

"The abortion gave me my life back"

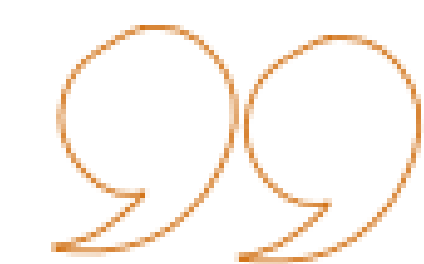
Experiences with telemedical abortion in legally restricted countries

INTRODUCTION

40%

of women of reproductive age live in countries with **restrictive abortion laws**

- Increase of safe abortion access via **telemedical** (TM) services
- TM abortion: Medical **online consultation, abortion pills** send via airmail



What is the influence of access to TM abortion on the lives of women in legally restricted countries?

FINDINGS

Access to abortion gave them control over their lives

Opened opportunities in life and influenced their:

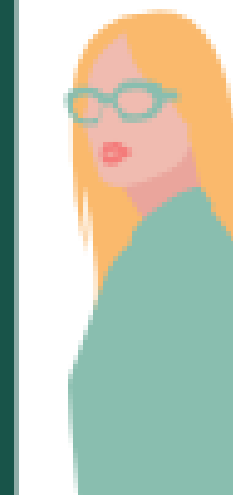
- Education and career
- Financial situation
- Social relations



Anna: "[the abortion] helped me focus on my job again, and my career and continue studying"
(34 years, El Salvador)

Influence of legally restricted environment wears off over time

- Selecting people to tell based on trust
- Shame and guilt decreased
- In the long-term improved well-being
- Life goes on



Chiharu: "At that time, it was the biggest thing in my life and then having it or not was going to change my life. But then after going through it, I just feel I'm back to normal life".
(29 years, Kenya)

Participants used their own experiences to help others

- Informal support network: sharing information and access to abortion
- Need to speak about abortion to decrease the taboo



Lilly: "So I thought ... why should I not tell her so that she knows that she is not alone and that someone has done it within her circle". (27 years, United Arab Emirates)

METHOD

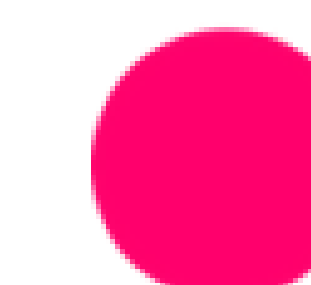
- **13 in-depth** and **semi-structured** interviews
- **Study population:** Spoke English, lived in a country with restrictive abortion laws at the time of their abortion, accessed telemedical abortion service Women on Web between 2016 - 2018
- **Thematic analysis**

RECOMMENDATIONS

- Provide **access to abortion** via TM services
- Increase **access to information** about abortion and share stories of people who had an abortion
- **Decriminalise** and **ensuring access** to safe abortion is needed to achieve sexual and reproductive health and rights

LET'S CONNECT

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