

## QUESTIONS

Hi! Please I need your help. I'm writing an article and I'm wondering if you can help me answer the following questions as openly as possible. Your anonymity is guaranteed. Where I use quotes you share, names will be changed

1. What do you think about family planning?
2. What family planning methods/contraceptives do you know?
3. Have you used any family planning methods/contraceptives?
4. If yes, which one and what influenced your decision to choose that one?
5. If no, why not?
6. What side effects of contraceptives have you ever heard of?
7. Did what you hear influence your decision in (3) above?
8. How?

Thank you!

## RESPONSE 1

1. I strongly subscribe to family planning. The couple(especially the woman) should get relevant knowledge about the various planning options and choose what best suits her.
2. Condom, IUD, implant (3yrs and 5yrs), withdrawal, tied tube, calendar, pills.
3. Yes
4. I used Implant 3 yrs after my first son. I wanted something I wouldn't have to worry about missing a dose, timing, or having complications/pains. Though it has some contraindications, it worked very well for me. After my third son, I asked the doc to tie my tubes.
5. Weight gain/loss, abnormal menstrual flow, pains, hair loss, etc.
6. No

## RESPONSE 2

1. I consider family planning as a necessity...for both economic and health reasons.
2. I know of most of the methods of FP available. Diaphragm, Copper T (IUD), Condom, the calendar method, the hormonal methods- injectibles, pills and the arm thingy (can't remember what its called)
3. Yes I've made use of Condoms and the calendar method.
4. Condoms cos it was the method i trusted to be less invasive and short lasting as i just wanted to prevent pregnancy for a short while, switched to calendar method cos my husband didnt want to use condoms.
1. In addition all of the hormonal methods have proven to have side effects (even tho scientists will not agree) and they do not stop working immediately the method is stopped.
5. Rapid and depressing weight gain 😊 just for the hormonal methods. I didn't hear of this side effect, I've seen it play out in the life of my mum, sister in law and a friend.
6. As earlier stated, economic and health reasons.
7. I need to give my kids the best of all i have, can't do that if i don't control the number plus i want to remain as good looking as can be...which means my body needs time to heal and rest before going through the process of pregnancy n childbirth again.

## RESPONSE 3

1. Family planning involves the use of various methods and devices to prevent pregnancy in women of reproductive age
2. Barrier methods: male condom, female condom, cervical diaphragm  
Pills: OCPs, progesterone only pills  
Injectables: depoprovera

Implants: implanon

IUDs: CopperT, mire

3. No

4.—

5. Personal reasons

6. Weight gain, breast tenderness, etc.

7. No

#### **RESPONSE 4**

1. I think it is a very good way to ensure that we give our children the care they deserve by making sure we only have enough to care for.
2. IUD, hand implants, morning after pills, injections, calendar method, withdrawal method and condoms
3. Yes
4. The 3 natural methods I mentioned above. We know quite a number of people who had to deal with several hormonal disorders after using some of the methods above. We also have met someone who struggled to conceive after using. So we decided to take our time in deciding what will work best for my body.
5. Weight gain, bleeding, abdominal pain, BP, headaches, dryness,
6. Yes, definitely.
7. Like I said before, we decided to go natural, at least till we have our first baby. And then we are taking our time to know what will work best for me.

#### **RESPONSE 5**

1. What do you think about family planning?  
I believe family planning refers to any process or technique intentionally applied to control the number of children to be conceived and their preferred time of conception
2. What family planning methods/contraceptives do you know?  
Male&female condoms, pills, injections, intrauterine devices, vasectomy, tubular ligation, Billings Method...
3. Have you used any family planning methods/contraceptives? Yes
4. If yes, which one and what influenced your decision to choose that one? Billings Method.  
Curiosity; to see if there's any truth to it
5. If no, why not?
6. What side effects of contraceptives have you ever heard of? Hormonal problems, difficulty conceiving afterwards, high risk pregnancy...
7. Did what you hear influence your decision in (3) above? No

#### **RESPONSE 6**

1. I think it's okay depending on the individual's body system
2. I know IUCD, implant on the arm, copperT, periodic drugs and condom
3. Yes
4. Condom- I have heard a lot of negative feedbacks from close people who used other contraceptive and so far, I haven't had any negative effect from condom
- 5.
6. Continuous bleeding, gaining of weight, discomfort around the private part during sexual intercourse, secondary barrenness, complications
7. Yes

8. I have seen people who tried having children after family planning but all to no avail, I have a colleague who bled for almost 1month. Above all, I think there is no proper education on family planning and most time, the medical personnel don't check the individuals to know which family planning is suitable for their body system

Thanks you

#### **RESPONSE 7 –**

1. I think it's a great idea especially because it's optional.
2. IUD, implant, condoms, pills.
3. Yes
4. I used pill for a while cos I needed a quick result.
5. Excess bleeding, high blood pressure, headaches, sometimes the IUD shifts in the uterus.
6. To a certain extent because I became concerned about the bleeding.

#### **RESPONSE 8**

1. I think every married couple should use a family planning method in child spacing or when the desired number of children have been achieved
2. Coil, abstinence, implants, tied tubes, vasectomy, pills, condoms.
3. Yes.
4. I've used coil and implant (Jadelle). My first try with the coil was after the birth of my first child. This decision was based on the knowledge that it worked for my mum and aunt and it came highly recommended by my doctor. However, this method failed as I got pregnant 1 year after. Based on further research and recommendation from another doctor, I decided to go with the Jadelle implant which is expected to last for 5 years. I also understand that it has the lowest failure rate.
5. N/A
6. Weight gain and hormonal changes,
7. No
8. N/A

#### **RESPONSE 9**

1. I think it is wise and financially prudent and well as emotionally stabilizing
2. Patches, pills, pull out, coil, implants
3. Condoms
4. Minimal side effects
5. N/A
6. This is broad. Depending on the type used, side effects vary from breakouts, weight gain, mood swings, irregular periods even after discontinue, bloating, etc
7. Yes it did
8. It made me go for the method with the least side effects

#### **RESPONSE 10**

1. Family planning is definitely a life saver for some people. Doesn't work for everyone though. I've got no problem with it.
2. Pills, injections, Beads, Male & female condoms.
3. Yes I have. Just with my 1st baby.
4. I used The Pill. I felt it would be easier to stop and get pregnant as soon as possible, since I wanted to have 2babies in 2years.
5. NA

6. Heavy/light/no menstruation at all, Serious weight gain/loss, Headaches, back pain
7. Yes it did.
8. It made me choose d Pill, because I heard less negative experiences from those that had tried it. However I stopped even before the time I planned to because I was gaining too much weight.

#### **RESPONSE 11**

1. It think it is very important to implement.
2. Abstinence, Pull out method, Oral medication, Implants, Surgery - hysterectomy.
3. Yes. I have.
4. Pull out method and Abstinence. My body is the temple of the Lord, so i do not want to put foreign objects into my body for this purpose.
5. N/A
6. Bleeding, nausea, weight gain, pregnancy
7. Yes it did.
8. I am deathly frightful of putting on weight, so this has affected which method i subscribe to.

#### **RESPONSE 12**

1. It's very good and important
2. Withdrawal, condom, Billings method, contraceptives such as postinor
3. Yes
4. Billings, condom and postinor. Nothing really influenced my decision just know I'm comfortable with them
5. N/A
6. Some say it makes them grow fat, others say it causes them to have either irregular or more than usual menstrual flow
7. Not at all

#### **RESPONSE 13**

1. I think it's necessary to prevent having more children that you've bargained for.
2. Contraceptive pills, Morning after pill, Female condoms, Male condoms, Intra Uterine Device, Implant
3. Nope just condoms and the morning after pill.
4. If yes, which one and what influenced your decision to choose that one?
5. I'm not comfortable with the possible side effects that the drugs could have.
6. Weight gain, Irregular periods, Infertility.
7. Yes.
8. Don't want to gain weight and prefer to avoid taking anything that may affect my fertility.

#### **RESPONSE 14**

1. Family planning is essential for controlling the number of children one has and the intervals between their births.
2. Condoms, abstinence, withdrawal, pills, IUD, injections, tube tying and implants.
3. Yes
4. In the past, I have tried the pills and condoms. However, I am extremely wary about the effects of the pill which made me use condoms. Condoms often cause me to bruise badly, so for now, I practice withdrawal.
5. N/A

6. Weight gain, migraines, hormonal changes, excessive bleeding, secondary infertility, amongst others
7. Yes, it did.
8. I would prefer to be as natural as possible and not mess up my hormones.

#### **RESPONSE 15**

1. As the name implies it's a means of planning your family.
2. Condoms, morning after. Contraceptive pills and injections and chips, coil, abstinence and interval abstinence and abortions
3. Condoms, morning after pills and abstinence
4. I could get it without seeing a doctor or getting a prescription and it was easy
5. Tendency to Add weight, heavy menstrual flow, hormonal imbalance and barrenness
6. Not really
7. Of we perish we perish

#### **RESPONSE 16**

1. I believe it is a fantastic idea for couples especially when they have plans for the future and have set different milestones. It helps in structuring the family better.
2. Pills, Condom, Intrauterine Coil, Implant, Diaphragm.
3. Yes I have.
4. IUD (Intrauterine Device); My sibling has been using it for years and recommended it and also the fact that I don't like taking pills.
5. N/A
6. It makes you fat; You bleed more; It can actually fail.
7. No.
8. N/A

#### **RESPONSE 17**

1. Family planning is an excellent way to prevent unwanted pregnancies and space your children as desired.
2. Condoms, pills, IUD, implant
3. Yes
4. I used IUD based on recommendation from my gynecologist
5. N/A
6. Heavy bleeding, weight gain
7. No
8. N/A

#### **RESPONSE 18**

1. Family planning is a prerogative that every family must exercise to ensure the growth of their children in an optimal economic and social environment.
2. Condoms, pills, IUD, implant
3. No
4. N/A
5. Because it is not yet relevant to my current realities.
6. Death, inappropriate functionality, multiple children born in a short space of time.
7. No
8. N/A