Conceptions on Contraceptives
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Background
- Mental health and overall well being of college students is a continual source of concern within higher education.\(^1\)
- Hormonal contraceptives modulate psychological and physiological states.\(^2\)
- Approximately 65% of undergraduate female students use hormonal contraceptives.\(^3\)

Answerable Question
Does hormonal contraception impact the overall quality of life of female undergraduate students?

Hypothesis: I anticipate that women using hormonal contraception are to have a reduced quality of life metric.

Results

Frequency of Hormonal Contraceptive use by UMR Female Students

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>always</td>
<td>20%</td>
</tr>
<tr>
<td>often</td>
<td>30%</td>
</tr>
<tr>
<td>sometimes</td>
<td>25%</td>
</tr>
<tr>
<td>rarely</td>
<td>15%</td>
</tr>
<tr>
<td>never</td>
<td>10%</td>
</tr>
</tbody>
</table>

Mean Health-Related Quality of Life Scores Depicted by use of Hormonal Methods

Moving Forward...
Through education-based efforts, we can encourage female undergraduates to explore their options of hormonal contraception that best fits their physiological needs.

References

1. Mental health and overall well being of college students is a continual source of concern within higher education.
3. Approximately 65% of undergraduate female students use hormonal contraceptives.
4. Through education-based efforts, we can encourage female undergraduates to explore their options of hormonal contraception that best fits their physiological needs.
5. Scores were standardized following Leon-Larios', protocol.