



Effective Health Care Counseling Interventions to Prevent Unintended Pregnancy Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Counseling interventions to prevent unintended pregnancy in adolescents in school, community, and clinical settings was found to be addressed by a 2012 Centers for Disease Control (CDC) Community Guide review on comprehensive risk reduction and abstinence education on preventing adolescent pregnancy and a 2009 Cochrane review on interventions to prevent unintended pregnancy in adolescents. Given that the existing reviews cover this aspect of the nomination, no further activity will be undertaken on this topic.
 - Chin HB, Sipe TA, Elder RW, Mercer SL, Chattopadhyay SK, Jacob V, Wethington HR, Kirby D, Elliston DB, Griffith M, Chuke SO, Briss SC, Ericksen I, Galbraith JS, Herbst JH, Johnson RL, Kraft JM, Noar SM, Romero LM, Santelli J, Community Preventive Services Task Force. The effectiveness of group-based comprehensive risk-reduction and abstinence education interventions to prevent or reduce the risk of adolescent pregnancy, Human Immunodeficiency Virus, and sexually transmitted infections: two systematic reviews for the Guide to Community Preventive Services. *Am J Prev Med* 2012;42(3):272-94. Available at: http://www.thecommunityguide.org/hiv/AE_CRR_Evidence_Review.pdf
 - Oringanje C, Meremikwu MM, Eko H, Esu E, Meremikwu A, Ehiri JE. Interventions for preventing unintended pregnancies among adolescents. *Cochrane Database Syst Rev*. 2009 Oct 7;(4):CD005215.
- Counseling interventions to prevent unintended pregnancy in adults in clinical settings was found to be addressed by a 2003 AHRQ Evidence-based Practice Center review on counseling in the clinical setting to prevent unintended pregnancy.
 - Moos MK, Bartholomew NE, Lohr KN. Counseling in the clinical setting to prevent unintended pregnancy: an evidence-based research agenda. *Contraception*. 2003 Feb;67(2):115-32.
- Counseling interventions to prevent unintended pregnancy in adults in school or community settings is not feasible for a full systematic review due to the limited data available for a review at this time.

Topic Description

Nominator: Organization

Nomination Summary: **Nomination Summary:** The nominator is interested in the most effective approach to preventing unintended pregnancy in women.

Staff-Generated PICO:

Population(s): Women of reproductive age; subgroups of interest include adolescents and women over age 35 years

Intervention(s): Counseling methods to prevent unintended pregnancy

Comparator(s): Setting (e.g., primary care, community, school); format (e.g., individual, group, couples); and information delivery type (e.g., pamphlet, video, web, in person, interactive, didactic)

Outcome(s): Potential benefits, including improved family planning and decision-making, decreased health risks to women, improved resource utilization, reduced unintended or mistimed pregnancy, improved contraceptive adherence, reduced late entry into prenatal care, and behavioral change. Potential risks/harms, including cost of counseling, risks of using counseling (e.g., increase in risky behaviors), risk of outreach in schools (e.g., social stigma)

Setting(s): Primary care, community- and school-based settings

Key Questions from Nominator:

1. For women of reproductive age, what is the comparative effectiveness of counseling methods in primary care and community-based settings to prevent unintended pregnancy?

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- This topic addresses counseling interventions to prevent unintended pregnancy in the following populations and settings:
 1. Adolescents receiving interventions in community- or school-based settings
 2. Adolescents receiving interventions in clinical settings
 3. Adults receiving interventions in community- or school-based settings
 4. Adults receiving interventions in clinical settings.
- The topic of counseling interventions for adolescents in school or community settings was found to be addressed by a 2012 CDC Community Guide review titled *The effectiveness of group-based comprehensive risk-reduction and abstinence education interventions to prevent or reduce the risk of adolescent pregnancy, Human Immunodeficiency Virus, and sexually transmitted infections: two systematic reviews for the Guide to Community Preventive Services*. The review included 89 studies, and pregnancy was a key outcome for meta-analysis. The authors found that group-based comprehensive risk reduction was found to be an effective strategy to reduce adolescent pregnancy, HIV, and STIs. No conclusions could be drawn on the effectiveness of group-based abstinence education.
- The topic of counseling interventions for adolescents in clinical settings was found to be addressed by a 2009 Cochrane review titled *Interventions for preventing unintended pregnancies among*

adolescents. The review included 41 RCTs of pregnancy prevention interventions and showed that multiple educational and contraceptive interventions lowered the rate of unintended pregnancy among adolescents. The authors note that the variability in study populations, interventions, and outcomes of included trials and the paucity of studies directly comparing different interventions preclude a definitive conclusion regarding which type of intervention is most effective. A brief scan of the literature did not identify enough studies to warrant an update of this review.

- The topic of counseling interventions for adults in clinical settings was found to be addressed by a 2003 AHRQ EPC review titled *Counseling in the clinical setting to prevent unintended pregnancy: an evidence-based research agenda*. This review evaluated the following key questions:
 1. How effective is counseling in a clinical setting to prevent unintended pregnancy in changing knowledge, skills and attitudes?
 2. What are the influences on contraceptive use and adherence (often referred to as compliance)?
 3. What is the association between behaviors that support fertility desires and the prevention of unintended conceptions?
 4. What are the potential harms of contraception counseling?
 5. What is the cost-effectiveness of counseling in the clinical setting to prevent unintended pregnancy?

The authors identified four studies that addressed the effectiveness of counseling in a clinical setting in changing knowledge, skills, and attitudes about contraception and pregnancy, but all had poor internal validity and generalizability and collectively did not provide definitive guidance about effective counseling strategies. A brief scan of the literature did not identify enough studies to warrant an update of this review.

- No existing systematic review on the topic of counseling interventions to prevent unintended pregnancy in adults in school or community settings was identified, and very few primary research studies were identified that evaluate this population and setting. Research on this aspect of the topic was found to be too limited at this time for a full systematic review.