

Lack of informed choice and restricted choice of methods constrain contraceptive users the opportunity to obtain a method that suit their needs, resulting in lower levels of contraceptive prevalence. Informed choice may influence the choice of family planning methods as contraceptive users should be informed of the choices they have with respect to other methods. The study examines the factors influencing informed choice and choice of family planning methods. A number of factors can explain why contraceptive choices may appear limited especially in developing countries like Nigeria. Provider bias and properties of the method are largely responsible hence, in Nigeria, there is a limited choice of methods. Informed choice is an important aspect of the delivery of family planning services. It is required that family planning providers inform method users of the potential side effects and what they should do if they encounter such side effects. But this is not generally done in Nigeria especially in rural areas.. This information assists the user in coping with side effects and thus decrease discontinuations of temporary methods. Contraceptive users should also be informed of the choices they have with respect to other methods. The objective of this study is to examine the factors influencing informed choice and choice of family planning methods.

Data is derived from Nigeria Demographic and Health Survey (NDHS)2003. Data was collected from a nationally representative sample of 5236 currently married women on informed choice and choice of family planning methods. The pill, injectables and the male condom are the most widely known modern methods among both women and men. Informed choice is divided into three broad areas: currently married women who are informed about potential side effects or problems of method used, those who are informed on what to do if they experience any side effects, and those who are informed of other methods that could be used. Univariate, bivariate and multivariate analyses were done on these variables.

Forty-two percent of currently married women are informed about potential side effects of their method, while thirty-nine percent are told what to do if they experience any of the side effects associated with the method used, and forty-two percent are given information about other family planning method options. Logistic regression analysis shows that there are significant differentials by background characteristics. Findings show that family planning providers in the public sector are twice as likely to inform currently married women about method side effects, what to do if they experience side effects, and other family planning method options as their counterparts in the private sector

It is recommended that a wide range of methods be made available to improve quality of care. The tempo of information, education and counseling be stepped up especially in the rural areas to address the challenges and barriers to informed choice of method used. Effective family planning programs enhance human rights by giving people choices and enhance quality of care by offering a range of methods and information about them.

## References

National Population Commission, ORC Macro 2004. Nigeria Demographic and Health Survey 2003.

Ross et al, 2006. “ Contraceptive method choice in developing countries”, and Ruth Levine et al, “Contraception”, in Disease control priorities in developing countries, 2<sup>nd</sup> ed, D.T Jamison et al . New York, Oxford University Press, pp 1193-1209.