

APPENDIX A

# Contraceptive Effectiveness

## Rates of Unintended Pregnancies per 100 Women

Family planning method	First-Year Pregnancy Rates (Trussell <sup>a</sup> )		12-month Pregnancy Rates (Cleland & Ali <sup>b</sup> )	Key
	Consistent and correct use	As commonly used	As commonly used	
Implants	0.05	0.05		0–0.9
Vasectomy	0.1	0.15		Very effective
Levonorgestrel IUD	0.2	0.2		
Female sterilization	0.5	0.5		1–9
Copper-bearing IUD	0.6	0.8	2	Effective
LAM (for 6 months)	0.9 <sup>c</sup>	2 <sup>c</sup>		
Monthly injectables	0.05	3		10–25
Progestin-only injectables	0.3	3	2	Moderately effective
Combined oral contraceptives	0.3	8	7	
Progestin-only oral pills	0.3	8		
Combined patch	0.3	8		26–32
Combined vaginal ring	0.3	8		Less effective
Male condoms	2	15	10	
Ovulation method	3			
TwoDay Method	4			
Standard Days Method	5			
Diaphragms with spermicide	6	16		
Female condoms	5	21		
Other fertility awareness methods		25	24	
Withdrawal	4	27	21	
Spermicides	18	29		
Cervical caps	26 <sup>d</sup> , 9 <sup>e</sup>	32 <sup>d</sup> , 16 <sup>e</sup>		
No method	85	85	85	

<sup>a</sup> Rates largely from the United States. Source: Trussell J. Contraceptive efficacy. In: Hatcher R et al., editors. Contraceptive technology. 19th revised ed. 2007. Rates for monthly injectables and cervical cap are from Trussell J. Contraceptive failure in the United States. Contraception. 2004;70(2): 89–96.

<sup>b</sup> Rates from developing countries. Source: Cleland J and Ali MM. Reproductive consequences of contraceptive failure in 19 developing countries. Obstetrics and Gynecology. 2004;104(2): 314–320.

<sup>c</sup> Rate for consistent and correct use of LAM is a weighted average from 4 clinical studies cited in Trussell (2007). Rate for LAM as commonly used is from Kennedy KI et al. Consensus statement: Lactational amenorrhoea method for family planning. International Journal of Gynecology and Obstetrics. 1996;54(1): 55–57.

<sup>d</sup> Pregnancy rate for women who have given birth

<sup>e</sup> Pregnancy rate for women who have never given birth