

A study to investigate how Long-Acting Reversible Contraception (LARC) is provided in the UK

Project information sheet for LARC users

Have you been encouraged by a healthcare or social care provider to use or keep using the contraceptive implant, 'the coil' or the contraceptive injection?

These methods, also called 'LARC', are very effective and for some people, can be a positive option.

However, there are concerns that some people may feel pressured to use LARC methods, or may find it difficult to have a LARC removed.

We would like to talk to you about what you think, either face-to-face or on the phone.

If you agree to talk to us, you can change your mind or stop at any time.

When we ask questions you don't have to tell us anything you don't want to.

Everything you tell us will be kept safe and we will change your name and details to make sure that no one can identify you.

If you are over 13 years old and living in the UK, we would like you to take part in this study.

For more information, or to take part, please speak to the researcher Taylor Burgess who you can contact at taylor.burgess@bpas.org.

If you would like more detailed information, please see the next page.

More detailed information

Why is the research being done?

Long-acting reversible contraception or 'LARC' is a term used to describe contraceptive methods that you don't need to use every day. This includes the copper intrauterine device (also known as the 'coil' or 'copper coil'), progestogen-only intrauterine system (also known as the 'hormonal coil'), progestogen-only injectable contraceptives ('depo') and subdermal implants ('implant').

LARC is currently popular as it is a highly effective method of preventing pregnancy. For some people, LARC can be a positive option. However, at the same time, there are concerns that some people may experience pressure to use LARC methods, or may find it difficult to have a LARC removed.

It is important to make sure that everyone providing LARC and the guidelines about LARC always respects the human rights of all people in the UK.

To ensure this, researchers will carry out a human rights investigation into how LARC is provided in the UK.

Who will we speak to?

We are interviewing:

- people who are likely to be, or who have been, encouraged to use LARC methods in the UK; and
- people who have professional experience with the provision of LARC in the UK.

If you think this sounds like you, we would like to invite you to talk to a researcher face-to-face or on the telephone. We will ask about your views and experiences on how LARC is provided in the UK.

What does the project involve?

We are asking individuals to talk with a researcher one-to-one for about 45-60 minutes about your own experiences.

When we ask questions, you don't have to tell us anything you don't want to. You can decide you want to take part and say 'yes' but you are then free to drop out at any time. If you take part in an interview and you decide you don't want us to use what you

said, you can tell us until up to two weeks after the interview and we won't include what you said.

Alternatively you may be invited to take part in a focus group, which is a discussion amongst 8-12 people about LARC. This will take place face-to-face at a community venue. You can also decide to stop and leave at any time. If you tell us not to include what you said in our report, we will try to exclude it. However, we are not able to guarantee this as it can be hard to separate out what one person said from the group discussion.

Some people find talking about their views and experiences helpful, but if you experience any distress during or after the interview it is best to inform the researcher who can provide you with some support contacts.

Are the things that you say kept private?

We will do everything we can to make sure that the things that are said remain confidential. However if you tell us anything that suggests you may be in danger of hurting yourself or someone else, we may have to break confidentiality to ensure that appropriate support is provided.

We will be storing the recordings and the written versions of the interviews and focus groups in a safe place (at Lancaster University) where no one can access them except the researchers.

We will not keep any personal details about people who take part in the project. Names will not appear anywhere on the recordings or transcripts – it will all be anonymous unless you tell us otherwise. When we write our reports we will use some of the things that people have said, but we will not quote any information that could identify you personally like addresses or nicknames. The only exception would be if you have told us that you would prefer to use your real name.

What will we do with the information given to us?

The interviews and focus groups will be recorded and made into a written form called a transcript.

We will use the information gathered to prepare a human rights report. This means that we will compare the information and experiences we collect against the World Health Organization's framework for ensuring human rights in the provision of contraception information and services.

We will publish our findings in a report that will be available online. We may also publish our findings in academic journal articles.

For further information about how Lancaster University processes personal data for research purposes and your data rights please visit our webpage: www.lancaster.ac.uk/research/data-protection.

Who is running the project?

The project is being funded by a Robert L. Bernstein Fellowship awarded to Taylor Burgess through Yale Law School to carry out the investigation, in partnership with the British Pregnancy Advisory Service, <https://www.bpas.org/> and researchers at Lancaster University, Dr Rachael Eastham and Dr Mark Limmer. You can find out more about the project by contacting Taylor Burgess at taylor.burgess@bpas.org.

Support contacts

Places that can help you:

- [Samaritans](#)
 - Visit samaritans.org or call 116 123 to contact a Samaritan.
- [Brook \(sexual health and wellbeing services for under 25s\)](#)
 - Visit brook.org.uk for the Ask Brook tool or to find your local service.
- [Refuge \(support for women and children against domestic violence\)](#)
 - Visit refuge.org.uk or call the 24-hour Freephone National Domestic Violence Helpline on 0808 2000 247.
- [Rape Crisis England and Wales](#)
 - Visit Rapecrisis.org.uk for a live chat helpline or to find your local rape crisis centre.

Complaints

If you wish to make a complaint or raise concerns about any aspect of this study and do not want to speak to the researcher, you can contact: Professor Roger Pickup, Associate Dean for Research, Faculty of Health and Medicine (Division of Biomedical and Life Sciences), Lancaster University, Lancaster LA1 4YD (email r.pickup@lancaster.ac.uk, Tel: (01524) 593746).