

Continuation rate of contraceptive methods and causes of their discontinuation in Zahedan

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Abstract

Although significant success is obtained on birth control in recent decades, but considering limitation of financial sources to control population growth, it seems necessary to conduct more studies on quality usage of contraceptives. Aim of this study is to evaluate contraceptive continuation rate and main factors for their discontinuation in Zahedan in year of 2000. 1743 women were chosen who were using one of birth control methods: OCP, IUD, injections and Norplant from beginning of 1998. The mean age of the women was 27 ± 6 years and mean age of their husband was 33 ± 8 years. Average number of their children were 2.8 ± 2 , 89.6% of them were housewife and 28.7% were illiterate. Oral contraceptive was the most popular method of contraception with frequency of 71.2%, and other methods included injection 12.9%, IUD 12.7% and Norplant 3.1% respectively.

Kaplan Mayer technique showed that the highest continuation rates for LD (92%), Norplant (86%), IUD (82%), injection (53%) respectively at first year. At the end of three years continuation rate was Norplant users (78%), LD users (70%), IUD (60%) and injection (44%) respectively. Common reason for discontinuation of OCP and injection was change of method and common cause of discontinuation for IUD and Norplant was side effects. Contraceptive continuation was not significantly the level of women's education and their husband's, women's job and their husband's, number of children and age of last child. Contraceptive continuation in Cox model showed a significant relation with type of contraceptives and health centers. Therefore more studies are proposed for the reasons and proper consultation with women on time of contraceptive methods and up to first six months.

Keywords: Contraceptive continuation, Contraceptives, Causes of discontinuation, Birth control and Zahedan.

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