

Table 1

THE IMPORTANCE OF CHOOSING AN EFFICIENT METHOD

Authors and year publication	Method	No of Couples	Months of exposure	No of unplanned pregnancies	Method Failure		Practice Failure		
					No of pregnancies failure rate (Pearl)	Success rate	No of pregnancies failure rate (Pearl)	Success rate	
Marshall 1968 (5)	Basal-body temperature (BBT)	351	4,739	6	1.2	98.8%	-	5.4	94.6%
World Health Organization 1981 (6)	Cervical mucus (Ovulation) method	869	10,215		2.2	97.8%		20%	80.0%
Frank-Hermann et al 1988 (7)	Double-check	203	2,630	4	1	99.3%	3	1.8 (method + practice)	98.2%
Barbato et al 1987 (8)	Double-check	460	8,140	25	3	99.5%	22	Teaching error 1.47 User error 1.76	96.32% (method and practice)

Table 2

Multicentre Study of the Sympto-thermal Method - Rice 1977

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Country	No of Couples	Months of exposure	No of unplanned pregnancies	No of pregnancies	Method failure		Practice failure		
					Failure rate (Pearl)	Success rate(%)	Failure rate (Pearl)	Success rate(%)	
Canada	125	2651	11	1	0.45	99.5	10	4.53	95.4
France	217	4330	20	2	0.55	99.4	18	4.99	95
Mauritius	184	3813	25	2	0.63	99.4	23	7.24	92.5
USA	114	2226	9	1	0.54	99.5	8	4.31	95.5
Columbia	83	1396	21	3	2.58	97.5	18	15.47	84.5

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