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Authors

Jaime, Maria Catrina Yakzan, Abeer Lewis, Carrie <u>et al.</u>

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1Abortion and Student Health Services2Expanding the conversation with Student Perspectives3Maria Catrina Jaime, PhD, MPH^{a,b}, Abeer Yakzan^c, Carrie Lewis, MPH^a4Eleanor Bimla Schwarz, MD, MS^{a,b}5

6^a Center for Healthcare Policy and Research, University of California, Davis School of Medicine, 72103 Stockton Blvd, Sacramento, California 95817

8^b Division of General Internal Medicine, University of California, Davis School of Medicine, 94150 V Street, Suite 3100, Sacramento, California 95817

10[°] University of California Davis, College of Agricultural and Environmental Sciences, Global 11Disease Biology program

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14Running title: Abortion and Student health

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16**Corresponding Author:**

17Eleanor Bimla Schwarz, MD, MS 18Professor of Medicine, UC Davis 19Division of General Internal Medicine 204150 V Street, PSSB 2400 [room 2506] 21Sacramento, CA 95817 22916-734-5453 (Office phone) 23916-734-2732 (Fax) 24<u>ebschwarz@ucdavis.edu</u>

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28Abstract

29**Objective:** College students are known to experience unintended pregnancy and seek abortions. 30However, few student health centers currently offer abortion services. In this exploratory study, 31we aimed to expand understanding of student perspectives regarding on-campus abortion 32services.

33**Study Design:** We invited UC Davis students to complete an anonymous web-based survey, 34using 16 campus listservs and in-person recruitment. We elicited student knowledge of and 35opinions about on-campus Student Health and Counseling Services (SHCS) with 29 questions.

36**Results:** The 502 participating students primarily identified as female (80%) and heterosexual 37(86%); most (90%) were undergraduates. In the past year, 9% of female respondents had used 38emergency contraception (EC), and 9% had sought clinic-based pregnancy testing. Only 68% of 39respondents were aware that SHCS provides EC. Although SHCS has not yet offered abortions, 4024% of respondents believed that SHCS currently offers medication abortion and 13% believed 41SHCS clinicians perform abortion procedures. Most respondents (64%) believed that SHCS 42should offer abortion services; 12% of respondents felt SHCS should not. Reasons for support of 43on-campus abortion services included the need to compassionately care for campus survivors of 44sexual assault and abortion's role in allowing students facing undesired pregnancy to complete 45their education. Reasons for opposition included concerns regarding SHCS's ability to offer high 46quality abortion services, the potential for controversy related to on-campus abortion services, 47and personal opposition to abortion.

48**Conclusion:** Most responding students favor on-campus abortion services and a number of 49students incorrectly believe abortion services are currently offered on the UC Davis campus.

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Keywords: Student Health; Abortion; Emergency Contraception; California

Implications: Student health centers should offer medication abortion on campus.

52Introduction

Unintended pregnancies are most common among women between the ages of 18 and 24 54[1], when many US women are college students [2]. Nationally, it is estimated that over 2% of 55college students experience an unintended pregnancy each year and approximately 50% of 56students have had sexual intercourse 1 or more times [3]. Thus, many student health centers 57strive to provide sexual and reproductive health education and counseling, and ensure access to 58contraception. Research has shown student health centers can safely provide both emergency 59contraception (EC) [4] and medication abortion [5]. Although on-campus access to EC has 60grown, [4] with some campuses now offering EC in vending machines,[6] provision of abortion 61care is still limited on most campuses.

The University of California (UC)'s 10 campuses annually serve over 264,000 students 63[7], over half (53%) of whom are female [8]. All UC students are required to participate in the 64UC Student Health Insurance Plan (SHIP), a not-for-profit, self-funded student health benefit 65plan administered by UC Office of the President, unless they have other health insurance. UC 66SHIP was created with a student shared governance model to meet a mandate from the UC 67Regents that all registered students have health coverage as a non-academic condition of 68enrollment. UC SHIP covers a wide range of health services, including abortion. Each UC 69campus has a student health center which offers immunizations, and other preventive health care, 70including sexual and reproductive health services [9]. For example, the UC Davis (UCD) 71Student Health and Counseling Services (SHCS) currently offers STI testing, contraception and 72pregnancy testing [10] to more than 36,000 students, of whom 58% are female and 81% are 73undergraduate students [7]. When abortion services are needed, students are currently referred 74off campus for care.

In 2017, California Senator Connie M. Leyva (Democrat) introduced Senate Bill 320 76[11], which would require student health centers on the campuses of UC and California State 77University (CSU) schools to provide medication abortion services. To understand students' 78perspectives related to this bill, we surveyed UC Davis students to assess their utilization of 79reproductive health services on campus and their attitudes toward the current availability of 80abortion services at SHCS.

81Methods

We distributed an anonymous web-based survey to current UCD students during the 832016-2017 academic year. We approached seventy-two academic listserv administrators at UCD, 84representing all four colleges on campus (i.e. the College of Agricultural and Environmental 85Sciences, the College of Letters and Science, the College of Biological Sciences, and the College 86of Engineering [12]). Sixteen listserv administrators agreed to distribute (on a single occasion) an 87email inviting students on their listserv to complete the survey. Listserv administrators emailed 88approximately 10,000 students an electronic request to complete a survey titled, Reproductive 89Health Services survey. We also recruited individuals walking through the UC Davis Quad 90during the summer of 2017. We asked individuals who expressed interest in participating if they 91were a UC Davis student but did not require they show a student ID. We did not compensate 92students for their participation. We collected all survey data using REDCap (Research Electronic 93Data Capture, Vanderbilt University, Nashville, Tenn.), a secure web application for building and 94managing online surveys and databases [13].

95Measures

We distributed a survey that contained 29-items, with skip-patterns based on participant
97responses resulting in a shorter survey for some. We collected information on students'

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98demographic characteristics (age, gender and sexual identity), academic degree status, health 99insurance coverage, and pregnancy history. In addition, we assessed knowledge and use of health 100services offered by the UCD SHCS. Open-ended free-text responses were used to collect 101students' perspectives on why abortion services should or should not be offered on campus.

102Analysis

We tabulated respondents' demographic characteristics and used chi-square tests, and 104Fisher's exact tests when needed, to examine the significance of differences in responses 105provided by students who had used SHCS. We had two investigators code the open-ended 106responses using an iterative process, and tabulate statements representative of each theme using 107Excel. Quantitative analyses were conducted using SAS statistical software 9.4 (Cary, NC). The 108UCD Institutional Review Board reviewed this study (number 1065458-1) and determined it to 109be exempt.

110Results

Between June and August 2017, a convenience sample of 502 individuals completed the 112survey (estimated response rate, 5%). We recruited most participants (92%) by email; 42 (8%) 113were recruited in-person. Participants primarily identified as female (80%) and heterosexual 114(86%) (Table 1). Participants ranged in age from 18 to 44, with an average age of 22. Most 115(90%) were pursuing a Bachelor's degree. Only 27% were participating in the SHIP; 73% of 116students had other health insurance coverage. Students were more likely to participate in SHIP if 117they were over 25 years of age, or graduate students (data not shown). Older students were also 118more likely to have visited the on-campus SHCS (Table 1).

Over half the participants (53%) reported receiving reproductive health services in the 20past year, such as prescriptions for hormonal contraception (received by 36% of female 21respondents), condoms (21% of female participants and 27% of male participants, p=0.17) 22and/or STI testing (20% of female participants; 16% of male participants, p=0.31). Emergency 23contraceptive pills were used by 9% of female respondents in the past year. Clinic-based 24pregnancy testing was reported by 9% of in the past year. The majority of respondents (62%) 25reported receiving health care from UCD SHCS in the past year. Respondents who utilized 26SHCS services reported higher rates of hormonal contraception, condom use, STI and pregnancy 27testing in the past year than those who did not (Table 2).

Most respondents knew there was a SHCS on campus (98%), and the large majority knew 129SHCS offers STI testing (89%), condoms (85%), and hormonal contraception (80%) (Table 3). 130Most participants knew the SHCS offers pregnancy testing (88%), pregnancy counseling (77%) 131and emergency contraception (68%). Although SHCS does not currently offer abortion services, 13224% of respondents believed SHCS provides abortion pills and 13% believed SHCS offers 133abortion procedures (Table 3). Respondents who had utilized SHCS services had a greater level 134of awareness about the reproductive health services offered by SHCS than those who did not 135(Table 3). The majority of respondents (64%) were in favor of SHCS offering abortion services; 13612% were opposed to on-campus abortion services, while 24% were unsure about whether the 137SHCS should provide abortion services (Table 3). Respondents' support for on-campus abortion 138services did not vary by demographic characteristics (data not shown).

Among those students who favored on-campus abortion services (n=322), reasons given 140for this support included the role of abortion services in allowing students facing undesired 141pregnancy to complete their education, and issues related to the need for timely access to health

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142services, convenience, and safety (Table 4); many respondents expressed an assumption that 143medication abortion should be available on-campus by simply countering, "Why not?" Students 144also framed access to abortion services as fundamental to addressing students' risks of being a 145survivor of sexual assault. Among the minority of students who opposed on campus abortion 146(n=59), reasons given ranged from a personal opposition to abortion to concerns regarding 147SHCS's ability to offer high quality abortion services, and the potential for controversy related to 148funding and offering abortion services on campus (Table 5).

149Discussion

In this convenience sample of over 500 University of California students, we found that 151the majority of responding students supported expanding on-campus reproductive health services 152to include abortion services. Surprisingly, a quarter of respondents incorrectly believed that 153abortion services are currently offered on campus by their student health center. This confusion 154may contribute to delays in students accessing care when abortion services are needed [14]. 155Many participants recognized undesired pregnancy as a common student concern, with 9% of 156female respondents reporting they visited a clinic for pregnancy testing in the past year. 157Interestingly, a number of respondents highlighted the university's moral responsibility to 158facilitate access to abortion services if the university is unable to reliably protect students from 159sexual assault.

According to recent Bureau of Justice Statistics, one of every five female college students 161in the US experiences a sexual assault during her college years [15]. Nationally, it is estimated 162that over 2% of college students experience an unintended pregnancy each year [3]. This implies 163that hundreds of UCD's 21,000 female students may need abortion services each year, and could 164benefit from an expansion of the health services offered on campus. UC Davis currently has a

165campus vending machine offering emergency contraceptive pills, as well as condoms, tampons 166and pregnancy tests, [6] demonstrating community support for facilitating access to reproductive 167health services on campus. Nonetheless, every month, an estimated 519 UC and CSU students 168must currently travel off-campus every month for medication abortions [16]. In 2014, over 50% 169of all US abortion patients were in their 20s, with rates of abortion being highest among women 170aged 20–24 [17]. Other studies have also found rates of unintended pregnancy to be highest 171among women younger than 24 years [18], during which time US women are often college 172students. Prior work has shown student health centers to be a well-accepted setting for 173medication abortion [5]. Further, medication abortion can be safely and legally provided by 174general practitioners and advance practice nurses in California [19]. As timely access to abortion 175services increases the number of women able to achieve their educational and employment goals 176[20], on-campus abortion services align with the larger goals of public education as a means to 177social equity and justice.

Although this exploratory study provides new insights into Californian students' Although this exploratory study provides new insights into Californian students' Although this exploratory study provides new insights into Californian students' Although this exploratory study provides new insights into Californian students' Although this exploratory study provides new insights into Californian students' Although this exploratory study provides new insights into Californian students' Although this exploratory study provides new insights into Californian students' Although the sequence of the study of study participant in the students of all 36,000 UCD students. Specifically, graduate although the ucle participate in this study than female students. In 2016, graduate students comprised 19% although the UC Davis student population, compared to 11% of study participants, and 42% of UCD although the ucle to 19% of study participants, are male[7]. Although we collected responses although the studying in a wide range of campus departments, some listserve administrators although the surveys. Given the overall low response rate, these data should not be

188construed as representative of all UCD students. It is likely students with strong feelings about 189reproductive health issues or about the services offered by the SHCS are over-represented. This 190sample may also include more students who have recently sought reproductive health services. 191Further, self-reported data may be subject to recall bias and social-desirability bias. Although 192survey response options distinguished between emergency contraception and abortion pills, we 193did not explicitly define these terms and some respondents may have confused the two. Finally, 194data were not collected on participants' race/ethnicity, and the perspectives of these University of 195California students may differ from those of students at other publicly-funded Californian post-196secondary schools, and college students in other states.

In conclusion, most responding students favored provision of on-campus abortion
198services, and surprisingly, a quarter of respondents believed that medication abortion services are
199already available from their on-campus student health center. These exploratory findings offer
200support for Senate Bill 320 [11], which would require student health centers on the campuses of
201publicly funded institutions of postsecondary education in California to provide medication
202abortion services. Consideration of similar legislation in other states is warranted.

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265 Student characteristics	Yes, used SHCS	No SHCS*	Chi-square
266	n=312	n=190	p-value
	% (n)	% (n)	
2 67 Age (years)			
26818-19	14% (45)	28% (53)	< 0.001
26920-21	40% (125)	38% (70)	
270 ²²⁻²³	29% (89)	23% (43)	
24-25	6% (18)	8% (15)	
²⁷¹ 26-44	11% (35)	4% (8)	
27&ender Identity			
273 ^{Female}	81% (253)	77% (148)	0.14^{**}
Male	19% (58)	20% (38)	
²⁷⁴ Other	0.3% (1)	2% (4)	
27§exual Identity			
Heterosexual	85% (265)	86% (163)	0.92
Sexual Minority	15% (45)	14% (27)	
27Anticipated Degree			
278 Bachelors	89% (278)	93% (176)	0.43
Masters 279	3% (10)	2% (4)	
Doctoral	8% (24)	5% (10)	

Table 1 Participating student characteristics by use of on-campus student health and 263**counseling services (SHCS), N=502** 264

282* Students responding "I don't know" (n=4) were categorized as not having used SHCS

283^{**} Fishers exact-test

	Yes, SHCS	No, SHCS*	Chi-square
	n=312	n=190	p-value
	% (n)	% (n)	
Prescription for birth control	33% (102)	23% (43)	0.01
pills, patch, or ring			
Contraceptive injection	0.3% (1)	1% (2)	0.30
Condoms	26% (82)	15% (29)	< 0.01
Emergency contraception pills	8% (24)	8% (15)	0.93
IUD placement or removal	9% (29)	6% (12)	0.24
Contraceptive arm implant	4% (11)	2% (4)	0.36
placement or removal			
Sexually transmitted infections	27% (83)	7% (14)	< 0.001
testing			
Pregnancy testing	9% (28)	4% (7)	< 0.01
Abortion pills	0% (0)	0.5% (1)	0.37^{**}
Preconception care	0.3% (1)	0% (0)	1.0^{**}
Prenatal care	0.6% (2)	0% (0)	0.53^{**}
I did not utilize any of these	39% (123)	58% (111)	< 0.001
services			

Table 2 Receipt of reproductive healthcare in the past year by utilization of on-campus 286**student health and counseling services (SHCS), N=502** 287

289* Students responding "I don't know" (n=4) were categorized as not having used SHCS

290^{**} Fishers exact-test

	Total	Yes, SHCS	No, SHCS*	Chi-
	% (n)	n=312	n=190	square
		% (n)	% (n)	p-value
Awareness of health services offered				
at UCD SHCS (check all that apply)				
Sexually transmitted infections testing	89% (448)	91% (284)	86% (164)	0.10
Prescriptions for contraceptive pills, patch, ring	80% (401)	84% (261)	74% (140)	0.007
Contraceptive injections (depo shots)	50% (250)	55% (172)	41% (78)	0.002
Placement of intrauterine contraceptives and subdermal contraceptive implants	40% (201)	47% (147)	28% (54)	<0.001
Other contraception (i.e., condoms, diaphragms, spermicide, sponges, cervical caps)	85% (426)	88% (276)	79% (150)	0.004
Emergency contraception	68% (341)	70% (218)	65% (123)	0.23
Pregnancy testing	88% (444)	89% (277)	88% (167)	0.76
Pregnancy counseling	77% (385)	78% (242)	75% (143)	0.55
Abortion pills	24% (119)	25% (79)	21% (40)	0.28
Abortion procedures	13% (63)	12% (38)	13% (25)	0.75
Preconception care	39% (195)	41% (129)	35% (66)	0.14
Prenatal care	41% (204)	43% (135)	36% (69)	0.12
Should UCD SHCS offer abortion				
services				
Yes	64% (322)	66% (205)	62% (117)	0.27
No	12% (59)	10% (31)	15% (28)	
I am not sure	24% (120)	24% (75)	24% (45)	

Table 3 Student's knowledge of and beliefs about healthcare services offered on campus at 293**UC Davis Student Health and Counseling Services, N=502** 294

296* Students responding "I don't know" (n=4) were categorized as not having used SHCS

Themes	Representative quotes*
Allow students to complete their education	• Unintended pregnancies sometimes need to be taken care of and women need that to be an option, if they are trying to focus on their education and future career. (Female, age 19, heterosexual, undergraduate)
	• Help students focus on school instead of worrying about accidental pregnancy. (Male, age 22, heterosexual, undergraduate)
	• It is very beneficial to students that do not want a child, are already in a ton of debt, and want to focus on their academics. (Female, age 25, heterosexual, undergraduate)
Need to address sexual assault on campus	 Rape culture is more prevalent than it should be, and if schools are not focusing on cracking down on this issue, they should at least give more options for those affected. There are also many other reasons as to why having a child is not possible and should be helped. (Male, age 23, homosexual, undergraduate)
	• Abortion services would be useful in a college environment where young adults are prone to make mistakes when it comes to sex and contraception. Sexual assaults on campus can also lead to unwanted pregnancies, and abortion services at SHCS (Female, age 24, heterosexual, undergraduate)
Accessible abortion services are needed	 Women should have a place, even on campus, to receive any service they require in order to keep themselves safe and healthy. (Female, age 23, heterosexual, undergraduate) Because it is expensive and a waste of time to have to travel, especially as a student. It is hard enough to make that decision without figuring out how to pay for a clinic in the city. (Female, age 26, heterosexual, undergraduate)
	• It is a service that could be very hard to obtain elsewhere for a student on SHIP, and particularly a student without access to a car or time and resources to travel to another location to have it done. (Female, age 31, heterosexual, undergraduate)
Women's right	 Abortion is a fundamental human right (Female, age 29, heterosexual, undergraduate) It is the right of every woman to be able to plan her life, including control her fertility. (Female, age 31, heterosexual, doctoral student)
SHCS needs to provide comprehensiv e reproductive health services	• As being part of a college institution, I believe it should be able to provide all care that students need, as many use this as their health insurance. This should include having the option to terminate any unwanted or dangerous pregnancies (Female, age 22, heterosexual, undergraduate)
	• SHCS is a healthcare provider. Abortion services are an important aspect of healthcare. (Female, age 22, bisexual, undergraduate)
	• It's [abortion services] important for the mental and emotional health of people who are sexually active. (Female, age 21, heterosexual, undergraduate)

299Table 4 Reasons students favor on-campus abortion services, N=336

SHCS is conveniently located and trusted	 It would be the most convenient and effective for students if SHCS provided that service, I don't know what the next closest location is but it's certainly further away and I don't know if SHIP would cover it (Male, age 21, heterosexual, undergraduate) So that this emotional precedure is conveniently located on campus so it doesn't have to be harder than it already is. (Male, age 25, heterosexual, undergraduate) Because for students with SHIP and college students in general it would be easier and probably more comfortable for them to get it done at the facility they are close too and familiar with, and with college being such a critical time (Female, age 20, heterosexual, undergraduate)
Student safety and protection	 Ultimately, the university must provide this service for the health and safety of the women who attend the university, especially as many people may not readily have access to abortion services and may not know of ways to get their needs met. (Female, age 22, heterosexual, undergraduate) I would prefer that people be offered a safe place to receive abortion services rather than being forced to turn to 'sketchy' means and probably hurting themselves. (Female, age 21, heterosexual, undergraduate) If a woman decides she wants to have an abortion then it is best she is able to do it in a safe and protected environment. If we don't offer these services it will not make her not have an abortion it will just make it harder for her to do so and why make an already difficult situation harder (Female, age 20, bisexual, undergraduate)
Students need support and secure resources	 Because the want/need for abortion is present in the lives of university students, the university should offer these resources to support students and protect our health. (Male, age 22, heterosexual, undergraduate) As a student, especially one who is not originally from Davis, I would be very unsure of where to go. Also, I have never done anything like this before, so I would be very scared and unsure of where to go. (Female, age 19, bisexual, undergraduate) It [abortion services] allows UC Davis students to feel more secure (Gender questioning, age 18, attracted to females, undergraduate)

*Responses presented with original spelling, grammar, and syntax.

	Representative quotes*
Opposed to abortion	• I do not believe that abortion is an ethically sound choice (Female, age 21, heterosexual, undergraduate)
	• unless the pregnancy is a result of rape or incest or brings the life of the mother into dany it [abortion] shouldn't ever be performed. (Female, age 24, heterosexual, undergraduate)
Public funds should not be used for	 "I do not think that tuition and other funds should support abortion services on a college campus." (Female, age 19, heterosexual, undergraduate)
abortion	• Since student fees go towards supporting SHCS, it would be immoral to have students we disagree with abortion on moral and/or religious grounds pay for abortions. (Female, age 20, heterosexual, undergraduate)
	• While I see abortion access is an absolute right, we need to be mindful that many who pataxes to the State (and therefore UC) are morally opposed to abortion, in the strongest of terms. (Male, age 28, heterosexual, doctoral student)
SHCS staff lack training related to	 I'd rather have the SHCS refer students to a larger medical institution (a local hospital, for example) for abortion procedures. (Female, age 21, heterosexual, undergraduate)
abortion	• it seems like a very specialized procedure and should be administered off campus (Fema age 28, heterosexual, doctoral student)
Concern about potential for controversy	• People that are against abortion might make it an unsafe environment for women that are hoping to take advantage of the service (Female, age 21, heterosexual, undergraduate)
, j	• I believe that abortion is a very controversial issue and I don't think that abortion service should be offered on campus at a public university because so many students are against abortion and it would create problems. (Female, age 19, heterosexual, undergraduate)

304Table 5 Reasons students opposed to on-campus abortion services, N=57

307*Responses presented with original spelling, grammar, and syntax.