

Abortion Self-Efficacy Among Congolese Women

Objective

To assess abortion self-efficacy among Congolese women, considering socio-economic and cultural factors.

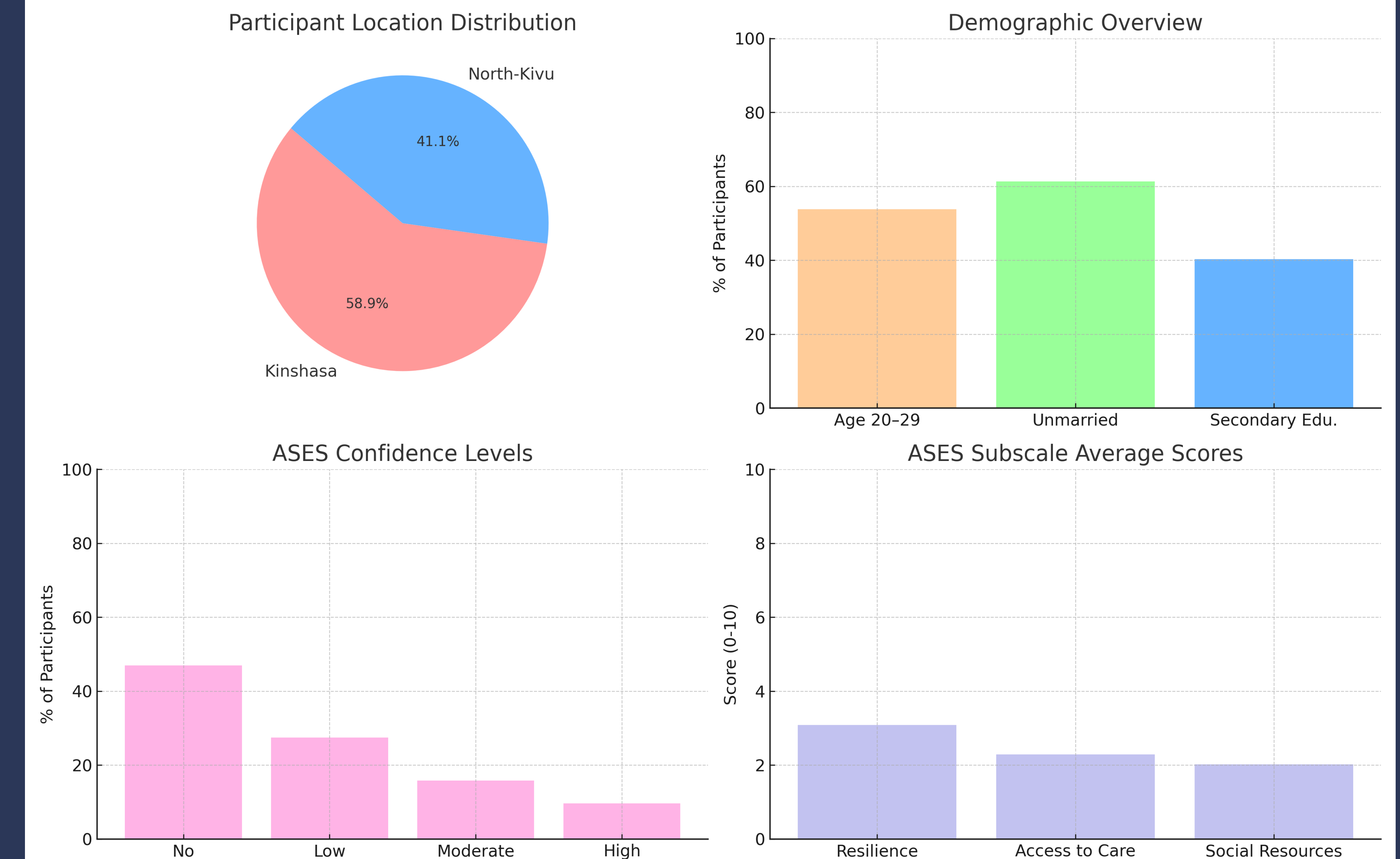
Methods

- Cross-sectional study conducted from July to August 2024
- Sample: **506 women** aged 15–49 years from Kinshasa and North-Kivu
- Multistage cluster sampling across 17 health zones
- Household surveys using digitized questionnaires
- Used the **Abortion Self-Efficacy Scale (ASES)** to assess three domains: resilience, access to information/care, and social resource use
- Respondents rated their confidence for each item on a scale from 0 (no confidence) to 10 (full confidence)
- Total score (0–150), sub-scores (0–60, 0–60, 0–30), or mean scores were used for analysis
- Mean scores were categorized into: no confidence (0–1), low (2–4), moderate (5–7), high (8–10)
- Data analysis involved descriptive and inferential statistics to explore associations between self-efficacy and socio-demographic factors using STATA/SE 15.1 and IBM SPSS 27 with CI 95%

Results

- **58.9%** from Kinshasa and **41.1%** from North-Kivu
- Age group 20–29 years: **53.8%**, Unmarried: **61.3%**, Secondary education: **40.3%**
- Knowledge: 7.1% aware of abortion services, 6.9% aware of abortion methods
- Mean ASES score: **35.1/150**
- Confidence levels: **No (47%)**, Low (27.5%), Moderate (15.8%), High (9.7%)
- ASES subscales: Resilience (3.09/10), Access to care (2.29/10), Social resources (2.02/10)
- Self-efficacy linked to education ($p=0.039$), religion ($p=0.023$), and marital status ($p<0.001$)
- Lower self-efficacy associated with past abortion, supporting others, or sharing abortion information ($p<0.001$).

Abortion Self-Efficacy Study Results (DRC)



Conclusion

The study reveals low abortion self-efficacy and poor knowledge of safe abortion practices in DRC. Efforts are needed to empower women through education, peer support, legal knowledge, and community-based approaches. These could improve their ability to safely seek abortion services and support others.

Authors

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