



Birth Control Methods Among College Students

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Background

- Individuals aged between 18–25 are the most vulnerable populations experiencing sexual activity
- United States exceeds ~\$4.6 bil annually in direct medical costs related to unplanned pregnancies
 - Includes: healthcare expenses for prenatal care, delivery, and postpartum care
- Pharmaceutical research done in Malaysia shows young adults lack knowledge, awareness, and perception regarding contraceptives

Objective

To determine if there is a strong correlation between knowledge of birth control methods and likelihood of usage among SoCal college students aged 18–25 years old.

Methodology

- Data collection: anonymous Google Form survey distributed via social media
 - **Eligible participants:** 18–25 year old SoCal college students
- Questions consisted of:
 - **Demographics:** gender, age, and ethnicity
 - **Exposure:** knowledge of various birth control methods
 - **Outcome:** likelihood of contraceptive usage in the next 6 months
- Data analysis done on SPSS
 - Spearman test conducted to determine strength of correlation

Results

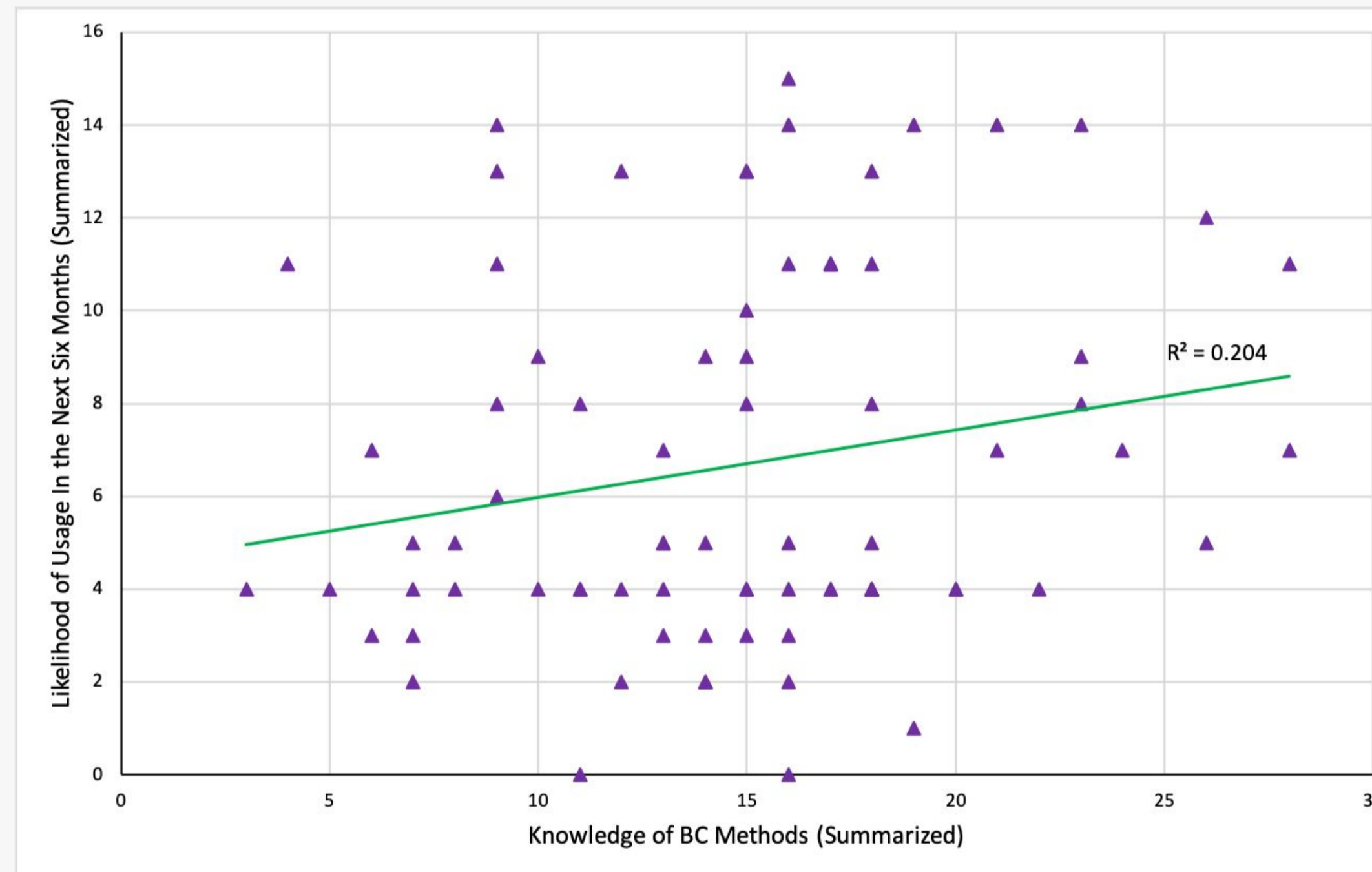
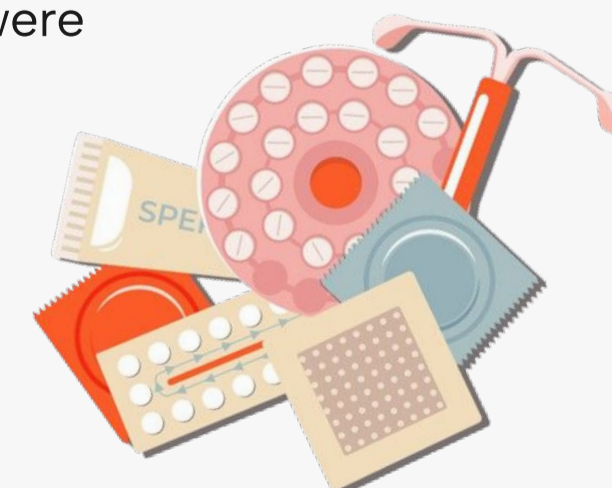


Figure 1 (Scatterplot): Correlation between exposure and outcome. R^2 value of 0.204 and p -value of 0.069 were determined from our data. Birth control methods include: condoms, BC pills, IUDs, contraceptives, patches, diaphragms, and withdrawal methods.

Age Average (yrs)	
	22.5 19.16*
Gender (%)	
Female	65.2
Male	31.5
Other	3.3
Undergraduate Year (%)	
Freshman	14.1
Sophomore	15.2
Junior	21.7
Senior	40.2
Fifth-year +	3.3

Table 1. Summarized participant characteristics based on age averages, gender, and undergraduate year. Asterisks(*) specify a significant difference from the 18–25 age averages of our target population. Sample characteristics indicated predominantly female respondents, with the majority of respondents aged 19–22 years. Most respondents were seniors.



Conclusion

- **Positive weak relationship** between knowledge of birth control methods and likelihood of usage
 - Therefore our hypothesis was supported
- **Approaching statistically significant correlation** between our exposure and outcome variables
 - Due to small sample size



Policy Implications

- Further research should be done on potential populations at high risk
 - Our study only considers college students, who are more likely to be educated about health services like birth control
- Focus on **lower-income and underserved communities**, who are less likely to be knowledgeable about birth control methods for family planning
- This research can determine areas that may need more emphasis on dispersing knowledge of birth control methods in **schools** or **health care facilities**