

# Self-Administered Subcutaneous Medroxyprogesterone Acetate for Improving Contraceptive Outcomes: A Systematic Review and Meta-Analysis

Ashraf Fawzy Nabhan (✉ [anabhan@med.asu.edu.eg](mailto:anabhan@med.asu.edu.eg))

Ain Shams University Faculty of Medicine <https://orcid.org/0000-0003-4572-2210>

Amal Elshabrawy

Ain Shams University Faculty of Medicine

Farida ElShafeey

Egyptian Center for Evidence Based Medicine

Luna Marion Mehrain

International Planned Parenthood Federation

Rita Kabra

World Health Organization: Organisation mondiale de la Sante

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## Research article

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## Abstract

**Background:** Subcutaneous depot medroxyprogesterone acetate is an easy-to-use injectable contraceptive. A trained person can administer it, including women through self-injection.

**Objectives:** to assess the effectiveness and safety of self-injection versus provider-administered subcutaneous depot medroxyprogesterone acetate for improving continuation of contraceptive use.

**Search strategy:** We searched for randomized controlled trials on November 1, 2020 in Cochrane Central Register of Controlled Trials, MEDLINE, CINAHL, Embase, Web of Science, Scopus, Open Grey, clinical trials registries, and reference lists of relevant studies. We did not impose any search restrictions.

**Selection criteria:** We included randomized trials comparing self- vs provider-administered subcutaneous depot medroxyprogesterone acetate.

**Data collection and analysis:** Two authors independently screened trials, extracted data, and assessed the risk of bias in the included studies. We used risk ratio and 95% confidence intervals for dichotomous outcomes.

**Results:** We identified 3 randomized trials (9 reports; 1264 participants). The risk of bias in the included studies was low except for performance bias and detection bias of participant-reported outcomes in unmasked trials. Self-administration, compared to provider-administration, increased continuation of contraceptive use (risk ratio 1.35; 95% confidence intervals 1.10 to 1.66); moderate-certainty evidence). Self-injection appears to be making more of an impact on continuation for younger women compared to women 25 years and older and on women living in low and middle income compared to high income countries. There was no subgroup difference by the type of care provider (community health worker vs clinic-based provider).

**Conclusions:** Self-injection of subcutaneous depot medroxyprogesterone acetate probably improves continuation of contraceptive use. The effects on other outcomes remain uncertain because of the very low certainty of evidence.

Registration number: CRD42018097388.

## Background

Depo-Medroxyprogesterone Acetate (DMPA), a synthetic progestin derived from 17-hydroxyprogesterone, acts as a long-acting reversible contraceptive. Most women who want a safe, effective, and reversible method can use DMPA injectable contraception. [1]

While users, traditionally, receive DMPA by intramuscular injection every 13 weeks in a dose of 150 mg, it turns out that subcutaneous administration of a lower dose of DMPA (DMPA-SC) is an effective alternative. Studies demonstrated that a single injection of DMPA-SC (104 mg medroxyprogesterone acetate/0.65 mL) provided immediate suppression of ovulation and consistently suppressed ovulation over 13 weeks, with the earliest return to ovulation at 15 weeks. This consistent suppression of ovulation with this 30% lower dose, was independent of body mass index or race. The subcutaneous route, compared to intramuscular route, provided lower peak levels, lower overall dose and, apparently, more stable sustained blood levels [2]. It also providing comparable efficacy and safety to the intramuscular route. [3]

From a practical and a programmatic perspective, the subcutaneous route provides a unique opportunity of self-administration. [4] DMPA-SC is available as a pre-filled glass syringe or as a pre-filled, single-use, non-reusable delivery system. The user-friendly design of DMPA-SC means that any trained person can administer it, including health workers, pharmacists, and even women themselves through self-injection. [5–7]

Self-injection empowers women to meet their family planning needs. [4] Self-injection has a potential to enhance the acceptability and accessibility of the contraceptive method. These are surrogate to reducing discontinuation and avoiding unwarranted pregnancy. Self-injection probably saves time and expenses, a factor that is particularly relevant in low resource settings e.g., low and middle-income countries, humanitarian crisis where health infrastructure is disrupted or as part of preparedness (e.g., before natural disasters). The current coronavirus pandemic and lockdown in many countries is striking example.

On the other hand, some women might prefer having providers administer injections due to factors like fear of needles or provider expertise. [8]

Reducing discontinuation of contraceptive methods, thus avoiding unintended pregnancy, remains a challenge in many countries. There is little rigorous updated synthesized evidence to enable women and care providers to make well informed decisions regarding self-administered DMPA-SC.

## Objectives

We conducted this systematic review and meta-analysis to assess the benefits and harms of self-administered versus provider-administered contraceptive DMPA-SC for improving continuation, satisfaction and avoiding unintended pregnancy.

## Methods

### Protocol and registration

We conducted this systematic review based on a prospectively prepared protocol. [9] We registered the protocol on PROSPERO (international prospective register of systematic reviews) (registration number CRD42018097388).

We reported the full review using the Preferred Reporting Items for Systematic reviews and Meta-Analyses (PRISMA) standards. [10]

### Eligibility criteria

We included published randomized controlled trials that recruited women attending family planning clinic to initiate, restart or continue DMPA and compared self-administered at home with clinic-administered DMPA-SC by a healthcare provider. Our primary outcome was contraceptive continuation at 12 months. Secondary outcomes included contraceptive failure (pregnancy), satisfaction, serious adverse events, and other adverse events at 12 months of follow-up.

### Information sources

A comprehensive literature search was initially conducted on March 1, 2019 and then on November 1, 2020. We imposed no language or other restrictions on any of the searches. We searched bibliographic databases (Cochrane Central Register of Controlled Trials (CENTRAL), MEDLINE, CINAHL, and Embase), citation indexes (Web of Science and Scopus), and one grey-literature database (opengrey.eu). We searched clinical trial registries (ClinicalTrials.gov and the World Health Organization International Clinical Trials Registry Platform) to identify ongoing trials. We hand searched reference lists of identified studies and previously published reviews.

### Search

The search strategy was designed by a search expert with input from the authors. We used the following search strategy for CENTRAL ("Medroxyprogesterone Acetate" or "Depo-Medroxyprogesterone Acetate" or "Depo Medroxyprogesterone Acetate" or "Depo-Provera" or "Depo Provera" or "Provera" or "Sayana" or "Depo subQ Provera": title,abstract,keyword OR MeSH descriptor: [Medroxyprogesterone]) AND (MeSH descriptor: [Self Administration] or "self": title,abstract,keyword). The detailed exact strategy for each database searched is provided in Supplementary file 1.

### Study selection

Two authors (FS and AN) independently screened all titles and abstracts for eligibility. We retrieved and assessed the full text of all the studies that potentially met our eligibility criteria during screening. Both authors independently assessed each full-text article based on the eligibility criteria described above. Disagreements regarding trial eligibility were resolved by consensus.

### Data collection process

For eligible studies, two authors (FS and AS) extracted the data in duplicates using an offline electronic form. We resolved discrepancies through discussion. We entered the data into Review Manager Software [11] and checked them for accuracy. We contacted authors of the original reports to provide further details regarding unclear or missing data.

### Data items

We extracted study design, description of included participants, description of the intervention and comparators, outcomes, trial registration, and funding sources.

### Risk of bias in individual studies

We assessed the risk of bias using the criteria recently outlined in the Cochrane Handbook for Systematic Reviews of Interventions. [12] Seven domains related to risk of bias were assessed in each included trial: random sequence generation; allocation concealment; blinding of participants and personnel; blinding of outcome assessment; incomplete outcome data; selective reporting; and other bias. Review authors' judgments were categorized as "low," "high," or "unclear" risk of bias. Two authors independently assessed the risk of bias in each trial. We resolved any differences of opinion regarding assessment of risk of bias by discussion.

### Summary measures

We carried out an intent-to-treat analysis and included all randomized women. All studies were parallel group assignment. We did not include any multiple arms, cluster, or crossover trials. For dichotomous data, we presented results as summary risk ratio (RR) with 95% confidence intervals (CI).

### Synthesis of results

We carried out statistical analysis using Review Manager Software. We used fixed-effect meta-analysis for combining data where it is reasonable to assume that studies are estimating the same underlying treatment effect i.e., where trials are examining the same intervention, and the trials' populations and methods are judged sufficiently similar. If we detected substantial statistical heterogeneity ( $I^2$  statistic  $\geq 50\%$  or  $P < 0.1$ ), we used random-effects meta-analysis to produce an overall summary if an average treatment effect across trials was considered clinically meaningful. We presented the random-effects summary as the average range of possible treatment effects and presented random-effects estimate with its 95% CI, and the estimates of  $T^2$  and  $I^2$ . The number needed to treat (NNT) for benefit or harm with the 95% CI was calculated for outcomes for which there was a statistically significant difference.

## Risk of bias across studies

We did not conduct the pre-specified assessment publication bias, using funnel plots and Egger's test, since we only included three studies in the meta-analyses that pooled data.

## Additional analyses

We investigated substantial heterogeneity ( $I^2$  statistic  $\geq 50\%$  or  $P < 0.1$ ), by checking the data for accuracy, using subgroup analyses or sensitivity analyses as appropriate. We conducted the prespecified subgroup analysis by country income: High income countries (HIC) versus low-middle income countries (LMIC) (as defined by the World bank) and by type of care provider (community health worker versus clinic-based provider). We assessed subgroup differences by interaction tests available within Review Manager. We reported the results of subgroup analyses quoting the  $\text{Chi}^2$  statistic and P value, and the interaction test  $I^2$  value.

We carried out sensitivity analyses to explore robustness of pooled estimate using random effect model and fixed effect model for the outcome of continuation. We carried out sensitivity analyses to explore the effects of incomplete outcome data by conducting an available case versus a worst-case scenario analysis to evaluate robustness of results.

We used the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) approach [13] to create the Summary of findings table. A summary of the intervention effect and a measure of quality for outcomes was produced using the GRADEpro GDT software. [14]

The GRADE approach uses five considerations (study limitations, consistency of effect, imprecision, indirectness, and publication bias) to assess the quality of the body of evidence for each outcome. The evidence was downgraded from 'high quality' by one level for serious (or by two levels for very serious) limitations in the five mentioned considerations. [13]

One author (A.N.) conducted GRADE assessments and the decisions on downgrading. This was approved by all other authors.

# Results

## Study selection

Our search identified 167 reports through database searches along with 3 additional reports identified through other resources. A total of 117 reports remained after removal of duplicates. We discarded 105 reports at the initial screening of the titles and abstracts because these clearly did not meet the eligibility criteria. We retrieved and assessed the full text of 12 reports. We excluded 3 reports of non-randomized studies. We included 9 reports of 3 studies. [15–17] Fig. 1 shows the study selection process. We did not identify any ongoing trial.

## Study characteristics

### Included studies

We summarized the characteristics of the included studies (country, participants, interventions, outcomes, study design, sample size, follow-up period) in Table 1.

Table 1  
Characteristics of included studies

Study ID (Trial registration)	Study design	Number randomized	Age of included women	Trial arms	Duration of treatment	Outcomes reported	Country
Burke 2018 NCT02293694	Open-label, parallel group, randomized clinical trial	731	18–40	Participants were randomized in a 1:1 ratio to self- or clinician administered subcutaneously DMPA 104 mg	12 months	continuation, satisfaction, failure (unintended pregnancy), side effects	Malawi
Kohn 2018 NCT02509767	Multicenter, open label, randomized parallel group clinical trial	401	15–44	Participants were randomized in a 1:1 ratio to self- or clinician administered subcutaneously DMPA 104 mg	12 months	continuation, satisfaction, failure (unintended pregnancy), side effects	USA
Beasley 2014 NCT01019369	Open label, parallel group, randomized clinical trial	132	18 or greater	Participants were randomized in a 2:1 ratio to self- or clinician administered subcutaneously DMPA 104 mg	12 months	continuation, satisfaction, side effects	USA

#### Methods and setting

We included three RCTs. The three trials included one multi-center trial in USA [15] and two single-site studies in USA [17] and Malawi [16].

#### Participants

Studies included a total of 1264 participants who were randomized to self-administration (651 women) versus a provider administration (613 women). All studies included women, in their reproductive age, receiving DMPA-SC for contraception.

#### Interventions

The three included studies randomized participants to receive self-administered or provider-administered DMPA-SC. The duration of follow-up was 12 months.

#### Outcomes

All included trials reported continuation of injectable contraception at 12 months as patient reported. [15–17] Only one study verified DMPA use by measuring trough MPA levels in blood. [15] Two studies reported failure (unintended pregnancy) and satisfaction [16, 17], two studies reported other (non-serious) adverse events [15, 17], and three studies reported serious adverse events, if any. [15–17]

#### Risk of bias within studies

We presented data on risk of bias of each study in Fig. 2 and Fig. 3. We made an outcome level assessment for detection bias since the lack of blinding may introduce bias in the measurement of women reporting of satisfaction. We judged the

studies to be at high risk of performance bias due to the lack of blinding. The lack of blinding coupled with fixed block size is a potential source of selection bias in two of the included studies. [15, 17] Details and justifications for our judgements are provided in supplementary file 1.

## Results of individual studies and Synthesis of results

Continuation of contraceptive use for 12 months was reported by the included RCTs (3 studies, 1261 women).

Self-administration, compared to provider-administration, improved continuation of contraceptive use (RR 1.3495 [1.0953; 1.6626];  $P = 0.0049$ ); moderate-certainty evidence), although there was substantial heterogeneity ( $\text{Tau}^2 = 0.0239$ ;  $I^2 = 71.4\%$  [3.1%; 91.6%];  $P = 0.0301$ ). We performed a sensitivity analysis using the fixed effect model that returned a Risk Ratio (M-H, Fixed, 95% CI) of 1.4401 [1.3023; 1.5924],  $P < 0.0001$  (Fig. 4). Further, we investigated the source of heterogeneity using the pre-specified subgroup analysis.

For the subgroup analysis HIC vs LMIC, the test for subgroup differences was significant ( $\text{Chi}^2 = 5.71$ ,  $df = 1$ ,  $p = 0.0168$ ). In HIC (2 studies, 530 women), the Risk Ratio (M-H, random, 95% CI) was 1.22 [1.04, 1.43] (very low certainty evidence). The NNT-b is 10 (95% CI, 5 to 53). In LMIC (1 study, 731 women), the Risk Ratio (M-H, random, 95% CI) was 1.59 [1.40, 1.81] (low certainty evidence), The NNT-b is 4 (95% CI, 3 to 5).

For the subgroup analysis by the type of care provider (community health worker vs clinic-based provider), the test for subgroup differences was not significant ( $\text{Chi}^2 = 0.05$ ,  $df = 1$  ( $P = 0.83$ ),  $I^2 = 0\%$ ).

We also carried out a sensitivity analysis to assess the impact of attrition on the outcome of continuation, showing no change in the estimate of the effect.

Satisfaction at 12 months was reported by two studies.

In HIC (1 study, 398 women), Risk Ratio (M-H, Fixed, 95% CI) was 0.95 [0.84, 1.07] (very low certainty evidence). In LMIC (1 study, 731 women), Risk Ratio (M-H, Fixed, 95% CI) was 1.83 [1.61 to 2.07] (low certainty evidence). We did not pool the studies because there was substantial heterogeneity ( $\text{Tau}^2 = 0.22$ ;  $\text{Chi}^2 = 55.34$ ,  $df = 1$  ( $P < 0.00001$ );  $I^2 = 98\%$ ). Test for subgroup differences for HIC vs LMIC:  $\text{Chi}^2 = 53.13$ ,  $df = 1$  ( $P < 0.00001$ ),  $I^2 = 98.1\%$ ). We also carried out a sensitivity analysis to assess the impact of attrition on the outcome of satisfaction, showing no change in the estimate of the effect.

Contraceptive failure (unintended pregnancy) was reported in two studies (1129 women).

Risk Ratio (M-H, Fixed, 95% CI) was 0.47 [0.13, 1.67] (very low certainty evidence).

Only one woman reported serious adverse events in the three included trials (1261 women).

Risk Ratio (M-H, Fixed, 95% CI) was 0.34 [0.01, 8.22] (very low certainty evidence). These serious adverse events were menorrhagia and anemia requiring hospital admission) reported by one woman in the provider-administered group and resolved without sequelae.

Other adverse events were reported in two trials (863 women) with a Risk Ratio (M-H, Fixed, 95% CI) of 0.59 [0.28, 1.28] (very low certainty evidence). The other side effects included injection site pain or irritation, nausea, vomiting, irregular uterine bleeding, headaches, amenorrhea, decreased libido, and weight changes. All these non-serious adverse events did not require hospital treatment.

Details of GRADE summary of findings table all outcomes is shown in Table 2.

**Table 2: Self-administration compared to provider-administered for DMPA-SC to improve contraceptive outcomes**

**Patient or population:** women using DMPA-SC for contraception

**Setting:** Outpatient

**Intervention:** Self-administration

**Comparison:** provider-administered

Outcomes <sup>§</sup>	Nº of participants (studies)	Certainty of the evidence (GRADE)	Relative effect (95% CI)	Anticipated absolute effects	
				Risk with provider-administered	Risk difference with Self-administration
Continuation: All studies	1261 (3 RCTs)	⊕⊕⊕● MODERATE <sup>a,b</sup>	RR 1.35 (1.10 to 1.66)	460 per 1,000	<b>161 more per 1,000</b> (46 more to 304 more)
Continuation – LMIC	731 (1 RCT)	⊕⊕●● LOW <sup>b,c</sup>	RR 1.59 (1.40 to 1.81)	458 per 1,000	<b>270 more per 1,000</b> (183 more to 371 more)
Continuation – HIC	530 (2 RCTs)	⊕●●● VERY LOW <sup>a,b,d</sup>	RR 1.22 (1.04 to 1.43)	463 per 1,000	<b>102 more per 1,000</b> (19 more to 199 more)
Satisfaction – LMIC	731 (1 RCT)	⊕⊕●● LOW <sup>b,c,e</sup>	RR 1.83 (1.61 to 2.07)	447 per 1,000	<b>371 more per 1,000</b> (273 more to 478 more)
Satisfaction – HIC	398 (1 RCT)	⊕●●● VERY LOW <sup>a,b,c,e</sup>	RR 0.95 (0.84 to 1.07)	730 per 1,000	<b>37 fewer per 1,000</b> (117 fewer to 51 more)
Pregnancy	1129 (2 RCTs)	⊕●●● VERY LOW <sup>a,b,d,f</sup>	RR 0.47 (0.13 to 1.67)	12 per 1,000	<b>7 fewer per 1,000</b> (11 fewer to 8 more)
Serious Adverse events	1261 (3 RCTs)	⊕●●● VERY LOW <sup>a,b,d,f,g</sup>	RR 0.34 (0.01 to 8.22)	2 per 1,000	<b>1 fewer per 1,000</b> (2 fewer to 12 more)
Other Adverse events	863 (2 RCTs)	⊕●●● VERY LOW <sup>a,b,d,f,g</sup>	RR 0.59 (0.28 to 1.28)	41 per 1,000	<b>17 fewer per 1,000</b> (30 fewer to 12 more)

\***The risk in the intervention group** (and its 95% confidence interval) is based on the assumed risk in the comparison group and the **relative effect** of the intervention (and its 95% CI).

<sup>§</sup> Outcomes assessed with: Patient reported. Follow up: mean 12 months

**CI:** Confidence interval; **RR:** Risk ratio

**GRADE Working Group grades of evidence**

**High certainty:** We are very confident that the true effect lies close to that of the estimate of the effect

**Moderate certainty:** We are moderately confident in the effect estimate: The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different

**Low certainty:** Our confidence in the effect estimate is limited: The true effect may be substantially different from the estimate of the effect

**Very low certainty:** We have very little confidence in the effect estimate: The true effect is likely to be substantially different from the estimate of effect

#### Explanations

1. Two studies had a potential source of selection bias related to the specific study design used: no blinding with a fixed block size.
2. Neither participants nor study staff were masked due to the nature of interventions. We judge that the performance is likely to be influenced by lack of blinding.
3. Data from one study and optimal information size not fulfilled
4. The number of participants does not reach the optimal information size.
5. No blinding of outcome assessor. We judge that the outcome measurement is likely to be influenced by lack of blinding.
6. Wide confidence interval encompassing large effect size and no effect
7. Data from studies with rare events.

## Discussion

This review included three RCTs (1264 participants) that compared self-administered with provider administered DMPA-SC contraception. Self-administration, compared to provider-administration, significantly increased continuation. It was not possible to estimate an overall effect for women satisfaction, due to considerable heterogeneity with different direction of the effect estimate. There was no significant difference for unintended pregnancy, serious adverse events, and other adverse events (very low certainty evidence).

The main results suggest that self-administration, compared to provider-administration, probably improves continuation of DMPA-SC contraceptive method use. The effect size is larger in LMIC than in HIC and in younger than older women.

It is difficult to present a general effect estimate for women satisfaction because of multiple factors. First, only two trials reported satisfaction. Second, women reporting this outcome were not masked, obviously due to the nature of intervention. Considerable heterogeneity was detected with different effect. Test for subgroup differences, LMIC vs HIC, was significant. Consequently, we did not pool the data from these 2 studies.

We are uncertain about the effect on unintended pregnancy and adverse events because evidence was very low certainty. Only one woman in the three studies reported a serious adverse event, probably not related to the route of injection.

The three Included trials were at high risk of performance bias due to the lack of blinding of participants and personnel. The lack of blinding may also introduce detection bias at the outcome level for self-reported satisfaction. Further, the use of fixed size block randomization in two studies [15, 17] coupled with the lack of blinding may have introduced selection bias.

We considered heterogeneity induced by country level (HIC vs LMIC). Test for subgroup differences was significant and explained substantial heterogeneity in continuity and satisfaction. We decided to combine the data and report totals and subtotals in subgroup meta-analyses for continuity along with a sensitivity analysis of the model. We did not combine data for satisfaction.

We made an a-priori decision to separate pooled estimates of the effect of self-administration on continuation for HIC and LMIC. Availability and accessibility differ and would result in larger and differential effects of self-administration in LMIC compared to HIC. Subgroup analyses of studies showed a larger effect of self-administration in LMIC. Regarding satisfaction, we did not combine the 2 studies (one from HIC and the other from LMIC) because of considerable heterogeneity. Estimates differed in direction and providing an average from a random effect mode would have been misleading.

#### Potential biases in the review process

We worked to reduce potential publication bias by conducting an extensive search without language restriction in major electronic databases and by scanning references of identified reviews and included studies. Nevertheless, we cannot rule out the possibility that we have missed relevant studies that were not published. Not all data needed to perform a full effect-modifier investigation could be extracted from the published reports or revealed from the original authors. Thus, differences in age and education might modify or confound our reported estimates. We have not assessed the cost, ease of access, or the time to receive the contraception. This is important for program managers and policy makers.

#### Agreements and disagreements with other studies or reviews

Other previously published reviews attempted to answer questions of safety, effectiveness of injectable contraceptive with different scopes and rigor. [18–21]

We focused on DMPA-SC. We asked a question that is relevant to clinicians and women with participant-oriented outcomes. We restricted our eligibility criteria to RCTs. We regard this stringent criterion critical to mitigate the potential selection bias in included studies. Potential performance and detection bias were a matter of concern in all studies because blinding was not possible due to the nature of the interventions. Adding observational studies to the body of evidence would further lower our confidence in the estimates without a clear justification for including such studies. Further, in contrast to other reviews, clinical and methodological heterogeneity between studies have been carefully considered. This distinguishes our systematic review and its associated conclusions from previous ones.

#### Implications for practice

The time-honored code of conduct in healthcare, “first do no harm” cannot be overstated when drafting implications for practice especially in areas like family planning.

With proper training in injection technique and schedule of administration, women may self-inject with DMPA-SC if their healthcare provider determines that it is appropriate, according to medical eligibility criteria, [1] and with medical follow-up, as necessary. [22]

Subcutaneous self-injection is practiced and is safe in other drugs such as insulin and heparin without serious risks attributed to self-administration. [23]

Self-injection with DMPA SC enhances privacy and confidentiality. It gives women decision-making power over reproductive choices. Self-injection might be important in certain humanitarian conditions, where access to health care facility may be challenging, for example during adverse weather conditions, in displacement and when people are on the move. Expanding coverage of self-administered DMPA-SC may increase patient-centeredness and accessibility of contraception as well as reduce patient anxiety around COVID-19 transmission without losing contraceptive access. [24]

Healthcare providers and program managers can add the option for DMPA-SC self-injection by women when considered appropriate by a healthcare professional. Self-injection of DMPA-SC may have a favorable effect on health economic and implementation outcomes. [24–26]

## Conclusions

Self-administered, compared to provider administered, DMPA-SC probably improves continuation of contraceptive use. We are uncertain about the effects on satisfaction, contraceptive failure, and adverse events because of a very low certainty evidence.

## Abbreviations

CI

Confidence intervals

DMPA

Depot medroxyprogesterone acetate

DMPA-SC

Subcutaneous depot medroxyprogesterone acetate

GRADE

Grading of Recommendations, Assessment, Development and Evaluation

HIC

High income countries

LMIC

Low and Middle Income Countries

MPA

Medroxyprogesterone acetate

NNT

Number needed to treat

RCTs

Randomized controlled trials

RR

Risk ratio

## Declarations

Ethics approval and consent to participate

Not applicable.

Consent for publication

Not applicable.

Availability of data and material

Not applicable.

Competing interests

The authors declare that they have no competing interests.

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## Authors' contributions

All authors jointly contributed to conception and design of the review.

FS and AA screened titles, abstracts, and full text articles for eligibility; extracted data from the included studies; assessed of risk of bias; and revised the final draft of the review.

RK, LM revised the analysis and the final draft of the review

AN: Designed and conducted database searches, revised screening of studies, revised the risk of bias assessment and resolved disagreements; conducted meta-analyses; created GRADE 'Summary of findings' table; and wrote the final draft of the review.

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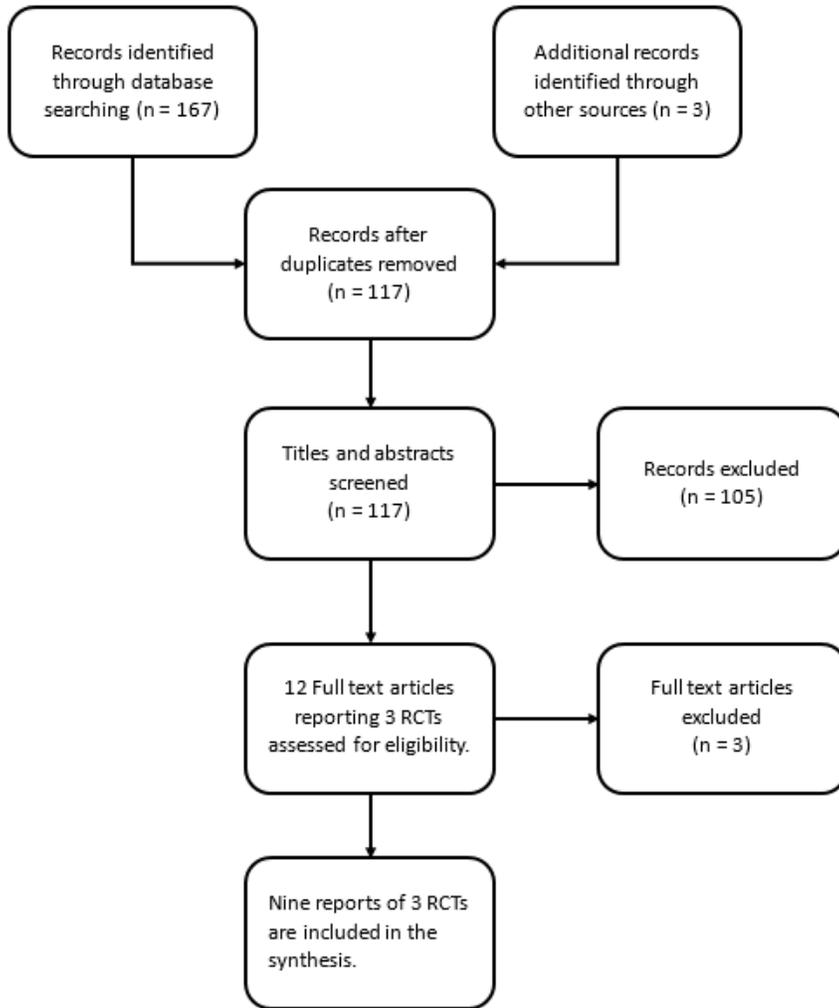
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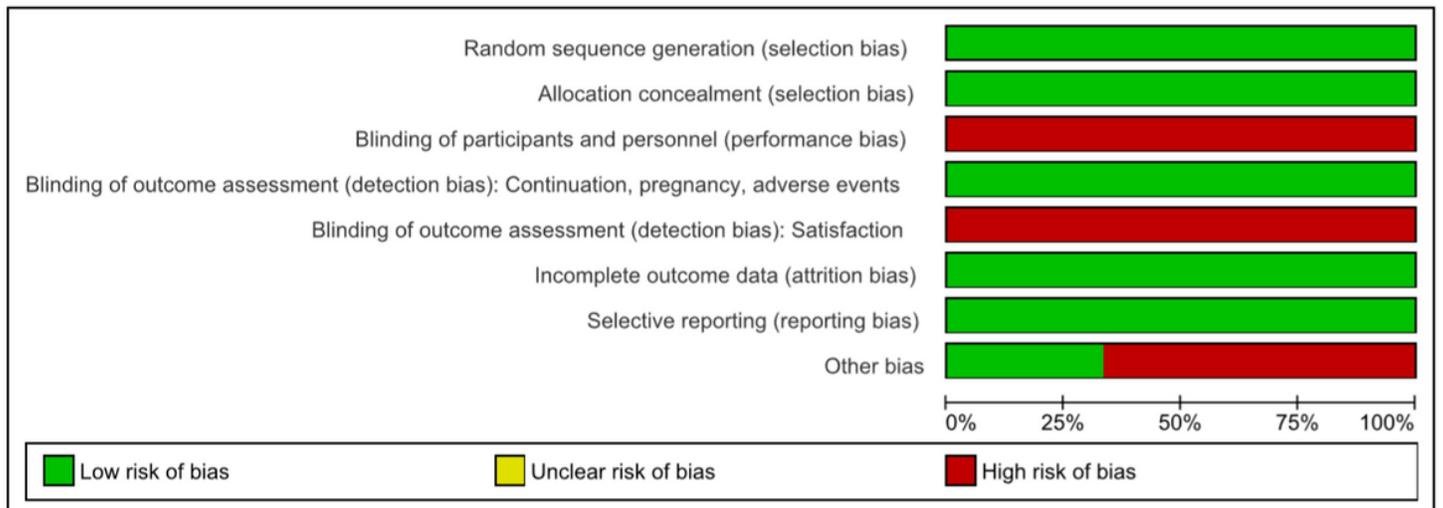
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# Figures



**Figure 1**

PRISMA Study flow chart



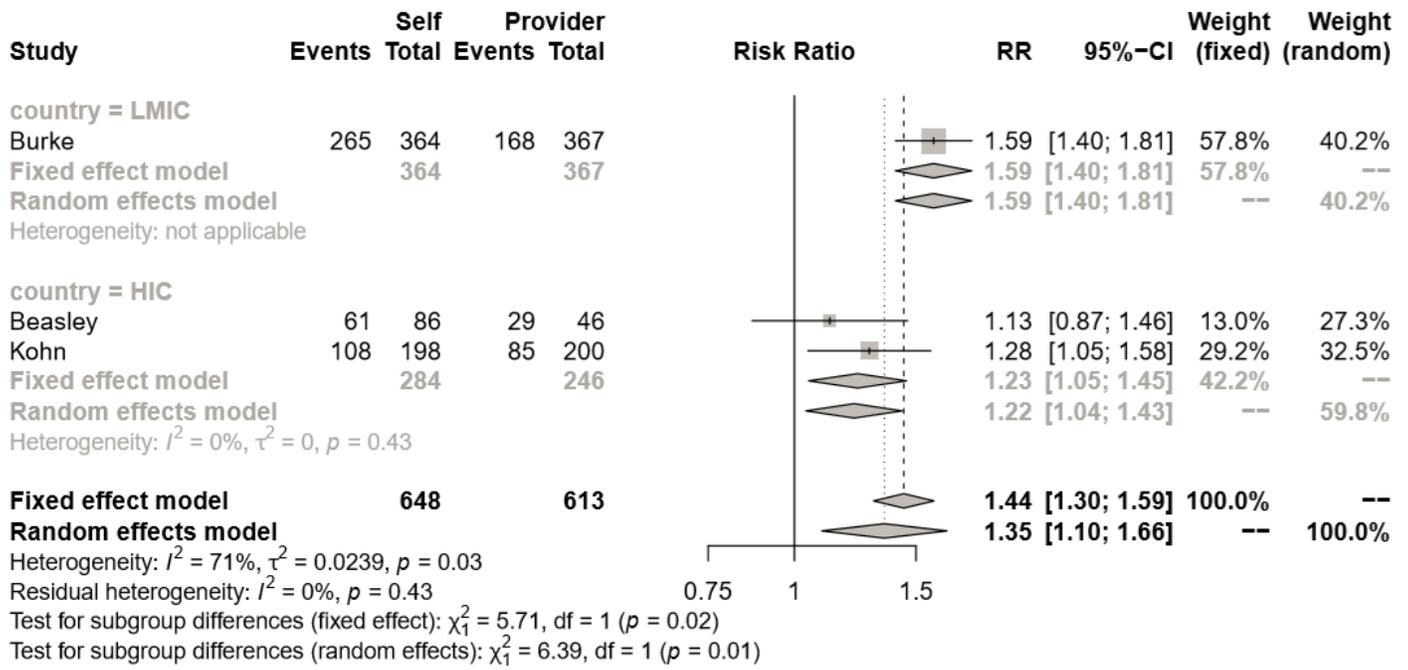
**Figure 2**

We presented data on risk of bias of each study

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias): Continuation, pregnancy, adverse events	Blinding of outcome assessment (detection bias): Satisfaction	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Beasley 2014	+	+	-	+	-	+	+	-
Burke 2018	+	+	-	+	-	+	+	+
Kohn 2018	+	+	-	+	-	+	+	-

**Figure 3**

We made an outcome level assessment for detection bias since the lack of blinding may introduce bias in the measurement of women reporting of satisfaction.



**Figure 4**

We performed a sensitivity analysis using the fixed effect model that returned a Risk Ratio (M-H, Fixed, 95% CI) of 1.4401 [1.3023; 1.5924],  $P < 0.0001$

## Supplementary Files

This is a list of supplementary files associated with this preprint. Click to download.

- [DMPAPRISMAchecklist.doc](#)
- [DMPAsupplementary.docx](#)