EXPLAINED: Abortion Research & Policy

Waiting Period: Do Women Need More Time to Decide?

Learning Objectives:
By the end of the session, learners will be able to:

• Describe the impact of mandatory waiting periods.

Video Lecture:

The Impact of Waiting Periods
Presented by Dr. Sarah Roberts, DrPH

Available at: InnovatingEducation.org/Explained

Suggested Readings:

Lesson Plan in Flipped Classroom Setting:

EXPLAINED: Waiting Periods; Do Women Need More Time to Decide?

Using a flipped classroom model, this lesson plan will use the video lecture and additional resources to provide learners with an engaging learning environment. Here's how to use this course in a “flipped-classroom” at your own institution.

Teaching Points

• Since the 1970’s, some U.S. states have had a law that require women to wait at least 24 hours before having an abortion. Today, more than half of U.S. states have waiting period laws.
• Waiting periods don’t appear to prevent women from having an abortion, but do cause hardships for women seeking abortion, most of whom have already made their decision to have an abortion by the time they arrive at an abortion clinic.
• “Two-visit requirements” have been found to decrease the abortion rate in the state, increase travel out of state, and increase the proportion of abortions that occur in the 2nd trimester.
• A study of the first 72 hour waiting period in Utah showed increased cost, increased disclosure of abortion, and an average wait time of 8 days (not 72 hours) between information visit and abortion.
• Overall study conclusions:
  o The 72-hour waiting period is not leading women to “change their minds.”
  o Individualized counseling for the small minority of patients who are still in the process of making their decision is more appropriate than a waiting period law.
  o While Utah’s law did little to prevent women from having abortions, it did cause hardships.

Time Required

Total Time of Video Lectures: 10 minutes
Estimated Independent Prep Time Required by Learner: 30 minutes
Total Estimated Time Required for In-Classroom Activity: 30 minutes

Materials Required and Instructor Preparation

• Learners will need internet access with enough bandwidth to view streaming videos.
• The instructor should print copies of the small group activity (page 4) included in this packet.

Activity

Independent Preparation (conducted by learner before in-classroom activity)

• Learners should independently view the video lecture.
• Learners may be assigned any of the following relevant readings (determined by instructor’s desired learner work-load) as outlined in the “Suggested Readings” section on page 1.

In-Classroom Activity (Small Group Activity)

• Divide the classroom into small groups and distribute the small group activity (page 3).
• Instruct learners spend 15 minutes and work together to answer the questions provided.
• At the end of this activity, convene the class. Present the questions and have learners share their answers and discuss.
• Write the correct answers on the board for the class to see. Collect each handout from learners.
  o The instructor can reference the answer sheet on page 4.
EXPLAINED: The Impact of Waiting Periods
Small Group Activity - Quiz

In your group, answer the following multiple-choice and short answer questions referencing the video lecture assigned before class. Be prepared to turn in this handout at the end of class.

Questions

1. List at least three implications of mandatory waiting periods.
   i. 
   ii. 
   iii. 

2. “Two-visit requirements” have been found to ______ the abortion rate in the state, ______ travel out of state, and ______ the proportion of abortions that occur in the 2**nd** trimester.
   - increase ; decrease ; increase
   - increase ; increase; increase
   - decrease ; increase ; increase
   - decrease ; decrease ; increase
   - decrease ; decrease ; decrease

Open-Ended Question

How do abortion restrictions in your community impact women and providers? If your community has no restrictions, what are some social, family or community factors (e.g., stigma or religion) that could still affect both women and providers?
EXPLAINED: The Impact of Waiting Periods
Quiz Answer Sheet

Questions and Answers

1. List at least three implications of mandatory waiting periods.

   Answer:
   1. The 72-hour waiting period is not leading women to “change their minds.”
   2. Individualized counseling for the small minority of patients who are still in the process of making their decision is more appropriate than a waiting period law.
   3. While Utah’s law did little to prevent women from having abortions, it did cause hardships for women.

2. “Two-visit requirements” have been found to _______ the abortion rate in the state, _______ travel out of state, and _______ the proportion of abortions that occur in the 2nd trimester.
   - decrease; increase; increase
   - increase; increase; increase
   - decrease; decrease; increase
   - decrease; decrease; decrease

   Answer: decrease; increase; increase

   Explanation: “Two-visit requirements” have been found to decrease the abortion rate in the state, increase travel out of state, and increase the proportion of abortions that occur in the 2nd trimester.