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New Ci3 Study Finds Contraceptive Counseling Tool Supports Understanding and Decision Making for Adolescents and Young Adults

(CHICAGO) – A newly published study in the *Journal of Pediatric and Adolescent Gynecology* by researchers at the University of Chicago’s [Center for Interdisciplinary Inquiry and Innovation in Sexual and Reproductive Health \(Ci3\)](#) found that *Hello Options*, a Ci3-designed contraceptive counseling decision aid, supports the provision of patient-centered care for adolescent and young adult patients.

Recent research shows that sexual and reproductive health education, counseling, and contraceptive provision are effective in increasing contraceptive knowledge and subsequent use. The article, [“Provider and Patient Perspectives on a New Tangible Decision Aid Tool to Support Patient-Centered Contraceptive Counseling with Adolescents and Young Adults.”](#) presents data from a pilot study conducted from December 2019 to March 2020. The study evaluated the usability, feasibility, and acceptability of the tool with 10 contraceptive care providers and 40 adolescent and young adult patients, aged 12-29 years, at two Chicago clinics. The study found that adolescent patients had positive reactions to *Hello Options*. Providers commented that the tool facilitated conversations with their patients, helped dispel myths about particular methods, and eased patients’ anxieties.

Hello Options is an all-in-one tool featuring physical replicas of multiple contraceptives such as the pill, patch, ring, shot, IUD (copper and hormonal), implant, and male and female condom. Healthcare providers use this hands-on tool to allow patients to see and feel life-size tangible models of the range of available contraceptive methods.

“We are committed to improving sexual and reproductive healthcare for young people and are committed to co-designing with young people.” said Dr. Melissa Gilliam, Ci3 founder and director and an author of the study. “It’s a strong tool that allows young people to better understand all of their contraception options, and it also assists providers in having difficult-to-broach conversations about sexual health.”

Using human-centered design, an approach that focuses on the end user throughout the design process, the project began in 2017 when Ci3 designers and several teams of young people created prototypes that featured “tangible” birth control methods. By seeing life-sized versions of each birth control method, young people said they could better understand the range of available birth control methods. Since then, the tool has undergone several prototypes and iterations led by the Ci3 design team with input from young people living in Chicago.

“We believe health is a human right, and young people have the ability to design transformative healthcare solutions for themselves and their peers, just as they did with the *Hello Options* tool.” says Amanda Geppert, Ci3 design director and co-author of the study. “We hope this tangible contraceptive counseling tool will help them understand all of their options and empower them to make informed decisions, so they can move in this world with agency over their own bodies.”

MORE

In January, the first sale of *Hello Options* was sold to a Midwest hospital system. They will be used by providers in adolescent clinical settings. To learn more, contact Crystal Tyler, Ci3 executive director at ctyler@bsd.uchicago.edu.

To review the full publication, click [here](#).

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About Ci3

Founded in 2012, Ci3 is an award-winning research center at the University of Chicago. Ci3 envisions a world in which all youth emerge into adulthood with agency over their bodies and futures. As such, we are committed to empowering young people, conducting innovative research, and uncovering opportunities for policy and systemic change. Ci3 houses three labs: the Game Changer Chicago Design Lab, the Transmedia Story Lab, and the Design Thinking Lab. Through these labs, Ci3's interdisciplinary team of medical providers, public health scholars, policy researchers, designers, and artists create games, digital narratives, and interventions with and for youth. Developed with an eye towards scaling, each of our interventions can be implemented in settings across the Chicagoland area and beyond.

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