

APPENDIX A

Contraceptive Effectiveness

Rates of Unintended Pregnancies per 100 Women

Family planning method	First-Year Pregnancy Rates (Trussell ^a)		12-month Pregnancy Rates (Cleland & Ali ^b)	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 ^c	2 ^c		
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 ^d , 9 ^e	32 ^d , 16 ^e		
No method	85	85	85	

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

^b 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.

^c 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.

^d Pregnancy rate for women who have given birth

^e Pregnancy rate for women who have never given birth