### IMPACT OF A SELF-ADMINISTERED COMPUTERIZED COUNSELING MODULE ON CONTRACEPTIVE METHOD CHOICE

**Allison Meserve, MPH\(^1\); Samantha Garbers, MPA\(^1\); Melissa Kottke, MD\(^2\); Robert Hatcher, MD, MPH\(^2\); Mary Ann Chiasson, DrPH\(^1\)**

\(^1\)Public Health Solutions  \(^2\)Emory University

#### BACKGROUND
- Less than half of Title-X family planning users choose a Tier 1 or Tier 2 method of birth control.
- Audio computer assisted self-interviewing (ACASI) and touch-screen technologies present an opportunity to engage patients of all literacy levels in health-related decision-making processes.
- Interventions integrating such technology may help women choose acceptable and effective contraceptive methods.

#### METHODS

**Development of Intervention:**
- Validation of underlying algorithm with 3 clinical experts
- Adaptation of counseling tool developed by Emory University
- Bilingual (Spanish/English) audio – no reading required
- Touch-screen technology
- 50+ questions on patient preferences, medical and contraceptive history
- Algorithm identifies methods that are “best fit” based on responses

**Patient Recruitment & Randomization:**
- 1,983 family planning patients at 2 centers completed all protocols
- Participants randomized to 3 arms:
  - Intervention + Tailored: Complete computer module & receive tailored handout on best contraceptive methods based on responses
  - Intervention + Generic: Complete computer module & receive generic handout
  - Control: 10 demographic questions using same computer interface & receive generic handout

**Eligibility criteria:**
- Age 16 or over
- Not currently pregnant or seeking pregnancy
- Not currently relying on sterilization (tubal ligation or vasectomy)
- Not gone through or going through menopause
- Able to speak Spanish or English

#### Data Analysis:
- Compare contraceptive method choice outcome across randomization arms

#### PRIMARY OUTCOME
**Contraceptive method choice at visit**
- WHO Typical Use Effectiveness Tiers:
  - Tier 1: Vasectomy, BTL, Implant, IUD
  - Tier 2: OCPs, Injectables, Patch, Ring
  - Tier 3: Condoms, Female barrier methods
  - No method

#### COVER SHEET
**SAMPLE MODULE SCREEN**

When you are not using birth control, do you have regular monthly periods?

**SAMPLE TAILORED HANDOUT**

Use this paper to talk to your health care provider about which birth control method is best for you.

Green = OOF!

You are the birth control experts in your life, use your gut and prevent pregnancy best.

- Minus Neutral (female condom)
- ParaGard Copper (male condom) (male condom)
- One type of barrier (female condom)
- Not using birth control at all

### CONCLUSIONS
- In a family planning network in New York City serving predominantly foreign-born Latinas, patients randomized to complete the intervention were significantly more likely to leave their visit with a more effective contraceptive method, compared to those who were not.
- Continued evaluation will examine the efficacy of the computer-based module in improving method continuation at 4 months after baseline.
- Additional research on the impact of the module on provision of care, including visit time, is needed.

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