

Awareness of contraception among women in Kingdom of Saudi Arabia (KSA)

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Objectives:

Birth control or contraception has become a fundamental part of women's healthcare, by which unintended pregnancies are prevented using effective and safe methods. Use of contraception has markedly increased in Saudi Arabia over the past few decades due to their positive effects in preventing unplanned pregnancies and treating certain conditions. However, only a limited number of studies have been reported describing the knowledge and use of different methods of contraception among the general public. The aim of this study is to find the awareness of contraceptive options available locally, the preferred method of contraception and knowledge about emergency contraception.

Design and Method:

Cross sectional observation study during Dec,2021 till Marc, 22

The questionnaire survey was designed both in English and Arabic. It included demographic details and also questions related to awareness of different methods of contraception. The participants were any female during reproductive age from 16-49 residing in Saudi Arabia. Females below 16 and above 50 were excluded from the study. The participation was voluntary and a consent was obtained at the beginning of interview. The Interviews were conducted by trained physicians who could speak both languages using the questionnaire. About 300 females were interviewed. The data was analysed by using SPSS.

Conclusion:

The Females in KSA are keen to learn about contraceptive options and would like to plan pregnancies but still prefer to see OBGY for consultation. More authenticate information in different languages should be available on Social media.

Results:

The 50% of the women participated in study were from Saudi origin while two third belong to Asian region. Main age group using contraception was between 31-40 year of age and 46 % of women have university education. 37 percent of women were current user of contraception. About 20 percent females have unplanned pregnancies in the past. 21 % women were using combined contraceptive pills (COCP), 11 % were using intrauterine devices(IUD) and 17 % were using male condoms. 43 percent consulted their OBGY doctor, however 13 % took advice from her relatives.

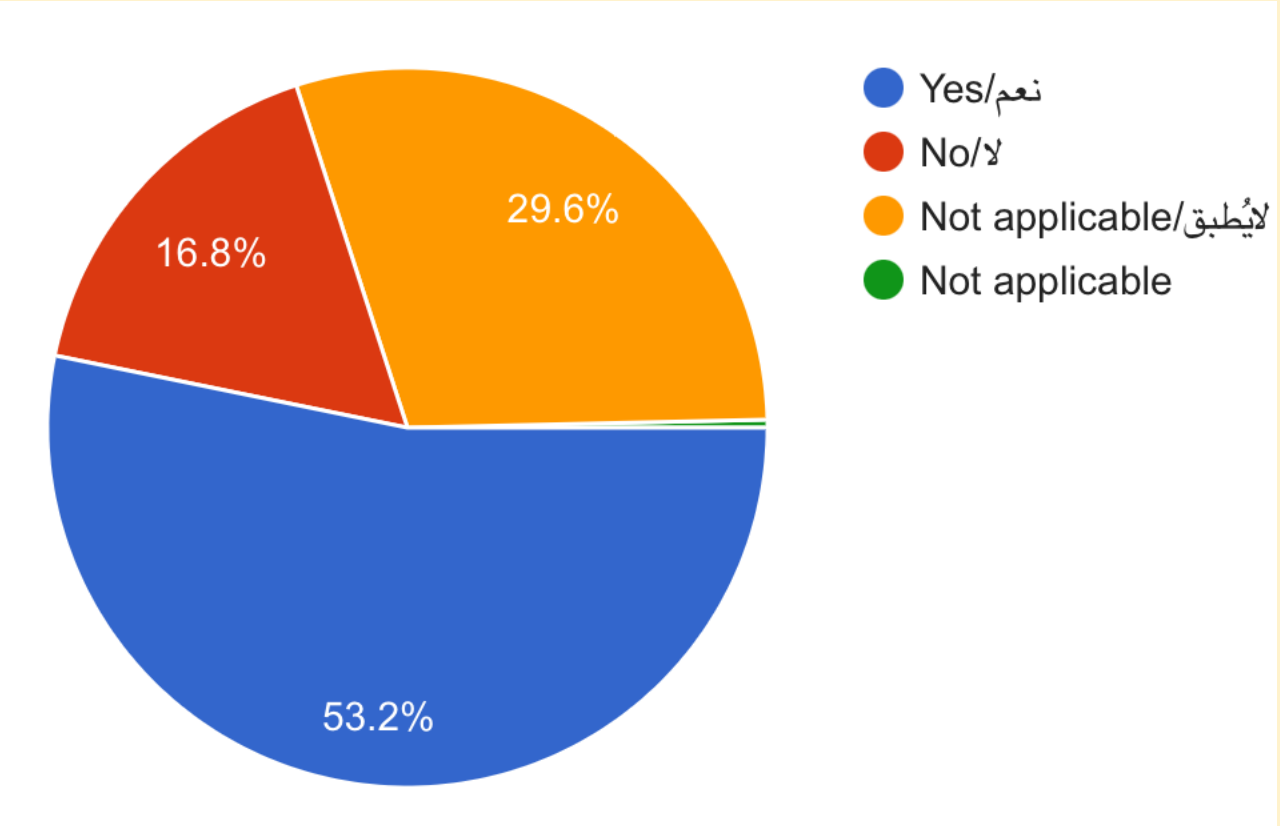


Fig 1: Planned pregnancies

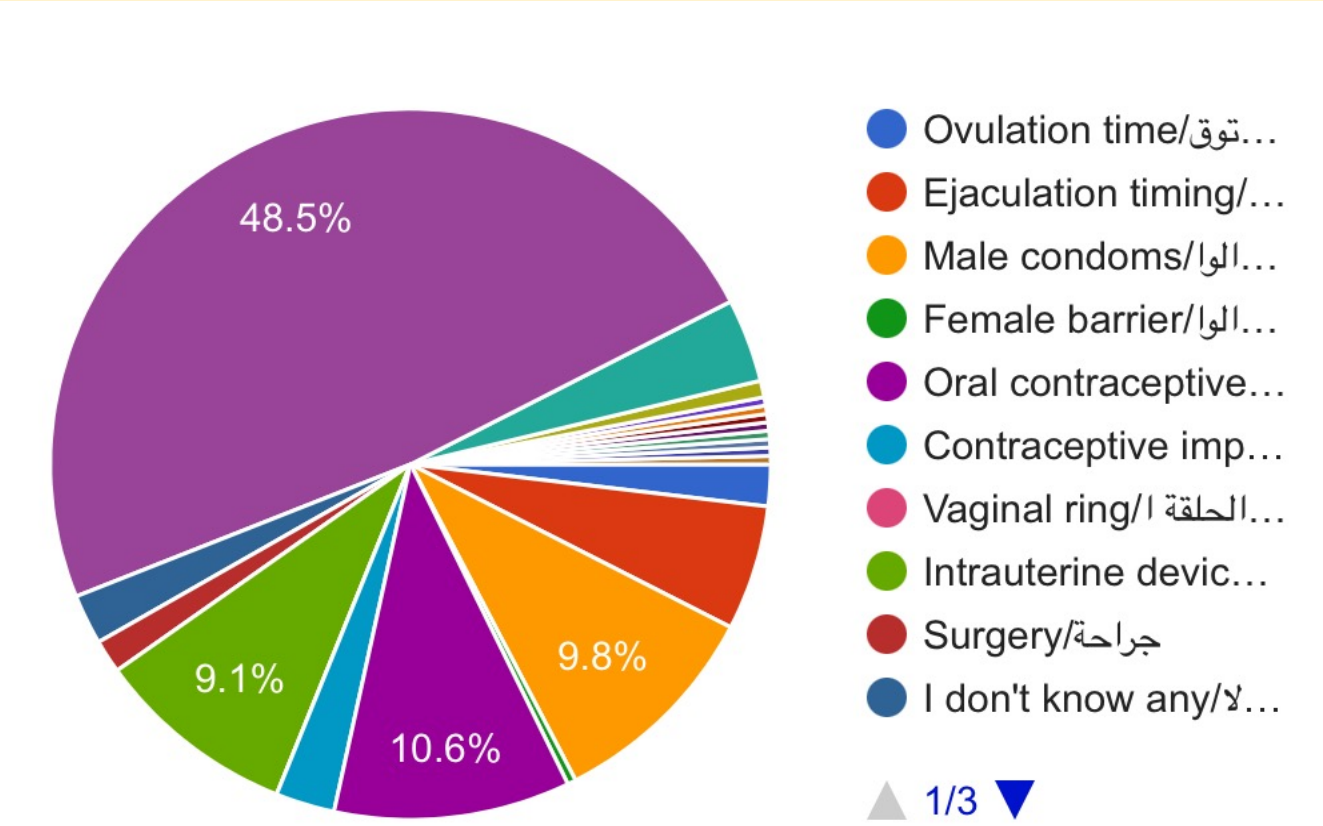


Fig 2: Most Popular Contraceptive methods

62 percent users found contraceptive effective while 11 % reported failure. On enquiring about their knowledge of contraception about 80% females were aware of COCP, IUD and male condoms. 40 % of females were not aware of emergency contraceptives. 70 percent females would like to get information from their OBGY and only 20 % preferred social media.

References:

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- 2 Cleland J, Conde-Agudelo A, Peterson H, Ross J, Tsui A. 2012, Contraception and health. Lancet 380, pp, 149-56.