

# **SPHERE Research Projects 2024**



**MONASH**  
University

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# Why undertake research with SPHERE?

SPHERE seeks to improve awareness, availability and access to sexual and reproductive health services for all Australian women.

**Our research program is focused on:**

- ♦ **Workforce support**—we develop innovative strategies so that the Australian primary care workforce can meet the sexual and reproductive health needs of women in Australia
- ♦ **New models of care**—we develop and trial alternative ways of providing abortion and contraception services to make them more accessible, especially in rural and regional areas of Australia
- ♦ **Addressing consumer needs**—understanding consumer needs and preferences is also important in helping women achieve optimal sexual and reproductive health
- ♦ **Using data to advance knowledge**—health data sets are useful in gaining insights into the state of women's sexual and reproductive health in Australia and identifying gaps in service provision

# Benefits of conducting research with SPHERE

- ♦ One of SPHERE's strengths is its focus on continuing and fostering existing national and international multidisciplinary collaborations.
  - ♦ CIs Professor Danielle Mazza (Monash University), Professor Jane Fisher (Monash University), Professor Angela Taft (La Trobe University), Professor Kirsten Black (The University of Sydney), Professor Marion Haas (University of Technology Sydney), Dr Safeera Hussainy (Peter MacCallum Cancer Centre), Professor Wendy Norman (The University of British Columbia)
  - ♦ Als Professor Deborah Bateson (The University of Sydney), Dr Kathleen McNamee (Sexual Health Victoria), Dr Philip Goldstone (Marie Stopes Australia), Mrs Janet Micheltmore (Jean Hailes for Women's Health), Professor Jane Tomnay (The University of Melbourne), Professor Sharon Cameron (The University of Edinburgh), Professor Jeffrey Peipert (Indiana University), Professor Kristina Gemzell-Danielsson (Karolinska University Hospital), Professor Daniel Grossman (University of California, San Francisco), Professor Diana Greene Foster (University of California, San Francisco) have a strong history of successful collaborations across the areas of LARCs, emergency contraception, abortion, violence against women, and primary health care.
- ♦ Participation in monthly working group meetings to progress research in each stream.
- ♦ Access to the SPHERE Early- and Mid-Career Researcher Network meetings, which provide an opportunity for all SPHERE research fellows and students to meet, discuss their current research, share their progress or any issues that they have encountered, and provide feedback or support when requested.
- ♦ Opportunities to present research findings at international and national conferences, including the SPHERE Annual Meeting.



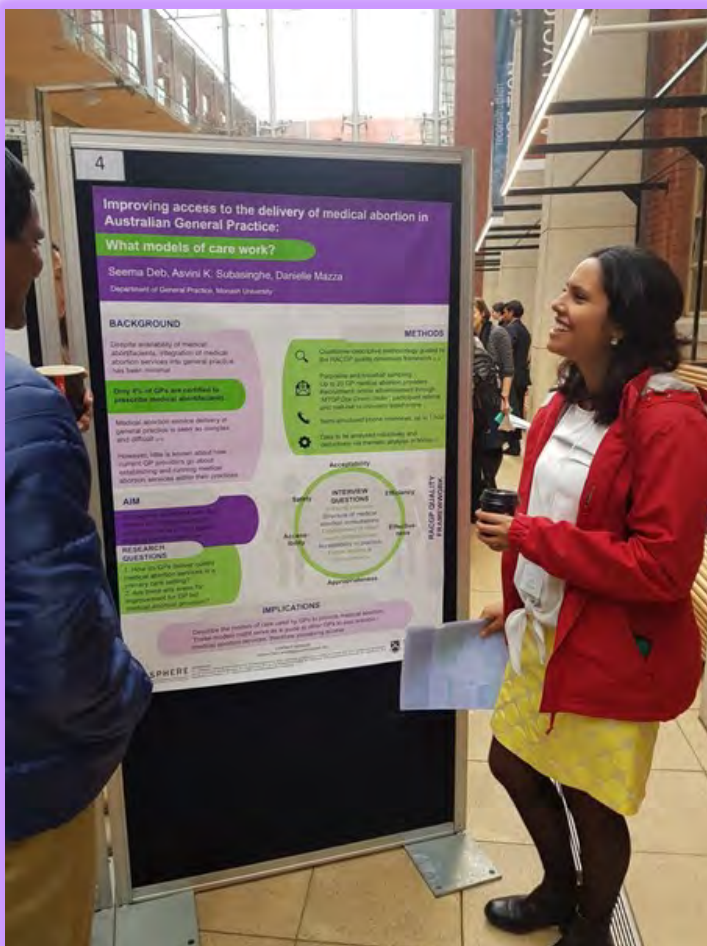
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# The value for our students

- ♦ Supervision and mentorship from internationally and recognized leaders in academic primary care
- ♦ Work and study within a buzzing, supportive and collaborative research environment
- ♦ Participate in our primary care research education program with our large cohort of early career researchers
- ♦ An opportunity to have ongoing clinical placements to maintain clinical skills during your honours year
- ♦ Shape your own project in an area of your interest
- ♦ Join large NHMRC/Category 1 funded projects or smaller projects
- ♦ Great support and camaraderie with regular research team meetings, weekly academic seminars, research student workshops
- ♦ Financial support to publish and present at National and International Conferences







# Student publications

Volume 49, Issue 6, June 2020

## Providing medical abortion in general practice: General practitioner insights and tips for future providers

Seema Deb Asvini K Subasinghe Danielle Mazza



PUBLISHING

Australian Journal of  
Primary Health

SPECIAL ISSUE | RESEARCH PAPER

<https://doi.org/10.1071/PY22194>



## Utilising HealthPathways to understand the availability of public abortion in Australia

Sonia Srinivasan<sup>A,\*</sup> , Jessica R. Botfield<sup>A</sup> and Danielle Mazza<sup>A</sup>

RESEARCH ARTICLE

Health Promotion  
Journal of Australia



WILEY

## What do women need to know about long-acting reversible contraception? Perspectives of women from culturally and linguistically diverse backgrounds

Rose Liu | Danielle Mazza | Ching Kay Li | Asvini Kokila Subasinghe



PUBLISHING

Australian Journal of  
Primary Health

SPECIAL ISSUE | RESEARCH PAPER

<https://doi.org/10.1071/PY22163>



## Women's experiences of, and preferences for, postpartum contraception counselling

Ching Kay Li<sup>A,B,\*</sup>, Jessica Botfield<sup>A,B</sup>, Natalie Amos<sup>A,B,C</sup> and Danielle Mazza<sup>A,B</sup>

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# SAPC Distinguished Paper Award



Former SPHERE BMedSc(Hons) student, Rhea Singh, received the prestigious 2022 SAPC Distinguished Paper Award at the 2022 Australasian Association for Academic Primary Care (AAAPC) Conference. Rhea has been invited to present her paper, “General practitioner perspectives and experiences in delivering early medical abortion services to women from culturally and linguistically diverse backgrounds in Australia”, at the 2023 Society for Academic Primary Care Conference in Brighton, England.



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# Student Testimonials

## Meet Tara Dev

*I chose to complete my Honours year with SPHERE as I have a strong interest in both general practice and women's health. Additionally, the SPHERE projects available all really interested me. I also read through previous SPHERE Honours students' theses and I felt inspired to complete a project in this area. I was also drawn to the incredibly supportive environment provided by not only the SPHERE team, but also the entire Department of General Practice at Monash.*

*My research focused on women's opinions on whether or not the contraceptive pill should be available over-the-counter. This involved interviewing 20 women and developing themes around access to the contraceptive pill over-the-counter based on our discussions. The highlight from my year working with SPHERE was being able to present at the SPHERE annual meeting where I received valuable feedback from researchers in the field of women's health from all over Australia and from many different disciplines.*

*There were many benefits to being a SPHERE student. The team was very supportive and encouraging. The team is full of very experienced researchers and so I could seek advice from many different people. Additionally, there were many opportunities to present my work to the team to gain feedback. There were also other Honours students within the SPHERE team so it was great to work alongside each other. Overall, I thoroughly enjoyed my year with SPHERE and would recommend others to consider completing their Honours with SPHERE!*

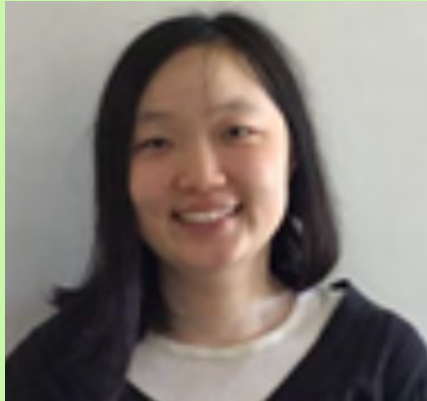


“

**Overall, I thoroughly enjoyed my year with SPHERE and would recommend others to consider completing their Honours with SPHERE!**

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“  
**I am very grateful for the  
SPHERE research group for all  
their support during my Hon-  
ours year.**

”

## **Meet Rose Liu**

*I chose SPHERE because of a personal interest in public health and health promotion, and the reputation of SPHERE for being a very supportive research group that fostered strong development of research skills in their students.*

*My research project was supervised by Dr Asvini Subasinghe and Prof Danielle Mazza, and was focused on identifying cultural modifications that can increase efficacy of an online education program aiming to increase LARC uptake in women from culturally and linguistically diverse backgrounds.*

*The highlight of working in SPHERE was the collegiality of the team; for every research draft and assignment we were encouraged to circulate it for feedback from the entire SPHERE team and people were always willing to help. During COVID lockdown in Melbourne the team had daily morning check-ins in which team members would find ways to support each other's research endeavours. The SPHERE team has a strong focus on qualitative research methods and excellent research training and workshops. We also had the opportunity as students to sit in on meetings for other relevant projects in the department, gaining a wider view on research. I am very grateful for the SPHERE research group for all their support during my Honours year.*

# Honours Research Projects

## Contraception provided over the counter by pharmacists: What do pharmacists think?

Internationally, in an attempt to increase accessibility, improve continuation and reduce costs, there is a move to provide a wider range of contraceptive products over the counter by pharmacists. This qualitative study will explore the views of pharmacists regarding the provision of over the counter contraception in the Australian context.



### Keywords

contraception, pharmacy, women's health, general practice

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Co-supervisors

Prof Danielle Mazza  
Dr Anisa Assifi

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## How can telehealth provision of early medical abortion be improved?

Since the pandemic telehealth abortion has become more widespread in many countries. In Australia medicare item numbers were introduced in July 2021 which for the first time enable women to access medical abortion remotely through telehealth supported by medicare. Little is known however about which women are accessing this service and what their experiences in the Australian context have been. This project aims to describe which women have utilised Telehealth abortion in Australia and determine their views about how the service can be improved. The study will use a mixed methods approach analysing available data and using interviews to elicit patient perspectives. The results of this study will help inform improvements in telehealth service provision of medical termination of pregnancy in Australia.

### Keywords

women's health, general practice, telehealth, medical termination of pregnancy, abortion

### Available options

Honours  
BMedSc( Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Supervisor

Prof Danielle Mazza

### Co-supervisor

Dr Jessica Botfield



## Who is providing abortion services?

A key priority of the National Women's Health Strategy is to ensure equitable access to abortion services across Australia. While early medical abortion can be delivered in primary care, the availability of surgical termination remains patchy and inconsistent in both community hospital settings. This project will seek to answer the question - who is providing abortion services in Australia and importantly will document gaps in service provision in hospital services particularly in relation to availability of abortion services beyond the first trimester. This mixed method study will involve interviews with key stakeholders and an audit of abortion service provision across local hospital districts. The outcomes will inform policy development to support enduring access for women Australia wide.

### Keywords

women's health, general practice, abortion, gynaecology, public health, policy, workforce

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time  
Masters by research

### Physical location

553 St Kilda Rd

### Supervisor

Prof Danielle Mazza



## What are general practitioner registrars' experiences in providing long-acting reversible contraception (LARC)?

General practitioners (GPs) have a key role in meeting the needs of women's reproductive care including pregnancy, termination, contraception, and sexual health. In practice, knowledge about sexual and reproductive health, referral pathways, and timely access to care for patients are key concerns for GPs. However, training impacts the prescription of efficacious methods of contraception. Through a interviews with GP Registrars, this research seeks to understand GP registrars perceptions of LARC and their training needs.

### Keywords

general practice, primary care, women' health, sexual health, reproductive health, nursing, workforce

### Available options

Honours  
BMedSc (Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Sharon James

### Co-supervisors

Prof Danielle Mazza



# Knowledge, attitudes and use of long-acting reversible contraceptive methods among women of reproductive age in Australia

Contraception is key to preventing unintended pregnancy. Among the methods available in Australia, long-acting reversible contraceptives (LARCs) such as the intra-uterine device (IUD) and implant are most effective at pregnancy prevention due to their long duration and minimal requirements for user adherence. However, uptake of these methods has been slow, partly due to low awareness and negative views. A national random computer-assisted telephone survey was conducted with English-speaking reproductive-aged women living in Australia. This survey included data on demographic characteristics of respondents, their current contraceptive use and method satisfaction, and knowledge and attitudes to LARC methods. This Honours project will involve an analysis of the above dataset to inform our understanding of contraceptive use among Australian women of reproductive age and their knowledge of and attitudes towards LARC methods.

## Keywords

women's health, general practice, quantitative, contraception

## Available options

Masters by research  
Honours  
BMedSc(Hons)

## Time commitment

Full-time

## Physical location

553 St Kilda Rd

## Supervisor

Prof Danielle Mazza



# Prioritising research topics in contraception: A Delphi approach

System, provider and patient barriers and concerns continue to impact on the ability of women to optimise their contraceptive use in the Australian context. In an attempt to focus future contraception research where it is most required, this project will employ a Delphi approach to establish priority areas in contraception research within Australia. The Delphi method is a group communication process as well as a method of achieving a consensus of opinion associated with a specific topic. It involves engaging a group of identified experts in detailed examination and discussion on a particular issue for the purpose of policy investigation, goal setting, and forecasting future situations and outcomes.

## Keywords

Contraception, unintended pregnancy, women's health, reproductive health, sexual health

## Available options

Honours  
BMedSc(Hons)

## Time commitment

Full-time  
Part-time

## Physical location

553 St Kilda Rd

## Supervisor

Prof Danielle Mazza





## Mapping access to women's reproductive health services

Comprehensive women's health service delivery includes the provision of essential services such as preconception care, contraception (including Intrauterine device and implant insertion) and abortion services. However access to such services can be a "postcode lottery".

This quantitative project will survey general practices nationally to better understand gaps in essential women's health service provision in general practice. The project will inform current policy in relation to better supporting general practice to meet women's needs. The project will also inform general practice training and curriculum to ensure a sustainable workforce in the years to come.

### Keywords

abortion, women's health, general practice, quantitative, survey

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Prof Danielle Mazza



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## What are Australian obstetricians' and gynaecologists' perceptions of women's interconception care needs?

Reducing adverse outcomes on mother and child are key priority areas. However, antenatal engagement with women about lifestyle risk reduction can be too late to prevent some outcomes such as low birth weight associated with smoking, and, fetal alcohol syndrome associated with alcohol intake. Additionally, increases in chronic conditions associated with lifestyle risk can increase adverse maternal and infant outcomes. These risks increase with subsequent pregnancies at a time when there can be challenges for women juggling work and family commitments. Through interviews, this project seeks to understand obstetrician and gynaecologist views of interconception care needs.

### Keywords

general practice, primary care, women's health, sexual health, reproductive health, nursing, workforce

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Sharon James

### Co-supervisors

Prof Danielle Mazza



## What are primary health care nurse practitioner models of intrauterine device care?

Nurse practitioners have a key role in meeting the needs of women's reproductive care including pregnancy, termination, contraception, and sexual health. They have expertise in patient diagnosis and treatment their role aims to improve access to services for at-risk populations, and, rural and remote communities. This includes the provision of efficacious forms of contraception such as intrauterine devices (IUDs). In practice, there are barriers to the provision of sexual and reproductive health services, and little is known about how IUD models are implemented. Through a literature review and interviews with nurse practitioners, this research seeks to understand how they implement IUD models of care in the primary healthcare setting.

### Keywords

general practice, primary care, women's health, sexual health, reproductive health, nursing, workforce, nurse practitioner, contraception

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Sharon James

### Co-supervisor

Dr Cathy Watson



## What is the role of general practice nurses in women's sexual and reproductive health care?

General practice nurses are pivotal in the management of care across the lifespan. Their role includes health education, health promotion, and the management of episodic and chronic conditions. General practice represents an ideal setting where opportunistic and planned care about SRH can occur. However, little is known about ways general practice nurses are currently providing this care and ways they could be further utilised in supporting women's sexual and reproductive health. This project will involve a literature review and an audit of general practice nurse consultations. Findings will inform current general practice nurse involvement and potential future directions in women's sexual and reproductive health care.

### Keywords

general practice, primary care, women's health, sexual health, reproductive health, nursing, workforce

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Sharon James



# What is the acceptability and feasibility of “in-house” community pharmacy health professional collaborations to support women’s health?

This project seeks to understand community pharmacists' perceptions of the acceptability and feasibility of collaborating with other health professionals within the community pharmacist setting to better support women's health initiatives. These health professionals could include nurses, diabetes educators etc. Increasing access to sexual and reproductive health, preconception as well as maternal and perinatal health care services are key priority areas of the National Women's Health Strategy 2020-2023. However, despite community pharmacist roles in health care provision, there are barriers to the provision of women's health services, and little is known about how collaborative practice is implemented in the community pharmacy setting in Australia. This project will investigate these issues through interviews with community pharmacists.

## Keywords

general practice, primary care, women's health, sexual health, reproductive health, nursing, pharmacy

## Available options

Honours

## Time commitment

Full-time

## Physical location

553 St Kilda Rd

## Supervisor

Dr Sharon James

## Co-supervisors

Dr Anisa Assifi



# Understanding pharmacists’ perspectives and needs to provide adolescent-centred care

Community pharmacists have the potential to provide accessible health services to adolescents and the potential to improve adolescents’ access to sexual and reproductive health care. To ensure that pharmacists are supported and have the appropriate skills to provide adolescent-centred care, this study will seek to understand pharmacists’ perspectives and needs to deliver adolescent sexual and reproductive health services. We will conduct a qualitative study with pharmacists to explore their views and needs.

## Keywords

Sexual and reproductive health, SRH, pharmacy, women's health, adolescent, primary care, qualitative

## Available options

Honours  
BMedSc(Hons)

## Time commitment

Full-time

## Physical location

553 St Kilda Rd

## Supervisor

Dr Anisa Assifi

## Co-supervisors

Prof Danielle Mazza



## Supporting endometriosis diagnosis and management: What referral pathways exist?

Endometriosis is a chronic condition characterized by pelvic pain and subfertility. Endometriosis affects approximately 10% of women, affecting health and quality of life. The pathway to diagnosis of endometriosis is often difficult but usually commences in primary care with general practitioners (GPs). GPs also play a major role in managing this chronic condition throughout a woman's reproductive life. GPs face many challenges in the diagnosis and management of endometriosis and may require support from specialists and hospital services. It is currently unclear what support, advice and referral pathways exist nationally. This project includes a review of HealthPathways to determine what exists in relation to diagnosing and managing endometriosis. The data gathered will provide an overview of access options and services available and provide an overview of service gaps. Qualitative interviews with GPs will supplement the quantitative data collected and will be undertaken to explore GPs' views and experiences of using HealthPathways for endometriosis diagnosis and management.

### Keywords

general practice, primary care, endometriosis, chronic pelvic pain, disease management, diagnosis, referral and consultation, women's health, sexual health

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Co-supervisors

Dr Maryam Moradi  
Prof Danielle Mazza



## Acceptability of adolescents undertaking contraceptive counselling with a pharmacist

For adolescents, pharmacists have the potential to be an entry point to sexual and reproductive health services in the primary care system. The acceptability of pharmacists delivering contraceptive counselling is important area to explore to ensure that delivery of service by pharmacists meets the needs of adolescents. We will use qualitative methods to elicit the experiences of adolescents to ascertain how we can improve the service delivery and experience of adolescents accessing sexual and reproductive health care in the pharmacy setting.

### Keywords

adolescent, contraception, pharmacy, women's health, primary care

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Anisa Assifi

### Co-supervisors

Prof Danielle Mazza





## Exploring the use of online contraceptive providers: who are these services catering for?

There has been an increase in online prescription services offering access to contraception methods without having to physically meet with a medical provider or pharmacist. This study will look at understanding the perspectives of individuals accessing contraception through online contraception providers is important to determine who these online services are catering to and what the gaps that these services are potentially filling in the healthcare system. We will use qualitative methods to explore these questions.



### Keywords

Contraception, pharmacy, online contraceptive providers, women's health, primary care

### Available options

Masters by research  
Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Anisa Assifi

### Co-supervisors

A/Prof Luke Grzeskowiak (External)

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## What challenges do GPs face in diagnosing and managing endometriosis in general practice?

Endometriosis is a chronic condition characterized by pelvic pain and subfertility. Endometriosis affects approximately 10% of women, affecting health and quality of life. The pathway to diagnosis of endometriosis is often difficult but usually commences in primary care with general practitioners (GPs). GPs also play a major role in managing this chronic condition throughout a woman's reproductive life. However there has been limited research on the challenges faced by GPs in the diagnosis and management of endometriosis. This qualitative study, will involve interviews with GPs to seek their views and perspectives on the challenges they face diagnosing and managing endometriosis and potential solutions. The results will help inform a major project underway within the SPHERE Centre of Research Excellence in Women's Sexual and Reproductive Health in Primary Care focused on improving endometriosis management in primary care.

### Keywords

Contraception, sexual and reproductive health, postnatal, postpartum, general practice, practice nurse

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Co-supervisors

Dr Maryam Moradi  
Prof Danielle Mazza



## Access to postpartum contraception: Clinician and stakeholder perspectives

Early access to contraception in the postpartum period can help to avoid a rapid repeat pregnancy. Postpartum contraception can potentially be accessed in several ways in Australia, however a number of barriers to access exist and there is no consistent or cohesive guidance for maternal postpartum community care to guide efforts. A qualitative study will be undertaken to explore the views of clinicians and stakeholders to better understand the current situation, existing/potential models of care, and opportunities for increasing access.



### Keywords

Sexual and reproductive health, contraception, abortion, practice nurse, registered nurse

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Jessica Botfield

### Co-supervisors

Prof Danielle Mazza

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## Australian and international models of care for postpartum contraception provision

Many pregnancies in the first year after a birth are unintended, and can place significant physical, social and financial strain on women and their families. Early access to contraception in the postpartum period can help to avoid a rapid repeat pregnancy. In Australia, postpartum contraception can potentially be accessed in several ways, however there is a lack of consistent and cohesive guidance for maternal postpartum community care and no postpartum contraception clinical guidelines. Through a literature review and key informant interviews, this project will identify and document existing programs and models of care for provision of postpartum contraception in Australia and internationally, to inform consideration of how these might be implemented or refined in the Australian context.

### Keywords

Sexual and reproductive health, contraception, abortion, practice nurse, registered nurse

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Jessica Botfield

### Co-supervisors

Prof Danielle Mazza



## What is the sexual and reproductive health (SRH) care content in Australian undergraduate nursing and midwifery curricula?

There is a growing need and opportunity for nurses and midwives to be involved in SRH care. To support understanding of undergraduate preparation in clinical care in areas such as antenatal assessments, family planning, and sexual health advice, this project seeks to undertake a qualitative interview study of academics about pre-registration nursing and midwifery curriculum in Australia. This study aims to support educational providers and policymakers wanting to attract more nurses and midwives in SRH care.



### Keywords

general practice, primary care, women' health, sexual health, reproductive health, nursing, workforce

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Sharon James

### Co-supervisors

Dr Ensieh Fooladi  
A/Prof Judith Dean (external)

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## What are individuals' experiences accessing medical abortion medicines (MS-2 Step) in community pharmacy?

Once a registered medical practitioner has prescribed medical abortion medicines, also known as MS-2 Step, an individual must access a community pharmacy to be dispensed the medications by a registered community pharmacist. In Australia, in 2021 approximately 25% of community pharmacists were registered to dispense MS-2 Step. To ensure individuals are receiving high-quality person-centered abortion care it is essential to understand an individual's experience of accessing medical abortion medicines from community pharmacists. We will use qualitative methods to elicit individuals' experiences to ascertain how we can improve the delivery and provision of medical abortion in primary care.



### Keywords

abortion, pharmacy, women's health, primary care

### Available options

Masters by research  
Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Anisa Assifi

### Co-supervisor

Prof Danielle Mazza

## Pharmacists' experiences and thoughts on dispensing medical abortion medications in community pharmacy

Registered community pharmacists have been able to dispense medical abortion medicines (MS-2 Step) to individuals with a prescription in Australia since 2015. It is essential to understand pharmacist's current knowledge, practice, and delivery of MS-2 Step to identify gaps in knowledge and additional support that the pharmacist may require to provide high-quality person-centered abortion care. We will use qualitative methods to elicit pharmacists' experiences to ascertain how we can improve the knowledge and service delivery of MS-2 Step.



### Keywords

abortion, pharmacy, women's health, primary care

### Available options

Masters by research  
Honours  
BMedSc(Hons)

### Time commitment

Full-time

### Physical location

553 St Kilda Rd

### Supervisor

Dr Anisa Assifi

### Co-supervisors

Prof Danielle Mazza

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## Self-administration of injectable contraception: What are the views of Australian women?

Depo Provera is a highly effective long acting reversible contraception administered by a three monthly injection. Internationally, in an attempt to increase accessibility, improve continuation and reduce costs, there have been studies on the feasibility and acceptability of self injection of contraceptive products such as depo provera by women. This study will utilise facebook recruiting to survey women about the acceptability of self administration of injectable contraception in the Australian context.



### Keywords

contraception, pharmacy, general practice, women's health, primary care

### Available options

Honours  
BMedSc(Hons)

### Time commitment

Full-time  
Part-time

### Physical location

553 St Kilda Rd

### Supervisor

Prof Danielle Mazza

### Co-supervisors

Dr Jessica Botfield



# Menstrual patterns, quality of life and contraceptive choice among Australian women

Women experience menstrual cycles that vary in length, number of days menstruating, amount of bleeding and accompanying symptoms. Different contraceptive methods have differing effects on a woman's menstrual pattern. It would be of interest to note if a woman's menstrual pattern is associated with her contraceptive choice and quality of life, and if her choice of contraception changes due to menstrual pattern changes. This project will assess the menstrual patterns of Australian women and their contraceptive method of choice using data already collected as part of the Australian Contraceptive Choice project (ACCORd).

## Keywords

menstrual patterns, contraception, women's health, reproductive health, sexual health

## Available options

Honours  
BMedSc(Hons)

## Time commitment

Full-time  
Part-time

## Physical location

553 St Kilda Rd

## Supervisor

Prof Danielle Mazza



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# PhD Research Projects

## Endometriosis management in primary care

An exciting opportunity exists for an exceptional candidate to undertake a PhD project in women's sexual and reproductive health at the National Health and Medical Research Council (NHMRC)-funded SPHERE Centre of Research Excellence. Located within the Department of General Practice, SPHERE focuses on addressing evidence-practice gaps in the delivery of preconception care, contraception, medical abortion services and endometriosis and pelvic pain diagnosis and management in primary care and increasing access to these services.

The Australian Government is committed to fund initiatives aimed at improving endometriosis and pelvic pain diagnosis, primary care support and helping more individuals to find appropriate care and better manage the impact of endometriosis and pelvic pain. As part of this package, the Government has funded the development of an Endometriosis Management Plan (EMP). The need for an EMP was identified as part of the National Action Plan for Endometriosis and broad stakeholder advocacy. This Action Plan describes the need for greater understanding, awareness and diagnosis and treatment of endometriosis. The EMP will support the navigation and management of endometriosis and pelvic pain through primary care settings.

The PhD will focus on elements of the development, piloting and evaluation of the EMP and include qualitative and quantitative components.

### Keywords

General practice, primary care, endometriosis, chronic pelvic pain, women's health, sexual health

### Available options

PhD/Doctorate

### Time commitment

Full-time

### Scholarship funding available

Yes (\$33,000 per annum)

### Physical location

553 St Kilda Rd

### Co-supervisors

Dr Maryam Moradi  
Prof Danielle Mazza



## For more information

Supervisor connect: <https://www.monash.edu/medicine/research/supervisorconnect>

## Contact us



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