

## Effectiveness Study results: Frank-Hermann et al 2007

A study with a total of 17638 cycles. All women included stayed part of the study for at least 13 cycles, were at the learning stage of learning the Sympto-Thermal Method and under guidance from an instructor.

### Inclusion criteria

- Age 19-45
- Cycle length 22-35 (20% deviation allowed)
- Willing to record pregnancy intention before each cycle
- Willing to record all sexual behaviour (intercourse, genital contact, withdrawal, occasional barrier use)
- Agreement not to use any other contraception
- No known history of sub-fertility / infertility
- Established LP of at least 10 days
- At least 3 months following breastfeeding, oral contraception, post-partum, post-abortion
- Willing to participate for 12 months

### Exclusion criteria

- Pregnancy achieving at study entry
- Post-pill
- Irregular cycles (>35 days)
- Post-partum / breastfeeding
- Experienced Users
- Premenopausal women over 45
- No sexual partner
- Younger women under 19
- Post-abortion

Sexual behaviour during fertile time	Number of cycles	Percentage of total %	Number of unintended pregnancies	Percentage per year %
Abstinence	6022	34.14	2	0.43
Protected Sex	4375	24.80	2	0.59
Unprotected Sex	2353	13.34	14	7.46
^Both	1183	6.74	2	2.18
Withdrawal	1080	6.12	1	1.20
Not documented	2625	14.88	1	0.49
<b>Total</b>	<b>17638</b>	<b>100</b>	<b>22</b>	<b>1.61</b>

**LINK TO ORIGINAL STUDY [HERE](#)**