

## Standard Days Method®: A modern family planning method

**Standard Days Method®** is a highly-effective, inexpensive and modern family planning method that is easy to learn and use. It identifies a fixed fertile window in a woman's menstrual cycle when pregnancy is most likely. CycleBeads®, a visual tool, helps women track their cycles to know when they are fertile. An efficacy trial showed SDM to be more than 95% effective with correct use and 88% effective with typical use.



SDM is included in international family planning guidance documents

For thousands of years, couples have tried various techniques to avoid pregnancy.<sup>i</sup> More recently, women and men have had access to modern methods of family planning which are more effective than traditional approaches. These modern methods, such as sterilization, hormonal methods and condoms, provide significant protection from unintended pregnancies.

The Standard Days Method® (SDM) is a fertility awareness-based family planning method which meets three criteria (see Box 1) that are critical in order to be regarded as a modern method by international organizations and ministries of health worldwide.

### Based on reproductive biology

SDM is based on research that identifies the “fertile window” of a woman’s menstrual cycle during which she can become pregnant. Analysis of approximately 7500 menstrual cycles from a World Health Organization (WHO) dataset as well as evidence from a number of published studies shows that women with most menstrual cycles between 26 and 32 days long can prevent pregnancy by avoiding unprotected intercourse on days 8-19 of their cycles.<sup>ii</sup> Usually, this “fertile window” begins approximately five days prior to ovulation and lasts up to 24 hours after ovulation. This approximation is based on life span of the sperm, which remain viable in the woman’s reproductive tract for up to five days, and the fact that the ovum can be fertilized for up to 24 hours following ovulation. At least 88% of ovulations occur within +/- 3 days of the mid-point day of the menstrual cycle.<sup>iii</sup>

### Follows a precise protocol for correct use

To use SDM correctly, women monitor their cycle days and avoid unprotected sex on days 8 through 19 (fertile days). They also monitor their cycle lengths; if they have more than one cycle outside of the 26 to 32 day range in a 12-month period, they are no longer eligible to use SDM.

### Scientifically studied for efficacy in a variety of settings

A clinical trial assessed the effectiveness of SDM in actual use. The study included nearly 500 women in three countries – Bolivia, Peru, and the Philippines – who used the method for up to one year. It followed the internationally recognized procedures used in efficacy studies for all modern family planning methods. Operations research examined acceptability of SDM to providers and users, feasibility of offering the method, and its effectiveness in typical service delivery settings. Results showed that SDM appeals to a broad range of women in many settings. SDM users report using abstinence or condoms to manage the fertile days. Both men and women report high levels of satisfaction with the

#### Box 1: Characteristics of a modern method

1. Based on sound understanding of reproductive biology,
2. Follows a precise protocol for correct use, *and*
3. Has been tested in an appropriately designed study to assess efficacy under various conditions

method. The across-study first year failure rate of 14.1 pregnancies is similar to typical-use rates found in the efficacy trial. The leading reason for method failure was that couples knowingly took the risk of having unprotected sex on days SDM identifies as potentially fertile. Data further indicates that SDM reaches women who do not want to use hormonal contraceptives or devices. Among the 1,165 women in the operations research studies, 55% had never used any modern method prior to SDM use.<sup>iv</sup> Additional evidence comes from 1200 women who were provided SDM by Ministry of Health clinics in Peru. The 12-month pregnancy rate among this group was estimated at 10%; moreover 89% were continuing SDM users at six months.<sup>v</sup> Couple Years of Protection (CYP) for SDM is calculated at 1.5y per trained user.<sup>vi</sup>

**“The fact is that SDM *is* considered a modern method, based on the way it was developed and tested in clinical trials. WHO has included it in all of its guidelines as a modern method.”**

-Jeff Spieler, Senior Science and Technology Advisor, Division of Population and Reproductive Health, USAID

SDM is included in the national family planning guidelines in these countries:

Benin	India
Bolivia	Kenya
Burkina Faso	Madagascar
DR Congo	Mali
Ecuador	Nicaragua
El Salvador	Peru
Ghana	Philippines
Guatemala	Rwanda
Honduras	Senegal
	South Sudan

## Included in international norms and guidelines

SDM is incorporated into national family planning norms and policies in 16 countries around the world. WHO recognizes SDM as an evidence-based practice and includes it in family planning guidance documents.<sup>vii</sup> Contraceptive Technology, the family planning reference book for health professionals, includes SDM as well.<sup>viii</sup>

## Considered a modern method in Demographic and Health Surveys (DHS)

The DHS are the international standard for population-based surveys. In surveys in Rwanda, Peru and the Philippines, SDM is considered—along with sterilization, hormonal contraceptives, condoms, and IUDs—as a modern method of family planning. Additional countries are including SDM in this category as services become more widely available.

**Table 5.1 Knowledge of contraceptive methods**

Percentage of all women, currently married women and sexually active unmarried women age 15-49 who know any contraceptive method, by specific method, Philippines 2008

Method	All women	Currently married women	Sexually active unmarried women <sup>1</sup>
<b>Any method</b>	97.8	98.9	99.4
<b>Any modern method</b>	97.5	98.6	99.4
Female sterilization	84.0	89.6	87.3
Male sterilization	62.3	68.4	66.6
Pill	96.4	97.8	99.4
IUD	78.9	86.6	75.6
Injectables	83.6	91.1	87.7
Implants	11.6	11.1	15.7
Patch	7.6	7.2	15.4
Male condom	92.2	93.9	95.9
Female condom	15.3	14.0	22.5
Mucus/Billings/ovulation	16.8	17.5	26.2
Basal body temperature	15.9	16.0	25.8
Symptothermal	8.1	7.7	14.7
Standard days method	14.6	15.1	28.1
Lactational amenorrhea (LAM)	15.7	17.7	21.9
Emergency contraception	9.7	8.8	18.4
<b>Any traditional method</b>	84.1	91.0	93.5
Rhythm	70.7	78.0	71.9
Withdrawal	78.5	87.1	91.0
Folk method	4.7	6.0	5.0
Mean number of methods known by women 15-49	7.7	8.1	8.7
Number of women	13,594	8,418	115

<sup>1</sup> Had last sexual intercourse within 30 days preceding the survey

Data table classifying SDM as a modern method, DHS Philippines 2008



National Norms, Peru

## Included in USAID’s contraceptive procurement system

CycleBeads®—the visual tool used with SDM—are included among the commodities available through the USAID Central Contraceptive Procurement Project (CCP). USAID missions can order CycleBeads through the CCP system, just as other contraceptives and condoms are procured.

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- vi Couple Years of Protection. US Agency for International Development, 2011. Accessed at: [http://www.usaid.gov/our\\_work/global\\_health/pop/techareas/cyp.html](http://www.usaid.gov/our_work/global_health/pop/techareas/cyp.html)
- vii Medical Eligibility Criteria for Contraceptive Use (2004), Selected Practice Recommendations for Contraceptive Use (2005), Decision-Making Tool for Family Planning Clients and Providers (2005), Family Planning: A Global Handbook for Providers (2007)
- viii Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. Contraceptive Technology: Nineteenth Revised Edition. New York NY: Ardent Media, 2007.