

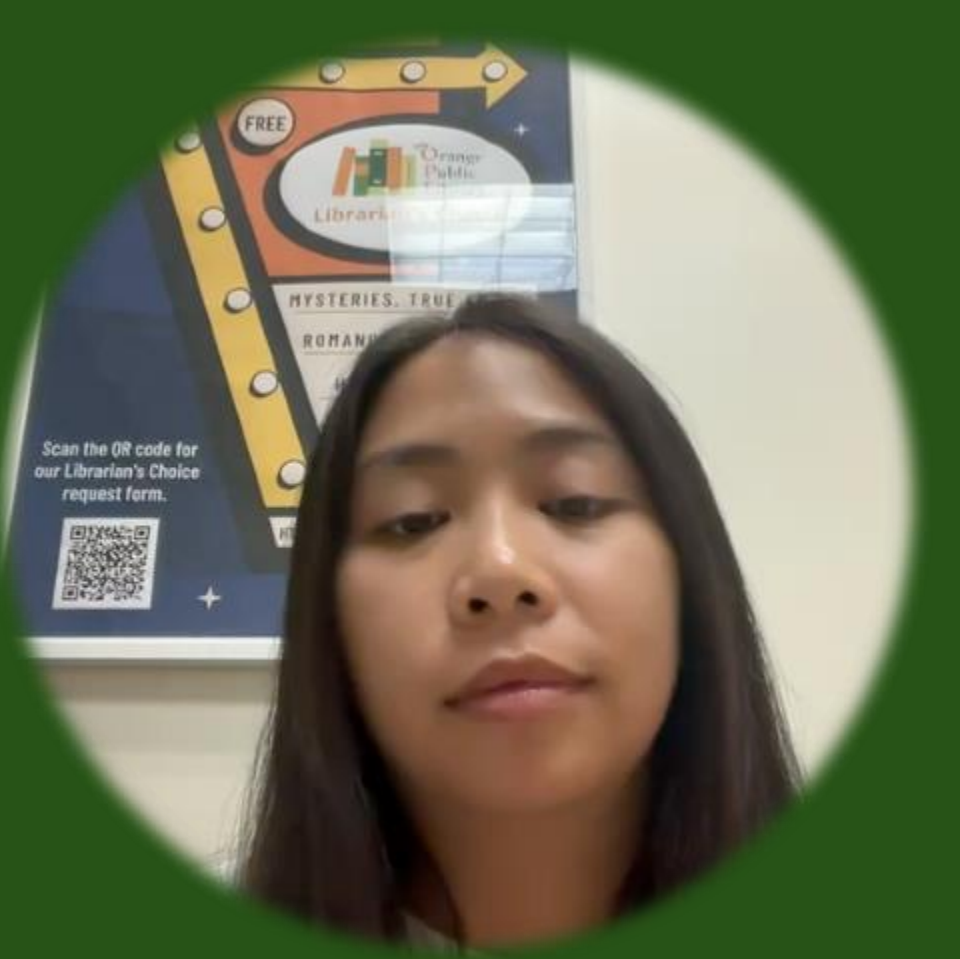


# Perceptions and Attitudes Around Contraceptive Use Among Women Who Use Substances

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## INTRODUCTION

- The first FDA approved Over-The-Counter Birth Control Pill (O-pill)<sup>1</sup>
  - Progestin-only pill
  - Approved for over-the-counter (OTC) use in July 2023.
  - Increases contraception access without requiring healthcare provider visits.<sup>1</sup>
  - Potentially benefits women facing stigma or mistrust in medical settings.
- Women with substance use disorder (SUD) have:
  - Nearly 90% of opioid-using women report unintended pregnancies (2-3x the general rate)<sup>2</sup>
  - Barriers they face include limited access to health services, trauma, fear of criminalization, and a perceived lack of autonomy over reproductive decisions<sup>2,3</sup>
- Study collaboration with Wellness Aids Services in Flint, Michigan:
  - Harm Reduction Service providing naloxone, wound care education and supplies, resource navigation, food navigation, HIV/HCV testing, linkage to care, and educational resources to help reduce harm and promote health to people using substances

## AIM(S)

1. **Explore perceptions and attitudes toward contraceptive use among women who use substances**
2. **Assess barriers and facilitators to contraception access in this population**
3. **Determine awareness, interest, and perceived accessibility of O-pill**

## METHODS

**Study Design:** Mixed methods approach, Quantitative survey and Qualitative semi-structured interviews  
**Participants** Women aged 18-44 years who use substances  
**Setting:** Wellness Aids Services, a harm reduction center that provides needle exchange services, STD testing, and more.  
**Analysis:** Thematic Analysis

### Interview questions using a COM-B Framework

#### Capacity

- What are your views on contraception?
- What form of contraception do you use?
- What are your thoughts on the over-the-counter birth control option called O-Pill?

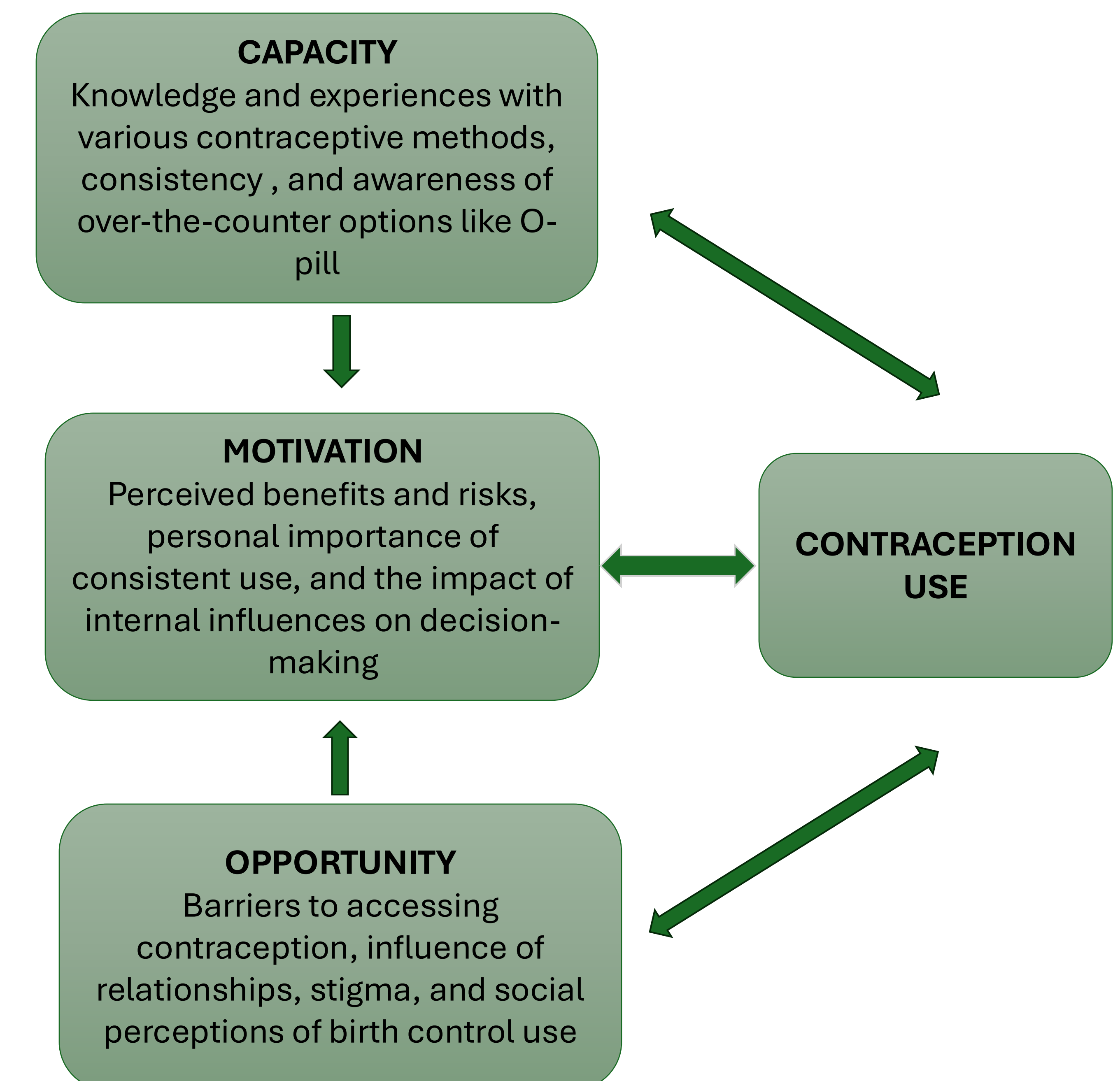
#### Motivation

- How important is it to you to use birth control consistently, and what factors influence your decision?
- How do your feelings about pregnancy or parenting affect your motivation to use birth control?
- What might the benefits or disadvantages (limitations?) be of over-the-counter hormonal birth control options?

#### Opportunity:

- Are there any barriers that you face when trying to obtain your current form of birth control? (e.g., financial, transportation, etc.)
- Are there any barriers that you face when thinking about changing forms of birth control?
- How does being in a relationship or having sex with someone else influence your choices about using birth control pills?

**COM-B Framework: A framework used to help researchers understand behavior for intervention development<sup>4</sup>**



## DISCUSSION

- This study will explore the intersection of reproductive health and harm reduction, focusing on women who use substances, an often-overlooked group in contraceptive research.
- This study will be among the first to explore the potential impact of America's first OTC pill.
- By assessing whether this policy change has improved contraceptive access, our findings can help inform future interventions aimed at reducing unintended pregnancies and enhancing reproductive autonomy for women who use substances.

## REFERENCES

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