

Results of the Caya® Diaphragm Online Survey in 2019

Objectives:

Data on the use of the Caya diaphragm will be collected through consultation with users. Questions will include frequency of use, satisfaction with use, understanding of accompanying documents.

Method:

A minimum number of 100 participants was defined. The survey was conducted by means of an online questionnaire. Participants were recruited via a social media call using the Caya® Facebook page and Instagram in German. A link to the survey page was published, through which the participant could access the questions. An automatic analysis of the answers was carried out via the "Type-form" platform, which automatically generated the results of the survey.

The participants were asked 24 questions including three follow-up questions.

Most questions were taken from the previous year's surveys in order to be able to make comparable statements and define any trends. More questions were added to get more detailed answers and thus a better understanding of how the women use this method.

Note: Due to the rounding of decimal places, the sum of the answers may not add up to exactly 100%.

Question No. 1

Is this your first Caya® diaphragm?

YES 81 %

NO 19 %

The Caya® diaphragm is also suitable for diaphragm beginners: more and more women who have no experience with this contraceptive method are opting for the Caya® diaphragm. Only 19% of those surveyed stated that they had previously used a diaphragm for contraception. Probably, they will now use a new diaphragm after two years of usage.



Question No. 2

How did you first become aware of the Caya® diaphragm?

- Google search 32 %
- My gynecologist 30 %
- A friend 17 %
- Instagram 2 %
- Facebook 2 %
- A counseling center 2 %
- Caya homepage 1 %
- Others 14 %

The large majority of participants obtain information about the Caya® diaphragm online (Instagram, Facebook or Google search). Nevertheless, getting information about the diaphragm via a gynecologist seems to be important. Also, the number of women hearing about the Caya® from a friend is quite high with 17 %.

Question No. 3

How long have you been using the Caya® diaphragm for contraception?

- Less than 3 months 73 %
- About 1 – 3 years 11 %
- About 3 – 12 months 9 %
- Longer than 3 years 7 %

Question No. 4

What method did you use for contraception before taking the Caya® diaphragm?

- Condom 38 %
- Pill 29 %
- Natural Family Planning (NFP) 7 %
- No contraception 6 %
- Contraceptive Ring (Nuvaring) 5 %



Hormone IUD (e.g. Mirena) 4 %
IUD 4 %
Diaphragm 2 %
Three-month injection 1 %
Hormone measurement system 1 %
Contraceptive computer (e.g. Cyclotest) 1 %
Contraceptive patch 1 %
Hormone implants 1 %
Other 1 %

This year's surprise: Most of the participants used condoms for contraception before the Caya® diaphragm. Still, the overall proportion of hormonal contraceptive methods was comparatively high. The condom is still one of the most frequently used non-hormonal contraceptive methods; an important point here will be protection against STIs. Furthermore, a growth in "Natural Family Planning (NFP)" can be observed. At this point, the results reflect the demand for alternative methods, just as in the years before.

Question No. 5

Did you get medical advice before using the Caya® Diaphragm for the first time?

YES 52 %
NO 48 %

Medical advice before using the Caya® was perceived by more than half of the respondents. The result may be due to the higher proportion of first-time Caya® users - 81% of users reported using the Caya® for the first time (See question 1).

Question No. 6

If question No. 5 was answered with YES: What was the reason for a medical consultation?

I always talk to my gynecologist about contraception beforehand. 66 %
I was unsure if the Caya® had the right fit. 25 %
I have anatomical peculiarities. 1 %
Others 8 %



In the group of users who received medical advice prior to first use, the most frequent reason given for the advice was to check the correct fit of the Caya® (57%). Considering the number of first-time Caya® users, lack of experience can be listed as a possible reason. This assumption is reinforced by the statement that the topic of "contraception" is discussed with the gynecologist (38%). This shows that the gynecologist's office is still an integral part of contraceptive counseling.

Question No. 7

Do you use the Caya® diaphragm in combination with other contraceptive methods?

NO 57 %

YES 43 %

Interestingly, more than half (57%) of participants reported not using the Caya® diaphragm in combination with other contraceptive methods. On the other hand, 43 % do so. The method used in combination can be seen in the next row.

Question No. 8

If question No. 7 was answered with YES: What method is it?

Condom 54 %

Natural Family Planning 42 %

Contraceptive computer 3 %

Others 1 %

In the group of users who combine the Caya® diaphragm with other contraceptive methods, the condom and Natural Family Planning were named most frequently.

Question No. 9

Do you use the Caya® diaphragm during menstruation?

NO 72 %

YES 28 %



Question No. 10

Which contraceptive gel do you use together with the Caya® diaphragm?

Caya® Gel 93 %

None at all 4 %

Contragel® green 3 %

According to the results of this survey, most users use the Caya® gel (93%). This is very important: The Caya® diaphragm should always be used in combination with a contraceptive gel. Overall, 96% of respondents use the Caya® diaphragm in combination with a contraceptive gel (Caya® Gel and Contragel® green).

Question No. 11

Why did you choose the Caya® diaphragm?

No more desire for taking hormones. 39 %

It has no side effects. 24 %

I only need to use it if I want to use contraception. 22 %

I would like to be more aware of my sexuality and contraception. 15 %

I use it while breastfeeding. 3 %

Others 2 %

The fact that there are no side effects when using the Caya® diaphragm is a decisive criterion for this contraceptive method for many respondents. The survey also showed that awareness of the importance of contraception and sexuality has increased. Thus, 22% confirmed that they would like to be more aware of their sexuality and contraception. Self-determination also plays an important role. The most important aspect for the decision to use the Caya® diaphragm is the desire for a hormone-free contraceptive method. This was confirmed by 39% of respondents.

Question No. 12

How often do you use the Caya® Diaphragm?

More than 4 times a month. 50 %

Up to 4 times a month. 31 %

Once per month. 15 %

Less than once per month. 5 %



Question No. 13

Do you use the Caya® Diaphragm every time you have sexual intercourse?

No, I don't. 65 %

Yes, always. 35 %

Approx. a third of the women stated that they do not use the Caya® diaphragm every time they have sexual intercourse. This confirms the statement that women only use it when they need contraception. The focus here is again on self-determined decisions.

Question No. 14

Do you always use the contraceptive gel together with the Caya® diaphragm?

Always together with the Caya diaphragm. 93 %

I do not use a contraceptive gel. 4 %

Sometimes together with the Caya diaphragm. 3 %

Question No. 15

Did you have any problems using the Caya® diaphragm?

No, everything's fine. 84 %

Yes, I did. 17 %

Most women can use the Caya® without any problems.

This was also documented in clinical studies conducted in the USA with regard to the use of the Caya® diaphragm. It was shown that of the 500 participants in the study, 80% were able to use the diaphragm correctly after reading the accompanying documents, without coaching or advice from healthcare professionals.

Question No. 16

If question No. 15 was answered with YES: What were the problems?

When placing it correctly. 37 %

When taking it out. 17 %

It has turned. 14 %



When introducing it. 11 %

Others 20 %

Question No. 17

What does your partner think about contraception with the Caya® diaphragm?

He thinks it's good. 74 %

He doesn't care. 15 %

He doesn't know I'm using it. 11 %

Others 5 %

The majority of the participants stated that their partner liked using the diaphragm. In this cases, contraception may be seen as based on partnership and both partners agreement with the method.

Question No. 18

Does your partner feel the diaphragm during sexual intercourse?

NO 73 %

YES 27 %

Once again, we asked if the partner could feel the Caya®. As in the years before, the vast majority of the respondents said that their partner could not feel it during intercourse.

Question No. 19

If question No. 18 was answered with YES: How does your partner find it feeling the Caya® diaphragm?

Neutral 83 %

Unpleasant 17 %

Question No. 20

What is sexual intercourse like for you with the Caya® diaphragm?

Unchanged 69 %

Better than before 26 %

Worse than before 5 %



Question No. 21

Would you recommend the Caya® Diaphragm?

Yes, definitely. 100 %

A full 100 % would recommend the Caya® to others. A great result for the contentment of our users with the product.

Question No. 22

How old are you?

26 – 35 years 40 %

18 – 25 years 30 %

36 – 45 years 18 %

Over 45 years 10 %

Younger than 18 years 1 %

Question No. 23

Are you living in a committed relationship?

YES 87 %

NO 13 %

Question No. 24

How many children do you have?

None 66 %

Two children or more 22 %

One child 11 %



Summary

In 2019, 176 participants took part in the survey. The results of this year's post-marketing survey confirm that more and more women want to use a non-hormonal contraceptive method without side effects - and only when contraception is needed.

The use of the Caya® diaphragm is also largely unproblematic when used for the first time. However, the survey showed that half of the users took advantage of medical advice regarding the correct fit (accuracy of fit) before using the device for the first time. For one third of the participants, the subject of contraception is still thematically located in the gynecologist's office.

The fact that no side effects occur when using the Caya® diaphragm is a decisive criterion for this contraceptive method for a large proportion of respondents. The survey also showed that awareness of the importance of contraception and sexuality has increased.

Self-determination is important to a lot of the users. Likewise, many survey participants confirmed that they would like to be more aware of their sexuality and contraception. The most important aspect for the decision to use the Caya® diaphragm is the desire for a hormone-free contraceptive method.

We hope that more and more women will choose the Caya® diaphragm as their contraceptive method. We thank all users for participating in the Caya survey 2019 – with their support, we receive an important feedback.

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