

Prevalence of contraception in Southeast Asia: A systematic review

Batch 5 | Department of Community Medicine

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Introduction

Contraception is an effective way of planning pregnancies and avoiding unintended pregnancies, that can be beneficial for population control and obstetric health problems, reducing pregnancy-related morbidity and mortality. Although substantial improvement has been made for better coverage of family planning services worldwide but there is still a large gap in relation to effectively meeting the contraceptive needs and family planning goals in LMICs

Our aim with this study is to find out the average prevalence of contraception in Southeast Asia and to highlight the hurdles that are faced by women regarding usage of contraceptives, to aid in awareness.

Discussions

Our study is the first of its kind to evaluate the pooled prevalence of contraception in Southeast Asia, taking into account the various parameters of women age, residence, and educational status. The sample size covered is larger than most questionnaire based cross sectional studies. Consequently the results can be generalised to the women of various Southeast Asian regions.

However, the studies included assessed the prevalence of contraception in 9 Southeast Asian countries, while we couldn't find any appropriate study on CPR in Singapore and Brunei. Also our systematic review focussed only on CPR in married women of reproductive age, men were not targeted. Only articles included in English language were considered to conduct this review which may result in missing studies that could have been published in other languages. Moreover, this study doesn't include the parameters such as Odds ratios or analyses a forest plot as it is not a meta-analysis, which would have provided deeper insight to the correlation between variables and CPRs.

Methods

We conducted electronic literature searches in PubMed, Google scholar and Science-direct for relevant articles published from 2012-2022. All study designs were selected in order to retrieve all the available literature, PRISMA criteria was followed first with the duplicates removed, the articles were screened on the basis of title and abstract. We included 9 studies in our systematic review after a comprehensive search through various databases.

Inclusion criteria:

- Contraception prevalence surveys that concern various population groups of married women in Southeast Asia
- The criteria for inclusion include the studies on the prevalence of contraceptive use in Southeast Asian nations.
- Cross-sectional, case-control, and cohort design studies published in English from inception to 2022 on various contraceptive methods.

Exclusion criteria:

- Case series/reports, conference papers proceedings, articles available only in abstract form
- Editorial reviews, letters of communications, commentaries, systematic reviews and grey literature on studies outside the South East Asia.
- Articles in languages other than English

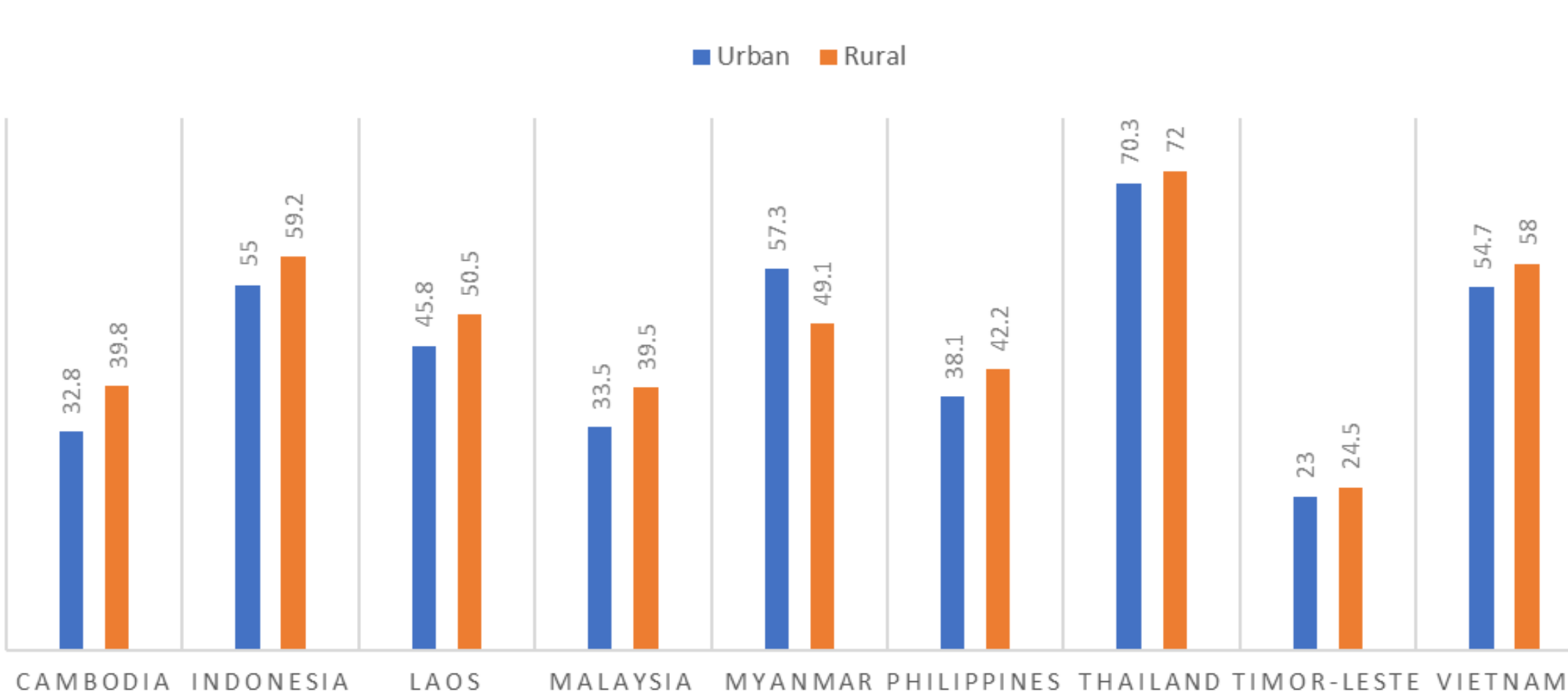
Conclusions

This study concludes that Southeast Asia has an average contraception rate of 47.336%, that is in line with 47%, mentioned by Asian Development Bank, 2012.

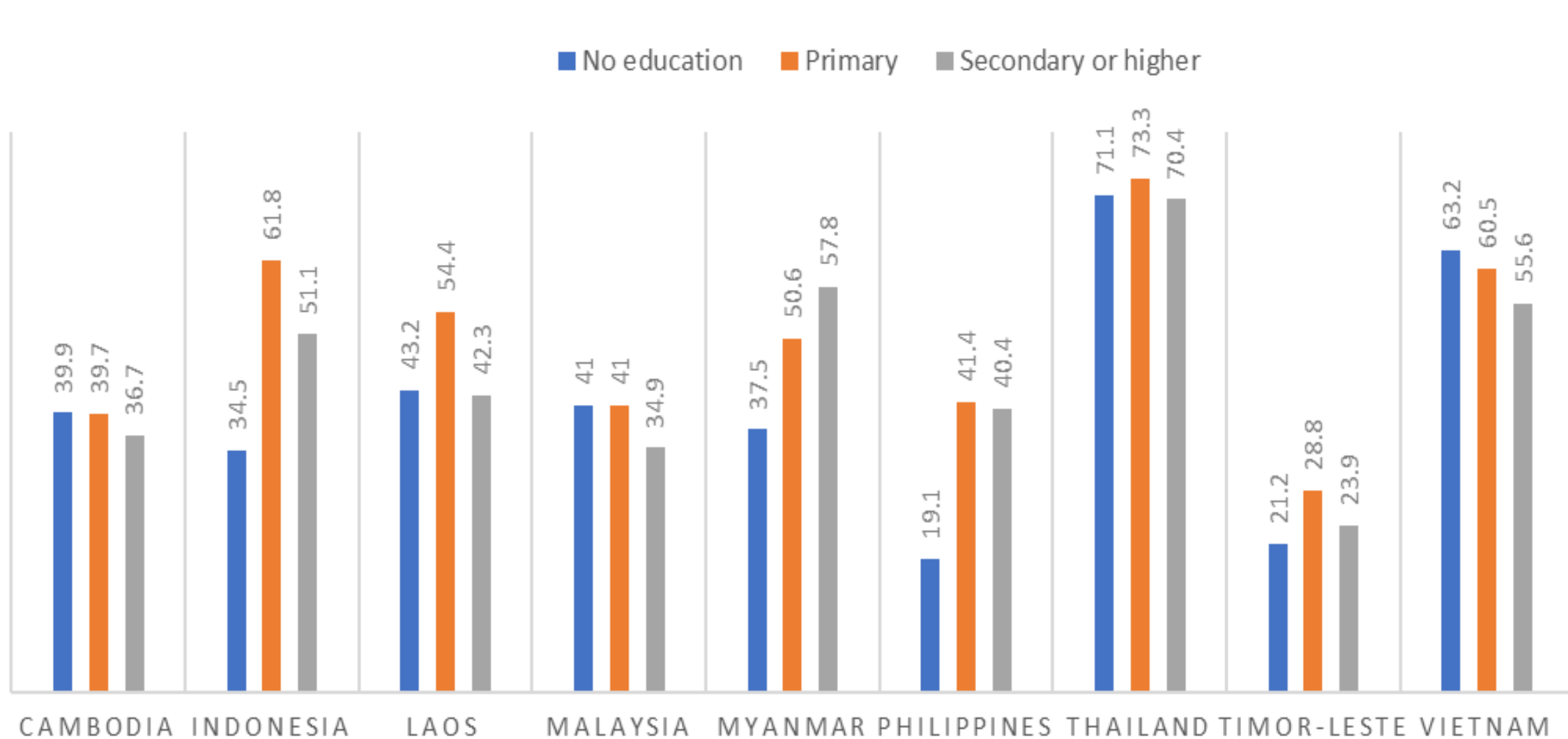
Results

Southeast Asian contraception prevalence for modern contraceptives (47%) is less than the global average (56%). The CPR was found to be highest for Thailand, followed by Indonesia, Vietnam, Myanmar, Laos, Philippines, Cambodia and Timor. It was found that Indonesia, Malaysia, Cambodia, Thailand, Laos, Philippines, Timor Leste and Vietnam had higher contraceptive rates in Rural population while Myanmar was found to have higher urban contraceptive rates (57.3%). Most countries involve higher contraceptive prevalence in women with less than secondary education, with Myanmar having higher contraceptive rates (57.8%) in women with secondary or higher education.

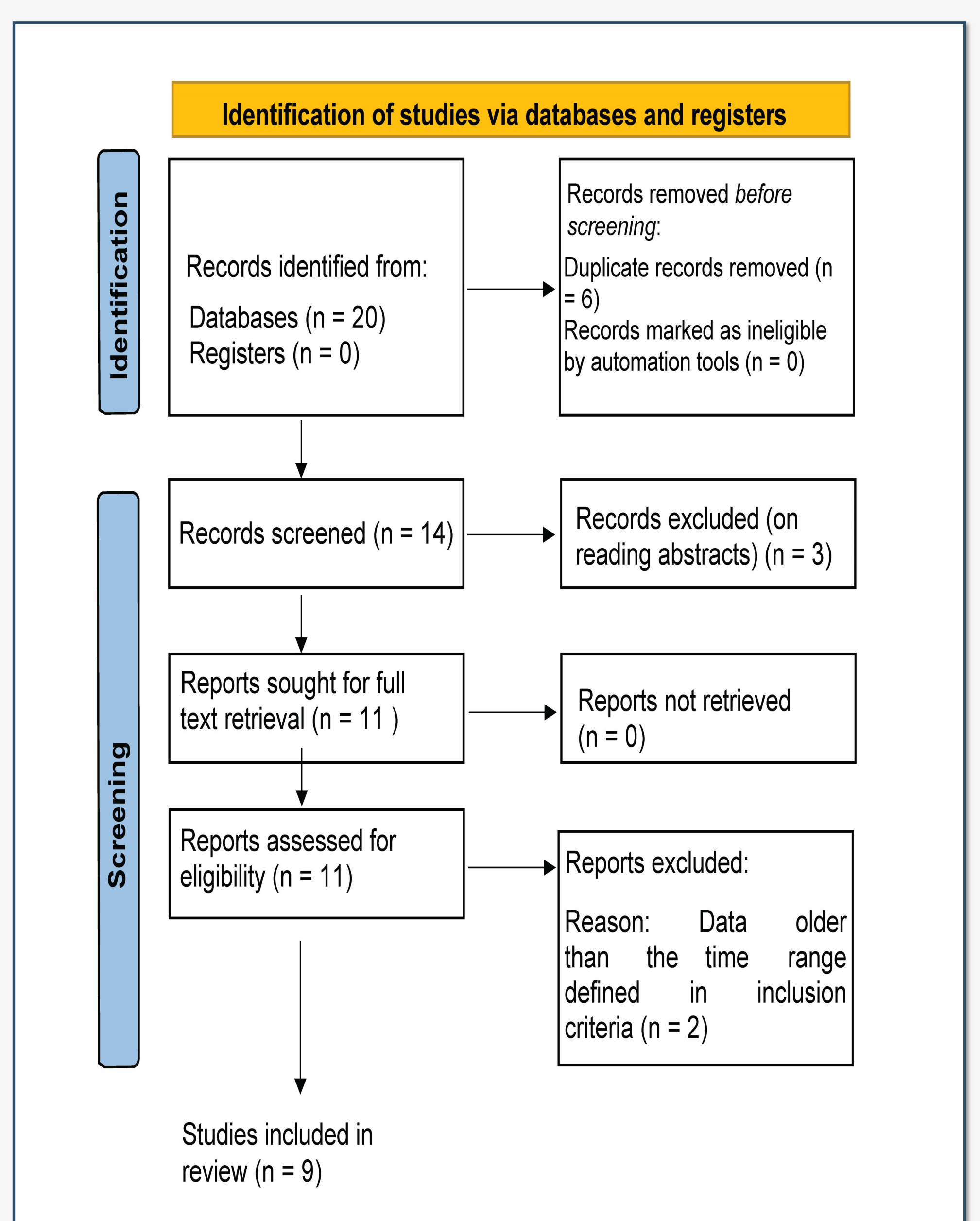
RESIDENCE STATUS AND CPR OF MARRIED WOMEN
FIG. 1



EDUCATION STATUS AND CPR OF MARRIED WOMEN
FIG. 2



PRISMA Flowchart



Keywords: Contraceptive Prevalence Rate, Southeast Asia