

Primary prevention reduces the risk of unintended adolescent pregnancies

Clinical Question	How effective are primary prevention interventions (school-based, community/home-based, clinic-based, and faith-based) for reducing unintended pregnancies among adolescents?
Bottom Line	The concurrent use of interventions such as education, skills-building and contraception promotion reduced the risk of unintended pregnancy in adolescents but offered little evidence about the effect of each of these interventions offered alone. Promoting the use of contraceptive measures alone did not appear to reduce the risk of unintended pregnancy. The possible effects of these preventive interventions on secondary outcomes such as time of initiation of sexual intercourse, risk of sexually transmitted infections and use of contraceptive measures were not conclusively determined because of insufficient data and variation in methods of reporting.
Caveat	The variability in study populations, interventions and outcomes of included trials, and the paucity of studies directly comparing different interventions precluded a definitive conclusion regarding which type of intervention was most effective.
Context	Interventions for preventing unintended pregnancy include activities designed to increase adolescents' knowledge and influence attitudes relating to risk of unintended pregnancies; to promote delay in initiation of sexual intercourse; or to encourage consistent use of birth control methods. They include health education or counselling only, health education plus skills-building, health education plus contraception education, contraception education and distribution, faith-based group counselling or individual counselling.
Cochrane Systematic Review	Oringanje C et al. Interventions for preventing unintended pregnancies among adolescents. Cochrane Reviews, 2016, Issue 2. Art. No.: CD005215.DOI: 10.1002/14651858. CD005215.pub3. This review contains 53 studies involving 105,368 participants.
