

Do Reproductive Women Have Awareness about Complications of Birth Control Methods and the Required Follow-up?

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Abstract

Background: About 2 thirds of Iranian women are eligible to participate in family planning programs. On the other hand, many studies have shown all birth control methods to be associated with complications, especially in long-term use, which are not usually emphasized in health centers. This study was thus performed to measure level of awareness of women about possible complications of birth control methods and necessary follow-up in family planning.

Methods: This cross-sectional study was conducted in urban health centers of Isfahan (Iran) during 2009. Overall, 4 methods of birth control including oral contraceptive pills (OCPs), condom, intrauterine device (IUD), and tubal ligation (TL) were studied. We selected 65 women using each method and interviewed them about the complications of each method and the required follow-up programs using a special questionnaire. The collected data after was analyzed by SPSS.

Findings: The mean level of awareness in all women was 5.52 ± 2.40 (range: 0-10). The mean levels of awareness in the OCP, IUD, condom, and TL groups were 5.65 ± 1.37 , 5.93 ± 1.84 , 5.78 ± 3.36 , and 4.72 ± 2.42 , respectively. According to analysis of variance (ANOVA), there was a statistically significant difference between the 4 groups ($P = 0.016$).

Conclusion: The results of this study showed women's level of awareness about complications of birth control methods and the required follow-up programs in to be poor. Therefore, educational programs must be directed by rural and urban health centers to improve the level of awareness among women.

Keywords: Level of awareness, Family planning, Follow-up

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