

# PIENSA Study: Effect of counseling on the choice of combined hormonal contraceptives in Chilean women Estudio PIENSA: Efecto de la asesoría sobre la elección de anticonceptivos hormonales combinados en mujeres Chilenas

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**Objectives:** To evaluate the impact of health care professional counseling in the choice of combined self-administered contraceptive method. It also assesses how such advice influences in the final contraceptive choice or how it changes from the original. **Method:** During routine gynecological consultation, the patient's self-administered contraceptive method (pill, vaginal ring and transdermal patch) preference was registered. This was done before and after physician counseling, through a survey filled by both the patient and the physician. **Results:** After counseling, of the 867 women who participated, 11.6[%] changed their previously chosen contraceptive. The pill, originally the chosen method of the majority of women, decreased in terms of preference; although the pill continued to be the preferred contraceptive method, preference for other methods increased. The contraceptive pill decreased 13.4[%] in the preference rating, while the choice of the vaginal ring and the transdermal patch