META-ANALYSIS THE EFFECT OF SEXUAL EDUCATION USING SCHOOL BASED INTERVENTION ON THE RISK OF PREGNANCY IN ADOLESCENTS

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ABSTRACT

Background: Sexually active young people are at high risk of HIV infection. School-based sexual and reproductive health programmes are widely accepted as an approach to reducing high-risk sexual behavior in adolescents. This study was conducted to evaluate the effects of school-based intervention on the risk of pregnancy in adolescents.

Subjects and Method: A systematic review and meta analysis was conducted by collecting articles from PubMed, Science Direct, BMJ, and Google Scholar databases. The determination of selected articles based on eligible criteria using PICO: (1) Population= adolescents, (2) Intervention= school based sexual education, (3) Comparison= non school based sexual education, and (4) Outcome= unintended pregnancy. Keywords used "school-based sexual education" OR "school-based sex education" AND "unwanted pregnancy" OR "unintended pregnancy" AND adolescent AND "randomized controlled trial". The inclusion criteria were full text and randomized controlled trial study. The articles were collected by PRISMA flow diagram. The selected articles were quantitatively examined by Review Manager 5.3

Results: 9 studies involving from Malawi, Zimbabwe, South Africa, United States, United Kingdom, Scotland, and Ghana showed that school-based sexual education improved unintended pregnancy in adolescents (OR= 1.04; 95% CI= 0.95 to 1.13; p= 0.42).

Conclusion: School-based sexual education improves unintended pregnancy in adolescents.

Keywords: school-based sexual education, unintended pregnancy, adolescents

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