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The Myth of Menstruation

How menstrual regulation and suppression
impact contraceptive choice

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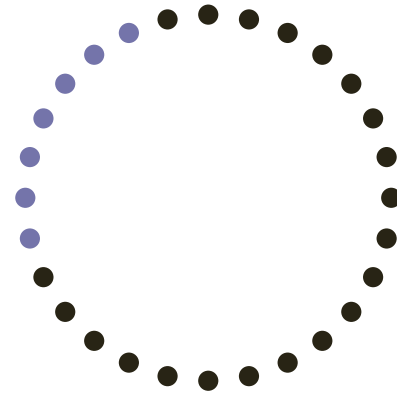


Presenter Disclosures

Abigail Wiseley

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose



Background



- Effectiveness of popular contraceptive methods
 - Ott et al., 2014
- Reasons women prefer menstrual suppression
- Common myths about menstrual manipulation
 - Gladwell M, 2000
- The need for qualitative data



Methods

Qualitative

- **Women ages 18-44 living in or near Charleston, SC**
- **6 focus groups (n=61)**
 - **General knowledge and attitudes about contraception**
- **18 individual interviews**
 - **Knowledge of and experiences with contraception**

Methods



Quantitative

- **Web based survey (n=547)**
- **Survey components**
 - **Demographics**
 - **Theory of Planned Behavior**
 - **Contraceptive Use**
 - **Sexual History**



Results

Qualitative

- **Most common method: OCPs**
- **Notion of menstrual control in OCPs**
 - “I know it’s on me to take the pill every day. And let’s say I forget it for a day... I know that I missed it versus if the IUD might have slipped out.”



Results

Qualitative

- **Benefits of menstrual regulation using LARC**
 - “I know in college your schedules are crazy and you forget to take the pill and you don’t want to replace the ring every three weeks. And it’s just an easy, kind of, no brainer.”
- **The myth of menstruation**
 - “If I’m not getting my period I just don’t find that to be natural, and that would make me worry.”

Results



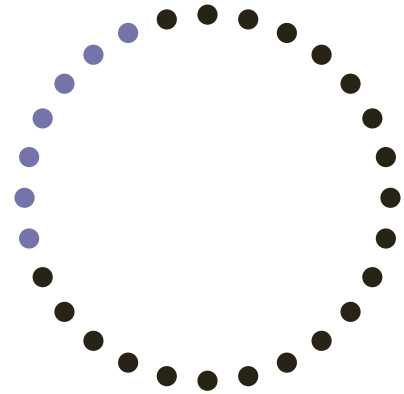
Quantitative

- Majority (76.8%) had history of vaginal intercourse
- Most common primary contraception: OCPs
- Fear associated with LARC method implantation
- Convenience versus availability



Conclusion

- Preferences
- LARC benefits versus control with OCPs
- Education





Implications

- **Dispelling myths and misperceptions**
- **Discussing benefits of menstrual suppression**

Future Research

- **Why women have preferences about menstruation**
- **The role of menstruation in contraceptive choice**



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Thank You



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