

# Does The Information Available About Long-Acting Reversible Contraception Meet The Needs Of Potential And Current Users? A Mixed-Methods Study

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## Background:

Long-acting reversible contraception (LARC), including intrauterine devices and contraceptive implants, are the most effective reversible contraception available in Australia, but the least used. Accurate information is essential to informed contraceptive decision making; healthcare providers and the internet are key sources. However, it is unclear what information is available to consumers about LARC and if it meets their needs.

## Methods:

We conducted a mixed-methods study to explore the information needs of potential and current LARC users. This included a scoping review of the information available online about LARC, an Australian-wide survey to understand the information needs of potential LARC users, and semi-structured interviews with people who had used LARC to understand the information needs of current or former users.

## Results:

Our scoping review demonstrated that the information available online is variable, and often contradictory across sites. While many included information about location in the body, potential side effects and risks, only half of the websites reviewed included information about efficacy, and few included information about cost or where to access LARC. In contrast to the information available online, our 1700 survey participants overwhelmingly said that the most important information they wanted about LARC were potential side effects, signs that something is wrong and effectiveness. We explored this further with 23 interview participants. Those who used the contraceptive implant were generally more satisfied with the information provided to them than those who used an IUD. Many felt that the description of side effects online and provided by their healthcare provider did not match their actual experiences.

## Conclusion:

Information online is not currently meeting the needs of consumers. Having medically accurate, consumer-driven information about LARC is vital to supporting uptake and continued use of these methods. Work is needed to ensure the provision of information is improved for potential and current LARC users.

## Disclosure of Interest Statement:

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