

# Study Eases Fear Around Birth Control Side Effects

Evidence does not support a link between hormonal contraceptives and depression

The Ohio State University Wexner Medical Center

Produced by: MediaSource <a href="http://www.mediasourcetv.com">www.mediasourcetv.com</a>	To download broadcast-quality video and other multimedia elements: <a href="http://bit.ly/2ooHNOJ">http://bit.ly/2ooHNOJ</a>
Package Length: 1:26	Content provided by: <b>The Ohio State University Wexner Medical Center</b>

## NEWS PACKAGE



<b>SUGGESTED TEASE</b>	WOMEN ARE FACED WITH SEVERAL OPTIONS WHEN IT COMES TO BIRTH CONTROL, SO POTENTIAL SIDE EFFECTS OFTEN FACTOR INTO THEIR DECISION. COMING UP, A NEW STUDY THAT'S MAKING THEIR CHOICE A LITTLE EASIER.
<b>ANCHOR LEAD</b>	NEARLY ALL WOMEN USE SOME METHOD OF BIRTH CONTROL IN THEIR LIFETIME <sup>1</sup> . BUT FOR SOME, THE SIDE EFFECTS MAY OUTWEIGH THE BENEFITS. MANY WOMEN CITE DEPRESSION AS THE REASON THEY DISCONTINUE USE, AND PRIOR RESEARCH HAS LINKED DEPRESSION WITH VARIOUS TYPES OF HORMONAL CONTRACEPTIVES. NOW A NEW STUDY SAYS THERE IS NOT ENOUGH EVIDENCE TO MAKE THAT CLAIM. BARB CONSIGLIO HAS THE DETAILS.
<b>(PACKAGE START) -----</b>	
<b>CG: Courtesy: The Ohio State University Wexner Medical Center</b> :00 - :03	(Nats - Sound) :02
Shots of patient watering plants	GINA CARLOMAGNO (car-low- <b>MAG</b> -no) HAS SUFFERED WITH DEPRESSION IN THE PAST AND WORRIED ABOUT HOW HORMONAL BIRTH CONTROL MIGHT AFFECT HER MOOD. :05
<b>CG: Gina Carlomagno</b> Takes hormonal birth control	<i>"Sometimes with those hormonal imbalances when you're trying to adjust to a new birth control, sometimes those emotions get, you know, out of whack."</i> :09
Dr. Worly walking into exam room and shaking hands with patient	IT'S A FEAR THAT DOCTORS HEAR OFTEN FROM THEIR PATIENTS. :04
<b>CG: Dr. Brett Worly</b> Ohio State Wexner Medical Center	<i>"We live in a very media-savvy age and a digital media presence where if one person or a few people end up having a severe side effect from a medication, all of a sudden, that really gets amplified to every single person."</i> :13

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>

<p>Tight shot of Dr. Worly picking up types of contraceptives</p> <p>Shots of Dr. Worly explaining method to patient</p>	<p>SO TO EASE PATIENT CONCERNS, DR. BRETT WORLY (<b>WERE</b>-lee) AND HIS TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER REVIEWED THOUSANDS OF STUDIES ON THE MENTAL HEALTH EFFECTS OF CONTRACEPTIVES. THE RESEARCH INCLUDED DATA TIED TO VARIOUS METHODS OF BIRTH CONTROL, INCLUDING PILLS, INJECTIONS AND IMPLANTS, AND IN EVERY INSTANCE, THEIR FINDINGS WERE THE SAME. :19</p>
<p><b>Dr. Brett Worly (CG'd earlier)</b></p> <p>Shots of Gina taking her birth control</p>	<p><i>“The biggest misconception is that hormonal contraception leads to depression. For most patients, that just doesn't seem like it's the case.” :09</i></p> <p>RESEARCHERS REVIEWED THE USE OF BIRTH CONTROL IN ADOLESCENTS, POSTPARTUM WOMEN AND THOSE WHO HAD A HISTORY OF DEPRESSION. :12</p>
<p><b>Dr. Brett Worly (CG'd earlier)</b></p> <p>Shots of Dr. Worly demonstrating how IUD is placed</p>	<p><i>“Overwhelmingly, this is a safe method and women should feel comfortable making this choice.” :04</i></p> <p>WORLY BELIEVES PATIENT CONCERNS ARE VALID, AND WANTS WOMEN TO CONTINUE HAVING AN OPEN AND HONEST DISCUSSION WITH THEIR DOCTOR. :06</p>
<p><b>Gina Carlomagno (CG'd earlier)</b></p> <p>Patient taking pill</p> <p><b>(PACKAGE END)</b> -----</p> <p><b>ANCHOR TAG</b></p>	<p><i>“He goes over the facts. He went through everything with me, and I kind of felt, alright, I feel confident that this is the best choice for me right now.” :07</i></p> <p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :05</p> <hr/> <p>EXPERTS SAY FURTHER RESEARCH IS NEEDED TO PROVIDE VERIFIED DATA ON THE SIDE EFFECTS OF CONTRACEPTIVES, BUT THEY HOPE THIS STUDY REASSURES WOMEN THAT THEY CAN SAFELY CHOOSE THE BIRTH CONTROL METHOD THAT WORKS BEST FOR THEM.</p>

### SOCIAL MEDIA

<p> <b>Share it! Suggested tweet:</b></p> <p> <b>Suggested post:</b></p>	<p>Concerned that your birth control might cause #depression? How a new <a href="https://twitter.com/OSUWexMed">@OSUWexMed</a> study is putting patients at ease. <a href="http://bit.ly/2ooHNOJ">http://bit.ly/2ooHNOJ</a></p> <hr/> <p>37 million women in America are currently using birth control, but many are concerned about the potential side effects. A new study by researchers at <a href="https://www.ohio-state.edu/wexner/">The Ohio State University Wexner Medical Center</a> says you shouldn't</p>
--	--

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedianeewsroom.tv>

	worry about depression being one of them. <a href="http://bit.ly/2ooHNOJ">http://bit.ly/2ooHNOJ</a>
--	--

**EXTRA BITES**

<p><b>CG: Dr. Brett Worly</b> Ohio State Wexner Medical Center</p>	<p>Dr. Worly says the prior research can be misleading: <i>“I think that, that’s in some ways important because it’s really helped our field in some ways. In other ways, I think sometimes it’s not as helpful for that normal healthy patient who maybe doesn’t have some of the different things that, that subgroup might have. It sometimes can cloud their judgment in thinking about making the best health decisions for themselves.”</i></p> <p>Dr. Worly says hormonal contraception is safe: <i>“Progesterone only medication is a safe method. Depression in the past has been a concern. Based on my study, it seems like it shouldn’t be a concern for most women. Most women should do fine with that, any troubles as far as depression and should feel comfortable making a safe choice.”</i></p> <p>Dr. Worly says he hopes this puts concerned patients at ease: <i>“For those women that are really concerned about it, their concerns are valid and they’re important to talk about from a physician perspective. But, at least in looking at broad populations, it doesn’t seem like those hormonal contraception methods necessarily directly caused depression.”</i></p>
<p><b>CG: Gina Carlomagno</b> Takes hormonal birth control</p>	<p>Gina says women should know their options for birth control: <i>“There are a lot of options out there, and I feel that, as women, we should know what they are and what the different effects of them are.”</i></p> <p>Gina describes the conversation she had with Dr. Worly: <i>“I asked lots of questions, and he asked lots of questions, and we pretty much settled on, you know, we’re going to have you take this pill, and this is the best option, you know, also for us to, you know, with family planning.”</i></p>

**References**

<p><sup>1</sup><i>Current Contraceptive Status Among Women Aged 15-44: United States, 2011-2013, NCHS Data Brief, No. 173, December 2014.</i> Online: <a href="http://i2.cdn.turner.com/cnn/2016/images/10/04/contraceptive.use.stats.pdf">http://i2.cdn.turner.com/cnn/2016/images/10/04/contraceptive.use.stats.pdf</a></p> <p><sup>2</sup><i>Hormonal Contraceptive Options for Women With Headache: A Review of the Evidence, Reviews in Obstetrics &amp; Gynecology, v. 3, Spring 2010, pages 55-65.</i> Online: <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2938905/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2938905/</a></p>
---

**Producers and Reporters: To download scripts, video and photos go to:**  
<http://www.multimedianeewsroom.tv>

<sup>3</sup>*The relationship between progestin hormonal contraception and depression: A systematic review*,  
**Contraception, Volume 97, Issue 4, February 26, 2018.** Online:  
[http://www.contraceptionjournal.org/article/S0010-7824\(18\)30032-5/fulltext](http://www.contraceptionjournal.org/article/S0010-7824(18)30032-5/fulltext)

**For viewer information on this story contact:**

The Ohio State University Wexner Medical Center: 1-800-293-5123  
Log onto <http://wexnermedical.osu.edu> - click on "Media Room"

Produced by:

**MEDIA  SOURCE**

1800 West 5th Ave.  
Columbus, Ohio 43212  
Phone: (614) 932-9950 Fax: (614) 932-9920  
[www.mediasourcetv.com](http://www.mediasourcetv.com)

**Video content provided by: The Ohio State University Wexner Medical Center  
Media Relations Department: (614) 293-3737**

**Producers and Reporters: To download scripts, video and photos go to:**  
<http://www.multimedianewsroom.tv>