INTRODUCTION
Adolescents and young adults (AYA) who experience patient-centered care are more likely to speak with their provider about their contraceptive concerns and select and maintain a contraceptive method—yet most do not receive such care. The objective of this study was to develop and evaluate the Tangible Tool, a decision aid to support patient-centered contraceptive counseling among AYA.

RESULTS
The median age for AYA was 19. AYA had positive reactions to the Tool, reporting that it allowed them to better understand how contraceptive methods work in their body and that it allowed them to make more informed decisions. They also appreciated the physical representation of each method and the medically-accurate sizes (Table).

Clinicians providers commented that the Tool facilitated conversations with their patients, helped dispel myths about particular methods, and eased patients’ anxieties. Clinicians also highlighted the ease of integration of the Tangible Tool into clinical care and commented on the potential for scalability across clinical settings. Limitations mentioned included storage and portability concerns, and time constraints for counseling.

"The visual aid really kind of helps with anxiety and the unknown of what things may look like, before you agree to get it done in the setting. Oftentimes we may have small visual aids and things in a set clinical setting, but just having everything at once, in hand, really in my opinion helps with individuals deciding." (family nurse practitioner)

LIMITATIONS
• Our sample is comprised primarily of older AYA, limiting the generalizability to younger adolescents.

• We did not have a control arm and cannot infer the independent effects of the Tool on counseling experiences.

• We did not collect qualitative data from AYA, which may have elicited more information on patient-centered contraceptive care and potential improvements.

CONCLUSION
The Tangible Tool is a useful, feasible, and acceptable decision aid that can support the provision of patient-centered contraceptive care for AYA.