

Intervention Now to Eliminate Repeat Unintended Pregnancy in Teenagers (INTERUPT): a systematic review of intervention effectiveness and cost-effectiveness, and qualitative and realist synthesis of implementation factors and user engagement

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Plain English summary

INTERUPT

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Plain English summary

We wanted to find out whether or not there is any good evidence to help understand and reduce the number of teenage mothers having another baby that they did not plan. The UK has one of the highest rates of pregnancy among teenagers in Europe. One-fifth of these are repeat pregnancies. Teenage pregnancy can be bad both for mothers and for their babies. For mothers, emotional, educational and general life opportunities can be damaged, and for their children, there is an increased risk of premature death, living in poverty, not doing well at school and being unemployed in later life.

We have examined different sorts of research, from the world's scientific publications, which tested new intervention programmes or asked young mothers for their perspective, to help us find the best prevention strategies. We also asked practitioners for their views.

We found very little useful evidence about which programmes help teenage mothers the most, who the programmes should be offered to or how they work.

Much of the research had been carried out in the USA and many of the ideas they were testing are already widely used in the UK, such as free and accessible birth control.

We found that the most helpful programmes involved home visits by professionals who could help young women with many different issues, including health care, birth control methods and child care, and who could also link young mothers to other health, education and employment services to prevent isolation. We tested our conclusions with a group of young mothers.

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This report

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