

Appendix A:
Tables of Effectiveness Rates

Table 1
Use Effectiveness of the Cervical Mucus Method, Selected Studies, 1972-1980

Author, Date	Place	Type of Study	Number of Women	Length of Observation	Number of Unplanned Pregnancies	Pregnancy Rate			Discontinuation Rate Life Table % at 12 Months	
						Pearl Method per 100 Woman Years Total	Method Failure	User Failure		
Ball, 1976	Australia	Prospective study of experienced users recruited from NFP centers.	122	1,626 cycles	21	15.5	2.9	6.6	NR	NR
Bernard, 1980	India (Tamil Nadu)	Prospective study of new acceptors at NFP centers, followed up minimum 2x/month for 3 months, once a month for 9 months, or more often.	813	9,756 cycles	3	0.4	NR	NR	NR	0.5
Dolack, 1978	United States	Retrospective study of experienced users with monthly follow-up by NFP center.	329	3,354 cycles	27	9.7	1.1	6.4	NR	NR
Johston et al., 1978	Australia	Retrospective survey of NFP clinic users.	586	6,499 cycles	174	32.1	NR	NR	26.3 (at 13 cycles)	NR

NOTE: NR = not reported.

Modified tables are from "Periodic Abstinence," *Population Reports*, Population Information Program, The Johns Hopkins University, Hampton House, 624 Broadway, Baltimore, MD 21205, USA. Full references follow Table 2.

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						Pearl Method per 100 Woman Years	Method User Failure	Life Table % at 12 Months Total		
Klaus et al., 1979	United States	Prospective study of new (1/3) and experienced (2/3) users at NFP clinic.	1,090	12,283 cycles	209	20.4	1.2	19.3	15.8	40.8
Klaus & Fagan, 1981	United States	Prospective study of new acceptors.	NA	704 cycles	8	13.6	0	NR	NR	NR
Mascarenhas et al., 1979	India (5 states)	Prospective study.	3,530	39,967 months	176	5.3	0.1	5.2	5.7	12.8
Medina et al., 1980	Colombia	Randomized prospective study of new users.	277	1,967 months	61	37.2	NR	NR	22.2	72.1
Perez, 1980	Chile	Prospective study of new (88%) and experienced (12%) users.	130	1,064 months	30	3.8	NR	NR	24.2	60.1
Wade et al., 1980	United States	Randomized prospective study of new users.	82	525 months	4	9.1	4.5	2.3	NR	NR
			573	3,232 months	94	34.9	NR	NR	22.4	73.7
			191	1,269 months	42	39.7	5.7	34.0	26.7	73.7

NOTE: NR = not reported.

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						Pearl Method per 100 Woman Method User Failure	Life Table % at 12 Months Total	Pearl Method per 100 Woman Method User Failure	Life Table % at 12 Months Total	
Weissman et al., 1972	Tonga	Prospective study of new acceptors.	282	2,503 months	53	25.4	0.5	24.9	NR	NR
WHO, 1979, 1980	EI Salvador, India, Ireland, New Zealand, Philippines	Prospective study of new (60%) and experienced (40%) users.	870 725 870	NR NR NR	45 NR NR	20.0 NR NR	0.9 NR NR	18.2 NR NR	NR 20 24 (at 16 months)	NR 35 44 (at 16 months)

NOTE: NR = not reported.
Full References follow Table 2.

Table 2
Use Effectiveness of the Symptothermal and Calendar Methods, Selected Studies, 1976-1981

Author, Date	Place	Signs of Fertile Period Used	Type of Study	Number of Women	Length of Observation (Months or Cycles)	Number of Unplanned Pregnancies	Pregnancy Rate		Discontinuation Rate	
							Pearl Method per 100 Woman Years	Life Table % at 12 Months		
Johnston et al., 1978	Australia	BBT, calendar, and other signs	Retrospective survey of NFP clinic users.	192	3,168 cycles	32	12.1	NR	14.2 (at 13 cycles)	NR
		BBT, CM, and other signs		268	4,595 cycles	71	18.5	NR	13.3 (at 13 cycles)	NR
		Total		460	7,763 cycles	103	15.9	NR	MR	NR
Kambic et al., 1981	United States	CM, BBT, or STM	Prospective study of new acceptors at NFP center.	247	NR	33	NR	NR	14.4	37.6
Marshall, 1976	United Kingdom	CM and BBT	Prospective study of experienced users.	83	1,192 cycles	22	22.1	13.1	7.0	NR
McCarthy, 1981	United States	CM and BBT	Prospective study of new users in CM/BBT program.	496	NR	45	NR	NR	10.7	53.4

NOTE: NR = not reported;
BBT = basal body temperature;
CM = cervical mucus.

Table 2
Use Effectiveness of the Symptothermal and Calendar Methods, Selected Studies, 1976-1981

Author Date	Place	Signs of Fertile Period Used	Type of Study	Number of Women	Length of Observation (Months or Cycles)	Number of Unplanned Pregnancies	Pregnancy Rate			Discontinuation Rate	
							per 100 Woman Years	Method Failure	User Failure	Life Table % at 12 Months	Life Table % at 12 Months
Medina et al., 1980	Colombia	BBT, CM, calendar, and other signs	Randomized prospective study of new users.	286	1,882 months	54	34.4	NR	NR	19.1	76.7
Rice et al., 1977, 1978	Canada Colombia	BBT and calendar	Prospective study of experienced users, members of NFP associations.	125 83	2,651 months 1,396 months	11 21	5.0 18.1	0.5 2.6	4.5 15.5	3.3 15.6	NR NR
	France			217	4,330 months	20	5.5	0.5	5.0	7.2	NR
	Mauritius			184	3,813 months	25	7.9	0.6	7.2	10.5	NR
	United States			114	2,226 months	9	4.9	0.5	4.3	6.3	NR
	Total			723	14,416 months	86	7.2	0.7	6.4	8.2	NR
Wade et al., 1980	United States	BBT, CM, and calendar	Randomized prospective study of new users.	590	3,399 months	47	16.6	NR	NR	11.2	63.6
				239	1,668 months	19	13.7	0	13.7	10.9	48.3

NOTE: NR = not reported;
 BBT = basal body temperature;
 CM = cervical mucus.
 Full references follow.

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