

Results of the Caya® Diaphragm Online Survey in 2021

The Caya user survey was also conducted in 2021 - now for the eighth time. Among other things, we were interested in: Who are the users? What is their lifestyle like? How did they find out about the Caya® diaphragm and how do they cope with using it? 100 participants shared their experiences with us and gave us honest feedback.

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 22 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%.

Getting to know the product and usage

Question No. 1

Is this your first Caya® diaphragm?

YES 78 %

NO 22 %

Question No. 2

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

Google search 28 %

Instagram 24 %



My gynecologist 12 %
A friend 10 %
Facebook 7 %
A counseling center 6 %
Caya homepage 3 %
Others 10 %

Question No. 3

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

About 3 – 12 months 37 %
About 1 – 3 years 34 %
Less than 3 months 22 %
Longer than 3 years 7 %

Most of the respondents are now using a Caya® diaphragm for the first time. They became aware of it primarily via the internet: Online searches or social media platforms are mostly used to obtain initial information about the contraceptive method and, if applicable, to already exchange information with other interested parties there. But gynecologists and friends are also frequent points of contact for talking about hormone-free contraception and thus the diaphragm.

Previous method and medical consultation

Question No. 4

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

Pill 54 %
Condom 45 %
Natural Family Planning (NFP) 15 %
Contraceptive Ring (Nuvaring) 15 %
No contraception 10 %
IUD 6 %
Contraceptive computer (e.g. Cyclotest) 4 %



Hormone IUD (e.g. Mirena) 2 %
Contraceptive patch 2 %
Diaphragm 1 %
Hormone implants 1 %
Three-month injection 2 %
Others 1 %

Question No. 5

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

NO 57 %
YES 43 %

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. 70 %
I always talk to my gynecologist about contraception beforehand. 26 %
I have anatomical peculiarities. 5 %

As in the previous Caya® surveys, most women used the "pill" for contraception before they used Caya®. Overall, the share of hormonal contraceptive methods was a full 74 %. In addition, the condom remains one of the most widely used contraceptive methods - especially since it also protects against STIs.

More than half of the respondents had received medical advice. The reason for this could be the high number of those using a Caya® diaphragm for the first time and therefore wanting to clarify points such as correct handling in advance.

Combination with other methods and reasons for using Caya®

Question No. 7

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

YES 58 %
NO 42 %



Question No. 8

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

Natural Family Planning 47 %

Condom 46 %

Contraceptive computer 7 %

Question No. 9

Why did you choose the Caya® diaphragm?

No more desire for taking hormones. 33 %

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. 17 %

I use it while breastfeeding. 3 %

Others 1 %

58% of participants use Caya® in combination with other hormone-free contraceptive methods, for example as a backup method on fertile days. Caya® can be used with condoms without any problems.

The most frequently cited reason for opting for Caya® is a move away from hormonal contraception; after all, many users previously used hormonal methods such as the "pill". Added to this is a more conscious approach to the subject of sexuality and contraception and the advantage of low side effects.

Cleaning, frequency of use and combination with contraceptive gel

Question No. 10

How do you clean the Caya® diaphragm? (Open answers)

Summary of answers:

With water and soap / boiling out / soap and warm water / water only / soap that is pH neutral and water / sensitive soap and water / mild soap and water



Question No. 11

Do you use the Caya® diaphragm during menstruation?

NO 73 %

YES 27 %

Question No. 12

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

Caya® Gel 84 %

Contragel® green 13 %

None at all 2 %

Others 1 %

Question No. 13

How often do you use the Caya® Diaphragm?

Up to 4 times a month. 49 %

More than 4 times a month. 33 %

Once per month. 9 %

Less than once per month. 9 %

Question No. 14

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

Yes, always. 55 %

No, I don't. 45 %

Question No. 15

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

Always together with the Caya diaphragm. 96 %

I do not use a contraceptive gel. 3 %

Sometimes together with the Caya diaphragm. 1 %

It is essential to use the Caya® diaphragm together with a contraceptive gel, as this has been shown to increase the effectiveness of the method. The Caya® gel and Contragel® green are identical in composition and contain, among other things, lactic acid and



cellulose. Most of our respondents use the Caya® Gel together with the diaphragm and, fortunately, always consistently. Slightly more than half of the respondents use the diaphragm and gel during every sexual intercourse.

Possible issues during use

Question No. 16

Did you have any problems using the Caya® diaphragm?

No, everything's fine. 74 %

Yes, I did. 26 %

Question No. 17

If question No. 16 was answered with YES: What were the problems?

When placing it correctly. 37 %

It has turned. 21 %

When inserting it. 16 %

When taking it out. 16 %

Others 11 %

Question No. 18

Would you recommend the Caya® Diaphragm?

Yes, definitely. 100 %

Most users are using Caya® for contraception for the first time. A pleasing result here: a large proportion of them had no problems at all in using it. Among those who had initial difficulties, the correct placement of the diaphragm was mentioned most often. Nevertheless, all respondents would recommend the Caya® diaphragm to others.



Contentment of the partner

Question No. 19

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

He thinks it's good. 79 %

He doesn't care. 13 %

He doesn't know I'm using it. 2 %

Others 6 %

Question No. 20

Does your partner feel the diaphragm during sexual intercourse?

NO 72 %

YES 28 %

Question No. 21

If question No. 20 was answered with YES: How does your partner find it feeling the Caya® diaphragm?

Neutral 64 %

Unpleasant 29 %

Stimulating 7 %

Question No. 22

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

Unchanged 62 %

Better than before 30 %

Worse than before 8 %

Of course, we were also interested in how the diaphragm was received by both partners. Over 70% of the partners did not feel the Caya® diaphragm; if it is felt, it is rarely perceived as unpleasant, mostly neutral, sometimes even stimulating. For one third of the users themselves, sexual intercourse with the Caya® is even better than before.



Information on age, marital status and number of children

Question No. 23

How old are you?

- 26 – 35 years 54 %
- 18 – 25 years 33 %
- 36 – 45 years 11 %
- Over 45 years 2 %

Question No. 24

Are you living in a committed relationship?

- YES 87 %
- NO 13 %

Question No. 25

How many children do you have?

- None 74 %
- Two children or more 15 %
- One child 11 %

Our conclusion

The typical Caya® user from this year's survey is between 26 and 35 years old, lives in a committed relationship and has no children. She is using the Caya® diaphragm for the first time and previously used the "pill" for contraception. They decided in favor of the Caya® in order to be able to use hormone-free contraception and avoid side effects. Her partner welcomes contraception with the diaphragm.

The survey also shows that awareness of hormone-free contraception in general and how to deal with one's own sexuality are continuing to move into sharper focus.

Above all, we would like to thank all the participants in this year's survey. Their support provides us with important feedback on contraception with the Caya® diaphragm and user satisfaction.

Kessel Medintim GmbH

