

Experiences with Family Planning amongst Persons with Mental Health Problems: A Nationwide Patient Survey

Noralie N. Schonewille ^{1,2,3,*}, Monique J. M. van den Eijnden ⁴, Nini H. Jonkman ⁵,
Anne A. M. W. van Kempen ⁶, Maria G. van Pampus ⁷, Francisca G. Goedhart ⁴,
Odile A. van den Heuvel ^{2,8,9} and Birit F. P. Broekman ^{1,2,3}

¹ Department of Psychiatry and Medical Psychology, OLVG, Oosterpark 9,
1091 AC Amsterdam, The Netherlands

² Department of Psychiatry, Amsterdam UMC, Location Vrije Universiteit Amsterdam,
Boelelaan 1117, 1081 HV Amsterdam, The Netherlands

³ Amsterdam Public Health, Mental Health program, Amsterdam UMC, Location Vrije
Universiteit Amsterdam, Boelelaan 1117, 1081 HV Amsterdam, The Netherlands

⁴ Team Knowledge, Innovation and Research, MIND, Stationsplein 125,
3818 LE Amersfoort, The Netherlands

⁵ Department of Research and Epidemiology, OLVG, Oosterpark 9,
1091 AC Amsterdam, The Netherlands

⁶ Department of Neonatology and Pediatrics, OLVG, Oosterpark 9,
1091 AC Amsterdam, The Netherlands

⁷ Department of Gynecology and Obstetrics, OLVG, Oosterpark 9,
1091 AC Amsterdam, The Netherlands

⁸ Department of Anatomy & Neuroscience, Amsterdam UMC, Location Vrije Universiteit
Amsterdam, Boelelaan 1117, 1081 HV Amsterdam, The Netherlands

⁹ Amsterdam Neuroscience, Compulsivity, Impulsivity & Attention Program,
1081 HV Amsterdam, The Netherlands

* Correspondence: n.n.schonewille@olvg.nl; Tel.: +31-640978680

Supplementary Table S1 Data supporting Figure 1

Question in survey	Stratified by group	Response category	All respondents N=378		P-value*
			(Former) patients N=354		
			N	%	
(1) I have been pregnant in my life or expected a baby (as a partner)	Women (n=295)	Yes	141	47.8	<0.001
		No	154	52.2	
	Men (n=51)	Yes	6	11.8	
		No	45	88.2	
(2) I have children	Women (n=295)	Yes	137	46.4	<0.001
		No	158	53.6	
	Men (n=51)	Yes	6	11.8	
		No	45	88.2	
(3) I have experienced an unintended pregnancy in my life as women or as partner	Women (n=295)	Yes	64	21.7	0.105**
		No	221	74.9	
	Not applicable		4	1.4	
	<i>Missing</i>		6	2.0	
	Men (n=51)	Yes	4	7.8	
		No	41	80.4	
(4) I have had an elective abortion in my life	Not applicable		1	2.0	
	<i>Missing</i>		5	9.8	
	Women (n=295)	Yes	16	5.4	
		No	279	94.6	

*P-value from Chi² test comparing 'yes' category between women and men

** Chi² test should be interpreted with caution as numbers in cell are less than 5

Supplementary Table S2 Data supporting Figure 2

			All respondents N=378				Respondents with children N=151				Respondents without children N=227				P-value*
			(Former) patients N=354		Close ones N=24		(Former) patients N=147		Close ones N=4		(Former) patients N=207		Close ones N=20		
			N	%	N	%	N	%	N	%	N	%	N	%	
(1) Mental problems influenced my desire to have children	Yes	196	55.4	11	45.8	40	27.2	0	0.0	156	75.4	11	55.0	< 0.001	
	No	104	29.4	6	25.0	73	49.7	3	75.0	31	14.8	3	15.0		
	I am not sure	24	6.8	2	8.3	12	8.2	0	0.0	12	5.8	2	10.0		
	Other	27	7.6	5	20.8	21	14.3	1	25.0	6	2.9	4	20.0		
	Missing	3	0.0	0	0.0	1	0.7	0	0.0	2	1.0	0	0.0		
(2) Mental problems influenced my desire to extend my family after the first child (persons with children)	Yes					46	31.3	1	25.0						
	No					56	38.1	2	50.0						
	I am not sure					10	6.8	1	25.0						
	Maybe					14	9.5	0	0.0						
	Not applicable					17	11.6	0	0.0						
	Missing					4	2.7	0	0.0						
(3) Mental problems influenced my ability to become pregnant	Yes	101	28.5	7	29.2	25	17.0	0	0.0	76	36.7	7	35.0	<0.001	
	No	183	51.7	6	25.0	98	66.7	3	75.0	85	41.1	3	15.0		
	I am not sure	28	7.9	5	20.8	8	5.4	1	25.0	20	9.7	4	20.0		
	Other	35	9.9	5	20.8	11	7.5	0	0.0	24	11.6	5	25.0		
	Missing	7	2.0	1	4.2	5	3.4	0	0.0	2	1.0	1	5.0		
(4) My childlessness is related to my mental problems	Yes									100	48.3	9	45.0		
	No									17	8.2	4	20.0		
	I am not sure									20	9.7	0	0.0		
	Other									31	15.0	0	0.0		
	Not applicable									0	0.0	1	5.0		
	Missing									39	18.9	6	30.0		
(5) Mental problems influenced my family planning	Yes	91	25.7	4	16.7	40	27.2	1	25.0	51	24.6	3	15.0	0.673	
	No	129	36.5	4	16.7	75	51.0	2	50.0	54	26.1	2	10.0		
	I am not sure	26	7.3	1	4.2	13	8.8	0	0.0	13	6.3	1	5.0		
	Not applicable	102	28.8	14	58.3	15	10.2	1	25.0	87	42.0	13	65.0		
	Missing	6	1.7	1	4.2	4	2.7	0	0.0	2	1.0	1	5.0		
(6) I had a conversation about family planning when desired	Yes	77	21.8	4	16.7	20	13.6	0	0.0	57	27.5	4	20.0	0.003	
	No	140	39.5	6	25.0	45	30.6	1	25.0	95	45.9	5	25.0		
	I am not sure	9	2.5	5	20.8	3	2.0	0	0.0	6	2.9	5	25.0		
	Other	18	5.1	2	8.3	6	4.1	0	0.0	12	5.8	2	10.0		
	Not applicable	88	24.9	5	20.8	58	39.5	1	25.0	30	14.5	4	20.0		
	Missing	22	6.2	2	8.3	15	10.2	2	50.0	7	3.4	0	0.0		
(7) I had a conversation about family planning when desired		N=107 (Former) patients		N=6 Close ones											
	Age <40 years														
	Yes	41	38.8	1	16.7										
	No	49	45.8	2	33.3										
	I am not sure	2	1.9	2	33.3										
	Other	5	4.7	0	0.0										

		Not applicable	8	7.5	1	16.7									
		Missing	2	1.9	0	0.0									
			N=222 (Former) patients		N=13 Close ones										
		Yes	30	13.5	3	23.1									
		No	78	35.1	3	23.1									
	Age >40 years	I am not sure	7	3.2	2	15.4									
		Other	12	5.4	1	7.7									
		Not applicable	76	34.2	3	23.1									
		Missing	19	8.6	1	7.7									
(8) I experienced a taboo around discussing my mental health problems		Yes	221	62.4	6	25.0	94	63.9	2	50.0	127	61.4	4	20.0	0.700
		No	94	26.6	15	62.5	41	27.9	1	25.0	53	25.6	14	70.0	
		I am not sure	23	6.5	2	8.3	8	5.4	1	25.0	15	7.2	1	5.0	
		Other	23	3.7	1	4.2	3	2.0	0	0.0	10	4.8	1	5.0	
		Missing	3	0.8	0	0.0	1	0.7	0	0.0	2	1.0	0	0.0	

*P-value from Chi² test comparing 'yes' category between (former) patients with children ('yes') and (former) patients without children

Supplementary Table S3 Data supporting Figure 3

		All respondents N=378				Respondents with children N=151				Respondents without children N=227			
		(Former) patients n=354		Close ones n=24		(Former) patients N=147		Close ones N=4		(Former) patients N=207		Close ones N=20	
		N	%	N	%	N	%	N	%	N	%	N	%
(1) My mental health situation has been related to my pregnancies or first years of parenthood	Yes					75	51.0	0	0.0				
	No					51	34.7	4	100				
	I am not sure					11	7.5	0	0.0				
	Not applicable					7	4.8	0	0.0				
	Missing					3	2.0	0	0.0				
(2) My mental health has impacted the live(s) of my child(ren)	Yes					49	33.3	1	25.0				
	No					37	25.2	1	25.0				
	I am not sure					17	11.6	0	0.0				
	Maybe					34	23.1	2	50.0				
	Not applicable					7	4.8	0	0.0				
(3) I felt supported when my mental health impacted the live(s) of my child(ren)*	Yes					24	49.0	1	100.0				
	No					25	51.0	0	0.0				
	Missing					0	0.0	0	0.0				
	Yes					88	59.9	1	25.0				
	No					37	25.2	1	25.0				
(4) There were times when, during my pregnancy or after my delivery, I thought my mental health problems impaired me as a parent	I am not sure					11	7.5	1	25.0				
	Not applicable					10	6.8	0	0.0				
	Missing					1	0.7	1	25.0				
	Yes					69	46.9	3	75.0				
	No					42	28.6	1	25.0				
(5) My partner supported me in my parenthood	I am not sure					14	9.5	0	0.0				
	Not applicable					21	14.3	0	0.0				
	Missing					1	0.7	0	0.0				

* Calculated amongst 49 persons who answered yes on question (2) Figure 3

Supplementary Table S4 Data supporting Figure 4

		All respondents N=378				Respondents with children N=151				Respondents without children N=227				P-value*
		(Former) patients n=354		Close ones n=24		(Former) patients N=147		Close ones N=4		(Former) patients N=207		Close ones N=20		
		N	%	N	%	N	%	N	%	N	%	N	%	
(1) I experienced a taboo around discussing sexuality	Yes	206	58.2	5	20.8	82	55.8	2	50.0	124	59.9	3	15.0	0.506
	No	137	38.7	19	79.2	60	40.8	2	50.0	77	37.2	17	85.0	
	Missing	11	3.1	0	0.0	5	3.4	0	0.0	6	2.9	0	0.0	
(2) There was a period in which I had mental problems, was sexually active and had no intention to become pregnant	Yes	223	63.0	12	50.0									
	No	54	15.3	0	0.0									
	I am not sure	22	6.2	5	20.8									
	Not applicable	47	13.3	7	29.2									
	Missing	8	2.3	0	0.0									
(3) I always used contraceptives when (my partner was) at risk or pregnancy**	Yes	168	75.3	10	83.3									
	No	45	20.2	1	8.3									
	I am not sure	8	3.6	1	8.3									
	Missing	2	0.9	0	0.0									
(4) Mental health problems have influenced my sexual enjoyment	Not at all	29	8.2	4	16.7	14	9.5	0	0.0	15	7.2	4	20.0	0.971
	A little	52	14.7	1	4.2	20	13.6	1	25.0	32	15.5	0	0.0	
	Sometimes	47	13.3	6	25.0	19	12.9	0	0.0	28	13.5	6	30.0	
	Often	92	26.0	6	25.0	38	25.9	0	0.0	54	26.1	6	30.0	
	Very often	122	34.5	6	25.0	50	34.0	2	50.0	72	34.8	4	20.0	
	Missing	12	3.4	1	4.2	6	4.1	1	25.0	6	2.9	0	0.0	

** Calculated amongst 235 persons who answered 'yes' in question (2) Figure 4

*P-value from Chi² test comparing 'yes' or 'Very often' category between (former) patients with children and (former) patients without children