

**Deanship of Graduate Studies
Al-Quds University**

**Determinants of Women's Compliance to Oral
Contraceptives Usage among Current Users in The
West Bank**

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**Determinants of Women's Compliance to Oral Contraceptives
Usage among Current Users in The West Bank**

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1430-2009

Dedication

To My Father's Soul....

To My Beloved Mother....

To My Dear Sister Rasha....

Declaration

I certify that this thesis submitted for the degree of Master in Public Health is the result of my own research, except where otherwise acknowledged, and that this thesis (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed:

Inas Ibrahim Khalil Al-Amad

Date:

30th, August 2009

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Abstract

Oral contraceptives are of the hormonal contraceptives that prevent pregnancy through their action on hormones in the woman's body. They have high efficacy and their failure is due to discontinuation and inconsistency use. Compliance and continuation are important factors so that oral contraceptives exert their effects in high efficacy. Poor compliance to oral contraceptives affects the desired effects of oral contraceptives negatively and unwanted outcomes may result in. Improvement of oral contraceptives compliance is the responsibility of the health team side by side with the users. Knowledge about oral contraceptives helps provide good compliance and thus high efficacy. Provision of information to women using oral contraceptives is a very important issue that needs effort and focus in order to improve knowledge and increase compliance. Oral contraceptives are widely used in Palestine. Oral contraceptives are the second most used contraceptive method, whereby 50.6% of married women use the oral contraceptives in Palestine distributed as 55.1% in the West Bank and 43.0% in Gaza Strip.

The study aim is to investigate compliance to oral contraceptives usage and its determinants among current users in the West Bank

The study objectives are to evaluate level of women's knowledge of oral contraceptives and how it affected compliance, examine the relation between compliance and oral contraceptives use pattern, examine the effect of women's health status and maternal history on compliance to oral contraceptives and identify the effects of demographic and socioeconomic factors on compliance to oral contraceptives.

This is a cross sectional study that was carried out at the Palestinian Family Planning and Protection Association in Bethlehem, Halhoul, Hebron, Ramallah and Tulkarem from December 1, 2007 to March 31, 2008. All women visiting the association and were current users of oral contraceptives were asked to fill in the study questionnaire. During the study period, 149 women filled in the study questionnaire.

Women participating in the study were distributed as follows between districts: 39.60% from Halhoul, 32.21% from Hebron, 11.41% from Tulkarem, 10.07% from Bethlehem and 6.71% from Ramallah. As for distributions according to locality; 69.8% of the women were from cities, 29.53% were from villages and 0.67% were from camps. Age of studied women was categorized into groups where 2% were younger than 18 years old, 6.7% were between 19 and 23 years old, 24.2% were between 24 and 28 years old, 26.2% between 29 and 33 years of age while 40.9% were 34 years old or more. The mean (SD) of live children born to a woman was 4.19 (\pm 2.117) children; minimum number born was one child while maximum number born was 13 children. About 59.7% of women were using oral contraceptives to space between children, whereas 32.9% were using them to stop having children and 4.7% used oral contraceptives due to health problems. Nearly 54.4% of the studied women had intension to stop oral contraceptives' use while 45.6% did not intend to stop oral contraceptives' use. Concerning compliance to oral contraceptives, 89.3% were taking pills regularly all the time, 10.1% were taking the pills regularly most of the times and 0.7% of them were rarely taking the pills regularly. In the

same context, 15.4% of the studied women were missing pills whereby 10.1% missed one pill monthly, 5.4% missed two pills monthly and 0.7% missed three or more pills monthly. The overall compliance in taking pills was described by women as high compliance (87.9%), moderate compliance (10.7%) and poor compliance (1.3%). Occurrence of pregnancy in women using oral contraceptives 4% of the studied women got pregnant while using oral contraceptives. The major source of information for studied women was the nurse (59.7%) followed by the obstetrician (34.2%). The majority of women (85.9%) described the received information to be clear and understandable.

Results of the study showed that knowledge about oral contraceptives by studied women was general and shallow. Specific knowledge of different aspects of oral contraceptives was poor and need to be worked on. Compliance to oral contraceptives was high pointing to the real desire of women to achieve the contraceptive effect of oral contraceptives.

As a result for the study, the researcher recommends that women using oral contraceptives need to receive more oral information in addition to written information in Arabic about oral contraceptives in a way covering all the important aspects women need to know. Educational programmes for oral contraceptives and other contraceptive methods are also recommended in order to help provide women with knowledge about available methods and choices for contraception.

محددات الالتزام نحو استخدام أقراص منع الحمل بين النساء المستخدمات لها في الضفة الغربية

إعداد: إيناس إبراهيم خليل العمدة.

إشراف: د. عائشة الرفاعي.

ملخص:

أقراص منع الحمل هي من وسائل منع الحمل الهرمونية التي تمنع الحمل من خلال العمل على الهرمونات في جسم المرأة. هذه الأقراص لديها كفاءة عالية وسبب فشلها يعود لقطع استخدامها و الاستخدام الغير منتظم. يعتبر الاستخدام المنتظم والمداومة عليه من العوامل الهامة لتقوم أقراص منع الحمل بإعطاء نتائجها المرجوة وبكفاءة عالية. قلة الاستخدام المنتظم لأقراص منع الحمل يؤثر على الآثار المرجوة منها سلباً مما قد يؤدي إلى حدوث نتائج غير مرغوب فيها. تحسين الانتظام في استخدام أقراص منع الحمل هي مسؤولية الفريق الصحي جنباً إلى جنب مع المستخدمين. المعرفة عن أقراص منع الحمل تساعد على توفير استخدام منتظم أفضل وبالتالي كفاءة عالية. تزويد النساء بمعلومات حول أقراص منع الحمل هي قضية هامة جداً تحتاج إلى جهد وتركيز من أجل تحسين المعرفة وزيادة تناول الأقراص بانتظام. تستخدم أقراص منع الحمل على نطاق واسع في فلسطين. وتعتبر أقراص منع الحمل كثاني أكثر وسائل منع الحمل المستخدمة في فلسطين، حيث تستخدمها 50.6 % من النساء المتزوجات موزعة على النحو التالي: 55.1% في الضفة الغربية و 43.0 % في قطاع غزة.

وتهدف الدراسة إلى فحص مدى التزام النساء المستخدمات لأقراص منع الحمل بها ومحددات هذا الالتزام بين المستخدمات الحاليات في الضفة الغربية.

الأهداف العامة للدراسة هي تقييم مستوى معرفة النساء المستخدمة لأقراص منع الحمل وأثرها على الالتزام باستخدامها، دراسة العلاقة بين الالتزام ونمط استخدام أقراص منع الحمل، دراسة تأثير الوضع الصحي للمرأة التاريخ الإيجابي لها على الالتزام في استخدام أقراص منع الحمل

وتحديد الآثار الديموغرافية والعوامل الاجتماعية والاقتصادية على الالتزام في استخدام أقرص منع الحمل.

هذه الدراسة هي دراسة مقطعية تم إجراؤها في جمعية تنظيم وحماية الأسرة الفلسطينية في كل من بيت لحم، ححول، الخليل، رام الله وطولكرم في الفترة من 1 كانون الأول / ديسمبر 2007 إلى 31 آذار / مارس 2008. كل النساء المراجعات للجمعية واللاتي كن يستخدمن أقرص منع الحمل طُلب منهن تعبئة استبيان الدراسة. وخلال فترة الدراسة، قامت 149 سيدة بتعبئة استبيان الدراسة.

كان توزيع النساء المشاركات في الدراسة بين المحافظات على النحو التالي: 39.60% من ححول ، 32.21% من الخليل، 11.41% من طولكرم، 10.01% من بيت لحم و6.71% من رام الله. أما بالنسبة للتوزيع وفقا للتجمعات السكانية: 69.8% من النساء كن من المدن ، 29.53% من القرى و0.67% من المخيمات. تم تصنيف أعمار النساء المشاركة في الدراسة إلى مجموعات وكانت النتائج على النحو التالي: 2% نقل أعمارهم عن 18 عاما ، 6.7% تتراوح أعمارهم بين 19-23 عاما ، 24.2% بين 24-28 عاما ، 26.2% بين 29-33 سنة من العمر في حين 40.9% كانت 34 عاما أو أكثر. كان متوسط عدد الأطفال للمرأة 4.19 (انحراف معياري ± 2.117) طفل، وكان الحد الأدنى لعدد الأطفال للمرأة طفل واحد بينما كان الحد الأقصى لعدد الأطفال 13. نحو 59.7% من النساء المستخدمة لأقرص منع الحمل كانت تستخدمها للمباعدة بين الأطفال، في حين أن 32.9% منها كانت تستخدمها لوقف إنجاب الأطفال و4.7% كانت تستخدم أقرص منع الحمل بسبب مشاكل صحية. ما يقارب من 54.4% من النساء المستخدمة لأقرص منع الحمل أردن إيقاف استخدامها في وقت ما بينما 45.6% لا تعترنم وقف استخدامها. بخصوص الاستخدام المنتظم لأقرص منع الحمل، 89.3% كن يأخذن الأقرص بانتظام طوال الوقت ، 10.1% كن يأخذن الأقرص بانتظام معظم الوقت و 0.7% منهن نادراً ما كن يأخذن الأقرص بانتظام. وفي السياق نفسه ، 15.4% من النساء في الدراسة كانت تنسى أخذ الأقرص حيث أن 10.1% منهن كن ينسين أخذ قرص واحد شهرياً و5.4% تنسى أخذ قرصين شهرياً، في حين أن 0.7% تنسى أخذ ثلاث أقرص أو أكثر شهرياً. بشكل عام، فإن الاستخدام المنتظم لأخذ أقرص منع الحمل تم وصفه النساء من قبل النساء على النحو التالي: انتظام عالي (87.9%) ، انتظام متوسط (10.7%) وانتظام ضعيف (1.3%). حدوث الحمل في النساء اللاتي يستخدمن حبوب منع الحمل كان

قليلاً؛ 4 ٪ فقط من النساء في الدراسة حدث لهن حمل بينما كن يستخدمن أقراص منع الحمل. المصدر الرئيسي المزود للمعلومات للنساء في الدراسة كانت الممرضة (59.7 ٪) يليها الطبيب أخصائي أمراض النساء والتوليد (34.2 ٪). غالبية النساء (85.9 ٪) وصفن المعلومات المتلقاة بواضحة ومفهومة.

تبين من نتائج الدراسة أن معرفة النساء بأقرص منع الحمل كانت معرفة عامة وسطحية. المعرفة الدقيقة للجوانب المختلفة حول أقراص منع الحمل كانت متواضعة و بحاجة إلى مزيد من العمل. الالتزام باستخدام أقراص منع الحمل كان عالياً وهذا يشير إلى الرغبة الحقيقية للمرأة في الحصول على النتائج المرجوة وهي منع الحمل نتيجة لاستخدام الأقراص المانعة للحمل.

نتيجة لهذه الدراسة، فإن الباحثة توصي بأن النساء اللواتي يستخدمن أقراص منع الحمل بحاجة للحصول على معلومات شفوية بالإضافة إلى معلومات مكتوبة باللغة العربية حول أقراص منع الحمل بطريقة تغطي جميع الجوانب الهامة التي تحتاج المرأة لمعرفتها. يوصى أيضاً بعقد برامج تعليمية حول أقراص منع الحمل وغيرها من وسائل منع الحمل من أجل المساعدة في تعريف المرأة بجميع الوسائل والخيارات المتاحة لمنع الحمل

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