Overview: Oral Contraceptives compared to IUD's and their side effects

1. Purpose of the study: The goal of this study was to show the differences between an oral contraceptive compared to an intrauterine device and how they affect women.

2. Design: This is a study that looks at individual reactions within a group of women to show how the different contraceptives affect them.

3. Sample: 272 women participated in this study. 54 women chose an IUD and 218 chose an oral contraceptive. Due to side effects, 25% of those who took the oral contraceptive stopped and 13% who had the IUD got it removed.

Results

Birth control and the different forms are very prominent in the United States. While oral contraceptives are more vastly popular, it is shown that they also come with distressing side effects. The study that was done shows more women decided to stop taking an oral contraceptive compared to an IUD. Within the study, it states that this is due to headaches, depression, and loss of sexual desires. Compared to the IUD, the biggest complaint and reason to stop was due to breakthrough bleeding. The end of the article states that some of the women who stopped taking the oral contraceptive had a higher mean depression score in comparison to those women who remained on the IUD. Based on these results, contraceptives of any kind can be very individualized and affect women in different ways.

Strength of the Study

Level of the Study: Level II

Quality of the Study: Medium

Clinical Significance

The clinical significance of this study is to compare the side effects and how they affect women differently. Although oral contraceptives are more popular, it is shown that they come with more unbearable side effects when compared to an intrauterine device. An IUD is more invasive with fewer harsh side effects but less common. The study also shows how each woman is different and some side effects are not too extreme to stop taking them.

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