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-abortum
- 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-abortum

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

LINK TO ORIGINAL STUDY [HERE](#)