

Improving the quality of sexual and reproductive health and rights (SRHR)
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delivery in Sub-Saharan Africa



Contribution ID: 100

Type: **Poster Presentation Only**

Point of view of Cameroonian men living in urban and rural areas on modern contraception: a mixed methods study in the cities of Douala and Dschang

Thursday, September 18, 2025 10:27 AM (3 minutes)

BACKGROUND: Contraceptive prevalence was estimated at 65% by the WHO for all methods combined. In Cameroon, during the same period, it was only 19%. Among the factors implicated in low adherence to modern contraception, the spouse's involvement in decision-making is mentioned. Since no study addressing this aspect is available in Cameroon, we set out to investigate the knowledge, attitudes, and practices of Cameroonian men regarding modern contraception.

METHODS: We conducted a mixed quantitative study with a qualitative component. After obtaining national ethical clearance, we deployed in two cities, one urban and the other rural, and we interviewed sexually active men living with partners and aged 18 and older through semi-structured interviews. This was done after obtaining their informed consent. The data collected were processed and analyzed using CPRO and SPSS software.

RESULTS: 272 Cameroonians were surveyed, 55% in urban areas and 45% in rural areas, the average age was 35 years, 65% had already used modern contraception mainly the male condom in 51.8% of cases followed by subcutaneous implants and pills in 5% and 6% of cases respectively. In terms of choice of contraceptives 52% of participants said they chose it in agreement with their partner. 74% think that contraceptives are detrimental to their partner's health, 18% believe that they could push their partner to have loose morals. 88% do not take into account the opinion of those around them on the use of contraceptives. The main obstacles to the use of modern contraceptives according to them are concerns about side effects (54% of cases) and lack of access to health services (16% of cases).

CONCLUSIONS: Cameroonian men accept modern contraception and are involved in the initial choice of a contraceptive method within their relationship. Social interactions and sociocultural assumptions do not appear to significantly impact the acceptability of modern contraception; however, concerns about the impact of these methods on partners' health appear to be a barrier. Community awareness campaigns should be organized to further educate men.

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Session Classification: Poster CC

Track Classification: Contraceptive Care