

## Survey of Attitudes Toward Male Contraceptive Options

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### **Abstract**

*Purpose:* This research surveyed sexually active American males 18-35 years old on their attitudes and opinions towards current and upcoming male contraceptive options. This included their interest in using newer birth control options, willingness to adhere to proposed regimens, attitudes towards potential side effects, and the types of contraceptives they are most interested in.

*Methods:* Researchers utilized a snowball sampling technique to disperse the survey by posting the SurveyMonkey link on various social media websites and asking viewers to share it to their personal accounts between April 20 to June 6, 2023. At the conclusion of the research period, survey results were extracted by researchers and loaded into the Intellectus Statistics software by an independent statistician for evaluation via a sample size calculation, descriptive statistics, and qualitative analysis. A Pearson correlation analysis was conducted and examined using the Holm correction to adjust for multiple comparisons, and the Cohen standard was used to evaluate the strength of these relationships.

*Results:* Of the 622 people who began the survey, a total of 341 individuals were able to meet all inclusion criteria and complete the entire. Survey responses were initially grouped by age before being cross-coded for additional factors such as education level, region of residence, and interest in fathering a child in the future. Using a sample size calculation with 95% confidence level, 5% margin of error, and 51% population proportion, the required number of responses to be

statistically significant was determined to be 181 participants. Out of the 341 survey participants, a total of 240 men stated that they were somewhat willing, willing, or very willing to try a newer form of male contraceptive. Overall, over 70% of survey participants reported they were interested in trying newer forms of male contraceptives, 82.41% stated they at least somewhat wished there were more reliable male contraceptive options available, and 90.32% believed the prevention of unwanted pregnancies should be an equally shared responsibility between men and women.

*Conclusion:* This is the first study to report the attitudes and opinions of American males toward male contraceptive options with an externally valid sample. Based on these findings, it is clear that the vast majority of sexually active American men are wanting to take on a greater responsibility in terms of family planning. In order to achieve this, further research is needed to increase access to safe, effective, and reliable male contraceptive options. Specifically, future studies should investigate newer forms of oral male contraceptives, as this was determined to be the form of contraception that men in all age ranges were most interested in. They also should focus on ways to limit side effects that would deter men from using certain contraceptives, such as weight gain and changes in libido. As for clinical practice, it is recommended that primary care providers (PCPs) make it a priority to discuss contraceptives with their male patients as they would with their female patients.