

## **Abstract**

This study assessed the effect of Interpersonal Communication campaigns on the utilization of modern contraceptives in Kachumbala Subcounty Bukede District, by examining the IPC methods used, women's attitudes and beliefs regarding IPC, determining the prevalence of modern contraceptives and identifying factors that influence the use of modern contraceptives.

### **Methodology:**

This was cross-sectional research study with quantitative and qualitative data; with a sample size of 384 women of reproductive age (15-49 years), plus 7 key informants selected using simple random sampling and purposive sampling techniques respectively. The quantitative data was collected using a structured questionnaire while the qualitative data was gathered using Focus group discussions and Key informant interviews with VHTs and Health providers. Analysis was done using Statistical package for Social Scientists (SPSS) version 16.0 for quantitative data and thematic content analysis for qualitative data.

### **Results:**

Various IPC methods (Home visits, sensitization/counseling, referral for service and follow-ups) were used, most of the women (82.1%) had a positive attitude regarding interpersonal communication and the number of contraceptives users doubled during the IPC campaign (49.1% from the baseline 20%). The campaign enrolled 19.1% of the women without prior information about modern contraceptives and 80.9% with prior contraceptive knowledge but who were not users. Several modern contraceptive methods were adopted, injectable being the most used (34.7%). Spousal support, religion and waiting time at the health facilities were statistically significant factors in influencing the use of modern contraceptive. Home visits were not statistically significant at Multivariate level ( $p > 0.101$ , 95% CI=0.295 – 1.114).

**Conclusion:**

Although the IPC campaigns were not statistically significant at Multivariate analysis level, the utilization of modern contraceptives doubled during and after these campaigns.

IPC positively shaped women's attitudes towards modern contraceptives. Religion, women's waiting time at Health facilities and partner's approval influenced the decision to use contraceptives.

**Recommendations:**

The IPC model should be designed to involve men. VHTs and Health workers should counsel and support clients with contraceptive side effects to increase access to contraceptives.