

## Informative Studies

*Note 1: I recommend printing out the studies that you want to include in your binder and then going through each page highlighting/annotating the things that you find important.*

*Note 2: Please do your own research. You should try memorize the information that you find most important so that you weave it into conversation without spending a long time flipping through your binder.*

### Check out these studies:

- [“Poststerilization regret: findings from the United States Collaborative Review of Sterilization” \(CREST Study\)](#)
- <https://www.glowm.com/resources/glowm/cd/pages/v6/v6c045.html>
- <https://tubalfacts.com/post/175416489047/sterilization-regret-tubal-salpingectomy-nulliparous>
- [“Childfree and Sterilized: Women’s Decisions and Medical Responses” by Annily Campbell, published 1999](#)
- [https://www.ajog.org/article/S0002-9378\(16\)31423-5/abstract](https://www.ajog.org/article/S0002-9378(16)31423-5/abstract)

See the next 2 pages for an example of how I formatted my studies.

# Poststerilization regret: findings from the United States Collaborative Review of Sterilization. [Hillis SD](#)<sup>1</sup>, [Marchbanks PA](#), [Tylor LR](#), [Peterson HB](#).

## [Author information](#)

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## Abstract

### OBJECTIVE:

To evaluate the cumulative probability of regret after tubal sterilization, and to identify risk factors for regret that are identifiable before sterilization.

### METHODS:

We used a prospective, multicenter cohort study to evaluate the cumulative probability of regret within 14 years after tubal sterilization. Participants included 11,232 women aged 18-44 years who had tubal sterilizations between 1978 and 1987. Actuarial life tables and Cox proportional hazards models were used to identify those groups at greatest risk of experiencing regret.

### RESULTS:

The cumulative probability of expressing regret during a follow-up interview within 14 years after tubal sterilization was 20.3% for women aged 30 or younger at the time of sterilization and 5.9% for women over age 30 at sterilization (adjusted relative risk [RR] 1.9; 95% confidence interval [CI] 1.6, 2.3). For the former group, the cumulative probability of regret was similar for women sterilized during the postpartum period (after cesarean, 20.3%, 95% CI 14.5, 26.0; after vaginal delivery, 23.7%, 95% CI 17.6, 29.8) and for women sterilized within 1 year after the birth of their youngest child (22.3%, 95% CI 16.4, 28.2). **For women aged 30 or younger at sterilization, the cumulative probability of regret** decreased as time since the birth of the youngest child increased (2-3 years, 16.2%, 95% CI 11.4, 21.0; 4-7 years, 11.3%, 95% CI 7.8, 14.8; 8 or more years, 8.3%, 95% CI 5.1, 11.4) and **was lowest among women who had no previous births (6.3%, 95% CI 3.1, 9.4).**

### CONCLUSION:

Although **most women expressed no regret after tubal sterilization**, women 30 years of age and younger at the time of sterilization had an increased probability of expressing regret during follow-up interviews within 14 years after the procedure.

PMID: 10362150

Source: <https://www.ncbi.nlm.nih.gov/pubmed/10362150>

## Sterilization regret & age: If I'm childfree, how likely am I to regret being sterilized?

### Regret Lowest Among Nulliparous Women

The landmark CREST studies found that, **among women aged 30 or younger at the time of sterilization, regret “was lowest among women who had no previous births” at 6.3%.** Among women aged 30 or younger, nulliparous women are *less* likely to regret sterilization than those who have had children.

**Compare to “5.9% for women over age 30 at sterilization” - the difference between age  $\leq$  30 and age  $>$  30 is only 0.4%.** **This means that *among those who haven't had children*, the risk of sterilization regret is not significantly reduced by waiting until after age 30 for sterilization.**

**Among childless women who have been sterilized, about 6% change their minds, but 94% don't.**

We used a prospective, multicenter cohort study to evaluate the **cumulative probability of regret within 14 years** after tubal sterilization. Participants included **11,232 women** aged 18-44 years who had tubal sterilizations between 1978 and 1987. [...] For women aged 30 or younger at sterilization, the cumulative probability of regret decreased as time since the birth of the youngest child increased (2-3 years, 16.2%, 95% CI 11.4, 21.0; 4-7 years, 11.3%, 95% CI 7.8, 14.8; 8 or more years, 8.3%, 95% CI 5.1, 11.4) and was **lowest among women who had no previous births (6.3%, 95% CI 3.1, 9.4).**

[Source: “Poststerilization regret: findings from the United States Collaborative Review of Sterilization”](#)