Abstract

OBJECTIVE: to evaluate the effectiveness of an educational family planning program in preventing the recurrence of teen pregnancy. METHODS: this was a retrospective study conducted in the department of Family Planning of the Federal University of São Paulo. The sample consisted of 264 patients who had at least one pregnancy. RESULTS: participants reported an average age of menarche at 12.2 years old. Their first sexual intercourse occurred at 15 years old and their age at the first pregnancy was 16 years old. In addition, 73.5% of the participants reported more than one pregnancy. Following educational family planning program, use of condoms, and birth control pills were the most used contraceptives methods; 4.9% of teens had a recurrence of pregnancy. CONCLUSION: the findings of this study support the importance and effectiveness of an educational family planning program in preventing recurrence of teen pregnancy.

Keywords

Pregnancy, Adolescence, Pregnancy in adolescence, Contraception, Family planning services.