

**Video Companion Guide**  
**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](http://InnovatingEducation.org/Explained)

Suggested Readings:

- Joyce TJ, et al. [“The Impact of State Mandatory Counseling and Waiting Period Laws on Abortion: A Literature Review.”](#) New York, Guttmacher Institute. 2009 Apr.
- Karasek D, et al. [“Abortion patients’ experience and perceptions of waiting periods: survey evidence before Arizona’s two-visit 24-hour mandatory waiting period law.”](#) *Women’s Health Issues*. 2016 Jan-Feb;26(1): 60-66.
- Marty R. (2015). [“The next abortion battleground: 72-hour waiting periods.”](#) *Talking Points Memo*. 2015 Jan. Accessed on Nov 2, 2016.
- Roberts SC, et al. [“Utah’s 72-Hour Waiting Period for Abortion: Experiences Among a Clinic-Based Sample of Women.”](#) *Perspect Sex Reprod Health*. 2016 March; ePub ahead of print.
- Roberts SC, et al. [“Women’s experiences with 72-hour waiting period for abortion.”](#) *ANSIRH Issue Brief*. 2016 Mar. Accessed on Nov 2, 2016

## 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 2<sup>nd</sup> 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:
  - The 72-hour waiting period is not leading women to "change their minds."
  - 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.
  - 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.
  - The instructor can reference the answer sheet on page 4.

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Names

***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<sup>nd</sup> 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.
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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<sup>nd</sup> trimester.
    - increase; decrease; increase
    - increase; increase; increase
    - decrease; 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 2<sup>nd</sup> trimester.