

Share thoughts and stop the spread

“Reducing the level of unsafe sex and unwanted pregnancies”



An RMIT researcher is looking for 1000 people prepared to share their experience of contraception in a project that aims to prevent the spread of sexually transmitted infections and the incidence of unwanted pregnancies.

Know your options is an investigation of contraceptive practices, knowledge, attitudes and decision-making of adults across their lifespan.

Alicia Mitic, who is undertaking a Doctorate of Clinical Psychology in RMIT's School of Health Sciences, said: "The Contraceptive Experiences project examines the nature of individuals' decision-making regarding contraceptive options, taking into account their knowledge and attitudes toward currently available options.

"Although people's participation will not result in any immediate, direct benefit, it is important to gain an understanding of the process in which individuals make contraceptive decisions.

"It is also important to know what may influence these decisions in order to ensure that health professionals provide contraceptive consumers with more helpful service provision and contraceptive options tailored to their specific needs.


"Such knowledge will also enable the development of educational programs designed to enhance the community's knowledge of, and attitudes toward, safer sex options, with the aim of reducing the level of unsafe sex and unwanted pregnancies.

"This Contraceptive Experiences project aims to understand the

contraceptive experiences of individuals, both men and woman from a wide range of backgrounds and walks of life.

"If you are 18 or older, currently using contraceptives, have used them in the past or have chosen not to use contraceptive methods, I'd encourage you to give between 30 minutes to 60 minutes of your time to complete this survey – online and in private."

Participants do not identify themselves and outcomes will be referred to only as part of group data.

To volunteer, access the Contraceptive Experiences Project website: www.rmit.edu.au/psychology/contraceptive-experiences-project or contact Ms Mitic on 9925 7646 



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*Headspace, Australia's National Youth Mental Health Foundation www.headspace.com.au

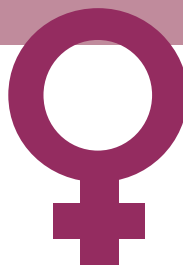
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