

## Results of the Caya® Diaphragm Online Survey in 2020

### 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:

As in previous years, 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® Instagram profile 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 platform "Typeform", which automatically generated the results of the survey.

The participants were asked 21 questions and three follow-up questions.

The questions were taken from the previous year's surveys in order to be able to make comparable statements and define any trends.

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 88 %

NO 11 %

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 11% 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 26 %
- Instagram 17 %
- Facebook 14 %
- A friend 12 %
- My gynecologist 10 %
- A counseling center 6 %
- Caya homepage 1 %
- Others 10 %

The large majority of participants obtain information about the Caya® diaphragm from social media (17% Instagram, 14% Facebook) or onlinesearch (26% Google search). Contact with a gynecologist or a counseling center should also not be neglected. Also, the number of women hearing about the Caya® from a friend is increasing more and more over the years.

## Question No. 3

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

- Less than 3 months 42 %
- About 1 – 3 years 28 %
- About 3 – 12 months 25 %
- Longer than 3 years 3 %

## Question No. 4

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

- Condom 34 %
- Pill 34 %
- Natural Family Planning (NFP) 9 %
- Contraceptive Ring (Nuvaring) 8 %



Hormone IUD (e.g. Mirena) 3 %  
IUD 3 %  
No contraception 2 %  
Three-month injection 2 %  
Contraceptive computer (e.g. Cyclotest) 2 %  
Diaphragm 1 %  
Hormone implants 1 %  
Cervical cap 1 %  
Contraceptive patch 1 %  
Other 1 %

As in the surveys of previous years, the "pill" and condoms were mostly used for contraception before the women used the Caya® diaphragm. Overall, the 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 surely 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, hormone-free contraceptive methods.

## Question No. 5

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

YES 51 %

NO 48 %

Medical advice before using the Caya® was perceived by half (51%) of the respondents. The proportion may be due to the higher proportion of first-time Caya® users - 88% 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 was unsure if the Caya® had the right fit. 57 %

I always talk to my gynecologist about contraception beforehand. 38 %

I have anatomical peculiarities. 5 %



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?**

YES 54 %

NO 45 %

As in previous years, more than half (54%) of participants reported using the Caya® diaphragm in combination with other contraceptive methods.

## Question No. 8

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

Condom 49 %

Natural Family Planning 41 %

Contraceptive computer 7 %

Others 2 %

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 70 %

YES 29 %



## Question No. 10

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

Caya® Gel 71 %

None at all 14 %

Contragel® green 11 %

Others 2 %

The Caya® diaphragm should always be used in combination with a contraceptive gel. According to the results of this survey, most users use the Caya® gel (71%). Overall, 82% of respondents use the Caya® diaphragm in combination with a contraceptive gel.

## Question No. 11

**Why did you choose the Caya® diaphragm?**

No more desire for taking hormones. 30 %

It has no side effects. 26 %

I only need to use it if I want to use contraception. 20 %

I would like to be more aware of my sexuality and contraception. 20 %

I use it while breastfeeding. 2 %

Others 2 %

The fact that there are no side effects when using the Caya® diaphragm is a decisive criterion for this contraceptive method for a lot of respondents. The survey also showed that awareness of the importance of contraception and sexuality has increased. Thus, 20% confirmed that they would like to be more aware of their sexuality and contraception. Self-determination also plays an important role for the female users surveyed. 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 30% of respondents.

## Question No. 12

**How often do you use the Caya® Diaphragm?**

Up to 4 times a month. 41 %

More than 4 times a month. 32 %

Once per month. 14 %

Less than once per month. 11 %



## Question No. 13

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

No, I don't. 51 %

Yes, always. 48 %

Half 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 want to use contraception. The focus here is again on self-determined contraception.

## Question No. 14

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

Always together with the Caya diaphragm. 82 %

Sometimes together with the Caya diaphragm. 9 %

I do not use a contraceptive gel. 8 %

## Question No. 15

**Did you have any problems using the Caya® diaphragm?**

No, everything's fine. 90 %

Yes, I did. 9 %

The survey results from 2020 again support the statement that most women (90%) 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. 73 %

It has turned. 18 %

When introducing it. 9 %



## Question No. 17

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

He thinks it's good. 70 %

He doesn't care. 19 %

He doesn't know I'm using it. 6 %

Others 3 %

The majority of the participants stated that their partner found it good to use the diaphragm. In these cases, contraception may be seen as based on partnership and that both partners agree with the method.

## Question No. 18

**Does your partner feel the diaphragm during sexual intercourse?**

NO 73 %

YES 26 %

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 72 %

Stimulating 14 %

Unpleasant 14 %

## Question No. 20

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

Unchanged 68 %

Better than before 24 %

Worse than before 6 %



## Question No. 21

**Would you recommend the Caya® Diaphragm?**

Yes, definitely. 97 %

No, rather not. 2 %

A full 97 % 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 43 %

18 – 25 years 37 %

36 – 45 years 12 %

Over 45 years 6 %

## Question No. 23

**Are you living in a committed relationship?**

YES 92 %

NO 7 %

## Question No. 24

**How many children do you have?**

None 69 %

One child 21 %

Two children or more 9 %





## Summary

In 2020, 109 participants took part in the survey. The results of this year's post-marketing survey confirm that there is a need for more hormone-free alternatives without side effects and good access to information about it.

The use of the Caya® diaphragm is also largely unproblematic when used for the first time. The number of survey participants who use a Caya® for the first time is still high. This can explain why 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 20% of the users surveyed. Likewise, 20% of the 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 2020 – with their support, we receive an important feedback and hope to improve the product more and more.

# Medintim

Kessel Medintim GmbH

