

# Determinants of Postpartum Contraception Use Among Teenage Mothers in Eastern Uganda: A Cross-Sectional Study

This article was published in the following Dove Press journal:  
*Open Access Journal of Contraception*

Doreen L Muyama<sup>1</sup>  
Milton W Musaba<sup>2</sup>  
Ronald Opito<sup>3</sup>  
David J Soita<sup>1</sup>  
Julius N Wandabwa<sup>2</sup>  
Dinah Amongin<sup>4</sup>

<sup>1</sup>Department of Public and Community Health, Faculty of Health Sciences, Busitema University, Mbale, Uganda;

<sup>2</sup>Department of Obstetrics and Gynecology, Faculty of Health Sciences, Busitema University, Mbale, Uganda;

<sup>3</sup>Department of Programs, Population Services International, Kampala, Uganda;

<sup>4</sup>Department of Health Policy Planning and Management, Makerere University School of Public Health, Kampala, Uganda

**Introduction:** In Uganda, the proportion of women having another live birth before age 20 years (repeat adolescent birth) has not declined in 30 years. More women want to delay the next birth. We determined the prevalence and factors associated with postpartum contraceptive use among teenage mothers in Mbale City.

**Patients and Methods:** We conducted a cross-sectional study in all the six government-supported health facilities within Mbale City. Over a period of 3 months, 511 teenage mothers in the postpartum period were consecutively enrolled by midwives/nurses. Data were collected using a pretested interviewer-administered questionnaire. We used logistic regression in STATA version 14, to determine the association between various sociodemographic characteristics and utilization of contraception. We set the level of significance at 5% and report odds ratios and the corresponding 95% confidence intervals.

**Results:** Most of the respondents – 314/511 [61.5%, 95% CI= 57.1–65.6%] – were using contraceptives. More than three-fourth (238/314) of the respondents opted for short-term methods of contraception. In the adjusted analyses, intention to resume school [AOR 1.79 (1.16–2.74)], and utilization of maternal Child Health services such as postnatal care services [AOR 0.40 (0.25–0.63)] were significantly associated with utilisation of postpartum contraception.

**Conclusion:** We found a high prevalence of postpartum contraceptives use – over 6 in 10 women – although they were using mainly short-term methods. Those with intentions of resuming schooling and utilised postnatal care services were most likely to use contraceptives. This is encouraging and calls for inquiry into why their use is higher than the national averages. Further, the results call for renewed efforts to maintain adolescent mothers in school.

**Keywords:** contraceptive use, postpartum, teenage mother, Uganda, determinants

## Introduction

Adolescent pregnancy remains a major public health priority due to the associated negative health, social, and economic outcomes.<sup>1</sup> Globally, more than 16 million adolescent pregnancies occur and almost all (95%) are in the low- and middle-income countries in sub-Saharan Africa.<sup>2,3</sup> In Uganda, 25% of adolescents (age 15–19 years), have begun childbearing and this proportion has plateaued at this rate in the last two decades.<sup>4</sup> An analysis of the six Uganda demographic health surveys on time trends in and factors associated with repeat adolescent birth in Uganda found that following first birth at less than 18 years, the proportion of

Correspondence: Milton W Musaba  
Faculty of Health Sciences, Busitema  
University, Mbale, Uganda  
Tel +256704913791  
Email miltonmusaba@gmail.com