

# Translated Research Article in Plain Language

by the University Center for Excellence in Developmental Disabilities

## Key Words:

**Intellectual disability (ID):** a disability of thought processing that usually happens before or just after birth and affects the child's growth and development

**Contraception:** methods and devices used to avoid getting pregnant

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What is the name of the study?  
Contraceptive knowledge and use among women with intellectual, physical, or sensory disabilities: A systematic review
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Who are the authors of the study?  
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What was the goal of this study?  
The goal was to look at studies about women with disabilities and contraception. We looked for findings about their knowledge, use, attitudes, and preferences about contraception. We also looked for findings about how to help women make decisions about contraception.

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Horner-Johnson, W., Moe, E. L., Stoner, R. C., Klein, K. A., Edelman, A. B., Eden, K. B., ... & Guise, J. M. (2019). Contraceptive knowledge and use among women with intellectual, physical, or sensory disabilities: A systematic review. *Disability and health journal*, 12(2), 139-154. <https://doi.org/10.1016/j.dhjo.2018.11.006>

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## What did we find?

Disability was defined in different ways in the studies. One finding that was the same in many studies was that women with ID, and women who were deaf or hard of hearing, had less knowledge about contraception than women without disabilities did. None of the studies were about what women with disabilities like best for contraception.

## What did we learn?

Women with disabilities may be offered fewer choices for contraception. It can be hard to get information and care from doctors that meets the needs of women with disabilities. The research showed that education could help women make decisions about the use of contraception.

## Why is this important?

We need to make information more accessible, and teach doctors about disability awareness and disability culture. Women with disabilities should have what they need to make their own choices about contraception.