favoured contraceptive methods are using condom 273 (53%), birth control pill 186 (36.12%) and emergency contraceptive pill 112 (21.75%). Fifty seven percent of the participants are comfortable with the used contraceptive method and 51,8 % of their partners were satisfied too. The majority of the interviewed persons use only one contraceptive method, but there are some teenagers who use more than one. Therefore, multiple choice will result in a total value greater than 100 %. All the enrolled 515 teenagers completed the questionnaire. Since filling the questionnaire was coordinated, the response rate was 100%.

Contrary to previous studies, adolescents talk about sexual issues mostly with their parents (56,7%), friends (22,14%). We expected that the young generation mainly relies on internet sources, however only 8,54 % of the participants orientate from the internet which does not coincide with the international findings.

The choice of a reliable contraceptive method is an important matter in preserving reproductive health. However, it is a quite price sensitive issue, mainly for teenagers and university students.

(None of the contraceptive methods are free of charge in Hungary, not even for teenagers.)

From the survey we concluded:

- a) Providing adequate information for teenagers can decrease the unwanted pregnancy.
- b) Information concerning reliable contraceptive methods should be more emphasized.

c) The use of condom is an effective method to prevent STIs.

d) In our survey, it appeared that the role of parents in sexual education is quite pronounced. Therefore to improve their knowledge on contraception and STIs in order to have further improvement of preserving the teenagers' Reproductive Health we have to rely on and involve more intensively the parents.

e) Based upon the survey, to emphasize the more adequate use of Fraser guidelines in case of age 16 or below, is crucial for the healthcare providers and parents.

f) The impact of social media and internet is significant, it is an untapped opportunity. We are convinced that a mobile application helping to choose reliable contraceptive methods and providing more information on the normal menstrual cycle is important.

Therefore, we started to prepare a mobile application which was tested. This application was a modification of a previously developed one in an other study for diagnosing infertility. Our aim was to use the modified application to follow the events in the menstrual cycle providing more precise knowledge on the fertile period.

Further development of this mobile application is in progress based on the collected and processed data so far. We expect that using this application, the users become more informed on their fertile period and the confounding factors.

Due to the fact that in adolescence age cycles may be very irregular thus we wanted to develop an application giving more detailed information on every individual menstrual cycle.

However, it is well-known from the literature that there is a striking difference of the probability of pregnancy in women who reported regular or irregular cycles. Therefore, to get more information on the regularity of the own cycle would be useful.

We would like to present our preliminary results in national and international congresses, like the 16th ESC congress in Dublin. Furthermore, we plan to publish our results in scientific journals in the near future.

We are planning to further develop and test the mobile application, which will require further project involvement.

The patent of this application is not registered so far. In order to be the application widely used, extended ethical permission and patent licence are necessary.

Please provide a final detailed budget on how much you have spent. Was any money not spent? Receipts may be requested.

Budget:

The grant was used accordingly: creating surveys, printing, travel expenses, training of the interviewers, data entry, statistical analysis and creating a mobile application programme. The ESCRH allocated 3375 EUR for the project initially. However, creating and testing a mobile application needed co-sponsorship by University of Szeged. To date, we already spent EUR 4590 on the project. The final amount requested to be paid by the ESCRH: 1125 Euro

How will your findings be presented?

Publication in journal

Presentation

Was your paper published? Indicate journal and acceptance date

The publishing of the manuscript is in progress.

Presentation – note meeting organisation and date

Poster presentation at 16th ESC Congress in Dublin, 2020.

Title of poster: Contraception - what adolescents know

Authors: A. Zubrecki et. al.

Add any other information you feel we should have

The sponsorship provided by the ESRH was very important to get more information on the contraceptive behaviour of the young generation. Such type of national grants were not available in that study period.

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

Yes, Prof. Sinan Ozalp's help was extremely helpful.

Full Name

Anita Zubrecki

Date

Tuesday, March 10, 2020

Questions? ESC Central Office: info@escrh.eu

Type a question

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