

# Benefits of NFP:

Less worry, irritability, depression; increased sex drive

- 1999 survey of 1466 women

	OC users (N= 522)	Sterilized (N=136)	NFP users (N=76)
Concerned about health problems	71%	7%	0%*
More irritable	13%	7%	5%*
More depressed	10%	5%	4%*
Sex drive increased	8%	19%	21%*

\* Significantly different than OC users

[Oddens et al Contraception](#)  
1999;59:277