



# A Study on Knowledge, Attitude and Practice Regarding Family Planning Methods among Women Residing in Peri-Urban Area of Bangalore City

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## ABSTRACT

**Introduction:** India is currently facing problems with pre-fix of 'P'. They are "population explosion", poverty, and pollution. Population explosion is directly perpetuating the other two problems. Family planning is the only safest and cost effective strategies to have impact on health of women. In many studies it was found that though people were aware of contraceptives but its usage was limited. To know the various factors influencing usage of family planning methods this study was conducted. The study was conducted to assess knowledge, attitude and practice of various family planning methods.

**Methodology:** Cross-sectional study conducted by face to face interview of selected women using a questionnaire.

**Results:** Total of 80% of women were aware that family planning is about limitation of births but, 208 (64.8%) women had ever used contraceptive. And 22 (10.58%) of them have faced minor complications, which has either self-resolved or on medication. The most common reason for not using contraceptive was being uncomfortable (81.42%) to use them.

**Conclusions:** Women had good knowledge regarding contraceptives, but most of the women followed methods suggested by their elders. Advertisement regarding newer methods has to be strengthened.

**Key words:** Contraceptive Methods, Rural, Knowledge, Attitude, Practice.

## INTRODUCTION

India is currently facing problems with pre-fix of 'P'. They are "population explosion", poverty, and pollution. Population explosion is directly perpetuating the other two problems<sup>1</sup>.

Population increase has remained one of the foremost problems of our country which is influencing national development.

Millions of women want to use safe and effective family planning methods, but are unable to do so

due to various reasons like lack of access to information and services. Support from their husbands and communities<sup>2</sup>. Family planning is the only least expensive and cost effective strategies to have impact on health of women.

Though India was the first country in the world to formulate the national family planning programme, still the proportion of its usage is less compared to other developing or developed countries. Family planning programme in India has been emphasizing on methods to reduce birth

rates, stabilize population, reducing maternal, infant and child mortality and morbidity<sup>3</sup>.

Studies have proven that female literacy, age at marriage of girls, status of women, poverty etc., directly influence the fertility behavior. More education for women is one of the strongest factors in reducing fertility. Some other factors influencing adoption of family planning methods are age of women, source of income, number of their alive siblings, age at the time of marriage, years of marriage, child mortality, their knowledge and availability of contraceptives<sup>4,5</sup>. Studies have shown the introduction of modern, effective technologies of family planning has reduced maternal mortality due to abortion<sup>5</sup>.

The range of contraceptive products delivered through the programme has been widened by involving private and Nongovernmental organizations to provide contraceptive services and later this was integrated with Reproductive and Child Health Programme<sup>6</sup>.

Though continuous efforts are made in spreading awareness and encouraging usage of family planning method still there is low acceptance.

Each contraceptive method vary considerably in their theoretical effectiveness and in their actual effectiveness in use. Most of the women are well aware of various contraceptives but don't know when to start contraception after delivery and as well as regarding emergency contraception<sup>7</sup>.

According to NFHS 4 (2015-2016), total of 51.8% of married women use any method of family planning, female sterilization method is used by 48.6% of married women, IUD by just 0.8% of the women, pills by 0.4% of women and condom by 1.3% women. Out of all the users, 41.5% have talked about side effects of using family planning method<sup>8</sup>.

This study is conducted to know the prevailing awareness regarding various family planning methods among women who are married and in reproductive age group. This study will also enumerate factors influencing practice of family planning methods.

## METHODOLOGY

This is a cross-sectional study conducted in rural field practice area of Dr. B. R. Ambedkar medical college and hospital, located at Kodigehalli. This area has a total population of 18,209 out of which there were 9,036 female.

In this study married women between age group of 18 years to 45 years were included who were residents of Kodigehalli area. Whereas women

who had already attained menopause were not included in the study.

This study was conducted for a period of 5 months from December 2017 to May 2018.

According to NFHS-4 Karnataka report the usage of family planning method among currently married women within reproductive age group in Rural Karnataka is 54.5%. Accordingly the sample size at 5% level of significance with 10% of allowable error estimated was 321.

House to house collection of data was done by selecting females randomly from the list of total number of women in reproductive age group obtained from PHC Kodigehalli. Face to face interview was conducted after briefly explaining the objectives of the study.

The questionnaire comprises of totally 29 questions comprising of socio demographic information of interviewee, 8 knowledge based questions, 3 attitudinal questions and 7 practice based questions.

At the end of interview session recommendations were made to spread information regarding contraceptive methods and encourage its utilization.

The questionnaire was prepared in EpiInfo7 application, data entry was done to obtain the spreadsheet in MS-Excel software and further analysis was done using SPSS 20 version and EpiInfo7-STATCALC.

Descriptive analysis of socio demographic information was obtained for all the participants.

The information collected was uploaded in EpiInfo 7 and further analysis was done using MS-Excel and SPSS version 20.

## RESULTS

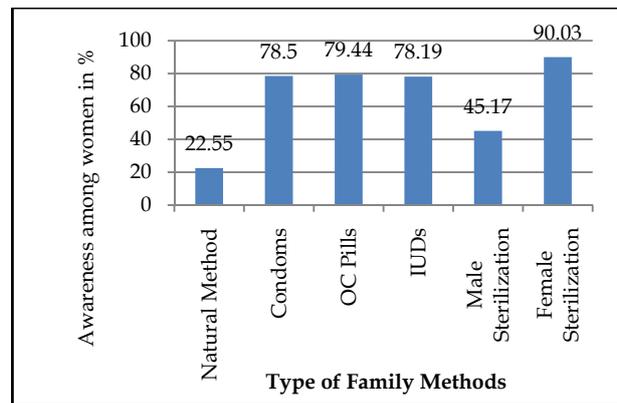
This study was conducted in 321 married women of rural field practice area of Dr. B. R. Ambedkar Medical College and Hospital, which is located approximately 24KM away from the main center at Kodigehalli.

Demographic information of the study population is described in table 1. In this study it was found that 257 (80%) of women were aware of various family planning methods, and that it helps in limitation of birth and spacing between births.

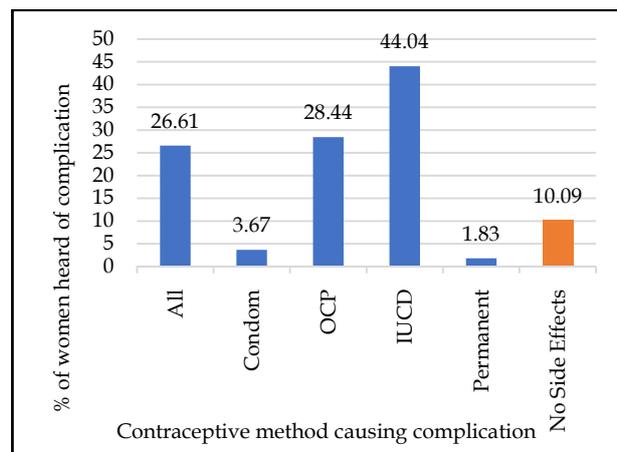
Various contraceptive methods known to study population are described in Figure 1. Though contraceptives like vaginal condom, implants, emergency contraceptive are old but just 3.12% (10), 1.25% (4) and 10.9% (35) respectively know about it. Injectable contraceptive is the recently released and well-advertised type of contraceptive method and 12.15% (39) women in study were aware of it.

**Table 1: Socio Demographic Details of Study Population**

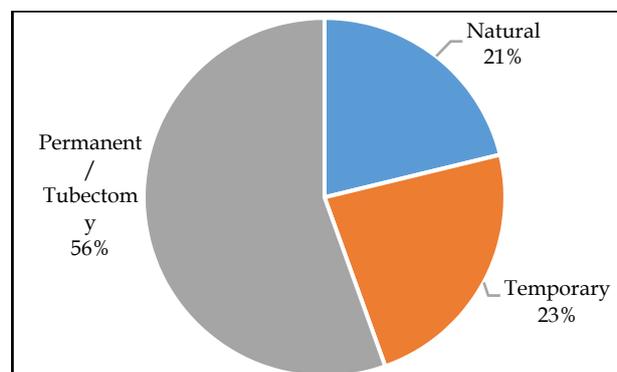
| Component                                   | Women (n=321)(%) |
|---|------------------|
| <b>Religion</b>                             |                  |
| Hindu                                       | 274 (85.4)       |
| Muslim                                      | 40 (12.5)        |
| Christian                                   | 7 (2.2)          |
| <b>Educational status</b>                   |                  |
| Illiterate                                  | 27 (8.4)         |
| Primary school                              | 39 (12.1)        |
| Middle school                               | 59 (18.4)        |
| High School                                 | 114 (35.5)       |
| Intermediate                                | 60 (18.7)        |
| Graduate                                    | 22 (6.9)         |
| <b>Occupational status</b>                  |                  |
| Working                                     | 68 (21.2)        |
| Housewife                                   | 253 (78.8)       |
| <b>Family Income per month (in Rs)</b>      |                  |
| <2242                                       | 15 (4.7)         |
| 2243-6662                                   | 43 (13.4)        |
| 6663-11103                                  | 118 (36.8)       |
| 11104-16656                                 | 93 (29)          |
| 16657-22208                                 | 39 (12.1)        |
| 22209-44417                                 | 13 (4)           |
| <b>Socio Economic Status</b>                |                  |
| Lower middle                                | 52 (16.2)        |
| Upper lower                                 | 269 (83.8)       |
| <b>Age in years</b>                         |                  |
| <20   | 9 (2.8)          |
| 21-30                                       | 180 (56.1)       |
| 31-40                                       | 112 (34.9)       |
| >41   | 20 (6.2)         |
| <b>Total number of pregnancy</b>            |                  |
| 1   | 63 (19.6)        |
| 2   | 138 (43)         |
| 3   | 64 (19.9)        |
| 4   | 25 (7.8)         |
| >5  | 11 (3.4)         |
| <b>Women with number of living children</b> |                  |
| 1   | 79 (24.6)        |
| 2   | 148 (46.1)       |
| 3   | 52 (16.2)        |
| >4  | 21 (6.5)         |
| <b>Nature of pregnancies</b>                |                  |
| Planned                                     | 74 (23.1)        |
| Unplanned                                   | 216 (67.3)       |
| Not aware of terms                          | 31 (9.7)         |
| <b>Type Of Family</b>                       |                  |
| Nuclear                                     | 240 (74.8)       |
| Three Generation                            | 14 (4.4)         |
| Joint                                       | 67 (20.9)        |



**Figure1: Awareness of type of Family planning method.**



**Figure 2: Awareness regarding Complications due to various methods of contraceptives (n=321)**



**Figure 3: Percentage of women using various type of contraceptive (n=208)**

It was also seen that 89% (286) of women were aware that a family should have less than 2 children per family and 65.1% (208) women preferred spacing of 3 to 4 years between two childbirths.

Source of information for these awareness was health centers 232 (72.3%) followed by media 194 (60%). They also gained information from other means (41; 12.8%) like by discussion among family members and peers, as a part of training sessions.

Table 2 shows total number of women being aware of types of contraceptives (family planning method) and number of women practicing the specific method. And it also shows percentage of women with knowledge of particular family planning method utilizing it, it shows the difference between women with knowledge and users of specific method of family planning. Remaining percentage of women have not been using any method due to various reasons some of which are described in table 4.

**Table 2: Knowledge and Practice of various Family planning method**

|                         | Knowledge<br>N = 321 (%) | Practice<br>N = 208 (%) | Percentage of users who were aware<br>% |
|-------------------------|--------------------------|-------------------------|---|
| Natural methods         | 82 (25.55)               | 47 (22.6)               | 57.32                                   |
| Condoms                 | 252 (78.5)               | 178 (85.58)             | 70.63                                   |
| Oral pills              | 255 (79.44)              | 176 (84.62)             | 69.02                                   |
| IUCDs                   | 251 (78.19)              | 169 (81.25)             | 67.33                                   |
| Male sterilization      | 145 (45.17)              | 94 (45.19)              | 64.83                                   |
| Female sterilization    | 289 (90.03)              | 190 (91.35)             | 65.74                                   |
| Vaginal condoms         | 10 (3.12)                | 6 (2.88)                | 60                                      |
| Emergency contraceptive | 35 (10.9)                | 25 (12.02)              | 71.43                                   |
| Injectable              | 39 (12.15)               | 20 (9.62)               | 51.28                                   |
| Implants                | 4 (1.25)                 | 3 (1.44)                | 75                                      |

**Table 3: Reasons for response regarding will to change current contraceptive method.**

| Reason for willing to change current method | Number of women |
|---|-----------------|
| <b>Answer = No</b>                          |                 |
| Comfortable with current method             | 41              |
| Not Culturally Practiced                    | 12              |
| Planning to conceive                        | 20              |
| Faced side effect                           | 4               |
| Past failure                                | 3               |
| Not comfortable in using                    | 30              |
| Lack of awareness                           | 5               |
| <b>Answer = Yes</b>                         |                 |
| For spacing between pregnancy               | 15              |
| Want to try newer methods                   | 4               |
| Want small term acting method               | 4               |
| Want to use long acting method              | 5               |
| Want to use permanent method                | 4               |

**Table 4: Various reasons for not continuing to use contraceptive**

| Reason                 | Number (n=113) (%) |
|------------------------|--------------------|
| Faced side effects     | 4 (3.54)           |
| Past failure           | 2 (1.77)           |
| Costly                 | 2 (1.77)           |
| Cultural practice      | 28 (24.78)         |
| Not comfortable to use | 92 (81.42)         |
| Myths                  | 22 (19.47)         |
| No family support      | 49 (43.36)         |
| Not accessible         | 17 (15.04)         |

**Table 5: Complications faced by women by usage of contraceptive methods.**

| Complications faced | Number (%) (n=17) |
|---------------------|-------------------|
| Abdominal Pain      | 3 (17.65)         |
| WDPV                | 2 (11.76)         |
| Excess MC           | 4 (23.53)         |
| Weakness            | 3 (17.65)         |
| Itching             | 1 (5.88)          |
| Backache            | 1 (5.88)          |
| Weight Gain         | 6 (35.29)         |

There were 34% (109) of women who had heard about complications due to using of contraceptive from family and friends, out of whom 48 (44%) believed that using IUCD like Copper T could cause

perforation in uterus, irregularities in menstruation (excess bleeding), White Discharge Per Vagina, Hypertrophy of uterine muscles, etc. nearly 31 (28%) women heard problems due to OCP like - obesity, mastalgia, abdominal pain, irregular menstruation, etc.

Some common complications occurring due to usage of various contraceptive methods are - backache, menstrual irregularities, abdominal pain, obesity, lethargy. But, 66% (212) of the women had never heard regarding complications arising due to usage of contraceptive methods. (Details described in figure 2.)

On enquiring from where can these services be availed? Majority of the women knew about it but were hesitant to answer it and very few (7 women) knew that these services could be availed from Anganwadi too.

In this study it was observed that 22.7% (73) of women were willing to change the contraceptive method which they were currently using. After briefly describing each contraceptive with its duration to provide safety, further 37.7% (114) of women expressed desire to change family planning method or start using one in future.

Various reasons for not willing to change or utilize contraceptive methods are described in table 3.

In this study a total of 208 (64.8%) women had ever used contraceptive.

Most common reason for not utilizing contraceptives at all or further was that its usage was uncomfortable (92 of the women) and other reasons are described in table 4.

Among the women under study 190 (59%) women have used permanent method that is tubectomy. Details of type of contraceptive currently in use among study population is depicted in Figure 3. There are 86% (178) of women using condom as family planning method among total contraceptive users which is most common method followed by oral pills (85%; 176) and IUCD (81%; 169). Other

details of Contraceptives utilized is depicted in table 2.

They gained information regarding these methods from doctors (169 women), either at the time of ANC checkup or at post-partum duration of stay in hospital.

In our study it was also noticed that some contraceptives had failed their purpose (5 women) and very few women faced complications (17 women; 8.17%) due to usage.

Majority (6 women) complained of weight gain after using contraceptive like OCP or IUCD. Other complications faced are described in table 5.

## DISCUSSION

The widespread adoption of family planning, in a society, is an integral component of modern development and is essential for the integration of women into social and economic life. India being the first country in the world to adopt population policy in 1951 and it launched the National Family Planning Programme in the following year. Though fertility rates have reduced since then but, are still higher than the developed nations. Though knowledge of contraceptive is universal in India but there exists a wide gap between knowledge and acceptance of the same.

In this study, it was observed that there was widespread knowledge regarding family planning methods among women (80%), these findings were similar to a study conducted by Saraswati Kerketta and Ajay Kumar in Uttar Pradesh, wherein it was observed that knowledge of contraception was almost universal, with 98% of currently married women having knowledge of at least one contraceptive method in the study<sup>9</sup>.

In our current study it is clear that percentage of women ever used contraceptive is high among age group of 20 to 40 years (91.82%). And majority of women use contraceptives in their early 15 years of marriage (82.7%). In this study majority of Hindus (88%) have utilized Contraceptives. Educational status of women was found to be significant factor for knowledge regarding contraceptive. Women belonging to nuclear family had more knowledge and also had ever used contraceptive method compared to others.

In another KAP study done in rural Haryana results showed that the overall knowledge about any method of contraception was 97.2% (98.4% in men and 96.0% in women). The knowledge was higher for female sterilization (93.2%) and low for spacing methods (86.8%, 77.6%, & 91.2% for Oral Pills, IUCD, & Condom respectively) and male sterliza-

tion (86.2%). It was also seen that 59.2% of study population used contraceptive among which Female sterilization was the most common chosen method used by 46.0% of couples<sup>10</sup>.

In another study conducted in Tezu village in Manipur by J mao, knowledge regarding family planning was widespread, and all the respondents in study were aware of at least one method of contraception. Among the various method, female sterilization or tubectomy was found to be more popular contraceptive method and the next known method was male sterilization or vasectomy<sup>11</sup>.

The results of current study were found to be similar to studies like that conducted by Kerketta S and Kumar A, from which it was evident that in the early age women do not use contraception, reason could be lack of knowledge about the family planning methods and lower decision making power, it was also found that usage of contraception is 46% lower among Muslims compared with Hindus. In same study it was observed that women below middle school are 30% and women with middle complete are 67% more likely to use the contraceptive methods than the illiterate women, and women with increasing parity use more contraception. Influence of standard of living index on usage of contraceptive was also observed, usage was found to be increased from 34% for the poorest women to 63% for women with high standard of living index<sup>9</sup>.

Similar findings were also observed from a study on adoption of contraceptive practices, the 100% of Upper class had used some kind of contraceptive method but only 30 % of those in Lower SES had used any contraceptive method. The rates of contraceptive usage had shown consistent downwards trends with decrease in socio-economic status of the families under study<sup>12</sup>.

In another study conducted in Ethiopia it was found that formal education was the most important factor associated with better knowledge about contraceptive methods (aOR = 2.07, p,0.001), in particular among women (aORwomen = 2.77 vs. aORmen = 1.49; p,0.001)<sup>13</sup>.

In another study conducted in Lucknow it was observed that the acceptance of family planning methods both temporary and permanent methods increased with level of literacy of women. About 53.40 % adopted I.U.C.D, 38.83% O.C pills & only 7.77% of their partners used condoms. More number of illiterate and primary educated accepted permanent method after 3 or more children than higher educated who accepted it after 1 or 2 children<sup>1</sup>.

In another cross sectional study conducted in Maharashtra, contraceptive prevalence was 70.25%.

Acceptors of terminal method of contraception was more (80.07%) than spacing methods (19.93%) amongst contraceptive users<sup>14</sup>.

There are studies that have mentioned about side effects due to usage of contraceptive, a secondary analysis conducted in USA by David H et al, mentions that side effects like excess bleeding during menses or pain during menses decreases over time and Serious side effects that prompted either a clinic visit or IUD removal had a varied pattern over time, depending on the type of problem<sup>15</sup>.

In another study on satisfaction, early removal and side effects associated with long acting reversible contraception, has shown that, out of 132 respondents (response rate 61.4%), 58.3% had IUDs and 41.7% had SDIs placed. Early removal occurred in 24.2% of women. Pain (more commonly reported with the IUD) and increased frequency in bleeding (more commonly reported with the SDI) were associated with early removal rates<sup>16</sup>.

In a study conducted in Haryana, there were 40.8% of couples under study who were not using contraceptives. Some of the reasons for not using any family planning method were assessed to be Fertility related reason i.e., need more children (31.3%), partner's opposition (28.4%) and fear of side effects (20.6%)<sup>10</sup>.

In this study, out of 208 women just 17 had faced complications which did not need medical intervention. The most complication was weight gain (35.3%) followed by increased menstrual bleeding (23.5%) and generalized weakness (17.6%). From this study it can also be deduced that the factors influencing usage of contraceptives are multidimensional. To enumerate some reasons found to influence practice of contraceptive usage among women under study are: Age of mother, occupation, religion, educational level of women under study, parity of women, number of living children, type of family, socio economic group, not comfortable to use, no family support, cultural factors, myths pertaining to contraceptive methods, previous painful experience.

The findings of current study were observed to be similar to other studies except for the finding that the usage of contraceptive was found to be increasing with increase in parity whereas in our study it was seen that women with greater parity had low usage of contraceptive as well as knowledge regarding the same.

Limitations of the study:

1. Study Participants were reluctant to answer certain questions.
2. Details from husband regarding his view about contraception was not enquired.

3. Some of the questions were given multiple answers.

## CONCLUSION

In this study it was observed that though women are well aware of number of pregnancies and spacing between them required for healthy future, but still the practice was varied. Though advertisement regarding newer contraceptive methods is ongoing it is not satisfactory and discussion regarding various methods of contraceptive available now a days is not adequate thus leading to follow of traditional trend among families. Myths regarding complications are more than the actual women who have faced any problem due to contraception usage. In this study none of the women had faced any serious complication.

In this study some of the factors influencing knowledge regarding family planning method among women under reproductive age were:

Age of mother, occupation, religion, educational level of women under study, parity of women, number of living children, type of family, socio economic group.

Younger women with married life of 5 to 10 years were observed to have better knowledge regarding family planning methods compared to other women. In this study among the women who were aware of at least one type of family planning method, majority of them were Hindu by religion. It was also observed that women with higher education level were aware of more number of family planning methods and also newer type of family planning methods. There was also influence of parity and order of pregnancy, women with greater order of pregnancy and with greater parity had comparatively less knowledge regarding family planning methods. It was also seen that women belonging to nuclear family and higher socio economic class were aware of greater number of family planning methods than others.

In this study it was observed that there was significant association between knowledge and practice of family planning method, thus same factors have shown to have influence on utilization of family planning methods.

In this study it was observed that proportion of knowledge of family planning methods is greater than its utilization.

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