



**“[A] PREGNANCY NOW WOULD ROCK MY WORLD” – THE IMPACT OF
HYPOTHETICAL PREGNANCY**

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The purpose of our research is to explore the perceived impact of a hypothetical pregnancy among individuals who presented for contraceptive care in Salt Lake County family planning clinics and participated in the HER Salt Lake Contraceptive Initiative (Sanders et al., 2018). Using responses from the enrollment waves of the three-year study, we coded 400 out of 3315 responses to the question “Please tell us a bit more about how a pregnancy now or in the next few weeks would affect your life.” We coded open-text responses using Dedoose qualitative software. As a desire to avoid a pregnancy for the next 12 months was part of the enrollment criteria, it is not surprising that most participants not only had negative feelings about a hypothetical pregnancy (Geist et. al 2019). We found that the kind of negative impact varied.

From coding and analyzing this data we have gathered that the most common responses to our prompt were a reported lack of financial resources (28.5%), a generally negative response without specific reasons (22.3%), and an education related impact (20.3%). 7.8% of the respondents mentioned seeking an abortion, and .8% specifically rejected abortion as an option. The following are some excerpts from respondents. “It would stop my plans of going to graduate school and hurt my financial situation greatly. It would hurt my current relationships with partners and family and would be very emotionally and physically stressful.” “Pregnancy now would rock my world. I am a single mom of 2 toddlers who's going to school part time and

working part time. If I were to become pregnant now or in the next few weeks I wouldn't be able to accomplish the goals that I have set for myself.” “I would have to have another abortion and I am already dying having to have this one, I never want to be in this position again.”

Further research will examine how the type of anticipated impact is linked to contraceptive strategy choice, and how anticipated impact changes as participants are followed over the course of 3 years. Our study has implications in the larger health field and may help providers to get a better glimpse into the decision-making process of contraception and family planning.

References

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