

Changes in Mental Health Outcomes among Women who Discontinue Using Hormonal Birth Control

Adison Sokolosky, Melissa M. Brillhart, & Sarah E. Hill
 Texas Christian University

Background

- Much research on hormonal birth control (HBC) suggests that HBC can negatively influence women's mental health outcomes (e.g., Le Guen et al., 2021)
- Research on how HBC affects women has primarily focused on what happens when women start HBC (e.g., Skovlund et al., 2016)

Method

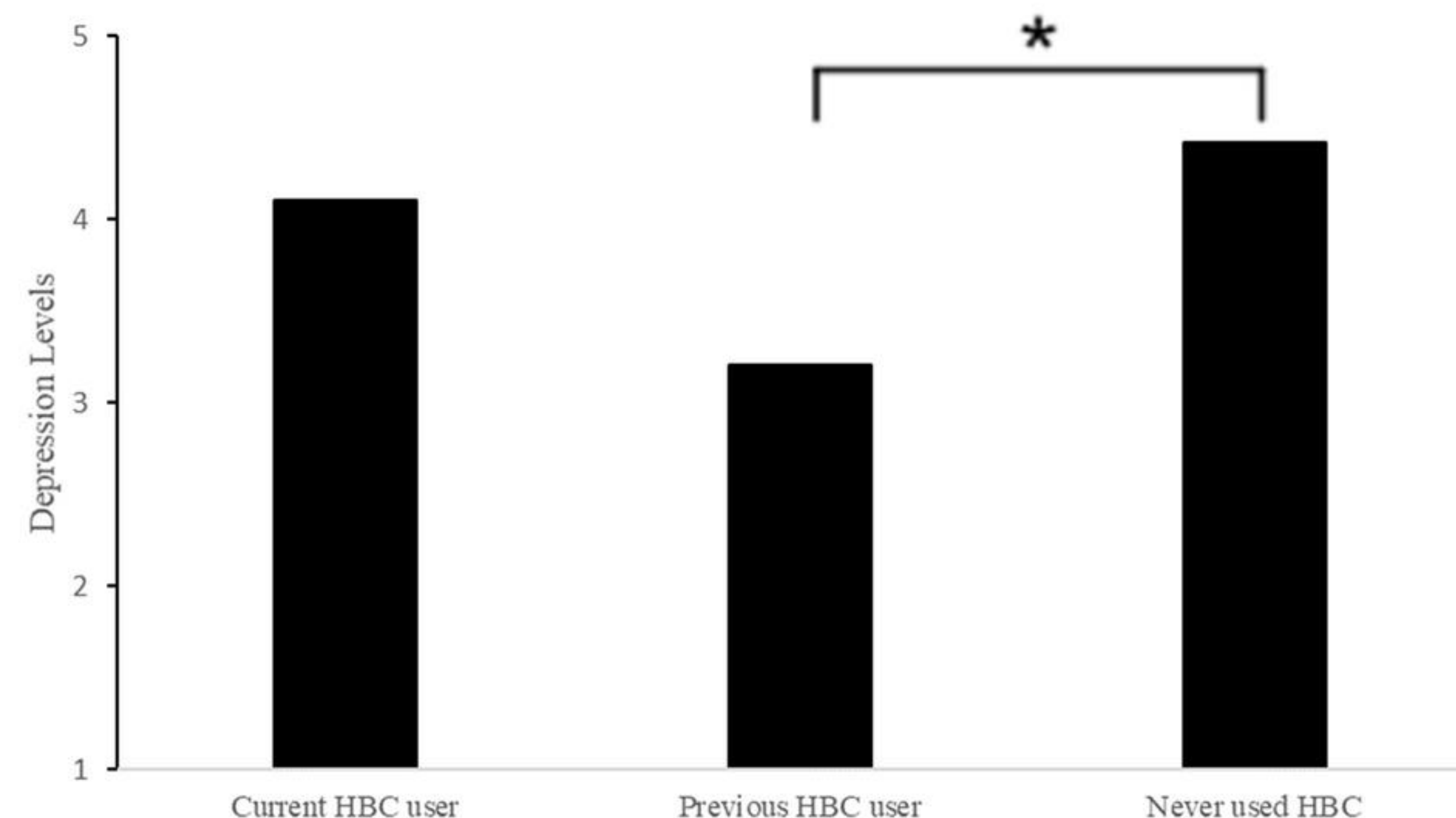
- 144 women (49 never HBC users, 49 current HBC users, and 46 previous HBC users) answered assessments about HBC usage history, current depression levels, and current anxiety levels

Hypothesis

- Current and previous HBC users will display higher levels of trait anxiety and depression compared to individuals who never used HBC

Results

- There was a significant main effect of hormonal birth control status on trait depression levels, ($p = .03$)
- There was not a significant main effect of hormonal birth control status on trait anxiety levels, ($p = .54$)



Note. * $p < .05$

Conclusion

- HBC usage may not negatively influence women's mental health
- HBC usage may act as a protective intervention against mood disorders during a critical developmental period

Limitations

- Data are cross-sectional
- Did not account for differences in outcomes based on time off of HBC
- Did not account for differences in outcomes based on type of HBC used

References

- Le Guen, M., Schantz, C., Régner-Lolier, A., & de La Rochebrochard, E. (2021). Reasons for rejecting hormonal contraception in Western countries: A systematic review. *Social science & medicine*, 284, 114247.
- Skovlund, C. W., Mørch, L. S., Kessing, L. V., & Lidegaard, Ø. (2016). Association of hormonal contraception with depression. *JAMA psychiatry*, 73(11), 1154-1162.